

SLSNSW 18-25 Program – Expressions of Interest

Program Overview

The 18–25 Program is your opportunity to connect and share some great experiences with other like-minded 18–25-year-old lifesavers from across the state, build new connections and share experiences with people who are on their own lifesaving journey. Participants will explore the different pathways and opportunities in Surf Life Saving, collaborate across clubs and branches, and share ideas and experiences around the challenges and opportunities in Surf Life Saving.

The program has a mix of structured learning, practical experiences, team-building and informal connection, creating an environment where participants can learn from each other, contribute their own ideas and build connections that extend beyond the three days.

The program is for everyone, no matter where you are in your lifesaving journey. Whether you're new to the movement, have been involved for years, already hold a leadership role or are simply looking to get more involved, there's an opportunity to learn, contribute and connect.

Program Details

Venue: The YHA at the Rocks, 110 Cumberland St, The Rocks NSW 2000

Travel: Travel and accommodation will be coordinated by SLSNSW

Date: Friday 27 Nov 2026 (2.30pm) – Sunday 29 Nov 2026 (12.30pm)

Please note that this is a fully residential program. Participants are expected to stay on site for the full duration of the program, with accommodation provided for all participants at the YHA.

Friday afternoon Arrival and settling in Welcome and introductions	Arrive at the YHA, drop bags and collect welcome packs. Program welcome, facilitator introductions, expectations for the weekend and group connection activities.
Friday evening Group dinner and activities	Dinner at The Australian Hotel followed by evening activities at the YHA and in the city!
Saturday morning Bus to SLS Helicopter Base at Cape Banks	<i>Optional sunrise walk and breakfast at YHA</i> Travel by bus to the Helicopter Base for a site orientation, helicopter overview and behind-the-scenes look at one of Surf Life Saving's key emergency response facilities.
Saturday day Scenarios and workshops with SLS leaders and subject matter experts	Rotating sessions with SLS leaders, subject matter experts and all-round super humans. Sessions will cover areas such as emergency management, lifesaving, core crew roles and change-making within Surf Life Saving. <i>Lunch on site at Cape Banks</i>
Saturday afternoon Bus to an iconic Sydney SLSC	Travel by bus to have a swim, relax and reflect. Group dinner on site at SLSC, relaxed social time before returning to the YHA by bus.

Sunday morning Barangaroo swim and stretch <i>Breakfast at Barangaroo</i>	Walk to Barangaroo for a morning swim, stretch and breakfast, followed by breathwork and stretch session.
Sunday morning	Return to the YHA for a shower and pack up. Take part in a series of short and impactful workshop sessions.
Sunday midday Program wrap and departure	Reflection, key learnings, personal pathway commitments and group close before participants depart independently.

Participant Selection

We are looking for participants who are aged 18-25 (at the time of the program) to participate. Participants need to be endorsed by their club; however, the final selection will be by SLSNSW. Only SLSNSW program volunteers and staff will see responses to the questions asked in the application form. Clubs and branches will be provided with the names of applicants only.

Consideration will be given to participant diversity when making selection decisions.

Participant Fee

While this program is predominantly funded by SLSNSW, a nominal participant fee of \$300 is required, payable by the club on behalf of the participants. By contributing to the program cost, the club and/or branch are demonstrating joint investment in providing experiences for their young members that promote engagement and retention.

The fee covers all expenses across the weekend, including flights, meals, transport and accommodation on Friday and Saturday night in a shared dormitory room. Full attendance is a requirement for all participants at all sessions, and for Sydney locals, accommodation will also be provided and parking costs reimbursed.

How to Apply

If you are interested and eligible for this program, we encourage you to apply via the link below.

	27-29th November 2026
Application link	Apply Here
Applications close	19 October 2026 (9am)
Clubs and/or branches engaged in prioritisation	19-25 October 2026
Applicants notified of outcome	30 October 2026

Questions

If you have any questions regarding the program, please don't hesitate to contact Gabby Trotter, SLSNSW Participation Officer (gtrotter@surflifesaving.com.au)