

International Student Guide

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GUIDES**

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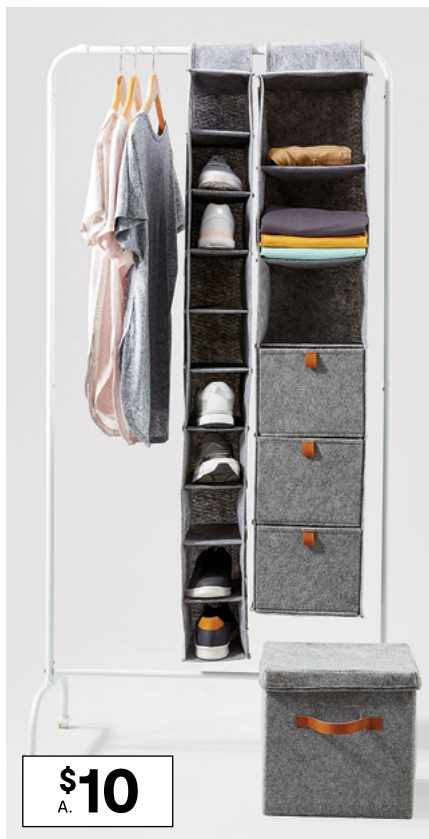
Canberra

A guide by local experts

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A.

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C. Rex QB quilt cover set

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\$1.50
B. ea.



\$8.50
C. set

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Contents

Setting up

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

ACCOMMODATION	18
COMMUNICATION	28
MONEY & BANKING	32
EMPLOYMENT	36
STUDYING	44
HEALTH & SAFETY	50

All about Canberra

Learn about the city as well as the different areas that make Canberra an ideal place to live and study.

TRANSPORT	64
CIVIC & ACTON	72
INNER NORTH	76
SOUTHSIDE	80
BELCONNEN	84

Activities

Looking for something to do on the weekend? Want some new ways to make friends or explore the city? Find out the best activities in and around Canberra.

EVENTS	88
FUN ACTIVITIES	91
CAMPING	93
TRAVEL	94

KEY CONTACTS AND SERVICES

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

P.96

Welcome

As Australia's capital city, Canberra has grown into a thriving cultural and social hub since its creation in 1908. It may be a relatively small city, but locals pride themselves on building a strong sense of community. Situated around the shores of Lake Burley Griffin, Canberra welcomes thousands of international students every year to its world-class educational institutions.

Students can take advantage of Canberra's many cafes, museums and art galleries, as well as the city's laid-back lifestyle and natural wonders (fun fact: it's the third-cleanest capital city in the world). Whether you're looking for a cosmopolitan city experience or an escape from the hustle and bustle, Canberra has something for everyone.

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All information presented is true and correct to the best of our knowledge. Current businesses and services mentioned were operating at the time of publication. We apologise if any have moved, closed or their services have altered in the interim.

AUSTRALIA'S MOST EDUCATED CITY

YOU'LL DO GREAT
THINGS HERE

Welcome to Canberra, Australia's capital city.

Studying in Canberra means you're now part of a city that is a true knowledge economy. The quality of the education you will receive here is among the best in the world. Opportunities exist here for the best and brightest to make their mark in a range of fields.

More than 19,000 international students from as many as 100 countries study in Canberra every year. A similar number of Australian students also choose their capital city for their tertiary education. As a result our community is young, diverse, cosmopolitan and globally connected.

Canberra has been ranked as Australia's most liveable city for three years in a row by the Life in Australia report. Our environment is particularly favourable to those that study here. World leading academic and cultural institutions are on our doorstep. Natural beauty surrounds us and being in the outdoors is an activity many Canberra residents enjoy daily. Entertainment options are plentiful too, providing a welcome balance to the academic commitments. With 400km of cycle ways and a transport network of buses and light rail, there's always more to discover in Canberra.

Canberra has always been and will always be a place for leaders – past, present and future. It's my pleasure to welcome you. I hope your time here is productive and inspiring.

Andrew Barr MLA

ACT Chief Minister and Minister
for Tertiary Education





Quick facts

A new capital

Now Australia's largest inland city, Canberra was chosen to be the national capital in 1908 as a compromise between Sydney and Melbourne.

Employment hotspot

Canberra has the highest average median income of any city in Australia, with stats revealing that Canberrans earn \$300 per week more than other Australians.

Important Aussies

Many of Canberra's streets and suburbs are named after Australian places, politicians, animals, Aboriginal groups, sportspeople and other notable figures.

Innovative design

Canberra was designed by Chicagoan architect Walter Burley Griffin, with the plans drawn up by his wife, Marion. Burley Griffin won the Federal Capital Design Competition in 1912.

No front fences

In 1924, Canberra implemented a ban on front garden fences to encourage an open, friendly community, which still exists today in a modified form.

A meeting place

It is thought that Canberra's name was derived from a word meaning "meeting place" in the local Ngunnawal language.

“

Coming from a growing metropolis with an incredibly dense population (Dhaka in Bangladesh) I found Canberra the total opposite. I love the serenity of this city. I have never lived so close to nature.

Atiq, Bangladesh

Studying at ANU



“

Canberra is a smaller city which means you can spend less time on commuting to school and work and more time with your friends, family, and working on homework and your hobbies.

Bobby, Australia

Studying at ANU





Must-do in Canberra

There are so many fun things to do in Canberra, but here are a few you can't leave the city without doing.

1.

Brunch in Braddon

Treat yourself to a late breakfast of smashed avocado on toast in Canberra's hippest neighbourhood, Braddon, followed by a coffee and some boutique shopping.

2.

Take to the lake

Walk, run, ride or glide on a Segway around Lake Burley Griffin, taking in the views of many of Canberra's iconic monuments and natural wonders.

3.

Soak up mountain views

On the edge of the city centre, Mount Ainslie is the best spot to catch one of Canberra's famous sunsets after hiking up the popular two-kilometre trail.

4.

Explore the arts

Take your pick from the National Museum of Australia, the National Portrait Gallery or the National Gallery of Australia and explore the nation's artistic and cultural heritage.

5.

Discover Aussie politics

Learn about Australia's political system at the Museum of Australian Democracy, then take a tour of Parliament House, the building that houses Australia's national government.

6.

Dine in Dickson

As Canberra's restaurant hotspot, the inner north suburb of Dickson brings together cultures from all around the world with delicious, affordable cuisine that's perfect for students.

Your first week in Canberra

1.

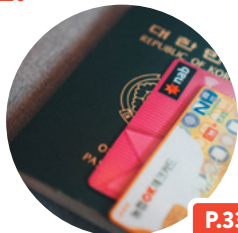


P.64

Buy a MyWay card

You'll need a MyWay card to get around on public transport. Buy one from convenience stores and other selected retailers.

2.



P.33

Set up your bank account

This is crucial if you're planning to work in Australia, but is also useful for paying rent and other expenses.

3.



P.29

Sort out your phone

You can use your existing phone or buy a new one in Australia, with the option of going prepaid or signing up for a plan.

4.



P.57

Know the emergency number

If you need emergency assistance – police, fire or ambulance – you can call Triple Zero (000), even when your phone can't get reception. Make sure to store this number in your phone.

5.



Stock up your fridge

Once you've found your nearest grocery store, stock up on basic ingredients and your favourite foods from home – they'll help if you get homesick during your first week!

6.



Plan your studies

Find out when classes start, where your campus is located (some institutions are spread across several campuses) and when O-Week kicks off.

Nurul, Indonesia

Studying at University of Canberra



“Even though Canberra is a metropolitan city, it is very easy to find nature when you live here. There are several hiking spots not far from the city. For example, One Tree Hill look-out is very close to Belconnen. There are a lot of bicycle lanes available in every suburb as well. In addition, Canberra is one of the safest cities in Australia.”

“

COFFEE

I like going to Smith's Alternative in the CBD. It's a family cafe with an additional room inside for performances, like music or poetry. There are also several board games available, and there is a piano on the outside for anyone to play. I like going there because the atmosphere is really good and the people are nice.

BREAKFAST

I like to buy food from cafes in my university, the University of Canberra. One of my go-to cafes is Oscar's Cafe. All the pastries there are delicious.

DINNER

Recently, I visited Au Lac restaurant in Dickson, which serves vegetarian meals. I'm not a vegetarian, but all the dishes are really delicious! You should try their “Beef” Rendang! The prices are also affordable for university students.

”

NURUL'S FAVOURITE HIDDEN GEM

There is this new restaurant that opened in Canberra a few months ago in Narrabunda. It's called 'Kita'. It's an Indonesian restaurant that opens from night to day. It's the perfect place to visit when you get hungry in the middle of the night! The restaurant also has wi-fi, so you can continue your assignment as well.



Improving your English

If you'd like to continue improving your English during your time in Australia, there are a few tools and resources that can help.

SPEAKING

Join a conversation group. There are plenty of groups on Meetup, as well as at local libraries and community centres. Libraries around Canberra hold English conversation groups throughout the week. Head to the Libraries ACT website to find out days and times.

Find a friend who also wants to improve their English and only chat to them in English - including via text message, online, over the phone and in person.

Make friends with people from other nationalities so you only communicate in English.

Join a volunteer group or sports team so you can put your English skills to good use.

READING & LISTENING

Read in English every day. This includes websites, online news outlets, newspapers, magazines and books.

Listen to English-language music and podcasts, watch English-language films, television shows and YouTube videos, and try to do so without subtitles!

WRITING

Write a daily journal in English. It doesn't matter what you write about, as long as it's in English.

Do little translation exercises. Take a passage from a book or article in your native language and translate it into English, or do the reverse.

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

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

Australian slang

EXPRESSING YOURSELF

Aggro (Adjective)

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

Fair enough (Idiom)

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

Feral (Adjective)

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

Hey? (Exclamation)

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

She'll be right (Idiom)

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

Keen (Adjective)

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

No worries (Idiom)

Don't worry about it/it's OK
'You can't come to the party? No worries!'

----- as (Adverb)

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

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

Heaps (Adjective)

A lot or very
'Wow, that show was heaps good.'

Full on (Adjective)

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

Yeah, nah (Determiner)

- No

Nah, yeah (Determiner)

- Yes



Snag (Noun) - Sausage

'For the best snags, I go to Bunnings Warehouse.'



Esky (Noun) - Ice cooler

'The esky will keep the drinks cool while we swim.'



Cuppa (Noun) - Hot beverage

'A hot cuppa tea goes well with biscuits.'



Avo (Noun)

Avocado
'I love avo toast with feta cheese.'

GOING OUT

Arvo (Noun)

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

Barbie (Noun)

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

Bathers (Noun)

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

Brekky (Noun)

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

Chemist (Noun)

Drug store/pharmacy -
'We should go pick up some Panadol from the chemist.'

EFTPOS (Noun/Acronym)

Machine for electronic (card) payments. Stands for Electronic Funds Transfer at Point Of Sale
'Luckily, the café has EFTPOS, because I don't have any cash.'

Bottle-o (Noun)

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

Macca's (Noun)

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

Mate (Noun)

Friend (this can be used passive-aggressively though, so pay attention to the situation)
'I like her, she's a good mate, she always has my back.'

Mozzie (Noun)

Mosquito
'The mozzies are so bad in the summer.'

Rip-off (Adjective)

To cheat/something that's too expensive
'This brunch is such a rip-off - \$18 for toast?!'

Servo (Noun)

Service station/gas station
'On long drives I have to stop at the servo to buy snacks.'

Shout (Verb)

To pay for the next round of drinks i.e. 'it's your shout'
'I paid for the last round, so it's your shout this time.'

Spud (Noun)

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

WHILE STUDYING

Bludge (Intransitive Verb)

To not try your hardest
'He's bludging uni, there's no way he'll graduate.'

SWOTVAC (Noun/Acronym)

Study break/revision week
'I have so much revision to do during SWOTVAC. I shouldn't have slacked off so much during the semester.'

Chuck a sickie (Phrasal verb)

To fake a sick day from work or study.
'I can't miss The Bachelor tonight - I'll just call work and chuck a sickie.'

Dodgy (Adjective)

Poor quality/not reliable/suspicious
'That website is dodgy, I'm pretty sure it gave me a virus.'

Good on ya (Exclamation)

Well done/good on you
'Congratulations on that HD! Good on ya!'

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

How are you?

Reckon (Verb)

Think/figure/assume
'I reckon I'll go for a run; I've been feeling lazy as.'

Uni (Noun)

University
'Do you want to walk to uni together?'



Accommodation

Comparing your options

Private rental **\$170-\$500/wk**

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

Note: Listed price is per room.

Homestay **\$250-\$350/wk**

Homestay involves staying with a family in their home with meals, internet and utilities covered by your host. It is a popular choice for a true Australian experience, and it also allows you to settle into your new life in Australia with the support of a family. Homestay can be both close to and some distance from your educational institution – make sure to check access and public transport options.

Managed accommodation **\$200-\$500/wk**

These large centres are full of apartments of varying sizes, generally one to five bedrooms. You will get a fully furnished bedroom with 24-hour support and internet included. Generally, student accommodation is conveniently located for students, is secure and safe, and boasts a real sense of community. The downside to this is the internet can slow down at peak times and the rooms can be on the smaller side.

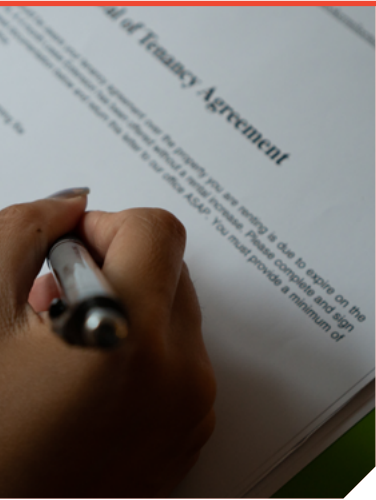
Residential college **\$450-\$700/wk**

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

LET US HELP YOU FIND YOUR ACCOMMODATION

The Insider Guides website now has an accommodation finder. We can help you find the perfect place to suit your needs and budget.

www.insiderguides.com.au/accommodation-finder



Before you take out a lease on a property

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



Other factors to consider when selecting accommodation

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

CONNECTING UTILITIES IN YOUR NEW HOME

Companies like Fast Connect can organise your phone, internet, electricity, gas and Pay-TV all through a single service.

www.fastconnect.net.au



THE SIMPLE WAY TO GET CONNECTED

Fast Connect offers a free service to get your phone, internet, electricity, gas, and Pay-TV set up for when you move into your new home.

- Free service
- No lock-in contracts
- Stress free and secure
- Easy online application
- Phone and email support
- Choice of top Australian retailers

As Australia's longest established connections service provider looking after many students and their families, we can be trusted to get you connected.



Receive a \$50 credit to your account when you connect your electricity and/or gas through Fast Connect in ACT.*

*Terms & conditions apply.

www.fastconnect.net.au

Housemates' code

Sharing a house with others can be a really fun experience. Use these tips to ensure a happy and harmonious household.

1.



Food

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

2.



Guests

Communication with your housemates is crucial when it comes to guests. Guidelines to consider include when/how long they should be there and which areas/rooms are shared spaces.

3.



Cleaning

Consider creating a cleaning roster, noting that some housemates may prefer certain tasks. You will still be responsible for doing your own dishes and laundry, and keeping your room tidy.

4.



Rent

Make sure rent is paid on-time to the right person. You might be paying rent to a head housemate or making individual payments to the real estate agent or landlord.

5.



Bills

Have a plan for how bills are divided up and paid. One person is generally responsible for managing bills, but like rent, make sure they're paid on-time to avoid housemate disputes.

6.



Moving out

If someone decides to move out, establish the process involved. Determine how much notice they need to give and whether you need to alert your property manager or landlord.

Using your Bins



Which bin?

We  

We love recycling here in Canberra but our **yellow** recycling bin is only for household:

- cardboard and paper
- aluminum and steel cans
- glass bottles and jars
- rigid plastic containers.

Search the Recyclopaedia to find out where to recycle other items or to view our recycling guides in six other languages:
www.act.gov.au/recyclopaedia

batteries



ACT
Government

What support services are available for renters in the ACT?

The Tenants Union ACT can help you understand your rights when renting a room, apartment or house in Canberra. Visit the Tenants Union ACT website to learn about bonds, condition reports and where you can ask for assistance with accommodation issues before and after you arrive.

www.tentantsact.org.au

Community Legal Centres (CLCs) like Canberra Community Law are independent community organisations that provide free legal services to the public. They help people who are ineligible for legal aid and cannot afford a private lawyer. Visit the Canberra Community Law website if you think you need legal support for a tenancy issue.

www.canberracomunitylaw.org.au

Can I get a pet as an international student?

If you are considering getting a pet, you need to make sure you have done research into the type of pet that would be suitable to your situation. Pets can be fantastic, however there are a few things you need to think about before getting one. Things like the size of your pet, where it will live, how much time you can spend with it, what will happen

to it when you return home and the amount of money you have to properly take care of it should all be part of your decision to get a pet. You also need to make sure you know the rules and requirements of pet ownership. They may be different from what you are used to and you may get into trouble if you don't follow them.

www.tccs.act.gov.au



Factors to consider before owning a pet:

- ☐ WILL MY ACCOMMODATION ALLOW THEM?
- ☐ UPFRONT COSTS (DESEXING, REGISTRATION, ETC)
- ☐ ONGOING COSTS (FOOD, BOARDING, HEALTHCARE, VETERINARIAN COSTS, ETC)
- ☐ WILL YOUR PETS NEED DAILY WALKS AND EXERCISE?
- ☐ WILL YOU NEED A FULLY ENCLOSED BACKYARD?
- ☐ HOW OFTEN ARE YOU NOT AT HOME?
- ☐ HOW LONG WILL YOU BE STAYING IN AUSTRALIA, AND WHAT WILL HAPPEN TO YOUR PET IF YOU LEAVE?

HOW MUCH WILL MY BOND BE?

In private rentals and managed student accommodation, you will need to pay a bond in advance, which will be returned at the end of your agreement if no damage has occurred and your rental payments are up to date. For private rentals, this bond is not legally allowed to be more than four weeks' rent.

Make sure you receive a receipt for all money given to your landlord or real estate agent, including the bond, and a bond authority lodgment notice from the ACT Revenue Office.

How to pay rent

There are a few different ways to pay rent in Australia. These include direct debit (bank), BPAY (a type of electronic payment), or paying in person with card or cash. Your real estate agent or landlord will sometimes offer a range of options or request only one.

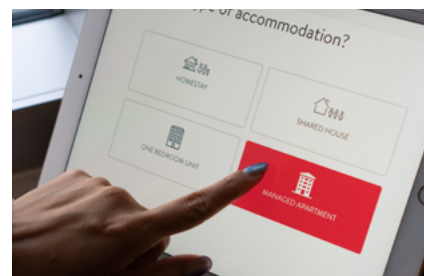
Rental scams

Unfortunately, rental scams can occur in Australia. But, there are a few things to look out for so you can protect yourself.

Be careful of offers that sound too good to be true. Ask advice from trusted friends, or your school or agent, if you see any of the following warning signs:

- The rent is a lot cheaper than other similar accommodation in the area
- You are asked to sign a lease or pay a bond or deposit before you have seen the property

- The photos or description of the property don't match the reality on inspection
- The landlord or agent makes excuses that you can't view the property, such as saying they are overseas
- The landlord or agent requests money via money transfer
- The scammers may try to appear genuine by providing photos, real addresses of properties, copies of land titles, and even scans of stolen passports. Scammers also ask for personal details – such as bank and credit card numbers – which they use for credit card and identity fraud
- Make sure you always inspect the property in person (or via Skype if you can't attend) and don't send any money via money transfer



COST OF LIVING CALCULATOR

Want to work out your budget? Use our Cost of Living Calculator to receive a customised breakdown of your expected costs in Canberra.

www.insiderguides.com.au/colc



Setting up your house

There are plenty of stores and online marketplaces in Australia offering affordable furniture and other home items. Here's our guide to some of the best.

FURNITURE STORES

There is one IKEA store located in Canberra (Piallago near the airport), where you can find reasonably priced furniture and homewares. Fantastic Furniture and Amart are also good options for larger items, with locations around the city.

SECOND-HAND STORES

If you're looking for one-of-a-kind, affordable furnishings and home items, second-hand stores are fantastic places to look. Popular second-hand stores in Canberra include Vinnies and Salvos, as well as independent shops and boutiques.

ONLINE MARKETPLACES

In Australia, Gumtree and eBay are two of the biggest online marketplaces for new and used furniture and home goods. On Gumtree, you'll often find people giving things away for free.

FACEBOOK

Facebook is a great resource for buying (and selling) furniture and homewares. Facebook Marketplace is full of second-hand furniture, appliances, decorative pieces, cookware, and even clothing, electronics, and hundreds of other items.

DEPARTMENT STORES

Look for your nearest Kmart, Target, Big W or Spotlight – these stores sell everything from furniture and lighting to kitchenware and bedding at low prices.

BUY, SWAP, SELL

You'll find plenty of buy, swap, sell groups on Facebook that are dedicated to particular suburbs around Canberra. There are also websites such as Zilch and Freecycle.

IMPORTANT STEPS

Once you've moved into your new home, there are a few things you'll need to do.

1. Notify your bank, employer, education provider and OSHC provider of your new address. Your student visa requires you to update your education provider within seven days of arriving in Australia or moving to a new address.
2. Get to know your local area and council. Find out where your nearest medical centre, shops, public transport hubs, fitness facilities and more are located. Learn about waste disposal in your area, including recycling and composting options. Check out your local council's website for more information.
3. Tell your friends and family back home where you're living. They probably want to know that you're in a safe place and they may want to send mail from time to time.
4. Think about home and contents insurance. If you're living in your own apartment or house, or have joined an existing share house, you might want to purchase home and contents insurance to protect your belongings from theft or damage.
5. Check your home is in working order. Make sure things like hot water, taps and switches work. If there are any faults or issues, notify your agent or landlord.



Communication

Mobile phones

Plan vs prepaid

Prepaid involves buying credit for your phone and topping up each week or month. This way, you can control how much you spend. It's a great option if you're in Australia for a short time. If you'll be here for over 12 months, you may want to consider a 'plan' or a 'contract', which is a set payment per month to use the network. Usually, you will get more phone calls and data this way than through prepaid options.

What should I watch out for?

Read your contract, or the terms and conditions, closely to make sure you understand any additional charges that can be applied. Another thing to be aware of is extra subscriptions that may come with the service. If the overall deals between phone providers are similar, then consider if you would save money by having free access to another service. For example, the plan may come with free sport streaming, Spotify or Netflix.

How do I get started?

For both prepaid and plan options, head to one of the phone shops we've listed below. To get started, you'll need some documents to prove who you are.

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

WHERE CAN I BUY A NEW MOBILE PHONE OR SIM CARD, OR SIGN UP FOR A PLAN?

There are several mobile phone providers in Australia that sell phones and/or SIM cards, offering both plans and prepaid options. Some of the most popular providers include Vodafone, Telstra, Optus, Virgin Mobile, Amaysim, Boost Mobile and Vaya.

Factors to consider before signing a phone contract

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

Internet

How do I arrange home internet?

There are several home internet providers in Australia including Optus, TPG, Telstra, iiNet, Belong and more.

Services like Compare Broadband are a good starting point if you are unsure of pricing and the options available in your area. Month-by-month and six-month contracts are becoming more common. They work for students in regards to contract length but cost more than 12 or 24-month contracts.

After you've chosen an internet provider, setting up your home internet is easy. You can buy your own modem or purchase one through your provider. They'll then provide you with all of the necessary steps required to finish your set-up.

Australia is gradually connecting to the National Broadband Network (NBN), a process that is expected to be completed this year. But, note that speeds in many locations are still quite slow, especially if you come from a country with fast internet.

www.comparebroadband.com.au

Free wi-fi in Canberra

Canberra offers free wi-fi in the CBD, public venues and major town centres. You'll also find free wi-fi at Canberra Airport – ideal if you've just arrived in Australia and need internet to navigate your way into the city.

Public libraries and community centres usually offer free wi-fi too, and you'll find that many cafes around Canberra give decent internet access (either for free or with purchase).

How do I arrange mobile broadband?

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



Streaming options

Netflix

Netflix provides on-demand access to a range of local and international shows. You can watch on smart TVs, gaming consoles, Apple TV and Chromecast, mobile devices, and computers. From \$9.99/month.

Foxtel Now (foxtel.com.au/now) and Stan (stan.com.au)

Both available on computers, smart TVs, Chromecast and gaming consoles. The Foxtel Now app allows you to sign up for the subscription service, Foxtel, without any installation costs or contracts. Foxtel is a good choice if you want to access live sport. Stan is an Australian subscription service that offers an extensive back catalogue of local and international content. From \$25/month (Foxtel) & \$10/month (Stan).

Sport streaming services

Kayo is the most popular streaming service for sport content, with over 50 sports available. It works by streaming from popular sport channels including ESPN and Fox Sports. Prices start at \$25/month. Optus Sport has the rights for the English Premier League and UEFA Champions and Europa Leagues. These games can be watched on mobile devices or on Chromecast, Fetch TV or Apple TV. It is free for most Optus customers or \$14.99/month for non-Optus customers. AFL (Australian Rules Football), A-League (Football/Soccer), NRL (Rugby League) and Super Netball can be streamed on mobile devices through Telstra. These have varying prices for non-customers but are free to Telstra customers.

ABC iview, SBS On Demand, 7plus, 9Now, 10 Play

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



Money & Banking

Banks in Australia

Why do I need an Australian bank account?

Opening an Australian bank account will enable 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.

How do I set up a bank account?

This step is easy. There are several banks to choose from in Australia. When you arrive in Australia, simply head to your chosen bank and let them know you're an international student and would like to open an account. You will need to bring some important documents. You will be provided with access to a day-to-day account and an online savings account.

Once you have been identified, you will be provided with a debit card, allowing you to shop across Australia and online without paying additional fees.

You can use a basic day-to-day account to pay for course fees, rent or daily living costs.

What should I bring with me?

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

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

ATMs, contactless payment and PayID

Your debit card allows you to withdraw cash from most ATMs (Automatic Teller Machines, or cash machines) across Australia. Note that using an ATM that's not from your bank may incur a fee. You don't always need to use your debit card though; you can also set up contactless payments so you can pay for things using your mobile phone, meaning you don't need to carry a card around. PayID is another way to make payments that uses either your mobile number or email address. Ask your bank for more information.

Can I get an Australian credit card as an international student?

It's a little more complicated to get a credit card as an international student, as most Australian banks require you to be on a particular visa and earning a minimum amount of money per year.

If you're determined to get an Australian credit card, talk to your nearest bank branch. In most cases, you will need to undergo a credit check and meet certain requirements.

Managing your money

How do I manage my budget?

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

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

Use ASIC's free budgeting tool to get started.

www.moneysmart.gov.au

What should I do if I am facing financial difficulties?

If you are having any difficulties with your finances, your first contact should be your educational institution. They have qualified staff available to help and can point you in the right direction for support. If you are experiencing financial hardship then you may be able to apply to pay your tuition in instalments.

Where can I seek help for problems with gambling?

Gambling can be addictive, which not only affects your health, but your finances too. To get an accurate picture of how much gambling is costing you, use the calculator on the Gambler's Help website.

www.gamblershelp.com.au

There are a number of resources available to help people experiencing gambling addiction. These include the ACT Gambling Counselling and Support Service and various community services.

www.racr.org.au

www.gamblinghelponline.org.au

THE COST OF LIVING CALCULATOR

Need to work out a budget for your time in Australia? The Insider Guides Cost of Living Calculator lets you work out how much you'll likely be spending in Canberra.

☐ PERSONALISE YOUR EXPENSES

☐ COMPARE AUSTRALIAN CITIES

☐ ASSESS THE PRICES IN MULTIPLE CURRENCIES

☐ SAVE YOUR RESULTS FOR LATER

www.insiderguides.com.au/colc

Transferring funds

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

Send and receive money from home

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

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

PayPal is perhaps the most well-known money transfer system, but it does attract a currency conversion fee. Otherwise, you can check out dedicated international money transfer services like Western Union, Cohort Go and Flywire.

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

Pay your education expenses and other bills

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

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



Employment

Employment basics

Can I work while studying?

While on a student visa, you can work up to 40 hours per fortnight during the semester and unlimited hours during semester breaks. A fortnight means 14 days. Australia has laws guaranteeing basic workplace rights, including minimum pay and conditions. We'll go into these later in the guide.

What do I need to know about tax?

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

Do I need an Australian Business Number (ABN)?

You don't need an ABN to work for an Australian employer. You only need one if you're an independent contractor, like a freelancer.

www.fairwork.gov.au/find-help-for/independent-contractors

What is superannuation?

Often known as 'super', it is a financial contribution towards a fund that you use to live on when you retire. You can contribute to your own fund, but most commonly your employer does this. If you are an employee, the law in Australia says you are entitled to receive super from your employer. If you earn over \$450 (before tax) in the calendar month, your employer must contribute at least 9.5% of your earnings to your nominated super fund. This is in addition to your ordinary wage. You can also claim super when you leave Australia.

www.ato.gov.au/Individuals/Super

Internships and work experience

An internship may be a compulsory part of your degree, or you might just want a bit of extra professional experience to improve your resume. Check with your institution's career centre for options for arranging an internship or work experience.



WHY SHOULD I VOLUNTEER?

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

www.volunteeringact.org.au



GETTING A JOB AFTER YOU GRADUATE

After you graduate, you can apply for a Temporary Graduate visa (subclass 485) which will let you live, study and work in Australia for a set number of years depending on the education level you complete. As a regional city, eligible students can access an extra year of post-study work rights in Canberra.

In your final year you will be able to apply for graduate positions with a range of organisations. Employers have the opportunity to sponsor your visa, too. See the Department of Home Affairs website for more information.

www.homeaffairs.gov.au

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

www.ieaa.org.au/research/employability

Learn How to Find a Job in Australia

SUCCESSFUL GRADUATE

Online training tailored to teach you how to:

- + apply for part time work while studying
- + apply for an internship
- + apply for full time graduate work

JOB READINESS TRAINING FOR STUDENTS AND GRADUATES

FREE: 7 Steps to Job Readiness Webinar

REGISTER NOW AT:
successfulgraduate.com/7-steps



Where should I look for a part-time/casual job?

Many international students use the popular website Seek to find jobs. Other large popular sites include Career One and Indeed. OneShift Jobs and Spot Jobs are also great places to look. These student-oriented sites make it easier for international students to find appropriate roles while studying in Australia.

www.seek.com.au
www.careerone.com.au
au.indeed.com
au.oneshiftjobs.com
www.spotjobs.com



COMMON PART-TIME JOBS FOR INTERNATIONAL STUDENTS

RETAIL SALES ASSISTANT

ADMINISTRATIVE ASSISTANT

BARISTA

GENERAL HOSPITALITY STAFF

EVENT STAFF

CLEANER

FOOD DELIVERY

WHERE CAN I GET MORE EMPLOYMENT INFORMATION?

The Insider Guides website and YouTube channel provide lots of information on employment.

www.insiderguides.com.au/category/employment

How do I write a résumé?

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

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

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

PERSONAL INFORMATION

Ms Jane Lee
2019 Guides Street

✗ Email - iloveponies27@hotmail.com

Ph (01) 2345 6789

✗ DOB - 01/02/03

✗ Height - 250cm Weight - 170kg

Visa - Student

✗ Marital Status - Divorced

✗ Religion - Jedi

EMPLOYMENT HISTORY

✗ Shop Asistant

Insider Shop Jan 2017 - Present

Responsibilities: Handling Money

Key Achievements: Staff Award

EDUCATION HISTORY

Bachelor of Arts - Insider University

✗ Insider Primary School

Responsible Service of Alcohol Certificate
2017

Avoid including your date of birth or particularly personal information like your height/weight, marital status or religion. You also don't need to include your visa status, as you should have working rights anyway.

Make sure your email address is professional.

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

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

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

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

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

WORKPLACE EXPLOITATION

It's important that you understand your rights at work. There are a few things to be aware of to ensure you don't end up being exploited by your employer.

1. Avoid job ads that look suspicious. Make sure they mention the business name and look it up on the Australian Business Name register (abr.business.gov.au)
2. Minimum wage is currently set at \$19.49 or \$24.36 for casuals, and may go up in July 2020.
3. You should be paid at least once a month, receiving a payslip within one working day of being paid.
4. You should always be paid for work that you do, including training and trial shifts. Record your hours to make sure you're being paid in full.
5. Employers are not allowed to give you goods or services (including food) instead of pay.

Am I getting the right pay?

As an international student, you have the same workplace rights as all workers in Australia. The Fair Work Ombudsman (FWO) can help if you have concerns about pay, leave or how you're treated at work. www.fairwork.gov.au has information in different languages to help you understand your work rights. Check if you are getting the right pay and entitlements using the Fair Work Ombudsman's Pay And Conditions Tool (PACT) at www.fairwork.gov.au/PACT.

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

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

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

THE YOUNG WORKERS CENTRE

The Young Workers Centre offers resources and free, confidential advice for workers under the age of 25 in Canberra. Visit their website to browse a range of useful employment resources, or call 02 6225 8104 for support if you think you're facing any kind of workplace exploitation.

www.youngworkers.org.au

Your educational institution may also have an employment or welfare support service – check their website for more information.

Want to work while you study?

▶▶▶ Know your workplace rights



ending employment
pay rates public holidays
breaks sick leave
penalties **payslips**
cash-in-hand deductions
unpaid work internships
annual leave award coverage
hours of work language help
sham contracting
flexible work



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

The Fair Work Ombudsman is the government agency that can help you understand Australian workplace laws, and resolve workplace issues.

The Fair Work Ombudsman provides **FREE** services to all employers and employees in Australia, including international students.

You can find more information at:

www.fairwork.gov.au or call us on 13 13 94

(13 14 50 for the Translating and Interpreting Service)



Fair Work
OMBUDSMAN

 facebook.com/fairwork.gov.au

 [@fairwork_gov_au](https://twitter.com/fairwork_gov_au)

 [FairworkGovAu](https://www.youtube.com/FairworkGovAu)



Studying

Student resources

What services are available on campus?

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

CAREER CENTRE

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

INTERNATIONAL STUDENT OFFICE

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

LIBRARY

There is more to the library than just books. Libraries are full of meeting rooms, TVs, journal databases, computers and more. If you can't get work done at home, head 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.

Where can I get help with my coursework?

If you need assistance with your studies or are falling behind on your coursework, there are plenty of support services around Canberra.

STUDENT LEARNING HUBS

Most educational institutions offer a central learning hub that provides free individual support in particular subjects, as well as activities designed to improve things like English skills, digital literacy, writing and more. Check out your provider's website for details.

PRIVATE TUTORING

You can hire a private tutor if you need assistance in a particular subject. You'll usually find them listed on your education provider's noticeboard, or you can use the Student VIP website.

www.studentvip.com.au/tutors

APPROACH STAFF

Your teaching staff are there to help. If you're struggling, reach out to them for assistance – it's their job to provide the advice you need. They can also refer you to other support services.



HOW DO I SAVE MONEY ON TEXTBOOKS?

1. Check with students from higher years

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

2. Use an online tool

Online resale sites like Student VIP allow you to buy second-hand textbooks from students across the country.

www.studentvip.com.au

3. Consider eBooks

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

4. Rent your textbooks

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

5. Use the library

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



WHAT IS PLAGIARISM?

Plagiarism is essentially copying someone else's work and presenting it as your own. This may be literally copying part of an essay (or the entire thing) written by someone else, or using the words of an author without

referencing them. If you use someone else's idea, even if you write it in your own words, you will need to provide the source. If you are found guilty of plagiarism there can be serious consequences, including expulsion from your course. This may lead to the cancellation of your student visa.

Get organised and study better.



Command™ hooks and strips.

- No tools no nail holes
- Ideal for renters.



Available from Officeworks



“

Attending O-Week

Be part of any society or community, including societies at your university. By joining any of them, you will meet new friends. Attending Orientation Week (O-Week) is also beneficial for new students because you will meet other new students.

I met my first friends when I attended a friendship event at O-Week. After that, my classmates pretty much became my friends.

- Nurul, Indonesia

”

Prepare for your studies

CREATE A LESSON TIMETABLE

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

CREATE A STUDY TIMETABLE

Organise your routine around your classes and include time for study and other activities.

CHARGE YOUR DEVICES

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

PRINT OUT OFFICIAL UNIVERSITY DOCUMENTS

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

WHAT TO PACK

- ☐ STUDENT ID (IF RECEIVED IN O-WEEK)
- ☐ OFFICIAL UNIVERSITY DOCUMENTS
- ☐ DIARY
- ☐ CAMPUS MAP
- ☐ TEXTBOOKS FOR ALL SUBJECTS (OR AT LEAST A COUPLE OF SUBJECTS!)
- ☐ FOLDERS FOR ALL SUBJECTS
- ☐ A COUPLE OF PENS AND PENCILS
- ☐ A NOTEBOOK OR TWO
- ☐ CABLES FOR ELECTRONIC DEVICES
- ☐ SNACKS, PLUS MONEY FOR COFFEE
- ☐ POSITIVE ATTITUDE - THIS IS AN EXCITING DAY!



Study terms

Census date

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

Course

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

Full-time

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

Grade point average (GPA)

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

Lecture

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

Orientation (O-week)

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

Practical (Prac)

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

Semester

The university year for most students will be divided into two semesters. Semester one runs in the

first half of the year (Feb-July) and semester two in the second half (Aug-Dec).

TAFE (Technical And Further Education)

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

Transcript (Academic record)

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

Tutorial (Tute)

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



Health, Safety & Wellbeing

Healthcare basics

How does Overseas Student Health Cover (OSHC) work?

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. Every time you go to an appointment, take your OSHC card with you, along with photo ID.

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 treated unfairly in regards to your OSHC, you can contact the Private Health Insurance Ombudsman (PHIO). It's a free service designed to help you get out of trouble!

www.ombudsman.gov.au/how-we-can-help/private-health-insurance

What do I need to know about hospitals?

If you are feeling sick, visit a local medical centre first. This is the cheapest upfront option and you may be able to claim all or some of the cost from your OSHC provider. Hospitals are for emergency situations – either life-threatening or an injury/illness that is quickly getting worse. If you need to visit hospital, call Triple Zero (000) for an ambulance. You may also want to call your health cover provider to see if you're covered, as the hospital may charge you a fee.

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, it's best to wait until the medical clinics are open. For urgent non-life-threatening enquiries, there are after-hours home doctor services available including 13SICK (call 13 7425).

You can also ring Healthdirect Australia (1800 022 222) to get advice on treating non-life-threatening illnesses.

HOW DO I FIND A DOCTOR?

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

www.healthengine.com.au

Mental health

What should I do if I'm feeling homesick?

Remember to take time out for yourself. If things seem too hard and you're not feeling like you think you should, it's important to talk to friends and family and ask for help. Use one of the resources mentioned below or visit your general practitioner (a local doctor, also called a GP). Like your body, your mind also needs care and attention, and it's important that you look after it. Mental health is a big reason people go to the doctor, so don't ignore any of the signs.

Where can I seek help for mental health issues?

Your OSHC covers visits to a GP. The GP is the first person you should see, as you will need to get a referral from them if you want to see a psychiatrist or psychologist. You will only be partially covered for a limited amount of visits with a psychologist. Check with your OSHC provider for details.

Most educational institutions offer free or discounted counselling services to their students (both international and local). Some require appointments, so check your education provider's website to find out.

What if I need immediate support?

There are several organisations that offer 24/7 mental health support over the phone or through an online chat service.

Lifeline delivers crisis support, suicide prevention and mental health support services across Australia.

Phone 13 11 14 or www.lifeline.org.au

Beyond Blue is for people with depression, anxiety and other emotional issues.

Phone 1300 224 636 or
www.beyondblue.org.au

Kids Help Line provides support for people up to the age of 25.

Phone 1800 551 800

In an emergency, call Triple Zero (000)

Finding a mental health expert that speaks your language

You can use an interpreting service if you need assistance in your language. TIS National should be your first stop when accessing mental health services or making an appointment. Not only can they help you book an appointment over the phone, but you can also request an on-site interpreter to attend your session with you.

Phone 131 450 or www.tisnational.gov.au

Other support services

Support for your children and spouse

Many international students choose to bring their spouse and children with them when they study in Australia.

Some education providers offer language or other kinds of support that cover both you and your spouse. Ask your educational institution for more information.

If your children are school-aged, they'll need to be enrolled at either a public (government-funded) or private school. Dependent children of Post Graduate

Research Sector international students may be eligible to have their fees waived for ACT Government schools. Visit the ACT Government website for details.

www.education.act.gov.au

If your children are younger, Canberra has a wide network of childcare facilities. Your educational institution may provide childcare, but you can also but you can also use the Australian Government's childcare finder to search for providers in your area.

www.childcarefinder.gov.au

Support services for LGBTIQ people

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

QLife is a great resource that provides peer support and guidance over the phone and online for the LGBTIQ community in Australia.

[www.qlife.org.au](http://www qlife.org.au)

If you're looking for support services that are sensitive to your cultural needs, or would just like to engage with other LGBTIQ students from similar backgrounds then AGMC is a good resource. Or join the Rainbow International Students Network on Facebook.

www.agmc.org.au

Walk-in centres

ACT Health Walk-in Centres can be accessed for free without an appointment for the treatment of minor illnesses and injuries. Located in Belconnen, Gungahlin, Weston Creek and Tuggeranong, the centres are open seven days (including Christmas and New Year's Day) between 7.30am and 10pm. Walk-in centres are run by a highly skilled team of nurses - there are no doctors at the clinics.

Staying fit

Gyms

If you're keen to join a gym during your time in Canberra, there are several options available including Anytime Fitness, Jetts, Fitness First and more. There are also womens-only gyms such as Curves and Fernwood. Most universities have gyms and offer students reasonable rates, while some managed accommodation providers have gyms on-site. Your local pool may also include a gym, which is often accessible for a low cost.

Fitness classes

While you can usually find a variety of fitness classes within a gym, there are options for classes-only venues. You can take up a membership for all kinds of fitness classes including kickboxing, F45 (high-intensity group workouts), weight training, cycling and more. Use the MINDBODY app to find fitness classes near you, or sign up for ClassPass where you can access lots of different fitness facilities under one membership.

www.classpass.com

Yoga

There are many different types of yoga, with varying levels of intensity and movement. The most common are hatha, Bikram and Ashtanga. Use Find Yoga to find a class near you; there are plenty of beginner classes available.

www.findyoga.com.au

Pilates

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

www.australianpilates.asn.au

BEACH SAFETY

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

Plan your visit

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

Stay safe

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

How to get help

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



Student insurance you'll love. For real.

Back up your life. Not just your work.



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Protect the stuff that matters most to you.



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Everything you ever need is on our website, 24/7.



Go rogue

No matter where you are, we've got your back.



Student accommodation

We cover your stuff there too.



Exams & course work

We cover the cost to resit that exam or redo the work you've lost.



Temporary accommodation

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Tech & gadgets

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getmicover.com/students



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We're here to help



ACT Policing works closely with Canberra's education institutions and the community to ensure all students enjoy a safe experience.

Contact us

- ☎ **000** for emergencies and life threatening situations only.
- ☎ **131 444** for police assistance when there is no immediate danger.
- ☎ **1800 333 000** to report crime information, You can remain anonymous.
- ☎ **131 450** for telephone interpreter service.
- 🗨 Visit one of our five police stations across Canberra.

Staying safe

How can I stay safe?

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

Who can I contact if I have been sexually harassed or assaulted?

Your first call should be to the police. You can visit your local police station or call 000.

Canberra Rape Crisis Centre (CRCC) provides free and confidential support for any person who has experienced

sexual violence in the ACT.

Call 02 6247 2525.

Should you need to contact someone at your university to report sexual assault or for support services in relation to sexual assault, Universities Australia lists contact details for universities.

www.universitiesaustralia.edu.au

Police in Canberra

As a Constable in General Duties, our job is to keep the community safe by actively patrolling our zones, engaging with the community and assisting victims and offenders where we can. Police in Canberra are very approachable and happy to provide information - if you see us, you are more than welcome to say hello and have a conversation. We also have interpreters available to accommodate any language barriers.

In Canberra we have officers from different cultural backgrounds and all walks of life that bring their experiences to the job.

Constable Rachel Lokugamage

www.police.act.gov.au



WHAT DO I DO IN AN EMERGENCY?

If you have a medical emergency, if there is a fire, or if you need police attention, call 000 (it's entirely free to call). You will then be asked if you need police, fire or ambulance. You can also request a translator if you need one. For non-emergency police assistance telephone 131 444.

How students beat loneliness

We asked students who have already settled into their new life in Australia for advice on beating loneliness. Here's what they had to say.



"Make friends with other international students and openly discuss your homesickness. Chances are they are going through the same thing, even if they don't show it."

Priya, Canada

"Cook or eat some authentic comfort food from your own country whenever you feel a little homesick."

Giorgia, Italy



"Talk to your family back home, but not so much that you don't have time for your friends! Other tips include working out, eating right, meditation and yoga. Most importantly, enjoy alone time!"

Yuvi, UAE

"Just grab this opportunity to spend time with yourself. Sleep as much as you can, taste some food or cook, watch your favorite movies, read what you like and think about what you will do in your university journey, set up some goals and plan to achieve them."

Linh, Vietnam

"Don't be afraid to go out and do things and meet people. Sign up for classes and activities that you enjoy and provide yourself with good, healthy distractions."

Jenna, USA

"Sleep on it. I was extremely homesick and lonely in my first few days. I took a nap, woke up refreshed, took a shower, went into the city and visited locations where there were large amounts of backpackers."

Abdul, UAE

Sexual health

Where can I get advice on sexual health?

You can ask your doctor about sexual health matters including sexually transmitted infections (STIs), contraception options, and more. If your medical clinic has several doctors on its roster, you can choose to visit a female doctor if that makes you feel more comfortable.

Your education provider may also offer sexual health support, so make sure to check their website or visit the student help desk to find out.

For free and confidential advice about contraception options, pregnancy and sexual health, contact 1800 My Options. It is important to remember that the more sexually active you are the more often you should get tested for sexually transmitted infections (STIs). If left untreated some STIs can have serious impacts on your health outcomes.

The Canberra Sexual Health Centre provides free and confidential services to all international students.

www.1800myoptions.org.au

www.health.act.gov.au

Contraception options in Australia

You can get contraceptive medications and devices very easily and cheaply in Australia. You should talk to your GP about long-term contraception options like IUDs and the pill. Condoms are available from supermarkets and pharmacies. Emergency contraceptives are available from pharmacies if you need them. Pregnancy tests are also available at the pharmacy or supermarket.

What is sexual harassment?

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

- Unnecessary familiarity, such as unwelcome touching
- Suggestive comments or jokes, insults or taunts of a sexual nature
- Physical assault, indecent exposure, sexual assault, stalking or obscene communications
- Sending sexually explicit emails or text messages
- Intrusive questions or statements about someone's private life
- Requests for sex or repeated unwanted requests to go out on dates



Making friends

You'll probably meet lots of new people in your course or through where you live, whether it's a share house or managed student accommodation. But there are also a few other avenues you can take to make friends.

HOBBIES AND INTERESTS

If your education provider has a student club network, make sure to join one that suits your interests – you're bound to meet one or several likeminded people. You'll find clubs and societies focused on all kinds of things, from individual sports and hobbies to specific cultural backgrounds or religions.

Outside of your educational institution, think about joining a choir, community garden, movie or book club, or any other group that matches your interests.

SOCIAL SPORTS

If you're keen on a particular sport, you'll most likely find a social sports league near you. Sports including basketball, futsal, cricket and other leagues are available all over Canberra.

www.canberra.urbanrec.com.au

www.justplay.com.au

LANGUAGE GROUPS

There's bound to be other international students in Canberra looking to improve their English. There are countless English conversation groups happening all over the city; check your local library or community centre, or visit your education provider's website to find out more. You'll also find conversation groups on Meetup.

www.meetup.com

APPS AND WEBSITES

The key to finding friends might be in the palm of your hand. There are plenty of great apps and websites designed to help you meet people. Bumble BFF, We3 and Meetup are some of the best.

Understand that you won't necessarily 'click' with everyone and that it can take time to make good friends. Don't overthink it and just have fun meeting lots of new people!

Dating

WHAT'S THE DATING CULTURE LIKE IN AUSTRALIA?

Australia has a pretty relaxed dating scene. In a lot of cultures, the first or second date can mark the beginning of a relationship. But in Australia, you'll probably find yourself doing a lot of 'couply' activities before the relationship starts. Australia doesn't have a huge pick-up culture. Generally, people will want to know someone a little bit before they agree to share contact details or hang out somewhere.

Remember, Australia does not tolerate verbal or physical abuse, nor stalking behaviour. Understand what is and isn't appropriate before dating – you can read our sexual harassment section for more information.

WHERE CAN I MEET PEOPLE?

- Apps like Tinder, Bumble, OKCupid, Coffee Meets Bagel, Hinge, Happn and Plenty of Fish are popular in Australia and cater to various sexual preferences.
- Otherwise, pretty much any place we mentioned above under 'Making Friends' is bound to offer opportunities to meet potential dates!
- Remember to stay safe on a date. Laws around consent may be different in Australia compared to your country. Read our Safety section to find out more.



Areas of Canberra

1

CIVIC AND ACTON

Civic is the bustling city centre, close to major educational institutions and full of fun things to do.

P.72

2

INNER NORTH

Canberra's Inner North is an affordable residential area that is popular with students.

P.76

3

SOUTHSIDE

Canberra's Southside is full of leafy areas and thriving suburbs.

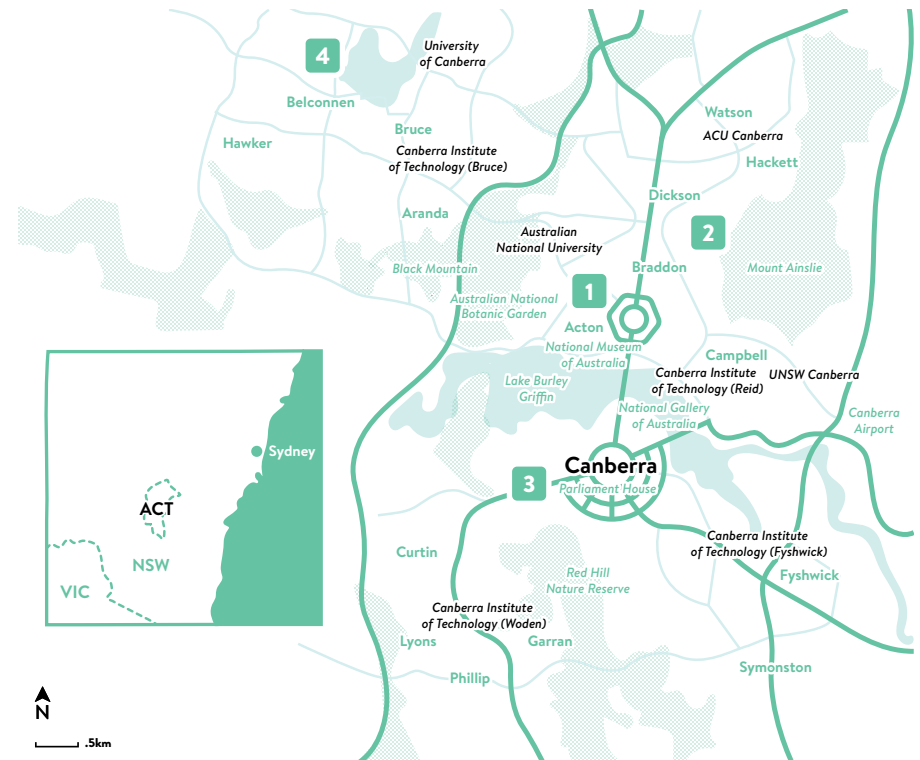
P.80

4

BELCONNEN

Belconnen is almost a city in itself, with plenty of facilities, shops and restaurants.

P.84





Getting around

Canberra's population is spread across a large area so many people rely on cars and bicycles. The bus system is available in key regions and the introduction of light rail provides an additional option for many commuters.

BUSES & LIGHT RAIL

Buses are the primary public transport option for getting around Canberra. The city isn't designed in a grid pattern like most other capitals, but is rather a network of town centres and suburbs branching out from Civic. Canberra's public bus service operates from four bus interchanges at Civic, Belconnen, Tuggeranong and Woden, which have regular routes to and from Civic and other town centres.

When you board the bus you can either pay cash for your fare or use the prepaid MyWay card. All single trip fares give you travel on any bus for a 90-minute period from the time of payment. Fares are cheaper for MyWay card users, who pay around \$1.50 less than a cash fare. All you have to do is touch your MyWay card against the validator inside the bus and the fare will be automatically deducted from the value on your card. It's important to remember that a condition of using the MyWay card is that you also need to tag off the

bus when you get off. If you forget to tag off you'll be charged the maximum fare rate so make sure you get into the habit of doing this.

Canberra's new light rail system, Canberra Metro, is now open. It provides a quick, direct way to travel between Civic and Gungahlin (the route goes through Braddon, Dickson and Lyneham). Stage two to the city's south will commence in 2020.

PLANNING

To plan your bus or light rail route, visit the Transport Canberra website. You can also see in real time which buses are due within the next 90 minutes by jumping online and using the NXTBUS service. If you need to take your bike on the bus, look out for the Blue Rapid or Red Rapid services, which have specially designed carry racks. You can take your bike on the light rail, too – it will just need to be placed in the allocated bike rack on-board.

www.transport.act.gov.au

www.nxtbus.act.gov.au

STUDENT CARD

You can apply for a MyWay tertiary student card at either a tertiary agent located at University of Canberra, Australian National University or Canberra Institute of Technology (CIT) Reid, or at any Access Canberra Service Centre. You can also apply online through the Transport Canberra website. When you apply you'll have to show your student ID card to prove you're entitled to the cheaper student fare rate. You can also add money onto your card when you apply. When it's time to recharge, either do so online, at a MyWay recharge agent or at an Access Canberra Service Centre.

www.transport.act.gov.au

Other transport options

Ridesharing

Canberra was the first city in Australia to regulate and promote ride sharing services. The first to launch, and still by far the most popular, is Uber. A more recent arrival to the Canberra market is Ola, offering discounted rates during

quiet hours of the day. The most unique ride sharing option available in Canberra is the female only service Shebah. All drivers and all passengers of the service are female, with the exception being males under 18 traveling with a female, and many cars come with car seats available.

Taxis

There are many taxi ranks located around the city, including most campuses. Taxi ranks are specific areas where you can line up and get a taxi, otherwise you can try hailing one from the side of the road. It's also a good idea to be wary of how much your trip will cost.

Renting a car

If you want to explore some of Canberra's outer parts or regional areas surrounding the city (such as the Thredbo or Perisher snowfields), you can rent a car for one or multiple days. There are several car rental providers around Canberra – use a comparison website like VroomVroomVroom to find the best deal.

www.vroomvroomvroom.com.au

TRAVEL SMART with MyWay

MyWay is the most cost effective option to travel in and around Canberra on public transport.

Simply tap on and off to pay the cheapest fare.

For more information, including student concessions and requirements, visit transport.act.gov.au or call 13 17 10.

Riding a bike

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 buses or traffic jams)

BUYING A BIKE

The cheapest overall option is to buy your own bike to use throughout your time in Canberra. There are plenty of dedicated bicycle shops around the city, but you can also purchase affordable ones from Kmart.

Second-hand bikes are also great options if you want to save money. Try Facebook Marketplace or Gumtree. You can use these websites if you want to sell your bike when you leave Australia.

www.gumtree.com.au

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. As a bike rider, you're allowed to ride on the road, on bike paths and on shared paths. You usually can't ride on pedestrian footpaths. When you're riding on the road, you're expected to follow the same road rules as drivers. Check out the Pedal Power ACT website for more information.

www.pedalpower.org.au

BIKE LANES

Canberra is one of Australia's most cycle-friendly cities, with over 400km of dedicated cycle-ways designed to keep you safe and make it easy to get around. These are clearly marked so you know where you can safely ride. Most buses are fitted with bike racks in case you need use the bus for part of your journey. For an up-to-date bike map visit the Transport Canberra website.

www.transport.act.gov.au

LOOKING AFTER AND STORING YOUR BIKE

You'll find plenty of bike storage racks located all over Canberra, where you can securely leave your bike for an extended period of time (just make sure you have a good-quality lock). The Transport Canberra website has a map showing all bike rack locations.

Pedal Power offers bike maintenance courses for both beginner and intermediate riders. Visit the Pedal Power ACT website for more information.



ACT
Government

TCC Transport
Canberra

MY
WAY

History of Canberra

Pre-settlement

The Ngunnawal, Ngambri and Ngarigu Aboriginal peoples had been living in and around the Canberra area for at least 20,000 years

1901

Australian colonies form the Commonwealth of Australia and decide to create a brand-new city as its capital

1912

American architect Walter Burley Griffin wins the Federal Capital Design Competition with his plan for Canberra

1927

Old Parliament House is built as Australia's seat of government

1950s

Canberra rapidly develops throughout the post-war period

1965

Royal Australian Mint opens

1972

Aboriginal Tent Embassy is established on the grounds of the Old Parliament House to represent Aboriginal Australians' political rights

1981

National Institute of Sport opens

1988

New Parliament House opens

2019

Canberra Metro, the city's first light rail route, begins operation

Early 1820

The first European explorers arrive in Canberra and British settlement slowly increases throughout the 19th century

1911

Canberra is named the national capital

1913

Work officially starts on the city of Canberra but World War I and the Great Depression slow the city's growth

1946

Australian National University is established

1963

Lake Burley Griffin is created by damming the Molonglo River, and the Monaro Mall (now the Canberra Centre) opens

1968

National Library of Australia opens

1980

High Court of Australia is opened by Queen Elizabeth II

1982

National Gallery of Australia opens

2000s

Canberra continues to develop with construction in Gungahlin and on the Kingston Foreshore

Built on immigration

EARLY IMMIGRATION

European settlement in Canberra began in 1824. Landowner and grazier, John Moore, was given a "ticket of occupation" for 2,000 acres of land, covering the area that is now Civic and Dickson. Moore never lived in Canberra, but his overseer, John McLaughlin, built a hut on what is now called Acton Peninsula, which became known as Canberry Cottage.

BRITISH SETTLEMENT

The European population of the area grew steadily throughout the 19th century, made up mostly of farmers but also including some convict labour during the 1830s and 1840s. By 1940, the local Aboriginal population had been reduced to less than 100 people, while there were about 2,500 Europeans living in the area in 1951.

POST-WAR EUROPEANS

After the two world wars, Canberra experienced a boom in immigration. By 1961, an estimated 27 per cent of the ACT population were born overseas. The most common countries of birth were England, Germany and Italy. This reflected Australia's policy of accepting mainly European migrants throughout the 1950s.

ASIA, AFRICA AND THE MIDDLE EAST

In the later decades of the 20th century, Canberra's migrant population became increasingly diverse, including students from Asia, Lebanese migrants and Vietnamese refugees. In the 1990s, Canberra welcomed a large group of Sudanese people. For the first time in history, China overtook the UK as Australia's main source of permanent migrants in 2010.

TODAY

As of 2019, migrants make up around 28 per cent of Canberra's population. England, China and India are the top three countries of origin for migrants, although Canberra's most recent migrant and refugee intake also includes many families and individuals from countries like Iraq, Afghanistan and Myanmar.



Aboriginal culture

There are multiple Aboriginal groups with long histories in the ACT. The Ngunnawal people are officially acknowledged as the traditional owners of what is now called Canberra, and the Ngarigu, Ngambri and Walgalu people also have deep connections to the land.

HISTORY AND CULTURE

If you're interested in learning more about Aboriginal history and culture, Dharwra Aboriginal Cultural Tours offers short, half or full-day tours of different areas in Canberra, as well as a Ngunnawal language introduction.

ART

The National Gallery of Australia houses the world's largest collection of Australian Aboriginal and Torres Strait Islander art – make sure to check out the permanent exhibits. Burrunjui Art Gallery is a smaller location, but it still features an extensive range of arts and crafts.

FOOD

Dharwra Aboriginal Cultural Tours incorporates bush tucker into its tours, offering you the chance to learn about native Australian foods and ingredients.

MUSIC

Music is a big part of Aboriginal storytelling, and traditional instruments like the didgeridu, bullroarer and clapsticks are still used today. Make sure to check out artists like Yothu Yindi, A.B. Original, Baker Boy, Thelma Plum and Dan Sultan.

NAIDOC WEEK

NAIDOC originally stood for 'National Aborigines and Islanders Day Observance Committee'. NAIDOC Week is held annually in July to celebrate the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples. There are plenty of things to do throughout the city that you can get involved in, as well as events organised by Indigenous groups on campus.

RECONCILIATION DAY

On 1 June 2020, Canberra will celebrate its third-ever Reconciliation Day public holiday. The public holiday marks the anniversary of the 1967 referendum which changed the Australian Constitution to include Aboriginal people in the census, as well as the beginning of National Reconciliation Week.

MABO DAY

Mabo Day is celebrated on 3 June across Australia. The day recognises the efforts of Eddie Koiki Mabo, a Meriam man from the island of Mer in the Torres Straits and the plaintiff in a land rights case that led to a landmark High Court decision in 1992. The Mabo decision recognised that Aboriginal and Torres Strait Islander people have rights to the land that existed before British colonisation and still remain today.

Civic & Acton

Civic is Canberra's thriving downtown district, with shops, restaurants, bars and public facilities. Across Northbourne Avenue, you'll find the Australian National University and the NewActon cultural precinct. CIT's Reid campus is also located just a few hundred metres south of Civic.



Highlights

The Canberra Metro light rail system (which commenced operations in April 2019) has made the city centre more accessible than ever before. As Canberra continues to grow and evolve, the Canberra Centre mall remains the heart of the city, with supermarkets, fashion shops, a cinema, food court and other essentials.

Big W is a budget department store that will have everything you need to get settled in your new home. There's also a couple of Korean grocery stores nearby: Seoul & Ko and Groceries. In Garema Place, smaller bars, boutiques and restaurants offer a more local shopping experience.

Civic also has dozens of affordable places to eat. Soi Noodle Bar blends Thai and Japanese influences to create the best noodles in town, while CBD Dumpling House has fantastic food and a casual vibe. Garnish of India is the place to go for Northern Indian-style curries. If you're craving something sweet, try the Insta-worthy Doughnut Department.

PappaRich Malaysian restaurant in the Canberra Centre provides authentic, halal dishes, as does Mister Zee's Middle Eastern Charcoal Chicken & Grill. For vegan options, check out Coffee Lab or Baby Su's incredible Bao Burger.

Located in the NewActon precinct, Palace Electric is a cinema specialising in independent, international and arthouse films. When it comes to nightlife, Civic is Canberra's most popular destination. Kokomo's, a tropical-themed, two-storey restaurant and bar next to the Canberra Centre, is a guaranteed party. Across the road, Akiba serves up contemporary Asian share plates and drinks until late. Small electronica bar Sideway has become one of the city's hippest venues, alongside beloved whiskey bar Hippo Co and the wine-focused Bar Rochford. Capital Kebab is a must for a late-night snack.

Student favourite Mooseheads is open late with cheap drinks and a reliably pumping dance floor, while Transit is the place to be for karaoke and live music. Reload Bar & Games, just around the corner from Mooseheads, has everything a gamer could wish for, including pinball machines, Nintendo, Xbox One, Xbox 360, PlayStation and Wii U, plus indie PC, card and board games. Guild is a more low-key option, with board games, wood-fired pizza, wine and beer on the menu.

Community facilities

Civic Library has free public library services available Monday to Saturday. This community centre also hosts free English conversation groups on Tuesdays and Thursdays from 2 to 3pm and Saturdays from 10 to 11.30am, no bookings required.

The City Community Health Centre is open Monday to Friday, with general medical, mental health and women's health services available. Your educational institution may also have free health services, and some doctors

at Hobart Place GP offer appointments to ANU students that are fully covered by insurance.

The Canberra Olympic Pool complex contains a 50-metre heated pool, which you can use for a small fee, as well as a gym with fitness classes. You can also enjoy the sunshine at The Yard skate park, located behind the Canberra Centre, or Glebe Park.

The Canberra City Uniting Church and the Canberra Korean Uniting Church are located in Civic, as well as Hope Christian Church and Crossroads Christian Church at ANU.

Unique experiences

Civic is a hub of events and activities all year round. The National Multicultural Festival, which will take place on the weekend of 21 to 23 February in 2020, is one not to miss, transforming Garema Place with food, music and culture from all over the world. The Multicultural Festival is also a good place to get to know the community groups that represent different nationalities in Canberra.

Over in NewActon, the Art, Not Apart Festival in March brings together the best of Canberra's underground creativity, from visual art to music

to performance poetry. With art installations spread from the Nishi Building to the National Film and Sound Archive over one afternoon, Art, Not Apart also throws Canberra's quirkiest afterparties.

If you need an escape from the city, the Australian National Botanic Gardens can be found on the edge of the city centre at the base of Black Mountain. The gardens are the largest living collection of native Australian plants and are divided up into sections representing the different landscapes of Australia, including the desert and rainforest. The Botanic Gardens are open daily, and entry is free.





STUDENT TIP

“The Deck at Regatta Point (at Canberra and Region Visitors Centre) is my favourite coffee spot, because the views from the shop are very aesthetic.”

Elaine, Hong Kong

Studying at ANU

TOP 5

Breakfast spots

Acton has some of Canberra’s best breakfast options. Here are the area’s must-visit cafes.

1. Morning Glory does inventive Australian-Asian fusion dishes in stunning surrounds.
2. Mocan and Green Grout is great for local produce and coffee.
3. The Cupping Room has delicious food and some of Canberra’s best milkshakes.
4. Harvest does fantastic coffee and tasty baked treats.
5. Two Before Ten takes its coffee seriously and has good food.



CHEAP CHOICE

Head to Beach Burrito Company in Garema Place for \$3 tacos on Tuesdays. The big tables and Mexican atmosphere make for a fun night out with friends.



Art in Canberra

In NewActon and other parts of Canberra, you’ll find several fantastic national galleries showcasing local and Aboriginal and international art, as well as design and unique artefacts.

National Gallery of Australia: The NGA holds Australia’s national collection of Aboriginal and Torres Strait Islander, Asian, European and Pacific art, as well as temporary exhibitions.

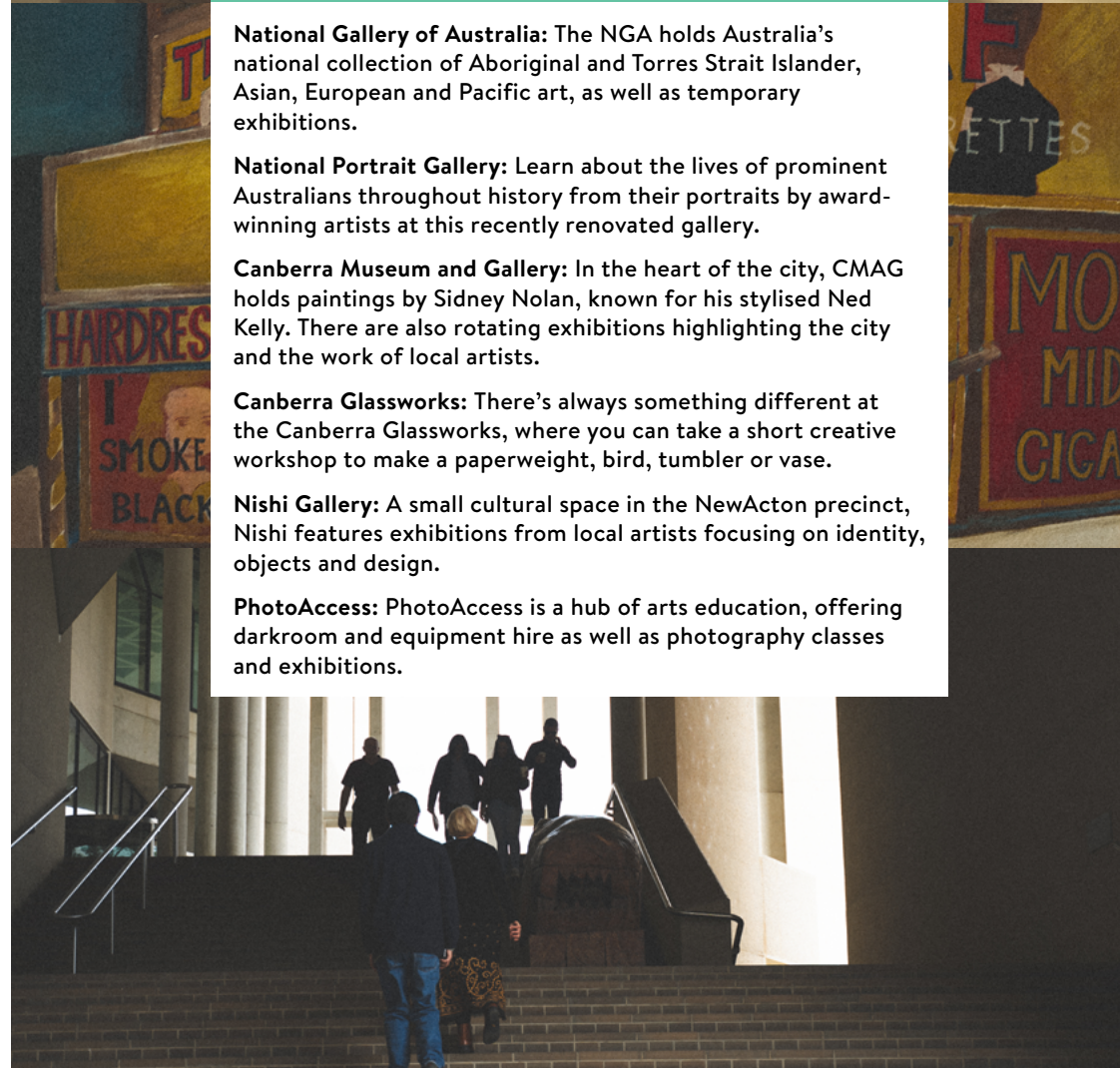
National Portrait Gallery: Learn about the lives of prominent Australians throughout history from their portraits by award-winning artists at this recently renovated gallery.

Canberra Museum and Gallery: In the heart of the city, CMAG holds paintings by Sidney Nolan, known for his stylised Ned Kelly. There are also rotating exhibitions highlighting the city and the work of local artists.

Canberra Glassworks: There’s always something different at the Canberra Glassworks, where you can take a short creative workshop to make a paperweight, bird, tumbler or vase.

Nishi Gallery: A small cultural space in the NewActon precinct, Nishi features exhibitions from local artists focusing on identity, objects and design.

PhotoAccess: PhotoAccess is a hub of arts education, offering darkroom and equipment hire as well as photography classes and exhibitions.



Inner North

Covering suburbs like Braddon, Dickson, Campbell and Lyneham, Canberra's Inner North is an affordable residential area that is popular with students at ANU, ACU and CIT.



Highlights

Canberra's suburbs were designed so that each one has its own shops, usually including a supermarket, cafe and other services. Depending on where you live and study, these local shops will likely become your go-to for groceries and other daily needs. Plus, if you're planning on making the most of Canberra's booming food scene, the Inner North has got you covered.

Just north of the city centre, you'll find Braddon, the hipster heart of Canberra. Here, Sweet Bones cafe serves up the city's best vegan food, while the expert baristas at Barrio Collective pour freshly roasted espresso.

Craft beer fans should head to BentSpoke Brewing Co. for an IPA or swing by Grease Monkey for mind-blowingly good burgers (including a vegan option). For a cocktail and fresh, Japanese and Korean-inspired dishes, Lazy Su is Braddon's coolest late-night eatery.

Dickson is the largest shopping hub in the Inner North, with a supermarket, library, pharmacy and Asian grocery stores. It is also the best place in the city to find cheap eats, especially when it comes to Asian food. Au Lac and Kingsland have delicious vegan menus, while the Asian Noodle House is ideal

for a night out with friends. There are also plenty of Korean, Indian, Chinese, Japanese and Malaysian options.

The Inner North is packed with unique local flavours. In Ainslie, for example, the IGA supermarket is famous for its incredible selection of local and international cheeses. At the O'Connor shops, the tiny Tu Do Vietnamese restaurant serves up the city's best pho. The Polish White Eagle Club in Turner is a local favourite for live music, trivia and authentic pierogi.

Although it's close to the city, the Inner North has lots of parks, sports fields and bike paths, making it a great place to live or visit if you enjoy spending time outdoors. Mt Ainslie and Mt Majura are both excellent spots to go hiking and see Australian wildlife like kangaroos, echidnas and wombats. If you ride your bike to the city centre or ANU, you'll probably come across Sly Fox Coffee set up on the bike path.

One of Canberra's newest areas, Gungahlin, is located even further north of the city centre. It has a large shopping centre, as well as cafes, restaurants and a public library. Thanks to the light rail, Gungahlin can be a good choice for students on a budget. Keep in mind that the commute to the city centre takes around 30 minutes.

Community facilities

The Dickson Library is open seven days a week, with study spaces, computers, printing and free wi-fi. There is also a free English conversation group from 10 to 11.30am on Wednesdays. The librarians are always happy to help if you have questions about how to access services.

Dickson General Practice has doctors available Monday to Saturday, and YourGP@ Lyneham is open Monday to Friday. You can often get an appointment at short notice if you call as soon as they open.

In summer, the Dickson Aquatic Centre is a great place to cool off. Entry for students is \$5. Haig Park is another shady spot where you can hang out during the warmer months. Gyms like Club Lime, Anytime Fitness and Next Gen Canberra can also be found in the Inner North.

In the Inner North, there are Anglican, Catholic and Christian churches, including the Canberra Chinese Christian Church, as well as Sakyamuni Buddhist Centre and the Buddhist Thai Temple of ACT.



Unique experiences

If alternative art is more your thing, the Front Café & Gallery in Lyneham hosts rotating exhibitions as well as live music and workshops. In Watson, you'll find the city's tiniest gallery, the Gallery of Small Things, exhibiting the work of local creators including jewellery, homewares and visual art. ANCA Gallery and Studios, in Dickson, also supports local visual artists. All these spaces are free for visitors. Groovin the Moo music festival will take place on 25 April at Exhibition Park in the suburb of Mitchell (just above Dickson).

Every Friday night at 7.30pm, the Canberra Dance Theatre near ANU is completely dark and full of people dancing like no one's watching. This event is part of No Lights No Lycra, a worldwide dance phenomenon that encourages participants to let go of their inhibitions and get a good workout at the same time. You can attend alone or with friends and wear whatever you feel comfortable in. Entry costs \$8.





STUDENT TIP

“Sonoma, Sonoma, Sonoma. They have the best pastries and you can get nice bread from this bakery to go.”

Bobby, Australia

Studying at ANU

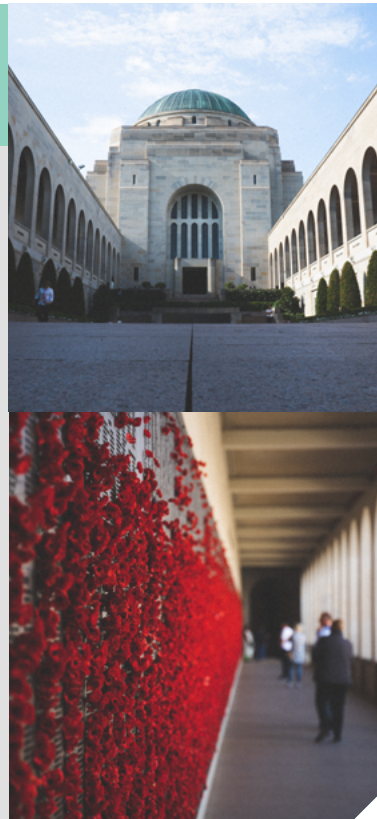
DAY PLAN

War Memorial

At the base of Mount Ainslie sits the Australian War Memorial, an important landmark for both Canberra and Australia as a whole. First, visit the museum for a comprehensive overview of Australia’s military involvement throughout history. You’ll also find several temporary exhibitions taking place throughout the year, exploring particular wars or military content.

Then, make your way through the impressive shrine to the Tomb of the Unknown Australian Soldier. It represents all Australians who have been killed at war and is an emotional reminder of the sacrifices made by ordinary men and women on the battlefield.

The Australian War Memorial is open from 10am to 5pm daily, but closed Christmas Day. Entry is free.



Live music

There are several places to enjoy live music in Canberra. Here are some of the city’s best spots.

Within walking distance of ANU, Smith’s Alternative lives up to its name, providing a stage for Canberra’s up-and-coming musicians and other performance artists. There are events most nights of the week, accompanied by cheap wine, beer and cider. Student tickets are usually \$10. Events can be found on the Facebook page.

Transit Bar on Akuna Street in Civic hosts touring and local artists, with a different atmosphere every night. You never know what you’ll find at Transit, but punk, rock, rap and heavy metal are the dominant genres. Some shows are all-ages. Check the Facebook page for line-up and tickets.

An institution of Canberra’s live music scene, the Basement in

Belconnen has two stages, pool tables, pinball machines and two bars. Artists range from country to rock to reggae, conveniently located right near the Belconnen Bus Exchange. Check the website for upcoming gigs.

UC Refectory at the University of Canberra is the biggest dedicated live music venue in the city. It’s the place to be for sold-out electro, indie, pop and hip-hop shows every week, with affordable drinks and a party atmosphere. Downstairs, the UC Hub hosts regularly hosts more intimate gigs.

Kambri at ANU is a great venue that hosts local and international music acts, as well as regular talks and film events. Check out the Kambri at ANU website for upcoming events.

GIG GUIDES

Your first stop should be the CBR DIG Facebook page. Riot Act and BMA Mag also have local gig guides. For national tour announcements, keep an eye on Triple J. You can also set up show alerts on BandsInTown.

www.facebook.com/CBRDIG
www.the-riotact.com
www.bmamag.com
www.abc.net.au/triplej/events
www.bandsintown.com
www.kambri.anu.edu.au/culture-events

Southside

Canberra's Southside is divided into three areas: the Inner South, Woden and Tuggeranong. On the edge of town, you'll find Namadgi National Park and Tidbinbilla Nature Reserve.



Highlights

Although most tertiary campuses are located north of Lake Burley Griffin, the Southside does have a small Charles Sturt University campus (Barton) and two CIT campuses (Woden and Tuggeranong), as well as some of Canberra's most prestigious schools.

The Inner South, including the leafy suburbs of Kingston, Manuka and Yarralumla, is one of Canberra's oldest parts. The city's most famous institutions can be found here, from Parliament House to the National Library and National Gallery of Australia, as well as cute places to eat and plenty of green spaces to explore. At Manuka Oval you can catch cricket or AFL games depending on the season.

Go for a stroll along the Kingston Foreshore, a lakeside strip of restaurants, cafes and pubs, and grab a healthy breakfast at Local Press Café or a burger from Brodburger, then explore the cute shops in Manuka and Kingston.

Penny University is another cool breakfast spot, and Muse, a bookshop and restaurant at East Hotel, is perfect for a special occasion. You can drop by Public in Manuka for a beer or a cocktail.

Woden is popular with young professionals thanks to its wide range of amenities and affordable rental prices. Westfield Woden shopping centre has everything you need to get started when you arrive in Australia, including food, homewares, clothing and banking.

Specialty grocery stores like Asian Provisions, New Spice World, Spice Market Indian groceries and Mawson Asian Groceries can also be found near Woden. You can check out Stand By Me or Fox & Bow for excellent coffee and brunch. Griffith Vietnamese and Daana Indian restaurant in Chifley serves up authentic Asian cuisine. The Mustang Nepalese restaurant in Farrer is another reliable option, as is Abell's Kopi Tiam Malaysian in Manuka.

A 20-minute drive south will bring you to Tuggeranong, Canberra's southernmost area.

In Tuggeranong, the South.Point shopping centre includes grocery stores, a cinema, health services and fashion. Ace High Eatery and Bar is Canberra's top American-style diner, and Goodberry's Creamery is a beloved frozen custard dessert bar. Asian Noodle House and Streets of Asia serve classic Pan-Asian dishes at affordable prices.

Community facilities

Woden and Tuggeranong libraries are open seven days a week, with free access to study areas, computers, wi-fi, and printing. In Woden, the English conversation group takes place on Mondays from 10 to 11.30am and Thursdays from 12.30 to 2pm. In Tuggeranong, you can drop in on Mondays from 6 to 7pm.

Tuggeranong Community Health Centre offers a walk-in service on weekdays. Phillip Medical & Dental Centre is open seven days a week and until 10pm Monday to Thursday.

Manuka Swimming Pool is an art deco-style facility with a 30-metre outdoor pool and cafe. Entry is \$5 for students. Phillip Swimming & Ice Skating Centre is fun all year round, with an outdoor pool and indoor skating rink. Entry to the pool is \$7 and entry to the ice skating rink starts at \$15 plus \$5 skate hire.

On the Southside there are a range of places of worship, including Catholic, Baptist, Anglican, Uniting, Pentecostal and Greek Orthodox churches, the Canberra Austral-Asian Christian Church, the Canberra Mosque, the Canberra Sikh Association and the Tibetan Buddhist Society.

Unique experiences

At Tidbinbilla, discover Australia's contribution to space exploration. The Canberra Space Centre is part of the Canberra Deep Space Communications Complex, which participates in NASA's Deep Space Network (DSN) to support interplanetary spacecraft missions and radio and radar astronomy observations.

Here, see the largest antenna complex in the Southern Hemisphere, a piece of Moon rock that's over 3.8 billion

years old, spacecraft models, and other memorabilia. The Canberra Space Centre is open every day. Entry is free.

If you've ever been curious about what happens to your recyclables after you put them in the recycling bin, you can check out the Recycling Discovery Hub in Hume. Visiting the Recycling Discovery Hub is entirely free, and you'll learn a lot about what and how to recycle in Canberra. Trust us – it's an interesting and educational experience!

www.bit.ly/RecyclingOpenDays



DAY PLAN

Fyshwick

The outer southern suburb of Fyshwick was once a more industrial area, but in recent years it has begun to flourish. Now, there are plenty of fantastic eateries, pubs and shops to check out, making it a place well worth visiting.

Designer Op Shop Emporium: Made up of a collective of local businesses, the Emporium is home to pre-loved designer fashion, vintage and retro gems, homewares, flowers and a cafe.

Wildflour Bakery: Here you'll find melt-in-your-mouth croissants, plus sandwiches, sausage rolls, all-day brekky and pretty cakes and pastries. Make sure to buy a loaf of sourdough for later.

Capital Brewing Co.: Visit this brewery for great IPA and pale ales in a friendly atmosphere, plus the famous Brodburger food truck. Tours also available.

BlocHaus: BlocHaus Bouldering is great for both first-timers and more experienced climbers, with classes and coaching available.

ONA Coffee House: Founded by world barista champion Sasa Sestic, ONA is a temple to all things coffee. Try cold brew, filter coffee and reserve-grade espresso.

Fyshwick Fresh Food Markets: Open Thursday to Sunday, you'll find fresh produce, dining options and specialty Asian and African grocery stores. Make sure to try a Krofne donut.

Canty's: Canberra's favourite second-hand bookshop has over one kilometre's worth of shelves. It's the ideal place to unearth a bargain.



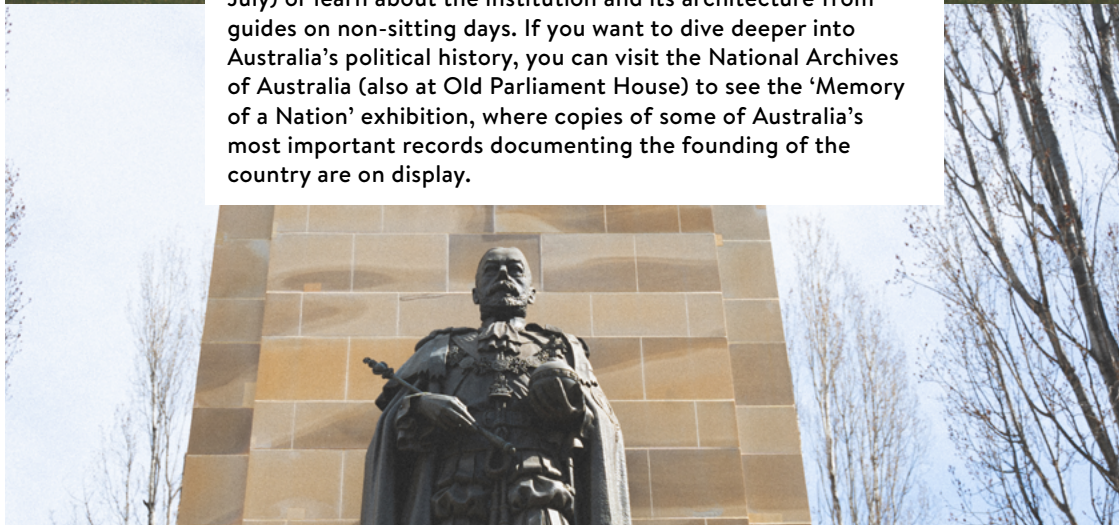
Australian democracy

As Australia's capital city, you can visit Old Parliament House, the current Parliament House and the High Court of Australia in Canberra.

Old Parliament House was the home of the Australian parliament from 1927 to 1988 and now houses the Museum of Australian Democracy. Exhibitions have included a series of political cartoons and an exploration of democracy in Australia and around the world. Entry is only \$1 for students. In 1972, the Aboriginal Tent Embassy was established on the lawn of Old Parliament House to call attention to the struggle for Indigenous land rights. Activists still occupy the Tent Embassy today.

Presiding over the Parliamentary Zone in the Inner South, the current Parliament House is also open to visitors. You can watch Question Time, when government ministers are required to answer questions from members of parliament. Question Time usually starts around 2pm. There is also a free tour that covers the history of the building and the art on display throughout, as well as exhibitions, at 9am, 11am, 1pm, 2pm and 3.30pm daily.

At the High Court of Australia, you can see the judges in action on sitting days (two weeks of every month except January and July) or learn about the institution and its architecture from guides on non-sitting days. If you want to dive deeper into Australia's political history, you can visit the National Archives of Australia (also at Old Parliament House) to see the 'Memory of a Nation' exhibition, where copies of some of Australia's most important records documenting the founding of the country are on display.



Belconnen

Home to the University of Canberra and CIT, as well as Lake Ginninderra and Westfield Belconnen shopping centre, Belconnen is located west of the city centre.



Highlights

A 20-minute drive or a half-hour bus ride from Civic, this area is an easy choice for UC students and is often more budget-friendly than the city and Inner North when it comes to rent and eating out. The suburbs of Kaleen, Giralang and Florey have lots of cheap housing, as well as the student residences in Belconnen. The name Belconnen can refer to both the wider area and the central suburb.

Many of Belconnen's outer suburbs also have their own smaller set of shops with the basics. If you're looking for cheap clothes, footwear and homewares, op shopping could be the solution. Op shops (short for opportunity shops) are second-hand stores that operate across Australia.

People donate their unwanted goods to op shops where they are then resold, with prices ranging from around \$2 to \$20 depending on the item. Volunteers run the stores and all the profits go to charity. Vinnies and Salvos are the two biggest op shop organisations, and both can be found in Belconnen.

For first-rate coffee, head to Chatterbox Espresso Bar or Cafe 2617 near Westfield. Ricardo's Cafe, at Jamison Plaza, is the place to go for a

classic Aussie breakfast, and the cakes are gorgeous too.

Chong Co Thai and Pho Hub offer tasty, fresh Southeast Asian cuisine. Malaysian Chapter has an extensive halal menu as well as quite a few vegan dishes, and the Hungry Buddha Nepalese restaurant is also vegetarian-friendly.

Belconnen's after-dark scene is booming, with the Lighthouse for pub meals and sport, the Pot Belly and the Basement for live music, and Bolt Bar for great food and craft beer. On Fridays, the Boardwalk hosts a queer club night.

If you're craving a taste of home, you'll probably find the ingredients you need in Belconnen. Apna Indian Bazaar is known for its wide range of spices, and Capital Groceries and Angkor What stock Southeast Asian items. Nikki Cosmo sells Japanese and Korean cosmetics, while Asian Supa Grocery has Chinese, Korean and Japanese essentials.

Community facilities

Belconnen Library is open daily, with an extensive collection of reading materials, including books in languages other than English. The Belconnen English conversation group takes place on Thursday from 10am to 12pm.

Belconnen Community Health Centre offers walk-in consultations on weekdays.

At the Canberra International Sports and Aquatic Centre (CISAC), you'll find a gym, aquatic area, and medical and health facilities. There's also an Olympic-size swimming pool and swimming lessons for all ages.

The Belconnen Arts Centre hosts exhibitions, classes and workshops, including yoga, visual arts, Bollywood dancing and flamenco. If you prefer watching sport, Bruce is home to the Canberra Raiders (rugby league) and the Brumbies (rugby union), who play at GIO Stadium.

Lutheran, Presbyterian, Anglican, Uniting, Baptist, Christian and Coptic churches are in Belconnen, as well as the Islamic Society of Belconnen, Belconnen Crescent Prayer Hall, the Hindu Temple and Cultural Centre, and the Khemamarangsi Wat Buddhist Temple.

Unique experiences

Just north of Belconnen, Gold Creek Village offers weird and wonderful activities. Cockington Green Gardens, for example, has a collection of miniature houses and monuments from around the world, including Machu Picchu and traditional English cottages, plus a miniature steam train ride. Cockington Green is open daily and costs \$21 to enter.

Around the corner, the National Dinosaur Museum has a collection of skeletons, murals, models and fossils, as well as famous robotic dinosaurs.

The museum is open daily and entry costs \$12 for students.

If you want to come face-to-face with the real thing, you can meet snakes, lizards and crocodiles at the Canberra Reptile Zoo. The Zoo is open daily and entry costs \$11 for students. Also at Gold Creek, the Canberra Walk-In Aviary allows visitors to get up close and personal with birds of over 60 different species. Open daily, entry costs \$13 for students.





STUDENT TIP

“Goodberry’s is a frozen custard shop located in Belconnen. Their frozen custards are the best treat in summer and a good deal.”

Elaine, Hong Kong

Studying at ANU

WHERE TO SHOP

Westfield

Westfield Belconnen is the area’s biggest shopping centre. Here are a few of the centre’s must-visits.

1. ALDI for budget groceries, homewares and special deals.
2. Kmart, which offers all kinds of furniture and homewares for decorating on the cheap.
3. Easy Way for on-the-go bubble tea or Breadtop for tasty snacks.
4. iPlay for arcade games and prizes, or HOYTS Cinema for the latest blockbusters.
5. Chong Co for Thai, KorBQ for Korean barbeque, or Panda Crepes for Chinese waffles and crepes.



CHEAP CHOICE

The Bavarian has a very generous happy hour from 4-6pm every day, with \$5 beers, wines and spirits, and \$1 chicken wings. On Tuesdays you can get 2-for-1 schnitzels.

Ordering coffee

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



LATTE



FLAT WHITE



CAPPUCCINO



LONG BLACK



ESPRESSO



MOCHA



Coffee Shot



Warm Milk



Water



Chocolate Powder or Syrup



Milk Foam

A year in Canberra

JANUARY

AUSTRALIA DAY

26 Jan

There's nowhere better to celebrate Australia Day than in the nation's capital, with free music, sport and fireworks by the lake at Regatta Point.

www.events.act.gov.au

FEBRUARY

NATIONAL MULTICULTURAL FESTIVAL

21-23 Feb

A large selection of free events and performances to celebrate Australia's multiculturalism, plus some of the best food in the city.

www.multiculturalfestival.com.au

ENLIGHTEN

28 Feb-15 Mar

The city comes to life with a range of architectural projections and events, including the celebration of Canberra Day on 11 March, after-dark museum and gallery openings and the Canberra Balloon Spectacular.

www.enlightencanberra.com

APRIL

GROOVIN THE MOO

25 Apr

This touring music festival brings a selection of exciting acts to Exhibition Park in Canberra. Line-up announced in January.

www.gtm.net.au

ANZAC DAY

25 Apr

Attend the Dawn Service at the Australian War Memorial, paying tribute to those who have served in Australia's armed forces.

www.awm.gov.au

NATIONAL FOLK FESTIVAL

9-13 April

From high-end entertainment to grassroots and community activities, the National Folk Festival is the ultimate celebration of all things folk.

MAY

CANBERRA INTERNATIONAL MUSIC FESTIVAL

1-10 May

Enjoy classical music played by talented performers at Canberra's most recognisable venues.

www.cimf.org.au

JUNE

THE TRUFFLE FESTIVAL

Jun-Aug

Taste local truffles through a range of culinary events and a large truffle hunt.

www.trufflefestival.com.au

JULY

NAIDOC WEEK

5-12 July

Celebrate Aboriginal and Torres Strait Islander history, culture and achievements.

www.naidoc.org.au

SEPTEMBER

FLORIADE

12 Sep-11 Oct

Canberra's long-running spring flower festival is a must-attend event in the calendar. After dark, Floriade becomes an illuminated wonderland with Nightfest, which includes live music, movie nights and international comedians.

www.floriadeaustralia.com

OCTOBER

CANBERRA NARA CANDLE FESTIVAL

24 Oct

A visually spectacular festival celebrating the relationship between Canberra and Nara, with Japanese and Australian culture on show.

www.events.act.gov.au/nara

NOVEMBER

CANBERRA INTERNATIONAL FILM FESTIVAL

A retrospective film festival highlighting the work of Australian filmmakers at home and abroad.

www.ciff.com.au

DECEMBER

NEW YEAR'S EVE IN THE CITY

31 Dec

Celebrate the new year in style with free live music and fireworks in Civic Square and plenty of events at Canberra's clubs and bars.

www.events.act.gov.au/nye

A week in Canberra

MONDAY

At Dendy Cinema Canberra, members tickets are half-price on Mondays, meaning students can see a movie for just \$6 (you can also bring a friend for the same price). Club Dendy membership costs \$14 for one year and includes perks like access to early screenings, candy bar discounts and a free ticket on your birthday.

TUESDAY

Latin Tuesdays, hosted by Salsabor Dance Studio, takes place at the Highball Express Bar near ANU each Tuesday. The evening begins with a free Latin dancing taster class, followed by a \$5 continuation class and then social dancing. Beginners, singles and groups are all welcome and entry is \$12.

WEDNESDAY

Smith's Varietal is the place to find the most experimental acts in Canberra's arts community, from comedic burlesque to slam poetry. The friendly crowd and cosy setting will make you feel right at home. It's on from 9.30pm every Wednesday at Smith's Alternative. Entry is \$10 at the door.

THURSDAY

Test your knowledge with your friends at Trivia Night every Thursday at King O'Malley's pub in Civic. There are \$15 pizzas on the menu, as well as a \$50 bar tab for the winning team. The challenge begins from 6.30pm with free entry.

FRIDAY

Whether you're a snow bunny or have always wanted to learn how to ski or snowboard, Freestyle Fridays at Vertikal Indoor Snow Sports in Fyshwick have got you covered with a discounted \$50 ski or snowboarding session and \$5 Jindabyne Brewing beers, plus music, pool tables and indoor snow machines.

SATURDAY

Every Saturday morning, you can join a free, timed five-kilometre run at the Burley Griffin parkrun. The parkrun focuses on improving your own personal best time rather than racing against other runners. The post-run coffee session is a great way to meet fellow athletes.

SUNDAY

Held in an old warehouse near the Kingston Foreshore, the Old Bus Depot Markets sell handmade art, jewellery, fashion and collectibles. You can try Laotian or Ethiopian food, as well as a delicious range of baked goods like bagels, cupcakes, empanadas, cannoli and burek. The market is open every Sunday from 10am to 4pm.

Fun activities

SEGWAY

Riding a Segway around Lake Burley Griffin is one of Canberra's most iconic activities. With Seg Glide Ride, you can take a 15-minute, 30-minute or one-hour tour with multiple departures every day. Gliding along on a Segway is surprisingly easy; simply lean forward to accelerate and back to slow down. You will need to arrive 30 minutes before your ride time to practise.

The Seg Glide Ride guides will lead you around the foreshore, past many of Canberra's famous landmarks.

www.segglideride.com.au

ESCAPE ROOMS

If you've ever wanted to be transported into an adventure novel, an escape room is about as close as you can get. Escape rooms offer themed experiences that require you and your friends to solve a series of puzzles within a set timeframe.

Try Expedition Escape Rooms in Civic, Escape Rooms Canberra in Phillip, Revelation Puzzle Rooms in Fyshwick, or Riddle Room in Mitchell.

www.expeditionescaperooms.com

www.escaperoomscanberra.com

www.revelationpuzzlerooms.com

www.riddleroom.com.au

HIKING

As Australia's bush capital, Canberra is surrounded by parks and reserves where you can go for a casual bushwalk or a more challenging hike. The Mount Ainslie Walking Trail takes around two hours and offering gorgeous views across the city and the lake. There are dozens of other places to explore on foot that are close to the city, including Mount Majura, Red Hill and Black Mountain.

At Tidbinbilla Nature Reserve and Namadgi National Park, you're guaranteed to see kangaroos and perhaps an emu, platypus or wallaby in these protected spaces.

MINI GOLF

If the sun is shining, make the most of it at Lake Walter Miniature Golf at Yarralumla Play Station, right on Lake Burley Griffin and filled with replicas of Canberra's most recognisable landmarks.

South of the lake, Jungle Golf at Power Kart Raceway in Griffith is not only jungle-themed, but also glows in the dark.

Mini Golf King at the Canberra Outlet Centre in Fyshwick is also indoors, with an American-style, themed indoor mini golf centre.

www.yarraps.com.au

www.powerkarts.com.au

www.minigolfking.com.au



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Camping

A huge benefit to studying in Canberra is the chance to make the most of the outdoors. You can find out about nature reserves and book a campsite through Access Canberra. Before you set out, it's important to be prepared to spend a night in the bush. Camping will be much easier with a car, so organise a group of friends to share the costs of a rental. Make sure you pack enough food and water, as well as a tent, sleeping bag, warm clothes, sunscreen, and insect repellent. Don't forget to check the fire regulations with the park or reserve you are planning on visiting.

www.accesscanberra.act.gov.au

Cotter Campground, on the banks of the Cotter River, is the most accessible and well-serviced campsite from the city, just a 25-minute drive from Canberra. Hot showers, drinkable water, flushing toilets, dishwashing facilities and barbecues are also provided. The camping fee is \$10 per student per night, and bookings are not required.

Honeysuckle Campground is within walking distance of the Booroomba Rocks, a popular hiking destination in Namadgi National Park, and under an hour's drive from Canberra. There are no bins or firewood and the rainwater supply is not guaranteed so it is best to bring your own. Camping fee is \$6.50 per student and bookings are essential.

At Blue Range Hut, on the edge of Brindabella National Park, you can either camp or rent the hut itself if you don't have a tent. The camping fee is \$6.50 per student per night, while the hut hire fee is \$65 per night for up to six people. Bookings are essential.

HOSTELS

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

www.yha.com.au

Travel

Get out of the city to explore some of the best natural beauty and quaint towns Australia has to offer. Here's our guide to Canberra's best travel spots.

Short trips

NAMADGI

The Namadgi Visitor Centre is a 30-minute drive south of Canberra and should be your first stop for exploring this expanse of natural wilderness. At the Visitor Centre, the staff can provide maps and advice on things to do and where to visit in Namadgi National Park, as well as regular free tours. There are plenty of hiking trails, campsites and lookouts to choose from, as well as kangaroos, birds and other native animals to see. Follow the Yankee Hat walking track to the Aboriginal rock painting sites at Yankee Hat rock shelter, or take a short hike to Booroomba Rocks for stunning views.

MURRAMBATEMAN

At the heart of Canberra's wine district, Murrumbateman is known for its shiraz and riesling varieties. The Canberra region's most well-known winery, Clonakilla, has a cellar door that is open seven days a week. Shaw Wines and Helm Wines are also worth checking out. Some wineries charge a \$5 per person fee for tastings, but others are free. There is no obligation to buy but it is polite for groups to purchase a bottle after a free tasting. Make sure to organise a designated driver who won't drink for the 45-minute trip to and from Canberra, as well as between the wineries.

TIDBINBILLA NATURE RESERVE

Tidbinbilla Nature Reserve is a protected area on the edge of Namadgi National Park, covering over 50 square kilometres. It is around an hour's drive south of the city centre. Like Namadgi, Tidbinbilla is the traditional Country of the Ngannawal Aboriginal people. You can visit the Birrigai Rock Shelter, the oldest Aboriginal site within the Australian Capital Territory, where evidence was found of Aboriginal occupation going back 25,000 years. Tidbinbilla is known for its koalas, as well as the Sanctuary, a large wetland system protected by predators where platypus can often be found.



Longer trips

SNOWY MOUNTAINS

Canberra is located relatively close to the Snowy Mountains; it takes around 2.5 hours to drive to Australia's best ski slopes of Thredbo or Perisher Valley. Standing at 2,228 metres tall, you'll also find Mount Kosciuszko nearby, which is Australia's highest peak.

Visit in the warmer months (November to May) for some of Australia's best mountain biking (on the ski slopes!) or a laid-back hike through the majestic scenery. In winter, go skiing or snowboarding. Murrays Coaches offers a snow day trip package from 3 July that is one of the most affordable options. It includes return transport, ski hire, lift passes and a lesson for \$185, or just transport for \$80.

SYDNEY

Sydney is an easy three-hour drive or bus trip from Canberra, with Murray's bus departures every hour. Visit iconic landmarks like the Sydney Harbour Bridge, Circular Quay and Sydney Opera House, and wander through the Royal Botanic Garden and historic Queen Victoria Building shopping arcade.

Sydney's favourite beaches including Bondi, Bronte and Coogee are easily accessible from the city centre. After dark, try Japanese-themed Tokyo Bird or Mexican-inspired Tio's for a cocktail. There are lots of youth hostels that offer affordable accommodation and the chance to meet fellow travellers, including Wake Up! Central Sydney and Bondi Backpackers.

SOUTH COAST

While it may not have its own beach, Canberra is only two hours away from Batemans Bay, the gateway to the gorgeous beaches of NSW's South Coast. To the north, Hyams Beach in Jervis Bay is famed for its dazzling white sand and is a great place for swimming. Make sure to only swim between the red and yellow flags when a lifeguard is on duty.

Surf Beach and Malua Bay Beach near Batemans Bay, as well as Hyams, Broulee Beach, Moruya Beach and Tuross Beach are all patrolled during the warmer months. There are also lots of campgrounds in the area, where you're likely to wake up to kangaroos grazing around your tent.

Key contacts

CONTACT NAME	WHEN WOULD I USE THIS SERVICE?	CONTACT DETAILS
ACCESS CANBERRA	The one-stop shop for all ACT government services including road safety, driver and vehicle licensing.	13 22 81 accesscanberra.act.gov.au
ACT HEALTH	ACT Health provide a range of health care facilities and services, including operating Canberra Hospital	13 22 81 health.act.gov.au
ACT POLICING	Apart from police assistance they can provide information on safety and security across life in the ACT.	000 (emergency) 13 14 44 (non-emergency) police.act.gov.au
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
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
CANBERRA RAPE CRISIS CENTRE	For confidential counselling and advocacy for women and children who have experience any form of sexual violence.	crcc.org.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

CONTACT NAME	WHEN WOULD I USE THIS SERVICE?	CONTACT DETAILS
DEPARTMENT OF HOME AFFAIRS	This government department handles visa enquiries and issues.	immi.homeaffairs.gov.au
EMERGENCY SERVICES	In case of emergency, dial Triple Zero (000) to connect with Police, Fire and Ambulance services.	Dial Triple Zero (000)
FAIR WORK OMBUDSMAN	If you require assistance understanding your workplace rights and responsibilities.	13 13 94 fairwork.gov.au
HEALTHDIRECT AUSTRALIA	Outside of GP consultation hours their trained staff can help you treat non-urgent illnesses.	1800 022 222
IDP	Assistance with assessing study options, including courses, applications and student visas.	1800 664 700 idp.com/australia
LEGAL AID ACT	Free legal information services to help you understand the law.	legallaidact.org.au
LIFELINE	If you need someone to talk to about your mental health, this resource is a crisis support hotline.	lifeline.org.au
MIGRANT AND REFUGEE SETTLEMENT SERVICE	Support services to help sort out issues while you are here.	marss.org.au
NATIONAL HOME DOCTOR SERVICE	If you require a doctor urgently on weeknights, weekends or public holidays.	13 SICK (13 7425) homedoctor.com.au
NATIONAL SEXUAL ASSAULT, DOMESTIC FAMILY VIOLENCE COUNSELLING SERVICE	Open 24 hours to support you if you have been impacted by sexual assault, domestic or family violence and abuse.	1800respect.org.au
OFFICE OF REGULATORY SERVICES	If you require detailed information about obligations and entitlements when buying products and services.	accesscanberra.act.gov.au
STUDY CANBERRA	For information on living and studying in Canberra. Study Canberra is here to ensure you have a positive student experience.	studycbr.com.au studycbr@act.gov.au

CONTACT NAME	WHEN WOULD I USE THIS SERVICE?	CONTACT DETAILS
STUDY IN AUSTRALIA	For basic information about studying in Australia, including information on the universities and useful contacts.	studyinaustralia.gov.au
TENANTS UNION ACT	For information about your renting rights and responsibilities. They can provide advice on issues you may have while renting.	tenantsact.org.au
TRANSPORT CANBERRA	To find out about buses and light rail, including ticketing information, timetables and more.	transport.act.gov.au
VICTIMS SUPPORT – RIGHTS AND RECOVERY	If you are a victim of a crime committed in the ACT you are eligible for some support or information from Victim Support ACT.	victimsupport.act.gov.au
WOMEN'S LEGAL CENTRE	If you are a female in need of legal support or a social worker.	womenslegalact.org

EMERGENCY

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



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- accommodation
- employment
- competitions and events
- study and student life
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