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Bega

In a valley at the junction of the Bega and Brogo rivers, and surrounded by rich dairy country, Bega is the rural centre of the NSW Sapphire Coast.



Quick facts

Training region	Lower Eastern NSW
Subregion	Southern Eastern NSW
GP Synergy grouping	C
RA/MMM classification	RA3/MMM5
Population	The population of Bega is nearly 5,000 people, the median age is 42 years. Aboriginal and Torres Strait Islander people make up 5% of the population.

Bega is located within the [South Eastern NSW Primary Health Network](#), this [Population Health Profile](#) provides an overview of community health for the region.

Location	Bega is on the Far South Coast of NSW, it is the administrative centre of the Bega Valley Shire. Bega is 230 km (less than three hours' drive) from Canberra.
Transport links	<p>Bega is an historic town, with a proud tradition of cheese-making, Bega Cheese is found in supermarkets throughout Australia.</p> <p>Merimbula airport is located approximately 35 km from the centre of Bega. Regional Express (REX) provide return services to Sydney and Melbourne.</p> <p>Countrylink has service from Sydney to Bega (train service to Canberra, then bus service from Canberra to Bega).</p>
Industry	<p>The main industries in Bega are:</p> <ul style="list-style-type: none"> Health care and social assistance Manufacturing Retail trade Construction Accommodation and food services Public administration and safety Education and training
Healthcare facilities	<p>Bega has a major regional hospital – South East Regional Hospital that opened in 2016. It offers emergency department bays, medical and surgical inpatient beds, a maternity unit, a critical care unit, operating theatres including day surgery, renal dialysis chairs, oncology area, separate mental health unit and a sub-acute rehabilitation unit.</p> <p>Bega is supported by an ambulance service.</p>
Accredited GP training practices in town	<p>Bega Valley Medical Practice Canning Street Surgery Katungul Aboriginal Medical Service - Bega Sapphire Coast Medical Practice</p>
Education	<p>There are a number of public and private schools located in Bega:</p> <ul style="list-style-type: none"> Bega Valley Public School St Patrick's Primary School Thomas More Christian Montessori School Mumbulla School Sapphire Coast Anglican College Bega High School
Childcare	<p>There are six pre-school and day care options in Bega:</p>
Shopping	<p>Situated in central Bega, Sapphire Marketplace is the major shopping destination of the Sapphire Coast region. The shopping centre includes the department store – Big W, as well as Woolworths, Dick Smith, Dan Murphy's and over 20 specialty stores. There is also a Coles supermarket in Bega.</p>

Places of worship

There are a number of places of worship in Bega including Catholic, Anglican, Presbyterian, Seventh Day Adventist and Uniting churches. The nearest Buddhist temple and mosque are located in Canberra (3 hours from Bega).

Things to do**Cultural Activities**

[Cultural Development](#)
[Migrant and Multicultural Services](#)

Social Media Groups

[Bega Valley Noticeboard](#)
[Bega Valley Buy, Swap, Sell and Promote](#)
[Bega District News](#)

Annual Events

[Bega Show](#)

Points of Interest

A visit to the Bega Cheese Heritage Centre is a must, especially for dairy lovers and history enthusiasts, where you can taste the entire Bega Cheese range and the best of local produce.

There are a number of local galleries to be explored with an array of arts and crafts available including pottery, paintings and some magnificent wood work.

There is a large skate park, swimming pool, squash courts, tennis courts, bowls and an 18 hole golf course all available in town.

The Picture Show Man Cinema is a modern independent twin cinema located a short drive away in Merimbula.

Bega's nearest coastal town, Tathra, is less than twenty minutes' drive away, surrounded by the natural beauty of national parks, beaches and waterways.

For more information

[Sapphire Coast Region](#)
[Bega Tourism](#)
[Bega Valley Shire Council](#)

Image gallery

Bega town

TRAINING REGIONS

Western NSW

North Eastern NSW

Lower Eastern NSW

RURAL TOWNS IN SOUTHERN EASTERN REGION

Basin View-Sanctuary Point

Batemans Bay

Bega

Bermagui

Berry

Bowral

Braidwood

Bundanoon

Bungendore

Callala Bay

Cooma

Crookwell

Culburra Beach

Eden

Goulburn

Hill Top

Jindabyne

Merimbula-Pambula

Mittagong

Moruya

Moss Vale

Narooma

Nowra-Bomaderry

- Shoalhaven Heads
- Tahmoor
- Tathra
- Ulladulla-Milton-Mollymook
- Vincentia
- Yass

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TRAINING PROGRAMS

- Australian General Practice Training (AGPT)
- Procedural/rural generalist training

TRAINING OPPORTUNITIES

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- Academic research
- Special interest training
- Teaching and education

TRAINING REGIONS

- Western NSW
- North Eastern NSW
- Lower Eastern NSW

PUBLICATIONS & NEWS

- Transition updates
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