

International Student Guide

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2019



Adelaide

A GUIDE BY
LOCAL EXPERTS



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SOUTH AUSTRALIA



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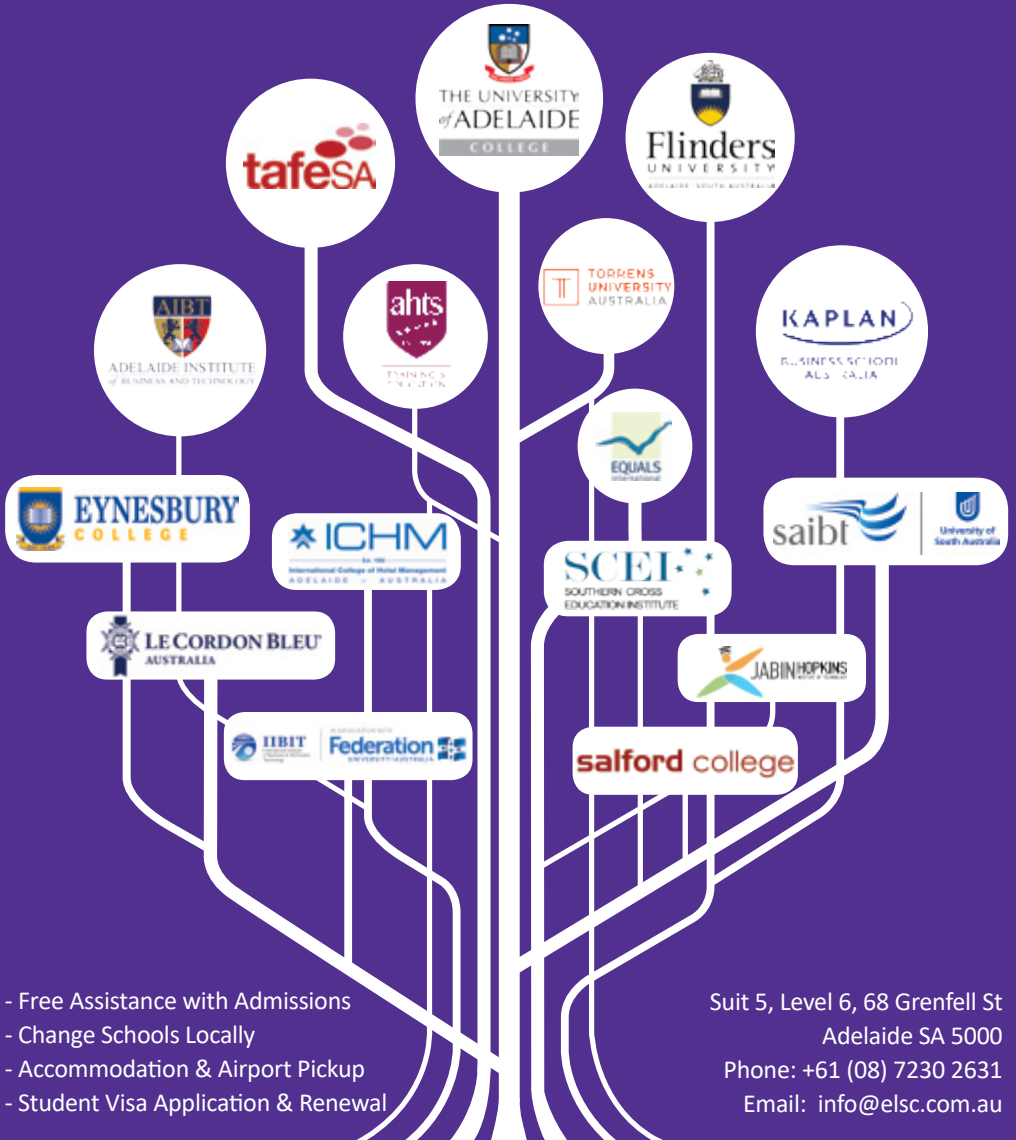
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**Need a bit
more help?**

**Insider Guides
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**Check out our website for new
videos and articles to help you
settle in, understand life in
Australia and make new friends.**

[insiderguides.com.au](https://www.insiderguides.com.au)

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KEY CONTACTS AND SERVICES

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



Get to Know Adelaide

If you can't be bothered reading this entire guide (we're not offended!), we made you a special little checklist so you can still have the best possible start to your study experience!

- Basics** - Get your metroCARD (*see page 52*) and follow Study Adelaide on social media to keep up to date with the city.
- Explore** - Get a free walking tour of the Adelaide CBD from a City of Adelaide volunteer at the Visitor Information Centre. Tours depart 9.30am every weekday.
- Drink** - Australia is famous for coffee and Adelaide is no exception. Learn to order your favourite (*see page 68*) at one of Unley's many breakfast spots (*see page 81*).
- Eat** - To truly experience Adelaide's unique laneways, check out the range of bars and dining options on Leigh and Peel Streets (*see page 65*).
- Go Out** - Need a breath of fresh air? Why not head out of town and up to the Adelaide Hills for a day! (*see page 87*).
- Listen** - Live local music is an ideal way to get to know a city. Check out the touring acts and discover the local favourites - head to a midweek gig at one of Adelaide's venues (*see page 95*).
- Play** - Getting involved in team sport can be a great way to meet new people. Take a look at some of the sports you could play in Adelaide. (*see page 72*).
- Travel** - From Adelaide you can easily access stunning beaches, explore the Australian countryside and check out exciting theme parks. *See page 104* for more information on them all.
- Visit** - insiderguides.com.au - For ongoing international student content, sign up for our e-news. It is full of articles, events and competitions.

Adelaide Facts



Established in 1836 by British colonialists, Adelaide is the only capital city in Australia that was never settled by convicts. Instead, it was a colony for free settlers. But note: Aboriginal Australians had been living in the area now known as South Australia (SA) for tens of thousands of years prior.



Adelaide is the driest capital city in Australia, with a Mediterranean climate, meaning hot (we mean 40C hot!) summers and mild winters. The weather makes South Australia ideal for wine production. The state's wine industry is responsible for almost 80% of Australia's wine production.



Adelaide, and SA as a whole, has often been at the forefront of political and social change in Australia. It was the first place in Australia to give women voting rights (second in the world, after New Zealand); abolish sexual and racial discrimination; recognise Aboriginal land rights; and legalise nude swimming.



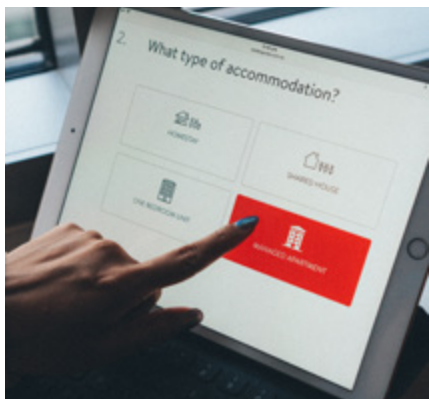
Plenty of inventions have come out of Adelaide and wider South Australia, including the military tank, the iconic Hills Hoist clothesline, chicken salt (that you absolutely must try sprinkled on hot chips), cask wine (a.k.a. the 'goon sack'), and Farmers Union Iced Coffee (which, in SA, almost outsells Coca-Cola at a rate of 3:1).



South Australia is colloquially known as 'The Festival State', selling more festival tickets than all other states combined. It hosts events such as WOMADelaide, Adelaide Festival and the Adelaide Fringe, the second largest fringe festival in the world.

Accommodation

Finding somewhere to live is a crucial part of a successful study experience in Australia. Whatever you choose, it is vital to fully understand all of your options and be aware of your rights and responsibilities.



COST OF LIVING CALCULATOR

Want to learn more about your accommodation and other costs in Adelaide? Use our Cost of Living Calculator to receive a customised breakdown of your expected costs:

www.insiderguides.com.au/colc

Comparing Your Options

PRIVATE RENTAL

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

Note: Listed price is per room.



\$175-\$400/wk

HOMESTAY

A homestay involves staying with a family in their home with meals, internet and utilities covered by the family. While homestays are a popular option for a true Australian experience, some students can find living with a family frustrating at times, as you might not have as much independence. Also, some homestays are located further away from the CBD or universities than other options.



\$250-\$300/wk

MANAGED ACCOMMODATION

These large centres are full of apartments of varying sizes, generally one to five bedrooms. You will get a fully furnished bedroom with 24-hour support and internet included.

Generally, student accommodation is conveniently located for students, is secure and safe, and often boasts a real sense of community. The downside to this is the internet can slow down at peak times and the rooms can be quite small.



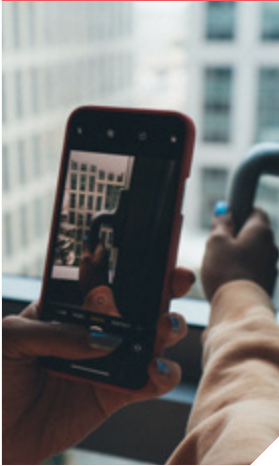
\$250-\$500/wk

RESIDENTIAL COLLEGE

While they appear more expensive than other options, residential colleges do include a lot of extras. They're usually located close to your campus, your fully furnished bedroom will be cleaned weekly, study facilities and gyms are supplied, and the meals are included. The downside is that you often have to lock in a lease for 30-40 weeks and you may not need all the extras that you're paying for.



\$485 - \$525/wk



BEFORE YOU TAKE OUT A LEASE ON A PROPERTY:

- ENSURE YOU HAVE ENOUGH MONEY TO COVER THE BOND
- ARRANGE A REFERENCE OR GUARANTOR
- INSPECT THE PROPERTY BEFORE YOU SIGN A CONTRACT OR PAY A DEPOSIT
- PHOTOGRAPH ANY EXISTING DAMAGE OR ISSUES
- MAKE SURE YOU RECEIVE, AND KEEP, A COPY OF YOUR RENTAL AGREEMENT AND RECEIVE A RECEIPT FOR ALL RENT AND BOND PAYMENTS
- PAY ATTENTION TO DETAILS REGARDING THE END OF YOUR RENTAL AGREEMENT



OTHER FACTORS TO CONSIDER WHEN SELECTING ACCOMMODATION

- HOW CLOSE IS IT TO YOUR INSTITUTION?
- HOW CLOSE IS IT TO PUBLIC TRANSPORT AND WHAT WILL THE TRAVEL COST BE?
- WHAT IS NEARBY? (SHOPS, HOSPITALS, POLICE STATIONS, PARKS)
- IS THERE ADEQUATE HEATING AND COOLING?
- IS IT NOISY?
- IS THE AREA SAFE AND IS THE BUILDING SECURE?
- WHAT WILL THE INSURANCE COSTS BE?
- DOES EVERYTHING WORK? (SMOKE ALARMS, APPLIANCES, LIGHT SWITCHES)

HOW MUCH WILL MY BOND BE?

You will need to pay a bond in advance that will be returned at the end of your agreement if no damage has occurred or debts have developed. This bond is not legally allowed to be more than four weeks' rent if the rent is \$250 per week or less, but can be up to six weeks' rent if the rent is \$251 or more per week. Your landlord may also ask for two weeks' rent in advance, which is often standard in a lease agreement.

www.allhomes.com.au - www.flatmates.com.au - www.gumtree.com.au

UniLodge



LIVE WELL STUDY WELL.

UniLodge is Australia's leading provider of student accommodation. There are 11 lodges located across Adelaide close to universities and colleges offering a safe, secure and supportive living environment – allowing you to focus on your studies.

EASE OF MIND

Safe, secure and fully furnished.

LIVE WELL

Wide range of apartment options including studio and multi-share.

RESIDENTIAL LIFE PROGRAM

Settle into your new home through our Residential Life Program.

YOUR SHOP

Have all of your kitchen, bathroom and bedroom essentials delivered.

 unilodge.com.au

SO JUMP ON OUR WEBSITE AND
FIND **YOUR PLACE** IN THE WORLD

Housemates' Code

There are a lot of great things about living with housemates but some housemates are messy, rude and inconsiderate. While we can't force your housemates to behave, we can give you some tips to help.

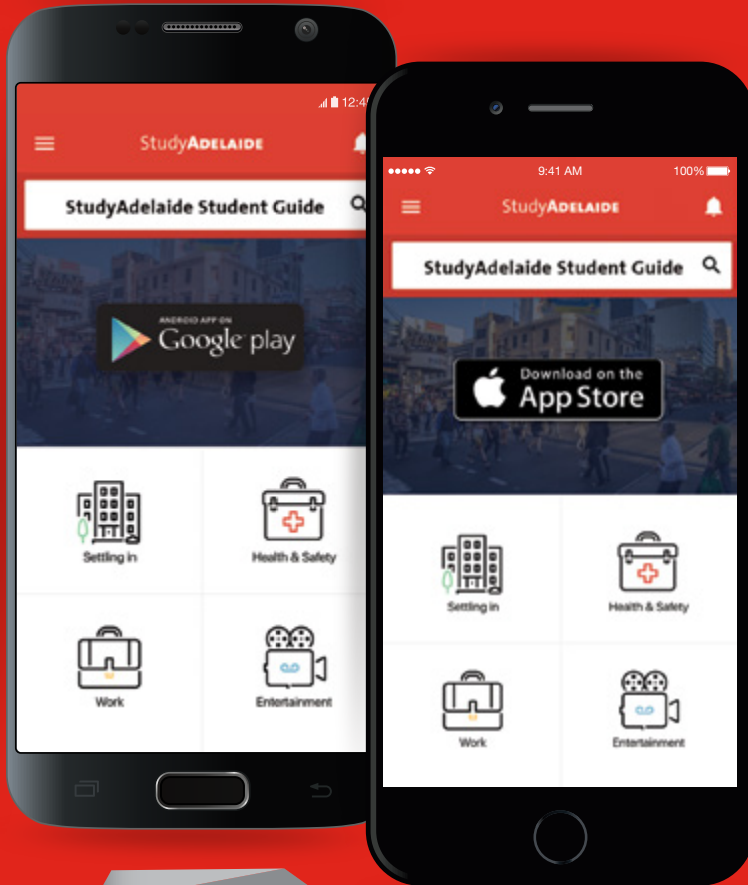


Food is always important, establish early on how groceries will be purchased and make it clear what food is shared. Avoid eating any food that isn't yours or designated as shared.

Consider a regular weekly house meal to create a tradition with your housemates.

Make clear rules about guests, when/how long they should be there and which areas/rooms are shared spaces. Communication with your housemates is crucial so make it clear if you want designated 'quiet' times for studying. This communication extends to bills and rent - nothing will cause problems quicker than money!

Consider creating a cleaning roster, taking into account that some housemates may prefer certain tasks. You will still be responsible for doing your own dishes and laundry and for keeping your room tidy. Respect the belongings of your housemates and don't leave a mess in communal areas.



Download the StudyAdelaide Student Guide App and get connected with StudyAdelaide to **discover new friends, upcoming events and important information to help you during your time in Adelaide.** By downloading the app you get access to free and discounted events, activities, seminars, tours and more.

» studyadelaide.com

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Setting up Your House

BEDROOM

There are regular sales at budget department stores like Target, Big W and Kmart. Watch out for 'home' or 'manchester' sales.

- Quilt/duvet
- Flat sheet
- Quilt/duvet cover
- Pillow
- Fitted sheet
- Pillowcase

BATHROOM

Set up eBay alerts on items you are interested in to make sure you get the best price.

- Bath towel
- Hand towel
- Bath mat
- Laundry basket

KITCHEN

To pick up bargains on small kitchen items, check noticeboards (online and campus), as well as Facebook Marketplace and Gumtree.

- Plates
- Forks
- Saucepan
- Bowls
- Spoons
- Can opener
- Mugs
- Teaspoons
- Sharp knife
- Glasses
- Chopping board
- Fry pan
- Knives
- Cooking utensils
- Stock pot

TOILETRIES

Discount chemists like Chemist Warehouse offer cheap toiletries while Priceline also has large sales, ideal for stocking up.

- First aid kit
- Conditioner
- Sewing kit
- Toothpaste
- Toilet paper
- Soap
- Shampoo
- Shaving cream

Get organised and study better.



**HOLDS STRONGLY,
REMOVES CLEANLY.**



Command™ hooks and strips.

- No tools no nail holes
- Ideal for renters.



Available from Officeworks



Communication

In this chapter we'll show you how to get connected with home internet and on your phone. We'll also teach you the difference between a SIM and a phone plan so you can work out which option is right for you.



HOW DO I ARRANGE MOBILE BROADBAND?

If you can't get a hotspot using your phone and want a good connection for your device, an easy solution is mobile broadband. Just head into an Optus, Vodafone or Telstra store and pick up a 4G modem - they start at around \$15-20 per month, but prepaid options are also available.

FACTORS TO CONSIDER BEFORE SIGNING A PHONE CONTRACT:

- HOW LONG IS THE CONTRACT?
- HOW MANY MINUTES OF PHONE CALLS DO I GET (AND ARE INTERNATIONAL INCLUDED)?
- WHAT IS THE MONTHLY DATA LIMIT?
- HOW MUCH WILL YOU BE CHARGED IF YOU NEED TO END THE CONTRACT EARLY?
- WHAT EXTRAS/DISCOUNTS/SUBSCRIPTIONS ARE INCLUDED?
- HOW GOOD IS THE NETWORK COVERAGE?
- WILL YOU BE CHARGED EXTRA FOR PAYING BILLS IN A CERTAIN WAY (E.G. CREDIT CARD)?

Mobile Phones



PREPAID

Prepaid is an easy and flexible way to enjoy a phone service. You can recharge with data, text, and local and international calls. Essentially, you buy a SIM card and then 'top up' or 'recharge' every month or so. It's the most flexible and popular option for international students, as you can just choose to no longer recharge if you're going back home.



PLANS

If you'll be here for over 12 months, you may consider a 'plan' or a 'contract', which is an agreed payment per month to use the network. Usually, you will get more phone calls and data this way than through prepaid options. Plans and contracts will often include the option of purchasing a new phone, however if you brought your own phone you can get a SIM only plan.



HOW DO I GET STARTED?

For both Prepaid and Plan options, head to a phone shop like Vodafone, Optus or Telstra. You'll need some documents to prove who you are in order to get started:

- An Australian bank statement or rental agreement
 - Your student visa details
 - Proof of identity - your passport
-



WHAT SHOULD I WATCH OUT FOR?

Read your contract, or the terms and conditions, closely to make sure you understand any additional charges that can be applied. Another thing to be aware of is additional subscriptions that may come with the service. If the overall deal is similar, then consider if you would save money by having free access to another service. For example, they may come with free sport streaming (see page 20 for more information), Spotify or Netflix.

HOW DO I ARRANGE HOME INTERNET AND WHAT ALTERNATIVES ARE AVAILABLE?

Services like www.comparebroadband.com.au are a good starting point if you are unsure of pricing and the options available in your area. Month-by-month and six month contracts are becoming more common. They work for students in regards to contract length but cost more than 12 or 24 month contracts. Australia is gradually connecting to the National Broadband Network (NBN) but speeds in many locations still leave a lot to be desired, especially if you come from a country with fast internet.

Given this situation, there are alternatives available that can still provide reasonable speeds without a long-term contract. Home Wireless Broadband Plans are now available, providing you with a home modem operating on the 4G network. Prices vary depending on your data needs but keep in mind that, as it runs on the 4G network, if you have extensive/unlimited data on your phone you could instead use that as a personal hotspot and tether to other devices.





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

The language barrier is something that all international, non-native English-speaking students aim to overcome while studying in Australia. It can be daunting conversing with people in English so we have created this list of fun, interactive online tools to help improve your confidence.

TITLE	LINK	WHAT IS IT?
English Central	www.englishcentral.com	A platform full of English language videos that progressively build your comprehension.
BBC Learning English	www.bbc.co.uk/learningenglish	Watch well-crafted videos and then complete the related activities to increase your knowledge of the English language.
italki	www.italki.com	Choose between native speakers and qualified tutors (more expensive) to have a 1-on-1 video chat with you.
Busuu	www.busuu.com	A website and mobile app, Busuu is a social network of people learning new languages.

STAY CONNECTED WITH VODAFONE

Why sign up to a postpaid mobile plan with us:

-  Great deals for students
-  Generous data
-  Standard international calls on selected plans
-  Unlimited standard calls and texts in Australia
-  Store staff that speak many languages



Visit us in over 30 stores in Adelaide.
Find a store at www.vodafone.com.au/stores

T&C's apply. All for use in Australia.

V16764 12.18



Streaming Options

NETFLIX - NETFLIX.COM

From \$9.99/month

The large global player made its move into the Australian market in 2015, providing on-demand access to a range of local and international shows. You can watch on smart TVs, gaming consoles, Apple TV and Chromecast, mobile devices, and computers.

FOXTEL NOW & STAN - FOXTEL.COM.AU/NOW - STAN.COM.AU

From \$15/month (Foxtel) & \$10/month (Stan)

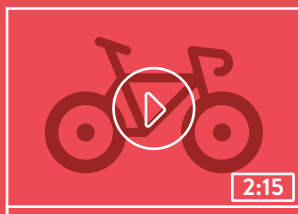
Both available on computers, smart TVs, Chromecast and gaming consoles. The Foxtel Now app allows you to sign up for the subscription service, Foxtel, without any installation costs or contracts. Foxtel is a good choice if you want to access live sport. Stan is an Australian subscription service that offers an extensive back catalogue of local and international content.

SPORT STREAMING SERVICES

Optus Sport has the rights for the English Premier League and UEFA Champions and Europa Leagues. These games can be watched on mobile devices or on Chromecast, Fetch TV or Apple TV. It is free for most Optus customers or \$15/month for non-Optus customers. AFL (Australian Rules Football), A-League (Football/Soccer), NRL (Rugby League) and Super Netball can be streamed on mobile devices through Telstra. These have varying prices for non-customers but are free to Telstra customers.

CATCH-UP APPS - ABC IVIEW, SBS ON DEMAND, 7PLUS, 9NOW, TENPLAY

The main free-to-air stations in Australia all have apps available that allow you to watch their shows on demand. These apps are free to download and use, but the shows do contain advertising.



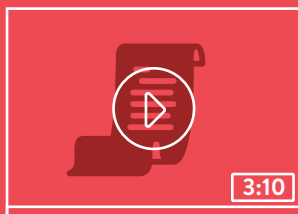
Buying a Bike



Finding a Job



Accommodation Options



Writing a Resumé



Coffee Culture



Christmas in Australia

Subscribe to our YouTube channel

Short videos on everything you need to
know about studying in Australia.

insiderguides.com.au/youtube

Australian Slang



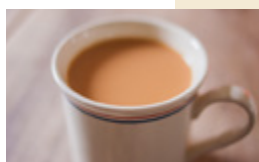
Snag (Noun) – Sausage

For the best snags, I go to Bunnings Warehouse.



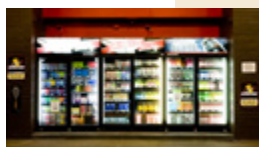
Esky (Noun) – Ice cooler

The esky will keep the drinks cool while we swim.



Cuppa (Noun) - Hot beverage

A hot cuppa tea goes well with biscuits.



Bottle-o (Noun) – Liquor store

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

EXPRESSING YOURSELF

Aggro (Adjective)

Angry, showing aggression

'He's so aggro at the moment, you should avoid him.'

Fair enough (Idiom)

Alright/OK

'You'll be late? Fair enough, traffic is bad today.'

Feral (Adjective)

Disgusting, something repulsive

'I just saw someone drop their hot chips and then continue to eat them off the ground, that's so feral.'

Frothing (Verb)

To be excited or enthusiastic

'I'm frothing that new season of The Bachelor is on.'

Hey? (Exclamation)

'Used at the end of a sentence to ask if someone agrees
You're going out tonight, hey?'

Keen (Adjective)

Excited for something

'I'm so keen for the new Quentin Tarantino film.'

No worries (Idiom)

Don't worry about it/it's OK

'You can't come to the party? No worries!'

She'll be right (Idiom)

It will be fine

'You missed the bus? She'll be right, there'll be another one soon.'

_____ as (Adverb);

Almost anything could go here; Busy as, awesome as, tired as. To understand the speaker, just cut off the 'as' and add 'very' to the front and you'll get what they mean.

'She's been annoying as since she got back from her exchange – she won't stop talking about it.'

Full on (Adjective)

Intense/wild

'Uni is so full on, I can't keep up with my assignments.'

Yeah, nah (Determiner)

– No

Nah, yeah (Determiner)

– Yes

GOING OUT

Arvo (Noun)

Afternoon

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

Avo (Noun)

Avocado

'I love avo toast with feta cheese.'

Barbie (Noun)

BBQ

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

Bathers (Noun)

Swimming costume

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

Brekky (Noun)

Breakfast

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

Chemist (Noun)

Drug store/pharmacy -

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

EFTPOS (Noun/Acronym)

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

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

Macca's (Noun)

McDonald's

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

Mate (Noun)

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

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

Mozzie (Noun)

Mosquito

'The mozzies are so bad in the summer.'

Rip off (Adjective)

To cheat/something that's too expensive

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

Servo (Noun)

Service station/gas station

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

Shout (Verb)

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

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

Spud (Noun)

A potato

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

WHILE STUDYING

Biro (Noun)

Pen

Bludge (Intransitive Verb)

To not try your hardest -

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

Chuck a sickie (Phrasal verb)

To fake a sick day from work or study.

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

Dodgy (Adjective)

Poor quality/not reliable/suspicious

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

Good on ya (Exclamation)

Well done/good on you

'Congratulations on that HD, good on ya!'

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

How are you?

Reckon (Verb)

Think/figure/assume

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

SWOTVAC (Noun/Acronym)

Study break/revision week

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

Uni (Noun)

University

'Do you want to walk to uni together?'

Money & Banking

A little bit of financial management can save you a lot of cash, meaning you have more to spend on what really matters: enjoying Australia! This section will help you set up a bank account, manage a budget and control your expenses.



WHY DO I NEED AN AUSTRALIAN BANK ACCOUNT?

Opening an Australian bank account will allow you to earn money in Australia. Any payment you receive from employment or a scholarship will need to be paid directly into an Australian account. Additionally, you will easily be able to access funds without attracting fees for international transfers.

When opening an account, you will be provided with a debit card, allowing you to shop across Australia and online without paying additional fees. As an international student, you need to make sure you have enough money to pay for study, resources and living expenses. You also need to make sure your money is secure and that you can access it anytime. You can use a basic day-to-day account to pay for course fees, rent or daily living costs.

Managing Money

HOW DO I SET UP A BANK ACCOUNT?

This step is easy. When you arrive, simply head into a bank in Australia and let them know you're an international student and would like to open an account. You will need to bring photographic identification, proof of your Australian address and proof of enrolment. You will be provided with access to a day-to-day account and an online savings account. Once you have been identified you will receive a debit card (this is often mailed to you when it is ready).

WHAT SHOULD I BRING WITH ME?

- PASSPORT OR BIRTH CERTIFICATE
- NATIONAL IDENTITY CARD (IF YOU HAVE ONE)
- PROOF OF AUSTRALIAN ADDRESS (CAN BE A HOUSEHOLD BILL)
- PROOF OF ENROLMENT

Note - It is not necessary to have a Tax File Number to get a bank account, but without one you will get taxed up to 48% (approximately) on the interest your money earns in the bank account.

HOW DO I MANAGE MY BUDGET?

The first thing you need to do is get an understanding of your current financial position. Predict and list all your income and expenses for the next three to six months as best you can. Then, it's time to think about ways to improve it. Think about the things

that add a lot of value versus what you pay for but really don't need, like buying a coffee every day vs making one at home. Then, download an app like Pocketbook on your phone, and sync up your bank accounts so you can start tracking and setting goals for spending and saving.

WHAT SHOULD I DO IF I AM FACING FINANCIAL DIFFICULTIES?

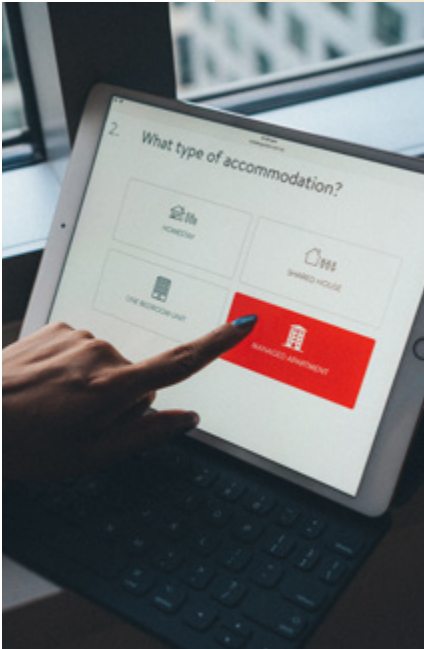
If you are having any difficulties with your finances, your first contact should be your study institution. They have qualified staff available to help and can point you in the right direction for support. If you are experiencing financial hardship then you may be able to apply to pay your tuition in instalments.

WHAT IS SUPERANNUATION?

Often known as ‘super’, it is financial contributions towards a fund that you use to live on when you retire. You can contribute to your own fund, but most commonly your employer does this. Legislation is in place to ensure that all legitimate employees - whether you work casual, part or full-time - receive super contributions. If you earn over \$450 (before tax) in the calendar month, your employer must contribute at least 9.5% of your earnings to your nominated super fund. This is in addition to your ordinary wage.

But, many international students leave Australia without claiming their super! If you are leaving Australia permanently and have worked during your time here, you can apply to have your superannuation paid to you when you leave. This is your money! You have to apply to receive your superannuation. You can only submit a claim after you have left Australia, but it is recommended that you gather the necessary documents before you leave.

www.ato.gov.au/Individuals/Super



THE COST OF LIVING CALCULATOR

Everyone is different. Work out how much your life will cost in Australian cities.

- PERSONALISE YOUR EXPENSES
- COMPARE AUSTRALIAN CITIES
- ASSESS THE PRICES IN MULTIPLE CURRENCIES
- A SIMPLE AND EASY PROCESS
- SAVE YOUR RESULTS FOR LATER

www.insiderguides.com.au/colc

Get set up with CommBank, Australia's largest bank.

1 Open a student bank account online or at a branch.

With CommBank you'll get:

CommBank's Everyday Account Smart Access for your day-to-day banking, with no monthly account fees while you're a student:

A Debit Mastercard® to access the money in your account at ATMs (cash machines) or to shop online or in stores.

To open an account, visit commbank.com.au/studySA, or any CommBank branch (bring along your passport, student ID, and if applicable any tax identification numbers*).

2 Get set to manage your money on the go.

Download the CommBank app to:

Manage your money from your phone and enjoy handy features like 'Find an ATM' and 'Cardless Cash' to withdraw your cash from a CommBank ATM without your card.



3 Discover some differences to banking in Australia.

Here's a couple of handy ones to know:

When paying with a card, you may be asked to choose 'savings, cheque or credit'. With CommBank accounts choose either 'savings' or 'credit'.

There aren't any 1c or 2c coins – so don't expect change if something is priced \$1.99 and you handover \$2 (it's rounded to nearest 5c).

Open your student bank account today, simply visit commbank.com.au/studySA, or visit any CommBank branch.



Things you should know: *Applies if you are a tertiary student at an educational institution located in Australia. You must show us suitable student ID in branch. ^If you have tax residency outside Australia you'll also need to provide your Tax Identification Number (TIN) for each country of foreign tax residency - see commbank.com.au/tin Mastercard is a registered trademark of Mastercard International Incorporated. As this advice has been prepared without considering your objectives, financial situation or needs, you should, before acting on this advice, consider its appropriateness to your circumstances. Terms and conditions issued by Commonwealth Bank of Australia ABN 48 123 123 124 are available on request at any Commonwealth Bank branch and should be considered in any decision about these products. The CommBank app is free to download however your mobile network provider charges you for accessing data on your phone. The CommBank app is available on Android operating systems 4.1+ and iOS operating system 8.0+. Full terms and conditions available on the CommBank app. NetBank access with NetCode SMS is required. Apple, the Apple logo & iPhone are trademarks of Apple Inc, registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Google Play and Android are trademarks of Google Inc.



We are Australia's preferred way to pay bills*



When it comes to paying your bills think BPAY®. We are uniquely Australian and trusted by Australians.

Pay bills the way 70% of Australians do today[^].

How to pay with BPAY



Step 1

Log on to your online banking. Choose the BPAY or Bill payment option.



Step 3

Enter the payment details:

- BPAY Biller code
- Customer Reference Number (CRN)
- Amount from your bill.

Then Click to pay



Step 2

Find the BPAY logo on your email or paper bill.



Biller Code: 1234
Ref: 1234 1234 12234

(Sample only)

Find out more bpay.com.au/guide



*RFi Payments Diary 2018. ^Kantar Millward Brown Brand Tracker 2018. Published by BPAY Pty Ltd (ABN 69 079 137 518) (Phone (02) 9646 9222; email: marketing@bpay.com.au). The BPAY Scheme is managed by BPAY Pty Ltd. BPAY Payments are offered by over 150 BPAY Scheme members. When you use BPAY the BPAY Scheme is paid fees relating to processing costs and BPAY Scheme membership. Contact your financial institution to see if it offers BPAY and to get the terms and conditions. Any financial product advice provided by BPAY Pty Ltd in relation to BPAY payment products is general advice only and has been prepared without taking into account your objectives, financial situation or needs. Before acting on such advice, you should review the Product Disclosure Statement and consider whether BPAY payment products are appropriate for your personal circumstances.

Transfer Funds

HOW DO I SEND AND RECEIVE MONEY AND PAY BILLS?

Setting up your new life in Australia is an exciting process, but it does come with a lot of expenses. You will need to pay course fees to your institution, buy textbooks, pay your accommodation costs, pay your bills every month, and have access to your money for everyday spending. This can mean a lot of transactions. There are many different ways to send and receive funds; with a little research, you can find the best solution to suit you.

SEND AND RECEIVE MONEY FROM HOME

If you have internet banking set up with your bank, you can easily receive funds from home or send money overseas. Just make sure you have all the required codes (SWIFT, Sort and, for Europeans, IBAN) and the correct account numbers. Bank accounts are best for transferring small amounts and paying your everyday expenses. If you are transferring larger amounts of money and want a better exchange rate with lower fees, you may want to consider other services.

Money transfer companies provide a fast option to send and receive money overseas in minutes. If you shop around, specialist international money transfer companies will often give you a better deal on currency exchange rates than your bank.

PayPal is perhaps the most well-known money transfer system. Many people are already familiar with it, so the person you are sending money to might already have an account. It's easy to transfer money using PayPal, and there are no setup fees. As it is an online transfer, it usually takes 24 hours. PayPal charges a currency conversion fee, which varies depending on the country you are sending to and whether you are sending to another PayPal account.

A prepaid credit card is a great way to receive money from home for daily expenses and not fall into the trap of spending more money than you have in your budget. Companies like Vasco Pay offer additional services to international students, such as weekly discounts, so you can get a bit of extra spending power.

PAY YOUR EDUCATION EXPENSES AND OTHER BILLS

Student payment services are a secure way to make payments to educational institutions, insurance, accommodation or other international education service providers, or to your own bank account for living expenses. Companies like Cohort Go and Flywire offer some great foreign exchange rates and make paying for your education expenses really easy.

BPAY is an electronic bill payment system in Australia that enables secure payment for many different expenses, like your monthly mobile phone or other utility bills. Look for the BPAY reference number on your bill and then select the BPAY option on your internet, mobile or phone banking account to make your payment.

Employment

Whether you need a job to support you while you study, or you're looking for work when you graduate, these helpful tips can make the process easier. Increase your chances of finding work and learn about your work rights in Australia.



CAN I WORK WHILE STUDYING?

While on a student visa, you can work up to 40 hours per fortnight during the semester and unlimited hours during semester breaks. A fortnight means 14 days. Australia has laws guaranteeing basic workplace rights, including minimum pay and conditions. You should always be paid for work that you do, including training and trial shifts. You should also be paid at least once a month, receiving a payslip within one working day of being paid. Employers are not allowed to give you goods or services (including food) instead of pay.

COMMON PART-TIME JOBS FOR INTERNATIONAL STUDENTS

RETAIL SALES ASSISTANT

ADMINISTRATIVE ASSISTANT

BARISTA

GENERAL HOSPITALITY STAFF

EVENT STAFF

CLEANER

FOOD DELIVERY

Food delivery jobs are easy to get but can come with issues around rates of pay. See our full article for more information: www.insiderguides.com.au/food-delivery

Preparing to Work

HOW DO I DEVELOP A NETWORK?

The ability to build relationships and contacts that can lead to future opportunities is an important skill to develop. Classmates, tutors and lecturers can play an important role in establishing a network of your own. Attending events relevant to your studies is a great starting point. LinkedIn is an ideal platform for keeping track of your network:

www.insiderguides.com.au/students-linkedin



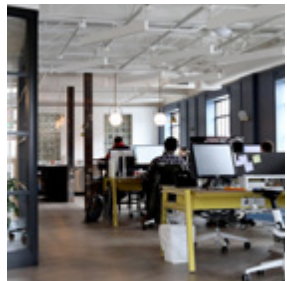
WHAT DO I NEED TO KNOW ABOUT TAX?

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



INTERNSHIPS AND WORK EXPERIENCE

Gaining experience relevant to your course of study is of great benefit as you transition into a professional career. Check with your institution's career centre for options for arranging an internship or work experience. You will often develop skills directly related to your career and learn how to operate within a professional environment. Your internship or work experience may lead to employment with the organisation after you graduate.



WHERE CAN I GET MORE EMPLOYMENT INFORMATION?

In addition to the extensive range of articles on www.insiderguides.com.au, you can now also head to our YouTube channel for videos on the subject: www.insiderguides.com.au/youtube

The Study Adelaide website provides information on employment while studying. www.studyadelaide.com/work/





WHY SHOULD I VOLUNTEER?

Volunteering will provide you with a vast range of soft skills, improve your ability to communicate, allow you to make new friends, and help you integrate with your new community. Your university may have a volunteering office, but if not, seek help at the careers office. Off-campus volunteering may take you further into the local community and allow you to learn about Australian customs. The experience you develop through volunteering can be of great advantage when you apply for a professional role.

www.volunteering.sa-nt.org.au

www.volunteer.com.au



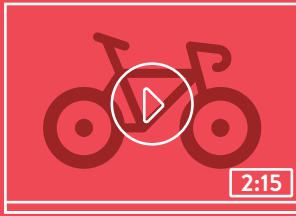
HOW DO I GET A JOB AFTER I GRADUATE?

In your final year you will be able to apply for graduate positions with a range of organisations. Employers have the opportunity to sponsor your visa, and if your degree falls under the Skilled Occupations List, this process is much easier. See the site below for more information on visas and the Skilled Occupations List.

www.homeaffairs.gov.au

To learn more about employability skills, we recommend reviewing the International Education Association of Australia (IEAA) International Employability Guide:

www.ieaa.org.au/research/employability



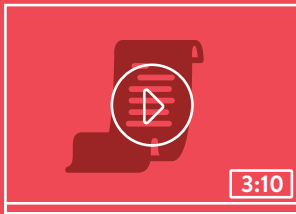
Buying a Bike



Finding a Job



Accommodation Options



Writing a Resumé



Coffee Culture



Christmas in Australia

Subscribe to our YouTube channel

Short videos on everything you need to
know about studying in Australia.

insiderguides.com.au/youtube

How do I Write a Résumé?

The basics of a résumé include your contact details, previous work history and, for students and recent graduates, details about your education. Keep it as concise as possible and get somebody to proofread it for you.

Include at least one reference; this should be a previous employer or someone who knows

your work or study ethic. Speak to a friendly tutor if you need someone to be a reference for you. Your résumé and cover letter should be targeted for a particular role; don't use the same generic versions for all jobs.

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

PERSONAL INFORMATION

Ms Insider Guides

2019 Guides Street

Email - iloveponies27@hotmail.com

Ph (01) 2345 6789

DOB - 01/02/03

Height - 250cm Weight - 170kg

Visa - Student

Marital Status - Divorced

Religion - Jedi

EMPLOYMENT HISTORY

Shop Asistant

Insider Shop Jan 2017 - Present

Responsibilities: Handling Money

Key Achievements: Staff Award

EDUCATION HISTORY

Bachelor of Arts - Insider University

Insider Primary School

Responsible Service of Alcohol Certificate 2017

Avoid including your Date of Birth or particularly personal information like your height/weight, marital status or religion.

Make sure your email address is professional.

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

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

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

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

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

International Graduate Pathways
to Staying in South Australia

migration.sa.gov.au



STAY
in SA

**International Graduate.
Local Future.**

orange3275



20
Celebrating 20 Years of
Immigration South Australia

AM I GETTING THE RIGHT PAY?

As an international student, you have the same workplace rights as all workers in Australia. The Fair Work Ombudsman (FWO) can help if you have concerns about pay, leave or how you're treated at work. www.fairwork.gov.au has information in 40 different languages to help you understand your work rights.

You can contact the FWO for help without fear of your visa being cancelled, as long as certain conditions are met. See www.fairwork.gov.au/internationalstudents for more information.

The FWO's anonymous reporting tool at www.fairwork.gov.au/tipoff lets you report a workplace issue without providing your personal information. It's available in 17 languages. The FWO's record my hours app makes it easy to record the hours you've worked. Download it now from the App Store or get it on Google Play!

You can visit www.fairwork.gov.au or call the FWO on 13 13 94. To speak your language you can call the Translating and Interpreting Service (TIS) on 13 14 50. Tell the operator the language you speak and ask them to call the FWO on 13 13 94. Contacting and getting help from the FWO is FREE!

WHERE SHOULD I LOOK FOR A PART-TIME/ CASUAL JOB?

Many international students use www.seek.com.au to find jobs, which is the most popular one here in Australia. Other large popular sites include www.careerone.com.au and au.indeed.com. But there are others that are better for international students such as www.oneshift.com.au and www.spotjobs.com. These student-oriented sites make it easier for international students to find appropriate roles while studying in Australia.

Whatever role you are interested in, your institution's career centre (where available) is a great place to get started. The career centre is an underused resource that can provide support with resumes, cover letters and interview techniques. It often runs institution-specific job boards that you can take advantage of as well.

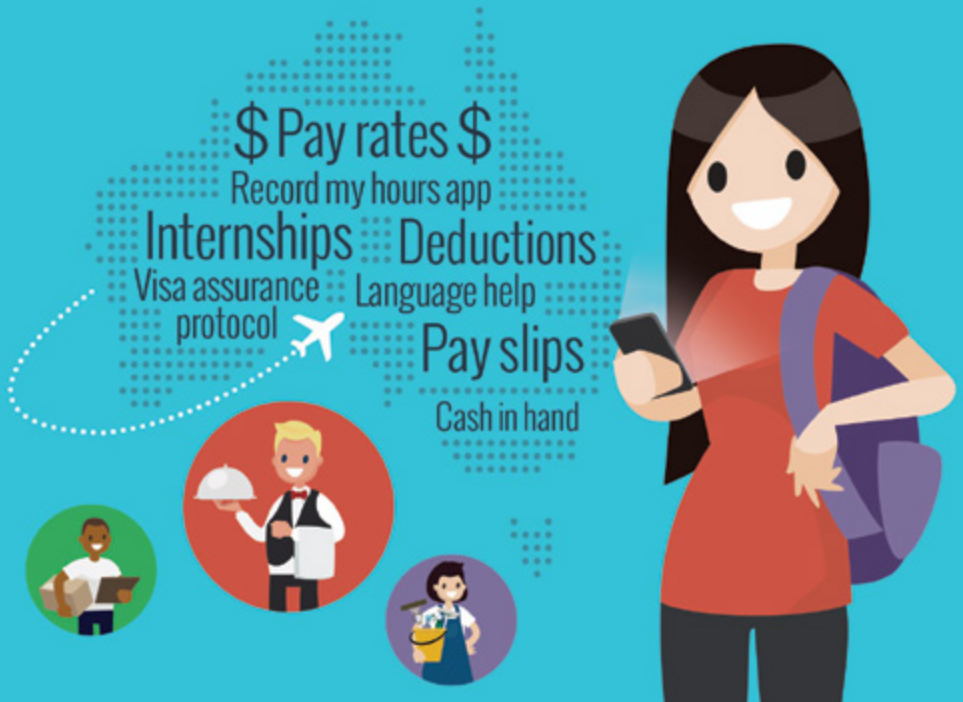
Other options for discovering part-time/casual roles include www.gumtree.com.au and industry-specific Facebook pages (eg 'Bartenders in Adelaide'). These resources can be useful but you must be extra vigilant that these roles do not breach your work rights in any way.



CAN I START A BUSINESS?

It is an uncommon option, but it is generally possible to start a business as an international student. To get started you need to consider the purpose of your business, if you have the money to start it and whether you have the skills to execute it. To learn more about the process, and how to get an Australian Business Number (ABN) see: www.insiderguides.com.au/start-business-international-student

International students have the same workplace rights as all workers in Australia



Find out about your work rights in 40 different languages for FREE @ www.fairwork.gov.au



If your pay and conditions are less than what you're entitled to, call 13 13 94 or lodge an anonymous report about your concerns. The Fair Work Ombudsman is committed to keeping workplaces fair.

Studying

Understanding the structure and demands of studying in Australia is crucial to success. This guide will help you prepare, manage and eventually thrive in your studies.



FIRST DAY CHECKLIST

CREATE A LESSON TIMETABLE

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

CREATE A STUDY TIMETABLE

Organise your study routine around your classes, for both study and other activities.

CHARGE YOUR DEVICES

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

PRINT OUT ANY OFFICIAL UNIVERSITY DOCUMENTS

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

WHAT TO PACK

STUDENT ID (IF RECEIVED IN O-WEEK)

OFFICIAL UNIVERSITY DOCUMENTS

DIARY

SNACKS

CAMPUS MAP

TEXTBOOKS FOR ALL SUBJECTS (OR AT LEAST A COUPLE OF SUBJECTS!)

FOLDERS FOR ALL SUBJECTS

A COUPLE OF PENS AND PENCILS

CABLES FOR ELECTRONIC DEVICES

MONEY FOR COFFEE!

WHAT SERVICES ARE AVAILABLE ON CAMPUS?

You're paying a lot of money to study here, so you should know what your institution offers for free as part of your fees! Many international students don't realise just how much help is available.

CAREER CENTRE

This office will assist you in creating an effective résumé and explain how to complete a job application and prepare for a job interview. Staff can also help you plan out your graduate career and discover volunteer and internship opportunities. They can also help you find casual work. Not many students use it because they simply don't know about it. Now you do!

INTERNATIONAL STUDENT OFFICE

On campus, this office is your best friend. Staff will assist with your orientation, organise social events and answer your questions that relate specifically to international students.

LIBRARY

There is more to your library than just a collection of books. Libraries are full of meeting rooms, TVs, journal databases, computers and more. If you can't get work done at home, head down to the library. Learning how to use the library effectively will drastically improve your chances of truly succeeding in your studies. Libraries also offer a range of workshops to enhance your academic skills.



HOW DO I SAVE MONEY ON TEXTBOOKS?

1. Check with students from higher years

Look for adverts on your institution's message boards (both online and on campus) and if you can't see what you are looking for then post your own advert.

2. Use an online tool like Textbook Exchange

These online resale sites allow you to buy second-hand textbooks from students across the country.

www.studentvip.com.au/textbooks

3. Consider eBooks

Do you need a hard copy of your textbook? If not, download a digital copy and save some money.

4. Rent your textbooks

Will you ever look at the textbook again? If you only need it for one semester then consider renting it online.

5. Use the library

Campus libraries often have limited numbers of textbooks available to actually borrow but they will have reserved copies that you can access while in the library.

Study Terms

Census date

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

Course

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

Full-time

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

Grade point average (GPA)

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

Lecture

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

Orientation (O-week)

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

Practical (Prac)

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

Semester

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

TAFE (Technical And Further Education)

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

Transcript (Academic record)

Official academic transcripts cost money to get from your Student Centre, but graduating students are given one free copy. Unofficial records can be printed using the online login you use at university.

Tutorial (Tute)

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

WHAT IS PLAGIARISM?

Plagiarism is essentially copying someone else's work and presenting it as your own. This may be literally copying part of an essay (or the entire thing) written by someone else, or using the words of an author without referencing them. If you use someone else's idea, even if you write it in your own words, you will need to provide the source. If you are found guilty of plagiarism there can be serious consequences, including expulsion from your course. This may lead to the cancellation of your student visa.

New in town? You're not alone.

Get free support for international students

- › Finding a course and enrolling
- › Change of course or institutions
- › Guidance for student visas
- › OSHC advice available

You can also get help with IELTS

- › Free IELTS Masterclass
- › Free support materials
- › Free practice materials
- › Test bookings

Speak with us today



16 Grenfell St, Adelaide



1800 664 700



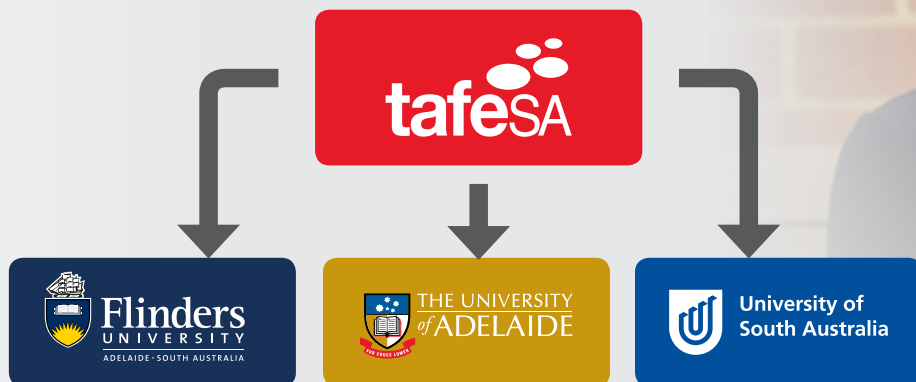
www.idp.com/australia



TAFE SOUTH AUSTRALIA

YOUR PATHWAY TO UNIVERSITY

University Packaged Programs at TAFE SA are your practical pathway to a **Bachelor Degree**.



Advantages of a TAFE SA University Packaged Program:

- > A guaranteed pathway to university for students who have not met the direct entry requirements.
- > Gain industry connections during your studies at TAFE SA that can lead to part-time employment in your field of study for the duration of your university studies.
- > Graduate with a career-competitive mix of practical and theoretical skills, which is attractive to employers.

Take your first step to study with TAFE SA.

APPLY NOW

*Guaranteed only if students meet the minimum requirements to transfer to the applicable university.

To find out more about studying at TAFE South Australia visit
tafesa.edu.au/international | [facebook/TAFESAInternational](https://facebook.com/TAFESAInternational)



tafesa



Government of
South Australia

Why study at TAFE SA?

Benefit from a career-focused curriculum, quality English language courses, work placements, competitive fees, intensive face-to-face teaching, ongoing student support, and strong industry connections so you'll gain the skills that employers want now and in the future.

Courses for international students:

- > Arts and design
- > Automotive
- > Business and marketing
- > Conservation and horticulture
- > Early childhood education
- > Engineering
- > English language
- > Fashion
- > Health and wellbeing
- > Hospitality and cookery
- > Information technology
- > Nursing and aged care

Health & Safety

If you're going to enjoy the best of Australia, you need to be fit and healthy! Remember, in a non-emergency situation you should attend a health clinic and not a hospital.



WHAT IS OVERSEAS STUDENT HEALTH COVER (OSHC)?

All students in Australia must have OSHC to cover the entire period of their stay. This would have been arranged when you organised your visa. OSHC covers in-hospital and out-of-hospital medical assistance, prescription medications and emergency ambulance assistance. Make sure you know the extent of your cover to avoid any unwanted charges.

WHAT SHOULD I DO IF I HAVE A COMPLAINT ABOUT MY OSHC PROVIDER?

If you face a situation where you feel like you're being taken advantage of or unfairly treated in regards to your OSHC, you can contact the Private Health Insurance Ombudsman (PHIO). It's a free service designed to help you out of trouble!

www.ombudsman.gov.au/about/private-health-insurance

WHAT DO I NEED TO KNOW ABOUT HOSPITALS IN AUSTRALIA?

If you are feeling sick then visit a doctor at a local medical centre first. This is the cheapest upfront option and you may be able to claim all or some of the cost from your OSHC provider.

Hospitals are for emergency situations - either life-threatening or an injury/illness that is quickly getting worse. If you need to visit a public hospital then call your health cover provider to see if you're covered, as the hospital may charge you a fee.

HOW DO I FIND A DOCTOR?

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

WHAT SHOULD I DO WHEN MEDICAL CLINICS ARE CLOSED?

Very few medical clinics are open seven days or have 24-hour services (and those that do can be expensive). If you need a medical certificate or you have a minor illness, wait until the medical clinics are open. You can also ring Healthdirect Australia (1800 022 222) to get advice on treating non-life-threatening illnesses.

WHAT SHOULD I DO IF I'M FEELING HOMESICK?

Remember to take time out for yourself. If things seem too hard and you're not feeling like you think you should, it's important to talk to friends and family and ask for help. Universities and colleges often have counselling services or you can use free services like Beyond Blue and Lifeline. Like your body, your mind also needs care and attention, and it's important that you look after it. Mental health is the primary reason people go to the doctor so don't ignore it.

www.beyondblue.org.au - www.lifeline.org.au

WHAT SHOULD I KNOW ABOUT SEXUAL HEALTH?

You can get contraceptive medications and devices very easily and cheaply in Australia. Condoms are available from supermarkets and pharmacies. Emergency contraceptives are available from pharmacies if you need them. If you need information or support then SHINE SA is available to help: www.shineSA.org.au

Remember that consent (explicit permission) for sexual activities is required from both parties. 'Maybe' is not consent and saying 'no' removes consent at any point.

Activities to Improve Your Health



RESISTANCE TRAINING

Resistance training including free weights, resistance bands, and weight machines, in conjunction with proper nutrition, is great for your health and can help keep you feeling fantastic. Gyms can be a large expense so make sure you are committed before you sign a contract. More flexible 24/7 options present better value if you can live without classes and swimming pools. Most universities also have gyms and offer students reasonable rates.



MINDFULNESS

Mindfulness essentially just means paying attention to the moment, allowing you to concentrate, relax, and be more productive. Mindful meditation generally involves sitting quietly, closing your eyes and focusing on your breathing. Apps to check out include Headspace (meditation), ReachOut Breathe (controlled breathing) and Smiling Mind (mindfulness meditation).



YOGA

There are many different types of yoga, with varying levels of intensity and movement. The most common are hatha, Bikram, and Ashtanga. Use Find Yoga to discover a yoga class near you, with plenty of beginner classes available.

www.findyoga.com.au



PILATES

Pilates is an exercise that focuses on flexibility and strength. There are two different types of Pilates: mat-based and equipment-based, which is sometimes called 'reformer Pilates'. YouTube is a great starting point but for further instruction check out a studio using Australian Pilates.

www.australianpilates.asn.au

Need a doctor?

Visit the experts in
international student health.

- **Medical Certificates**
- **Sexual Health**
- **Prescriptions**
- **Vaccinations**
- **Medical Advice**

Book an appointment with one of our multilingual, experienced GP doctors:

Ph: 8232 7372 or Book online:
www.globemedical.com.au

21 Hindmarsh Square, Adelaide



Jurlique

NEW Herbal Recovery

Breakthrough botanicals, advanced technology.
Firm, smooth and rejuvenate your skin.

**Red Clover
Extract**
*Improves
the appearance
of lines and
wrinkles*



Present this edition of the Insider Guide at your Jurlique concept store to receive a trial samples pack of our Herbal Recovery Signature range*.

For store listings visit jurlique.com.au/stores

**One per customer while stocks last. Available at Jurlique concept stores only.*



Beating Loneliness

Feeling lonely is a natural part of studying away from home. Everyone has moments when they miss loved ones but it is important to not let these feelings get on top of you. The tips below will hopefully help out when you are starting to feel lonely.



Communication

Leaving family and friends is always hard but it has never been easier to stay in contact. Stay in your social media/chat groups and arrange regular Skype chats to keep up to date. Staying connected to those close to you, and discussing how you are feeling, can make a huge difference.



Understand your position

It is easy to slip into 'victim' mode and feel sorry for yourself. Try to shift this focus to the positives - the education you are receiving, the opportunities you may gain from this, the experiences on offer to you (we have plenty of suggestions in this guide) and the people you meet.



Volunteer

Connecting with others in need of assistance and getting involved in local communities can be an ideal way to change your focus. Whether working with those less fortunate than you, or helping out a group on campus, you will likely walk away feeling less trapped by your circumstances.



Reach out

Join a club or society on or off campus that interests you and enables you to meet and mingle with other students. Chances are they have had similar thoughts to you and would also love to hear that they are not alone. They have also gone through similar experiences of leaving home and taking on additional responsibilities. See page 99 for more details.

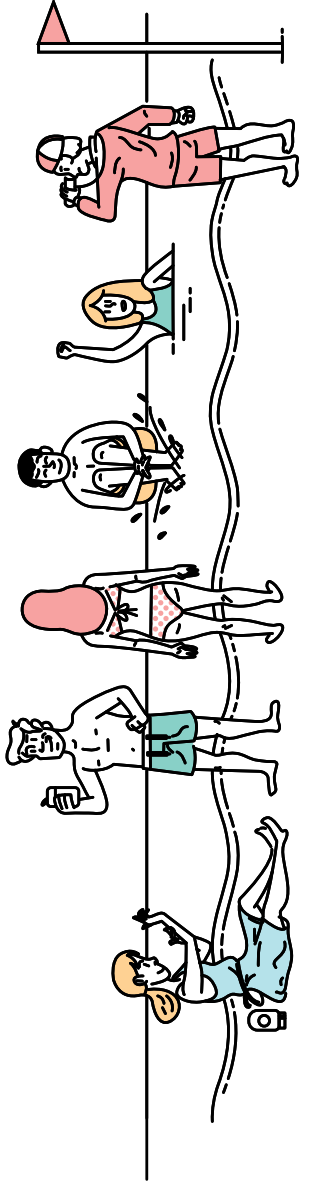


Visit a counsellor

You are not the first, nor will you be the last, international student to feel this way. University counsellors are experienced in helping students facing the same issues. Don't be afraid to arrange a chat, your institution has support services available for these exact reasons.

Beach Safety

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



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

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

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

www.royallifesaving.com.au

WHAT IS SEXUAL HARASSMENT?

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

1. **UNNECESSARY FAMILIARITY, SUCH AS UNWELCOME TOUCHING**
2. **SUGGESTIVE COMMENTS OR JOKES, INSULTS OR TAUNTS OF A SEXUAL NATURE**
3. **INTRUSIVE QUESTIONS OR STATEMENTS ABOUT SOMEONE'S PRIVATE LIFE**
4. **SENDING SEXUALLY EXPLICIT EMAILS OR TEXT MESSAGES**
5. **REQUESTS FOR SEX OR REPEATED UNWANTED REQUESTS TO GO OUT ON DATES**
6. **PHYSICAL ASSAULT, INDECENT EXPOSURE, SEXUAL ASSAULT, STALKING OR OBSCENE COMMUNICATIONS**

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

Should you need to contact someone at your university to report sexual assault or for support services in relation to sexual assault,

Universities Australia lists contact details for universities.

www.universitiesaustralia.edu.au/university-participation-quality/students/Student-safety

You can also contact SA Police on 131 444 or via www.police.sa.gov.au

WHAT SUPPORT SERVICES ARE AVAILABLE FOR LGBTIQ PEOPLE?

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

The type of support systems available to LGBTIQ students vary from institution to institution.

The Australian LGBTIQ Uni Guide is a terrific resource that enables you to compare the ways in which Australian universities cater to the needs of their LGBTIQ students. www.lgbtiuniuide.org.au

At a national level there is QLife, qlife.org.au. If you're looking for support services that are sensitive to your cultural needs, or would just like to engage with other LGBTIQ students from similar backgrounds then AGMC, www.agmc.org.au, is a good resource.

HOW CAN I STAY SAFE?

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

SA Police also provides a range of helpful information to help you stay safe, which is available on their website.

www.police.sa.gov.au/your-safety

If there is a life-threatening situation, call for emergency services on Triple Zero (000). If you require a translator then tell the operator your language and they will connect you to one.

Transport

It's important to understand your transport options when you arrive in a new place. Whether it is getting to university or exploring the city's neighbourhoods, read on to discover Adelaide's transport system.



BUSES

For getting to many of Adelaide's metropolitan areas, buses are the best option. Buses come about every 15 minutes on routes close to the city and either every 30 minutes or hour in the outer suburbs. Your MetroCard can be used on the bus or you can purchase a ticket from the bus driver. Extensions after bus numbers (like F, X or T) indicate express buses that may not stop at all of the stops, so ask the driver if you are unsure. There is a free City Connector bus service around the city and North Adelaide.

TRAMS

The tram line runs from the Adelaide Entertainment Centre (AEC) to Glenelg. The tram is free from the AEC to South Terrace and also between Brighton Road and Moseley Square, Glenelg. Taking a trip down to Glenelg on the tram is a must-do while staying in Adelaide.

TRAINS

Adelaide has six train lines heading from the Adelaide railway station to Belair, Gawler, Tonsley, Grange, Seaford and Outer Harbor. As of April 2018, four of these lines (Gawler, Seaford, Belair and Outer Harbor) have trains no less than every 30 minutes (with minimal exceptions).

NEED TO KNOW

The MetroMATE app, available on both the App Store and Google Play Store, has real-time arrival times, notifies you of disruptions on your route and shows the services available at nearby stops. As well as a journey planner feature, you can also save your favourite stops and routes and set up alerts for them.

www.adelaidemetro.com.au/metroMATE

TYPES OF TICKET

There are two time periods of operation for public transport: Peak and Interpeak. Peak travel times are before 9.01am, after 3.00pm Monday to Friday and all day on Saturday. Interpeak travel times are 9.01am to 3.00pm Monday to Friday, all day Sunday and on South Australian public holidays.



WHERE TO BUY

MetroCards can be purchased and recharged at Adelaide Metro InfoCentres as well as a range of agents, including supermarkets, newsagents and convenience stores.

Recharging online is perhaps the easiest option and you can also use that system to set up auto-recharge.



TAXIS

There are a few taxi ranks located around the city - these are specific areas where you can line up and get a taxi, otherwise you can try hailing one from the side of the road.

Ordering Taxis

Independent Taxis - 132 211

Yellow Cabs - 132 227

Access Taxis (Disability Service)

- 1300 360 940

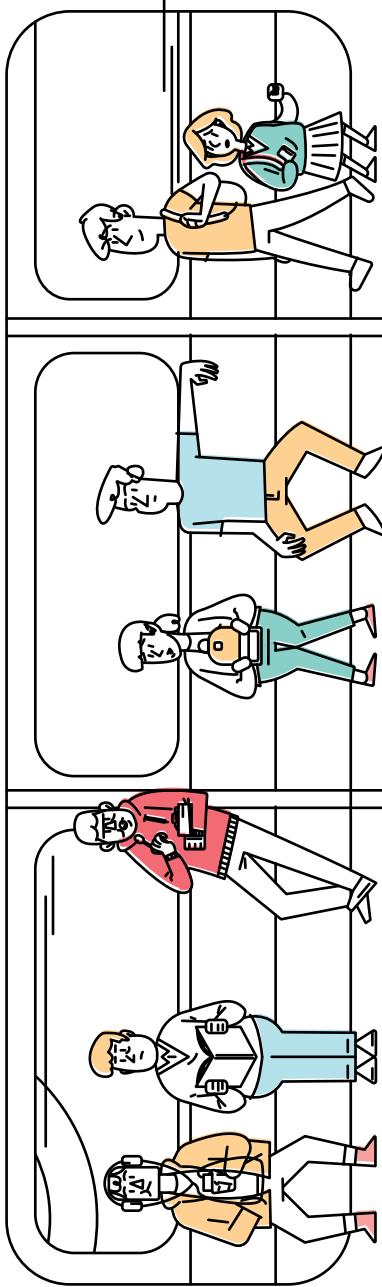
RIDESHARING

The first to launch, and still by far the most popular, is Uber. A more recent arrival to the Adelaide market is Ola, offering discounted rates during quiet hours of the day. The most unique ride sharing option available in Adelaide is the female-only service Shebah.

All drivers and all passengers of the service are female, with the exception being males under 18 traveling with a female, and many cars come with car seats available.

Transport Etiquette

We all know the universal rules of public transport - wait for people to get off before you get on, move down the aisle and give up your seat for those more in need - but here are a few extra tips to keep in mind in Australia.



Music	Personal Space	Poles	Food	'Manspreading'	Backpacks
Wear headphones if you want to listen to music/podcasts but keep the volume to a level that other people can't hear it.	If there are spare double seats then take one rather than sit next to someone you don't know.	Don't hog the pole by leaning against it; let other people hold onto it.	Small (and quiet) snacks are generally accepted (although rules) but avoid eating an actual meal.	Avoid taking up more space than you need to.	Be aware of how much space they take up and be prepared to take them off when crowded.

Bikes

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

Add to that, riding a bike is:

- Good for your physical health
- Good for your mental health
- Good for the environment
- Reliable (no more waiting for late trains or traffic jams) and a great way to get to know your city (and beyond)

BIKE LAWS

It is illegal to ride in Australia without a helmet and you must have a light on your bike if you plan to ride at night. Adelaide features extensive bike paths and bike lanes throughout the city. Make sure you stay in these designated bike lanes while riding and obey all the relevant road rules. Council websites are a good source of information on bike facilities around your area.

BIKE LANES

There is a comprehensive network of designated bike lanes and tracks around Adelaide, designed to keep you safe. The Cycle Instead website allows you to plan out your journey and discover the fastest and safest route to take to your destination:

www.maps.sa.gov.au/cycleinstead



BIKE SHARING

BikeSA promotes free bike hire, including a helmet and bike lock, available from numerous locations around the centre of the city. You simply need to leave your ID and the bike will be yours to use for the day. For a list of pickup locations and to get more information see:

www.bikesa.asn.au



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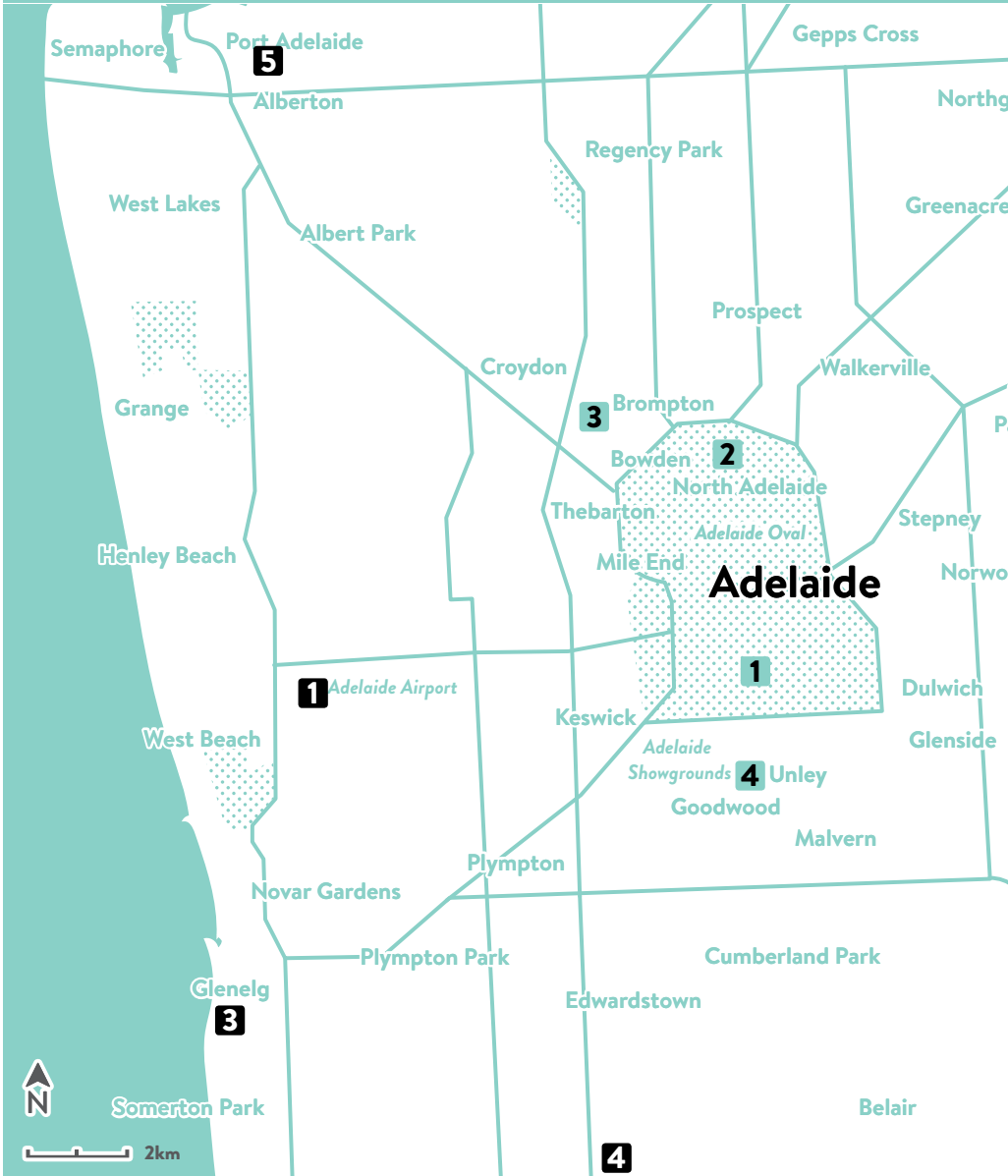
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Areas of Adelaide





1 CITY CENTRE **PG. 60**

The carefully gridded centre is a bustling hub and the perfect spot for shopping, dining and entertainment.

2 INNER NORTH **PG. 66**

Home to Adelaide's biggest sporting stadium and a huge range of dining options.

3 INNER WEST **PG. 76**

Easily accessible by public transport, the Inner West is eclectic, alternative and multicultural.

4 INNER SOUTH **PG. 80**

Adelaide's leafy Inner South is perfect for dining, art deco cinemas, boutique shopping, and getting outdoors.

5 INNER EAST **PG. 84**

Just a few minutes from the city centre you will find the hip cafés, high-end boutiques and classic hotels.

1 ADELAIDE AIRPORT

2 ADELAIDE HILLS

3 GLENELG

4 FLINDERS UNIVERSITY

5 PORT ADELAIDE

6 MORIALTA CONSERVATION PARK

City Centre



HIGHLIGHTS

For some shopping, you can't go past Rundle Mall – Adelaide's pedestrianised shopping mall. There are department stores, such as Myer and Kmart, supermarkets, and big brand stores like Adidas Originals and Nike. Many shops offer student discounts, so it's worth asking at the checkout. Continue to Rundle Street to find high-end fashion brands, such as Australian label, Gorman, second-hand op-shops, and funky boutiques like Miss Gladys Sym Choon. For unique, locally produced merchandise to take home, check out Have You Met Charlie? and Urban Cow Studio.

Rundle Mall has fantastic options for food, including Two-Bit Villains, a vegetarian restaurant located in the historic Adelaide Arcade. Or, visit any shopping centre food court for a cheap lunch. In the basement of Adelaide Central Plaza is the David Jones food court, Dine Central, which has free Wi-Fi and charging stations, making it a great study spot. But true foodie heaven is found around the Adelaide Central Market. The market works for a quick, inexpensive meal, as well as for picking up groceries. If you visit the market near closing time, especially on a Saturday, fresh produce is heavily discounted. Nearby Gouger Street is home to Chinatown, which is packed with amazing restaurants, Asian supermarkets and late-night dessert spots.

For nightlife, Hindley Street and its many laneways offer everything from tiny cocktail bars, such as Pink Moon Saloon and Clever Little Tailor, to four-storey nightclubs like HQ Complex, which regularly hosts international music acts. Further along, Rundle Street is home to some of Adelaide's most famous pubs, including The Austral and The Exeter, both of which have provided students with cheap drinks and live music for decades. For dancing, head to Synagogue Place. On this CBD strip you'll find Mary's Poppin, a nightclub with retro 80s tunes playing all night, and next door, Hacienda, a bar and club specialising in R'n'B and hip hop.

Adelaide is rich with culture and history, and it's mostly clustered along tree-lined North Terrace. Unmissable highlights include the beautiful Mortlock Wing in the State Library of South Australia; the Art Gallery of South Australia, which hosts First Fridays on the first Friday of every month, allowing late-night viewings with live music and a bar; and the Museum of South Australia, with permanent exhibitions focusing on the state's Indigenous culture. Each of these sites offers free entry or student discounts for featured exhibitions.



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North Terrace Cultural Institutions

Learn more about the culture and history of South Australia along this beautiful promenade.

1 NATIONAL WAR MEMORIAL

Built in 1931 to commemorate those lost in World War One, it is also surrounded by smaller memorials for other conflicts.

2 STATE LIBRARY OF SOUTH AUSTRALIA

Home to the Mortlock Wing, considered one of the most beautiful libraries in the world.

3 SOUTH AUSTRALIAN MUSEUM

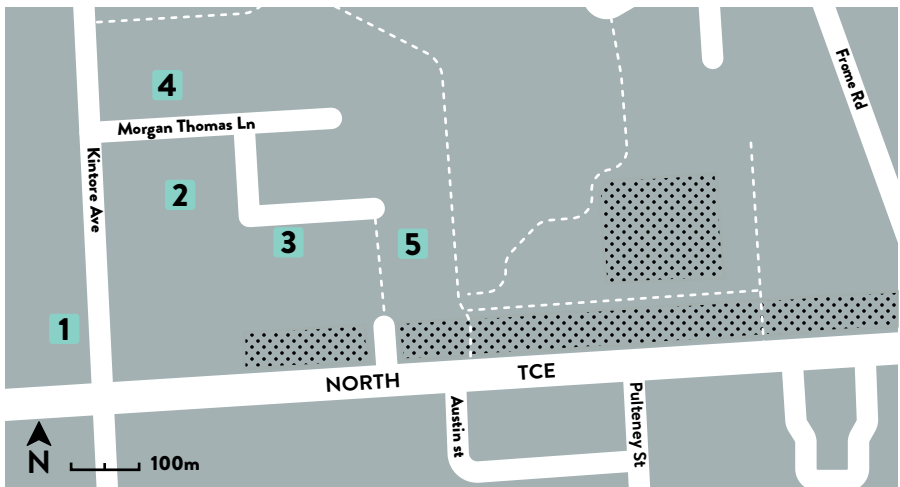
Founded in 1856, the museum has a strong focus on natural and cultural history.

4 MIGRATION MUSEUM

Celebrates the diversity of South Australians by telling stories of migration to the state.

5 ART GALLERY OF SOUTH AUSTRALIA

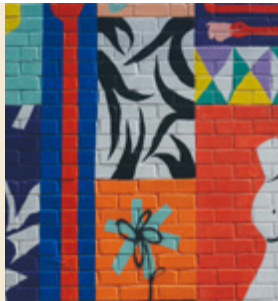
The venue hosts regular exhibitions and is home to nearly 40,000 permanent works.



STREET ART

The City of Adelaide supports street art by connecting owners of walls with artists. The Adelaide Art Walls website is a portal to discover the art and artists situated around the city. Many prominent street artists, including Vans The Omega, originate, and still operate, in Adelaide.

adelaideartwalls.com - [instagram.com/vanstheomega](https://www.instagram.com/vanstheomega)



COMMUNITY FACILITIES

City Library is located just off Rundle Mall and is open seven days a week. Membership is free and lets you borrow books, access eBooks and newspapers online, download films and magazines, and find online language support. There are studios and multi-purpose rooms for hire, free Wi-Fi, public computer access and printing, photocopying and scanning facilities available – perfect for studying, especially when university is busy around exam time. The library also hosts several events you can attend, like board game nights and mosaic classes. Check the website for more information.

If you want to learn more about Adelaide's history, head to the State Library of South Australia. The largest public reference library in South Australia, its collection focuses on the state's history and culture.

There are a few places to get fit around the city grid. One location is Adelaide City Beach, a sandy beach volleyball court that is open to the public on Frome Street. Volleyball SA hosts regular recreational games in the evening for a small fee. Otherwise, the city is surrounded by the green Adelaide Park Lands, which contain free public basketball courts, tennis courts, jogging tracks and permanent exercise equipment.

UNIQUE EXPERIENCES

Beneath Adelaide's city centre lies a maze of underground tunnels and deserted rooms dating back to the 1800s. There are several different walking tours that offer insight into Adelaide's strange history and discuss the mystery of the tunnels – an online search will provide many tour options. However, some sections of the tunnels are free and open to the public. Head to the Adina Apartment Hotel on King William Road – this old colonial building used to house the city's Treasury. Take the elevator down to the Treasury Tunnels and try not to get lost as you explore the brick passages.

If you're feeling brave, try one of Adelaide's many ghost tours. There are countless tours offered that take you to spooky locations across the city, but the most popular supernatural spot is the old Adelaide Gaol. Take yourself on a self-guided tour during the day to better understand an important part of Adelaide's heritage – there is discounted entry for university students. Or, gather some fearless friends, join a group of ghost-hunters and visit in the evening for a night of creepy stories and, if you're lucky (or unlucky), a paranormal sighting or two.

Peel & Leigh Streets

These relatively new hotspots are packed full of exciting and diverse options for an evening out.

1 ALFRED'S

Blends the style of a small bar with the homely feel of a local pub.

2 MAYBE MAE

A cosy underground bar that provides classy table service.

3 CLEVER LITTLE TAILOR

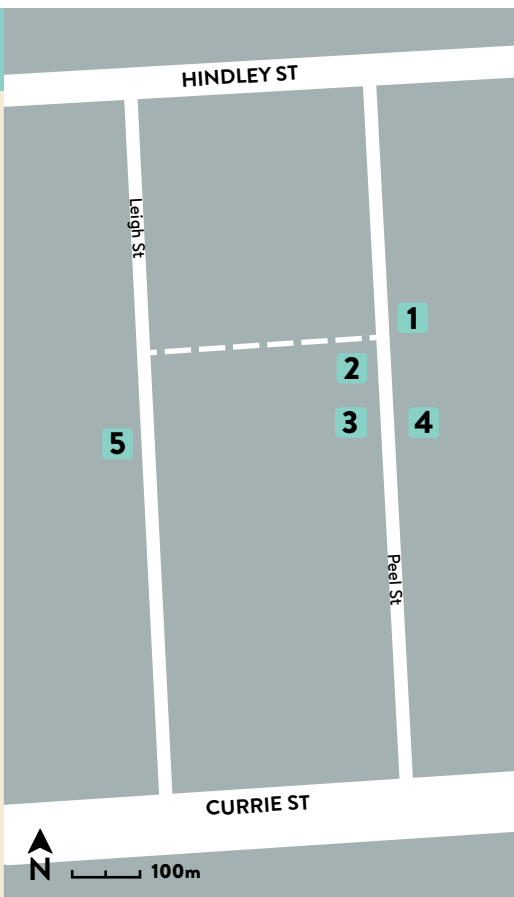
One of the original small bars in the city and definitely still one of the best.

4 MALT & JUNIPER

A large window opens up to the laneway, with whisky (malt) and gin (juniper) bottles filling the back wall.

5 PINK MOON SALOON

Cosy, design award-winning spot for exciting drinks and wood-fired food.



Inner North



On the way to North Adelaide, you'll pass one of the city's most recognisable venues – St Peter's Cathedral. It's a magnificent work of architecture and is open at select times during the week for visitors and free guided tours. To complement your historical tour of North Adelaide, visit Light's Vision on Montefiore Hill. At the top of the hill sits a tribute to the surveyor-general of Adelaide, Sir William Light. The statute's location offers an incredible view of Adelaide and of Light's city planning.

From your position at Light's Vision, you'll spot the enormous Adelaide Oval – North Adelaide's eye-catching entertainment venue. The oval hosts a wide range of sporting events, from cricket in the summer, to Australian Rules Football, which begins in autumn. You can also see some of the biggest names in music (think Rolling Stones-level big) at the oval. For entertainment on a smaller scale, try the Art Deco Piccadilly Cinemas, where movie tickets start at \$12.

North Adelaide has an excellent restaurant scene with some unique dining options. Along O'Connell Street you'll find all kinds of restaurants, such as fresh Hawaiian delights served at Beach Bum, phenomenal thin-crust

pizzas at Tony Tomatoes, to jaw-dropping burgers (and 50 cent wings on Tuesdays!) at Chuck Wagon 175.

As North Adelaide is home to numerous residential colleges, there are many cheap late-night takeaway joints that are popular with students. But there are a few notable standouts. Firstly, there's the famous question – who created the AB and should you get yours from Blue & White Café, or the nearby North Adelaide Burger Bar? Either way, you'll receive an unmissable plate of hot chips, yiros meat, tzatziki and barbeque sauce. For dessert, head to the 24-hour Bakery on O'Connell for its oozy vanilla slices and fresh doughnuts.

In the morning, head straight to Melbourne Street for brunch and all things caffeinated. There's UR Caffé, The Store, First Pour and E for Ethel, which doubles as a gift shop that supports local Australian artists and creatives.

North Adelaide is home to a huge amount of dessert bars for its relative size. Try Chocolate Taperia, Chocolatree and St. Louis House of Fine Ice Cream and Dessert for post-dinner treats.

Date Nights in Prospect

Just north of the city you will find Prospect Road, packed full of interesting options for a cheap date night.

1 50SIXONE

The decadent desserts available here are guaranteed to make your date memorable.

2 PALACE NOVA

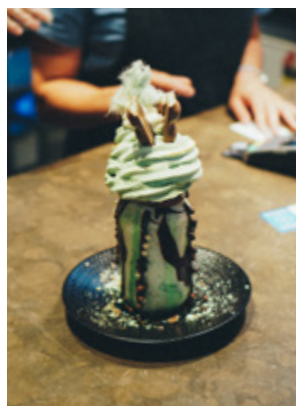
A classic date night activity, Palace Nova cinemas are a great value way to catch a film in a modern cinema.

3 SUNNIES SHOP

A relaxed dining option serving up Southeast Asian cuisine.

4 CAFÉ KOMODO

A fun retro environment, perfect for a chilled out date night.



Ordering Coffee

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



LATTE



FLAT WHITE



CAPPUCCINO



LONG BLACK



ESPRESSO



MOCHA



Coffee Shot



Warm Milk



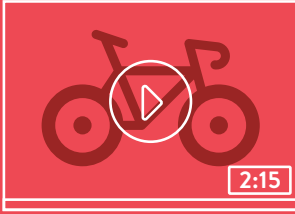
Water



*Chocolate
Powder or Syrup*



Milk Foam



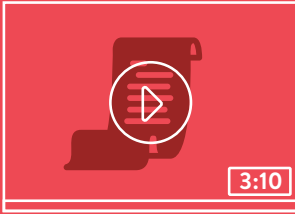
Buying a Bike



Finding a Job



Accommodation Options



Writing a Resumé



Coffee Culture



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COMMUNITY FACILITIES

The North Adelaide Community Centre is centrally located just off Tynte Street and offers a range of services including free internet access, library borrowing, community gardening, free bike hire (just show your passport), and regular classes in everything from English language to crochet.

For the more fitness-minded, try the Adelaide Aquatic Centre. It's open seven days a week, with one-off visit passes only \$6.60 for students. There are swimming pools, diving pools, fitness classes and a fitness centre full of gym equipment, covering all your exercise needs. For some fun, there is

also a leisure pool with water slides. Grab a racket and some friends and head to Memorial Drive Tennis Club, which has 30 courts to play on, a gym, spa and sauna. Join one of their social clubs and mix with players of all ages and skill levels. The tennis centre hosts professional tennis as well. Prior to the Australian Open, current and former pros come to Adelaide to play in the World Tennis Challenge.

North Adelaide has a significant amount of medical facilities. The Women's and Children's Hospital is the largest in the area, while the North Adelaide Family Practice caters to a variety of healthcare needs.

UNIQUE EXPERIENCES

Catching a game of Australian Rules Football at Adelaide Oval is an incredible experience - even if you don't understand the rules! Pick a team to support, dress up in their colours, and chant along with the crowd. You'll pick up the rules pretty quickly. To take that experience to the extreme, try the Adelaide Oval RoofClimb on game day. If you're not visiting on game day, RoofClimb tickets are cheaper and offer an incredible view of the city as you climb the Oval's roofline.

Swimming in the River Torrens may be prohibited, but there are still ways to enjoy the mighty waterway. BBQ Buoys, based at Pinky Flat, lets you book a motorised buoy, complete with an onboard barbecue, Bluetooth speaker, cutlery, an esky and a sun umbrella. The company can supply packaged food and soft drinks, but if you're on a budget, buy your food for grilling at a supermarket beforehand. You don't need any boating experience to hire a buoy, but the driver must be over the age of 21 and have a full car driver's licence - so bring your most responsible friend.



Go on. We dare you...

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roofclimb.com.au



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Play Sport

AFL

If you're interested in playing this unique sport during your time in Australia then find clubs and programs using the Play AFL website. The included locator lets you discover places to learn the sport and find a team appropriate for you.

play.afl

Baseball

Use the 'find a club' link and select between 13 member metropolitan clubs available.

baseballsa.com.au

Basketball

Basketball SA has a list of regional associations with clubs available. If you would prefer something a bit more relaxed and social, the organisation maintain a list of social basketball locations as well.

basketballsa.com.au

Cricket

To find a place to play cricket (indoor or outdoor) check out the Play Cricket website. The South Australia Cricket Association (SACA) is responsible for both indoor and outdoor competitions.

playcricket.com.au

Football (Soccer)

Find a club using the MyFootballClub website. Higher level competitive football in Adelaide is operated by Football Federation South Australia, while there are also plenty of amateur and indoor competitions available.

*myfootballclub.com.au
ffsa.com.au*

Ice Hockey

Check out the Ice Hockey SA website to get involved with the sport. If you have experience you can contact a club directly but if you are a beginner then email Ice Hockey SA. Matches take place at the IceArena in Thebarton, in the Inner West.

icehockeysa.com.au

Netball

Use the Club Finder on the MyNetball website to find a club appropriate for your location/level.

my.netball.com.au

Tennis

Find a court, coach or club using the Tennis Australia site. Shorter match options like Fast4 are available at many clubs to allow you to get quick matches in.

tennis.com.au/sa



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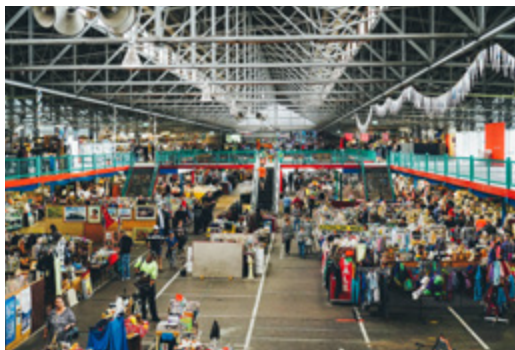
FURTHER NORTH

Only a five-minute bus ride out of North Adelaide, Prospect Road is a haven for food-lovers. The area's diverse community means there is a wide range of international cuisines to choose from. Try the retro Cafe Komodo, with its classic brunch options and amazing coffee. For something a little fancier, New Nordic serves up chic Scandinavian breakfasts and delicious pastries. After 5pm, go to Rosemont Hall, a hawker-inspired food hall with a bar and two adjoining restaurants to choose from. On one side is Sunny's Shop, selling Southeast Asian specialties such as banh mi (Vietnamese baguettes), noodle salads and laksa. Opposite, there's Mr Chan, which serves modern versions of Chinese takeaway food. Finish your night at 50SIXONE; the restaurant and dessert bar is famous for its ridiculously extravagant milkshakes, topped with everything from brownies, pretzels and fairy floss, to actual 24K gold.

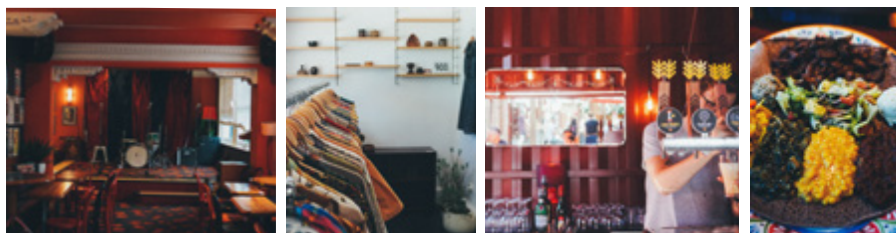
Once you're full of sugary treats, head next door to enjoy a film: conveniently located next to 50SIXONE is the Palace Nova Prospect cinema. You can check out new releases as well as old classics, and tickets are

only \$13, all day, every day. Just off Prospect Road, Vine Street Plaza is the hub for several events throughout the year, including the Santos Tour Down Under's Tourrific Prospect Street Party and the regular Prospect Eco Market. In the summer, Vibes in Vine Street brings pop-up bars, live music and food trucks to the plaza for an affordable night out. Nearby is Honeysuckle Lane (commonly known as 'Aerosol Lane'), where anonymous street artists regularly update the walls with incredible aerosol artwork.

In the north-west is Port Adelaide, an eclectic, laid-back neighbourhood full of funky cafés and seaside pubs. The area's icon is the bright red Port Adelaide Lighthouse. It only costs \$1 to climb to the top, where you can enjoy stunning views of the coast and over to the Mount Lofty Ranges. To learn more about Adelaide's history, visit the National Railway Museum or the South Australian Maritime Museum. Both are within a five-minute walk of each other and offer discounted tickets for students. On a Sunday, check out the Fisherman's Wharf Markets. The indoor market space has two floors, with everything from stalls selling antiques, vintage clothing and second-hand books, to an on-site hairdresser and masseuse.



Inner West



HIGHLIGHTS

The Inner West is arguably Adelaide's musical mecca. There are incredible venues operating out of historic buildings, such as The Gov and the Thebarton Theatre, both of which have hosted huge international bands, up-and-coming local musicians, comedians and performers for decades. For larger events, the Adelaide Entertainment Centre, with its own conveniently located tram stop, hosts everything from ice hockey matches to theatre productions and musicals. There's also Holden Street Theatres, a boutique venue in an old church that presents local and international theatre programs throughout the year and specially curated performances for the Adelaide Fringe and Feast festivals.

With easy access to the city and the beach, the Inner West is a popular area for students to live. As such, there are countless affordable options for food, with many different international cuisines represented. For breakfast, head to Mister Sunshine's, with its extensive vegan menu, or grab a delicious pastry from Red Door Bakery in Croydon. Plant 4 Bowden rotates fresh produce, maker markets and events on a weekly basis, with a large supermarket and little eateries scattered throughout its refurbished warehouse. Later in the day, try some traditional Ethiopian fare at Abyssinian Restaurant, or Afghan food at Parwana Afghan Kitchen. There are plenty

of restaurants along Henley Beach Road, so grab some friends and choose your favourite. Or, why not rent a bike and cycle from the city, through the Inner West, all the way to Henley Beach via the River Torrens Linear Park. Either pack a picnic or grab something from one of Henley's many beachside cafés and enjoy an afternoon on the sand.

A large number of quality pubs are dotted around the Inner West. Even if you don't drink alcohol, keep them in mind for cheap midweek meal deals. Highlights include The Wheatsheaf Hotel, with its outdoor beer garden, roaring fireplaces, board games and craft beer on tap; and the Mile End Hotel, which boasts long happy hours and cheap pizza on Friday nights.

Elizabeth Street (more commonly known as Queen Street) in Croydon has become a go-to destination for the alternative crowd on weekends. Along the street there are retro vintage stores such as Hype and Seek, cool boutiques like Azalia, and an assortment of hip cafés. Grab a delicious crêpe from La Lorientaise Crêperie or enjoy a Sunday brunch at Queen Street Café. The street even has its own free music festival – Queen Street Music Festival – featuring local acts across a range of musical genres.

A Free Tram Trip From The City

Hop on the tram from the city centre and you will have a range of exciting entertainment options at your fingertips when you arrive on Port Road.

1 ADELAIDE ENTERTAINMENT CENTRE

Large musical acts and events regularly grace the stage at the AEC.

2 THE GOV

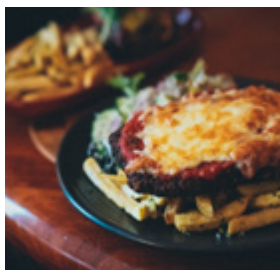
An Adelaide live music icon that hosts popular acts in the band room and free acts in the front bar.

3 COOPERS STADIUM

Home of Adelaide United who play in the A-League, Australia's national football (soccer) competition.

4 PLANT 4

Part of the Bowden redevelopment, the venue is home to markets, events and a supermarket.





CRAFT BEERS IN SOUTH AUSTRALIA

South Australia has had a recent boom in smaller craft-style breweries opening. Many provide tasting options at their breweries, with their products now regularly available at major bottle shops.

COMMUNITY FACILITIES

19 on Green is an open-access community centre with free Wi-Fi that hosts yoga sessions, art workshops and cooking classes. There are two major libraries in the area – the Hamra Centre Library and the Hindmarsh Library. Membership is free, and with it, you become a member of the ‘one card’ network, meaning you can borrow books from libraries across Adelaide. There is also a Mobile Library, a public library built on the back of a truck that travels around the western suburbs.

Thebarton is home to Thebarton Aquatic Centre, a seven-lane, 25-metre lap pool, featuring lessons for all ages. Entry to

the centre is only \$6.20 for students. If swimming isn't for you, there are a few gyms in the area, too, as well as yoga and pilates studios. There's even a rock climbing and bouldering centre for those seeking an exciting physical challenge.

The Brompton Medical Centre, Hindmarsh Medical Clinic and Brickworks Medical Centre all offer family health services, mental health care, skin checks, travel immunisation and sports medicine.

UNIQUE EXPERIENCES

Ice ArenA in Thebarton is Adelaide's only permanent ice-skating rink and hosts monthly Friday night skating parties for the public, complete with a DJ. You can also attend a regular skate school that caters for all skill levels (your first lesson is free).

Next door is Stepneys – a home restoration centre with a mind-boggling array of bizarre statues. Think giant Elvis, a full-size shark model, and a pterodactyl hanging from the

ceiling. It's well worth a look, especially for the photo opportunities.

South Australia is a proud wine region, but if you're a beer enthusiast, try the West End Brewery Tour in Thebarton. West End Draught beer is an icon of the state, lovingly known as a 'red tin'. The brewery tour teaches you the craft of brewing, takes you through the Brewhouse and the bottling hall, and finishes with a beer tasting session.

FURTHER WEST

Adelaide's western suburbs are hugely popular with students, and new cafés and restaurants with affordable menus and delicious food are rapidly popping up. One firm favourite is Chicco Palms, a cool Italian spot with an incredible pizza menu - just look for the building surrounded by palm trees. The restaurant's unique cocktails are a flat price of \$14, making them some of the cheapest (and nicest) you'll find in Adelaide. Try Karma and Crow in Richmond for all-day brunch and a chilli or peanut butter hot chocolate. Also in Richmond is Devour Café and Patisserie, which does some pretty tempting dessert creations. Nearby Café de Vili's is an Adelaide icon. The diner is open 24/7, with fresh pies, pasties and a huge variety of pastries available whenever you need a pick-me-up.

Henley Beach is the go-to seaside location in the west. In the summer, the beach is packed with people, so get there early to secure a spot. Remember your sunscreen, as the Australian sun can get pretty hot. Take a walk along the Esplanade with an ice cream from Royal Copenhagen - the store has a free self-serve toppings bar, so you can enjoy as much chocolate sauce and sprinkles as you want. Set back from the beach is Henley

Square, a shaded plaza surrounded by great dining options. Greek restaurant, Estia, has a dedicated takeaway kiosk where you can get gyros (a flatbread sandwich filled with meat) and hot chips to enjoy by the sea. Or, try sit-down restaurant, Melt, for freshly made pizza and tapas.

If you're not a big fan of going to the gym, the western suburbs have you covered. BOUNCE in Marleston is an indoor trampoline park for every experience level. There are performance trampolines, a dodgeball court, and even trampoline walls to test out your parkour skills. BOUNCE hosts dedicated student sessions from Monday to Friday with discounted tickets, and if you go during school hours you can usually have the trampolines to yourself. Or, try the indoor skatepark at Pumpst in Richmond. Hire a scooter, skateboard or BMX bike (or bring your own) and hit the tracks. If it's your first time, the staff will run a practice session, and then you're free to ride. If you go during the week, session prices are cheaper. Attached to Pumpst is Boneshaker, an American-style burger bar ready to refuel you once you're done riding.



Inner South



HIGHLIGHTS

With its upmarket vibe, the Inner South might not seem student budget-friendly, but there are some notable exceptions. Try either Pickle in the Middle (a brunch hotspot) or Sneaky Pickle (an American-style BBQ joint). If pickles aren't your scene, grab a group of friends and head to funky Villa 77 for Spanish tapas and sangria by the jug. The restaurant holds regular flamenco nights, so prepare to end dinner by dancing around the tables. For true Australian pub food, the Earl of Leicester is famous for its massive schnitzels. On Wednesday, the pub hosts a competitive trivia night, so head in to test your general knowledge skills. If budget isn't an issue, splurge on a giant meat platter at Khla – their steak is some of the best in Adelaide. Finish your night at one of the many late-night dessert bars in the area. A couple of great options are Eggless, a specialty vegan dessert café with dishes made from locally sourced ingredients, and Spats Coffee Lounge, with its Victorian décor, intimate private booths, and delicious dessert creations.

The Unley area is particularly good for some shopping fun. There are plenty of markets held throughout the year, but the biggest is Unley Market. Here, stalls sell homemade jewellery, apparel, edible delights and unique crafts. Search for the Unley Market on

Facebook for more information. Second-hand and vintage stores also dominate the Inner South, so spend some time searching through the racks and you'll likely come away with a few quality bargains.

With its many open green spaces, there's a lot of opportunity to get fit outdoors in the Inner South. If Unley Oval isn't being used by a sporting team, it's a wonderful place to exercise. Otherwise, head into the southern part of the Adelaide Park Lands. There are countless playing fields, tennis courts in Blue Gum Park/Kurangga, and outdoor exercise equipment, which are all free to use.

If you want to take in a movie, Goodwood's art deco Capri Theatre offers both current and cult film screenings. This includes semi-regular midnight screenings of *The Rocky Horror Picture Show*, complete with a costume parade and accompaniment on the theatre's giant pipe organ. The Adelaide Showground, with its own train stop, hosts an incredible variety of festivals and markets, from the Royal Adelaide Show in September – a celebration of South Australia's agriculture, complete with a petting zoo and theme park rides – to the Beer & BBQ festival in July.

Brunch Bonanza

A small stretch of Unley Road is home to a collection of hip cafes, perfect for a brunch catch-up with friends.

1 A MOTHER'S MILK

Coffee is the main focus at this cool venue but the ever-changing menu is always exciting.

2 PICKLE IN THE MIDDLE

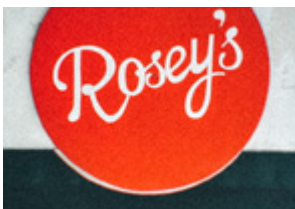
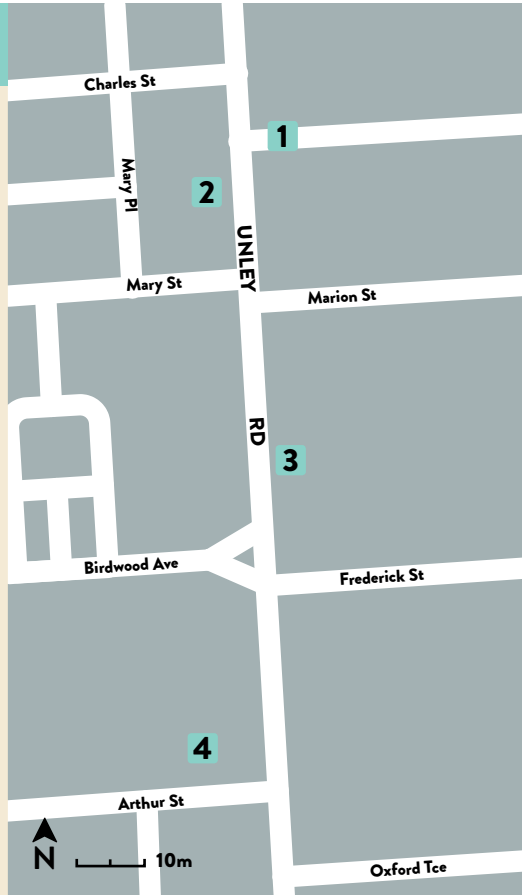
A vegetable-heavy menu, with pickles featuring prominently, is accompanied by great coffee.

3 ROSEY'S

This quirky spot has classic menu items like a full spread breakfast, but the house specialty is the zucchini fritters.

4 BRICKS AND STONES

Plenty of healthy options are available for breakfast, as well as tasty burgers for lunch.



COMMUNITY FACILITIES

For students, the most useful community space in the Inner South is the Fullarton Park Community Centre. It offers everything from counselling services and English language classes, to acting workshops and Mahjong lessons. The centre also organises a free community orchard in Northern Park, which contains a variety of fruit trees that you are welcome to pick. And if that's not enough, once a month the centre hosts the Fullarton Market, with stalls selling food, plants and crafts.

For a quiet study spot, head to the Goodwood and Unley Civic Libraries. Both offer a wide collection of fiction and non-fiction books, as well as free Wi-Fi.

There are plenty of places to move your body in the area. The Unley Swimming Centre is open seasonally from September to May. Entry starts at just \$5.50 for students, and there are coaching sessions offered to swimmers of all levels. Goodwood Community Centre hosts No Lights No Lycra sessions every week, where participants dance in a pitch-black room with music blasting. With no one able to see you, you can get as crazy as you like with the dance moves!

There are several medical centres in the area, too. Hughes Clinic offers minor surgical procedures, counselling and pre-employment medicals, and Kings Park Clinic covers all of your general medical needs.

UNIQUE EXPERIENCES

Haigh's Chocolates was founded in Adelaide in 1915. The first store was located on the 'Beehive Corner' of Rundle Mall and King William Street, and is still in operation today. Parkside is home to the Haigh's Chocolates Visitor Centre, which hosts a free tour that teaches you the history of the famous South Australian company, as well as the chocolate-making process. At the end of the tour, there's complimentary chocolate on offer and the opportunity to buy bags of discounted factory seconds and rare discontinued lines.

For music-lovers, the Adelaide Showground

plays host to several big music festivals throughout the year. In spring, OH YES Festival marks the beginning of the festival season, with local and international acts providing dance music and party tunes. Next is Groovin The Moo in autumn, which brings together several big name acts from across the globe, along with amazing Australian artists. Then there's Spin Off Festival in winter – the partner festival to the enormously popular Splendour in the Grass in Byron Bay. Spin Off brings a number of Splendour's major acts and several non-Splendour, exclusive performers to Adelaide, for those unable to travel to New South Wales.

PARMI

The chicken parmigiana (also available in beef and sometimes eggplant) is an absolute pub classic.

It consists of a breaded chicken breast topped with tomato sauce and cheese. Many locations also add a slice of ham and several pubs serve a range of variations on the original. The dish usually comes with chips and a side salad.





FURTHER SOUTH

The battle over which Adelaide beach is best is endless. But, Adelaide's south western coastline has something to suit everyone - from soft, white sand beaches to quiet, pebbly seascides. For the city's most lively coastal suburb, get the tram to Glenelg. You'll stop on Jetty Road, a street packed with amazing restaurants and bars. Make sure to try Beach Burrito for \$3 tacos on Taco Tuesdays. The Marina Sunset Bar is expensive but worth it for its phenomenal ocean lookout. On a hot day, a swim in the sea is a welcome relief. In the evening, enjoy a leisurely walk along the jetty. In Brighton you can walk the other, quieter, Jetty Road. Grab brunch and coffee from the hip hop-themed C.R.E.A.M café, or get takeaway fish and chips and have a picnic in the sand.

To appreciate the beautiful coastline of Adelaide's south even more, head to the Hallett Cove Boardwalk, also known as the Marion Coastal Walking Trail. The boardwalk wraps around the edge of the cliff with unparalleled views of the ocean and the shoreline, so make sure to bring a camera. Wear something comfortable - you'll be walking up and down a number of steep sets of stairs. There are water fountains along the way, but make sure to bring a bottle with you

anyway. Once you're thoroughly exhausted, stop at either the Boatshed Cafe in Hallett Cove or the Marino Rocks Café & Restaurant in Marino for a well-deserved meal.

The southern suburbs are home to several spots to spend a whole day, and they're all easily accessible by train. For some shopping, try Westfield Marion Shopping Centre. The centre has an enormous number of cheap dining options and hundreds of stores selling just about everything you'd ever need. Above the shops is Event Cinemas Marion, the biggest cinema complex in the Southern Hemisphere. Go on Student Mondays, where tickets start at only \$8. A short walk from the shopping centre is the SA Aquatic & Leisure Centre. You can use this space for fitness, with the lap pools and Health Club, or enjoy a leisurely swim and ride (or 10) down the massive waterslides. A couple of suburbs over, the Tonsley Innovation District is quickly becoming the most popular venue for unique festivals. You can check out Hybrid World Adelaide, a celebration of everything to do with technology; Maker Faire, a festival of invention; and even the Cheese-A-Holics Twilight Cheese Festival.

Inner East



HIGHLIGHTS

Cafés definitely dominate in the Inner East. Healthy highlights include Argo on The Parade, The Nourish'd Kitchen, Pavé Café and Nagev, all popular with younger crowds and offering plenty of vegetarian and vegan dishes. Nagev even hosts vegan dessert nights every Thursday and Friday, with a unique, sweet theme every month. A slightly more meat-based recommendation is Nordburger, with its classic Americana food. Or, there's Jungle Restaurant at the Kent Town Hotel. It's a more expensive dining option but the jungle décor, treehouse and indoor slide make it worth a look if you're feeling extravagant. For curry, try Taste of Nepal on The Parade, which has several banquet options to share with friends.

Scattered around the Inner East, you'll find a variety of pubs in beautiful old buildings, such as The Colonist or The Republic, both perfect for a night out. Newly renovated, The Republic also has a rooftop deck where you can enjoy a drink and cheeseboard under the sun. The Maid Hotel in Stepney is well worth a visit, if only for its beautiful David Bowie mural by artist Lisa King. Almost every pub will have drink specials or a 'happy hour' within allotted times, so look online and see

when these take place to save some money.

When it comes to entertainment options, the Inner East has a wide range of activities to try. At Kingpin Norwood, you'll find bowling, laser tag and an arcade, as well as a fully licensed bar. Plus, from Monday to Friday until 5pm, all bowling and laser tag sessions are 50% off for university students. Along The Parade you'll find Hoyts cinema, with all movie tickets now down to \$12. Or, for something a little different, there's the nearby Brick+Mortar Creative. This funky café serves up coffee, is a retail space for independent designers, and hosts regular workshops. For example, you can try a bonsai masterclass or jewellery-making class if you feel like trying your hand at a new skill.

The Parade precinct is the Inner East's main shopping destination. It is home to some of the best designer shopping in Adelaide, but not all the retail options are beyond a student budget. There are many charity op shops, such as the St Vincent de Paul charity shop and Sally's Seconds; A Trip to the Moon, a cool lifestyle store with odd items; and Dillons Norwood Bookshop, the largest independent, family-owned bookstore in South Australia.



COMMUNITY FACILITIES

Norwood Library is a quiet space to escape the noise of The Parade and sit down with a book. Open Tuesday through Sunday, you'll find free Wi-Fi, a section for language resources, and Kindles available to loan pre-loaded with eBooks. Plus, you can even join a book club, where you'll meet new people, read a great new book, and discuss your thoughts with others. The library is open late on Thursdays for all those evening study sessions.

Whether you want to lift weights, or practice pilates or yoga, you'll find plenty of each option on offer on The Parade. If you'd prefer to swim, try the Norwood Swimming Centre, which has outdoor lap pools shaded by huge gum trees. The Centre also contains barbecues and picnic tables - perfect for a leisurely afternoon by the pool with friends. If you'd like to take swimming lessons first, the Norwood Swim School, located on The Parade, has classes for all ages and skill levels.

UNIQUE EXPERIENCES

If you want to better understand and develop an appreciation for amazing local products, search for the 'Eastside Wine & Ale Trail' on Google. The Trail takes you to five boutique cellar doors and the Little Bang Brewing Company microbrewery, with free tastings at every spot. There's no set route or time limit, so you can travel at your leisure. With a variety of restaurants along the way, too, this can be a great alternative to travelling to the Barossa Valley or McLaren Vale - it's a walkable wine tour in the inner city.

Norwood Oval, located on The Parade, plays host to several sporting events across the year. The stadium is primarily used for Australian Rules Football. Watch South Australian National Football League (SANFL) games, or the Adelaide Crows in the AFL Women's (AFLW) league. Admission to AFLW games are free, get there early to secure a comfortable spot in the grandstand.

FURTHER EAST

Just outside the city grid in Adelaide's eastern suburbs, there are some fantastic dining options. In Frewville, go to Hispanic Mechanic for Mexican-inspired dishes with a Korean twist. We recommend grabbing some friends and ordering a banquet so you can try a bit of everything. Right next door is Singapore House, a modern Southeast Asian restaurant that takes 20% off the price of your meal if you takeaway. After all, what's better than eating Nasi Lemak and butter chicken in front of your TV? The local award-winning supermarket, Frewville Foodland, has an extensive selection of produce from around the world. In Magill, you'll find the historic Penfolds Magill Estate. Enjoy a wine tasting at the cellar door, or, on the weekend, have brunch at the Magill Estate Kitchen with a fantastic view over the vineyard.

After an evening of delicious food and a glass of wine, do as Adelaideans do and work off your indulgences by walking up to Mount Lofty Summit, Adelaide's highest peak. Take the picturesque Waterfall Gully trail, which climbs over steep hills, around waterfalls and through native vegetation. If it's early in the morning, you might even spot some kangaroos. It's not an easy walk (7.8 km return), so arrive well prepared with comfortable clothing and a bottle of water. You're rewarded at the top with amazing views over Adelaide, so make sure to take lots of photos. Once you've finished the walk up

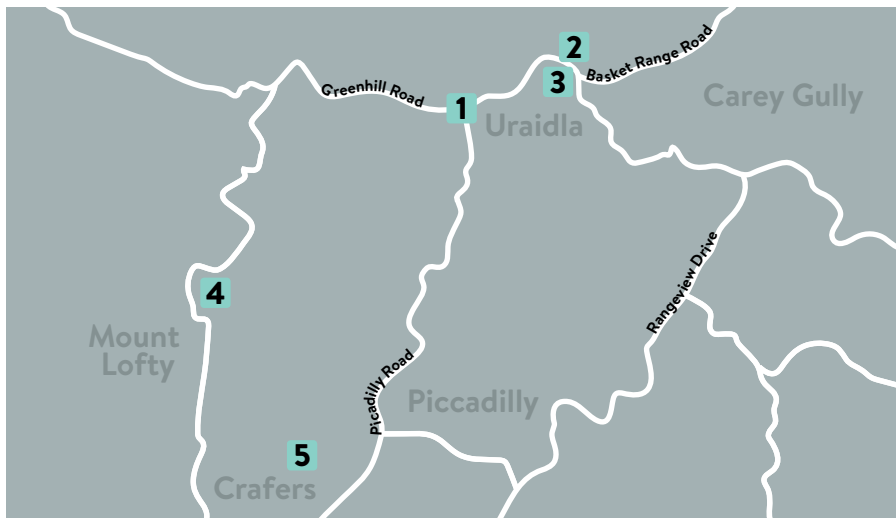
the summit, head down via the Heysen Trail, which will take you through the beautiful Mount Lofty Botanic Garden. You can also find waterfalls at Morialta Conservation Park. The whole area has a network of trails that all lead back to the carpark, so you'll never get lost. Pick one, and explore the ridges, gullies and creeks scattered throughout the park.

Heading further east from Adelaide is Stirling, a town in the Adelaide Hills. Visit on the fourth Sunday of the month to catch the popular Stirling Market, where you can buy local produce, home-baked treats, gifts and cool antiques. To further satisfy your sweet tooth, try Red Cacao, a chocolatier in Stirling. Every Friday night they open a dedicated Dessert Bar, complete with an exclusive menu and incredible hot chocolates. Or, head to Melba's Chocolates & Confectionery in Woodside. Take yourself on a self-guided tour of the Melba's factory and enjoy free chocolate samples along the way. Conveniently located next door is Woodside Cheese Wrights, which has a cellar door offering free samples of artisan cheeses produced on-site. Finally, head to Bird in Hand winery, where you can explore the vineyards and sample wine from the cellar door. That's a three-course meal in Woodside, made entirely of free tasters!

24-HOUR BAKERIES

In Norwood, and in many other spots around metropolitan Adelaide, you are able to visit a bakery at any hour of the day or night. Enjoy Bakery, on The Parade, serves a full range of pies, sausage rolls and sweets 24 hours a day, seven days a week. For those working late shifts, or up until the early hours finalising an assignment due the next day, these bakeries offer an alternative to two-minute noodles.





A Short Trip up Greenhill Road

As Greenhill Road leads up into the hills, you will discover a variety of exciting dining options.

1 SUMMERTOWN ARISTOLOGIST

The focus here is on natural wine and tasty organic produce.

2 LOST IN A FOREST

Organic wood-fired served up in a 130-year-old renovated church with beautiful murals on the walls.

3 URAIDLA HOTEL

This recently redeveloped hotel has a fresh modern menu, brewery and bakery.

4 MT LOFTY SUMMIT

Mt Lofty provides spectacular views over Adelaide and is well worth a walk up (although you can also drive).

5 MT LOFTY BOTANIC GARDEN

The cool climate allows for plants you won't find elsewhere in the city and there are small waterfalls spread through the 97 hectares of garden.



History of Adelaide



Around 45,000 BC – Evidence of Indigenous population in South Australia. It is estimated that Aboriginal people arrived in Australia in the year 68,000 BC. Rock engravings, known as petroglyphs, found in South Australia indicate human activity dating back to approximately 45,000 BC. These ancient petroglyphs depict everything from emu tracks to representations of ceremonies.



1836 – The first British colonialists to South Australia arrive. After landing on Kangaroo Island, surveyor Colonel William Light eventually chose the Adelaide Plains as the best location for the main colony. The Government of South Australia was proclaimed on 28 December 1836, at the Old Gum Tree in Glenelg.



SA became a self-governing colony in 1856, with one of the world's most democratic constitutions, including voting rights for adult males (which also covered Indigenous men). The constitutional amendment in 1894 made all women eligible to vote and was the first legislation in the world allowing women to stand for political office.



The early 19th century saw the expansion of exploration and scientific discovery. Sir Douglas Mawson undertook a mammoth exploration of Antarctica between 1911 and 1914, Sir William Henry Bragg and his son Lawrence were awarded the Nobel Prize for Physics in 1915, and Howard Florey and Robin Warren received the Nobel Prize in Physiology or Medicine in 1945 for their development of Penicillin.



The 1960s and 1970s saw the introduction of legislative acts prohibiting discrimination of gender and marital status; decriminalisation of homosexuality; and giving land rights to the Pitjantjatjara and Yankunytjatjara Aboriginal peoples. It also heralded Adelaide's 'cultural revival', with the first Adelaide Festival (then called the Adelaide Festival of Arts) held in 1960.

Migration to Adelaide



In the first year of South Australia's migrant colonisation, 7,000 people from the British Isles arrived in Adelaide. A population policy was put in place, carefully ensuring a family structure, age and sex balance in the population. With rapid immigration, the colony grew to 110,000 inhabitants in the first 21 years.



Due to religious persecution in their homeland, German migration to SA began in 1838. They first settled in a village called Klemzig in the Torrens Valley, and then in Hahndorf in the Adelaide Hills. The German immigrants contributed to the development of agriculture and supplied social and political leaders to the colony.



An influx of Chinese settlers arrived in South Australia following the discovery of gold in Victoria. During this period of migration, the Sym Choon family arrived in Adelaide in 1890 and became prominent business owners. In 1928, Gladys Sym Choon became the first woman in South Australia to incorporate a business.



Post-World War II, largescale Greek and Italian migration to Adelaide began, as people wanted to gain a better life and future for their families. This migration had a notable impact on Adelaide's cultural scene, with the new residents establishing restaurants, churches, community clubs and sports teams.



As of 2016, 23% of South Australian residents were born overseas. England, China and India are the most commonly reported places of birth, while Italian, Mandarin and Greek are the most common languages spoken at home (besides English). Without migration, Adelaide's population growth would have ceased in 2017.

Kurna People

BACKGROUND

Kurna is the language indigenous to Adelaide and the Adelaide Plains. Adelaide's original inhabitants, the Kurna people, spoke the language.

During ceremonies in Adelaide you may witness a 'Welcome to Country'. This involves an Aboriginal or Torres Strait Islander traditional owner, custodian or Elder welcoming you to their land. Welcoming visitors has been part of these cultures for thousands of years and often takes the form of a speech, song or ceremony. Additionally, or alternatively, you may hear an acknowledgement at the start of an event that the area is the traditional land of the Kurna people.



South Australian Museum -
Indigenous artefacts on display

LOCAL PLACE NAME

Victoria Square

Tarntanyanga (Red Kangaroo Dreaming)

Torrens River

Karrawirra Parri (Redgum Forest River)

Brougham Gardens

Tantutittingga (Native Lilac Place)

Adelaide City Centre & Parklands

Tarntanya (Red Kangaroo Place)

All 29 parks of the parklands have Kurna names.



EVENTS

NATIONAL HARMONY DAY **21 MARCH**

Coinciding with the United Nations International Day for the Elimination of Racial Discrimination, this day is designed to allow all Australians to resist racism, embrace our multicultural society, and commit to understanding between all groups.

www.harmony.gov.au

NATIONAL RECONCILIATION WEEK **27 MAY - 3 JUNE**

For all Australians to consider the progress of reconciliation. National Reconciliation Week also contains two very important dates. May 27 is the anniversary of the 1967 referendum (including Aboriginal people in the Australian census) and June 3 is the anniversary of the Mabo land rights case in 1992.

www.reconciliationsa.org.au

NAIDOC WEEK - **FIRST FULL WEEK OF JULY**

National Aboriginal and Islanders Day Observance Committee (NAIDOC) organise a series of celebrations around the country to recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

www.naidoc.org.au



ART

Tandanya National
Aboriginal Cultural
Institute

Australia's oldest Aboriginal-owned and managed multi-arts centre hosts regular exhibitions and events. Its Community Arts and Youth Engagement program was established to use art to develop the connection between Aboriginal youth and Indigenous art.

253 Grenfell St Adelaide

www.tandanya.com.au

A Year in Adelaide

JAN

TOUR DOWN UNDER

10-20 Jan

Now a major race on the global cycling calendar, the Tour Down Under attracts some of the world's best cyclists.

tourdownunder.com.au

FEB



ADELAIDE FRINGE

15 Feb - 17 Mar

Locals really get out and support this amazing event, which is the second biggest arts festival in the world.

adelaidefringe.com.au

MAR

ADELAIDE FESTIVAL

1 - 17 Mar

This internationally renowned arts festival attracts world-class theatre, dance, cabaret and art.

adelaidefestival.com.au



WOMADELAIDE

8 - 11 Mar

This massive event attracts top class performers from around the globe in a celebration of world music, arts and dance.

womelaide.com.au

APR

TASTING AUSTRALIA

5 - 14 Apr

Enjoy food from some of the best chefs in Australia and the world at a variety of events across the city.

tastingaustralia.com.au

MAY



SOUTH AUSTRALIA'S HISTORY FESTIVAL

27 Apr - 31 May

This festival hosts a range of exhibitions, tours, talks and workshops that showcase and celebrate SA's history.

historyfestival.sa.gov.au

JUN

ADELAIDE CABARET FESTIVAL

7 - 22 Jun

See some of the world's best cabaret performers in a range of unusual and spectacular performances.

adelaidecabaretfestival.com.au

JUL

WINTER REDS FESTIVAL

Late Jul

Head up to the Adelaide Hills and enjoy incredible wine from some of South Australia's best wineries.

winterreds.com.au

AUG

ADELAIDE GUITAR FESTIVAL

Aug

Major events take place at the Adelaide Festival Centre, but smaller guitarists set up in multiple venues across the city.

adelaideguitarfestival.com.au



SOUTH AUSTRALIAN LIVING ARTISTS (SALA) FESTIVAL

Aug

This statewide celebration of visual art sees a range of venues turned into temporary art galleries.

salafestival.com

SEP



ROYAL ADELAIDE SHOW

30 Aug - 8 Sep

Traditionally an event that focuses on farm produce, it now embraces rides, performances and fireworks.

theshow.com.au

OCT

OZASIA FESTIVAL

Oct

Celebrating the links between Australia and Asia, OzAsia festival features music, art, theatre and food from across the Asian continent.

ozasiafestival.com.au

NOV

ADELAIDE CHRISTMAS PAGEANT

9 Nov

Get in the Christmas spirit by joining the crowds to watch the floats in this massive parade.

cupageant.com.au

DEC



AUSTRALIA V PAKISTAN

Early Dec

The Australian national men's cricket team takes on Pakistan in what is sure to be a heated contest.

adelaideoval.com.au

Weekly Events

MON



At the **Grace Emily Hotel** in the CBD, Mondays mean it's Billy Bob's BBQ Jam - a blues night that brings in musicians from across Adelaide. Head to the pub around 9pm for a chilled evening of music, drinks and barbecued sausages grilled out in the beer garden.

TUE

Running SA hosts Adelaide Run Night every Tuesday between 6pm and 7pm. It's free to join (you just have to register online) and caters for all ages and abilities, with accredited running coaches there to help you along. The run (or walk/jog, if you prefer) starts at the War Memorial on North Terrace.

WED



To dance off those midweek blues, head to Casablaba on Leigh Street. Every Wednesday is Latin night, with free salsa dancing classes (at 9pm), Latin music from across the globe, tapas deals and drinks specials. Bookings for dinner are recommended, so head to the Casablaba website for more information.

THU

For those feeling hungry and lazy on a Thursday night, go to the **King's Head** on King William Street for \$10 schnitzels. This pub supports local suppliers, serving only South Australian beer, wine and food produce. And if you're not keen on a schnitzel, try the classic South Australian 'pie floater'.

FRI

If it's live comedy you're after, go to the **Rhino Room**. Every Friday, Adelaide Comedy brings major international stars or the finest Australian comedians to the Rhino, where you can enjoy the show with friends and grab drinks from the bar. Plus, to showcase South Australian talent, every show features a local support act.

SAT

Plant 4 Bowden hosts a weekly market every Saturday between 9am and 3pm. Use the market to pick up your groceries for the week from local producers, grab a delicious lunch from a range of food stalls, enjoy live music, or check out the vendors selling gifts and cool knick-knacks.

SUN

Finish the week with a whole day at the Alma Tavern in Norwood. **The Alma's** Sunday School starts at 12pm, serving up brunch and live sets from local musicians. The rest of the day is a whirlwind of DJs, loud music and budget-friendly drinks specials until midnight.

Live Music

Adelaide has a diverse live music scene, with a huge variety of acts performing across numerous genres. Gigs range from free nights in the front bars of pubs to shows with thousands of attendees at Adelaide Oval or Botanic Park.



THE GOV

The Gov in Hindmarsh is Adelaide's leading live music venue. Predominantly showcasing rock and alternative music, The Gov has everything from local bands playing in the front bar, to world-class musicians in the larger Venue. It's grungy, it's loud, it's an excellent place to hang out. Plus, there's a free tram from the city to The Gov's doorstep.

CROWN AND ANCHOR

Generally known as the 'Cranker', the Grenfell Street pub hosts live music most nights of the week. Gigs range from local rock bands to alternative touring international acts. Midweek gigs are often free, and there are drink specials available. The bandroom has seen many of Adelaide's best alternative acts pass through it. The venue is also a major part of A Day of Clarity, a free music festival operated by a local record label.

ADELAIDE TOWN HALL/FESTIVAL CENTRE

Classical music-lovers can choose from an incredible selection of venues throughout Adelaide. Make sure you get an Adelaide Symphony Orchestra Live Pass for a one-off payment of \$50. It's a special membership that offers you free or discounted tickets to most of the orchestra's performances throughout the year, and lets you enjoy shows at venues such as **Adelaide Town Hall** and the **Adelaide Festival Centre**.

GIG GUIDES

To check what live music is on around you, try the comprehensive *gig* guide on the MusicSA website or the online local *gig* guide on The Adelaide Review. But, one of the best ways to see what performances are on is to check each venue's social media pages or website for updates.

Outdoor Activities

Get out the house and away from the books. These activities are perfect for keeping fit and making friends, but also present the opportunity to explore the city further.



ROCK CLIMBING

Indoor rock climbing is available at A Boulder Club in Thebarton, in the Inner West. It can be accessed easily using the free tram for the city, getting off at the Thebarton stop. Morialta Conservation Park is Adelaide's most popular outdoor climbing option. With a range of beginner friendly climbs, this is the perfect place to get started.

www.aboulderclub.com

www.climbingclubssouthaustralia.asn.au

MOUNTAIN BIKING

For a diverse list of trails for mountain and road bikes, check out the riding maps on the BikeSA website. One of the the most popular spots is Eagle Mountain Park on Mt Barker Road, Leawood Gardens. The park has 21 kilometres of cross country bike trails and designated areas including a downhill trail, jumps park and trials area.

www.bikesa.asn.au/ridingmaps

KAYAKING

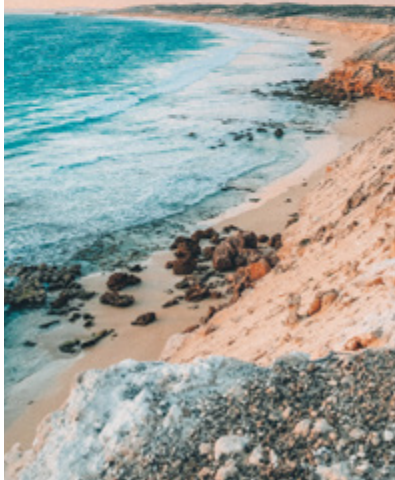
Kayaks can be hired at multiple locations, but the best way to get started is to do a guided tour.

Check out Adventure Kayak for details of their tours around the Port River region in Port Adelaide. Take a dolphin tour or, to explore even further, take on the 2km Garden Island Ship's Graveyard Maritime Heritage Trail. The trail takes about an hour of easy padding (making it perfect for beginners) and you will get to view the ruins of a diverse range of ships. Some of these ships date back to the 1850s and are now very popular with local sea life and birds. Other great spots for kayaking are West Lakes and Onkaparinga River, and further afield, the River Murray and the Coorong.

www.adventurekayak.com.au

Beaches

Australia is world-famous for its informal, relaxed lifestyle. Most Australians live near the coast, making the beach a big component of the typical 'Aussie' lifestyle. From surfing to beach cricket, the location provides the ideal platform for a diverse range of activities.



The reef at Port Noarlunga provides the perfect venue to get the snorkel out and explore the underwater world. For a more relaxed experience, try Glenelg, the easiest beach to get to from the city centre. The tram runs directly from city to Jetty Road, the main road in Glenelg. This popular destination has fantastic shopping and dining options as well as the spectacular beach. There are beautiful beaches all along Adelaide's coast, but you really can't go wrong with Brighton, Seacliff, Henley Beach or Semaphore.

SURFING

You will find amazing surf beaches within easy reach of Adelaide with beginner lessons offered at either Moana Beach (40 minutes from the city centre) or Middleton (90 minutes from the city centre). Surf and Sun runs surf schools at multiple locations, including the outer Adelaide suburbs of Moana and Goolwa, and they have a popular school at Middleton.

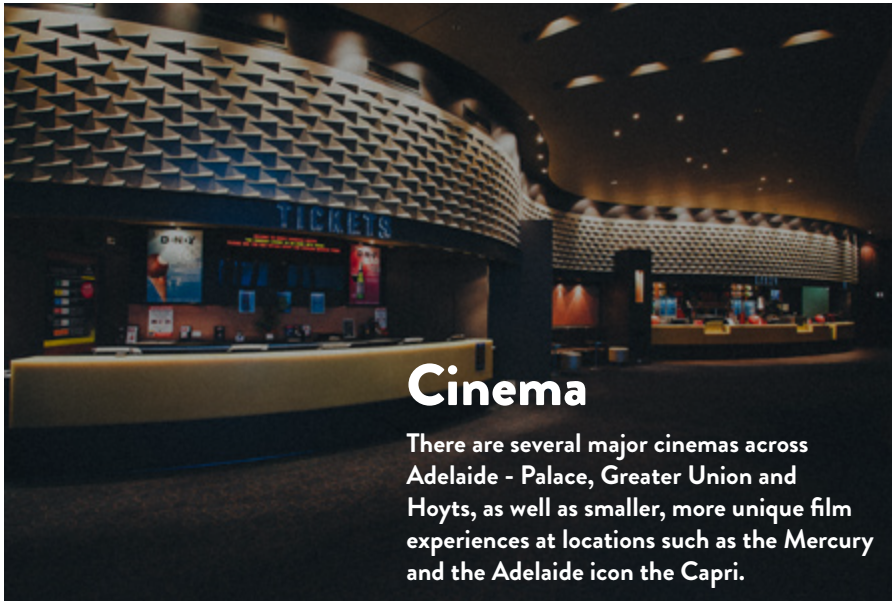
www.surfcultureaustralia.com.au

www.surfandsun.com.au

LEARN TO SWIM

Just north of North Adelaide is the Adelaide Aquatic Centre, a top class swimming facility that is open to the public. Adult 'learn to swim' classes are available if you are looking to build your confidence. Those living further south, or those who just want to swim at another of Adelaide's top facilities, should check out the South Australian Aquatic and Leisure Centre in Marion. YMCA Swimming Lessons are available for adults at the centre, providing an encouraging and social atmosphere.

www.adelaideaquaticcentre.com.au - www.saaquatic.ymca.org.au



Cinema

There are several major cinemas across Adelaide - Palace, Greater Union and Hoyts, as well as smaller, more unique film experiences at locations such as the Mercury and the Adelaide icon the Capri.

ADELAIDE FILM FESTIVAL

The almost biannual Adelaide Film Festival (AFF) is the state's biggest celebration of film and cinema. Featuring worldwide and Australian premieres, retrospectives of Australian and international films, forums, and special events, there's something for everyone. Remember to vote as you leave the cinema – the festival always announces a fan-favourite movie.

INTERNATIONAL FILM FESTIVALS

Adelaide plays host to numerous international film festivals throughout the year. Palace Nova Eastend Cinemas presents annual French, Spanish, British, Latino, Scandinavian, German and Greek film festivals, just to name a few. Each festival usually has a special opening night event with food, drinks and entertainment to accompany the first film screening.

ADELAIDE INTERNATIONAL YOUTH FILM FESTIVAL

The Adelaide International Youth Film Festival (AIYFF) is a celebration of youth and culture, with a program specifically curated for ages 5 to 18+. The festival showcases a mix of short and feature-length, local and international films, and also has Q&As, a festival lounge for audiences, and even a VR booth on offer.

STUDENT DISCOUNTS & OUTDOOR CINEMA

The major cinemas have discounted tickets at various points midweek. However, the cheapest tickets available are on Mondays at both Palace Nova and GU Filmhouse, with \$8 student tickets. Student tickets are also available at the outdoor cinemas that run in Adelaide during summer. These unique cinema experiences take place in beautiful outdoor spots - Botanic Park (Moonlight Cinema) and Torrens Riverbank Lawns (American Express Openair Cinema). Bring a picnic rug and some snacks to enjoy on the lawns as you watch the latest blockbusters and cult classics on the big screen.

Making Local Friends

As an international student, it's comparatively easy to make friends with other international students: you're all in the same situation, nobody knows anyone, and you're all looking to meet new people. While this international student bubble is great—and comforting—you won't get to experience the other side of life in Australia.

WHILE STUDYING

You and your classmates are all there for the same reason, and you see each other every day, so this is the most likely place to make some local friends. Whether it's chatting to someone while waiting in line for your lecture, or discussing the homework after class, or even sitting in the library working on a group assignment, your class is the best, and easiest, way to make local friends.

CLUBS

Student networks, like student clubs, are just as good as class, if not better. You'll find people with similar interests, in a similar situation, but with the benefit of not being inside the international student bubble. Check with your Student Services, or Union/Guild, as to what clubs are on offer, and how to get in contact with them.

A local sports team allows you to meet and bond with a group of people regularly, and the shared love of playing the game, whatever it might be, makes things a lot easier. If you're keen on cricket, you're curious about Aussie Rules, or you're thinking about giving badminton a try, you'll always be able to find sports teams in your local area that are looking for new members.

LOCAL EVENTS

It might be a small gig at the local pub, a fundraising barbecue for the local rugby team, or the night-time markets on a Friday, but getting out there and attending local events ensures you'll be rubbing shoulders with the locals. You can usually find this information on social media. These types of events are great ways to start a conversation with someone, and the more often you attend similar events, the more often you'll see the same faces—and they'll see you.

Find the bars the local students go to, or find out where the best cafes are—to make local friends, you've got to hang out at local places. Get advice from your classmates, tutors, and even from the places you already go, and find where the local people hang out. It'll be uncomfortable at first, sure, but if you step outside your comfort zone, go somewhere new, and strike up a conversation, you never know what might happen.



Wine Tasting

Whether or not you are a wine drinker, taking the opportunity to visit South Australia's wine regions is a must. The beautiful vines spread across hills and into valleys, resulting in diverse wines and stunning views. Get some friends together and book a tour, or organise a designated driver to explore these beautiful parts of the state. If you would prefer something a bit closer to the city, there are also some top wine experiences available in Adelaide.



NEAR ADELAIDE

National Wine Centre

Learn about the winemaking process and taste a range of wines from across South Australia.

East End Cellars

This retail shop allows you to drink wine in their tasting room. Attempt to get one of the outdoor spots and enjoy watching the world go by with an amazing wine.



Cantina Sociale

Adelaide's smallest wine bar, this hip little spot serves up some interesting wines direct from the barrel to your glass.

Penfolds Magill Estate

Just 15 minutes from the city centre in Magill, this award-winning winery offers an insight into the quality of South Australian wine.

Hellbound Winebar

This underground spot, on Rundle Street, is perfect for enjoying wine in a relaxed environment.

OUT OF TOWN

Adelaide Hills

The Adelaide Hills wine region is the closest to the city centre. Due to its climate and altitude, it produces some wines that are a bit lighter. This can make it an ideal starting point for exploring wine, although the region does lack some of the history and iconic wineries available in other regions.

McLaren Vale

You can get to the McLaren Vale region on public transport (train then bus) in just over

an hour, otherwise it's a quick 45-minute drive from Adelaide. Cycling is the perfect way to observe the spectacular views of the vineyards and beyond.

Barossa Valley

Perhaps the most famous of the state's wine regions, the Barossa is a must-do during your time in South Australia. The heritage and growing conditions of the region mean there are countless wineries, ranging from large global producers to boutique family-run operations.

BUYING WINE

Bringing the right bottle of wine to an event isn't as daunting as it seems. In general people that work at cellars and bottle shops will always be happy to provide advice - so just ask. You might like to consider what type of food will be served and what type of occasion it is. Celebrations often call for sparkling wine, whilst a group assignment catch-up might better suit a full-bodied red.

Adelaide Fringe

Every year, the Adelaide Fringe Festival delivers some of the world's most exciting comedians, cabaret acts, magicians and circus acts to the city. Ranging from famous names in large venues to future stars in small bars, the Fringe brings Adelaide to life.



What is it?

The Adelaide Fringe Festival runs from 14 February to 17 March. The festival starts with a parade through the city centre, featuring floats and performers, on Friday 15 February. It is the second biggest arts festival in the world after the Edinburgh Fringe Festival, and is a great opportunity to get out and enjoy a unique experience.

Where is it located?

Events take place across Adelaide, but a lot of the action is concentrated in the east end of the city centre. The Garden of Unearthly Delights (GOUD) is a hub of activity, while other major locations include Gluttony, which is next to the GOUD in Rymill Park, and The Royal Croquet Club located at the University of Adelaide on North Terrace.

How do I find out more information?

The schedule of events is usually released around October each year, with details and tickets available on the Adelaide Fringe

website. The printed guide is usually available in December and outlines every act in the festival by genre.

Any budget options?

Every day of the festival between 12pm and 3pm tickets to a range of shows that night are released for half price (known as Half-Tix). You can sign up for updates on the Fringe website. There are free street performances in Rundle Mall, several free shows during the festival, variety shows with several acts for low prices and short \$5 shows in the GOUD.

www.adelaidefringe.com.au

South Australia is known as the 'Festival State' and that is for good reason. The state plays hosts to arts festivals, food and wine festivals, cabaret festivals, music festivals, history festivals, film festivals and much more. The title doesn't even necessarily relate to the quantity of festivals, more the way locals get out and support the events.



GARDEN OF UNEARTHLY DELIGHTS

The Garden of Unearthly Delights (GOUD), located at the end of Rundle Street, is certainly the most iconic part of the Fringe. The large outdoor space is packed full of venues, rides, food and drink, market stalls, and free entertainment. Many of the major acts at the Fringe perform within the Garden, but there are still plenty of

smaller spots across Adelaide for cheaper and even free acts to perform.

gardenofunearthlydelights.com.au

OTHER VENUES

GLUTTONY

www.gluttony.net.au

ROYAL CROQUET CLUB

www.royalcroquetclub.com.au

ADELAIDE COMEDY

www.adelaidecomedy.com

MAD MARCH

Adelaide is the place to be in March, with several major events and festivals happening in addition to the Fringe Festival.

ADELAIDE 500

This popular V8 motor race brings high-powered racing to the streets of Adelaide with major musical acts playing after each day of racing.

www.adelaide500.com.au
28 February - 3 March

ADELAIDE FESTIVAL

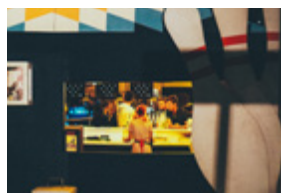
Now an annual event, this iconic festival features world-class theatre, dance, cabaret and art.

www.adelaidefestival.com.au
1 - 17 March

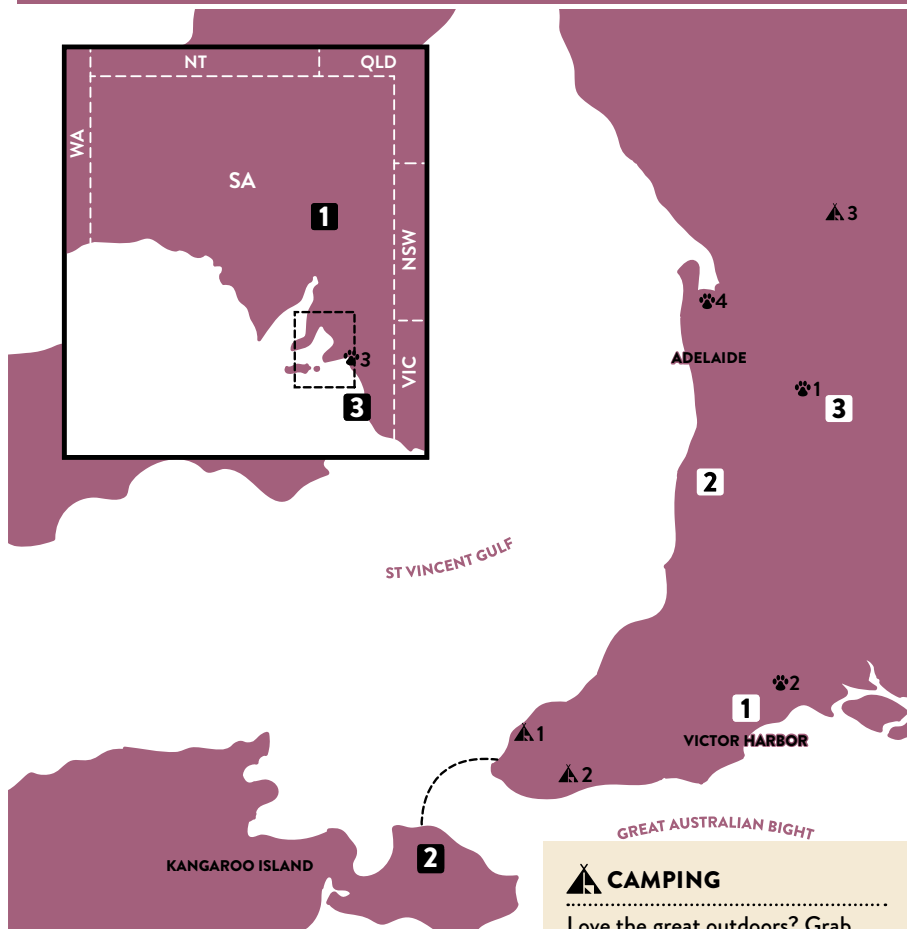
WOMADELAIDE

Diverse festival with multicultural music, art and dance spread across four days in Botanic Park.

www.womelaide.com.au
8 - 11 March



Getaways



1 SHORT TRIPS

Looking to get away for the day to see more of SA? Check out these options within easy reach of Adelaide.

PG. 105

1 LONGER TRIPS

Need a few days study break to relax a bit? Grab some friends and head away for a night or three.

PG. 106

CAMPING

Love the great outdoors? Grab your tent, book a spot for the weekend and get outdoors.

PG. 108

WILDLIFE

Looking to meet some locals? Get up close with some Australian wildlife and grab those essential Instagram shots.

PG. 110

Short Trips

1 VICTOR HARBOR

This coastal getaway is popular throughout the year. In summer, check out its relaxing beaches, and in winter, go whale watching. Across the water you'll see Granite Island, accessible only by a narrow causeway. You can either walk across it or make the journey on a unique, vintage horse-drawn tram. The island is home to a colony of penguins, but you might also see dolphins, seals and sea lions. There are many amazing restaurants serving fresh seafood throughout Victor Harbor, so make sure to stop for a meal.

2 MCLAREN VALE

One of the most famous wine regions in South Australia is McLaren Vale, located 45 minutes drive south of the city. A significant number of wineries have cellar doors that allow you to try their wines. If you are more interested in food then the walkable town centre has plenty of cafés and bakeries, the Blessed Cheese shop sells a range of eat in and takeaway cheese, Coriole Vineyards produce delicious olives and the Almond Carriage Cafe serves meals in a 1930s style train. There are also opportunities for bushwalking around the area, with marked trails.

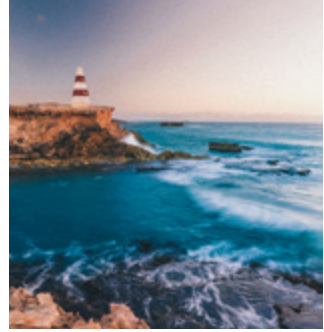
3 HAHNDORF

The oldest surviving German settlement in Australia, Hahndorf is incredibly popular with tourists and only a 30-minute drive from the city centre. This beautiful and historically significant town is packed with old pubs playing classic German music and serving one-litre steins of German beer and traditional German cuisine. If you like a challenge, the Hahndorf Inn is home to the largest German hotdog in Australia. Gift shops and antique stores are dotted along the main street, along with German bakeries serving apfelstrudel and baked pretzels. At the nearby Beerenberg Farm, you can buy delicious jam or pick your own strawberries to take home – you simply pay for each basket you pick.

HOSTELS

Hostels are a great way to travel and explore Australia; they're affordable accommodation (share or private rooms), you can cook your own meals and most importantly, make new friends from all over the world, including some locals. YHA has over 75 hostels across Australia in all major towns and cities.

www.yha.com.au



Longer Trips

1 FLINDERS RANGES

The Flinders Ranges is an ancient landscape that remains largely undisturbed by modern human intervention. It is absolutely unique to Australia, with stunning gorges, salt lakes, instantly recognisable red dirt bushland and craggy rocks. Wilpena Pound, an iconic natural amphitheatre, is one of the southernmost attractions, around 4.5 hours from the city. It's a popular area for camping and hiking, and is famous for spectacular sunsets. A must-see is Arkaroo Rock, the site of many ancient rock paintings depicting the creation of Wilpena Pound.

2 KANGAROO ISLAND

One of South Australia's best-known tourist destinations, Kangaroo Island is famous for its native bushland, wildlife, pristine beaches, incredible sunsets and, simply, overwhelming beauty. To get there, either fly into the town of Kingscote or catch the ferry from Cape Jervis (see sealink.com.au). See seals, penguins and dolphins up close and in their natural environment, or explore the landscape on a 4WD tour. Spend as much of your day as possible outside, enjoying the island's views and landmarks such as the Remarkable Rocks and Admirals Arch.

3 LIMESTONE COAST

South Australia's Limestone Coast, which runs along the state's southernmost coast to the Victorian border, is home to some of the most spectacular natural wonders. In Mount Gambier, you'll find the Blue Lake, which turns an incredible shade of turquoise in the summer, and the Umpherston Sinkhole, a beautiful sunken garden with natural limestone sculptures. Elsewhere, check out the crystal clear waters of the Piccaninnie Ponds and the sinkholes of Ewens Ponds Conservation Park, spot the Obelisk in Robe, or visit the Big Lobster in Kingston. Accommodation is available all along the coast, including hostels and camping areas.



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ULURU, NT

Image credit: Shaana McNaught - Tourism NT

BOOK AT [YHA.COM.AU](https://www.yha.com.au)

Camping

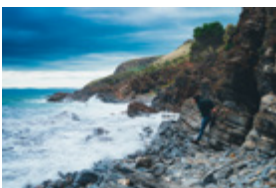
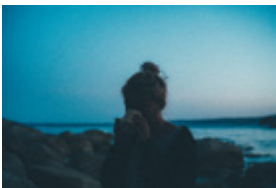
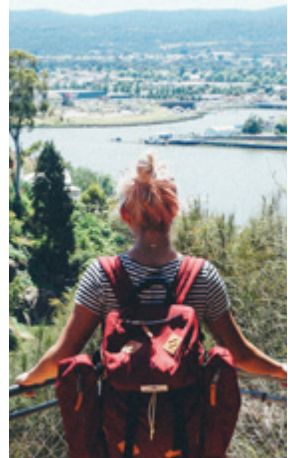
When the weather is warmer (generally around spring and early summer), camping is popular among students. It's cheap, and doesn't have to involve travelling too far out of the city.

To learn more about camping in South Australia, including helpful tips, important information to know before you go, and the best destinations, visit the South Australia (SA Tourism) or Explore Australia websites. For a comprehensive list of all national parks that allow

camping, as well as booking information, try the National Parks South Australia website.

www.parks.sa.gov.au

Before you go camping, make sure you do your research and print maps of the area. This will help you understand the park's layout, whether you need to book a campsite in advance, what you should pack, and the particular rules enforced at the campsite (for example, whether you are allowed a campfire).



The extremely picturesque **A1 Rapid Bay**, with its craggy cliffs and gorgeous turquoise water, is about an hour and a half south of Adelaide. Wander along the jetty, or, if you visit during the summer, buy some snorkels and check out the marine life. There are toilets available and free electric barbecues you can use.

Stringybark Campground in the **A2 Deep Creek Conservation Park** is incredibly popular, so bookings are essential. There are fantastic walking trails throughout the park, with

native wildlife, waterfalls and rocky coves. Plus, there are hot showers available to finish your day of exploring. Seasonal campfires are allowed, so take marshmallows to cook on the fire.

A3 Para Wirra Conservation Park is less than an hour out of the city centre and vehicle entry is only \$8 for students. There are walking and biking trails throughout the park, as well as a bush oval, so bring along a cricket set. There are free barbecues, a camp kitchen and toilets all available to campers.



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Wildlife

1 Cleland Wildlife Park

Only 20 minutes from the CBD is the huge, open-range Cleland Wildlife Park. Set in natural bushland, you can immerse yourself in an incredibly serene environment and enjoy impromptu encounters with free-roaming native wildlife. Cleland is one of the only places where you can hold a koala, so make sure to get a photo.

2 Urimbirra Wildlife Park

On your way to Victor Harbor to see the Granite Island fairy penguins, remember to stop at Urimbirra Wildlife Park. With discounted entry for students, this open-range park offers you the opportunity to pat koalas (for free!), handle snakes, and feed kangaroos. Plus, it's open every day, including public holidays.

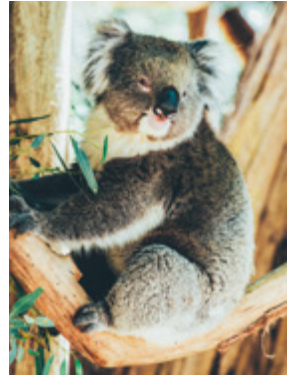
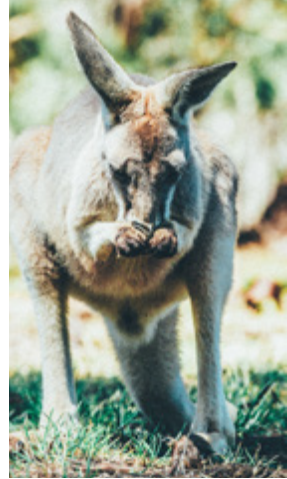


3 Monarto Zoo

Famous for its successful conservation efforts with endangered species, Monarto Zoo is one of the largest open-range zoos in the world. Hop on the Zu-Loop bus and travel around Monarto's open plains with a guide, spotting Tasmanian devils and wallabies, along with lions, cheetahs and giraffes.

4 Dolphin Explorer Cruise

The Port River is the only place in the world where wild dolphins live within a city, so Port Adelaide is the perfect place to go dolphin-spotting. Dolphin Explorer offers cruises for just \$10 per adult. The boat's captain will alert you whenever a dolphin is spotted, so make sure you have your camera ready.



WHALE WATCHING

Between May and October every year, massive southern right whales migrate through South Australian waters, which makes for incredible whale watching experiences. The closest spot to the city for whale watching is Encounter Marine Park in Victor Harbor. There's a chance you might see sea lions too.

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clelandwildlifepark.sa.gov.au



Government of
South Australia



Cleland
Wildlife Park



ADELAIDE
SOUTH AUSTRALIA

Key Contacts

CONTACT NAME	WHEN WOULD I USE THIS SERVICE?	CONTACT DETAILS
ADELAIDE METRO (PUBLIC TRANSPORT SERVICES)	Find out more about trains, buses and trams, including ticketing and timetabling information.	1300 311 108 adelaidemetro.com.au
AUSTRALIAN CONSUMER LAW	Discovering your legal rights in regards to shopping or purchasing services.	consumerlaw.gov.au
AUSTRALIAN HUMAN RIGHTS COMMISSION	If you feel you are being treated unfairly because of your race, descent, colour or ethnic/national origin then make a complaint to the Australian Human Rights Commission.	humanrights.gov.au/ racial_discrimination
AUSTRALIAN TAXATION OFFICE	Contact them to arrange a Tax File Number or learn more about payments made to you while you're here.	ato.gov.au
BEYOND BLUE	A free counselling service that you can contact if you are feeling depressed or anxious.	1300 224 636 beyondblue.org.au
CLINIC 275	This STD clinic does free, immediate checkups and provides sexual health information.	8222 5075 sahealth.sa.gov.au/ clinic275
CONSUMER AND BUSINESS SERVICES	If you require detailed information about obligations and entitlements when buying products and services as well as private rental advice.	131 882 cbs.sa.gov.au
COUNCIL OF INTERNATIONAL STUDENTS AUSTRALIA	They are the peak body for the interests and needs of international students.	cisa.edu.au
DEPARTMENT OF FOREIGN AFFAIRS AND TRADE (FOR EMBASSIES)	If you require help from your country's embassy within Australia.	dfat.gov.au
DEPARTMENT OF HOME AFFAIRS	This government department handles visa enquiries and issues.	immi.homeaffairs. gov.au
FAIR WORK OMBUDSMAN	For assistance in regards to discrimination at work that can't be resolved with your employer.	fairwork.gov.au
GLOBE MEDICAL	For all of your student medical and healthcare needs.	8232 7372 globemedical.com.au

EMERGENCY

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

HEALTHDIRECT AUSTRALIA	Outside of GP consultation hours their trained staff can help you treat non-urgent illnesses.	1800 022 222
IDP ADELAIDE	Assistance with assessing study options, including courses, applications and student visas.	08 8205 1100 australia.idp.com
IMMIGRATION SA	Once you have graduated, and you think you have a skill vital to SA, contact them to assist with extending your stay.	migration.sa.gov.au
LEGAL SERVICES COMMISSION	If you need to know what your legal rights are then contact this free legal service.	1300 366 424 lsc.sa.gov.au
LIFELINE	If you need someone to talk to about your mental health, this resource is a crisis support hotline.	13 11 14 lifeline.org.au
MIGRANT RESOURCE CENTRE	Support services to help sort out issues while you are here.	mrca.com.au
OFFICE OF THE TRAINING ADVOCATE	For independent advice about living, working or studying in South Australia.	trainingadvocate.sa.gov.au
OVERSEAS STUDENT OMBUDSMAN	This resource investigates complaints about problems that overseas students have with private education in Australia.	1300 362 072 oso.gov.au
ROAD TRANSPORT AUTHORITY	If you plan to drive in Adelaide then find out about the road rules and what you need to get yourself into a car.	transport.sa.gov.au
SEXUAL HEALTH INITIATIVE (SHINE SA)	To talk about sexual health symptoms and advice.	1300 883 793 shineSA.org.au
STUDY ADELAIDE	If you want more information on living and studying in Adelaide. They can also answer questions you have while you are here.	8226 0022 studyadelaide.com
STUDY IN AUSTRALIA	For basic information about studying in Australia, including information on the universities and useful contacts.	studyinaustralia.gov.au



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