

Canberra

Student Guide

INSIDER GUIDES

BY LOCAL EXPERTS
FREE
2021



STUDY
CANBERRA

Everything you need to know about studying in Australia

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INSIDER GUIDES



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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.

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INTERNATIONAL STUDENT FOCUS

Pages that have a green background in this Guide contain information designed specifically to support international students in Canberra.

Welcome

Nestled in the heart of the Australian Capital Territory (ACT), Canberra is an incredible city to live and study in. Offering the social and cultural amenities of a metropolitan city and the natural beauty of the Australian bushland, Australia's capital city has something for everyone. It's no wonder why thousands of students choose Canberra as the destination to further their education. Home to world-class educational institutions and renowned as one of Australia's leading knowledge cities, Canberra is a prime location for those who love to learn. Inhabited by an inclusive and inviting community, it won't be long until Canberra feels like home.



A woman with dark hair, wearing a black tank top and black shorts, is climbing an indoor rock wall. She is reaching up with her right hand to grasp a blue climbing hold. The wall is made of light-colored wood panels and is covered with various colorful climbing holds (blue, red, green, yellow, orange). Several blue ropes are visible on the left side of the wall. The background shows a brick wall and a sign that says "STAFF ONLY".

welcome to
more than
an education



STUDY
CANBERRA

canberra.com.au/study

Dhawura nguna dhawura Ngunnawal. This is Ngunnawal country.

**Congratulations on choosing
Canberra for the continuation of
your education journey.**

In Canberra, you could spend the morning studying at the National Library of Australia, the afternoon riding through Mount Stromlo's mountain bike trails, and the evening dining at one of our many world class restaurants. This is a city of opportunity, a city for learning and for living.

Canberra is more than the Capital, our city is surrounded by wineries, farm gates, the Snowy Mountains and the coast. We're home to a vibrant and thriving local community. Our clean and green city is powered by 100 percent renewable electricity and is connected by buses, light rail and an extensive network of cycle paths. There are hundreds of ways to get involved in the local sport, art and music scenes and an eclectic calendar of events—COVID-19 permitting.

**Andrew Barr MLA
ACT Chief Minister**

The ACT celebrates its commitment to being an inclusive and progressive city, where people of all cultures, races, genders, sexualities, ages and abilities are respected and empowered to meet their full potential.

The events of 2020 have negatively impacted the wellbeing of people around the world, but our community has shown incredible resilience and worked together to get through these difficult and uncertain times.

While Canberra's economic resilience has allowed us to manage the early stages of the pandemic successfully, our Jobs and Economic Recovery Plan will help grow Canberra's employment opportunities, create more than 250,000 local jobs by 2025, expand our higher education campuses and provide pathways for students into the workforce of the future to give our city the skills it needs.

In Canberra, there's always more to discover, and we know you'll do great things here.



HELP US KEEP CANBERRA SAFE

Follow the latest public health advice at covid19.act.gov.au



Quick facts

Three sister cities

To help boost trade and international camaraderie, Canberra has established sister city relationships with three cities in three countries: Beijing, China; Nara, Japan; and Wellington, New Zealand.

Indigenous land

Canberra's first inhabitants were the Indigenous Ngunnawal people, who have lived in the area for roughly 20,000 years and remain an important part of the community.

A bidding war

Fifteen different nations – including Mexico, Sweden, Paraguay, and South Africa – submitted a total of 137 proposals to design Australia's new capital city in 1912.

A travel destination

In 2018, Lonely Planet listed Canberra as the third most travel-worthy city in the world, making it the highest-ranking Australian city in this international publication.

A multicultural hub

According to 2016 census data, 30.4% of Canberrans had both parents born overseas, with the most common origin countries being England, India, and China.

Four distinct seasons

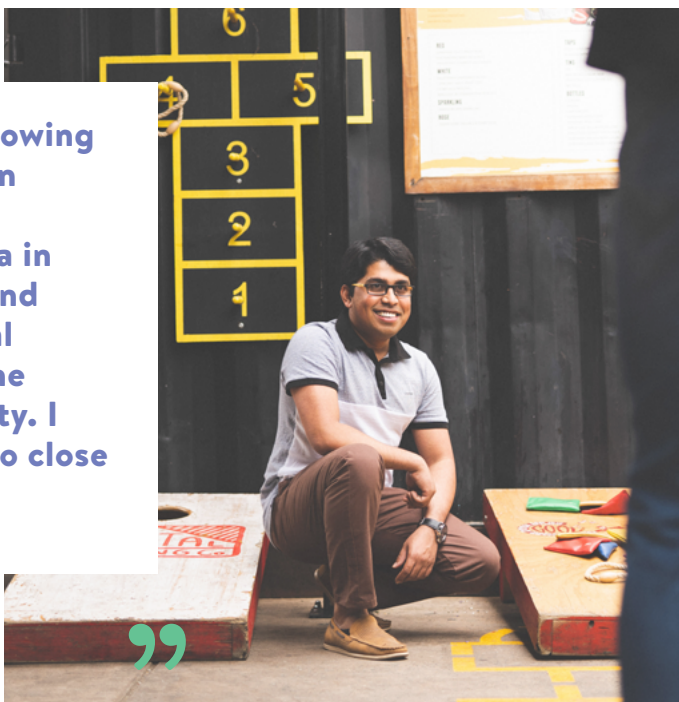
Each of Canberra's four seasons offer unique beauty. Enjoy blooming flowers in spring, sunny summer days, crisp autumn evenings, and winter snowfall in nearby regions.

“

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

Atiq, Bangladesh

Studying at ANU



“

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

Bobby, Australia

Studying at ANU





Must-do in Canberra

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

1.

Explore Australia's history

As Australia's capital city, Canberra is rich with history. Visit the National Museum of Australia, the Australian War Memorial, or the Museum of Australian Democracy to experience it first-hand.

2.

Parliament House tour

A day tour of Parliament House is the perfect way to familiarise yourself with this beautiful landmark, as well as with Australia's fascinating political history.

3.

Get back to nature

From Canberra Nature Park and Mount Ainslie, to the Jerrabomberra Wetlands, to the Australian National Botanic Gardens, there's no shortage of stunning outdoor attractions in Canberra.

4.

Cheer for a team

Whether you're an avid sports fan or not, everyone can enjoy watching a cricket match or an AFL game at Manuka Oval, Canberra's premier sporting venue.

5.

Enjoy wineries and breweries

Canberra boasts an established wine region as well as its own whisky distillery and a microbrewery hub. No matter your beverage preference, you can indulge here.

6.

Unleash your inner foodie

Canberra offers a wide and multicultural range of dining styles. Whether you're in the mood for sushi, a burger, or a sweet treat, there's something for everyone.

Your first week in Canberra

1.



Buy a MyWay card

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

2.



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.



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.



Know the emergency number

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

5.



Stock up your fridge

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

6.



Plan your studies

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

Nurul, Indonesia

Studying at the University of Canberra



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

“

COFFEE

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

BREAKFAST

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

DINNER

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

”

NURUL'S FAVOURITE HIDDEN GEM

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



Improving your English

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

SPEAKING

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

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

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

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

READING & LISTENING

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

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

WRITING

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

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



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

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

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.'



Eskey (Noun) – Ice cooler

'The eskey 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
- + Housemates' code
- + Paying rent
- + Setting up your home

Comparing your options

Private rental

\$170-\$500/wk

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

Note: Listed price is per room.

Homestay

\$250-\$350/wk

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

Purpose-built student 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 meals are included. The downside is that you often have to pay for the full academic year and may not need all the extras.



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)

ACCOMMODATION ONLINE

From types of accommodation and support for renters, to decorating your space and being a great housemate, check out our online Accommodation guide.

insiderguides.com.au/student-accommodation-in-australia/

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.

What support services are available for renters in the ACT?

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

tenantsact.org.au

Community Legal Centres (CLCs) are independent community organisations

that provide free legal services to the public. They help people who are ineligible for legal aid and cannot afford a private lawyer. Visit the Canberra Community Law website if you think you need legal support for a tenancy issue.

canberracommunitylaw.org.au

You can also head to the Study Canberra website to check out the latest support initiatives for international students in Canberra.

canberra.com.au/study

Owning a pet in Canberra

If you are considering getting a pet, you need to make sure you have done your research. Things like the size of the pet, where it will live, how much time you can spend with it, what will happen to it when you finish your studies and the amount of money you have to properly take care of it should all be part of your decision. You also need to

know the rules and requirements of pet ownership.

accesscanberra.act.gov.au

Fostering an animal is a good option if you can't keep a pet long-term. You will be provided with basic supplies, and can enjoy the company of a pet temporarily until they find their perfect forever home.

rspca.org.au/support-us/foster-care



Factors to consider before owning a pet:

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

HOW MUCH WILL MY BOND BE?

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

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

How to pay rent

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

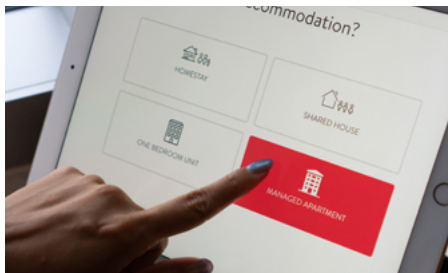
Rental scams

Unfortunately, rental scams can occur. 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 family, trusted friends, or your school or agent, if you see any of the following warning signs:

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

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



COST OF LIVING CALCULATOR

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

insiderguides.com.au/colc



Setting up your house

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

FURNITURE STORES

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

SECOND-HAND STORES

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

ONLINE MARKETPLACES

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

FACEBOOK

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

HOMEWARES STORES

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

BUY, SWAP, SELL

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



IMPORTANT STEPS

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

1. Notify your bank, employer, education provider of your new address. If you are an International student, your 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. 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 the ACT Government's website for more info on waste.
3. Tell your friends and family 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.

A hand holding a smartphone over a wooden desk with a notebook and pen. The image is partially covered by a semi-transparent blue and green overlay.

Communication

- + Mobile phones
- + Internet
- + Streaming

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 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.

Canberra is gradually connecting to the National Broadband Network (NBN), a process that is expected to be completed this year.

comparebroadband.com.au

Free Wi-Fi in Canberra

Canberra offers free wi-fi in the CBD, public venues and major town centres. You'll also find free wi-fi at Canberra Airport.

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

Online learning checklist

If you're studying online, it pays to be up-to-date with the latest tools and resources. Zoom has gained enormous popularity in Australia – often as a virtual classroom – but is also great for meeting with classmates when working on group projects, so make sure you know how to use this software. Navigating your education provider's online learning platform and digital library is now vital, too. Your education

provider can provide IT support if you need guidance on using these.

Studying from home requires a good set-up for your virtual learning, as well as measures in place to help you stay focused. The Pomodoro Technique can be a useful tool to keep you on track when studying online.

zoom.us

pomofocus.io



Streaming options

Aside from Netflix and Amazon Prime Video, there are a range of streaming options at different prices. You can watch these on smart TVs, gaming consoles, Apple TV and Chromecast, mobile devices, and computers.

Stan (stan.com.au)

Australian subscription service that offers an extensive back catalogue of local and international content. From \$10/month.

Binge (binge.com.au)

Binge is perfect for watching the most popular shows from international networks such as HBO and NBC. From \$10/month.

Disney+

All things Disney – plus Marvel, Star Wars, and all of The Simpsons – are available on Disney+. From \$8.99/month.

Kayo (kayosports.com.au)

Kayo is the most popular service for sport content, streaming from channels including ESPN and Fox Sports. From \$25/month.

AnimeLab (animelab.com)

Home to new and classic anime films and series. You can watch in English, Japanese, or with subtitles. From \$7.95/month.

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

The main free-to-air stations in Australia all have free apps to watch their shows and films on-demand.

The background of the page is a photograph. At the top, a hand holds a red 20 Australian dollar banknote. Below it, another hand holds a brown leather wallet with a silver button. A blue 100 Australian dollar banknote is visible in the lower left. A semi-transparent teal and blue overlay covers the middle section of the page, containing the title and list.

Money & Banking

- + Banks in Australia
- + Managing your money
- + Transferring funds

Banks in Australia

Why do I need an Australian bank account?

Opening an Australian bank account will enable you to earn money in Australia. Any payment you receive

from employment or a scholarship will need to be paid directly into an Australian account.

Additionally, you will easily be able to access funds without attracting fees for international transfers.

How do I set up a bank account?

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

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

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

What should I bring with me?

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

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

ATMs, contactless payment and PayID

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

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

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

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

Managing your money

How do I manage my budget?

The first thing you need to do is get an understanding of your current financial position as a student. Predict and list all of 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, such as buying a coffee every day vs. making one at home. Then, download an app such as Pocketbook or MoneyBrilliant 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.

moneysmart.gov.au

What should I do if I am facing financial difficulties?

If you are having any difficulties with your finances, your first contact should be your educational institution. They have qualified staff available to help and can point you in the right direction for support. If you are

experiencing financial hardship then you may be able to apply to pay your tuition in instalments. Additional financial support was introduced for international students during the COVID-19 pandemic. The ACT Government has information on where to look for help.

covid19.act.gov.au

Scams and security

Unfortunately, there are a number of scams which increased during the COVID-19 pandemic. For international students, these included agency, accommodation, blackmailing and online scams, while phishing, online

shopping and superannuation scams have also generally increased. If you are vigilant and aware of these scams, you will be better able to avoid them. Scamwatch outlines different types of incidents and who to contact for

help.scamwatch.gov.au

Splitting bills

From sharing the cost of a meal, to splitting household bills between you and your housemates, it can be tough to track what you owe at times. Apps like Splitwise or Splitr can help you and your friends log shared expenses, and work out who owes what.

Transferring funds

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

Send and receive money from home

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

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

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

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

Pay your education expenses and other bills

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

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



Employment

- + Employment basics
- + Looking for work
- + Writing a resume
- + Workplace rights

THE YOUNG WORKERS CENTRE

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

youngworkers.org.au

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

Employment basics

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.

When 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.

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

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.

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.

ato.gov.au/Individuals/Super

CAN I WORK WHILE STUDYING ON A STUDENT VISA?

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.

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

There are a range of job-seeking sites you can access for free to check work vacancies in Canberra. Below we've listed some of the most popular. Your education provider will also have a careers website that will list jobs specifically targeted to students.

However, if you'd prefer to work freelance on your own time, check out Airtasker or Upwork.

[seek.com.au](https://www.seek.com.au)

[careerone.com.au](https://www.careerone.com.au)

au.indeed.com

au.oneshiftjobs.com

[spotjobs.com](https://www.spotjobs.com)

Employability programs

If you don't have experience in the workplace or are struggling to find a job, there are several opportunities in Canberra that can boost your employability and work skills. Most institutions provide some support to students to help develop their employability skills.



COMMON PART-TIME JOBS FOR STUDENTS

RETAIL SALES ASSISTANT

ADMINISTRATIVE ASSISTANT

BARISTA

GENERAL HOSPITALITY STAFF

EVENT STAFF

CLEANER

FOOD DELIVERY

HEAD ONLINE

For up-to-date advice on finding a job and starting a career in Australia from industry experts, check out our online employment hub.

insiderguides.com.au/employment-hub

How do I write a resume?

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

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

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

PERSONAL INFORMATION

Ms Jane Lee
2019 Guides Street

x Email - iloveponies27@hotmail.com

Ph (01) 2345 6789

x DOB - 01/02/03

x Height - 250cm Weight - 170kg

Visa - Student

x Marital Status - Divorced

x Religion - Jedi

EMPLOYMENT HISTORY

x Shop Asistant

Insider Shop Jan 2017 - Present

Responsibilities: Handling Money

Key Achievements: Staff Award

EDUCATION HISTORY

Bachelor of Arts - Insider University

x 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 resume to eliminate all mistakes and other errors.

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

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

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

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

WORKPLACE EXPLOITATION

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

1. Avoid job ads that look suspicious. Make sure they mention the business name and look it up on the Australian Business Name register (abr.business.gov.au)
2. As of 1 July 2020 the national minimum wage is \$19.84 per hour or \$753.80 per week, reviewed each year. Use the pay calculator to find your pay rate: calculate.fairwork.gov.au/FindYourAward
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 other workplace entitlements. www.fairwork.gov.au has information in over 30 different languages to help you understand your work rights. A good starting point to learn about Australian employment laws is the Fair Work Information Statement, a short document that explains basic workplace rights and entitlements, including the national minimum wage at www.fairwork.gov.au/FWIS.


Remember, you can't get in trouble for being underpaid or being paid in cash. You can contact the FWO for help without fear of your visa being cancelled. See www.fairwork.gov.au/internationalstudents for more information.

It is important to keep a record of the hours you've worked. The FWO's record my hours app makes it easy for you. Download it now from the App Store or get it on Google Play!

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.

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!



Want to work while you study?

Know your workplace rights and get help with workplace issues

Like all workers in Australia, international students have the right to:

Minimum wages



Leave



Pay slips



Ask about workplace entitlements



The Fair Work Ombudsman is here to help!

You can't get into trouble or have your visa cancelled for contacting the Fair Work Ombudsman.



Find out about your workplace rights in over 30 different languages at www.fairwork.gov.au

To report a work issue, register at www.fairwork.gov.au/register or call 13 13 94

You can also report workplace concerns anonymously at www.fairwork.gov.au/tipoff

The Fair Work Ombudsman's services are free.



Australian Government

Fair Work
OMBUDSMAN



facebook.com/fairwork.gov.au



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



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



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 institution may have a volunteering office, but if not, seek help at the careers office. Off-campus volunteering will take you further into the local community and, if you are an international student, help you learn about Australian customs.

volunteeringact.org.au

GETTING A JOB AFTER YOU GRADUATE

In your final year, you are able to apply for graduate positions with a range of organisations. Job search sites such as GradConnection and GradAustralia are a great place to search for graduate programs around the country. If you are an international student, employers have the opportunity to sponsor your visa.

If you are an international student, after you graduate, you can apply for a Temporary Graduate visa (subclass 485), which will allow you to live,

study and work in Australia for a set number of years, depending on the education level you complete. See the Department of Home Affairs website for more information.

immi.homeaffairs.gov.au

immi.homeaffairs.gov.au/visas/working-in-australia/regional-migration

To learn more about career pathways, migration options and industry strengths in Canberra, we recommend exploring the StudyCanberra website.

canberra.com.au/study/australian-students/working-in-canberra

Everything you need to know about studying in Australia

Head to our website
for more information:
insiderguides.com.au

Or follow us on:

- > Facebook
- > Instagram
- > YouTube
- > LinkedIn

INSIDER GUIDES





Studying

- + The Australian education system
- + Student resources
- + Study basics

The education system

There are several education options in Australia, meaning you have a wide choice of study types and providers. Just make sure they're registered on the Commonwealth Register of Institutions and Courses for Overseas Students (CRICOS), as this is required for your visa.

cricos.education.gov.au

University

Australia's university network is high quality; many of the country's institutions are considered among the best in the world. Different universities specialise in particular fields so be sure to research and find out what each institution excels in. At university, you can complete an undergraduate or postgraduate degree. You also have the ability to change universities/courses if you feel that the study program or location isn't suitable for you.

TAFE

TAFE stands for Technical and Further Education. TAFE providers generally offer vocational education and training (VET) programs, such as cookery and hospitality, agriculture, creative arts, and trades.

Private colleges

There are private colleges located across Australia offering VET programs, higher education, or both. Private colleges generally focus on a specific field and are often much smaller than universities.

Pathway providers

If you don't meet the academic entrance requirements for university, come from a non-English-speaking background or want to change courses or careers, a pathway program provides a way to ease into academic study. It's similar to a bridging program between high school and university.

Student resources

What services are available on campus and online?

There are lots of services your institution offers for free as part of your fees – hopefully you now realise 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, prepare for a job interview, help you plan out your graduate career, discover volunteer and internship opportunities, and help you find casual work. Not many students use this office because they simply don't know about it. Now you do!

INTERNATIONAL STUDENT OFFICE

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 improve your chances of succeeding in your studies, and also offer a range of workshops to enhance your academic skills.

TECHNICAL SUPPORT

Studying from home might mean encountering more technical difficulties. Your institution's dedicated technical support team will be able to help you with questions about your tech, including accessing specific software for your course, storage – even setting up Zoom!

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.

STUDENT LEARNING HUBS

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

PRIVATE TUTORING

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

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.

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.

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.

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. Campus libraries often have textbooks for hire too.

Building an online study routine

The key to studying from home successfully is building a productive, regular routine that you can stick to, making sure that you're balancing your studies with time to exercise, relax and catch up with friends and family. Some tips to help keep you motivated while studying online include: having a dedicated study area to work in, taking regular breaks (check out the Pomodoro Technique), taking notes by hand during online lectures (to help you focus), breaking up tasks and giving yourself rewards (away from the screen!) for completing them.

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 ACADEMIC DOCUMENTS

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



“

Attending O-Week

Be part of any society or community, including societies at your institution. 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

”

WHAT TO PACK

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





Study terms

Census date

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

Course

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

Full-time

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

Grade point average (GPA)

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

Lecture

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

Orientation (O-week)

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

Practical (Prac)

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

Semester

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

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

TAFE (Technical And Further Education)

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

Transcript (Academic record)

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

Tutorial (Tute)

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



Health, Safety & Wellbeing

- + Healthcare basics
- + Physical, mental & sexual health
- + Staying safe
- + Friends & dating

MASKS

Throughout the COVID-19 pandemic, many Canberra residents opted to wear a face mask. Even if wearing a face mask isn't mandatory, you may choose to use one anyway. You can usually buy disposable face masks from pharmacies, but many stores around Canberra sell reusable masks.

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.

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, which 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 understand your cover to avoid any unwanted charges, and refer to your OSHC policies for their rules on COVID-19 testing and treatment. Every time you go to an appointment, take your OSHC card with you, along with photo identification.

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!

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

What do I need to know about hospitals?

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

What should I do when medical clinics are closed?

Very few medical clinics are open seven days or have 24-hour services (and those that do can be expensive). If you need a medical certificate or you have a minor illness, it's best to wait until the medical clinics are open. For urgent non-life-threatening enquiries, there are after-hours home doctor services available including 13SICK (call 13 7425).

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

HOW DO I FIND A DOCTOR?

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

healthengine.com.au

Mental health

What should I do if I'm feeling homesick?

Remember to take time out for yourself. Living in a new city, especially with the impact of COVID-19, can be an incredibly difficult and stressful time for many. It's important that you know support is available to you if you need help. It can be very beneficial to talk to friends and family about how you feel, or use one of the resources mentioned below or visit your general practitioner (a local doctor, also called a GP). 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?

Medicare generally covers visits to a GP, as long as the doctor bulk bills. If you're an international student, you can usually have your visit covered by OSHC.

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 may be partially or fully covered for a limited amount of visits with a psychologist.

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.

Many organisations, such as Beyond Blue and Lifeline, offer COVID-19 specific support, so there's accurate information, advice and strategies to help you manage your mental health during this time.

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 lifeline.org.au

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

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

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 tisnational.gov.au

Support services

Support for your children and spouse

Many students in Australia have spouses and families. International students may choose to bring their spouse and children with them when they study in Australia and will find that some education providers offer language or other kinds of support that cover the family. Ask your educational institution for more information about what support services are available to you if you have a spouse or children.

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

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

education.act.gov.au

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

childcarefinder.gov.au

Support services for LGBTIQ people

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.

qlife.org.au

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

agmc.org.au

Walk-in centres

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

health.act.gov.au/hospitals-and-health-centres



Staying fit

Gyms

If you're keen to join a gym during your time in Canberra, there are several options available including Anytime Fitness, Jetts and more. There are also womens-only gyms such as Fernwood Fitness. 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.

Social Sports

If you enjoy a particular sport, you'll most likely find a social sports league near you. Your institution might even have a society or association dedicated to it, so you can meet like-minded students, or you can check websites such as Meetup to find social sport groups. Sports leagues, including basketball, football, badminton, futsal, volleyball, cricket and more, are available all over Canberra.

justplay.com.au

Yoga and Pilates

There are many different types of yoga, with varying levels of intensity and movement. Use Find Yoga to find a class near you; there are plenty of beginner classes available. 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'. Check out studios using Australian Pilates.

findyoga.com.au australianpilates.asn.au

ONLINE RESOURCES

If you can't or don't want to leave the house to exercise, there are lots of free online resources available to help you get fit. The Body Coach TV and MadFit are two great options, with workouts of varying lengths that target different areas of the body. You can also try yoga, guided by Yoga With Adriene, or dance with POPSUGAR Fitness.

BEACH SAFETY

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

Plan your visit

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

Stay safe

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

How to get help

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

royallifesaving.com.au



We're here to help



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

Contact us

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



STUDY
CANBERRA
WWW.STUDYCBR.COM.AU



AFP
AUSTRALIAN FEDERAL POLICE



Staying safe

How can I stay safe?

Canberra is a safe city with relatively low crime, but it's important to 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 discriminated against?

In Australia, it is against the law to be discriminated against based on your ethnicity, language, skin colour, sex and sexuality. There is support available if you, or someone you know, experience any kind of racism or discrimination. It's important that everyone is comfortable in their environment and feels safe to seek help when necessary.

If you are at work, school, on public transport or online, report incidents to the body in charge. The next step is to contact the Equal Opportunity Commission ACT or the Australian Human Rights Commission to report the incident. If you experience violence, abuse or other criminal behaviour, you can call 131 444 for police assistance outside of an emergency situation.

hrc.act.gov.au

Call 6205 2222

Police in Canberra

ACT Policing is the community arm of the Australian Federal Police. We are here to help Canberrans and visitors to stay safe and feel protected in our nation's capital.

You'll see our General Duties members patrolling across the territory, our Road Policing team targeting dangerous driving behaviour and our Territory Targeting Team providing high visibility policing around licensed premises and entertainment precincts - just to name a few! We work in close partnership with a range of Canberra support agencies and services. If Police can't resolve an issue for you, we will be able to refer you to someone who can.

When you see us in uniform out in the community, feel free to say hello or come into one of our five stations which are open 24 hours a day, 7 days a week. You can stay up to date with all our news and events by connecting with us via Twitter, Facebook, Instagram and YouTube.

On behalf of ACT Policing, welcome to Canberra!

*For more information
visit police.act.gov.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 went into the city to meet others and get to know my new home."

Abdul, UAE

Sexual health

Where can I get advice on sexual health?

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

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

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

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

1800myoptions.org.au

health.act.gov.au

Contraception options in Canberra

You can get contraceptive medications and devices very easily and cheaply in Canberra. 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 are sexual assault and sexual harassment, and where do I turn to for help?

Sexual assault is any unwanted sexual behaviour that's offensive, humiliating or intimidating, such as rape. Sexual harassment is an unwanted or unwelcome sexual advance, such as a request for sexual favours.

If you have experienced sexual harassment, your first call should be to your institution, as there will be mechanisms in place designed to support you. If you're being threatened and require immediate assistance, or have been the victim of sexual assault, you can visit your local police station or call 000. You should also contact your institution. As well, the Canberra Rape Crisis Centre provides free and confidential support for any person who has experienced sexual violence in Canberra.

Call 6247 2525

crc.org.au

Making friends

You'll meet lots of new people in your course or 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 like-minded 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, sports team, movie or book club, or any other group that matches your interests. If you can't meet in person, most clubs have introduced online activities to keep members connected, such as quiz nights or virtual movie nights.

LANGUAGE GROUPS

There's bound to be other international students in Canberra looking to improve their English.

There are countless English conversation groups that take place all over the city and online; 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.

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 online (you can decide to meet them in person if you feel comfortable doing so). 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 harrassment section for more information.

WHERE CAN I MEET PEOPLE?

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



Areas of Canberra

*Disclaimer: We do our best to ensure all of the information in this guide is up-to-date and accurate at the time of publication, but we encourage you to ensure locations are still open and operating by checking their websites or social media in advance of your visit.

1

CIVIC AND ACTON

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

P.70

2

INNER NORTH

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

P.74

3

SOUTHSIDE

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

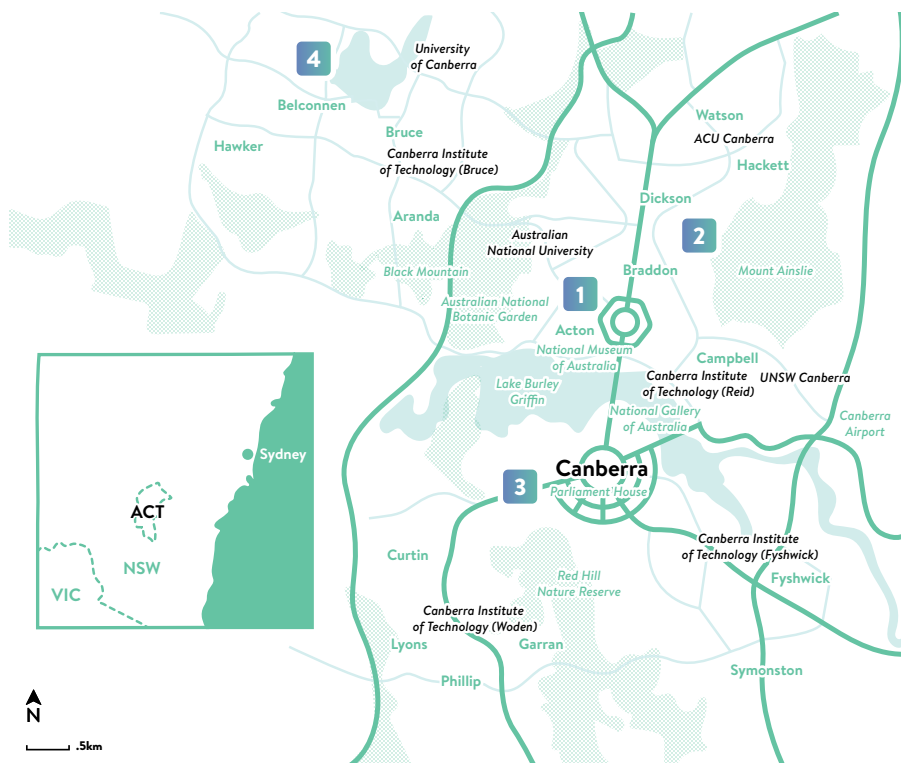
P.78

4

BELCONNEN

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

P.82





Getting around

Canberra's population is spread across a large area so many people rely on cars and bicycles. The extensive bus network has now been supplemented by the introduction of light rail, with both offering student discounts.

BUSES & LIGHT RAIL

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

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

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

Canberra's new light rail system, Canberra Metro, is now open. It provides a quick, direct way to travel between Civic and Gungahlin (the route goes through Braddon, Dickson and Lyneham). Stage two to the city's south will commence in 2021.

PLANNING

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

transport.act.gov.au

nxtbus.act.gov.au



STUDENT CARD

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

transport.act.gov.au

Other transport options

Ridesharing

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

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

Taxis

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

Renting a car

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

vroomvroomvroom.com.au

TRAVEL SMART with MyWay

MyWay is the easiest
and cheapest way
to travel on public
transport in Canberra.

For student fares visit
transport.act.gov.au

For **COVID-19** related travel
updates visit our website.



ACT
Government



Transport
Canberra



Riding a bike

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

Add to that, riding a bike is:

- Good for your physical health
- Good for your mental health
- Good for the environment
- Reliable (no more waiting for late buses or traffic jams)

BUYING A BIKE

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

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

[gumtree.com.au](https://www.gumtree.com.au)

BIKE LAWS

It is illegal to ride in Australia without a helmet and you must have a light on your bike if you plan to ride at night. As a bike rider, you're allowed to ride on the road, on bike paths and on shared paths. You usually can't ride on pedestrian footpaths. When you're riding on the road, you're expected to follow the same road rules as drivers. Check out the Pedal Power ACT website for more information.

[pedalpower.org.au](https://www.pedalpower.org.au)

BIKE LANES

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

[transport.act.gov.au](https://www.transport.act.gov.au)

LOOKING AFTER AND STORING YOUR BIKE

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

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

History of Canberra

Pre-settlement

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

1901

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

1912

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

1927

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

1950s

Canberra rapidly develops throughout the post-war period

1965

Royal Australian Mint opens

1972

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

1981

National Institute of Sport opens

1988

New Parliament House opens

2019

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

Early 1820

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

1911

Canberra is named the national capital

1913

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

1946

Australian National University is established

1963

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

1968

National Library of Australia opens

1980

High Court of Australia is opened by Queen Elizabeth II

1982

National Gallery of Australia opens

2000s

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



Built on immigration

EARLY IMMIGRATION

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

BRITISH SETTLEMENT

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

POST-WAR EUROPEANS

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

ASIA, AFRICA AND THE MIDDLE EAST

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

TODAY

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

Aboriginal culture

Canberra's Aboriginal roots are deep-seated and well-established, with multiple Indigenous groups calling the region home. The Ngunnawal people are officially recognised as the traditional owners of what is now known as Canberra, and the Ngarigu, Ngambri and Walgalu people also have deep connections to the land.

HISTORY AND CULTURE

If you're interested in learning more about Aboriginal history and culture, Dharwra Aboriginal Cultural Tours offers short, half or full-day tours of different areas in Canberra, as well as a Ngunnawal language introduction. On these tours, you will be introduced to Indigenous rock art, historical artefacts, and traditional stone tools while hearing the stories of each of the local sites you visit. Additional activities include twilight tours, traditional weaving workshops, and traditional doll/animal-making workshops.

You can also attend a First Australians Indigenous Australia Tour at the National Museum of Australia. There, you will learn all about colonisation, the diversity of Australia's Indigenous communities, and their ties to the Country through various interactive displays and stories. These tours take place every day at 3pm and are hosted by members of the local Ngunnawal and Ngambri peoples.

ART

The National Gallery of Australia houses the world's largest collection of Australian Aboriginal and Torres Strait Islander art, featuring more than 7,500 works in total. The collection is incredibly diverse and includes pieces such as 19th-century objects, early Western Desert paintings, and textiles. Burrunju Aboriginal Art Gallery is a more intimate gallery, featuring an extensive range of authentic arts and crafts. The items showcased here have been hand-made by a range of well-established and emerging independent artists, many of them local.

FOOD

If you're interested in learning about native Australian foods and ingredients, Dharwra Aboriginal Cultural Tours touches on bush tucker in its tours.

MUSIC

Music is a big part of Aboriginal storytelling. Traditional instruments such as the didjeridu, bullroarer and clapsticks are still used today. Check out the works of artists such as A.B. Original, Baker Boy, Dan Sultan, Thelma Plum and Yothu Yindi.



NAIDOC WEEK

NAIDOC originally stood for ‘National Aborigines and Islanders Day Observance Committee’. These days, a week-long event is held each July to celebrate Aboriginal and Torres Strait Islander peoples’ history, culture, and achievements. There are many activities and events, organised by Indigenous groups, that take place around the city.

RECONCILIATION DAY

On 31 May 2021, the ACT will celebrate its fourth Reconciliation Day public holiday. The public holiday marks the anniversary of the 1967 referendum, which allowed the Australian Constitution to include Aboriginal people in the census and empowered Parliament to legislate for Aboriginal peoples.

MABO DAY

Mabo Day is celebrated annually 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. He has become a figure of great importance in Australian history for his role in a land rights case that led to a landmark 1992 High Court decision. The Mabo decision acknowledged that Aboriginal and Torres Strait Islander people have rights to the land that existed before British colonisation and which remain today.

Civic & Acton

Civic is the central business district (CBD) of Canberra, while Acton covers the western part of the CBD. Vibrant and lively, these suburbs are full of restaurants, cafés, shops, and unique experiences.



Highlights

There's no shortage of incredible things to experience in Civic and Acton. If you're feeling hungry, check out any of the amazing restaurants and cafés in the area. With an elegant yet cosy atmosphere, Kinn Thai is a beautiful and affordable option for those craving classic Thai cuisine. Indulge in a Pad Thai, a chicken satay or any of the vegetarian and vegan-friendly dishes (hint: try the vegetarian curry or the chilli eggplant – you won't be sorry).

One of the best spots in town for halal food options is Kebaba. Located in the heart of Civic on Bunda Street, this Turkish takeaway restaurant is known for its friendly service and great value for money. If you're on the go and looking for a quick, delicious meal, be sure to check it out.

Need something to satisfy your sweet tooth? Head to Frugii Dessert Laboratory and select from a wide array of ice creams and pastries. The flavours at Frugii usually change daily, so you'll always have something new to try, and the prices are very affordable – perfect for a student budget!

88mph is one the most unique spots for

those looking to experience Canberra's nightlife. This 1980s-themed karaoke bar, which features neon lighting and arcade games, is known for its quirky and nostalgic atmosphere. In addition to karaoke, you'll find a variety of fun activities such as musical bingo, trivia, and even the Naked Neon Night life drawing classes! The venue also has amazing happy hour deals, which are ideal for students. Two-for-one tap beers and select tap cocktails are on special from 4-6pm every day of the week.

Wine lovers unite at Parlour, a refined art deco wine room located in the heart of Acton, which specialises in upscale wines and Spanish share plates. This is a slightly more sophisticated venue, but still very affordable, especially if you go for lunch. Every day from 12-3pm, you can enjoy a house sparkling, red, or white wine for \$2 or a house beer for \$4 with select lunch dishes.

Canberra Centre has just about all your shopping needs covered. Whether you're on the hunt for homewares to decorate your space, groceries, or new clothes, you'll find it all here at stores such as Target, Aldi, and H&M.





Community facilities

Civic Library has free public library services available Monday to Saturday. In response to COVID-19, the library has set up an online registration process, allowing you to access digital resources from home. Similarly, the library's English conversation groups are now offered via Zoom.

The City Community Health Centre is open Monday to Friday for general medical, mental health, and women's health services. Certain doctors at Hobart Place General Practice offer appointments to Australian National University (ANU) students that are fully covered by insurance. Your education provider may also offer free health services.

The Canberra Olympic Pool complex contains a 50-metre indoor heated pool, a 25-metre outdoor dive pool, and a gym with fitness classes. An online booking system has been set up to ensure safe use of the facilities, allowing you to reserve your place in fitness classes and book visits to the pool. You can also enjoy the sunshine at The Yard Skate Park, Acton Park, and Glebe Park.

Canberra City Uniting Church and Canberra Korean Uniting Church are both located in Civic. You can also join Crossroads Christian Church at ANU or Hope Christian Church's online Sunday Services.

Unique experiences

Civic is home to Canberra Museum & Gallery (CMAG), which features diverse exhibitions honouring the city's dynamic history and contemporary culture. The Canberra Stories Gallery holds the gallery's permanent collection, while the five other gallery spaces feature changing exhibitions. From paintings to ceramics to photographs, CMAG has no shortage of incredible displays. The museum is open Monday to Saturday from 10am-5pm.

Indulge your inner child by taking a ride on the Canberra Carousel, located near Petrie Plaza. This merry-go-round is a delightful piece of working history;

it started its life in Melbourne in 1914 before moving to Canberra in 1974. This nostalgic attraction offers a light-hearted way to enjoy local heritage – and maybe even get a fun Instagram picture!

Located in the heart of Civic Square, Canberra Theatre Centre hosts some of the most spectacular performances in the country, including opera, stand-up comedy, dance, and musical theatre. Established in 1965, the theatre is an architectural landmark. It is renowned as one of Australia's most popular theatre spaces. As a student, you are eligible to receive a concession on tickets, making it all the more affordable on a student budget.





STUDENT TIP

“My favourite thing to do in Canberra is walk around Lake Burley Griffin under the sun.”

Elaine, Hong Kong

Studying at ANU

TOP 5

Breakfast spots

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

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



CHEAP CHOICE

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



Art in Canberra

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

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

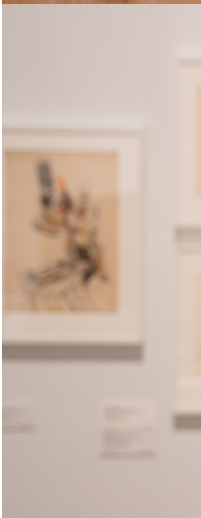
National Portrait Gallery: Learn about the lives of prominent Australians throughout history from their portraits by award-winning artists at this recently renovated gallery.

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

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

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

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



Inner North

Canberra's Inner North is renowned as the commercial and retail heart of the city. Its selection of dining and entertainment options, as well as its proximity to ANU, make it popular with students.



Highlights

The Inner North is a hotspot for great cafés. Head to Gather Café, a cosy establishment in Braddon, for an affordable menu of locally sourced, sustainable, and healthy foods (including vegetarian and vegan options). Highroad in Dickson is a sleek, modern café that offers unique and delicious coffee blends. Expect flavours such as white chocolate and raspberry, red apple and brown sugar, and cherry and melon. If you're looking for a new clean-eating haven, stop by Bitten Goodfoods, a Braddon-based café that specialises in vegan snacks and organic smoothies.

Since ramen is a staple in most students' diets, be sure to visit Ramentic for cheap and delicious noodles served in a cosy setting. The dishes feature fresh ingredients, and the menu caters to a variety of dietary needs. Whether you are gluten-free, dairy-free, vegetarian, or vegan, you'll have no trouble finding something for you.

Keen for a beer? The Old Canberra Inn is a quaint and inviting pub in Lyneham that is sure to satisfy. Their extensive beer selection, live music, and old-style wood-panelled décor provide a unique and nostalgic experience you won't

find elsewhere. If you're more of a wine lover, The Canberra Wine House makes for a great night out. Here you'll be spoiled for choice when it comes to great local wines, while the lazy-boy recliners and comfy couches will have you feeling right at home.

Ducks Nuts Bar & Grill is a great spot for students on a budget. With daily food specials, live music, trivia nights, and a daily happy hour from 4-6pm, you can have a fun night without breaking the bank.

Dickson is the shopping hub of the Inner North, containing an array of supermarkets (including Asian grocery stores), chemists, and convenience stores. Braddon is another great suburb for shopping. If you're looking to try an eclectic wine or beer, check out Blackhearts & Sparrows on Lonsdale Street. This beautiful bottle shop has a wide selection that caters to all tastes and budgets. You can't miss it – just look for the neon heart in the window! Braddon is also home to Lost Vintage, a small vintage clothing boutique. If you love thrift shopping or you're looking to shop more sustainably, this place is a must-see.



Community facilities

Dickson Library is open every day, providing study spaces, computers, printing, and free Wi-Fi. There are also free online English conversation classes that take place several times a week. If you have questions about how to access services, just ask one of the friendly and helpful librarians.

You can make an appointment with the doctors at Dickson General Practice from Monday to Saturday, and YourGP@Lyneham is open Monday to Friday. Otherwise, the Dickson Walk-in Centre is located at the Dickson Community Health Centre and is open seven days a week including Christmas and New Year's Day.

Dickson Aquatic Centre is a great place to cool off during the hot summer months. Entry for students is \$5.30. Another place to enjoy the warm weather is Haig Park, which has plenty of areas to sunbathe or sit in the shade. The Inner North is also home to a variety of fitness centres, such as Club Lime, Anytime Fitness and Next Gen Canberra.

There are Anglican, Catholic and Christian churches in the Inner North, including the Canberra Chinese Christian Church. Sakyamuni Buddhist Centre and the Buddhist Thai Temple Of ACT are also located in the area.

Unique experiences

One of Canberra's most unique attractions, the Australian War Memorial, is located in the heart of the Inner North, in the suburb of Campbell. Explore Australia's rich history with a visit to the Memorial's world-class museum, shrine, and an archive aimed at commemorating the Australians who died in wartimes. The museum is open from 10am-5pm daily (excluding Christmas Day). Entry is free, making it very accessible on a student budget. It is recommended that you register in advance to secure your free ticket and present it upon arrival.

Nature lovers should make time to visit Mount Ainslie, which contains trails for walking, running, and cycling. The natural serenity will allow you to unwind and forget how close you are to the busy city centre. Plus, the peak affords some of the most spectacular views in the city!

The Capital Region Farmers Market in Lyneham is a great way to engage with and support local producers, while stocking your pantry with the freshest ingredients. Wandering the stalls, you'll find everything from baked goods to vegetables to fresh seafood. The market is held every Saturday morning from 7-11:30am at EPIC Exhibition Park.





STUDENT TIP

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

Bobby, Australia

Studying at ANU

DAY PLAN

War Memorial

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

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

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



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Southside

The Southside consists of suburbs like Griffith, Kingston, Woden and Tuggeranong. It is home to some of Australia's most treasured institutions and landmarks, including Parliament House and the National Gallery of Australia.



Highlights

Home to a number of Canberra's leading educational institutions – including a Charles Sturt University campus (Barton) and two Canberra Institute of Technology (CIT) campuses (Woden and Tuggeranong) – it's no wonder the Southside is a popular area for students.

There's no shortage of amazing restaurants to try in this area. If you love pide or kebabs, be sure to visit Origin Turkish Kitchen in Griffith. The restaurant specialises in large servings of authentic Turkish dishes, including various options for vegan and vegetarian diners, such as falafel, zucchini balls, and the Coban salad.

7 By the Lake in Kingston and Belluci's Trattoria in Woden offer halal food options. These restaurants specialise in Indian cuisine and Italian food respectively. Both places have extensive menus and reasonable prices.

From cakes to milkshakes to hot chocolate, Space Kitchen is where to go to satisfy your sweet tooth. The patisserie also offers all-day breakfast and lunch, and they even have a separate vegan menu – you just have to ask to see it!

If you're in need of a caffeine boost, try Bean & Table. Not only does this

café serve delicious food and fresh espresso, the service is also friendly and fast – perfect if you're in a rush to get to your next lecture. Fox and Bow is another great café option, especially if you're looking to sit down. The rustic atmosphere and outdoor patio create the perfect environment to relax and enjoy your coffee.

In the heart of Kingston, you'll find Joe's Bar, a bright and colourful establishment with well-priced drinks and friendly staff. The bar is known for amazing cocktails, so be sure to try one of their signatures.

Public Bar offers Australian pub classics at affordable prices. Inside you'll find a beautiful atmosphere, with plenty of outdoor seating and lush greenery. The pizza specials and Friday happy hour make this an ideal spot for students on a budget.

Woden is the go-to shopping destination on the Southside. The major shopping centre is Westfield Woden, which has four levels of retailers and an impressive range of dining options. Meanwhile, Tuggeranong is home to South.Point shopping centre, which contains everything from banks to homewares to supermarkets – everything you need to set up your new life in Canberra.



Community facilities

Tuggeranong and Woden libraries are open daily. Both offer free access to study areas, computers, Wi-Fi, and printing. You can register online for any of the free English conversation group sessions, which are offered through Zoom multiple times a week.

Tuggeranong Community Health Centre offers walk-in general health services from 8am-5pm on weekdays. You can also call the centre to book an appointment ahead of time. Phillip Medical & Dental Centre is open seven days a week and is open until 10pm Monday through Thursday.

Manuka Pool is a beautiful art deco

swimming facility, containing a 30-metre outdoor pool and a café. Entry is \$5.30 for students and the pool will remain open until 21 March 2021. The Southside is home to several other fitness centres, including Club Lime Woden (on Furzer Street and in Westfield Woden), Fernwood Fitness, and YMCA Chifley Health and Wellness Centre.

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

Unique experiences

One of the Southside's most unique landmarks is Parliament House. Sign up for a guided tour of Parliament House to familiarise yourself with Australia's layered political and legislative system. Across the road is Old Parliament House, which is now home to the Museum of Australian Democracy (MoAD). The museum helps visitors understand the nation's social and political history by highlighting important information from the past and present, and exploring the future. The lawns of Old Parliament House also happen to be the best location to observe the annual Canberra Balloon Spectacular, which takes place every

March. Entry to both Parliament House and Old Parliament House is free, but bookings are required.

The National Gallery of Australia (NGA) and the National Portrait Gallery are two treasured cultural landmarks on the Southside, particularly for art lovers. The NGA is home to one of the country's most impressive permanent collections of modern art, and regularly hosts major international exhibitions; while National Portrait Gallery contains one of Australia's most significant collections of portraiture. Both galleries give you great insight into the history and culture of the Australian people. Entry to both is free, making it perfect for a student budget.



DAY PLAN

Fyshwick

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

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

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

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

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

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

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


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





Australian democracy


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



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

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

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



Belconnen

Home to a multitude of great restaurants, shops, and other amenities, Belconnen is an affordable yet lively suburb that has plenty to offer its student population.



Highlights

If you're in the mood for a cheap but delicious meal, check out Thip's Thai, home to some of Canberra's most authentic Thai food. Their delicious and reasonably priced menu features some vegan and vegetarian options, and the warm customer service will have you going back again and again.

Olive at Hawker is another great dining option. Located in the heart of Belconnen, it specialises in Mediterranean and Greek cuisine. From pasta to pizza to seafood, there's something on the menu for everyone – including diners with vegan, vegetarian, and gluten-free dietary requirements. The unpretentious environment and friendly staff create a welcoming atmosphere every time.

Whether you're on the hunt for a delicious breakfast or an evening cocktail, 54 Benjamin is a sophisticated yet affordable option that can meet all your needs. If you go there for a night out, you will be able to choose from an extensive wine and beer selection – and if you're feeling adventurous, make sure to ask for the secret cocktail menu! The experienced and friendly staff will be happy to accommodate your preferences.

Lighthouse Pub is a quintessential

Australian pub, offering cheap drinks, delicious food, and friendly staff. The venue also has a great view of Lake Ginninderra from the indoor and outdoor seating. Be sure to visit at sunset for an especially lovely atmosphere.

If you're in the mood for games, head to ZONE BOWLING Belconnen. Between bowling lanes, laser tag, and a wide array of arcade games, there's plenty of fun to be had here. You can get passes for one, two, or all three of these activities at a very reasonable price.

Movie lovers can visit HOYTS Belconnen to see a range of blockbuster and indie films from the comfort of recliner-style chairs. If you join the HOYTS membership program, you can get access to exclusive ticket deals, discounts on snacks, and extra perks.

Westfield Belconnen is your one-stop shop for all the basics you'll need to get settled into your new accommodation. Here, you can find groceries, bedding and other homewares, clothing, toiletries, and many other essential items. There is also Jamison Plaza in Macquarie, which features two indoor/outdoor complexes and various standalone stores.



Community facilities

Belconnen Library is open every day of the week and contains an extensive collection of reading materials, including books in many languages other than English. English conversation group sessions are offered via Zoom several times a week.

Belconnen Community Health Centre offers walk-in consultations for general health matters from 8am-5pm on weekdays. You can also call to book an appointment in advance.

At the Canberra International Sports and Aquatic Centre (CISAC), you'll find a wide variety of fitness facilities, including a gym, aquatic area, and medical and health facilities. There's also an Olympic-size swimming pool

and swimming lessons for all age groups.

The Belconnen Arts Centre hosts many exhibitions, classes and workshops. Here you can participate in activities such as yoga, visual arts, Bollywood dancing and flamenco dancing. Sports fans can also head to GIO Stadium to see the Canberra Raiders (rugby league) and the Brumbies (rugby union) play.

Belconnen is home to Lutheran, Presbyterian, Anglican, Uniting, Baptist, Christian and Coptic churches, as well as the Belconnen Crescent Musalla, the Islamic Society of Belconnen, the Khemamarangsi Wat Buddhist Temple, and the Hindu Temple and Cultural Centre.

Unique experiences

On the edge of Belconnen, in Macquarie, you'll find the perfect place to cool off during the hot summer months: Big Splash Waterpark. Embrace your fun-loving side by whizzing down the Twister Slide, the Speed Coaster, or playing on Splash Island. The park is open seven days per week during the summer. Day passes are available for \$28.

Pay a quick and easy visit to the Big Owl, a landmark sculpture that honours the Powerful Owl, the largest owl species in Australasia. The sculpture,

with its wise and commanding presence, is believed to act as the guardian spirit overlooking its domain.

If you're a foodie who loves shopping locally, be sure to check out the Belconnen Fresh Food Markets. With more than 20 independent stores, you can browse and buy everything you need to make a lovely meal. Head to Plonk for an interesting beer or a new bottle of wine, grab some cheese and cured meats from Deli Cravings, and finish off by getting dessert from Knead Patisserie.





STUDENT TIP

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

Elaine, Hong Kong

Studying at ANU

WHERE TO SHOP

Westfield

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

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



CHEAP CHOICE

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

Ordering coffee

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



LATTE



FLAT WHITE



CAPPUCCINO



LONG BLACK



ESPRESSO



MOCHA



Coffee Shot



Warm Milk



Water



*Chocolate
Powder or Syrup*



Milk Foam



Activities

GOBOAT

You become the captain when you skipper your own boat through GoBoat Canberra. For as little as \$20 per person, you and your friends can book a boat and set sail on Lake Burley Griffin.

goboat.com.au/canberra

AXE THROWING

Unleash your inner lumberjack at Axxe Urban Axe Throwing, where you'll learn techniques for safely throwing axes at a target, and partake in axe-throwing games with the help of a professional coach.

axxe.com.au

GO-KARTING

If you're looking for exhilaration, look no further than Power Kart Raceway in Griffith. Challenge your friends to a race and zoom around the track to see who comes out in front.

powerkarts.com.au

PADDLE BOATING

Looking to enjoy the warm weather out on the water? Why not take a paddle boat out on the lake with a friend? You can rent a paddle boat from Capital Paddle at Regatta Point for \$25 for 30 minutes, or \$35 for 60 minutes.

capitalpaddle.com.au

BREAKR

This venue gives new meaning to the term 'break room'. If you're looking to relieve some stress and release frustration, head to Breakr, a space dedicated to smashing plates, mugs, glasses, and other fragile items.

breakr.com.au

ROCK CLIMBING

Improve your physical fitness and have some fun at Canberra Indoor Rock Climbing. Don't worry if you're new to climbing – the venue offers an Adult Beginner Course, so you can learn as you go.

canberrarockclimbing.com.au

ALPACA MAGIC

Furry friends await at Alpaca Magic, an alpaca, llama, and donkey-breeding farm just north of Canberra. The farm hosts a variety of tours that allow you to get up close and personal with these adorable creatures while enjoying the beautiful countryside view.

alpacamagic.com.au

HIKING

One of Canberra's most renowned hiking trails, the Kokoda Track on Mount Ainslie, is an excellent path whether you're an experienced hiker or just a beginner. The total journey is roughly 4.5 kilometres, and takes you through shrubby woodland before arriving at a spectacular view of the Parliamentary Triangle.

CAVING

Explore breathtaking limestone caves at Wee Jasper Reserve, located just outside of Canberra. Experienced caving and abseiling guides will accompany you through this underground world of wonder and discovery. You'll even see one of the oldest fossil fields in the world!

weejasperreserves.com.au

A week in Canberra

MONDAY

Start your week off right with student-friendly food deals at The District, where a variety of pizza and pasta dishes are available for only \$16 every Monday from 5pm.

TUESDAY

On Tuesdays, test your knowledge with trivia at The Durham. This is one of the longest-running and most well-known trivia nights in Canberra, so bookings are recommended. For \$45, you can reserve your spot in the game and get a two-course meal.

WEDNESDAY

If you're craving a steak but don't want to spend too much, head to Shorty's on a Wednesday. You can get a perfectly cooked steak with sides and a drink for just \$20. The venue is conveniently located in the heart of Civic.

THURSDAY

Every Thursday from 9-11pm, The Pot Belly in Belconnen hosts The Church of Creativity, an open mic night where all genres of performance are welcome. Whether you're a musician, poet, or simply a spectator, this is a great place to see Canberra's local talent.

FRIDAY

If you're looking to celebrate the end of the week with a refreshing cocktail, look no further. Siren Bar Gungahlin has one of the city's best drink specials: \$10 cocktails from 10pm to midnight every Friday.

SATURDAY

The Capital Region Farmers Market is the perfect place to spend a weekend morning. From 7-11.30am every Saturday, the markets take over EPIC Exhibition Park with vendors selling fresh, locally grown produce and handmade food creations.

SUNDAY

Join the St-Germain Brunch Club at Hopscotch in Braddon, held every Sunday in two sessions: from 12-1.30pm, or from 1.30-3pm. For a set price, you can get unlimited elderflower spritzers as well as charcuterie, cheese, and antipasto boards. These spots fill up quickly, so bookings are essential.



Capital of science

If you're a lover of science, you've come to the right place. One of Canberra's most renowned scientific amenities is Questacon – The National Science and Technology Centre. Questacon aims to promote a better understanding of science and technology among adults and children alike through interactive displays, galleries, and presentations. Some of the facility's most impressive exhibits include the Science Garden, The Shed, and the Questacon Beehive. You can find a comprehensive list of upcoming events and science shows on their website. Questacon is open seven days a week from 9am-5pm. Ticket prices are very affordable, with adult tickets costing only \$16.35. Purchasing tickets prior to visiting is essential.

You can also check out the public spaces of Geoscience Australia, which include the National Mineral and Fossil Collection, the Education Centre, and the Geological TimeWalk.

These public displays allow you to explore fascinating geoscientific artifacts, including minerals, fossils, and historical equipment. The venue also offers access to interactive tools that help you learn about the geology of the planet, and of Australia specifically. Geoscience Australia's exhibits are open Monday to Friday from 9am-5pm. Admission is free.

At Tidbinbilla, discover Australia's contribution to space exploration. The Canberra Space Centre is part of the Canberra Deep Space Communications Complex, which participates in NASA's Deep Space Network (DSN) to support interplanetary spacecraft missions and radio and radar astronomy observations. Here, see the largest antenna complex in the Southern Hemisphere, a piece of Moon rock that's over 3.8 billion years old, spacecraft models, and other memorabilia. The Canberra Space Centre is open every day. Entry is free.

A year in Canberra

JANUARY

AUSTRALIA DAY

The nation's capital is one of the most exciting places to be for Australia Day each 26 January. Head to Regatta Point for free music, entertainment and fireworks displays.

events.act.gov.au

FEBRUARY

NATIONAL MULTICULTURAL FESTIVAL

In late February, the National Multicultural Festival celebrates Australia's diversity with free events, performances, and food from all around the world.

multiculturalfestival.com.au

ENLIGHTEN

You can see Canberra in a whole new light at Enlighten, a 17-day outdoor festival of light, music, food and film.

enlightencanberra.com

MARCH

CANBERRA DAY

Canberra Day pays tribute to the city's naming ceremony, which took place in 1913. Head to Commonwealth Park for live music, food, entertainment, and amusement rides.

APRIL

GROOVIN THE MOO

Groovin the Moo is an annual music festival that brings a huge line-up of exciting international and local acts to Canberra.

gtm.net.au

ANZAC DAY

ANZAC Day is a national day of remembrance, commemorating all Australians and New Zealanders who died in war or conflict settings. On 25 April, you can pay tribute by attending the Dawn Service at the Australian War Memorial.

awm.gov.au

MAY

CANBERRA INTERNATIONAL MUSIC FESTIVAL

Canberra International Music Festival premieres new works from diverse musicians, and is one of Canberra's unmissable experiences.

cimf.org.au

JUNE

THE TRUFFLE FESTIVAL

Canberra Region Truffle Festival is the ultimate foodie event. From June to August, you can taste local truffles at culinary events that range from cooking workshops to truffle hunts.

trufflefestival.com.au

JULY

NAIDOC WEEK

NAIDOC Week highlights and celebrates the history, culture, and achievements of Aboriginal and Torres Strait Islander persons in Australia through a variety of exhibitions and talks.

naidoc.org.au

SEPTEMBER

FLORIADE

Floriade, a colourful celebration of spring flowers, is one of Canberra's most beloved calendar events. In the daytime, wander through avenues of kaleidoscopic blooms; at night, see the city become illuminated for Nightfest, which also involves live music performances, movie nights, and comedy shows.

floriadeaustralia.com

OCTOBER

CANBERRA INTERNATIONAL FILM FESTIVAL

Canberra International Film Festival showcases the work of Australian filmmakers both at home and abroad – a great opportunity to see the year's most exciting Australian films.

ciff.com.au

NOVEMBER

MELBOURNE CUP

Although the Melbourne Cup takes place in Melbourne, the excitement spreads across the country. Settle down in one of Canberra's many pubs and join the lively atmosphere of this iconic horse race.

DECEMBER

NEW YEAR'S EVE IN THE CITY

31 Dec

There are countless fun options to ring in the New Year in Canberra – from free live music and fireworks in Civic Square, to the wide selection of bars and clubs that host their own celebrations.

events.act.gov.au/nye

Live music

Not far from Australian National University you'll find Smith's Alternative, a relaxed daytime hangout spot which, come nighttime, is one of the best places to see performances from Canberra's up-and-coming alternative performers. The venue hosts events most nights of the week, including an open mic night on the first Sunday of each month. Student tickets are usually around \$10 and drinks at the bar are cheap.

The Basement in Belconnen is a staple of Canberra's live music scene. It is known for its two stages, beer garden, pinball machines and pool tables. Here you can see artists across a variety of genres, including country, reggae, and rock.

Another renowned venue for live music is UC Refectory, located within the University of Canberra. Students flock here to see electro, indie, pop, and hip-hop performers, and to indulge in cheap drinks. If you're looking for something more relaxed, check out the UC Hub downstairs, which is home to the venue's smaller, more intimate performances.

Kambri at ANU is an amazing venue for all kinds of performances. As well as its diverse program of local and international musicians, it also regularly hosts engaging talks and film events. Visit the Kambri at ANU website for information on upcoming events and ticket sales.

GIG GUIDES

Keep an eye on the Canberra Gig Guide Facebook page, The RiotACT website and BMA Magazine for upcoming local gigs. Triple J radio station is your go-to for national tour announcements. You can also sign up to receive gig alerts from Bandsintown.

facebook.com/canberragigguide

the-riotact.com

bmamag.com

abc.net.au/triplej/events

bandsintown.com

kambri.anu.edu.au

Cinema

Dendy Cinemas Canberra Centre is a large and comfortable cinema that shows just about every type of film, from new-release blockbusters to arthouse to theatre performances, and even the occasional opera screening. They also offer some excellent weekly ticket deals: \$13 tickets every Tuesday, and \$8 student tickets (and an \$8 student food combo) every Wednesday.

There are two HOYTS cinemas in Canberra: one at Westfield Belconnen and another at Westfield Woden. Both show the latest blockbusters and offer discounted tickets on Tuesdays, but the Belconnen cinema regularly screens world movies.

With cheap tickets, a wide food selection, and comfortable recliner seats, Limelight Cinemas in Tuggeranong has everything you need for an amazing movie-going experience. This high-tech theatre screens a mix of independent films from up-and-coming directors and

mainstream blockbuster movies. Bring your student ID for concession prices – or even better, visit on a Tuesday for tickets from just \$9.

Palace Electric Cinema in NewActon is one of Canberra's newer cinema complexes and one of its most impressive. The program encompasses a wide range of films, from popular new releases to international indie films. The interior of the cinema complex is upscale and unique, with beautiful lighting and a circular bar in the middle of the foyer creating an upscale atmosphere. Despite the sophisticated décor, ticket prices are still very affordable, with discounted tickets for full-time students.

If you're a fan of film festivals, check out websites like Festevez, which allows you to search upcoming film festivals by region. Subscribe to their newsletter to receive alerts on upcoming film festivals inbox, direct to your inbox.

WHAT'S ON

The website and social media of the cinema you want to visit will give you the most accurate information on what's screening and when. Or, check out the guide at flicks.com.au.

Wildlife encounters

The National Zoo & Aquarium is where to see some of the most exotic wildlife in Canberra. A visit will introduce you to both native and exotic animals, including African lions, giraffes and monkeys. The zoo boasts the largest inland saltwater tank in Australia, which is home to a wide range of magnificent sea creatures. If you're keen to get up close and personal with the animals, check out any of the close encounter experiences the zoo offers. You can hand-feed a lion or tiger on the Awesome Roarsome Tour, or visit Simbu the adorable tree kangaroo in his enclosure. You can also stay overnight at the Jamala Wildlife Lodge. Student entry to the zoo is \$40, with additional fees for the close-up experiences.

Located just north of Canberra, Mulligans Flat Woodland Sanctuary is another place to visit unique Australian wildlife, such as kangaroos, wallabies, echidnas, and native birds. You can partake in a variety of guided tours to observe these animals for as little as \$15. You can also check out the virtual sanctuary from the comfort of your own home – three free tour experiences are available through the sanctuary's website and app.





Camping

One of the best things about studying in Canberra is being surrounded by the great outdoors. From waterfalls to wetlands to national parks, there are plenty of beautiful landscapes to immerse yourself in.

Camping trips are much easier if you have a car, so try to coordinate with a group of friends to split the cost of a rental. Make sure to pack a tent, a sleeping bag, warm clothes, plenty of food and water, sunscreen and insect repellent. Remember also to check the fire regulations and bushfire updates for the park or reserve you will be visiting.

An easy 25-minute drive from Canberra, Cotter Campground is the most accessible campsite from the city. It's also one of the most well-serviced, with hot showers, drinkable water, flushable toilets, dishwashing facilities and barbeques. The camping fee for students is \$10 per person per night. Bookings are not required.

Less than an hour's drive from the city, you'll find Honeysuckle Campground, located in Namadgi

National Park. Bins and firewood are not provided, and the rainwater supply is not guaranteed, so make sure to bring your own bags, wood and water. The camping fee for students is \$6.50 per night and bookings are required. Just note that some parts of the national park remain closed due to the 2019/20 bushfires, so make sure you check access well before your trip.

At Blue Range Hut, you can choose between camping in a tent or renting a hut. The camping fee for students is \$6.50 per night, while the hut hire fee is \$65 per night for a maximum of six people. Bookings are required.

Visit the Access Canberra website to find out about nature reserves and book a campsite.

accesscanberra.act.gov.au



Travel

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

Short trips

BRAIDWOOD

Just east of Canberra is the heritage-listed town of Braidwood. Wandering the streets of this charming 19th-century environment, you'll feel like you've stepped back in time. Take a walk down Wallace Street to admire the historic buildings, visit the antiques store on Elrington Street, or soak up the breathtaking natural landscapes at nearby Deua and Monga National Parks. Both of these national parks feature stunning walking trails as well as opportunities for swimming and kayaking.

MURRUMBATEMAN

Roughly a 30-minute drive from Canberra is the former gold-mining town of Murrumbateman, these days better known as the heart of Canberra's fast-growing cool-climate wine region. The town boasts more than 20 boutique wineries, which produce some of Australia's most acclaimed wines. Pay a visit to Murrumbateman Winery, Shaw Wines or Four Winds Vineyard to sample a refined selection of locally grown whites, reds, and rosés. The knowledgeable and passionate staff will teach you about the flavours in certain wines and which foods to pair them with. You'll leave with a better understanding of Australian wines – and maybe even a couple bottles for yourself!

THE BRINDABELLA RANGE

The Brindabella Range, also known as The Brindabellas, is a picturesque mountain range that sits on the border of New South Wales and the ACT. It is roughly a one-hour drive from Canberra. One of the region's most beautiful and popular landmarks is Brindabella National Park. Featuring spectacular views, walking trails, 4WD trails, and fishing spots, the park is amongst the most stunning landscapes in the country. It's also perfect for a quick day trip or an overnight trip. Pack a picnic and have lunch at Flea Creek, or pack your gear and camp overnight at any of the park's campgrounds.



Longer trips

KOSCIUSZKO ALPINE WAY

Kosciuszko is one of the country's most popular skiing and snowboarding destinations, but Kosciuszko Alpine Way is a destination in itself, a scenic rural road that offers breathtaking views of the Snowy Mountains and alpine forests. On the drive, you'll find yourself winding past the breathtaking landscapes, magnificent walking trails and campgrounds of Kosciuszko National Park. Outside the car, enjoy a wide range of outdoor activities, from fishing and mountain biking in the warmer months, to skiing and snowboarding in the colder months. It only takes two hours to drive to the start of the Alpine Way, but you'll need most of the day to drive the full length and back again. Otherwise, book accommodation in Thredbo or Jindabyne and make a weekend of it. Vehicle entry fees to Kosciuszko National Park vary depending on the time of year, so check the website for current rates.

SOUTHERN HIGHLANDS

Thanks to rich volcanic soils that promote the growth of healthy produce, including beef, dairy, and truffles, the Southern Highlands have become known as a foodie's paradise. The region's high altitude also makes it an exceptional wine region. Not to mention, the Southern Highlands boasts incredible natural beauty, and is home to spectacular waterfalls and national parks. You can drive to the Southern Highlands from Canberra in less than two hours, or catch a train from Canberra Station to Bowral Station for an affordable price. Once there, you'll find accommodation options to suit most budgets.

SOUTH COAST

Stunning beaches, incredible food and wildlife sightings – there's no shortage of amazing experiences on the South Coast. Home to beachside towns such as Wollongong, Shellharbour, and Kiama, this stretch of coastline is perfect for a longer getaway, especially if you're planning on moving around and visiting multiple places. Some of the must-do activities in the region include sampling fresh-shucked oysters in Merimbula, going whale watching on the Sapphire Coast, and visiting the animals at Mogo Wildlife Park. A two-and-a-half-hour drive south of Canberra, the South Coast is most easily accessed by car. There are also shuttle bus options you can book online.

Key contacts

CONTACT NAME	WHEN WOULD I USE THIS SERVICE?	CONTACT DETAILS
ACCESS CANBERRA	The one-stop shop for all ACT government services including road safety, driver and vehicle licensing.	13 22 81 accesscanberra.act.gov.au
ACT HEALTH	ACT Health provide a range of healthcare facilities and services, including operating Canberra Hospital	13 22 81 health.act.gov.au
ACT POLICING	Apart from police assistance they can provide information on safety and security across life in the ACT.	000 (emergency) 13 14 44 (non-emergency) police.act.gov.au
AUSTRALIAN CONSUMER LAW	Understand your legal rights in regards to shopping or purchasing services.	consumerlaw.gov.au
AUSTRALIAN HUMAN RIGHTS COMMISSION	If you feel you are being treated unfairly because of your race, descent, colour or ethnic/national origin then make a complaint to the Australian Human Rights Commission.	humanrights.gov.au
AUSTRALIAN TAXATION OFFICE	Contact them to arrange a Tax File Number or learn more about payments made to you while you're here.	ato.gov.au
BEYOND BLUE	A free counselling service that you can contact if you are feeling depressed or anxious.	1300 224 636 beyondblue.org.au
CANBERRA RAPE CRISIS CENTRE	For confidential counselling and advocacy for women and children who have experience any form of sexual violence.	crcc.org.au
COUNCIL OF INTERNATIONAL STUDENTS AUSTRALIA	The peak body for the interests and needs of international students, they always require volunteers.	cisa.edu.au
DEPARTMENT OF FOREIGN AFFAIRS AND TRADE (FOR EMBASSIES)	If you require help from your country's embassy within Australia.	dfat.gov.au

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

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

EMERGENCY

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



Everything you need to know about studying in Australia

Head to our website for more information:
[insiderguides.com.au](https://www.insiderguides.com.au)

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