



Monaro Higher Education Pre-Enrolment Booklet



Monaro Education Pty Ltd (ABN 39 650 606 910) trading as Monaro Higher Education is applying to be categorised as an Institute of Higher Education under subsection 18(1) of the TEQSA Act.

Suite 401, 4 Railway Parade
Burwood NSW 2134

TEQSA Provider ID: XXXXXXXX (Application pending)
CRICOS Provider ID: XXXXXX (Application pending)

Images in this document are indicative only and not actual students of Monaro Higher Education.

Table of Contents

| | |
|--|----|
| 1. Welcome..... | 3 |
| Message from the Chief Executive Officer | 3 |
| Important Contacts..... | 4 |
| Important Services Near MHE | 4 |
| Emergency Services: | 4 |
| Australian Government Department of Home Affairs (DoHA): | 5 |
| Service NSW | 5 |
| Police Station | 5 |
| Public Transport | 5 |
| Medical Centres and Hospitals: | 6 |
| Chemists:..... | 6 |
| Bank Branches:..... | 6 |
| Post Offices: | 7 |
| Public Libraries | 7 |
| Book Shops..... | 7 |
| Shopping Centres | 7 |
| Public Schools | 7 |
| Child Care Centres..... | 7 |
| Car Parking | 8 |
| 2. Preparing to Come to Australia | 8 |
| Pre-Departure Checklist | 8 |
| Working with Agents | 9 |
| Overseas Student Health Cover | 9 |
| Visas..... | 10 |
| Arranging Accommodation..... | 10 |
| 3. Your Flight to Australia | 11 |
| Luggage..... | 11 |
| Keeping Comfortable on Your Flight | 12 |
| Customs..... | 12 |
| 4. Welcome to Sydney, Australia! | 14 |
| Facts about Australia | 14 |
| Facts about Sydney..... | 16 |
| Australian Culture..... | 17 |
| Politeness in Social Situations | 17 |
| Social Events | 17 |
| Australian Public Holidays | 19 |
| Other Events | 20 |
| 5. Setting Yourself Up in Sydney..... | 21 |
| Accessing your Money..... | 21 |
| Tips for Staying Safe:..... | 23 |
| Avoiding Scams | 23 |
| Tips for Saving Money..... | 24 |
| Rental Accommodation | 24 |
| Your New Home | 24 |
| Flatmates | 25 |
| Housekeeping | 26 |
| Getting a Job..... | 27 |
| Job Hunting | 28 |
| Is it legal? | 29 |
| Bringing Your Family..... | 30 |

| | |
|--|----|
| Dependent Children | 30 |
| 6. Studying at MHE | 31 |
| Coming to MHE for the First Time | 31 |
| Attending Lectures and Tutorials | 32 |
| Personal Study | 33 |
| Diversity and Equality | 33 |
| Personal Safety on Campus | 34 |
| 7. Living in Sydney | 35 |
| Sydney Transport..... | 35 |
| Planning a Journey | 36 |
| Tips for Staying Safe:..... | 37 |
| Public Transport Etiquette | 38 |
| Taxis and Uber | 38 |
| Driving..... | 39 |
| Riding a Bicycle..... | 40 |
| Pedestrian Safety: | 40 |
| Posting Letters..... | 41 |
| Health Care..... | 42 |
| Sydney Beaches..... | 43 |
| In the Bush and National Parks | 44 |
| Accessing Medical Care..... | 45 |
| Mental Health | 46 |

1. Welcome

Message from the Chief Executive Officer

It gives me great joy to welcome you to Monaro Higher Education (MHE). We are honoured that you would entrust us with the next stage of your education. MHE will offer you every opportunity to excel in your studies and is uniquely equipped and committed to offer an engaging, rewarding learning experience.

MHE’s management and staff have the skills, experience and dedication to guide you through every step of your educational journey. In MHE’s modern campus you will access an array of outstanding educational resources in a comfortable, supportive environment. MHE’s practical, contemporary courses combine rigorous academia, contemporary global focus and practical insight into workplace challenges. The partnerships you will form with educators and classmates will establish a foundation for the rewarding career that is ideal for you.

Coming to another country is not only an exciting adventure; it’s also a daunting upheaval. You can be overwhelmed by the new sights and cultural expectations you will face in the first few weeks. One way MHE can help is by producing this booklet. It gives useful facts and advice about Sydney to help you adjust to your new life here. We want to help you understand local culture and customs. The advice in this booklet will assist you with socialising, finding services you need, coping with legal issues and your physical and looking after mental health. You are

bound to have other questions that this booklet does not answer. MHE's staff will be happy to help. With the support MHE offers, you can gain not only a qualification but also the confidence, resilience and adaptability you need to succeed in business and in life.

Once again, thank you so much for choosing MHE as your institution. I wish you all the best in your studies and look forward to helping you maximise your potential at Monaro Higher Education!

Safayet Hossen

Chief Executive Officer

Important Contacts

All of these are available on campus during office hours:

| | |
|---|--|
| Chief Executive Officer Dr Safayet Hossen | safayet@monaroeducation.com.au 0402 938 142 |
| Dean A/ Professor Elaine Evans | elaine@monaroeducation.com.au |
| Student Administration Manager TBA | tba@monaroeducation.com.au |
| Finance Manager TBA | tba@monaroeducation.com.au |
| Academic Skills Advisor Jason Bolster | jason@monaroeducation.com.au |
| Student Support Officer TBA | support@monaroeducation.com.au |
| Librarian TBA | library@monaroeducation.com.au |

Important Services Near MHE

Emergency Services:

24-hour, seven-day access to police, fire or ambulance in life-threatening emergencies.

- Phone: 000 (a free call from any phone in Australia)

Australian Government Department of Home Affairs (DoHA):

For information relating to your visas, passports, immigration, permanent residency and citizenship.

- Postal address: GPO Box 9984, Sydney NSW 2000
- Physical address: 26 Lee Street, Sydney or 9 Wentworth Street, Parramatta
- Phone: 131 881

Service NSW

Service NSW administers a range of services from the State Government. For a useful summary of how the State Government can help you get your rights, go to [International students | NSW Fair Trading](#). Also, watch some of the videos in several languages about the State Government at [NSW Fair Trading - YouTube](#).

- Physical address: Ground Floor, 1 – 17 Elsie Street, Burwood
- Phone: 13 77 88

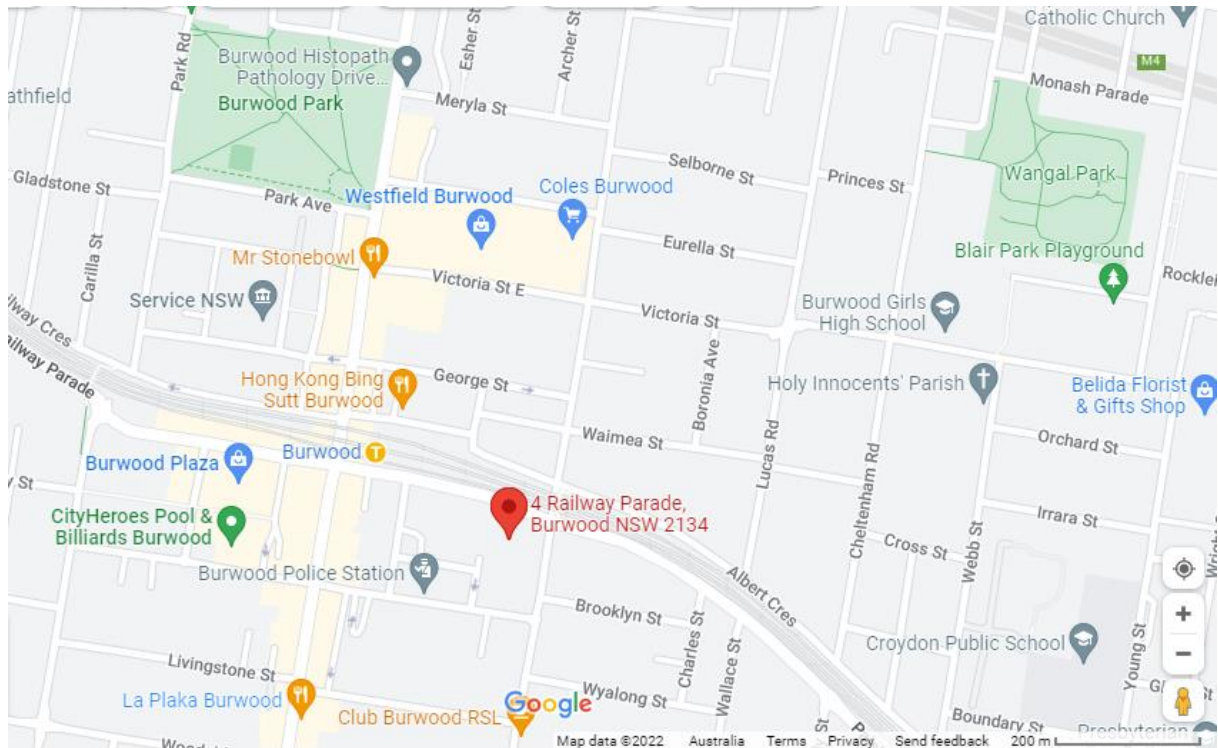
Police Station

- 24 Burleigh Street, Burwood, 9745 8499.

Public Transport

- Burwood Railway Station is a five-minute walk from the campus. Trains from Burwood take about fifteen minutes to reach the centre of Sydney. Going the other way, it takes four minutes to get to Strathfield Station, which is a major hub with railway lines going north, west and south through the suburbs of Sydney and beyond.
 - Buses: you can catch buses to many suburbs around Sydney in Burwood Road, Railway Parade (outside Burwood Plaza Shopping Centre and across the road from it) and Shaftesbury Road.
 - Taxis: the best place near MHE to catch a taxi is the rank in Deane Street.





Medical Centres and Hospitals:

- Burwood Medical Centre: 3 / 36 Belmore Street, Burwood, Phone: 9744 9208
- Burwood Westfield Medical Centre: 100 Burwood Road, Burwood, Phone: 9744 3330
- Burwood Road Medical Centre: 85 Burwood Road, Burwood, Phone: 9747 4344
- Strathfield Private Hospital: 3 Everton Road, Strathfield, Phone: 9745 7444

Chemists:

- Chemist Warehouse: 69 Burwood Road
- Pikes Day and Night Pharmacy: 142 Burwood Road
- Amcal Chemist: Shop 46-47 Burwood Plaza, Railway Parade
- Priceline: Shop 301, Westfield Burwood

Bank Branches:

- ANZ: 212 Burwood Road.
- Bank of China: 170 Burwood Road.
- Commonwealth: 116 Burwood Road and 210 Burwood Road.
- Delphi Bank: 204 Burwood Road
- HSBC: 202 Burwood Road.
- NAB: 118a Burwood Road.

- St George: 109-111 Burwood Road.
- Westpac: 168 Burwood Road.

Post Offices:

- Shop 5, Burwood Plaza, 42 Railway Parade, Burwood.
- Shop 342, 3rd floor, Westfield Burwood, 98a-114 Burwood Road, Burwood.

Public Libraries

- Burwood Library: 2 Conder Street, Burwood.
- Strathfield Council Library and Innovation Hub: 65 – 67 Rochester Street, Strathfield.
- Concord Library: Wellbank Street, Concord.

Book Shops

- Dymocks: Shop 323, Level 2, Westfield Burwood.
- Vendanta Book Agency: 15 Liverpool Road, Croydon.
- AB Records and Books: 196 Elizabeth Street, Croydon.

Shopping Centres

- Westfield Burwood: 100 Burwood Road, Burwood.
- Burwood Plaza: 42 Railway Parade, Burwood.
- Strathfield Plaza: 11 The Boulevard, Strathfield.

Public Schools

- Burwood Public School: 1 Conder Street, Burwood, 9745 2299.
- Burwood Girls High School: 95 Queen Street, Croydon, 9747 3355.
- Concord Public School: 66 Burwood Road, Concord, 9744 8427.
- Croydon Public School: 39 Young Street, Croydon, 9747 3557.

Child Care Centres

- Woodstock Childcare Centre: 92 Fitzroy Street, Burwood, 9715 6522.
- Mother's Love Early Education: 12 Clarence Street, Burwood, 9706 4874.
- To Be Me Early Learning: 11-15 Deane Street, Burwood, 9744 0066.

- Burwood Park Child Care Centre: 90 Burwood Road, Burwood, 9911 9900.
- Educare Playskool: 40-42 Victoria Street, Burwood, 9747 5414.
- Little Bees Childcare: 27-31 Belmore Street, Burwood, 9715 1851.
- Weldon Centre: 23 Weldon Street, Burwood, 9747 4577.
- Burwood Neighbourhood Childcare Co-Op: 7/7-9 Elm Street, Burwood Heights, 9745 1141.

Car Parking

- George Street Car Park: George Street.
- Wilson Parking: 30 Railway Crescent.
- Emerald Square Car Park: 8 Wynne Avenue, Burwood.

2. Preparing to Come to Australia

Pre-Departure Checklist

Before you leave for Australia, make sure that you have:

- Arranged Overseas Student Health Cover (OSHC) for the length of your course.
- Arranged a student visa.
- Ensured that your passport will still be valid at the end of your course.
- Booked your travel to Australia and advised MHE of your flight and date of arrival. Plan to arrive in Sydney about two weeks before your first class so that you can get used to the climate, overcome jetlag, complete your Orientation and buy your textbooks before your first class.
- Arranged accommodation.
- Had any necessary vaccinations.
- Made a folder of the documents you will need (and certified translations provided by a NAATI translator if they are not in English), including your:
 - Offer letter and Confirmation of Enrolment (CoE) from MHE
 - Formal identification (e.g., birth certificate, driver's license, national ID card)
 - Certificates and academic transcripts from your previous study
 - OSHC policy
 - Receipts for your student fees and insurance
 - Bank account details (be sure that you can access them in Sydney) and statements
 - Important medical documents (e.g., evidence of vaccinations, prescriptions)
 - Emergency contact details

- Enrolment and Orientation Day details.
- Compiled an index of names and contact details of the most important people and places in Australia, including:
 - The MHE Campus and Office
 - Your accommodation, the landlord and/or real estate agent
 - The Embassy or Consulate for your country
 - Your education agent's or migration agent's Sydney office if you use one
 - The Department of Home Affairs (DoHA)
 - A Sydney branch of your OSHC provider
 - Any family or friends you already know in Sydney.

Working with Agents

Many students find it useful to employ an agent to help arrange their travel to Australia. Emigrating is a complex and time-consuming process. There are so many points to consider, many of which you may never have considered. Agents can anticipate and solve any problems and boost your confidence. Their experience can guide you through the process and make it much smoother.

Migration agents deal with DoHA on your behalf for a fee. They may work in Australia or in your country or both. Migration agents must be registered with DoHA. Go to <https://portal.mara.gov.au/search-the-register-of-migration-agents/> to check their registration.

Education agents represent MHE in your country and can handle the process of applying for a course and your student visa. Education agents do not usually charge a fee. They generally cannot give advice about migration, citizenship or permanent residency.

Overseas Student Health Cover

Before you apply for a student visa, you and everyone coming with you must already have overseas student health cover (OSHC) and you must keep it up to date for as long as you study. For full details, please see https://www.privatehealth.gov.au/health_insurance/overseas/overseas_student_health_cover.htm. OSHC helps pay for:

- Doctor's appointments
- Some medicines, up to \$50 per item or \$300 per person per year
- Some hospital stays and operations
- Ambulance travel
- Illness related to Covid-19 if you contract it in Australia.

There is a wide range of OSHC policies which vary greatly in price and in what they cover. Most providers offer more than one policy. If your agent does not have a commercial arrangement with one, you need to consider carefully which one suits you best. OSHC providers include:

- AHM: www.ahmoshc.com

- Allianz: www.allianzcare.com.au/en/student-visa-oshc.html
- BUPA: www.bupa.com.au/health-insurance/oshc
- CBHS International Health: www.cbhsinternationalhealth.com.au/overseas-students-oshc
- Medibank Private: www.medibank.com.au
- NIB: www.nib.com.au

Visas

To study in Australia, if you are not an Australian citizen, you must have a student visa issued

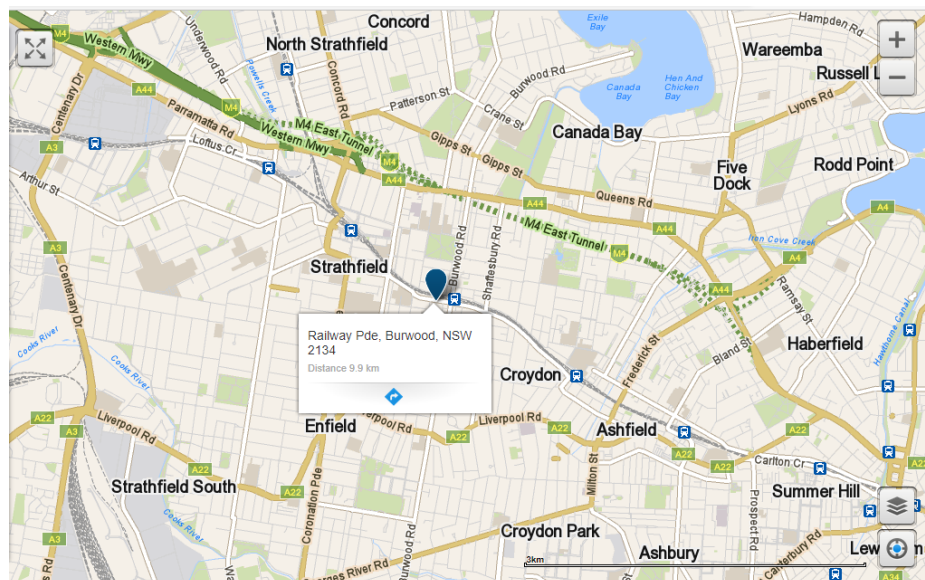


by DoHA. Please see Subclass 500 Student visa (homeaffairs.gov.au) for full details. A student visa can last for up to five years but you must have a CoE when you apply and study full-time until it expires. Your application for a visa may include your spouse or partner and your (or your spouse's or partner's) children under the age of 18. A child over the age of 18 must make their own application separately.

Arranging Accommodation

The suburbs which are closest to the MHE campus include:

- Ashbury
- Ashfield
- Canada Bay
- Concord
- Croydon
- Croydon Park
- Enfield
- Five Dock
- Haberfield
- Lewisham
- North Strathfield
- Rodd Point
- Russel Lea
- Strathfield
- Strathfield South
- Summer Hill
- Wareemba.



Suburbs which are further away but have efficient public transport connections to Burwood include the Central Business District (CBD), Newtown, Bexley, Epping, Hornsby, Parramatta, Chatswood, Campsie, Earlwood, Kingsgrove, Ryde and Hurstville.

Useful websites for finding accommodation include:

- Domain.com.au | [Real Estate & Properties For Sale & Rent](#)
- Search for Real Estate, Property & Homes - realestate.com.au
- [Free Listings Sydney Property](#)

Many students use the Homestay Network. See www.homestaynetwork.com.au for full details. This allows you to stay with a volunteer local family. It therefore teaches you about



Australian culture and helps you practice English as well as giving you a relatively cheap place to stay. Backpacker hostels can also be cheap places to stay and you will meet other international students but you will need to supply basic bedding including pillows and sheets. Hotels and motels are too expensive. If you have relatives already in Sydney, you may consider living with them.

3. Your Flight to Australia

Luggage

Different airlines have different rules about how much you can carry onto the plane and how much you can store in the hold. The amount may also depend on whether you fly economy or first class. Make sure that you know what your carrier allows for your flight. If you have to catch a connecting flight within Australia to arrive in Sydney, you also have to remember that the limit is usually less for a domestic flight than for an international flight. Some airlines consider a laptop or computer to be a separate item of luggage.

If you are bringing any kind of electronic device, make sure that you can plug it in. Australia uses 240-volt electricity and, if your country's standard is different, you need an adaptor. Standard plugs in Australia have three flat pins; the middle pin is the earth pin. The orange mark shows that the plug is switched on and that power is flowing through it. It is always better to turn the power off when it is not in use.



It is worth noting that travel insurance may only cover for loss or damage to computer equipment if it is in carry-on luggage, not if it is in the cargo hold. Batteries and vaping devices can also be considered a fire risk in the hold.

Keeping Comfortable on Your Flight

If you live in the Northern Hemisphere, the seasons in Sydney are the opposite of what you are used to. You might leave home in midsummer and arrive in midwinter! It is useful to remember that when you decide what to wear on the plane. It is best to wear loose clothing to stay comfortable on a long flight.

Avoid sitting still for long periods. There is a risk of dangerous blood clots in your veins if your body stays in the same cramped position for too long. If the trip is more than a couple of hours, when you are allowed to take your seatbelt off, at very least walk up and down the aisle and return to your seat. It is good to practice some of these exercises on the plane:

- **Ankle rolls:** Sit up straight. Lift your feet off the ground. Rotate your ankles ten times clockwise, then ten times anticlockwise.
- **Calf lifts:** While sitting, bend your legs at a ninety-degree angle. Raise your heels as high as you can without letting your toes off the floor. Repeat ten times. Do the same thing while standing in the aisle with your hands on the tops of the seats on either side.
- **Forward bends:** Take your seat belt off. Suck your stomach in as much as you can. Slowly lean forwards and extend your arms to the floor, then roll back up. Repeat five times.
- **Neck rolls:** While sitting in your seat, put your chin on your chest. Slowly rotate your head five times clockwise. Straighten your head, put your hand on the top of your head and gently pull it to the right. Then do the whole thing in reverse: rotate your head five times anticlockwise and pull your head to the left.
- **Quad stretches:** Stand in the aisle with your right hand on a seat. Bend your left knee behind you. Grab your left ankle and gently pull it up behind your back. Repeat on the other side.
- **Shoulder rolls:** Sit comfortably or stand in the aisle with your arms comfortably by your sides. Roll your shoulders forwards five times, then backwards five times.
- **Shoulder stretch:** Stand in the aisle. Lace your fingers together behind your back. Bend forward slightly while raising your arms as high as you can. Repeat five times.
- **Squats:** Keep your back straight. Bend your knees until your thighs are horizontal, then stand up. Repeat ten times.
- **Toe lifts:** Take your shoes off. Raise your toes as high as possible keeping your heels on the floor. Repeat ten times.



Customs

Australia has very strict customs regulations. The Australian Border Force severely restricts the food, drink, plant and animal materials, weapons, money (a maximum of ten thousand Australian dollars in cash or its equivalent in any foreign currency) and drugs (including legal

medicine and tobacco products) travellers can bring into Australia. See Can you bring it in? (abf.gov.au) for details.

Make sure to carry a pen during your flight because you have to fill in an Incoming Passenger Card on the plane to declare if you have any of these items. If there is any doubt at all about anything in your luggage, answer "yes." The Border Force will either confiscate the items you declare, modify them or allow you to bring them into the country. Bringing a restricted item and declaring it is not an offence but failing to declare an item on the card is considered a very serious offence with potential fines of over a million Australian dollars.

Incoming passenger card • Australia

PLEASE COMPLETE IN ENGLISH WITH A BLUE OR BLACK PEN

PLEASE X AND ANSWER EVERY QUESTION – IF UNSURE, Yes X

▶ Are you bringing into Australia:

- Goods that may be prohibited or subject to restrictions, such as medicines, steroids, illegal pornography, firearms, weapons or illicit drugs? Yes No
- More than 2250mL of alcoholic beverages or 25 cigarettes or 25g of tobacco products? Yes No
- Goods obtained overseas or purchased duty and/or tax free in Australia with a combined total price of more than AUD\$900, including gifts? Yes No
- Goods/samples for business/commercial use? Yes No
- AUD\$10,000 or more in Australian or foreign currency equivalent? Yes No

Note: If a customs or police officer asks, you must report travellers cheques, cheques, money orders or other bearer negotiable instruments of any amount.

- Meat, poultry, fish, seafood, eggs, dairy, fruit, vegetables? Yes No
- Grains, seeds, bulbs, straw, nuts, plants, parts of plants, traditional medicines or herbs, wooden articles? Yes No
- Animals, parts of animals, animal products including equipment, pet food, eggs, biologicals, specimens, birds, fish, insects, shells, bee products? Yes No
- Soil, items with soil attached or used in freshwater areas e.g. sports/recreational equipment, shoes? Yes No
- Have you been in contact with farms, farm animals, wilderness areas or freshwater streams/lakes etc in the past 30 days? Yes No
- Were you in Africa, South/Central America or the Caribbean in the last 6 days? Yes No

▶ Family/surname

▶ Given names

▶ Passport number

◆ Flight number or name of ship

▶ Intended address in Australia

State

▶ Do you intend to live in Australia for the next 12 months? Yes No

▶ If you are **NOT an Australian citizen**:

Do you have tuberculosis? Yes No

Do you have any criminal conviction/s? Yes No

DECLARATION
The information I have given is true, correct and complete. I understand failure to answer any questions may have serious consequences.

YOUR SIGNATURE

Day Month Year

TURN OVER THE CARD
English

YOUR CONTACT DETAILS IN AUSTRALIA

Phone ()

E-mail

Address OR State

EMERGENCY CONTACT DETAILS (FAMILY OR FRIEND)

Name

E-mail, Phone OR Mail address

PLEASE COMPLETE IN ENGLISH

▶ In which country did you board this flight or ship?

◆ What is your usual occupation?

▶ Nationality as shown on passport

▶ Date of birth Day Month Year

▶ PLEASE X AND ANSWER A OR B OR C

A Migrating permanently to Australia

B Visitor or temporary entrant

Years Months Days

▶ Your intended length of stay in Australia OR

▶ Your country of residence

C Resident returning to Australia

▶ Country where you spent most time abroad

MAKE SURE YOU HAVE COMPLETED BOTH SIDES OF THIS CARD. PRESENT THIS CARD ON ARRIVAL WITH YOUR PASSPORT.

▶ Your main reason for travel (X one only)

Convention/conference 1 Visiting friends or relatives 3 Education 5 Holiday 7

Business 2 Employment 4 Exhibition 6 Other 8

Information sought on this form is required to administer immigration, customs, quarantine, statistical, health, wildlife and other currency laws of Australia and its collection is authorised by legislation. It will be disclosed only to agencies administering these areas and authorised or required to receive it under Australian law. Form 1442) Privacy notice is available from <https://immi.homeaffairs.gov.au/help-support/departmental-forms>

07191503

© Commonwealth of Australia 2019
15 (Design date 07/19)

Border Force may ask you to open your bags. Comply with their instructions. You may also see sniffer dogs at the airport. If you see them, put your luggage on the ground and let the dogs sniff it. Do not pat the dog or in any other way distract or attract it.



After you have gone through the Border Force, you move to the Arrivals Hall. There, you will find eateries, foreign currency exchange booths, information booths and a few retailers. One thing you can buy there is a sim card for your mobile phone. Of course, you will want to contact family and friends at home as soon as you can to assure them that you arrived safely. However, it pays not to be too hasty about buying a sim card – consider various plans and providers first. Make sure that you read and understand the contract before you sign it. Check what you will pay and how often, including whether you pay more for exceeding your data or call allowance. Check how wide the network coverage is. Keep a copy of your contract, receipts and warranty. Someone from MHE will meet you there to welcome you to Australia and help you get to your accommodation by train, shuttle bus or taxi. Kingsford Smith Airport is serviced by the only private railway line in the state. It is in the Sydney suburb of Mascot, approximately ten and a half kilometres from the centre of Sydney and thirteen kilometres from MHE.

4. Welcome to Sydney, Australia!



Facts about Australia

- Area: 7.7 million square kilometres (the sixth biggest country in the world but the smallest continent).
- Population: just over 26,000,000.
- Capital: Canberra.
- Biggest city: Sydney.
- Divisions: six states (New South Wales, Queensland, Western Australia, Victoria, South Australia and Tasmania) and two territories (the Northern Territory and the Australian Capital Territory).
- Coastline: 34,000 km.

- **Flag:** The Union Jack in the top right corner shows our historic links to Britain. The big star on the bottom left is called the Federation Star. It has one point for each state and the territories share a point. The stars on the right are called the Southern Cross, a constellation which points straight to the South Pole.
- **Currency:** One Australian dollar equals one hundred cents.



- **Languages:** The main language is English (all classes at MHE are in English and MHE cannot accept assessments in any language other than English), but there are over two hundred languages spoken. Apart from English, the most common are Mandarin, Arabic, Vietnamese, Italian, Greek, Tagalog, Hindi, Spanish and Punjabi. Most government agencies and community organisations have translators to help you in your language. There are also at least forty Indigenous languages in use.

Australian Indigenous culture is the oldest surviving culture on earth. Its art, spirituality and philosophy are valued as a significant part of the Australian way of life. Europeans first settled in Australia in 1788. Each state was founded as a separate British colony.

The six colonies simultaneously declared independence and federated in 1901 to become the modern Commonwealth of Australia. Modern Australia has a wide variety of cultures, not just from England but also from Europe, Asia the Middle East and the Pacific Islands.

Australia has a wide range of climates and landscapes, from tropical rainforests to dry deserts to snowing mountains. Australian native plants and animals have fascinated the rest of the world as there is nothing like them anywhere else on earth.

Australia has a high standard of living. Australia has a huge amount of natural resources and a lifestyle which is among the best in the world.

Facts about Sydney



Population: 5,480,000

Area: 12,368 square kilometres

Suburbs: 658

Local Government Areas: thirty, twelve of which are cities within a city

Beaches: more than 100

National Parks: 8

Sydney is the oldest and largest city in Sydney. It was founded in 1788 by eleven ships from Britain, which we call the First Fleet. Since then, it has grown into a bustling, dynamic city.



Sydney is the capital of the state of New South Wales. Two thirds of Australia's finance industry is in Sydney and many multinational companies have their Australian headquarters here, making it an excellent choice for studying business or accounting.

Sydney is very multicultural. Almost a third of "Sydneyiders" were born in other countries. There are cultural events and restaurants from all over the world. Many suburbs have taken on the feel of a particular country. Burwood, for instance, has a growing Chinatown and nearby Strathfield is South Korean.

Sydney has a temperate climate with average temperatures ranging from 27°C in summer to 17°C in winter. The coastal suburbs in the east enjoy sea breezes in summer and the suburbs at the base of the Blue Mountains in the west experience icy blasts in winter. Sydney has a comfortable lifestyle. Sydney is very liveable, with relatively low crime rates. The Economist's 2021 Safe Cities Index rated Sydney as the fourth safest city in the world. But you do pay for it: Sydney has a reputation as one of the most expensive cities in the world.

Sydney is also a place of natural beauty. The captain of one of the First Fleet ships, who became the first colonial Governor,



called his landing spot "the most beautiful harbour in the world."

The Harbour is world famous and a popular place for cruise ships from Europe and America. You can still find untouched bushland surprisingly close to the centre of the



city in, for instance, Lane Cove and Kuring-Gai Chase National Parks. The variety of wild parrots make a raucous, colourful addition to your experience.

Australian Culture

After moving to a new country, it is natural to experience a time where everything feels new and exciting, which quickly changes to a longer period where everything feels unfamiliar, uncomfortable and frustrating. This low stage, known as “culture shock,” is where isolation can lead to depression. To prevent this, it is good to find opportunities to meet people. Every new student in your class is in the same situation.

It is important to make an effort to make friends and get involved in social activities together. But more than that, make an effort to meet locals, starting with your new neighbours. Find ways to learn about Australian culture and society. Try to stay positive and accept that the differences between Sydney and your hometown are opportunities to stretch your mind and improve your English.

Especially in a multicultural society like Australia, nobody expects you to ditch your home culture and language completely. Give your Australian neighbours an opportunity to experience aspects of your culture as a means of connecting with them. Be curious and investigate any part of the culture or your neighbourhood which you do not understand.

Politeness in Social Situations

If you meet someone for the first time, shake their hand. We never hug or kiss in this situation. Call people in social events and work colleagues (but not your teachers at MHE) by their first name rather than with titles. After that, saying “hello,” “hi” or “hey” and their name is a common informal greeting. If you want to sound very Australian, say “G’day” for “hello,” “How ya goin’” for “How are you” and “Hooroo” for “goodbye.” Australians tend to dress informally for most activities.

In Australia, “please” and “thank you” are common in situations where they might not be in other English-speaking countries. For instance, Australians say “please” when ordering food and drink in restaurants or cafés and thank a shop assistant for our change or what they sell us. We thank the bus driver when we get off a bus. If someone offers you anything, even if you don’t want it, we thank them. Other polite expressions include: “Excuse me” to get someone’s attention or when we burp or belch in public; and “Sorry” if you bump into someone or get in someone’s way.

Social Events

The most common way to invite someone to a social event is simply to ask “Do you want to join me?” A casual invitation can be accepted with a simple expression such as “thank you, I’d love to.”

Written invitations are only for much more formal events. If you do get a formal written invitation, it is best to reply to thank them for the invitation and say that you are happy to accept. There will be an RSVP date. This stands for a French phrase, “*répondez, s’il vous plaît,*”

and it is the last date you can reply. There is nothing wrong with including any health, religious or philosophical dietary requirements. If you eat no meat, or can only eat halal or kosher meat, or you are allergic to something, the host will make allowances for you.

After accepting an invitation, if you need to cancel, be very apologetic and explain the reason. Cancelling because someone else invited you to a better event is quite rude. If you decline an invitation, it is best to say something like "I'd love to, but I'm afraid I can't. Maybe another time?"



If someone invites you to a social event, you should try to be there on time. If you are delayed, it is polite to contact them. Apologise and give an approximate time when you can arrive. If the event is at someone's home, you are expected to bring something to contribute to the event – a bottle of drink, a dessert, something to nibble etc. The host will often say "You shouldn't have" or "You didn't have to do that" as you give it to them, but

this is purely politeness. There is nothing wrong with telling the host what you cannot eat for medical, religious or ethical reasons.

Common types of social event in Australia include:



- **Barbecues (barbies, BBQ):** Cooking meat and vegetables outside, either in someone's yard or in a park, over a hot coal grill. This is usually accompanied by salads and bread. Chicken in Australian slang is called "chook" and sausages are called "snags."
- **Bring a plate:** Everyone brings a dish, something you cooked yourself or bought. Sometimes the host will organise beforehand who will bring what. Other times, the host will just

say, "bring a plate" and everyone decides for themselves. This is a great opportunity to teach Australians about the food typical in your home country!

- **Catch-up:** A very informal gathering for two or more friends which may happen anywhere. Cafés are everywhere in Sydney and Sydneysiders love our coffee! You can catch up with someone over a cuppa (that is, a cup of coffee or tea) or over a meal at their home. But be careful to know what you are doing because "have tea" in Australian speech actually means have an evening meal. If you go to restaurants, remember that tipping is not common in Australia. You might also invite someone to "pop round," that is, to come casually to their home for the evening or for the arvo (an afternoon).



For more Australian sayings you will see and hear, see [Over 125 Australian Slang Terms & Phrases | Guide to Aussie Slang \(nomadsworld.com\)](#).

Australian Public Holidays



- New Year's Day – 1st January:** Huge crowds gather around Sydney Harbour to watch the spectacular annual New Year's Eve fireworks display. It is traditional to stay up until midnight to celebrate the start of the new year.
- Australia Day – 26th January:** The Australian national day celebrates the birth of modern Australia, when the First Fleet landed in Sydney on 26th January, 1788. It is a popular day for citizenship ceremonies as well as for community festivals and parades.
- Easter:** This is the holiest and most solemn time of the year for Christians, as the Friday recognises the day Jesus Christ died and the Sunday recognises when He rose from the grave. Whether you are a Christian, any other religion or have no religion, it is a four-day weekend from Good Friday until the following Monday. Traditionally, the Easter Bunny delivers Easter eggs made of chocolate but in Australia, an Australian native animal called a bilby often takes its place. Hot cross buns and fish are also traditional Easter foods. Another tradition is the Easter bonnet parade, where children make decorative bonnets.
- Anzac Day – 25th April:** A day to remember all Australians who died in war. The first armies that were truly Australian or New Zealand (not part of a British Empire army) arrived in Gallipoli in Turkey to fight the Ottoman Empire on 25th April, 1915. Over the next nine months, over ten thousand Australians and New Zealanders were killed. We mark the anniversary with a memorial service at dawn, which includes a solemn Ode of Remembrance, which concludes with the motto of the day, "Lest we forget." We wear poppies, the flowers which grow wild in Gallipoli, and rosemary, a herb which stimulates your memory. Current and former soldiers march in parades. A gambling game called two-up is only legal on this day every year, provided that winners donate part of their winnings to a charity that supports war widows and orphans. In the game of two-up, we balance two coins on a short piece of wood (called a kip) and flip them into the air. They have to fall as both heads or both tails – if it is one of each, you have to flip again. You bet on heads or tails. When you throw tails, your turn to flip ends and the next player takes the kip. Anzac biscuits are made with golden syrup and oats.
- The King's Birthday – Second Monday in June:** His Majesty King Charles the Third became the ruler the British Commonwealth, which includes Australia, on 8th September 2022. He appoints the Governor General, the Australian Head of State to oversee the Federal Government, and the Governors who oversee each State and Territory



Government. Although Australia has a significant Republican movement, we still admire the King and the Royal Family.

- Labour Day – First Monday of October: This celebrates the importance of workers and the trade union movement.
- Christmas – 25th December: For Christians, this is the birthday of Jesus Christ. It is only



relatively recently that Australia has started to develop local Christmas traditions, mostly maintaining British traditions which assume that Christmas happens in the middle of winter. One exception is Carols by Candlelight, where large crowds gather outside at night with candles to sing Christmas songs together. People decorate their houses with lights, Christmas trees and lots of other decorations. Santa Claus comes at midnight to give us presents. People gather, and we eat a wide variety of traditional foods. The day after Christmas is called Boxing Day and is a major day for sport, including an annual yacht race from Sydney to Hobart (in Tasmania), international cricket matches and a tennis tournament.



Other Events

Other major cultural events which are not public holidays in Australia include:



- Chinese (Lunar) New Year: Sydney has the biggest Chinese New Year festival in the world outside China with lanterns, the animals of the Chinese zodiac and celebrations of Chinese culture. In the centre of Sydney and several suburbs, lion dancers march down streets and go into Asian shops to bring them good

fortune.

- Mother's Day – the second Sunday in May: a day to honour your mother with gifts and a special meal.
- Vivid – May to June: A festival of lights, music and ideas in the centre of the city and some suburbs.
- Naidoc Week – the first week in July: A nationwide celebration of Australian Indigenous culture and history.
- Christmas in July: We do Christmas in December, too, but all the traditions from England are more suited to the middle of winter so sometimes we choose a day in July to practice them.
- Father's Day – the first Sunday in September: a day to honour your father with gifts and a special meal.



- Melbourne Cup Day – First Monday in November: The Melbourne Cup is a horse race, called “the race that stops a nation.” Melbourne is the only place in the world which has a public holiday for a horse race. Across Australia, people stop whatever they are doing for a few minutes to watch the race. There are many social events for the Melbourne Cup around Australia, where you play a game called a sweep. In a sweep, you pay to pick the name of a horse randomly. If that horse comes first, second or third, you win a prize.



Many suburbs or councils have their own local events, some of which commemorate a famous



local historical character or event. There are often stalls, parades, carnival rides, concerts and fireworks. Burwood’s is in October. It is worth checking on your local council’s website to see when yours is.



5. Setting Yourself Up in Sydney

Accessing your Money

DoHA requires you to verify that you can afford to pay for yourself while studying in Australia. On 23rd October, 2019, the minimum annual amount available to an international student was set at \$21,041. See [Updated cost of living financial requirements for student visa applicants - Austrade](#) for more details. Living costs in Australia depend on your lifestyle, but a typical budget is around \$26,000 Australian dollars. See [Education and living costs in Australia \(studyaustralia.gov.au\)](#) for guidance in setting a realistic budget. Your first few weeks in Sydney will be a lot more expensive than an average week. You will have to consider initial expenses, such as new furniture, as well as ongoing expenses, such as groceries.

You can transfer money automatically around the world using services such as Western Union or OFX. These can take time, so make sure that you have alternatives. If you bring cash with you, convert it to Australian dollars as soon as you can at the airport or at any bank. No other currency is ever used in Australia. Remember that you may get less than the published exchange rate because the exchange service can charge a fee. With traveller’s cheques or credit cards, this is not an issue, and in any case, they are safer than cash and replaceable.



Automatic teller machines (ATMs) are not hard to find when you need Australian currency or to transfer money between Australia and your home country, check your balance, get a statement or make a deposit. Not all ATMs are connected with a particular bank and they are in a lot of convenience stores, shopping centres and service stations. You

often need to pay a small fee to use an ATM not owned by the bank where you opened your account, but if your card has a Cirrus logo, it is free to use an ATM with that logo anywhere in the world. Many banks charge fees for some of their services and these vary considerably from one bank to another.

Almost every good and service can be paid for with a credit or debit card at an Electronic Funds Transfer Point Of Sale (EFTPOS) terminal. Many smaller retailers, however, specify a minimum amount that you can pay by EFTPOS so it is still wise to carry a little cash. The most common



credit and debit cards in Australia are Visa and MasterCard. American Express and Diners Club are rarer here and not all retailers accept them. To use an ATM, you generally need a Personal Identification Number (PIN) but PINs are becoming rarer for

EFTPOS. Cards with chips can simply be tapped to pay automatically. In some shops, you can also withdraw cash from your bank account while paying by EFTPOS. Cheques are very rare in Australia nowadays.

To open an Australian bank account, you need to prove your identity. You need to show the bank originals of your passport, student ID card or other proof of enrolment and a print of your visa. Another useful identifiers are your driver's licence and the NSW Photo Card, which can be issued to anyone who lives in NSW by the State Government – see [Apply for a NSW Photo Card | Service NSW](#) for details. If you have other documents from your home country, such as a birth certificate, they may be acceptable as well but you need official certified translations. To be official and certified, they need to be signed by a Justice of the Peace (JP). You can find a JP in some shopping centres (ask at centre management for availability times), a police station, a courthouse (the nearest to MHE is at 7-9 Belmore Street, Burwood), your local council, some libraries, some chemists and financial institutions. Also, any copies of these documents need to be certified but taking originals is always preferable.

The larger Australian banks have services specifically to help new arrivals to Australia open local bank accounts. With some, you can even open an account before you leave home, which is a great help for paying rent and for getting a job. Ask if your chosen bank has a special account for students. For details, see:

- ANZ: Moving to Australia | ANZ
- Commonwealth: International Banking team – CommBank

- National Australia Bank (NAB): Open an Australian bank account from overseas | Apply online - NAB
- St George: New to Australia (stgeorge.com.au)
- Westpac: Bank Accounts: New to Australia | Westpac

Tips for Staying Safe:

- If possible, use an ATM in a well-lit area where there are lots of other people around.
- Don't let other people know your PIN.



- Make sure that nobody is looking over your shoulder or watching the keypad when you use the ATM.
- When you touch the buttons on the ATM, cover it with your other hand.
- If your card is lost, stolen or damaged, contact the bank immediately and they will cancel the card.
- Do not keep all your cash and cards in the same place. Carry some of your money and cards in different pockets, in your shoes etc.
- Try not to carry a lot of money around with you and if you do make sure that other people do not know about it.

Avoiding Scams

Scams are misleading, illegal activity designed to get money or get access to your private personal information. It is very hard to get any money back once a scammer has it. Unfortunately, scams are common in Australia and international students are particularly targeted.

If you get a phone call or email from someone who says that they are from your bank, from MHE, from a Federal or State Government Department, from the police, or from any organisation you might have dealt with, you should be a little careful. Banks, government and the police never call you to ask for your information. Do not give any personal information over the phone or click any links in the email. Contact the organisation with contact details you already know or that you find on their website, not the details they give you in the email or over the phone, and check if they had a reason to call you. If it was genuine, they may transfer you to the person who originally spoke to you.

Good resources for being safe from scams include Home | Scamwatch and The little black book of scams | ACCC.

Tips for Saving Money

- Before you buy something, always ask yourself: can I live without this?
- Keep all your receipts for anything you buy without cash. Check them all against your bank account. If you find anything on your bank account that you can't match to a receipt, it might be a fraud. Contact the bank and discuss it with them.
- Be aware of things which can drain your budget, especially cars, fast food, mobile data (choose your plans carefully) and cigarettes.
- Plan ahead and set budgets.
- Always pay off your credit card as early as you can. If you pay it even one or two days after the due date, it can charge very high interest. Especially avoid using it for cash advances.
- Consider buying clothes and household goods second hand. "Op shops," like Vinnies at 143 – 145 Burwood Road, raise funds for charity by selling donated clothes, furniture, books etc cheaply. Other common op shops in Sydney include Salvos, Lifeline and Red Cross.
- Plan meals in advance and search online for cheap easy recipes. Eat similar meals over a week so that you save money by buying ingredients in bulk.



Rental Accommodation

Your New Home

Remember that it is a condition of your visa to update your address with DoHA within seven days of moving in.

When you move into a new property, the landlord (the owner of the property) will want a bond. The bond is usually equal to a month's rent and is supposed to guarantee that you will look after the property. They can also make you pay a holding fee, of up to two week's rent, to guarantee the property for you. The landlord or real estate agent must deposit the bond with the NSW Department of Fair Trading. If anything needs major cleaning or repairs when you move out, the landlord uses the bond to pay for it; otherwise, the landlord will repay the bond to you.



Make sure that you know exactly how you will pay the rent. There has to be a record to prove that you paid it: either you pay directly from your bank account, so your bank statement proves it, or else the landlord or real estate agent must give you a receipt every time.

The lease is a legal contract giving you and the landlord rights and responsibilities. Read the lease very carefully before you sign it. It might say that you are not allowed to have pets,

smoke inside or whatever other rules the owner might choose. The lease also often contains a list of any furniture or equipment in the property, which you have to agree to maintain.

Before you sign, you and the landlord must inspect the property together to give you both an idea of the state of the property. In your first week of living there, you and the landlord or the real estate agent have to complete a Condition Report. The property has to be in much the same condition when you move out as it was when you moved in. Essential things to check during the inspection include:

- What is in the laundry? Make sure that you know how to use the washing machine if there is one.
- Does the property have a landline telephone? If it does, write down the phone number.
- Do all the lights work?
- What is in the kitchen – a fridge, an oven, a microwave, a freezer etc? Do they all work?
- Is the water connected? Try to turn on the hot water in the bathroom or laundry and flush the toilet. The landlord has to make sure that the phone, electricity, gas and water are connected before you move in. These bills may be included in the rent or may be extra.
- Check the walls for any mould or dampness.
- What furniture and appliances are there?
- Look for any air conditioner or other heating and cooling.
- Check carefully for any pests or bugs.
- How close is it to essential shops, bus stops or railway stations?
- Is the neighbourhood noisy or quiet?
- Ask the landlord if there is a lot of crime around.
- Do you notice anything that needs repairs?
- Is there a garden or yard? If there is, how big is it? Is there a shed?



If there is any problem with your landlord or you need advice, one good place to start is the Tenants' Union Home | Tenants' Union.

Flatmates

Sydney has been through a major housing development boom recently. The average rent in Sydney is \$2,124 per month for a unit or \$2,600 for a house. A useful way to share the cost, as well as the responsibilities, is by looking for flatmates.

Choosing the right people can be a long and anxious process. Obviously, you need to be certain that you can trust each other and that there will be no serious conflict between you. Generally being respectful, helping each other and supporting each other are key but there are many issues to consider and questions to ask each other before you decide to move in together:

- Do your personalities conflict? For example, if you are an extrovert who needs large crowds and interaction, could you live with an introvert who needs quietness?

- Do your lifestyles conflict? For example, do you get up very early and they need to stay up very late? What about the times you eat or study? Do you share their hobbies (or at least, can you tolerate their hobbies)?
- What cleaning and other household chores will each do? What if one is satisfied that a room is clean enough when the other thinks that it is too messy or dirty?
- Does one of you have dietary requirements? (For example: one might be allergic to a certain food; one might be vegetarian or vegan; one might only eat Halal or Kosher food; one might be coeliac.) Will the others consider them when they cook?
- Does it matter if one is a smoker and the other isn't?
- Do you have any views or passions which might be controversial but you cannot compromise on?
- How much privacy do you each need?
- If you invite family or friends that the others do not know, can the others join your activities?
- What in the home will everyone share and what will belong to just one of you?
- Can one focus on studies if the other is listening to music or watching television?
- How will you keep track of household expenses and who uses what groceries, products or services? How will you share the bills?



It is worthwhile to consider writing an agreement together that will include answers and responses to the above questions and give every flatmate a copy. Although this agreement is not a legal contract, it will make sure that everyone shares the ideals about living together well. Deal with problems as they come up, so that a few small problems do not add up to one major problem later.



Good places to find flatmates include:

- Noticeboards around the campus
- Noticeboards in your local shopping centre or public square (to put signs there, you may need permission from the managers of the shopping centre or from the local council – check first)
- Websites such as FlatmateFinders.com.au - Australia's #1 Flatmate Matching Service | Since 1987 or Share Accommodation | Flatmates.com.au

Housekeeping

Make sure that everything in the house is regularly cleaned and works efficiently. Landlords can make inspections of the property (remember that it does belong to them, not to you) and if anything is damaged or broken you can forfeit your bond. If anything that was part of the

initial inspection breaks down or is damaged, whether it is your fault or not, you should tell the landlord or their agent. They will organise replacement or repairs.

Try to control how much you use utilities. Turn off electrical items when you are not using them. Make sure that taps and toilets are not leaking. If you need an electrician or a plumber, your lease may state that you can call one or that it is the landlord's responsibility.



Councils (local government areas) organise regular weekly garbage collection. Learn which day of the week you need to leave your bins on the kerb outside your property for the council garbage collectors to empty them. Recycling is considered important in Australia and there are bins especially for recycling – the colour of the lid is often the code for what you should put in. Different councils have different rules, but the general rubbish is collected weekly everywhere in Sydney. Talk to your landlord and your neighbours and find out which

local council area you live in and what the roster is, or else go to [Find Your Local Council - Office of Local Government NSW](#) and then check the council website.

By law, every home in NSW needs a fire alarm. Twice a year it is a tenant's responsibility to change the battery. The fire alarm is attached to the roof in or near a bedroom.



Grocery shopping is convenient in Australia. Most supermarkets are open until late seven nights a week. There are specialty ethnic supermarkets, such as Tongli (Chinese) Supermarket in Burwood Plaza and Indian Movie World and Grocery Store at 2b/56-60 The Boulevard, Strathfield. Woolworths Supermarket in Burwood Plaza and Coles Supermarket in Westfield Burwood have sections for ethnic food. To find Halal food, you can try [Halal Food and Groceries Database in Australia \(halalsquare.com.au\)](#) and for Kosher food, try [Jewish Australia | Jewish Australia](#).

Getting a Job

At the time of writing, DoHA had temporarily eased the work restrictions on student visas due to Covid-19. The usual rule is that student visa holders may work a maximum of twenty hours per week (including unpaid internships) during trimesters but currently student visa holders may work unlimited hours. See [Temporary relaxation of working hours for student visa holders \(homeaffairs.gov.au\)](#) for details.

However, this does not change the fact that the sole purpose of a student visa is to allow you to study. Your job must not prevent you from attending classes or doing private study. MHE cannot accept work commitments or pressure from your employer as an excuse for absenteeism, not submitting an assessment on time or not being prepared for a final assessment. Your attendance and progress have to be satisfactory. You must remain enrolled in a course at the same or higher Australian Qualification Framework (AQF) level as the course you were enrolled in when you applied for the visa. If you enrol in a course at a lower AQF level, you have to apply for a new visa. To understand AQF levels, see [Home | AQF](#).



Things to consider before you start looking for a job are:

- **Your bank account:** the most common way to pay your income is straight into your bank account. Paying cash in hand is illegal in Australia because it encourages tax evasion. You need to be sure that your employer can deposit your pay into your bank account, which might prove difficult if you still use an overseas bank.
- **Income tax:** tax is automatically deducted from your income. To arrange this, you need to apply for a nine-digit Tax File Number with the Australian Taxation Office. Please see [Foreign passport holders, permanent migrants and temporary visitors - TFN application | Australian Taxation Office \(ato.gov.au\)](#) for full details. At the end of each



financial year, your employer will give you a Payment Summary which you have to use to lodge a tax return to the Australian Taxation Office. If you have to buy anything for your job, keep receipts because the cost is deducted from your tax on your tax return.

- **Child protection:** If your job (including voluntary work) involves working with children, you need a Working with Children Check from the NSW State Government. See [Apply for a Working with Children Check | Service NSW](#) for details.
- **Superannuation (or just "super"):** Your employer has to contribute a percentage of your income to a compulsory savings which you cannot access until you are at least 65 years old. If you leave Australia permanently before you turn 65, you can take it but it is heavily taxed. You can contribute your own payments to super. Your employer will choose a super fund for you if you do not already have one. If you work for more than one employer in Australia, give your new employer details of the super account from your first employer to keep all your super going into the one fund.

Job Hunting

The job market in Australia is very competitive. You need to present well and sell your skills well to get a job. MHE's Student Support Officer can help you write a CV and cover letter and practice for job interviews if you need help with English.

Good places to look for work include newspapers and notice boards. Jobs on student notice



boards will understand that you need flexible working hours. Also, let people around you know that you are looking for a job. Go into businesses near your home or MHE with your CV

and introduce yourself. If you look keen and confident, they may call you when they need work. You might think that you just need a job to help you pay your living expenses in Sydney, but also consider jobs which give you some experience in the field you are studying.

Websites for helping you find jobs include:

- SEEK - Australia's no. 1 jobs, employment, career and recruitment site
- Job Search - Find Every Job, Everywhere with Adzuna
- Job Search Australia | Jora
- Job Search - Find Your Next Career Opportunity | CareerOne
- Job Search | Indeed

Is it legal?

- The Federal Government enforces a minimum wage, which was set at \$21.38 per hour on 15th June 2022.
- If you get a work contract, you cannot be pressured to sign it before you have read it carefully. Make sure that you understand what work you have to do, what sort of business it is and what conditions the employer will put on you before you can sign it. Tell the employer that you have a student visa and have to abide by its rules. If the employer does not give you a work contract, Australians would probably call the job “dodgy,” that is, dishonest and unreliable.
- The employer cannot discriminate against you because of your gender, marital status, sexuality, race, age or religion. The employer must ensure that the workplace is free of discrimination, harassment and bullying.
- Australia has extensive Work Health and Safety legislation. Exit signs and fire exits must be clearly marked. Protective equipment and clothing must be supplied if it essential for the job. Hazards must be indicated with signs and/or removed as much as possible. There must be fire safety equipment and a first aid officer.
- You must receive appropriate training and supervision.

Bringing Your Family

It can make the culture shock and disruption of moving even harder if you have to go through it without your loved ones. However, many people consider it better to settle in Australia first and then bring their family to join them. It gives you a chance to give them a place to stay and a smoother transition to a new home.



If student visa holders intend to bring spouses and dependent children to Australia, DoHA generally allows it if you can prove that you can support them here. See [Bringing family with you on an Australian student visa | Student](#)

timeshighereducation.com for details. There are a lot of issues to discuss with them and other factors to consider:

- Can you pay for two or more airfares and travel insurance policies?
- You might need a larger home, which means that rent will be dearer.
- Can you pay for extra food and essential living costs? Even if buying for two or three people allows you to spend less per person, it still costs more.
- Will your spouse have a job? If so, you have to make sure that their visa allows it.
- If you are studying and your spouse is working, who will look after your children?
- How will moving to Australia affect your children's schooling?

Dependent Children

There are commercial childcare centres in Australia for children whose parents work and who are too young to go to school. You need to plan and act shrewdly to book your child into one. They have limited places and long waiting lists. Prices vary considerably. It is worth noting that childcare is not merely babysitting; childcare workers are trained educators who organise structured activity designed to introduce reading, writing, social skills, physical development and mathematics at a level appropriate for your child's age. Conduct online research of the childcare centres near your home and compare their services, prices and vacancy rates.



If your child is between five and seventeen years old at the start of the calendar year when you arrive, the law states that they must attend a school full-time. Public schools are administered by the NSW State Government. For more information, see [NSW DE International Education | NSW DE International Education](#). Private schools are often administered by churches or other religious or cultural organisations. They have broadly similar curricula. To find an appropriate school, consider the location and culture of the school and other aspects of the school life at [Home](#)



(nsw.gov.au) and the school's website. Many schools offer before and after school hours care, generally from about 7:30 am until about 6:00 pm so check if the schools near your home offer that service and if there is an extra charge for it.

Your children will need provisional enrolment at a school before they can qualify for an appropriate visa. The school should issue a Confirmation of Enrolment either on paper or electronically. Once this happens, you will be responsible for paying for school uniforms, books, food and transport to and from the school.

6. Studying at MHE

Coming to MHE for the First Time



- Enrol. Bring your CoE and offer letter to the campus at 4/4 Railway Parade, Burwood to enrol and finalise your class timetable.
- Update your address and phone number.
- Get your photo taken so that you can collect your student ID card.
- Mark Orientation in your diary. Orientation is compulsory for all new students, whether international or domestic.
- Access your student email address and change your password.
- Log into the Learning Management System. This can be accessed from the home page of the MHE website. For each unit you are enrolled in, access the Unit Outline and study resources.
- Get a list of textbooks to buy. Good places include:
 - Textbook Finder | Booktopia
 - Cheap textbooks — StudentVIP
 - textbooks | Textbooks | Gumtree Australia Free Local Classifieds
 - Amazon.com.au : textbook
 - Book Depository: Free delivery worldwide on over 20 million books
 - University & High School Online Study Tools - Zookal AU
 - The publishers' websites.

It is also a good idea to familiarise yourself with the layout and floor plan of the campus: where the staff work, where the library is, where the bathrooms are etc. Then, explore the surrounding streets and discover the shops and services nearby.

The information in the Student Handbook and Orientation might seem overwhelming but there is no need to worry. You do not need to learn it all at once. You can refer to it and to policies and procedures on the MHE website as you need them. MHE staff are always ready to guide and support you.

You will receive a Unit Outline for each unit. Read each one carefully. It gives important information about what you need to do to succeed. Especially make sure that you know:

- exactly where your classrooms are
- who your lecturers and tutors are and when and how you can contact them
- what textbooks and other reading material you need and how to access it online
- all about your assessments:
 - when you need to submit them
 - what types of assessments they are
 - what format they need to follow
 - what parts of the curriculum they cover.

Look at your student email at least once a week, as well as at the Learning Management System and the MHE website. They will tell you important information about your enrolment, tuition fees, student support, students' social activities and graduation.

Attending Lectures and Tutorials

MHE will monitor your attendance at lectures and tutorials. You must maintain a very high attendance rate to maintain your visa eligibility. They are essential parts of your learning. They are the very minimum you need to survive at MHE.



In lectures, focus on taking clear, brief notes that summarise the content. Highlight or underline the key concepts. Later, compare your notes with your classmates' notes and with sections of the textbook and reading materials.

Tutorials are much more interactive than lectures.

In tutorials, you will complete exercises, take part in discussions, solve problems, hold debates and even simulate business environments. Sometimes you will do entire assessments in a tutorial in front of the tutor. Do your best to demonstrate your keenness, curiosity and passion for the subject. The tutorial is the place to show understanding of the lectures and textbooks, ask questions about them and apply them in realistic situations.



Personal Study

An institute is not like a school: at school, it is the teacher's job to make you learn; at an institute, it is your job. Lecturers and tutors at an institute like MHE are responsible for guiding you to what you need to learn and giving you feedback on how well you are learning; the learning itself is the students' responsibility.



You need to organise your own personal study timetable, which should assign ten hours per unit per week for study (including lectures and tutorials). Set your timetable before your first class in each trimester and stick to it with discipline as much as you can. Your study hours can be alone or with classmates (some

assessments require collaboration) at your home, in a library or anywhere else that works for you. Remember to leave gaps in it for travelling time between your home and the campus, as well as any work and other commitments.

Diversity and Equality

The "fair go" is a big part of Australian culture, meaning that everyone is treated equally and justly. MHE students come from a variety of cultures and backgrounds. MHE is committed to promoting a safe, peaceful, welcoming environment for all its staff and students. MHE has no place for discrimination from its students or its staff. MHE has policies and procedures in place to prevent unfair practices. Sexual harassment or assault are unacceptable at MHE and if you experience them on campus or elsewhere you can contact the police. MHE will never tolerate discrimination against LGBTQI people, or against people of particular ethnic or religious backgrounds.

It is considered acceptable to disagree about almost anything in Australia. You are encouraged to express your opinions in writing or speech. There are many schools of thought, religious beliefs, political beliefs and new ideas in Australia, all of which are equally welcome. Your tutors will be happy to hear a diversity of opinions in class if you can support them with research. It is not acceptable, however, to express hatred, incite violence or threaten people who disagree with you. You are encouraged to tell someone, "Here are some facts and observations which explain why I disagree with you," but you cannot say, "If you believe that, you are stupid." You may not misrepresent others' opinions, make false accusations against others or use their words or private information without their consent.

If you have a disability, ongoing illness, or other physical or mental disadvantage, discuss this early with staff. MHE will organise adjustments to your classes and assessments to make them fairer for blind or deaf people, people in wheelchairs or learning disabilities. MHE can also help if you need extra English language support. If you have any concerns about these issues, talk to your Course Coordinator.



Personal Safety on Campus

MHE cares for the safety of all its students and staff. There is always at least one first aid officer on campus. MHE monitors its campus constantly to find and fix any potential risks. If you spot a possible risk, we encourage you to point it out to staff. Both staff and students are expected to use common sense and to do nothing to endanger themselves or each other.

The name and contact details of the Designated Safety Officer will be on signs around the campus. If you or anyone you see is involved in a critical incident, you should contact the Designated Safety Officer straight away. Critical incidents include:

- missing students
- severe verbal or psychological aggression
- death, serious injury or any threat of these
- natural disaster
- domestic violence and sexual assault
- drug or alcohol abuse.

The Designated Safety Officer will assess the nature, seriousness and scope of the incident and then put in place an immediate response. Their first priority will be to ensure the safety of everyone present and to minimise any risk to anyone. They will also call police, ambulance or any other necessary services. MHE will ensure that any person directly or indirectly involved in the incident gets the support they need.

For advice for staying safe while studying here, the NSW Police Force have produced this helpful series of videos: [Stay Safe in NSW: Advice For International Students - NSW Police Force - YouTube](#).

You will have to use the internet a lot in Australia to study and for social reasons. It is generally safe, but there are some simple safeguards to help you avoid being a victim of online crime:

- Never post your personal contact details on an insecure website
- Maintain your privacy settings
- Change your passwords regularly and never write them down
- Keep your anti-virus software updated
- When spending money online, use a secure payment platform such as PayPal
- Never reply to emails that ask for your personal details. If you get an email or text message from your bank, an insurance company, a government department etc, contact them (not using contact details in the email or message) to make sure that it's genuine.

7. Living in Sydney

Sydney Transport

Sydney is well-serviced with cheap, efficient public buses, trains, light rail and ferries, which are administered by the New South Wales State Government.

We pay for all public transport (not taxis) by storing credit on an Opal Card. You can get an Opal Card and “top it up” (that is, add credit to it) at railway stations and at several retailers such as supermarkets, convenience stores and newsagents. You can also get the Opal app, which lets you automatically top up from your bank account. There is no charge for the card itself, but you have to put a minimum of twenty dollars’ credit on it when you get it. You can also order one online. See [Get an Opal card | transportnsw.info](http://transportnsw.info) for details. **Note:** the student concession for Opal Cards is only available to international students if their study is fully funded by specified Australian Government scholarships.

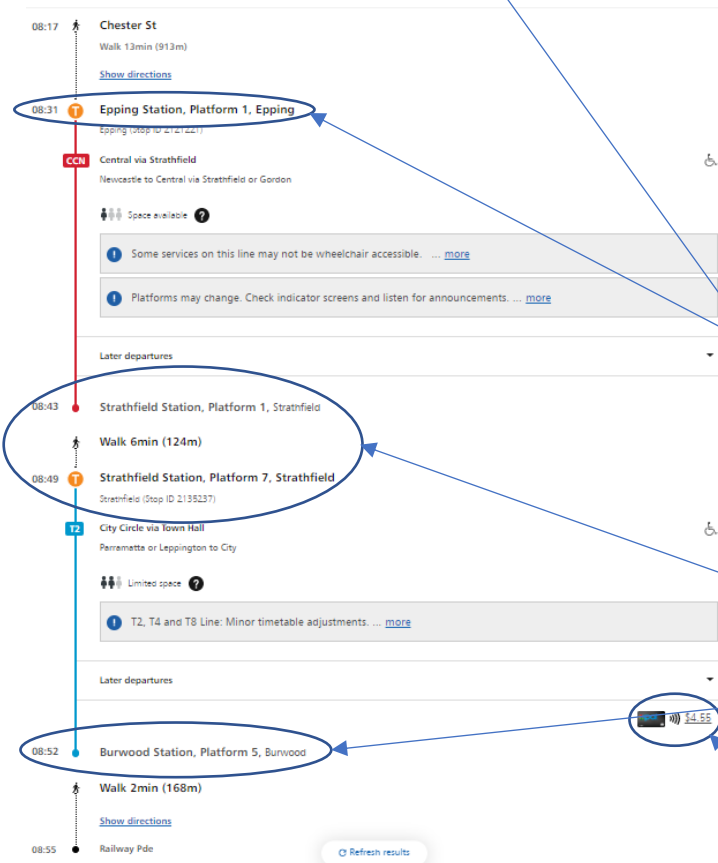
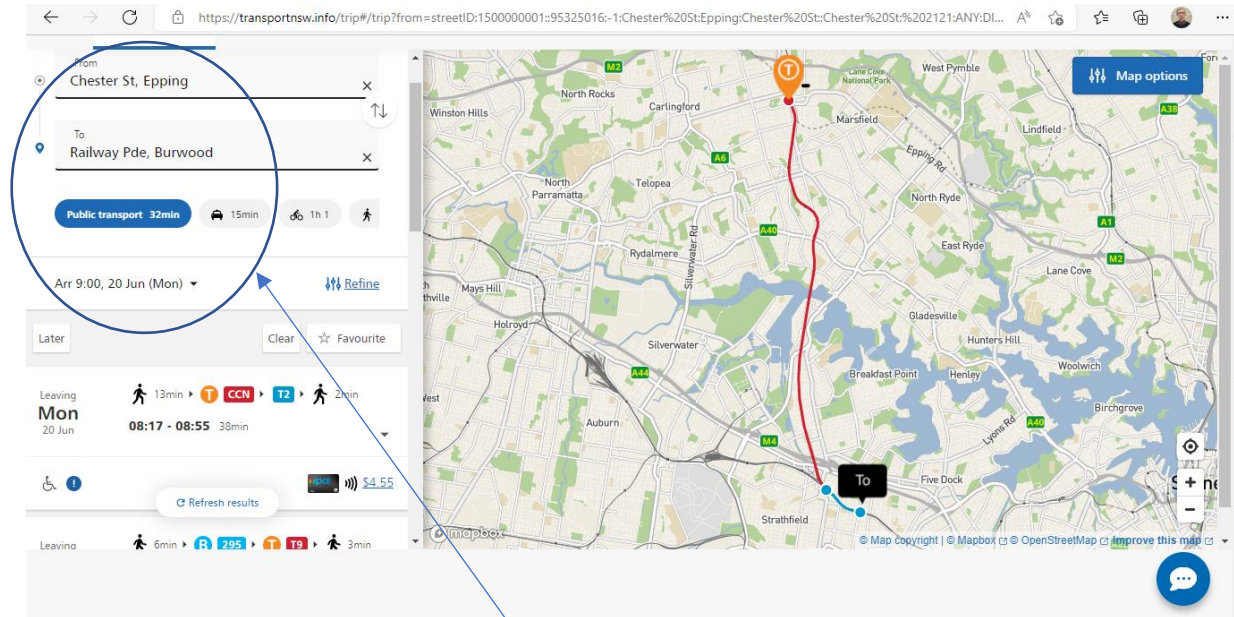


By “tapping on” when you get on a bus or enter railway station or ferry wharf and “tapping off” when you get off or leave (that is, touching the card to the circle on the card reader), the card automatically deducts the fare from your credit. You can register your card online, which helps keep track of your travelling and keeps your credit if your Opal Card is lost or damaged.



Planning a Journey

You can plan a journey around Sydney at Home | [transportnsw.info](https://transport.nsw.gov.au). This useful website offers timetables for every regular route and important news, such as when railway lines are closed for maintenance, which often happens on weekends (when this happens, trains are replaced by shuttle buses between stations) and cancellations. You can also enter a beginning point, a destination and a desired arrival time and it will give you the most efficient journey.



The page How to use the Trip Planner | transportnsw.info is worth reading if you intend to travel around Sydney by public transport a lot. It may take some time to get used to the codes they use in the summary of the journey. For the illustrated trip, the most important points are:

- The easiest way to travel from the suburb of Epping to MHE in time to start a class at nine o'clock on Monday morning is to catch a train which leaves platform 1 at Epping Station at 8-31 am.
- You have to change trains at Strathfield. You have six minutes to walk from platform 1 to platform 7.
- The train reaches Burwood Station at 8-52 am.
- The trip costs \$4-55, which is automatically deducted from your Opal card if you tap on at Epping

Station and tap off at Burwood Station.

Tips for Staying Safe:

- General tips:
 - Always keep your belongings as close to you as possible.

- Don't take out your Opal card until you are ready to tap on. While travelling, put it away and don't take it out again until you are ready to tap off.

- On trains and light rail:



- Look for the Emergency Help Points where you can call a guard for help. Stay near them at night.
- Stay behind the yellow line on the platform until the train or light rail you want to catch is stopped and its doors are open.



- On buses:

- Try to avoid dark, isolated bus stops. Whenever possible, stay in well-lit areas.
- Especially at night, sit close to the front of the bus near the driver.
- At bus stops, stay well away from the kerb until the bus is close enough for the driver to see you.

Public Transport Etiquette

- To signal to the driver to stop for you, hold your arm horizontally.
- Wait until people have got off the bus or train before you get on. While they are getting off, don't stand directly in front of the door but to the side. Follow the arrows on metro stations to get on and off.
- You may eat or drink on trains (but you may not drink alcohol) but you are not allowed to eat or drink on buses.
- You may not smoke or vape on any public transport or on railway stations.
- Some trains have "quiet carriages" where you have to keep silent.
- Never put your feet on a seat.



Taxis and Uber

Taxis can be very expensive for travelling. They charge by the distance you travel with extra charges for bookings and carrying luggage. You can book a taxi by phone, which also incurs a booking fee. They must have a meter displaying the cost which has to be clearly visible to you. Taxi drivers also have to display their licence and a taxi number.

It is safer to sit in the back behind the driver rather than next to the driver. If the driver is rude, offensive or intimidating, you can ask the driver to stop and get out or get out when it stops at a red light and make a note of the licence number. You can report them by calling 1800 302 750 (phone numbers beginning with 1800 are free from any phone in Australia).

Uber is a service where people drive you around in their own cars. You can book an Uber through an app on your mobile.

Driving

If you have a driver's licence from your home country, you can use it legally for up to three months after you arrive in Australia. After that, you need to apply for a driver's licence from the NSW Government. For full details, go to [Driver and rider licences | Service NSW](#). Part of getting a NSW driver's licence is a knowledge quiz on the road rules, which you need to study carefully. Police can pull cars over randomly to test you for drugs and alcohol. The maximum amount of alcohol you may drink before you are over the legal limit is much less than what might make you seem drunk. Wearing a seatbelt is compulsory for the driver and all passengers. There are large fines for breaking the law and a system of demerit points. Offences can put points on your licence and your licence is cancelled if you get twelve points.



Owning a car in Australia is expensive. Apart from the cost of buying the car and petrol, there are several other compulsory costs, such as car insurance and registration. Car parks can often have high fees and parking on a street in some areas means that you have to keep feeding coins into a parking meter. Lots of major roads around Sydney are toll roads and an e-tag from Service NSW is essential for paying for toll roads in NSW. For information about e-tags, see [How to get an electronic tag or pass | NSW Government](#).

Good places to buy a relatively cheap used car include [Find cars for sale in Australia \(tradingpost.com.au\)](#) and [cars | New and Used Cars, Vans & Utes for Sale | Gumtree Australia Free Local Classifieds](#). Alternatively, you may consider car sharing schemes, such as [GoGet - Australia's Leading Car Share Network](#), [Car Sharing Across Australia | Car Next Door](#) or [Flexicar - Home](#). Before buying a car, especially a used car from a private seller:

- Shop around. Find the best prices.
- Check the car's service history. The car should have a logbook saying when it has been taken to a mechanic for servicing.
- Ask the seller to let you take the car for a test drive. How does it feel? How does it sound?
- Pay a mechanic for car safety inspection.
- Check the car on the Personal Property Securities Register at [Personal Property Securities Register \(ppsr.gov.au\)](#) to see if the seller owes money for it. If it does when you buy it, you might have to repay that debt.

Riding a Bicycle



Sydney has a growing network of convenient bicycle paths. They are clearly indicated, both on the path itself with arrows on the ground and with signs showing directions and distances to places. Sometimes they run alongside a road; others go through parks well away from cars. Many bike lanes have places for secure bike parking at distances along the sides. Some are for bikes only; others are shared with pedestrians. If you see a pedestrian on a shared path in front of you, ring your bell to alert them. The etiquette is that pedestrians should move to the edge to let you go past.



Riding a bike is much cheaper and easier than owning a car, but there are still several laws you have to study and obey, including:

- compulsory wearing of helmets
- Use hand signals for turning
- In a group, ride in a line one in front of the next, not side by side
- Stay at least a metre away from parked cars
- Do not wear headphones while riding.

The cycleway finder at [Cycleway Finder - Bicycles - Roads - Roads and Waterways – Transport for NSW](#) shows you the locations and conditions for cyclists near you.



Pedestrian Safety:

- Whenever possible, keep to main roads and streets with good lighting.
- Pay attention to your surroundings. Do not let your mobile distract you.
- Make sure that people around you cannot see your money or valuable or important possessions. Keep your belongings close to you.
- Look towards oncoming traffic before crossing a road. Remember that we drive on the left-hand side of the road in Australia. Never assume that a driver has seen you or will stop for you before you step onto the road.
- If possible, cross at a zebra crossing or at traffic lights.
- If possible, walk on a footpath. If there is no footpath, face oncoming traffic, that is, walk on the right side.
- Never try to cross a railway line.



Posting Letters



Australia Post is a national service that brings letters and parcels to your letter box. They will deliver a standard letter anywhere in Australia for \$1.10. The official definition of a standard letter is: a letter that weighs a maximum of 250 grams and has dimensions of no more than 130 x 240 x 5 millimetres. This can be up to fifty sheets of A4 paper folded in thirds. A larger letter can cost up to \$5.50 and a parcel can cost more. For the sizes and prices of larger letters or for international deliveries, check

their website Personal, Business, Enterprise & Government solutions - Australia Post (auspost.com.au).



You can buy stamps at any post office. You can post letters in any letter box in Australia but you have to go into the post office to post parcels.

Every suburb, town and village in Australia has a four-digit postcode. This is an essential way to end the address if you want to post a letter or a parcel to anyone. Burwood's postcode is 2134. If you need to find a postcode for any part of Australia, go to Australia Postcode -



Australia Post (auspost.com.au)

There is a standard format for writing the envelope for a personal letter. It is basically the same pattern with your name and address in the top left and the recipient's name and address in the centre, with the stamp at the top right:

Top row: the recipient's name in proper case.



Second row: the street number and name in proper case.

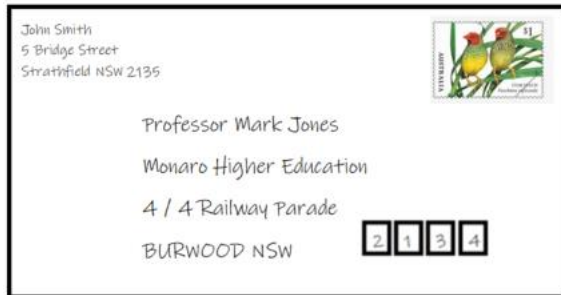
Third row: The suburb, state abbreviation and post code in capitals.

Fourth row: The country in capitals (if it is not Australia).

Some envelopes have four little boxes printed near the bottom right corner. If you have these envelopes, write the recipient's post code in these boxes.

For a business letter, after the recipient's name, put company name on the next line. Then, follow as above.

If a large parcel is being delivered to your home, they postal deliverer may try to knock on your



door and hand it to you. If you are not at home when they come, they may leave it on your doorstep or leave a card in your letterbox to say that it is kept for you at the post office for you to collect.

After you move into your new home, you might get letters addressed to the former tenant. If you get a letter addressed to someone and you don't know who they are, first ask the landlord if they can pass it to the old tenant. Check and see if they are a neighbour. Maybe the sender put the wrong street number or the postal officer made a simple mistake. If you cannot give it to the right person, write clearly on the front of the envelope "RETURN TO SENDER. NOT KNOWN AT THIS ADDRESS." Then put it in any letter box.

Health Care

Looking after your health (and your family's health if they came with you) must be at least as important to you as your study. Pressure to study and work and a limited budget might tempt you to try to live on fast food or cheap, quick meals from a shopping centre and forget about a proper diet. This puts your health at long-term risk and is not worth it in the long run.

Since you are making a timetable of your day, why only include your study? Include a daily half-hour of exercise. There are lots of parks around Sydney where you can participate in basic exercise or you could join a gym. There is no end of sports and hobbies which keep you physically active and help you meet new friends.



Also, try to get enough sleep. Siestas are not a common part of local culture so if they are in your homeland, try to make sure that you go to bed earlier or get up later. Sydney, as we said earlier, loves coffee but limit it if caffeine keeps you awake.

Cafés do offer decaffeinated coffee. Reduce the time spent looking at a screen at night. Aim for eight hours of sleep every day.

Maintaining a healthy diet is important. Australia has a massive, high quality agricultural sector. There is a variety of fruit and vegetables available in supermarkets and greengrocers. Knowing when each crop is in season will make it cheaper, improve the taste, improve the nutritional value and minimise the environmental cost. Avoid excessive alcohol.



If your country has a cooler climate, you might underestimate how much water you need to drink in summer in Sydney. Avoid dehydration by drinking eight glasses of water a day.



Sydney's water is filtered and meets very high purity guidelines, which means that it is totally safe to drink straight from the tap, but you can still buy bottled water and water filters. Carrying water bottles is common and if you like you can get stylish water bottles. Another aspect of Sydney's hot summers is the risk of sunburn. Australia has the highest rate



of skin cancer in the world, which is caused by excessive exposure to sunlight. Skin specialists recommend a sunscreen with the highest possible Skin Protection Factor (SPF) (the highest available is 50+), a hat with a wide brim and sunglasses that block out the glare. Make sure that your clothes cover your chest, arms, legs and neck.

Sydney Beaches



Sydney is famous for its beaches. Swimming and surfing can be fun ways to keep fit and beautiful ways to experience nature, but they can also be risky. It can take experience to recognise the signs of a dangerous beach. Beaches around Australia have volunteer and professional life savers who are trained in identifying the dangers and helping you avoid them. You can talk to them about the conditions on the beach when

you arrive. To stay safe on the beach:

- Always stay between the red and yellow flags. If the two flags are crossed, it means that the beach is closed because the surf life savers have concluded that conditions are too dangerous.
- Never swim or surf alone.
- Wait until at least an hour after eating to go in the water.
- Never swim or surf under the influence of alcohol.
- Never run and dive into the water.
- Never swim at night.
- If you feel like you are in trouble in the water and cannot get to the shore, put your arm straight up in the air. Try to stay calm!
- If your friend is in trouble, get help from a life saver rather than helping them yourself.



One particularly dangerous thing to look out for on the beach is a rip. A rip can develop after heavy waves hit the beach and a strong flow of water rushes back out to the sea. Even a strong swimmer can find it very hard to swim back to the shore in a rip. These signs indicate a rip:



- The water is a darker colour. It often looks brown because it is pulling sand off the bottom of the sea.
- Something on the surface (maybe debris or some seaweed) drifting away from the beach
- A relatively flat surface with lots of smaller white waves

around it

- Lots of ripples in one small area with calmness around it
- Waves breaking further out to sea on both sides of the rip.

In the Bush and National Parks

The bush is the general Australian name for remote locations where not many people live. This is a huge area. Between 60% and 70% of the land in Australia is desert. 90% of the population of Australia live in less than a quarter of a percent of the land mass and 85% live within 50 kilometres of the ocean. Almost half of the population live in just three cities (Sydney, Melbourne and Brisbane). You may not have much chance of getting to somewhere very remote, but there are good camping spots in Sydney itself and quite close to it. A good place to start looking for information is the National Parks and Wildlife Service <https://www.nationalparks.nsw.gov.au/>.

If you do spend time in the bush, or stay overnight in a national park, plan carefully. In national parks, a ranger is available to tell you the best places to go. Always tell someone when and where you are going and when you expect to return. Let them know when you return safely. Wear solid, closed shoes and socks, a broad-brimmed hat and comfortable clothes. Take plenty of drinking water.



Other important items include tinned or preserved food, warm clothing (even in a desert, you would be surprised how quickly the temperature drops at sunset), a first aid kit, a torch and a map. While

driving, take a spare tyre and some basic automotive tools. Especially, take your mobile. The GPS on your mobile will be invaluable for finding your way and you can hopefully call people if you get lost or have accidents or get into trouble. You can also use it to check weather forecasts to know if you need to find shelter.

On long hikes, stay on marked tracks and never cross safety barriers. If possible, go with an experienced guide. Stay away from cliff edges and waterfalls and never dive into lakes or rivers. Read safety signs carefully. Do not touch or feed wild animals or birds.

When it is cold or dark, you might be tempted to light a bush fire but if you do be very careful. In summer, there is often a total fire ban when you cannot light fires outdoors, even for barbecues. Bushfires can spread quickly and be disastrous for nearby homes.

Never drive through thick smoke or flame. If you are near a bushfire, try to stay off the roads. If you are in a car, put the headlights on high beam. Keep the radio on and listen to a local radio station for updates. Look for a clear place away from trees to park off the road. When you park, keep all the windows and vents closed. Cover any exposed parts of your skin with a woollen or cotton blanket. Crouch as low in the car as you can and if you have any water, drink it. Stay in the car until you are certain that the fire front has passed and then leave the area immediately.



Accessing Medical Care

In any life-threatening emergency, call 000. Explain the situation and where you are. Police, an ambulance or fire engines will come immediately.

If you have medical issues in your home country, you will still have them in Sydney and you will have to manage them in much the same way. You can never tell when you are going to need medical care. If a medical emergency or accident happens at MHE, there is always at least one first aid officer available.



If you do develop a medical problem, your first option should be a chemist or a General Practitioner (GP). GPs work in medical centres or clinics. Find the clinics, medical centres and chemists or pharmacies closest to your home early in your stay in Sydney – do not wait until you need one. Chemists have lots of medications which you can buy off the shelf. You can talk to the pharmacist about what suits your condition. You need to book an appointment with a General Practitioner (GP). You may need to pay before you see them. You can claim all or part of this payment with your OSHC. A GP may refer you to X-rays, blood tests or a specialist doctor.

The GP may also give you a prescription and a medical certificate. A prescription is instructions about what medicine you need. Take it straight to a chemist. Again, all or part of the cost may be refunded by your OSHC. You can often save money by taking a “generic” medicine, which is identical to the prescription medicine but without the pharmaceutical company’s brand name. A medical certificate is evidence that you need to stay at home or in a hospital to recover from illness. You need to give a copy to MHE and to your employer.



If you need to go to a hospital, remember that private hospitals are more expensive and may exceed the maximum that your OSHC will refund. Hospital staff will start by assessing how serious your health problem is. They treat life-threatening emergency cases before they treat minor conditions. This might mean that you have to wait for several hours before seeing a doctor.

OSHC rarely covers the cost of dental and optical care. It is easy to book a vision test with OPSM [OPSM - Eyewear, Contacts and Eye-Care for Women, Men and Kids](#) or SpecSavers <https://www.specsavers.com.au/> which are in many shopping centres. They can also supply glasses or contact lenses if you need them. You can also easily find dentists near you online.

Mental Health



The most important thing is simply to talk about your issues. When you arrive in Australia, every other new international student is in the same situation, going through the same stress and struggling. That is one reason that social interaction for international students can be so beneficial. Get to know fellow students and local neighbours and support each other.

For mental health support twenty-four hours a day, seven days a week, you can call Lifeline on 13 11 14. Lifeline is a team of trained counsellors available to listen without judging and give support and advice during crisis situations. You can also make bookings to use the MHE Counselling Service.

Other points for good mental health include:

- Be active.
- Get appropriate rest.
- Limit your alcohol.
- Spend time outdoors.
- Spend less time staring at screens, especially late at night.
- Have a healthy diet.



Enjoy Sydney!

Enjoy Monaro Higher Education!

Contact MHE:

Phone: (+612) 9123 4567


Email: person@monaroeducation.com.au

Website: monaroeducation.com.au

FOLLOW MHE:

 MHEStudents

 MHE #MHE

 Mhe_sydney

 MHE

 MHE