

International Student Guide

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2019



Sydney & New South Wales

**A GUIDE BY
LOCAL EXPERTS**



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PRIME
LOCATIONS



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videos and articles to help you
settle in, understand life in
Australia and make new friends.**

insiderguides.com.au

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SETTING UP

Everything you need to know to get your new student life organised and start enjoying the experience of being in a new city.

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KEY CONTACTS AND SERVICES

Need some help while you are in Sydney? Find the contact details of the various support services available.

P.108

FACT - IF YOU HEAR YOUR SMOKE ALARM AND THERE'S A FIRE IN YOUR HOME CALL TRIPLE ZERO "000" AND ONCE YOU GET OUT, STAY OUT.

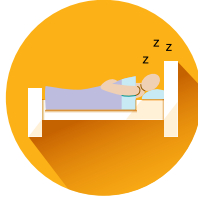
YOUR FIRE SAFETY INFORMATION SHEET



COMMON FIRES



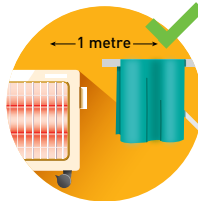
Distractions and cooking don't mix. Never leave your cooking unattended. Most fires in the home start in the kitchen. **Keep Looking When Cooking.**



Extinguish cigarettes correctly and never smoke in bed. Never use wheat bags in bed. Turn off electric blankets when not in use and store correctly - roll don't fold.

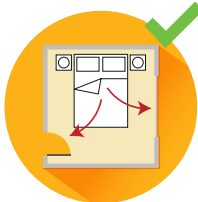


Don't overload power points & powerboards and check leads for damage or faults. When using chargers, do not leave under bedding.

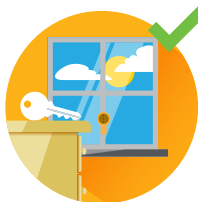


Keep everything one metre from your heater and switch off all heating devices when leaving the room.

PLAN A SAFE ESCAPE



Plan an escape route with at least two exits with every room. Decide on an outside meeting place such as the letterbox.



Keep door and window keys in or near locks so they can be opened.



Blocked exits are a hazard, keep exits clear.



Do not overcrowd.

Welcome to Sydney and New South Wales

Congratulations on choosing the best place in the world to study. I am delighted that you are joining us in New South Wales (NSW) and as the Minister responsible for supporting our international students, I want to wish you the warmest welcome.

Each year we attract more than 235,000 international students from 160 countries around the world to study on our shores. I hope your time with us will leave you with a lifetime of fond memories.

The NSW education sector is world class. Wherever you study in NSW, you learn from the best. Our universities, research organisations, vocational education and training institutions, including government-owned NSW Technical and Further Education (NSW TAFE), have a global reputation for excellence. We are also home to a wide range of Australia's leading private education and training providers, English language colleges and secondary schools.

I want NSW to feel like home and I want to help to make your experience here the best it can be. This is why the NSW Government has Study NSW, the NSW Government agency dedicated to supporting and enriching your student experience. Study NSW coordinates a wide range of services to help you with living, studying, and working in NSW, all of which is available on www.study.sydney

Study NSW also funds the International Student Legal Service NSW which offers free legal advice to international students across the state. If you're looking for practical experiences, they also provide work integrated learning opportunities through programs such as NSW Global Scope and our airport welcome desk.

On behalf of the NSW Government, I wish you every success with your studies and I hope you take the chance to explore and enjoy all that Sydney and NSW has to offer.



THE HON. NIALL MARK BLAIR MLC

*Minister for Primary Industries
Minister for Regional Water
Ministry for Trade and Industry*





Get to Know Sydney

Too busy to read this entire guide now? No problem! We made you a handy little checklist so you can have the best possible start to your study experience!

- Basics** - Get your Opal card (*see page 55*), download the Sydney Culture Walks app (to tick off the tourist spots) and follow Study Sydney on social media to keep up to date with the city.
- Explore** - Take a walk along Circular Quay and The Rocks to get to know the city a little and learn the locations of some major sites (*see page 67*).
- Drink** - Australia is famous for coffee and Sydney is no exception. Learn to order your favourite (*see page 74*) at one of Surry Hills' many coffee spots (*see page 70*).
- Eat** - For a fascinating selection of food from around the world, with a focus on Asia, head to World Square in Haymarket (*see page 64*).
- Go Out** - For a sophisticated night out, but with a relaxed vibe, check out the small bars in Darlinghurst (*see page 68*).
- Listen** - Live local music is an ideal way to get to know a city. Avoid the touring acts and head to a midweek gig at one of Sydney's smaller venues (*see page 95*).
- Play** - Head to one of Sydney's famous beaches on a nice day or check out the amazing swimming facilities in the city (*see page 99*).
- Travel** - Sydney's location means it is easy to access the bush (Royal National Park), mountains (Katoomba) and beautiful coastal spots (Wollongong). *See page 102* for more information on them all.
- Visit** - insiderguides.com.au - For ongoing international student content, sign up for our e-news. It is full of articles, videos and competitions.

Sydney Facts



The Sydney Harbour Bridge is locally known as 'The Coathanger', for its arch-shaped design. Sydney University's Quadrangle is affectionately nicknamed 'Hogwarts' by students because it resembles the magical school of Harry Potter. The University of Technology, Sydney's Tower Building is less flatteringly (but equally lovingly) nicknamed 'The Jenga Building', after the game Jenga.



Sydney city was originally to be called 'New Albion'. Captain Arthur Phillip, the first Governor of New South Wales, was to officially name the British penal colony (that was to become Sydney) 'New Albion', but the name didn't stick. Instead, the colony became named after Thomas Townshend, 'Lord Sydney'.



The Sydney of City local area is Gadigal Land. The original people of the City of Sydney area are the Gadigal people, one of the 29 clans of the Sydney area, known collectively as the Eora Nation. You may hear their traditional custodianship reflected in Sydney's 'Acknowledgement of Country' speeches.



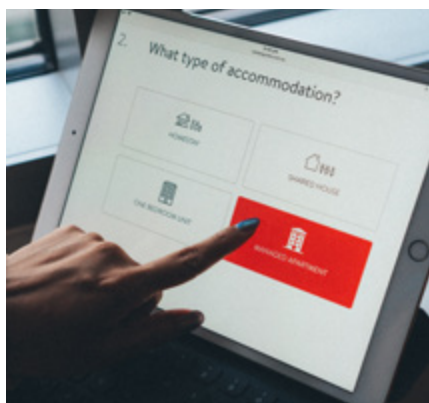
Sydney's George Street is quite possibly the oldest street in Australia. George Street, which lies in Sydney's central business district, was built during colonial times. Once known as 'High Street', the street was later named after King George III of the United Kingdom by Governor Macquarie in 1810.



Sydney is not Australia's capital city. Ask people overseas the question, "What is the capital of Australia?", and they might reply, "Melbourne or Sydney" - a common misconception! Back in 1908, Melbourne and Sydney (Australia's two largest cities) couldn't decide which should become the capital, so to compromise, they created Canberra.

Accommodation

Finding somewhere to live is a crucial part of a successful study experience in Australia. Whatever you choose, it is vital to fully understand all of your options and be aware of your rights and responsibilities.



COST OF LIVING CALCULATOR

Want to learn more about your accommodation and other costs in Sydney? Use our Cost of Living Calculator to receive a customised breakdown of your expected costs:

www.insiderguides.com.au/colc

Comparing Your Options

PRIVATE RENTAL

This is true independent living; renting an apartment or a house, either alone or with housemates. Living with others is ideal for meeting new people and reducing your costs. However, if you decide to live alone, you will have to pay for everything and may get lonely (depending on your personality, of course). Rentals come either furnished or unfurnished.

Note: Listed price is per room.



\$175-\$400/wk

HOMESTAY

A homestay involves staying with a family in their home with meals, internet and utilities covered by the family. While homestays are a popular option for a true Australian experience, some students can find living with a family frustrating at times, as you might not have as much independence. Also, some homestays are located further away from the CBD or universities than other options.



\$250-\$300/wk

MANAGED ACCOMMODATION

These large centres are full of apartments of varying sizes, generally one to five bedrooms. You will get a fully furnished bedroom with 24-hour support and internet included.

Generally, student accommodation is conveniently located for students, is secure and safe, and often boasts a real sense of community. The downside to this is the internet can slow down at peak times and the rooms can be quite small.



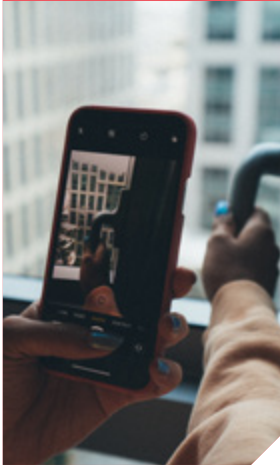
\$250-\$500/wk

RESIDENTIAL COLLEGE

While they appear more expensive than other options, residential colleges do include a lot of extras. They're usually located close to your campus, your fully furnished bedroom will be cleaned weekly, study facilities and gyms are supplied, and the meals are included. The downside is that you often have to lock in a lease for 12 months and you may not need all the extras that you're paying for.



\$450-\$700/wk



BEFORE YOU TAKE OUT A LEASE ON A PROPERTY:

- ENSURE YOU HAVE ENOUGH MONEY TO COVER THE BOND
- ARRANGE A REFERENCE OR GUARANTOR
- INSPECT THE PROPERTY BEFORE YOU SIGN A CONTRACT OR PAY A DEPOSIT
- PHOTOGRAPH ANY EXISTING DAMAGE OR ISSUES
- MAKE SURE YOU RECEIVE, AND KEEP, A COPY OF YOUR RENTAL AGREEMENT AND RECEIVE A RECEIPT FOR ALL RENT AND BOND PAYMENTS
- PAY ATTENTION TO DETAILS REGARDING THE END OF YOUR RENTAL AGREEMENT



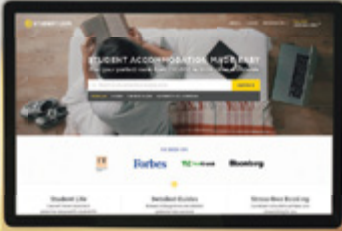
OTHER FACTORS TO CONSIDER WHEN SELECTING ACCOMMODATION

- HOW CLOSE IS IT TO YOUR INSTITUTION?
- HOW CLOSE IS IT TO PUBLIC TRANSPORT AND WHAT WILL THE TRAVEL COST BE?
- WHAT IS NEARBY? (SHOPS, HOSPITALS, POLICE STATIONS, PARKS)
- IS THERE ADEQUATE HEATING AND COOLING?
- IS IT NOISY?
- IS THE AREA SAFE AND IS THE BUILDING SECURE?
- WHAT WILL THE INSURANCE COSTS BE?
- DOES EVERYTHING WORK? (SMOKE ALARMS, APPLIANCES, LIGHT SWITCHES)

HOW MUCH WILL MY BOND BE?

You will need to pay a bond in advance that will be returned at the end of your agreement if no damage has occurred. This bond is not legally allowed to be more than four weeks' rent. Your landlord can also ask for two weeks' rent in advance. You need to determine exactly who is responsible for utilities like water, gas and electricity.

www.allhomes.com.au - www.flatmates.com.au - www.gumtree.com.au



Housemates' Code

There are a lot of great things about living with housemates but some housemates are messy, rude and inconsiderate. While we can't force your housemates to behave, we can give you some tips to help.



Food is always important, establish early on how groceries will be purchased and make it clear what food is shared. Avoid eating any food that isn't yours or designated as shared.

Consider a regular weekly house meal to create a tradition with your housemates.

Make clear rules about guests, when/how long they should be there and which areas/rooms are shared spaces. Communication with your housemates is crucial so make it clear if you want designated 'quiet' times for studying. This communication extends to bills and rent - nothing will cause problems quicker than money!

Consider creating a cleaning roster, taking into account that some housemates may prefer certain tasks. You will still be responsible for doing your own dishes and laundry, and for keeping your room tidy. Respect the belongings of your housemates and don't leave a mess in communal areas.



INVEST IN YOUR FUTURE

Discover your Mirvac apartment close to Sydney's best universities

The Finery, Waterloo ▶

thefinery.mirvac.com

- Selection of 1, 2 and 3 bedroom apartments, designed to maximise space, views and sunlight. Facilities include a lush courtyard, music rooms and a rooftop terrace with a plunge pool.
- Just 3.7km from the CBD in a vibrant mixed-use neighbourhood close to popular parks, shops, cafes and restaurants.



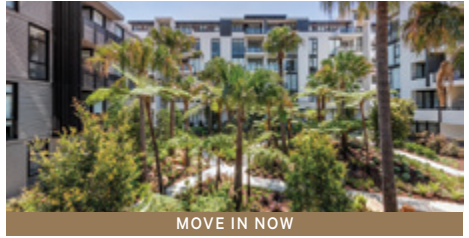
UNIVERSITY
2.4km



TRAIN STATION
1.2km



AIRPORT
4.3km



MOVE IN NOW



Artist's Impression

MOVE IN FROM LATE-2019

◀ St Leonards Square, St Leonards stleonards.mirvac.com

- Luxurious apartments positioned in a premium Lower North Shore location with public transport, including high frequency bus services on your doorstep.
- Superb amenity including residents' gym, pool, spa and private concierge with a vibrant ground floor retail precinct.



UNIVERSITY
1.5km



FUTURE CROWS NEST
METRO STATION 150m



AIRPORT
15km

Marrick & Co, Marrickville ▶

marrickandco.mirvac.com

- Sustainably designed 1, 2 and 3 bedroom apartments and terrace homes in Marrickville, just 7km from the Sydney CBD.
- Brand new library and community hub with meeting spaces as well as a children's playground and cafe.



UNIVERSITY
4.6km



TRAIN STATION
700m



AIRPORT
4.7km



Artist's Impression

MOVE IN FROM MID-2019



Artist's Impression

MOVE IN FROM EARLY-2020

◀ Pavilions, Sydney Olympic Park pavilions.mirvac.com

- Premium 1, 2 and 3 bedroom apartments and terraces with 4,000sqm landscaped area, gym and meeting room.
- A proposed vibrant 24/7 town centre with dining, shopping, schools, live entertainment and serene parkland.



UNIVERSITY
9.5km



TRAIN STATION
700m



AIRPORT
20km

Find out more about living in a Mirvac apartment while you study

+61 2 9080 8888 nswresidential.mirvac.com

All artists' impressions are indicative only and were produced prior to planning approval, statutory approval and commencement of construction and are not to be relied upon as representative of the final development. Photographs and artists' impressions depicting interiors, exteriors and indicative views are a guide only and do not include any future development that may occur in the area. Landscape and architecture are indicative only and subject to change. Mirvac makes no representations about proposed infrastructure, amenity, including retail, dining and schools, which is outside of its control and purchasers must make their own continuing enquiries. Excluding The Finery, completion dates are an estimate only and subject to change. Mirvac makes no representations as to any savings that may be made in relation to sustainable design and purchasers should rely on their own enquiries in this regard. Areas are approximate only. Distances are approximately only and calculated via the shortest route.



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Setting up Your House

BEDROOM

There are regular sales at budget department stores like Target, Big W and Kmart. Watch out for 'home' or 'manchester' sales.

- Quilt/duvet
- Flat sheet
- Quilt/duvet cover
- Pillow
- Fitted sheet
- Pillowcase

BATHROOM

Set up eBay alerts on items you are interested in to make sure you get the best price.

- Bath towel
- Hand towel
- Bath mat
- Laundry basket

KITCHEN

To pick up bargains on small kitchen items, check noticeboards (online and campus), as well as Facebook Marketplace and Gumtree.

- Plates
- Forks
- Saucepan
- Bowls
- Spoons
- Can opener
- Mugs
- Teaspoons
- Sharp knife
- Glasses
- Chopping board
- Fry pan
- Knives
- Cooking utensils
- Stock pot

TOILETRIES

Discount chemists like Chemist Warehouse offer cheap toiletries while Priceline also has large sales, ideal for stocking up.

- First aid kit
- Conditioner
- Sewing kit
- Toothpaste
- Toilet paper
- Soap
- Shampoo
- Shaving cream

Communication

In this chapter we'll show you how to get connected with home internet and on your phone. We'll also teach you the difference between a SIM and a phone plan so you can work out which option is right for you.



HOW DO I ARRANGE MOBILE BROADBAND?

If you can't get a hotspot using your phone and want a good connection for your device, an easy solution is mobile broadband. Just head into an Optus, Vodafone or Telstra store and pick up a 4G modem - they start at around \$15-20 per month, but prepaid options are also available.

FACTORS TO CONSIDER BEFORE SIGNING A PHONE CONTRACT:

- HOW LONG IS THE CONTRACT?
- HOW MANY MINUTES OF PHONE CALLS DO I GET (AND ARE INTERNATIONAL INCLUDED)?
- WHAT IS THE MONTHLY DATA LIMIT?
- HOW MUCH WILL YOU BE CHARGED IF YOU NEED TO END THE CONTRACT EARLY?
- WHAT EXTRAS/DISCOUNTS/SUBSCRIPTIONS ARE INCLUDED?
- HOW GOOD IS THE NETWORK COVERAGE?
- WILL YOU BE CHARGED EXTRA FOR PAYING BILLS IN A CERTAIN WAY (E.G. CREDIT CARD)?

Mobile Phones



PREPAID

Prepaid is an easy and flexible way to enjoy a phone service. You can recharge with data, text, and local and international calls. Essentially, you buy a SIM card and then 'top up' or 'recharge' every month or so. It's the most flexible and popular option for international students, as you can just choose to no longer recharge if you're going back home.



PLANS

If you'll be here for over 12 months, you may consider a 'plan' or a 'contract', which is an agreed payment per month to use the network. Usually, you will get more phone calls and data this way than through prepaid options. Plans and contracts will often include the option of purchasing a new phone, however if you brought your own phone you can get a SIM only plan.



HOW DO I GET STARTED?

For both Prepaid and Plan options, head to a phone shop like Vodafone, Optus or Telstra. You'll need some documents to prove who you are in order to get started:

- An Australian bank statement or rental agreement
 - Your student visa details
 - Proof of identity - your passport
-



WHAT SHOULD I WATCH OUT FOR?

Read your contract, or the terms and conditions, closely to make sure you understand any additional charges that can be applied. Another thing to be aware of is additional subscriptions that may come with the service. If the overall deal is similar then consider if you would save money by having free access to another service. For example, they may come with free sport streaming (see page 22 for more information), Spotify or Netflix.

HOW DO I ARRANGE HOME INTERNET AND WHAT ALTERNATIVES ARE AVAILABLE?

Services like www.comparebroadband.com.au are a good starting point if you are unsure of pricing and the options available in your area. Month-by-month and six month contracts are becoming more common. They work for students in regards to contract length but cost more than 12 or 24 month contracts. Australia is gradually connecting to the National Broadband Network (NBN) but speeds in many locations still leave a lot to be desired, especially if you come from a country with fast internet.

Given this situation, there are alternatives available that can still provide reasonable speeds without a long-term contract. Home Wireless Broadband Plans are now available, providing you with a home modem operating on the 4G network. Prices vary depending on your data needs but keep in mind that, as it runs on the 4G network, if you have extensive/unlimited data on your phone you could instead use that as a personal hotspot and tether to other devices.

WHAT RESOURCES ARE AVAILABLE TO HELP ME IMPROVE MY ENGLISH LANGUAGE SKILLS?






The language barrier is something that all international, non-native English-speaking students aim to overcome while studying in Australia. It can be daunting conversing with people in English so we have created this list of fun, interactive online tools to help improve your confidence.

TITLE	LINK	WHAT IS IT?
English Central	www.englishcentral.com	A platform full of English language videos that progressively build your comprehension.
BBC Learning English	www.bbc.co.uk/learningenglish	Watch well-crafted videos and then complete the related activities to increase your knowledge of the English language.
italki	www.italki.com	Choose between native speakers and qualified tutors (more expensive) to have a 1-on-1 video chat with you.
Busuu	www.busuu.com	A website and mobile app, Busuu is a social network of people learning new languages.



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-  Unlimited standard calls and texts in Australia
-  Store staff that speak many languages



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T&C's apply. All for use in Australia.

V16762 12.18



Streaming Options

NETFLIX - NETFLIX.COM

From \$9.99/month

The large global player made its move into the Australian market in 2015, providing on-demand access to a range of local and international shows. You can watch on smart TVs, gaming consoles, Apple TV and Chromecast, mobile devices, and computers.

FOXTEL NOW & STAN - FOXTEL.COM.AU/NOW - STAN.COM.AU

From \$15/month (Foxtel) & \$10/month (Stan)

Both available on computers, smart TVs, Chromecast and gaming consoles. The Foxtel Now app allows you to sign up for the subscription service, Foxtel, without any installation costs or contracts. Foxtel is a good choice if you want to access live sport. Stan is an Australian subscription service that offers an extensive back catalogue of local and international content.

SPORT STREAMING SERVICES

Optus Sport has the rights for the English Premier League and UEFA Champions and Europa Leagues. These games can be watched on mobile devices or on Chromecast, Fetch TV or Apple TV. It is free for most Optus customers or \$15/month for non-Optus customers. AFL (Australian Rules Football), A-League (Football/Soccer), NRL (Rugby League) and Super Netball can be streamed on mobile devices through Telstra. These have varying prices for non-customers but are free to Telstra customers.

CATCH-UP APPS - ABC IVIEW, SBS ON DEMAND, 7PLUS, 9NOW, TENPLAY

The main free-to-air stations in Australia all have apps available that allow you to watch their shows on demand. These apps are free to download and use, but the shows do contain advertising.

Get started in Sydney and stay connected

Optus has a range of great value mobile plans perfect for students, so you can stay connected in Sydney and keep in touch with friends and family back home.

Broadway

K106/1-21 Bay St
Broadway NSW 2007

Randwick

3/57-63 Belmore Rd
Randwick NSW 2031

World Square

9/644 George St
Sydney NSW 2000

Optus on George

383 George St
Sydney NSW 2000

OPTUS

Come in-store or visit optus.com.au/findastore

Australian Slang



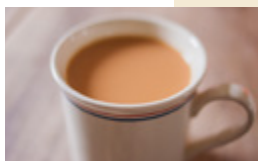
Snag (Noun) – Sausage

For the best snags, I go to Bunnings Warehouse.



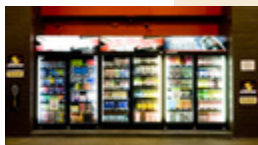
Esky (Noun) – Ice cooler

The esky will keep the drinks cool while we swim.



Cuppa (Noun) -Hot beverage

A hot cuppa tea goes well with biscuits.



Bottle-o (Noun) – Liquor store

I have to go and get some beer from the bottle-o.

EXPRESSING YOURSELF

Aggro (Adjective)

Angry, showing aggression

'He's so aggro at the moment, you should avoid him.'

Fair enough (Idiom)

Alright/OK

'You'll be late? Fair enough, traffic is bad today.'

Feral (Adjective)

Disgusting, something repulsive

'I just saw someone drop their hot chips and then continue to eat them off the ground, that's so feral.'

Frothing (Verb)

To be excited or enthusiastic

'I'm frothing that new season of The Bachelor is on.'

Hey? (Exclamation)

'Used at the end of a sentence to ask if someone agrees
You're going out tonight, hey?'

Keen (Adjective)

Excited for something

'I'm so keen for the new Quentin Tarantino film.'

No worries (Idiom)

Don't worry about it/it's OK

'You can't come to the party? No worries!'

She'll be right (Idiom)

It will be fine

'You missed the bus? She'll be right, there'll be another one soon.'

_____ as (Adverb)

Almost anything could go here; Busy as, awesome as, tired as. To understand the speaker, just cut off the 'as' and add 'very' to the front and you'll get what they mean.

'She's been annoying as since she got back from her exchange – she won't stop talking about it.'

Full on (Adjective)

Intense/wild

'Uni is so full on, I can't keep up with my assignments.'

Yeah, nah (Determiner)

– No

Nah, yeah (Determiner)

– Yes

GOING OUT

Arvo (Noun)

Afternoon

'Let's catch up this arvo for a coffee.'

Avo (Noun)

Avocado

'I love avo toast with feta cheese.'

Barbie (Noun)

BBQ

'Let's fire up the barbie for dinner tonight.'

Bathers (Noun)

Swimming costume

'Remember to bring your bathers, my friend has a pool.'

Brekky (Noun)

Breakfast

'I always have a big brekky, I'm so hungry when I wake up in the morning.'

Chemist (Noun)

Drug store/pharmacy -

'We should go pick up some Panadol from the chemist.'

EFTPOS (Noun/Acronym)

Machine for electronic (card) payments. Stands for Electronic Funds Transfer at Point Of Sale

'Luckily, the café has EFTPOS, because I don't have any cash.'

Macca's (Noun)

McDonald's

'I'm too tired to make dinner, shall we go to Macca's instead?'

Mate (Noun)

Friend (this can be used passive-aggressively though, so pay attention to the situation)

'I like her, she's a good mate, she always has my back.'

Mozzie (Noun)

Mosquito

'The mozzies are so bad in the summer.'

Rip off (Adjective)

To cheat/something that's too expensive

'This brunch is such a rip off - \$18 for toast?!'

Servo (Noun)

Service station/gas station

'On long drives I have to stop at the servo to buy snacks.'

Shout (Verb)

To pay for the next round of drinks i.e. 'it's your shout'

'I paid for the last round, so it's your shout this time.'

Spud (Noun)

A potato

'I'd love a baked spud with sour cream right about now.'

WHILE STUDYING

Biro (Noun)

Pen

Bludge (Intransitive Verb)

To not try your hardest -

'He's bludging uni, there's no way he'll graduate.'

Chuck a sickie (Phrasal verb)

To fake a sick day from work or study.

'I can't miss The Bachelor tonight, I'll just call work and chuck a sickie.'

Dodgy (Adjective)

Poor quality/not reliable/suspicious

'That website is dodgy, I'm pretty sure it gave me a virus.'

Good on ya (Exclamation)

Well done/good on you

'Congratulations on that HD, good on ya!'

How ya going/How's it going? (Spoken phrase)

How are you?

Reckon (Verb)

Think/figure/assume

'I reckon I'll go for a run, I've been feeling lazy as.'

SWOTVAC (Noun/Acronym)

Study break/revision week

'I have so much revision to do during SWOTVAC, I shouldn't have slacked off so much during the semester.'

Uni (Noun)

University

'Do you want to walk to uni together?'

Money & Banking

A little bit of financial management can save you a lot of cash, meaning you have more to spend on what really matters: enjoying Australia! This section will help you set up a bank account, manage a budget and control your expenses.



WHY DO I NEED AN AUSTRALIAN BANK ACCOUNT?

Opening an Australian bank account will allow you to earn money in Australia. Any payment you receive from employment or a scholarship will need to be paid directly into an Australian account. Additionally, you will easily be able to access funds without attracting fees for international transfers.

When opening an account, you will be provided with a debit card, allowing you to shop across Australia and online without paying additional fees. As an international student, you need to make sure you have enough money to pay for study, resources and living expenses. You also need to make sure your money is secure and that you can access it anytime. You can use a basic day-to-day account to pay for course fees, rent or daily living costs.

Managing Money

HOW DO I SET UP A BANK ACCOUNT?

This step is easy. When you arrive, simply head into a bank in Australia and let them know you're an international student and would like to open an account. You will need to bring photographic identification, proof of your Australian address and proof of enrolment. You will be provided with access to a day-to-day account and an online savings account. Once you have been identified you will receive a debit card (this is often mailed to you when it is ready).

WHAT SHOULD I BRING WITH ME?

- PASSPORT OR BIRTH CERTIFICATE
- NATIONAL IDENTITY CARD (IF YOU HAVE ONE)
- PROOF OF AUSTRALIAN ADDRESS (CAN BE A HOUSEHOLD BILL)
- PROOF OF ENROLMENT

Note - It is not necessary to have a Tax File Number to get a bank account, but without one you will get taxed up to 48% (approximately) on the interest your money earns in the bank account.

HOW DO I MANAGE MY BUDGET?

The first thing you need to do is get an understanding of your current financial position. Predict and list all your income and expenses for the next three to six months as best you can. Then, it's time to think about ways to improve it. Think about the things

that add a lot of value versus what you pay for but really don't need, like buying a coffee every day vs making one at home. Then, download an app like Pocketbook on your phone, and sync up your bank accounts so you can start tracking and setting goals for spending and saving.

WHAT RESOURCES ARE AVAILABLE IF I AM FACING FINANCIAL DIFFICULTIES?

If you are having any difficulties with your finances, your first contact should be your study institution. They have qualified staff

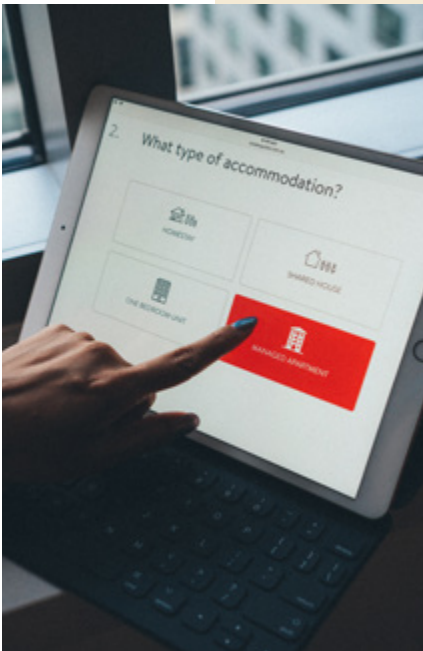
available to help and can point you in the right direction for support. If you are experiencing financial hardship then you may be able to apply to pay your tuition in instalments.

WHAT IS SUPERANNUATION?

Often known as ‘super’, it is financial contributions towards a fund that you use to live on when you retire. You can contribute to your own fund, but most commonly your employer does this. Legislation is in place to ensure that all legitimate employees - whether you work casual, part or full-time - receive super contributions. If you earn over \$450 (before tax) in the calendar month, your employer must contribute at least 9.5% of your earnings to your nominated super fund. This is in addition to your ordinary wage.

But, many international students leave Australia without claiming their super! If you are leaving Australia permanently and have worked during your time here, you can apply to have your superannuation paid to you when you leave. This is your money! You have to apply to receive your superannuation. You can only submit a claim after you have left Australia, but it is recommended that you gather the necessary documents before you leave.

www.ato.gov.au/Individuals/Super



THE COST OF LIVING CALCULATOR

Everyone is different. Work out how much your life will cost in Australian cities.

- PERSONALISE YOUR EXPENSES
.....
- COMPARE AUSTRALIAN CITIES
.....
- ASSESS THE PRICES IN MULTIPLE CURRENCIES
.....
- A SIMPLE AND EASY PROCESS
.....
- SAVE YOUR RESULTS FOR LATER
.....

www.insiderguides.com.au/colc

Get set up with CommBank, Australia's largest bank.

1 Open a student bank account online or at a branch.

With CommBank you'll get:

CommBank's Everyday Account Smart Access for your day-to-day banking, with no monthly account fees while you're a student:

A Debit Mastercard® to access the money in your account at ATMs (cash machines) or to shop online or in stores.

To open an account, visit commbank.com.au/studyNSW, or any CommBank branch (bring along your passport, student ID, and if applicable any tax identification numbers').

2 Get set to manage your money on the go.

Download the CommBank app to:

Manage your money from your phone and enjoy handy features like 'Find an ATM' and 'Cardless Cash' to withdraw your cash from a CommBank ATM without your card.



3 Discover some differences to banking in Australia.

Here's a couple of handy ones to know:

When paying with a card, you may be asked to choose 'savings, cheque or credit'. With CommBank accounts choose either 'savings' or 'credit'.

There aren't any 1c or 2c coins – so don't expect change if something is priced \$1.99 and you handover \$2 (it's rounded to nearest 5c).

Open your student bank account today, simply visit commbank.com.au/studyNSW, or visit any CommBank branch.



Things you should know: ~Applies if you are a tertiary student at an educational institution located in Australia. You must show us suitable student ID in branch. *If you have tax residency outside Australia you'll also need to provide your Tax Identification Number (TIN) for each country of foreign tax residency - see commbank.com.au/tin Mastercard is a registered trademark of Mastercard International Incorporated. As this advice has been prepared without considering your objectives, financial situation or needs, you should, before acting on this advice, consider its appropriateness to your circumstances. Terms and conditions issued by Commonwealth Bank of Australia ABN 48 123 123 124 are available on request at any Commonwealth Bank branch and should be considered in any decision about these products. The CommBank app is free to download however your mobile network provider charges you for accessing data on your phone. The CommBank app is available on Android operating systems 4.1+ and iOS operating system 8.0+. Full terms and conditions available on the CommBank app. NetBank access with NetCode SMS is required. Apple, the Apple logo & iPhone are trademarks of Apple Inc, registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Google Play and Android are trademarks of Google Inc.



We are Australia's preferred way to pay bills*



When it comes to paying your bills think BPAY®. We are uniquely Australian and trusted by Australians.

Pay bills the way 70% of Australians do today[^].

How to pay with BPAY



Step 1

Log on to your online banking. Choose the BPAY or Bill payment option.



Step 3

Enter the payment details:

- BPAY Biller code
- Customer Reference Number (CRN)
- Amount from your bill.

Then Click to pay



Step 2

Find the BPAY logo on your email or paper bill.



Biller Code: 1234
Ref: 1234 1234 12234

(Sample only)

Find out more bpay.com.au/guide



*RFI Payments Diary 2018. ^Kantar Millward Brown Brand Tracker 2018. Published by BPAY Pty Ltd (ABN 69 079 137 518) (Phone (02) 9646 9222; email: marketing@bpay.com.au). The BPAY Scheme is managed by BPAY Pty Ltd. BPAY Payments are offered by over 150 BPAY Scheme members. When you use BPAY the BPAY Scheme is paid fees relating to processing costs and BPAY Scheme membership. Contact your financial institution to see if it offers BPAY and to get the terms and conditions. Any financial product advice provided by BPAY Pty Ltd in relation to BPAY payment products is general advice only and has been prepared without taking into account your objectives, financial situation or needs. Before acting on such advice, you should review the Product Disclosure Statement and consider whether BPAY payment products are appropriate for your personal circumstances.

Transfer Funds

HOW DO I SEND AND RECEIVE MONEY AND PAY BILLS?

Setting up your new life in Australia is an exciting process, but it does come with a lot of expenses. You will need to pay course fees to your institution, buy textbooks, pay your accommodation costs, pay your bills every month, and have access to your money for everyday spending. This can mean a lot of transactions. There are many different ways to send and receive funds; with a little research, you can find the best solution to suit you.

SEND AND RECEIVE MONEY FROM HOME

If you have internet banking set up with your bank, you can easily receive funds from home or send money overseas. Just make sure you have all the required codes (SWIFT, Sort and, for Europeans, IBAN) and the correct account numbers. Bank accounts are best for transferring small amounts and paying your everyday expenses. If you are transferring larger amounts of money and want a better exchange rate with lower fees, you may want to consider other services.

Money transfer companies provide a fast option to send and receive money overseas in minutes. If you shop around, specialist international money transfer companies will often give you a better deal on currency exchange rates than your bank.

PayPal is perhaps the most well-known money transfer system. Many people are already familiar with it, so the person you are sending money to might already have an account. It's easy to transfer money using PayPal, and there are no setup fees. As it is an online transfer, it usually takes 24 hours. PayPal charges a currency conversion fee, which varies depending on the country you are sending to and whether you are sending to another PayPal account.

A prepaid credit card is a great way to receive money from home for daily expenses and not fall into the trap of spending more money than you have in your budget. Companies like Vasco Pay offer additional services to international students, such as weekly discounts, so you can get a bit of extra spending power.

PAY YOUR EDUCATION EXPENSES AND OTHER BILLS

Student payment services are a secure way to make payments to educational institutions, insurance, accommodation or other international education service providers, or to your own bank account for living expenses. Companies like Cohort Go and Flywire offer some great foreign exchange rates and make paying for your education expenses really easy.

BPAY is an electronic bill payment system in Australia that enables secure payment for many different expenses, like your monthly mobile phone or other utility bills. Look for the BPAY reference number on your bill and then select the BPAY option on your internet, mobile or phone banking account to make your payment.

Employment

Whether you need a job to support you while you study, or you're looking for work when you graduate, these helpful tips can make the process easier. Increase your chances of finding work and learn about your work rights in Australia.



CAN I WORK WHILE STUDYING?

While on a student visa, you can work up to 40 hours per fortnight during the semester and unlimited hours during semester breaks. A fortnight means 14 days. Australia has laws guaranteeing basic workplace rights, including minimum pay and conditions. You should always be paid for work that you do, including training and trial shifts. You should also be paid at least once a month, receiving a payslip within one working day of being paid. Employers are not allowed to give you goods or services (including food) instead of pay.

COMMON PART-TIME JOBS FOR INTERNATIONAL STUDENTS

RETAIL SALES ASSISTANT

ADMINISTRATIVE ASSISTANT

BARISTA

GENERAL HOSPITALITY STAFF

EVENT STAFF

CLEANER

FOOD DELIVERY

Food delivery jobs are easy to get but can come with issues around rates of pay. See our full article for more information: www.insiderguides.com.au/food-delivery

Preparing to Work

HOW DO I DEVELOP A NETWORK?

The ability to build relationships and contacts that can lead to future opportunities is an important skill to develop. Classmates, tutors and lecturers can play an important role in establishing a network of your own. Attending events relevant to your studies is a great starting point. LinkedIn is an ideal platform for keeping track of your network:

www.insiderguides.com.au/students-linkedin



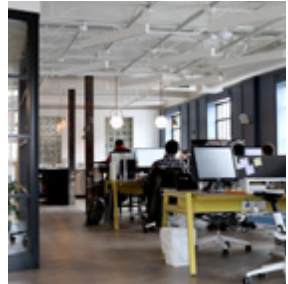
WHAT DO I NEED TO KNOW ABOUT TAX?

Before working in Australia, it is crucial to obtain a Tax File Number (TFN). Your TFN will ensure that you get taxed at the correct rate for the amount of work you are doing. Australia has a tax-free threshold of \$18,200, meaning you will pay no tax if you earn less than this amount in one year. If you have any tax taken from your earnings, you will need to complete a tax return at the end of the financial year.



INTERNSHIPS AND WORK EXPERIENCE

Gaining experience relevant to your course of study is of great benefit as you transition into a professional career. Check with your institution's career centre for options for arranging an internship or work experience. You will often develop skills directly related to your career and learn how to operate within a professional environment. Your internship or work experience may lead to employment with the organisation after you graduate.



WHERE CAN I GET MORE EMPLOYMENT INFORMATION?

In addition to the extensive range of articles on www.insiderguides.com.au, you can now also head to our YouTube channel for videos on the subject: www.insiderguides.com.au/youtube

Study NSW provide employment information on their website. The site has details on employment while studying and has a list of further resources: www.study.sydney/work





WHY SHOULD I VOLUNTEER?

Volunteering will provide you with a vast range of soft skills, improve your ability to communicate, allow you to make new friends, and help you integrate with your new community. Your university may have a volunteering office, but if not, seek help at the careers office. Off-campus volunteering may take you further into the local community and allow you to learn about Australian customs. The experience you develop through volunteering can be of great advantage when you apply for a professional role.

www.volunteering.nsw.gov.au

www.volunteer.com.au



HOW DO I GET A JOB AFTER I GRADUATE?

In your final year you will have the opportunity to apply for graduate positions with a range of organisations. Employers have the opportunity to sponsor your visa, and if your degree falls under the Skilled Occupations List, this process is much easier. See the sites below for more information on visas and the Skilled Occupations List.

www.homeaffairs.gov.au

To learn more about employability skills, we recommend reviewing the International Education Association of Australia (IEAA) International Employability Guide:

www.ieaa.org.au/research/employability

Maximise your potential for fun

www.whatson.sydney

Ideas to get you out and about

WHAT'S  ON | CITY OF SYDNEY  

How do I Write a Résumé?

The basics of a résumé include your contact details, previous work history and, for students and recent graduates, details about your education. Keep it as concise as possible and get somebody to proofread it for you.

Include at least one reference; this should be a previous employer or someone who knows your work or study ethic. Speak to a friendly tutor if you need someone to be a reference for you. Your résumé and cover letter should be targeted for a particular role; don't use the same generic versions for all jobs.

We have underlined the errors in the following résumé in red.

PERSONAL INFORMATION

.....

Ms Insider Guides

2019 Guides Street

Email - iloveponies27@hotmail.com

Ph (01) 2345 6789

DOB - 01/02/03

Height - 250cm Weight - 170kg

Visa - Student

Marital Status - Divorced

Religion - Jedi

EMPLOYMENT HISTORY

.....

Shop Asistant

Insider Shop Jan 2017 - Present

Responsibilities: Handling Money

Key Achievements: Staff Award

EDUCATION HISTORY

.....

Bachelor of Arts - Insider University

Insider Primary School

Responsible Service of Alcohol Certificate 2017

Avoid including your Date of Birth or particularly personal information like your height/weight, marital status or religion.

Make sure your email address is professional.

Carefully proofread your résumé to eliminate all typos and other errors.

Highlight your responsibilities in the role and, where relevant, showcase any significant achievements (awards, beating targets etc.).

If you haven't graduated yet, list your expected completion date.

You certainly don't need to include your primary school education and high school is definitely optional, but won't look out of place if you want to highlight your history of high achievement.

Include short courses if you believe they are relevant or beneficial to the role you are applying for.

Get organised and study better.



**HOLDS STRONGLY,
REMOVES CLEANLY.**



Command™ hooks and strips.

- No tools no nail holes
- Ideal for renters.



Available from Officeworks



AM I GETTING THE RIGHT PAY?

As an international student, you have the same workplace rights as all workers in Australia. The Fair Work Ombudsman (FWO) can help if you have concerns about pay, leave or how you're treated at work. www.fairwork.gov.au has information in 40 different languages to help you understand your work rights.

You can contact the FWO for help without fear of your visa being cancelled, as long as certain conditions are met. See www.fairwork.gov.au/internationalstudents for more information.

The FWO's anonymous reporting tool at www.fairwork.gov.au/tipoff lets you report a workplace issue without providing your personal information. It's available in 17 languages. The FWO's record my hours app makes it easy to record the hours you've worked. Download it now from the App Store or get it on Google Play!

You can visit www.fairwork.gov.au or call the FWO on 13 13 94. To speak your language you can call the Translating and Interpreting Service (TIS) on 13 14 50. Tell the operator the language you speak and ask them to call the FWO on 13 13 94. Contacting and getting help from the FWO is FREE!

WHERE SHOULD I LOOK FOR A PART-TIME/ CASUAL JOB?

Many international students use www.seek.com.au to find jobs, which is the most popular one here in Australia. Other large popular sites include www.careerone.com.au and au.indeed.com. But there are others that are better for international students such as www.oneshift.com.au and www.spotjobs.com. These student-oriented sites make it easier for international students to find appropriate roles while studying in Australia.

Whatever role you are interested in, your institution's career centre (where available) is a great place to get started. The career centre is an underused resource that can provide support with resumes, cover letters and interview techniques. It often runs institution specific job boards that you can take advantage of as well.

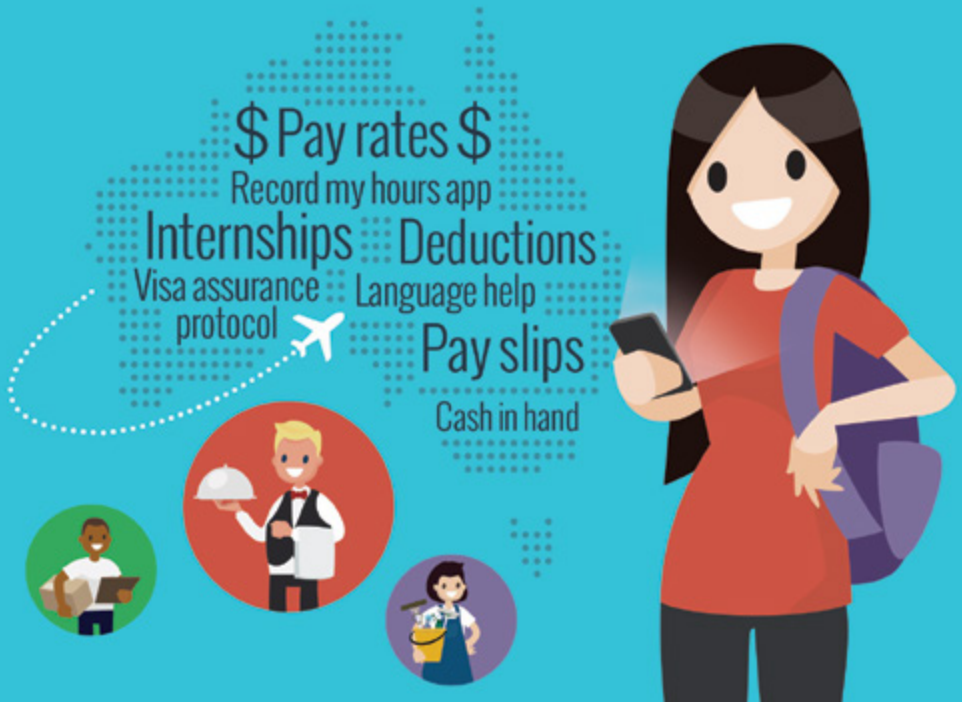
Other options for discovering part-time/casual roles include www.gumtree.com.au and industry-specific Facebook pages (eg 'Bartenders in Sydney'). These resources can be useful but you must be extra vigilant that these roles do not breach your work rights in any way.



CAN I START A BUSINESS?

It is an uncommon option, but it is generally possible to start a business as an international student. To get started you need to consider the purpose of your business, if you have the money to start it and whether you have the skills to execute it. To learn more about the process, and how to get an Australian Business Number (ABN) see: www.insiderguides.com.au/start-business-international-student

International students have the same workplace rights as all workers in Australia



Find out about your work rights in 40 different languages for FREE @ www.fairwork.gov.au



If your pay and conditions are less than what you're entitled to, call 13 13 94 or lodge an anonymous report about your concerns. The Fair Work Ombudsman is committed to keeping workplaces fair.

Studying

Understanding the structure and demands of studying in Australia is crucial to success. This guide will help you prepare, manage and eventually thrive in your studies.



FIRST DAY CHECKLIST

CREATE A LESSON TIMETABLE

An easy-to-understand lesson timetable means you'll always know where you're supposed to be and when.

CREATE A STUDY TIMETABLE

Organise your study routine around your classes, for both study and other activities.

CHARGE YOUR DEVICES

Make sure your laptop and phone are charged. You don't want to run out of battery halfway through your second class.

PRINT OUT ANY OFFICIAL UNIVERSITY DOCUMENTS

Make sure you've printed all the paperwork you need, so orientation is an easier process.

WHAT TO PACK

STUDENT ID (IF RECEIVED IN O-WEEK)

OFFICIAL UNIVERSITY DOCUMENTS

DIARY

SNACKS

CAMPUS MAP

TEXTBOOKS FOR ALL SUBJECTS (OR AT LEAST A COUPLE OF SUBJECTS!)

FOLDERS FOR ALL SUBJECTS

A COUPLE OF PENS AND PENCILS

CABLES FOR ELECTRONIC DEVICES

MONEY FOR COFFEE!

WHAT SERVICES ARE AVAILABLE ON CAMPUS?

You're paying a lot of money to study here, so you should know what your institution offers for free as part of your fees! Many international students don't realise just how much help is available.

CAREER CENTRE

This office will assist you in creating an effective résumé and explain how to complete a job application and prepare for a job interview. Staff can also help you plan out your graduate career and discover volunteer and internship opportunities. They can also help you find casual work. Not many students use it because they simply don't know about it. Now you do!

INTERNATIONAL STUDENT OFFICE

On campus, this office is your best friend. Staff will assist with your orientation, organise social events and answer your questions that relate specifically to international students.

LIBRARY

There is more to your library than just a collection of books. Libraries are full of meeting rooms, TVs, journal databases, computers and more. If you can't get work done at home, head down to the library. Learning how to use the library effectively will drastically improve your chances of truly succeeding in your studies. Libraries also offer a range of workshops to enhance your academic skills.



HOW DO I SAVE MONEY ON TEXTBOOKS?

1. Check with students from higher years

Look for adverts on your institution's message boards (both online and on campus) and if you can't see what you are looking for then post your own advert.

2. Use an online tool like Textbook Exchange

These online resale sites allow you to buy second-hand textbooks from students across the country.

www.studentvip.com.au/textbooks

3. Consider eBooks

Do you need a hard copy of your textbook? If not, download a digital copy and save some money.

4. Rent your textbooks

Will you ever look at the textbook again? If you only need it for one semester then consider renting it online.

5. Use the library

Campus libraries often have limited numbers of textbooks available to actually borrow but they will have reserved copies that you can access while in the library.

Study Terms

Census date

The date by which you must finalise your enrolment before fees are charged. The last day to withdraw from a course without having it listed on your academic record.

Course

The individual unit of study that makes up a program - usually completed in a semester - for which a result is given. Each course will have a course coordinator, who is an academic staff member with overall responsibility for teaching.

Full-time

The number of units to be considered 1.0 EFTSL (Equivalent Full-Time Student Load). International students in Australia generally have to be enrolled full-time.

Grade point average (GPA)

This score is the average of the results you receive in your program, taking into account different unit values of courses.

Lecture

Regular formal presentations of the course material, delivered to a large number of students by an academic staff member.

Orientation (O-week)

A week of activities and information sessions to welcome new students to the university at the start of each semester.

Practical (Prac)

Regular sessions where students participate in exercises after a brief presentation and explanation from a tutor.

Semester

The university year for most students will be divided into two semesters. Semester one runs in the first half of the year (Feb-July) and semester two in the second half (Aug-Dec).

TAFE (Technical And Further Education)

These vocational education providers cover a range of subjects and offer various levels of certificates and diplomas. Students receive practical and vocation-oriented education.

Transcript (Academic record)

Official academic transcripts cost money to get from your Student Centre, but graduating students are given one free copy. Unofficial records can be printed using the online login you use at university.

Tutorial (Tute)

An often compulsory small discussion group, led by a tutor, to discuss the material presented in lectures.

WHAT IS PLAGIARISM?

Plagiarism is essentially copying someone else's work and presenting it as your own. This may be literally copying part of an essay (or the entire thing) written by someone else, or using the words of an author without referencing them. If you use someone else's idea, even if you write it in your own words, you will need to provide the source. If you are found guilty of plagiarism there can be serious consequences, including expulsion from your course. This may lead to the cancellation of your student visa.

New in town? You're not alone.

Get free support for international students

- › Finding a course and enrolling
- › Change of course or institutions
- › Guidance for student visas
- › OSHC advice available

You can also get help with IELTS

- › Free IELTS Masterclass
- › Free support materials
- › Free practice materials
- › Test bookings

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1800 664 700



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universities worldwide*

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* Times Higher Education World University Rankings 2019,
Webometrics Ranking Web of Universities 2018

latrobe.edu.au/sydney



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Want guaranteed entry into university?



“I wanted to go to university but didn’t have the grades. My sister helped me choose LaTrobe and I was able to do a Foundation Studies program on campus to get into my degree. Now I’ve won two scholarship prizes for academic merit. I love everything about LaTrobe!”

Huixian Feng

Foundation Studies, Bachelor of Business (Accounting)

La Trobe College Australia is your way into a La Trobe University degree. Our pathway courses lead to first or second year of a range of La Trobe’s Bachelor’s or Master’s degrees. The College is located on La Trobe’s Sydney Campus so you will have the full university experience from the start of your studies, and have access to all the best support services and facilities.

Our pathway programs in Sydney range from 3 to 8 months and provide guaranteed entry into a corresponding degree upon successful completion*.

* Subject to minimum grade requirements and dependent on degree chosen.

Please visit latrobecollegeaustralia.edu.au/transferring-to-la-trobe-university for detailed progression information. Navitas Bundoora Pty Ltd, trading as La Trobe College Australia, is part of the global education provider Navitas Limited. CRICOS Provider 03312D

latrobecollegeaustralia.edu.au



LA TROBE
College Australia

Health & Safety

If you're going to enjoy the best of Australia, you need to be fit and healthy! Remember, in a non-emergency situation you should attend a health clinic and not a hospital.



WHAT IS OVERSEAS STUDENT HEALTH COVER (OSHC)?

All students in Australia must have OSHC to cover the entire period of their stay. This would have been arranged when you organised your visa. OSHC covers in-hospital and out-of-hospital medical assistance, prescription medications and emergency ambulance assistance. Make sure you know the extent of your cover to avoid any unwanted charges.

WHAT SHOULD I DO IF I HAVE A COMPLAINT ABOUT MY OSHC PROVIDER?

If you face a situation where you feel like you're being taken advantage of or unfairly treated in regards to your OSHC, you can contact the Private Health Insurance Ombudsman (PHIO). It's a free service designed to help you out of trouble!

www.ombudsman.gov.au/about/private-health-insurance

WHAT DO I NEED TO KNOW ABOUT HOSPITALS IN AUSTRALIA?

If you are feeling sick then visit a doctor at a local medical centre first. This is the cheapest upfront option and you may be able to claim all or some of the cost from your OSHC provider.

Hospitals are for emergency situations - either life-threatening or an injury/illness that is quickly getting worse. If you need to visit a public hospital then call your health cover provider to see if you're covered, as the hospital may charge you a fee.

HOW DO I FIND A DOCTOR?

Your OSHC provider will likely maintain a list of recommended providers. Their website may even have a 'find a doctor' resource to assist you in finding a doctor. The website www.healthengine.com.au can also be used to locate a doctor to match your needs.

WHAT SHOULD I DO WHEN MEDICAL CLINICS ARE CLOSED?

Very few medical clinics are open seven days or have 24-hour services (and those that do can be expensive). If you need a medical certificate or you have a minor illness, wait until the medical clinics are open. You can also ring Healthdirect Australia (1800 022 222) to get advice on treating non-life-threatening illnesses.

WHAT SHOULD I DO IF I'M FEELING HOMESICK?

Remember to take time out for yourself. If things seem too hard and you're not feeling like you think you should, it's important to talk to friends and family and ask for help. Universities and colleges often have counselling services or you can use free services like Beyond Blue and Lifeline. Like your body, your mind also needs care and attention, and it's important that you look after it. Mental health is a primary reason people go to the doctor so don't ignore it.

www.beyondblue.org.au - www.lifeline.org.au

WHAT SHOULD I KNOW ABOUT SEXUAL HEALTH?

You can get contraceptive medications and devices very easily and cheaply in Australia. Condoms are available from supermarkets and pharmacies. Emergency contraceptives are available from pharmacies if you need them. For information on sexual health and STI (Sexually Transmissible Infections) testing see the Sexual Health InfoLink website or call 1800 451 624. For more information about safe sex, contraceptions and testing see the Play Safe website. Remember that consent (explicit permission) for sexual activities is required from both parties, 'maybe' is not consent and saying 'no' removes consent at any point.

www.shil.nsw.gov.au - www.playsafe.health.nsw.gov.au

WHAT IS SEXUAL HARASSMENT?

Sexual harassment can take many forms, both physical and non-physical. Sexual harassment may include:

1. **UNNECESSARY FAMILIARITY, SUCH AS UNWELCOME TOUCHING**
2. **SUGGESTIVE COMMENTS OR JOKES, INSULTS OR TAUNTS OF A SEXUAL NATURE**
3. **INTRUSIVE QUESTIONS OR STATEMENTS ABOUT SOMEONE'S PRIVATE LIFE**
4. **SENDING SEXUALLY EXPLICIT EMAILS OR TEXT MESSAGES**
5. **REQUESTS FOR SEX OR REPEATED UNWANTED REQUESTS TO GO OUT ON DATES**
6. **PHYSICAL ASSAULT, INDECENT EXPOSURE, SEXUAL ASSAULT, STALKING OR OBSCENE COMMUNICATIONS**

WHO CAN I CONTACT IF I HAVE BEEN SEXUALLY HARASSED OR ASSAULTED?

Should you need to contact someone at your university to report sexual assault or for support services in relation to sexual assault,

Universities Australia lists contact details for universities.

www.universitiesaustralia.edu.au/university-participation-quality/students/Student-safety

You can also contact the NSW Police Force on 131 444 or via www.police.nsw.gov.au

WHAT SUPPORT SERVICES ARE AVAILABLE FOR LGBTIQ PEOPLE?

LGBTIQ stands for Lesbian Gay Bisexual Trans Intersex Questioning. In Australia, the Sex Discrimination Act 1984 makes it against the law to discriminate against a person on the basis of sexual orientation, gender identity or intersex status.

The type of support systems available to LGBTIQ students vary from institution to institution.

The Australian LGBTIQ Uni Guide is a terrific resource that enables you to compare the ways in which Australian universities cater to the needs of their LGBTIQ students. lgbtiuniguide.org.au

At a national level there is QLife, qlife.org.au. If you're looking for support services that are sensitive to your cultural needs, or would just like to engage with other LGBTIQ students from similar backgrounds then AGMC, agmc.org.au, is a good resource.

HOW CAN I STAY SAFE?

Be aware of the security and emergency arrangements of both your institution and the local area. If you are leaving your institution at night then try to walk with a friend or a group. Take well lit paths that are used regularly by other people. If this is not going to be possible, check if your institution has an escort service available.

The NSW Police Force also provides a range of helpful information to help you stay safe, which is available on their website.

www.police.nsw.gov.au/safety_and_prevention

If there is a life-threatening situation, call for emergency services on Triple Zero (000). If you require a translator then tell the operator your language and they will connect you to one.



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Resistance training including free weights, resistance bands, and weight machines, in conjunction with proper nutrition, is great for your health and can help keep you feeling fantastic. Gyms can be a large expense so make sure you are committed before you sign a contract. More flexible 24/7 options present better value if you can live without classes and swimming pools. Most universities also have gyms and offer students reasonable rates.



MINDFULNESS

Mindfulness essentially just means paying attention to the moment, allowing you to concentrate, relax, and be more productive. Mindful meditation generally involves sitting quietly, closing your eyes and focusing on your breathing. Apps to check out include Headspace (meditation), ReachOut Breathe (controlled breathing) and Smiling Mind (mindfulness meditation).



YOGA

There are many different types of yoga, with varying levels of intensity and movement. The most common are hatha, Bikram, and Ashtanga. The Yoga Bar has studios across Sydney, with beginner classes available.

www.theyogabar.com.au



PILATES

Pilates is an exercise that focuses on flexibility and strength. There are two different types of Pilates: mat-based and equipment-based, which is sometimes called 'reformer Pilates'. YouTube is a great starting point but for further instruction check out a studio using Australian Pilates.

www.australianpilates.asn.au

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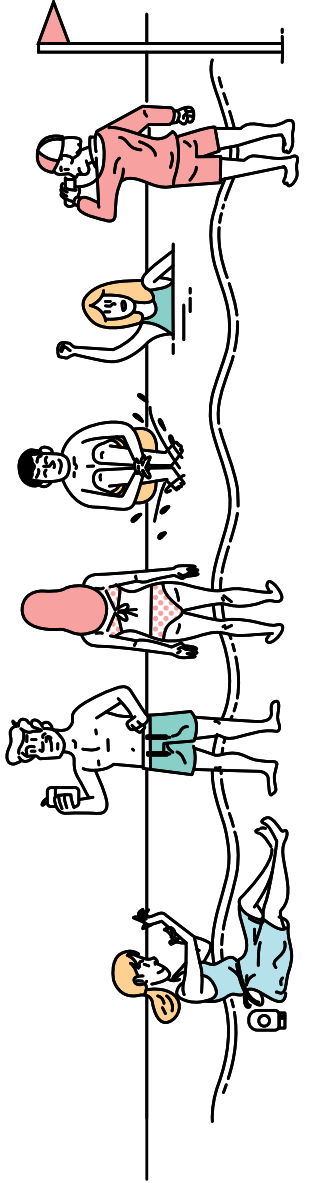
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Beach Safety

A day spent at one of Australia's 10,685 beaches is rarely a day wasted. If you're planning a day out by the water, here's your guide to staying safe and having a great day.



Check the weather forecast before you leave. If there's heavy rains or storms, consider postponing. Make sure you apply and pack sunscreen. Even if it's cloudy the UV can be high. Don't go swimming if you have consumed drugs or alcohol.

Don't go swimming alone - grab a couple of friends and head to a patrolled beach. Once there, check for any signs and follow the instructions. Swim between the yellow and red flags, this is the monitored spot that's been deemed safest for swimming. Don't dive into water, you may overestimate the depth and this can have very serious consequences.

If you ever find yourself in trouble while swimming, try to stay calm and raise your hands to show that you need help. If you see someone else in distress in the water, see someone else in distress in the water, emergency dial Triple Zero (000). For more information see Royal Lifesaving Australia.

www.royallifesaving.com.au



Beating Loneliness

Feeling lonely is a natural part of studying away from home. Everyone has moments when they miss loved ones but it is important to not let these feelings get on top of you. The tips below will hopefully help out when you are starting to feel lonely.



Communication

Leaving family and friends is always hard but it has never been easier to stay in contact. Stay in your social media/chat groups and arrange regular Skype chats to keep up to date. Staying connected to those close to you, and discussing how you are feeling, can make a huge difference.



Understand your position

It is easy to slip into 'victim' mode and feel sorry for yourself. Try to shift this focus to the positives - the education you are receiving, the opportunities you may gain from this, the experiences on offer to you (we have plenty of suggestions in this guide) and the people you meet.



Volunteer

Connecting with others in need of assistance and getting involved in local communities can be an ideal way to change your focus. Whether working with those less fortunate than you, or helping out a group on campus, you will likely walk away feeling less trapped by your circumstances.



Reach out

Join a club or society on or off campus that interests you and enables you to meet and mingle with other students. Chances are they have had similar thoughts to you and would also love to hear that they are not alone. They have also gone through similar experiences of leaving home and taking on additional responsibilities. See page 97 for more details.



Visit a counsellor

You are not the first, nor will you be the last, international student to feel this way. University counsellors are experienced in helping students facing the same issues. Don't be afraid to arrange a chat - your institution has support services available for these exact reasons.

Public Transport

Sydney's transport system is diverse, clean and reliable. With buses, trains and ferries, it is also a relatively cheap way to get around the city.



TRAINS

Sydney has several train lines from Central that head east, north, west and south from the Central Business District (CBD). There are plenty of stations along each line, so check out the timetable to see if any are close to where you live. The train system is an effective choice for getting to the outer suburbs and around the CBD quickly. Light rail services are also available between Central Station and Dulwich Hill, stopping at a number of popular city centre and Inner West locations. At peak times on weekdays they run every ten minutes.

BUSES

For getting to many of Sydney's metropolitan areas, buses are the best option. Buses service almost all parts of Sydney and its outer suburbs, so it's pretty likely there'll be a bus stop near you. Buses around Sydney vary in arrival times, usually averaging between 5-15 minutes at popular bus stops and ranging up to an hour in the outer suburbs. If the bus has an L or X somewhere in the number, be careful! Some of these buses are express buses, meaning they won't stop at certain bus stops. Check with the driver if you're unsure.

FERRIES

Ferries cover almost every suburb that's fronted by Sydney Harbour, including Manly, Balmain and Circular Quay, and even extend as far as Parramatta. The ferry system is one of the prettiest ways to get around the city, taking advantage of the city's harbour, port and river system. Tickets are a little more expensive but worth it for the scenery.

Public Transport

The Opal card is easy to use. It works a bit like a debit card: first, you'll need to load money onto your Opal card at a station or an authorised store such as 7-Eleven. Visit opal.com.au for information on where to buy and top up an Opal card. You need to tap on and tap off your Opal card, as the fares are calculated based on the distance you travel. If you don't do this, you may be charged at a higher rate.



AS AN INTERNATIONAL STUDENT, DO I GET A DISCOUNT ON PUBLIC TRANSPORT?

International students are generally not entitled to transport concessions in NSW unless study is fully funded by specified Australian Government scholarships. For more information see: transportnsw.info/tickets-opal/ticket-eligibility-concessions

GET THE TRIPVIEW APP

To get real-time travel information for buses, trains, light rail and ferries in Sydney, download the TripView app. Available from the App Store, Google Play and Windows Phone Store, it makes planning your travel around the city a lot easier. With information on delays, vehicle locations and service interruptions, it will help you select the best available option for your journey.

TAXIS

There are a few taxi ranks located around the city - these are specific areas where you can line up and get a taxi, otherwise you can try hailing one from the side of the road.

ORDERING TAXIS

Legion Cabs 13 14 51

Silver Service 13 31 00

Yellow Cabs 13 19 24

RIDESHARING

The first to launch, and still by far the most popular, is Uber. A recent addition has been UberPool, allowing you to reduce your fare by sharing with others heading in a similar direction.

Other companies in the Sydney market include GoCatch, Taxify and Ola, offering discounted rates during quiet hours of the day. The most unique ride sharing option available in Sydney is the female-only service Shebah. All drivers and all passengers of the service are female, with the exception being males under 18 travelling with a female, and many cars come with car seats available.



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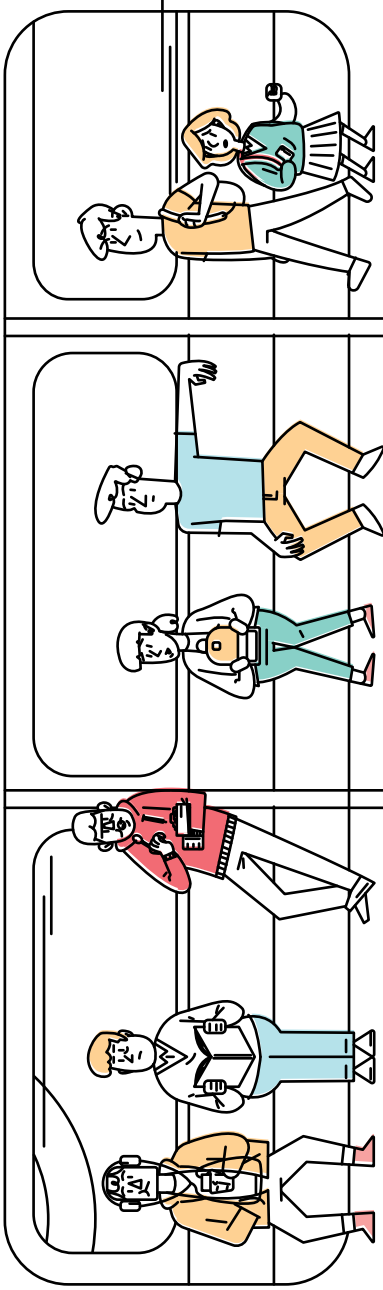
Drive social change at Australia's first and only Ashoka U changemaker campus.



BE WHAT YOU WANT TO BE
cqu.edu.au

Transport Etiquette

We all know the universal rules of public transport - wait for people to get off before you get on, move down the aisle and give up your seat for those more in need - but here are a few extra tips to keep in mind in Australia.



Music

Wear headphones if you want to listen to music/podcasts but keep the volume to a level that other people can't hear it.

Personal Space

If there are spare double seats then take one rather than sit next to someone you don't know.

Poles

Don't hog the pole by leaning against it, let other people hold onto it.

Food

Small (and quiet) snacks are generally accepted (although often against the rules) but avoid eating an actual meal.

'Manspreading'

Avoid taking up more space than you need to.

Backpacks

Be aware of how much space they take up and be prepared to take them off when crowded.

Bikes

Most international students will spend between \$700 - \$1500 a year on transport. This makes getting a bike a very cheap alternative.

Add to that, riding a bike is:

- Good for your physical health
- Good for your mental health
- Good for the environment
- Reliable (no more waiting for late trains or traffic jams) and a great way to get to know your city (and beyond)

BIKE LAWS

It is illegal to ride in Australia without a helmet and you must have a light on your bike if you plan to ride at night. In New South Wales it is also illegal to ride a bike without a bell.

Sydney features extensive bike paths and bike lanes throughout the city. Make sure you stay in these designated bike lanes while riding and obey all the relevant road rules.

BIKE LANES

There are designated bike lanes and tracks around Sydney, designed to keep you safe. Key bike lanes include Kent Street and Bourke Street. For a complete guide to bike lanes in Sydney see:

sydneycycleways.net

BUYING A BIKE

The cheapest overall option is to buy your own bike to use. www.gumtree.com.au is the biggest online marketplace for things like bikes, but make sure you take a friend with you for security when you meet strangers. If you're worried about having to get rid of your bike once your studies are over, you can sell or donate your bike after you no longer need it. givenow.com.au



HIRING A BIKE

Sydney Cycleways also maintains an extensive list of bike hire locations around the city. Hiring a bike is an ideal way to explore a new area as you see a lot more than you would on other modes of transport.

sydneycycleways.net



THE



EASY

WAY TO



COMMUTE

Cycling Courses

Learn to ride city streets at the Cycling in the City Course, or try the Rusty Riders course if you haven't ridden in a while.

Cost: \$25 / Book your place at sydneycycleways.net/courses



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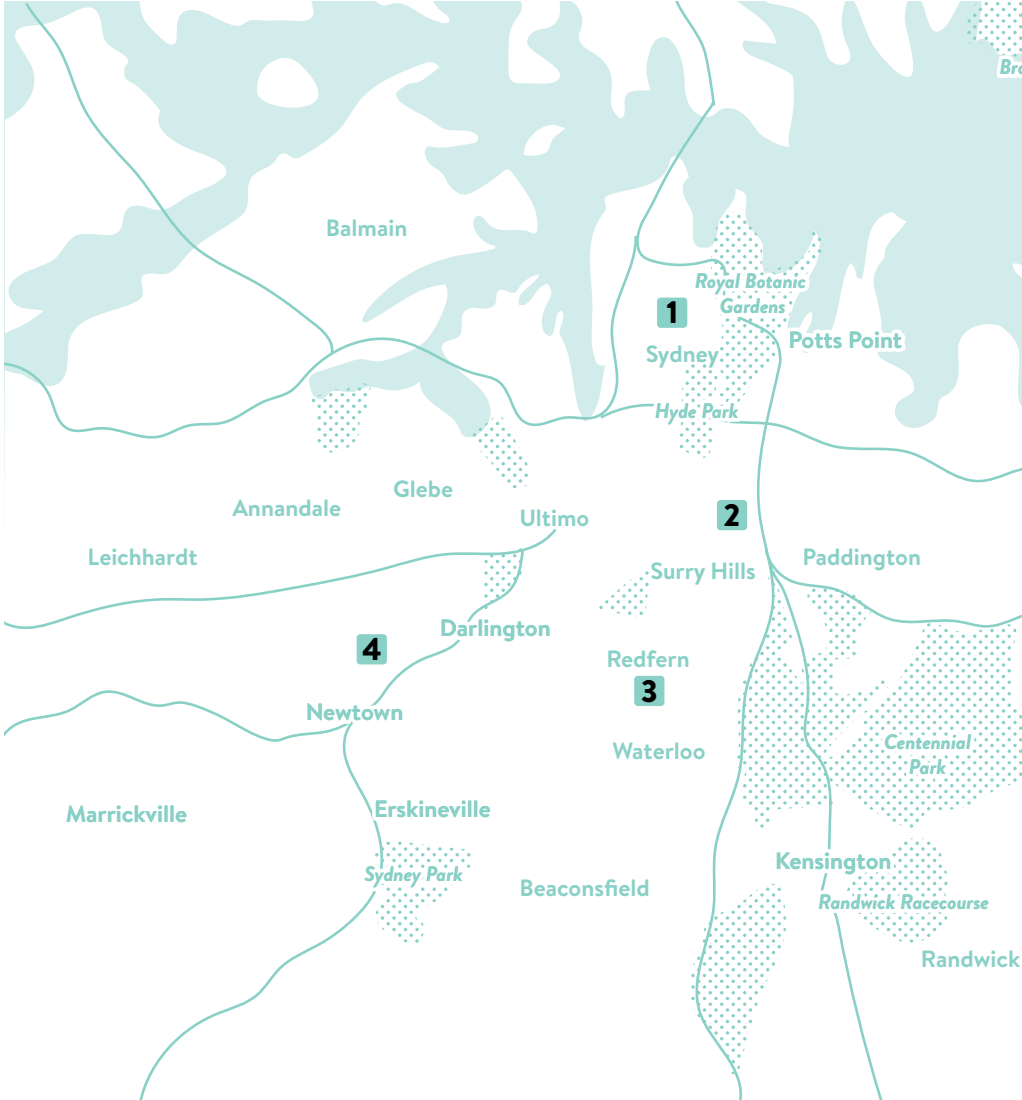
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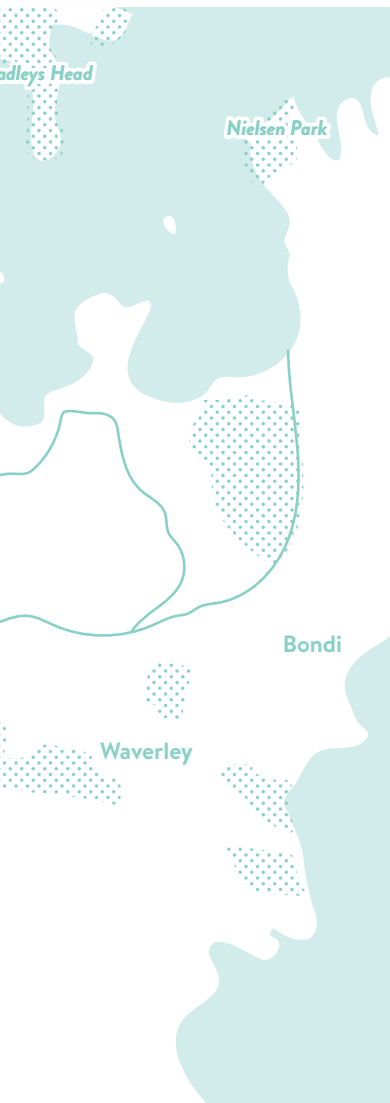
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Areas of Sydney





1 CENTRAL

PG. 64

This area is packed full of highlights and includes the city centre, The Rocks and Haymarket.

2 EAST

PG. 68

Containing Woolloomooloo, Darlinghurst, Surry Hills and Moore Park, here you will find some of the coolest spots in Sydney for eating, drinking and shopping.

3 SOUTH

PG. 72

Covering the suburbs of Redfern, Eveleigh and Chippendale, this increasingly popular area is packed with art and culture.

4 WEST

PG. 76

This vast, exciting and diverse area contains Newtown, Erskineville, Camperdown, Ultimo, Glebe and Pyrmont.

Central

Central Sydney, which includes the City Centre, Haymarket and The Rocks, really does have it all. A few sights include the glittering Sydney Harbour, the Sydney Harbour Bridge and Opera House.

HIGHLIGHTS

Just next to Town Hall in the centre of the city sits the beautiful Queen Victoria Building (QVB). It's popular not only for its historic architecture, but also for its boutiques and shopping arcade. Here, you can sample famous Australian-made Haigh's Chocolates, which are the perfect gifts to send back home. Nearby Pitt Street Mall is where you'll find department stores, enormous bookstores (like Dymocks Sydney and Kinokuniya) and clothing chains, as well as local and international fashion stores. When you're done, head to Hyde Park - the oldest public park in Australia - to relax as you listen to the calming bell-chimes of nearby St Mary's Cathedral.

From Town Hall or Central stations, catch a train or bus to Circular Quay to get up close to the world-famous Sydney Opera House and Sydney Harbour Bridge. Both are absolute must-see Sydney attractions. Close by, the Museum of Contemporary Art is sure to delight art lovers.

With its winding laneways and historic colonial era buildings, The Rocks is a place full of intrigue and wonder. Step back in time at Cadmans Cottage, or investigate Australian

archaeological artefacts at The Rocks Discovery Museum, which is open 10am to 5pm daily (except Good Friday and Christmas Day) and has free entry. From Friday to Sunday each week, browse the bustling Rocks Markets, or simply wander through secret city pathways. At night, you can stargaze at the Sydney Observatory, or, if you're feeling brave, join the extremely popular (and spooky) historical Rocks Ghost Tours.

If you're feeling hungry, the food range available in Chinatown, Haymarket, is incredible. You can't go past the yum cha at Marigold, but for the best dumplings in town, head to the always busy Din Tai Fung at World Square. If you get a table near the kitchen, you can watch the chefs fold your dumplings.

Need some peace and quiet? On the outskirts of Chinatown and Darling Harbour lies the Chinese Garden of Friendship. This stunning inner city garden features a Chinese-style teahouse, carp-filled pond, traditional Chinese pagodas and numerous hidden garden pathways. At only \$3 for a student ticket, it's the perfect place to relax, unwind and centre yourself in the hustle and bustle of the city.

CHEAP CHOICE

Twin Japanese eateries Menya Mappen and Oiden Bowl Bar on George Street serve delicious ramen, curries and Japanese cuisine under \$10.



COMMUNITY FACILITIES

Customs House Library, one of Sydney's historical landmarks, is your go-to place for relaxing couches in a grand setting. You can enjoy free Wi-Fi and the largest collection of local and international newspapers and magazines in any Australian library. The State Library of NSW is another historic place worth checking out, featuring internationally renowned collections and free History and Heritage tours that run weekdays from 10:30am.

Haymarket Library, located in the heart of Chinatown, houses the largest collection of Chinese language books of any library

in Australia. This impressive, three-storey heritage building also has Indonesian, Thai and Vietnamese resources, as well as daily international newspapers and free Wi-Fi.

The King George V Recreation Centre has all the sports facilities and gym equipment you'll need, with indoor and outdoor multipurpose courts, and experienced trainers to support you with your fitness goals.

The Sydney Premier Medical & Health Centre on Pitt Street offers a large range of services, such as women's and men's health, travel vaccinations, and mental health services.

UNIQUE EXPERIENCES

The Darling Quarter, adjacent to the city centre, is Sydney's newest precinct. It's well-known for local festivals, street performances, table tennis play areas and a European-style pedestrian boulevard filled with restaurants and dessert cafes. It's also the site of one of Australia's best kids playgrounds, which hosts free outdoor film screenings over summer.

Nearby lies Darling Harbour, which is another tourist hotspot. This beautiful waterfront is home to a variety of unique and famous Sydney attractions, including SEA LIFE Sydney Aquarium, the Australian National Maritime Museum and WILD LIFE Sydney

Zoo. For a totally quirky experience, head to Madame Tussauds Sydney - Sydney's best wax museum. Why not surprise your friends and relatives at home by taking a snap with well-known Aussies like Hugh Jackman, Steve Irwin, Kylie Minogue... or even the Australian Prime Minister!

Explore Sydney city further with 'I'm Free' walking tours. No booking is required; just turn up at one of their locations and find the guide in the bright green shirt.

Download the Sydney Culture Walks app (www.sydneyculturewalksapp.com) to learn more about Sydney's fascinating history. It's the ideal companion for discovering the city on foot.



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The Rocks and Sydney Harbour

Explore one of the most historic and iconic sections of Sydney, and Australia.

1 SYDNEY HARBOUR BRIDGE

One of the better spots to get the crucial photo of the bridge is The Cahill Walk at Circular Quay.

2 MUSEUM OF CONTEMPORARY ART

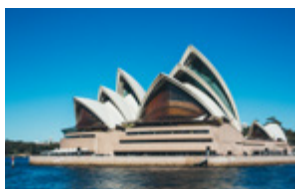
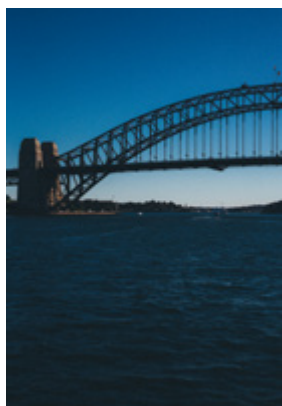
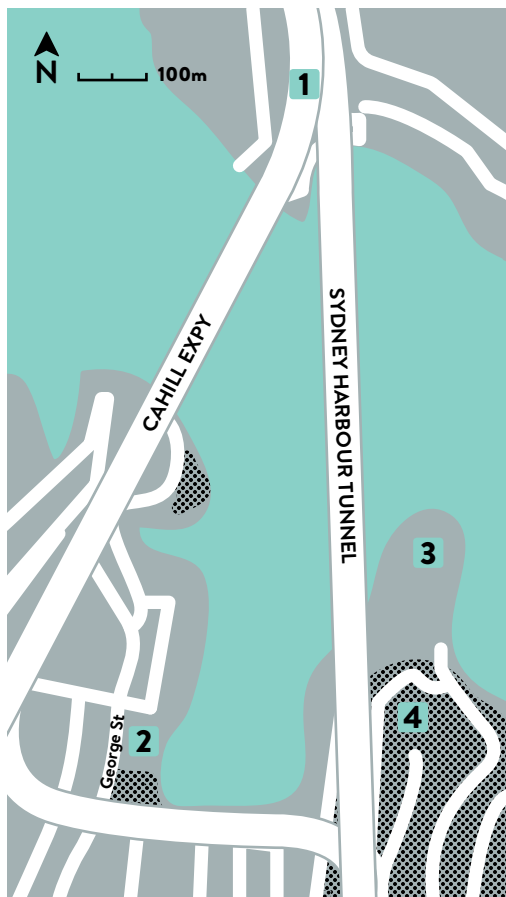
Known as Australia's 'first home of contemporary art', MCA contains over 4000 Australian works.

3 SYDNEY OPERA HOUSE

For a great shot of the sails, with the Bridge also in shot, head to Mrs Macquarie's Point.

4 GOVERNMENT HOUSE

Overlooking Sydney Harbour, this beautiful building dates back to 1837.



East

This collection of suburbs, which includes Woolloomooloo, Darlinghurst, Surry Hills & Moore Park, offer the perfect blend of inner-city cool and old-school village charm.

HIGHLIGHTS

For a fancy night out, Woolloomooloo is a food-lover's paradise. Treat yourself with some fine dining at well-known Sydney restaurants like Aki's, China Doll, Manta, Otto Ristorante or Kingsleys along the picturesque Woolloomooloo Finger Wharf. For cheaper (but just as enticing) Woolloomooloo eats on a student budget, grab an Aussie pie from the famous Harry's Cafe de Wheels pie cart nearby.

You can sip some Woolloomooloo cocktails at one of the area's many historic bars. Check out the traditional Frisco Hotel (home to weekly food specials and \$10 Cheeseburger Fridays), or grab a 'Hatters' cocktail at the Wonderland-inspired Peekaboo Bar.

If you're curious about Australia's rich colonial history, climb the cliff-face steps located at Woolloomooloo's east to reach Potts Point. Admire Regency-style architecture as you explore the colonial-era Elizabeth Bay House, a magnificent heritage-listed building turned museum which, in colonial days, was 'the finest house in the colony'.

The famous Bourke Street Bakery, which is bursting with fresh bread and amazing pastries, is a Surry Hills must-visit - but be prepared to line up! Their carrot cake is considered 'the best ever' by locals. Still,

they're just as famous for their tarts, pies, and pork and fennel sausage rolls.

In March, Surry Hills transforms into a fantastical wonderland. Marking the starting point of the Sydney Gay and Lesbian Mardi Gras Parade (one of the world's largest LGBTQI+ pride festivals), Oxford Street lights up in a colourful celebration of diversity and inclusion, with festivities continuing on throughout the LGBTQI+ friendly suburb of Darlinghurst. It remains one of Australia's biggest - and most fabulous - drawcards.

Darlinghurst is also a fantastic place for small bars. Try the American-style Shady Pines Saloon, or snuggle up with a glass of red at cosy laneway wine bar, Love, Tilly Devine. The area is also known for its intimate pop art-inspired live music venue, the Oxford Art Factory.

Love movies? Head to the Entertainment Quarter in Moore Park, home to Fox Studios Australia and AFTRS (the Australian Film Television and Radio School). It's here that many Australian and big Hollywood movies are made. While it might be difficult to catch a quick glimpse of a local film star, it's definitely not impossible. Otherwise, you can always head to the Entertainment Quarter's HOYTS Cinema instead, or explore its many restaurants, bars, exhibition halls, circus tents and retail shops.

CHEAP CHOICE

Did someone say dumplings... for only a dollar?! Head to Johnny Wongs Dumpling Bar in Darlinghurst for \$1 dumplings on Wednesday nights.



COMMUNITY FACILITIES

The Surry Hills Library and Community Centre features a dedicated local history collection, a significant LGBTQI+ lifestyle section, study area and free Wi-Fi.

If you're in need of a dentist, optometrist, physiotherapist or other specialised health practitioner, try the Surry Hills Medical Centre. It's a health centre hub dedicated to sports, family and women's health.

For a breath of fresh air, head outdoors to Centennial Park - a beautiful, wide-open space in the heart of the suburbs. With picnic grounds, bike tracks and horse riding facilities, it's the perfect place to hire a bike, take a

self-guided tour with the History Walking Tour app, or just relax with a picnic on the lush green grass.

Still up for exercise? Take a relaxing jog or bicycle ride around the Queens Park Outdoor Gym, located right beside Centennial Park. For swimmers, the state-of-the-art Prince Alfred Park Pool next to Surry Hills offers classes for all ages, as well as an outdoor gym. The pool is fully supervised at all times by qualified lifeguards, so no matter your swimming ability, you can enjoy the water safely.

UNIQUE EXPERIENCES

The world-famous Sydney Cricket Ground frequently host stadium-size music concerts, as well as major sporting events in cricket and the Australian Football League (AFL). The Sydney Cricket Ground is home to the New South Wales Blues (cricket), the Sydney Sixers (cricket) and the Sydney Swans (AFL). Next door Allianz Stadium was the home ground for local sporting teams the Sydney Roosters (NRL), the NSW Waratahs (rugby union) and the Sydney Football Club (football/soccer), but is currently being redeveloped.

For cutting edge live theatre, catch a show at Belvoir St Theatre in Surry Hills - one of

Australia's most respected theatre companies. Alternatively, investigate the lesser-known art and music venues of local artists inside grungy Hibernian House.

If you're still feeling adventurous, try experimental ice creamery Gelato Messina, opposite Shannon Reserve in Surry Hills. Their range of ice cream flavours varies from more familiar favourites ('chocolate chip' and 'apple pie') to crazy combinations ('milk gelato and bacon'). For something a little more conventional, head to popular Surry Hills pub, The Clock Hotel, just across the road. It's the perfect place to hang out and play a round of free pool with friends.

Coffee in Surry Hills

Great coffee can be found across Sydney, but there are some particularly good offerings in Surry Hills.

1 JOE BLACK

The vibe may be relaxed, but there is still a serious focus on quality coffee.

2 PARAMOUNT COFFEE PROJECT

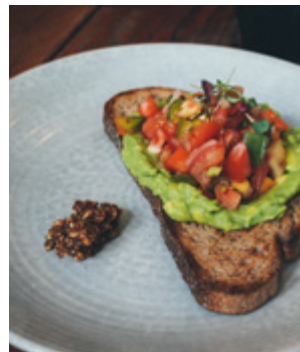
Connected to a classic cinema, it is a beautiful spot to grab a morning coffee.

3 SINGLE O

The original of the three Sydney locations, this is an ideal spot to grab a takeaway coffee.

4 REUBEN HILLS

Try some awesome South American cuisine while you enjoy quality coffee.





Further East - Kensington & Randwick

Close to the airport, beach, parks, city and universities, the neighbourhoods of Kensington and Randwick - located in Sydney's Eastern Suburbs - offer it all.

The streets of Kensington (or 'Kenso' to locals) are packed with great places to eat. Sitting very close to the University of New South Wales (UNSW) and the National Institute of Dramatic Art (NIDA) campuses, Anzac Parade is a favourite spot for students to take a break from uni, study, eat and relax with friends. Most of the suburb's offerings cater directly to students, with plenty of cheap to reasonably priced food to discover. Venture down Anzac Parade for a range of mouthwatering Asian eateries (try the noodles at Chairman Mao, or the pad thai at Pattaya Thai) and bakeries (Breadtop).

Don't let its relaxed and casual atmosphere fool you; Randwick, just 15 minutes from UNSW, is another bustling hub full of cafes, restaurants, local bars and a bowling arcade. You'll also find Randwick City Library (also known as the Margaret Martin Library) upstairs in the Royal Randwick shopping arcade.

Up for some fresh air, thrills and a day at the races? Put on your best suit or dress, grab a glass of champagne, and enjoy the fun and festivities at the Royal Randwick Racecourse. Here, you'll also find the occasional music festival or concert. Around the corner, check out Randwick's The Spot, a charming pocket of shops, restaurants and cafes. Satisfy your sweet tooth at The Sweet Spot Patisserie, or

grab something to eat (as well as movie deals for the local cinema) at Randwick's favourite local pizzeria, Arthur's Pizza.

In March, mark your cultural calendar for Randwick's annual multicultural community fest, The Spot Festival. During the festival, the streets of The Spot are closed to traffic and filled with diverse local food stalls, live music, performance art, family activities and local film festival screenings held inside Randwick's beautiful art deco era movie theatre, the Ritz Cinema.

Just down the road, you'll also find Coogee - a lovely beachside neighbourhood lined with cafes, swimming spots and little live music venues. In September, sample delicious dishes at the annual Taste of Coogee festival, which is filled with the finest local foods and wines the Eastern Suburbs has to offer.

If you love exploring the outdoors, the Coogee to Bondi coastal walk is a must. Marvel at the gorgeous coastlines of Sydney's Eastern Suburbs as you wind from beach to beach, dipping in ocean pools along the way, before reaching the world-famous Bondi Beach. For something completely different, try the walk in October or November during the annual Sculpture by the Sea festival, the world's largest annual free-to-the-public outdoor sculpture exhibition.

South

Sydney's South, which includes Chippendale, Redfern and Eveleigh, is loved by artists, cafe-goers, trendsetters, and creative entrepreneurs.

HIGHLIGHTS

The inner city suburb of Redfern is known for its arts, cafe and community culture. Familiarise yourself with the area by strolling past The Block (a famous part of Redfern that used to be a block of housing and is now an important part of Aboriginal history) and the iconic '40,000 years' mural outside Redfern Station. Both are well-known Sydney landmarks that celebrate and acknowledge the rich history of Indigenous people in Redfern and Australia.

If it's a small, intimate local comedy/theatre experience you're after, you won't go wrong visiting the Giant Dwarf event space in Redfern. Created by famous Australian comedy group The Chaser, it's here that comedians go wild, hosting entertainment nights and performance classes. For local exhibitions, artist talks, spoken word poetry and drawing events, check out nearby Project 107, a community arts exhibition space.

If you like art, check out the graffiti-splashed Knox Street Bar in Chippendale, usually filled

with exciting underground events populated by local musicians, artists and comedians. For something quieter, slip into Chippendale's well-known White Rabbit Gallery and Teahouse - a renowned gallery exhibiting Chinese contemporary artists. During the day, take a break at Saga, a cosy Enmore cafe/patisserie known for its delicious Insta-worthy cakes, sweets, fresh sandwiches and irresistible blueberry pie. Out with friends? Colourful, quirky and eclectically decorated, the volunteer-driven Two Wolves eatery and bar is another notable student hub, offering generous helpings of Mexican-inspired food and drinks at student prices - best enjoyed sharing with a big group!

Redfern has been revitalised in recent years and now has plenty of exciting small bars. The indoor bar at Arcadia Liquors is interesting but head straight out the back to the courtyard for some greenery with your drink. Redfern has one of the best spots in Sydney for craft beer in The Noble Hops, relaxed catch-up spots like Bart Jr, fun and lively venues like The Dock, and higher end options like Mjølner.



CHEAP CHOICE

A Sydney student secret (and local favourite) is Spice Alley in Chippendale, a fantastic lantern-lit laneway filled with reasonably priced Asian eateries and dessert bars.



COMMUNITY FACILITIES

Redfern Legal Centre offers international students free, confidential legal information, advice and advocacy on a large range of topics. This includes housing problems, employment, discrimination and complaints your institution. They can also advise about how these problems affect your student visa.

Redfern Recreational Park and its adjoining oval make for a fantastic place to train, rest or picnic with friends. The park offers public amenities, sporting fields, a cafe, public barbecue areas, a playground and interactive water features for little (and big) kids to enjoy. It's a fantastic place to visit with a strong sense of community present.

Redfern Park is the official training ground of the National Rugby League's well-known South Sydney Rabbitohs. Another team representing the area is the Redfern All Blacks Indigenous Australian rugby league team (who often train at Redfern Oval), while many boxing world champions have also trained at the Redfern Gym.

Central Park (a park/shopping centre opposite the UTS Tower Building, Broadway) in Chippendale is a local student favourite. Relax outside in the park, or head inside for a surprisingly comfy food court with plush chairs, chargers (very handy for dead phones!) and beautiful city views.

UNIQUE EXPERIENCES

The recently opened Palace Central Sydney shows a range of blockbusters, arthouse films, cult classics and international film festivals. Check out the views from the prosecco bar, or head to the beer hall, before enjoying a film in the comfortable leather seats.

Carriageworks, a large multi-arts centre on Wilson Street in Eveleigh, lies just a five-minute walk from Redfern Station. Situated in the old Eveleigh Rail Yards (built between 1880 - 1889), Carriageworks is a beautifully converted industrial space that often hosts local and international art exhibitions, workshops, performances, festivals, pop-up

markets and other public events. For a dash of culture, literature-lovers should check out the annual Sydney Writers Festival - a celebration of stories, books, authors and speakers - held annually across Carriageworks, Eveleigh and surrounding areas.

For more fresh farm produce, don't miss the famous Carriageworks Farmers Markets on Saturday mornings (8am - 1pm), stocking Sydney's freshest range of baked goods, seasonal produce, artisan products, organic food, freshly ground coffee and more. It's well-known as one of Sydney's freshest markets, offering free cooking demonstrations and produce plucked straight from the farm!

Ordering Coffee

Some people can go a bit wild with their coffee orders, but here are the basics of ordering a cup of coffee in Australia.



LATTE



FLAT WHITE



CAPPUCCINO



LONG BLACK



ESPRESSO



MOCHA



Coffee Shot



Warm Milk



Water



Chocolate
Powder or Syrup



Milk Foam



Small Bars of Redfern

Redfern has been revitalised in recent years and now has interesting small bars.

1 THE DOCK

A relaxed, although sometimes rowdy, little spot with a piano and board games.

2 ARCADIA LIQUORS

The indoor bar is interesting but head straight out the back to the courtyard for some plant life with your drink.

3 THE NOBLE HOPS

One of the best spots for craft beer in Sydney, they constantly offer up different beers on tap.

4 BART JR

This relaxed neighbourhood bar is perfect for catching up with friends and enjoying some share plates.

5 HAPPY D'S

This tiny little spot has a focus on two simple things - dumplings and beer.



West

This area, which includes Newtown, Erskineville, Camperdown, Ultimo, Glebe and Pyrmont, is your your go-to for quirky, alternative vibes and relaxing, picture-perfect harbourside adventures.

HIGHLIGHTS

Filled with quirky and colourful shops, bars, cafes, characters and party vibes, Newtown might just be Sydney's answer to the funky fashion district of Harajuku, Japan. With its many inclusive LGBTQI+ friendly spaces and bars, quality secret cafes (try the cronuts at Brewtown, or the coffee at Parliament on King), record stores (Repressed Records), quality bookshops (Better Read Than Dead) and novelty bars (like the classic games-themed 1980s Arcade Bar & Kitchen), Newtown is definitely worth at least a full day's exploration.

For something a little different, drop by Lentil as Anything at the southern end of Newtown. This "pay what you feel", not-for-profit vegan restaurant lets you determine what you pay, and is completely staffed by volunteers. Try the restaurant's comfort food like curries, stir fries, and soups, and know that your money is going to a worthy cause. They even offer weekly yoga classes. The diversity of Newtown's community is celebrated annually during the terrifically colourful Newtown Festival, which showcases the work of local musicians, artisans, chefs and creatives. Don't miss it - trust us, it's a really great time.

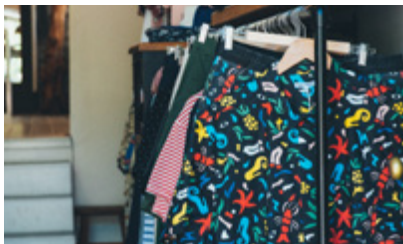
Enmore, tucked right by Newtown's colourful King Street, is still something of a best-kept secret in Sydney, becoming increasingly popular for its hidden small bars, vintage stores and sweet village atmosphere. Check out some local comedy acts or live music at the impressively beautiful Enmore Theatre, a lavish Art Deco major theatre space steeped in rich history (it's been running since 1910).

Just off Newtown and Enmore lies Camperdown, home to the Royal Prince Alfred Hospital and the University of Sydney. Much of the Sydney University campuses and its residential colleges stretch across Camperdown, including St John's College, St Andrew's College, St Paul's College, Sancta Sophia College, Wesley College and The Women's College.

Glebe, a suburb with a homely atmosphere on the other side of Sydney University to Newtown, is a health-food lover's haven, offering plenty of vegan options. Check out all-vegan burger bar Soul Burger Glebe, or shop for vegan groceries at The Cruelty Free Shop a few doors down. Don't miss the eclectic, always trendy, often ethically conscious fashion, food and live music at Glebe Markets, on every Saturday (10am - 4pm) along Glebe Point Road.

CHEAP CHOICE

Head to the Lady Hampshire in Camperdown for the best \$12 pulled pork burgers, cheeseburgers or vegan falafel salads around. Available for lunch Monday to Friday, and dinner Monday and Tuesday.



COMMUNITY FACILITIES

Newtown Library, located just off King Street, is your best bet for reading and studying. It features a constantly changing collection of books and DVDs, free Wi-Fi, a local history collection, and a dedicated LGBTQI+ section.

Ultimo Medical Practice on Mountain Street has you covered for all your health needs, including family health, counselling, and pre-employment medical checks. Royal Prince Alfred Hospital in Camperdown is one of Australia's best-known hospitals, and has been delivering healthcare services to Sydney since 1882.

Headspace Camperdown, located in the Brain and Mind Centre at the University of Sydney (Church Street, Camperdown), offers free

and/or low-cost support and information for young people (12-25) with general health, mental health and other worries.

The Ultimo Community Centre is the best spot for learning, arts and craft, or sports activities. Featuring after school care, regular art groups, sports competitions, and even tai chi classes, this is the place to meet new friends and become part of the community.

If you're looking to get your heart pumping, the Ian Thorpe Aquatic and Fitness Centre, named after Australia's five-time Olympic gold medal-winning swimmer, Ian Thorpe – or 'Thorpey' – features three indoor pools and a gym, and offers swimming lessons and fitness classes for all ages. Free Wi-Fi and a café are just a bonus.

UNIQUE EXPERIENCES

Don't forget a visit to the Sydney Fish Market, the largest in the Southern Hemisphere! It's the best place in Sydney to buy fresh seafood (open 7am - 4pm, Monday to Thursday). The 5:30am Fish Auctions aren't usually open to public walk-in viewing, but if you book a Behind the Scenes Tour (weekdays 6:40 am - 8:30am), you'll be sure to catch all the action. Your guide will lead you around the auction floor, where you'll learn about fish preparation, oyster shucking and the history of the Sydney Fish Market.

For a more electrifying time, visit the Sydney Powerhouse Museum (open 10am - 5pm), the flagship venue of the Museum of Applied Arts and Sciences (MAAS) located adjacent to

Darling Harbour. With its expansive collection of vintage trains, robotics, space exploration displays, medical science gear and more, it's the best place to learn about Australia's history of science and technology. Student tickets are just \$8.

Need a bit of a break from busy city life? Community hub Camperdown Commons - a green initiative by Canterbury-Hurlstone Park, Acre and Pocket City Farms - offers its visitors a gorgeous green oasis of fertile farmland in the heart of the city. Enjoy a fresh smoothie or coffee at The Container, a seasonal dish at the Dining Area or a refreshing drink at The Spritz Bar, before taking a tour of the farmyard (and its new chicken coop!).

Further West

If it's terrific food and old-time charm you're after, look no further than the old-fashioned neighbourhood of Leichhardt. Thanks to its Italian migrant heritage, Leichhardt is often referred to as 'Little Italy'. And it definitely lives up to its nickname: the suburb is home to some of the best Italian eateries and patisseries in all of Sydney.



For a distinctly Italian-Australian experience, escape to Leichhardt's famous Italian Forum - a Tuscan-themed piazza filled with Italian eateries and designer stores. But for Roman-style pizza and pasta, try Moretti Ristorante Pizzeria on Norton Street, which is known for its classic Italian cooking.

When dessert time hits, take a look at the Instagram-worthy creative cakes at The Cupcake Room on Balmain Road. For more of a classic flavour, indulge in the richest, creamiest gelato Leichhardt has to offer at Bar Italia on Norton Street. Make sure you return to Leichhardt in October to enjoy the Norton Street Italian Festa, a fantastic community festival held on Norton Street each year.

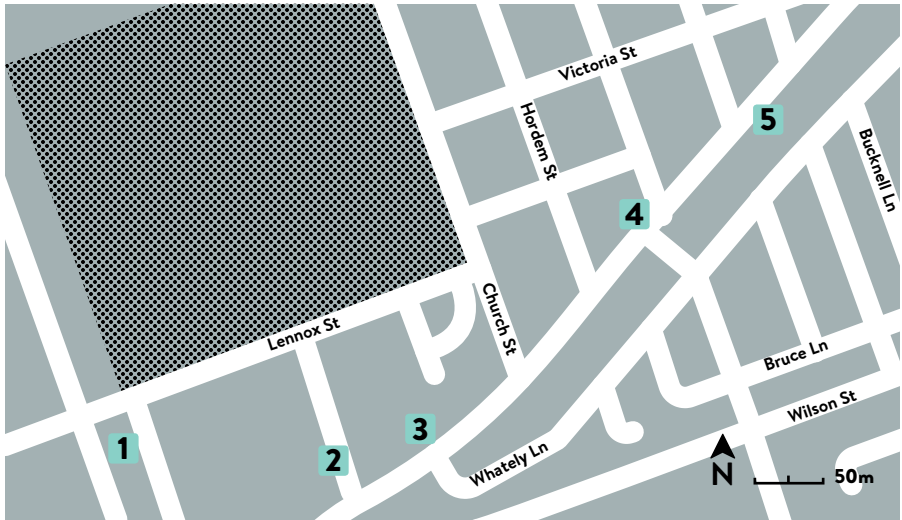
If you're in need of a calm, quiet place to walk off your lunch, why not take a leisurely stroll in nearby Pioneers Memorial Park? Though the relatively modern memorial park opened in 1941 (it was previously a cemetery), the many monuments there offer a fascinating glimpse into Sydney's history and an insight into its colonial past. Some of them even date back to the 1900s.

Still hungry? For the freshest, crunchiest bánh mì (Vietnamese rolls) in the area, head to Marrickville Pork Roll on Illawarra Road.

But come early if you can - the store's a student favourite, so expect a queue!

If you're into live entertainment, cult cinema screenings, music, theatre and hip underground bars, Marrickville is the place to go. Check out spoken word poetry at the eclectic Lazy Bones Lounge (with its decorated ceilings, weird art and exotic selection of funky cocktails), catch some jazz at the Camelot Lounge (another decorated bar filled with camel figurines and rock 'n' roll memorabilia), dance to gypsy-grunge at the arty Gasoline Pony small bar, or watch live drama unfold at the LGBTQI+ friendly Red Rattler (a community-run theatre and bar bathed in striking red lighting). For a bigger night out, catch your favourite stand-up comedy, international music acts and Fringe Festival events (like the annual Sydney Underground Film Festival) at the nearby Factory Theatre, Marrickville's most well-known live music venue.

For students, one of the biggest events in Marrickville is the Other Worlds Zine Fair - a large small-press community arts event held annually each May at the beautiful Marrickville Town Hall. Don't miss it!



An Afternoon in Newtown

Newtown has remained one of Sydney's most interesting suburbs, full of enjoyable places to spend an afternoon.

1 COURTHOUSE HOTEL

A local favourite, not much beats spending time relaxing in the Courthouse's beer garden.

2 MARY'S

Since opening, Mary's has had a huge impact on Sydney's burger scene and is definitely worth a visit to see if it lives up to the hype.

3 BETTER READ THAN DEAD

A real neighbourhood institution with a curated collection of books and a regular calendar of events.

4 MODERN TIMES BOOKSHOP

Along with the adjoining Art on King, this is the spot for interesting books and craft supplies.

5 NEWTOWN HOTEL

Although the hotel itself dates back to the 1800s, it has been thoroughly renovated into a fun modern pub.



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Western Sydney

HIGHLIGHTS

The multicultural nature of the Western Sydney region is evident in the diverse range of cuisines available to indulge in. From Vietnamese to Afghan, Italian to Egyptian, the list is endless, with quality dining experiences spread throughout the area. The largest shopping centre is Westfield Parramatta, with a number of boutique shops available in each of the main suburbs.



The World Heritage-listed Parramatta Park is a must-visit for its historical significance and lush, green open spaces. One of the earliest designated public parks in the world, it's visited by more than two million people a year for walking, cycling, playing sport, having a barbecue, or just relaxing with a picnic.

Parramatta is rapidly growing, with more and more creative and cultural events being added to its calendar. In January, the enormous city-wide Sydney Festival kicks off. Of particular note is the 'Circus Comes To Town' spectacular, which brings the Big Top to Parramatta's Prince Alfred Square.

Hosting the Sydney Olympic Games in 2000, Sydney Olympic Park is an enormous

sports stadium and entertainment complex. So, if there's a big game or concert by a popular international artist on, it's highly likely to be held here. It's also in this precinct that the annual Sydney Royal Easter Show takes place.

For thrill-seekers, the riverside 'adventure capital' of Penrith offers white-water rafting at Penrith Whitewater Stadium, indoor skydiving at iFLY Indoor Skydiving, wakeboarding at Cables Wake Park, and even extreme 'jetpack' experiences at Jetpack Adventures. If you'd rather relax by the Nepean River, try out the Great River Walk.

Western Sydney is also the gateway to the Blue Mountains, which is within easy reach for those looking to get out into nature.

COMMUNITY INFORMATION

Western Sydney University (WSU) has several campuses throughout the region, each with modern facilities and practical learning environments. Students at each campus have the opportunity to interact with their local communities as well as enjoy the range of on-campus services. TAFE Western Sydney Institute also has colleges spread around the area, each with unique facilities tailored to the courses they teach.

The area is well-represented with sporting teams from various codes, including the 2014 Asian Champions League-winning Western Sydney Wanderers (football/soccer), Australian Rules Football (AFL) team the Greater Western Sydney Giants, and multiple teams in the National Rugby League (NRL) competition.

Illawarra

HIGHLIGHTS

A great way to introduce yourself to the Illawarra region is to take one of Australia's most spectacular driving routes, the Grand Pacific Drive. The road snakes along the South Coast through Wollongong (87 km from Sydney), Shellharbour, Kiama, and Illawarra's smaller villages.

Wollongong has been called Australia's most liveable small city and the best small city for students. It's a relaxing coastal spot, but is also full of cultural activities. The Wollongong Art Gallery showcases a range of art from throughout the ages, including an impressive selection of contemporary Aboriginal art. The gallery is located within the city's arts precinct, alongside the Illawarra Performing Arts Centre.

Wollongong has experienced an explosion of small bars in recent years. Particular highlights include cocktail and street food bar Dagwood, whiskey bar and live music venue Howlin' Wolf Bar, and Breakout Bar & Escape Rooms, where you can enjoy cocktails, karaoke and immersive, interactive adventure rooms. His Boy Elroy is also great if you're after an inventive burger. If you prefer a view with your meal, it's hard to go past Diggies, a North Wollongong icon serving up delicious Australian breakfasts, brunches, and lunches.

The town of Kiama is another prominent Illawarra location, famous for its laidback seaside atmosphere, breathtaking beaches, and coastal walks (check out Kiama Coast Walk, or head to nearby Jervis Bay). It's also well-known for its major tourist attraction, the Kiama Light lighthouse, and the nearby



Kiama Blowhole, a famous sea cave formation that sprays out massive jets of water when conditions are just right. The Kiama Blowhole is one of the largest of its kind in the world and attracts thousands of tourists every year.

COMMUNITY INFORMATION

For music and sport, the WIN Entertainment Centre is the best destination. It regularly plays host to major touring Australian and international artists. It's also home to the St George Illawarra Dragons National Rugby League (NRL) team and the Illawarra Hawks National Basketball League (NBL) team. Multiple sporting and study facilities are available on the campuses of the University of Wollongong and TAFE Illawarra.

Wollongong is surrounded by stunning scenery. Bordered by a national park and 17 patrolled beaches, it's the perfect spot to indulge in outdoor activities like swimming, surfing, mountain-climbing, and cycling. Heading indoors, the Illawarra Museum is the ideal location for learning more about Australian history.

Hunter Region

HIGHLIGHTS

If you're keen on excellent food culture, vineyards, seaside country charm, and a variety of creative events, the Hunter Region is the place to be. Colloquially known by locals as the 'Hunter Valley' or 'Hunter', the region includes four major cities: Lake Macquarie, Newcastle, Maitland, and Cessnock.

Surrounded by eight beautiful beaches, the city of Newcastle (165 km from Sydney) is an ideal introduction to the region for students. There are plenty of eclectic boutiques to explore along Darby Street, including the fashion emporium, Scout by Abicus. The bustling street is full of cool, independently owned and run eateries, bars, and stores. While you're there, make sure to visit Screamin' Veemis to grab a Vietnamese-inspired sandwich and some housemade soda.

For a breath of fresh air, take an early morning wharfside stroll along the Port of Newcastle, or head down to Nobbys Beach where, if you look closely, you might catch sight of dolphins playing in the ocean waves. If you continue walking, you'll stumble upon the nearby Newcastle Memorial Walk, an historic boardwalk commemorating the centenary of ANZAC, which offers beautiful views of the surrounding beaches.

For post-study activities, Newcastle bars range from New York-style speakeasies like Coal & Cedar, to craft beer pubs like The Grain Store. Multicultural food is also booming in Newcastle, so you'll find Ethiopian (Habesha), Peruvian (Chan Chan), Mexican (antojitos), and much more.

The Upper Hunter is also well-known for its boutique wineries, handmade cheeses,



charming villages, and rural beauty. Known as the 'horse capital of Australia', the township of Scone is regarded for its rich agriculture and excellence in horse racing, breeding, and rearing. The town also contains the largest veterinary practice for horses in the Southern Hemisphere.

COMMUNITY INFORMATION

The Hunter Region is the perfect location for those keen on the outdoors, with a wide variety of sports and activities available. If you prefer to watch, Newcastle has teams in the national competitions of both rugby league and football (soccer).

Creative types should check out Renew Newcastle and its range of talks, workshops, and classes across the city. The organisation has played a large role in revitalising the city and has helped launch a range of initiatives, including the superb NOOK Store. Art students from the University of Newcastle display their work at Watt Space Gallery, located at Northumberland House on the corner of King and Auckland Streets, where there's an ever-changing range of exhibitions to view.

Central West

HIGHLIGHTS

The Central West region produces wines of exceptional quality, with many of the top producers operating cellar doors that are open to visitors. Take the opportunity to sample their wines and explore the beautiful vineyards throughout the area.

In Orange (255 km from Sydney), you'll find breathtakingly beautiful historical buildings, galleries, quality wine bars, and many leafy green parks and heritage walks to enjoy. If you're after a spot of wine-tasting, head to Ferment the Orange Wine Centre & Store on Hill Street, or Percy's Bar & Kitchen on Summer Street, right in the heart of Orange.

Need a quiet place to study? Head to the Orange Botanical Gardens, where you'll wander through diverse landscapes, including a billabong, rose garden, and apple orchard. Entry is free. Equally tranquil is the sun-dappled Cook Park. Filled with garden walks and park benches, it's the perfect place to catch up on your readings or enjoy a picnic of local produce.

Bathurst is an important city in Australia's history, famous for its annual motor racing events which take place at the iconic Mount Panorama Circuit. Each year, the area plays host to the thrilling Bathurst 1000, a 1,000-kilometre annual Supercar race and championship. For an extra bit of racing history, make sure you drop by the National Motor Racing Museum, located beside the Circuit. Concession tickets are \$10.

The areas surrounding Orange and Bathurst also have rich mining pasts. Nearby gold mining towns, such as Lucknow and Sofala, offer glimpses into Australia's gold rush history.

The Bathurst Memorial Entertainment Centre also regularly attracts local and international performing artists, theatre shows, and film screenings, allowing students to get their culture fix without having to go to Sydney.



COMMUNITY INFORMATION

Charles Sturt University (CSU) has campuses in both Orange and Bathurst, providing students with top-quality facilities. TAFE Western has multiple campuses in the region, with ELICOS and private providers also operating.

Bathurst is home to the Australian Fossil and Mineral Museum, featuring the only complete Tyrannosaurus Rex skeleton in Australia. The Bathurst Indoor Sports Stadium offers a range of social sports in addition to those available at institutions. The city is also home to the newly renovated Cooke Hockey Complex and has clubs competing in a huge selection of sports.

Riverina

HIGHLIGHTS

The food and wine offerings of the Riverina are strong drawcards for both tourists and students alike. Known for its rich soils and abundance of water, the Riverina is a huge agricultural region: the area is the biggest wine producing region in NSW and is responsible for producing nearly half of the state's fruit and nuts. Major service centres in the area include Albury, Griffith, and Wagga Wagga.



Wagga Wagga (458 km from Sydney) - known as the 'City of Good Sports', or just 'Wagga' by locals - has produced a high number of Australian sporting heroes and talents across all areas of sport. In fact, so many sports stars have come out of Wagga Wagga that amongst Australian sportspeople, this phenomenon is affectionately known as the 'Wagga Effect'. See if the effect works on you; take a brisk jog to see Aussie sporting heroes at the Museum of the Riverina's Botanical Gardens site, or have a swim at Wagga Beach.

The banks of the river provide the perfect area to relax with friends and have a barbecue

during warmer months. A major hub, Wagga Wagga has all the conveniences of larger cities, including shopping centres, theatres, cafés, and restaurants. Large commercial stores can be found along Baylis Street, but to check out some local boutiques, head towards Fitzmaurice Street.

Wagga Wagga also plays host to a number of film festivals throughout the year, such as the Australian International Animation Festival, the Travelling Film Festival, and a selection of international film festivals screening in 2019, including the Banff Mountain Film Festival World Tour and the Alliance Française French Film Festival.

COMMUNITY INFORMATION

The Charles Sturt University (CSU) campus in Wagga Wagga has an extensive range of facilities spread across 640 hectares, including a farm, sporting fields, and its own vineyard. Many students live on campus, allowing them to interact with other students from a range of backgrounds. Plenty of private rentals and boardings are available in town centres for students of all Riverina institutions, including TAFE NSW Riverina Institute.

The region has plentiful sporting facilities and has produced a huge number of top-class athletes. There are local sporting teams playing in a range of different sports, as well as social sports available to students in the area. Next to Lake Albert near Apex Park, you'll find eight fitness stations, which provide the opportunity for free outdoor exercise.

New England

HIGHLIGHTS

With its abundance of national parks, nature reserves and major rivers, the New England area is the perfect location to get outdoors. When you consider the fact that New England is also home to Tamworth (411 km from Sydney), the 'Country Music Capital' of Australia, the appeal of the area becomes even more obvious.

Famous across Australia for hosting the Tamworth Country Music Festival (Australia's largest music festival), Tamworth is one of Australia's biggest music capitals. A notable site in Tamworth is the Big Golden Guitar, one of Australia's many 'big' attractions. Often, musicians and buskers gather to strum guitars and sing songs along Peel Street, the heart of the Tamworth CBD. The restaurants and cafes of Peel Street feel delightfully Parisian at times, with their street-front tables set up beneath the shade of umbrellas. They're relaxing places to study with good food and a coffee. Tamworth's food culture is celebrated in April during the Taste Tamworth Festival, a large culinary event featuring food-filled attractions.

The other major city in the region, Armidale, embodies all the best features of a larger city without the hassles that bigger cities can bring. A blend of both rural and metro living, Armidale offers city spaces nestled between quieter countryside surrounds. It's also a genuine university town; an academic hub that hums with student activity. Major department stores are available in both Armidale Central Shopping Centre and Armidale Plaza. A range of boutique shops can also be found in each centre, as well as along Beardy Street.

A morning jog along one of the Armidale area's trails is an ideal way to start the day, and will allow you to enjoy the spectacular nature views. Afterwards, you can grab a coffee from one of the cafes on Dangar Street (try Altitude Coffee Roastery for in-house roasted coffee) or Cinders Lane (head to the cool little Bistro on Cinders) before going to class.



COMMUNITY INFORMATION

The Armidale Sports Council provides a range of sports and outdoor activities to participate in. The University of New England has a 25-metre heated swimming pool, a gym, several tennis and squash courts, an indoor multipurpose stadium, various outdoor sporting fields, and an athletics track. This is in addition to world-class research facilities, particularly in livestock breeding and pure mathematics research. TAFE New England has campuses throughout the region, offering more than 200 courses in a range of industry areas.

Northern Rivers

HIGHLIGHTS

From Byron Bay (766 km from Sydney) to Nimbin, there's a range of experiences on offer to students in the Northern Rivers region. Well-known for its relaxed lifestyle and the unusual charm of its towns and villages, the Northern Rivers area blends old-fashioned appeal with new-age innovation, making the region a fascinating place to live. The area is also highly regarded for its many beautiful natural assets, including some of the World Heritage-listed Gondwana Rainforests of Australia, and the white sandy beaches of Byron Bay.

Byron Bay is a hugely popular tourist destination, loved for its relaxed vibe and strong influence from free-spirited 'hippie', 'surfie' and creative cultures. Stroll along Main Beach at dusk and you'll likely stumble upon yoga and drumming circles, fire-twirlers, and even interpretive dancers practising their moves against a stunning beach sunset backdrop. Throughout the year, Byron plays host to many major creative and music festivals, including the popular Byron Bay Bluesfest, Splendour in the Grass (Australia's Glastonbury equivalent), the Byron Bay Surf Festival, and the Byron Writers Festival.

Up for a little adventure? Hunt for the beautiful hidden beaches and secret swimming holes around Broken Head. Brays Beach, Whites Beach and Kings Beach are quite secluded and a little harder to reach, but are pockets of paradise considered 'wild beauties' by locals. There's also plenty of adventure to be had whale-watching at Cape Byron, or enrolling in surfing lessons at Main Beach.

In Lismore, you'll find a variety of fantastic bars, cafés, and restaurants serving up all

kinds of culinary delights. Make sure you check out the multicultural restaurants along Keen Street, as well as the various coffee and brunch spots around Magellan Street. Take a wander down Magellan Street and you're sure to come across the iconic Lismore Pie Cart. Offering over 25 different pie flavours on its menu, it's a long-time favourite of both locals and tourists alike.

COMMUNITY INFORMATION

Southern Cross University (SCU) is spread across the region, with its main campus in Lismore and smaller campuses on the Gold Coast and in Coffs Harbour. There are also multiple North Coast TAFE campuses in the area.

There are sporting and cultural clubs available on-campus at SCU, plus a range of social sports. Take advantage of the gyms, indoor sports courts, tennis courts, and sporting fields. There are also extensive sports and cultural facilities in each of the region's towns, available to university students as well as TAFE and ELICOS students.



History of Sydney



Ships passed by New South Wales from Portugal and China but Captain James Cook actually landed in 1770. He claimed the east coast of Australia for Great Britain and this led to the arrival of the 'First Fleet' 18 years later. These 11 ships, led by Captain Arthur Phillip, arrived into Port Jackson on 26 January 1788.



This new colony was not established to build a great city but instead to set up a prison settlement to transfer British prisoners to. A settlement was built by the new arrivals, both the soldiers and prisoners, with traces of it still evident today.



Significant construction in Sydney began in the early 1800s and then the population started to grow as free settlers arrived and convicts finished their sentences. This led to the construction of schools, churches, markets, shops and theatres. Transportation of prisoners from Great Britain ceased in 1840.



The discovery of gold in 1851 brought people from around the world to Sydney. The additional wealth during this period led to the establishment of grand buildings around the city including Town Hall and the General Post Office. By the end of this century, Sydney was one of the most populated cities in the Western world.



The 20th century saw Sydney Harbour develop into one of the world's most recognisable landscapes. This happened with the opening of the Sydney Harbour in 1932 and the completion of the Sydney Opera House in 1973. The city celebrated the first year of the new millennium by hosting the 2000 Olympics.

Indigenous Culture



EORA NATION

There was once over 500 different Aboriginal nations in Australia – so there's no single 'Aboriginal culture,' there are many. There are about 29 clan groups of the Sydney metropolitan area referred to collectively as the 'Eora Nation'. The 'Eora people' was the name given to the coastal Aboriginal peoples around Sydney. 'Eora' means 'here' or 'from this place'. The Gadigal people are a clan of the Eora Nation. To learn more about the Gadigal people and culture see:

sydneybarani.com.au

The Dreaming or, the Dreamtime, is a concept that runs through different Indigenous belief systems and is sometimes not easily understood by non-Indigenous people. There is no afterlife in Indigenous Australian culture, nor heaven or hell, which sets them apart from many other. The Dreaming is a the source of philosophy and morality. It is linked with Indigenous creation stories but incorporates both the past and the present.

INDIGENOUS PLACE NAMES

Bondi - Water breaking over rocks

Cronulla - Place of pink shells

Parramatta - Place where eels lie down

Woollahra - Meeting ground / camp

Woolloomooloo - Place of plenty / Young black kangaroo





NAIDOC WEEK

NAIDOC Week is a celebration of Aboriginal talent and culture, held every year in the first week of July. Each year, a different Australian city is chosen to host the welcoming ceremony, and a different theme is picked. Awards are given to celebrate the achievements of Aboriginal people, such as the Person of the Year Award and the Caring for Country Award.

NATIONAL RECONCILIATION WEEK

National Reconciliation Week is a time for Australians to learn about Aboriginal culture and history as a part of reconciliation. It lasts from 27 May, the anniversary of the 1967 referendum which included Aboriginal people in the census, to 3 June, the anniversary of the High Court Mabo decision that recognised the native title of Australia.

NATIONAL SORRY DAY

National Sorry Day, held on 26 May, is a day for Australians to acknowledge and raise awareness for the struggles of Aboriginal people, especially the impact of the Stolen Generation. The day was initiated in response to the absence of an apology by the Australian Government. Since their official apology in 2008, it has become a day of recognition and remembrance.

INDIGENOUS LANGUAGES

It's estimated that there were around 250 different languages spoken in Australia before the British arrived in 1788. In 2016, the Australian National Dictionary listed around 500 words which were in common usage coming from 100 different Aboriginal languages. Many of them are the names of plants, animals and places.

A Year in Sydney

JAN

YABUN FESTIVAL

Featuring live music, panel discussions, stalls markets, and cultural performances, Yabun Festival marks the largest one-day gathering and celebration of Aboriginal and Torres Strait Islander cultures.

yabun.org.au

26 Jan

MAR

SYDNEY ROYAL EASTER SHOW

First held in 1823, the Easter Show is an annual tradition for Sydneysiders, bringing rural Australia to the city's doorstep. The event showcases agriculture, animals, carnival rides and more.

eastershow.com.au

12-23 Apr

MAY

VIVID SYDNEY

Don't miss the world-renowned and illuminating Vivid Sydney, Australia's largest annual interactive festival of light, animation, music, installations, and ideas.

vividssydney.com

25 May-16 Jun

FEB

SYDNEY GAY AND LESBIAN MARDI GRAS

Australia's largest and most famous colourful celebration of LGBTQI+ pride, attended by thousands of partygoers. Features events, panels and an iconic pride parade.

mardigras.org.au

15 Feb-3 Mar

APR

SYDNEY COMEDY FESTIVAL

Up for some laughs? The Sydney Comedy Festival brings the best local and international comedy talent to Sydney to perform at various venues across the city.

sydneycomedyfest.com.au

22 Apr-19 May

JUN

SYDNEY FILM FESTIVAL

Enjoy over 12 inspiring days and nights of film premieres, screenings, demonstrations, parties and panels at Sydney's most prestigious festival of cinema and screen.

sff.org.au

5-16 Jun

JUL

PARRAMATTA WINTERLIGHT FESTIVAL

Celebrate Christmas early in July at the Parramatta Winterlight Festival. Festivities include a large ice-skating rink, snow play area, carnival rides, and toboggan slides.

winterlight.com.au

SEP

SYDNEY FRINGE FESTIVAL

NSW's largest alternative arts festival transforms Sydney's alleyways into creative and colourful secret spaces, featuring public performances, live music, and secret bars.

sydneyfringe.com

1-30 Sep

NOV

MOVEMBER

An annual charity event during which participants grow facial hair to raise awareness about men's health. Throughout November, participate in local yoga classes, parties, walks and more.

au.movember.com

Nov

AUG

THE SUN-HERALD CITY2SURF

Every year, roads are closed for Sydney's largest and most popular charity road-running event, the City2Surf. It's open to both competitive and casual runners.

city2surf.com.au

12 Aug

OCT

SCULPTURE BY THE SEA

Australia's largest public contemporary sculpture exhibition. Enjoy a beautiful coastal walk surrounded by sculpture, stretching from Tamarama to the iconic sands of Bondi Beach.

sculpturebythesea.com

Oct-Nov

DEC

NEW YEAR'S EVE IN SYDNEY

Celebrate NYE with parties and events around Sydney. Don't miss Sydney's spectacular, world-famous midnight fireworks illuminating the Sydney Harbour Bridge with incredible bursts of colour.

sydneynewyarseve.com

31 Dec

Weekly Events

SUN

If it's emerging design, fashion, wooden crafts, jewellery, handmade craft and beautiful Aussie gifts you're after, the Manly Market Place on Sydney Road in Manly (9am-5pm, Saturday and Sunday) is the perfect place to go hunting for unique souvenirs. To reach Manly, hop on a ferry from Circular Quay.

MON

Central Sydney cinema prices can sometimes get expensive - even student tickets can reach up to \$25 each. So, if you're a movie fan on a tight budget, head to the Eastern Suburbs of Sydney to the Randwick Ritz for \$6 Student Mondays - a bargain price for the latest movies!

TUE

Need a cheap feed? Don't miss Dollar Dogs (from 5pm every Tuesday) at the Soda Factory in Surry Hills. Make sure to line up early at the secret entrance (look out for the 'Bobby's Boss Dogs' storefront) and head inside for 50s-style \$1 hotdogs.

WED



On Wednesday evenings, the Art Gallery of NSW (one of Australia's largest galleries) keeps its doors open for Art After Hours. The evening features film screenings, artist talks, live music performances, art lectures and more time to wander through the gallery and lose yourself in the art world.

THU

Feeling a little artsy? In need of some eclectic live music, piping hot pizza, and good beer? Catch a live performance at the quirky Camelot Lounge in Marrickville. This intimate music venue has moody lighting and a colourful bar filled with camel statues and fun ornaments.

FRI

On Friday nights, the streets of Haymarket in Chinatown light up with bright lantern fire to usher in the weekly Chinatown Night Market (4pm-11pm). Wander down the streets of Dixon and Little Hay to grab some hot yum cha, roti, Szechuan, bibimbap, takoyaki, and other delicious Asian food.

SAT



Don't sleep in too late on Saturdays - between 8am and 1pm at Carriageworks (less than 10 minutes from Redfern Station), the Carriageworks Farmers Market takes over the old Eveleigh Rail Yards. Grab your weekly groceries, fruits, vegetables, snacks, baked goods and vegan delights, or simply explore the historic railway grounds.

Live Music

Sydney has a thriving live music scene, with local bands playing at venues across the city and touring acts packing out stadiums.



Pop and experimental fans will enjoy the vivid, colourful and always different offerings at the **Oxford Art Factory (OAF)** on Oxford Street in Darlinghurst, a venue inspired by Andy Warhol's Factory in 1960s New York. With themed parties and gigs by varied artists from the world over, OAF is a Sydney music staple.

Indie rock fans will love the **Metro Theatre**, conveniently located on George Street in the Sydney CBD. Despite being known as one of the best and most popular places to see new and old indie rock acts in Sydney, the Metro still maintains a wonderfully intimate feel.

Jazz lovers will want to seek out **Foundry 616** on Harris Street, Ultimo (just down the road from the University of Technology, Sydney). This 'very saxxy' contemporary jazz bar not only boasts a great menu, but it also regularly features the best Australian and international jazz, as well as up-and-coming artists.

If you love classical music, opera and performance, a visit to Australia's famous **Sydney Opera House** is a must. Catch the greatest Australian and international acts in one of Australia's most iconic venues. Before the show, check out the Northern Foyer for spectacular views of the Sydney Harbour Bridge.



Cinema

The beautiful Australian weather might make it hard to choose to spend sunny days inside a cinema, but there are a range of film options for a study break. Grab your popcorn!

SYDNEY FILM FESTIVAL

Running for 65 years, the Sydney Film Festival brings the world's best new films to Australia. The 12-night festival in June is packed full of premieres, parties and talks. The festival is based at the State Theatre, but there are showings at cinemas in the city centre, Newtown, Cremorne and Western Sydney.

OTHER FILM FESTIVALS

The Palace Cinema chain continues to expand its selection of cultural film festivals, including the Spanish Film Festival, German Film Festival, Volvo Scandinavian Film Festival, Lavazza Italian Film Festival and the British Film Festival.

STUDENT DISCOUNTS & OUTDOOR CINEMA

The major cinemas across Sydney - Dendy, Palace, Event Cinemas and Hoyts all offer varying discounts at different times throughout the week. However, the cheapest tickets available are on Wednesdays at Dendy Newtown (\$8 for students), Ritz Cinema in Randwick on Tuesday (all tickets \$10) and Mondays at Event George Street (\$8 student member tickets).

Student tickets are also available for the outdoor cinemas that run in Sydney during summer. These unique cinema experiences take place in beautiful outdoor spots - Centennial Park (Moonlight Cinema) and Bondi, Pyrmont and the Inner West (American Express Openair Cinemas). Bring a picnic rug and some snacks to enjoy on the lawns as you watch the latest blockbusters and cult classics on the big screen.

Making Local Friends

As an international student, it's comparatively easy to make friends with other international students: you're all in the same situation, nobody knows anyone, and you're all looking to meet new people. While this international student bubble is great—and comforting—you won't get to experience the other side of life in Australia.

WHILE STUDYING

You and your classmates are all there for the same reason, and you see each other every day, so this is the most likely place to make some local friends. Whether it's chatting to someone while waiting in line for your lecture, or discussing the homework after class, or even sitting in the library working on a group assignment, your class is the best, and easiest, way to make local friends.

CLUBS

Student networks, like student clubs, are just as good as class, if not better. You'll find people with similar interests, in a similar situation, but with the benefit of not being inside the international student bubble. Check with your Student Services, or Union/Guild, as to what clubs are on offer, and how to get in contact with them.

A local sports team allows you to meet and bond with a group of people regularly, and the shared love of playing the game, whatever it might be, makes things a lot easier. If you're keen on cricket, you're curious about Aussie Rules, or you're thinking about giving badminton a try, you'll always be able to find sports teams in your local area that are looking for new members.

LOCAL EVENTS

It might be a small gig at the local pub, a fundraising barbecue for the local rugby team, or the night-time markets on a Friday, but getting out there and attending local events ensures you'll be rubbing shoulders with the locals. You can usually find this information on social media. These types of events are great ways to start a conversation with someone, and the more often you attend similar events, the more often you'll see the same faces—and they'll see you.

Find the bars the local students go to, or find out where the best cafes are—to make local friends, you've got to hang out at local places. Get advice from your classmates, tutors, and even from the places you already go, and find where the local people hang out. It'll be uncomfortable at first, sure, but if you step outside your comfort zone, go somewhere new, and strike up a conversation, you never know what might happen.



Buying a Bike



Finding a Job



Accommodation Options



Writing a Resumé



Coffee Culture



Christmas in Australia

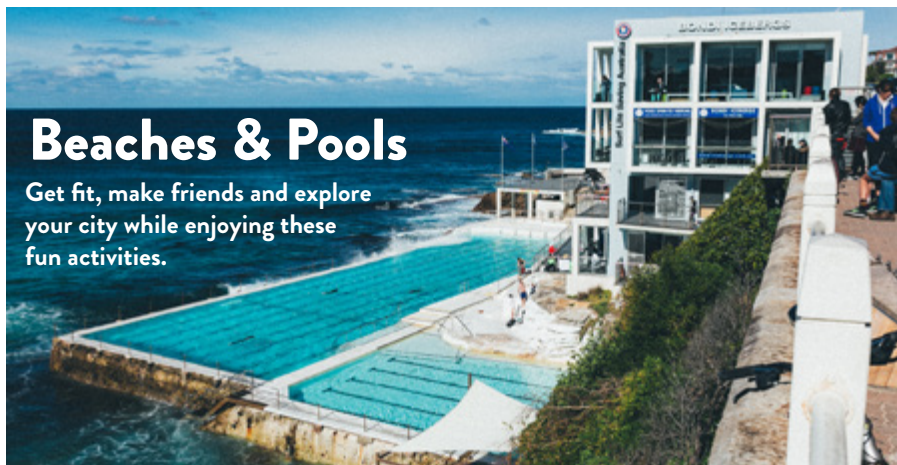
Subscribe to our YouTube channel

Short videos on everything you need to
know about studying in Australia.

insiderguides.com.au/youtube

Beaches & Pools

Get fit, make friends and explore your city while enjoying these fun activities.



BEACHES & SURFING

The Sydney's eastern suburbs offer unrivalled stretches of Australian coastline. A local favourite is the 'Coogee to Bondi walk', taking you from Coogee (a protected, calm beach) through Gordons Bay (a hidden gem), to Clovelly (a snorkellers paradise), Bronte (beautiful boardwalks through historical Waverley Cemetery), Tamarama (surfing hotspot) and finally, the famous Bondi Beach.

Around October/November, this coastline transforms into an immersive outdoor gallery space for Sculpture by The Sea, the world's largest public sculpture exhibition. To begin the walk, catch the 373, 372 or 374 bus to Coogee Beach from Central Station.

For more seasoned surfers, Maroubra beach brings great waves - but be aware of rips. Manly Beach, accessible by ferry, offers relaxed seaside shopping experiences. Alternatively, check out nearby secluded Shelly Beach for a quieter day at the beach.

www.bonditocoogeewalk.com

www.sculpturebythesea.com

www.manlyaustralia.com.au

SWIMMING POOLS

The Sydney Olympic Park Aquatic Centre lies in the heart of Sydney's sporting precinct (Olympic Park) and, as the facility used during the Sydney Olympic Games in 2000, it has serious credentials. The Centre includes a range of professional competition pools, as well as leisure pools, water slides, interactive water cannons and various water playgrounds for both the young and young at heart.

Similarly, the Cook and Phillip Park Pool (close to St Mary's Cathedral in Sydney's centre) has a range of professional swimming facilities and family-friendly water playgrounds, including a hydrotherapy pool with ramp access, a wave pool (on weekends) and heated indoor lap pool.

The state-of-the-art Prince Alfred Park Pool is located quite conveniently next to Central Station. Fully supervised by lifeguards, the pool also offers classes for swimmers of all levels and features designated 'Safe Swim Zones' - so no matter your swimming skill, you can swim safely.

www.aquaticcentre.com.au

www.cookandphillip.org.au

www.princealfred.org

Public Barbecues

When the sun is shining, cooking a barbecue seems like a fun idea, but unfortunately not all students have space for their own. Luckily for you there are several free public barbecues around the city's parks.

These barbecues are usually electric and can be started by pressing the push button underneath the grill. The barbecues turn off automatically (usually after about 15 minutes) so you may have to press it again if you are cooking for a while.

You can buy reusable plate liners/grill mats (available in supermarkets) to place onto the barbecue to reduce the required cleaning. The barbecues are cleaned every morning but unless you are there for breakfast you may need to quickly clean the grill before use.

WHERE ARE THEY?

CLYNE RESERVE, CITY CENTRE

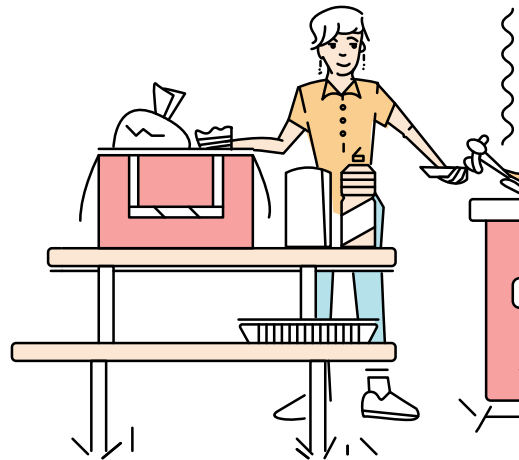
MCKEE STREET RESERVE, ULTIMO

PRINCE ALFRED PARK, SURRY HILLS

REDFERN PARK, REDFERN

To find other locations use:

www.meatinpark.com.au



WHAT TO BRING

- An esky (icebox) is the easiest way to keep your food and drinks cold and also transport them to the barbecue site.
- Oil to spray onto the hotplate.
- Tongs are essential for turning your food and then serving it up. A spatula is good for burgers and is ideal for cleaning the barbecue.
- If you have salad or steaks then you will need cutlery and plates. While paper and plastic plates (single use) are common, it is certainly more environmentally friendly to wash regular dishes after using.
- Paper towels
- Salad, bread and sauces.



WHAT TO COOK

Common meat options include sausages, steaks, burgers, chicken wings and skewers. For vegetarians, you can buy veggie versions of the above, or you can fry up eggplant, tomatoes, tofu, mushrooms and more.

ETIQUETTE

- Clean the barbecue when you're finished and pack up your picnic. You should leave it as you found it, if not in better condition.
- Try not to congregate around the barbecue. Use it for cooking but eat and socialise at a nearby table or picnic spot so others can use the hot plate.
- Make sure you pack up and dispose of all rubbish and recycle empty bottles.

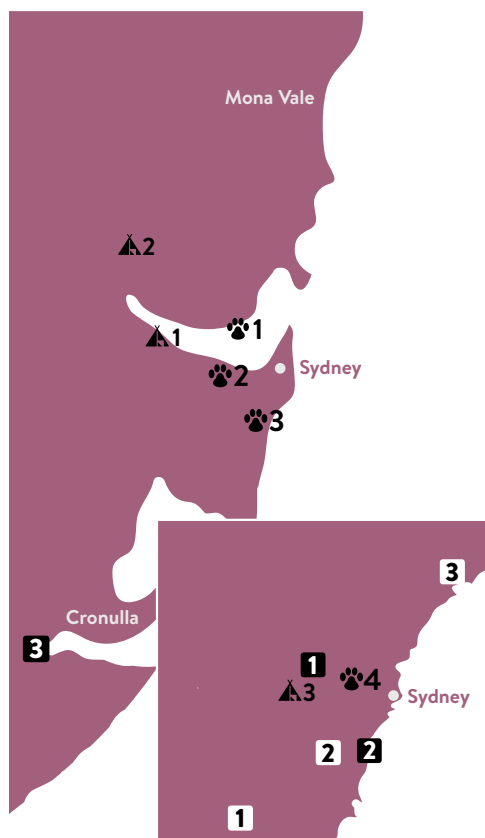
CLEANING

- Barbecue wipes can be purchased but water/oil with paper towel works well.
- Alternatively (if you are happy to waste some) pour some beer on a slightly warm grill then wipe with a cloth, paper towel or newspaper.

TIPS

- When cooking onions, pour some beer on them to help them caramelize. Delicious!
- Use aluminum foil to cook delicate items like fish and some vegetables.
- Always make sure the cook has a drink in their hand. It gets hot over the grill!

Getaways



1 SHORT TRIPS

Looking to get away for the day to see more of New South Wales? Check out these options within easy reach of Sydney.

PG. 103

1 LONG TRIPS

Need a few days study break to relax a bit? Grab some friends and head away for a night or three.

PG. 105

1 WILDLIFE

Looking to meet some locals? Get up close with some Australian wildlife and grab those essential Instagram shots.

PG. 106

1 CAMPING

Love the great outdoors? Grab your tent, book a spot for the weekend and get out there.

PG. 107

HOSTELS

Hostels are a great way to travel and explore Australia; they're affordable accommodation (share or private rooms), you can cook your own meals and most importantly, make new friends from all over the world, including some locals. YHA has over 75 hostels across Australia in all major towns and cities.

www.yha.com.au



Short Trips

1 KATOOMBA (BLUE MOUNTAINS)

The Blue Mountains area is spectacular, with world-famous nature-filled landscapes and quaint towns. The easiest and quickest way to visit the Blue Mountains for a day trip is to catch a train from Central Station. There are stations throughout the Mountains district, but we recommend you get off at Katoomba, as this is the area's central hub. Katoomba is home to the picturesque Hydro Majestic Hotel, which is filled with 1920s charm. But be sure to get out of town and explore the Blue Mountains' natural environment with an easy bushwalk. Make sure to research your route online before you head out, and don't forget to bring a map!

2 WOLLONGONG

Escape from Sydney to the beachside regional city of Wollongong, which is just under two hours from central Sydney by train. Relaxed and coastal yet fun and cosmopolitan, multicultural Wollongong has been called Australia's most liveable small city. Home to incredible beaches and great cafés, Wollongong is a natural beauty, with an almost uninterrupted stretch of coastline and rainforest above the nearby cliffs.

3 ROYAL NATIONAL PARK

From Central Station, take the train to Cronulla (this usually takes around 50 minutes). Then, catch a quick ferry from Cronulla Wharf to Bundeena and you'll arrive at the northern end of the Royal National Park.

The Royal National Park offers some of the most beautiful natural scenery in NSW. With its stunning coastal walks, winding bushwalking tracks, and scenic cliff-top vantage points, the park is popular throughout the year with camping enthusiasts, bird-watchers, and whale-watchers alike. Stay at the Bonnie Vale campground, take the Bundeena Drive to Marley walk, or explore the park's many beautiful beaches and coastal tracks. The white stone Wedding Cake Rock cliff-face is a park highlight and tourist favourite.



DISCOVER AUSTRALIA



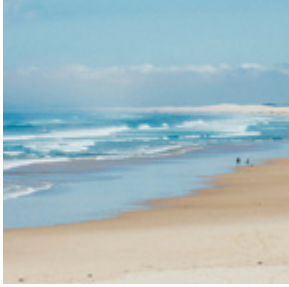
MAKE THE MOST OF YOUR TIME
USE OUR 75 HOSTELS TO EXPLORE



 BLUE MOUNTAINS, NSW

BOOK AT [YHA.COM.AU](https://www.yha.com.au)





Long Trips

1 CANBERRA

The easiest way to get to Canberra is by bus, which takes just over three-and-a-half hours. As the nation's capital, Canberra is a must-visit during your time in Australia. Featuring top quality cafes, interesting small bars, diverse shopping, and countless museums, the city provides an ideal balance of fun, culture, and education. The pace is slower than in Sydney, but there is still plenty to do around town. Particular highlights include Parliament House, the National Museum of Australia, the Australian War Memorial, and the National Gallery of Australia.

2 BOWRAL

From Central Station, take a train to Bowral via the Southern Highlands line, which operates on weekdays every 40-60 minutes, or every one to two hours on weekends. Travel time is around two hours.

With its delightful book cafes, open gardens, antique stores, award-winning vineyards, and fascinating mushroom-growing tunnels, the village of Bowral makes for a relaxing country escape. Check out the Tulip Time Festival in September, one of Australia's oldest and best loved floral festivals featuring over 75,000 tulips in its centrepiece at Corbett Gardens.

3 PORT STEPHENS

With a perfect mix of gorgeous beaches and vast bushland, Port Stephens is a great spot to relax and enjoy your time away from the city. Get the two-and-a-half-hour train to Newcastle followed by a bus to Port Stephens. The area has 26 beaches, with spectacular views and the opportunity to participate in a huge range of aquatic activities. Make sure to visit Stockton sand dunes, which are the largest in the Southern Hemisphere. The dunes are the best spot to try out some sandboarding - think snowboarding, but on sand.

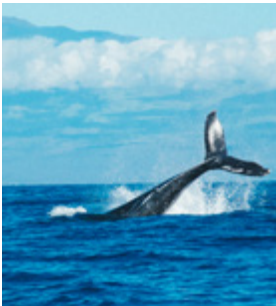
Wildlife

1 Taronga Zoo, only a 15-minute ferry ride away from Sydney city, is one of Australia's most famous attractions. Home to more than 4,000 animals, the zoo hosts over 20 keeper talks and shows a day. Here, you'll meet cuddly koalas, Australian birdlife, bilbies, kangaroos, echidnas, platypi, wombats and more.

2 WILD LIFE Sydney Zoo, a smaller zoo located at Darling Harbour right in Sydney's centre, is another Sydney wildlife favourite. This family-friendly city zoo features a Kangaroo Walkabout, Koala Encounters, a walk-in butterfly habitat, a 'Wallaby Cliffs' Aussie animal enclosure, and even a replication of Australia's famous Daintree Rainforest.

3 SEA LIFE Sydney Aquarium, also located at Darling Harbour, showcases Australia's most beautiful (and dangerous!) sealife. Walk safely surrounded by sharks at Shark Valley, touch stunning sea-stars at the Discovery Rockpool, embark on an immersive Penguin Expedition, or relax at the Dugong Deck with the resident dugong, 'Pig'.

4 Featherdale Wildlife Park in Doonside is the best destination for hands-on experiences featuring Australian native animals. Start early by booking 'Breakfast with a Koala', marvel at the world's largest collection of Australian fauna, feed kangaroos and wallabies at the Walkabout, and (if you dare) bravely enter the Reptilian Pavilion!



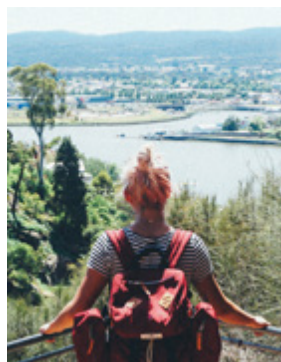
WHALE WATCHING

Whale watching season in Sydney typically runs from May to November. The scenic Coogee to Bondi coastal walk offers perfect vantage points for spotting whales swimming along the clifftops. Want to get closer? Check out the various whale watching cruises often departing from Manly, Circular Quay, and Darling Harbour.

Camping

The NSW National Parks and Wildlife Service website is your best resource for finding camping sites. On websites like MeetUp and Facebook, you can also find and join official, registered groups full of enthusiasts sharing camping tips and trips - from university student and LGBTI-friendly groups, to groups for camping beginners and experienced campers.

Remember to pack the essentials: a tent, water, food and snacks, a first aid kit, torches, batteries, sleeping gear, toothbrushes, bug spray, hiking gear, wet weather gear, eating utensils, and toiletries. For safety, it's important to let people know where you'll be camping and for how long you'll be away.



Want to camp close to home?

▲1 Camping at **Cockatoo Island** (a UNESCO World Heritage-listed island in the middle of Sydney Harbour) is a must-do adventure, rich in Australian colonial history. Glamping options are available that don't require packing a tent. The 30-minute ferry ride from Circular Quay features spectacular views of the Opera House, Harbour Bridge, and Sydney Harbour.

Want to get even wilder?

▲2 **Lane Cove River Tourist Park** (Lane Cove) offers camping within the remarkable bushlands of Lane Cove National Park, while still remaining within reach of Wi-Fi, kitchens, and nearby amenities. Fun fact: this camping ground has been featured in the popular Aussie TV drama, *Home and Away*.

For serious campers,

▲3 **Coxs River Campground** (Blue Mountains) places you right in the heart of the Australian bush, surrounded by eucalyptus trees, gorgeous bush trails, and a beautiful river in which to swim. It's a haven for Aussie wildlife, so look out for possums, wombats, and kangaroos. Camping here is free!

Key Contacts

Contact Name	When Would I Use This Service?	Contact Details
AUSTRALIAN CONSUMER LAW	Understand your legal rights in regards to shopping or purchasing services.	consumerlaw.gov.au
AUSTRALIAN HUMAN RIGHTS COMMISSION	If you feel you are being treated unfairly because of your race, descent, colour or ethnic/national origin then make a complaint to the Australian Human Rights Commission.	humanrights.gov.au/ race-discrimination
AUSTRALIAN TAXATION OFFICE	Contact them to arrange a Tax File Number or learn more about payments made to you while you're here.	ato.gov.au
BEYOND BLUE	A free counselling service that you can contact if you are feeling depressed or anxious.	1300 224 636 beyondblue.org.au
CITY OF SYDNEY	See the website for information on all the services, facilities and events happening in the city centre and surrounding suburbs.	cityofsydney.nsw.gov.au
CITY OF SYDNEY COMMUNITY CENTRES	The City of Sydney provides a network of Recreation and Learning Centres. These centres host activities ranging from sports, fitness and martial arts through to adult education, art classes, sporting competitions, youth programs and children's services.	cityofsydney.nsw.gov.au/community
CITY OF SYDNEY YOUTH SERVICES	The City delivers six youth programs within the City of Sydney local government area which offer recreational, education and vocational programs.	facebook.com/city-ofsydneyyouth
OVERSEAS STUDENT OMBUDSMAN	This resource investigates complaints about problems that overseas students have with private education in Australia.	1300 362 072 oso.gov.au
CONSUMER AND BUSINESS SERVICES (AND TENANCY ADVICE)	If you require detailed information about obligations and entitlements when buying products and services.	13 32 20 fairtrading.nsw.gov.au
COUNCIL OF INTERNATIONAL STUDENTS AUSTRALIA	The peak body for the interests and needs of international students, they always require volunteers.	cisa.edu.au
DEPARTMENT OF FOREIGN AFFAIRS AND TRADE (FOR EMBASSIES)	If you require help from your country's embassy within Australia.	dfat.gov.au

EMERGENCY

For emergency services requiring ambulance, fire brigade and/or police dial **Triple Zero (000)**. If you require a translator then tell the operator your language and they will connect you with one.

DEPARTMENT OF HOME AFFAIRS	This government department handles visa enquiries and issues.	homeaffairs.gov.au
FAIR WORK OMBUDSMAN	If you require assistance understanding your workplace rights and responsibilities.	13 13 94 fairwork.gov.au
GAMBLING HELP	If you are having problems managing your gambling, you can call for free, confidential support.	1800 858 858 gamblinghelp.nsw.gov.au
HEALTHDIRECT AUSTRALIA	Outside of GP consultation hours their trained staff can help you treat non-urgent illnesses.	1800 022 222
IDP SYDNEY	Assistance with assessing study options, including courses, applications and student visas.	02 8260 3300 idp.com/australia
LEGAL AID	If you need to know what your legal rights are then contact this free legal service.	1300 888 529 legalaids.nsw.gov.au
LIFELINE	If you need someone to talk to about your state of mind, this resource is a crisis support hotline.	lifeline.org.au
NSW OMBUDSMAN	If you are unhappy about the way you have been treated by NSW government agencies, community service providers or their employees.	9286 1000 ombo.nsw.gov.au
REDFERN LEGAL CENTRE	This independent, non-profit community centre offers free legal advice, referral and casework to international students anywhere in NSW.	9698 7277 rlc.org.au
SERVICE NSW	The NSW International Student Support Service provides free information and referral advice to international students in NSW.	13 77 88 service.nsw.gov.au
STUDY NSW	Visit the Study NSW website to find information about studying, living and working in Sydney and NSW.	study.sydney study.nsw@industry.nsw.gov.au facebook.com/Study.Sydney.Australia
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