

International Student Guide | Melbourne | 2021

Melbourne

International Student Guide

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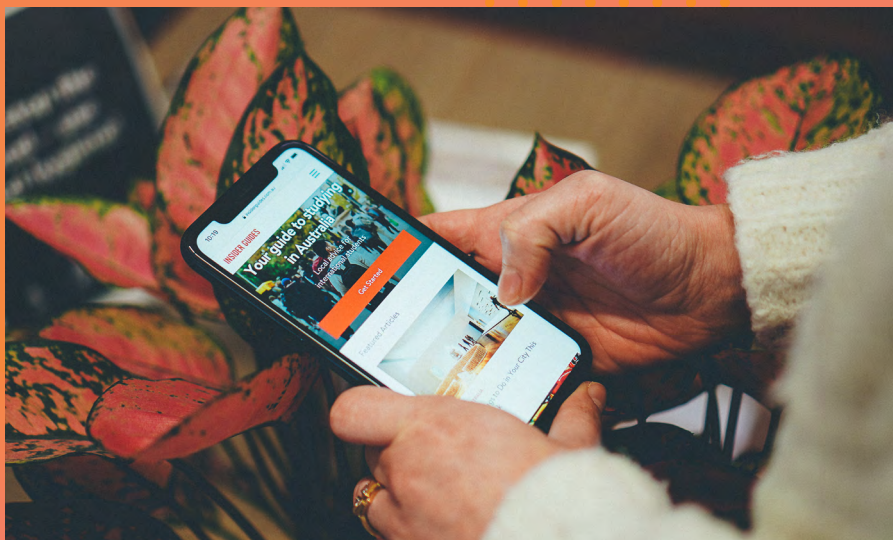
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insiderguides.com.au

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INSIDER GUIDES



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

Welcome

Welcome to Melbourne! Regularly voted one of most liveable cities in the world, there's a lot to love about this vibrant city. Melbourne's thriving arts and culture scene is totally unique. The city is filled with graffiti-adorned laneways and, of course, it's the epicentre of Australia's sporting scene. Renowned for cultural diversity, Melbourne attracts people from all corners of the globe, which means a melting pot of cuisines and dining opportunities. If Melbourne is on your radar for study or if you've already selected an education provider here, congratulations! You're in for an exciting study experience.

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Visit [rmit.edu.au](https://www.rmit.edu.au) to find out more



Welcome to Melbourne, Australia's best student city.

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

We provide many online support services and run a number of student events throughout the year. We're located online at studymelbourne.vic.gov.au, on various social media platforms and in the heart of the city at 17 Hardware Lane. Our multilingual team can help you find trustworthy information and support services. They can answer your questions about health, accommodation, safety, work rights, and managing your finances.

We offer free help and support, cultural experiences and social events, and programs to help you prepare for career success. Our services are independent, confidential and free.

Stay in touch with Study Melbourne:

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

studymelbourne.vic.gov.au



Quick facts

Home of Vegemite

Fishermans Bend in Port Melbourne is the only place in the world that makes Vegemite, an iconic and iconically divisive spread that you'll find in most Australian pantries.

Record-breaking hospitality

Melbourne has the highest number of restaurants and cafés per capita than any other city in the world. There are approximately 5,000 of them!

Batmania beginnings

Melbourne was initially called Batmania, after the man who founded the city. Other proposed names included Bearbrass, Bareport, Bareheep and Bareberp.

Luna Park

Luna Park in St Kilda is the world's oldest privately owned theme park, dating back to 1912. Make sure to take a ride on the Scenic Railway.

City of trams

Melbourne boasts the most extensive tram network outside of Europe. Hop on the historic City Circle Tram for a free tour of Melbourne's landmarks.

Birth of AFL

Aussie Rules Football (AFL) was invented in Melbourne, inspired by a traditional Aboriginal form of football known as Marngrook. Be sure to pick a team while you're in town.

“

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

Ethel (Philippines)

Studying at the
University of Melbourne

”



“

The vibrant city culture, nightlife, and sports in one of the world's most livable cities have made me fall in love with Melbourne.

Devendra (India)

Study Melbourne Ambassador
studying at Monash University

”





Must-do in Melbourne

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

1.

Drink the world's best coffee

Melbourne is world-renowned for its coffee, and you likely won't drink a bad cup while you're here. The city's laneways are filled with good options. cup of it.

2.

Wander the laneways

Melbourne's laneways are also where you'll find the city's notorious street art. Hosier Lane is an iconic starting point – don't forget your camera!

3.

Explore Queen Victoria Market

Join the bustling shoppers at Queen Victoria Market, a famous fresh produce market. At night, you'll often find the market alive with vibrant events.

4.

Go gallery-hopping

Although the National Gallery of Victoria is the city's most well-known home of art, Melbourne is home to countless fascinating galleries and museums.

5.

Get to the centre of things

In the heart of the city is the historic Flinders Street Station building. Close by is Federation Square, home to many arts and cultural events.

6.

Watch an AFL match

Embrace Melbourne's most-loved sport by soaking up the atmosphere at MCG stadium. You don't even need to be a sports fan to appreciate the spectacle.

Your first week in Melbourne

1.



P. 63

Buy a myki card

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

2.



P. 33

Set up your bank account

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

3.

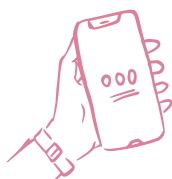


P. 29

Sort out your phone

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

4.



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.



Shohail Ibne (Bangladesh)

Study Melbourne
Ambassador
studying at
Monash University

FAVOURITE COFFEE

I love getting coffee almost everywhere and I do not miss out on it if I'm in the city. At my university campus at Monash Caulfield, I have a soft spot for Standing Room, and at Monash Clayton, for Church of Secular Coffee. In the city, right alongside Queen Victoria Market, I have a very fond memory of my best coffee experience at Café Victoria. I will admit, I am spoiled for choice in Melbourne!

FAVOURITE FOOD EXPERIENCE

I really like different cuisines, so it's a bit of a hard question to answer. If I'm in the mood for Greek cuisine, Kalimera Souvlaki Art in Oakleigh is a top choice. If I'm feeling Italian, Anabella Pizza Restaurant in Glen Huntly definitely takes the crown. If it's a colder day, I'd warm myself up with a bowl of pho at Pho Victoria in the city or beef noodle soup and dumplings at many of the Chinese restaurants that I regularly go to.

“

“Honestly, sometimes I just take a solo walk with no prior plans, exploring the alleyways and surprising myself with what I find.

Although I love visiting all the main points of interests in Melbourne, sometimes it's nice to find something on my own and enjoy it solo. One of these in the city would be Banana Alley/Flinders Walk, sitting alongside the Yarra and looking up at the Eureka Tower and the plethora of tall buildings that surround it.”

”



Improving your English

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

SPEAKING

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

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

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

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

READING & LISTENING

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

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

WRITING

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

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



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

TITLE	LINK	WHAT IS IT?
English Conversation Club	refugeofhope.org.au	A social way to practise your English skills. Run every second Wednesday at the Study Melbourne Student Centre, 17 Hardware Lane, by Refuge of Hope.
ESL Conversation Club	melbourne.vic.gov.au	Informal English language conversation practice at City of Melbourne library branches.
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.'



Esky (Noun)

Ice cooler

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



Cuppa (Noun)

Hot beverage

'A hot cuppa tea goes well with biscuits.'



Avo (Noun)

Avocado

'I love avo toast with feta cheese.'

GOING OUT

Arvo (Noun)

Afternoon

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

Barbie (Noun)

BBQ

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

Bathers (Noun)

Swimming costume

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

Brekky (Noun)

Breakfast

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

Chemist (Noun)

Drug store/pharmacy -

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

EFTPOS (Noun/Acronym)

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

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

Bottle-o (Noun)

Liquor store

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

Macca's (Noun)

McDonald's

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

Mate (Noun)

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

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

Mozzie (Noun)

Mosquito

'The mozzies are so bad in the summer.'

Rip-off (Adjective)

To cheat/something that's too expensive

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

Servo (Noun)

Service station/gas station

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

Shout (Verb)

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

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

Spud (Noun)

A potato

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

WHILE STUDYING

Bludge (Intransitive Verb)

To not try your hardest

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

SWOTVAC (Noun/Acronym)

Study break/revision week

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

Chuck a sickie (Phrasal verb)

To fake a sick day from work or study.

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

Dodgy (Adjective)

Poor quality/not reliable/suspicious

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

Good on ya (Exclamation)

Well done/good on you

'Congratulations on that HD! Good on ya!'

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

How are you?

Reckon (Verb)

Think/figure/assume

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

Uni (Noun)

University

'Do you want to walk to uni together?'



Accommodation

- + Comparing your options
- + Housemates' code
- + Paying rent
- + Setting up your home

Comparing your options

Private rental

\$170-\$550/wk

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

Note: Listed price is per room.

Homestay

\$250-\$350/wk

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

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.

HEAD 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



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)

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.



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What support services are available for renters in Victoria?

Tenants Victoria 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 Melbourne, and where you can ask for assistance with accommodation issues before and after you arrive.

tenantsvic.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 Federation of Community Legal Centres website if you think you need legal support for a tenancy issue.

fclc.org.au

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

studymelbourne.vic.gov.au

Can I get a pet as an international student?

If you are considering getting a pet, you need to make sure you have done 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 return home 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. They may be different from

what you are used to and you may get into trouble if you don't follow them.

melbourne.vic.gov.au/residents/pets

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

A message from Crime Stoppers Victoria & DELWP Victoria

Victoria is full of cute creatures, many of which you're bound to discover while you're here. Seeing native animals for the first time is exciting but we kindly ask that you enjoy them from a distance. Native wildlife in Victoria is protected for many reasons - including the safety of wildlife watchers - like yourself! Native animals are not pets and serious penalties apply for keeping, selling or exporting Australian wildlife. If you have an exotic pet from overseas, Australia has strict importation laws and serious penalties apply if you bring exotic pets into Australia illegally. If you know someone keeping native or exotic wildlife as pets in Victoria, let Crime Stoppers know confidentially on 1300 333 000 or crimestoppersvic.com.au.

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TAFE VICTORIA


HOW MUCH WILL MY BOND BE?

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

Make sure you receive a receipt for all money given to your landlord or real estate agent, including the bond, and a bond authority lodgment notice from the Residential Tenancies Bond Authority.

How to pay rent

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

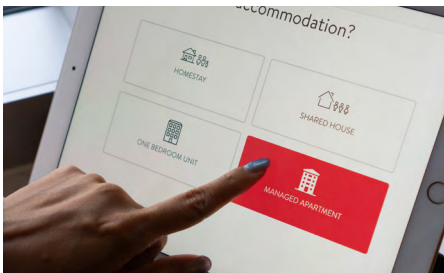
Rental scams

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

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

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

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



COST OF LIVING CALCULATOR

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

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 are two IKEA stores located in Melbourne (Richmond and Springvale), where you can find reasonably-priced furniture and homewares. Fantastic Furniture and Amart are also good options for larger items, with locations around the city.

SECOND-HAND STORES

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

ONLINE MARKETPLACES

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

FACEBOOK

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

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 Melbourne. There are also websites such as Zilch and Freecycle.



Important steps

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

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

A hand holding a smartphone over a wooden desk with a notebook and pen. The image is overlaid with a semi-transparent blue and pink gradient.

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 in Australia including Optus, TPG, Telstra, iiNet, Belong and more.

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

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

Australia is gradually connecting to the National Broadband Network. But, note that speeds in many locations are still quite slow, especially if you come from a country with fast internet.

comparebroadband.com.au

Free Wi-Fi in Melbourne

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

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

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

Online learning

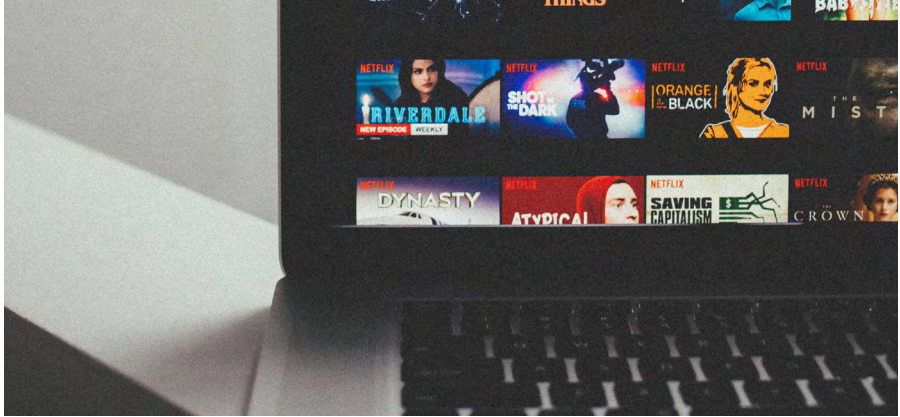
If you're studying online, it pays to be up-to-date with the latest tools and resources. Zoom has gained enormous popularity in Australia – often as a virtual classroom – but is also great for meeting with classmates when working on group projects, so make sure you know how to use this software. Navigating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



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.

Automatic Teller Machines (ATMs), contactless payment and PayID

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

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

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

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



Managing your money

How do I manage my budget?

The first thing you need to do is get an understanding of your current financial position. Predict and list all of your income and expenses for the next three to six months as best you can, then think about ways to improve it. Think about the things that add value versus what you pay for but don't really need, like buying a coffee vs. making

one at home. Also keep an eye out for discounts - stores, public transport and entertainment venues often offer cheaper student/concession deals - just show them your student card. Then, download an app such as Pocketbook on your phone, and sync up your bank accounts so you can start tracking and setting goals for spending and saving. Use ASIC's free budgeting tool to get started.

moneysmart.gov.au

What resources are available if I am facing financial difficulties?

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

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

studymelbourne.vic.gov.au

Scams and security

Unfortunately, there are a number of scams specifically targeted towards international students, including agency, accommodation, blackmailing and online scams, and these increased during the COVID-19 pandemic. If you are vigilant and aware of these scams, you will be better able to avoid them. Scamwatch and Victoria Police outline

different types of incidents and who to contact for help. You can report a scam to Victoria police by going to your local police station or confidentially reporting it to Crime Stoppers.

scamwatch.gov.au

police.vic.gov.au/fraud

crimestoppersvic.com.au

studymelbourne.vic.gov.au

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 your needs.

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 large 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.

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. Both Visa and Mastercard (widely accepted in Australia) have card issuers that offer their own prepaid credit cards, that even come with special discounts on things like food and entertainment for members. Have a chat to your bank or financial institution to see what options are available.

Pay your education expenses and other bills

Your education provider will outline a range of different ways you can pay for your tuition fees as an international student, whether these are through electronic bill payment systems, telegraphic transfer, credit card or another payment portal. Usually, your education provider will have a preferred payment provider, so make sure you check their website.

When it comes to paying bills in Australia, BPAY and POLi Payments are electronic bill payment systems that enable secure payment for many different expenses, like your monthly mobile phone or other utility bills. Look for the BPAY or POLi reference number on your bill and then select the relevant option on your internet, mobile or phone banking account to make your payment.



Make Study Melbourne part of your story

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

- Subscribe to our monthly newsletter
- Connect online at studymelbourne.vic.gov.au
- Download the *Unlock Melbourne* app
- Get an **iUse pass** – 50% off public transport for eligible students
- Visit the **Study Melbourne Student Centre** at 17 Hardware Lane, Melbourne – check online for current opening hours **1800 056 449** (24 hour)

Visit studymelbourne.vic.gov.au and be part of our connected student community.

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





Employment

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

Employment basics

Can I work while studying?

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

What do I need to know about tax?

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

Do I need an Australian Business Number (ABN)?

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

[fairwork.gov.au/find-help-for/independent-contractors](https://www.fairwork.gov.au/find-help-for/independent-contractors)

What is superannuation?

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

[ato.gov.au/individuals/super](https://www.ato.gov.au/individuals/super)

Internships and work experience

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

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 Melbourne. 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. Just make sure you check that a job is legitimate

before applying; visit the Scamwatch website for more information on job and employment scams.

seek.com.au

careerone.com.au

au.indeed.com

au.oneshiftjobs.com

spotjobs.com

scamwatch.gov.au/types-of-scams/jobs-employment/jobs-employment-scams



COMMON PART-TIME JOBS FOR INTERNATIONAL STUDENTS

RETAIL SALES ASSISTANT

ADMINISTRATIVE ASSISTANT

BARISTA

GENERAL HOSPITALITY STAFF

EVENT STAFF

CLEANER

FOOD DELIVERY

Employability programs

If you don't have experience in the workplace or are struggling to find a job, there are opportunities in Melbourne that can boost your employability and work skills. The Study Melbourne Student Centre gives international students access to a number of employment workshops, a resume checking service, Leadership Labs to support the development of leadership skills, and the Confidence Crew, supporting personal empowerment.

studymelbourne.vic.gov.au

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. 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.

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

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

PERSONAL INFORMATION

Ms Jane Lee
2019 Guides Street

✘ Email - iloveponies27@hotmail.com

Ph (01) 2345 6789

✘ DOB - 01/02/03

✘ Height - 250cm Weight - 170kg

Visa - Student

✘ Marital Status - Divorced

✘ Religion - Jedi

EMPLOYMENT HISTORY

✘ Shop Asistant

Insider Shop Jan 2017 - Present

Responsibilities: Handling Money

Key Achievements: Staff Award

EDUCATION HISTORY

Bachelor of Arts - Insider University

✘ Insider Primary School

Responsible Service of Alcohol Certificate
2017

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

Make sure your email address is professional.

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

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

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

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

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

WORKPLACE EXPLOITATION

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

1. Avoid job ads that look suspicious. Make sure they mention the business name and look it up on the Australian Business Name register (abr.business.gov.au)
2. 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 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 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 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!

STUDY MELBOURNE STUDENT CENTRE

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

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

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

Want to work while you study?

Know your workplace rights 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 university may have a volunteering office, but if not, seek help at the careers office. Off-campus volunteering may take you further into the local community and allow you to learn about Australian customs. The experience you develop through volunteering can be of great advantage when you apply for a professional role.

volunteeringvictoria.org.au



GETTING A JOB AFTER YOU GRADUATE

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

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 Melbourne, we recommend exploring the Study Melbourne website.

studymelbourne.vic.gov.au/employment-and-work/graduate-work-opportunities



La Trobe University
is ranked in the

top 50 universities
in the **Asia-Pacific**¹

- Study in Melbourne, the best student city in Australia²
- We offer a leading Career Ready program and help develop skills that employers value most
- Our generous scholarships reward your achievements and support your studies

latrobe.edu.au/international



¹ Times Higher Education (THE), 2019, Asia Pacific University Rankings
² QS Best Student Cities, 2019



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 resume 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 Melbourne.

STUDENT LEARNING HUBS

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

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 regular routine that you stick to, making sure that you're balancing your studies with time to exercise and relax. Some tips to help keep you motivated while studying online include: having a dedicated study area, taking regular breaks, taking notes by hand during online lectures, breaking up tasks and giving yourself rewards (away from the screen!) for completing them. If you have any issues with your education provider while studying online, file a complaint with the Overseas Student Ombudsman.

ombudsman.gov.au/How-we-can-help/overseas-students

Prepare for your studies

CREATE A LESSON TIMETABLE

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

CREATE A STUDY TIMETABLE

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

CHARGE YOUR DEVICES

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

PRINT OUT OFFICIAL UNIVERSITY DOCUMENTS

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

Health, Safety & Wellbeing

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

MASKS

For the latest updates on masks and other COVID guidelines, visit the Victorian Department of Health and Human Services (DHHS) website. If you feel more comfortable wearing a mask, you can usually buy disposable face masks from pharmacies, but many stores around Melbourne sell reusable masks.

dhhs.vic.gov.au

SOCIAL DISTANCING GUIDELINES IN AUSTRALIA

To keep everybody safe and healthy, there are a number of guidelines to follow when you're in public. These include keeping 1.5 metres away from others wherever possible, practising good hygiene (such as washing your hands regularly with soap and water or using alcohol-based hand sanitisers), wearing fitted face masks when outside, and staying home if you have any cold or flu symptoms.

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 go to hospital and it's an emergency, call Triple Zero (000) for an ambulance. You may also want to call your health cover provider to see if you're covered, as the hospital may charge you a fee.

What should I do when medical clinics are closed?

Very few medical clinics are open seven days or have 24-hour services (and those that do can be expensive). If you need a medical certificate or you have a minor illness, it's best to wait until the medical clinics are open. For urgent non-life-threatening enquiries, there are after-hours home doctor services available including 13SICK (call 13 7425) and DoctorDoctor (call 13 26 60).

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

HOW DO I FIND A DOCTOR?

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

healthengine.com.au

Mental health

Your mental health

Living overseas away from friends and family, especially with the impact of COVID-19, can be an incredibly difficult and stressful time for many. As well, stresses around study and finances can create worries that may lead to feeling down or unhappy. 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, 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?

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

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

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

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

Phone 1800 551 800

In an emergency, call Triple Zero (000)

Finding a mental health expert that speaks your language

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

Phone 131 450 or tisnational.gov.au

Other support services

Support for your children and spouse

Many international students choose to bring their spouse and children with them when they study in Australia. Some education providers offer language or other support that cover both you and your spouse. Ask your educational institution for more information. If your children are school-age, you'll need to enrol them in school. The Victorian Government Schools International Education Program can provide more information on this.

study.vic.gov.au

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

education.vic.gov.au/parents

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

Support services for LGBTIQ people

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

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

qlife.org.au

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

agmc.org.au

Food and community support

There are a range of organisations that support international students if you're struggling to pay for food and groceries, including Foodbank Victoria, OzHarvest and SecondBite. A number of local, community groups are providing members with information about food relief and support services. More details are available on the Study Melbourne website.

studymelbourne.vic.gov.au/news-updates

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.

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

Giorgia, Italy

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

Yuvi, UAE

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

Abdul, UAE

“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

“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

POLICE IN VICTORIA

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

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

In an emergency, call **Triple Zero (000)**.

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

For any advice and non-urgent matters:

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



Staying safe

How can I stay safe?

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

Who can I contact if I have been 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 Victorian Equal Opportunity and Human Rights Commission 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.

humanrights.vic.gov.au

Call 1300 292 153

Family violence

Unfortunately, family and domestic violence in married and de facto relationships can happen, either between partners or towards children. Know that Victoria supports respectful relationships and help is available if you're experiencing violence.

Safe Steps provides a 24/7 helpline, while inTouch has a support service for multicultural women in Victoria.

safesteps.org.au

Call 1800 015 188

intouch.org.au

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

(planned and unplanned) 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. The Melbourne Sexual Health Centre provides free and confidential services to all international students. Family Planning Victoria also has a great series of videos on sexual health and dating in Australia, available on the FPV website.

1800myoptions.org.au

mshc.org.au

fpv.org.au/for-you/international-students

Contraception options in Australia

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

What is sexual harassment, 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. As well, the Victorian Centres Against Sexual Assault provide free and confidential support for any person who has experienced sexual violence, with locations around *Victoria*.

casahouse.com.au

Call 1800 806 292

Staying fit

Gyms

If you're keen to join a gym during your time in Melbourne, there are several options available including Anytime Fitness, Jetts 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, or you can check websites such as Meetup to find social sport groups. Sports leagues, including basketball, futsal, volleyball, cricket and more, are available all over Melbourne. Melbourne IS (International Student) Badminton and Melbourne City Football Club's City in the Community program are examples of two community initiatives perfect for international students looking to learn or play badminton or soccer.

justplay.com.au

melbourneisbadminton.com.au

melbournecityfc.com.au/about-city-community

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

BEACH SAFETY

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

Plan your visit

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

Stay safe

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

How to get help

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



Making friends

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

HOBBIES AND INTERESTS

If your education provider has a student club network, make sure to join one that suits your interests – you're bound to meet one or several 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 Melbourne 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 harassment section for more information. Learn more about dating in Australia on the Family Planning Victoria website.

fpv.org.au/for-you/international-students

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 Melbourne

*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

CITY CENTRE

A constant hub of activity, the city centre is packed full of restaurants and exciting events throughout the year.

P. 70

2

CARLTON & FITZROY

Two of the hippest suburbs, these areas are full of nightlife, cool shopping and great eateries.

P. 74

3

NORTH MELBOURNE & PARKVILLE

Defined by their student population, green spaces and proximity to the city.

P. 78

4

BRUNSWICK & NORTHCOTE

Relaxed vibes with plenty of classic pubs, cheap dining options and live music venues.

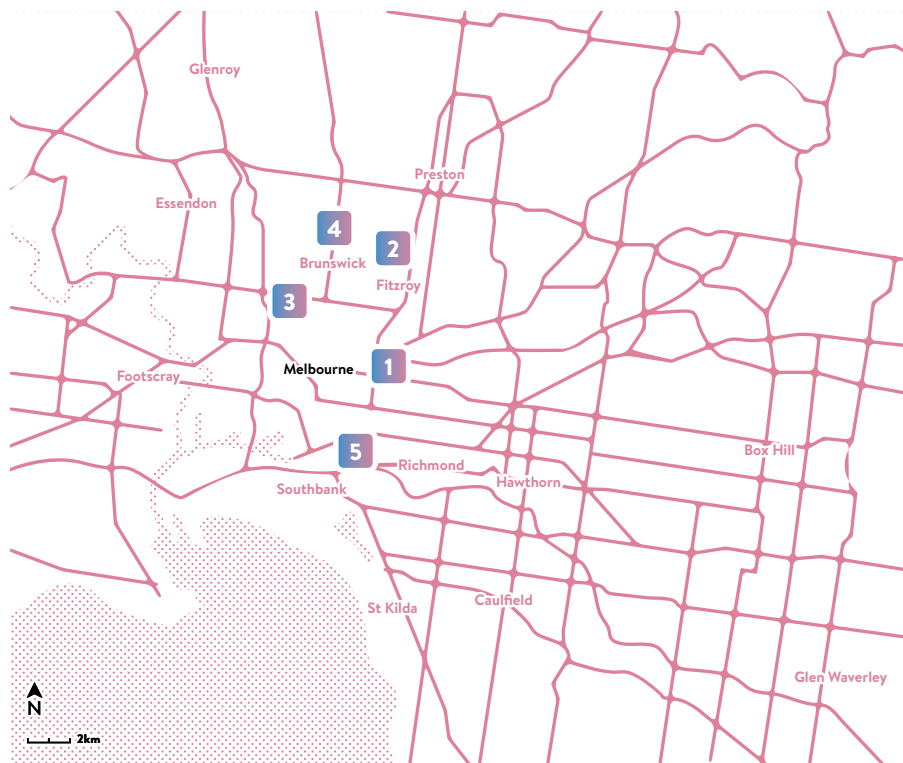
P. 82

5

SOUTHBANK & SOUTH MELBOURNE

Packed full of new restaurants, creative spaces and spectacular views.

P. 84





Getting around

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

TRAMS

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

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

BUSES

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

TRAINS

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

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

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

ptv.vic.gov.au



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

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

IUSEPASS FOR INTERNATIONAL STUDENTS

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

ptv.vic.gov.au/iuse

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

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



Save on public transport with an iUSEpass

Save 50% on an annual myki with an international Undergraduate Student Education pass (iUSEpass) myki card.

iUSEpass covers all your travel in Melbourne

Your iUSEpass gives you unlimited travel on trains, trams and buses in your institute's zone. Most institutes are in Zone 1+2, which covers all of metropolitan Melbourne.

You can use your iUSEpass for all your travel in Melbourne, even if you're going to work or meeting your friends. If you want to travel outside of Melbourne just top up with myki Money.

To be eligible for an iUSEpass, you need to be:

- a full-time international student
- enrolled in a bachelor or associate degree, diploma or advanced diploma
- studying at an educational institute that's signed up to the iUSEpass program.

Please note: International exchange students, students with refugee status and recipients of Australian Award Scholarships are already eligible for discounted travel. The iUSEpass doesn't apply to these students. New Zealand students are eligible to join the iUSEpass scheme.

i To learn more visit ptv.vic.gov.au/iusepass



Authorised by Public Transport Victoria,
525 Collins Street, Melbourne

*Saving based on comparing a yearly zone 1+2 iUse pass to a yearly zone 1+2 myki Pass. ^Cost of a yearly zone 1+2 myki Pass. Price accurate as at 08/12/2020.



Other transport options

Ridesharing

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

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

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

Taxis

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

Ordering Taxis (phone or online)

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

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

Yellow Cab Co - 132 227

Platinum Taxis - 9090 1800

Renting a car

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

vroomvroomvroom.com.au

Riding a bike

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

Add to that, riding a bike is:

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

BUYING A BIKE

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

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

gumtree.com.au

BIKE LAWS

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

vicroads.vic.gov.au

BIKE LANES

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

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

LOOKING AFTER AND STORING YOUR BIKE

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

racv.com.au

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

History of Melbourne

Pre-settlement

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

1835

The city of Melbourne was founded, although there are disputes over its foundation

1851

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

1857

Queen Victoria Market is opened

1865

Melbourne becomes the most populated city ahead of Sydney

1901

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

1930

Champion racehorse Phar Lap wins the Melbourne Cup

1956

The Olympic Games are held in Melbourne

1986

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

2002

Federation Square is opened

Early 1800s

Several European explorers sail through the area

1847

Queen Victoria officially declares Melbourne a city

1853

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

1859

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

1889

The first electric tram begins operation between Box Hill and Doncaster

1927

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

1968

The National Gallery of Victoria is opened

1996

Melbourne hosts its first Australian Grand Prix

2006

The Commonwealth Games are held in Melbourne

Built on immigration

EARLY IMMIGRATION

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

THE GOLD RUSH

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

WORLD WAR II

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

GREEK POPULATION

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

RECENT TIMES

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

LEARN MORE

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

Aboriginal culture

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

HISTORY AND CULTURE

To learn about the Aboriginal heritage of Melbourne, plan a visit to the Koorie Heritage Trust, located at Federation Square. Here, you can learn about Aboriginal history and culture, view paintings, sculptures, textiles and exhibitions, and explore the reference library. Melbourne Museum is another place to learn about Aboriginal history, culture and artefacts, through a number of interactive exhibits on subjects of great significance.

ART

Art is an integral part of Indigenous culture. Koorie Heritage Trust and Melbourne Museum both have comprehensive and fascinating displays of Aboriginal art, but the Ian Potter Centre: NGV Australia in Federation Square is also worth a visit. This public art museum is dedicated to Australian art, with a strong focus on local Aboriginal historical and contemporary artworks.

FOOD

Australia is home to lots of native plants and ingredients, which Aboriginal people have eaten for thousands of years, and also used for medicinal purposes. There are several places around Melbourne where you can sample native ingredients. These include the Milarri Garden at the Bunjilaka Aboriginal Cultural Centre; Royal Botanic Gardens Melbourne; and further outside of Melbourne, the Narana Aboriginal Cultural Centre in Geelong. Charcoal Lane, an Indigenous fine-dining restaurant in Fitzroy, is another place to try delicious native Australian foods.

MUSIC

Music and dance is a significant part of Aboriginal storytelling, and traditional instruments such as the didjeridu, bullroarer and clapsticks are still used today. It's worthwhile checking out contemporary Indigenous artists such as Yothu Yindi, A.B. Original, Baker Boy, Thelma Plum, and Dan Sultan.



EVENTS

NAIDOC WEEK

NAIDOC stands for 'National Aborigines and Islanders Day Observance Committee'. NAIDOC Week is held each year in July to celebrate the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples. There are many events during this week-long celebration that you can get involved in, as well as events organised by Indigenous groups on campus.

NATIONAL RECONCILIATION WEEK

National Reconciliation Week is a time for Australians to learn about Aboriginal culture and history. The event lasts from 27 May, the

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

MABO DAY

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

City Centre

The City Centre is the hub of cultural events and entertainment in Melbourne. Living in the city, you're in the heart of it all, with cafés, shopping, and public transport on your doorstep.



Highlights

The city centre has endless clubs, bars, and cheap eateries lining its streets. Put on your walking shoes and get lost in the art-covered laneways. There are more than 40 laneways and arcades to wander. Head to AC/DC Lane to admire the laneway dedicated to Aussie rockers (AC/DC), and be sure to check out Instagram-famous Hosier Lane, just off Flinders St.

When it comes to food, you're spoiled for choice. Head to Chin Chin in Flinders Lane for authentic Asian food; or wander to Chinatown for a banquet of cheap eats. Try a massive plate of dumplings at ShanDong MaMa, which you'll find tucked off Bourke St Arcade.

Vegans will be satisfied at Gong De Lin on Swanston Street; or try Union Kiosk on Little Collins Street, one of Melbourne's smallest cafés that serves up vegan coffee, jaffles, and sweets. Lord of the Fries is another excellent option if you want a filling meal under \$15 (think vegan hot dogs, burgers and fries).

The CBD also contains plenty of halal options. Try Blok M Express on Little Bourke Street for authentic Indonesian dishes; or PappaRich in QV Melbourne for Malaysian hawker food.

Of course, Melbourne is famous for excellent coffee, and there are plenty of must-try spots in the city. Get speciality coffee from Sensory Lab on Collins Street; or explore the famous coffee culture of Degraeves Street, where you'll find Tulip Coffee, a well-known hole-in-the-wall café.

There are endless shopping opportunities for fashion-lovers in Melbourne. Begin with the many laneways and arcades, such as Royal Arcade and Block Arcade, where you'll find boutique and vintage labels. It's also worth a trip to high street favourite, H&M, located in Melbourne's old GPO building (easily one of the most beautiful buildings in the city centre). Hit up RetroStar Vintage Clothing for colourful bargains; or sift through Salvos (Salvation Army) on Bourke Street, where you can locate some fantastic second-hand fashion.

The CBD turns it on when it comes to nightlife. Asian Beer Cafe on La Trobe Street is frequented by students; as is The Mill House, an epic underground bar. Melbourne is known for its abundance of rooftop bars, such as Curtin House on Swanston Street, and Madame Brussels on Bourke Street.





Community facilities

Study Melbourne Student Centre on Hardware Lane is your go-to for study, activities, and free support. It's a welcoming place where students can access free Wi-Fi, workplace advice, join study meet-ups, and receive information from multilingual staff.

State Library Victoria is one of Melbourne's most stunning buildings. Inside you'll find computer access, free Wi-Fi, and printing and photocopying services. City Library on Flinders Lane and Library at The Dock in Docklands both host events, community groups, and regular English conversation sessions.

The city offers many fitness options. Gyms such as Fitness First and Anytime Fitness have both casual access and memberships available.

Many universities contain medical facilities, such as Medical Hub @ RMIT, where you can see a doctor and access a variety of health-related services.

Places of worship for Catholic and Christian faiths include the beautiful St Paul's Cathedral; Scots' Church Melbourne; and St Patrick's Cathedral. The Islamic Council of Victoria has a city mosque located on Jeffcott Street in West Melbourne. You'll also find the Melbourne Madinah on Exhibition Street. Prayer rooms are located at most Melbourne colleges and universities.

Unique experiences

For the best toilet experience in the whole city, head to the 35th floor of Sofitel Melbourne on Collins St, where you can use public toilets that have some of the best city views.

If you aren't afraid of heights, try a free-fall walk down a seven-story building with the team at Rap Jumping.

History buffs can learn about the city's most notorious criminals at Old Melbourne Gaol, a prison that operated from 1842 to 1929. Join one of the night tours and uncover the chilling stories of Victoria's oldest prison.

One of the city's most unique bars is State of Grace. The bar has a secret bookcase that takes you to a hidden underground bar. There is also a fun rooftop if you'd prefer to have a cocktail in the sun.

If you love the outdoors, visit Royal Botanical Gardens Melbourne and enjoy some punting on an ornamental lake (Melbourne's version of the gondolas in Venice). Afterwards, stroll amongst the gardens' beautiful plants, landscapes, and buildings.





STUDENT TIP

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

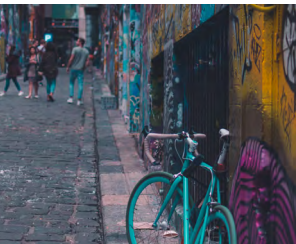
Ethel, Philippines

Studying at the
University of Melbourne

TOP 5


24-hour food spots

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



CHEAP CHOICE

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



NEARBY NEIGHBOURHOODS

Richmond

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

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

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

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

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

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

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

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

Carlton & Fitzroy

The cultural capitals of Melbourne, Carlton and Fitzroy are defined by a lively youth culture. There are plenty of cafés, restaurants and bars to explore here, and both areas have excellent tram systems.



Highlights

Carlton is known for food, particularly along Lygon Street, which is like Italy in miniature. Get large Italian feasts from Papa Gino's; freshly made pizza, pasta and mozzarella from D.O.C; and delicious gelato from Casa del Gelato. For halal options, Ilovelnstabul is excellent; stop in at Saigon Pho for Vietnamese delicacies; Flavours of Indus for authentic Indian food; and traditional Chinese menus from East Imperial.

Don't miss out on the famous pains au chocolat, croissants, and limited edition pastries from Lune Croissanterie in Fitzroy – hands down the best croissants in Melbourne, and perhaps the world. In Carlton, indulge in fried chicken, burgers and live music at The Curtin; enjoy fine dining and an elegant wine list at The Carlton Wine Room; or try the historic Royal Carlton Hotel for casual meals and daring cocktails.

Fitzroy is a destination for vintage shopping. A much-loved spot for pre-loved fashion is The Fitzroy Market, a weekly community market with more than 70 stalls. Alternatively, Hunter Gatherer, Vintage Sole and American Vintage Clothing Co. on Brunswick Street for second-hand retro treasures. In Carlton, be sure to check out Melbourne Vintage on Lygon Street for ethical and sustainable fashion.

If you're in need of groceries, Hinoki Japanese Pantry on Smith Street in Fitzroy is a sushi bar and Japanese grocer combined. For Korean groceries, try Korean Kimchi Groceries; or for organic fruits and vegetables, Organic Wholefoods in Fitzroy. In Carlton, Yahweh Asian Grocery on Pelham Street is reliable for Asian goods; while Lygon Street is home to major supermarket chains such as Woolworths, IGA Xpress, and Coles Express.

You don't have to venture further than Lygon and Brunswick Streets to experience a fun nightlife scene, but Fitzroy also has some great spots to dance the night away. On Johnson Street, The Night Cat is one of the area's longest running live music venues – and for very good reason. Nearby is FeeFee's Bar, noted as one of Melbourne's best rock and roll bars. In Carlton, The Prince Alfred Rooftop & Bar is a fantastic student hangout, with weekly meal deals and special offers. Finish your night off at Club Cardi or The Carlton Club.

Community facilities

Kathleen Syme Library and Community Centre in Carlton is a creative, learning, and community space. The centre contains a vast library, as well as an art room for hands-on activities such as 3D modelling, social sewing, and a podcast beginners class. English conversation meet-ups are also often held here, too.

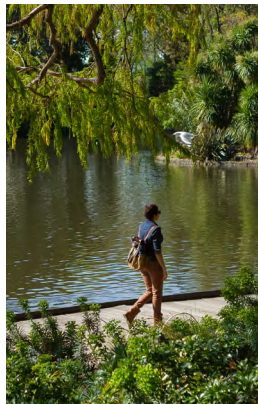
Carlton Baths and Fitzroy Swimming Pool both offer excellent swimming facilities, gym equipment, and group fitness classes. You can also enjoy the Australian outdoor lifestyle at parks such as Fitzroy Gardens and Carlton Gardens.

Melbourne Connect at University of Melbourne is an innovation precinct, where you'll find a science gallery, state-of-the-art facilities, and software. It's a great place to upskill, innovate, and meet like-minded people.

There are several churches around Carlton and Fitzroy, as well as the Islamic Dawah Centre of Australia, a mosque on Fitzroy Street. Meditation centres can be found throughout both areas.

For medical needs, The Integrated Medical Centre on Brunswick Street in North Fitzroy offers a range of services, with 100 per cent of profits going towards community health services.

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Unique experiences

Johnson and Smith Streets are great places to discover the local street art scene, with several large wall murals to admire. On Sunday, make sure to venture to Rose St. Artists' Market, a combined indoor-outdoor market where you can browse handmade products from 120 stallholders.

For Instagram-worthy views and a sunset drink, head to Naked For Satan on Brunswick Street, the best rooftop bar in Fitzroy. From the upstairs balcony, you have sweeping views of Melbourne CBD and the outer suburbs.

Enjoy some downtime at Cinema Nova in Carlton, which has 16 screens dedicated to upmarket commercial films, films events, special screenings and festivals. Or, why not check out one of the world's oldest exhibition pavilions, the Royal Exhibition Building in Carlton Gardens? This outstanding landmark hosts many fairs and expos throughout the year.

If you're looking for a fun and challenging activity, try Melbourne's best escape room, The Mystery Rooms in Fitzroy. This is a great team-bonding activity to try with new friends. Afterwards, enjoy a unique burlesque, cabaret or drag show at Vau d'ville.



STUDENT TIP

“On a beautiful Saturday, go thrift shopping or hunting down vintage pieces in Brunswick or Fitzroy, followed by a cute brunch date with friends.”

Yiran Wang, China

Study Melbourne Ambassador studying at the University of Melbourne

DAY PLAN

Street art

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

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



CHEAP CHOICE

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



Laneways

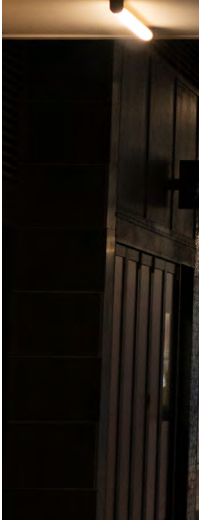
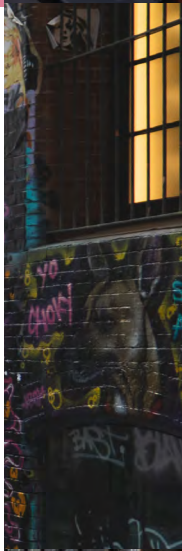
You can't talk about Melbourne without mentioning its iconic laneways, which wind their way through the beating heart of the city. Packed with bars, restaurants, cafes, boutiques and street art, the laneways are alive with colour and a buzzing atmosphere.

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

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

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

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



Ordering coffee

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



LATTE



FLAT WHITE



CAPPUCCINO



LONG BLACK



ESPRESSO



MOCHA



Coffee Shot



Warm Milk



Water



Chocolate
Powder or Syrup



Milk Foam



NEARBY NEIGHBOURHOODS

Collingwood & Abbotsford

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

Collingwood Children's Farm isn't just for kids. This not-for-profit community space is open to adults who want to experience farm life close to Melbourne. It provides interactive, close-up encounters with farm animals, including cow brushing and guinea pig cuddles. Next door is Abbotsford Convent, a popular venue for all things community-driven. The picturesque venue regularly hosts music gigs, art classes and workshops. For affordable dining options in the area, try Lentil As Anything. The restaurant was started by volunteers, and serves vegetarian and vegan food that costs only as much as you can afford to pay. It's a great place to enjoy both the food and the atmosphere – just don't take advantage of the system!

Collingwood has plenty of cheap eateries. Grab an incredible wood-fired pizza at Lazerpig, which has lunch specials and weeknight deals.

Other recommended eateries include Biggie Smalls for kebabs; Son in Law for authentic Thai food and cold desserts; burgers at Easey's, which is located in a totally unique rail carriage set atop a roof; and well-known modern Japanese at Cibi, which doubles as a grocer.

Coffee lovers can enjoy specialty coffee at Admiral Cheng Ho in Abbotsford. This local coffee institution roasts its own beans, stocks artisanal and traceable coffee, and offers an organic plant-based menu. Nearby, AU79 is a fashionable place for coffee and food. If you fancy an alcoholic drink, Moon Dog Brewery, Bodriggy Brewing Co and Stomping Ground Brewing Co are all worth checking out for their excellent craft beers.

North Melbourne & Parkville

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



Highlights

North Melbourne and Parkville both have strong histories, dating back to the 1840s. This heritage is still evident today in the beautiful Victorian architecture that you can see as you wander the streets. While they are quiet and picturesque suburbs, North Melbourne and Parkville also offer a variety of attractions to keep you busy during your study breaks.

The first stop in North Melbourne has got to be Queen Victoria Market, the largest open-air market in the Southern Hemisphere. It's a foodies' delight, with endless options to sample from a huge range of stalls. Be sure to taste the paella at Simply Spanish; order the vegetable lasagne at Invita; and visit Drums Cafe for delicious Sri Lankan food.

For tasty and cheap Thai food, try Mum Mum Asian Street Food on Flemington Road; or devour Italian dishes that won't break the bank at Maria's Trattoria on Peel Street. Also on Peel Street, Eat All Korean BBQ Buffet will leave you with a full stomach.

When it comes to nightlife, North Melbourne has an array of lively bars. Head to Prudence for creative cocktails and draught beer. On Errol Street you'll find Town Hall Hotel, an old-school bar

known for its live music. Queen Victoria Market also hosts various night markets throughout the year, where you'll find food, fun and entertainment all under the one roof. During the day, it's also the go-to spot for fresh produce and other grocery items.

There are plenty of good options when shopping for essentials in North Melbourne. For Asian food supplies, KT Mart and Hometown Asian Supermarket have you covered. For Indian products, there's Excel Food Mart. Most of the main shops are located along Errol and Queensberry Streets.

Located within Royal Park in Parkville is Melbourne Zoo, the oldest zoo in Australia. The venue has a range of unique and immersive experiences that allow animal lovers of all ages to get up close and personal with Australian native wildlife. If you're into sports, Royal Park doubles as a go-to spot for outdoor activities such as tennis, football and cricket.





Community facilities

North Melbourne Community Centre contains a gym, a soccer pitch, a netball/handball stadium, and hosts yoga and boxing classes. The community hosts many great events and initiatives to help people upskill and learn.

You can access public computers, Wi-Fi, and quiet study space at North Melbourne Library, which also has a gallery and public programs such as Bollywood dancing and an English reading group.

You don't have to be a University of Melbourne student to access their library, get a membership and borrow

books. Baillieu Library, another library located on the University of Melbourne campus, has quiet booths, good views, and extended opening hours for late-night study sessions.

Inner Melbourne Community Legal on Queensberry Street in North Melbourne offers free legal advice, with assistance available in areas such as family law, tenancy issues, and criminal law.

The University of Melbourne Psychology Clinic provides discounted mental health services, including counselling and various group programs. Student consultations start at \$25 and are entirely confidential.

Unique experiences

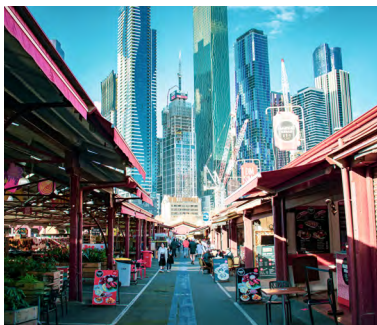
If you enjoy visiting museums, you'll appreciate Ian Potter Museum of Art, located at The University of Melbourne. This free art museum is dedicated to historical and contemporary art from local and international artists. It also hosts various events and exhibitions throughout the year.

If you're up for a laugh, you'll be sure to have one at Melbourne's biggest and best comedy lounge, The Comics Lounge. Gather a group of friends and listen to hilarious Australian comedians, as well as international comedy superstars.

If you love virtual reality, be sure not

to miss Zero Latency VR, Melbourne's fastest-growing virtual reality experience. The venue has technology that is completely immersive, making their games feel like reality. Fight zombies, take on a space mission, or explore the new world at this free-roaming gaming centre in North Melbourne.

Arts House in North Melbourne is a dedicated space for contemporary performance, with a year-round schedule of dance, theatre, music, sound, new technologies, and community projects. Alternatively, explore Meat Market, another arts, culture and events space in North Melbourne.





Box Hill, Caulfield, Clayton

The eastern suburbs of Melbourne may be outside of the city, but they are still attractive for students considering the many easy public transport options.

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

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

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

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

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

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

Prahran, Windsor & St Kilda

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

Prahran and Windsor are shopping, dining and nightlife hotspots in Melbourne. The beachside suburb of St Kilda is a favourite amongst backpackers, and has a lively youth culture.

The once alternative suburbs of Prahran and Windsor are now packed with luxury shops and stores. However, there are still remnants of the past on Greville Street. Greville Records has been running for more than 30 years, and is a great place to hunt for rare musical treasures. Several music greats have graced the store over the years, including Pearl Jam, Radiohead, Beastie Boys, and Beck. Chapel Street Bazaar is one of Melbourne's most-loved vintage stores.

The Jam Factory is an iconic shopping mall on Chapel Street, containing everything from fashion and entertainment to mess halls, cafés, restaurants, and a cinema. Nearby is

Prahran Market, where you can get fresh produce and deli items, dine at one of the many eateries, or take part in a cooking class.

St Kilda has always been known as the most popular seaside destination in Melbourne, and is home to Melbourne's most famous beach. The area is characterised by the grinning face of Luna Park, an iconic theme park that has been running since 1912.

Grab some dinner at Pontoon St Kilda Beach. At dusk, you can spot the adorable penguins under the pier; or go window-shopping for desserts at one of the patisseries along Acland Street. If you enjoy water-based activities, try paddleboarding or windsurfing on the beach. St Kilda Sea Baths is an excellent public facility for relaxation, and contains seawater pools where you can enjoy views of the beach as you swim.



Brunswick & Northcote

Choose these suburbs for their unique and eclectic culture, cheap food spots and easy access to the CBD. If you're into live music, these areas definitely won't disappoint!



Highlights

Known for their laid-back atmosphere, Brunswick and Northcote are bustling areas popular amongst the young and alternative crowds. There is lots to love about living here.

The buzzing suburb of Brunswick is just 20 minutes from Melbourne CBD. The multicultural hub is better known as the hipster capital of Melbourne; a reputation that comes from being the hot spot for cafés, arts, live music, and shopping.

Hit up Very Good Falafel on Sydney Road for Mediterranean food and vegetarian options; or A1 Lebanese Bakery for divine spinach and cheese pastries.

For shopping and unique finds, look no further than Sydney Road for vintage threads, custom-fit denim, and second-hand treasures. Explore the racks at one of the best consignment stores, Mutual Muse, where the focus is on sustainable fashion and sourcing materials made from natural fibres. A café and grocer in one, check out Pachamama Wholefoods for a delicious coffee and organic goods to take away. The healthy and sustainable menu here is inspired by naturopathy and South American traditions.

In Northcote, there are plenty of dining options – from pizzerias to Israeli

takeaway, and some of Melbourne's best Ethiopian restaurants. Tahina Northcote is a regular go-to for plant-based Middle Eastern cuisine; while Brother Bon on High Street is a favourite for vegan breakfast, lunch and dinner.

All it takes is a stroll down High Street in Northcote to discover the area's most exciting mix of bars, cafés, restaurants, and shops. Dig through thousands of records at Rathdowne Records, drop into A Quirk Of Fate where you'll find an array of locally made gifts and, of course, it's always worth a trip to Northcote Plaza Shopping Centre.

When it comes to nightlife, Brunswick has you covered. The Brunswick Mess Hall is a unique beer hall on Sydney Road, with cocktails served in huge bowls and a variety of cheap eats. Howler on Sydney Road is a warehouse turned art and live entertainment venue, known for its packed music gigs, burgers and beers. In a restored post office, you'll find The Penny Black, which has a delightful beer garden to soak up the sun while you enjoy a cheap feed.

In Northcote, make sure to pay a visit to Northcote Social Club, a well-known live music venue with an expansive menu of classic pub meals (including plenty of vegetarian options).

Community facilities

Brunswick and Northcote both have lovely large parks that are close to shopping districts and public transport. Temple Park in Brunswick and All Nations Park in Northcote are two popular places to chill out, play football, skate, or enjoy a picnic with friends. Gilpin Park is a quieter option that is perfect for leisurely strolls.

For exercise and relaxation indoors, both Brunswick Baths and Northcote Aquatic and Recreation Centre have gyms, group fitness classes, and aquatic facilities such as lap and outdoor pools. If you enjoy tennis, Northcote Aquatic and Recreation Centre also has courts for hire, and offers tennis coaching sessions if you want to brush up on your skills. Both suburbs have public libraries that offer free Wi-Fi, photocopying and printing services, as well as plenty of borrowing resources. Northcote Library runs regular classes, craft groups and special events, such as author talks and Harry Potter trivia nights. Brunswick Library has language and IELTS support classes.

Brunswick Central Medical Centre on Sydney Road has a team of male and female doctors available to help with all of your health-related needs.

Unique experiences

Brunswick is bursting with personality, and has a whole range of unique experiences available for you to try.

Nab yourself some denim at Dejour Jeans, a Melbourne institution where you can find some of the city's best jeans under \$50. They even have a custom tailoring service!

Show off your climbing skills at Northside Boulders, where the walls are stacked at 4.5 meters high. There are bouldering walls for both beginners and seasoned rock climbers.

You've probably tried yoga, but have you tried hip hop yoga? Hip Hop Yoga in Brunswick is set to energising beats, so you can flow your practice to the flow of your favourite hip hop tracks. For some of the best city views in Northcote, venture to Ruckers Hill, where you can see the city skyline in all its glory. If you can, visit at sunrise or sunset for a particularly spectacular experience.

Welcome To Thornbury is a massive beer garden and food truck park in Northcote. The selection of food trucks rotates regularly, there are regular themed events (for instance, entire nights dedicated to macaroni and cheese), and big cocktail jugs to share.



Southbank & South Melbourne

Southbank and South Melbourne have excellent green spaces and fantastic outdoor dining options. They're great choices if you don't want to live in the city but like to be close to the action.



Highlights

Situated along the beautiful Yarra River and home to Crown Casino, Southbank has great nightlife options, alfresco dining choices, and gorgeous city views. Meanwhile, South Melbourne boasts an array of restaurants, cafés, and incredible natural landscapes such as Albert Park and Royal Botanical Gardens Melbourne.

When it comes to food, the Asian lunch specials at Ayam Chef in Southbank are a must. You can also eat five small pizzas for just \$12 at Fatto Bar & Cantina on St Kilda Road, just on the outskirts of Southbank; or try the poké bowls and sushi burritos at Suki on Grey Street.

In South Melbourne, make it your priority to explore South Melbourne Market, a lively indoor marketplace packed with fresh produce and artisan wares. For seafood, head to Claypots Evening Star, located at stall 111. The dim sims at South Melbourne Market Dim Sims; and you can also find much-loved banh mì at Ba Ba Rolls.

To explore Melbourne's arts scene, head to National Gallery of Victoria (or the "NGV", as it's known locally). This Southbank institution is Australia's oldest and largest art museum. The gallery showcases an impressive range

of local and international artists, with many exhibitions and creative events held throughout the year. Nearby you'll find Melbourne Convention Exhibition Centre, which hosts more than 1,000 events each year. Afterwards, enjoy a drink and some delicious food on the banks of the Yarra River at The Boatbuilders Yard.

Incredible nightlife can be found at The Albion, an historic pub that spans three levels, including an epic rooftop bar. In Southbank, enjoy a different kind of bar at Ponyfish Island, which floats on the Yarra River under a stunning pedestrian bridge. On the other side of the bridge, the colourful Arbory Afloat is perfect for sunny summer afternoons. This floating pop-up bar takes inspiration from Miami in its decoration, and offers 360-degree views of the river.





Community facilities

Boyd Community Hub in Southbank is a great community centre with a multitude of facilities. These include Southbank Library, several meeting spaces, and creative spaces that are available for hire. There's also free Wi-Fi and English as a second language (ESL) conversation classes for those interested in practising their speaking skills.

Keep fit with the locals by taking a run along the gorgeous walking trail that winds around Albert Park. The lakeside track boasts magnificent views of the city skyline. It's also the perfect place to have a picturesque picnic with friends.

This area is also home to the city's premier sports and recreation destination, Melbourne Sports and Aquatic Centre (MSAC). Try kayaking, or join a sailing club to experience life on the water. Visitors and members alike have access to the centre's gym and class facilities, as well as several sports courts, including basketball, badminton and volleyball. The aquatic facilities here are world-class, and include competition pools, lap and hydrotherapy pools. There are also reformer Pilates and hot yoga facilities.

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

Unique experiences

Get a bird's eye view of Melbourne at Eureka Skydeck, a thrilling observation deck with 360-degree views of Melbourne from the 88th floor. Standing at 975 feet, it's regarded as Australia's second tallest building. If you're feeling extra adventurous, try the Edge, a glass cube that extends from the building and lets you step out over Melbourne.

Or, if you'd prefer to stay closer to the ground, you can skipper your own electric picnic boat down the Yarra River with GoBoat Melbourne, another fun way to take in the city views.

Try your hand at Australia's best mini-golf course, Holey Moley, located on level one of Crown Melbourne. Enjoy a cocktail before you embark on the craziest round of mini-golf you've ever played. Afterwards, try their private karaoke rooms, which are available to hire for large groups.

To relax in South Melbourne, wander down to South Melbourne beach. One of Melbourne's quietest beaches, the foreshore here is lined with palm lines, and stunning piers where you can watch people rollerskating. Don't forget to bring your swimming gear so you can take a refreshing dip.





Activities

STREET ART

You can't come to Melbourne and not experience its famous street art. The best way to discover Melbourne's many giant murals is on a street art walking tour. The one offered by Melbourne Street Tours is led by actual street artists.

melbournestreettours.com

ESCAPE ROOMS

Escape rooms are fun ways to test your abilities and engage in team bonding. Try Ukiyo Melbourne in Brunswick, or Rush Escape Game in South Yarra.

ukiyo.com.au • rushescapegame.com.au

VIRTUAL REALITY

Zero Latency VR boasts the world's best free-roam virtual reality experience, with immersive technology that makes each game seem like reality.

zerolatencyvr.com

INLAND SURFING

If you've always wanted to learn to surf but haven't had the confidence to face the waves, try URBNSURF. The inland surf park has beginner lessons taught by friendly instructors, who will get you standing on your board in no time.

urbnsurf.com

MINI GOLF

Holey Moley is a mini-golf course and cocktail bar in one. With some of the craziest mini-golf courses you've ever seen, it's a unique experience that has to be seen to be believed.

holeymoley.com.au

KAYAKING

Taking a kayak down the Yarra River is one of the best ways to see Melbourne. Check out iconic sights on a Melbourne City Sights Kayak Tour; or try a Moonlight Kayak Tour. Both experiences are available through Kayak Melbourne.

kayakmelbourne.com.au

ICEBAR

IceBar Melbourne is one of the most unique bars in the city. Put on the provided snow gear, enter the minus-10-degree wonderland, and enjoy a very chilled drink.

icebarmelbourne.com

THE BREAK ROOM

If you're feeling stressed or frustrated, The Break Room in Collingwood may be the place for you. The venue allows you to (safely) smash coffee mugs, plates and more against a brick.

thebreakroom.com.au

AXE THROWING

Maniax is the first urban axe-throwing company in Australia. Whether you're new to axe-throwing, or think you have the skills to hit the target, it's certainly a fun way to pass some time.

maniax.com.au

AUSTRALIAN FOOTBALL LEAGUE (AFL)

Melbourne is the home of AFL. Whether or not you're sporty, it's worth checking out a game while you're here. The best venue is Melbourne Cricket Ground, an iconic venue that hosts most of the major games.

mcg.org.au

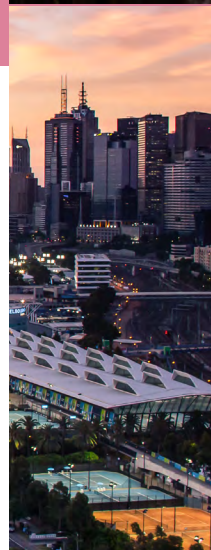


Sports experiences

No place does sports quite like Melbourne, so you may as well enjoy the atmosphere while you're here. Start with a Melbourne sports walk: with Melbourne Sports Tours, you can go behind the scenes of Melbourne's various world-class sporting precincts, including the iconic Melbourne Cricket Ground (MCG). Other places of interest you'll visit during this tour include Olympic Park, which hosted the Olympics in 1956; and Melbourne Park, which is home to Rod Laver Arena and the Australian Open tennis tournament.

Melbourne's favourite spectator sport is AFL, which you can watch at the MCG or at Marvel Stadium. In January each year, the world's best tennis players descend on Melbourne for the Australian Open, Melbourne's very own Grand Slam tournament. Held at Melbourne Park, the festive atmosphere takes over the whole city.

If you're after more adrenalin, try jumping from a plane with Skydive Melbourne, which drops you from 15,000 feet above either Port Phillip Bay or St Kilda Beach. You can also get behind the wheel of a rally car at Rally School Australia.



A week in Melbourne

MONDAY

Put your knowledge to the test at the free trivia night at the Edinburgh Castle Hotel in Brunswick. Hosted by Mrs Smith's Trivia, there are vouchers for the winners, as well as free rounds of beer and wine to be won throughout the night.

WEDNESDAY

Queen Victoria Market is the place to be on Wednesday nights between September and October, where the night markets are filled with global food and beverage stalls.

FRIDAY

The renowned National Gallery of Victoria (NGV) hosts NGV Friday Nights during the summer months, serving up 1980s music, drag show performances, cocktails with a twist, and incredible after-hours art exhibitions.

SUNDAY

Asian Beer Cafe is a student hotspot. On Sundays, the venue serves up cheap eats all day, and DJs provide entertainment from 8pm onwards. The perfect place to enjoy beers, cocktails, and eclectic bites.

TUESDAY

Get yourself some great discounts every Tuesday at Palace Cinemas, which has tickets for just \$12.50. There are several Palace Cinemas locations around Melbourne. Other cinemas, such as HOYTS, also offer discounted tickets on Tuesdays.

THURSDAY

Laundry Bar in Fitzroy draws crowds each Thursday night for their 'No Frills' night. Party until the early hours of the morning, with free entry and many drink specials on offer throughout the night.

SATURDAY

Sing to your heart's content at Jankara Karaoke Bar, which has a massive 5,000 songs to choose from in English, Japanese, Chinese and Filipino. It's one of the very best karaoke bars in Melbourne, and a fun way to spend a Saturday night.

A year in Melbourne

JANUARY

AUSTRALIAN OPEN

The first tennis Grand Slam tournament of the season, the Australian Open attracts the world's most renowned tennis players to Melbourne.

ausopen.com

FEBRUARY

OPERA FOR THE PEOPLE

Embrace balmy summer evenings with free music performances by Melbourne Symphony Orchestra, held under the stars at Sidney Myer Music Bowl.

mso.com.au

ST KILDA FESTIVAL

The streets of St Kilda become (even more) alive during St Kilda Festival, a free event of music, food, and activities.

stkildafestival.com.au

MARCH

MOOMBA FESTIVAL

Moomba Festival is Australia's largest free community festival, with a jam-packed schedule of events taking place along the Yarra River.

moomba.melbourne.vic.gov.au

APRIL

INTERNATIONAL COMEDY FESTIVAL

Melbourne International Comedy Festival is arguably the best comedy festival in Australia, attracting the best comedians from around the world.

comedyfestival.com.au

MAY

MELBOURNE KNOWLEDGE WEEK

Explore futuristic ideas through talks, workshops, performances, and celebrations as part of Melbourne Knowledge Week, which runs from April to May.

mkw.melbourne.vic.gov.au

JUNE

FIRELIGHT FESTIVAL

Celebrate the winter solstice with a night of eating, drinking and rejoicing at Firelight Festival.

whatson.melbourne.vic.gov.au/Firelight

JULY

OPEN HOUSE MELBOURNE

Discover the city's most beautiful and historic buildings – including some that aren't usually open to the public – during Open House Melbourne.

openhousemelbourne.org

AUGUST

MELBOURNE WRITERS FESTIVAL

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

mwf.com.au

SEPTEMBER

ROYAL MELBOURNE SHOW

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

royalshow.com.au

OCTOBER

MELBOURNE MARATHON FESTIVAL

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

melbournemarathon.com.au

NOVEMBER

MELBOURNE MUSIC WEEK

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

melbourne.vic.gov.au/mmw

DECEMBER

CHRISTMAS FESTIVAL

Experience the magic of Melbourne as the city lights up for the annual Christmas Festival.

christmas.melbourne.vic.gov.au



Travel

Short trips

DANDENONG RANGES

The Dandenong Ranges is one of the most beautiful forested areas in the state, and is just an hour's drive from Melbourne CBD. Try the 1000 Steps Walk (Kokoda Track Memorial Walk), one of the most popular bushwalks in the region. Visit Dandenong Ranges National Park for tranquil forest walks and up-close encounters with local wallabies. Be sure to check out the heritage steam railway, Puffing Billy, and take a trip through temperate rainforest. Don't forget to explore The Dandenong Ranges Botanic Garden, which bursts with thousands of colourful blossoms.

DAYLESFORD & HEPBURN SPRINGS

Daylesford is famous for the therapeutic mineral waters that flow from its many natural springs, with Hepburn Springs being the most famous in the region. These springs have been providing traditional bathing since 1895. Pamper yourself at the Hepburn Day Spa, or simply

unwind with one of the many bathing experiences at the bathhouse. Daylesford itself is an eclectic community, known for artists, healers, writers, and musicians. A stroll down Vincent Street will give you a good idea of the town's creativity. Afterwards, enjoy a hearty meal at the charming Daylesford Hotel. The town is just a 1.5-hour drive from Melbourne.

YARRA VALLEY

Leave the city for a day and venture to the lush Yarra Valley. Famous for its wine production, this region is responsible for some of the best red and white wines in Australia. If you're feeling adventurous, start your morning with a hot air balloon ride, floating over the vines and taking in the panoramic views. The region is home to more than 70 wineries, so there are many places to stop for a sample. Many tour providers operate day tours from Melbourne, leaving from Federation Square. Finish your daytrip at Healesville Sanctuary, where you can get up close to adorable Australian animals.



Longer trips

BALLARAT

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

PHILLIP ISLAND

Phillip Island is one of the most popular holiday destinations from Melbourne. While you're there, visit the Phillip Island Grand Prix Circuit Visitor Centre, where you can go racing on their go-kart track. Or, try a hot lap ride around the Phillip Island Grand Prix Circuit. No trip to Phillip Island is complete

without experiencing the magic of The Penguin Parade at Phillip Island Nature Parks, where you can watch the world's largest parade of little penguins each day at sunset. The Phillip Island Chocolate Factory has the world's largest chocolate waterfall; while you're there, you can watch the chocolatiers hard at work making delicious treats.

GREAT OCEAN ROAD

The iconic Great Ocean Road is regarded as one of the most scenic ocean drives in the world. With so much to see and do along this breathtaking coastal stretch, give yourself enough time to take it all in. There's no part of this drive that isn't stunning, but there are definitely some must-see places. The Twelve Apostles are a series of remarkable limestone pillars that jut out from the ocean; Bells Beach in Torquay is one of the country's best surfing spots; Kennett River lets you spot animals in the wild; and Loch Ard Gorge is full of natural beauty, offering more towering rock formations.

Key contacts

CONTACT NAME	WHEN WOULD I USE THIS SERVICE?	CONTACT DETAILS
AUSTRALIAN CONSUMER LAW	Understand your legal rights in regards to shopping or purchasing goods or services.	consumerlaw.gov.au
AUSTRALIAN FEDERATION OF INTERNATIONAL STUDENTS	A Victorian international student representative organisation. They collaborate with governmental bodies, education providers and community organisations on behalf of international students.	internationalstudents.org.au
AUSTRALIAN HUMAN RIGHTS COMMISSION	If you feel you are being treated unfairly because of your race, descent, colour or ethnic/national origin then make a complaint to the Australian Human Rights Commission.	humanrights.gov.au
AUSTRALIAN TAXATION OFFICE	Contact them to arrange a Tax File Number or learn more about payments made to you while you study here.	ato.gov.au
BEYOND BLUE	A free counselling service that you can contact if you are feeling depressed or anxious.	1300 224 636 beyondblue.org.au
CENTRE FOR CULTURE, ETHNICITY AND HEALTH	For free and confidential support, information about protection from HIV/AIDS, hepatitis and other sexually transmitted diseases.	9418 9929 ceh.org.au
CONSUMER AFFAIRS VICTORIA	If you require detailed information about your rights regarding all kinds of consumer affairs, including renting.	1300 55 81 81 consumer.vic.gov.au
COUNCIL OF INTERNATIONAL STUDENTS AUSTRALIA (CISA)	They are the peak national body for the interests and needs of international students and always require volunteers.	cisa.edu.au

CONTACT NAME	WHEN WOULD I USE THIS SERVICE?	CONTACT DETAILS
DEPARTMENT OF FOREIGN AFFAIRS AND TRADE (FOR EMBASSIES)	If you require help from your country's embassy within Australia.	<i>dfat.gov.au</i>
DEPARTMENT OF HOME AFFAIRS	This government department handles visa enquiries and issues.	<i>homeaffairs.gov.au</i>
THE DESK	A digital service helping students develop good study practices.	<i>thedesk.org.au</i>
THE DRUM - YOUTH SERVICES, DRUMMOND STREET RELATIONSHIP CENTRE	For a comprehensive mix of youth programs and services for young people aged 12-25.	9663 6733 <i>ds.org.au</i>
FAIR WORK OMBUDSMAN	If you require assistance understanding your workplace rights and responsibilities.	<i>fairwork.gov.au</i>
FRONTYARD INTEGRATED YOUTH SERVICES	Frontyard aims to address the physical, social, and emotional needs of young people, up to the age of 25, who spend time in the Melbourne CBD.	9977 0077 <i>mcm.org.au</i>
HEALTHDIRECT AUSTRALIA	Outside of GP consultation hours their trained staff can help you treat non-urgent illnesses.	1800 022 222 <i>healthdirect.gov.au</i>
HEADSPACE	For mental health support and counselling, with locations across Victoria.	<i>headspace.org.au</i>
IDP MELBOURNE	Assistance with assessing study options, including courses, applications and student visas.	9606 1800 <i>idp.com/australia</i>
LIFELINE	If you need someone to talk to about your mental health, this resource is a crisis support hotline.	13 11 14 <i>lifeline.org.au</i>
MELBOURNE SEXUAL HEALTH CENTRE	To talk about sexual health symptoms and receive advice.	9341 6200 <i>mshc.org.au</i>
MULTICULTURAL CENTRE FOR WOMEN'S HEALTH	Free health education workshops and assistance with locating services for Immigrant and Refugee Women.	9418 0999 <i>mcwh.com.au</i>
NATIONAL HOME DOCTOR SERVICE	If you require a doctor urgently on weeknights, weekends or public holidays.	13 SICK (13 7425) <i>homedoctor.com.au</i>



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Everything you need to thrive as an international student

Through Study Melbourne, the Victorian Government provides free help and support, events and activities for international students in Victoria. Connect with Study Melbourne online or drop into the Study Melbourne Student Centre (check online for current opening hours). We offer confidential help and advice on health, safety, accommodation, work rights, making friends and managing your finances.

Connect with Study Melbourne at:
studymelbourne.vic.gov.au or 1800 056 449



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