

9 days to go!

Welcome to all those touching down on Australian soil!

Issue 10

What to Pack – What to wear!?

It's just over a week to go. Here's some last minute tips.

It's going to be rather warm during the day and cool at night on the Coast so don't pack those extreme winter woollies – a jumper and light jacket will suffice. There are specific events you need to make sure you've got the right outfit for including the Gala Dinner!

The Gala Dinner is a smart casual event, so ladies, a great excuse for an evening dress, and gents, jacket and tie. Dress-up for the occasion no tracksuits that's what the sports are for. It's not often you'll get to go to a gala dinner on the Gold Coast with friends from around the world!

There are clothing shops located on the Gold Coast where you can pick up something flash during the week. Go to this link [Broadbeach Alliance](#).

The days will be warm (provided there are no cool Westly winds), so please bring protective sun gear and summer-like clothing. Australia is known for pink tourists (especially the English) so please Slip Slop Slap! Sandals and a wide-brim hat will be a great addition to your bag.



So what about laundry? Don't go out and buy 10 pairs of underwear. All units have access to a laundry with clothes drier. If you prefer the green option of hanging out your clothes, bring a travel clothes-line. These are available at most travel shops.

This is what Antony Harding says to bring, he's a World Transplant Games expert and knows exactly what goes on. Here is what he says:

"In order of importance: I would recommend that people consider bringing:

Alarm clock

Sunscreen

Wide brimmed hat (not the baseball style hats)

Camera

Pens

Footwear (e.g. thongs) to wear in showers at sporting venues and on the beach.

Plastic bag to put wet clothes into

Comfortable shoes (not the smelly ones used for sport)

Items to swap or lots of swap pins"



Other great additions to your bag: adaptor plug, copy of passport page, a small sports towel, day backpack, folder for keeping handy information in, print out of Google maps of the sport locations, hand sanitiser, ear plugs (if there's a party going on next door), MP3/4 players and travel speakers, things for the beach like a spade and kite and swimmers, mobile phone or hotel number written down, country flag for the beach walk.

Get novel with your country outfits to wear at sports events and silly hats too! Don't forget to grab some face-paint, coloured nail polish and fun wigs. All these things make the atmosphere of the Games! If you're into performing – maybe slip something more stage worthy in for Transplant's Got Talent, see below for more 'shoop de shoop' details!

DonateLife Beach Walk'n'Talk

Ever fancied rolling giant beach balls down one of Australia's most famous beaches?

On Sunday morning, August 23, the Gold Coast will be swamped with thousands of coloured beach balls and thousands of people at the first "DonateLife Beach 'Walk 'n' Talk" for organ and tissue donation. This event is being launched especially because of the Games, so please come along, pack your country flag or anything you wish to show your stripes and walk along an Australian beach for organ donation.

Working in partnership with the Gold Coast Bulletin, the community will collect a free giveaway beach ball in every Saturday newspaper on August 22 at their local news agency. Balls will also be available at the Games Village for all participants.

To add to the excitement, Transplant Australia has manufactured four giant beach balls, up to 4 metres high, to roll along the Gold Coast with you.

More importantly the purpose of the Walk 'n' Talk is to encourage participants to start a conversation about organ and tissue donation, helping them to confirm their organ donor wish, and to improve their understanding of the donation process.



Gather at 8am at Broadbeach, for an 8:30am start walk to Surfers Paradise and back (approximately 5km or an hour's walk at a slow stroll). A special badge will be given to all those who complete the walk.

Afterwards, hang around to watch the first medal presentations for the Games (3km and 5km road race), mingle with the locals and enjoy food, activities for the kids and live entertainment.

Make sure you pack:

Sun hat, sunscreen, sandals (to take off and feel the sand between your toes), water, country flag or something fun to represent your country.

Transplants Got Talent



This is something worth sneaking that sequin number into your bags for, because on Monday, Wednesday, Thursday and Friday evenings you can croon like Sinatra, trill like Mariah, rap like MC Hammer or swivel like Elvis in Transplants Got Talent! So on those long flights over, get rehearsing.

Solo or duo performances welcome and there will be nightly winners who will compete for the Games' title at the end of the week. To enter, see the entertainment team in the dining room each night at the Games. Ten entries per night.

Medical Update

It is now just two weeks to the World Transplant Games and we know everyone has been concerned about the H1N1 Influenza pandemic. The LOC and WTGF have done their very best to keep you updated so you can make an informed choice about attending and be confident that all the appropriate steps have been taken.

Advice provided by the Chair of the LOC, Chris Thomas has been uploaded on the World Transplant Games website and provides information as to the actual impact of H1N1 Influenza rather than any presumptions. Read this advice [here](#).

Other important medical guidelines have been uploaded onto the website which you can read [here](#).

Airport Transfers and Registration

If you are travelling with your country team, you will be picked up by buses at either the Brisbane International or Domestic Airports or the Gold Coast Airport by a transport volunteer.

The volunteer will be wearing a **blue world transplant games volunteer shirt** and holding a sign for your country outside the customs exit. You'll get your first glimpses of the great Australian landscape on your way to the Games Village where you'll then be dropped at your hotels.



The Games Registration Desk will be open from Thursday 19 August at the Games Village, located at the Gold Coast Convention and Exhibition Centre. Upon registration you will collect a registration bag with everything you will need to know about the Games and your stay on the Gold Coast.

Accommodation

Each team will be staying in select hotels at Broadbeach and are located in walking distance to the Games Village, the beach and shopping district. Everyone will be advised on their hotels this week via your team managers. Please wait for your team manager to contact you! Rest assured, you'll all have a comfy and secure hotel room to dash in and out of during the Games.

Facilities include or have access too kitchen facilities, laundry, television, high speed internet (must pay for this separately).

Painting the Celebrations – Games Artscape for Sale



For the first time in Games history an artist will be capturing the sporting and social events in a series of paintings, which will be available for sale at the end of the Games. Bob Gammage is a theatre of life artist who paints celebrations and events promoting giving and positively and feverishly captures these moments in real time, onsite. You can pick up a paintbrush and add your flare to a Games masterpiece alongside Bob, or simply enjoy a conversation. Full details of Bob's whereabouts will be online. His website is <http://www.houseoftola.com/>

Sports

The beauty of the Games is that it doesn't matter how young, how young at heart or how skilled you may be in your chosen sport – everyone competes for the same reason, to celebrate. Although, competitiveness still runs hot in the veins of athletes, and the competitor's need for detail is still as essential as ever.

Each sport will have an information booklet, outlining the requirements and detailed schedule of the competition. This will be available at the Games Information Booth upon Registration.

Be sure to take the opportunity to survey the sporting venues at the practices sessions. The timetable to the practice sessions is available [here](#).

Chris Klug Comes to the Games – Donor Dudes Foundation



There is excitement in the air around the arrival of USA Olympian snowboarder and liver recipient Chris Klug. Chris will be joining you at the Games for August 23 and will be strolling the sands at the Beach Walk, speaking at the Opening Ceremony and will be there for the rest of the day to mingle with you and speak about his experience as a recipient

sportsman.

and professional

Chris might not have the snow to carve up on the Gold Coast but he'll be there with his unmistakable enthusiasm to promote donation and his foundation, Donor Dudes. Perhaps grab a copy of Chris Klug's inspirational book and get him to sign it for you! [Go here](#).

There will be photo opportunities with Chris on August 23! We gratefully thank major sponsor Astellas Pharma Inc. for sponsoring Chris to come to the Games. Chris is in training for the 2010 Winter Olympics!

Publicity to get involved in

The Games are the world's media engine for organ and tissue donation. There have been some amazing stories told this year and we wish to keep telling them through the Games and in other projects.

It is especially important for Team Managers and the Team Media Manager to assist the Games Staff and share their inspiring stories and successes. There are two exciting projects which you should get involved in.

Firstly, SBS radio wish to interview athletes across their 68 language group broadcasts. Contact your team manger or media manger and provide contact details. Team managers please contact teresa.vella@transplant.org.au.

Secondly, the Games is hosting an exciting photography project. A photographer and journalist will be recording people's Games stories in film and text. They especially wish to capture the international flavour, so please nominate yourself or someone and let Teresa Vella know as soon as possible. All are welcome.

If you have any interesting stories or an arch rival you are looking forward to competing against, please send them through to Teresa at the above email address

Pre-order your 17th World Transplant Games Merchandise. [Click here](#).

To read previous issues of the World Transplant Games Circular [click here](#).



Local athletes Josh Yates and Rhonda Irvine will take part in the 17th World Transplant Games.

Transplant Games for local athletes

LUCY JARVIS

SPORTING their new uniforms for the upcoming 17th World Transplant Games on the Gold Coast, Busselton residents Josh Yates and Rhonda Irvine have been getting ready for their first international competition.

Yates will take part in a 5km road race, 10 Pin Bowling, 5km walk and the 200m, 400m and 800m sprints.

Already the national record holder in her age category for the 3km walk, Irvine will take part in this event as well as singles and pairs lawn bowls, shot putt and ball throw.

Both were looking forward to having fun at the Games, which raises awareness about organ

after receiving a liver transplant two-and-a-half-years ago.

She said the games were also about increasing awareness to the fact that organ donation is world-wide, and Yates said he wanted to spread the message it was important for donors to make their wishes clear.

"It's mainly a great experience to go to the games but I enjoy the competition as well," Yates said.

The World Transplant Games, held every other year, are open to participants who have had any life-saving organ transplant and are on a regime of immunosuppressant medication.

There will up to 2000 partici-

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