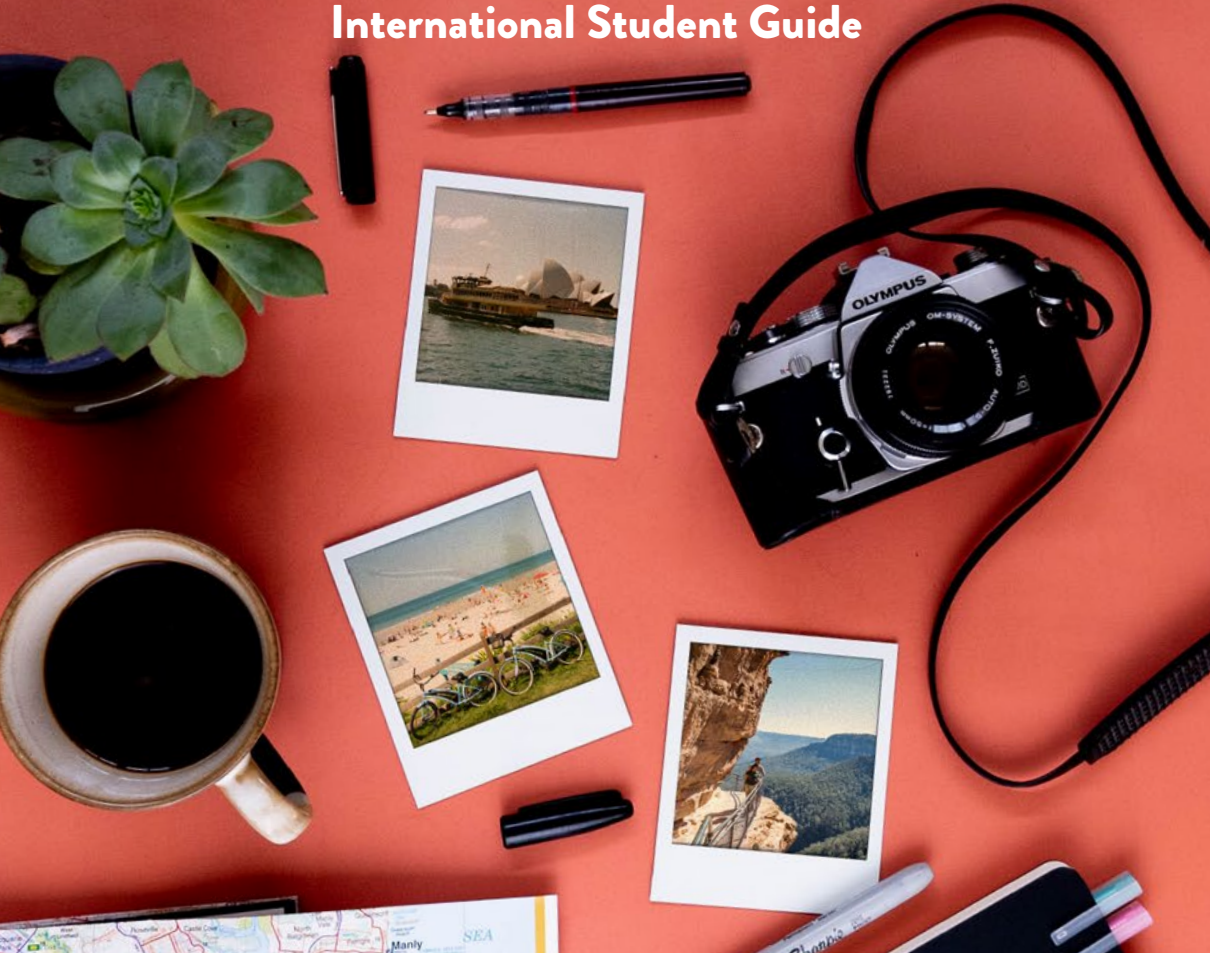


INSIDER GUIDES

# SYDNEY

## & NEW SOUTH WALES

International Student Guide



BY LOCAL EXPERTS  
FREE  
2022

SUPPORTED BY:



**STUDY NSW**  
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Study NSW is a NSW Government agency dedicated to supporting and enriching your international student experience.

Our team coordinates a wide range of free initiatives to help you with living, studying and working in NSW.



Access international student support and engagement programs.



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Explore work experience and work integrated learning opportunities.



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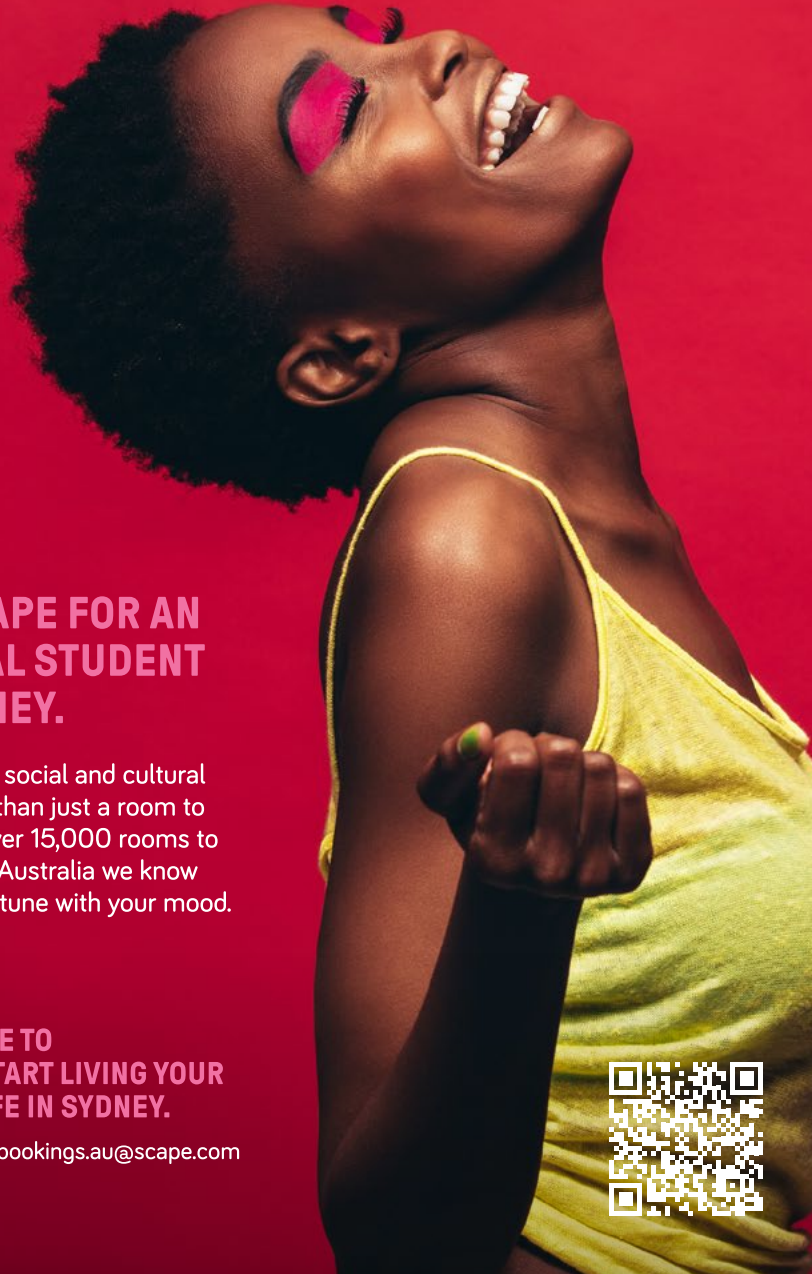
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*All information presented is correct to the best of our knowledge. Businesses and services mentioned were operating at the time of publication. We apologise if any have moved, closed or their services have altered in the interim.*



# WELCOME

New South Wales features the best of everything: world-renowned education providers, beautiful beaches, incredible landmarks. Sydney boasts several of these attractions, including the world-famous Sydney Opera House and Harbour Bridge, as well as excellent shopping and bustling nightlife, complemented with a rich arts and culture scene.

When you step outside Sydney's city lines, you'll see for yourself that the rest of New South Wales is equally exciting. Check out the stunning views in the Blue Mountains, sip wine in Orange or go for coastal walks in Byron Bay. In New South Wales, you'll have plenty to explore on your great Australian adventure.

## ACKNOWLEDGEMENT OF COUNTRY

Study NSW acknowledges that Aboriginal and Torres Strait Islander peoples are the First Peoples and Traditional Custodians of Australia. We thank them for their custodianship of Country – land, seas and skies. We acknowledge the diversity of First Nations cultures, histories and peoples, recognise their enduring connection to our State, and we pay our deepest respects to Elders past, present and emerging.

## HOW TO USE THIS GUIDE

This guide is yours to keep. Make notes, rip pages out, bookmark chapters - whatever you want! We've included lots of checklists throughout this guide, so you can keep track of what you've done and what you still have to do. Look for this symbol  and keep a pen handy as you explore NSW. Connect with current international students using their social handle included with their quotes.



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Destination NSW

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WELCOME TO

INSIDER GUIDES!

We're the #1 information hub for international students in Australia! From important news to helpful life hacks and everything in between, you'll find all the content you need to survive and thrive in the land Down Under.



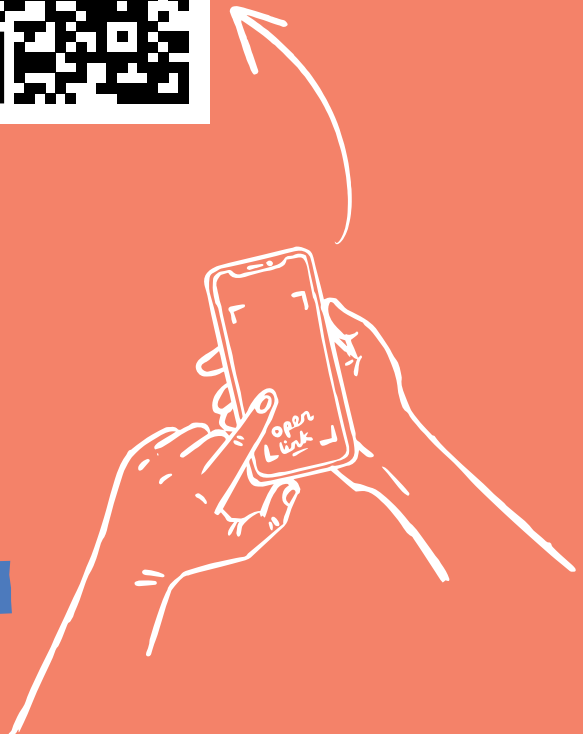
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# WELCOME TO SYDNEY AND NEW SOUTH WALES

We are so excited to welcome international students to Sydney and New South Wales (NSW)!

We are delighted that new and returning international students are coming to learn, live and thrive here, and this year we will continue to welcome back more students.

NSW is home to some of the best education providers in Australia and the world. Here you'll find an inspiring education journey designed to help you reach for your dreams, while living in one of the most beautiful places on the planet.




The Study NSW team is here to support your student journey while studying, living and working in NSW.


We encourage you to explore all that Sydney and our wonderful state has to offer. There are many useful tips in this guide and information that will make your stay even more enjoyable. We are also here if you have any question. We want you to feel welcome and are committed to making your experience in NSW the best it can be.


We're sure you'll make the most of your time here and we look forward to engaging with you at our events, on our website or through our social media channels.


We wish you every success with your studies, and hope to see you soon!





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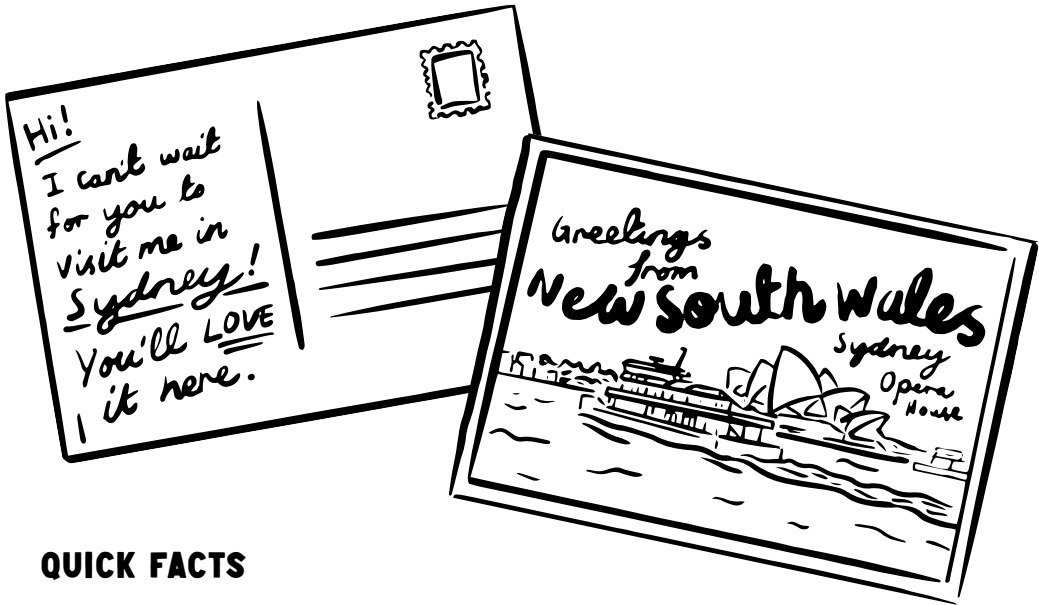
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# HELLO, NEW SOUTH WALES



## QUICK FACTS

### A DIVERSE CLIMATE

While NSW features a sub-tropical climate year-round, you'll still experience four distinct seasons. Temperatures range from lows of under 10°C in the winter and over 30°C in the summer.

### AUSTRALIA'S LARGEST ECONOMY

NSW boasts the largest economy in Australia, contributing over 30 per cent to the nation's GDP. Some of Sydney's key industries include financial and insurance services; professional, scientific and technical services; and information media and telecommunications.

### AUSTRALIA'S MOST POPULATED CITY

With a population of over five million people, Sydney is the most populous city in the nation. As a result, you can always expect a lively and interesting atmosphere with lots to do!

### EASILY ACCESSIBLE

Home to a superb public transport system, Sydney features all modes of transport, from buses to trains to ferries. In fact, the ferries – which have been operating since 1875 – carry roughly 14 million passengers every year.

### A MULTILINGUAL HUB

Sydneysiders come from all cultural and linguistic backgrounds. In fact, nearly 40 per cent of residents speak a language other than English at home, with Arabic, Mandarin and Cantonese being the top three.

### THRIVING REGIONS

Regional NSW is Australia's largest and most diverse regional economy. It's home to a third of the state's population, and produces one-fifth of NSW's gross state product!



# A DAY IN THE LIFE



"I love to eat breakfast in cafés in Sydney. The coffee, breakfast wraps and brekkie rolls, thinking about it makes me hungry."

**Bryan, Singapore**  
**University of Sydney**  
 Instagram: @b\_lee.th



"I would suggest taking a small occasional break in between your study hours and try to study in a group. It really helps in gaining a better understanding of the topic."

**Smruti, India**  
**University of New South Wales (UNSW)**



"Sydney has a really dynamic night culture and most international students fit in with it perfectly. So, whether you are a karaoke lover or crazy for some nightclub gatherings, Sydney has you all covered!"

**Eric, China**  
**University of New South Wales (UNSW)**  
 Instagram: @sydney.intstudents

# YOUR FIRST WEEK IN SYDNEY

## 1. GET AN OPAL CARD

An Opal card is essential for getting around on public transport. You can buy one from retailers across Sydney. You may also be eligible to apply for a Concession Opal card online, which offers lower fares.



## 2. OPEN AN AUSTRALIAN BANK ACCOUNT

Visit a branch in person to open an Australian bank account - some banks may allow you to do this online. This will be vital for getting paid if you're planning to work in Australia, paying rent and managing expenses.



## 3. CONNECT YOUR PHONE

You can either buy a new phone or use your current one by buying a new SIM card. You'll also have the option of getting a prepaid or monthly plan. Turn to Communications and Technology [page 33](#) for more information.



## 4. SAVE IMPORTANT NUMBERS

Keep a record of important numbers, such as Triple Zero (000) for emergency services (police, fire or ambulance), your landlord, your OSHC provider and your education provider. Keep your new address written down, too.

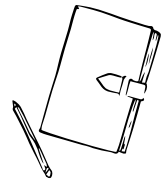


## 5. DO A GROCERY SHOP

Head to a grocery store (such as Coles, Woolworths or ALDI) to grab some essentials. We recommend a combination of your favourite foods from home and some Australian snacks - the perfect mix of old and new!

## 6. ORGANISE A STUDY PLAN

Explore your campus to see where your classes are and find new study spots. Find out when O-Week and preliminary lectures begin, and buy study materials, such as textbooks.



### WHAT ARE SOME OF THE MOST IMPORTANT THINGS TO GET SET UP IN THE FIRST WEEK IN SYDNEY?

"I would suggest settling down in your accommodation, registering for your local bank card, and visiting your future campus first. Don't worry if you feel like everything is chaotic. We have all been there!"

**Celine, China**  
**University of Sydney**  
**Instagram: @z.celine\_**

# MUST-DO IN NSW

If you're looking for fun, you'll have no trouble finding it in New South Wales. Here are a few experiences you just can't miss!



## □ SEE THE SIGHTS OF SYDNEY

The Opera House, the Harbour Bridge, iconic beaches – there are so many stunning sites in Sydney. Check them out by taking a bus tour or renting a bike!



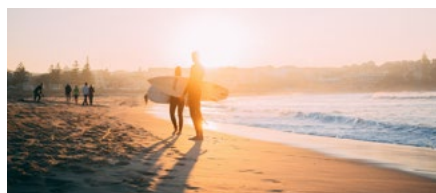
## □ EXPLORE NATIONAL PARKS

NSW features over 870 national parks and reserves. Immerse yourself in the great outdoors by going swimming, hiking or camping in any of these incredible spots.



## □ ABORIGINAL CULTURE

The importance of Aboriginal culture in New South Wales is immeasurable. Take every opportunity to learn more about First Nations Australians' art, culture and history.



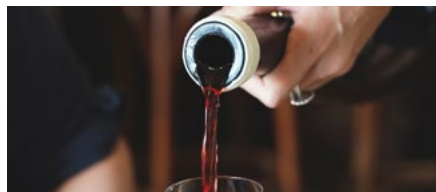
## □ LEARN TO SURF

Surfing is one of Australia's most treasured pastimes. Visit any coastal town and you'll find a surf school where you can take solo or group classes.



## □ HIT THE ROAD

Experience NSW's unique landscapes by jumping in a car and taking a road trip. Whether you opt for a seaside drive or head into the outback, you're in for some breathtaking views.



## □ VISIT WINE REGIONS

NSW is home to some of the world's most beloved wine regions. With a wide range of cellar doors and wineries, you'll enjoy wine tastings, weekend getaways and guided tours.

# PREPARING

## ACCOMMODATION

### COMPARING ACCOMMODATION TYPES

In Australia, you're spoiled for choice when it comes to accommodation options. When choosing yours, be sure to consider your needs, lifestyle and budget. No matter your situation, there's an accommodation style suited to you.

[study.sydney/live/accommodation](https://study.sydney/live/accommodation) 🔍



#### PRIVATE RENTAL

Cost: AU\$200-\$700/wk

If you love your independence, a private rental may be for you! In this style of accommodation, you rent an apartment or house, either alone or with other people. When you live with others, you'll enjoy socialisation and lower living costs. While living alone can be a great experience, it's more expensive and can be lonely at times - especially if you don't know many people in your new community! Private rentals can be furnished or unfurnished.



PRIVACY



INDEPENDENCE



FREEDOM



#### HOMESTAY

Cost: AU\$220-\$375/wk

In a homestay arrangement, you'll live with an Australian family in their home. Utilities and internet are covered by the host family. In certain arrangements, meals are also covered. Those craving a genuine Australian experience will love this option, as it allows you to live with locals. You'll also enjoy the extra support you receive from your host family. That said, there is no guarantee that your homestay will be close to your education provider, so you may have to manage a long commute. Have a look at public transport options to see what your journey to campus will be like.



AUTHENTIC AUSTRALIAN EXPERIENCE

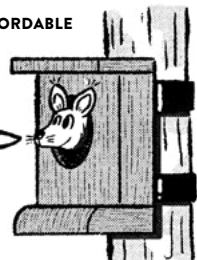


COMPANIONSHIP

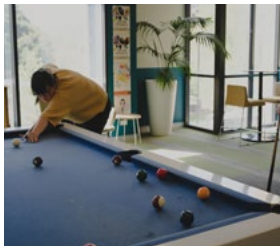


AFFORDABLE

Home sweet home








## PURPOSE-BUILT STUDENT ACCOMMODATION

Cost: AU\$200-\$500/wk

You'll often hear this style of housing referred to as "student accommodation". In these large centres, you'll find apartments of all sizes, usually ranging from one to five bedrooms. The fully furnished rooms include internet and 24/7 support. Because these buildings are specifically for students, they are typically located very close to campus and other local amenities. However, with so many students living in one spot, the internet can be a tad slow and the rooms may be smaller than average.

 24/7 SUPPORT

 SOCIALISATION

 FUN EVENTS/ACTIVITIES



## RESIDENTIAL COLLEGE

Cost: AU\$450-\$550/wk

Residential colleges are ideal for students who are looking for some extra perks. Not only are they close to campus, but they offer fully furnished rooms, study facilities, gyms, meals and even room cleaning. With these extras comes a steep price tag, which may not seem worth it if you don't plan on using all of them throughout the academic year.

 CLOSE TO CAMPUS

 GREAT FACILITIES

 FULLY FURNISHED

### 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.



INSIDER GUIDES

### 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)

## RENTAL SCAMS

Unfortunately, rental scams can occur in Australia. To protect yourself against them, look out for some of these common warning signs.

Be careful of offers that sound too good to be true. Ask advice from trusted friends, your education provider or agent, if you notice any of the following:

- 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 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 video call) and don't send any money via money transfer.

## WHAT SUPPORT SERVICES ARE AVAILABLE FOR RENTERS IN NSW?

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

[tenants.org.au](http://tenants.org.au) 

## 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

## HOW MUCH WILL MY BOND BE?

In private rentals and managed student accommodation, you will need to pay a bond in advance. As long as you don't damage the property and stay up to date on your rental payments, this bond will be returned at the end of your agreement. For private rentals, this bond cannot legally be more than four weeks' rent.

Make sure you receive a receipt for all money given to your landlord or real estate agent, including the bond. You should also get a bond authority lodgment notice from Fair Trading NSW.

**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. Redfern Legal Centre is a great Sydney-based resource you can consult if you need free information and advice on tenancy issues.

[rlc.org.au](http://rlc.org.au) 

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**BREAKING INTERNATIONAL**

**STUDENT NEWS, STRAIGHT**

**TO YOUR INBOX**

Breaking news, career advice, the best events and hidden gems in your city – it's all here in the Insider Guides weekly newsletter. Sign up to receive all these helpful resources (and more!) – written especially for international students – delivered directly to you.



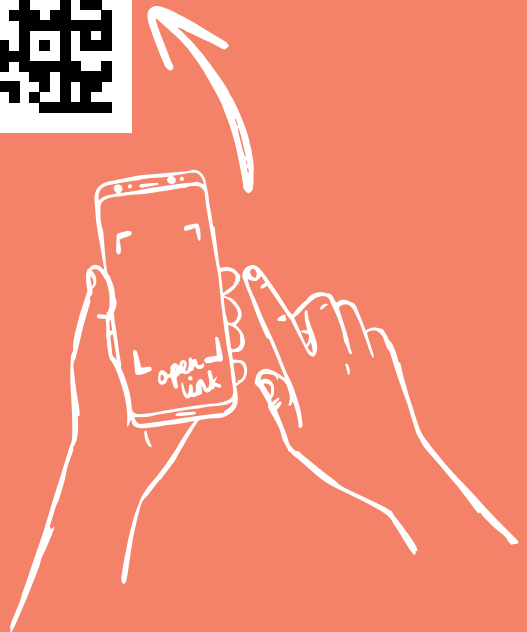
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 [linkedin.com/company/insider-guide](https://www.linkedin.com/company/insider-guide)

 [youtube.com/c/insiderguides](https://www.youtube.com/c/insiderguides)




## 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. Be sure to ask or check your rental agreement to find out their preferences.

## CAN I GET A PET AS AN INTERNATIONAL STUDENT?

Thinking of getting a pet? You'll want to make sure you've done your research. You'll need to consider 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. You also need to know the rules and requirements of pet ownership. They may be different from what you are used to and you could get into trouble if you don't follow them.

[cityofsydney.nsw.gov.au/pet-animal-services](https://cityofsydney.nsw.gov.au/pet-animal-services) 

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](https://rspca.org.au/support-us/foster-care) 

## FACTORS TO CONSIDER BEFORE OWNING A PET

- Will my accommodation allow pets?
- Can I afford the upfront costs? (Desexing, registration)
- Can I afford the ongoing costs? (Food, boarding, healthcare, veterinarian appointments)
- Will your pet need daily walks and exercise?
- Will you need a fully enclosed backyard?
- How often are you not home?
- How long will you be staying in Australia? What will happen to your pet if you decide to leave?



Moore Park, overlooking Sydney



# HOUSEMATES' CODE

Living in a share house can be a really fun experience. Here are a few tips you can use to ensure a happy and harmonious household.

## 1. FOOD

Establish early on how groceries will be purchased and make it clear what food you will share. Don't eat any food that isn't yours or designated as shared (ask first!).



## 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

No one likes a messy house. So, consider creating a cleaning roster to divide your household chores. 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.



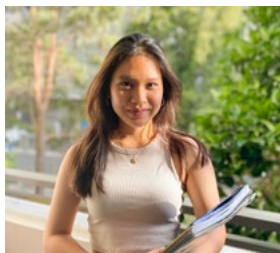
## 5. BILLS

Have a plan for how bills - such as rent, utilities and internet - are divided and paid. If one person has been put in charge of managing bills, make sure you pay your portion 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.

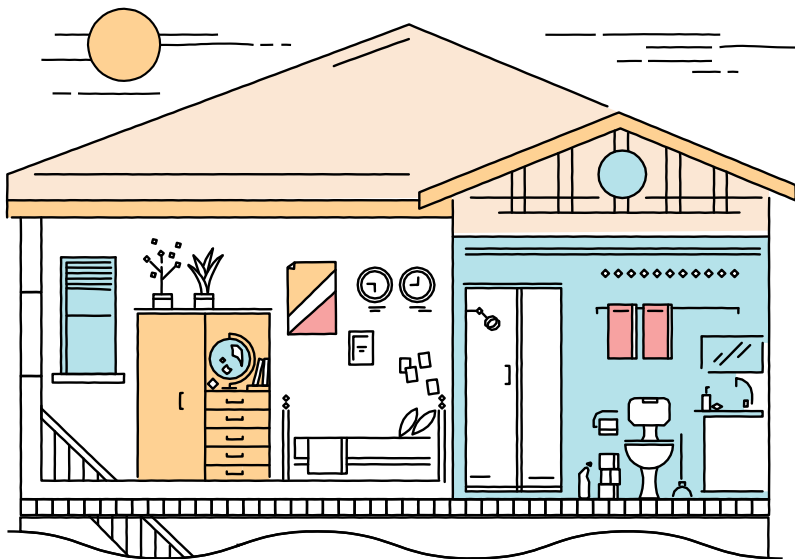


“Make a Google Doc with your roommate about what you expect from one another and what your day-to-day habits look like. I recently moved in with my friend and we [did] this. By doing so, we can see what our differences may be and if ever there are some things [that don't] fit together, we come up with a middle ground.”

**Nasha, Indonesia**  
**University of Sydney, Instagram: @nashawijana**

# SETTING UP YOUR NEW HOUSE

There are plenty of stores and online marketplaces in Australia offering affordable furniture and other household items. Even if your accommodation is furnished, it's important to bring some of your personality to your space to make it your own. For example, putting up posters or art or buying indoor plants.



## WHERE TO SHOP

### FURNITURE STORES

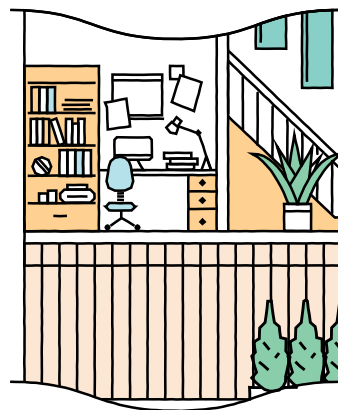
There are three IKEA stores located in Sydney (Tempe, Rhodes and Marsden Park). Fantastic Furniture and Amart are also good options for larger items, with locations around the city.

### OP SHOPS

If you're looking for one-of-a-kind, affordable furnishings and home items, op shops (second-hand stores) selling pre-owned items are perfect. Popular op shop chain stores in NSW include Vinnies, Red Cross and Salvos, as well as independent stores 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 may find people giving things away for free (but you might have to move the furniture yourself).



## FACEBOOK

Facebook Marketplace is a great resource for buying (and selling) furniture and homewares. You'll also find plenty of buy, swap, sell groups on Facebook that are dedicated to particular suburbs around Sydney.

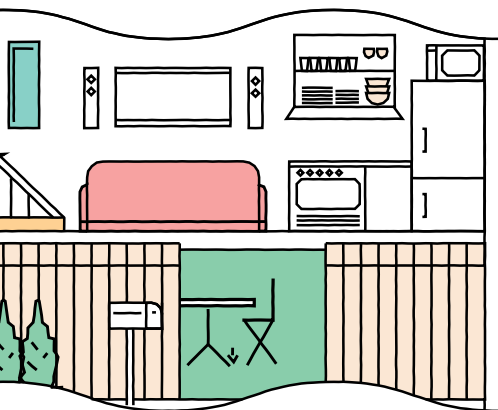
## HOMEWARES STORES

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

## SHOPPING ONLINE

For convenience, you can also shop online and have household items delivered to your door. Koala sells mattresses and other furniture, Who Gives A Crap deliver environmentally friendly toilet paper, and Coles and Woolworths grocery deliveries make it easy to stock your kitchen.

*Note: Be careful when shopping from online marketplaces such as Gumtree or Facebook Marketplace. When buying, you should always meet in person to see the item and exchange money. If possible, take a friend with you. Search for any common scams on these websites so you can be aware and keep yourself safe.*



## IMPORTANT STEPS WHEN MOVING INTO A NEW HOME

- 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 and fitness facilities 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, landlord or accommodation provider.



# MONEY AND BANKING

## BANKS IN AUSTRALIA

### WHY DO I NEED AN AUSTRALIAN BANK ACCOUNT?

Opening an Australian bank account is your key to earning and managing money in Australia. Any payment you receive from employment or a scholarship will need to be paid directly into an Australian account. Plus, you will enjoy easy access to funds without attracting the fees or long waits associated with international transfers.

### HOW DO I SET UP A BANK ACCOUNT?

Setting up a bank account in Australia is very easy. There are several Australian banks to choose from, including, but not limited to, Australia and New Zealand Banking Group (ANZ), Commonwealth Bank (CBA), National Australia Bank (NAB), and Westpac. When you arrive in Australia, head to the one of your choosing and tell them you're an international student who would like to open an account.

Once you have been identified, you will receive access to a day-to-day account and an online savings account. You will also be provided with a debit card, allowing you to shop across Australia and online without paying additional fees.

You can use your basic day-to-day account to pay rent and daily living costs.

### AUTOMATIC TELLER MACHINES (ATMS), CONTACTLESS PAYMENT AND PAYID

Your debit card allows you to withdraw cash from most ATMs across Australia. Remember that using an ATM that isn't from your bank may incur a fee. That said, you can also set up contactless payments so you can pay for things using your mobile phone – no need to carry a card around. PayID is another great 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?

Getting a credit card as an international student is a little more complicated. Most Australian banks require you to be on a particular visa and earn a minimum annual salary to be eligible.

If you're confident you'll need 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.

### WHAT SHOULD I BRING WITH ME TO OPEN A BANK ACCOUNT?

- Passport or birth certificate\*
- National Identity Card (if you have one)
- Proof of Australian address (can be a household bill)
- Proof of enrolment
- Driver's licence\*

*\*These will need to be translated into English - head to the link below for more information*

[passports.gov.au/foreign-documents](https://passports.gov.au/foreign-documents)

*Note: It is not necessary to have a Tax File Number (TFN - page 26) to get a bank account, but without one, you will get taxed the highest marginal tax rate on the interest your money earns in the bank account.*





# MANAGING YOUR MONEY



## HOW DO I MANAGE MY BUDGET?

The first step in managing your budget is understanding 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, it's time to think about ways to improve it.

Think about the things that add a lot of value compared to the things you don't really need to pay for. For example, you might buy a coffee every day when you can make one at home instead. Next, download an app such as Pocketbook or Wally on your phone and sync up your bank accounts. With these, you can start tracking and setting goals for spending and saving. You can also use the Australian Government's MoneySmart service for advice.

[moneysmart.gov.au](http://moneysmart.gov.au)

## WHAT SHOULD I DO IF I AM FACING FINANCIAL DIFFICULTIES?

If you are having any difficulties with your finances, your first contact should be your educational institution. They have qualified staff available to help and can point you in the right direction for support. If you are experiencing financial hardship then you may be able to apply to pay your tuition in installments. You can also contact Study NSW for more advice on where to look for help.

## SCAMS AND SECURITY

Unfortunately, there are a number of scams specifically targeted towards international students, including agency, accommodation, blackmailing and online scams. If you are vigilant and aware of these scams, you will be better able to avoid them. Scamwatch and the NSW Government outline different types of incidents and who to contact for help.

[scamwatch.gov.au](http://scamwatch.gov.au)   
 [service.nsw.gov.au/transaction/report-scam-or-cybercrime](http://service.nsw.gov.au/transaction/report-scam-or-cybercrime)

## WHERE CAN I SEEK HELP FOR GAMBLING?

Gambling can be addictive, which not only affects your health but your finances too. There are several resources available to help you overcome your gambling addiction. These include GambleAware and various community services.

[gambleaware.nsw.gov.au](http://gambleaware.nsw.gov.au) • [gamblinghelponline.org.au](http://gamblinghelponline.org.au)



Have a budget for each month and track your expenses either through your bank app or a budgeting app. Look out for bargains on websites like OzBargain and take advantage of those student deals.

**Si Thu, Myanmar**  
**University of New South Wales (UNSW)**  
**Instagram:**  
**@sydney.intstudents**  
**@unswintcollective**

## TRANSFERRING FUNDS

Setting up your new life in Australia is an exciting process, but it does come with many expenses. Course fees, textbooks, rent, monthly bills, everyday spending – all these costs can lead to a lot of transactions. So, what are the best ways to send and receive funds in Australia? Let's look at your options to find the one that suits your needs.

### SEND AND RECEIVE MONEY FROM HOME

If you have internet banking set up, you can easily receive funds from home or send money overseas. To do so, make sure you have all the required codes (i.e. SWIFT, Sort and, for Europeans, IBAN) and the correct account numbers. Bank transfers are ideal for smaller amounts that you'll use for everyday expenses. For larger amounts, better exchange rates and lower fees, you may want to consider other services.

If you need your money in minutes, consider working with money transfer companies. They provide a fast option to send and receive money overseas in short time frames. If you shop around, certain companies will often give you a better deal on currency exchange rates than your bank. PayPal is one of the most well-known money transfer systems, 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. Many of these cards even come with special discounts on things like food and entertainment for members. 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. Depending on your institution, this might be 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.

## CURRENCY

Australian currency is made up of coins and notes. There are silver 5, 10, 20 and 50-cent coins, and gold 1 and 2 dollar coins, of varying shapes. There are also 5, 10, 20, 50 and 100-dollar notes that come in different colours.

### Dollar notes



### Gold dollar coins



Notes are made of plastic, so they're waterproof!

### Silver cent coins



## INSIDER GUIDES

# WELCOME TO

# INSIDER GUIDES!

We're the #1 information hub for international students in Australia! From important news to helpful life hacks and everything in between, you'll find all the content you need to survive and thrive in the land Down Under.



### FOLLOW OUR SOCIALS

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 @InsiderStudentGuides

 [linkedin.com/company/insider-guide](https://www.linkedin.com/company/insider-guide)

 [youtube.com/c/insiderguides](https://www.youtube.com/c/insiderguides)



# COST OF LIVING

## PUBLIC TRANSPORT

Most of Australia's capital cities have travel cards that make getting around super easy. Many of them even feature discounted travel for students and people who travel often. Keep in mind that each state has its own rules on international students' eligibility to access concession discounts. If you do get a concession card, you can expect to spend roughly **AU\$25 per week** on public transport. Without a concession card, you may spend up to **AU\$60 per week** or more depending on how much you travel.

## ENTERTAINMENT AND HOBBIES

Your entertainment and hobby expenses will depend largely on your interests. For example, if you love working out, you may want to sign up for a gym membership. This will likely cost around **AU\$17 to AU\$40 per week** depending on the location and membership you choose. Are you a big movie fan? A cinema ticket in Australia typically costs between **AU\$10 and AU\$20**. When it comes to eating out, there are many options suited to any budget, big or small.



**GROCERIES**

The amount you spend on groceries will depend on your food preferences. However, you can probably expect to spend between **AU\$80 and AU\$150** per week.

Here are the approximate prices of some common food items:

- **A 2kg bag of rice** = AU\$3
- **A 1L bottle of milk** = AU\$1.25-\$2.50
- **Two large chicken breasts** = AU\$10
- **1kg of carrots** = AU\$2-\$3
- **1kg of apples** = AU\$3.90-\$6

**HOT TIP**

Many organisations and venues in Australia offer student concessions. When heading to restaurants, clothing stores and other venues, be sure to have your student ID card on hand and ask about any discounts they offer!



"Budgeting in Sydney is important. Find out what your average weekly costs are and set this money apart so you do not eat into the regular costs that you need. Secondly, set some spending money aside - [you can use this] if you decide to eat out, want to buy anything or go shopping. Also, withdraw about \$100 in cash and leave this amount in a secure location in your room to have as an emergency fund."

**Nayonika, India**  
**University of New South Wales (UNSW)**  
**Instagram: @yourbaeofbengal**

**ACCOMMODATION**

Rent and other accommodation costs will vary between cities and accommodation styles. For example, if you rent a room in a share house, you'll probably spend between **AU\$150 to AU\$500 per week**. If you rent your own place, you'll probably be paying much more. Learn more about the costs of various accommodation styles in the Accommodation section.



# EMPLOYMENT

## EMPLOYMENT BASICS

### CAN I WORK WHILE STUDYING?

While on a student visa, you can work up to 40 hours per fortnight (14 days) during the semester and unlimited hours during semester breaks. Australia has laws guaranteeing basic workplace rights, including minimum pay and conditions. Head to [page 30](#) for more information.

### 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 Sydney. Below we've listed some of the most popular. Your education provider will also have a careers website that will list jobs specifically targeted to students. However, if you'd prefer to work freelance on your own time, check out Airtasker or Upwork.

[seek.com.au](https://www.seek.com.au) 🔍 · [careerone.com.au](https://www.careerone.com.au) 🔍 · [au.indeed.com](https://www.au.indeed.com) 🔍

### CAN I GET A JOB AFTER I GRADUATE?

After finishing your studies in Sydney, you may be able to apply for a visa that will allow you to continue working and living here. Visit the Department of Home Affairs website to explore your visa options, or speak to a Registered Migration Agent.

There are plenty of graduate opportunities available in Sydney and across New South Wales, in a range of different industries and business types. GradAustralia is a great place to start looking for positions.

[gradaustralia.com.au](https://www.gradaustralia.com.au) 🔍

## WHAT ARE THE DIFFERENT TYPES OF EMPLOYMENT?

Your type of employment will affect your hours of work, your rate of pay and some of your entitlements.

Generally, employees are either:

- **Full-time** – work 38 hours per week, plus reasonable additional hours.
- **Part-time** – work less than 38 hours per week. These employees work a regular pattern of hours. Part-time employees get entitlements such as annual leave and personal/carer's leave on a pro-rata basis – this means that it is based on how many ordinary hours they work.
- **Casual** – usually aren't guaranteed a certain number of hours each week. They usually get a casual loading (an extra percentage added to their rate of pay) instead of entitlements like paid personal/carer's leave or annual leave, a paid day off on a public holiday, or redundancy pay.

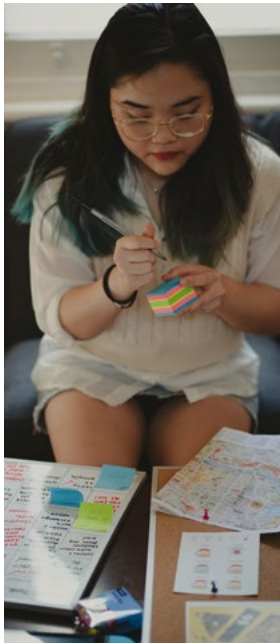
Casual or part-time employment is great for international students, as you can schedule work around your classes.

## TAX AND YOUR TAX FILE NUMBER

Before working in Australia, you need to get 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 to get that money back. Visit the Australian Taxation Office website for information about applying for a TFN.


[ato.gov.au/Individuals/Tax-File-Number/Apply-for-a-TFN](https://ato.gov.au/Individuals/Tax-File-Number/Apply-for-a-TFN) 🔍





### 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'll use for living expenses when you retire. You can contribute to your own fund, but it's most common for your employer to do this. If you are an employee, the law in Australia says you are entitled to receive super from your employer. If you're over the age of 18 and earn over \$450 (before tax) in the calendar month, your employer must contribute at least 10% of your earnings to your nominated super fund. If you're under 18, you must work more than 30 hours per week to be entitled to super contributions. This is in addition to your ordinary wage. You can also claim your super when you leave Australia.

[ato.gov.au/Individuals/Super](https://ato.gov.au/Individuals/Super) 

### REDFERN LEGAL CENTRE

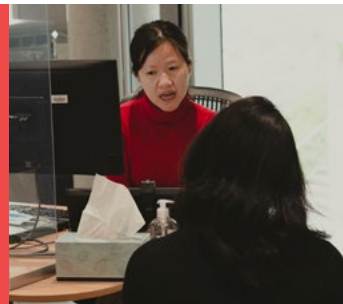
Redfern Legal Centre's International Student Legal Service NSW is funded by Study NSW. The Centre offers free, confidential employment advice to help you through difficult situations and to better understand your working rights. Visit their website for useful employment resources, or call 02 9698 7277 for support if you think you're facing any kind of workplace exploitation.

[rlc.org.au/our-services/international-students](https://rlc.org.au/our-services/international-students) 

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

FOR MORE INFORMATION ABOUT  
EMPLOYMENT, HEAD TO THE  
INSIDER GUIDES WORKING IN  
AUSTRALIA HUB

INSIDER GUIDES



## IMPROVING YOUR EMPLOYABILITY

### 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 education provider's career centre for options for arranging an internship or work experience.

### NETWORKING

In Australia, professional networking is one of the most effective ways of securing a job. By making new connections, you're directly showing people what you have to offer, such as great communication and interpersonal skills. Networking also helps to ensure that people remember and consider you for employment opportunities. You can find networking events through your education provider, Study NSW or external organisations, such as Eventbrite.

[eventbrite.com.au](https://www.eventbrite.com.au) 🔍

### NETWORKING ON LINKEDIN

LinkedIn is the most powerful social media platform for professionals and is a great way to easily build industry connections. Make sure to keep an up-to-date LinkedIn profile tracking your experience and achievements.

### VOLUNTEERING

Volunteering will provide you with a vast range of soft skills, improve your ability to communicate, allow you to make new friends and network, and help you integrate with your new community. Your education provider may offer volunteering opportunities (just ask careers staff or the international student office), but you can also seek off-campus volunteering roles.

[study.sydney/live/volunteering](https://study.sydney/live/volunteering) 🔍 · [volunteering.nsw.gov.au](https://www.volunteering.nsw.gov.au) 🔍

### EMPLOYABILITY PROGRAMS

Study Australia's Employability Hub is packed with resources, including the Study Australia Work Readiness Program. This program teaches you how to apply for work and prepares you for your Australian education experience, with a free micro-credential upon completion. The Study NSW Employability Program offers a range of recorded online webinars, covering topics from advanced job search strategies to developing your LinkedIn profile.

[studyaustralia.gov.au/english/employability](https://studyaustralia.gov.au/english/employability) 🔍 · [study.sydney/programs/2021-employability](https://study.sydney/programs/2021-employability) 🔍

### LEARN MORE ABOUT THE DOS AND DON'TS OF NETWORKING



### INSIDER GUIDES



"I would say social networking is always the easiest way to find work opportunities. Other than that, LinkedIn is also a very good and widely used way to access different opportunities in Australia."

**Celine, China**  
**University of Sydney**  
 Instagram: @z.celine\_

# HOW DO I WRITE A RESUME?

The basics of a resume include your contact details, previous work history and, for students and recent graduates, information on your education. Keep it as concise as possible and get somebody to proofread it before sending it to any potential employers. Your education provider may also offer resume writing support.

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. Remember to adjust your resume and cover letter for the specific role you're applying for; don't use the same generic version for all jobs.

To give you an example, we have underlined the errors in the following resume.

**PERSONAL INFORMATION**  
.....

Mr John Tan

2022 Guides Street

1 Email - heartbreakerxoxo@hotmail.com

Ph (01) 2345 6789

DOB - 26/12/99

Height - 200cm Weight - 110kg

2 Visa - Student

Marital Status - Single

Religion - Jedi

**EMPLOYMENT HISTORY**  
.....

3 Shop Asistant

4 Insider Shop Jan 2017 - Present  
Responsibilities: Handling Money

Key Achievements: Staff Award

**EDUCATION HISTORY**  
.....

5 Bachelor of Arts - Insider University

6 Insider Primary School

7 Responsible Service of Alcohol Certificate 2017

- 1 Make sure your email address is professional.
- 2 Avoid including your date of birth or particularly personal information like your height/weight, marital status and religion. You also don't need to include your visa status, as you should have working rights anyway.
- 3 Carefully proofread your resume to eliminate all typos and other errors.
- 4 Highlight your responsibilities in the role and, where relevant, showcase any significant achievements (e.g. awards, beating targets, etc.).
- 5 If you haven't graduated yet, list your expected completion date.
- 6 You certainly don't need to include your primary school education. High school is optional, but we recommend only including it if you would like to highlight your history of high achievement.
- 7 Include short courses, but only if you believe they are relevant or beneficial to the role you are applying for.

## WORKPLACE RIGHTS

### DO YOU KNOW YOUR WORKPLACE RIGHTS AND ENTITLEMENTS IN AUSTRALIA?

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](http://www.fairwork.gov.au) has information in over 30 different languages to help you understand your work rights.

When starting a new job in Australia, employers must give you a copy of the Fair Work Information Statement ([www.fairwork.gov.au/FWIS](http://www.fairwork.gov.au/FWIS)) before, or as soon as possible after they start their new job. Employers must also give every new casual employee a Casual Employment Information Statement ([www.fairwork.gov.au/CEIS](http://www.fairwork.gov.au/CEIS)) at the same time.

Remember, you can't get in trouble for being underpaid. If you have a workplace issue, you can contact the FWO for help without fear of your visa being cancelled. See [www.fairwork.gov.au/internationalstudents](http://www.fairwork.gov.au/internationalstudents) for more information.

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

The FWO's anonymous reporting tool at [www.fairwork.gov.au/tipoff](http://www.fairwork.gov.au/tipoff) lets you report a workplace issue in 17 different languages, without providing your personal information.

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!

### 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](http://abr.business.gov.au))
2. As of 1 July 2021 the National Minimum Wage is \$20.33 per hour or \$772.60 per week. The National Minimum Wage is reviewed each year. Use the pay calculator to find your pay rate: [calculate.fairwork.gov.au/FindYourAward](http://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.



# 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



pay slips



leave



ask about entitlements



report a workplace issue

### The Fair Work Ombudsman's services are free!

The Fair Work Ombudsman is the national workplace regulator that helps everyone in Australia follow the laws that make all workplaces equal and fair.

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



For tailored information about your workplace rights, including information about the Assurance Protocol, visit [www.fairwork.gov.au/internationalstudents](http://www.fairwork.gov.au/internationalstudents)

Find out about your workplace rights in over 30 different languages at [www.fairwork.gov.au/languages](http://www.fairwork.gov.au/languages)

To record your work hours, use the Record My Hours app at [www.fairwork.gov.au/app](http://www.fairwork.gov.au/app)

You can also report workplace concerns anonymously at [www.fairwork.gov.au/tipoff](http://www.fairwork.gov.au/tipoff)



Australian Government

Fair Work  
OMBUDSMAN



[fairwork.gov.au](http://fairwork.gov.au)



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

# COMMUNICATIONS AND TECHNOLOGY

## INTERNET

### HOW DO I ARRANGE HOME INTERNET?

There are several home internet plan providers in Australia including Optus, TPG, Telstra, iiNet, Internode, Belong and more. Websites like Finder are a good starting point if you are unsure of pricing and the plan options available in your area. Australia is gradually connecting to the National Broadband Network (NBN), which should provide faster internet speeds across the country. However, speeds in many locations are still quite slow, especially if you come from a country with fast internet. It's worth checking if your new home is connected to the NBN using the NBN Co website.

[finder.com.au/broadband-plans](https://finder.com.au/broadband-plans) 🔍

[nbnco.com.au](https://nbnco.com.au) 🔍

When choosing an internet plan, consider:

- How much data you'll need
- The download and upload speeds

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.

### FREE WI-FI IN SYDNEY

Sydney offers free Wi-Fi in certain parts of the city, predominantly around the CBD. You'll also find free Wi-Fi at Sydney Airport – ideal if you've just arrived in Australia and need internet to navigate your way into the city. Public libraries and community centres usually offer free Wi-Fi too, and you'll find that many cafés around Sydney give decent internet access (either for free or with purchase).



State Library of New South Wales, Sydney

### 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 the digital library is now vital, too. Your education provider will offer IT support if you need guidance on using these.



## MOBILE PHONES

### BRINGING YOUR MOBILE PHONE INTO AUSTRALIA

Once you've arrived in Australia, one of the first things you'll want to do is to set yourself up with an Australian phone number - you'll want to avoid expensive international roaming charges at all costs!

So, you'll need to:

- Make sure your phone is unlocked (a locked phone will mean you can't use another carrier's network)
- Get a local SIM card and a mobile phone plan

### CHOOSING A MOBILE PHONE PLAN

The cost of mobile phone plans varies. Most will offer voice, SMS and data for a single fee, but for extras like international call minutes, you may need to pay extra. If you're bringing your phone into Australia, look for SIM-only plans. If you're interested in a new phone, you can buy a mobile on a plan. You will pay off the phone in equal monthly instalments over the term of a contract. Once your contract is finished, you will own the phone.

Many mobile phone plan providers will also offer prepaid or post-paid plans. Prepaid plans always require you to pay upfront for your service, while most post-paid plans will issue a bill at the end of the month.

### WHAT SHOULD I WATCH OUT FOR?

Read your plan/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 inclusions 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 sports streaming, Spotify or Netflix.

### HOW DO I GET STARTED?

For plan options, check out any of the mobile phone plan providers we've listed below. You might need some of the following 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 SIGN UP FOR A PLAN?

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

### FACTORS TO CONSIDER BEFORE CHOOSING A PLAN:

- How long is the plan 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 plan contract early?
- What inclusions/discounts/subscriptions are included?
- How good is the network coverage? Is the network 4G or 5G?
- Will I be charged extra for paying bills in a certain way (e.g. credit card)?

## STREAMING OPTIONS

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

### STAN [stan.com.au](http://stan.com.au)

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

### MUST WATCH:

- Bump*
- I Am Woman*
- True History of the Kelly Gang*

### BINGE [binge.com.au](http://binge.com.au)

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

- Love Me*
- Mad Max*
- Wentworth*

### DISNEY+ [disneyplus.com/en-au](http://disneyplus.com/en-au)

All things Disney – plus Marvel, Star Wars and all of The Simpsons – are available on Disney+. From \$11.99/month.

- Avenger's: End Game*
- Bob's Burgers*
- Modern Family*

### KAYO [kayosports.com.au](http://kayosports.com.au)

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

- AFL (football)*
- NBA (basketball)*
- Cricket*

### FUNIMATION [funimation.com](http://funimation.com)

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

- Attack on Titan*
- March Comes In Like a Lion*
- My Hero Academia*

### KANOPY [kanopy.com](http://kanopy.com)

Kanopy is provided for free through public libraries and universities, offering access to indie films, documentaries and international cinema.

- Lion*
- The Dressmaker*
- The Mask You Live In*

### FREE STREAMING OPTIONS: 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. You can watch content from these streaming sites on Apple TV, your computer, or via their respective mobile or tablet apps. The websites are free to use, but they may require you to create an account using your email address or social media accounts. Because they're free, you can enjoy a wide range of films and TV programs on a tighter budget. Keep in mind, though, that free streaming services are likely to include advertisements and content may only be available online for a limited time.

INSIDER GUIDES

**BREAKING INTERNATIONAL**

**STUDENT NEWS, STRAIGHT**

**TO YOUR INBOX**

Breaking news, career advice, the best events and hidden gems in your city – it's all here in the Insider Guides weekly newsletter. Sign up to receive all these helpful resources (and more!) – written especially for international students – delivered directly to you.



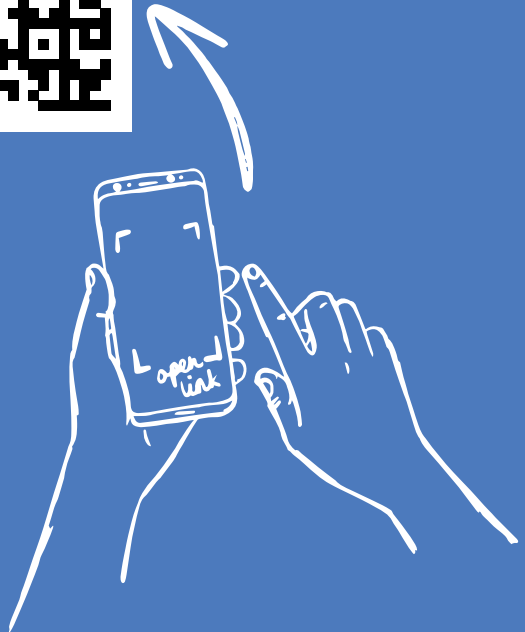
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# STUDYING

From start to finish, there are certain things you'll need to know to prepare for the academic year in Australia.

## A TIMELINE OF STUDY TIPS

### START OF SEMESTER

**Create a lesson and study timetable** - An easy-to-understand lesson timetable means you'll always know where you're supposed to be and when. For your study timetable, organise your routine around your classes and include time for assignments/revising, socialising, working and relaxing.

**Buy your textbooks** - If you have required readings, buy them in advance. This is especially important if you're buying books online, as it will allow for shipping time. Consider buying second-hand or eBooks to save some money, or check if copies are available at the library to borrow.

### ASSIGNMENT TIME

**Understand what is required** - Assignments at Australian education providers may range from research papers to group projects. Each of your teachers will have different expectations and rubrics to mark your work from. Speak to them if you have any questions as early as you can before any assignment deadlines.

### 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, 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.



### EXAM PERIOD

**Know when exams are** - You can check with your education provider in advance for when exam periods are. Make sure you don't plan any trips away during this time (including the exam re-sit period).

**Visit your exam location** - Some exams may be held off-campus, or in locations you're unfamiliar with. To save you from extra worries on exam day, it is recommended that you visit the exam location early, so you know how to get there and how long it will take.

# STUDENT RESOURCES AND SUPPORT

## SUPPORT SERVICES AVAILABLE TO INTERNATIONAL STUDENTS

There are many support services you can find through your education provider for free. No matter your needs, help and advice are always available!

### CAREERS CENTRE

This office will assist you in creating an effective resume and explain how to complete a job application and prepare for a job interview. They can also help you plan out your graduate career, discover volunteer and internship opportunities, and help you find casual work.

### 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 and computers, which will give you access to your education provider's online library of eBooks, journal databases and more. Your education provider may also have liaison librarians who are experts at finding information in your discipline.

### TECHNICAL SUPPORT

Studying from home might mean encountering technical difficulties. Your education provider'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! Some education providers also offer free or discounted access to software packages like Microsoft Office and Adobe Creative Cloud.

## ACADEMIC SUPPORT

If you need assistance with your studies or are falling behind on your assignments, there are plenty of support services available.

### STUDENT LEARNING HUBS


Most educational institutions offer a central learning hub that provides free individual support in specific subjects, as well as activities designed to improve things like English skills, digital literacy, writing and more.

### SPEAK TO 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.

### 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](https://studentvip.com.au/tutors) 

## STUDYING ONLINE

For many people around the world, studying and working has now moved online. Studying online offers many benefits, including flexibility. However, some students worry their grades will suffer as a result of less time spent with teachers and fellow students. It can also be an adjustment to set your own study schedule while maintaining a healthy study/life balance. Luckily, there are many effective ways to simplify and optimise your online study.

Some recommendations include:

- 1. Preparing your workspace.** If possible, set up a desk in a quiet space in your home – ideally not in your bedroom. Research how to set up your laptop, monitors, keyboard and mouse to protect your neck, spine and lower back. Also, consider what can be seen behind you in preparation for video chats with your teachers and fellow students.
- 2. Asking for help.** Your education provider is there to help you. Be sure to research support resources such as online tutorials and webinars, and any student chat rooms/social media groups where you can share information and make friends. Email your tutors and lecturers if you need a little more course-specific support, or student services if you are struggling with studying online in general.
- 3. Creating a schedule.** Many students who are studying from home may have trouble with time management. To avoid this, create a study timetable that reflects your lecture/class hours, required study hours, time spent on assessments and, most importantly, study breaks. Taking time for yourself is an essential part of working effectively!
- 4. Take notes (by hand!) during online lectures.** If your lecture content is being provided asynchronous – as in, it's a recording you get to watch whenever you feel – schedule that time into your calendar and then as you're watching that recording, make sure that you're taking notes. Don't just write down what's on the slides, but also write down what the teacher, lecturer or presenter is talking about as well.
- 5. Focus on self-care.** It's easy for study and home life to blend into one when you are studying online. Make sure to take breaks - turn to **page 48** for some self-care tips.



### Nageena's top tips for successful study

1. Find a quiet and organised study space.
2. Use to-do lists to organise your day.
3. Take [your] time and do the necessary tasks first.

**Nageena, Pakistan**  
**Macquarie University**  
**Instagram: @lucky\_studyroom**



# STUDY GLOSSARY

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

## CENSUS DATE

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

## COURSE

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

## FULL-TIME

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

## GRADE POINT AVERAGE (GPA)

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

## LECTURE

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

## ORIENTATION (O-WEEK)

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

## PRACTICAL (PRAC)

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

## SEMESTER

The university year for most students will be divided into two semesters. Semester one runs in the first half of the year (Feb-July) and semester two in the second half (Aug-Dec).

## TAFE (TECHNICAL AND FURTHER EDUCATION)

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

## TRANSCRIPT (ACADEMIC RECORD)

Official academic transcripts cost money to obtain from your education provider, but graduating students receive one free copy. Unofficial records can be printed using your student login.

## TRIMESTER

As opposed to semesters, some education providers' academic years will be broken up into three teaching periods, known as trimesters.

## TUTORIAL (TUTE)

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

## VET (VOCATIONAL EDUCATION AND TRAINING)

VET courses are designed to deliver workplace-specific skills and knowledge.

## WEIGHTED AVERAGE MARK (WAM)

This is the average mark you've achieved across all completed units in your award course combined with your year level weighting.

# CREATING THE PERFECT WORK-FROM-HOME DESK

In the wake of the COVID-19 pandemic, working and studying from home has become the new normal. That's why it's so important to have a great work-from-home set-up. With an awesome working space, you'll be better prepared to reach new heights of success. Here's everything you need to create the perfect desk.

## 1. PICK A QUIET SPOT □

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When it comes to creating the perfect workspace, location is everything. Try to choose a place that is quiet and free from distractions (such as loud housemates or street noise). Ideally, your desk shouldn't be too close to your bed, either. This will help you set a clear boundary between your workspace and your relaxation space.

## 2. WRITING MATERIALS □

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Always keep a notepad and some pens nearby. Whether you're listening to a lecture or brainstorming ideas for a new project, writing things down is a great way to remember them for longer.

## 3. STAY FUELLED AND HYDRATED □

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Keep some healthy snacks and a bottle of water on your desk. By staying fed and hydrated, you'll improve your brain function, concentration and memory. We recommend nutritious foods like fresh fruit, muesli bars and nuts.

## 4. ADD SOME PERSONALITY □

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Your desk should reflect who you are. So, be sure to add some fun photos of you and your mates, some fresh plants and whatever else you'd like.

## 5. COMPUTER AND KEYBOARD □

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Make sure your computer and keyboard are positioned arm's length away from you. Your computer should be eye-level with you, so you don't have to crouch down to see your screen. With these tips, you'll better maintain your focus - and your posture!

## 6. A COMPUTER MOUSE □

---

You're going to be spending long hours at your computer, so you want to make sure your setup is as comfortable and efficient as possible. A great tool to make that goal a reality is a portable computer mouse. With this handy gadget, you'll perform tasks much quicker, easier and more comfortably.

## 7. LET THERE BE LIGHT □

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Add a table lamp to your desk to ensure it's well lit. Having a strong light source will prevent you from straining your eyes while working and studying.



1

2

3

4

5

6

7

# HEALTH, SAFETY AND WELLBEING

## HEALTHCARE BASICS

### WHAT'S THE DIFFERENCE BETWEEN A GP/MEDICAL CLINIC AND A HOSPITAL?


To put it simply, hospitals are typically for emergencies, while general practitioners (a local doctor, also known as a GP) are for non-emergencies.

You should generally only go to a hospital if you are seriously hurt or sick and require urgent medical attention. This includes things like a major injury (e.g. a broken bone), problems with breathing or bleeding, or loss of consciousness.

You should see a GP or visit a medical clinic for non-emergencies. This includes things like the flu or common cold, minor injuries, or ongoing stress or worry.

### WHAT IS THE DIFFERENCE BETWEEN PUBLIC AND PRIVATE HEALTHCARE?


Medicare is the public health system that gives some Australian residents free or discounted health services. If you're from a country with a Reciprocal Health Care Agreement (RHCA) you might receive some Medicare benefits, which may be known as Reciprocal Medicare.

[servicesaustralia.gov.au/reciprocal-health-care-agreements](http://servicesaustralia.gov.au/reciprocal-health-care-agreements) 

The private healthcare system complements the public healthcare system, or if you're not eligible for Medicare, it helps replace it. There are several private health insurance providers that offer Overseas Student Health Cover (OSHC), which you will require as an international student (unless you fall into an exemption category).

### WHAT SHOULD I DO WHEN MEDICAL CLINICS ARE CLOSED?

Very few medical clinics are open seven days or have 24-hour services. If you need a medical certificate or you have a minor illness, it's best to wait until medical clinics are open. For urgent non-life-threatening enquiries, there are after-hours home doctor services available, including 13SICK (call 13 74 25) and DoctorDoctor (call 13 26 60).

You can also ring healthdirect (1800 022 222) to get advice on treating non-life-threatening illnesses, or use the healthdirect symptom checker - [healthdirect.gov.au](http://healthdirect.gov.au) 

If you have a serious injury or illness, visit a hospital with a 24 hour emergency department (ED). In an emergency, call 000 for an ambulance.

### 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 Healthengine website ([healthengine.com.au](http://healthengine.com.au)) can also help locate a doctor.

### 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).



# OVERSEAS STUDENT HEALTH COVER (OSHC)

## HOW DOES 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. Certain exceptions apply if you are an international student from Sweden, Norway or Belgium. Every time you go to a medical appointment of any kind, you must take your OSHC card with you, along with photo identification.

## WHAT DOES OSHC COVER?

OSHC covers in-hospital and out-of-hospital medical assistance, prescription medications and emergency ambulance assistance. Depending on your plan and provider, you may have cover for additional services. Make sure you understand your cover to avoid any unwanted charges.


## WHERE CAN I PURCHASE OSHC?

There are a number of OSHC providers in Australia, including ahm OSHC, Allianz Care Australia, BUPA Australia and Medibank Private. You can find out more about OSHC providers through the PrivateHealth website.

[privatehealth.gov.au/health\\_insurance/overseas/overseas\\_student\\_health\\_cover.htm](https://privatehealth.gov.au/health_insurance/overseas/overseas_student_health_cover.htm) 

## 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](https://ombudsman.gov.au/How-we-can-help/private-health-insurance) 




## ARE HOSPITAL VISITS COVERED BY OSHC?

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

## NAVIGATING COVID-19

COVID-19 rules and requirements are updated in line with the nature of the pandemic. When you arrive, you may be required to wear face masks or be fully vaccinated with a vaccine recognised in Australia in order to visit public spaces. It's recommended that you practise good hygiene, maintain a social distance of 1.5 metres and stay home if you are unwell.

Refer to the NSW Government and Australian Government websites for more information on COVID-19 rules, symptom checks and testing. Study NSW also offers a designated COVID-19 Help Hub specifically for international students.

[nsw.gov.au/covid-19](https://nsw.gov.au/covid-19)  · [australia.gov.au](https://australia.gov.au)  · [study.sydney/programs/covid-19-help-hub](https://study.sydney/programs/covid-19-help-hub) 



## MENTAL HEALTH

### WHAT SHOULD I DO IF I'M FEELING HOMESICK?

Remember to take time out for yourself. Living overseas, especially with the impacts of COVID-19, can be an incredibly difficult and stressful time.


It's important that you know support is available to you if you need help. It can be very beneficial to talk to friends and family about how you feel or use one of the resources mentioned below. Alternatively, visit your general practitioner (GP).

### 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. Check with your OSHC provider for coverage details for these sessions. Most education providers 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.

### FINDING A MENTAL HEALTH EXPERT THAT SPEAKS YOUR LANGUAGE

If you need an interpreter or translator for mental health services, consult TIS National. They can help you book an appointment and provide an on-site interpreter to attend your session with you.

Phone 131 450 or [tisnational.gov.au](https://www.tisnational.gov.au) 

**HEAD TO OUR HEALTH AND WELLNESS HUB FOR MORE ADVICE**


**INSIDER GUIDES**



### WHAT IF I NEED IMMEDIATE SUPPORT?

There are many 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 text 0477 13 11 14 (12pm to midnight AEST)
- [lifeline.org.au](https://www.lifeline.org.au) 

**Beyond Blue** supports those who may be experiencing depression, anxiety and other emotional issues.

- Phone 1300 224 636
- [beyondblue.org.au](https://www.beyondblue.org.au) 

**Mental Health Line** is available to everyone in NSW offering professional help and advice, and referrals to local mental health services.

- Phone 1800 011 511





# SEXUAL HEALTH AND SAFETY

## WHERE CAN I GET ADVICE ON SEXUAL HEALTH?




You can ask your GP about sexual health matters, including sexually transmitted infections (STIs), contraception options and more. If you are a woman, you can visit a female GP if that makes you feel more comfortable.

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

It is important to remember that the more sexually active you are, the more often you should get tested for sexually transmitted infections (STIs). If left untreated, some STIs can have serious impacts on your health outcomes.

The Sydney Sexual Health Centre and Western Sydney Sexual Health Centre provide free and confidential services to all international students.

The NSW Government has also launched an International Student Health Hub where you'll find plenty of resources on safe sex, contraception and more.

[sshc.org.au](http://sshc.org.au)  · [wslhd.health.nsw.gov.au/Western-Sydney-Sexual-Health-Centre](http://wslhd.health.nsw.gov.au/Western-Sydney-Sexual-Health-Centre)  · [internationalstudents.health.nsw.gov.au](http://internationalstudents.health.nsw.gov.au) 

## CONTRACEPTION OPTIONS IN AUSTRALIA

You can get contraceptive medications and devices very easily and cheaply in Australia. If you're interested in long-term contraception, talk to your GP about options like intrauterine devices (IUDs) and the pill. Condoms and pregnancy tests are available at supermarkets and pharmacies. Emergency contraceptives are also available at pharmacies with no prescription required.

## CONSENT

Consent is a necessary part of any sexual interaction. In NSW, you have consent if you and your partner(s) are of the legal age of consent (16 years old) and have given free, voluntary consent. You cannot give consent if you are severely affected by drugs or alcohol, or if you have been manipulated, pressured or coerced into doing so.

To learn more about consent, visit the NSW Government campaign "Make No Doubt" website.

[makenodoubt.dcj.nsw.gov.au](http://makenodoubt.dcj.nsw.gov.au) 

## SEXUAL HEALTH AND SAFETY FACTS

- Overseas Student Health Cover may cover some of your sexual health care costs. Check the Medicare Benefits Schedule (MBS) to see what's covered!
- If you need language support when you visit your GP or local sexual health clinic, you can use the Translating and Interpreting Service (TIS National) for support.
- Sexual health checks don't need to be awkward! You'll be consulted by trained professionals and everything is 100% confidential.





## STAYING SAFE

### HOW CAN I STAY SAFE?

Be aware of the security and emergency arrangements of both your education provider and the local area. If you are travelling around campus at night, 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 education provider has an escort service. You can also head to the Study NSW website for extra tips on staying safe.

[study.sydney/live/safety](https://study.sydney/live/safety) 🔍

### WHO CAN I CONTACT IF I HAVE BEEN SEXUALLY HARASSED OR ASSAULTED?

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. The NSW Rape Crisis Centre provides 24/7 free and confidential support online and over the phone for any person who has experienced sexual violence in NSW.

Call 1800 424 017 or visit [nswrapecrisis.com.au](https://nswrapecrisis.com.au) 🔍

### POLICE IN NSW

NSW Police Force's services are free and available 24/7 to everyone in the community, including international students. If you are the victim of a crime or you have seen or heard something unlawful, call the police or go to a local police station. If you struggle with English, police can communicate with you through an interpreter.

[police.nsw.gov.au](https://police.nsw.gov.au) 🔍



### FIRE SAFETY

Visit: [fire.nsw.gov.au](https://fire.nsw.gov.au) 🔍

## WHAT IS SEXUAL HARASSMENT?

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

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

## BEACH SAFETY

If you're planning a day out by the water, here's your guide to staying safe:

- Don't go swimming alone - grab a couple of friends.
- Swim between the yellow and red flags on patrolled beaches. 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.
- If you ever find yourself in trouble while swimming, try to stay calm and raise your hands to show that you need help. For more information see Royal Lifesaving Australia.

[royallifesaving.com.au](https://royallifesaving.com.au) 🔍



## ADDITIONAL SUPPORT SERVICES

### SUPPORT FOR YOUR CHILDREN AND SPOUSE

Many international students bring their spouse and children with them to Australia. Some education providers offer language or other kinds of support that cover both you and your spouse. Ask your education provider for more information.

If your children are school-aged, they'll need to be enrolled at either a public (government-funded) or private school. Visit the NSW Government website for details.

[education.nsw.gov.au](http://education.nsw.gov.au) 

If your children are younger, Sydney has a wide network of childcare facilities. Your education provider may offer childcare, but you can also get in touch with your local council to find childcare in your area.

### SUPPORT SERVICES FOR LGBTIQ+ PEOPLE

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](http://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.

[agmc.org.au](http://agmc.org.au) 

## FOR STUDENTS WITH DISABILITIES


If you're living with a disability, your education provider will have measures in place to facilitate your studies. Be sure to register your disability with your education provider (you will likely need a medical note to do this) and explain its impact on your capacity to participate in a learning or social environment. Consult your education provider's website for more information on its disability services and how you can use them. You can also find accessible travel routes through Transport NSW to ease your mobility, and locate the nearest accessible public toilets and other public amenities by using the Accessible Australia map.

[transportnsw.info/travel-info/using-public-transport/accessible-travel](http://transportnsw.info/travel-info/using-public-transport/accessible-travel) 

[accessibleaustralia.com.au/pois](http://accessibleaustralia.com.au/pois) 

## FOR ALL INTERNATIONAL STUDENTS


The Office of the Commonwealth Ombudsman investigates complaints about problems that prospective, current or former overseas students have with private education providers in Australia.

[ombudsman.gov.au/How-we-can-help/overseas-students](http://ombudsman.gov.au/How-we-can-help/overseas-students) 

The NSW Ombudsman is an independent and impartial watchdog that investigates complaints about NSW government agencies, including public universities, TAFE colleges and public schools.

[ombo.nsw.gov.au](http://ombo.nsw.gov.au) 

The Council of International Students Australia (CISA) is the national peak student representative body for international students studying at the postgraduate, undergraduate, private college, TAFE, ELICOS and foundation level.

[cisa.edu.au](http://cisa.edu.au) 

## SELF-CARE

The importance of self-care cannot be understated. As an international student, it can be difficult to balance your study, work and social life. At times, you might feel as if you're running low on energy and enthusiasm, and feel like you don't have much time to yourself. Adopting positive self-care rituals can help you manage your mental health and maintain a healthier, happier life.

Here are some ways international students are practising self-care - you might find some inspiration!



"First, give a phone call to your family or friends in your hometown. Talk about your stress with them and you will feel better. You can [also] talk with the Counselling and Psychological Services [at] your university. They love to help international students with their difficulties."

**Menghan, China**  
**University of Sydney**  
**Instagram: @sydney.intstudents**



"My best self-care tip would be going to a restaurant that serves your local cuisine. Nothing cures homesickness than a familiar taste of home. Hanging out with your fellow countryman would also help as you can speak in your mother tongue with them."

**Bryan, Singapore**  
**University of Sydney**  
**Instagram: @b\_lee.th**



"Your friends will be there to help push you through the tough times and will be there to laugh and smile with you through the good. Take the opportunity to... develop close friendships."

**Celine Kehoe-Doehring,**  
**Canada**  
**University of Wollongong**



"Go for a walk, call a friend or try a new place to eat!"

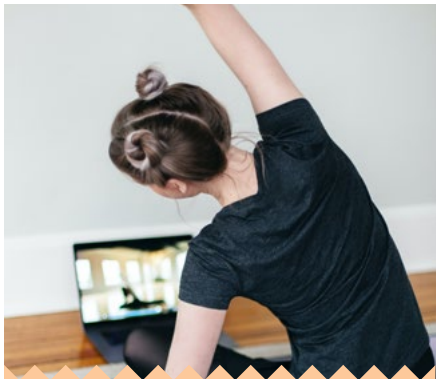
**Eman, Jordan**  
**University of New South**  
**Wales (UNSW)**  
**Instagram: @optomrtista-**  
**zghoul**

## STAYING FIT

### GYMS

If you're keen to join a gym during your time in NSW, there are several options available including Anytime Fitness, Jetts and more. There are also women-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.

If you don't feel confident in the gym, you can try one-on-one personal training sessions. A personal trainer (PT) will walk you through a set program of exercises, helping you to feel more comfortable in your workouts. While PTs can sometimes be expensive, they may offer discounted rates for students.



### ONLINE RESOURCES

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





Bondi Rockpool, Sydney

### GROUP FITNESS CLASSES

There are many different types of group fitness classes you can explore, with varying levels of intensity and movement. Try yoga, Pilates, barre, spinning and so much more at studios across Sydney. F45 Training is incredibly popular in Australia, and you'll find F45 gyms across Sydney. Focusing on fast, high-intensity group workouts, there are great classes to do with friends.

### SOCIAL SPORTS

If you enjoy a particular sport, you'll most likely find a social sports league near you. Your education provider might even have a team or association dedicated to it, so you can meet like-minded students. Alternatively, check websites such as The Office of Sport's Find a Sport service or Just Play to find social sport groups. Sports leagues, including basketball, badminton, futsal, volleyball, cricket and more, are available all over Sydney.

[sport.nsw.gov.au/find-a-sport](http://sport.nsw.gov.au/find-a-sport)   
[justplay.com.au](http://justplay.com.au) 

# MAKING FRIENDS

You'll probably meet lots of new people in your course and through your accommodation. But there are also a few other avenues you can take to make new 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 education provider, 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

Many international students in Sydney and NSW are looking to improve their English. As a result, there are countless English conversation groups 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 can also find conversation groups on Meetup.

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



"Hang out with new friends. Don't keep yourself alone as loneliness may exacerbate the homesickness you feel."

**Catherine (Jiawei), China  
University of Technology  
Sydney (UTS)  
Instagram: @leaf\_jia**

## A STEP-BY-STEP APPROACH TO MAKING NEW FRIENDS



## INSIDER GUIDES



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

## DATING

If you're planning to date as an international student, it's important to know what to expect. Here's what you need to know about the dating scene in Australia.

### WHAT'S THE DATING CULTURE LIKE IN AUSTRALIA?

Australia has a pretty relaxed dating culture. In fact, dating in Australia is about as casual as everything else. Dates are typically very informal. A date could be something as simple as getting a coffee or going to the pub together. It's also not unusual to date more than one person at once, especially when you're first starting to get to know someone.

Australian dating culture is also very accepting and inclusive. So, if you're a member of the LGBTQIA+ community, you'll be welcomed with open arms. Because the dating scene is so progressive, there are no formal rules for who can approach whom. Male, female, non-binary – no matter how you identify, you're more than welcome to make the first move.

Just remember that 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.

### WHERE CAN I MEET PEOPLE?

Apps like Tinder, Bumble, Hinge and Happn are popular in Australia and cater to various sexual orientations. There are even apps that cater to specific religions, including Salaam Swipe and JSwipe.

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. Refer to [page 45](#) to find out more about consent in Australia.

**NEED A LITTLE MORE HELP  
COMMUNICATING WITH LOCALS?  
THIS IS HOW TO UNDERSTAND  
AUSSIE HUMOUR**

**INSIDER GUIDES**



### ORDERING A COFFEE

Whether you're getting to know a new friend or having a casual first date, going for coffee is an important part of life in Australia. Not sure what to order? This is what you can expect.



**LATTE**



**FLAT WHITE**



**CAPPUCCINO**



**ESPRESSO**



**LONG BLACK**



**MOCHA**

-  Coffee shot
-  Warm milk
-  Water
-  Milk foam
-  Chocolate powder or syrup



# IMPROVING YOUR ENGLISH

Want to continue improving your English during your time in Australia? Check out these helpful tools and resources to ease your experience.

## SPEAKING

- Find a language group.** Many international students are looking to improve their English. As a result, there are countless English conversation groups in person and online. Check your local library or community centre, or visit your education provider's website to find out more. There are also plenty of conversation groups on Meetup.com.
- Find a friend who also wants to improve their English.** 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.** That way, you can put your English skills to good use.



## SPEAKING

- 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. If you want to really push yourself, try to do so without subtitles!
- Go into your local Australian community and listen to the conversations.** You'll be surprised how much you can learn just through observation of the people around you.

## WRITING







- Write a daily journal in English.** It doesn't matter what you write about, as long as it's in English.
- Do translation exercises.** Take a passage from a book or article in your native language and translate it into English, or do the reverse.
- Take notes by hand.** This is probably best reserved for when you're watching a lecture online, just in case you need to rewind at any point.



## ENGLISH LANGUAGE RESOURCES

There are a huge range of English language resources available to help you while you're studying in Australia.

In the first instance, always ask your education provider if they offer any English language support. If you'd like to access English language resources from home, we recommend the following websites and apps.

TITLE	LINK	WHAT IS IT?
English Central	<a href="http://englishcentral.com">englishcentral.com</a> 	A platform full of English language videos that progressively build your comprehension.
ABC Learn English	<a href="http://abc.net.au/education/learn-english">abc.net.au/education/learn-english</a> 	Designed to help people learning English as an additional language, you'll find listening resources and video courses, along with interesting written articles.
italki	<a href="http://italki.com">italki.com</a> 	Choose between native speakers and qualified tutors (more expensive) to have a 1-on-1 video chat with you.
Busuu	<a href="http://busuu.com">busuu.com</a> 	A website and mobile app, Busuu is a social network of people learning new languages.
Duolingo	<a href="http://duolingo.com">duolingo.com</a> 	With quick, bite-sized lessons, this website and mobile app gives you points for completing activities as well as real-world communication skills.
Grammarly	<a href="http://app.grammarly.com">app.grammarly.com</a> 	A free online writing assistant that will help you find errors while you type, and explain what the issues are.



"During my time [in Newcastle], I have learnt a new language. I work in a café which helps me practice the language skills and I also volunteer at a local Karate school."

**Kota, Japan**  
**TAFE NSW - Newcastle**

# 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.'



### 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/COSSIE (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)

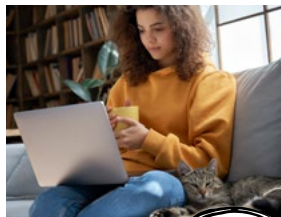
Think/figure/assume

'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?'



### CUPPA (NOUN)

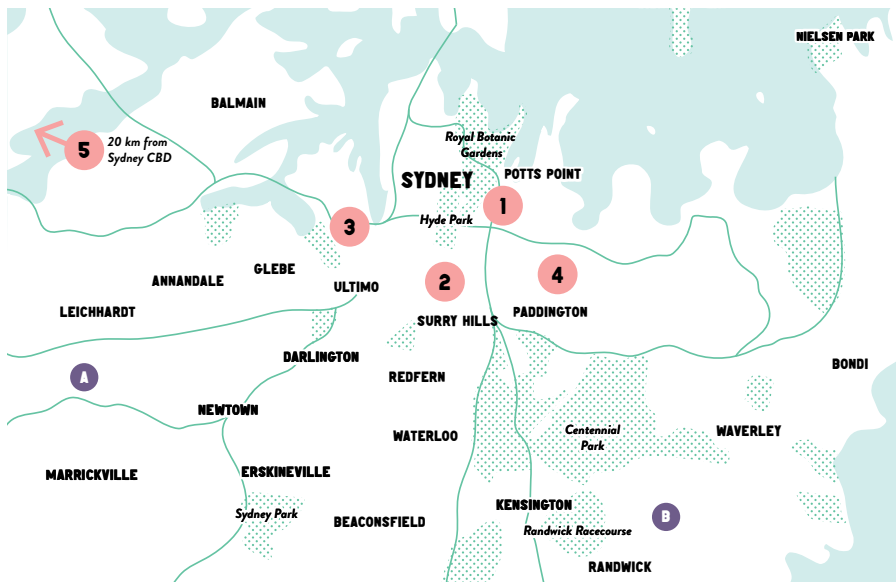
Hot beverage

'A hot cuppa tea goes well with biscuits.'



# EXPLORING

## GREATER SYDNEY AND PARRAMATTA AREAS:



- 1 CITY CENTRE**  
*Page 66-67*
- 2 INNER SOUTH**  
*Page 68-69*
- 3 INNER WEST**  
*Page 70-71*
- 4 INNER EAST**  
*Page 74-75*
- 5 PARRAMATTA & WESTERN SYDNEY**  
*Page 76-77*

## NEARBY NEIGHBOURHOODS:

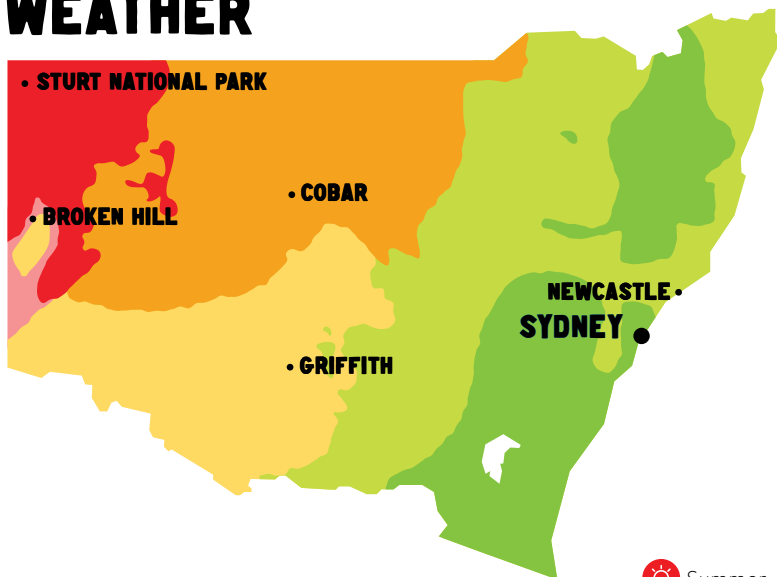
- A MARRICKVILLE & LEICHHARDT**  
*Page 72*
- B RANDWICK, KENSINGTON, EASTERN BEACHES**  
*Page 73*



## REGIONAL AREAS:

- 1 NORTH COAST**  
*Page 79*
- 2 SOUTH COAST**  
*Page 80*
- 3 HUNTER REGION**  
*Page 81*
- 4 COUNTRY NSW**  
*Page 82*

# WEATHER



## CLIMATE TYPES OF NEW SOUTH WALES



Summer



Winter

The climate of NSW varies across the state's regions and from year to year. The north-east region experiences a significant amount of rainfall throughout the summer, but dry winters. In the south, you'll find less rain. While the coast of NSW experiences the most moderate temperatures, you'll still cycle through four distinct seasons across the state. The summer months (December to February) are typically hot and dry, with temperatures usually reaching roughly 30°C. That said, there are some days that can exceed 40°C+. In the winter months (June to August), temperatures can drop to 7°C or lower.

The Köppen climate classification system is used to distinguish different climate regions. It can help you better understand what kind of climate to expect in the different parts of New South Wales.



**OCEANIC**  
Sydney



19°C - 26°C



9°C - 17°C



**COLD SEMI-ARID**  
Griffith



19°C - 33°C



5°C - 14°C



**COLD DESERT**  
Broken Hill



19°C - 34°C



4°C - 16°C



**HUMID SUBTROPICAL**  
Newcastle



20°C - 27°C



8°C - 17°C



**HOT SEMI-ARID**  
Cobar



20°C - 36°C



4°C - 16°C



**HOT DESERT**  
Sturt National Park



24°C - 36°C



7°C - 18°C

# HISTORY OF SYDNEY

## PRE-SETTLEMENT

While there's no official figure, experts estimate that Aboriginal people lived in Australia for 50,000-120,000 years prior to English settlement.

**1790-1791**

The second and third fleet of ships arrive in Sydney. The Royal Botanic Garden opens.

**1817**

Bank of New South Wales opens in Macquarie Place.

**1842**

Sydney officially becomes a city.

**1851**

The discovery of gold brings many people from China, North America and Europe to the region.

**1883**

A railway is built between Sydney and Melbourne.

**1906**

Central railway station opens.

**1932**

The Sydney Harbour Bridge opens.

**1973**

The Sydney Opera House opens to the public.

**2000**

Sydney hosts the Olympic and Paralympic Games.

## EARLY 1788

The first fleet of British ships arrives in Botany Bay in January, and the first European settlement and penal colony is set up at Sydney Cove.

**1816**

The Royal Botanic Garden opens.

**1831**

The first edition of well-known newspaper the Sydney Morning Herald is published.

**1850**

The University of Sydney is founded.

**1854**

The Sydney Cricket Ground opens.

**1901**

Australia's first Prime Minister, Sydney-born Edmond Barton, is elected.

**1924**

Sydney Airport starts operating.

**1935**

Luna Park opens.

**1979**

The Sydney Gay and Lesbian Mardi Gras holds its first festival.

# BUILT ON IMMIGRATION

## EARLY IMMIGRATION

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Dating back approximately 40,000 years ago, the First Peoples of Australia occupied the land now known as New South Wales. In January 1788, the First Fleet arrived in Botany Bay, carrying over a thousand settlers. A few days after arrival at Botany Bay, the fleet moved to Port Jackson, where a settlement was established at the newly named Sydney Cove on 26 January 1788.

## THE GOLD RUSH

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The discovery of gold in 1851 led to a wave of Chinese and European settlers arriving in Australia over the next decade. In the years following World War I and the Great Depression era in the 1930s, many more British settlers were encouraged to come to Australia, as were German Jews fleeing persecution. The Indian population in Australia increased in 1947, following India's independence from Britain.

## ASIA

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Thousands of refugees from Thailand, Hong Kong, Malaysia and Vietnam arrived in Australia by boat in the late 1970s and early 1980s, and those who stayed have since set up thriving communities in Sydney. Cabramatta in south-west Sydney now has the largest Vietnamese population in Australia (and some of the best Vietnamese food in the city).

## MIDDLE EAST

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From the 1970s to the 1990s, many people seeking asylum in Australia came from the Middle East. During the Lebanese Civil War in 1975-1990, thousands of people fled to Australia with the majority of Lebanese immigrants opting for Sydney as their city of choice.

## PRESENT DAY

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Since the creation of the first immigration portfolio in 1945, around 7.4 million people from overseas have settled in Australia. Now, around 39% of Sydney's population was born overseas. The top countries of origin are China, the UK, India, New Zealand and Vietnam.

## LEARN MORE

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To learn more about Sydney's migration history and to discover how various cultures have helped shape Australia, make sure to visit the Museum of Sydney. Located in the CBD, the museum is open daily from 10am to 5pm and entry is \$12 for students.

[sydneylivingmuseums.com.au/museum-of-sydney](https://sydneylivingmuseums.com.au/museum-of-sydney) 



# ABORIGINAL CULTURE

Sydney sits on the land of the Gadigal people of the Eora nation. The Eora nation is made up of 29 clan groups of Aboriginal communities. The word Eora means 'here' or 'from this place'. Aboriginal culture is the longest surviving culture on Earth and is made up of distinct beliefs, languages and customs.



Margret Campbell performing a smoking ceremony

## WELCOME TO COUNTRY

If you go to an official event while in Sydney, you will probably experience a Welcome to Country or Acknowledgement of Country. These are two types of important ceremonies that remind the Australian community that the land they live on is owned by Aboriginal and Torres Strait Islander peoples. A Welcome to Country can only be performed by a Traditional Owner/Custodian or a member of the Aboriginal or Torres Strait Islander community who has been granted permission to do so by a Traditional Owner/Custodian.

## HISTORY AND CULTURE

There are plenty of places where you can learn about Aboriginal culture and history. Muru Mittigar Aboriginal Cultural and Education Centre in Rouse Hill offers boomerang workshops, art lessons and cultural talks. There's also the Blue Mountains Aboriginal Culture and Resource Centre, which offers cultural programs; the Aboriginal Cultural Centre and Keeping Place in Armidale; and the Minjungbal Aboriginal Cultural Centre in Tweed Heads.

## ART

The Kate Owen Gallery in Rozelle hosts a vast collection of contemporary Aboriginal artworks. More contemporary art can be found at The Artery in Darlinghurst. In Leichhardt, there's the Boomalli Aboriginal Artists Co-operative, which displays pieces by local Aboriginal artists. Near the Queensland border, you'll find the Tweed Regional Gallery, which often houses Aboriginal artworks and has a great selection of hand-made items in its gallery shop.

## FOOD

At the Royal Botanic Garden, located on the harbour next to Circular Quay, you can learn about traditional bush tucker plants like lilly pilly and lemon myrtle. Muru Mittigar Aboriginal Cultural and Education Centre runs a bush tucker walk through its garden, where you'll learn about traditional uses of plants and the many resources the land has to offer.

## MUSIC

Music is an integral part of Aboriginal storytelling and culture. Contemporary artists bring together traditional instruments such as the didgeridu and pop, hip hop and indie sounds. Listen to A.B. Original for music with a political edge, Baker Boy and Thelma Plum for catchy songs and Dan Sultan for soulful sounds. Yothu Yindi is one of the most well-known Aboriginal groups and pioneered the blending of traditional and contemporary instruments and sounds.



A special collaboration with Yŋgal man Stanley "Gawurra" Gaykamangu, a Kamilaroi Soul vocalist, and dance students from Naisda



Barkindji girls painting their faces in traditional custom in Wilcannia

## NATIONAL SORRY DAY

**26 MAY**

National Sorry Day is a day of reflection and acknowledgement of Stolen Generation survivors. It was initiated in response to the absence of an official apology for Aboriginal peoples' suffering caused by British settlement. In 2008, an official apology was made, and the day has since become one of remembrance and recognition.

## NAIDOC WEEK

**FIRST SUNDAY IN JULY**

NAIDOC (National Aborigines and Islander Day Observance Committee) Week is celebrated in July and offers a chance to learn about Aboriginal culture and talent. Each year, the achievements of Aboriginal people are celebrated by the Person of the Year and the Caring for Country Awards.



Wiradjuri Elder Michael Lyons leading a cultural tour at Sandhill Artefacts, Narrandera

## NATIONAL RECONCILIATION WEEK

**27 MAY – 3 JUNE**

National Reconciliation Week begins and ends on two significant dates. 27 May is the anniversary of the 1967 Referendum, which granted Aboriginal people citizenship and allowed them to vote in the Census. 3 June was the date of the High Court Mabo decision recognising the native title of Australia. National Reconciliation Week seeks to create a nation built on respectful relationships between Aboriginal and Torres Strait Islander Australians and the wider Australian community.

# GETTING AROUND

## PUBLIC TRANSPORT

Sydney's transport system is diverse, clean and reliable. With trains, light rail trams, buses and ferries, there are several transport options for getting around the city.

### TRAINS

Sydney has several train lines from Central Station that head east, north, west and south from the city centre. There are plenty of stations along each line, so check the timetable to see if any are close to your accommodation. The train system is the most efficient choice for travelling to the outer suburbs and around the city centre quickly.

### LIGHT RAIL

Several light rail lines run through the city centre and surrounding suburbs. For instance, you'll find the CBD and South East Line, which runs from Randwick and Kingsford to the CBD. Light rail services are also available between Central Station and Dulwich Hill, stopping at many popular city centre and Inner West locations. At peak times on weekdays, they run every 10 minutes.

### BUSES

To access many of Sydney's metropolitan areas, buses are the best option. Buses service almost all parts of Sydney and its outer suburbs, so you're likely to find a bus stop near you. Buses around Sydney vary in arrival times, usually averaging between 5-15 minutes at popular bus stops. However, at certain stops in the outer suburbs, you may have to wait up to an hour for the next bus. If the bus has an L or X somewhere in the number, be careful! Some of these are express buses, which means they don't stop at certain bus stops. Check with the driver if you're unsure.

### FERRIES

Ferries cover almost every suburb surrounding Sydney Harbour, including Manly, Balmain and Circular Quay, and even extend as far as Parramatta. The ferry system is also one of the most scenic ways to get around the city. You'll soak up amazing views of the city's harbour, port and river system. Tickets are a little more expensive but definitely worth it for the sights.

## TICKETING

When you ride public transport, you have two main payment options. You can either use your debit/credit card or purchase an Opal transport card. Regardless of which option you choose, you must tap on and tap off your card every time you ride because the fares are calculated based on the distance you travel. If you don't do this, you may be charged at a higher rate. If you are caught travelling without a valid ticket, you will be fined \$200.

If you want to use an Opal card, you'll need to load money onto your Opal card at a station or an authorised store such as 7-Eleven. You can also top up your card online and set auto top-ups so you always have money on your card.

[opal.com.au](http://opal.com.au) 



## PLANNING

To get real-time travel information for buses, trains, light rail and ferries in Sydney, download the TripView app. Available from the App Store, Google Play and Windows Phone Store, it makes planning your travel around the city a lot easier. With information on delays, vehicle locations and service interruptions, it will help you select the best available option for your journey.

## CONCESSIONS

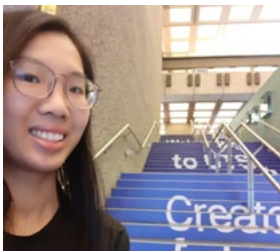
International students are only entitled to concession rates on public transport if their study is fully funded by specific Australian Government scholarships, including the Endeavour Scholarship, an Australian Awards Scholarship or an International Postgraduate Research Scholarship.

Learn more about concession eligibility from Transport NSW.

[transportnsw.info/tickets-opal/ticket-eligibility-concessions](https://transportnsw.info/tickets-opal/ticket-eligibility-concessions) 



Ferries in Circular Quay, Sydney



“Most of the universities are near public transport (e.g., light rail, buses, trains), so it is very easy to [get to classes]. The network is also broad, clean, easy to understand and accessible in most areas.”

May, Vietnam  
University of Technology Sydney (UTS)

## RIDING A BIKE

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

### BUYING A BIKE

If you plan to ride regularly, the cheapest overall option is to buy your own bike to use throughout your time in Sydney. 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 also use these websites to sell your bike if/when you leave Australia.

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

### BIKE LAWS

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

[roadsafety.transport.nsw.gov.au](https://roadsafety.transport.nsw.gov.au) 🔍

**\$344** FINE FOR NOT WEARING A HELMET

### BIKE LANES

There are several bike lanes and tracks around Sydney, all of which are designed to keep you safe. These are clearly marked so you know where you can safely ride. You can contact your local council for an up-to-date bike map or visit the Roads and Maritime Services website to use the interactive Cycleway Finder.

[rms.nsw.gov.au/maps/cycleway\\_finder](https://rms.nsw.gov.au/maps/cycleway_finder) 🔍

### RIDING A BIKE IS:

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



### RENTING A BIKE

If you don't cycle very often, but want to occasionally, your best option is to rent a bike. Around the city, you'll see three types of bikes available for hire: Lime electric-assist bikes and Beam bikes.

To use any of these services, you simply need to download the respective app to find your nearest bike.

[help.lime/hc/en-au](https://help.lime/hc/en-au) 🔍  
[ridebeam.com](https://ridebeam.com) 🔍



## STORING AND LOOKING AFTER YOUR BIKE

You'll find plenty of bike storage racks and lockers located all over Sydney where you can securely leave your bike for an extended period of time (just make sure you have a good-quality lock). You can also visit the Transport NSW website, which features a map showing all bike rack locations.

[apln.transport.nsw.gov.au/bikelockers](http://apln.transport.nsw.gov.au/bikelockers) 🔍

City of Sydney runs regular bike care and maintenance courses for only \$25. Check the City of Sydney's What's On webpage for dates and times.

[whatson.cityofsydney.nsw.gov.au](http://whatson.cityofsydney.nsw.gov.au) 🔍

## OTHER TRANSPORT OPTIONS

### TAXIS

Taxis are another way to get around Sydney. You can book one through an app, on the phone, online, by hailing one on the street or by finding one at a rank. When the dome light (on the roof) is lit up, the taxi is available for hire.

13 CABS (132 227)

[13cabs.com.au](http://13cabs.com.au) 🔍

Silver Taxi Sydney (1300 159 060)

[silvercabservice.com](http://silvercabservice.com) 🔍

Yellow Cab Co (132 227)

### RIDESHARING

The first to launch, and still by far the most popular ridesharing app, 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 Sydney market include DiDi and Ola, offering discounted rates during quiet hours of the day. The most unique ride sharing option available in Sydney 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.

### RENTING A CAR

If you want to explore some of Sydney'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 Sydney – use a comparison website like VroomVroomVroom to find the best deal.

[vroomvroomvroom.com.au](http://vroomvroomvroom.com.au) 🔍



# CITY CENTRE



Sydney's centre – namely the CBD, plus the suburbs of Haymarket and Ultimo – is a bustling mix of students, office workers and tourists alike. You'll find delicious food, beautiful harbour views and glimpses into Sydney's history here.

## HIGHLIGHTS

### FOOD

Foodies rejoice! Sydney's central district is home to some of the city's best food, from fine dining to affordable eats.

For a cheap and cheerful dinner, head to Haymarket and Chinatown. Some of Sydney's most inexpensive eateries are clustered together in this part of the city, including Satang Thai, which serves up some of the best takeaway Thai food.

Darling Harbour is home to Enfes Kebab, which offers a range of halal kebabs and snack packs. If you're after something a bit fancy, Bodhi Restaurant Bar near St Mary's Cathedral in the CBD does tasty vegan yum cha for lunch.

Enter Chinatown to grab some dessert – namely, the cream puffs from Emperor's Garden. These little golden balls of dough are filled with a piping hot custard. Not only

are they delicious, but while waiting for your puffs, you can see them being made inside – a truly fascinating process!

### SHOPPING

There's no shortage of great shopping destinations in Sydney's central district. The city centre is home to Pitt Street Mall, an outdoor shopping strip where a mix of clothing and accessory shops line the pedestrian zone.

Just off Pitt Street Mall is the Strand Arcade, one of Sydney's oldest shopping precincts and home to high-end Australian designer goods.

If you prefer shopping in more of a bazaar-style setting, there's no better place than Paddy's Markets in Haymarket. Here, you'll find lots of different items at bargain prices. The lower floors are dedicated to food and sell everything from fresh fish, spices and sweets to cheap fruit and vegetables.

### NIGHTLIFE

There's something for every taste and budget on a night out in Sydney. You can enjoy everything from Establishment Bar – a rather elegant place to grab a beer, wine or cocktail on Sydney's George Street – to P.J O'Brien's Irish pub in the heart of the CBD. If you want a bit more variety, head to Darling Harbour, where you can drink and dance the night away at one of the many establishments lining the harbour.

### CULTURE

The Museum of Contemporary Art (MCA) is the home to some of Sydney's best and brightest contemporary art. Entry to the permanent collection is free, and it's easy to lose yourself in the MCA's many rooms. The MCA is frequently home to Aboriginal artwork, so check the website before you go to see what exhibitions are currently on. A recent addition to the museum is the MCA Café, where you can enjoy harbour views while sipping a latte.



## COMMUNITY FACILITIES

If you're unwell, Ultimo Medical Centre on Mountain Street offers in-house psychological services, as well as all other standard medical services.

If you're after a quiet place to study, work or read, you'll find Darling Square Library on levels one and two of the Exchange building in Darling Harbour. With free Wi-Fi, plus printing and copying facilities, you'll be able to browse the day away in the library's sizeable collection, which includes a large collection of Asian literature.

The centre of Sydney is home to several churches and mosques. In the CBD, you'll find St Patrick's Catholic Church which welcomes multinational communities, Scots Church Sydney, a presbyterian church welcoming people of all ethnic backgrounds, and Church Hill Anglican.

Sydney City Masjid on Erskine Street caters to the local Muslim community, and several smaller musallas are located near Town Hall Station and on York Street.

## UNIQUE EXPERIENCES

### VISIT CIRCULAR QUAY

Circular Quay is instantly recognisable. This famous harbour strip is a great place to catch views of both the Sydney Harbour Bridge and the Sydney Opera House. From Circular Quay, you can catch ferries to various parts of the city. For a longer journey, travel to Manly for some fish and chips. The ferry passes the entrance to the open ocean on its journey past the headlands, so this ride can get a bit bumpy.

A smoother ride is almost guaranteed if you head towards Mosman and the world-famous Taronga Zoo. Here, you can catch the Sky Safari gondola to the top entrance of the zoo and gain a whole new perspective on your favourite animal – from above!

## EXPERIENCE SYDNEY'S HISTORY IN THE ROCKS

The Rocks is Sydney's oldest part of town. Here, you can immerse yourself in First Nations history by booking an Aboriginal Dreaming Tour with Dreamtime Southern X. On this 90-minute guided walking tour, you'll learn about Aboriginal peoples' land and water use in pre-settlement times, as well as their ongoing connection to the land.

There are also guided walking tours from other operators that will take you through the colonial history of the area and show you the most significant sites.



Left: View of The Rocks through to Sydney CBD, Sydney

Above: Chinatown gates on Dixon Street

# INNER SOUTH



**Art galleries, bars and restaurants abound in this eclectic part of town rich in First Nations history. The excellent nightlife in Redfern, Chippendale and Waterloo also means these suburbs are buzzing until late into the evening.**

## HIGHLIGHTS

### FOOD

For a classic burger, head to Suburgia, a burger joint in Redfern catering to both meat-eaters and vegans. If you're in Chippendale on a Friday or Saturday night, head to Mary's On Top at The Lansdowne Hotel for \$10 pizzas from 6-9pm. The Abbots Hotel in Waterloo has a different cheap pub meal every day of the week, from \$12 burgers on Mondays to a Sunday roast for \$18.

For groceries, head to Alley Asian Supermarket on O'Connor Street in Chippendale. You'll find a great range of Asian groceries here and it's open until 1am, so you can shop late.

### NIGHTLIFE

For a relaxed night out at one of Sydney's oldest pubs, head to The Cauliflower Hotel on Botany Road in Waterloo. It's a sprawling

venue that hosts live music and trivia.

For delectable gin-based cocktails, there's no better place than Gin Lane in Chippendale, part of the relatively new Spice Alley, where you can get delicious meals from East and South East Asia on any budget.

More delicious cocktails can be found in Redfern at Moya's Juniper Lounge, Misfits and DD's. If beer is more your thing, you can't go wrong at The Noble Hops, Redfern's very own bar dedicated to craft beer.

## CULTURE AND ARTS

The Inner South is home to Carriageworks, the largest multi-arts centre in Australia. Here, you can enjoy performances, visual arts and the Carriageworks Farmers Market, where you can pick up fresh produce every Saturday. Carriageworks also contains four beehives, tended to by urban beekeepers. The honey from the hives is sold at the market and is a great way to support these important insects!

In Redfern, visit the many artworks by Aboriginal artists that depict the history and strength of Australia's First Nations people. Begin with the '40,000 Years' mural on Lawson Street, which highlights Aboriginal Australians' and Torres Strait Islanders' long connection to the land.

Head to Redfern Park to visit 'Bibles and Bullets', a trio of sculptures inspired by Australia's natural flora and fauna. Make sure to read the inscriptions near the sculptures, as they provide important information on their context. Finally, don't miss 'United We Stand, Divided We Fail the Future' in the Hugo Street Reserve. Local children helped the artists, Bronwyn Bancroft and Dale Jones-Evans, to paint these brightly coloured figures. The artwork depicts spirits of the land watching over the people who live on it today.

## COMMUNITY FACILITIES

If you're in the Inner South and need someone to talk to about relationships, money or family problems, or you need access to mental health support, Youthblock Youth Health Service in Redfern is the place for you. Youthblock's services are free and confidential, and available to people 12-24 years old.

More medical support is available at Myhealth Medical Centre Central Park in Chippendale. Myhealth offers consultations in a range of languages, as well as a translating and interpreting service. (Plus, there's another Myhealth practice in the nearby Broadway Shopping Centre.)

To keep fit on a budget, head to the National Centre of Indigenous Excellence (NCIE), where, as a student, you can get a flexible membership to use the gym and pool for only \$38 per fortnight. The NCIE also runs learn-to-swim classes for adults, if you're not confident in the water.

Churches in this area include One1seven Anglican Church in Redfern, Hillsong City Waterloo Campus and St Benedict's Catholic Church in Chippendale. There's also Redfern Mosque on Cleveland Street, which holds Khutbah in English and Turkish at 1:15pm and 1:45pm.

## UNIQUE EXPERIENCES

### VISIT 107 PROJECTS

This unique space is made for creatives, by creatives. It's home to exhibitions, screenings, workshops, dance classes and more. Workshops offered here range from the traditional, like wreath-making at Christmas, to the more unusual, like clowning. There really is something for everyone in this inclusive, community-focused space.

107 Projects also rents out event and office spaces. If you need somewhere to get people together for a group project or just work away on an assignment, you can head to 107 Projects' free co-working space on Redfern Street.

### TEST YOUR GENERAL KNOWLEDGE

Pub trivia (also known as a pub quiz) is a beloved pastime for many Sydneysiders. Held on various days of the week at pubs around the city, it's a great group activity where you can put all those useless bits of information floating around your brain to good use.

Our pick is Monday night trivia at the Chippo Hotel on Abercrombie Street in Chippendale. From 7:30pm onwards, you'll have a chance to win a range of great prizes using just your general knowledge!



Left: Chippendale Green in Central Park  
Above: Asian hawker-style street food at Spice Alley, Chippendale

# INNER WEST



With somewhere new to eat, drink and shop around every corner, the Inner West suburbs of Newtown, Camperdown and Glebe are true cultural hotspots. Inner Westies also love the region's strong sense of community.

## HIGHLIGHTS

### FOOD

The Inner West is Sydney's number-one destination for vegan food. King Street in Newtown in particular is packed with restaurants, many of them offering vegan options. Try Lentil as Anything, a pay-what-you-feel, fully vegan establishment. It's far from the only vegan spot on King Street, though; a short stroll will offer up at least a handful of other delicious eateries, including Green Gourmet and Vandal Taqueria.

For cheap pub food, try the Nag's Head in Glebe, which does \$15 steaks on Tuesdays. Plus, you can add house wine or beer for just \$5. The Sultan's Table in Enmore is an ideal venue for groups, has plenty of vegetarian dishes and is halal.

On Newtown's King Street you'll also find the Fiji Market, an Indian spice shop with an impressive selection of Latin American, Asian and African spices. If it's vegan groceries you're after, head to La Petite

Fauxmagerie (a vegan cheese shop also on King Street) or the Vegan Grocery Store on Glebe Point Road.

### SHOPPING

For a wide selection of fashion and accessory shops, Broadway Shopping Centre is the place to go. If you're after something more unique, Newtown's King Street is your best bet. Here, you can browse vintage boutiques, art stores and shops selling all kinds of knick-knacks, plus there are plenty of cafés to take a break in when you find yourself getting tired.

### NIGHTLIFE

The Inner West is home to some of Sydney's best nightlife. Again, Newtown is a great option, with King Street dotted with an array of small bars like Earl's Juke Joint and Kuleto's. The latter hosts happy hour from 5:30-7:30pm daily, with excellent deals on cocktails.

If you're heading to Glebe, you can make a stop at Staves Brewery on Grose Street, which serves an incredible array of house-made beers. For live music, visit the Glebe Hotel, where you can hear local acts on a Friday or Saturday night.

The Little Guy is another top venue in Glebe. Here, you can play board games while sipping on a selection of delicious tap beers. Oh, and you get a small bowl of complimentary popcorn with every drink, too!

### NATURE

To enjoy a bit of greenery, head to Victoria Park in Camperdown. Bordering the University of Sydney campus, this is a lovely spot to take a book on a lazy afternoon and while away the hours. You might even be able to watch the University's Quidditch team train – always a sight to behold!

## COMMUNITY FACILITIES

If you're unwell, the Royal Prince Alfred Hospital (RPA) in Camperdown has a 24-hour translation service so you can speak to someone about your medical issue in your own language. This service is free.

Newtown Medical Practice has translation and interpreting services available, too, as well as on-site mental health services. For general medical, counselling and mental health support, you can also turn to Glebe Family Medical Practice.

Depending on what religion you're part of, there are many options for worship in Sydney's Inner West. John Street Mosque in Erskineville (next to Newtown) holds Khutbah in both English and Turkish at 1:10pm daily. Sydney Buddhist Centre in Newtown offers a range of meditation classes, all of which you can pay for with a donation to the centre.

Newtown Neighbourhood Centre hosts free English classes on Mondays and Wednesdays between 10:30am and 12:00pm if you're looking to improve your language skills.

For some scenic exercise, head to either Blackwattle Bay on the Glebe Foreshore or around Rozelle Bay. Both are beautiful, with stunning views and wide footpaths to stroll, jog or bike along. And best of all, they're free.

## UNIQUE EXPERIENCES

### SPEND THE DAY MARKET HOPPING

The Inner West has a fantastic selection of markets. For new and used treasures and stalls with a boutique vibe, check out Glebe Markets on a Saturday morning on the grounds of Glebe Public School. If it's true artisanal crafts you're after, the Artisans Market Glebe (held four times a year) is the place to go.

Another great option is the Rock 'n' Roll Alternative Market, held at various times throughout the year at the University of Sydney's Manning Bar in Camperdown. The market is full of vintage clothing stalls, homewares, collectables and much more. 2022 will see these markets come back as a market and festival rolled into one.

### BOOGIE THE NIGHT AWAY AT LATIN DANCE AUSTRALIA

Broadway in Glebe is home to Latin Dance Australia, one of Sydney's biggest Latin dance studios. Here, you can take classes in salsa, cha-cha, bachata, samba, reggaeton, Zumba or Latin dance fitness. Once a year, Latin Dance Australia hosts the LDA Ball, a celebration of Latin dance in Australia. It's packed with performances and Latin beats, so you'll be sure to have a fun night out!



Left: Victorian architecture in Glebe

Above: Citybound view of King Street, Newtown



## NEARBY NEIGHBOURHOODS

MARRICKVILLE  
& LEICHHARDT

## FOOD AND DRINK

Seven kilometres south of the city centre lies Marrickville, a wonderfully eclectic suburb home to a large Vietnamese community. This has resulted in some of the best Vietnamese food around. The pork rolls at the aptly named Marrickville Pork Roll are famous Sydney-wide, and there are vegetarian options available. Another great spot is Pho PHD, where locals happily slurp down steaming bowls of beef pho.

For live music, head to The Vic on the Park or Camelot Lounge. For an excellent negroni, look no further than The Marrickville Hotel.

For a taste of Italy, venture to Leichhardt. Here, you'll find institutions like Bar Italia, which serves delicious and authentic Italian food, but is famous for its gelato and espresso. Alternatively, Cafe Jolly does an exceptional juicy pepper steak drenched in brandy and peppercorn sauce, and you can bring your own beer and wine.

## CULTURE

If you're enjoying a lazy Sunday, visit the Marrickville Organic Food Markets, where fresh produce and ready-to-eat treats stretch across the grounds of the Addison Road Community Centre.

If you need a quiet space to study, head to Marrickville Library. Coffee by Double Roasters, which has a cafe on-site, will power your study session in this architecturally gorgeous space.

The annual Norton Street Italian Festa in Leichhardt is a celebration of all things Italy and draws huge crowds. With the street blocked off to cars, locals and tourists are free to wander between the stalls and soak up a little bit of Sydney's very own 'little Italy'.

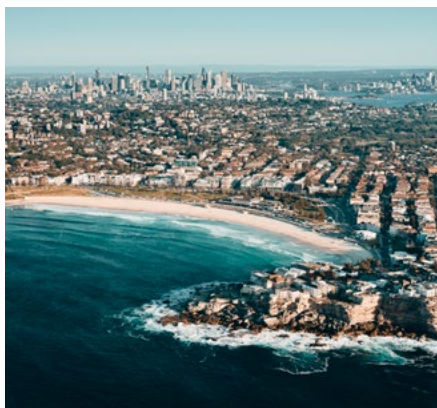


Left: Marrickville Pork Roll

Above: Italian Forum at Leichhardt, Sydney

## NEARBY NEIGHBOURHOODS

# RANDWICK, KENSINGTON, EASTERN BEACHES



## NATURE

Those that come to Sydney in search of beautiful beaches have just one destination in mind: Bondi Beach. This beach has earned its reputation among the world's most beautiful, so it's no wonder that in summer it's full of locals and tourists. If Bondi is too crowded, you can give Coogee or Bronte a try, which are just as stunning but often less packed with people.

The Bondi to Coogee is a six-kilometre coastal walk that will take you past Tamarama, Clovelly and Bronte, and each beach is uniquely lovely. Along the way, you'll find sheltered swimming holes including Gordons Bay and plenty of ocean pools like Bronte Baths and Wylie's Baths (Coogee), where you can enjoy a swim without worrying about the surf. These are perfect for less-confident swimmers.

## FOOD AND DRINK

The Cookhouse in Randwick is a great place to stop in for a drink or a meal with friends. If you're with a group, load up on delicious tapas to share. If you're after a tasty bite on a budget, grab the Cookhouse's express lunch between midday and 3pm, when several meals are discounted.

## SHOPPING

Kensington is home to Peter's of Kensington, a large homewares store where you can get everything you need for your new kitchen at affordable prices.

More homewares – plus antique furniture, handmade and boutique clothing, jewellery and more – can be found at the Bondi Markets. Held on the grounds of Bondi Public School, these markets are the perfect spot to laze away a Sunday in the sun. If you get too warm, just go for a dip to cool off!



Left: Scenic Bondi coastline in Sydney's Eastern suburbs

Above: Aerial view of Coogee Beach looking towards Sydney CBD



# INNER EAST



Home to the beautiful Centennial Parklands, the Inner East suburbs of Surry Hills, Darlinghurst, Moore Park and Paddington are perfect for long strolls down tree-lined streets. Alternatively, a leisurely café visit is the ideal opportunity for people watching.

## HIGHLIGHTS

### FOOD

Sydney's famous Oxford Street runs through Paddington and Darlinghurst, and has more than one place to fill your belly.

Don Don in Darlinghurst does mouth-watering Japanese food at very reasonable prices, with vegetarian options available. Grab a friend and head to The Light Brigade in Woollahra on a Tuesday for two-for-one meals. On a Thursday, visit the London Hotel in Paddington for \$14 steaks after 5pm. If you're after halal options, Ogalo in Darlinghurst (and other locations) is famous for its flame-grilled chicken.

### SHOPPING

Oxford Street is also one of Sydney's premier shopping destinations. Lined with small boutiques and Australian designer stores, this is the place to go for high-end shopping. It doesn't all have to be expensive,

though. You'll also find op-shops like Vinnies and the Australian Red Cross, both of which sell pre-loved clothes.

The Supa Centa in Moore Park is an ideal shopping spot if you need furniture when you first arrive in Australia.

### NIGHTLIFE

For a great night out in Sydney's Inner East, Oxford Street is the place to be. It's the heart of Sydney's LGBTQIA+ scene, and is bursting with inclusive establishments welcoming people of all sexualities, gender identities and expressions.

Spread across four levels, The Oxford Hotel contains a sophisticated cocktail bar as well as a bistro and terrace space. Here, you can party the night away with delicious food and great music provided by DJs, often in drag.

If it's a laid back beer you're after, Bitter Phew is the place for you. This intimate craft beer bar is perfect for a relaxed night out with friends.

### CULTURE AND ARTS

Paddington is home to some of Sydney's finest small art galleries. Delight in the work of young artists at UNSW Galleries, which hosts current and former student exhibitions. If you're after a smaller, more intimate experience, Roslyn Oxley9 Gallery is a good option. In this contemporary gallery, you'll find works by internationally renowned artists. As well, the gallery frequently features works by Indigenous Australian artists.

### NATURE

Sydney's Inner East encompasses the Centennial Parklands in Moore Park. Locals love to escape to this leafy green oasis to ride bikes, take a leisurely stroll and enjoy a picnic, or get some fitness in with a jog.

Centennial Park has beautifully manicured

lawns, sports fields and even an equestrian track. There are also ponds, swamps and plenty of paperbark trees – uniquely Australian trees with pale, peeling bark.

## COMMUNITY FACILITIES

For medical care in the Inner East, head to St Vincent's Hospital in Darlinghurst. The hospital has been providing medical services to Sydneysiders since 1857 and houses the Anxiety Disorders Clinic, which offers both face-to-face appointments and online treatments for anxiety sufferers.

To study in peace and quiet, check out Surry Hills Library. Once you've signed up, you can access technology, study rooms and Wi-Fi for free. The library's language offering is excellent, with Chinese and Russian newspapers available to borrow, as well as books in a range of languages other than English. The library is more than just books, though. It has won a number of awards for its innovative, sustainable design.

In Surry Hills sits the King Faisal Mosque, which holds Khutbah in Arabic at 1pm. Most Christian denominations are represented across the Inner East, with St John's Anglican Church and Sacred Heart Catholic Church both in Darlinghurst. In Paddington, you can attend Paddington Uniting Church. If you can't get to a service in person, Wesley Mission provides videos of its services in Chinese, Samoan and Indonesian via its website.

## UNIQUE EXPERIENCES

### VISIT THE ENTERTAINMENT QUARTER

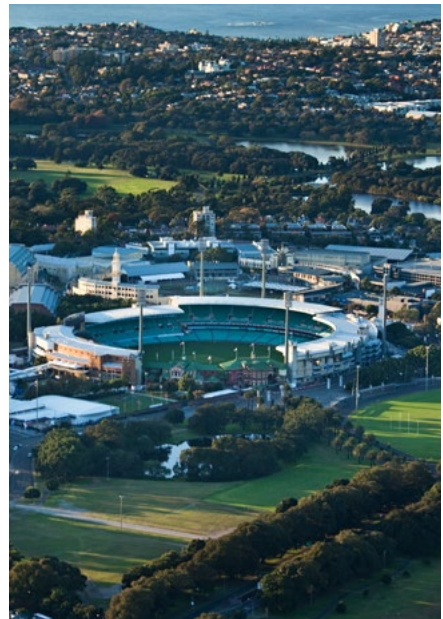
The Entertainment Quarter in Moore Park is a great place to spend the day. Get a group of friends together and check out Hyper Karting, a go-karting experience on the longest indoor track in Australia. Head to Strike Bowling afterwards and try to bowl a strike, or visit Flymotion and hop on the bungee trampoline.

Once you've tired yourself out, stop by Black Star Pastry. Aside from great coffee, Black Star serves the world's most Instagrammed cake: the Strawberry Watermelon Cake.

### CAFE HOP THROUGH SURRY HILLS

Surry Hills is one of Sydney's café hotspots. Here, you can't go far without stumbling across a place to rest your feet and drink a delicious brew. Start at Neighbourhood on Buckingham Street before you head up the road to Single O on Reservoir Street, where you can grab a tasty meal as well.

When you're ready, move on to Reuben Hills on Albion Street. The team here travels around the world sourcing the very best coffee to serve their customers. If by this point you're ready for lunch, head to El Divino on Fitzroy Street to grab some delicious South American snacks.



Left: Jacarandas in bloom around a cafe in Surry Hills, Sydney

Above: Sydney Cricket Ground (SCG), Moore Park

# PARRAMATTA & WESTERN SYDNEY



Parramatta and Western Sydney are a melting pot of cultures, with people from every corner of the globe calling these suburbs home. It's both vibrant and down to earth, and there's plenty to discover.

## HIGHLIGHTS

### FOOD

The unique blend of cultures in Parramatta and Western Sydney means authentic cuisine can be found on almost every corner.

Western Sydney is home to several franchises of Sydney's most famous Lebanese grilled chicken: El Jannah. Halal-certified and with a few vegan options, El Jannah's menu is sure to please everyone. Head to Temasek in Parramatta for authentic Singaporean-Malay dishes. Vietnamese food can be found in the suburb of Cabramatta, whereas Harris Park serves up some of the best Indian food in Sydney. Merrylands is where you'll find authentic Afghani, Persian and Turkish food. There's something for everyone in this part of Sydney!

### ADVENTURE

If it's excitement you're after, you can't go past Western Sydney's water adventure park, Raging Waters, in Prospect. From huge water slides and water slide racers to the Dinosaur Lagoon and relaxing beach, there's something for everyone here. It's the perfect place to cool off, as summers can get very hot in Western Sydney!

Western Sydney is also home to Penrith Whitewater Stadium, where a guide will take you on an adrenaline-filled rafting adventure down a man-made watercourse.

If you prefer to stay on dry land, Treetops Adventure Yarramundi lets you experience the same adrenaline rush high up in the trees. Tackle the high ropes course and swing through the trees on a 100-metre zip line!

### NATURE

Nestled between some of the region's biggest suburbs lies Western Sydney Parklands. It's an area beloved by locals and tourists alike, with space to jog, cycle, picnic and more. There are plenty of playgrounds, plus several cafes and dog parks. For those seeking a serene place to stop and reflect, the Chang Lai Yuan Chinese Gardens are perfect.

Western Sydney Parklands has also invested in urban farming, with five per cent of the park's total area set aside for a huge farming precinct. The initiative seeks to provide a way for locals to purchase fresh produce directly from the Parklands' farm.

If you're after something a bit more fast-paced, visit the Wylde MTB trail in the Parklands. Here, mountain bikers can explore trails catering to a range of abilities, from beginner to advanced. If you're a more experienced rider, there's a 12km loop that'll really test your skills. The Wylde MTB is open daily, provided the weather is good. You will need to bring your own mountain bike.

## COMMUNITY FACILITIES

If you're unwell in Western Sydney, Penrith Medical Centre has doctors who speak Arabic, Cantonese, Mandarin and Indonesian. Parramatta Medical Centre is open all week, even on Sundays, and accepts walk-ins, so you don't need to book an appointment if you find yourself unexpectedly unwell.

The City of Parramatta offers a free English conversation class at its Dundas branch. At various other branches, there's also homework help for kids, tax help, e-resources, as well as a huge range of books to borrow.

Those of the Hindu faith can take part in daily darshan at the Shree Swaminarayan Temple in Blacktown. On Sunday evenings, the temple hosts Satsang Sabha, followed by Mahaprasad. Australia's largest mosque is also in Western Sydney. Lakemba Mosque was the first purpose-built mosque in Sydney and offers Islamic counselling services as well as worship. For those not of the Islamic faith, the mosque runs education sessions and tours for anyone interested.

Within Sydney Olympic Park you'll find Bicentennial Park, a great place to get some free exercise by walking, jogging or riding a bike.

## UNIQUE EXPERIENCES

### TAKE A FOOD TOUR

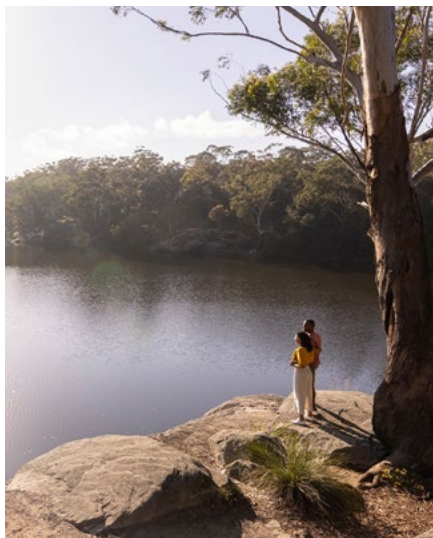
Enjoy the best of Western Sydney's incredible food offerings by booking a guided tour with Taste Cultural Food Tours. Your knowledgeable Taste guide will ensure you don't miss any of Sydney's best Lebanese, Chinese or Vietnamese cuisine. Come on an empty stomach, as you won't want to miss a single bite!

## ATTEND PARRAMASALA

Held in March, Parramasala is an opportunity to celebrate Sydney's diverse community. More than 35,000 people attend Parramasala every year, and it's one of the biggest multicultural events in the NSW events calendar.

Over three days, Parramasala showcases food, dance, art and more from over 30 nationalities around the world. There's Bollywood dancing, African drumming, cooking demonstrations, yoga and more, all hosted in Parramatta. A highlight is the opening parade, which represents over 40 different cultures and moves from Parramatta Town Hall to Prince Alfred Park.

Entry to many events is free, including stage performances like dancing and music. Parramatta is approximately a 30-minute train ride from Central station, or you can take the scenic route by catching a ferry.



Left: Aerial overlooking the Bankwest Stadium, Parramatta in Western Sydney  
Above: Parramatta River, Parramatta

# REGIONAL NSW

Step outside Sydney's city lines and explore the vast, diverse landscape of regional NSW. Home to 40 per cent of the state's population and the nation's most diverse regional economy, regional NSW is rich with opportunity and cultural history. These regions also feature world-class education providers, excellent employment pathways and breathtaking sights.

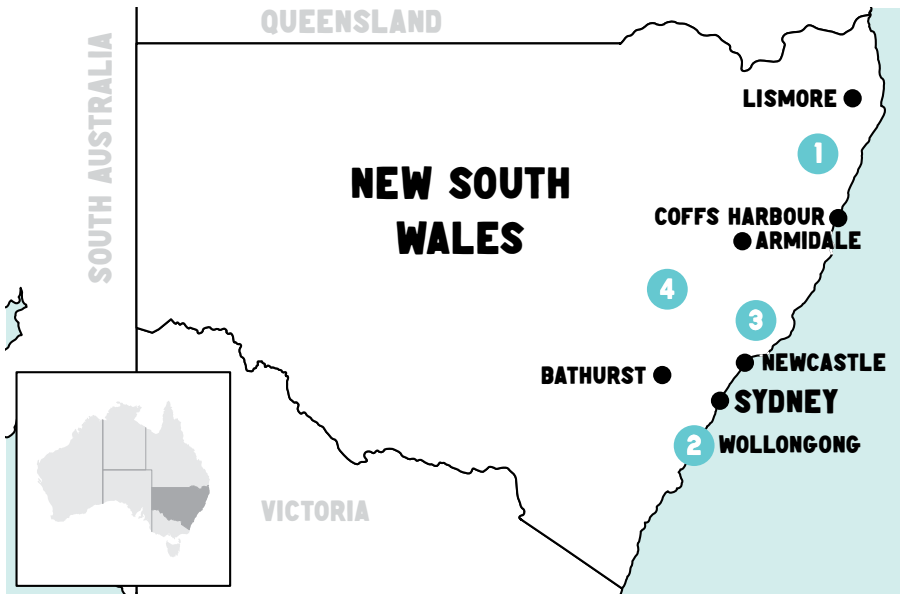
In the following sections, we'll outline everything you need to know about four key areas within regional NSW.

**1 NORTH COAST:  
LISMORE AND COFFS HARBOUR**  
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**2 SOUTH COAST:  
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**4 COUNTRY NSW:  
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## DISTANCE FROM SYDNEY

Armidale	474 km
Bathurst	200 km
Coffs Harbour	525 km
Lismore	724 km
Newcastle	161 km
Wollongong	93 km



# NORTH COAST: LISMORE AND COFFS HARBOUR



This relaxed region of New South Wales is a popular tourist destination, with incredible beaches that sprawl along the eastern coastline. As you travel up the coast, your first stop should absolutely be Coffs Harbour, a charming coastal town known for its beautiful beaches, including Emerald Beach, Woolgoolga and Diggers Beach.

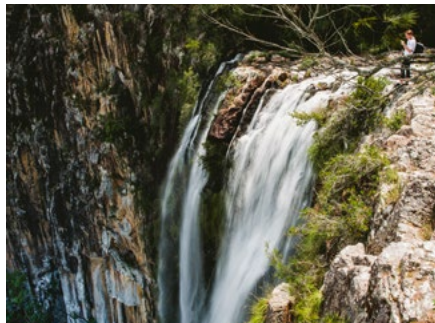
If you love marine life, be sure to visit the Dolphin Marine Conservation Park. Here you can watch fun-filled performances featuring some of the cutest aquatic creatures around, including dolphins, sea lions and green sea turtles. The venue is open from 10am to 2pm daily, and student tickets are available for just \$35.

For truly unparalleled views, check out Forest Sky Pier, an outstanding architectural feature that overlooks the Coffs Coast and Hinterland. Projecting 22 metres out over rainforest and 15 metres above the forest canopy, you won't regret making the trip to this breathtaking spot.

Top: Aerial view of Coffs Harbour Jetty  
Left: Hampden Bridge, Kangaroo Valley

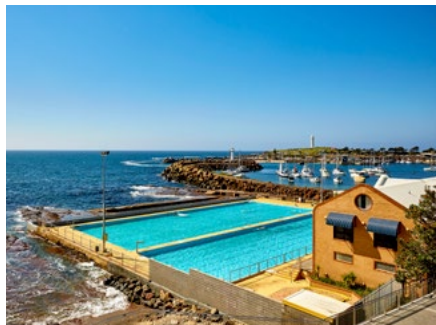
Head further north and you'll hit Byron Bay, Australia's most easterly point. Byron Bay is known for its laid-back backpacker atmosphere; locals can often be found walking around town in their swimming costumes and bare feet. The food here is famous for being fresh, healthy, and sustainable. Make sure to check out the many cafés and restaurants along the beachfront, such as Orgasmic Food.

Roughly 30 minutes southwest of Byron Bay is Lismore, an area known for its creative arts scene. The Back Alley Gallery on Eggins Street is home to large-scale murals and graffiti art from more than 60 Northern Rivers artists, and is free to visit. You also can't skip a trip to the Protesters Falls walking track in Nightcap National Park. It's about an hour north of Lismore, but it's well worth the trip. You'll hike through a pristine rainforest and finish by soaking up gorgeous views of the nearby waterfall.



Middle: Minyon Falls, Nightcap National Park  
Bottom: Main Beach, Byron Bay

# SOUTH COAST: WOLLONGONG AND ILLAWARRA

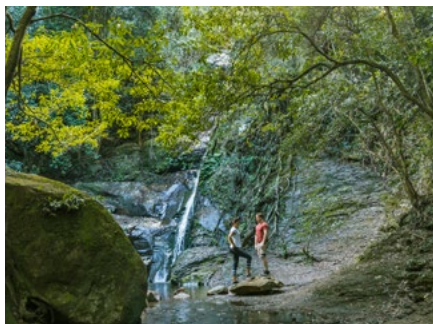


After a winding 90-minute drive south of Sydney, you'll find yourself in the Illawarra region on the South Coast. The gem here is Wollongong, the 10th most populated urban area in Australia. A host of fun activities awaits you in this beautiful coastal city. Start by going for a dip in the ocean. North Wollongong Beach and Wollongong City Beach are the most popular spots, so if you're after a quieter spot, visit Stanwell Park Beach. Make sure to go to the headland to spot the humpback whales during their migration between May and November.

If you're into water sports, the saltwater lakes in Shellharbour and Lake Illawarra are a must. Feeling hungry? Check out Aish's Seafood & Takeaway in Berkeley, widely considered the best fish and chip shop in Wollongong.

Just 30 minutes out of Wollongong is the smaller town of Kiama. One of the biggest attractions here is the Kiama Blowhole, which sprays around 50 litres of water up to 25 metres high. Around 90,000 visitors check out the Blowhole each year. After you've viewed this impressive attraction, head to the nearby café, @milkandhoney, where you can enjoy a cup of coffee overlooking the ocean.

While you're there, make sure you experience the wilderness surrounding the Illawarra region. Macquarie Pass National Park, located 30 minutes from Wollongong, is the perfect spot to cool off in one of the many swimming holes. In Darkes Forest, you'll find Dharawal National Park. Complete the hiking trail and you'll be rewarded with views of Madden Falls from the lookout. This park is also perfect for birdwatching and picnicking – just make sure you take your rubbish with you.



Top: Continental Pool, Wollongong  
Middle: Sea Cliff Bridge, Clifton  
Bottom: Macquarie Pass National Park



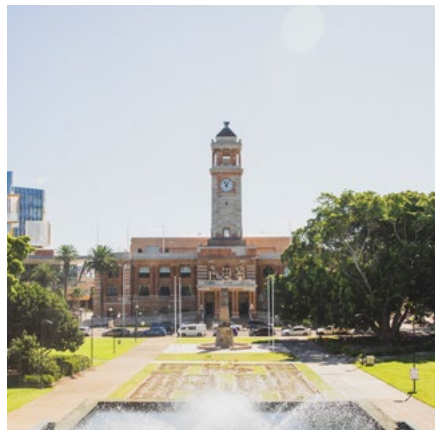
# HUNTER REGION: NEWCASTLE AND HUNTER



Two hours north of Sydney, you'll find Newcastle and the surrounding Hunter region. This coastal area combines the relaxed atmosphere of a small beach town with the convenience of the city. With a wide array of great cafés, parks and stunning beaches, it's never a dull moment in this scenic region.

In Newcastle, there's an endless supply of good coffee. Head to Suspension Espresso on Beaumont Street for a meal in the leafy courtyard. Darby Street, next to Bar Beach, is a great strip to stroll along, with boutique fashion labels, cafés and bars to visit. Wander through Hunter Street Mall, with its great food and shopping options, and you'll end up in Newcastle East, where many of the city's beautiful historic terraced houses still stand. Grab some fish and chips from Scotties Seafood Restaurant and have a picnic on Nobbys Beach. Another great picnic spot is King Edward Park, which has a beautiful rotunda at its centre and houses Newcastle's famous Bogey Hole. Believe it or not, this small swimming spot was hand-carved by convicts in 1819.

If you drive 90 minutes north, you'll find yourself in the Hunter Valley wine region. This is where some of Australia's best wines are produced. Gather a group of friends and hire a bus for a tasting tour of the best vineyards. Some of the most popular include Brokenwood Wines, Tamburlaine Organic Wines, and Tyrrell's Wines. With many great accommodation options in the region, you can easily stay the night and make a weekend of it.



Top: Nobbys Lighthouse, Newcastle  
Middle: Civic Park, Newcastle  
Bottom: A vineyard in Hunter Valley

# COUNTRY NSW: BATHURST AND ARMIDALE



If you drive through the Blue Mountains, you'll arrive in Country NSW, a truly unique area that's very different from the coast. Bathurst is well-known around Australia as it is home to the annual Bathurst 1000. This 1,000km V8 supercar endurance race takes place around Mount Panorama and brings in 100,000 fans and visitors to the city each year.

Bathurst is also where you'll find one of Charles Sturt University's main campuses. During the academic year, the whole city becomes a lively student hub.

There's plenty to see and do on a day trip to Bathurst. When there are no races on, Mount Panorama is a public road, so you can take a drive around the 6.2km circuit and be spoiled with stunning mountain views. The Bathurst Regional Art Gallery, Australian Fossil and Mineral Museum and Abercrombie House should all be on your to-visit list, too!

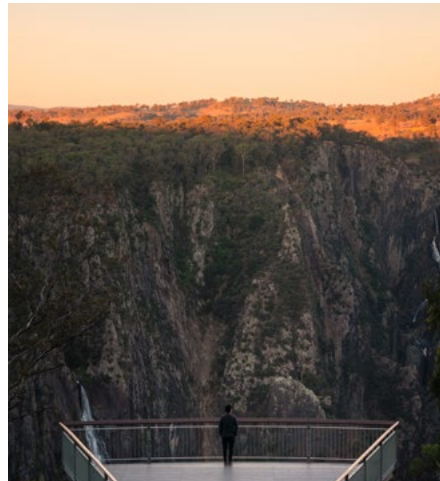
The rich history of the area means you'll find restaurants and bars inside cool, heritage-listed buildings. Church Bar + Woodfired Pizza is nestled inside a grand, old church, with pizzas named after streets in Bathurst. Webb & Co is a bar tucked away in Bathurst's

historic Webb Chambers, built in the 1860s. The building is shared by Cobblestone Lane, a laid-back French-Italian restaurant. For weekend brunch, The Hub is the place to be. Make sure you get a seat in the gorgeous courtyard.

Continue on your journey and you'll end up in New England, a beautiful area of rolling green that houses the town of Armidale. Home to the University of New England, Armidale is an education hub, making it an excellent spot for international students.

Armidale offers the perfect blend of city and rural living, with great cafés, shopping centres and cheap rental properties. Make sure to grab dinner at one of the heritage pubs in town - The New England Hotel has been open since 1857, or The Railway Hotel, first licensed in 1879.

It's also home to spectacular waterfalls and World Heritage-listed national parks. The New England National Park, the Oxley Wild Rivers National Park, the Cunnawarra National Park and the Werrikimbe National Park are just a few awesome examples that you simply can't miss.



Top: Streetscape of Armidale

Above: Oxley Wild Rivers National Park

INSIDER GUIDES

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**STUDENT NEWS, STRAIGHT**

**TO YOUR INBOX**

Breaking news, career advice, the best events and hidden gems in your city – it's all here in the Insider Guides weekly newsletter. Sign up to receive all these helpful resources (and more!) – written especially for international students – delivered directly to you.



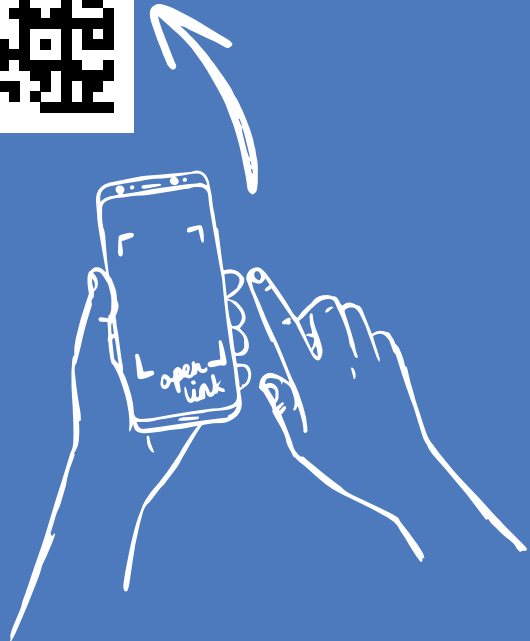
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# EVENT CALENDAR



In Sydney, you'll be spoiled with fun activities and events all year-round. Check out some of these amazing events to get the most of your experience living in this vibrant city. Use the websites below for a comprehensive overview of events happening across Sydney and NSW.

[sydney.com/events](https://sydney.com/events) · [visitnsw.com/events](https://visitnsw.com/events) · [whatson.cityofsydney.nsw.gov.au](https://whatson.cityofsydney.nsw.gov.au)

## ARTS

### SYDNEY FILM FESTIVAL

One of the most popular events in Sydney, the Sydney Film Festival is a two-week celebration of both local and international films.

[sff.org.au](https://sff.org.au)

### SYDNEY FRINGE FESTIVAL

Sydney Fringe Festival welcomes thousands of independent artists to display their finest work, whether it's in the form of visual art, live music, cabaret or another variety of performance.

[sydneyfringe.com](https://sydneyfringe.com)

### SYDNEY COMEDY FESTIVAL

Head to Sydney Comedy Festival to watch performances by some of the world's most famous comedians, as well as up-and-coming talent.

[sydneycomedyfest.com.au](https://sydneycomedyfest.com.au)

### SYDNEY WRITERS' FESTIVAL (SWF)

Hear the insightful and thought-provoking takes of some of the best writers, thinkers and creatives from Australia and across the globe.

[swf.org.au](https://swf.org.au)

## GENERAL & SEASONAL ENTERTAINMENT

### SYDNEY FESTIVAL

Sydney Festival is a show-stopping program of theatre, dance, music, circus and visual arts.

[sydneyfestival.org.au](https://sydneyfestival.org.au)

### SYDNEY GAY AND LESBIAN MARDI GRAS

One of the city's most vibrant and colourful events, Sydney Gay and Lesbian Mardi Gras is a celebration of pride and acceptance. Here you'll find an entire program of festival events and a spectacular parade.

[mardigras.org.au](https://mardigras.org.au)

### SYDNEY ROYAL EASTER SHOW

Immerse yourself in the exciting rides, family entertainment, arts, crafts, and agricultural displays at the Sydney Royal Easter Show.

[eastershow.com.au](https://eastershow.com.au)

### OKTOBERFEST

Soak up the food, drink and culture of Bavaria by checking out Oktoberfest in the Gardens. You'll find traditional dishes, activities, people dressing up and plenty of beer drinking.

[oktoberfestinthegardens.com.au](https://oktoberfestinthegardens.com.au)



Sydney Royal Easter Show

## MUSIC FESTIVALS

### AUSTRALIAN INTERNATIONAL MUSIC FESTIVAL □

Thousands of talented musicians flock to the Australian International Music Festival every year to perform choral, orchestral and jazz ensembles.

[aimf.com.au](http://aimf.com.au) 🔍

### SPLENDOUR IN THE GRASS □

Head to Byron Bay for one of the biggest musical festivals in Australia, Splendour in the Grass. The event welcomes chart-topping artists from around the world. Tickets sell fast, so get in quick!

[splendourinthegrass.com](http://splendourinthegrass.com) 🔍

### TWILIGHT AT TARONGA □

See incredible musical acts and spectacular views of Sydney Harbour at this unique musical festival, taking place at Taronga Zoo. The event runs for three full weeks, so you'll have plenty of opportunities to take part.

[twilightattaronga.org.au](http://twilightattaronga.org.au) 🔍

## SPORTING EVENTS

### AUSTRALIAN ROWING CHAMPIONSHIPS □

Watch as Australia's greatest rowers take to the water and battle it out for top spot. The week-long event is widely recognised as Australia's premier rowing competition.

[arc.rowingaustralia.com.au](http://arc.rowingaustralia.com.au) 🔍

### BONDI TO BRONTE SWIM □

Swim in some of Sydney's most iconic waters by taking part in the Macquarie Bank Bondi to Bronte Ocean Swim. You'll go all the way from Bondi Beach around Mackenzies Point to Bronte Beach.

[bonditobronte.com.au](http://bonditobronte.com.au) 🔍

### THREE BRIDGES RUN □

You'll have the choice to run a 5km, 21.1km half-marathon or 42.2km full-marathon race in this epic event, which runs along the Parramatta River. As you run, you'll see gorgeous views of George Kendall Riverside Park, Meadowbank Park, Rhodes Point and much more.

[threebridgesrun.com.au](http://threebridgesrun.com.au) 🔍



Sydney Gay and Lesbian Mardi Gras

# ADVENTURE

## ACTIVITIES CHECKLIST

### PAINTBALLING □

Challenge your friends to a round of paintball at Luddenham Raceway Paintball. With four different fields to choose from, including a post-apocalyptic inspired maze of shipping containers, this is not for the faint of heart.

[luddenhamraceway.com](http://luddenhamraceway.com) 🔍

### STARGAZING □

Warrumbungle National Park, about a six-hour drive from Sydney, is Australia's only Dark Sky Park, which means it has exceptional starry nights and a nocturnal environment. It's a great place to camp under the stars and try your hand at some amateur astronomy.

### INDOOR ROCK CLIMBING □

The first climbing gym in NSW – and still the biggest in Australia – is in the suburb of St Peters. Sydney Indoor Climbing Gym is a favourite amongst pros, but caters to all levels of experience. The Climbing Centre in Penrith offers classes, courses, and equipment for hire, as well as a bouldering wall.

[indoorclimbing.com.au](http://indoorclimbing.com.au) 🔍  
[climbingcentre.com.au](http://climbingcentre.com.au) 🔍

### ABSEILING AND CANYONING □

Ready to take your climbing skills to the next level? Eagle Rock Adventures offers the opportunity to try abseiling and canyoning in the Blue Mountains. The experience is suitable for beginners, but check that you meet the fitness requirements.

[eaglerockadventures.com.au](http://eaglerockadventures.com.au) 🔍

### ROLLERCOASTER ZIPLINING □

Treetops Adventure has eight unique parks around New South Wales for you to visit, with challenging aerial obstacle courses at each. For something a little different, try the Zipcoaster - this is a zipline with freefall drops and loops, just like a rollercoaster.

[treetopsadventure.com.au](http://treetopsadventure.com.au) 🔍

### VIRTUAL REALITY □

Zero Latency VR offers a free-roam video game experience like no other. Once you've chosen your themed games, put on your headset, strap on your backpack and pick up the controller to start playing.

[zerolatencyvr.com](http://zerolatencyvr.com) 🔍

### SURFING □

Manly Surf School runs daily surfing classes. To really improve your skills, Surf Camp Australia has multi-day surfing lessons for beginners.

[manlysurfschool.com](http://manlysurfschool.com) 🔍 · [surfcamp.com.au](http://surfcamp.com.au) 🔍

### ARCHIE BROTHERS □

Archie Brothers Cirque Electriq is an "arcade for adults"; a kaleidoscopic circus of cocktails and arcade games. Along with classic arcade games, you can ride bumper cars, play laser tag, try virtual reality or go bowling.

[archiebrothers.com.au](http://archiebrothers.com.au) 🔍

### INDOOR TRAMPOLINING □

Check out the indoor and outdoor trampolines at Flip Out - it's the perfect way to get some exercise, relieve some stress and unleash your inner child.

[flipout.net.au](http://flipout.net.au) 🔍



## JET BOATING □

Eager to explore Sydney Harbour in a completely unique way? Harbour Jet takes you on a jet boat tour, complete with 360-degree spins and power break stops that will mean you're completely drenched - bring a waterproof jacket!

[harbourjet.com/harbour-adventure](http://harbourjet.com/harbour-adventure) 🔍

## QUIDDITCH □

This Harry Potter-inspired game is a great way to meet other students. The University of Sydney has a Quidditch Club that plays competitively in state and national tournaments, but you can also play casually.

[usydquidditch.com](http://usydquidditch.com) 🔍



Top: Stargazing in Warrumbungles National Park  
Middle left: Jet boating by Cremorne Point Reserve  
Middle right: Abseiling in Watagans National Park

Bottom left: Manly Surf School at Freshwater Beach  
Bottom right: Wentworth Falls Track in the Blue Mountains National Park



## CAMPING

There are plenty of great shops that sell camping necessities like tents, sleeping bags, mattresses and more, including Aussie Disposals, Paddy Pallin, Kathmandu and Anaconda. Big W is also a great low-budget option to buy all your camping needs, and at certain points in the year, ALDI will sell a range of affordable camping gear.

The waterside Basin campground in Kuring-gai Chase National Park is an hour out of Sydney. It's got all the basic amenities covered, including bathrooms, drinking water, and a barbeque area. Plus, it's one of the best snorkelling spots in Sydney.

Just an hour from the CBD, the Cattai campground is situated along the beautiful Hawkesbury River. It's the perfect place to go with friends for a weekend of riverside walks and roasting marshmallows on the fire.

Take a trip along the Ruined Castle walking track in the Blue Mountains National Park. The walk is graded difficult, so it's recommended to take a personal locator beacon (PLB) with you. Once you've completed the six-kilometre track, you can set up your tent at one of the two nearby campsites: Kedumba River Crossing, or Dunphy's campground.

To find all the best camping sites, head to the NSW National Parks and Wildlife Service website. The site will also tell you which parks are free to enter and those that require a fee.

[nationalparks.nsw.gov.au](http://nationalparks.nsw.gov.au) 🔍

*Get closer  
to nature*



### CAMPING CHECK-LIST

- Fill out trip intention form on the NSW National Parks and Wildlife Service website
- Tent
- Sleeping bag
- Food and water
- Torch
- Pillow
- Towel
- Toilet roll and toiletries
- Bag for rubbish
- Blanket
- Sunscreen



## BEACHES

Home to some of the world's most beautiful beaches, Sydney is a beach lover's dream. Some of the most iconic include Bondi Beach, Coogee Beach and Bronte Beach, which are all connected by a scenic coastal walking path. Across the harbour, you'll find Manly Beach, another popular spot among locals, tourists and students alike. Some more secluded beaches to visit include Milk Beach, Queens Beach and Collins Flat Beach. All these spots offer white sands, clear waters and unparalleled views.

Most of Sydney's beaches are easily accessible by public transport. Be sure to research routes and schedules to make your journey easier. Remember to pay attention to the rules of the beach you visit (such as swimming between the flags) and practise good sun safety - turn to **page 46** for more information.




Above: Surf Lifesavers on Bondi Beach  
Left: Perry's Lookdown Campground, Blackheath



## SPORTS

Sports are a big deal in Sydney, so be sure to get in the spirit yourself. With world-class sporting facilities, including the CommBank Stadium, the Sydney Cricket Ground (SCG) and the Sydney Showground, the city hosts a wide variety of events. Whether you enjoy cycling, golf, soccer, cricket, NRL, sailing or another type of sport, you're sure to find endless entertainment in Sydney.

Visit the link below to find an up-to-date list of upcoming sporting events taking place in Sydney.

[sydney.com/things-to-do/adventure-and-sport/sports-in-sydney](https://www.sydney.com/things-to-do/adventure-and-sport/sports-in-sydney) 

Above: Fans lining up for a one-dayer between Australia and India

# CULTURE

## MUSEUMS

### MUSEUM OF HUMAN DISEASES, RANDWICK □

This fascinating museum showcases human tissue samples affected by a range of diseases and lifestyle factors. Here you can learn about the causes and outcomes of both common and rare diseases in Australia.

### AUSTRALIAN MUSEUM, SYDNEY □

This museum is focused on the natural world and hosts many fascinating exhibitions. You'll find everything from photography to dinosaur fossils to exhibitions on First Peoples' history. General admission is free.

### POWERHOUSE MUSEUM, ULTIMO □

Arguably one of the coolest museums in Sydney, the Powerhouse has featured Harry Potter, Star Wars and steam engine exhibitions. With so much variety, there's something here for everyone.

### LEURALLA, LEURA □

A speciality museum, Leuralla contains the largest collection of toys, trains and other memorabilia in the Southern Hemisphere. Step back in time and discover the kinds of toys your Australian peers grew up with.

### SYDNEY JEWISH MUSEUM, DARLINGHURST □

Pay a visit to the Sydney Jewish Museum and see the artefacts and personal histories of various Holocaust survivors. The museum provides important insight into one of the darkest chapters in world history.

### AUSTRALIAN NATIONAL MARITIME MUSEUM □

Experience a world of ocean stories.

## LIVE MUSIC

### CAMELOT LOUNGE □

This hidden gem in Marrickville showcases artists playing jazz, blues, funk and more. It's an intimate venue where you're sure to dance the night away.

### THE LANSDOWNE HOTEL □

This iconic Chippendale venue is the perfect rock 'n' roll-inspired hangout spot for students. If you like it loud, you'll love it here.

### THE MARLBOROUGH HOTEL □




Known to locals as the 'Marly', the Marlborough Hotel in Newtown has live music from 6pm every Friday. Entry is free - perfect for a student budget!

### ENMORE THEATRE □

The Enmore Theatre is a Sydney icon. There, you'll find international superstars, tribute bands and comedians, as well as local musical talent.

## CONCERT GUIDE

The What's On guide to Sydney and Giggled In list all the best concerts in Sydney and exactly where to find them. Time Out is great for finding gigs featuring international acts.

[whatson.cityofsydney.nsw.gov.au](http://whatson.cityofsydney.nsw.gov.au)   
[giggedin.com/gig-guide/sydney](http://giggedin.com/gig-guide/sydney)   
[timeout.com/sydney/music](http://timeout.com/sydney/music) 



## ART GALLERIES

### ART GALLERY OF NEW SOUTH WALES □

The Art Gallery of NSW is one of Sydney's oldest and largest art galleries. From 2022 onwards, the gallery will have a new space with a special focus on Aboriginal and Torres Strait Islander artwork.

### WHITE RABBIT GALLERY, CHIPPENDALE □

White Rabbit Gallery is home to one of the world's largest collections of contemporary Chinese art. Founded by Judith Nielson, the gallery features her personal collection, as well as temporary exhibitions. Entry to the gallery is free.

### KEN DONE GALLERY, THE ROCKS □

Ken Done is one of Australia's best-known artists. His colourful paintings have been displayed in exhibitions all around the world. His inspiration is his hometown of Sydney and the vast landscapes around Australia.

## THEATRES

### SYDNEY THEATRE COMPANY (STC) □

Established in the 1970s, the STC hosts Australian plays and re-imaginings of old classics. Ticket prices vary, but \$30 tickets go on sale every Thursday morning for shows taking place the following week.

### JOAN SUTHERLAND PERFORMING ARTS CENTRE, PENRITH □

Affectionately nicknamed 'The Joan' by locals, this theatre is widely considered the culture and theatre hub of Western Sydney. It features performance, art, theatre, dance, circus, talks, comedy and music. Various discounts are available on ticket prices.

### SEYMOUR CENTRE, CHIPPENDALE □

The Seymour Centre is the University of Sydney's performing arts centre. Established in the 1960s, you will find everything from Shakespeare to children's plays here. Discounted tickets are available.

## CINEMA

Sydney is home to some beautiful vintage cinemas. In Randwick, there's the Ritz, a local landmark that shows both blockbusters and independent movies. On Tuesdays, you can even score \$12 tickets.

The Palace Cinema has locations in Paddington, Leichhardt and Chippendale, and hosts various international film festivals throughout the year.

The two biggest modern cinema chains in Sydney are HOYTS and Event Cinemas. Both show all the latest releases, plus the occasional movie marathon.

If you're on a tight budget, Dumaresq Street Cinemas in Campbelltown sells \$7.50 tickets all day, every day. You can also check out Dendy Cinemas in Newtown, which offers \$8 student tickets on Wednesdays.

The Sydney Film Festival takes place annually in November and showcases local and international films at a range of Sydney theatres.

# NSW FOOD CHECKLIST



"I think having fish and chips by the beach is definitely an Aussie experience that international students cannot miss out on. The seagulls will give you stories to tell friends and family back home!"

**Alisha, Hong Kong  
University of New South Wales (UNSW)**



"Wollongong being near the ocean, the seafood is worth trying! Wollongong also offers a large number of restaurants that focus on cuisines from different parts of the world. My personal favourite is the Thai food from Kinn Thai restaurant."

**Sachin, India  
University of Wollongong (UOW)**



"A classic salad bowl with falafel is my go-to lunch. Anzac biscuits are a tasty and healthy snack that everyone should definitely try."

**Vaishnavi, India  
University of New South Wales (UNSW)  
[linkedin.com/in/vaishnavimutha](https://www.linkedin.com/in/vaishnavimutha)**

"Vegemite is definitely a must try if you are new in the country. Brunches will be another recommendation as there are many good brunches out there in the city!"

**Ada, China  
The University of Sydney**





## NSW FOOD SCENE



Top: Native indigenous plants at Yerrabingin Rooftop Farm, Eveleigh  
 Middle left: Fish and chips on the beach

Middle right: Street food from Jaipur Sweets in Little India, Harris Park  
 Bottom: Goldfish Bowl Bakery in Armidale

# YOUR AUSSIE BAKERY GUIDE

Whether you're living in a big city or a regional town, bakeries are a quintessential part of Australian life. They're the perfect place to grab a cheap lunch or a quick snack. Each bakery will usually have its own specialty products and unique offerings, but you're almost guaranteed to find these items on the menu.

## 1. VEGEMITE SCROLL □

If you haven't tried Vegemite yet, these scrolls are a good introduction. Savoury spirals of dough are baked with cheese and a generous helping of salty Vegemite to create the perfect afternoon snack.

## 3. VANILLA SLICE □

Oozy and delicious, this is a treat for anyone with a sweet tooth. With a vanilla slice, you'll find rich vanilla custard sandwiched between puff pastry, and a thin layer of icing or powdered icing sugar on top.

## 5. LAMINGTON □

An Australian classic! Lamingtons consist of sponge cake dipped in chocolate and rolled in desiccated coconut. A good lamington should be light and fluffy.

## 7. CUSTARD TART □

Countries all around the world have their own version of this dessert - this is the Australian one! Eggy vanilla custard is baked into shortcrust pastry and topped with a sprinkle of nutmeg

## 2. SAUSAGE ROLL □

An easy to eat pick-me-up when you're on the go, sausage rolls have tasty sausage meat wrapped in golden puff pastry. Make sure to cover it in a lot of tangy tomato sauce (a.k.a. ketchup).

## 4. PASTY □

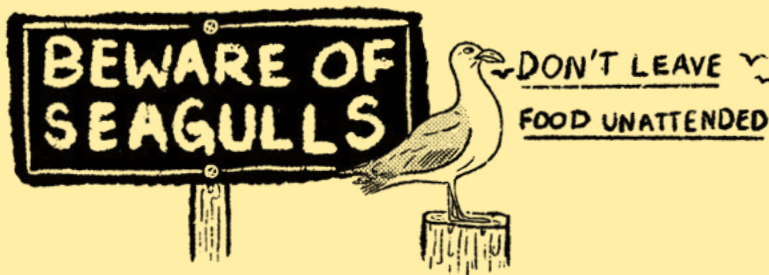
Based on traditional Cornish pasties, you can expect an Australian pasty to have minced meat and an assortment of vegetables (usually things like potato, carrots and peas) inside.

## 6. PIE □

Not to be confused with sweet fruit pies, these are available in a wide range of savoury flavours with a variety of meat and vegetable fillings. The most iconic is a classic 'meat pie', with golden pastry full of beef mince and gravy.

## 8. FINGER BUN □

A staple for primary school students in Australia - but enjoyed by people all ages - finger buns are soft buns (sometimes containing dried fruit, like sultanas), topped with icing and covered in coconut or sprinkles.







1

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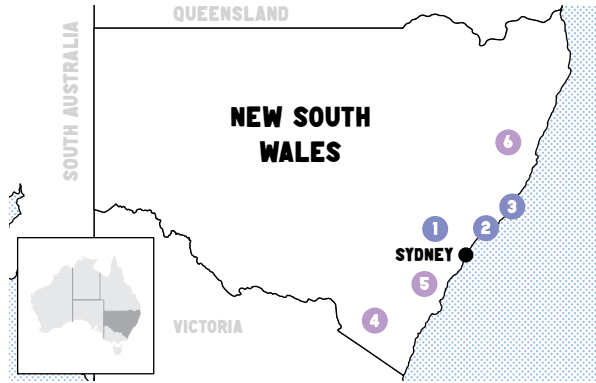
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7

8

# TRAVEL

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



## SHORT TRIPS

### 1 BLUE MOUNTAINS □ 62 km from Sydney

Hike through some of the most beautiful mountains Australia has to offer. Soak up the spectacular views of sites like the Three Sisters, a rock formation of deep cultural significance. According to Aboriginal legend, the rocks represent three sisters who were turned to stone - hence the name. Ready to relax after your hike? Head to the nearby town of Leura and enjoy coffee with a view.



### 2 NEWCASTLE □ 162 km from Sydney

Roughly 200km north of Sydney lies Newcastle. A former industrial port city, Newcastle has become a vibrant city with pristine beaches, local markets and cultural attractions. In summer, cool off at the picturesque Bogey Hole, a pristine swimming hole south of Newcastle Beach. You can also head to Newcastle's nature reserves, Blackbutt or the Hunter Wetlands for spectacular walking trails and possible wildlife encounters.



### 3 PORT STEPHENS □ 207 km from Sydney

This coastal town is famous for its vibrant marine life. Dolphins live on this part of the coast year-round, so you can book a dolphin watching cruise whenever you're in town. In some spots, you can even join them in the water! From May to September, book a whale watching cruise. With a bit of luck, you'll see the majestic humpback whale on its annual migration!



## LONG TRIPS

### 4 KOSCIUSZKO NATIONAL PARK □ 480 km from Sydney

The Kosciuszko National Park in the Snowy Mountains is a snow sport hub in New South Wales. In the winter months, snow sport enthusiasts flock to Thredbo, where beautiful vistas accompany a day of skiing or snowboarding. During the summer, you can hike from Thredbo to the top of Australia's highest point, Mount Kosciuszko. The 13km loop takes five hours to complete, so pack snacks, sunscreen and water!



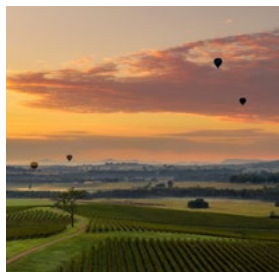
### 5 BOWRAL □ 118 km from Sydney

Bowral is home to the annual Tulip Time Festival, one of the biggest floral events in Australia. Its proximity to nature means it's easy to hop onto a bushwalking trail in the nearby Bangadilly National Park or cycle a nature trail. Not in the mood for physical activity? No problem! Instead, take a wine tour or enjoy the delicious food Bowral has to offer.



### 6 HUNTER VALLEY □ 242 km from Sydney

If you like wine, you can't skip a visit to the Hunter Valley. With 150 cellar doors, this is the perfect place to sample some of Australia's best wines right from the vine. Here you can enjoy guided wine tours, wine-infused art classes and music festivals. If you're not a drinker, explore the handmade arts and crafts at the local weekend markets.



#### HEAD ONLINE

For more things to do in Sydney and NSW, along with sample itineraries, accommodation guides and events, check out the Visit NSW and Sydney websites.

[sydney.com](http://sydney.com) 🔍 · [visitsw.com](http://visitsw.com) 🔍



Nettleton's First Shaft Lookout,  
Lightning Ridge



- 1: Three Sisters, Blue Mountains
- 2: Bogey Hole, Newcastle
- 3: Whale watching cruises, Nelson Bay

- 4: Thredbo, Snowy Mountains
- 5: Winery estate outside of Bowral
- 6: Hot air balloons flying over vineyards

# 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 and services.	<a href="http://consumerlaw.gov.au">consumerlaw.gov.au</a> 
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.	<a href="http://humanrights.gov.au">humanrights.gov.au</a> 
Australian Taxation Office	Contact them to arrange a Tax File Number or learn more about payments made to you while you're in Australia.	<a href="http://ato.gov.au">ato.gov.au</a> 
Beyond Blue	A free counselling service that you can contact if you are feeling depressed or anxious.	1300 224 636 <a href="http://beyondblue.org.au">beyondblue.org.au</a> 
City of Sydney	See the website for information on all the services, facilities and events happening in the city centre and surrounding suburbs.	<a href="http://cityofsydney.nsw.gov.au">cityofsydney.nsw.gov.au</a> 
City of Sydney Community Centres	Community facilities that assist with the learning and recreation needs of the local communities in which they're based	<a href="http://cityofsydney.nsw.gov.au/community">cityofsydney.nsw.gov.au/community</a> 
Overseas Student Ombudsman	This resource investigates complaints about problems that overseas students have with private education in Australia.	1300 362 072 <a href="http://oso.gov.au">oso.gov.au</a> 
NSW Fair Trading	If you require detailed information about obligations and entitlements when buying products and services.	13 32 20 <a href="http://fairtrading.nsw.gov.au">fairtrading.nsw.gov.au</a> 
Council of International Students Australia	The peak body for the interests and needs of international students, they always require volunteers.	<a href="http://cisa.edu.au">cisa.edu.au</a> 
Department of Foreign Affairs and Trade (for Embassies)	If you require help from your country's embassy within Australia.	<a href="http://dfat.gov.au">dfat.gov.au</a> 



## MAKE SURE TO FOLLOW INSIDER GUIDES

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 [linkedin.com/company/insider-guide](https://www.linkedin.com/company/insider-guide)

 @InsiderStudentGuides

 [youtube.com/c/insiderguides](https://www.youtube.com/c/insiderguides)

CONTACT NAME	WHEN WOULD I USE THIS SERVICE?	CONTACT DETAILS
Department of Home Affairs	This government department handles visa enquiries and issues.	<a href="http://homeaffairs.gov.au">homeaffairs.gov.au</a> 
Fair Work Ombudsman	If you require assistance understanding your workplace rights and responsibilities.	13 13 94 <a href="http://fairwork.gov.au">fairwork.gov.au</a> 
GambleAware	If you are having problems managing your gambling, you can call for free, confidential support.	1800 858 858 <a href="http://gambleaware.nsw.gov.au">gambleaware.nsw.gov.au</a> 
healthdirect	Australia's national public health information service can provide advice online and over the phone.	1800 022 222
IDP	Assistance with assessing study options, including courses, applications and student visas.	8260 3300 <a href="http://idp.com/australia">idp.com/australia</a> 
Legal Aid	If you need to know what your legal rights are then contact this free legal service.	1300 888 529 <a href="http://legallaid.nsw.gov.au">legallaid.nsw.gov.au</a> 
Lifeline	If you need someone to talk to about your state of mind, this resource is a crisis support hotline.	<a href="http://lifeline.org.au">lifeline.org.au</a> 
NSW Ombudsman	An independant agency to watch over the NSW Government and improve their delivery of services to the public.	9286 1000 <a href="http://ombo.nsw.gov.au">ombo.nsw.gov.au</a> 
Redfern Legal Centre	This independent, non-profit community centre offers free legal advice, referral and casework to international students anywhere in NSW.	9698 7277 <a href="http://rlc.org.au">rlc.org.au</a> 
Service NSW	NSW Government services including driving and transport.	13 77 88 <a href="http://service.nsw.gov.au">service.nsw.gov.au</a> 
Study NSW	NSW Government agency, Study NSW, delivers programs, events and engagement programs to enhance the experience of international students in NSW.	<a href="http://study.sydney">study.sydney</a> 
Transport NSW	To find out about trains, buses and ferries, including ticketing information, timetables and more.	131 500 <a href="http://transportnsw.info">transportnsw.info</a> 

## EMERGENCY

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





## Join Australia's No. 1 Young University\*

- Gain the skills you need to impress future employers. Our practice-based approach will make you ready for the real world.
- Study at our campus that's one of a kind. We are located in the heart of Sydney and our award-winning buildings will inspire your learning.
- You come first. We'll support you along the way through our extensive range of support services.

\* We're the top young university in Australia, according to the QS Top 50 Under 50 2021 and the Times Higher Education Young University Rankings 2021.



[tour.uts.edu.au](http://tour.uts.edu.au)