



SLOW DOWN
Beginners' guide to tantric sex P3



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Bite-sized and delicious P8



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TRENDS

JOANNA HALL

Until Covid wreaked havoc around the world, overseas travel was a rite of passage for many young Australians. The lengthy travel ban saw them miss out on backpacking as well as working holidays, but as life advances into a "new normal" both are back in demand.

Australia has working visa agreements with more than 40 countries spanning the globe, many of which allow Australians aged 18-to-30 to stay, and work, for up to a year or more. The UK and Canada are top destinations, with Canada benefiting from a working age limit of 35, however, there are also opportunities for working holidays in countries as diverse as Chile, Estonia, Peru, South Korea, and Turkey.

According to UK figures, 9844 work visas were issued to Australians in 2019 before the pandemic. This number plummeted to 1739 in 2021, and has risen again to 3310 as of March this year.

The story is similar for Canada, with 6575 Australians receiving work visas in 2019, falling to 835 in 2021, and standing at 640 so far between January and April this year.

Career Development Association of Australia national executive committee member Leonie Stanfield says there's a big difference between working while travelling and embarking on a working holiday to advance your career.

"It's important to be really clear on your expectations so you're not disappointed," she says.

Working overseas has benefits from new experiences and learning another language, to impressing Australian employers and trying various jobs.

Stanfield recommends talking to other people about their experiences.

"In particular, talk to people in the

Rite of passage

WORKING HOLIDAYS ARE BACK AND CAN SET YOUNG AUSSIES UP FOR LIFE

Layla Rundle, who travelled to Canada on a working holiday in 2018, and stayed there.



How to nail work travel

1. Research well, to really know where you want to go as cultures vary considerably.
2. Give yourself six to 12 months to get organised - it takes longer to get visas with Covid-related government backlogs.
3. Spruce up your resume as you are competing with locals.
4. Book through a travel company with a proven track record and plenty of strong reviews.
5. Start saving for your trip, yesterday!

Source: Jurgen Himmelmann



JURGEN HIMMELMANN

industry you're interested in, also potential employers and industry associations, to get a sense of if employers really value that experience or those qualifications," she says.

HELP AT HAND

When it comes to getting organised, one option is to book your experience through a company such as Australian-based Global Work & Travel.

Chief executive and co-founder Jurgen Himmelmann says young travellers are increasingly looking for ways to see the world while boosting their resumes.

"Employers view overseas work experience very positively, and the

travellers themselves often report that they feel more confident in their abilities after an international trip," he says.

The company specialises in matching young travellers with job opportunities in the countries where it operates, along with visa guidance, and helps with other essentials including setting up overseas bank accounts.

"You can easily spend a lot of time and money job-hunting on your own in another country, along with the headache of trying to set up your new life," Himmelmann says.

"Our travellers hit the ground running. We also provide 24/7 emergency support, social events, and regular check-ins from a trip co-

ordinator, which is a great source of comfort, especially for the parents."

DREAM JOB

Layla Rundle started a working holiday in Canada in 2018 through Global Work & Travel. The 27-year-old Victorian wanted to explore Canada and work in tourism. Initially she worked on reception at a hotel in the Revelstoke ski fields in British Columbia, and now has her "dream job" as visitor centre manager for the Revelstoke Chamber of Commerce.

"I never thought I'd be able to score a really good job in Canada as a foreigner," she says. "It just shows that even if you're travelling, you can also work towards your career goals."

Rundle booked with Global Work

& Travel because she was travelling on her own. "I didn't know how to find work, accommodation, or set up a bank account overseas," she says.

She has also been able to visit some of Canada's top destinations including Banff, Lake Louise, Toronto, and Niagara Falls.

"These are experiences I never thought I would be able to do," she says. "If you're thinking about taking a working holiday you should just do it. You're going to make friends, and if you want to get into a career, it's a chance to do it."

DOING LIFE



WITH JOE HILDEBRAND

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DIRTY LAUNDRY

THERE are some stories so timeless and incandescent that humanity seems predestined to tell them again and again - such as the Bible, the Fall of Troy and that Alanis Morissette's multi-Grammy winning Jagged Little Pill album was about her relationship with the least famous guy on TV comedy Full House.

All three involve a level of hyperbole that it is at first impossible to believe they could be real, and yet history keeps reminding us that while truth is not always stranger than fiction, it more often ends up in court. And so it was

that I found myself reading on the Daily Mail website - between breaking updates on Kim Kardashian's arrival in Australia and a real-life Dragon Lady appearing on Studio 10 - that the man who played Joey to John Stamos's Jesse had finally opened up about being the subject of the 1990s' most angst-ridden relationship not involving a Cobain. For anyone who had a relationship in the 1990s, this was sobering reading. For one thing, all of them were angst-ridden and - unless you are currently married to that person - none of them ended well. I am therefore incredibly grateful that only one of the

relationships I had in the '90s was with a songwriter and that, as far as I am aware, she was not Alanis Morissette. Because whatever mess I made, they would no doubt be there to remind me.

But it does make me worry about the kids of today who don't even need to date a platinum-selling artist to get their dirty laundry - perhaps quite literally - aired in public. Because in many ways Jagged Little Pill was just a slightly more benign adult contemporary rock version of revenge porn. In the old days you'd wonder who was the focus of this Bob Dylan song or that Lennon-McCartney number or Carly

Simon's infamous You're So Vain, but at least back then you were Warren Beatty. Or not.

These days anyone can get publicly shamed without having the added benefit of notoriety, just another spreading brown stain that social media has introduced to our lives.

And maybe this is what has made millennials seem so sexless and puritanical to us more seasoned campaigners. If they ever do or say the wrong thing they know they'll be instantly publicly pilloried forever.

Still, if it's any consolation I can reassure them: It's worth it.