

International Student Guide

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Melbourne

A guide by local experts





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- Celebrating 25 years of success between Charles Sturt University and Study Group Australia Pty Limited.



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*QILT Graduate Outcomes Survey 2019 ^The Economic Intelligence Unit, 2019

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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.



JUST ARRIVED IN MELBOURNE?

The City of Melbourne runs a range of events and programs for international students.

Do you want to:

- Make new friends?
- Come to the Lord Mayor's Student Welcome?
- Attend free workshops, tours and performances?
- Learn leadership, employment and job search skills?
- Register for volunteer opportunities?

 Sign up to our newsletter at melbourne.vic.gov.au/internationalstudents

 Follow us on Facebook
[@cityofmelbourneinternationalstudents](https://www.facebook.com/cityofmelbourneinternationalstudents)



A message from the Lord Mayor of Melbourne

Welcome to Melbourne; I am delighted that you've chosen to make our city, one of the world's most liveable cities, your home while you study.

Did you know Melbourne is ranked the best city in Australia for students? And third best in the world, just behind London and Tokyo. We are proud to be a home away from home for our international students.

Our city is a world-class education hub with top-tier universities and many new innovative courses on offer. We have nine universities and more than 200 educational institutions and we offer a range of services, to help students feel welcome.

You have all come a long way to be here and are now one of almost 60,000 international students who have elected to study in Melbourne – or one of almost 30,000 who also call the city home.

We pride ourselves on embracing people from all walks of life; our city is home to people speaking 260 different languages and dialects and practicing 135 faiths.

International students are an important part of the fabric of this city and we want you to get involved and enjoy your new Melbourne life.

City of Melbourne has a range of events and programs to help you

settle in and set yourself up for success. Sign up to develop your professional skills at the Melbourne International Student Conference,

register for our International Student newsletter or get involved in one of our many volunteer programs like the City Ambassador International Student program. I hope to see you at the Lord Mayor's Student Welcome.

While you're here it's very important to us that you feel welcomed, respected and safe. We want every student to have a positive experience.

We hope you build a lasting connection with Melbourne, and I encourage you to experience everything our city has to offer. It is a great place to study and an even better place to live. You'll find so much to love here, whether your interests lie in the arts, sports, food or socialising.

I wish you every success in your studies and hope you feel at home with us during your stay.

**Sally Capp
Lord Mayor**



You are invited to a welcome dinner

Are you new to Australia? Do you want to meet local friends?
Do you love tasting food from different countries?
Want to learn more about Australian and other cultures?
Join us at welcome dinners held across Melbourne!



A welcome dinner connects international students with Australian residents over delicious food and conversations. Cook your favourite food or bring a dish from your culture and share it at a potluck dinner. Be touched and entertained by stories of life, love and change from the people you meet. Find out how much our multicultural and multifaith communities have in common. You will be surprised.

Participation is FREE!



Connect with us for more information and event updates

Website: www.welcomedinnerproject.org
Facebook: www.facebook.com/wdpvictoria
Instagram: www.instagram.com/the_wdp



A message from Study Melbourne

Welcome to Melbourne,
Australia's best student city

You'll love studying in Melbourne. There are so many ways to get involved, meet new friends, develop new skills and prepare for the career of your dreams. Free programs and services for international students are available through your education provider, your local council, student groups, and through Study Melbourne.

Come and say hi to us at the Study Melbourne Student Centre, in the heart of Melbourne at 17 Hardware Lane. Our multilingual team can help you find trustworthy information and support services. They can answer your questions about health, accommodation, safety, work rights, and managing your finances. There's also free wi-fi, a quiet space to study, and plenty of activities and events.

An initiative of the Victorian Government, we offer free help and support, cultural experiences and social events, and programs to help you prepare for career success. Our services are independent, confidential and free.

Stay in touch with
Study Melbourne:

- Subscribe to our monthly student newsletter
- Follow us on Instagram, LinkedIn, and WeChat
- Join our Facebook group – International students of Melbourne and Victoria

studymelbourne.vic.gov.au/insider



Quick facts

Royal origins

Melbourne was named to honour former British prime minister, William Lamb, who lived in the tiny English village of Melbourne.

Tram central

Melbourne's tram network is the largest outside Europe. There are currently 450 trams travelling over 244 kilometres of track.

Culturally diverse

Around one-third of Melbourne's population was born overseas. The most common birthplaces are the UK, India, China and Vietnam.

Home of invention

There are several everyday items that were invented in Melbourne, including aspirin, the bionic ear, the black box flight recorder, dim sims, and Australia's favourite spread, Vegemite!

Sporting capital

Melbourne is the birthplace of the Australian sport AFL and is the only city in the world to house five international standard sporting facilities.

Australia's first pizza

Toto's was the first pizza restaurant to open in Australia. Setting up shop in 1961, the restaurant is still located in Carlton, an inner suburb of Melbourne known as 'Little Italy'.

“

As someone studying art and humanities, I could not have chosen a better city. Melbourne is the art and culture capital of Australia!

Ethel, Philippines

Studying at the University of Melbourne

”



“

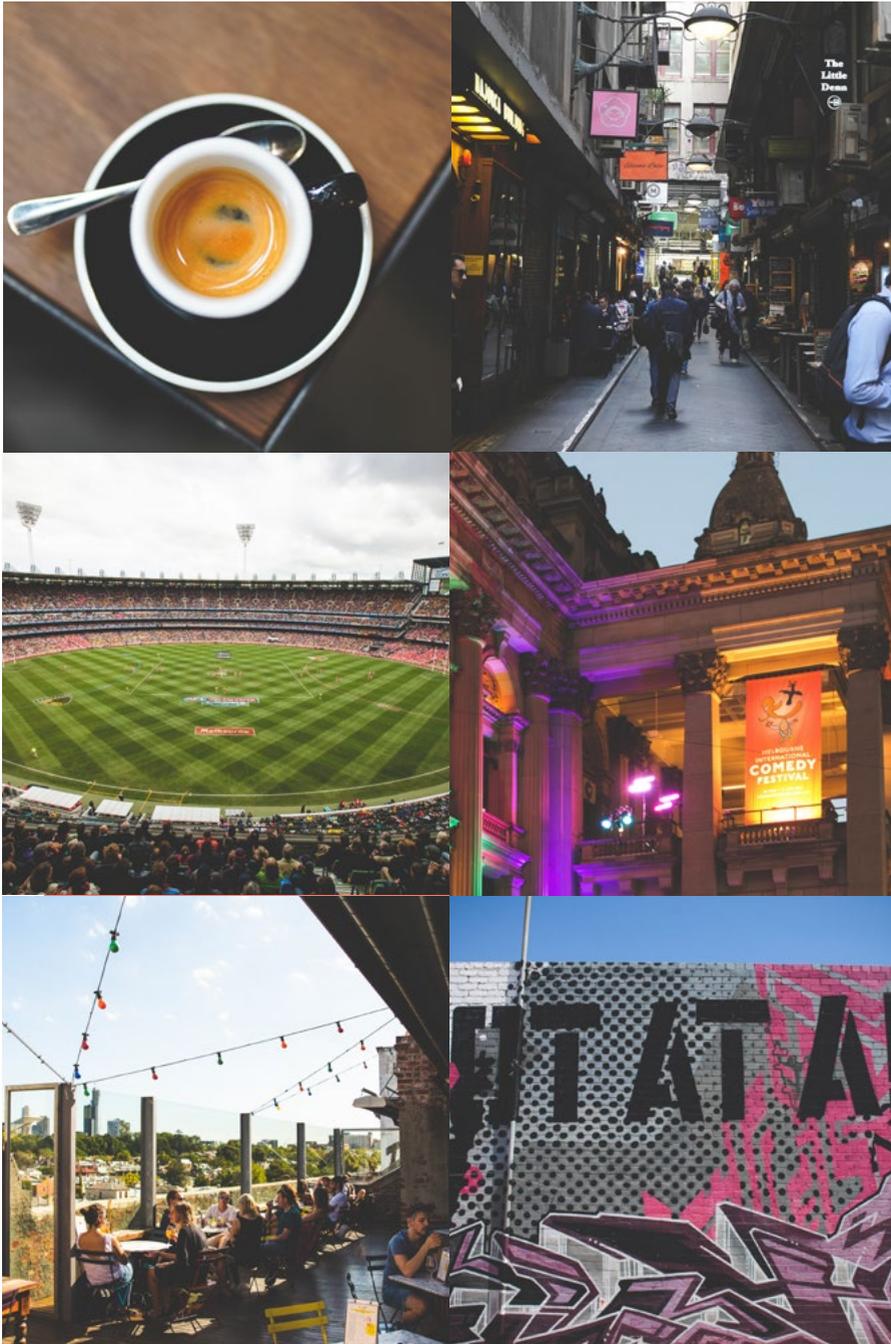
I love living in Melbourne because everyone is enjoying their life, and there's a friendly and diverse culture where people respect each other.

Felycia, Indonesia

Study Melbourne student ambassador

”





Must-do in Melbourne

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

1.

Get a caffeine hit

Melbourne is famous for coffee, so nearly every cafe will serve a very good cup of it.

2.

Explore the laneways and arcades

While you're here, check out the street art, cute cafes and local shopping boutiques.

3.

Watch a live AFL match

Pick a team and enjoy Melbourne's favourite sport from the spectator stands.

4.

Take in some live comedy

Melbourne is famous for hosting live comedy throughout the year and at the annual Melbourne International Comedy Festival.

5.

See the city from the top

You'll find plenty of rooftop venues and observation decks in Melbourne, including Naked for Satan, Rooftop Cinema and Eureka Skydeck.

6.

Get arty

The city is Australia's art capital. Check out the National Gallery of Victoria, Heide Museum of Modern Art and smaller galleries around Melbourne.

Your first week in Melbourne

1.



P. 73

Buy a myki card

You'll need a myki card to get around on public transport. Buy one from 7-11 stores and other selected retailers, as well as some train stations.

2.



P. 41

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. 37

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. 65

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.

Amanpreet, India

Studying at Monash University

“



“Melbourne is a well-organised city and just taking a walk in the city on a sunny day is amazing.

I like to try out different cuisines, which are easy to find in the restaurants situated in Southbank next to the Yarra River.

And nothing says Melbourne better than Federation Square, which is also next to St. Pauls Cathedral and right across the road from Flinders Street Station.”

FOR COFFEE

I am a huge fan of the laneway cafes. They offer the best combination of artwork and food that satisfies both your eyes and tastebuds.

FOR BREAKFAST

Higher Ground on Little Bourke St. I love the Benedict eggs, dry cured ham, Emmental, bearnaise, sourdough and vinegar powder.

FOR DINNER

Grand Lafayette in Prahran is the best Japanese on-table service buffet I have ever had. The scallops and the fried chicken bao were as good as they looked when the plate arrived.

MAKE SURE TO CHECK OUT...

Hosier Lane. With some of the best artworks and graffiti in Melbourne, Hosier Lane also offers a good shopping experience.

”



Make Study Melbourne part of your story

Connect with Study Melbourne for everything you need to thrive as an international student in Melbourne and Victoria

- ✔ Visit the Study Melbourne Student Centre at 17 Hardware Lane, Melbourne Monday to Friday 9am-5pm 1800 056 449 (24 hour)
- ✔ Download the *Unlock Melbourne* app
- ✔ Subscribe to our monthly newsletter
- ✔ Get an iUse pass – 50% off public transport for eligible students

Visit studymelbourne.vic.gov.au/insider and be part of a connected student community.

Authorised by the Victorian Government, 1 Treasury Place, Melbourne.



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 conversation groups on Meetup.com, as well as at local libraries and community centres. The City of Melbourne runs ESL Conversation Clubs. You can also join English Conversation Clubs at the Study Melbourne Student Centre.

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?
English Conversation Club	www.refugeofhope.org.au	A social way to practise your English skills. Run by every second Wednesday at the Study Melbourne Student Centre, 17 Hardware Lane, by Refuge of Hope.
ESL Conversation Club	www.melbourne.vic.gov.au	Informal English language conversation practice at City of Melbourne library branches.
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-\$550/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

\$50
CREDIT
PROMO CODE:
IGVIC

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 VIC.*

*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.

UniLodge

Where I want to be

BOP ON IN AMAZING STUDENT ACCOMMODATION



UniLodge is Australia's leading provider of student accommodation. There are more than 20 lodges located across Melbourne close to universities and colleges offering a safe, secure and supportive living environment – allowing you to focus on your studies.

EASE OF MIND Safe, secure and fully furnished.

LIVE WELL Wide range of apartment options including studio and multi-share.

RESIDENTIAL LIFE PROGRAM

Settle into your new home through our Residential Life Program.



FIND OUT MORE

+61 7 3233 3700

unilodge.com.au

info@unilodge.com.au

What support services are available for renters in Victoria?

Consumer Affairs Victoria can help you understand your rights when renting a room, apartment or house in Victoria. Visit the Consumer Affairs Victoria website to learn about bonds, condition reports and where you can ask for help with accommodation issues before and after you arrive.

www.consumer.vic.gov.au

Inner Melbourne Community Legal (IMCL) provides free legal services to

international students. IMCL has also created a series of illustrated stories, specifically for international students living in Victoria, to explain what to do (and who to contact) in several common circumstances.

www.imcl.org.au

Otherwise, Study Melbourne's International Students' Housing and Accommodation Legal Service is a free, confidential and independent legal service, provided by lawyers, to help international students. Call 1800 056 449 to make an appointment.

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.melbourne.vic.gov.au/pets

A message from Crime Stoppers Victoria & DELWP Victoria

Victoria is full of cute creatures, many of which you're bound to encounter during your time here. Seeing a native animal for the first time is a special experience and we kindly ask that you appreciate from a distance. Native wildlife in Victoria is protected for many reasons - including the safety of wildlife watchers - like yourself! Native animals are not to be taken as pets and serious penalties apply for keeping, selling or exporting Australian wildlife. If you have an exotic pet that has come from overseas or originates from overseas, Australia has strict importation laws and serious penalties apply if you bring these exotic pets into Australia illegally. For more information, please visit:

www.wildlife.vic.gov.au

HOW MUCH WILL MY BOND BE?

You will need to pay a bond in advance that will be returned at the end of your agreement if no damage has occurred and your rental payments are up to date. This bond is not legally allowed to be more than one month's rent if the rent is \$350 a week or less but can be more if the rent is more than \$350 a week.

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 Residential Tenancies Bond Authority.

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.

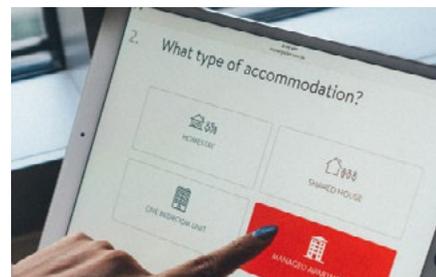
Rental scams

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 Melbourne.

www.insiderguides.com.au/colc



Giveaway time!

Want to enjoy Australia like a local?
Win free tickets to events, sporting
matches, experiences and more!

Head to our website for more information
[INSIDERGUIDES.COM.AU/GIVEAWAYS](https://www.insiderguides.com.au/giveaways)



START LIVING THE STUDENT DREAM



University Square,
Melbourne



Infinity Place,
Melbourne



Park Avenue,
Melbourne



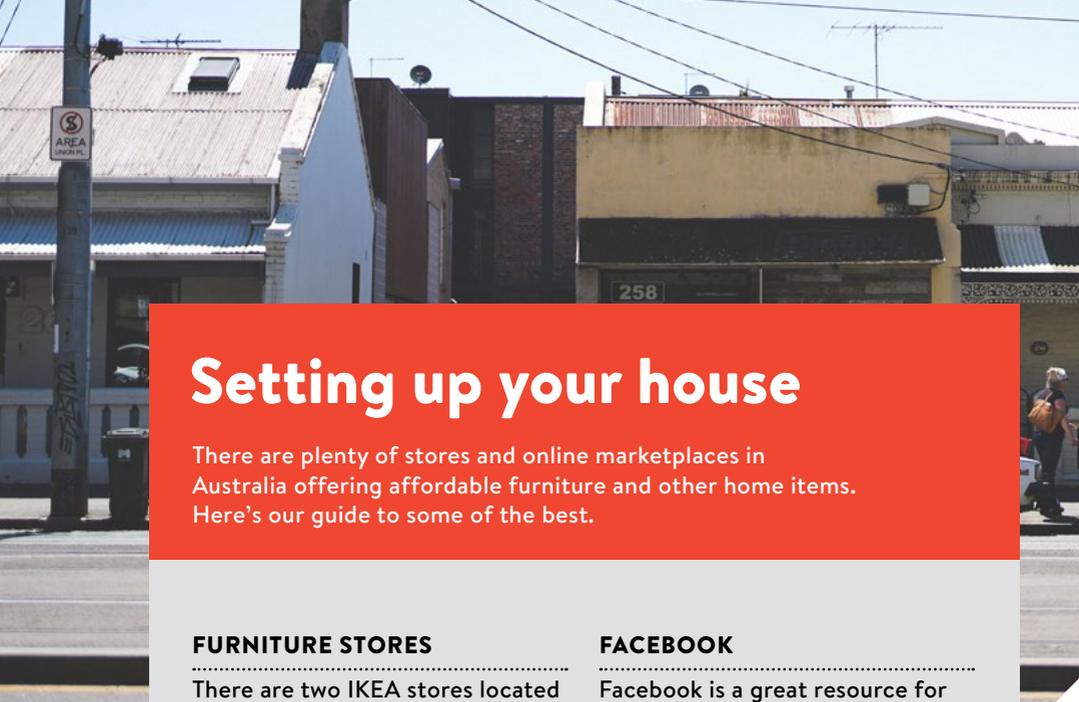
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🌐 [thestudenthousingcompany.com.au](https://www.thestudenthousingcompany.com.au)

THE
STUDENT
HOUSING
COMPANY



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 are two IKEA stores located in Melbourne (Richmond and Springvale), 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. Melbourne is home to several Vinnies, Salvos and Savers stores, as well as independent second-hand 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 Melbourne. There are also websites such as Zilch and Freecycle.

A bed you'll dream about all day



MALM
Bed frame, white,
Queen
890.094.84
\$299



RENBERGET
Swivel chair,
black.
603.394.18
\$69



KALLAX
Shelving unit,
white.
703.518.86
\$50



MALM
Chest of 2
drawers, white
103.546.42
\$69

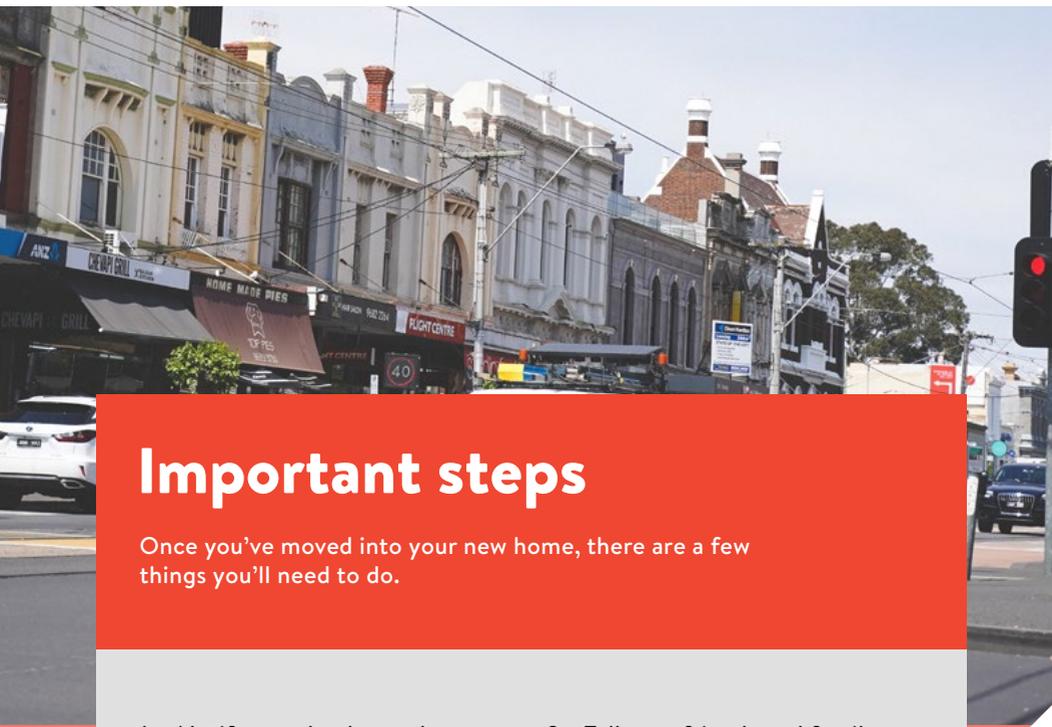
Shop in-store or online at [IKEA.com.au](https://www.ikea.com.au)

IKEA RICHMOND
630 Victoria street
Richmond Vic 3121
[IKEA.com.au/richmond](https://www.ikea.com.au/richmond)

IKEA SPRINGVALE
917 Princes Highway
Springvale VIC 3171
[IKEA.com.au/springvale](https://www.ikea.com.au/springvale)

Prices can only get lower until 31 July 2020, never higher. Prices are valid Australia wide.





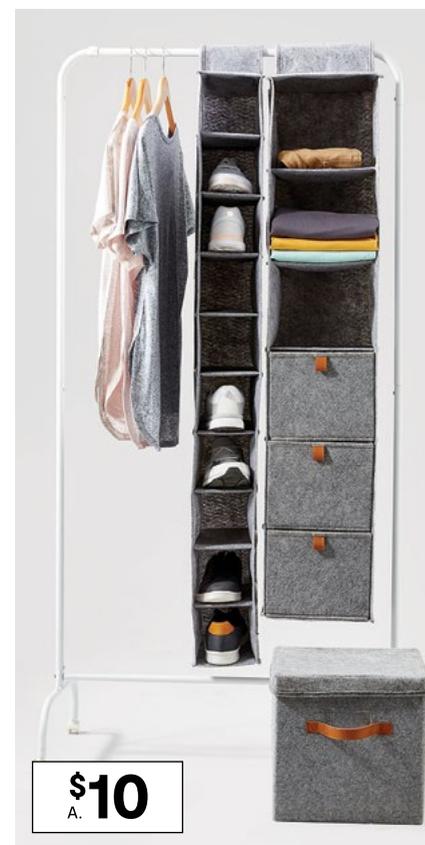
Important steps

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.

Low prices for life

Furnish your home with our low price dining, bedding and decor.



- A. Portable garment rack**
Size: 160(H) x 78(W) x 43(D) cm. \$10.
Accessories sold separately.
- B. Speckled dinnerware \$1.50ea.**
- C. Rex QB quilt cover set**
Includes: 1 quilt cover and 2 pillowcases. \$8.50 set.



This is an example of products available at Kmart. Prices shown may be subject to change, not all products will be available throughout the year and may not be available in all stores. Accessories are not included. The offer is valid from Jan 2020 to end Dec 2020. Visit our website www.kmart.com.au to see our product range.



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 Melbourne

Melbourne offers free wi-fi in certain parts of the city, including on CBD train platforms. You'll also find free wi-fi at Melbourne Airport – ideal if you've just arrived in Australia and need internet to navigate your way into the city.

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

The Study Melbourne Student Centre also provides free wi-fi, as well as several other study facilities.

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.com)

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.

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

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.

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.

Automatic Teller Machines (ATMs), contactless payment and PayID

Your debit card allows you to withdraw cash from most ATMs 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 resources are available 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. You can also use the MoneyHelp service if you need financial counselling.

www.moneyhelp.org.au

Where can I seek help for 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 you beat your gambling addiction, including Gambler's Help Victoria, Gambling Help Online and Chinese Peer Connection (for Chinese speakers).

www.gamblinghelponline.org.au

www.each.com.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 Melbourne.

- PERSONALISE YOUR EXPENSES
- COMPARE AUSTRALIAN CITIES
- ASSESS THE PRICES IN MULTIPLE CURRENCIES
- SAVE YOUR RESULTS FOR LATER

www.insiderguides.com.au/colc



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[holmesglen.edu.au](http://www.holmesglen.edu.au)

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Melbourne, Australia



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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.

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.

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.

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.

Australia's way to pay bills



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

How to pay with BPAY



Bill

Find the BPAY biller code and CRN on your bill.



Bank

Log in to your online or mobile banking.



Done!

Select BPAY, your preferred account, enter the BPAY details, amount and payment date.

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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.volunteeringvictoria.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.

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

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

Learn How to Find a Job in Australia

Online training tailored to teach you how to:

SUCCESSFUL GRADUATE

+ 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



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. 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.

Keep it as concise as possible and get somebody to proofread it for you. The Study Melbourne Student Centre offers one-on-one résumé help sessions every Tuesday and Thursday if you need feedback on your résumé.

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.

Prove yourself with your selfie.

With Australia Post Digital iD™, your identity has gone digital.

Use your phone to prove you're over 18 when heading out to participating venues in Victoria.



Use Keypass in Digital iD™ to enter participating licensed venues or purchase alcohol in Vic, Tas, ACT, Qld, and NT (excluding takeaway alcohol in NT).



Show your Digital iD™ to collect a parcel from the Post Office.



Prove who you are online wherever Digital iD™ is accepted.



Digital iD®

Find out more at DigitaliD.com



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!

STUDY MELBOURNE STUDENT CENTRE

If you think you need employment support, you can seek advice from Study Melbourne's International Students Work Rights Legal Service. For more information, or to make an appointment:

Email info@studymelbourne.vic.gov.au or call 1800 056 449

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



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)



Australian Government

Fair Work
OMBUDSMAN



[facebook.com/
fairwork.gov.au](https://facebook.com/fairwork.gov.au)



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



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



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ranked in the**

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- We offer a leading Career Ready program and help develop skills that employers value most
- Choose from over 90 clubs and societies where you can connect with your peers, make friends and network

latrobe.edu.au/international

1 Times Higher Education Best Universities in the Asia-Pacific Region, 2019
2 QS Best Student Cities, 2019



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**Want
guaranteed entry
into university?**



'Studying Health Sciences at La Trobe College Australia has taught me the skills I need to become a highly effective nurse. I love the fact I can go direct into the second year of a Bachelor degree and not lose any extra time! Thank you La Trobe College Australia!'

Anna
Diploma of Health Sciences

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

Our pathway programs in Melbourne range from 8 to 12 months and provide guaranteed entry into a corresponding degree upon successful completion*.

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

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

latrobecollegeaustralia.edu.au



LA TROBE
College Australia



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!

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 Melbourne.

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.

The Study Melbourne Student Centre at 17 Hardware Lane in the Melbourne CBD also offers study spaces, resources and referrals, all for free.

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.

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.



“

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



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 go to hospital and it's an emergency, 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) and DoctorDoctor (call 13 26 60).

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 also 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-age, you'll need to enrol them in school. The Victorian Government Schools International Education Program can provide more information on this.

www.study.vic.gov.au

If your children are younger, Melbourne has a wide network of childcare facilities. Your educational institution may provide childcare, but you can also get in touch with your local council to find childcare in your area.

More information on raising your children in Victoria can be found on the Victorian Government's Education and Training website.

www.education.vic.gov.au/parents

For support and information from qualified maternal and child health nurses, call the 24-hour Maternal and Child Health helpline on 13 22 29.

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

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

"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

"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

"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

Staying safe



Police in Victoria

Melbourne is a vibrant and safe place but like in every big city, crimes do happen.

In Victoria, friendly police officers and Protective Services Officers are here to protect you and keep you safe. We want everyone to feel welcome and safe in their homes and in public.

In an emergency, call Triple Zero (000).

You can also contact Crime Stoppers confidentially on 1800 333 000 or online at www.crimestoppersvic.com.au

For any advice and non-urgent matters:

- Attend your local police station
- Call the Police Assistance Line on 131 444
- Report online www.police.vic.gov.au/palolr

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.

CASA (Centre Against Sexual Assault) also provides 24-hour free and confidential support for any person

that has experienced sexual violence in Victoria. Call 1800 806 292.

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

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.

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

www.1800myoptions.org.au

www.mshc.org.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

Staying fit

Gyms

If you're keen to join a gym during your time in Melbourne, there are several options available including Anytime Fitness, Jetts, Virgin Active, 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

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, netball, dodgeball and other leagues are available all over Melbourne.

www.socialsport.com.au

www.justplay.com.au

LANGUAGE GROUPS

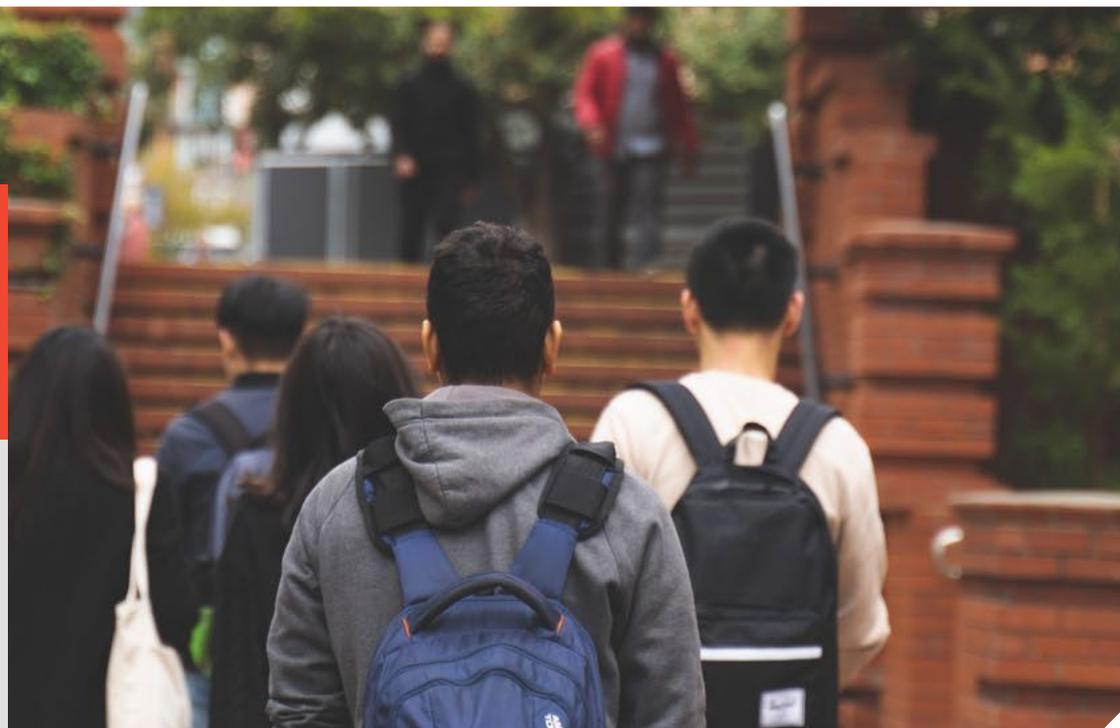
There's bound to be other international students in Melbourne looking to improve their English. There are countless English conversation groups happening all over the city; check your local library or community centre, or visit your education provider's website to find out more. You'll also find conversation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

WHERE CAN I MEET PEOPLE?

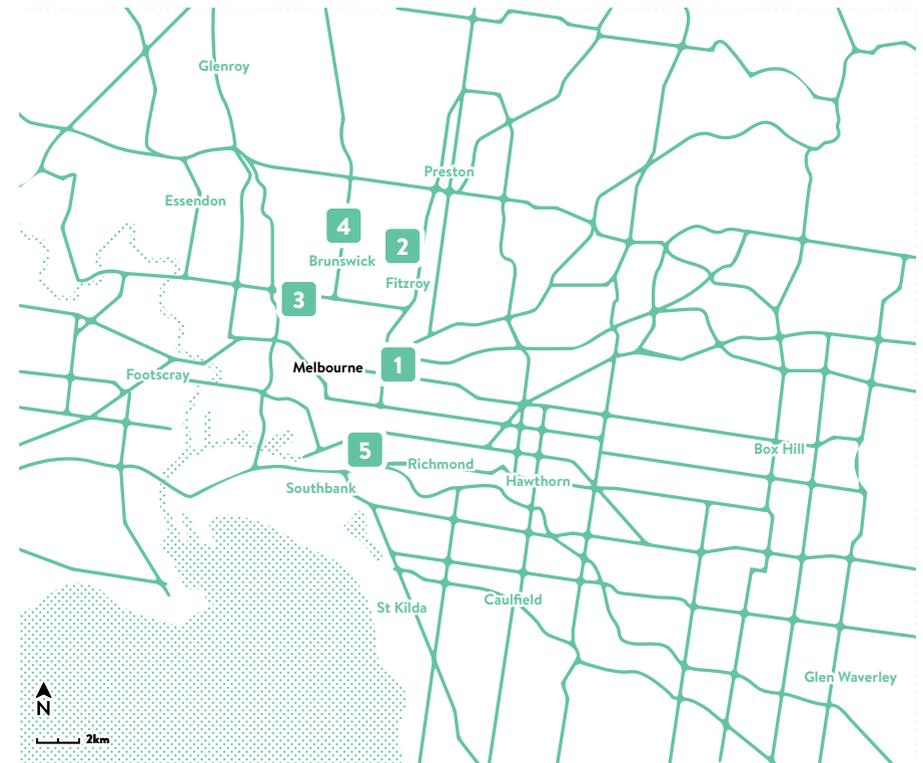
- Apps like Tinder, Bumble, OKCupid, Coffee Meets Bagel, Hinge, Happn and Plenty of Fish are popular in Australia and cater to various sexual preferences.
- Otherwise, pretty much any place we mentioned above under 'Making Friends' is bound to offer opportunities to meet potential dates!
- Remember to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

www.legalaid.vic.gov.au



Areas of Melbourne

- 1 CITY CENTRE**
 A constant hub of activity, the city centre is packed full of restaurants and exciting events throughout the year.
P. 84
- 2 CARLTON & FITZROY**
 Two of the hippest suburbs, these areas are full of nightlife, cool shopping and great eateries.
P. 90
- 3 NORTH MELBOURNE & PARKVILLE**
 Defined by their student population, green spaces and proximity to the city.
P. 96
- 4 BRUNSWICK & NORTHCOTE**
 Relaxed vibes with plenty of classic pubs, cheap dining options and live music venues.
P. 102
- 5 SOUTHBANK & SOUTH MELBOURNE**
 Packed full of new restaurants, creative spaces and spectacular views.
P. 104



Getting around

Melbourne's public transport system is envied across Australia. With 244km of tram lines weaving through the city and surrounds, you're only a short (and sometimes free) ride away from your next lecture, tutorial or coffee catch-up.

TRAMS

Unlike other Australian cities, Melbourne has an extensive tram network that stretches outward from the city centre. In fact, Melbourne's network is one of the largest in the world.

There are 24 tram routes around Melbourne. During peak times, trams will run every seven to 10 minutes. Trams are free within the centre of the city.

BUSES

The tram network rules central Melbourne, but if you live in the outer suburbs then buses may be a better solution. Bus frequency varies depending on the time of day. Popular routes are frequented every 10–15 minutes during peak times, and once every 20 or 30 minutes during the evenings.

TRAINS

Melbourne has 15 train lines stretching from the CBD into the outer suburbs. Trains are an effective solution for travelling to these outer suburbs but can become very busy during peak hours. On busy lines at peak hour, trains can run every four or five minutes. During off-peak times, some trains may only run every 20 minutes.

Melbourne is a large city, so for ticketing purposes it has been divided into two 'zones'. Zone 1 includes the CBD and the inner suburbs, while Zone 2 encompasses the outer suburbs.

For all your public transport enquiries, head to the PTV website. Here, you will find timetables, ticketing information, journey planners, maps, and phone numbers to call if you require information in a foreign language. If you would prefer to speak to someone in person, you can visit the PTV Hub located at Southern Cross Station, or call 1800 800 007.

www.ptv.vic.gov.au



The reusable myki card is easy to use. Follow these steps.

- 1** Visit the PTV website to find locations to buy and top up a myki. Option one is to top up your myki with money (good if you don't travel often). Option two is to buy a myki Pass for a set time period such as a week (ideal if you travel a lot).
- 2** Figure out your best public transport route. Use apps like the PTV App, MetroNotify or Tramtracker or simply ask at a PTV office at a station. Or, consult Google Maps.
- 3** Touch the card to the yellow card reader when you enter and exit a station or vehicle and your fare will be automatically deducted. Make sure you use your myki properly, as you can get fined if you haven't tapped on.

iUSEPASS FOR INTERNATIONAL STUDENTS

The iUSEpass reduces the cost of travel for eligible international students by 50% on the cost of a full fare annual pass. Check the PTV website to see if your institution is participating.

www.ptv.vic.gov.au/iuse

International students are not entitled to general student concession fares in Victoria, and the iUSEpass is the only discounted ticket available. Do not purchase student concession tickets as you risk being heavily fined.

Save over \$870 on travel.* That's smart.



One payment covers you for travel on public transport across Melbourne all year. To learn more about iUSE pass, visit ptv.vic.gov.au/iuse



Other transport options

Ridesharing

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

Other companies in the Melbourne market include GoCatch, DiDi and Ola,

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

Taxis

Taxis are another way to get around Melbourne. You can book one using an app, over the phone, online, hail one on the street or find one at a rank. When the dome light (on the roof) is lit up, the taxi is available for hire.

Ordering Taxis (phone or online)

13 CABS (132 227) - 13cabs.com.au

Silver Top Taxi Service - 131 008
silvertop.com.au

Yellow Cab Co - 132 227

Platinum Taxis - 9090 1800

Renting a car

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

www.vroomvroomvroom.com.au



Authorised by Public Transport Victoria,
525 Collins Street, Melbourne

*Saving based on comparing a yearly zone 1+2 iUse pass to a yearly zone 1+2 myki Pass. ^Cost of a yearly zone 1+2 myki Pass.

Student insurance you'll love. For real.

Back up your life. Not just your work.



Love your best bits

Protect the stuff that matters most to you.



Online mothership

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

We've got your back if where you live becomes uninhabitable.



Tech & gadgets

All your technology and gadgets can be covered with us.



getmicover.com/students

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 trains or traffic jams)

BUYING A BIKE

The cheapest overall option is to buy your own bike to use throughout your time in Melbourne. 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 driving on the road, you're expected to follow the same road rules as drivers. Check out the VicRoads website for more information.

www.vicroads.vic.gov.au

BIKE LANES

There are 135km of designated bike lanes and tracks around Melbourne, designed to keep you safe. Key bike lanes include La Trobe Street and St Kilda Road. You can contact your local council for an up-to-date bike map.

www.melbourne.vic.gov.au/parking-and-transport/cycling

LOOKING AFTER AND STORING YOUR BIKE

RACV Bike Assist is available to assist cyclists after accidents or mechanical issues. They will either fix the problem or provide you with a taxi to continue your journey.

www.racv.com.au

Parkiteer bike storage cages are available at train stations. If it's too far to ride to university or the city centre, ride to your nearest train station and store your bike there instead.

History of Melbourne

Pre-settlement

Various Aboriginal nations were living in the Melbourne area for around 30,000 years

P. 80

1835

The city's first and Australia's second university, the University of Melbourne, is founded

1851

The Victorian gold rush starts after gold is found in Mount Alexander

1857

Queen Victoria Market is opened

1865

Melbourne becomes the most populated city ahead of Sydney

1901

Australia becomes a united nation through the Federation of Australia. Melbourne is named the capital of Australia

1930

Champion racehorse Phar Lap wins the Melbourne Cup

1956

The Olympic Games are held in Melbourne

1986

The Rialto is built, making it the tallest building in the Southern Hemisphere at the time

2002

Federation Square is opened

Early 1800s

Several European explorers sail through the area

1847

Queen Victoria officially declares Melbourne a city

1853

The city's first and Australia's second university, the University of Melbourne, is founded

1859

Australia's oldest football (AFL) club, Melbourne Football Club, is established

1889

The first electric tram begins operation between Box Hill and Doncaster

1927

Canberra takes over the title of 'national capital' from Melbourne

1968

The National Gallery of Victoria is opened

1996

Melbourne hosts its first Australian Grand Prix

2006

The Commonwealth Games are held in Melbourne

Built on immigration

EARLY IMMIGRATION

The first wave of migration to Melbourne were those of Anglo-Celtic heritage who began to arrive in the 1830s. These migrants displaced the people of the Kulin Nation and started to clear land for the establishment of Melbourne as a city. Increased industry dramatically changed the face of the state, and made Victoria a very prosperous and multicultural place. Over 90% of the gold discovered in Australia was in Victoria, primarily in Bendigo and Ballarat.

THE GOLD RUSH

The 1850s gold rush brought people from around the world to Melbourne and is the first wave of significant migration from China. Around the streets and alleys off Little Bourke Street, you can witness the impact of this migration. Some of the shops and restaurants are located in the same spots as similar establishments dating back to this time.

WORLD WAR II

The end of World War II saw the arrival of displaced people from Italy. The Italian destination of choice was Carlton, and at one point the suburb had about 30% of its residents coming from Italy. To this day Lygon Street has retained its Italian identity and is full of Italian cafes, shops and restaurants. The first espresso machine in Melbourne was on this street, sparking Melbourne's now famous coffee culture.

GREEK POPULATION

Melbourne is said to have the largest Greek-speaking population outside of Europe, higher than most Greek cities. Significant Greek migration occurred from the 1940s to the early 1980s. The Greek impact on Melbourne can be witnessed across the city, but particularly in the area of Lonsdale Street between Swanston Street and Russell Street.

RECENT TIMES

Today, Melbourne is an incredibly diverse city. The most common countries of birth are India, China, England, Vietnam and New Zealand, but there are also significant Italian, Greek and Jewish populations residing in the city.

LEARN MORE

To learn more about Melbourne's migration history and to discover how various cultures have helped shape Australia, make sure to visit the Immigration Museum. Located on Flinders Street in the CBD, the museum is open daily from 10am to 5pm and entry is free for students.

Aboriginal culture

The Traditional Owners of the land on which Melbourne sits are the Kulin Nation. The Kulin Nation is formed by five different local Aboriginal language groups: Boon Wurrung (Bun-er-rong), Dja Dja Wurrung (Jar-Jar wur-rung), Taungurong (Tung-ger-rong), Wathaurung (Wath-er-rong) and Woiwurrung (Woy-wur-rung). Each of these groups was made up of six or more clans that would regularly meet. Melbourne remains an important meeting and gathering place for all Aboriginal and Torres Strait Islander People.

HISTORY AND CULTURE

To learn more about the Aboriginal history and heritage of Melbourne, visit the Koori Heritage Trust in Federation Square. Here, you can learn more about Aboriginal history and culture, view paintings, sculptures, textiles and a photographic archive, and go on a walking tour. Melbourne Museum is also home to the Bunjilaka Aboriginal Cultural Centre, which is a great place to learn more about Aboriginal history, culture and artefacts.

ART

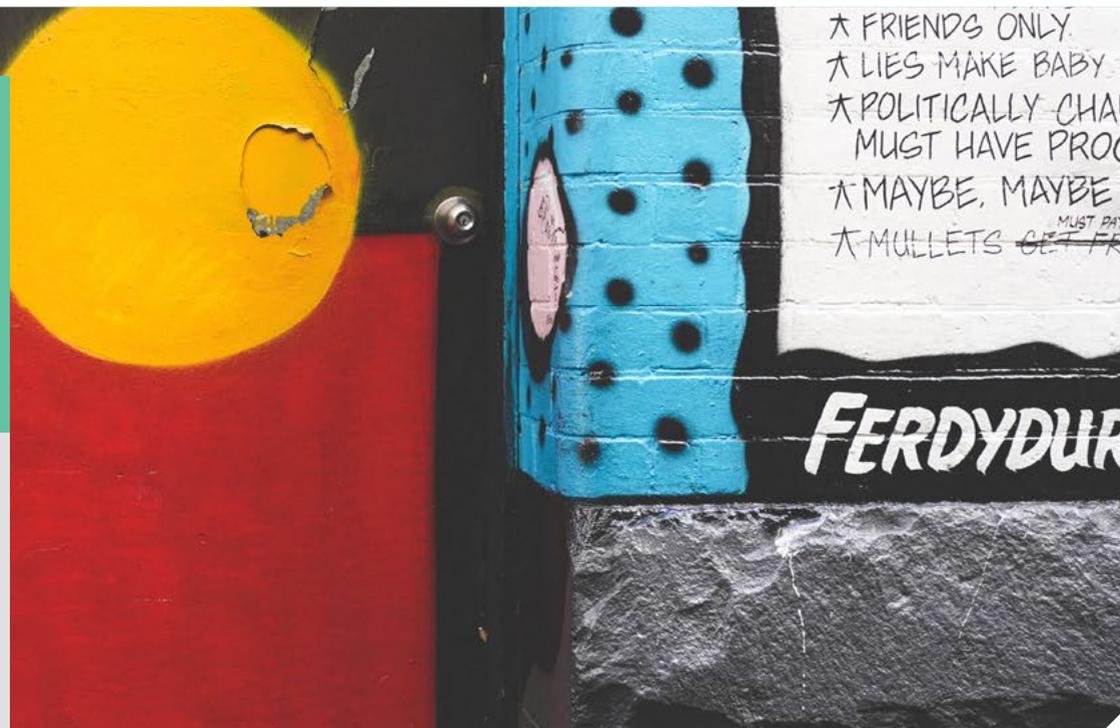
Koori Heritage Trust and Melbourne Museum offer a fantastic selection of Aboriginal art, but the Ian Potter Centre:NGV Australia in Federation Square is also worth checking out. This public art museum is dedicated to Australian art, with a strong focus on local Aboriginal historical and contemporary artworks.

FOOD

Australia is home to lots of native plants and ingredients, which have been used by Aboriginal people for thousands of years as both food and medicine. There are several places around Melbourne where you can learn about and sample native ingredients, including the Milarri Garden at the Bunjilaka Aboriginal Cultural Centre, the Royal Botanic Gardens, and the Narana Aboriginal Cultural Centre (Geelong). Charcoal Lane in Fitzroy is another spot to try – it's a social enterprise restaurant doing great things with native Australian foods.

MUSIC

Music is a big part of Aboriginal storytelling, and traditional instruments like the didjeridu, 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.



EVENTS

NAIDOC WEEK

NAIDOC stands 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.

NATIONAL RECONCILIATION WEEK

National Reconciliation Week is a time for Australians to learn about Aboriginal culture and history as a part of reconciliation. It lasts from 27 May,

the anniversary of the 1967 referendum which included Aboriginal people in the census, to 3 June, the anniversary of the High Court Mabo decision that recognised the native title of Australia.

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.

City centre

The heart of Melbourne is an exciting maze of things to explore. Wander through laneways and uncover hidden gems, from bars and street art, to artisan eateries and shops.



Highlights

It's all about getting lost in cobbled lanes and discovering secret places in Melbourne's CBD. With over 40 laneways and arcades, it's an urban explorer's dream.

Head to Flinders Lane for some of the best dining the city has to offer. Chin Chin, Kisume, Cumulus Inc and Vapiano are just a few of the award-winning restaurants that call this laneway home. There are as many affordable dining options here as there are expensive ones. Get Korean fried chicken at one of the many Korean eateries off Little Lonsdale Street, eat dumplings at HuTong on Market Lane, or grab a cheap lunch from one of the cafes along Degraves Street or Centre Place. You'll find others hidden in buildings across the city, including Sushi Hotaru in Midcity Centre, basement Thai restaurant Dodee Paidang, and PappaRich Malaysian in QV Melbourne (which also happens to be halal).

You can't be in Melbourne and not enjoy specialty coffee. There are plenty of cafes serving up great brews, but don't look past Melbourne's very own roasters including Coffee Cartel, Dukes Coffee Roasters, and Bonnie Coffee Co – all of which are found in tiny lanes or in quieter parts of the city.

Take in the street art lining Hosier Lane and ACDC Lane, where Banksy once left his mark. Duckboard Place, Presgrave Place and Croft Alley are worth visiting for their murals, tags and miniature art. Art-lovers will also enjoy smaller galleries like No Vacancy on Jane Bell Lane and Loop Project Space & Bar in Meyers Place, with rotating exhibitions and a packed events program.

It's easy to see why Melbourne is Australia's fashion capital. Laneways, as well as arcades like the Royal Arcade, Block Arcade and Cathedral Arcade, house local boutiques, vintage and independent labels. Budget-friendly chains including Muji, Uniqlo and H&M are located in major shopping centres like Emporium and GPO. Make sure to check out Melbourne's homegrown labels while you're in the city, including Gorman, Bared Footwear and Scanlan Theodore.

Some of the best drinking spots are found in alleyways or on top of buildings. Eau de Vie has a lounge hidden behind a bookcase; Madame Brussels offers a summery vibe with its indoor garden and rooftop terrace; and science-themed bar The Croft Institute impresses with custom drinks served in interesting ways.

Community facilities

The Study Melbourne Student Centre on Hardware Lane provides a convenient space for study and activities, and has free support to help you make the most of living and studying in Melbourne. You can access visa and workplace advice, join study meetups and receive help if you're not sure who to talk to.

Enjoy some quiet study in one of Melbourne's most beautiful buildings. The State Library Victoria offers computer access, free wi-fi, and printing and photocopying services. City Library on Flinders Lane and Library at The Dock in Docklands host events, community groups, and regular English conversation sessions.

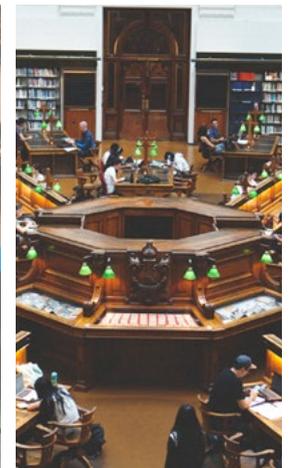
The Melbourne City Baths on Swanston Street is an excellent public gym and swimming facility providing an indoor lap pool, sauna, spa, group fitness classes and squash courts. There are also plenty of gyms in the city, like Fitness First, Snap Fitness, and Anytime Fitness, which offer casual access and memberships.

Places of worship in the city centre for Catholic and Christian faiths include the iconic St Paul's Cathedral, Scots' Church, and St Patrick's Cathedral amongst many others. The Islamic Council of Victoria has a city mosque on Jeffcott Street in West Melbourne, and you'll find the Melbourne Madinah on Exhibition Street. Prayer rooms are also available at most Melbourne colleges and universities.

Unique experiences

Summer is all about enjoying the city outdoors. From December to March, you can head to the rooftop of Curtin House on Swanston Street or to QV Melbourne for outdoor cinema. Watch blockbusters, classics and cult favourites while enjoying drinks, snacks, and comfortable deck chairs.

Melbourne summers have also become synonymous with the Sidney Myer Free Concert Series – an annual music event that livens up the grounds of Kings Domain. Every February for three days, the Melbourne Symphony Orchestra plays under the stars for all to hear. Entry is free.





STUDENT TIP

“Go to Thai Culinary on Elizabeth Street for dinner! Drag along three of your fellow students and order a large pad thai and fried chicken spare ribs to share.”

Ethel, Philippines

Studying at the University of Melbourne

TOP 5

24-hour food spots

1. **Stalactites:** Craving a 3am souvlaki? Stalactites has it covered, along with plenty of other delicious Greek dishes and drinks.
2. **Butchers Diner:** Burgers? Check. Hot dogs? Check. Fried chicken, steaks and donuts at any time of day? Check, check and check!
3. **Shujinko:** Not only is this place open 24 hours, but it also serves up some of the best ramen in Melbourne.
4. **Chapelli's:** Located in South Yarra, this is a great spot for late-night pizza, pasta and pancakes.
5. **Dragon Hot Pot:** Indulge in a delicious hot pot whatever time you wish at this busy CBD eatery.



CHEAP CHOICE

There is free art everywhere in Melbourne, and it's not just in Hosier and AC/DC Lanes. Melbourne Central showcases artwork and exhibitions in its food court, walk ways to Emporium, and the heritage-listed Coop's Shot Tower.



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NEARBY NEIGHBOURHOODS

Richmond

Multicultural Richmond is a Vietnamese hub, but it also offers several great pubs, bars and other cuisines, including the famed Japanese restaurant, Minamishima. Whatever you like, you can always count on eating well in Richmond.

Popular restaurants on Victoria Street – affectionately known as “Little Saigon” – include Co Thu Quan, which specialises in northern Vietnamese food; Co Do for its bun bo hue, reminiscent of what you would find in Hue, central Viet Nam; and Pho Chu The and I Love Pho for their delicious noodle soups.

Richmond takes its cafe culture seriously, too. Expect quality and healthy choices from Patch Cafe; inventive Australian fare from Top Paddock; and al fresco dining at Pillar of Salt.

The suburb is also home to shops, centres and markets selling everything you’d ever need to buy – from the weekly Gleadell Street Market for fresh produce, to the Victoria Gardens Shopping Centre. If you’re looking for furniture and homewares, you’ll find IKEA, Kmart and Daiso outlets located here.

There are also remnants of Victorian times in Richmond, with several 19th-century hotels converted into gastropubs and live music venues. The Corner Hotel is one such venue,

having become a popular spot for indie, rock and metal bands to perform. If you want to enjoy a drink or two, head to cocktail and wine bar The Ugly Duckling, which has a tasteful setting and warm ambience to enjoy with friends. If beer is more your thing, check out the Mountain Goat Brewery for its regular craft beers on tap, or to sample special one-off brews.

Sports-fans, or anyone wanting a piece of the live action, can head to the Melbourne Cricket Ground (simply known as the MCG or ‘The G’ among locals). Catch a game of cricket or AFL, then visit its gallery and in-house cafe. Despite its modern appearance, the MCG was first established in 1853 and has been constantly refurbished and expanded ever since.

Richmond is an ideal place to visit and reside in as it has easy access to the city centre via tram and train. Best of all, Richmond is bordered by the Yarra River, so you can link up to the city while enjoying a bike ride and taking in the sights.



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Carlton & Fitzroy

Carlton and Fitzroy offer a buzzing urban lifestyle. Wander down Brunswick and Lygon Streets and their side streets to find markets, boutiques and fun nightlife.



Highlights

Eating around Fitzroy is as eclectic as it comes. Vegetarians and vegans will love the plant-based menus at Smith & Daughters, Vegie Bar and other venues along Brunswick Street; Alimentari does quality take-home meals and pantry staples; and there are lots of multicultural eateries, from Vietnamese to Ethiopian. Some of the finest brunch and patisserie spots are also here, hidden down side streets – including Melbourne’s best croissants at Lune Croissanterie.

Neighbouring Carlton rivals Fitzroy with its bustling cafe scene. Formerly an old textile factory, non-profit cafe Sibling serves fantastic coffee and food. Baker D. Chirico makes excellent artisan bread and particularly good donuts. Ima Project is a Japanese cafe that embraces nose-to-tail dining and waste minimisation. Like the city, you’ll come across hidden gems like Vertue Coffee Roasters, found in a laneway near the arthouse Nova Cinema.

Carlton and Fitzroy are some of Melbourne’s best spots for genuine house-made gelato. People line up in Carlton for scoops of Pidapipo’s traditional Sicilian version, while Il Dolce Freddo does exotic durian and taro flavours. Compa and Piccolina Gelateria are favourites in Fitzroy.

One of the best things to do in Fitzroy is shop for one-off vintage pieces. Hunt for treasures from the likes of Vintage Sole, Hunter Gatherer, Lost and Found Market, and more. Another great destination for pre-loved fashion is the Fitzroy Market – a weekly community market with over 70 stalls and good food and coffee. This market often teams up with the Fitzroy Mills Market, where you can buy fresh and handmade produce. Opposite is the Rose St Artists’ Market, specialising in creative wares from independent artists.

When looking for a place for dinner or a night out, you’ll have plenty of choice along Lygon and Brunswick Streets, but don’t overlook the quieter areas. In Fitzroy, enjoy the best red gum-fired steaks in town at Fitzroy Town Hall Hotel. Shimbashi Soba makes its own buckwheat noodles, or head to Shop Ramen for a delicious noodle soup. After dinner, try the delicious cocktails at The Rum Diary Bar, or head to Marion for wine. Then, dance the night away at Laundry Bar or The Night Cat. In Carlton, head to fromagerie Milk the Cow for a cheese board and other cheesy dishes. Mr Pietro serves up beautiful Italian, and Carlton Wine Room provides a warm ambiance and a fine drinks selection to finish off your night.

Community facilities

Kathleen Syme Library and Community Centre in Carlton provides community classes and recreational activities. Attend one of the library’s Makerspace events, which includes hands-on activities such as 3D modelling, social sewing, and even a podcast beginners class. English conversation meetups are also regularly held here.

Both the Carlton Baths and Fitzroy Swimming Pool offer swimming facilities, gym equipment, group fitness and even triathlon training. With parks such as Fitzroy Gardens and Carlton Gardens nearby, you can also take your fitness outdoors.

The Melbourne Connect precinct at the University of Melbourne is an innovation hub. Here, you’ll find a science gallery, state-of-the-art facilities and software to help you upskill, innovate and meet like-minded people.

There are several churches and parishes around Carlton and Fitzroy, as well as the Islamic Dawah Centre of Australia, a mosque located on Fitzroy Street. Meditation centres are also found across both areas.

Unique experiences

The beautiful Royal Exhibition Building in the lush Carlton Gardens is a historical and cultural icon. Built in 1880, it was the first-ever building to fly the Australian flag and the location for Australia’s first Federal Parliament held in 1901. Today, it’s a heritage-listed site used for exhibitions, trade shows and markets. The biggest draw is The Finders Keepers, a makers market held over three days. Free tours are also available on most days from 2pm with advance bookings.

Nearby is the IMAX Cinema located inside the Melbourne Museum precinct, which shows blockbusters and documentaries in 3D. Melbourne Museum brings the world of science to your fingertips, with interactive exhibitions and galleries.

For a lazy afternoon, wander through Fitzroy’s laneways around Johnston, Rose and Gertrude Streets to enjoy murals and street art by Melbourne talent like the AWOL Crew, Adnate and Rone. Finish your day with an infused vodka drink and some food at iconic rooftop bar Naked for Satan.





STUDENT TIP

“I love Lygon Street. There is Italian food, but there is also a mix of Asian foods such as Thai and Malaysian. You can finish up your dinner with some dessert from San Churro (best churros ever!), Koko Black, Pidapipo and Brunetti.”

Felycia, Indonesia

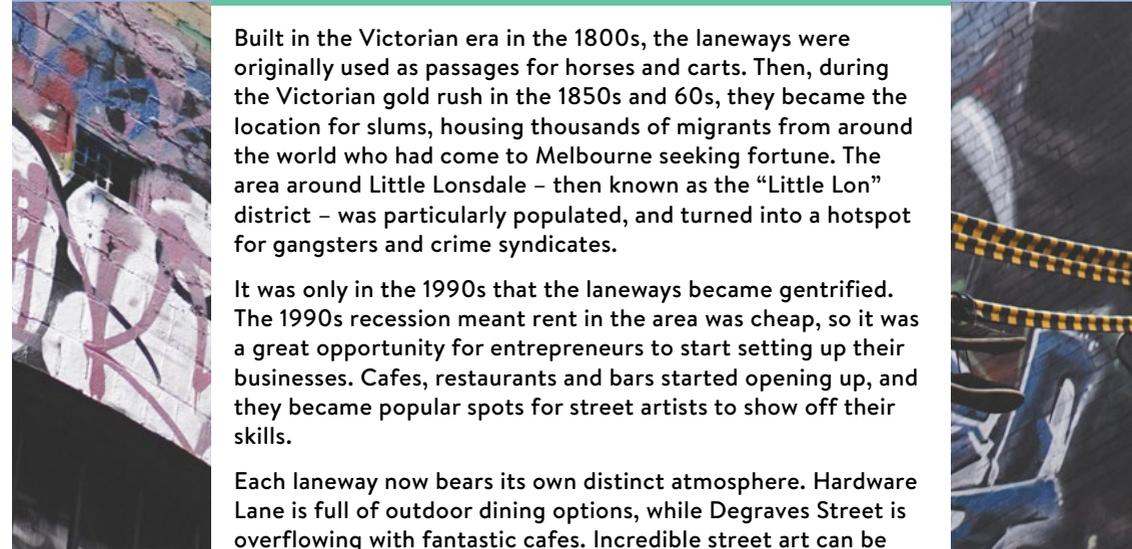
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Laneways

You can't talk about Melbourne without mentioning its iconic laneways, which wind their way through the beating heart of the city. Packed with bars, restaurants, cafes, boutiques and street art, the laneways are alive with colour and a buzzing atmosphere.



Built in the Victorian era in the 1800s, the laneways were originally used as passages for horses and carts. Then, during the Victorian gold rush in the 1850s and 60s, they became the location for slums, housing thousands of migrants from around the world who had come to Melbourne seeking fortune. The area around Little Lonsdale – then known as the “Little Lon” district – was particularly populated, and turned into a hotspot for gangsters and crime syndicates.

It was only in the 1990s that the laneways became gentrified. The 1990s recession meant rent in the area was cheap, so it was a great opportunity for entrepreneurs to start setting up their businesses. Cafes, restaurants and bars started opening up, and they became popular spots for street artists to show off their skills.

Each laneway now bears its own distinct atmosphere. Hardware Lane is full of outdoor dining options, while Degraeves Street is overflowing with fantastic cafes. Incredible street art can be seen along ACDC Lane, Hosier Lane and Caledonian Lane, and you can find all kinds of quaint eateries lining Centre Place.

Want to learn more about Melbourne's laneways? There are plenty of tour operators that will take you through the area, educating you on everything from its criminal history to its vibrant street art.



DAY PLAN

Street art

Fitzroy is home to some of Melbourne's best street art. Here's where to find it.

1. On Cecil Street you'll find the incredible 'Fitzroy Faces' featuring the city's best street artists.
2. Rose Street is home to several murals on walls, car parks and cafes.
3. If you walk along Brunswick, Fitzroy and Gertrude Streets, you'll spot plenty of murals at cross-sections and down tiny alleyways. These are best explored on foot!



CHEAP CHOICE

Students get free entry into the Melbourne Museum in Carlton, an educational yet fun centre for science, art and Melbourne history.



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NEARBY NEIGHBOURHOODS

Collingwood & Abbotsford

Home to some of the most unique Melbourne experiences, trendy cafes, bars and social enterprises, Collingwood and Abbotsford are two very hip areas worth exploring.

Collingwood Children's Farm isn't just for children. The not-for-profit community space is open to everyone who wants to see farm life close to Melbourne. It provides interactive, close-up encounters with farm animals, including cow brushing and guinea pig cuddles. Yes, cuddles.

Right next door is Abbotsford Convent, a popular venue for all things community driven – from music gigs, art classes and workshops, to slow food markets and a pay-as-you-feel food cooperative. Lentil As Anything is a social movement that serves vegetarian and vegan food, aims to reduce food waste and make dishes accessible by allowing diners to pay what they can afford.

Collingwood has plenty of cheap eats on offer. Grab a meal at trendy pizza joint Lazerpig, which does lunch specials and weeknight deals. Other notable eateries include Biggie Smalls for kebabs; Son in Law for authentic Thai food and cool desserts; burgers in train carriages at Easey's; and famed modern Japanese kitchen and pantry Cibi.

If you're a coffee-lover, treat yourself to specialty coffee at Admiral Cheng Ho in Abbotsford. As well as roasting its own beans, the cafe stocks artisanal and traceable coffee and offers an organic plant-based menu. Nearby, popular AU79 also serves very good coffee and trendy meals. If you're after something alcoholic, check out the Moon Dog Craft Brewery, or Shizuku Ramen for Japanese craft beers.

North Melbourne & Parkville

Located near the University of Melbourne, both of these suburbs are student favourites packed with attractions and fun things to do.



Highlights

Being home to some major tertiary establishments is not the only reason why Parkville and North Melbourne are worth a visit. The area's history dates back to the 1840s, and architecture from this era has been beautifully preserved. Victorian houses and buildings are what make these suburbs immediately stand out, so it's worth roaming the streets and soaking up the beauty. Then, try one of the incredible cakes at Beatrix on Queensberry Street, or the ever-popular brunch venue, Auction Rooms, on Errol Street.

Errol Street is also home to Mörk Chocolate, one of Melbourne's finest couverture chocolate brew houses. Here, you can try handcrafted chocolate desserts, such as the famous Campfire hot chocolate – a smoke-infused hot chocolate with a toasted marshmallow. It's also worth trying the Forager, a uniquely Australian dessert described as "a sensory tale, told in Australian flavours".

North Melbourne is also a creative hub, with several art centres and galleries calling the suburb home. Popular art centres include the Arts House on Queensberry Street and the Meat Market, where major art events and live performances are frequently held.

Speaking of markets, the Queen Victoria Market should be on your must-visit list. Opened in 1878, it's a quintessential Victorian landmark and the largest market in Australia. At 'Queen Vic' Market you can peruse hundreds of stalls selling fresh and continental produce, gifts, fashion and homewares. We highly recommend checking out the Night Market too!

Because these suburbs are student hubs, North Melbourne and Parkville have plenty of cheap eats on offer. Indonesian, Malaysian and Chinese eateries at the Queen Victoria Market end of Elizabeth Street are popular with students, as are the Asian supermarkets nearby. Some of the best include KT Mart and Hometown Asian Supermarket.

Visit the oldest zoo in Australia in Parkville. Located in Royal Park, Melbourne Zoo has over 300 animals to see, including native Australian species such as kangaroos, echidnas and wallabies. Close-up animal encounters are available with bookings, and don't miss the annual Melbourne Zoo Twilights concert series, where you can visit animals and listen to live music from some of the world's biggest acts.

Community facilities

North Melbourne Community Centre is a great spot to take classes like yoga and boxing and improve your fitness. The venue has a gym, a soccer pitch and a hall for game and movie nights.

The Centre on Errol Street is a community space to help you upskill and learn – whether in news media, Pilates or being part of an adventurers group. The Centre also holds special events like the Spring Fling Street Festival.

Access public computers, wi-fi and a place to do some quiet reading at North Melbourne Library, which also has a gallery and public programs such as Bollywood dancing and an English reading group. Even if you are not a University of Melbourne student, you

can access the University's libraries. The public is welcome to take out memberships to borrow books. The Baillieu Library is a particularly popular spot, with quiet booths, nice views, and extended opening hours for late-night study sessions.

Inner Melbourne Community Legal on Queensberry Street in North Melbourne offers free legal advice to low income-earners living in the centre's catchment area. The team can assist with family law, tenancy issues and crime law.

The University of Melbourne has a teaching psychology clinic that provides discounted mental health services, including counselling and group programs. Student consultations start at \$25 and are completely confidential.

Unique experiences

Zero Latency is Melbourne's fastest-growing virtual reality company, providing exciting and sometimes scary immersive games for anyone after a unique high-tech activity. The team is constantly building new experiences, so you could fight zombies, take on a space mission, or explore new worlds at the Zero Latency gaming centre in North Melbourne.

The area also has a vibrant arts and culture scene. The Comics Lounge is a great place to visit if you need a laugh. Or, try something completely different and watch cabaret and burlesque at the intimate Club Voltaire on Raglan Street.

Even if you're not a University of Melbourne student, check out its very own museum and gallery, the Ian Potter Museum of Art. The museum showcases a mix of older and contemporary art from local and international artists.





STUDENT TIP

“The best coffee I’ve tried is Market Lane Coffee, a small corner shop in the deli area of Queen Victoria Market. There’s usually a massive line for the coffee, but if you get there before 9am, it’s less than a five-minute wait.”

Samantha, Malaysia

Studying at the University of Melbourne

TOP 5

Melbourne’s best markets

- 1. The Queen Vic Market:** Melbourne’s most iconic market. Open five days a week, stalls sell fresh food, tasty meals, fashion, gifts and more.
- 2. South Melbourne Market:** This place is a haven for fresh fruit and vegetables, as well as great cheeses, meats, and baked goods.
- 3. Prahran Market:** Come here for gourmet foods, fresh fruit and vegetables, plants, Asian groceries and organic items.
- 4. Preston Market:** In Melbourne’s North, you’ll find fresh food, delicious coffee, events, and food and drink demonstrations.
- 5. Dandenong Market:** This market is great for multicultural ingredients and fresh fruit and vegetables, as well as gifts, homewares and fashion.



QUEEN VIC MARKET

useful tips

- FOR STUDENTS -

- 1.** The Market is Victoria’s number one attraction for international visitors and loved by locals too.
- 2.** It is located within the Free Tram Zone - just jump on routes 19, 57, 58 or 59 which stop right outside the Market.
- 3.** The early bird gets the worm! If you’re driving to the Market, enjoy FREE parking on Market days between 6am - 9am.
- 4.** There’s lots of great bargains to be found and look out for special seasonal offers and discounts.
- 5.** Looking for a cheap lunch under \$10? Grab a famous borek or bratwurst in the Dairy Produce Hall.
- 6.** Always bring cash, but if you forget we have plenty of ATMs on site.
- 7.** Forgot to bring your own bag? Reusable bags can be purchased from the Visitor Hub or use a free cardboard box from our Pick-a-Box locations.
- 8.** Looking for souvenirs to take home during semester break? We’ve got a great range including clip-on koalas, boomerangs and a huge range of local honey.
- 9.** If you are too busy studying and don’t have time to visit, just jump online and buy Queen Vic Market fresh produce at yourgrocer.com.au
- 10.** The Night Market is on Wednesday nights from 5pm - 10pm. Be sure to arrive early to grab a seat or book a private table for \$10 per person. Visit thenightmarket.com.au for dates and details.

QUEEN VICTORIA MARKET | MELBOURNE’S MARKETPLACE

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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



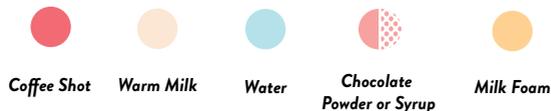
LONG BLACK



ESPRESSO



MOCHA



Coffee Shot

Warm Milk

Water

Chocolate Powder or Syrup

Milk Foam



NEARBY NEIGHBOURHOODS

Box Hill, Caulfield, Clayton

A little further out from the CBD, the eastern suburbs of Box Hill, Caulfield and Clayton are bustling student hubs thanks to their proximity to major educational institutions.

Just because they're located away from the city, it doesn't mean these suburbs are any less convenient; they're easily accessible by train or bus.

Box Hill is an Asian hub, with plenty of eateries, grocery stores and specialty shops selling goods from across Asia. But, it's the regional Chinese food that stands out here. You can eat Shaanxi street food, Chongqing noodles, Gansu beef, Yunnan 'crossing the bridge' noodles, and more. You won't have trouble finding other cuisines around here, either. Vietnamese, Cantonese and Uighur cuisine are all well-represented.

Box Hill Central Shopping Centre is an Asian grocery wonderland if you'd rather cook and eat at home. Apart from fresh produce, you can take away delicacies such as bread and dumplings, freshly pressed soy milk, and other 'small eats' from China and Taiwan. Clayton and Caulfield have their own fair share of cheap and good Asian eateries too, with plenty of choices located on the Monash University campuses as well as in the immediate vicinity.

There are several great public facilities across all three suburbs. In Clayton, you don't have to be a Monash student to access the University's library for printing, wi-fi or borrowing. Box Hill Library and Caulfield Library have these resources, too, as well as quiet areas and meeting rooms.

These areas are home to lots of beautiful nature reserves and parks, making them perfect places for both exploration and relaxation. Popular destinations include Namatjira Park and The Grange Reserve in Clayton; Caulfield Park, which also has a bowling club; and Box Hill Gardens and Surrey Park in Box Hill.

For those who prefer to exercise indoors, Aqualink Box Hill is well-equipped, with several lap pools and a hydrotherapy pool, gym and sports stadium that can be utilised as a basketball, netball, badminton or volleyball court. Caulfield Recreation Centre has a gym and group fitness facilities, as well as personal training, a women's self-defence class, and several swimming pools. For those in Clayton, the Clayton Aquatic & Health Club also has similar sports and aquatics facilities.

Brunswick & Northcote

Just a few train stops out of Melbourne's CBD are two of the most diverse and trendy areas renowned for cheap eats, great drinking holes and live music.



Highlights

There's something about Brunswick and Northcote that continues to draw visitors time and time again. Is it the diverse and cheap food along and around Sydney Road? Or is it the unique and eclectic culture, or the surprising bars and cafes located on quiet streets? Whatever the reason, Brunswick and Northcote do not disappoint.

Head down Sydney Road to find yourself in a Middle Eastern cuisine wonderland. A1 Bakery pumps out hot Lebanese bread, pizzas and pies. Very Good Falafel next door serves up very good Israeli falafels, ktzitzot and salads. Nearby Tiba's dishes up huge, wholesome mix-grill meals for cheap, and Turkish restaurant Alasya serves authentic halal grills, moussaka and more.

Cheap and cheerful cafe food can be found at Green Refectory and Kines; chicken joint Juanita Peaches has bottomless coffee; South American-inspired cafe Neruda's does delicious empanadas, tostadas and mains; and social enterprise micro cafe, home.one, has delicious porridge and toasties.

For drinks, Brunswick has several hidden gems. Mexican taqueria Los Hermanos, wine bar Biff Tannin's and craft brewery The Foreigner Brewing Company are all small, cosy places with friendly vibes hiding in laneways, small streets or warehouses.

Just behind Merri Creek is CERES Community Environment Park. Here, you can roam the gardens and plant nursery, buy organic produce, participate in classes, and get your bike fixed for free. For bargain shopping, check out Brunswick Flea Market and Savers, as well as other opportunity and vintage shops along Sydney Road.

Neighbouring Northcote also has an array of venues worth checking out. From the food truck park All Are Welcome, to organic vegan cafe Shoku Iku and the modern Japanese Kitchen Iroha, there are plenty of dining options to choose from on High Street. Night-time favourites offering live gigs, trivia nights and daily pub food specials include Northcote Social Club and Wesley Anne. For quiet drinks, visit Joe's Shoe Store, which has a courtyard and a bocce court for fun times on balmy summer nights.

High Street is also home to a number of vintage and boutique stores such as Mim Found Ena and Vintage Marketplace. Nearby is the popular and well-priced organic grocery shop Terra Madre, as well as Palace Westgarth – a beautiful arthouse cinema with 1920s art-deco architecture that doubles as an outdoor cinema in its courtyard. Perfect for when you want to enjoy the long summer nights with a flick and spritz.

Community facilities

Brunswick and Northcote are blessed with large parks close to shopping districts and public transport so that you can relax and exercise with added convenience. Temple Park in Brunswick and All Nations Park in Northcote are two popular places to not only kick a ball or throw a frisbee, but also to enjoy a picnic with friends.

For exercise and relaxation indoors, both the Brunswick Baths and Northcote Aquatic and Recreation Centre have gym, group fitness, and aquatic facilities such as lap and outdoor pools. The Northcote Aquatic and Recreation Centre also has tennis courts for hire and tennis coaching.

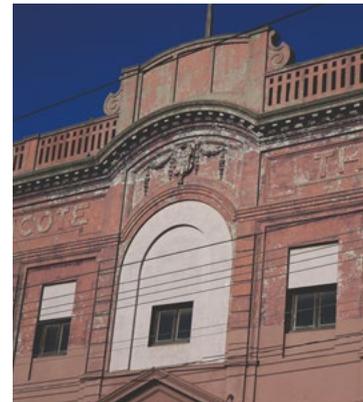
Both suburbs have public libraries offering free wi-fi, photocopying and printing services, as well as plenty of borrowing resources. Northcote Library offers classes, craft groups and special events such as author talks and Harry Potter trivia nights. Brunswick Library has language and IELTS support classes.

Unique experiences

Brunswick and Northcote have become somewhat known as bouldering and indoor climbing hubs. If you'd rather climb with ropes, North Walls in Brunswick is a great spot with beginners courses to get you started. You'll also find Northside Boulders venues located in both suburbs. Northside provides bouldering bootcamps, yoga and Ladies Nights that specifically help women get more confident with their climbing.

Want to try a unique style of dancing? Check out African dancing and drumming classes with Melbourne Djembe, where you can beat drums and dance at the same time. Or, head to Brunswick East for No Lights No Lycra – a fun and freeing experience of dancing in the dark. Entry is \$10.

While most people head to the busy Italian hub of Carlton for gelato, at the Brunswick end of Lygon Street sits a small gelato joint with a difference. At Beku, you can buy gelato in teh tarik, jackfruit, cendol, and other well-known Southeast Asian flavours. Indonesian-Australian Agusta Triwahyu learned how to make gelato in Rome and uses fresh ingredients to create flavours inspired by her home.



Southbank & South Melbourne

In Southbank and South Melbourne, you can wine and dine along the Yarra, shop at one of the busiest markets in Melbourne, and be moments away from the beach.



Highlights

Watch the sun reflect off the Yarra River during the day, or enjoy al fresco dining and check out the flames bursting out from the towers along Southbank at night. Whatever the time of day, Southbank offers lots to see and do.

Head over the bridge towards Flinders Street Station and arrive at the Arts Precinct. Here, you can watch musicals, concerts, exhibitions and more at Arts Centre Melbourne, as well as contemporary drama and dance at the Malthouse Theatre – a converted brewery that now functions as an extension of Arts Centre.

Right next door is the National Gallery of Victoria – or the ‘NGV’ as locals love to call it – which houses an impressive collection of local and international artworks. The NGV has showcased famous collections from some of history’s most celebrated artists, including Dali, Hokusai, van Gogh, Kahlo and Cai Guo-Qiang. Nearby is the Melbourne Convention and Exhibition Centre, where you can catch special exhibitions and events such as the Madman Anime Festival and gaming culture festival PAX.

Nearby is South Melbourne, famed for its huge market that brings locals and

visitors together for grocery shopping and casual dining. The South Melbourne Market began in 1867 in open-aired sheds, and continues to serve patrons over 150 years on in the expansive covered market it has evolved into now. The Market serves up delicious paella and churros at Simply Spanish, as well as dumplings at Mama Tran. The 16 dumpling varieties are made on-site.

The streets surrounding South Melbourne Market, such as Coventry, Cecil and York Streets, have some of the best boutique and artisan shops selling independent designs, produce and unique wares. For kitchen and homewares made by Japanese artisans, head to Made in Japan on Wynyard Street. Mr Darcy on Coventry Street curates high-quality clothing and gifts, while Bibelot makes artisan chocolates and desserts, and is a popular hangout for afternoon tea.

More good eating and drinking can be found at St Ali Coffee Roasters, an institution for coffee fans. Kuu Cafe + Japanese Kitchen on Park Street is known for its katsu curry, Japanese breakfast platters, and desserts.

Finish your visit to South Melbourne by heading to the Albion Rooftop & Club for a little of everything: dance to the music, chill with some drinks, and enjoy a wonderful view of Melbourne’s CBD.

Community facilities

The Boyd Community Hub in Southbank is an excellent community centre with several facilities including the Southbank Library, and meeting spaces and creative spaces available for hire. The relaxed setting also has free wi-fi and English as a Second Language (ESL) conversation classes for anyone interested in practising their spoken English.

Keep fit by taking the extensive walking trail around Albert Park, or by hitting a few balls at the golf course. There are also several sporting grounds in the area, as well as boating facilities, if you want to try kayaking or join a sailing club.

Unique experiences

If you visit the Arts Precinct on a Sunday, you’ll have the opportunity to browse the Arts Centre Sunday Market, where over 80 stallholders line up along St Kilda Road and the Arts Centre lawn to sell their wares. These range from handmade gifts, homewares and souvenirs to artisan breads and desserts.

The Shrine of Remembrance has services, events and educational programs to help you learn about the sacrifice and hardships Australians went through during various wars. After listening to talks given by historians or



For indoor fitness, head to Melbourne’s premier sports and recreation destination, the Melbourne Sports and Aquatic Centre (MSAC). Visitors and members can enjoy gym and class facilities, as well as several sports courts, including basketball, badminton and volleyball courts. There are also competition pools, lap and hydrotherapy pools, and reformer pilates and hot yoga facilities.

You’ll find plenty of churches in the area, including Bethany International Church, South Melbourne Uniting Church and the Greek Orthodox Archdiocese of Australia.

enjoying some quiet contemplation in the internal Sanctuary, walk up to the balcony for a wonderful view of the gardens and city.

For another unique view of the city, head to the ‘island bar’ on Ponyfish Island. The island is located in the middle of the Yarra River, under Southbank’s Pedestrian Bridge, and is only accessible from the nearby stairs.

South Melbourne Market hosts cooking classes in its very own Neff Market Kitchen. There’s a diverse variety of classes and workshops with different price points, and they can be booked ahead of time.





STUDENT TIP

“I like to try out different cuisines, which are easy to find in the restaurants situated in Southbank next to the Yarra River. Try the ribs platter at Meat and Wine Co.”

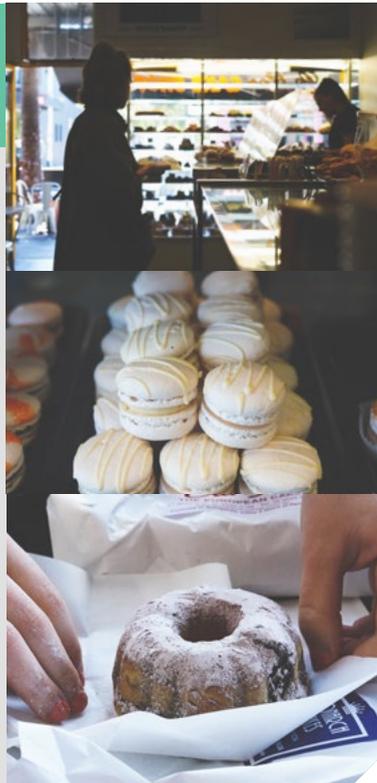
Amanpreet, India
Studying at Monash University

DAY PLAN

Cake crawl

South Melbourne and suburbs that surround it are home to some of the city's best bakeries and patisseries.

1. Bibelot is the go-to for inventive desserts, cakes and chocolates. The gelato and macarons are highlights.
2. Agathé is a great spot for traditional French breads and pastries.
3. Woodfrog bakery is the best place to get sourdough. There's a stall at the Arts Centre Market (Southbank) and a shop in St Kilda.
4. Monarch Cakes in St Kilda has been running since 1934 – make sure you try their famous kugelhopf.
5. Burch & Purchase Sweet Studio is a Melbourne icon, famous for its creative and decadent desserts.



CHEAP CHOICE

Don't miss tixatsix at Arts Centre Melbourne. Every night at 6pm, you can get your hands on cheap tickets for selected seasonal performances instead of paying full price.



NEARBY NEIGHBOURHOODS

Prahran, Windsor & St Kilda

Though small in size, both Prahran and Windsor are widely known as top shopping and dining destinations thanks to their shared major precinct, Chapel Street, and Prahran Market. Because several tertiary institutions are based nearby, both areas have a youthful, hip and trendy vibe.

Prahran and Windsor were once the indie kids on the block, and though most of the area has given way to upmarket shops and stores, there are still remnants of its hip past on Greville Street. Greville Records has been running for over 30 years and is still going strong, and is a great spot to hunt for rare musical treasures. Several music greats have popped into the store across the years, including Pearl Jam, Radiohead, the Beastie Boys and Beck. Chapel Street Bazaar is a kitschy place for lovers of preloved fashion, furniture and knick knacks.

The iconic Jam Factory was originally a brewery before the Victorian Preserving Company moved in (hence the name), and is now a dining and entertainment destination with mess halls, cafes, restaurants and a Village cinema. Nearby is Prahran Market, where you can get fresh produce and deli items, dine at one of the market's eateries, and take part in handicraft and cooking classes.

There's a concentration of Japanese eateries around the area, too, but one of the best is Tsukiji Japanese Restaurant in Prahran. Run by an elderly Japanese couple, the restaurant prepares everything in-house and has a small pantry selling Japanese cooking staples. You can grab sashimi-grade fish to take away, or enjoy one of the best unagi dons here. Fuji Mart is another small Japanese grocery store perfect for stocking up.

Nearby St Kilda has always been known as the most popular seaside destination in Melbourne. If you're visiting, make sure to wait until after dusk to spot penguins under the pier, enjoy a ride at Luna Park, or indulge in a dessert (or two) at one of the patisseries and cafes along Acland Street. If you like water-based activities, try paddle boarding or windsurfing on the beach. The St Kilda Sea Baths is also a great public facility for relaxation. Soak in the seawater pools before dining at one of the suburb's seaside restaurants.



Activities

MONDAY

You haven't had a true Melbourne experience until you've seen some live comedy, so head to The Local Taphouse in St Kilda East for Local Laughs – Australia's longest-running single-operator comedy night. For only \$12 entry, you can enjoy upwards of five acts each Monday.

TUESDAY

Trivia is an incredibly popular pastime in Melbourne, and you'll find plenty of trivia nights throughout the week at venues across the city. Some of the best Tuesday night trivia venues include Northcote Social Club, Freddie Wimpoles (St Kilda), The Union Hotel (Brunswick), and the Mail Exchange Hotel (CBD).

WEDNESDAY

Queen Victoria Market hosts a rotating roster of night markets throughout the year, always held on a Wednesday. Visit the Hawker 88 Night Market, the Winter Night Market, and the Summer Night Market at different times of year for food stalls, unique finds, and a great atmosphere.

THURSDAY

Keen to show off your dance moves? Head to Ms Collins in the CBD for Tromba Latin Fiesta, where you can get free entry, free dance classes and drinks specials from 8pm every Thursday. The night includes reggaeton, bachata, salsa and more, and it's a whole lot of fun.

FRIDAY

Throughout the year, the National Gallery of Victoria (NGV) stays open late on Fridays with its NGV Friday Nights program. Check out the exhibitions alongside food, drinks and live music. There's a different musical act each week, so make sure to visit the NGV website for more information.

SATURDAY

Melbourne is home to several fantastic clubs and dancing spots, with many open until 5 to 7am. On a Saturday night, head to any of the iconic clubs in the CBD, including Section 8, Boney, The Toff In Town and Spice Market.

SUNDAY

If you'd prefer a slower pace, check out the Camberwell Sunday Market. With 370 stalls selling everything from pre-loved clothing and jewellery to unique collectables and antiques, the Market is ideal for enjoying a laidback browse. There are also plenty of food stalls.

A year in Melbourne

JANUARY

AUSTRALIAN OPEN

20 Jan-2 Feb

The first tennis Grand Slam of the season, the Australian Open attracts the best male and female players to Melbourne.

www.ausopen.com

FEBRUARY

OPERA FOR THE PEOPLE

1 Feb

Opera for the People is a free performance at the Sidney Myer Music Bowl.

MARCH

MOOMBA FESTIVAL

6-9 Mar

Australia's largest free community festival, Moomba Festival showcases a packed program of events and activities along the banks of the Yarra River.

moomba.melbourne.vic.gov.au

APRIL

INTERNATIONAL COMEDY FESTIVAL

25 Mar-19 Apr

Comedians from around the world descend on venues around Melbourne for three-and-a-half weeks of fun.

www.comedyfestival.com.au

MAY

MELBOURNE KNOWLEDGE WEEK

11-17 May

Explore ideas and take action about our future through talks, workshops, performances and celebrations.

mkw.melbourne.vic.gov.au

JUNE

INTERNATIONAL JAZZ FESTIVAL

31 May-9 Jun

Event spaces, music halls, jazz clubs and the streets of Melbourne showcase some of the best jazz talent in the world.

www.melbournejazz.com

FIRELIGHT FESTIVAL

26-28 Jun

Celebrate the winter solstice and enjoy a night of eating, drinking and rejoicing.

whatson.melbourne.vic.gov.au/Firelight

JULY

OPEN HOUSE MELBOURNE

25-26 Jul

Take this opportunity to explore usually closed-off buildings and learn about their history and architectural secrets.

www.openhousemelbourne.org

AUGUST

MELBOURNE WRITERS FESTIVAL

28 Aug-6 Sep

A celebration of all things literature, the festival brings writers and performers from around the world to Melbourne.

www.mwf.com.au

MELBOURNE FASHION WEEK

Melbourne Fashion Week takes over the city with more than 150 events celebrating the best in Australian fashion from Town Hall runways, street runways, talks, workshops and more.

www.melbourne.vic.gov.au/mfw

SEPTEMBER

ROYAL MELBOURNE SHOW

19-29 Sep

Top-class entertainment, amazing food and a huge array of animals make the Royal Show worth attending.

www.royalshow.com.au

OCTOBER

MELBOURNE MARATHON FESTIVAL

If you're not up for a full marathon, there are half-marathon, 10km, 5km and 3km options available. The races finish in the famous Melbourne Cricket Ground (MCG).

www.melbournemarathon.com.au

NOVEMBER

MELBOURNE MUSIC WEEK

Deep dive into the city's music scene at Melbourne Music Week, which delivers unforgettable music experiences in some iconic spaces.

www.melbourne.vic.gov.au/mmw

MELBOURNE CUP CARNIVAL

5 Nov

The 'horse' race that stops the nation' takes place at Flemington Racecourse, with all of Victoria getting a public holiday to watch it.

www.melbournecup.com

CHRISTMAS FESTIVAL

27 Nov-25 Dec

Experience the magic of Melbourne as the city comes alive for the annual Christmas Festival.

www.melbourne.vic.gov.au/Christmas

DECEMBER

NEW YEAR'S EVE

31 Dec

Bring in the new year at one of the official fireworks celebration zones located around the city.

www.melbourne.vic.gov.au/nye



Live music

BIRD'S BASEMENT

Tucked away in the appropriately named Singers Lane in the Melbourne CBD, you'll find this thriving jazz bar. Bird's Basement has showcased plenty of international acts, but has also been a platform for local bands to perform each night since the bar's opening in 2016. Known as the sister venue to Charlie Parker's famous Birdland in New York, the bar follows a similar concept of providing dinner and a show, making it a great date venue.

NORTHCOTE SOCIAL CLUB

Check out Northcote Social Club any night of the week and hear some live music from talented local musicians. Enjoy a coffee or cocktail in an intimate setting and get to know the regulars in this homely, local bar.

GIG GUIDES

For all the latest gigs in Melbourne, head to the Beat Magazine website. From burlesque to punk rock, this guide lists all kinds of shows in multiple locations across Melbourne. For international touring artists, you

HOWLER

This Brunswick gem is a trendy spot to catch alternative indie bands, singer-songwriters, live poetry and spoken word readings, and more. You can also enjoy \$8 espresso martinis during happy hour on Fridays, as well as the occasional Yoga & Negrinis event.

THE TOTE HOTEL

For a traditional Melbourne night out, The Tote Hotel is the place to go if you want to experience a unique cultural institution. Now known as 'The Home of Rock', The Tote was formerly named 'The Ivanhoe Hotel' back in 1876. Catch a range of punk, rock, grunge and heavy metal bands at this famous venue.

can also check the websites of larger promoters such as Live Nation or Secret Sounds.

www.beat.com.au

www.livenation.com.au

www.secretsounds.com

Cinema

The major cinema chains in Melbourne are Palace and Village, but there are lots of great independent cinemas located around the city. There's also an IMAX theatre if you want to watch documentaries and the latest blockbusters on the big screen.

The cheapest cinema tickets are available on Mondays at Cinema Nova in Carlton (\$8 student tickets) and Tuesdays at Classic Cinemas in Elsternwick (\$8 before 4pm, \$10 after 4pm). But, you'll find most cinemas offer student discounts or cheap tickets if you sign up for their movie club.

Student tickets are also available for the outdoor cinemas that run in Melbourne during summer. These unique cinema experiences take place in beautiful outdoor spots - Central Lawn at Melbourne Gardens, Royal Botanic Gardens (Moonlight Cinema) and South Beach Reserve in St Kilda (American Express Openair Cinemas). Bring a picnic rug and some snacks to enjoy on the lawns as you watch the latest blockbusters and cult classics on the big screen.

Make sure you check out the Melbourne International Film Festival. Held over three weeks in August, the festival has been running since 1952 - making it one of the longest running film festivals in the world. The festival showcases the best of film from Australia and around the world, including documentaries, short films, animation, foreign films and virtual reality. There is also a range of special events and galas to keep an eye out for.

The Palace Cinema chain also hosts a number of cultural film festivals, including the Spanish Film Festival, German Film Festival, Volvo Scandinavian Film Festival, Lavazza Italian Film Festival and the British Film Festival. The Australian Centre for Moving Image (ACMI) in Federation Square runs a full suite of festivals and events throughout the year, too.



Fun activities

Axe-throwing

It might sound terrifying, but axe-throwing is probably one of the coolest activities Melbourne offers. The premise is as straightforward as the name suggests; you essentially hurl an axe and have fun doing it. It's a bit like darts in that you're throwing the axe towards a target, and the idea is to be the most on-target thrower of the group.

Head to MANIAX in Abbotsford to try axe-throwing for yourself. The venue offers solo and group sessions, as well as one-on-one coaching if you're entirely new to the activity. You can throw axes for up to 2.5 hours and even join a group of other axe-throwers if you're up for meeting new people and showing off your skills. Axe-throwing costs \$55 per person, which includes coaching. Small and large group bookings, solo sessions, as well as date night specials, are available.

www.maniax.com.au

Board games

What better way to spend an afternoon or evening than by taking part in a board game marathon? You can do just that at one of Melbourne's many board game cafes. Each venue is home to hundreds of different board games, giving you the chance to try new games without the commitment of actually buying them (perfect if you don't want to accumulate too much clutter during your time in Melbourne).

Queen of Spades in Fitzroy offers unlimited board games for \$5 per person, along with tasty food, drinks and regular nights including Community Night, where you can turn up solo and join a group of gamers – ideal for meeting new people. In the CBD, Marche gives you three hours of board game play with a drink for \$15, as well as delicious Taiwanese food, bubble tea, and karaoke rooms.

www.queenofspadesbar.com

www.mbgcafe.com.au

Treetop climb

Enjoy being surrounded by nature while undertaking a challenging treetop adventure. There are plenty of spots around Melbourne where you can walk through the treetops on high ropes, tackle various obstacles and zoom to the ground on speedy ziplines, which is sure to keep you and your friends entertained for hours. Best of all, there are courses to suit any ability, with short and long circuits available at most locations.

To try a high ropes adventure, visit Trees Adventure Glen Harrow Park in Belgrave, or Enchanted Adventure Garden on the Mornington Peninsula. Otherwise, tie in a trip to Lorne's Live Wire Park while checking out the Great Ocean Road. Live Wire Park also happens to include Australia's longest zip coaster!

www.treesadventure.com.au

www.enchantedmaze.com.au

www.livewirepark.com.au

Kayaking

For something a bit more relaxing, kayaking is the perfect way to explore Melbourne's coast and riverways. On Phillip Island, you can paddle around dreamy beaches, through sea caves, and around granite cliffs, and unwind with the soothing sounds of the ocean. Penguins, seals, seabirds and even dolphins are all known to live in these waters. Operators such as Sea Kayak Australia and Pioneer Kayaking regularly take group trips from Phillip Island.

There are also some good options to get out on the water in the city. Paddle up the Yarra River on one of Kayak Melbourne's twilight tours, which take place just five minutes from the city centre. You can also do day and half-day trips around St Kilda and Sandringham beaches through East Coast Kayaking.

www.seakayakaustralia.com

www.pioneerkayaking.com.au

www.kayakmelbourne.com.au

www.eastcoastkayaking.com.au



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Camping

There are plenty of great shops that sell camping necessities like tents, sleeping bags, mattresses and more, including Aussie Disposals, Rays, Paddy Pallin, Kathmandu, and Anaconda. Big W is also a great low-budget option to buy all your camping needs. If you don't have the room to keep your camping items, there are plenty of camping hire stores around Melbourne. The Equipment Library in Northcote loans all kinds of camping items.

Haven't decided what you want out of your camping trip? Visit the Parks Victoria website. Here, you'll find a range of different experiences from hiking to fishing, as well as all the best spots to camp. The Go Camping Australia website is another great resource for tips, campsites and equipment reviews, and advice for beginners. To find and book campsites, use Find a Camp.

www.parkweb.vic.gov.au

www.gocampingaustralia.com

www.findacamp.com.au

TOP SPOTS

LORNE

Lorne is a scenic town on the Great Ocean Road, around a two-hour drive from Melbourne's CBD. You can go for a hike or walk along the coast and camp right on the foreshore. There are ten waterfalls to visit, including the beautiful Erskine Falls. Be sure to check out some of the local wildlife and grab a treat from Lorne Ice Cream while you're there.

TIDAL RIVER

Tidal River Campground is one of the most popular camping spots in Wilsons Promontory National Park. Located around three hours' drive from Melbourne's CBD, the campground offers many different amenities and facilities for campers and is close to the beach and beautiful walking tracks.

KILCUNDA

Just over 90 minutes' drive from Melbourne's CBD, Kilcunda is a picturesque town with camping grounds available very close to the beaches. Kilcunda offers coastal walks, rock pools, and places to fish, or you can go to a boutique art gallery or rent a beach bike to ride alongside the ocean.

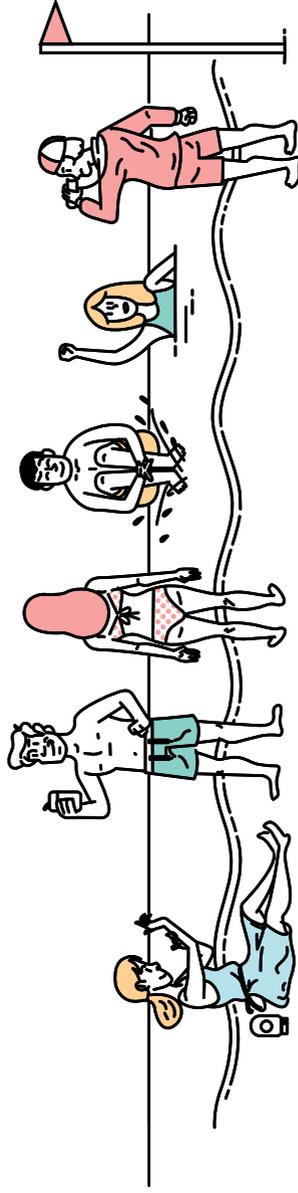
HOSTELS

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

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

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

STAY SAFE THIS SUMMER

Whether you are travelling around Victoria or spending time at home this summer, staying informed and being prepared can help you stay safe...



HOT WEATHER

- Plan ahead. Schedule activities in the coolest part of the day and avoid exercising. If you must go out, wear a hat and sunscreen and take a bottle of water.
- Drink plenty of water. Take small sips of water frequently.
- Never leave children, adults or pets in parked cars. The temperature can double within minutes.
- Keep cool. Seek out air-conditioned buildings, draw your blinds, use a fan, take cool showers and dress in light and loose clothing made from natural fabrics.
- Look after those most at risk in the heat—the elderly, children, people with a medical condition and pets.

Check weather forecasts at bom.gov.au to prepare for days of extreme heat.

FIRES

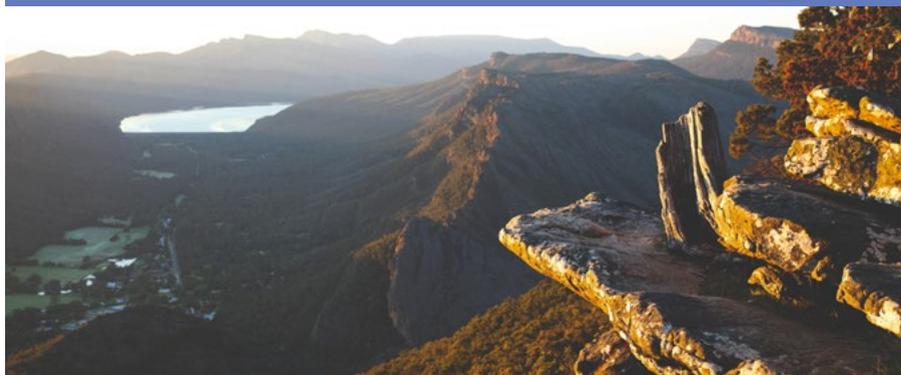
- Never travel into any high-risk bushfire area where a Code Red has been declared.

To check Fire Danger Ratings daily, visit emergency.vic.gov.au. The Fire Danger Rating tells you how dangerous a fire would be if one started.

WATER ACTIVITIES

- Before selecting a beach location, check the weather forecast, at bom.gov.au and watch for changing conditions, cool changes and wind direction changes that could impact your water activities. Once there, always read safety signs to understand the dangers.
- Swim between the red and yellow flags wherever possible. Lifeguards patrol the area between the flags and can see you if you get into trouble. Find a patrolled beach, at beachsafe.org.au
- Rips are the number one beach hazard for swimmers. Learn how to spot and avoid rip currents, at beachsafe.org.au
- Don't drink alcohol before going for a swim. Alcohol affects your swimming ability and judgement of dangerous situations.
- Rivers, lakes and dams can often have hidden dangers, such as strong currents and submerged objects. Read safety signs to understand dangers.
- Always supervise children around water. Keep children under five years of age within arm's reach.

Learn how to stay safe around the water, at watersafety.vic.gov.au.



Short trips

MORNINGTON PENINSULA

South of Melbourne lies the Mornington Peninsula, a picturesque seaside region offering great food, lots of wineries, and plenty of fun activities. There are lots of operators providing winery tours of the region, or you can pick and choose your own selection to visit. While you're in the area, make sure to go strawberry-picking at Sunny Ridge Strawberry Farm; visit Australia's oldest hedge maze, Ashcombe Maze and Lavender Gardens; or take to the skies on the Arthurs Seat Eagle – a gondola lift complete with incredible views of the region.

YARRA VALLEY

The Yarra Valley is Victoria's top wine-making region. The very first vineyard was planted here in 1838, and today the Yarra Valley is known as one of Australia's best cool climate wine districts. The region is famous for producing chardonnay, sparkling

and pinot noir, but you'll also find excellent sauvignon blanc, pinot gris and shiraz grown in its many wineries. A great way to see the area is to do a day of wine tasting, with several shuttle bus options available. Even if you're not interested in wine, a trip to the beautiful Yarra Valley is still worthwhile, if only to see this lovely part of the state.

DANDENONG RANGES

Located only 45 minutes to an hour outside of Melbourne (depending on if you drive or take the train to Belgrave Station), the Dandenong Ranges is like a magical rainforest oasis that's a world away from the hustle and bustle of the city. Lots of quaint villages dot the Ranges, including Sassafras, Kallista and Olinda, with each offering a mix of cute stores, country-style cafes, and plenty of charm. While you're here, take the 1000 Steps Walk, a memorial for the famous Kokoda Track that takes you through lots of beautiful scenery.

Longer trips

BALLARAT

The train from the city to Ballarat takes approximately 80 minutes. Between 1851 and the late 1860s, Australia's population almost tripled due to the gold rush, much of which was concentrated in Victoria. The wealth generated then is still visible today in the beautiful historic architecture of the mining towns located northwest of Melbourne. Head to the ever-popular Sovereign Hill in Ballarat, an open-air museum that has been made to look like a gold rush-era town. Beyond the history, Ballarat is full of fantastic restaurants, interesting art galleries, and fun cycling routes.

GRAMPIANS

The 230-metre-tall Mt Arapiles is generally considered Australia's best rock climbing spot. In total, there are over 2,000 different climbs that can be attempted over the many pinnacles and cliffs. There are camping facilities available at Mt

Arapiles (sites must be booked in advance), as well as the Grampians Eco YHA in Halls Gap. If you don't want to take a tour, you will need to catch a train and a bus to get to Halls Gap from Melbourne. Take the train from Southern Cross Station to Ararat, and from there, you can take a bus to Halls Gap.

GREAT OCEAN ROAD

The Great Ocean Road is one of the most iconic parts of Victoria, making it a must-visit during your time in Melbourne. Starting at the seaside town of Torquay and finishing in Nelson on the South Australian border, it's a 400-kilometre drive that takes you through some pretty incredible destinations. Visit the famous 12 Apostles, London Bridge and Loch Ard Gorge rock formations, or stop by one of the lovely towns dotted along the route. You can drive as much or as little of the Great Ocean Road as you want, but it's recommended to set aside a few days to enjoy it properly.



Key contacts

CONTACT NAME	WHEN WOULD I USE THIS SERVICE?	CONTACT DETAILS
AUSTRALIAN CONSUMER LAW	Understand your legal rights in regards to shopping or purchasing goods or services.	consumerlaw.gov.au
AUSTRALIAN FEDERATION OF INTERNATIONAL STUDENTS	A Victorian international student representative organisation. They collaborate with governmental bodies, education providers and community organisations on behalf of international students.	internationalstudents.org.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 study 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
CENTRE FOR CULTURE, ETHNICITY AND HEALTH	For free and confidential support, information about protection from HIV/AIDS, hepatitis and other sexually transmitted diseases.	9418 9929 ceh.org.au
COHEALTH	For short term individual support, referral, advocacy and counselling to young people aged 12-25.	9448 5521 www.cohealth.org.au
CONSUMER AFFAIRS VICTORIA	If you require detailed information about your rights regarding all kinds of consumer affairs, including renting.	1300 55 81 81 consumer.vic.gov.au
COUNCIL OF INTERNATIONAL STUDENTS AUSTRALIA (CISA)	They are the peak national body for the interests and needs of international students and always require volunteers.	cisa.edu.au

CONTACT NAME	WHEN WOULD I USE THIS SERVICE?	CONTACT DETAILS
DEPARTMENT OF FOREIGN AFFAIRS AND TRADE (FOR EMBASSIES)	If you require help from your country's embassy within Australia.	dfat.gov.au
DEPARTMENT OF HOME AFFAIRS	This government department handles visa enquiries and issues.	homeaffairs.gov.au
THE DESK	A digital service helping students develop good study practices.	thedesk.org.au
THE DRUM - YOUTH SERVICES, DRUMMOND STREET RELATIONSHIP CENTRE	For a comprehensive mix of youth programs and services for young people aged 12-25.	9663 6733 ds.org.au
FAIR WORK OMBUDSMAN	If you require assistance understanding your workplace rights and responsibilities.	fairwork.gov.au
FRONTYARD INTEGRATED YOUTH SERVICES	Frontyard aims to address the physical, social, and emotional needs of young people, up to the age of 25, who spend time in the Melbourne CBD.	9977 0077 www.mcm.org.au
HEALTHDIRECT AUSTRALIA	Outside of GP consultation hours their trained staff can help you treat non-urgent illnesses.	1800 022 222 healthdirect.gov.au
IDP MELBOURNE	Assistance with assessing study options, including courses, applications and student visas.	03 9606 1800 idp.com/australia



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* Times Higher Education World Universities Ranking 2019

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