

# Living in Melbourne

## Studying at William Angliss Institute



Living in Melbourne,  
studying at  
William Angliss Institute,  
supporting you...



Contact us:

Counselling & Personal Development

Building C | Level 2

P: 03 9606 2210

E: [counselling@angliss.edu.au](mailto:counselling@angliss.edu.au)

W: [myWAI.angliss.edu.au](http://myWAI.angliss.edu.au)

**DISCLAIMER:** All information in this guide was accurate as at January 2016. Whilst every effort has been made to ensure its accuracy, changes may have occurred since this date.

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# Section 1: Introduction

## 1.1 Welcome to William Angliss Institute

Dear Student

Welcome to William Angliss Institute. Our friendly student services team is looking forward to helping you achieve your study goals and making your experience at the Institute an enjoyable and memorable one.

We understand that studying and living in a new country or city, or simply adjusting to study in a new college where you don't know anyone, can be challenging. In this handbook you will find basic information to help you have a balanced life, to study successfully and to deal with difficulties that may arise. Student services staff are available to help you along the way.

More information about William Angliss institute and student life can be found on myWAI Student Portal at <http://myWAI.angliss.edu.au> and also on Student Services Facebook [www.facebook.com/ssswai](http://www.facebook.com/ssswai). We encourage you to take full advantage of the opportunities available to you while studying as a William Angliss student in Melbourne, Australia.

Yours sincerely,

Wayne Box

Director Corporate & Student Services  
William Angliss Institute



## 1.2 Student checklist upon arrival in Melbourne, Australia

- Settle in to your accommodation
- Contact William Angliss Institute (the Institute)
- All new students to attend the Institute's Orientation / International students also attend the International Student Orientation
- Get your student ID card at enrolment
- Obtain your health insurance card
- International students open an Australian bank account (within six weeks of arrival)
- Start attending classes after your orientation
- Apply for a work permit (international students) and tax file number
- Get to know your Institute staff and make sure you solve problems early by asking for help.

## 1.3 Important phone numbers and useful websites

Service	Telephone	Website Address
<b>Emergencies</b>		
Police/ Fire Department/ Ambulance	000	<a href="http://www.police.vic.gov.au">www.police.vic.gov.au</a>
Suicide Line	1300 651 251	<a href="http://www.suicideline.org.au">www.suicideline.org.au</a>
Accident Towing Service/Roadside assistance	13 11 11	
Alcohol and Drugs Information Service	1800 888 236	<a href="http://www2.health.vic.gov.au/alcohol-and-drugs">www2.health.vic.gov.au/alcohol-and-drugs</a>
Child Abuse- Protection (after hours)	13 12 78	
Domestic Violence Crisis Service	1800 015 188	<a href="http://www.dvic.org.au">www.dvic.org.au</a>
Poisons Info	131 126	
Red Cross First Aid app		Download via <a href="#">iTunes</a> or Google Play



<b>Health</b>		
Onsite Medical Centre	(03) 9606 2208	William Angliss Institute Building C, Level 2 Email: <a href="mailto:wai.medical@lchs.com.au">wai.medical@lchs.com.au</a>
Alcohol and Drugs Counselling	1800 136 385	<a href="http://www.directline.org.au">http://www.directline.org.au</a>
Better Health Channel		<a href="http://www.betterhealth.vic.gov.au">www.betterhealth.vic.gov.au</a>
Eating Disorder Foundation	1300 550 236	<a href="http://www.eatingdisorders.org.au">www.eatingdisorders.org.au</a>
Family Drug Helpline	1300 660 068	<a href="http://www.familydrughelp.org.au">www.familydrughelp.org.au</a>
Family Planning Centre	1800 013 952	<a href="http://www.fpv.org.au">www.fpv.org.au</a>
Home Visiting Doctor	137 425	<a href="http://www.homedoctor.com.au">www.homedoctor.com.au</a>
Nurse On Call	1300 606 024	<a href="http://www.health.vic.gov.au/nurseoncall">www.health.vic.gov.au/nurseoncall</a>
Pregnancy Advisory Service - The Royal Women's Hospital	(03) 8345 3063 (03) 8345 3060	<a href="http://www.thewomens.org.au/PregnancyAdvisoryServicePAS">www.thewomens.org.au/PregnancyAdvisoryServicePAS</a>
Pregnancy Counselling Australia	1300 737 732	<a href="http://www.pregnancycounselling.com.au">www.pregnancycounselling.com.au</a>
QUIT line - stop smoking	137 848	<a href="http://www.quit.org.au">www.quit.org.au</a>
Royal Melbourne Hospital Travel Clinic	(03) 9342 7390	<a href="http://www.rch.org.au/genmed/clinical_resources/RCH_Travel_Clinic">www.rch.org.au/genmed/clinical_resources/RCH_Travel_Clinic</a>
Sexual Assault - Centre Against Sexual Assault	1800 806 292	<a href="http://www.casa.org.au">www.casa.org.au</a>
Travel Doctor	1300 658844	<a href="http://www.traveldoctor.com.au/">www.traveldoctor.com.au/</a>
Victorian AIDS Council	(03) 9525 5866	<a href="http://www.vac.org.au">www.vac.org.au</a>



<b>Mental Health and Wellbeing</b>		
Beyond Blue (Depression and Anxiety Information)	1300 224 636	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
Counselling Connection		<a href="http://www.counsellingconnection.com/index.php/2011/07/08/mental-health-links-resources/">www.counsellingconnection.com/index.php/2011/07/08/mental-health-links-resources/</a>
Gambler's Help	1800 858 858 1800 657 573	<a href="http://www.problemgambling.vic.gov.au">www.problemgambling.vic.gov.au</a>
Grief Line	(03) 9935 7400	<a href="http://griefline.org.au">griefline.org.au</a>
Kids Help Line	1800 55 1800	<a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a>
Lifeline	13 11 14	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
Mensline Australia	1800 789 978	<a href="http://www.mensline.org.au">www.mensline.org.au</a>
Mind Spot		<a href="http://www.mindspot.org.au">www.mindspot.org.au</a>
Online counselling		<a href="http://www.eheadspace.org.au">www.eheadspace.org.au</a> <a href="http://www.counsellingonline.org.au">www.counsellingonline.org.au</a>
Reach Out		<a href="http://au.reachout.com">au.reachout.com</a>
Relationships help		<a href="http://www.relationshipsvictoria.com.au">www.relationshipsvictoria.com.au</a>
Self Help Resources and relaxation audios		<a href="http://mywai.angliss.edu.au/index.php/student-services/counselling">mywai.angliss.edu.au/index.php/student-services/counselling</a>
Women's Information and Referral Service	1300 134 130	<a href="http://www.wire.org.au">www.wire.org.au</a>

<b>Community Support Services</b>		
Australian Federation of International Students		<a href="http://internationalstudents.org.au">internationalstudents.org.au</a>
Australian Tax Office	13 28 65	<a href="http://www.ato.gov.au">www.ato.gov.au</a>
Child Care		<a href="http://www.careforkids.com.au/child-care/melbourne-city">www.careforkids.com.au/child-care/melbourne-city</a> <a href="http://www.melbourne.vic.gov.au/CommunityServices/ForMyFamily/ChildcareOptions/Pages/Childcareoptions.aspx">www.melbourne.vic.gov.au/CommunityServices/ForMyFamily/ChildcareOptions/Pages/Childcareoptions.aspx</a>
Consumer Affairs	1300 55 8181	<a href="http://www.consumer.vic.gov.au">www.consumer.vic.gov.au</a>
Council of International Students Australia		<a href="http://www.cisa.edu.au">www.cisa.edu.au</a>
Department of Immigration and Citizenship	13 18 81	<a href="http://www.immi.gov.au">www.immi.gov.au</a>
Fair Work Ombudsman	131 394	<a href="http://www.fairwork.gov.au">www.fairwork.gov.au</a>
International Students factsheet on Workplace rights		<a href="http://www.fairwork.gov.au/resources/factsheets/workplace-rights/pages/international-students-factsheet.aspx">www.fairwork.gov.au/resources/factsheets/workplace-rights/pages/international-students-factsheet.aspx</a>
Interpreting Service	131 450	<a href="http://www.vits.com.au">www.vits.com.au</a>
Law Institute Victoria (legal referral service)	(03) 96079550	<a href="http://www.liv.asn.au">www.liv.asn.au</a>
Legal Aid Victoria	(03) 9269 0120 1800 677 402	<a href="http://www.legalaid.vic.gov.au">www.legalaid.vic.gov.au</a>
Overseas Students Ombudsman	1300 362 072	<a href="http://www.oso.gov.au">www.oso.gov.au</a>



Study Melbourne Student Centre	1800 056 449	<a href="http://www.studymelbourne.vic.gov.au/help-and-advice/support-services/study-melbourne-student-centre">www.studymelbourne.vic.gov.au/help-and-advice/support-services/study-melbourne-student-centre</a>
Switchboard (LGBTI)	(03) 9663 2939 1800 184 527	<a href="http://www.switchboard.org.au">www.switchboard.org.au</a>
Tenants Union of Victoria	(03) 9416 2577	<a href="http://www.tuv.org.au">www.tuv.org.au</a>
Victorian Equal Opportunity and Human Rights Commission	1300 292 153	<a href="http://www.humanrightscommission.vic.gov.au">www.humanrightscommission.vic.gov.au</a>
Victorian Government's Office for Disability	(03) 9096 0574	<a href="http://www.divine.vic.gov.au">www.divine.vic.gov.au</a>

## International student specific websites – friends, fun and lifestyle

Service	Website Address
Active Melbourne (City of Melbourne)	<a href="http://www.melbourne.vic.gov.au/parksandactivities/activemelbourne/Pages/ActiveMelbourne.aspx">www.melbourne.vic.gov.au/parksandactivities/activemelbourne/Pages/ActiveMelbourne.aspx</a>
AMES Australia – learn English	<a href="http://www.ames.net.au">www.ames.net.au</a>
Bill of Rights for International Students	<a href="http://www.humanrights.gov.au/racial_discrimination/international_students.html">www.humanrights.gov.au/racial_discrimination/international_students.html</a>
Broadsheet – Melbourne trends	<a href="http://www.broadsheet.com.au/melbourne">www.broadsheet.com.au/melbourne</a>
City of Melbourne – What's on in Melbourne? Subscribe and be notified	<a href="http://www.melbourne.vic.gov.au">www.melbourne.vic.gov.au</a> <a href="http://www.onlymelbourne.com.au">www.onlymelbourne.com.au</a> <a href="http://thethousands.com.au/melbourne">thethousands.com.au/melbourne</a>
City of Melbourne - Guide for International Students	<a href="http://www.studymelbourne.vic.gov.au/">www.studymelbourne.vic.gov.au/</a> <a href="http://www.insiderguides.com.au">www.insiderguides.com.au</a>
The Couch International Student Centre	<a href="http://www.facebook.com/thecouch614">www.facebook.com/thecouch614</a>
Discounts & Promotions (for Institute students only)	<a href="http://bit.ly/WAStudentDiscounts">bit.ly/WAStudentDiscounts</a>
Ethnic communities in Melbourne	<a href="http://www.onlymelbourne.com.au/melbourne.php?id=346">www.onlymelbourne.com.au/melbourne.php?id=346</a>
Food Delivery & Take Away	<a href="http://www.eatnow.com.au">www.eatnow.com.au</a>
GloBALL program- free cricket and football games	<a href="http://global.com.au/">global.com.au/</a>
International Students in Melbourne	<a href="http://www.facebook.com/cityofmelbourneinternationalstudents">www.facebook.com/cityofmelbourneinternationalstudents</a>
Meld Magazine	<a href="http://www.meldmagazine.com.au">www.meldmagazine.com.au</a>



<b>Service</b>	<b>Website Address</b>
Multicultural Hub	<a href="http://melbourne.vic.gov.au/multihub">melbourne.vic.gov.au/multihub</a>
Social Meet Ups	<a href="http://www.meetup.com">www.meetup.com</a>
StudentVIP – cheap textbooks, student discounts	<a href="http://studentvip.com.au">studentvip.com.au</a>
Student Services Facebook	<a href="http://www.facebook.com/ssswai">www.facebook.com/ssswai</a>
Study in Australia- general guide for international students	<a href="http://www.studyinaustralia.gov.au">www.studyinaustralia.gov.au</a>
Youth Central	<a href="http://youthcentral.vic.gov.au">youthcentral.vic.gov.au</a>
Ziilch - Where good stuff goes free	<a href="http://au.ziilch.com">au.ziilch.com</a>
Zomato – restaurant reviews	<a href="http://www.zomato.com">www.zomato.com</a>

## Hospitals

In the event of an emergency, phone 000 for an ambulance or attend the Emergency Department of the public hospital closest to you. Private hospitals are very expensive for treatment and hospitalisation. OSHC or other private health insurance will cover some of the cost of some private hospitals but you will have to pay the difference.

<b>Central Melbourne</b>	
Royal Melbourne Hospital: Grattan Street Parkville	9847 7000
St Vincent's Hospital: Victoria Parade, Fitzroy	9288 2211
Epworth Private Hospital: Erin Street, Richmond	9426 6666
Royal Women's Hospital: Grattan Street, Carlton	8345 2000
<b>Eastern Suburbs</b>	
Box Hill Hospital: Nelson Road, Box Hill	1300 342 255
Maroondah Hospital: Mt Dandenong Road, Ringwood East	1300 342 255
<b>Northern Suburbs</b>	
Austin Hospital: Studley Road, Heidelberg	9496 5000
<b>Southern Suburbs</b>	
Alfred Hospital: Commercial Road, Prahran	9076 2000
Dandenong Hospital: David Street, Dandenong	9554 1000
Monash Medical Centre: Clayton Road, Clayton	9594 6666



<b>Western Suburbs</b>	
Sunshine Hospital: Furlong Road, St Albans	8345 1333
ORYGEN Youth Health: Poplar Road, Parkville	9342 2800
<b>Doctors at William Angliss Institute</b>	
Medical Centre William Angliss: Building C, Level 2	9606 2208
<b>Doctors near William Angliss Institute</b>	
National Home Doctor Service	13 74 25
QV Melbourne Medical One After hours locum service	8663 7000 13 74 25
Dr David Sweeney: Level 8, 412 Collins St, Melbourne, VIC, 3000	9670 7303



## **Emergencies – Dial 000**

The Triple Zero (000) service is the quickest way to contact Police, Fire or Ambulance services in life threatening or emergency situations only and not for general medical assistance.

### **Ambulance**

Ambulances provide immediate emergency medical attention and transportation to hospital and can be accessed by dialling 000.

### **Lifeline**

Lifeline's 13 11 14 service offers counselling support 24 hours a day, 7 days a week from anywhere in Australia. The poisons information line provides advice in the management of poisonings and suspected poisonings.

### **Emergency translation**

Call 1300 655 010 (Translation service for emergency situations only.)

### **Emergency! App**

'Emergency +' is a national app developed by Australia's emergency services and their Government and industry partners, helping people to call the right number at the right time, anywhere in Australia. The app uses a mobile phone's GPS functionality so callers can provide emergency call-takers with their location information as determined by their smart phone



## Section 2: Student Services

Student Services offer a broad range of services for you, with the aim to support your academic, professional and personal lives, as well as provide you with opportunities to make friends and have fun. Most of these services are free.

### Connect with Student Services

We communicate to our students in a few different ways. Please make sure you familiarise yourself with the various platforms that are available so you are informed about important Institute announcements.

You don't want to miss out on all of the exciting news and events!

- myWAI Student Portal: [myWAI.angliss.edu.au](http://myWAI.angliss.edu.au)
- Student Services Facebook: [www.facebook.com/ssswai](http://www.facebook.com/ssswai)
- Noticeboards & LCD screens around the campus
- [Student A-Z Guide](#)
- Student Services display in The Lounge – pamphlets and handouts are available for pickup
- Student Emails – Instructions are available on the myWAI Student Portal
- SMS – Text messages

We provide the following services:

### 2.1 Careers and Employment (Building C | Level 1)

The Careers and Employment Service provides students and recent graduates with access to job opportunities, career development services and industry engagement.

Services include access to:

- CareerHub, an online jobs notice board (advertising volunteer, casual, part time and full time opportunities)
- Events and information sessions to help you with your employment search such as the Speed Networking Event and the Careers and Employment Expo
- Career guidance, job seeking strategies, resume writing and interview skills workshops and individual appointments

**P:** (03) 9606 2137

**E:** [careers@angliss.edu.au](mailto:careers@angliss.edu.au)

**W:** [careers.angliss.edu.au](http://careers.angliss.edu.au)

### 2.2 Student Activities (Building C | Level 1)

Student Activities organise free activities, events and social gatherings on and off campus for students to enrich their experience. Students are encouraged to participate as part of life on campus and the events are a fantastic way to meet new friends from across the Institute.

Services include access to:

- The Lounge (Building C | Level 1) provides basic kitchenette facilities, entertainment facilities, and a place for students to eat, meet and relax between classes.

- Student Space & Equipment Bookings (for the use of the Lounge, The Balcony, Multi-Purpose Room, BBQ equipment and trestle tables)
- Student Discounts & Offers can be found via myWAI Student Portal
- Latest information about what's happening on campus and around Melbourne

## Second Hand Items

Students can sell second hand textbooks, uniforms and equipment by:

- Posting a brief message with first name, mobile phone number, items, cost, and photos of the items for sale on the Student Services Facebook page [facebook.com/ssswai](https://www.facebook.com/ssswai)
- Posting a clear notice on the noticeboard located in Building A | Level 3 (near the lecture theatre)
- Textbooks can also be sold/purchased via Student VIP Textbooks. Join for free at [studentvip.com.au](https://www.studentvip.com.au)

**P: (03) 9606 2137**

**E: [studentservices@angliss.edu.au](mailto:studentservices@angliss.edu.au)**

## 2.3 Counselling and Personal Development Centre (Building C | Level 2)

The Counselling and Personal Development Centre provides a range of free and confidential services to students. Counsellors can assist with a variety of issues, including:

- Short term personal counselling
- Financial, legal and accommodation advice
- Consultation and advocacy
- Special consideration support
- Online self-help
- Referral



## Accommodation and Finance Guide

The Accommodation and Finance Guide, produced by the Counselling and Personal Development Centre, is accessible on myWAI and on the Institute's corporate website. Counsellors can help you with the following:

- Information and referrals
- Budgeting
- Emergency assistance

The Institute's **Accommodation Notice Board** is located in The Lounge (Building C | Level 1) near the kitchenette. You may find notices from other students looking for a flat mate. If you would like to place an ad, visit the Counselling and Personal Development Centre (Building C | Level 2) to collect a form. Please help keep the board up to date if you are no longer advertising or if you have filled a vacancy.

Services are **FREE** and **CONFIDENTIAL** to students of the Institute. Make an appointment on myWAI under 'Counselling' or email [counselling@angliss.edu.au](mailto:counselling@angliss.edu.au) or call 9606 2210.

**P: (03) 9606 2210**

**E: [counselling@angliss.edu.au](mailto:counselling@angliss.edu.au)**

## 2.4 Disability Support (Building C | Level 2)

The Disability Liaison Officer provides specialised support for students who have a diagnosed disability.

Support may include:

- Interpreters
- In class support worker (tutors, scribes, note takers, participation assistance are available to students that meet the criteria)

**P: (03) 9606 2232**

**E: [disability@angliss.edu.au](mailto:disability@angliss.edu.au)**

## 2.5 Learning Advisors (Building C | Ground Floor)

The Learning Advisors provide a free learning and study advice for all students.

Support may include:

- Writing reports, essays or other assessments
- Understanding assessment requirements and course work
- English language
- Research and referencing
- Time and study management
- Numeracy, finance and budgeting
- Studying for tests
- Computer skills and online learning

**P: (03) 9606 2574**

**E: [learningadvisor@angliss.edu.au](mailto:learningadvisor@angliss.edu.au)**

## 2.6 International Office (Building B | Ground Floor)

Angliss International office is responsible for the admission, orientation and welfare of all international students. You can contact them:

**P: (03) 9606 2169**

**E: [international@angliss.edu.au](mailto:international@angliss.edu.au)**

## 2.7 International Student Coordinators

The International Student Coordinators provide help to International Students studying VET courses to:

- Understand courses, timetables and assessment requirements
- Organize support for English language, study, counseling and careers advice
- Overcome problems with study, teachers or classes.

Anita Olshina (Building A | Level 4 | Room A441) is the International Student Coordinator for Hospitality, Event Management, Travel, Tourism and Resorts.

**P: (03) 9606 2527**

**Email: [anitao@angliss.edu.au](mailto:anitao@angliss.edu.au)**

**M: 0434 603 331**

Claire Benson (Building E | Level 1 | Room E106) is the International Student Coordinator for Cookery, Patisserie, Bakery and Food Science.

**P: (03) 9606 2373**

**Email: [claireb@angliss.edu.au](mailto:claireb@angliss.edu.au)**

## 2.8 Other support services

### Medical Centre (Building C | Level 2)

See “Section 3 Health and Medical Information” for details.

### Lost Property (Reception | Building A | Ground Floor)

The Institute is not responsible for personal items that have been lost on campus. Any personal property found on campus can be handed in to Lost Property at Reception and items will be disposed of at the end of each semester.

**P: (03) 9606 2111**

### Retreat spaces (Building D | Ground Floor)

Male and female retreat spaces are provided as a space for quiet contemplation or prayer.



## Section 3: Health and medical information

The following section outlines useful information about looking after your health and using medical and health services in Melbourne. Please refer to hospital information in section 1 of this handbook.

### 3.1 General Practitioners (GPs)/doctors

In Australia you do not have to go to a hospital to see a doctor. You can see a doctor (also known as a GP – General Practitioner) in his/her private practice or medical centre, with part or the doctor's fee covered by Medicare or OSHC. You must make an appointment to see a GP. It is important to note that some GP surgeries will request full payment from you at the time of consultation and you will need to present the receipt to claim the rebate back from your health cover provider.

#### NURSE-ON-CALL

NURSE-ON-CALL is a phone service that provides immediate, expert health advice from a registered nurse, 24 hours a day, 7 days a week.

If you think your situation is an emergency, you should always call 000 or go to an emergency department at a hospital.

Call 1300 60 60 24 for the cost of a local call from anywhere in Victoria for health advice 24 hours a day (calls from mobile phones may be charged at a higher rate). For more information visit: [www2.health.vic.gov.au/primary-and-community-health/primary-care/nurse-on-call](http://www2.health.vic.gov.au/primary-and-community-health/primary-care/nurse-on-call)

### 3.2 Medical help on campus

The Medical Centre located on campus offers a bulk billing, fully confidential service to Australian students and to international students with Overseas Student Health Cover (OSHC).

**Opening hours:** Monday - Friday 8.00am-5.00pm (closed on Public Holidays).

**P: (03) 9606 2208**

**Email: [wai.medical@lchs.com.au](mailto:wai.medical@lchs.com.au)**

### 3.3 Pharmacies/chemists

Doctors' surgeries/health clinics do not dispense medications to you. You must take the prescription given to you by the doctor to a pharmacy or chemist to obtain the medication. International students will need to provide the pharmacy with their OSHC card, and full name and address. You are able to walk in off the street to any pharmacy/chemist/drug store in Australia and will only have to wait a short while for your prescription medicine to be prepared.

The closest pharmacies to the Institute are Spencer Street Pharmacy next to Coles, 309/201 Spencer Street, Docklands and Chemist Warehouse, Shop MM2 in the Spencer Street Outlet.

### 3.4 Over-the-counter medication

Pharmacies/chemists also provide a variety of over-the-counter medications useful for treating colds, headaches, allergies and the like which do not require a prescription. Ask the pharmacist on duty for advice regarding the best medication for your symptoms. Ensure that you advise the pharmacist of any other medications you may be taking.

### 3.5 Dental and optical

Dental and optical health services are not covered by OSHC unless overseas students take out extra cover. If you are an international student and need to see a dentist or optometrist you will need to make an appointment and pay the full fee for this service. Australian students without private health cover will also need to pay the full fee.

### 3.6 Interpreter services for medical appointments

We are lucky in Australia to have a variety of healthcare professionals from many different cultural backgrounds. If English is not your first language, you may be able to see a doctor who may also speak your first language. If you have difficulty communicating with your doctor, the Translation and Interpreter Service (TIS) can be used. For more information visit [www.tisnational.gov.au](http://www.tisnational.gov.au) or phone 131 450.



## 3.7 Health and travel

Keep safe when travelling home for the holidays. Your immune system changes when you spend time away from your home country, you may no longer be protected from certain infections when you travel home. To avoid travel-related infections (e.g. typhoid, malaria, dengue fever, and hepatitis A) you should see your doctor before you travel (preferably at least 4-6 weeks before your trip). Vaccines, preventive medications, avoiding mosquito bites, eating safe foods and drinking only clean (bottled or boiled) water can help prevent these infections. For more information, visit the Institute's Medical Centre (Building C | Level 2) or visit [www.smartraveller.gov.au/tips/travelwell.html](http://www.smartraveller.gov.au/tips/travelwell.html) for more information.

If you're travelling to other destinations, you can also reduce the risk of developing an infectious disease by taking some simple preventative measures. Advice on the main health risks of travelling to particular countries can be found online at [Smartraveller.gov.au](http://Smartraveller.gov.au) or by consulting a doctor.

Some common measures which will help reduce the risk of infectious disease in many parts of the world to which Australians travel are:

- Protect yourself from insects
- Be aware of the risk of rabies
- Think about what you eat and drink
- Sexually Transmissible Infections
- Medical Tourism

If you become unwell in the two weeks after your return to Australia see your doctor. It takes time after you are exposed to an infectious disease for you to become unwell (the incubation period). For this reason, for the two weeks after you get back from overseas, you should pay close attention to your health. If you get any of the following symptoms, see your doctor as soon as possible:

- Fever
- Unexplained skin rashes or lesions
- Persistent vomiting
- Persistent diarrhoea
- Unusual bleeding from the eyes, ears, nose, mouth or anus
- Swollen glands in your armpits or neck
- Prolonged loss of consciousness (not caused by consumption of alcohol, drugs or medications)
- Persistent coughing or difficulty breathing

This list is not exhaustive and if you are feeling unwell after being overseas you should see your doctor. It is important to tell your doctor that you've been overseas, where you went and what activities you undertook.



## Tuberculosis (TB)

**Have you had cough or fever for more than 2 weeks, unexplained weight loss and poor appetite, or night sweats?**

If you answered yes to any of these symptoms you should visit your doctor and ask about tuberculosis (TB).

Some facts about international students and TB:

- International students are 10 times more likely to develop active TB disease than Australian-born individuals.
- Most students will have had a chest x-ray to look for active TB before getting a visa to study in Australia, but this will not detect latent (or silent) TB which can develop into active TB disease. Many things can trigger this, including moving to a new country.
- The TB vaccine (BCG) does not protect adults from developing active TB.
- Treatment for TB is **effective** and **free** in Australia.

Avoid getting seriously ill and stop the spread of TB. Visit your doctor immediately.

## 3.8 General health and wellbeing

Maintaining good health is of vital importance when studying.

Living in another environment provides a good opportunity to change a daily routine, however it is important for students who are experiencing difficulties at home (relationship, health, emotional, substance abuse, etc.) not to expect a vacation from their problems.

Going abroad or moving to the city **is not** a “geographic cure” for concerns and problems at home (that is, thinking that you can solve your personal dilemmas by moving from one place to another). Sometimes students feel that a change of environment will help them to move past their current problems. However, living and studying in an unfamiliar environment frequently creates **unexpected physical and emotional stress, which can exacerbate otherwise mild disorders.**

It is important that all students are able to adjust to potentially dramatic changes in climate, diet, living, and study conditions that may seriously disrupt accustomed patterns of behavior. If students are concerned about their use of alcohol and other controlled drugs or if they have an emotional or physical health concern, it is best, where possible, to address it honestly before making plans to relocate/move abroad for study.



## Melbourne climate and weather

Many students will be affected by the climate. Victoria can be wet, cold and windy and, at other times, very hot and dry. While you are adjusting it is not uncommon to experience:

- Colds and influenza
- Trouble sleeping
- Dry skin or pimples
- Rashes
- Tiredness
- Sunburn
- Circulation problems (e.g. chilblains)

Keep warm by wearing several layers of natural fibre clothes, a hat, shoes, socks and gloves and exercise daily. Wear a hat and sunscreen (SPF 50+) all year round to prevent sunburn. Avoid long, hot showers and strong soaps or body washes. If you experience any of the above or other symptoms, see a doctor.

## Physical health

A big part of staying healthy involves eating healthy foods, and getting enough exercise for fitness and relaxation. VicHealth has compiled a list of practical health tips to support Victorians wanting to improve their health and wellbeing in 2016.

- Cut back on sugar – you're sweet enough. Try swapping sugary drinks for water.
- Get moving. Simply walking 10,000 steps a day is an achievable goal for most people, and has many long term health benefits.
- Sink less drink. Try drinking water in between drinks and slowing your drinking down by eating healthy food when drinking alcohol.
- Take the stairs. A five-minute walk in the fresh air with a healthy dose of sunshine can give you the mental and physical refresh that you need.
- Don't pass the salt. Try to use herbs, garlic and pepper to give your food a flavour hit.
- Stress less. If you're feeling stressed look at different ways on how to manage the pressure.
- Walk to school. If walking the whole way isn't possible try taking transport to somewhere nearby and walking part of the way – every step counts!
- Look out for each other. Keep an eye on your friends and loved ones and offer support where it is needed.
- Wave goodbye to tobacco. Research shows smokers who quit by age 30 avoids almost all of the excess risk associated with smoking.
- Have an 'appy' new year! Check out VicHealth's Healthy Living Apps Guide at [www.vichealth.vic.gov.au/apps](http://www.vichealth.vic.gov.au/apps)

## Mental health

Living away from family and friends can be challenging. If you feel lonely or stressed, or if you have other emotional problems talk to family and friends. You may also wish to contact the Counselling and Personal Development Centre or Medical Centre at the Institute. For more serious issues you may

wish to ask your doctor for a referral to an external psychologist or psychiatrist. Please refer to the Important and Emergency contact section for 24 hour emergency counselling support and other mental health resources such as the Reach Out web site and counselling resources on myWAI Student Portal.

## Sexual health

Taking care of your sexual health means more than being free from sexually transmissible infections or diseases (STIs or STDs); it also means taking responsibility for your body, your health, your partner's health and your decisions about sex. Talk freely to your partner to ensure you are both ready for sex.

**Always use condoms** as condoms are the only form of contraception that protects against STIs (Sexually Transmitted Infections) AND unplanned pregnancy. Girls, however, may also want to consider an additional form of contraception to ensure safety against an unplanned pregnancy. If you have any sexual health concerns consult your doctor.

## 3.9 Smartphone apps

<p><b>Gratitude Journal:</b> Write down five things you are grateful for each day and your life will change forever.</p>
<p><b>Better Health Channel:</b> The most trusted brand in health information.</p>
<p><b>iStress:</b> Based on many years of research in stress management and will enable you to learn relaxation techniques, positive thinking, and employ humour and encouraging thoughts to take control of your stress level and emotions.</p>
<p><b>Smiling Mind:</b> Modern meditation for young people. It's a simple tool that gives a sense of calm, clarity and contentment.</p>
<p><b>Chemist Warehouse:</b> Find a Chemist Warehouse store, browse our products or view our catalogues all on your iPhone.</p>
<p><b>iFirstAid:</b> First aid on your iPhone</p>
<p><b>WebMD:</b> Helps you with your decision-making and health improvement efforts by providing mobile access 24/7 to mobile-optimised health information and decision-support tools including WebMD's Symptom Checker, Drugs &amp; Treatments, First Aid Information and Local Health Listings.</p>
<p><b>Sleep Cycle:</b> An intelligent alarm clock that analyses your sleep and wakes you in the lightest sleep phase – the natural way to wake up feeling rested and relaxed.</p>
<p><b>Relax with Andrew Johnson:</b> We all need to slow down sometimes, to relax,</p>



to unwind - yet after a hectic day at work, a terrible commute, or a nightmare shopping trip it may seem impossible.

**Sexual Health:** Intimacy and health.

**Calorie Counter:** Diet tracker.

**Healthy Habits.**

**DrinkControl:** Handy tracking of the drinks as well as of the associated costs. It lets you compare your day-to-day drinking tendencies with the moderate drinking guidelines of the leading international health organisations.

**Medscape:** From WebMD (medscape.com) is the leading medical resource most used by physicians, medical students, nurses and other healthcare professionals for clinical information.

**Headspace:** (on-the-go) Meditation

**Stress Check**

**The Sorter**

**Teemo:** The Fitness Adventure Game

**Fitocracy:** Daily Workout Tracker

**Nike:** Training Club

**Cody:** Fitness Community

**iCounselor Anxiety:** Your portable self-help tool. Learn skills to reduce your anxiety!

**iCounselor Depression:** Your portable self-help tool. Learn skills to reduce your depression!

**iStudiez Pro:** Take advantage of iStudiez Pro easy navigation and never miss

another course, lecture and lab, track tasks and deadlines, plan homework, arrange assignments and much more!

**Schedule Planner:** Start planning out your daily tasks in mere seconds & guarantee you make the most of every day right away!



# Section 4: Adjusting to a new culture/environment

This section outlines tips and facts to help you adjust to a new environment and make a smooth transition to student life.

## 4.1 Adjusting to life in an unfamiliar environment

Living and studying abroad or in a new city or state can be an exciting adventure; it can also present a range of challenges. Having decided to study and live away from home you will be undertaking adjustments in many areas including your cultural, social and academic life. It is important to remember that while these challenges are occurring you will be embarking upon a new semester of study (for many of you in a different language) and you may also be away from your usual supports, networks and resources. Adjustment to a new environment and culture is a gradual process. The values, beliefs, traditions and customs of your home environment may vary greatly from those in your new environment and adapting to the new way of life may take some time. The following advice may help.

### Listen, observe and ask questions

Allow yourself time to observe those around you and patterns of both verbal and non-verbal communication. Don't be afraid to ask questions if there are things you do not understand; asking questions will reduce the chance of confusion or misunderstandings.

### Become involved

Make an effort to meet people and become involved in groups both on campus and in the wider community. Maintain an attitude of openness to new situations and experiences. Establishing friendships and joining groups is the best way to experience and learn about your new environment/culture and will help you have a richer and more enjoyable time here.

### Try to maintain a sense of perspective

When confronted with difficulties remind yourself that living and studying away from home or your familiar environment is a challenge and it is normal to feel stressed, overwhelmed and out of your depth at times. Trying to recall the reasons you initially wanted to study at the Institute in the first place and listing positive events or changes within yourself that have occurred since you arrived at the Institute may also assist with getting things in perspective.

## Maintain some of the routines and rituals you may have had in your home country/hometown

This can include small things such as continuing to drink a certain type of coffee or tea or eating specific familiar foods. For some of you it may also include maintaining involvement in bigger events such as celebrating a national day in your country of origin with a group of friends.

## Keep lines of communication open with those at home

Communicating regularly with those at home about your experiences of study at the Institute and life in your new environment, through emails, telephone calls and letters, is vital. Not only does it help to keep you connected with important social supports, it also assists your friends and family to understand your experiences, which helps to smooth the transition when you return home.

## Sense of humour (being able to laugh)

Remember that living in a different environment/culture means you will inevitably find yourself in a range of unusual and often confusing situations. Being able to laugh in these situations will remind you that it takes time to understand a new environment and different cultures and that it is ok to make mistakes.

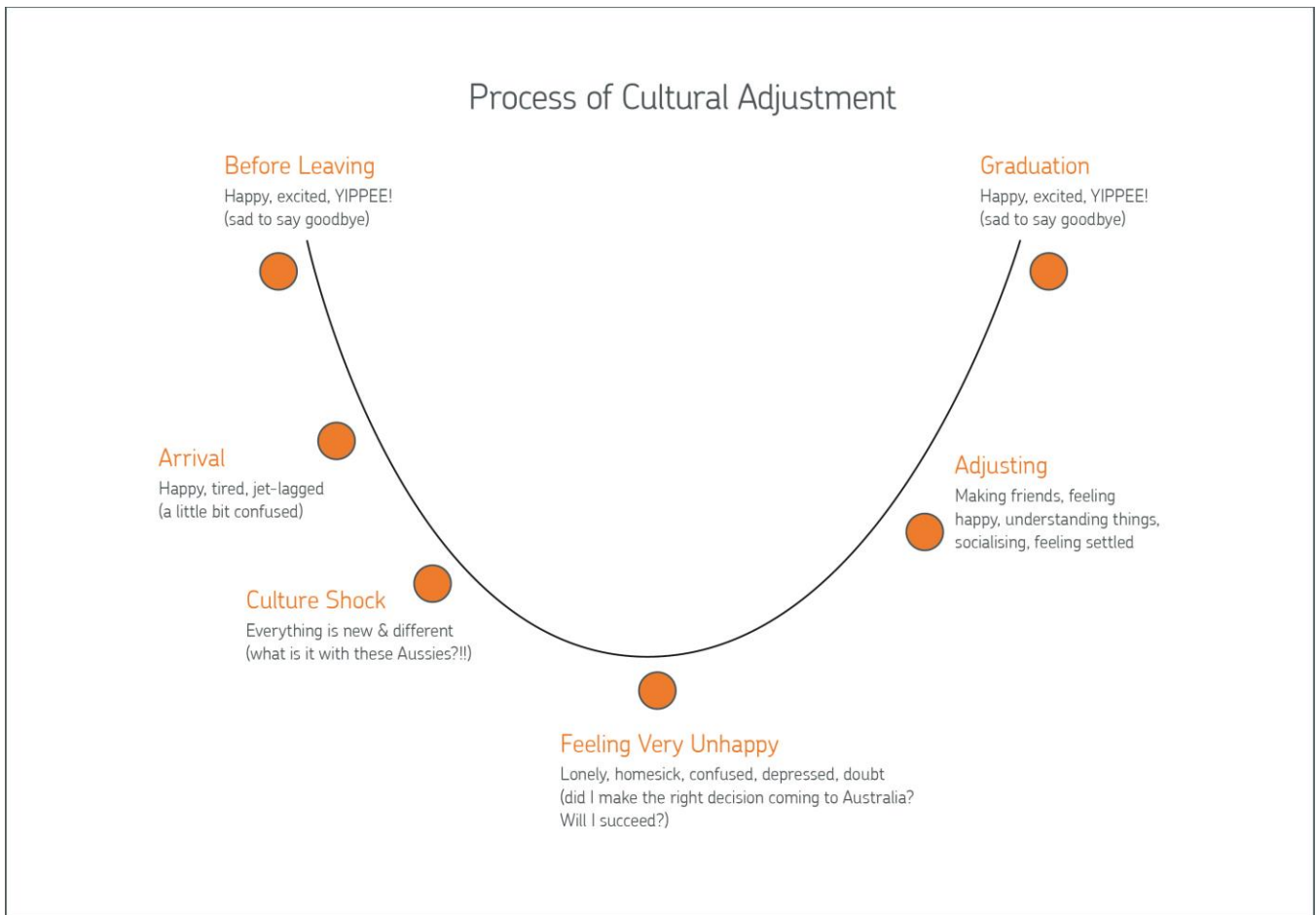
## Ask for help

Don't be afraid to ask for help if you need it. In addition to the Institute's Counselling and Personal Development Centre, Student Services also offers different types of activities and events on and off campus to ensure you have a successful and enjoyable time at the Institute and in your new environment.

## Finally, relax and enjoy the journey!

## 4.2 Culture shock

Culture shock is the feeling of being out of place in an unfamiliar environment. It is most often discussed in relation to travelling overseas but can also occur when an individual finds themselves in any unfamiliar environment e.g. moving from school to a further education institution; or moving from the relaxed culture of a country town to the faster paced culture city living. The initial excitement of being in a new environment often subsides when different cultural expectations challenge you to attend to daily responses and behaviours previously taken for granted. The potential stress of dealing with these persistent challenges can result in feelings of hostility and frustration with a new culture as well as a profound longing for home.



## Overcoming culture shock

Once you realise you have culture shock, you can better adjust to the local culture. You will need to focus on taking some positive steps to feel better but the effort will be worth it, and the sooner you take those steps the sooner you will feel better about your new life!

### 1. Recognition

First, you should remember that culture shock is a normal part of your adjustment and that you may have some of the symptoms. Some of your reactions may not be normal for you; you may be more emotional or more sensitive, or lose your sense of humour. Recognising your culture shock symptoms will help you learn about yourself as you work your way through it.

### 2. Be objective

Second, try to analyse objectively the differences you are finding between your home and your new culture. Look for the reasons your new culture does things differently. Remember that the new customs and norms are logical to locals, just as your customs and norms at home are logical to you.



### 3. Set goals

Third, set some goals for yourself to redevelop your feeling of control in your life. These should be small tasks that you can accomplish each day. For example, if you do not feel like leaving your room, plan a short activity each day that will get you out. Go to a post office or store to buy something, ride a bus or go to a sports event. If you feel that language is your problem, set daily goals to learn more: study fifteen minutes a day; learn five new words a day; learn one new expression each day; or watch a TV program in your new language for 30 minutes. Each goal that you achieve will give you more and more confidence to cope with changes in your life.

### 4. Share your feelings

Fourth, find local friends who are sympathetic and understanding. Talk to them about your feelings and specific situations. They can help you understand ideas from their cultural point of view.

## Returning home and reverse culture shock

You may experience challenges when adjusting back to your own culture and lifestyle after having adapted to another culture. As you return home, remember that:

- Changes in your habits and way of thinking may cause friction between you and your family
- In the time you have been away, you have changed and they have changed and it is simply impossible to return to the way things were when you first departed

Adjustment can be challenging but is positive because:

- Many of the changes in you will be ones that you can celebrate as positive growth on a personal and intellectual level
- Any feelings of discouragement or frustration when you return home are normal and will diminish as you adjust to life at home
- You will build on the life skills you developed when you adjusted to Australia and will be better able to prepare and address potential problems than when you arrived

It is also important to:

- Consider the positives and negatives about both your home country and Australia. The goal will be to integrate what you have learned here with what you know about your home and culture
- Be prepared for some frustration in the transition from the freedoms of life as a student to the demands of a career
- Take time to consider carefully before making any life-changing decisions, and seek out people who can understand your situation.



## 4.3 Discrimination/unfair treatment

Bullying and discrimination are unacceptable behaviours.

### Discrimination

Discrimination can be defined as singling out a particular person or group of people for special (unfavorable) treatment, based on a prejudice held by the person who is discriminating. It may involve a single incident, or a series of smaller incidents, often amounting to a pattern of behaviour.

### Types of bullying

**Verbal bullying** - such as name calling or put downs, threats, teasing, including sexual harassment and innuendo.

**Physical bullying** - being punched, tripped, kicked or having your belongings stolen or damaged. It might also include sexual abuse.

**Social bullying** - being left out, ignored or having rumours spread about you.

**Psychological bullying** – intimidation or manipulation: You are given dirty looks or stalked (often less obvious or direct than other forms of bullying).

**Cyber bullying** - is a form of bullying which is carried out through an internet service such as email, chat room, discussion group, social media, instant messaging or web pages. It can also include bullying through mobile phone technologies such as SMS.

Examples of cyber bullying behaviour are:

- Teasing and being made fun of
- Spreading of rumours online
- Sending unwanted messages
- Defamation.

If you witness bullying or discrimination or are the victim of this behaviour take some action to protect yourself and report it to your teacher or other staff at the Institute. You can also contact the Counselling and Personal Development Centre on 9606 2210 or visit Building C, Level 2.

For more information visit Reach Out at [au.reachout.com](http://au.reachout.com) or the Victorian Equal Opportunity & Human Rights Commission at [www.humanrightscommission.vic.gov.au](http://www.humanrightscommission.vic.gov.au) or phone 1300 292 153.

## 4.4 Housing, accommodation and finance support

You can find the Institute's Student Accommodation and Finance Guide on myWAI Student Portal and Institute's corporate site [www.angliss.edu.au](http://www.angliss.edu.au) under Current Students.

You can also check the Accommodation Noticeboard located in The Lounge (Building C, Level 1) near the kitchenette.

## 4.5 Material aid support and homelessness

Please refer to the Material Aid and Homelessness document on myWAI under Counselling Resources and contact the Counselling and Personal Development Centre for support.

## 4.6 Smartphone apps

**Eventful:** See what's happening near you. Use Eventful to find local events, see what's on at your favourite venues and know which performers are coming soon.

**Australian Slang:** Best Australian Slang! Check out this really fun and free app today and learn some cool Australian Slang.

**Posted:** Once you add in your tracking number, Posted will display all relevant details about your parcel so you know exactly what is happening with your latest purchase.

**Australia Forum:** the fastest growing community dedicated to members that are in the process of moving to Australia. The forum also caters for people that have moved to Australia from another country



# Section 5: Working in Melbourne Australia

This section provides you with useful information for preparing to work in Melbourne and on how to find a job.

## Working in Melbourne (International students)

If you were granted a Student visa on or after 26 April 2008, you and your dependent family members will already have permission to work included with your visa.

You cannot work until you have commenced your course in Australia. Once your course has commenced you are permitted to work a maximum of 20 hours per fortnight when your course is in session, and unlimited hours when your course is not in session.

- Work that is a formal registered part of your course is not included in the limit of 40 hours per fortnight.
- If you are doing voluntary, unpaid work, it is not included in the limit of 40 hours per fortnight if it:
  - is of benefit to the community
  - is for a non-profit organisation
  - would not otherwise be undertaken in return for wages by an Australian resident (that is, it is a designated volunteer position), and
  - is genuinely voluntary (that is, no remuneration, either in cash or kind is received—board and lodging acceptable).

For more information, visit the Department of Immigration and Border Protection at [www.border.gov.au/Trav/Stud/More/Work-conditions-for-Student-visa-holders](http://www.border.gov.au/Trav/Stud/More/Work-conditions-for-Student-visa-holders)

## 5.1 Taxes: applying for a Tax File Number (TFN)

### Taxes

Taxes are managed through the Australian Taxation Office (ATO). The tax you pay depends on how much you earn.

### Getting a Tax File Number

All students (domestic or international) must obtain a Tax File Number to be able to work in Australia. A tax file number (TFN) is your unique reference number to our tax system. When you start work, your employer will ask you to complete a tax file number declaration form. If you do not provide a TFN your employment will be taxed at the highest personal income tax rate, which will mean less money in your wages each week.

You can apply for your [TFN online](#) or if you need more information, visit the nearest Tax Office shop front site or phone 13 28 61 from 8am-8pm, Mon-Fri and 10am-4pm Saturday except national public holidays. For the ATO translating and interpreter service phone: 13 14 50.

### Taxation returns

If you pay too much tax you are entitled to a refund. To get a refund you will need to lodge a tax return. You can lodge online using e-tax (free), by mailing a paper tax return, or by paying a registered tax agent to complete and lodge the return for you. If you lodge by e-tax your refund will normally be issued within 14 days.

Lodge online using e-tax at [www.ato.gov.au](http://www.ato.gov.au)

For a registered tax agent visit [www.tpb.gov.au](http://www.tpb.gov.au)

Tax returns are lodged at the end of the Australian income tax year (1 July to 30 June).

### Superannuation

Generally, if your salary is \$450 or more (before tax) in a calendar month, your employer has to pay super guarantee (SG) on top of your wages. If you are under 18 (or is doing private or domestic work), you must also work for 30 or more hours per week to qualify.

If you're eligible for super guarantee contributions, at least every three months your employer must contribute a minimum additional sum of 9.5% (current as of January 2016) of your wage into a superannuation account for you. In most cases, you can access your contributions when you leave Australia permanently, although the contributions will be taxed. You can claim super benefits you accumulated while working in Australia if all of the following apply:

- You visited on a temporary visa (excluding visa subclasses 405 and 410)
- Your visa has ceased to be in effect
- You have left Australia

Your claim is generally for a 'departing Australia superannuation payment' (DASP). To check your eligibility to claim your superannuation and to apply for your payment, visit:

[www.ato.gov.au/departaustralia](http://www.ato.gov.au/departaustralia).

**HOSTPLUS** is the national super fund for the hospitality, tourism, recreation and sport industries.

For more information, head to [www.hostplus.com.au](http://www.hostplus.com.au)



## 5.2 Looking for a job – Careers & Employment services

This is a two part process:

- First, get yourself ready by preparing a resume, checking your timetable to find out when you will be available to work, and investigating getting around Melbourne and to and from specific locations.
- Second, think about where to start looking for work. Looking for casual and part time work can be a very competitive and it can sometimes take up to a few months to find a suitable job - persistence is the key!

### Getting yourself ready

Preparing for a part time casual job follows the same process for getting full time work. You need a good resume and cover letter. Start your journey by visiting the Institute's Careers & Employment service provides great opportunities and services to support and guide you on your career pathway. This includes access to:

- Career guidance, job seeking strategies, resume writing and interview skills workshops and individual appointments.
- CareerHub, online jobs noticeboard with a full listing of casual, part-time, full-time, volunteer and graduate opportunities; resources to assist in your job readiness; and notifications of all upcoming events.

**URL:** [careers.angliss.edu.au](http://careers.angliss.edu.au)

**Username:** Student ID

**Password:** date of birth (DDMMYYYY)

- Regular on campus employer information and recruitment opportunities including the Disney International Program and participation in large events such as the Grand Prix, Melbourne Food & Wine Festival, Spring Racing Carnival and many more important industry calendar events.
- Annual networking and recruitment events: our Speed Networking Event (May), where you have the opportunity to build your industry network, and our Careers and Employment Expo (August), where dozens of employers come looking to employ you.

### Volunteer work

The Institute has many partnerships with the industry that offer opportunities to get some hands on experience. Volunteer work is a great way to get relevant experience that may lead to paid work or other opportunities. Volunteer opportunities are also advertised on CareerHub.

### Others ways of finding work

#### Internet websites

- [www.seek.com.au](http://www.seek.com.au) - Australia's number one jobs site
- [scoutjobs.com.au](http://scoutjobs.com.au) - creative, media, hospitality and retail industry jobs
- [tastyjobs.com.au](http://tastyjobs.com.au) - job board for hospitality
- [www.gumtree.com.au](http://www.gumtree.com.au) - free classifieds ads including jobs
- [www.adzuna.com.au](http://www.adzuna.com.au)
- [www.careerone.com.au](http://www.careerone.com.au)

## Newspapers

- The Saturday editions of Melbourne's newspapers including The Age and Herald Sun have an employment section where jobs are advertised.
- Tuesday's Age – Epicure section, specialises in jobs in the Hospitality and Food Services industry.
- Suburban newspapers advertise jobs in your local area

## Cold calling and networking

With only 20 – 30% of jobs ever being advertised, using your networks (friends, family, colleagues and/or teachers) or cold calling (telephone call or visiting a company or restaurant you don't know) is a great way to identify and access hidden job opportunities. Identify places you would like to work and 'walk in' and speak to staff directly, handing out resumes and cover letters.

## Don't know where a particular suburb is when looking for a job?

Getting around an unfamiliar city can be daunting, but it's important not to dismiss a job just because you haven't heard of the suburb. To help you investigate how to get to the location, here are some valuable tips.

If travelling by transport, go to the Public Transport Victoria website [ptv.vic.gov.au](http://ptv.vic.gov.au). This site details information such as train, bus and tram information, timetables and fares and highlights particular routes. Simply follow the Journey Planner and add where you will begin your trip and the address of the job.

Alternatively, if you will be travelling by car, use Google Maps ([www.google.com.au/maps](http://www.google.com.au/maps)) to map out the fastest and best route to get to a location.

**For more information about the Careers and Employment, please visit Building C, Level 1 or check out the online resources available through CareerHub [careers.angliss.edu.au](http://careers.angliss.edu.au).**

## 5.3 Know your rights and responsibilities at work

You should understand your workplace rights to ensure that your employer is treating you fairly. To learn more about your workplace rights visit Fair Work Ombudsman's website [www.fairwork.gov.au](http://www.fairwork.gov.au). More specifically if you are an international student, check out [www.fairwork.gov.au/find-help-for/visa-holders-and-migrants](http://www.fairwork.gov.au/find-help-for/visa-holders-and-migrants)

**The Careers and Employment Service also has information on work rights and employment conditions that may assist you.**



## 5.4 Banking for international students in Australia

Being a student in a foreign country can be challenging enough without having to worry about finances as well. Being a student should be a fun and carefree time in every young person's life, which is why it is important to understand student banking options in Australia.

Australian banks do an excellent job of creating fine tuned offers for international students that need simplified and reliable banking while away from home. Some student **bank accounts** in Australia carry high interest rates and offer rewards to students that bank responsibly. A general rule of thumb is – the higher the deposit, the higher the interest rates will be.

### Student bank accounts for international students

Regardless of which student bank account is chosen, it is always ideal to have access to as many ATMs as possible in order to access fast cash for school and extracurricular activities. Most student bank accounts include financial counseling services through bank agents, and rewards programs that are specifically designed for the account holder. Student bank accounts often have waived fees and no minimum balance or minimum opening deposit requirements, which makes them ideal for international students on a budget.

### Student banking alternatives

Aside from the conventional student bank accounts that are available from various financial institutions throughout Australia, there are also alternative bank accounts that may still be suitable for international students as well. The two most popular types of bank accounts for international students in Australia are fixed **term deposits** and high interest **savings accounts**.

### Fixed term deposits for students

Students that are interested in growing their money while they're away from home can opt for a fixed term deposit, which will offer the higher fixed interest rates. Fixed term deposits are for financially stable and committed investors only, as there are steep early withdrawal fees that can completely negate the interest owed on the account.

### High interest savings accounts for students

High interest savings accounts are perfect for students that would like to grow their money without being trapped in a fixed term agreement that doesn't allow them to withdraw cash when needed. High interest savings accounts provide ideal rates and terms and conditions, without the hefty early withdrawal fees and penalties associated with fixed term deposits.



## Banking tips

Shop around for the Bank that suits you:

- Does the bank have high fees?
- Is it possible to transfer money to and from your home country easily from the bank?
- Can your money be accessed back home if you return for a vacation?
- Do they offer discount fees for students?

Remember, in order to open an account, you will need to show several forms of identification, such as a valid passport and visa. Close your account on returning home in order to avoid fees.

Please note that it is very rare for banks to give loans or credit cards to non-Australian citizens or permanent residents.

Find out more about your banking options on the Australian Security and Investment Commission's website: [www.moneysmart.gov.au/managing-your-money/banking](http://www.moneysmart.gov.au/managing-your-money/banking).

Below are a range of bank accounts that may be suitable:

[Commonwealth Bank](#)

[Westpac](#)

[Bank of Melbourne](#)

## 5.5 Smartphone apps

<b>MyCareer</b>
<b>Career One</b>
<b>Seek</b>



# Section 6: Getting around

This section provides you with useful information to help you get around.

## 6.1 Public transport: trains, trams and buses

Melbourne is an accessible city by public transport, bicycle paths and taxis. These services reach out to all parts of the city and outer suburbs.

The public transport system consists of bus, tram and train services and is divided into two travel zones: Zone 1 includes the CBD and the Institute and Zone 2 includes the middle to outer suburbs of Melbourne. You can access regional areas via V/Line.

Call the transport information service on 1800 800 007 for information regarding train, tram or bus services to the metropolitan area. For details on fares and routes, or to download the smart phone application, please visit Public Transport Victoria: <http://ptv.vic.gov.au>

A PTV Hub is located at Southern Cross Station, near the corner of Spencer and Collins Streets which provides information including ticketing, printed resources and general information about using public transport.

Melbourne's new Night Network is a trial being conducted by PTV which includes all night public transport on weekends, with all night metropolitan trains and trams, late night buses, and a 2am coach service to key regional centres.

## 6.2 Myki cards

You will need a Myki card to travel on all public transporting Melbourne and surrounding suburbs. Once you've bought a Myki card you will need to top it up with enough money to get you to your destination. You can find these cards for sale and fare top up at convenience store like 7-11 or at train stations. You can also top up your card online.

Myki has two fare options - Myki money and Myki pass. Myki money is best for people who use public transport infrequently and just want to pay for the odd trip. It works a bit like a credit system where money is deducted from your account every time you use it. Myki pass is for regular transport users. You can choose how many consecutive days you want to travel for e.g. a month, a year etc., and you pay a lump sum up front. Then you can use public transport as many times as you like during this period. Myki pass offers substantial savings equalling to \$4.70 per day compared to \$7.80 per day if you travel with Myki money.

Remember to always **touch on and touch off** at the Myki readers on the buses and trams and at train stations to avoid being charged more money than you need be.

Please be aware that authorised officers frequently check tickets at bus, tram and train stations and may fine you if you don't have a ticket or have the wrong ticket. Please note: International students are not eligible for travel concessions on Melbourne metropolitan public transport.

## 6.3 Free transport

The Free Tram Zone in Melbourne's CBD was introduced on 1 January 2015, making it easier for commuters and tourists to move around the city. The principal boundaries of the Free Tram Zone are Spring Street, Flinders Street and La Trobe Street. Additionally, the tram routes along Victoria Street, William Street and Elizabeth Street that surround Victoria Market are also included as well as the Docklands area.

[Download the Free Tram Zone](#)

All stops within the zone are clearly marked and tram drivers will make regular announcements when approaching the zone boundaries. Zone boundaries are signed and free tram zone maps are across the network. If your tram journey is exclusively within the zone, travel is free, meaning you do not need to touch on with a myki.

The City Circle Tram is a free and convenient way to see the sights of central Melbourne and the Docklands while experiencing a ride on one of the city's much loved heritage trams.

[See timetable and route information](#)

For more visitors' information, visit [ptv.vic.gov.au/getting-around/visiting-melbourne](http://ptv.vic.gov.au/getting-around/visiting-melbourne)

## 6.4 Melbourne Visitor Shuttle

The bus shuttle stops at 13 key city locations. It runs every 30 minutes, seven days a week between 9.30am and 4.30pm (except Christmas Day). The full trip takes approximately 90 minutes and includes on-board commentary. Tickets cost \$10 and are valid for up to two days.

For more information, please visit [thatsmelbourne.com.au/shuttle](http://thatsmelbourne.com.au/shuttle).

## 6.5 SkyBus

SkyBus runs an express service between Melbourne Airport and Melbourne's city centre, 24 hours a day, seven days a week. The service takes approximately 20 minutes to get from the airport to the city centre. Buses run every 10 minutes from 6am to 11pm and every 15 to 30 minutes at other times. You cannot travel on the SkyBus with a myki. For more information and to purchase tickets, visit [skybus.com.au](http://skybus.com.au).



## 6.6 Taxis

Taxis are a quick and safe way to get around Melbourne, though they can be expensive. You can catch them on the street or book by telephone. There are also taxi ranks in busy locations around the CBD, especially near railway stations, hotels, and the airport. Taxis may be more expensive after 9pm and at weekends. You can use a taxi fare estimator to work out your costs.

Popular taxi companies include:

- Silver Top, Phone: 13 1008 | [www.silvertop.com.au](http://www.silvertop.com.au) | [Fare estimator](#)
- Yellow Cabs, Phone: 13 2227 (13 cabs) | [www.13cabs.com.au](http://www.13cabs.com.au) | [Fare estimator](#)

Uber is also a popular way to travel around Melbourne. Get a taxi, private car or rideshare from your mobile phone and it will connect you with a driver in minutes. The app can be used in a number of cities around the world. This is a cashless option and you need a credit card to setup your account.

[Setup your Uber account here](#) or visit [www.uber.com.au](http://www.uber.com.au)

## 6.7 Driving

Melbourne is an easy city to drive in due to its wide thoroughfares and simple, well signposted grid street plan.

The most important road rules for driving in Australia are:

- You drive on the left-hand side of the road
- You must also wear a seatbelt
- You must have your driver's licence with you when you're driving
- Using a mobile phone while driving is prohibited, except to make or receive a phone call or to use its audio/music functions provided the phone:
  - is secured in a commercially designed holder fixed to the vehicle, or
  - can be operated by the driver without touching any part of the phone, and the phone is not resting on any part of the driver's body.
- Those caught driving with a blood alcohol concentration (BAC) over the legal limit face heavy fines, loss of licence and, for the most serious offenders, possible imprisonment.
- The police also have the power to immediately suspend your licence or learner permit if they charge you with certain drug-driving offences. This suspension lasts until your charges have been decided in court.

Visit VicRoads for more details: [www.vicroads.vic.gov.au/safety-and-road-rules/driver-safety](http://www.vicroads.vic.gov.au/safety-and-road-rules/driver-safety)

## 6.8 Bicycles

Before you ride your bike you must have the following equipment:

- at least one working brake and a bell, horn or something similar.
- If you ride at night or in bad weather, you must have attached to your bike:
  - a white light on the front visible from 200 metres
  - a red light on the back visible from 200 metres, and
  - a red reflector on the back visible from 50 metres
- you and any passengers must wear a properly fitting and fastened helmet unless you are riding on private property.

You are not legally required to get insurance, but it is a good idea.

It is also important to understand road rules for bike riders in Victoria, visit this page by the Victoria Law Foundation for more information: [www.victorialawfoundation.org.au/publication/bike-law](http://www.victorialawfoundation.org.au/publication/bike-law).

## 6.9 Smartphone apps

<p><b>TripAdvisor:</b> Makes it easy to find the best hotels, great restaurants, and fun things to do, wherever you go. Our robust flight search helps you find airfare deals, even on the go. And booking options for hotels, restaurants, and airfare are just a tap away.</p>
<p><b>PTV:</b> Public Transport Victoria - times for trains, trams and buses</p>
<p><b>Tram TRACKER:</b> Find out when your tram is coming</p>
<p><b>13CABS:</b> Taxi booking App for use in Melbourne</p>
<p><b>AroundMe:</b> Allows you to quickly find out information about your surroundings.</p>
<p>Metronotify App (free)</p>
<p>Wilson Parking</p>



# Section 7: Leisure and lifestyle activities

Your time in Melbourne will be as enjoyable as you make it. There are great resources available to international students wishing to connect with others and experience all the city has to offer. You can also find great websites in the 'Useful Website' section to help you meet others, get active and get out and about in Melbourne. Some of our favourites are listed below.

## 7.1 Destination Melbourne

### Melbourne Official Visitor Guide

The Official Visitor Guide (OVG) provides visitors to Melbourne with a comprehensive overview of things to see and do across the CBD and surrounding regions. Produced quarterly, it showcases the experiences on offer during each season and provides information that helps support the visitor experience. Find it [online](#), or hard copies are available on campus in The Lounge, Building C, Level 1.

## 7.2 City of Melbourne Multicultural Hub

The City of Melbourne's Multicultural Hub is a friendly place, where people from Melbourne's many different cultures can get together to work, share and learn in a safe and supportive environment:

- Location: 506 Elizabeth Street (opposite the Queen Victoria Market) Melbourne
- Opening hours: 9am to 5pm Monday to Friday
- Contact: (03) 9092 1500 or [enquiries@multiculturalhub.com.au](mailto:enquiries@multiculturalhub.com.au)

You can drop in to the Hub, or [visit the website](#) to sign up to receive weekly newsletters on news and activities. Alternatively, follow the Hub on Facebook to stay connected to other international students: [www.facebook.com/Multiculturalhub](https://www.facebook.com/Multiculturalhub)

## 7.3 Study Melbourne Centre

The Study Melbourne Student Centre (SMSC) is a 'one stop shop' where international students in Victoria can access a range of free support, information and welfare services.

- Location: 599 Little Bourke Street, Melbourne
- Opening hours: 9am to 5pm Monday to Friday
- Contact: 1800 056 449 (free call from landline phones) or [info@studymelbourne.vic.gov.au](mailto:info@studymelbourne.vic.gov.au)

Conveniently located near Southern Cross station, the Centre is easy to access, so drop-in to the Centre without an appointment if you require advice or support, however you are encouraged to call first to ensure a staff member is available.

## 7.4 The Couch — International Student Centre

International students congregate throughout the week at The Couch, based at The Salvation Army Melbourne Project 614's Hamodava Cafe. The Couch links students to support services, information and creates an environment to socialise, interact and engage with like-minded individuals. The Couch:

- Provides a safe, non-commercial lounge space for international students
- Allows students to access support services and information
- Provides affordable meals at cost price to students
- Creates an environment where students can engage, socialise and interact and
- Facilitates cultural exchange between local young people and international students through social activities such as footy nights, movie sessions and other activities held within the centre.

Follow the Couch on Facebook to stay connected: [www.facebook.com/thecouch614](http://www.facebook.com/thecouch614)

- Location: 69 Bourke Street, Melbourne
- Opening hours: 5pm to 9pm Monday to Thursday

## 7.5 Making friends

### Meeting new people and making friends

Being at the Institute with heaps of other people with same interests and varied backgrounds means that there are many interesting people to meet and make friends with. Some ways to meet new people at the Institute could include:

- Attend an activity or event run by Student Services
- Find out if there are current student-led clubs and societies through Student Services
- Find part-time employment. Visit our Careers & Employment (Building C, Level 1)
- Explore volunteer opportunities through CareerHub [careers.angliss.edu.au](http://careers.angliss.edu.au) or Volunteering Australia [www.govolunteer.com.au](http://www.govolunteer.com.au)
- Attend an activity or event hosted by:
  - Study Melbourne [www.facebook.com/StudyMelbourneVIC](http://www.facebook.com/StudyMelbourneVIC)
  - City of Melbourne: International Students [www.facebook.com/cityofmelbourneinternationalstudents](http://www.facebook.com/cityofmelbourneinternationalstudents) or
  - The Couch [www.facebook.com/thecouch614](http://www.facebook.com/thecouch614)
- Say 'yes' when people invite you to go and do things - you never know who else might be there
- Take opportunities to go to parties where you meet new people
- Learn a new hobby like dancing, surfing, arts & crafts, and find others with like-interests here: [www.meetup.com](http://www.meetup.com)



## Meeting people online

Most of us enjoy communicating with our friends through social networking sites such as Facebook, Snapchat and Instagram. It is becoming more and more common to meet new people over different forms of social media or networking sites. Most people who use these methods of meeting others find them to be really successful, however there are a few things you should remember when meeting people over the internet.

To meet people safely online and avoid undesirable situations please remember that:

- People can pretend to be who they're not on the internet. So stay alert when you are communicating with someone you haven't met. If something doesn't make sense – it's probably not true.
- On social media sites such as Facebook and Snapchat, keep your profile private if possible, and only accept friend requests from people you know.
- Never give out personal details such as your home address, phone number, place of study or workplace to anybody you don't know online (or where it could be seen publicly by people you don't know).
- Never arrange to meet anyone unless someone goes with you and only meet in a public place. People you contact online are may not be who they seem or who they say they are.
- If you feel that you are being bullied or harassed online tell someone. If someone threatens you - inform the police.

## 7.6 Looking for activities for the weekend?

### Free things Melbournians love to do

- Check out the 150 unique arts and craft stalls that are part of the Sunday Market at the Arts Centre, 100 St Kilda Road.
- See the fabulous Gas Brigades flame display outside Crown Entertainment Complex every hour, on the hour, from 9pm (earlier during winter). Then go into the Atrium to sit and watch the fantasy water and light display.
- Run or walk the famous 'Tan' jogging track around the perimeter of the beautiful Royal Botanic Gardens. See friends and groups jogging, especially before and after work.
- Bike ride or rollerblade along the Yarra River and the city's dedicated bike tracks, or skateboard at the huge Riverslide Skate Park in Alexandra Gardens, five minutes from Federation Square.
- For jogging, biking, walking tracks see [parkweb.vic.gov.au](http://parkweb.vic.gov.au)
- Watch the buskers (street entertainers) at Bourke Street Mall and Southgate.
- Explore the city's diverse street art in laneways such as Hosier Lane, Caledonian Lane and Finlay Avenue.
- Wander down Flinders Lane and visit one of the many independent galleries.
- Relax with a picnic in the Treasury Gardens.
- Listen to the chiming of Federation Bells at Birrarung Marr.
- Visit Sandridge Bridge at Southbank to see The Traveller's (steel sculptures) and learn more about the people of different nationalities who have migrated to Melbourne and contributed to its rich cultural heritage.
- Watch the Victorian Parliament in session, at Parliament House in Spring Street.



- Check out a range of free art exhibitions in galleries across the city. Entry into the permanent collections at NGV International and The Ian Potter Centre: NGV Australia is free, while smaller galleries throughout the Central Business District are open free to the public.

Find more seasonal activities through the [Melbourne Official Visitor Guide](#), updated quarterly.

## 7.7 Sport and recreation

The Student [Discounts & Promotions page](#) on the myWAI Student portal offers the latest promotions of nearby gyms and health clubs.

Students are welcome to contact Student Services (Building C | Level 1) should they wish to identify other students with the same sporting interests, to form a team or join any existing groups, or to participate in other Melbourne-wide sporting events with other students.

Other sporting facilities or recreational activities available around the CBD include:

### **Active Melbourne (City Of Melbourne)**

The City of Melbourne provides a range of sport and recreational support programs, facilities and activities for its residents and visitors. Through grants, recreation centres and events, they are committed to supporting an active Melbourne.

Visit: [www.melbourne.vic.gov.au/community/sports-recreation](http://www.melbourne.vic.gov.au/community/sports-recreation)

### **Melbourne Sports and Aquatic Centre (MSAC)**

Less than 3km from Melbourne's CBD, MSAC is conveniently located in Albert Park, offering facilities including swimming pool, sports stadiums (squash, badminton, table tennis, basketball, volleyball, netball, hockey) and a health & wellness centre.

Website: [www.msac.com.au](http://www.msac.com.au)

Address: Aughtie Drive or the Albert Road/ Cecil Street entrance.  
Albert Park VIC 3206

### **Social Sports**

Social Sport now conduct social competitions in Futsal, Netball, Basketball and most recently, the AFL's newest form of the game - AFL 9s.

Visit: [www.socialsport.com.au/](http://www.socialsport.com.au/)



## 7.8 Smartphone apps

**Yellow Pages®:** Connects you with Australian businesses whether you want to find something locally or in another area. From dentists to florists to tattoo parlours, we've got you covered.

**myMarkets Vic:** Information on markets including opening hours.

**TV&Movie Guide:** Introducing Australia's first TV guide & Movie guide app for iPhone & iPod touch.

**Everguide:** Australia's ever growing, never sleeping guide to what's on across music, entertainment, arts and culture events in all of Australia's capital cities – Adelaide, Brisbane, Canberra, Darwin, Hobart, Melbourne, Perth and Sydney.

**Eventbrite:** Find local events, performances, concerts, etc.

## Section 8: Laws and safety in Australia

Although Melbourne is generally considered a safe city, this section provides you with information on staying safe and protecting yourself. If you feel threatened or have been assaulted call the police by dialling 000.

### 8.1 Obeying the law – advice for international students

One of the reasons we have such a wonderful lifestyle in Australia is our representative democracy, the separation of powers, and our respect for the rule of law. As a result of our democratic government and the respect afforded our system of law, our society runs smoothly.

If you are an international student you will have been granted a visa to study in Australia. You will also have signed a document (Australian Values Statement Temporary) agreeing to respect Australian values and obey the laws of Australia for the duration of your stay. Failure to comply with the laws of this land (including State and Territory laws) could result in a fine or the cancellation of your visa and possible deportation back home. If you are convicted of a serious crime, it could result in imprisonment.

You can find a comprehensive outline of Australian law and the legal system at: [www.australia.gov.au](http://www.australia.gov.au).

If you do break the law, are arrested and need to attend a court appearance you will need legal representation to negotiate Australia's complex legal system. You can contact Victoria Legal Aid on 1300 792 387 or visit [www.legalaid.vic.gov.au/](http://www.legalaid.vic.gov.au/).

### 8.2 Internet safety and security

The internet has now become an essential business, social, entertainment and educational resource for most Australians. The increasing level of economic transactions on the internet is making it the focus of criminal activities. It is important that internet users protect themselves from falling prey to these activities. The following tips list some simple precautions you can take to minimise the chances of becoming a victim of online criminals.

- Install anti-virus and other security software, such as anti-spyware and anti-spam software. Use and update this software regularly.
- Regularly download and install the latest security patches for your computer software, including your web-browser. Use automatic software security updates where possible.
- Use a firewall and make sure it is turned on. Firewalls help prevent unauthorised access to, and communications from, your computer.
- Delete suspicious emails immediately, even if the sender is known to you. Don't open these emails and don't click on links in suspect emails. Visiting websites through clicking on links in suspect emails may result in malware (malicious software), such as a 'trojan', being downloaded to your computer. This is a commonly used and effective means of compromising your computer.
- Don't download files or applications from suspicious websites. The file or application could be malware. Sometimes the malware may even be falsely represented as e-security software designed to protect you.



- Use long and random passwords for any application that provides access to your personal identity information, including logon to your computer. Don't use dictionary words as a password. Ideally, the password should be eight or more characters in length with a mix of characters, numbers and symbols. Change passwords regularly.
- Use a limited permission account for browsing the web, creating documents, reading email, and playing games. If your operating system allows you to create a limited permission account, this can prevent malicious code from being installed onto your computer. A 'limited permission' account is an account that does not have 'Administrator' status.

## 8.3 Personal safety

When you are out and about it is important to be alert and aware of your personal safety.

### If you are going out at night

- Think ahead - consider how you are going to get home - what about pre-booking a taxi or arranging transport with a friend or family member?
- Never hitch-hike.
- Make sure that you stay with your party and that someone knows where you are at all times.
- Make sure you have enough money to get home or to make a phone call.
- Keep away from trouble - if you see any trouble or suspect that it might be about to start - move away from the scene if you can. The best thing you can do is to alert the police and keep away.
- Walk purposely and try to appear confident. Be wary of casual requests from strangers, like someone asking for a cigarette or change - they could have ulterior motives.
- Try not to carry your wallet or mobile phones in your back trouser pocket where it is vulnerable and in clear view.
- If you are socialising in a public place never leave your drink unattended. Read about Drink Spiking under 'Alcohol, Smoking and Drugs'.
- Carry a mini personal alarm with you. You can buy a Personal Alarm for around \$10 online.

### If you are out and about

- Be alert to your surroundings and the people around you, especially if you are alone or it is dark
- Whenever possible, travel with a friend or as part of a group
- Stay in well-lit areas as much as possible
- Walk confidently and at a steady pace
- Make eye contact with people when walking - let them know that you have noticed their presence
- Do not respond to conversation from strangers on the street or in a car - continue walking
- Be aware of your surroundings, and avoid using personal stereos or radios - you might not hear trouble approaching
- Always keep your briefcase or bag in view and close to your body
- Be discrete with your cash or mobile phones

- When going to your car or home, have your keys in your hand and easily accessible
- Consider carrying a personal alarm
- If you do not have a mobile phone, make sure that you have a phone card or change to make a phone call, but remember - emergency 000 calls are free of charge.

## 8.4 Public transport safety

Travelling on public transport should be a safe and comfortable experience. Numerous security measures have been adopted to maximise the safety of travellers including: security officers, police, guards, help points, good lighting and security cameras. Most drivers also have two-way radios and can call for assistance.

### Buses

#### Waiting for a bus

- Avoid isolated bus stops
- Stand away from the curb until the bus arrives
- Don't open your purse or wallet while boarding the bus - have your money/pass already in hand
- At night, wait in well-lit areas and near other people
- Check timetables to avoid long waits.

#### Riding on the bus

- Sit as close to the bus driver as possible
- Stay alert and be aware of the people around you
- If someone bothers you, change seats and tell the driver
- Keep your purse/packages close by your side. Keep your wallet inside a front coat pocket
- Check your purse/wallet if someone is jostling, crowding or pushing you
- If you see any suspicious activity, inform the driver

### Trains

Many of the same safety tips for travelling by bus apply for trains. In addition:

- Most suburban trains have security cameras installed or emergency alarms that will activate the cameras
- Carriages nearest the drivers are always left open and lit
- Try not to become isolated. If you find yourself left in a carriage on your own or with only one other person you may feel more comfortable to move to another carriage with other people or closer to the driver.



## Taxis

Travelling by taxi is generally quite a safe method of public transport. To increase your confidence when travelling by taxi, consider the following suggestions:

- Phone for a taxi in preference to hailing one on the street. A record is kept by taxi companies of all bookings made
- You are entitled to choose the taxi/taxi driver of your preference. If a driver makes you feel uncomfortable you are within your rights to select another taxi
- Sit wherever you feel most comfortable. This may mean travelling in the back seat of the taxi
- Specify to the driver the route you wish to take to reach your destination. Speak up if the driver takes a different route to the one you have specified or are familiar with
- Take note of the Taxi Company and fleet number. This will help in identifying the taxi if required. If you are walking a friend to catch a taxi, consider letting the driver know that you have noted these details e.g., “Look after my friend, Mr/Ms Yellow Cab No.436”
- Stay alert to your surroundings and limit your conversation to general topics
- If you don't want your home address known, stop a few houses away from your destination

If the driver harasses you when travelling in a taxi your options include:

- Ask the driver to stop. You may choose to make up an excuse to do so
- Leave the taxi when it stops at a traffic sign or lights
- Call out to someone on the street to attract attention and seek assistance. This may also cause the driver to stop
- Read out the fleet number and advise the driver you will report him/her if they don't stop

## 8.5 Alcohol, smoking and drugs

### Alcohol

Alcohol use is legal for those aged 18 years or over. There are laws governing how alcohol may be used in each State and Territory of Australia.

### Standard drinks

The use of standard drinks can help people to monitor their alcohol consumption and exercise control over the amount they drink.

Different types of alcoholic drinks contain different amounts of pure alcohol. A standard drink is defined as one that contains 10 grams of pure alcohol.

These are all equal to approximately one standard drink:

A middy of beer (285ml) = a nip (30ml) of spirits = a small glass (100ml) of wine = a small glass (60ml) of fortified wine such as sherry.

## Please keep in mind

- Some hotels don't serve standard drinks - they might be bigger. Large wine glasses can hold two standard drinks - or even more.
- Drinks served at home often contain more alcohol than a standard drink.
- Cocktails can contain as many as five or six standard drinks, depending on the recipe.
- Pre mixed bottled drinks often contain more alcohol than a standard drink.

## Don't drink and drive

Alcohol is a major factor in road deaths in Victoria. Each year about one quarter of drivers killed in road crashes had a Blood Alcohol Concentration (BAC) of .05 or greater. At a BAC of .05, your risk of being involved in a road crash is about double compared with a BAC of zero.

## DANGER: Drink Spiking

Whether you are drinking alcohol or not, keep your drink close to you and watch it at all times. Drink spiking refers to someone putting extra alcohol or other drugs into a person's drink without his/her knowledge. It can happen to anyone: male or female, young or old whether they are drinking alcohol or not. Never accept an open container of drink if you did not see it being poured and if you suspect you or your friends have had a drink spiked, call 000 (zero zero zero) immediately to report it and get help.

## Smoking

Under the Australian law it is an offence to sell or supply tobacco products to a person under the age of 18 years. It is illegal for anyone under 18 to purchase tobacco products. There are also a number of laws regulating and restricting the advertising, promotion and packaging of tobacco products. Regulations have been introduced to restrict smoking in public areas such as shopping centres, hotels, restaurants and dining areas, and in workplaces. There are designated smoking areas available on campus, please refer to [Student A-Z Guide](#) for the Institute's policy.

## Drugs

Each State and Territory has laws governing the manufacture, possession, distribution and use of drugs, both legal and illegal. Drug laws in Australia distinguish between those who use drugs and those who supply or traffic drugs. The Federal Customs Act covers the importing of drugs, while each State has laws governing the manufacture, possession, distribution and use of drugs, both legal and illegal.

## 8.6 Hitchhiking

A person who waves at unknown drivers from the side of the road to request a ride with a driver further along the road is called a Hitchhiker. Hitchhiking is illegal in Queensland and Victoria. Elsewhere in Australia it is illegal to hitchhike on motorways (where pedestrians are prohibited and where cars are not allowed to stop). Some travel companies promote hitchhiking as an inexpensive means of travelling around Australia.

However, many crimes have been committed against innocent hitchhikers, including violent personal crimes and abductions. You do not know anything about the person whose car you get into therefore, our advice to you is: **Don't hitchhike**. It simply isn't worth the risk.



## 8.7 Avoiding dangerous areas and activities

It is important to always be alert and aware of your surroundings and to avoid dangerous areas and activities, particularly at night.

The level of risk posed by being in a particular public place can vary through the course of the day. It may be used by different groups of people at different times; it may be busy at certain times and isolated at others; and it may be different during the day than it is at night. These differences can have a significant impact on the level of personal risk you may be exposed to at different times of the day. For example, the street outside a hotel in the morning is likely to be used by people going to and from work or shopping. At night however, the people most likely to be on the street are hotel patrons. Alcohol consumption has now become a factor in these places, and for many (particularly for women), some areas may become less safe.

A shopping mall during the day has lots of different people using it; once it closes, it is often isolated and usually dark.

A school between the hours of 8 am and 5 pm is usually lively and active. After 5 pm or during school holidays however, it may be isolated or dominated by particular groups of people.

Being in a place when it is busy is very different from when the place is isolated. There is often no reason to be afraid, but – be alert, be aware, and be careful.

## 8.8 Staying safe at the beach

### Sun safety

Australia has the highest rate of skin cancer in the world. The good news is it can be prevented. By minimising your exposure to the sun's damaging ultraviolet radiation (UVR), you can protect your skin and prevent the development of skin cancer.

For best protection, the Cancer Council recommends a combination of sun protection measures:

- Slip on some sun-protective clothing that covers as much skin as possible.
- Slap on broad spectrum, water resistant SPF30+ (or higher) sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
- Slap on a hat – broad brim or legionnaire style to protect your face, head, neck and ears.
- Seek shade.
- Slide on some sunglasses – make sure they meet Australian Standards.

For more information on sun protection visit: [www.cancer.org.au/preventing-cancer/sun-protection](http://www.cancer.org.au/preventing-cancer/sun-protection)



## Water safety- do you need to learn to swim?

**Warning: Do not enter any body of water** (e.g. backyard swimming pools, the ocean, rivers, dams or other body of water) **if you don't know how to swim**. Drowning can occur in a matter of seconds. You can take lessons from a certified instructor at many local swimming pools. For a list of places near you, go to [www.austswim.com.au](http://www.austswim.com.au).

Find the local aquatic centres below:

- YMCA: [victoria.ymca.org.au/index.html](http://victoria.ymca.org.au/index.html)
- Melbourne City Baths: [www.melbourne.vic.gov.au/melbournecitybaths/Pages/MCB.aspx](http://www.melbourne.vic.gov.au/melbournecitybaths/Pages/MCB.aspx)
- Melbourne Sports & Aquatic Centre: [www.melbournesportshub.com.au/msac](http://www.melbournesportshub.com.au/msac)

## Beaches

Enjoying Australia's inviting beaches is one of the best ways to spend a warm sunny day. However, it is important to remember to stay safe by following these steps:

1. Always swim between the red and yellow flags at the beach.

Lifeguards patrol this area, making it the safest area for swimmers, where you will avoid dangers like rips, undercurrents, rocks, reefs, jellyfish and other hazards.

2. Always be careful of rip currents (also known as rips).

These are strong currents of water running out to sea. If you get caught in a rip don't panic. Don't try and swim against the rip and if you are confident, swim parallel to the beach. If you feel you are unable to reach the beach at any time, raise your arm and call for assistance while floating to conserve your energy.

Read more information on rips at: [www.ripcurrents.com.au](http://www.ripcurrents.com.au)

To see what a rip looks like view the following clip: <https://youtu.be/KkObAXrjps>

3. Obey the instructions given by lifeguards on the beach. Don't swim at beaches that don't have lifeguards on duty.
4. If you're swimming in a river, creek or dam, always check the water depth first and check for submerged hazards like rocks or logs. Never dive into water without first checking the water depth. Better still, walk in carefully.
5. Never swim or operate a boat if you have been drinking alcohol. Alcohol can create physical changes (loss of balance, spasm of the vocal chords, increased risk of hypothermia) and behavioural changes (lack of coordination, risk-taking behaviour, impaired reaction time and judgement) that increase the chances of a water-related accident.
6. Remember that water conditions change quickly. Just because a beach was safe to swim at in the morning does not mean that it will still be safe in the afternoon.

Read more about beach-related safety at: [www.sls.com.au](http://www.sls.com.au) and [www.watersafety.vic.gov.au](http://www.watersafety.vic.gov.au).



## 8.9 Staying safe when making new friends

There is no magic trick to making friends, however, if you are in a new environment or a foreign culture it can seem more difficult than usual to find people who you get along with. Be kind to yourself - remember that making friends takes time. If you make the most of social opportunities, just as you would at home, it will be quicker and easier for you to fit in, make friends and feel at home.

However, when you meet new people, remember to be careful; be cautious until you get to know the person better and feel you can trust him or her. If a stranger starts talking to you, they are probably just being friendly, but be safe, and don't give them any of your personal details like your full name, your phone number or your address. With people you don't know well always arrange to meet them in a public place, like a café or a park, instead of inviting them to your home or going to theirs. When you feel you have built a relationship with them, know more about them and feel comfortable with them you can reassess the situation.

Advice for international students: Many international students spend time socialising with other students and people from their own country and culture while they're in Australia. If you are an international student a long way from home, these people may make you feel accepted and you may be able to communicate much more easily with them than you can with the locals, particularly when you have just arrived. When everything around you is new and different, it can feel like a big relief to find people from your own country and cultural background. But remember, you need to be careful at first, until you get to know them better, just as you should with anyone else. Even though you may feel like you have a lot in common, remain cautious until you feel you know them reasonably well and can trust them. Crimes against international students are sometimes committed by people from their own culture.

If you have any concerns or questions about someone you have met, or want to talk to someone about Australian mannerisms and communication "norms" (widely acceptable behaviour), make an appointment to talk it over with your International Student Coordinator.

## 8.10 Fire safety

In an emergency dial 000 (zero zero zero) and ask for fire, police or ambulance.

You need to be aware of home safety and bush fire safety if you're travelling or holidaying around Victoria during summer. For more information follow the links below:

Home safety: [www.mfb.vic.gov.au/Community/Home-Safety.html](http://www.mfb.vic.gov.au/Community/Home-Safety.html)

**Note:** Make sure you have a working smoke alarm in your house as it is compulsory in every home.

[Click here to read more.](#)

Bushfire and grassfire risk: [www.mfb.vic.gov.au/Community/Melbourne-bushfire-and-grassfire-risk.html](http://www.mfb.vic.gov.au/Community/Melbourne-bushfire-and-grassfire-risk.html)

## Severe weather and bushfire safety

The Australian climate is sometimes subject to severe weather events such as sudden floods, severe electrical storms, and bushfires (wild fires), which can put your life at risk.

It is therefore important that you know where to find information to ensure your safety.

Information you should know:

- The Australian Bureau of Meteorology ([www.bom.gov.au](http://www.bom.gov.au)) publishes up to date weather warnings for each state in Australia including severe weather and bushfire weather warnings and Total Fire Ban warnings. Total Fire Ban means that you are not to light a fire outdoors and no activity may take place in the outdoors that may start a fire (such as use of equipment which causes sparks). This also means no flame may be lit for cooking outdoors.
- During periods of hot dry weather, bushfires may start suddenly, spread very quickly and continue burning for many days or weeks. If you are in country (rural), grassland or forested areas or planning to travel to these areas, it is important to check for warnings about any bushfires which may be burning in the area.
  - Victoria: [www.cfa.vic.gov.au](http://www.cfa.vic.gov.au)
  - New South Wales: [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au)
  - Queensland: [www.ruralfire.qld.gov.au](http://www.ruralfire.qld.gov.au)
  - South Australia: [www.cfs.sa.gov.au](http://www.cfs.sa.gov.au)
  - Western Australia: [www.fesa.wa.gov.au](http://www.fesa.wa.gov.au)
  - Northern Territory: [www.nt.gov.au/nreta/natres/bushfires/index.html](http://www.nt.gov.au/nreta/natres/bushfires/index.html)
  - Tasmania: [www.fire.tas.gov.au](http://www.fire.tas.gov.au)

## Fire danger rating signs

Fire Danger Rating signs are found in most country (rural) areas around Victoria. The Fire Danger Rating tells you how dangerous a fire would be if one started. It helps you to know when conditions are dangerous enough to put your bushfire survival plan in to action.

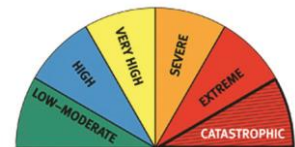
Ratings are forecast using Bureau of Meteorology data for up to four days in advance, based on weather and other environmental conditions such as fuel load.

The rating is your prompt to take action to stay safe. Please make sure you take note of the colour when passing the rating sign.

It helps you to know when conditions are dangerous enough to implement your bushfire survival plan.

– Bushfire survival plans are available from the Country Fire Authority (CFA) website -

[www.cfa.vic.gov.au/plan-prepare](http://www.cfa.vic.gov.au/plan-prepare)





## Radio

If you're travelling in a car in the country (rural), and the weather conditions are hot, dry with northerly winds it is important to check for warnings about any bushfires which may be burning in the area.

The radio broadcast you should use is ABC radio:

- Official website - [www.abc.net.au/radio/](http://www.abc.net.au/radio/)
- Website to find the frequency - [www.abc.net.au/radio/frequency-finder/](http://www.abc.net.au/radio/frequency-finder/)

## 8.11 Smartphone apps

**Beachsafe:** access detailed information about Australia's approximately 12,000 beaches including weather and forecasts, tide, swell, water temperature, service patrol periods, Lifesaving Clubs, regulatory and hazard information!

**Australian Broadcasting Corporation:** The free ABC app for iPhone offers you independent content, whenever and wherever you want it. It the latest stories from ABC News and over 25 radio stations streamed live to your device.

## Section 9: In Conclusion

- Take advantage of the Institute's support services and staff that are on hand to help you be the best you can be.
- Make the most of the opportunity you have to learn about other cultures and make life-long friends from around the world.
- Don't hesitate to seek help if you feel you need it.

Enjoy your time at William Angliss Institute!

## Notes

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