

INTERNATIONAL STUDENT GUIDE

INSIDER
GUIDES

FREE

2017



A GUIDE BY
LOCAL EXPERTS

SYDNEY &
NEW SOUTH WALES

CITY OF SYDNEY  


NSW
GOVERNMENT

Premier
& Cabinet
StudyNSW

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Contact Service NSW for free information and referral advice



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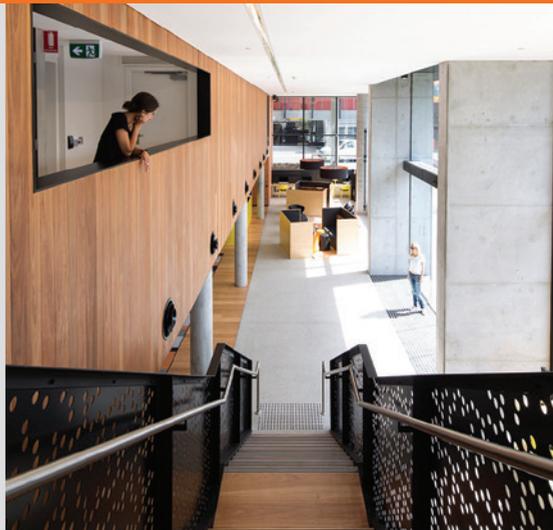
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your potential
for fun

www.whatson.sydney

Ideas to get you out and about

WHAT'S  ON | CITY OF SYDNEY  

A MESSAGE FROM THE LORD MAYOR OF SYDNEY

On behalf of the people who live and work here, it is my pleasure to welcome you to Sydney - one of the most exciting and diverse cities in the world.

With a lifestyle that is second-to-none, Sydney is Australia's most exciting education destination. We have leading research facilities and teachers, providing overseas students with wonderful educational opportunities.

Sydney offers great dining and shopping, as well as some of the best and most inspiring arts, culture and natural environments to be found anywhere in Australia.

Sydney is a city that is alive with opportunity and possibility. While you study here, you will be able to enjoy sport and cultural events, including our spectacular New Year's Eve celebrations and the biggest Chinese New Year celebrations held outside Asia.

The annual Living in Harmony Festival in March celebrates Sydney's vibrant cultures and the collaborative spirit of the more than 200 nationalities that reside in our local area. The festival showcases the richness of the cultures, histories, experiences and

ACKNOWLEDGEMENT OF TRADITIONAL OWNERS

The City of Sydney acknowledges Aboriginal and Torres Strait Islander peoples as the traditional custodians of our land.

The City acknowledges the Gadigal of the Eora Nation as the traditional custodians of this place we now call Sydney.

stories among our communities that make the city a great place to live, visit and study.

In April, we will host a number of signature events as part of National Youth Week celebrations.

This dynamic, accessible and safe city is just waiting to be explored – and this guide will help you discover it. Our What's On website is a fantastic way to find out about events being held throughout the city.

We have a dedicated program to improve Sydney. We're on track to reduce our carbon pollution by 70% of 2006 levels by 2030. We have planted thousands of trees in our streets and parks to provide shade, habitat for animals and cool our city.

We've set aside \$220 million to turn George Street into a pedestrian and public transport boulevard, and over the last six years our growing bike network has seen the number of bike trips double. I hope you take the opportunity to use our network of safe, separated cycleways across Sydney.

Welcome to our great city.

Lord Mayor of Sydney
Clover Moore

Clover Moore



CITY OF SYDNEY 
cityofsydney.nsw.gov.au

Facebook - CityofSydney

Twitter - CityofSydney





NSW International Student Support Service

StudyNSW and **Service NSW** have launched the **NSW International Student Support Service**.

Simply visit any **Service NSW** service centre to learn more about:

- accessing support services
- getting a NSW Driver Licence
- staying safe and well
- working while you study
- getting around by car or public transport, and
- staying in off-campus accommodation.

When you contact **Service NSW** please let staff know you are an international student.

You can also visit a service centre in Haymarket, Parramatta, or Newcastle, to pick up a free copy of *'Insider Guides – International Student Guide to Sydney and NSW'*.

Visit service.nsw.gov.au to find out more.



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p 13 77 88
w service.nsw.gov.au
e info@service.nsw.gov.au



**Service
NSW**

WELCOME TO SYDNEY AND NEW SOUTH WALES

Congratulations on choosing New South Wales (NSW) as your study destination! In deciding to study here in NSW, you join over 200,000 international students from more than 160 different countries around the world. The NSW community welcomes you and I am confident your experience here will give you a lifetime of fond memories to look back on.

NSW is home to an education sector that is the envy of cities around the globe. We have world-class universities, research organisations, vocational education and training institutions, including government-owned Technical and Further Education Institutes (NSW TAFE). Our state has a wide range of Australia's leading private education and training providers and English language colleges as well as secondary schools (both government and independent) all offering the highest quality, cutting edge and industry-relevant education experiences.

We enjoy a strong global reputation for internationally respected qualifications, high quality teaching and research, cultural diversity – all within a safe and welcoming study environment.

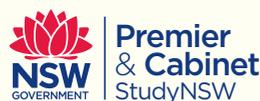
Being a long way from home, we want you to feel welcome in our community and that is why we are committed to making your experience in NSW the best it can be. StudyNSW is a NSW Government program designed to support and enrich your student experience here in our state.

StudyNSW coordinates a wide range of services for international students including a welcome desk at Sydney International Airport, free legal advice for international students through a partnership with Redfern Legal Centre and a website dedicated to providing you with all the information you need about studying, living and working in Sydney and NSW. The initiative also provides work integrated learning (WIL) opportunities through programs such as NSW Global Scope, our airport welcome desk and free information and referral advice through a partnership with Service NSW.

On behalf of the NSW Government I welcome you to NSW and wish you every success with your studies. I encourage you to explore and enjoy all that Sydney and NSW has to offer and make the most of this incredible experience.

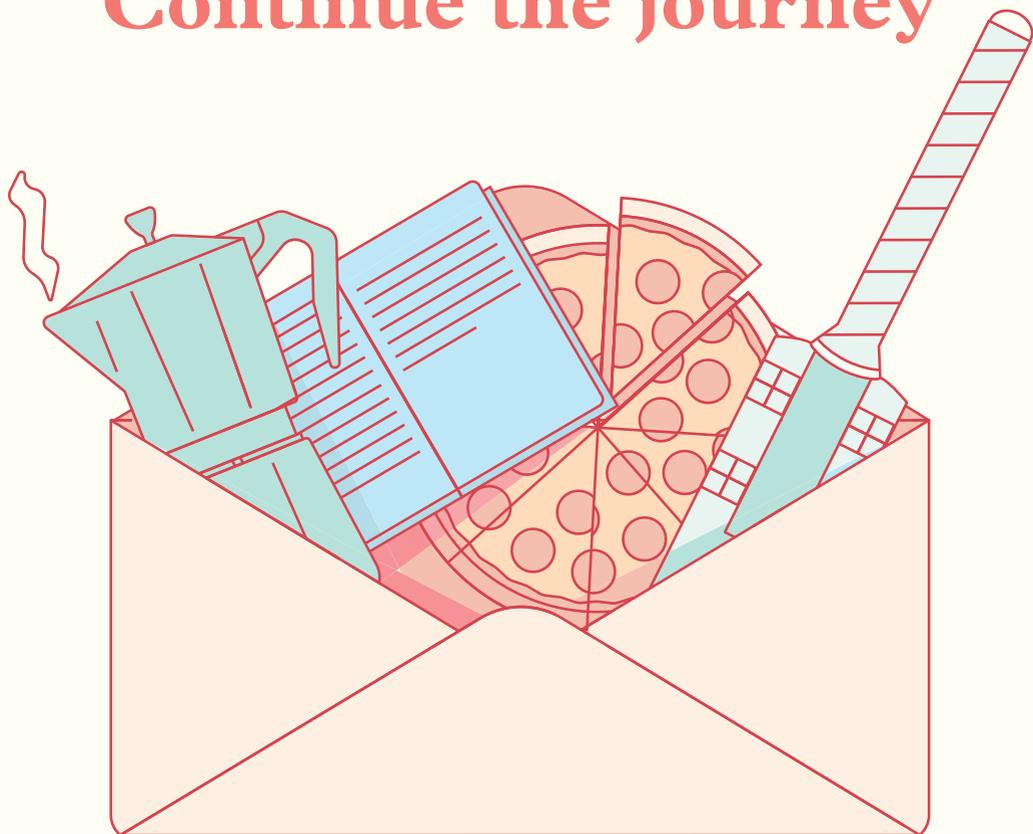


The Hon. Stuart Ayres MP
Minister for Trade, Tourism and Major Events



Find out more: study.sydney
facebook.com/Study.Sydney.Australia

Continue the journey



Join our mailing list for our latest blogs and articles on saving money, making friends, passing your exams and much more.

[insiderguides.com.au/mail](https://www.insiderguides.com.au/mail)



WELCOME

Welcome to Sydney and thanks for picking up a copy of Insider Guides - International Student Guide.

We're here to get you settled so you can start enjoying your new home as quickly as possible. Use this guide, which is written by locals, to get an insider's perspective on what life is like here.

It will also help you secure a place to live, find a job, open a bank account, navigate public transport and much more.

We understand international students are not tourists. You're here to live! As such, this guide is designed to allow you to discover what life is really like here, and for you to discover your new home on your terms.

Use this guide to find new places to hang out, places to explore, food and drink to try and enjoy all that is great about Australian culture.

For updated information about how to settle in and enjoy life in Australia, head to: insiderguides.com.au

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HOUSEMATE'S CODE

How not to become the annoying housemate.



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ORDERING A COFFEE

Learn the different types of coffee that are popular in Australia.



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FESTIVAL MAP

The great music festivals that are worth taking a trip to attend.



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ACCOMMODATION



Finding somewhere to live is a crucial component 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.



DO I KNOW?

WHAT THE TRAVEL TIME IS
TO MY INSTITUTION?



WHAT I NEED TO BUY TO GET STARTED?



IF I NEED TO ARRANGE ANY
ADDITIONAL INSURANCE?



WHAT MY LEGAL RIGHTS ARE?



WHAT ARE MY ACCOMMODATION OPTIONS?

You can stay in a private rental property (either alone or with housemates), in a homestay with a family, a student apartment or a residential college. Each option has their own unique benefits and drawbacks. See the table for a full comparison.

OPTION	OVERVIEW	WHAT YOU GET	COST	BENEFITS	CONSIDERATIONS
Private rental	This is true independent living - renting an apartment or a house either alone or with house-mates.	Furnished - Major furniture and appliances. Unfurnished - You will have to supply everything for yourself.	\$175 - \$400+/week	Meeting new people and greater control of your living arrangement. Can be cheaper than the alternatives.	Paying for everything. It can also get lonely if you're living by yourself.
Student apartment	These large centres are full of apartments of varying sizes (1 to 5 bedrooms).	- Fully furnished bedroom - 24 hour support - Internet - Often in excellent locations - Private bathrooms and airconditioning available	\$250 - \$500/week	They are safe and there is a real emphasis on community - some house over 400 students!	It can be expensive and internet speeds can be quite slow at night when everyone is on at the same time.
Residential college	Located a short distance from major universities, residential colleges take care of all of the basics for you.	- Furnished bedroom (cleaned weekly) - Meals - Internet - Shared kitchen - Shared bathroom	\$450 - \$700/week	Meet lots of different people and have access to great study facilities. You also get fed if you don't like cooking!	Sharing bathrooms can be frustrating. You're often locked into a yearly contract.
Homestay	A homestay involves living with a family in their home.	- Furnished bedroom - Meals - Internet - Utilities	\$250 - \$300/week	You'll get most of your meals provided, as well as internet, opportunities to improve your English and you won't have to worry about setting up utilities.	Sharing with a family might be different to what you're used to. You may live quite far from your institution and may not get along with them.

BEFORE YOU TAKE OUT A LEASE ON A PROPERTY:

- 1 ENSURE YOU HAVE ENOUGH MONEY TO COVER THE BOND

- 2 ARRANGE A REFERENCE OR GUARANTOR

- 3 INSPECT THE PROPERTY BEFORE YOU SIGN A CONTRACT OR PAY A DEPOSIT

- 4 PHOTOGRAPH ANY EXISTING DAMAGE OR ISSUES

- 5 CAREFULLY READ YOUR RENTAL AGREEMENT BEFORE SIGNING IT

- 6 MAKE SURE YOU RECEIVE, AND KEEP, A COPY OF YOUR RENTAL AGREEMENT

- 7 ESTABLISH WHO IS RESPONSIBLE FOR UTILITIES

- 8 PAY ATTENTION TO DETAILS REGARDING THE END OF YOUR RENTAL AGREEMENT

OTHER FACTORS TO CONSIDER WHEN SELECTING ACCOMMODATION?

- | | |
|---|---|
| HOW CLOSE IS IT TO MY INSTITUTION? <input type="checkbox"/> | IS IT NOISY? <input type="checkbox"/> |
| WHAT WILL THE MODE AND COST OF TRANSPORT BE? <input type="checkbox"/> | IS THE AREA SAFE? <input type="checkbox"/> |
| WHAT IS NEARBY? (SHOPS, HOSPITALS, POLICE STATIONS, PARKS) <input type="checkbox"/> | IS THE BUILDING SECURE? <input type="checkbox"/> |
| IS THERE ADEQUATE HEATING AND COOLING? <input type="checkbox"/> | DOES EVERYTHING WORK? (SMOKE ALARMS, APPLIANCES, LIGHT SWITCHES) <input type="checkbox"/> |

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.

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



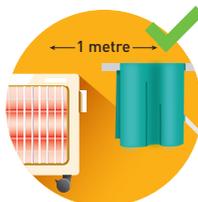
Distractions and cooking don't mix. Never leave your cooking unattended. Most fires in the home start in the kitchen. **Keep Looking When Cooking.**



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.

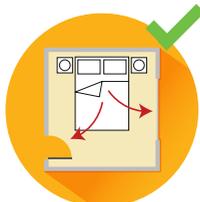


Don't overload power points & powerboards and check leads for damage or faults. When using chargers, do not leave under bedding.



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 from 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.



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About us and contact us



We have opened 18 offices globally across 5 continents. Our international team speaks 35 different languages.



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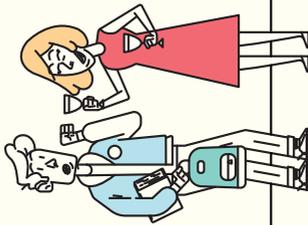
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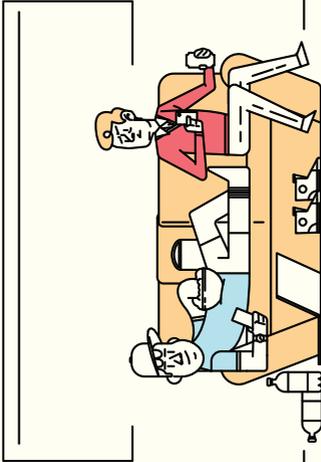
Bdg 3, 363 Chang Ping Lu,
Jingan District 200040
Shanghai, China
+86 21 33276579

Housemate's Code

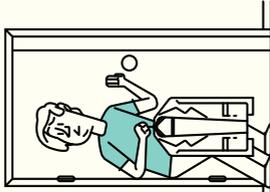
There are a lot of great things about living with housemates but some housemates are messy, inconsiderate and that's no fun at all. While we can't force your housemates to behave, we can give you some tips to help.



Living with others means respecting their schedules. If they have a big assignment due tomorrow, then tonight is not the night for a loud party! Determine a policy on guests and quiet times to avoid any disagreements.



Wash up after meals, don't leave clothes lying around and determine a cleaning schedule with your housemates. Some people may prefer certain tasks but ensure that the workload is split evenly.



Respect each other's space. Don't enter each other's rooms without permission and try not to leave all your stuff lying around the communal areas. If you want quiet study then head to your own room.

COMMUNICATION

In this chapter we'll show you how to connect to your friends and family, both locally and internationally. We'll teach you how to get started, by either purchasing a SIM or a phone plan.



DO I KNOW?

IF MY ACCOMMODATION HAS INTERNET?

IF I NEED A NEW PHONE?

HOW MUCH DATA I WILL USE?

HOW I WILL CALL HOME?

HOW DO I CONNECT MY MOBILE PHONE IN AUSTRALIA?

If you bring your mobile phone with you from overseas, there are a few great ways to get connected. Prepaid is an easy and flexible way to get connected. You can recharge with data, text, local and international calls, and all you need to do is pick up a SIM and then choose

the recharge for you. Plus, prepaid gives you the freedom to recharge where and when you want, without being locked into a contract. SIM Only plans give you all the data, text, local and international calls of a plan with just a SIM card. It takes the hassle out of having a phone plan, plus you've got the freedom to pay month-to-month, or sign up for a 12 or 24 month SIM Only plan.

vodafone.com.au/personal

HOW DO I ARRANGE MOBILE BROADBAND?

If you need to connect your laptop or tablet while you're in Australia, an easy solution is Mobile Broadband. You can choose the right amount of data for your Wi-Fi device to suit your needs, whether it's for study or to use at home.

vodafone.com.au/personal/mobile-broadband

HOW DO I GET A NEW MOBILE PHONE?

If you're planning on staying for a year or more, and need a new phone your best option is to sign up for a 12 or 24 month plan. Mobile phone plans will give you the best value and you can choose a phone and plan to suit your needs. When you're ready to sign up, head in to your closest store with items listed in the table to the right.

vodafone.com.au/personal/plans

WHAT DO I NEED TO GET A PHONE CONTRACT?

PROOF OF YOUR AUSTRALIAN ADDRESS - USUALLY A UTILITY BILL OR LEASE



PROOF OF IDENTITY - YOUR PASSPORT USUALLY WORKS BEST



PROOF OF ENROLMENT - USUALLY AN ENROLMENT LETTER FROM YOUR INSTITUTION



PROOF OF INCOME AND/OR FUNDS - A PAYSリップ OR BANK STATEMENT



Vodafone is Insider Guides' recommended partner for telecommunications.

vodafone.com.au

WHAT ARE SOME OF MY OPTIONS FOR STREAMING TELEVISION AND MOVIES?

Netflix - [netflix.com](https://www.netflix.com) from \$9/month

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

Stan - [stan.com.au](https://www.stan.com.au) \$10/month

A local option that lacks original programming but has an extensive back catalogue of local and international options. The platform also sources shows from companies like Amazon and is available on smart TVs, gaming consoles, Apple TV and Chromecast, mobile devices and on computers.

Foxtel Play [foxtel.com.au/foxtelplay](https://www.foxtel.com.au/foxtelplay) packages begin at \$15/month

Available on computers, smart TVs and gaming consoles, this 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 and also has a World Movies channel.

Catch-up apps - ABC iView, SBS OnDemand, Plus7, 9Now, TenPlay

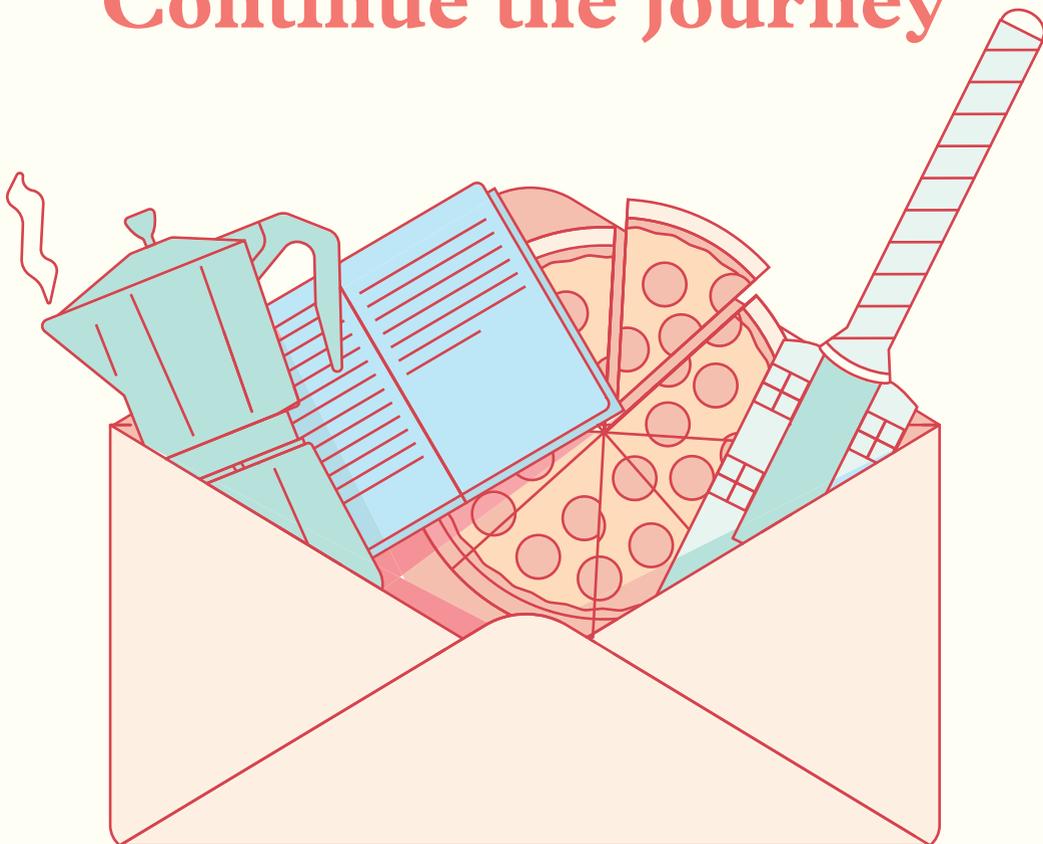
The main free to air stations in Australia all have apps available that allow you to watch their shows on demand. SBS On Demand in particular has a great range of foreign content. These apps are free to download and use but the shows still contain advertisements.

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

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

Continue the journey



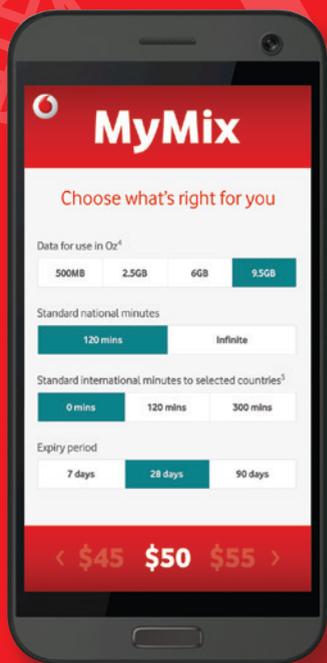
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You can now make the most of your Prepaid service by paying for what you choose.

With MyMix³, you'll be able to select the perfect Prepaid inclusions that suit you in Australia. Enjoy surfing the internet? Select data. Are your friends and family overseas? Add standard international minutes to selected countries. Like to chat locally? Choose standard national minutes. Use our MyMix tool online to work out the ideal plan combination that suits you best.

Vodafone
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You can use your Prepaid for

365 days

from just \$10 per recharge¹



Data 2c per MB.



Standard international calls from 2c per minute.²



Standard national calls and texts at 20c per minute and per text.

All for use in Oz.

The nitty gritty: 1: 365 day expiry. Not for commercial or resale purposes. If you recharge on another Pay As you Go Plus product before your inclusions expire, any unused My Credit will rollover up to a maximum of \$1000. 2: Standard international voice calls can be made to selected countries. Calls to China, Saint Pierre Miquelon and Singapore at 2c per minute. Other call rates see vfa.u.co/prepaidIDDRates. Calls charged from your MyCredit in per minute increments. 3: Not for commercial or resale purposes. Amount of inclusions and expiry set via My Vodafone or the online tool at vodafone.com.au. Final recharge price based on choice. Once your inclusions are chosen and recharge is purchased, no further changes can be made until next recharge. Once minute inclusion is exhausted calls will be charged from MyMix credit. 4: Data for use in Australia only. Once data inclusion is used, you will need to purchase a data add-on or recharge to continue using data. 5: Excludes Premium services and video calls. Standard Voice Calls to selected list of countries. Countries may change from time to time, see vodafone.com.au/internationalcountries for list of current countries. Fair use policy applies. See vodafone.com.au/fairuse.

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MONEY & BANKING

Money and banking are vital elements of studying in Australia so read on to discover more. This section contains information on arranging a bank account, managing a budget and paying your bills.



DO I KNOW?

HOW TO AVOID FEES ON MY TRANSFERS?

MY LIVING COSTS?

HOW TO TRACK MY SPENDING?

HOW TO CHOOSE A BANK?

WHY I SHOULD OPEN 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, books 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.

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 and you are 16 years of age or over you will receive a debit card (when it is ready).

WHAT SHOULD I BRING WITH ME?

1. **PASSPORT, BIRTH CERTIFICATE OR NATIONAL IDENTITY CARD**
(IF YOU HAVE ONE)
2. **PROOF OF AUSTRALIAN ADDRESS**
(CAN BE A HOUSEHOLD BILL)
3. **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 heavily taxed on your account.

WHERE ARE THE BANK BRANCHES?

To find your nearest branch or Automatic Teller Machines (ATM) check your Australian bank's website or mobile app using location based services. ATMs provide 24/7 access to cash and are located across your city and

various campuses. Using your own bank's branded ATMs will avoid you being charged a fee to use the ATM.

Many branches have multilingual staff if you require assistance in a language other than English.

HOW CAN I LEARN TO MANAGE MY BUDGET?

Living by yourself for the first time will often be the first time that you are responsible for managing their own budget. Regardless, if you gain money from employment, a scholarship, loan or your family, it is crucial to not overspend. The Insider Guides Cost of Living Calculator will help you break down your spending and determine areas to find savings.

insiderguides.com.au/cost-of-living-calculator

HOW DO I TRANSFER AND MANAGE FUNDS?

With family and friends overseas it is crucial to understand how to transfer money internationally. Make sure you have all the required codes (SWIFT, Sort and, for Europeans, IBAN) and the correct account numbers. To search for the SWIFT/BIC code yourself use: *swift.com/bsl*

The IBAN which can be calculated, if you already have the Sort Code and Account Number, here: *iban.com*

WHAT RESOURCES ARE AVAILABLE TO HELP ME SAVE MONEY?

If you are simply looking for ways to save money then joining your institution's student union is a great starting point. They usually

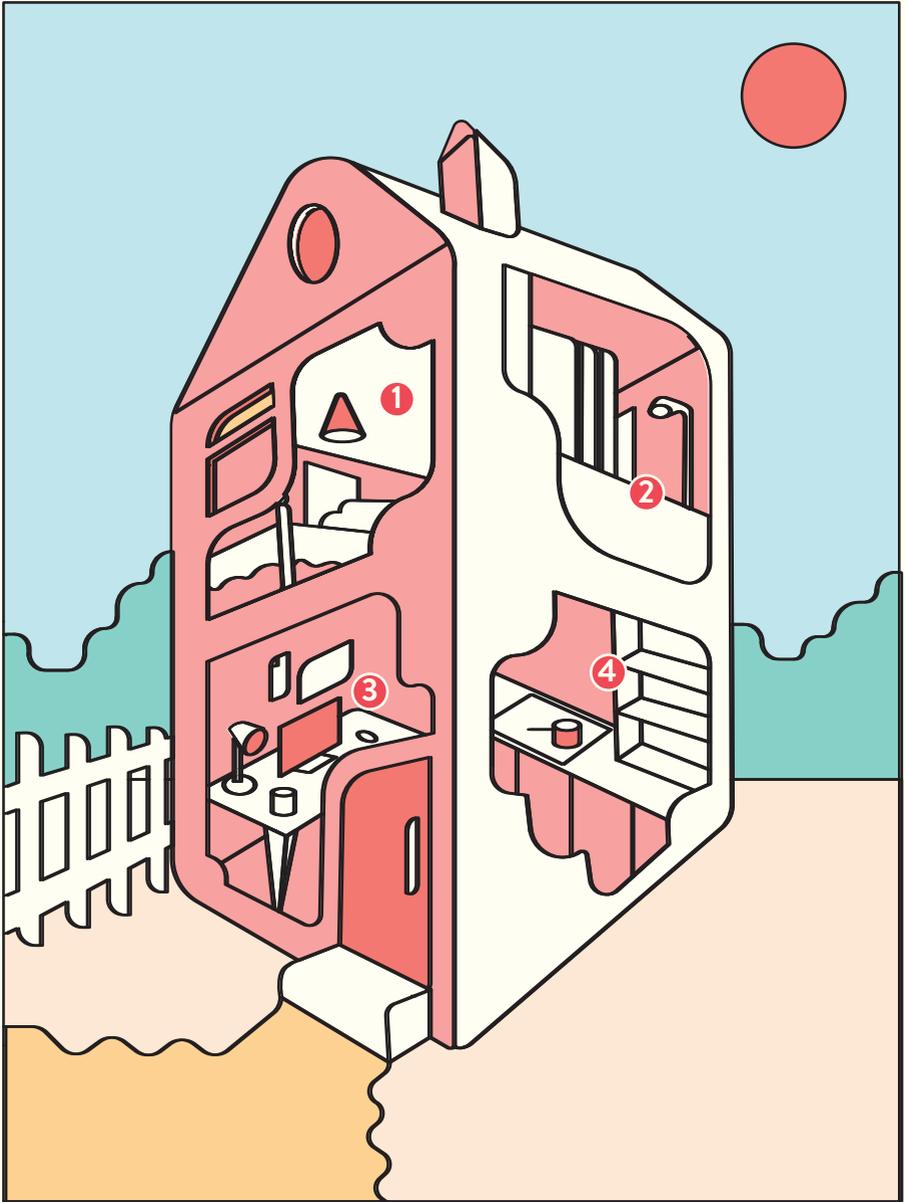
have arranged discounts with retail outlets and service providers both on and off campus. If you are having any difficulties with your finances then your first contact should be your institution. They have qualified staff available to help and can point you in the right direction for support.

SETTING UP YOUR HOUSE

Your accommodation may come with most key items supplied but there are some items you need to buy for yourself. Here is a brief guide to get you started.

- 1 Bedroom**
Bedding - Target (*target.com.au*), Spotlight (*spotlightstores.com*)
Clothes Hangers - Ikea (*ikea.com*), Big W (*bigw.com.au*)
- 2 Bathroom**
Toiletries - Chemist Warehouse (*chemistwarehouse.com.au*), Priceline (*priceline.com*)
Towels - Kmart (*kmart.com.au*), Spotlight (*spotlightstores.com*)

- 3 Study**
Laptop - Officeworks (*officeworks.com.au*)
Lamp - Officeworks (*officeworks.com.au*), Big W (*bigw.com.au*)
- 4 Kitchen**
Pots, pans - Ikea (*ikea.com*), Target (*target.com.au*)
Crockery, cutlery - Ikea (*ikea.com*), Kmart (*kmart.com.au*)



EMPLOYMENT



In this chapter, you will learn how to find part-time and graduate work as well as discover the advantages of volunteering. We'll also show you why you need to understand your work rights.



HOW DO I GET A JOB?

WRITE A RESUME

APPLY FOR A TAX FILE NUMBER

OPEN AN AUSTRALIAN BANK ACCOUNT

SPEAK TO YOUR INSTITUTION'S CAREER CENTRE

USE ONLINE RESOURCES

WRITE TARGETED COVER LETTERS

HOW DO I DEVELOP A NETWORK?

Building relationships and contacts that can lead to future opportunities are important skills to develop while studying. Your 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, as is starting work on your own 'personal brand' by creating a portfolio or a personal website. LinkedIn is an ideal platform for keeping track of your network, for more information on using it see:

insiderguides.com.au/students-linkedin

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 break. 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 and 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.

HOW DO I FIND A PART-TIME JOB?

Once you have arranged a Tax File Number (TFN), set up a bank account and finished your résumé, you are ready to start your job search. The hospitality and retail industries are traditionally the biggest employers of students due to their varying hours and need for casual employees. Your institution's career centre, or online jobs board, may also have several roles specifically for students. Another option to consider is tutoring, see Tutorsfield's website for more information on finding a tutoring role related to your studies. tutorsfield.com.au

HOW DO I WRITE A RESUME?

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.

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 referee for you. Your résumé and cover letter should be targeted for a particular role; don't use the same generic versions for all jobs.

A Curriculum Vitae (CV) is similar to a résumé but includes more detailed academic and work history and is less tailored for a specific job.

WHAT DO I INCLUDE ON MY RESUME?

1. **NAME & ADDRESS (DON'T INCLUDE YOUR DATE OF BIRTH OR YOUR PICTURE)**
.....
2. **VISA STATUS**
.....
3. **EDUCATION HISTORY**
.....
4. **EMPLOYMENT HISTORY**
.....
5. **INFORMATION ABOUT YOUR EXTRA CURRICULAR ACTIVITIES AND ACHIEVEMENTS**
.....
6. **DAYS & HOURS YOU ARE AVAILABLE TO WORK**
.....
7. **A REFERENCE LETTER FROM ANY PAST EMPLOYERS**
.....
8. **CAN ALSO INCLUDE A PERSONAL REFEREE**
.....

PROBLEM WITH YOUR PRIVATE COLLEGE, UNIVERSITY OR SCHOOL?

The Overseas Students Ombudsman may be able to help



The Overseas Students Ombudsman investigates complaints from international students about their **private** college, university or school.

WHAT DO I NEED TO KNOW ABOUT TAX?

Before working in Australia it is important 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 then you will need to complete a tax return at the end of the financial year. Get your TFN here: ato.gov.au

WHY SHOULD I VOLUNTEER?

Volunteering will provide you with a vast range of soft skills, improve your communication skills, allow you to make new friends and integrate more with your new community. Your institution 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.

volunteering.nsw.gov.au - volunteer.com.au - govolunteer.com.au

WHAT ARE THE MOST COMMON JOBS FOR INTERNATIONAL STUDENTS?

1. **PICK PACKER**
2. **RETAIL SALES ASSISTANT**
3. **ADMINISTRATIVE ASSISTANT**
4. **WAREHOUSE ALL ROUNDER**
5. **BARISTA**
6. **GENERAL HOSPITALITY STAFF**
7. **CLEANER**
8. **EVENT STAFF**
9. **SALES REPRESENTATIVE**
10. **RECEPTIONIST**

This list is based on data provided by OneShift and Skilld and you can use their websites to search for a job: oneshiftjobs.com and skilld.com

WANT TO WORK WHILE YOU STUDY?

KNOW YOUR WORKPLACE RIGHTS



EVERYONE in Australia is protected by workplace laws, including international students.

These set minimum standards for things like your pay, annual leave, your working conditions like hours and breaks, and protect you from discrimination.

Find out more at:
www.fairwork.gov.au/internationalstudents



Australian Government

Fair Work
OMBUDSMAN

HOW DO I LEARN MORE ABOUT MY WORK RIGHTS?

Do you have questions about how much you should be paid, if there is a different pay rate for international students, what leave you are entitled to or whether your boss can just fire you? These are common questions and the best place for answers is the Fair Work Ombudsman (FWO). The FWO would tell you that that everyone working in Australia, including international students, are covered

by workplace laws and these set minimum standards for things like your pay, annual leave, conditions like hours and breaks, and protect you from discrimination.

Contacting, and getting help, from the FWO is free. The FWO can help you if you think you aren't getting paid what you should be or are concerned about your conditions at work.

Visit fairwork.gov.au, call 13 13 94 or use the Translating and Interpreting Service (TIS) using 13 14 50.

WHAT'S THE DEAL WITH INTERNSHIPS AND WORK EXPERIENCE?

Gaining experience relevant to your course of study is of great benefit as you transition into a professional career. Whether this career is in Australia or overseas, completing an internship while studying is a uniquely valuable opportunity. Check with your education provider 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.

The Temporary Graduate Visa (subclass 485) was introduced to allow international students who have recently graduated from Australian educational institutions to remain in Australia temporarily. For more information on the visa and eligibility requirements see:

border.gov.au/Trav/Visa-1/485-

Employers have the opportunity to sponsor your visa and if your degree falls under the 'Skilled Occupations' category then this process is much easier. See the below site for more information on visas and the Skilled Occupations List.

border.gov.au

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

ieaa.org.au/documents/item/548

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. If you plan to stay in Australia after graduation then arranging a graduate position is an excellent idea.

STUDYING



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



STUDY ITEMS CHECKLIST:

TEXTBOOKS

PADS AND PENS

HIGHLIGHTERS

FOLDERS TO STORE NOTES

CALCULATOR

WHAT IS PLAGIARISM?

Plagiarism is essentially copying someone else's work and presenting it as your own. This may be literally taking an entire essay written by someone else or including 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 need to indicate the source. If you are found guilty of plagiarism there can be serious consequences, including expulsion from your course which would lead to the cancellation of your student visa.

WHAT SERVICES ARE AVAILABLE ON CAMPUS?

There are a range of services and facilities on campus to assist you in making the most out of your studies. Understanding the purpose and value of each one when starting out will help you fully utilise them.

CAREER CENTRE

This office will assist you in creating an effective résumé, 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. 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. Make sure you visit the staff to get acquainted. They will assist with your orientation, organise social events and answer your questions.

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. Library staff can be valuable in providing guidance as to what resources are available, especially if you are struggling to find relevant material for an assignment.

HOW DO I SAVE MONEY ON TEXTBOOKS?

1. Check with students from higher years

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

2. Use an online tool like Textbook Exchange

These online resale sites allow you to buy second hand textbooks from students across the country. 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 from a service like Zookal. zookal.com

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.

WHAT DOES THIS WORD MEAN?

There are many terms associated with tertiary education that you may never have heard before. Our glossary of terms should help you understand and make the most of your time studying in Australia.

Census date

The date by which you must finalise your enrolment and 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, an academic staff member with overall responsibility for teaching.

ELICOS

English Language Intensive Courses for Overseas Students have been developed for for speakers of English as a second language to continue academic studies.

Faculty

The largest organisational divisions within universities, with responsibility for academic programs. Universities only have a handful of faculties containing several schools.

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 long of activities and information sessions to welcome new students to the institution.

Practical

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

Semester

The academic 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, graduating students are given one free copy. Unofficial records can be printed any time online.

Tutorial

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

VET

Vocational Education and Training courses are designed to deliver workplace-specific skills and knowledge.

Free help for international students



- Finding a course and enrolling
- Change of course or institution
- Guidance for student visas

We can also help with

IELTS™

Free IELTS Masterclass
Free support materials
Free practice tests
Test bookings

Speak with us today

Visit www.idp.com/australia

CULTURE



Australia is a diverse and accepting country that has evolved from Indigenous and British roots to now represent people from a range of cultures.



DO I KNOW?

AUSTRALIA'S GEOGRAPHY?

AUSTRALIA'S POLITICAL SYSTEM?

AUSTRALIAN LAWS?

AUSTRALIAN ETIQUETTE?

AUSTRALIAN HUMOUR

The Australian sense of humour is famous but can be difficult to understand for people from other countries. Typically, Australians don't take themselves too seriously and often make jokes at their own expense. They often make fun of their friends and this is generally a sign of a good friendship! Other traits like sarcasm and stereotyping are also prevalent, for a more complex breakdown see: [insiderguides.com.au/a-beginners-guide-to-aussie-humour](https://www.insiderguides.com.au/a-beginners-guide-to-aussie-humour)

AUSTRALIAN SLANG

While there are plenty of ‘Aussie slang dictionaries’ around, they tend to focus on older slang that most Australians don’t use anymore (unless they’re being sarcastic). Some of these terms are just a plain myth. An Australian would never say, for example, “throw a shrimp on the barbie” – because here we call shrimp, ‘prawns’.

So here is a list of slang/phrases and acronyms used in Australia that international students actually need.

EXPRESSING YOURSELF

Aggro: Angry

Full on: Intense/Wild

Heaps: A lot or very i.e. ‘heaps good’

No worries: Don’t worry about it/It’s OK

She’ll be right: It will be fine

_____ as: 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

WHILE STUDYING

Biro: pen

Dodgy: Poor quality/Not reliable/Suspicious

How ya going/How’s it going?: How are you?

How good is that?: This is a rhetorical question so you don’t have to answer. It just means ‘that’s good’

Reckon: Think/Figure/Assume

Uni: University

GOING OUT

Arvo: The afternoon

ATM: Teller Machine/
Electronic banking outlet.
Stands for Automatic Teller
Machine

Avo: Avocado

Barbie: BBQ

Bottle-o: Liquor store

Breaky: Breakfast

Cuppa: A hot beverage,
usually tea

Chemist: Drug store/
pharmacy

Dunny: Toilet

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

Esky: Ice cooler

Kiwi: A New Zealander (but
also a fruit and a bird)

Knock: To criticise something

Maccas: McDonalds

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

Mozzie: Mosquito

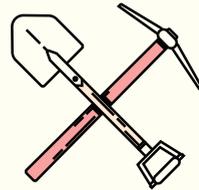
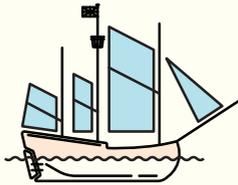
Sanga: Sandwich

Servo: Service station/gas
station

Snag: Sausage

Spud: A potato

Australian History



ABORIGINAL ORIGINS

Australia's Indigenous population inhabited the nation for at least 40,000 years. This means they have the oldest living cultural history in the world. When the British arrived in 1788 as many as 250 different languages were spoken across the nation. For more information on Australia's Indigenous cultures see p96.

FIRST FLEET & CONVICTS

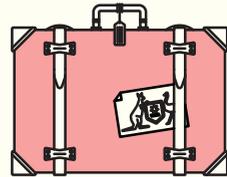
1788

Captain Cook 'claimed' the land for Great Britain in 1770. The First Fleet of 11 boats arrived at Botany Bay in 1788 to establish New South Wales as a Penal colony (receiving convicts until 1848). Convicts were subsequently sent to most of the other states.

GOLD RUSHES

1850s

The discovery of gold in Australia (in Bathurst first, then Ballarat in 1851) kickstarted the economy and created the idea of Australia as a desirable location. Mass immigration to Australia began in this period and at one point Melbourne was one of the largest and wealthiest cities in the world. 1854 saw the Eureka Stockade at Ballarat, a rebellion against taxation that some see as a crucial event in the evolution of Australia's democracy.



FEDERATION

1901

In 1901 the Commonwealth of Australia was created, with the federation of the six separate self-governing British colonies. These colonies became the states of Queensland, New South Wales, South Australia, Tasmania, Victoria and Western Australia. It was agreed that the capital could be in NSW but no closer than 100kms from Sydney. This led to the creation of the Australian Capital Territory (ACT) and the new capital city, Canberra.

WORLD WARS

1915

In April 1915 the First Australian Imperial Force took part in the World War One Gallipoli Campaign. Despite defeat, this battle has great relevance in defining the characteristics of Australians. April 25, the date of the first landing at Gallipoli, is ANZAC (Australian New Zealand Army Corps) Day - the date Australians remember and pay respects for the sacrifice of our Armed Forces, both past and present, in conflicts around the world.

NEW ARRIVALS AND MULTICULTURALISM

1949-1974

The end of World War Two, and then subsequently the Vietnam War, led to an influx of migrants to Australia. The Snowy Mountains Scheme (1949 - 1974) employed 100,000 people with 70% being migrants from 30 different nations. Steady Asian migration began in the 1970s and now people from all over the world call Australia home. This is reflected in many aspects of Australian life, with Australian society known for its equality and lack of clear class distinctions.

HEALTH

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.



DO I KNOW?

MY OSHC DETAILS?



MY MEDICAL HISTORY?



MY ALLERGIES?



HOW TO GET MY PRESCRIPTIONS?



WHAT TO DO IN AN EMERGENCY?



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 DO I NEED TO KNOW ABOUT AUSTRALIAN HOSPITALS?

If you need to go to a public hospital in a non-emergency situation or for an elective procedure, then call your OSHC provider and check that you will have some of your costs covered. Remember to ask your OSHC provider where their nearest agreed hospital is. You should then give that hospital a call to confirm that you will be accepted as a patient with OSHC. There is nothing worse than getting some nasty administrative surprises when all you want is medical treatment! Remember, your OSHC may not cover you for private hospitals.

WHAT SHOULD I DO IF I AM HOMESICK OR STRESSED?

Remember to take time out for yourself. If things seem too hard, talk to friends and family. Universities and colleges often have counselling services or you can use free services Beyond Blue and Lifeline. Make sure you talk to someone to help you out.

beyondblue.org.au
lifeline.org.au

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 doctor's offices are open. You can also ring Healthdirect Australia (1800 022 222) to get advice on treating non-life-threatening illnesses. If you urgently need a doctor then call the National Home Doctor Service on 13 SICK (13 7425).

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 call the Private Health Insurance Ombudsman (PHIO). It's a free service designed to help you out of trouble!

Contact: 1800 640 695

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. Take them within 24 hours for the most effective result. For information on sexual health and STI (Sexually Transmissible Infections) testing see the Sexual Health InfoLink website: shil.nsw.gov.au or call 1800 451 624. For more information about safe sex, contraceptions and testing see the Play Safe website:

playsafe.health.nsw.gov.au

a[TEST] provide free and confidential rapid HIV tests, standard HIV tests and STI screens in four locations across Sydney, Surry Hills, Oxford St (Darlinghurst), Newtown and Kings Cross. For more information see:

endinghiv.org.au/nsw/test-more/a-test/

WHAT IS AUSTRALIA LIKE FOR LGBTQI+ PEOPLE?

LGBTQI+ stands for Lesbian Bisexual Gay Transsexual Intersex Queer/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. While discrimination is illegal, a report from the National LGBTQI+ Health Alliance found that acceptance of LGBTQI+ people varies from place to place, with acceptance of diverse sexuality and gender being generally higher in more metropolitan areas.

WHAT SUPPORT SERVICES ARE AVAILABLE FROM EDUCATIONAL INSTITUTIONS?

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

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

lgbtiuniguide.org.au

WHAT GENERAL SUPPORT SERVICES ARE AVAILABLE?

There are various different support groups and services available for LGBTQI+ students. At a national level there is QLife, qlife.org.au, and in New South Wales there is ACON, acon.org.au. If you're looking for support services that are sensitive to your cultural needs, or would just like to engage with other LGBTQI+ students from similar backgrounds then AGMC, agmc.org.au, is a good resource. Reachout also maintain a list of support groups for people from a range of different multicultural backgrounds on their website:

au.reachout.com

NEED A DOCTOR URGENTLY ON
WEEKNIGHTS OR WEEKENDS?

CALL **13 SICK**
7425



- + Call 13SICK (that's 13 7425) for urgent medical care in the after hours
- + A doctor will visit you at your hotel, apartment or residence
- + No cost if you have a Medicare card or overseas student health insurance*
- + For other travellers, we can provide a receipt for your health insurer

WEEKNIGHTS. WEEKENDS. PUBLIC HOLIDAYS

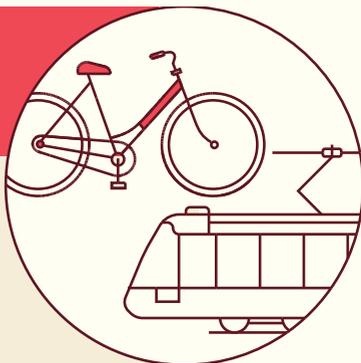
f t g+ y in
HOMEDOCTOR.COM.AU

*Alliance, Bupa, NIB and Medibank are the listed health insurance providers for which there is no gap fee.

NATIONAL
HOME DOCTOR
SERVICE

 **13 SICK**
7425

GETTING AROUND



Understanding your transport options is important when you arrive in a new place. Whether it is getting your institution or exploring the city's neighbourhoods, read on to discover Sydney's transport system.

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, 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.

TICKETING

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/international-students

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.

UBER

Legislation was passed in Sydney in June 2016 meaning that, unlike some other states, Uber is now considered legal. With more and more people using the ride-sharing service, it's not hard to see why the laws were passed, and competition with traditional taxi services is fierce.

If you do decide to use Uber, it's quite simple: just sign up online and install the app on your smartphone. When you need a ride, open the app and find your nearest Uber driver, set your pick-up and drop-off destination, and accept the fare rate. You can see your driver's picture and details, and track their arrival on the map.

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

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

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

They also run a range of courses to help cyclists learn to look after their bikes and learn to ride around Sydney in a safe manner. They also run courses for beginners if you would like to learn how to ride a bicycle.

BUYING A BIKE

The cheapest overall option is to buy your own bike to use throughout your time in Sydney. 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 has a list of organisations who accept donations of bikes.

givenow.com.au



Did you know it's the law to have a bell on your bike?
Use it early, with a friendly ding to let others know you are
approaching and add a smile, "hello" or wave.



sydneycycleways.net

CITY OF SYDNEY  

GETTING AWAY

Travelling is about discovering the world and learning more about yourself – it is the ultimate way to broaden your horizons. The people you meet along the way will enrich your travel experience in ways you will never expect – take the time to get away whilst you are here.

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 80 hostels across Australia in all major towns and cities.

yha.com.au

Blue Mountains

Travel - 2 hour train to Katoomba

Stay - Blue Mountains - Katoomba YHA yha.com.au

The easiest and quickest way to visit the Blue Mountains for a day trip is to catch a CityRail train from the CBD - there are stations throughout the mountains district (we recommend you get off at Katoomba).

The Blue Mountains are spectacular, with world famous, breathtaking views. The main town to check out in the mountains region is Katoomba, home to the picturesque Hydro-Majestic Hotel that's filled with 1920s charm. But be sure not to just stay in town - instead, get out and explore with an easy bushwalk - just make sure to research online before you head out and remember to bring a map!

While you are there be sure to check out the Jenolan Caves. They are a massive system of underground caves at the heart of the Blue Mountains.



Wollongong

Travel - 1.5 hour train

Stay - Wollongong YHA yha.com.au

Escape from Sydney to the beachside regional city of Wollongong - a short train ride away from central Sydney. Home to incredible beaches and great cafés, Sydney's southern cousin is the perfect place for a weekend getaway. Accessible by train, bus and car, Wollongong is a natural beauty, with an almost uninterrupted stretch of gorgeous beaches and rainforest above the nearby cliffs.

Wisemans Ferry

Travel - 2.5 hour train then bus

On the massive Hawkesbury River there is a little place to set up camp and do some fishing or water sports. This relaxed place was brought into the spotlight by author Kate Grenville's book 'The Secret River'. Her ancestor lived in the area and his house is now a popular and very pleasant accommodation spot. There is plenty of bushwalking in the area too, with National Parks surrounding this spot.



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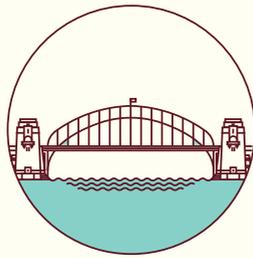
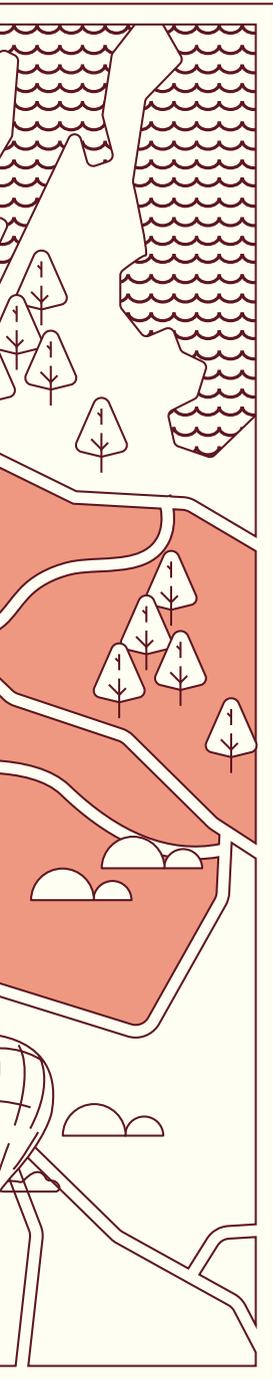
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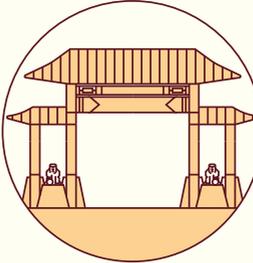
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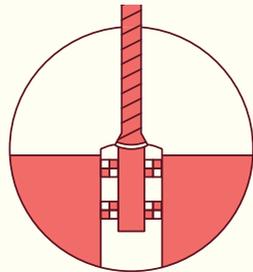




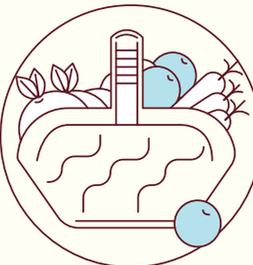
CITY CENTRE *p52*



HAYMARKET & ULTIMO *p58*



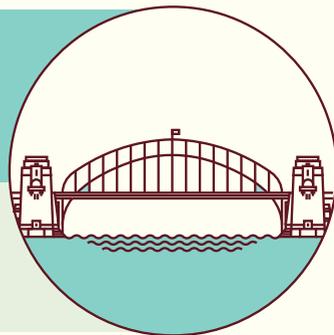
INNER EAST *p62*



INNER WEST *p66*

CITY CENTRE

On weekdays and weekends, morning, noon and night, the city centre feels alive. Featuring shopping, parks, small bars, high-end restaurants, and fast food, there's plenty more than just offices in this area.



HIGHLIGHTS

Sydney is Australia's first city, both as the landing spot of the First Fleet (in 1788) and as the first incorporated City Council (in 1842). With the iconic Sydney Opera House and Sydney Harbour Bridge standing proudly over the waterfront, you'll feel a sense of that history as you explore the streets and laneways within the city centre.

The beautiful Hyde Park, an ideal spot for relaxation and exploration, is the oldest public park in Australia, and features numerous outdoor artworks and beautiful gardens to calm your senses.

By day, the Queen Victoria Building is not only a tourist destination because of its architecture and history, but a good place to shop as well. Nearby Pitt Street Mall is where you'll find department stores and clothing chains, as well as local and international fashion boutiques.

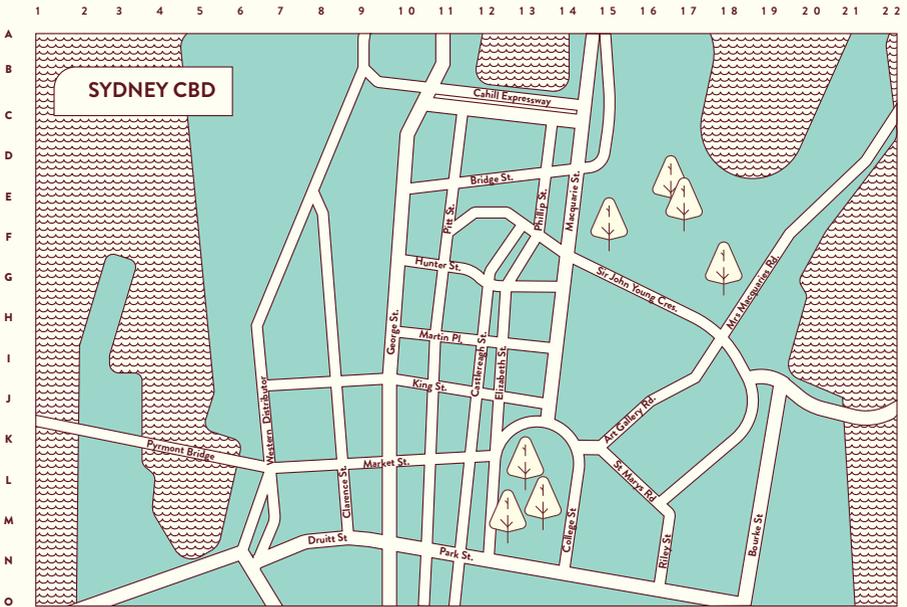
For your caffeine fix, George Street must-try's Workshop Espresso and Gumption will give you the boost you need to keep shopping and exploring, making the best espresso to the daytime crowd that the city centre has to offer. Klink Espresso, on Clarence Street, serves great quality coffee from a converted old police station.

To get the holiday vibe, take a wander down to The Rocks and soak in the atmosphere of Sydney. Take a picnic and sit under the Sydney Harbour Bridge, or expand your mind and spend your afternoon wandering through the Museum of Contemporary Art.

If you like small bars then check out the always busy Baxter Inn, on Clarence Street, or the hidden Stitch Bar (enter through the door with the sewing machine) on York Street. For something a little bit different, grab a jaffle (toasted sandwich) from the eclectic Grandma's Bar, also on Clarence Street.

Download the Sydney Culture Walks app to learn about Sydney's fascinating history and the stories behind the city's most loved public artworks. It's the ideal companion for discovering the city on foot, and will provide you with an excellent insight into the city.

sydneyculturewalksapp.com



Highlights

HYDE PARK	L14
QUEEN VICTORIA BUILDING	M10
WORKSHOP ESPRESSO	N10
GUMPTION	J11
KLINK ESPRESSO	M8
MUSEUM OF CONTEMPORARY ART	A11
BAXTER INN	C8
STITCH BAR	H10
GRANDMA'S BAR	M8
DARLING HARBOUR	N4
ROYAL BOTANIC GARDENS	F16

COMMUNITY FACILITIES

The Community Relations Commission of NSW offers interpreting and translation services for more than 100 languages and dialects from its Castlereagh Street office. Check their website and make an appointment to ensure the commission can help you out. crc.nsw.gov.au

The Sydney Premier Medical & Health Centre on Pitt Street offers a large range of services, with referrals provided in-house.

The King George V Recreation Centre, located at the heart of The Rocks, has all the sports facilities and gym equipment you'll need right at your doorstep, with indoor

and outdoor courts, and experienced fitness professionals to support you with your training goals.

Your reading and studying needs are well serviced with both the Customs House Library and the State Library of New South Wales located conveniently within the CBD. The Customs House Library, one of Sydney's historical landmarks, is your go-to place for relaxing couches in a grand setting, with local and international publications, and free Wi-Fi. The State Library is a cultural haven in the heart of the city, and features not only an internationally renowned collection but also runs free History and Heritage tours every weekday at 10:30am.

FREE & FRUGAL

Explore Sydney's history and culture with the aptly-name 'I'm Free' walking tours. No booking required, just turn up at one of their locations and find the guide in the bright green shirt.

The food in Sydney is exceptional, and despite the rumours, not always overpriced. Grab a tasty, locally-sourced burger at Burger Project for under \$10, with a number of locations open around the city. For a mouth-watering Spanish-style sandwich, drop by Encasa Deli on Pitt St. These traditional rolls range from \$9.50 and up, and are sure to keep you going.

Feeling fancy but on a budget? At The Morrison, also on George Street, you can treat yourself to a \$10 cocktail in their Parlour Bar, and out the back they're serving up \$1 oysters on Wednesdays from 6pm-7pm.

For your culture fix, the Sydney Festival runs throughout January and boasts over 70 free events, to intrigue and satisfy any artistic taste.

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ULTIMO & HAYMARKET

With easy access to university and college campuses and a world of food choices in Chinatown, Ultimo and Haymarket bring convenience to you.



HIGHLIGHTS

As you head into this area from the city centre you will find a wide range of options for a night out, including live music at the Metro Theatre. This popular venue on George Street is an institution for music lovers. Check out the Agincourt Hotel as well for your late-night gig cravings.

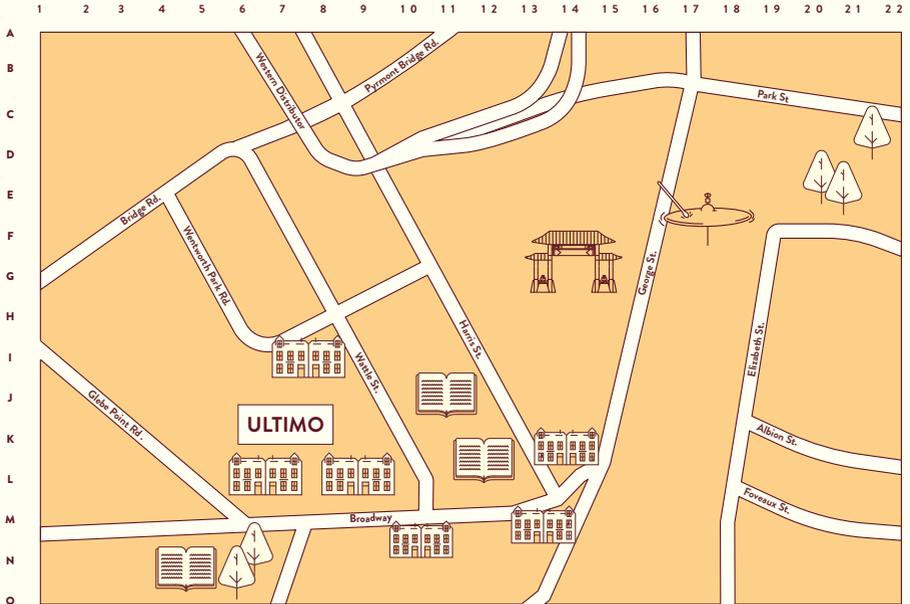
The Lord Wolseley is a Sydney mainstay that's been operating since 1881, and officially the 'narrowest pub in Sydney'.

You don't need to go far for food options, either. The range available in Chinatown is phenomenal. For the best dumplings in town, head to the eternally busy Din Tai Fung at World Square. If you score a table near the kitchen you can watch the chefs as they fold your dumplings from scratch.

You can't go past the yum cha over at Marigold. Literally meaning 'drinking tea' in Cantonese, it's a custom you must experience. As the staff wheel trolleys in between the tables, piled with steam baskets filled with tempting aromas, you can try whatever takes your fancy.

You're sorted for coffee in Ultimo, with trendy Mecca Espresso bringing the goods, and even roasting their beans in-house. The Pigeonhole Café dishes up tasty food, great coffee, and good vibes, open from 7am and until late on the weekends.

If you want to get away from the hustle and bustle, spend some time relaxing in the UTS Gallery, which exhibits the work of students and alumni, and local and international artists. For a more electrifying time, wander around the Powerhouse Museum, and learn about Australia's history of science technology.



Institutions

UNIVERSITY OF SYDNEY	N4
UNIVERSITY OF TECHNOLOGY SYDNEY	L11
TAFE NSW - ULTIMO COLLEGE	J11

Accommodation

IGLU	M14
URBANEST	L8
UNILODGE	L6, L7, M9, M13

Highlights

METRO THEATRE	E17
AGINCOURT HOTEL	N13
THE LORD WOLSELEY	F8
DIN TAI FUNG	F17
MARIGOLD	J15
MECCA ESPRESSO	K11
UTS GALLERY	M11
POWERHOUSE MUSEUM	H10

COMMUNITY FACILITIES

The Haymarket Library, located in the heart of Chinatown, houses an extensive collection of English and Chinese publications – the largest in Australia, in fact. This impressive, three-storey heritage building also has daily international newspapers and provides free Wi-Fi.

Ultimo Medical Practice on Mountain Street has you covered for all your health needs, including family health, counselling, and pre-employment medical checks.

The Ultimo Community Centre is your 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 our five-time Olympic gold medal-winning swimmer, Ian Thorpe – or 'Thorpey' – features three indoor pools, a gym, and offers swimming lessons and fitness classes for all ages. Free Wi-Fi and a café are just a bonus.

FREE & FRUGAL

Visiting Chinatown is a must when venturing into Ultimo, and better yet, it can provide you with some cheap and cheerful grub. Get 16 hand-made dumplings for \$9.80 at Oriental Dumpling King, or grab two curries, complete with sambal, at Mamak for just \$7.

The Chinese Garden of Friendship is your place to relax, rewind, and centre yourself amidst the rush of the Sydney lifestyle. It combines the traditional elements of stone, water, garden, and architecture into a stunning inner city

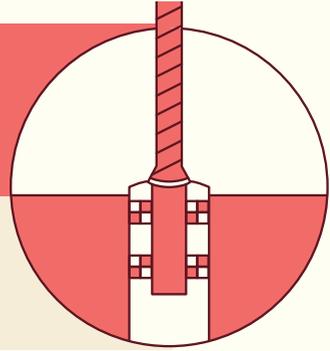
garden, complete with a shimmering pond and traditional Chinese pagodas. At \$3 for a student ticket, it's a bargain for the calm and relaxation you'll find there.

For a cheap lunch head back to The Pigeonhole Café, where for less than \$12 you can get a coffee and panini to fill that rumbling belly.



INNER EAST

Whether you're after a great coffee or a cheap meal, a gallery or a bookshop, or a small bar or a busy pub, the hip Inner East has it all.



HIGHLIGHTS

If there's something hip happening in Sydney, it's probably happening here.

At the start of March each year, Surry Hills holds the starting point of the Sydney Gay and Lesbian Mardi Gras, which lights up Oxford Street in one of Australia's biggest, and most fabulous, draw cards.

If it's kitsch or vintage, you'll find it in Surry Hills. Check out Zoo Vintage Emporium for your more niche shopping needs.

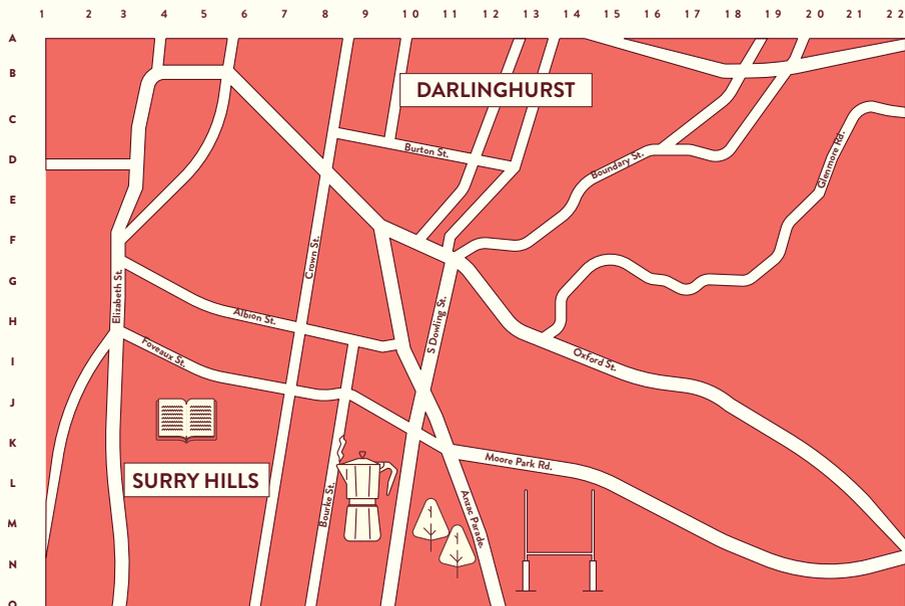
The Badger and Fox Gallery, or the Mark Hanham Gallery on Crown Street, are always full of exciting new exhibits. For cutting edge, creative, and challenging live theatre, see a show at the Belvoir Street Theatre, one of Australia's most respected theatre companies.

The famous Bourke Street Bakery is a must visit, but be ready to line up. The shop is tiny, and bursting with fresh bread and amazing pastries. While their carrot cake is widely acknowledged as the best ever, they're also famous for their tarts, pies, and local hero, the pork and fennel sausage roll.

The coffee in Surry Hills is sensational. The mad scientists at the Reformatory Caffeine Lab will push your coffee knowledge to its limits, and deliver you one of the best brews you'll ever taste. For a more relaxed feel, take a seat at Reuben Hills, and munch down on one of their South American-inspired all-day breakfasts.

If shopping and cafés aren't your thing, get outdoors in Centennial Park, a beautiful, wide-open space in the heart of the thriving suburbs. Here you can 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.

The nearby Hordern Pavilion is one of Sydney's favourite live music venues, and plays host to some of the biggest acts in music, both national and international.



Institutions

WILLIAM ANGLISS INSTITUTE SYDNEY

J4

Highlights

ZOO VINTAGE EMPORIUM

E9

THE BADGER AND FOX GALLERY

H9

MARK HANHAM GALLERY

F8

BELVOIR STREET THEATRE

M3

BOURKE STREET BAKERY

N9

REFROMATORY CAFFEINE LAB

H4

REUBEN HILLS

G5

CENTENNIAL PARK

J16

HORDERN PAVILION

J12

COMMUNITY FACILITIES

The Surry Hills Library and Community Centre caters to many students' needs. The Library is open late for all your studying needs and features a dedicated local history collection, as well as a significant LGBTQI+ lifestyle section, free Wi-Fi, even a toy library, and hosts readers' groups on the fourth Tuesday of every month.

For more vigorous pursuits, the Queens Park outdoor fitness station is the perfect option to break up a trip to Centennial Park, around which you can take a relaxing jog, or take advantage of their bicycle hire service. If you're after a few laps of a state-of-the-art

swimming facility, the Prince Alfred Park Pool has something for everyone, from classes for all ages, a dedicated children's area, and an outdoor gym just outside. The pool is fully supervised at all times by qualified lifeguards, with designated 'Safe Swim Zones' where people of all swimming abilities can enjoy the water safely.

As well as specialising in sports, family, and women's health, the Surry Hills Medical Centre can help you out with all your health needs, with dentists, optometrists, physiotherapists, and more, all in one convenient location.

FREE & FRUGAL

While Surry Hills is home to some of Sydney's fanciest restaurants, there's also some good cheap eats to be had.

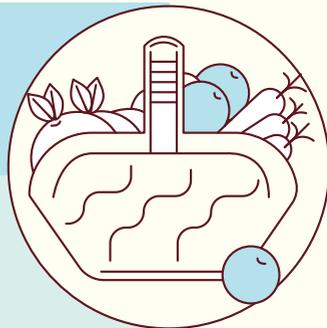
El Loco is a Mexican-style cantina at the back of the Excelsior Hotel on Foveaux Street – tacos are just \$5, so you can grab more than one. The vibe is relaxed and street-style, just right for a busy Friday night.

Pablo's Vice on Goulburn Street is your go-to place for quality coffee and breakfast, in a bright red hole-in-the-wall café. Pick up some toast and coffee for \$7, or a bacon and egg roll and a coffee for \$10. At Relish Food Co., their scrambled egg breakfast rolls will set you back just \$8.90. It doesn't get better than that.



INNER WEST

A vibrant and diverse mix of different cultures and alternative lifestyles. The Inner West is the heart and soul of Sydney's bohemian culture.



HIGHLIGHTS

Walking down King Street in Newtown is about the best introduction to the area you'll get. For about two kilometres, from the University of Sydney all the way down to St Peters Station, you'll find quaint, quirky and eclectic shops selling anything from high-end fashion to hand-made wooden toys. The street is full of cafés, bars and restaurants, and where else in Sydney would you find Suzy Spoon's, Australia's only vegetarian butcher?

If you have a spare hour or two, or indeed a whole day, Gould's Books Arcade in Newtown is the kind of bookstore you have to see to believe – it's more of a warehouse than an arcade. Spread across two levels, it feels almost cavernous, piled high with an extensive range of out-of-print texts and classics.

For some of the best coffee in Newtown, it doesn't get better than Brewtown on O'Connell Street; café, coffee roastery, and artisan bakery all in one. Enjoy the morning by sipping on a delicious brew or indulging in one of their decadent cronuts. If you're still hungry, head to Black Star Pastry on Australia Street, consistently voted one of Sydney's best.

On a sunny afternoon, the best place to head is The Courthouse Hotel, just up the road on Australia Street. The beer garden is always busy, and if you're lucky enough to find a spot under the big frangipani tree, order a jug of ale and settle in for a few hours.

For a night out, The Factory on Victoria Road is a theatre space that hosts comedians and live music. It's in a dimly-lit, industrial part of town, which is great for atmosphere, but it's a good idea to catch a ride there rather than walk. Just up the hill is the Enmore Theatre, host to some of the biggest acts to tour Sydney. This heritage-listed building is a beautiful old space, full of character, and has been keeping Newtown nights interesting since 1908.

The award winning Redfern Park, home to the training ground of the National Rugby League side South Sydney Rabbitohs, is a vibrant park used by the diverse local population. Afterwards pop down to the Rabbit Hole Organic Tea Bar for a great range of flavoured teas and a selection of sandwiches and salads.



Institutions

UNIVERSITY OF SYDNEY **D12**

Accommodation

URBANEST **E21**

Highlights

GOULD'S BOOK ARCADE **H11**

BREW TOWN **I8**

BLACK STAR PASTRY **N6**

COURTHOUSE HOTEL **K2**

ENMORE THEATRE **N2**

YOUNG HENRYS **M2**

COMMUNITY FACILITIES

Camperdown Park, a community meeting spot in Newtown which sits just behind King Street, hosts a variety of events throughout the year. Newtown Festival comes around each November to kickstart summer; browse the arts, crafts, performances and fashion on offer, and cap the day off getting to know the local food and beverage vendors.

Victoria Park Pool is so close to the University of Sydney that you can see it from the library. An Adult Learn to Swim program is available, teaching essential water skills and promoting confidence. This council-run centre offers a discount to students, and has a gym and lots of space to dry off in the sun after your swim.

A 360 membership card will get you access to all of the City's pools and fitness centres.

360card.com.au

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 LGBTIQ+ section.

Royal Prince Alfred Hospital in Camperdown is one of Australia's best-known hospitals, and has been delivering healthcare services to Sydney since 1882.

FREE & FRUGAL

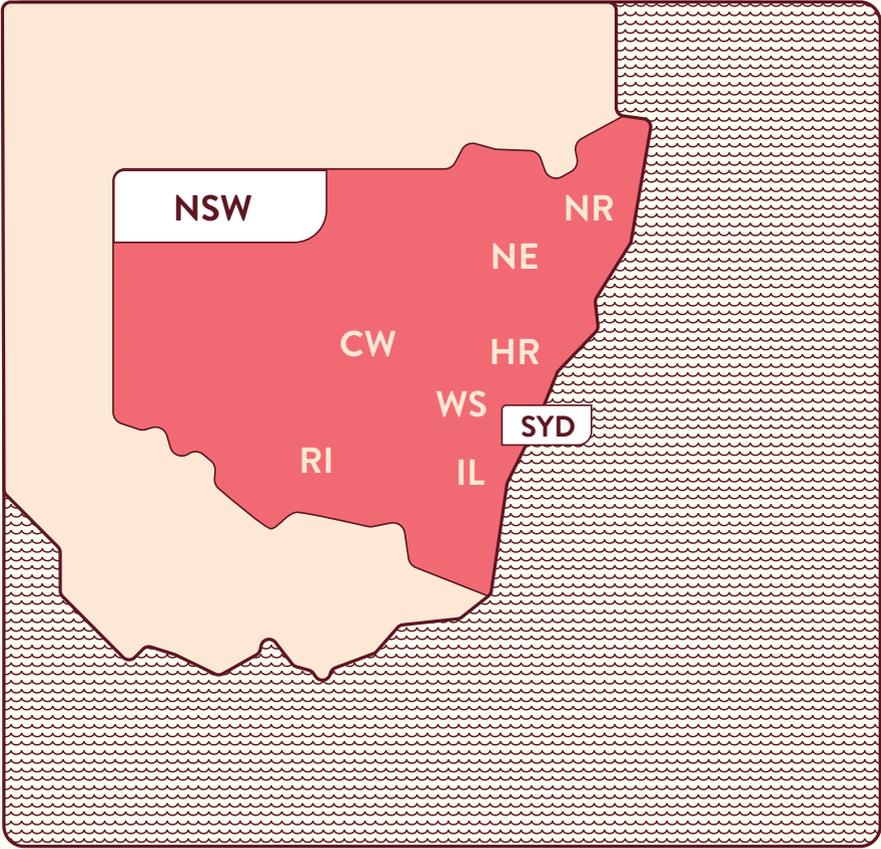
In Newtown there are almost as many Thai restaurants as there are bus stops, each as inexpensive and delicious as the next.

For something a little different, drop by Lentil As Anything. This "pay what you feel", not-for-profit vegan restaurant lets you determine what you pay, and is completely staffed by volunteers. Try their 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.

Carriageworks is a large multi-arts centre on Wilson St in Eveleigh, just next door to Newtown. Housed in the old Eveleigh Rail Yards, it's a beautifully converted industrial space that hosts local and international exhibitions as well as workshops, performances and public events. On Saturday mornings between 8am and 1pm the city's best farmers' market takes over. Buy your weekly fruit and vegetables, or just explore, making sure to taste the range of baked goods and artisan products on hand.

carriageworks.com.au





REGIONAL NSW

- NR** NORTHERN RIVERS
600km from Sydney
- CW** CENTRAL WEST
200km from Sydney
- RI** RIVERINA
460km from Sydney
- NE** NEW ENGLAND
475km from Sydney
- WS** WESTERN SYDNEY
20km from Sydney
- IL** ILLAWARRA
85km from Sydney
- HR** HUNTER REGION
160km from Sydney

NORTHERN RIVERS

Northern Rivers features 300 kilometres of stunning coastline, and of course, an extensive network of rivers! This provides the platform for a range of outdoor and aquatic activities, as well as endless exploration.



HIGHLIGHTS

From Byron Bay to Nimbin, there's a range of different experiences on offer to students in the area. The area is known for the relaxed lifestyles of the residents and the unusual charms of the various towns. The blend of old-fashioned ways with both the new age and nature makes the region a fascinating place to live. There are also extensive national parks, part of the World Heritage-listed Gondwana Rainforests of Australia.

In Lismore you'll find bars, cafés, and restaurants serving up different cuisines. Highlights include the multicultural restaurants along Keen Street and the various coffee and brunch spots around Magellan Street. On Magellan Street you will also find the Lismore Pie Cart, a favourite of locals and tourists alike.

COMMUNITY FACILITIES

Southern Cross University (SCU) has campuses spread across the region, with its main campus in Lismore and smaller campuses in Tweed Heads and Coffs Harbour.

There are sporting and cultural clubs available on campus, 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 (there are nine North Coast TAFE campuses in the area) and ELICOS students.

SCU also provides land to help create the Southern Cross Football Centre, allowing locals to benefit from top quality sporting facilities. As an international standard facility it is can host professional-level games as well as helping the development of local players.



NEW ENGLAND

The New England region is famous for its natural beauty, history, and vibrant local culture. The small community environment of the region allows for great interaction with locals as well as other students.

HIGHLIGHTS

With 27 main national parks as well as several nature reserves and major rivers, New England provides a convenient location to get outdoors regularly. Add in the 'Country Music Capital of Australia', Tamworth, and the appeal of the area becomes even more obvious.

The major city in the region, Armidale, has the features of a larger city without the hassles that bigger cities can bring. Major department stores are available in both Centro Armidale and Armidale Plaza. A range of boutique shops can also be found in those centres as well as along Beardy Street.

A morning jog along one of the area's trails will allow you to enjoy the spectacular views and is an ideal way to start the day. Afterwards, you can grab yourself a coffee from one of the cafés on Dangar Street or Cinders Lane before heading to class.

COMMUNITY FACILITIES

The Armidale Sports Council provide a range of sports and outdoor activities to participate in. The University of New England has a 25m heated swimming pool, a gym, several tennis and squash courts, an indoor multi-purpose stadium, various outdoor sporting fields and an athletics track. This is in addition to world-class research facilities, particularly in animal

production and pure mathematics research. TAFE New England has campuses throughout the region, offering more than 200 courses in a range of industry areas.

Armidale is also a prominent cultural hub, with a range of artistic, musical and dramatic facilities available in the city. There are regular performances to attend and the opportunity to get involved in a range of productions.



HUNTER REGION

The Hunter Region features a wide variety of landscapes, including beaches, countryside, bushland and cityscape. The main city is Newcastle, famous for its rich history, quirky culture and beautiful scenic walks.

HIGHLIGHTS

As the city is surrounded by eight beaches, it's hard to suggest anywhere else to start during your time in the Hunter Region. The Bathers Way coastal walk takes in three of these beaches and is an ideal introduction to the region.

There are plenty of eclectic boutiques to explore along Darby Street, including the amazing Scout by Abicus. The street has a certain energy to it and represents the spirit of the city. While you're there, make sure to grab a coffee from Glee Coffee Roasters, the tiny café provides some of the best coffee in town.

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

COMMUNITY FACILITIES

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

TAFE can utilise Study Hunter (studyhunter.com.au), dedicated to showcasing a range of opportunities and activities in the region.

For creative types, make sure to check out Renew Newcastle and their 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 endeavours including the superb NOOK Store. Art students from the University of Newcastle display their work at Watt Space Gallery, located at University House on King Street, where there's an ever-changing range of exhibitions to view. Get involved in a range of productions.



CENTRAL WEST

With relaxed city centres surrounded by a spectacular landscape, the Central West is a beautiful place to study. The well-established fruit growing area produces a unique range of fruit and wine due to the cool climate of the region. In fact, the region is one of the few areas in Australia where snowfall is recorded.

HIGHLIGHTS

This region produces wine of exceptional quality and many of the top producers operate cellar doors that are open to visitors. Take the opportunity to sample their wine and explore the beautiful vineyards situated throughout the area. If you would like to try some local wine in the city of Orange, then head to Ferment Wine Centre and Store on Hill Street, or Union Bank Wine Bar on the corner of Byng and Sale Streets. For something a bit more relaxed, grab a coffee at Bills Beans on McLachlan Street, or enjoy a pizza at Alfio's Pizzeria, in Lords Place.

Bathurst is an iconic city in the history of Australia, which is famous for the annual motor racing events that take place at Mt Panorama race circuit. The Bathurst Memorial Entertainment Centre regularly attracts top quality performing artists to the region, allowing students to witness remarkable shows without needing to head to Sydney.

COMMUNITY FACILITIES

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 state-of-the-art Bathurst Hockey Centre, and has sporting clubs competing in a huge selection of sports.



WESTERN SYDNEY

Western Sydney is much more than just the sprawl of a major city and has a unique and varied character of its own. Bringing together people from different backgrounds, the area is a representation of modern Australia.

HIGHLIGHTS

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

The World Heritage listed Parramatta Park is a must visit for both the historical significance and the vast open spaces. One of the earliest designated public parks in the world, it's visited by 1.7 million people a year for walking, cycling, playing sport or just relaxing with a picnic. Western Sydney is also the gateway to the Blue Mountains, which is within easy reach for those looking to get out into nature.

COMMUNITY FACILITIES

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 Champion's League winning Western Sydney Wanderers, Australian Rules football team Greater Western Sydney Giants, and multiple teams in the National Rugby League competition. Take the opportunity to support these local teams and witness first-hand Australia's passion for sport.



ILLAWARRA

Home to incredible beaches and great cafés, the Illawarra region is the perfect Australian study location. The main city of Wollongong is a natural beauty, with an almost uninterrupted stretch of gorgeous beaches, and rainforests above the nearby cliffs. When you feel like a study break there's plenty to do in the 'Gong' (as locals call it).

HIGHLIGHTS

The Wollongong City Gallery presents a range of art from throughout the ages, including an impressive selection of contemporary Aboriginal art. This gallery is located within the city's cultural precinct, along with the Illawarra Performing Arts Centre, which hosts a wide range of local and touring acts.

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 The Howlin' Wolf, and the bakery/café/bar Three Chimneys. His Boy Elroy is great for an inventive burger, and if you prefer a view with your meal then it's hard to go past Diggies, the North Wollongong icon serves up delicious breakfasts, brunches, and lunches.

COMMUNITY FACILITIES

For both music and sport the WIN Sports & Entertainment Centre is your destination. It regularly plays host to major touring Australian and international artists. It's also home to the St George Illawarra National Rugby League team and Illawarra Hawks National Basketball League team. Extensive sporting and study facilities are available on the campuses of the University of Wollongong and TAFE Illawarra.

As you will have noticed, Wollongong is surrounded by stunning scenery. Lined 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. For a more indoor experience the Illawarra Museum is the ideal location for learning more about Australian history. Surprisingly, Wollongong is also the home of the largest Buddhist temple in the Southern Hemisphere, Nan Tien Temple, known as 'Southern Paradise'.



RIVERINA

With the grand Murrumbidgee River flowing through the area, beautiful vineyards, and easy access to snowfields, the Riverina region is a spectacular study location. The area has strong sporting traditions, exciting cultural events and regular markets to attend.

HIGHLIGHTS

Major centres like Wagga Wagga (just “Wagga” to locals) have all the conveniences of larger cities, including shopping centres, theatres, cafés, and restaurants. Large commercial stores can be found along Baylis Street, and for a range of more boutique shops, head towards Fitzmaurice Street.

The food and wine available to enjoy within the region are a strong drawcard for tourists and students alike. While the top restaurants may be out of the reach of the typical student budget, the standards are high at all the local establishments and there are plenty of winery cellar doors to visit for free. Wagga now also has a microbrewery, Thirsty Crow, that serves up delicious pizza in addition to beer.

The banks of the river also provide the perfect area to relax with friends and have a barbecue during warmer months.

COMMUNITY FACILITIES

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 disproportionate 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 set up to provide the opportunity for free outdoor exercise.



GET INVOLVED

Sydney is famous for major events and a great range of sports. Check out what is on across the year and read on to discover more about the great lifestyle options available in Sydney.



EVENTS

SYDNEY FESTIVAL

7 January - 29 January

SYDNEY FILM FESTIVAL

7 June - 18 June

AUSTRALIA DAY SYDNEY

26 January

ARSENAL FOOTBALL CLUB

15 July - 15 July

YABUN FESTIVAL

26 January

CITY2SURF

13 August

SYDNEY CHINESE NEW YEAR FESTIVAL

27 January - 12 February

SYDNEY FRINGE FESTIVAL

1 September - 30 September

SYDNEY GAY AND LESBIAN MARDI GRAS FESTIVAL

17 February - 5 March

NRL GRAND FINAL

Late September

TASTE OF SYDNEY

10 March - 13 March

SCULPTURE BY THE SEA BONDI

October

SYDNEY ROYAL EASTER SHOW

6 April - 19 April

GOOD FOOD MONTH

October

SYDNEY COMEDY FESTIVAL

24 April - 21 May

NEWTOWN FESTIVAL

November

ANZAC DAY

25 April

SYDNEY CHRISTMAS

26 November - 25 December

SYDNEY WRITERS' FESTIVAL

22 May - 28 May

SYDNEY NEW YEAR'S EVE

31 December

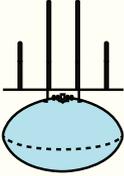
VIVID SYDNEY

26 May - 17 June

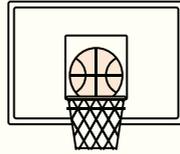
For more information and additional events see:
whatson.sydney

For information on the year long public art project around Sydney see: artandabout.com.au

Annual Sporting Calendar



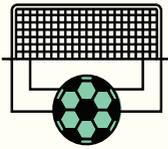
Men's: afl.com.au
 Women's: afl.com.au/womens



Men's: nbl.com.au
 Women's: wnbl.com.au



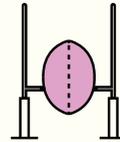
cricket.com.au



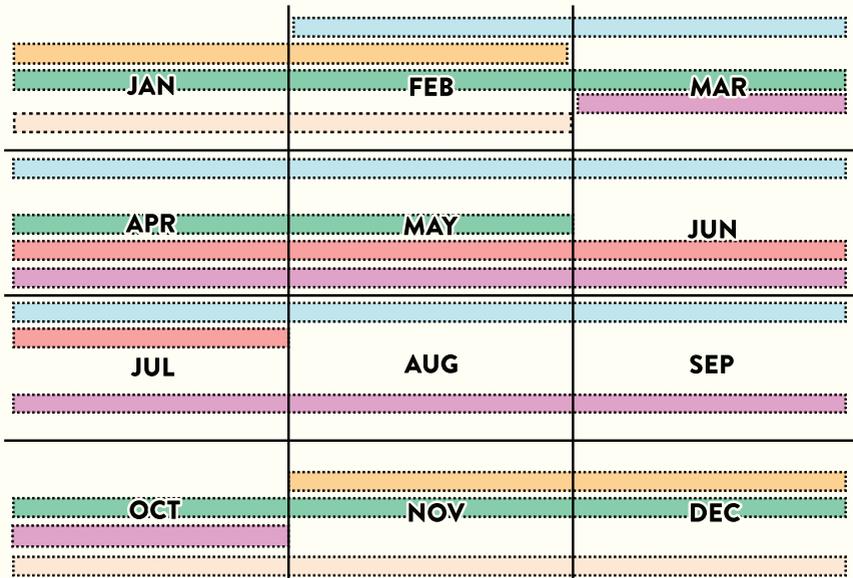
Men's: a-league.com.au
 Women's: w-league.com.au



netball.com.au



nrl.com





Adventurer

Sydney allows students regular opportunities to get outside and experience the great outdoors. Whether this is participating in a social sport, getting involved in an adventure sport, or watching the professionals do it, Sydney has it all.



WEBSITES

JUST PLAY

JUSTPLAY.COM.AU

If you want to play sport but don't have a team then sign up at Just Play to find a game to join.

PARK RUN

PARKRUN.COM.AU

Stay fit by getting involved with a fun outdoor running course.

TEAM SYDNEY

TEAMSYPDNEY.ORG.AU

Find a sporting organisation with a diverse membership base to join.



MOBILE APPS

WIKICAMPS

A well maintained database of camping spots with all the crucial information you need.

BODYWISE

Built in Australia, this app helps you stay on top of your health and fitness goals.

SURFSTITCH SURF CHECK

If you like to surf then this app tracks everything you need to know including the wave forecast and water temperature.

A DAY AT THE BEACH

A day spent at one of Australia's 10,685 beaches is like a little slice of paradise. If you're planning a day out by the water, here's your guide to staying safe and having a great day. If you prefer a swimming pool then The City's five world-class pools offer a safe environment for you to cool off during the hot summer heat. They are fully supervised at all times by qualified lifeguards and offer Adult Learn to Swim programs.



PLANNING

1. **PACK SUNSCREEN (EVEN IF IT'S CLOUDY, THE AUSSIE SUN IS STRONG!).**
2. **NEVER GO SWIMMING ALONE. GRAB A FRIEND OR TWO AND TELL SOMEONE WHERE YOU'RE GOING.**
3. **DON'T EVER GO SWIMMING IF YOU'VE BEEN CONSUMING ALCOHOL OR DRUGS.**
4. **NEVER SWIM AT DUSK OR AT NIGHT.**
5. **AVOID SWIMMING IF YOU HAVE AN OPEN WOUND OR INFECTION.**
6. **CHECK THE WEATHER FORECAST. IF THERE'S HEAVY RAINS OR STORMS, CONSIDER POSTPONING.**



SAFETY

1. **NEVER SWIM AT AN UNPATROLLED BEACH. PICK SOMEWHERE WHERE YOU'LL HAVE SOMEONE TO HELP YOU OUT SHOULD THINGS GO WRONG.**
2. **CHECK FOR ANY SIGNS AND FOLLOW THEIR INSTRUCTIONS.**
3. **WHEN AT THE BEACH, ALWAYS SWIM BETWEEN THE RED AND YELLOW FLAGS. THIS IS THE SPOT THAT'S BEEN DEEMED SAFEST FOR SWIMMING.**
4. **DON'T DIVE INTO WATER, YOU MAY OVERESTIMATE THE DEPTH AND THIS CAN HAVE VERY SERIOUS CONSEQUENCES.**
5. **WALK IN SLOWLY AND KEEP AN EYE OUT FOR SUBMERGED OBJECTS.**

EMERGENCIES

If you ever find yourself in trouble while swimming, try to stay calm and raise your hands to show that you need help.

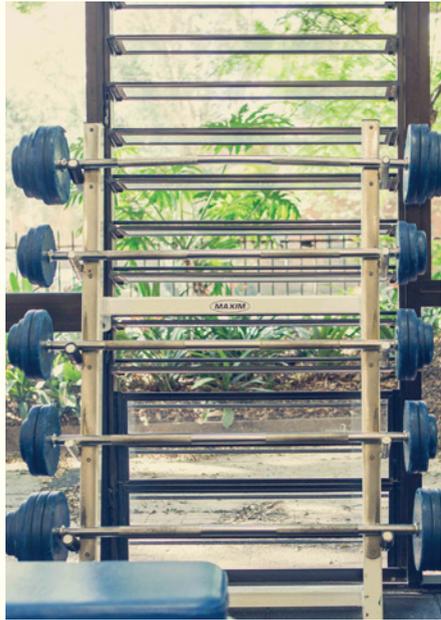
For emergency assistance call for an ambulance on Triple Zero (000).

STAYING FIT

University or college clubs often field teams in a range of sports, or you can search for local organisations that offer training and competitions. In Sydney, the Nike Run Club is a good way to see the city on foot and meet like-minded sporting types.
nikesydney.com/run-club

Sports teams are available at sports and community centres across your city. You can start a team with your friends and play against other teams. Common sports include indoor soccer, squash, netball, indoor cricket, tennis and volleyball.

For a list of sporting and community facilities in Sydney see:
cityofsydney.nsw.gov.au/explore/facilities



TRY SOMETHING NEW

Get your indoor climbing fix at Climb Fit or Sydney Indoor Climbing Gym. Those with the skill and experience head out to outdoor climbing locations in the Blue Mountains.

If the water seems more appealing then Clovelly Beach provides you with the perfect venue to get the snorkel out and explore the underwater world. You will find amazing surf beaches across Sydney, with beginner lessons available at Bondi Beach.

letsgosurfing.com.au





GOING HIKING

It is important to be prepared when you spend the day hiking. Make sure the following items are in your backpack and that you are wearing appropriate footwear.

1 Water Bottle

Staying hydrated is essential while hiking.

2 Sunscreen

Exposure to UV for extended periods can be incredibly harmful so be prepared and re-apply.

3 First Aid Kit

Hopefully it won't be required but don't be caught out without one.

4 Mosquito Spray

Particularly if you will be out at dusk or near stagnant water.

5 Swiss Army Knife

If you have one then stick it in your backpack, you never know when it will come in handy.

6 Snacks

Keep your energy levels up throughout your trek.

7 Map

Know where you are going and how to get back.

8 Mobile Phone

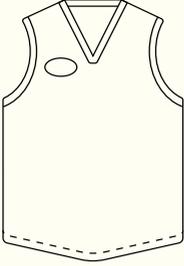
Use in case of emergency but inform someone of your plans, and when you will return, before you depart.

9 Rain Jacket

Be prepared for the weather to change while you are walking.

GET INVOLVED WITH SPORT

Professional sporting teams throughout Sydney and New South Wales run events throughout the year to engage with the community. Some of the larger clubs have multicultural engagement staff but all are open and inclusive organisations that appreciate support from all members of the community. See our sporting calendar on p79 for information on when various sports participate in their professional leagues. For more information on getting involved in sporting programs yourself consider the below options.



WOMEN'S AUSTRALIAN RULES FOOTBALL

2017 sees the launch of the first professional women's league in Australian Rules Football. However there are already several amateur level women's clubs and several of them are affiliated with

New South

Wales universities. Try a new sport during your time in Australia by playing for a team like UNSW/ SE Stingrays, Sydney University, Macquarie University or Auburn Giants.

For more information see: play.afl

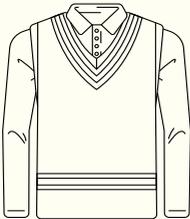


FOOTBALL UNITED

This program is affiliated with organisations like the Community Migrant Resource Centre and the University of New South Wales to deliver football (soccer) skills to youth from various backgrounds.

The program goes beyond sporting skills and puts a real emphasis on developing life skills and running events to assist with community engagement.

For more information see: footballunited.org.au



MOSAIC CRICKET ASSOCIATION

With funding from Cricket Australia, the Mosaic Cricket Association run various leagues and competitions to connect people from various backgrounds with grassroots cricket.

The affiliation with both Cricket Australia and Cricket NSW provides pathways for talented players as well as fostering engagement with professional level cricket.

For more information see: mosaiccricket.com.au



AUSTRALIA'S NUMBER 1 SPORT



Australian Football games are among the most attended in the world. The average attendance last year was 32,242, ranking it fourth in the world. The Toyota AFL Grand Final usually attracts a capacity attendance of 100,000 at the Melbourne Cricket Ground as the two best sides of the season battle for the right to be crowned the premiers team.

#MANYCULTURESONEGAME
AFL.COM.AU
f AFLMULTICULTURALPROGRAM
t AFLDIVERSITY



Connoisseur

It can be hard to live a luxurious lifestyle on a student budget but Sydney provides plenty of opportunities to sample a range of delights. You can explore a world of cuisine without leaving the city limits and discover fresh approaches to classic dishes.



WEBSITES

BROADSHEET

BROADSHEET.COM.AU/SYDNEY

This constantly updated site stays ahead of the trends and reveals the best places to eat.

THE THOUSANDS

THETHOUSANDS.COM.AU/SYDNEY

Learn more about where the locals love to eat.

THE URBANLIST

THEURBANLIST.COM

Keep updated on the food events and experiences around Sydney.



MOBILE APPS

SYDNEY FOOD TRUCKS

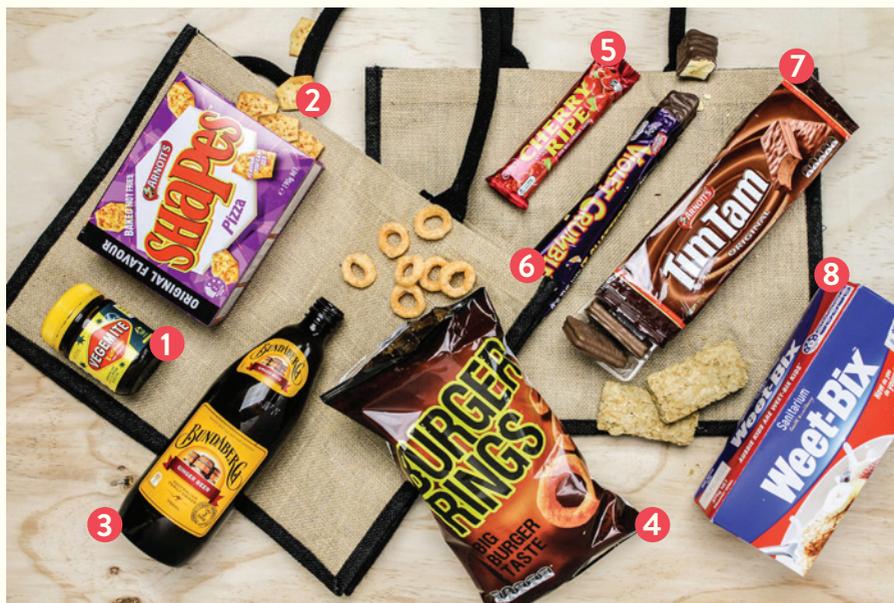
Stay on top of the daily movements of Sydney's food trucks across the city.

POSSE

Access a curated list of the best food and drink venues across the city.

BEANHUNTER

Find the best coffee shops nearby you.



AUSSIE FOODS

Make sure you try these iconic foods during your time in Australia.

1 Vegemite

You may not enjoy it initially but you have to try this classic Aussie condiment on a slice of toast with butter.

2 Arnott's Shapes

Available in a range of different flavours but give pizza or barbecue a shot. The pizza recipe was changed but then had to be changed back due to public outrage!

3 Bundaberg Ginger Beer

Brewed in Bundaberg, Queensland, this non-alcoholic ginger beer is perfect on a hot day.

4 Burger Rings

A unique Australian style of crisps/chips that you need to experience.

5 Cherry Ripe

This cherry and dark chocolate combination is another love or hate Australian delight.

6 Violet Crumble

This honeycomb bar is crispier than a Crunchie with a slightly different flavour.

7 Tim Tams

Australia's famous chocolate biscuits will almost certainly be in your suitcase when you fly home!

8 Weet-Bix

A classic, if relatively dull, breakfast cereal that Australian kids grow up with.

Ordering a 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 Syrup



Milk Foam



FOOD TRUCKS

Sydney life wouldn't be complete without a visit to one of the many food trucks on offer, where you can find anything from tacos to yum cha.

To get you started, head to Cantina Movil, peddling delicious Mexican food to Sydney's streets since 2011. Grab a burrito, tacos or nachos, exactly how you like them.

Eat Art Truck combines American barbecue with a rolling art display: an artist is commissioned every month to showcase their talent with the Eat Art Truck as their canvas. You can't go past their smoked pulled pork or

fried chicken buns, and the rolling exhibition just sweetens the deal.

Don't know where to find them? Download the Sydney Food Trucks app and get searching!

Links

Cantina Movil
cantinamovil.com.au

Eat Art Truck
eatartruck.com

Sydney Food Trucks
sydneyfoodtrucks.com.au

SHOPPING AT FOOD MARKETS

Sydney loves its food markets, and with the produce on offer, it's easy to see why.

Darlinghurst's Sydney Sustainable Markets bring you the freshest seasonal produce that Sydney has to offer and focuses on local organic farms. Every Saturday between 8am and 1pm you'll be able to find seasonal fruit and vegetables, artisan cheeses, free range eggs, hand-made pasta, and much more.

Every Saturday morning the Eveleigh Market provides an authentic farmers' market experience in the heart of Sydney. With over seventy regular stalls you can taste amazing

produce from across Sydney and New South Wales.

The Kings Cross Organic Market in Potts Point has all your needs covered, with organic fruits and vegetables, cheeses, flowers, bread and hot food front and centre every Saturday, from 8am to 2pm.

Links

Sydney Sustainable Markets
sydnaysustainablemarkets.org

Eveleigh Market
eveleighmarket.com.au

Kings Cross Organic Market
facebook.com/KingsCrossMarket



BAKERIES

Bakeries are a great way of finding a cheap lunch or grabbing a snack when you are hungry. They are everywhere from big cities to country towns and serve up a range of different produce, generally including the below items.

1 Pies

Available in a range of varieties with a range of different meat and vegetable fillings.

However, the most iconic is the meat pie, pie pastry filled with beef mince and gravy.

2 Pasties

There are varieties but they are still commonly based on the original Cornish pasties, containing beef, potatoes and onions. Vegetarian pasties are also popular.

3 Sausage Rolls

Another traditionally British dish, the sausage roll is sausage meat (usually pork) coated in pastry and then baked.

4 Sauce

An optional extra with your savoury selections, some places provide it for free while others add an additional charge.

5 Vanilla Slices

Definitely one for the vanilla lovers, this classic slice has a vanilla flavoured soft centre with vanilla icing.

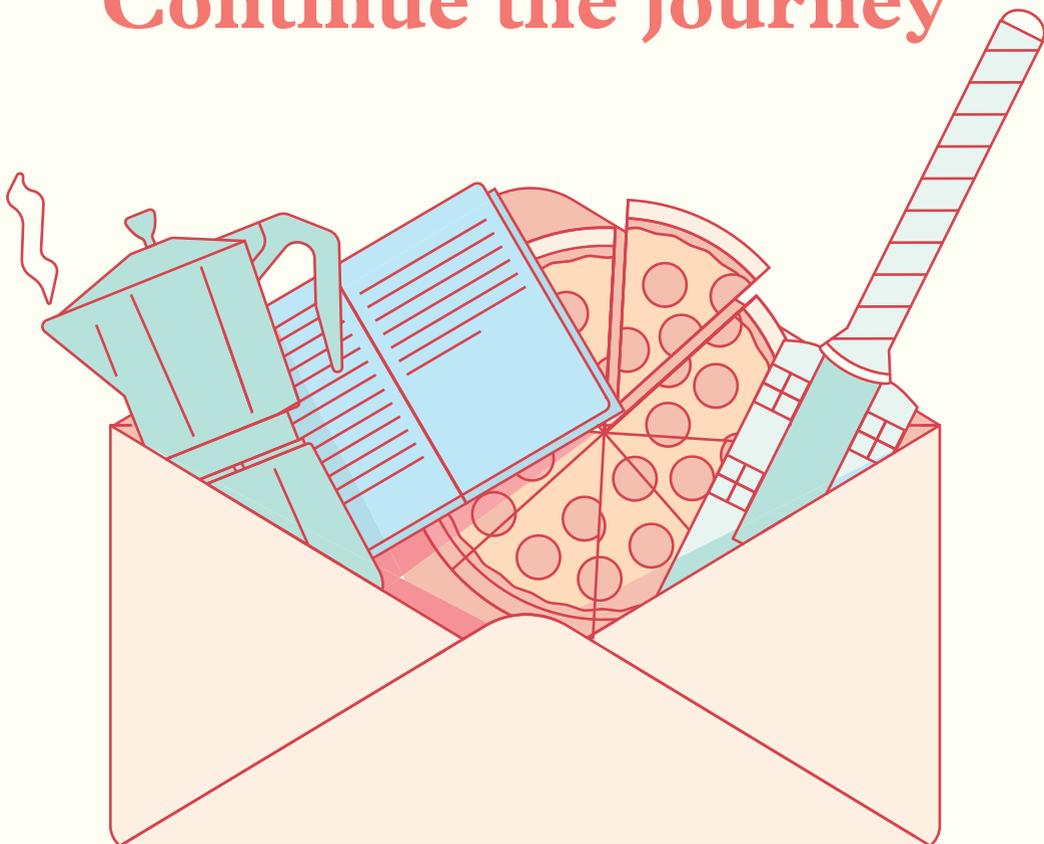
6 Caramel Slices

A three tiered work of delicious art, the caramel slice features a biscuit base, a caramel middle and a layer of chocolate on top.

7 Lamingtons

An Australian treat, lamingtons consist of sponge cake squares coated in chocolate and then rolled in flakes of coconut.

Continue the journey



Join our mailing list for our latest blogs and articles on saving money, making friends, passing your exams and much more.

insiderguides.com.au/mail





A beautiful city, as well as a cultural hub, Sydney is the ideal city to get out and explore. Discover historic buildings, ancient cultures and a world of different artistic endeavours.



WEBSITES

ART AND ABOUT

ARTANDABOUT.COM.AU

Stay up to date on the latest public art exhibitions across the city.

CREATIVE CITY SYDNEY

CREATIVECITYSYDNEY.COM.AU

Information on cultural activities and programs, as well as how to get involved with Sydney's creative community.

ART GALLERY OF NEW SOUTH WALES

ARTGALLERY.NSW.GOV.AU

Learn about the latest events, exhibitions and programs the gallery is running.



MOBILE APPS

SYDNEY OPERA HOUSE

Stay on top of everything the iconic venue has to offer.

SYDNEY THE OFFICIAL GUIDE

Designed for tourists, this app knows all the places you should check out in Sydney.

SYDNEY CULTURE WALKS

The ideal companion for discovering the city on foot - discover hidden laneways and new neighbourhoods while learning about Sydney's fascinating history.

Dating in Australia

In a lot of cultures, the first or second date can mark the beginning a relationship. But in Australia, you'll probably find yourself doing a lot of 'couply' activities before the relationship starts.

HOW DO I APPROACH SOMEONE IN THE FIRST PLACE?

Firstly, it doesn't matter if you're a boy or a girl, anyone can approach anyone. The main thing to remember is that we don't have a huge 'pick-up' culture here. Generally, people will want to know someone a little bit before they agree to share contact details or hang out somewhere. Starting with 'you seem nice, want to get coffee?' might be a bit direct. Try to have at least one decent conversation before you ask to see more of someone.

WHERE DO I TAKE SOMEONE ON A DATE?

This totally depends on what kind of person you are. If you'd like to keep it casual, suggest getting a coffee somewhere you both probably know.

Otherwise, group dates and movies are an easy way to get to know someone without too much pressure.

WHO PAYS?

As a general rule, whoever suggested the outing should at least offer to pay first. But it's becoming more common to split payments on dates – especially when you're both students – so don't be alarmed if your date wants to chip in as well.

If you'd like to keep it casual, suggest getting a coffee.



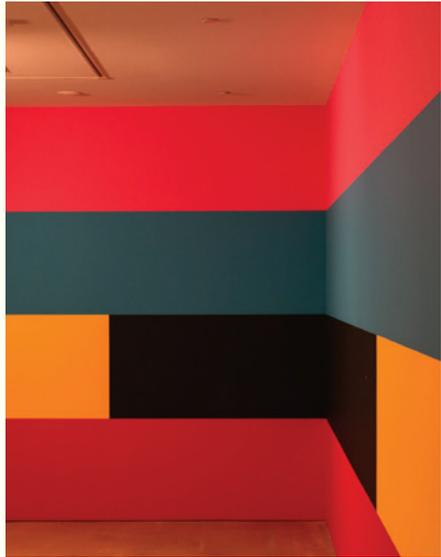
ART GALLERIES & MUSEUMS

Get along to the Museum of Contemporary Art to experience the best in modern art, and the Art Gallery of NSW for insights into art history. Carriageworks in Eveleigh has an ever-changing range of exhibitions and hosts a range of festivals.

Museum of Contemporary Art
140 George Street, The Rocks
mca.com.au

Art Gallery of NSW
Art Gallery Road, Sydney
artgallery.nsw.gov.au

Carriageworks
245 Wilson Street, Eveleigh
carriageworks.com.au



LEARN ABOUT SYDNEY'S HISTORY

Learning about Sydney's past doesn't have to just be done in a museum.

The City of Sydney website is a goldmine for self-guided history tours and information. Download their Culture Walks app, or pick up a brochure from one of their City Host Information Kiosks, and discover the grand old city for yourself.

If you're hungry for knowledge, soak up Sydney's long foodie history on a Culinary History Walking Tour, where you'll start with the First Settlers and the convict era, and end up discovering some of Sydney's best kept secrets.

For a walking tour that's sure to be memorable, Sydney Pub Tours offer you a look into the history and folklore surrounding some of Sydney's oldest pubs. This isn't a 'pub crawl' – it's a history lesson with dinner and drinks included.

Links

City of Sydney: cityofsydney.nsw.gov.au/learn

Sydney Pub Tours: sydneypubtours.com





LOCAL MEDIA

Engaging with news and current affairs is a great way to learn about your new city.

Don't forget our regularly updated website is designed to provide you the best information to make the most of your time in Sydney and New South Wales.

insiderguides.com.au

STREET PRESS

The Brag

The Brag is a great source of entertainment and lifestyle news in Sydney.

thebrag.com

NEWSPAPERS

Sydney Morning Herald

The oldest continuously published newspaper in Australia, the Sydney Morning Herald now also places a lot of emphasis on running a quality news website.

smh.com.au

The Daily Telegraph

The most circulated newspaper in Sydney, the Daily Telegraph features local and international news as well as sports and gossip.

dailytelegraph.com.au

STUDENT PRESS

Honi Soit
University of Sydney
honisoit.com

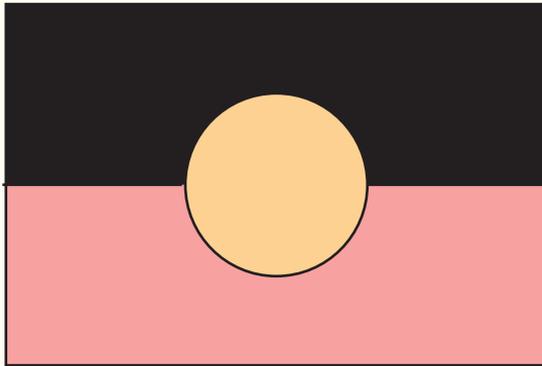
Opus
University of Newcastle
opus.org.au

Tharunka
University of New South Wales
tharunka.arc.unsw.edu.au

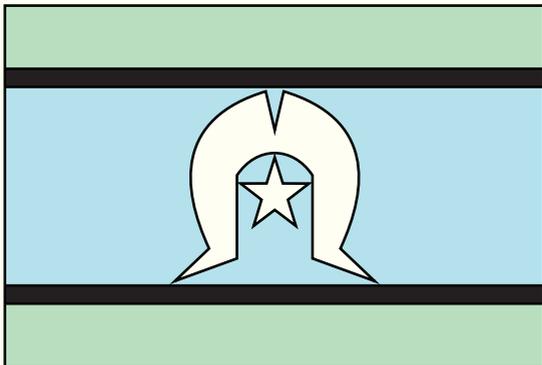
Tertangala
University of Wollongong
tertangala.net

Vertigo
University of Technology Sydney
utsvertigo.com.au

W'Sup News
Western Sydney University
wsup.news



This is the Aboriginal Flag, adopted in 1972. The red symbolises the red earth and ochre used by Aboriginal people in ceremonies. The yellow symbolises the sun and the black symbolises the Aboriginal people.



This is the Torres Strait Islander flag adopted in 1992. The green panels represent the land, the blue symbolises the waters of the Torres Strait, the white object in the middle is a dancer's headdress (called a dhari) and symbolises the Torres Strait Islander people. The star is a symbol for navigation.

Indigenous Cultures

CULTURES & NATIONS

Australia has two Indigenous peoples, the Aboriginal people and the Torres Strait Islander people. Aboriginal Australians inhabited the whole of Australia, and Torres Strait Islanders lived in the islands between Australia and Papua New Guinea.

Once there were over 500 different Aboriginal Nations – 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 are a clan of the Eora Nation. To learn more about the Gadigal people and culture see:

sydneybarani.com.au

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.

THE DREAMTIME

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 religions, no heaven or hell, which sets them apart from many other world religions.

The Dreaming is the source of philosophy and morality, it is linked with Indigenous creation stories but incorporates both the past and the present.

RECOGNISING AUSTRALIA'S FIRST PEOPLES

Our Constitution has served Australia well in many ways, but it doesn't recognise the first chapter of our national story.

Today, Australia prides itself on being a place of fairness. But our founding document is yet to recognise the people who have lived in this land for tens of thousands of years and are Custodians of the world's oldest continuing cultures.

The City of Sydney supports the Recognise campaign to fix the historical exclusion of Aboriginal and Torres Strait Islander peoples from Australia's Constitution, and remove racial discrimination from it.

We encourage you to find out more about the Recognise campaign for constitutional recognition of Aboriginal and Torres Strait Islander peoples.

recognise.org.au

THE EORA JOURNEY

The Eora Journey is a visionary project by the City of Sydney that celebrates the living culture of the Aboriginal and Torres Strait Islander communities in Sydney. Eora means 'the people' in the Gadigal language, so the Eora Journey is 'the people's journey'.



Learn how to make the most of Sydney at night; where to find the best gigs and how to make sure you stay safe. Nightlife is not all about alcohol either, there are plenty of activities to enjoy without venturing into the city's pubs and clubs.



WEBSITES

FASTERLOUDER
FASTERLOUDER.COM.AU

Learn more about the latest tours and gigs.

THE BRAG
THEBRAG.COM

Stay on top of the latest in Sydney's music scene.

WHAT'S ON SYDNEY
WHATSON.SYDNEY

Subscribe to this City of Sydney newsletter to be updated on everything that is on in Sydney.



MOBILE APPS

CLIPP

Get deals and pay for drinks through this app.

TIMEOUT SYDNEY

Know what's on tonight, this week and this month in Sydney.

BANDSINTOWN

Get updates when your favourite bands are in town.

Dry Nights Out

Not drinking alcohol does not mean that you can't head out at night and have a good time. There are plenty of interesting options for spending a night out with your friends.

COFFEE & DESSERT

Head to a late night dessert house or coffee bar and use the quiet surrounds as a perfect place to catch up with friends or even get in a few extra hours of study. Sydney's late-night sugar and caffeine-high hotspots include Pancakes on the Rocks (The Rocks), Café Hernandez (Potts Point) and Badde Manors (Glebe).

CINEMAS & FILM FESTIVALS

Film festivals allow you to explore films from all over the world and broaden your worldviews. A range of festivals are hosted throughout the year so keep an eye on the cinemas' websites for more information. There are numerous cinemas around the city and suburbs but the Chauvel Cinema in Paddington (famous for foreign film festivals) and Dendy Newtown (famous for playing cult classics) offer Sydney's most unique cinema-going experiences.



COOKING CLASSES

Students are generally not known for their culinary skills but you can change that. Take the opportunity to learn some new kitchen skills at places like Salt Meats Cheese (Alexandria) and Essential Ingredient (Rozelle) cooking schools, which cover a wide variety of cuisines.

BOARD/ARCADE GAME CAFÉS

City of Sydney libraries have their own selection of board games to borrow or play there, see:

cityofsydney.nsw.gov.au/explore/libraries.

For a change of scenery, the Cricketer's Arms in Surry Hills offers an excellent venue for a night of board game madness outside of the house.



There are plenty of alcohol-free options for spending a night out with your friends.

NIGHTLIFE

There are a few different kinds of boutique bars – there are those that specialise in a certain kind of alcohol, be it wine or spirits (like Baxter Inn on Clarence Street), and those that are more music or food focused (like Mary's Burgers in Newtown). For special occasions try a uniquely themed bar (like the cowboy themed Shady Pines Saloon in Darlinghurst or the Caribbean themed Lobo Plantation on Clarence Street).

The best weeknight live music venues are often in diverse spaces, such as Newtown Social or Oxford Art Factory. On Friday and Saturday nights, head to venues such as Enmore Theatre or The Metro.

For a complete guide to events in Sydney see:
whatson.cityofsydney.nsw.gov.au



SAFETY AT NIGHT

Street Safety Cameras operate in key hotspots throughout the city at all times to monitor the city's streets. While trains stop running at midnight, they are replaced by NightRide bus services in the early hours of the morning. Taxis are also available to get you home safely throughout the night.

Take Kare Ambassadors are available to offer support and practical advice, including providing water and assisting with transportation to get you home. The ambassadors patrol the streets of the Central Business District (CBD) and Kings Cross between 10pm and 4am on Friday and Saturday nights. They are also set up in Sydney Square, beside Town Hall, and Bayswater Rd, Kings Cross, to provide safe spaces to visit the specially trained volunteers.

facebook.com/takekare.com.au



KNOW YOUR DRINK

Understanding the alcohol content of different drinks is incredibly important, particularly if you are an inexperienced drinker.

One standard drink in Australia equates to approximately:

- 1 285 ml of full strength beer (4.8% alc. vol)
- 375 ml of mid strength beer (3.5% alc.vol)
- 425 ml of low strength beer

(2.7% alc. vol)

100 ml of wine (red - 13% alc. vol, and white - 11.5% alc. vol)

30 ml of spirits (40% alc. vol)

The Australian Government has the following guidelines:

Guideline 1: For healthy men and women, drinking no more than two standard drinks on any day reduces the lifetime risk of harm from alcohol-related disease or injury.

Guideline 2: For healthy men and women, drinking no more than four standard drinks on a single occasion reduces the risk of alcohol-related injury arising from that occasion.

For more information see: alcohol.gov.au

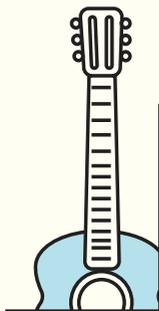
DRINK SIZES





Festival Map

**The music festivals worth
travelling for during your
time in Australia.**

**GOLDEN PLAINS****MAR****VIC**

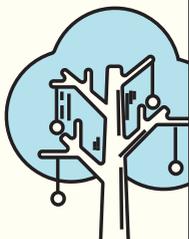
Held in Meredith, Golden Plains brings together an eclectic mix of acts spanning various genres and ages.

goldenplains.com.au

**WOMADELAIDE****MAR****SA**

A joyful celebration of music and dance from across the globe, WOMAD is a great opportunity to kick back and relax.

womadelaide.com.au

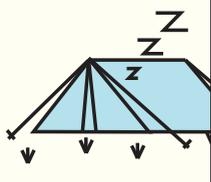
**SPLENDOUR IN THE GRASS****JULY****NSW**

Few countries in the world host outdoor camping music festivals during the winter but Australia is the exception! This Byron Bay festival can sometimes get a bit muddy but the quality lineups are always worth it.splendourinthegrass.com

**FALLS****DECEMBER****TAS/VIC**

An iconic way to bring in the new year, Falls now runs in four different locations, Marion Bay (Tasmania - featured), Lorne (Victoria), Byron Bay (NSW) and Fremantle (WA).

fallsfestival.com

**SOUTHBOUND****DECEMBER****WA**

Bringing the big acts to Perth, Southbound is an ideal reason to head west over the new year's period.

southboundfestival.com.au

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 deliver recreational, education and vocational programs.	facebook.com/cityofsydneyyouth
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
DEPARTMENT OF IMMIGRATION	This government department handles visa enquiries and issues.	border.gov.au

KEY CONTACTS

CONTACT NAME	WHEN WOULD I USE THIS SERVICE?	CONTACT DETAILS
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 australia.idp.com
INTERNATIONAL ALUMNI JOB NETWORK	They connect International Alumni with Asia's top employers and provide a targeted network for employers to find internationally qualified employees.	ia-jn.com
LEGAL AID	If you need to know what your legal rights are then contact this free legal service.	1300 888 529 legalaid.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
STUDYNSW	Visit the StudyNSW website to find information about studying, living and working in Sydney and NSW.	study.sydney study.nsw@dpc.nsw.gov.au facebook.com/Study.Sydney.Australia
TRANSPORT INFOLINE (PUBLIC TRANSPORT SERVICES)	To find out about trains, buses and ferries, including ticketing information, timetables and more.	131 500 transportnsw.info

THANK YOU

Thanks to our entire team who have worked extremely hard to make this guide possible. We would also like to give special credit to those opposite for contributing their skills to our project.

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