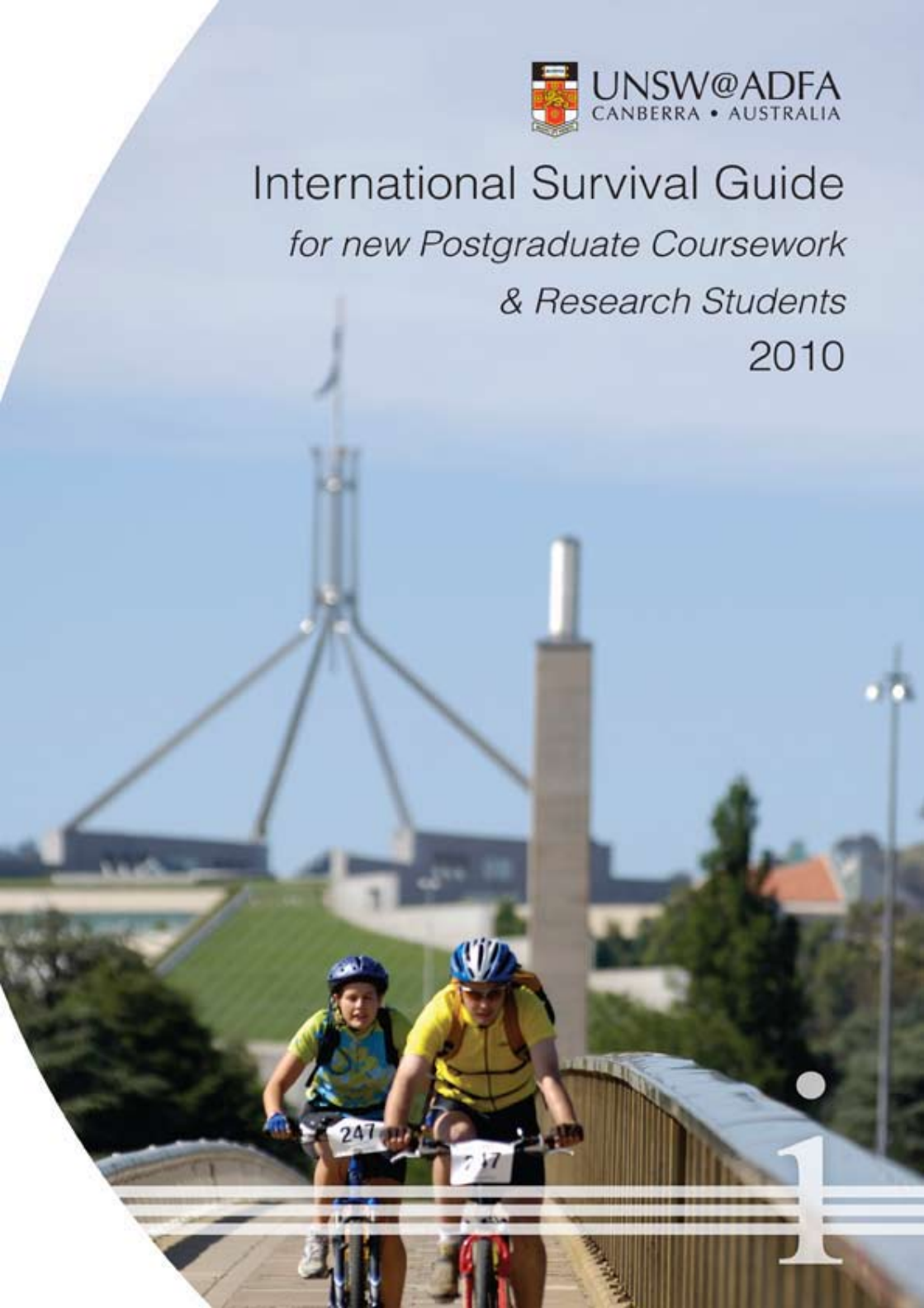




UNSW@ADFA  
CANBERRA • AUSTRALIA

International Survival Guide  
*for new Postgraduate Coursework  
& Research Students*  
2010



## IMPORTANT INFORMATION AND EMERGENCY CONTACTS

### UNSW@ADFA Contact Details:

Duty Desk (Main Switch): +61 (02) 6268 8111

Address: UNSW@ADFA Northcott Drive Canberra ACT 2602

Website: [www.unsw.adfa.edu.au](http://www.unsw.adfa.edu.au)

### International Student Coordinator / Advisor & International Student 24 hour Emergency Contact:

Name: Ms Christa Cordes

Phone: +61 (02) 6268 6006

Email: [c.cordes@adfa.edu.au](mailto:c.cordes@adfa.edu.au) or [sas@adfa.edu.au](mailto:sas@adfa.edu.au)

### International Liaison Officer / Student Administrative Services

Name: Mette Granvik

Phone: + 61 (02) 6268 8571

Email: [m.granvik@adfa.edu.au](mailto:m.granvik@adfa.edu.au)

### Emergency Telephone Numbers:

In Australia dial **000** from any phone for Police, Fire or Ambulance services. Dial **112** from a mobile phone. Dialling **112** will override key locks on mobile phones and therefore save time.

### Making Phone Calls within Australia:

- To make international phone calls: Dial international access code (0011) + the country code + the area code (if any) + phone number. When adding a country code to a number, any leading 0 (zero) on the area code following it is NOT dialled.
- To make domestic phone calls: Dial the area code + the phone number
- Visit [www.whitepages.com.au](http://www.whitepages.com.au) and [www.yellowpages.com.au](http://www.yellowpages.com.au) for directories of residential, commercial and government phone numbers in Australia, and for a list of country codes and area codes for international calls.

### Department of Immigration and Citizenship (DIAC):

DIAC provides comprehensive information about student visa requirements and the application process, as well as application document checklists.

For the latest information visit: [www.immi.gov.au/contacts/telephone.htm](http://www.immi.gov.au/contacts/telephone.htm)

Phone: 131 881

### Department of Foreign Affairs and Trade (DFAT):

DFAT has a comprehensive list of Australian embassies, high commissions, consulates and representative offices around the world.

For the latest information visit: [www.dfat.gov.au/embassies](http://www.dfat.gov.au/embassies)

### Quarantine Items:

Australia has strict quarantine laws, and for good reason – bringing the following items into Australia could have a devastating effect on Australia's native wildlife, plants and agriculture: food, plant cuttings, seeds and nuts, and anything made from wood, plant or animal material including meat and poultry products.

For the latest information visit: [www.aqis.gov.au](http://www.aqis.gov.au) or phone: 1800 020 504.

## INTRODUCTION

This booklet will assist you in your preparation during your stay in Australia while you study at UNSW@ADFA. With the different customs and unique Australian accent, you can expect to experience a period of adjustment when you arrive in Australia.

Information provided in this booklet aims to provide you with information about UNSW@ADFA, life in Australia and services to help you so that you can settle in during your stay in Canberra, Australia. Please read the entire booklet as it will help prepare you for life in Canberra. If there is anything you do not understand please contact:

**[sas@adfa.edu.au](mailto:sas@adfa.edu.au)**

We hope that your stay to Australia is trouble-free, and that your study is an enjoyable experience. We wish you success.

To assist your transition to studying in Australia, Student Administrative Services will conduct a Welcome Orientation session and a social event so that you can meet other new students to UNSW@ADFA.

For general information about settling in Australia please visit:

**[www.immi.gov.au/living-in-australia/settle-in-australia](http://www.immi.gov.au/living-in-australia/settle-in-australia)**

**[www.immi.gov.au/living-in-australia/settle-in-australia/beginning-life/booklets/english.htm](http://www.immi.gov.au/living-in-australia/settle-in-australia/beginning-life/booklets/english.htm)**



## AUSTRALIA

Australia is made up of six states and two territories. Each state and territory has its own parliament, flag and floral emblem. Australia became a federated nation after the union of the six colonies on 1 January 1901. Bound by one parliament, one constitution and one flag, Australia celebrated its Centenary of Federation in 2001. Australia's population is approximately 21 million people.

For further information on Australia, please visit:

[www.australia.com](http://www.australia.com)

[www.about-australia.com](http://www.about-australia.com)

[www.australia.gov.au](http://www.australia.gov.au)

[www.iguide.travel/australia](http://www.iguide.travel/australia)



## CANBERRA

Canberra, Australia's national capital is a modern city built in 1908. As Australia's capital city, Canberra with its population of around 335,000 is small, yet the focal point for activities and events that affect and influence the nation. It is the home of Federal Government and the public service, a focus for business and industry, and home to diplomats from over 120 countries.



[www.pems.adfa.edu.au/~s9471553/level1/address/Canberra.gif](http://www.pems.adfa.edu.au/~s9471553/level1/address/Canberra.gif)  
[www.smallguide.com.au/mapact.html](http://www.smallguide.com.au/mapact.html)

As a planned city, Canberra is known for its large open spaces, parklands and picturesque natural setting. It is an ideal place for students of all cultures and ages to call home. Canberra is located within a 2 hour drive from the beaches of the NSW South Coast and the Snowy Mountains, the home of Australia's best ski fields.

Canberra offers a lively cultural life and is a highly educated city. It is home to four universities and other higher education institutions. Canberra offers unparalleled access to a range of research and study resources and is the base for a host of national organisations like the Australian Institute of Sport, the National Library (the largest in Australia), the National Gallery of Australia, Parliament House, the Australian War Memorial, National Museum of Australia, Government Departments and the CSIRO.

Canberra has hot relatively dry summers and cool to cold winters. Average temperature in summer is 25°C and average temperature in winter is 6°C.

Summer in Australia is from December to February, autumn is from March to May, winter is from June to August, and spring is from September to November. For further information please visit:

Canberra General: [www.visit.canberra.com.au](http://www.visit.canberra.com.au)

Climate: [www.bom.gov.au/weather/act](http://www.bom.gov.au/weather/act)



## INTRODUCTION TO UNSW@ADFA

UNSW@ADFA is the Canberra campus of the University of New South Wales (UNSW) and is located at the Australian Defence Force Academy (ADFA).

UNSW@ADFA is the centre for tertiary education for the Armed Services and is located in the suburb of Campbell on the east side of Canberra 5km from the City Centre and 2km from the Canberra Airport. All undergraduate service personnel live on campus and wear the uniform of their country and service. ADFA military staff also wear uniform on campus.

The total number of students enrolled at UNSW@ADFA at the beginning of 2009 was 2700. Of these 1,045 were undergraduate students, 1,270 were postgraduate coursework students, 218 were higher degree research students and the remaining were non-award students.

UNSW@ADFA is part of a significant research institution, and offers a supportive and stimulating environment for postgraduate research and coursework study. Coursework or research students studying at UNSW@ADFA gain all advantages of studying with one of Australia's largest, most well-established and research intensive tertiary institutions. UNSW is a member of Australia's Group of Eight institutions and a member of Universitas 21.



## Facilities on campus:

The campus has a large and comprehensive library, state-of-the-art computing facilities, well-equipped and modern laboratories and a cessions area which includes a hair salon, a University Co-operative Bookshop, credit union, a 24hr ATM and cafeteria/kiosk. There is easy access to free car parking and a taxi rank and bus stop are located on campus, making it easy for you to get around Canberra.

The Indoor Sports Centre (ISC) is available free of charge for all full-time civilian students. Those wishing to use the facilities should apply at the reception desk of the Indoor Sports Centre for an annual pass. In order to apply, students will have to present their student card. Facilities include an indoor pool, squash, basketball and tennis courts, weights and cardio rooms.

The International Student Precinct is located on the ground level of Building 36 and includes computers and printers for use by postgraduate research students as well as a kitchenette and a Muslim prayer room. Please present your student card to ICTS to enable activation for access to the facility.



## Other useful information:

Campus map

<http://info.unsw.adfa.edu.au/contacts.html>

Academic Language and Learning (ALL) Unit

<https://gateway.unsw.adfa.edu.au/iteaching/iall/index.html>

## Research Students:

Student Administrative Services:

[http://sas.unsw.adfa.edu.au/future\\_students/pg\\_research/index.html](http://sas.unsw.adfa.edu.au/future_students/pg_research/index.html)

Research and Research Training Office

<http://research.unsw.adfa.edu.au/rrto/index.html>

Postgraduate Research Student Forum

[https://gateway.unsw.adfa.edu.au/iresearch/irrtto/research\\_forum/index.html](https://gateway.unsw.adfa.edu.au/iresearch/irrtto/research_forum/index.html)

Postgraduate Coursework students

[http://sas.unsw.adfa.edu.au/future\\_students/pg\\_coursework/index.html](http://sas.unsw.adfa.edu.au/future_students/pg_coursework/index.html)



## MONEY

### Currency

Australia uses decimal currency; 100 cents make one Australian dollar (\$A). The coins in current circulation are 5c, 10c, 20c, 50c, \$1 and \$2. Notes in current circulation are \$5, \$10, \$20, \$50 and \$100. Prior to departure you should try to exchange some money at a bank, \$150 would be sufficient for a couple of days until you have the opportunity to visit a financial institution in Australia and open an account with an Australian Bank or Credit Union.



When you open an account let the Bank/Credit Union know that you are a student.

### Banking

Opening Hours for Banks in New South Wales and the Australian Capital Territory (Canberra) are usually Monday – Friday 9:30am-4:00pm and on a Friday until 5:00pm. Automatic Teller Machines (ATMs) are readily available 24 hours a day. A \$2 fee applies if you use another banks' ATM.

For further information on some of Australia's banks please refer to the details provided:

ANZ	Ph: 131314 or visit <a href="http://www.anz.com.au">www.anz.com.au</a>
Commonwealth Bank	Ph: 132221 or visit <a href="http://www.commbank.com.au">www.commbank.com.au</a>
National Australia Bank (NAB)	Ph: 132265 or visit <a href="http://www.nab.com.au">www.nab.com.au</a>
St George Bank	Ph: 133330 or visit <a href="http://www.stgeorge.com.au">www.stgeorge.com.au</a>
Westpac	Ph: 132032 or visit <a href="http://www.westpac.com.au">www.westpac.com.au</a>

For easy access a Credit Union is available on campus -

DefCredit:

Ph: 1800 033 139 or visit  
[www.defcredit.com.au](http://www.defcredit.com.au)

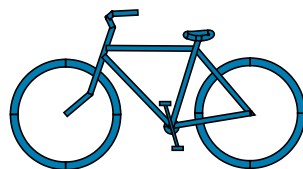
For general information about the cost of living in Australia please visit:

<http://studyinaustralia.gov.au/Sia/en/StudyCosts/LivingCosts>

## GETTING AROUND IN CANBERRA

### Bicycling

Bicycling is a popular transport option in Canberra, as it has well-planned cycle paths throughout the city. Cycleway maps are available from ACT Planning and Land Authority, ACT Government Shopfronts, Canberra Visitors Centre, Pedal Power ACT, some bike shops and newsagents. The maps provide detailed cycle routes across Canberra.



Mandatory Helmet Laws for Bicyclists (MHLB) state you are required to wear a helmet at all times whilst cycling. When bicycling in the night in Canberra you are also required to use a light.

For further information please visit:

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

If you would like to purchase a bike, helmet and accessories, refer to the various websites below for several bicycle shops in Canberra:

[www.bikesuperstore.com.au](http://www.bikesuperstore.com.au)

[www.bikeshed.com.au](http://www.bikeshed.com.au)

If you would like to hire a bicycle and venture around Canberra's tourist locations visit this website:

[www.mrspokes.com.au](http://www.mrspokes.com.au)



## Taxis

Taxis are readily available however they are one of the more expensive methods of commuting in and around Canberra. To book a taxi, book in advance. For further information:



Canberra Elite Ph: 132227 or SMS your name pickup address and time to:  
0417 672 773 or visit their website:  
[www.canberracabs.com.au](http://www.canberracabs.com.au)

## ACTION Buses

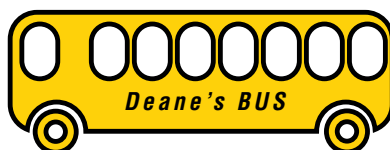
Public Transport in the ACT is provided by the ACT Internal Omnibus Network (ACTION).



Students who hold an International Student Identity Card and believe they are eligible for a concession fare on ACTION services need to apply to ACTION to obtain an ACTION Student Concession Card. For further information regarding a concession fare and bus routes and timetables: phone **13 17 10** or visit: [www.action.act.gov.au](http://www.action.act.gov.au). Note: Bus Number 9 and 10 will take you from ADFA to the City.

## DEANE'S Buslines

Dean's Bus Lines operate out of Queanbeyan and buses regularly travel the 12 kilometres between Canberra and Queanbeyan. The departure point in Canberra for travel to Queanbeyan is just one block away from the Canberra Jolimont Centre. The Canberra Jolimont Centre is where all interstate buses arrive and depart.



Ph: 02-62993722 or visit:  
[www.deanesbuslines.com.au](http://www.deanesbuslines.com.au)

## Driving

For most experienced drivers, driving a car in Australia is easy, provided you learn the local road rules. In Australia, cars drive on the left hand side of the road (like Japan, Thailand, Indonesia, Hong Kong and England). If you come from a country where cars drive on the right hand side, you should take some time to get used to the local conditions, before driving in heavy traffic. The default speed limit in suburban areas is 50km per hour unless a speed limit sign shows otherwise.



## Drivers Licence Requirements

In most States/Territories of Australia if you hold a current driver licence from another country, you are allowed to drive on your overseas licence as long as; you remain a temporary overseas visitor; your overseas licence remains current; you have not been disqualified from driving in that State or elsewhere and; you have not had your licence suspended or cancelled or your visiting driver privileges withdrawn.

Most overseas visitors are not required to obtain an Australian licence if you comply with these conditions and can continue to prove your genuine visitor status to State Police if required.

When driving in NSW you must carry your overseas drivers licence. Your licence must be written in English or, if the licence is not in English, you must either carry an English translation or an International Driving Permit.

For further information please visit:

[www.rego.act.gov.au/licensing/licencemain.htm](http://www.rego.act.gov.au/licensing/licencemain.htm)



## Drinking Alcohol and Driving

If you are going to drink alcohol, DO NOT drive. If you are going to drive, DO NOT drink alcohol.

## Mobile Phones and Driving

The use of mobile phones when driving is dangerous, against the law if is not hands-free and potentially fatal. Fines are considerable and demerit point penalties do apply.

## Buying a Car

There are several options for buying a car:

1. Registered Car Dealer
2. Private sale
3. Auction
4. Online websites (there are a few), which can be either via a car dealer or private
  - [www.carsales.com.au](http://www.carsales.com.au)
  - [www.drive.com.au](http://www.drive.com.au)
  - [www.carpoint.com.au](http://www.carpoint.com.au)

No matter which option you choose to buy a car, if it is second hand, you are advised to have it checked by a qualified mechanic from NRMA.

NRMA:

[www.nrma.com.au/insurance.shtml](http://www.nrma.com.au/insurance.shtml)

or phone 132 132

## Insurance

All cars in Australia must have personal injury insurance, known as Compulsory Third Party (CTP) insurance and can be purchased from an insurance company. CTP covers injuries caused by the car, but not damage to property. Third Party Property insurance pays for the damage your car may do to another person's car or property, but not the damage done to your car. Full Comprehensive insurance pays for all damage.

Purchasing a car is not a cheap option, you need to factor into your budget, registration, insurance, maintenance costs, and running costs.

## Stamp Duty

When you purchase a car you are required to pay a Motor Vehicle Stamp Duty. Stamp duty is collected by the government and is payable in the Australian Capital Territory (ACT) at the rate of \$3 for every \$100 value or part thereof. The rate is higher if the purchase price of the vehicle exceeds \$45,000.

## ACCOMMODATION

For general information about the cost of accommodation in Australia please visit:

**<http://studyinaustralia.gov.au/Sia/en/StudyCosts/Accommodation>**

The following is a list of places where you can go to find advertisements for accommodation:

1. Buy The Canberra Times newspaper on a Saturday or visit their website: **[www.canberra.propertyguide.com.au](http://www.canberra.propertyguide.com.au)**
2. Visit the Allhomes website: **[www.allhomes.com.au](http://www.allhomes.com.au)**
3. Visit **[www.realestate.com.au](http://www.realestate.com.au)**

Listed below are individual Real Estate agents that will also have online listings of rental properties. Inspections are usually on a Saturday. Inspections during the week are generally by appointment only. As inspections are usually on Saturdays you will generally not be able to make contact with the Property Manager unless you attend the advertised rental property for an inspection. For further information visit:

**[www.ljhooker.com.au](http://www.ljhooker.com.au)**

**[www.independent.com.au](http://www.independent.com.au)**

**[www.raineandhorne.com.au](http://www.raineandhorne.com.au)**

**[www.maloney.com.au](http://www.maloney.com.au)**

**[www.raywhite.com.au](http://www.raywhite.com.au)**

**[www.peterblackshaw.com.au](http://www.peterblackshaw.com.au)**



We also suggest you have a look at two other universities in Canberra that have websites to assist in finding off campus accommodation, advice on renting and temporary accommodation links. As you are not enrolled at the University of Canberra or the Australian National University, please do not ask for their assistance, though perusing their website may prove beneficial.

The Australian National University:

[www.accom.anu.edu.au](http://www.accom.anu.edu.au)

University of Canberra:

[www.canberra.edu.au/residences/off\\_campus/real\\_estate.html](http://www.canberra.edu.au/residences/off_campus/real_estate.html)

### **Tenancy in the Australian Capital Territory**

The owner or agent of an owner who has the right to rent you a property is called the landlord. A landlord will ask you for money before you move into an apartment. This is called a security deposit or bond, and may amount to more than A\$1,000 dollars. The bond is usually set at four weeks' rent. A bond/"security deposit" is an amount of money that is supposed to guarantee that the tenant will care for the dwelling. If the tenant does not care for the property or clean it before leaving, the landlord has a legal right to keep the security deposit. Otherwise, the landlord must return the security deposit within a month after the tenant leaves.

The following websites contain helpful information on your rights and responsibilities as a tenant. Issues include how much bond to pay, tenancy agreements and Condition of Premises Reports. It is important to be aware of these issues prior to renting property in the ACT.

The Renting Book – This publication by the Office of Fair Trading gives a comprehensive guide to your rights and responsibilities under the Residential Tenancies Act 1997.

[www.fairtrading.act.gov.au/Publications\\_Main.htm](http://www.fairtrading.act.gov.au/Publications_Main.htm)

Canberra Connect (ACT Government) – Lessors and Tenants)

[www.canberraconnect.act.gov.au](http://www.canberraconnect.act.gov.au)

Tenants' Union ACT

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

### **Tenancy in New South Wales (NSW)**

The city of Queanbeyan is located 12kms south of Canberra and a convenient distance to ADFA and the Canberra City. If you choose to live in Queanbeyan, the laws guidance tenancy may differ from those above. The following sites provide information on tenancy in NSW.

NSW Office of Fair Trading – Real Estate and Renting Services  
[www.fairtrading.nsw.gov.au](http://www.fairtrading.nsw.gov.au)

Tenants' Union of NSW  
[www.tenants.org.au](http://www.tenants.org.au)

## Short-Term Accommodation

For most students it is very hard to secure permanent accommodation before arriving in Canberra as you are unable to view properties, meet appropriate contacts, etc. Therefore short-term temporary accommodation is required when first arriving in Canberra. The following links may be of assistance:

[www.canberratourism.com.au](http://www.canberratourism.com.au)  
[www.canberraaccommodation.com.au](http://www.canberraaccommodation.com.au)  
[www.canberraexchange.com.au](http://www.canberraexchange.com.au)

Specific alternate short term accommodation contacts include:

### Canberra City YHA

7 Akuna Street  
CANBERRA CITY ACT 2601  
Phone: +61 (02) 6248 9155  
Fax: +61 (02) 6249 1731  
Email: [canberracity@yha.com.au](mailto:canberracity@yha.com.au)  
[www.yha.com.au/hostels/details.cfm?HostelID=240](http://www.yha.com.au/hostels/details.cfm?HostelID=240)

Cost: from \$33 to \$37 per bed for four share per night

### Civic Pub Backpackers

8 Lonsdale Street  
BRADDON ACT 2612  
Phone +61 (02) 6248 6488  
[www.totaltravel.com.au/travel/nsw/canberraact/canberracity/accommodation/hostels/civic-pub-backpackers](http://www.totaltravel.com.au/travel/nsw/canberraact/canberracity/accommodation/hostels/civic-pub-backpackers)

Cost: from \$30 per night (\$150 per week), shared dormitory style accommodation

### Blue and White and Canberran Lodges

524 and 528 Northbourne Avenue, DOWNER ACT 2602  
Phone: +61 (02) 6248 0498  
[www.blueandwhitelodge.com.au](http://www.blueandwhitelodge.com.au)

Cost: Daily single \$110, weekly single \$90 per day, Twin or Double Daily \$120, weekly rate is \$100 per day, Family daily rate \$165, and weekly family rate \$145 per day.

Costs include breakfast, rates are cheaper without breakfast.

Family owned for over 40 years and only a short walk to Dickson Shopping Centre, renowned for its vast array of multicultural restaurants.

### **The Capital Executive Apartment Hotel**

Corner Northbourne & Girrahween Street  
CANBERRA ACT  
Phone: +61 (02) 6243 8333  
[www.ceahotel.com.au/capital.htm](http://www.ceahotel.com.au/capital.htm)

Cost: Studio apartments (sleeps 2-3) \$155-\$175 per night, Studio Family Apartment (sleeps up to 4) \$179 per night, Family Room (sleeps up to 5) \$199 per night

The Capital Executive Apartment Hotel is a 5 minute walk from the heart of Canberra City.

The Haig Italian Restaurant is a multi-award winning restaurant located in the Capital Executive Apartment Hotel.

### **Canberra Short Term & Holiday Accommodation**

Paterson Street AINSLIE ACT 2602  
Chisholm Street AINSLIE ACT 2602  
McMillan Crescent GRIFFITH ACT 2603  
Phone: +61 (02) 6260 6613  
[www.canbhol.com/au/units.html](http://www.canbhol.com/au/units.html)

Cost: 2 bedroom apartments for 7-13 nights from \$150-\$180 per night, 4-12 weeks the rate is reduced to \$875 per week, beyond 12 weeks the rate is negotiable.

### **Canberra Motor Village**

Kunzea Street OCONNOR ACT 2602  
Phone: +61 (02) 6247 5466  
[www.canberravillage.com](http://www.canberravillage.com)

Cost: from \$115 per night extra persons around \$17 per night. Maximum 28 nights

Canberra Motor Village is set in the bushland, if you would like a taste of Australia in the heart of the Nation's Capital then this venue is ideal, crisp clean air, kangaroos and birds nearby. The ACTION bus stop for service through to the town

centres and universities are a 50m walk away. Two styles of accommodation are available, motel and cabin.

### **The Parklands Apartment Hotel (Best Western)**

6 Hawdon Place Dickson ACT 2602

Phone: +61 (02) 6262 7000

[www.theparklands.com.au](http://www.theparklands.com.au)

Costs: One bedroom apartment (sleeps 3) \$155 per night, or if 4 or more nights \$140 per night, 2 bedroom apartment (sleeps 4) \$305 per night, or if 4 or more nights \$275, 2 bedroom connecting apartment (sleeps 5) same rate. 3 bedroom apartment (sleeps 6) \$325 per night or if 4 or more nights \$293; 4 bedroom apartment (sleeps 8) \$405 a night or if 4 or more nights \$365 a night.

Set amongst peaceful surroundings, The Parklands Apartment hotel is situated within walking distance to Dickson shops and 40 plus restaurants also known as little China Town. The facilities include a heated indoor swimming pool and gymnasium. Foxtel is available to all units and there is secure underground car parking at no charge. Breakfast room is open from Monday to Friday serving hot breakfast made to order and a continental breakfast buffet. ACTION bus stop is less than 100m away.



## COMMUNICATION

### Mobile / Cell Phones

Before bringing your mobile phone to Australia check with the Australian Communications and Media Authority [www.acma.gov.au](http://www.acma.gov.au) to make sure it can operate here. Some countries, such as Japan and the USA, use mobile phone networks that are not available in Australia. If not, you can buy your mobile phone in Australia. Australian telecommunications providers offer a wide range of services which provide a mobile phone within the cost of using that service. There are many differences to the services provided. You should understand what deal you are accepting before signing a contract with a provider. For a comparison of mobile phone plans in Australia see: [www.mobiles.com.au/mobile-phone-plans/](http://www.mobiles.com.au/mobile-phone-plans/)

(Source: on-line search)

<p><a href="http://www.telstra.com">www.telstra.com</a></p> 	<p><a href="http://www.optus.com.au">www.optus.com.au</a></p> 
<p><a href="http://www.three.com.au">www.three.com.au</a></p> 	<p><a href="http://www.vodafone.com.au">www.vodafone.com.au</a></p> 
<p><a href="http://www.virginmobile.com.au">www.virginmobile.com.au</a></p> 	<p><a href="http://www.dodo.com.au">www.dodo.com.au</a></p> 
<p><a href="http://www.boost.com.au">www.boost.com.au</a></p> 	<p><a href="http://www.crazyjohns.com.au">www.crazyjohns.com.au</a></p> 

## Computer & Internet Access

Many of the above companies will also provide you with home internet access. In fact, you may be able to make arrangements with a company where you can get cheaper rates if you have internet and mobile phone through the one service provider. In addition, with providers Telstra and Optus, you could get a packaged deal for your home phone, internet and mobile phone.

## Laptops

If you are considering bringing your laptop or any communication devices visit [www.acma.gov.au](http://www.acma.gov.au) to ensure your modem is Austel Approved so that it will function in Australia.

The standard voltage for electrical items in Australia is 240V. Electric plugs have three flat pins one of which is an earth pin. You may need to buy an adaptor or have the plugs changed.



## SUPPORT GROUPS

### Child Care And Schools

Finding suitable childcare in Australia requires patience and planning. Waiting lists for places in most childcare centres are long.

Many schools offer before – and after – school care programs (usually 7:30am – 8:45am and 3:00pm-6:00pm). Children who need these programs must be registered with the school.

For information on schools and childcare centres in Canberra visit:  
[www.canberrakids.com.au](http://www.canberrakids.com.au)

### Spiritual Meeting Places In Canberra

Australian Centre for Christianity and Culture – the National Centre is in Barton, which is near the Parliamentary Triangle. There is a pilgrim walk, places of reflection and are open to all. This organisation has been involved in reconciliation, interfaith discussions etc. Visit:

[www.acc-c.org.au](http://www.acc-c.org.au)

### Canberra Islamic Centre

Prayer times are available at:  
[www.islam-australia.org/Prayer-Times](http://www.islam-australia.org/Prayer-Times)



## Canberra Chinese Christian Church

The Canberra Chinese Christian Church is a non-denominational Christian Church. Their statement of faith is the same as the Chinese Christians Congress of World Evangelism, and is also based on the Apostles' Creed. Please refer to the website to further information:

[www.canberra-ccc.org](http://www.canberra-ccc.org)

## Hindu Religion

The Vishnu Siva Mandir is located at 82 Mawson Drive MAWSON ACT 2607. For further information: [www.mandir1.org.au/contact.html](http://www.mandir1.org.au/contact.html)

There is a Hindu Temple and Cultural Centre located in Ratcliff Crescent FLOREY ACT 2615. For further information visit:

<http://htcc.org.au/main>

## Medical

Overseas student health cover (OSHC) is insurance that provides cover for the costs of medical and hospital care which international students may need while in Australia and is mandatory for international student visa holders.



Dental and Optical health services are not covered by the overseas Student Health Cover (OSHC). If you need to see dentist or optometrist you will need to make an appointment refer to the yellow pages [www.yellowpages.com.au](http://www.yellowpages.com.au) and pay the full fee of this service.

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### Please note:

**Only Australian health funds that have signed an agreement with the Australian Government can provide OSHC. Students may take out additional health cover in the form of Extra OSHC and students who could not previously access OSHC may now be able to access OSHC. Some students may be exempt from enrolling in the OSHC such as students from countries whose Governments may have Reciprocal Health Agreements for students in Australia. Note that only some reciprocal health agreements cover students in Australia, some will only cover visitors. Further information on OSHC can be found at:**

**[www.health.gov.au/internet/main/publishing.nsf/content/privatehealth-consumers-overseascover.htm](http://www.health.gov.au/internet/main/publishing.nsf/content/privatehealth-consumers-overseascover.htm)**

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For holders of OSHC Worldcare Canberra has 2 NEW (off campus) Direct Billers providers.

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**Please note – these providers are not Bulk Billers who charge no fees.**

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### **What is Direct Billing?**

Direct Billing means that if you hold a current OSHC Worldcare policy and attend one of the providers listed below, the bill will be sent directly to OSHC Worldcare and you will not have to submit a claim.

Make sure you bring your current membership card with you.

These providers will charge you a co-payment. A 'co-payment' (otherwise known as the "gap-fee") is an amount that you will have to pay and that cannot be claimed.

### **These new providers are:**

North Canberra

**Belconnen Medical Centre**

Shop 106, Level 1  
Westfield Shopping Mall  
Belconnen ACT  
Ph: 6251 8898

South Canberra

**Conder Surgery**

Shop 3  
3 Sidney Nolan St  
Condor ACT 2906  
Ph: 6294 9366

See details for both providers at:

<http://belconnenmedicalcentre.com>

or on the Worldcare website:

[www.oshcworldcare.com.au/member\\_student/medical\\_providers.aspx#136119](http://www.oshcworldcare.com.au/member_student/medical_providers.aspx#136119)

## WHAT DO I DO ON WEEKENDS

[www.act.gov.au](http://www.act.gov.au)

ACT government services, support and information about Canberra

[www.visitcanberra.com.au](http://www.visitcanberra.com.au)

### General information on Canberra

Canberra has many tourist attractions, some are provided below:

#### **National Museum of Australia**

[www.nma.gov.au](http://www.nma.gov.au)

Located in the suburb of Acton. General admission is free  
Natural history museum, historical museum, Archaeological exhibit

#### **Australian War Memorial**

[www.awm.gov.au](http://www.awm.gov.au)

Located in the suburb of Campbell. Free admission  
A world-class museum, and an extensive archive. The purpose of the AWM is to commemorate the sacrifice of those Australians who have died in war.

#### **Australian Institute of Sport**

[www.ausport.gov.au](http://www.ausport.gov.au)

located in the suburb of Bruce. Adult \$16.00  
Australia's premiere sports training institute

#### **Lake Burley Griffin**

National Carillon: (located on Aspen Island)

### Attractions within the Parliamentary Triangle in Parkes (within 5 minutes from ADFA) include:

#### **National Gallery of Australia**

[www.nga.gov.au](http://www.nga.gov.au)

#### **National Library of Australia**

[www.nla.gov.au](http://www.nla.gov.au)

#### **New Parliament House**

[www.aph.gov.au](http://www.aph.gov.au)

#### **Old Parliament House**

[www.moadoph.gov.au](http://www.moadoph.gov.au)

**National Rose Gardens**

**Prime Minister's Lodge**

**Questacon, National Science and Technology Centre**

**[www.questacon.edu.au](http://www.questacon.edu.au)**

**Surrounding attractions include:**

**Cockington Green**

**[www.cockingtongreen.com.au](http://www.cockingtongreen.com.au)**

A delightful and fascinating display of meticulously crafted miniature buildings set within beautifully landscaped gardens.

**Corin Forest**

**[www.corin.com.au](http://www.corin.com.au)**

Canberra's Mountain Playground - a great hiking opportunity only 45 minutes drive from the heart of Canberra

**Cycling and Walking paths:**

**[www.tams.act.gov.au/move/cycling/cycling\\_and\\_walking\\_map](http://www.tams.act.gov.au/move/cycling/cycling_and_walking_map)**

**[www.walkingincanberra.wordpress.com/category/canberra-walking-routes](http://www.walkingincanberra.wordpress.com/category/canberra-walking-routes)**



## WHERE DO I EAT

For all of your dine in, take away requirements refer to the following websites for an international choice of cuisines to suit your individual tastes. Please note that some of our restaurants do home delivery:

[www.canberraonline.com.au/eatingout](http://www.canberraonline.com.au/eatingout)

[www.bestrestaurants.com.au/location/canberra.aspx](http://www.bestrestaurants.com.au/location/canberra.aspx)

[www.menulog.com.au](http://www.menulog.com.au)

[www.canberra.citysearch.com.au/restaurants](http://www.canberra.citysearch.com.au/restaurants)

[www.yourrestaurants.com.au/cuisines/canberra/cafe](http://www.yourrestaurants.com.au/cuisines/canberra/cafe)



## WHERE DO I SHOP

Canberra has 4 major shopping centres, all are connected by ACTION bus Intertown Route. The Centres are:

**Belconnen Westfield**

**Canberra Centre**

**Woden Westfield**

**Tuggeranong Hyper dome**

Gungahlin, also has a shopping centre and is one of Australia's fastest growing communities. Over 35,000 people reside in the 12 suburbs which make up Gungahlin. There are 2 shopping areas, The G and the Marketplace, both with large supermarkets, Coles and Woolworths. ACTION also provide a service in Gungahlin.

Most suburbs also have a local grocery store, the groceries may be more expensive.



## WHERE DO I GO TO BUY STAMPS, SEND PARCELS TO MY HOME COUNTRY

### Location of Post Offices: (ph: 131318)

Australia Post is one of our nation's largest communications, logistics and distribution businesses; and is committed to providing high quality mail and parcel services to all people within Australia.

Belconnen:.....6 Cohen Street BELCONNEN ACT 2617

Canberra City: .....Cnr Moore & Alinga Street CANBERRA ACT 2600

Dickson: .....28 Dickson Place DICKSON ACT 2602

Gungahlin:.....Shop 22, 33 Hibberson St GUNGAHLIN ACT 2912

Kingston: .....19 Jardine Street KINGSTON ACT 2604

Kaleen: .....Shop 7, 10 Kaleen Plaza Georgina Cres KALEEN ACT 2617

Queanbeyan: .....52 Yass Road, QUEANBEYAN NSW 2620



## AUSTRALIAN CULTURE

### Tipping

Tipping is not generally expected or practiced in Australia. This is because throughout Australia, service industry staff are covered by minimum wage laws and therefore do not rely on tips for their income. However, it is acceptable to leave a small amount (perhaps 10%) should you feel you have received exceptional service.

### Australian Slang

Slang words start from many different sources. Some words are shortened versions of longer words. Many were expressions already used by migrants who came from the north of England. If you are unsure what an expression means, it is all right to ask the person who said it to explain. Some common expressions are:



**Bring a plate** - when you are invited to a party and asked to 'bring a plate', this means to bring a dish of food to share with your host and other guests.

**BYO** - when an invitation to a party says 'BYO', this means 'bring your own' drink. If you do not drink alcohol, it is acceptable to bring juice, soft drink or soda, or water. Some restaurants are BYO.

**Arvo** - This is short for afternoon. 'Drop by this arvo,' means please come and visit this afternoon.

**Barbeque, BBQ, barbie** - outdoor cooking, usually of meat or seafood over a grill or hotplate using gas or coals. The host serves the meat with salads and bread rolls. It is common for a guest, when invited to a BBQ, to ask if they should bring anything.

**Snag** - The raw type sausages usually cooked at a BBQ. They can be made of pork, beef or chicken.

**Chook** - The term chook means a cooked chicken, usually a hen.

**Cuppa** - a cup of tea or coffee 'Drop by this arvo for a cuppa' means please come and visit this afternoon for a cup of tea or coffee.

**Fair dinkum** - honest, the truth. 'Fair dinkum?' when used as a question means, 'is it really true?'

**To be crook** - to be sick or ill.

**Shout** - to buy someone a drink.

**Bloke** - a man. Sometimes if you ask for help, you may get an answer to 'see that bloke over there.'

**How ya goin?** - 'How are you going?' means how are you, or how do you do? It does not mean what form of transport you are taking. Sometimes it can sound like 'ow-ya-goin-mate'.

For more information on Australian slang visit:  
[www.cultureandrecreation.gov.au/articles/slang](http://www.cultureandrecreation.gov.au/articles/slang)

