



# Welcome to Cairns

A guide to your  
new home &  
workplace



*Aged Care*



# Cairns, QLD

## Be at the heart of it in Cairns.

Living in Cairns, located in tropical North Queensland, offers a unique and vibrant lifestyle shaped by its stunning natural surroundings and laid-back atmosphere. Residents enjoy year-round warm weather, with lush rainforests, the Great Barrier Reef, and beautiful beaches right at their doorstep. Cairns is a popular destination for outdoor enthusiasts, offering opportunities for snorkelling, diving, hiking, and exploring the Daintree Rainforest. The city boasts a diverse community with a blend of Indigenous, Australian, and international influences, reflected in its cuisine, arts, and cultural festivals. Living in Cairns offers a laid-back yet adventurous lifestyle in one of Australia's most picturesque regions.



Cairns was established as a port town in 1876 to serve the burgeoning mining industry in the region and is now a booming tourism hub.



# 2300

kms of Great Barrier Reef

# 180k

residents

# 26°C to 32°C

Year round temps



The traditional owners and First Nations people of the Cairns region are the Yidinji people, who are part of the larger Yidinjdji (Yidiny) Aboriginal group.





**Living in Cairns offers a tropical paradise lifestyle, characterized by stunning natural beauty, outdoor adventure opportunities, and a laid-back atmosphere that embraces the region's rich Indigenous heritage and vibrant multicultural community.**

## **Public Transport**

Public transport in Cairns primarily consists of buses operated by Sunbus Cairns, which provides an extensive network of routes covering the city and surrounding suburbs.

### **Bus Services**

Sunbus Cairns operates a comprehensive bus network, with routes covering major residential areas, tourist attractions, shopping centres, and key destinations within Cairns. Buses generally run from early morning to late evening, with reduced services on weekends and public holidays.

### **Fares and Tickets**

Passengers can pay bus fares using cash or pre-purchased Go Cards (smart cards) that offer discounted fares for regular users. Different fare options are available, including single trip tickets, daily passes, and multi-trip tickets.

### **Cairns City Loop**

The Cairns City Loop is a free bus service that circulates around the city centre, offering convenient transportation between popular tourist spots, hotels, and shopping areas. This service operates at regular intervals throughout the day.



### **Transit Hub**

The Cairns Central Transit Hub, located near the Cairns Central Shopping Centre, serves as a major interchange point for connecting between different bus routes and modes of transport.

### **Regional Connections**

Cairns is connected to surrounding towns and regions by long-distance coach services operated by companies like Greyhound Australia, providing transportation options for travellers heading to destinations beyond the city limits.

### **Taxi and Ride-Sharing**

Taxis and ride-sharing services like Uber are available in Cairns, offering additional transportation choices for getting around the city and surrounding areas.

While public transport in Cairns provides a convenient option for residents and visitors to travel within the city, it's important to note that the coverage and frequency of services may vary compared to larger cities. Many residents in Cairns also rely on private vehicles due to the city's layout and suburban sprawl.



## **Airport**

The primary airport serving Cairns is Cairns Airport (IATA code: CNS), which is located approximately 7kms (4.3 miles) north of the city centre. Cairns Airport is the seventh busiest airport in Australia and serves as a major gateway for domestic and international travellers visiting Far North Queensland, including the Great Barrier Reef region.

## **Schools**

Cairns offers a range of educational options, including primary schools, secondary schools, and tertiary institutions, catering to the diverse needs of families and students in the region.

### **Cairns State Schools**

#### **Cairns State High School**

A large public high school offering a comprehensive curriculum and a range of academic, sporting, and cultural programs.

#### **Cairns State School**

A public primary school providing education from Prep (Foundation) to Year 6, focusing on academic excellence and student well-being.

#### **Edge Hill State School**

Another public primary school known for its supportive learning environment and strong community engagement.

### **Private Schools**

#### **Peace Lutheran College**

A private co-educational school offering education from Kindergarten to Year 12, with a focus on Christian values and academic excellence.

#### **St. Andrew's Catholic College**

A Catholic college providing education from Prep to Year 12, emphasizing holistic development and a supportive learning environment.

#### **Trinity Anglican School**

A prestigious private school offering education from Kindergarten to Year 12, with a diverse curriculum and strong emphasis on academics and extracurricular activities.

### **Specialist Schools**

#### **Cairns School of Distance Education**

A unique school providing distance education for students across Queensland, catering to those who cannot attend traditional schools due to geographical or other reasons.

#### **Smithfield State High School**

A public high school with specialized programs in sports excellence, music, and performing arts.

### **Tertiary Institutions**

#### **James Cook University (Cairns Campus)**

A renowned university offering a range of undergraduate and postgraduate programs in various disciplines, including marine biology, tourism, and tropical environmental studies.



### **TAFE Queensland (Cairns Campus)**

A vocational education and training institution providing courses in trades, hospitality, business, and health sciences.

These are just a few examples of schools and educational institutions in Cairns. Families moving to Cairns have access to a variety of schooling options, both public and private, catering to different educational philosophies and preferences. It's recommended to research specific schools based on individual needs and priorities to find the best fit for students and families relocating to Cairns.

### **Dining & Nightlife**

Cairns offers a vibrant dining and nightlife scene, with a diverse range of restaurants, cafes, bars, and entertainment options catering to locals and tourists alike.

#### **Dining**

##### **Pier Shopping Centre**

Home to a variety of waterfront restaurants offering stunning views of the marina and Trinity Inlet. Options range from seafood to international cuisine.

##### **Cairns Esplanade**

Enjoy casual dining along the Esplanade, with numerous cafes and restaurants serving breakfast, lunch, and dinner with ocean views.

### **Rusty's Market**

Explore this bustling market for fresh local produce, gourmet food stalls, and international street food.

#### **Night Markets**

Visit the Night Markets on The Esplanade for a diverse selection of food stalls, including Asian cuisine, seafood, and Australian favourites.

#### **Fine Dining**

Experience upscale dining at renowned restaurants like Ochre Restaurant, serving contemporary Australian cuisine with Indigenous flavours.

#### **Nightlife**

##### **The Pier Bar**

A popular waterfront bar offering live music, cocktails, and a relaxed atmosphere.

##### **Gilligan's Backpacker Hotel & Resort**

Known for its vibrant nightlife, featuring themed parties, DJs, and a large outdoor bar area.

##### **Salt House**

Enjoy cocktails and tapas overlooking the marina at this stylish waterfront venue.

##### **The Woolshed**

A lively bar and nightclub with a fun atmosphere, live music, and dance floors.

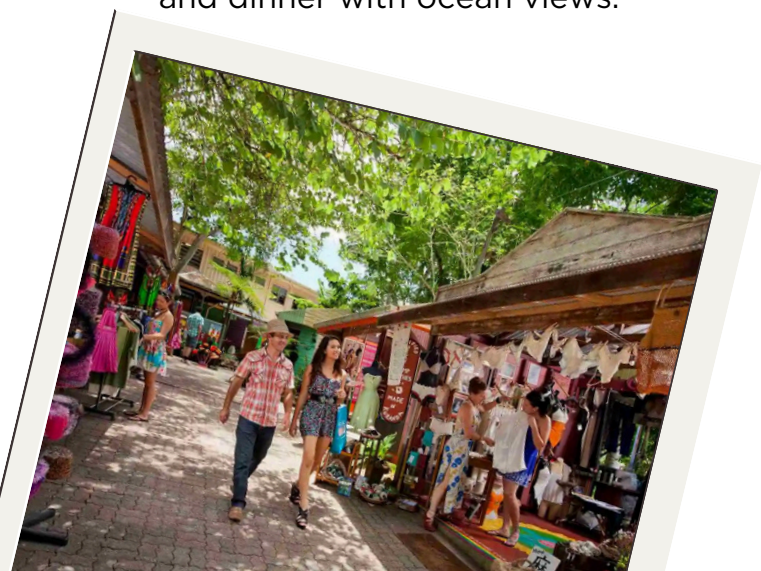
##### **Green Ant Cantina**

Discover this quirky Mexican restaurant and bar offering delicious food and creative cocktails.

#### **Entertainment**

##### **Cairns Performing Arts Centre (CPAC)**

Attend live performances, concerts, and theatre productions at CPAC.





### **Cairns Dinner Theatre**

Enjoy dinner and a show at this unique theatre experience.

### **Cairns Casino**

Visit the Reef Hotel Casino for gaming, dining, and live entertainment.

Cairns' dining and nightlife scene reflects its vibrant tropical atmosphere, with plenty of options to suit different tastes and preferences. Whether you're looking for a casual meal by the water, a lively bar for drinks and music, or a fine dining experience with ocean views, Cairns has something to offer for everyone to enjoy day or night.

## **Employment Opportunities for your Family**

Cairns offers a range of employment opportunities across various industries, driven by its role as a regional hub for tourism, healthcare, education, and tropical agriculture.

### **Tourism and Hospitality**

Cairns is a major gateway to the Great Barrier Reef and other natural attractions, supporting a thriving tourism industry. Employment opportunities include jobs in hotels, resorts, tour operators, restaurants, cafes, and retail shops catering to tourists.



### **Healthcare and Aged Care**

Cairns has hospitals, medical centres, and aged care facilities that provide employment opportunities for doctors, nurses, allied health professionals, and support staff.

### **Education and Training**

Cairns is home to schools, colleges, and universities offering teaching, administrative, and support roles in education. James Cook University and TAFE Queensland have campuses in Cairns.

### **Retail and Services**

The retail sector in Cairns includes shopping centres, specialty stores, and supermarkets, offering employment in sales, customer service, and management roles.



## Construction and Trades

Cairns experiences ongoing development and construction projects, providing opportunities for builders, carpenters, plumbers, electricians, and other tradespeople.

## Agriculture and Farming

The Cairns region supports tropical agriculture, including sugar cane farming, tropical fruit production, and aquaculture. Employment opportunities exist in farming, harvesting, and agricultural services.

## Government and Public Services

Local government offices, public administration, and community services offer employment in areas such as administration, planning, community development, and public safety.

## Mining and Resources

Cairns serves as a service centre for mining and resources projects in Far North Queensland, with opportunities in logistics, engineering, and support services.

## Marine and Maritime Industries

Cairns has a strong marine industry, including marine tourism, fishing, and boating services, providing employment in boat operations, maintenance, and marine services.

## Creative and Cultural Industries

Cairns has a growing arts and culture scene, offering employment in galleries, theatres, events management, and creative industries.

Overall, Cairns provides diverse employment opportunities, particularly in sectors related to tourism, healthcare, education, and tropical industries. The city's tropical climate and natural beauty attract a range of industries, making it an appealing place to live and work for residents seeking a

balanced lifestyle in a stunning coastal setting. Job seekers can explore local job boards, industry associations, and networking opportunities to discover employment opportunities in Cairns.

## Shopping

Shopping in Cairns offers a variety of options, from major shopping centres to boutique stores and local markets.

### Cairns Central Shopping Centre

Located in the heart of Cairns CBD, Cairns Central is the largest shopping centre in the region. It houses major retailers, department stores (like Myer and Target), fashion brands, electronics shops, beauty stores, and a food court.

### Smithfield Shopping Centre

Situated in the northern suburbs of Cairns, Smithfield Shopping Centre features a range of retail outlets, supermarkets (including Coles and Woolworths), specialty stores, cafes, and restaurants.

### DFO Cairns

Direct Factory Outlets (DFO) offers discounted shopping with a variety of fashion, accessories, and homeware stores. It's located near Cairns Airport and is popular for bargain shopping.





### **Rusty's Markets**

Open on Fridays, Saturdays, and Sundays, Rusty's Markets is a popular spot for fresh produce, gourmet food, local crafts, and international street food. It's a must-visit for food lovers and those looking for unique gifts.

### **Night Markets**

The Night Markets on The Esplanade offer a vibrant shopping experience with stalls selling clothing, jewellery, souvenirs, and handicrafts. They also have food stalls serving international cuisine.

### **Local Groceries and Markets**

Cairns has several supermarkets and grocery stores, including Coles, Woolworths, and IGA, where you can shop for everyday essentials and fresh produce. There are also smaller independent grocery stores and convenience stores scattered throughout the city and suburbs.

### **Boutique Shopping**

Explore Cairns' streets for boutique stores offering unique fashion, accessories, homewares, and gifts. Areas like Grafton Street and Oceana Walk Arcade are known for their eclectic shops.

### **Cairns Farmers' Markets**

Visit local farmers' markets, such as the Tanks Markets and Port Douglas Markets (located nearby), for organic produce, artisanal foods, and handmade goods.

### **Shopping in Suburbs**

Suburbs like Edge Hill, Manoora, and Earlville have local shopping precincts with specialty stores, cafes, and services catering to residents.

### **Asian Grocery Stores**

Cairns has a diverse community, and you can find Asian grocery stores offering a variety of Asian food products and ingredients.

Whether you're looking for fashion, souvenirs, fresh produce, or specialty items, Cairns offers a range of shopping experiences to suit different preferences and budgets. From modern shopping centres to traditional markets, Cairns' shopping scene reflects the city's laid-back tropical lifestyle and multicultural influences.

## **Parks & Recreation**

Cairns is renowned for its stunning natural beauty and offers a wealth of parks and recreational areas for residents and visitors to enjoy.

### **Cairns Esplanade**

A picturesque waterfront promenade stretching along Trinity Inlet, the Cairns Esplanade offers walking and cycling paths, picnic areas, playgrounds, fitness stations, and a swimming lagoon with a sandy beach. It's a popular spot for outdoor recreation and leisure activities.

### **Cairns Botanic Gardens**

Located in Edge Hill, the Cairns Botanic Gardens showcase a diverse collection of tropical plants, including rainforest species, exotic palms, orchids, and native flora. Visitors can explore themed gardens, walking trails, and scenic viewpoints.

### **Crystal Cascades**

This natural swimming hole and waterfall, located in Redlynch Valley, is a hidden gem offering a refreshing retreat from the heat. Visitors can swim in the clear waters, relax on the rocks, and explore the surrounding rainforest.

### **Lake Eacham and Lake Barrine**

These volcanic crater lakes, located in the Atherton Tablelands, are popular for swimming, picnicking, birdwatching, and bushwalking.

Visitors can also take guided boat tours to learn about the lakes' geological and ecological significance.

### **Muddy's Playground**

Situated on the Cairns Esplanade, Muddy's Playground is a water-themed playground featuring interactive water play areas, climbing structures, and shaded picnic spots. It's ideal for families with young children.

### **Flecker Botanic Gardens**

Part of the Cairns Botanic Gardens, Flecker Botanic Gardens focus on tropical rainforest plants and showcase rare and endangered species. Highlights include the Gondwana Heritage Garden and the Aboriginal Plant Use Garden.

### **Centenary Lakes**

Located in Cairns Botanic Gardens, Centenary Lakes comprise freshwater and saltwater lakes surrounded by lush rainforest vegetation. Visitors can enjoy walking trails, birdwatching, and spotting wildlife such as turtles and waterbirds.

### **Barron Gorge National Park**

Just a short drive from Cairns, Barron Gorge National Park offers hiking trails, scenic lookouts, and the Barron Falls, one of the region's most impressive waterfalls. Visitors can explore rainforest trails and learn about Aboriginal culture and history.

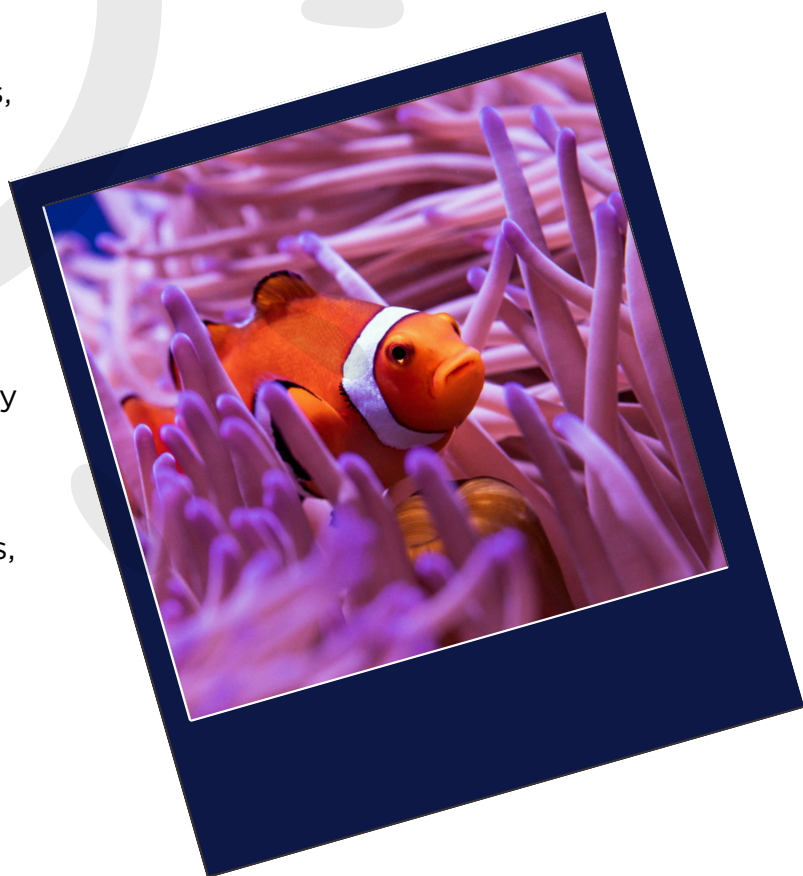
### **Fitzroy Island**

Accessible by ferry from Cairns, Fitzroy Island is a tropical paradise featuring pristine beaches, walking trails, snorkelling spots, and coral reefs. Visitors can enjoy water sports, picnics, and wildlife encounters on the island.

### **Great Barrier Reef**

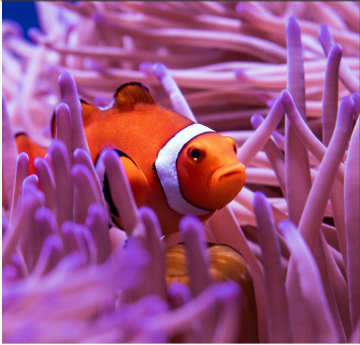
Cairns serves as a gateway to the Great Barrier Reef, offering numerous tour options for snorkelling, diving, sailing, and reef exploration. Visitors can experience the world's largest coral reef system and its diverse marine life.

These parks and recreational areas showcase the natural beauty and biodiversity of the Cairns region, providing opportunities for outdoor adventure, relaxation, and cultural experiences. Whether exploring lush rainforests, swimming in crystal-clear waters, or discovering unique plant species, Cairns offers endless opportunities for nature lovers and outdoor enthusiasts.





# Things to do in Cairns



Great Barrier Reef



Cairns Esplanade



Cairns Botanical Gardens



Skyrail Rainforest Cableway



Fitzroy Island



Barron Gorge National Park



Atherton Tablelands



Tjapukai Aboriginal Cultural Park



Adrenaline Adventures



# Useful links

## Local Council

[Cairns Council Website](#)

## Australian Bureau of Statistics

For census and cost of living data

<http://www.abs.gov.au/>

## Property

[realestate.com.au](http://realestate.com.au)

[domain.com.au](http://domain.com.au)

## Bupa Links

[Bupa Care Services Australia.](#)

Here you will find information about each of our care homes and more about working for Bupa.

[Avature](#)

Login to update your profile and check the status of your application

[Bupa Careers.](#)

[Why Bupa](#)



Bupa respectfully acknowledges the Traditional Custodians of the land on which we live and work. We pay our respects to Elders past, present, and emerging – for they hold the memories, the traditions, the culture and the hopes of Aboriginal and Torres Strait Islander peoples across the nation.

