

2016 BRADFORD COLLEGE

# ARRIVAL GUIDE

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## WELCOME

Welcome to Bradford College. This guide will help you make the most of your chosen course and will give you useful information that you can refer to during your stay.

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Please note: The information within this guide is intended to provide you with some suggestions and options close to the College but you should choose suppliers/ services based on your own requirements.

### So, what's studying at Bradford really like?

You have probably already imagined what your life will be like at Bradford College in Adelaide. You may have ideas about life in Australia based on films, television or stories from friends and family. This guide aims to make your transition into Australia as enjoyable and easy as possible and will tell you what to expect when you attend Bradford College. We hope that this information will help you to form realistic expectations and encourage you to take advantage of the many opportunities ahead.

### Will I be able to adjust to a new culture?

At Bradford College we understand that your transition into life in a different culture may be challenging at times – but it will also be fun. You will soon meet people from around the world, try new things, and live in a different culture. One of the best ways to make sure that your transition goes smoothly is to maintain a positive attitude and stay healthy. View your new environment as a place to learn interesting things about yourself and others. Try to get enough sleep, eat properly, exercise, and participate in social activities. Take time to observe and enjoy the new things going on around you and appreciate the differences you find in Australia.

### I have more questions...

Please contact your local representative if you have more questions before you depart. After you arrive, Bradford staff at the College will be happy to help you with any problems that you have or any questions you want to ask.

For further assistance, please ask at reception on Level 2, 132 Grenfell Street.





## ARRIVING IN ADELAIDE

The emotion associated with leaving home and the initial excitement of travelling can be exhausting. Your initial impressions of your new surroundings may be confusing. It will take some time for you to become familiar with your new environment. This is an opportunity to meet other new and current students and to become familiar with the College and the city.

### Preparing for your new experience

You probably have mixed feelings about your new experience. You may feel apprehensive leaving behind familiarity and stepping into the unknown, while also feeling excited about starting a new chapter in your life.

You can prepare yourself for the experience by reflecting on your decision to study overseas by asking yourself the following questions:

- Why have I decided to study overseas?
- What do I expect to gain from overseas study?
- What are my goals?
- What are some of the difficulties I might face?

Keeping in mind why you are doing this overseas study is useful when you face challenges in your new environment.

### Learn about your new environment

- Talk to staff and students. Ask them where they recommend visiting in the city
- Ask the friendly locals if you need directions
- Try out the public transport. Learn how the ticketing system works. Take a ride on the free city loop bus identified by its yellow colour and 99C number
- Walk around your local area and the city during the day
- Take a friend with you to see and explore more
- Make an appointment to meet with Student Services staff so they can help you settle in

### Under 18 students

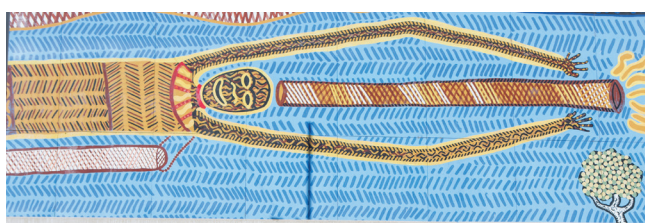
If you are under the age of 18, Australian law considers you to be a minor and as such Bradford College takes special interest in your welfare and development.

Under 18 students are required to personally meet with their home class teacher or with a member of the College's Student Services staff every two weeks so that the College can assess general welfare and ensure that these students are managing well in their new environment with respect to their accommodation, finances, friendships, health, studies and contacting their family on a regular basis. Bradford College takes its responsibility to take care of Under 18 students very seriously and regular checks are made to ensure that the circumstances of Under 18 students during their time in Adelaide is optimal at all times.

It is a requirement under Australian law that you keep the College informed at all times of where you are living. Under 18 students are not permitted to live in 'Independent Rental' accommodation until they are 18 years of age. It is a requirement of the Australian Department of Immigration and Border Protection that students under the age of 18 live in accommodation approved by Bradford College until they turn 18 if Bradford College is your legal guardian. This approved accommodation is exclusive to homestay or a hostel where prior arrangements have been made with management for extra support and supervision.

Bradford College welcomes students under the age of 18. To commence study at the University of Adelaide, students must be 17 years old.

Please contact the College for further information and to ensure you comply with the University's age admission requirements.





## COLLEGE FACILITIES

The college is located in the Central Business District of Adelaide, within the University of Adelaide precinct. Students at Bradford College are enrolled in University of Adelaide Pathway Programs and therefore have access to a wide range of facilities and services at the University.

### Teaching and Learning Spaces

The Bradford campus is a modern, spacious building consisting of classrooms, a quiet study area, three computer suites, multimedia rooms, resource centre, student kitchen, student lounge including a piano, couches and foosball table, staff offices.

### Student Services

The College's full-time Student Services team closely monitors the academic performance of Bradford students and assists students with any issue related to managing their study and workload. Student Services can also help students to find out more about the pathway to their chosen career.

### Welfare Counselling

Bradford College Student Services team works hard to ensure the happiness and well-being of all of our students during their time at Bradford College. Students can meet with them at any time to discuss any problems that may arise. The Student Services Manager (FSP/GAE) also closely supervises any Under 18 year-old students with regular meetings and reports back to parents.

### Accommodation

If you require assistance with this, we have a dedicated Manager Student Services (Accommodation & Administration) who will help you find a place to live which best suits your personal needs.

### Airport Pick-up

If you are Under 18 years of age when you start at Bradford College, or if you would prefer the convenience, Bradford College will arrange an airport pick-up for you for a cost of AUD130. To arrange an airport pick-up, contact your representative if they organised your enrolment for you or contact Ms Debbie Armstrong: Manager Student Services (Accommodation & Administration) - [debbie.armstrong@adelaide.edu.au](mailto:debbie.armstrong@adelaide.edu.au) - with your full name, the program you are enrolled in, arrival date, flight number and time and we will send you the confirmation of your airport pick-up.

### Common Room

Bradford College students also have exclusive access to the Bradford student common room where students can meet with friends, eat and relax. The room includes a plasma TV, piano, foosball table, student kitchen, vending machine and couches.

### On-arrival Services

- Airport pickup
- Orientation to local sites and facilities
- Assistance with public transport
- Social events to meet other students and make friends
- Temporary and permanent accommodation placement
- Orientation to the University of Adelaide campus
- University of Adelaide Student Card



## LOCAL INFORMATION – POST OFFICE AND BANKS

### Post Offices

Post Offices offer more than just postal services. Bus/train tickets and phone cards can also be purchased here.

Australian postcodes can be found at the back of the White Pages directory or online at [www.whitepages.com.au](http://www.whitepages.com.au).  
Bradford College will accept, hold onto and pass onto you your mail if it is urgent, for a temporary period.

Address: Bradford College, 132 Grenfell Street, Adelaide.

### Banks

Banks are open normally between 9.30am-4pm Monday to Thursday. Banks generally close at 5pm Fridays. Some banks open on Saturdays 9am-12pm. All are closed on Sundays. Most banks offer 24-hour ATM service. You may also withdraw cash from your bank account at most petrol stations and large shopping centres when generally purchasing more than AUD10 worth of goods using electronic banking (EFTPOS).

It is best to open an account at a bank that is easy and convenient for you to access. When opening a bank account, make sure you understand the fees charged for the type of account you are opening. In most cases, banks will not charge account keeping fees to students so make sure you ask for a student account, please check with the bank for financial advice. Place the bulk of your money in the best interest-accruing account and keep a smaller amount in your day-to-day expenses account. If you have a bank account in Australia, you must provide the bank with an Australian Tax File number. Please ask at reception for further information.



### Exchanging Foreign Currency

Students may change foreign currency to Australian currency at banks during trading hours.

American Express – Foreign Exchange Shop 32 Rundle Mall (next to McDonalds)

Phone: 1300 139 060

Opening hours: 9am-5pm

- Travellers cheques made out in foreign currency – There is no charge for exchanging into Australian dollars.
- Travellers cheques made out in Australian dollars – There can be an AUD5 charge for changing each amount per visit (best to cash in a larger amount at one time).
- You will find Western Union Money Transfer services at the above Foreign Exchange Shop or at any Post Office outlets.

### Convenient Locations

The following are just a few banks and post offices located conveniently close to the college:

#### Banks

- ANZ Bank: 112 Rundle Mall
- National Australia Bank: 22-28 King William Street
- Bank of South Australia: Adelaide University Campus or 49 Rundle Mall
- Commonwealth Bank: 136 Rundle Mall
- Westpac Bank: 80 King William Street

#### Post Offices

- Rundle Mall  
City Cross Arcade Opening Hours: Monday to Friday 8.30am-5.30pm
- University Campus  
Wills Building (basement), the University of Adelaide, North Terrace  
Opening Hours: Monday to Friday 9am-5pm
- General Post Office  
Corner King William and Franklin Streets.  
Opening hours: Monday to Friday 8.30am-5.30pm

## LOCAL INFORMATION – SHOPPING AND EATING OUT

Adelaide and its suburbs have a variety of shops. The main shopping district in Adelaide is Rundle Mall, which has a mixture of small specialty shops as well as major department stores. Prices in shops are generally fixed and cannot be bargained down, but prices vary from shop to shop, so look around before buying.

### Rundle Mall

All of Adelaide's major department stores can be found in the mall – David Jones, Myer, Harris Scarfe and Target.

### East End

The east end of the city around Rundle Street features many busy coffee houses, pubs, restaurants and a host of shops of all varieties. Every Sunday the 'East End markets' are held on Rundle Street with stalls selling clothing, jewellery and more.

### Central Market

Victoria Square (between Grote and Gouger Streets) Adelaide Phone: 8203 7494

Opening Hours: Tuesday 7am-5.30pm; Thursday 9am-5.30pm; Friday 7am-9pm; Saturday 7am-3pm. Closed on Mondays, Wednesdays and Sundays.

The Central Market provides the city's best array of fresh food, including fruit and vegetables, gourmet specialties, meats, seafood, small goods, cheeses, international groceries and restaurants.

### Chinatown

Between Grote Street and Gouger Street, Adelaide

Opening Hours: Monday to Thursday 9am-5pm; Friday 9am-9pm; Saturday 9am-3pm. Sunday closed.

Food Hall and Moonta Street are open until 4pm.

Many food stalls and restaurants both Western and Asian. Grocery items and food may be purchased from delicatessens (delis) and certain supermarkets such as (IGA supermarkets and Coles supermarkets) outside normal shopping hours.

### Cost of Living

#### Groceries (from a supermarket)

loaf of bread	\$2.50 - \$3.00
two litres of milk	\$2.20 - \$2.90
newspaper	\$1.50 - \$3.00
box of breakfast cereal	\$3.00 - \$4.00
jar of instant coffee	\$3.00 - \$4.00
bottle of soft drink	\$1.50 - \$3.00
bottle of shampoo	\$2.50 - \$4.50
bar of soap	\$1.50 - \$2.50
one apple	50 cents - 80 cents
one banana	60 cents - 90 cents
beef (500 grams)	\$7.00 - \$8.00
chicken (600 grams)	\$7.00 - \$8.00

For further information please refer to [www.studyinaustralia.gov.au/en/study-costs](http://www.studyinaustralia.gov.au/en/study-costs)

† Approximate prices in AUD

### Shopping hours

#### Adelaide City

Monday to Thursday 9am-5.30pm; Friday 9am-9pm; Saturday 9am-5pm  
Sunday 11am-5pm

#### Suburbs

Monday, Tuesday, Wednesday, Friday 9am-5.30pm; Thursday 9am-9pm Saturday 9am-5pm.  
Sundays 11am-5pm

Many shops are closed Christmas Day, Good Friday and Public Holidays.





## LOCAL INFORMATION – TRANSPORT

### Public Transport

Public transport consists of the bus, train, tram and taxi services. Buses, trains and trams are cheap and fairly convenient. As a tertiary student you are entitled to a Concession Holder Ticket. To purchase a metrocard there is a small card fee and a minimum starting balance of \$5. Metrocards are reusable but not refundable. Taxis, while very convenient, are expensive.

Adelaide Metro is the largest provider of public transport services.

Phone: 1300 311108

Operates 7am-8pm: 7 days a week.

Metrotickets are available on board buses, trains or trams, or from ticket machines. Metrocards can be purchased from metrocard agents or an Adelaide Metro InfoCentre.

Timetables are available from the office on the corner of King William and Currie Street or online at: [www.adelaidemetro.com.au](http://www.adelaidemetro.com.au)

Tickets for trains must be pre-purchased. Tickets can be obtained from the ticket office at the Adelaide Railway Station or from a vending machine at the station.

Visit [www.adelaidemetro.com.au](http://www.adelaidemetro.com.au) for more information.

### Free Bus around the City

City Loop bus service is free and runs from North Terrace, West Terrace, Hindley Street, Morphett Street, Gouger Street – Central Market & China Town every 15 minutes.

### Taxis

Taxis can be hired from taxi stands, hailed by the roadside or booked by phoning the numbers listed below:

Adelaide Independent: 13 22 11

Yellow Cabs: 13 22 27

Suburban Taxi Service: 13 1008

Access Cabs (for the disabled): Wheelchair bookings 1300 360 940

### Car

The main form of transport in Australia is a car. Car prices in Adelaide start at around AUD 2000. You must obtain a current driver's licence and also pay for registration, insurance, petrol and maintenance costs. Alternatives are bicycles, motorcycles or public transport. When travelling in a car or a taxi, it is compulsory for you to wear a seat belt.

### Motorcycles & Bicycles

You will also need a licence for a motorcycle, and it is compulsory to wear a safety helmet when riding a bicycle or motorcycle.

### Cost of Living

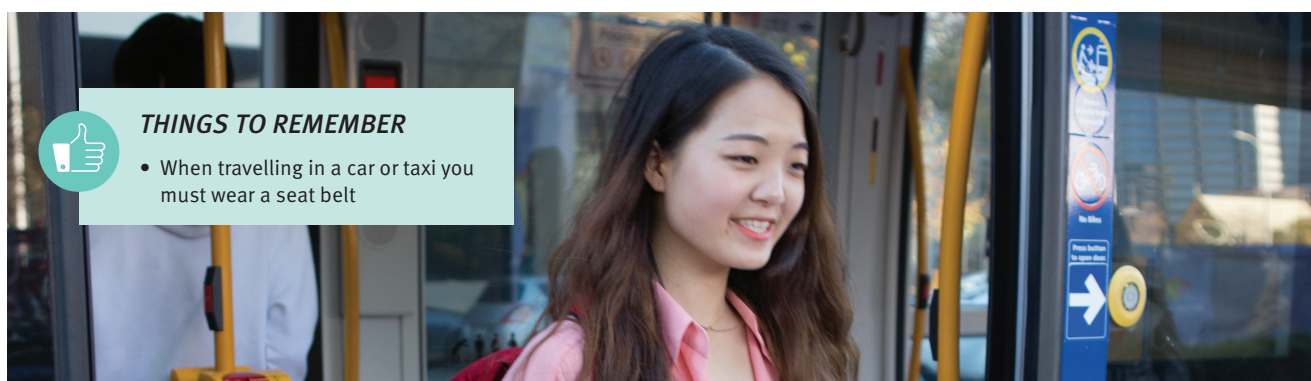
Metrocard is an electronic smart card and is the best option for frequent public transport users.

#### Public Transport

METROCARD Singletrip (Concession)	\$1.72	\$0.92*
METROCARD 28 Day Pass	\$59.90	
METROTICKET Singletrip (Concession)	\$2.60	\$1.30*
DAYTRIP Ticket	\$4.90	\$4.90*

\*Discounted prices for interpeak times between 9am-3pm

Please note: Metroticket is a paper ticket and is the best option for infrequent public transport users or those who don't need a metrocard.



## LOCAL INFORMATION – TELEPHONES, INTERNET AND OTHER SERVICES

### Public Telephones

A variety of Telstra pay phones are located in Adelaide offering a choice of payment methods. Public pay phones can be found at street corners, railway stations, airports, shopping centres and other public areas. Local calls are a flat rate of 50 cents.

Types of public phones include:

Card/coin pay phones – these accept coins and Telstra phonecards, which can be purchased from post offices and selected retail outlets located near phonecard pay phones.

Goldphones and Bluephones – usually found in retail premises, these phones offer local, STD and IDD call facilities.

### Mobile Phones

Vodafone: Shop 3, 80-88 Rundle Mall (next to Woolworths)  
Optus World: Shop 31, 141-159 Rundle Mall, Adelaide  
Telstra: Corner Rundle Mall & Pulteney Street, Adelaide

These stores are located very close to the college. If you ask some of the other students at Bradford, they will know the best options that are available for your mobile phone and internet connection if needed.

### Broadband Internet Provider

Vodafone: Shop 3, 80-88 Rundle Mall (next to Woolworths)  
Internode: Grenfell Street  
[www.internode.on.net](http://www.internode.on.net)

Adam Internet: Level 2, 117 King William Street (corner King William Street and Waymouth Street)

Phone: (08) 8423 4030 or website address: [www.adam.com.au](http://www.adam.com.au)

If you wish to connect to the wireless Broadband ADSL there are many providers in South Australia you can call. Or come and see a member of the Student Services staff to help you.

### Laundromat

Shiny Bright's Laundry  
81 Carrington Street, Adelaide

Phone: 8227 1810  
Opening hours: Monday to Friday  
7am-8pm self service

(washing and ironing service is available, Monday to Friday from 7.30am-5pm for a fee.)

### Interpreting Services

Phone: 08 131 450

Interpreters for all languages are available over the phone 24 hours a day, 7 days a week to assist with general information enquiries and communication between non-English speakers and various service providers. There is no cost for this service other than that of a local phone call.

### Telephone Directory

The White Pages is a telephone directory containing household phone numbers and government services. Businesses and service providers are also listed under their business name.

The Yellow Pages business directory is a directory of businesses and other services listed under subject headings.

You can pick up free copies of the White Pages and Yellow Pages from your local post office. They are delivered to every household each year. You can also access them online at:  
[www.whitepages.com.au](http://www.whitepages.com.au)  
[www.yellowpages.com.au](http://www.yellowpages.com.au)



## ADJUSTING TO A NEW CULTURE

As the excitement of setting out on this new adventure wears off and you are faced with the constant challenges of daily living and studying in a new culture, you may find that you become more aware of the differences from your home country and miss the familiarity of home. You are experiencing what is often referred to as 'culture shock'. Culture shock does not always happen quickly or have one single cause.

As time passes you will become more familiar with your new culture and find it easier to interpret the subtle cultural cues. You will feel more confident, develop new friendships and manage social and professional interactions more comfortably. Your study will be more effective and you will gain a sense of benefit from the experience. Use the strategies suggested and the services provided to assist you.

### Homesickness

One of the particular effects of culture shock is homesickness. It is important to remember that most people go through a phase of feeling homesick and that these feelings will pass. Homesickness may occur soon after you arrive or it may take you by surprise later in the year. Continuing to use the strategies below will help you to become more familiar with your new environment and to develop new friends. The happier you are in your new culture the less you will think about home and the feelings of homesickness will gradually go away. It is often useful to talk about your feelings with someone. You can use the Bradford Student Services staff to assist you through this challenging time.

### Strategies for Adjusting

The following strategies can help you to adjust to the new culture and decrease the impact of culture shock.

- Keep in touch with family and friends through emails, letters, skype or phone calls
- Keep a diary, blog or journal of your experiences – write down what you think and feel; map your progress and reflect on experiences
- Get plenty of exercise as exercise can help to relieve stress
- Look for similarities between your culture and the new one
- Do some familiar activities, especially the things you are good at
- Get involved in an activity that will help you meet people – your Students Services can help by giving information about the clubs, societies and other social activities available

- Join the association/club of your home country e.g. the Malaysian Students Association
- Remember what you would have done at home to relax and do something similar
- Use English language as much as possible; read the local newspaper and watch television to help develop your English language skills
- Find out what support services the University offers and how you can benefit
- Set small goals that you can achieve every day
- Observe what others do in the same situation and reflect on why they do it that way; talk to them so you can improve your understanding
- Ask questions if you have any doubts about what is expected of you
- Try not to make judgements about others when they do things differently from what you are used to

### Seeking Medical Help

Culture shock may cause you to experience physical or emotional responses that are difficult to manage. These are warning signs and you need to pay attention to them. You may see a health practitioner or seek advice from staff within the College. Bradford College provides student advisers and counsellors to assist you. Contact the Student Services staff if you think you need help or would like to speak to someone confidentially.



### THINGS TO REMEMBER

Many things in your environment that you took for granted may be different in a new culture:

- Sights, sounds and smells
- The taste of food
- The way people interact and spend their time. You may be uncertain about what is expected of you in some everyday situations.
- The language and accents
- Approach to study and communication with lecturers may be different



## HOMESTAY ACCOMMODATION

Our homestay families reflect the diversity of life in Australia. They include young, senior and single parent families and couples with and without children. Hosts have varying ethnic backgrounds and different interests and lifestyles. Treat your hosts as you would your own parents – with respect.

### Your Life in a Homestay

Living in a homestay will allow you to practise your English in a real-life setting. It is important to remember that you are both part of a family and a guest at the same time. You may have to help with household chores, keep your bedroom tidy and make your bed each morning. Make sure that you always ask permission to bring friends round.

### Meals

**Breakfast:** Breakfast is usually a light meal consisting of cereal, fruit, toast, juice or coffee. Often these foods will be made available to you and you will prepare your own morning meal (otherwise known as 'help yourself').

**Lunch:** Not provided on school days but provided on weekends and on holidays

**Dinner:** Dinner may be a shared meal in the evening, or occasionally you may prepare your own meal with food supplied by your host.

### What to bring

You can purchase toiletries and other personal needs locally, but if you have specific items that you need, you should bring them with you. Your host will provide you with bed linen and towels. If you have any prescription medications that you are required to take, you should bring a supply with you.

### Laundry Facilities

You have access to laundry facilities at your host family's home. Some families prefer to do the laundry for you. Please do not wash clothes in the bathroom or dry them in your bedroom, cupboards or on heaters.

### Telephone and Internet Use

You should buy a phone card or use your mobile phone to make telephone calls. Your hosts' telephone should only be used for emergency incoming calls. Remember to notify your family back home of any time differences to avoid calls in the middle of the night. It is often very expensive to make international calls from a home line, which is why we recommend using a phone card. Please always ask your host family for permission to use the home line and about their rules regarding internet use.

### Smoking

When you book your accommodation, please request a homestay that allows smoking if you smoke. Most hosts will ask smokers to smoke outside. Always ask your host family upon arrival for their specific house rules regarding smoking. It is general courtesy to ask someone for permission to smoke next to them, even if you are outside. In Australia it is against the law to smoke in any building open to the public including a restaurant or any area where food is being prepared, as well as bus stops and public transport areas.



### THINGS TO REMEMBER

- You are a guest as well as part of the family
- You may have to take part in family chores
- Purchase a phone card for international calls
- Do not hang your laundry to dry in your room
- Ask permission to have a friend come visit you
- Notify your family if you are not coming home for the night
- Ask permission to smoke



## LAWS AND CUSTOMS

You may find that laws are enforced differently in Australia than they are in your home country. You must obey this country's laws and respect its customs. It is important that you understand the laws, rules, and customs that you may encounter.

### Laws

- No one under the age of 18 in Australia may buy or drink alcohol, including beer and wine. It is against the law to buy alcohol for someone you know is under the age of 18
- Driving under the influence of alcohol is a serious crime and police make regular random checks
- You will need ID to enter bars, clubs or pubs (e.g. Passport, ID Card, Driving Licence)
- Buying, selling and using drugs is illegal
- You must attend all classes. If you do not attend 80% of classes your representative and parents may be informed. If you do not then improve your attendance Bradford College is required to report you to the Department of Immigration and Border Protection (DIBP), and this may result in the cancellation of your student visa
- Under the national code, student information may be made available to Commonwealth and State agencies

The Police and Bradford College are very strict in enforcing these laws.

### Customs

Customs are an accepted way of behaviour in a country. You need to know the customs of Australia to help you feel comfortable with people.

Some important customs to know include:

- **Women:** Women in Australia are equal to men and should always be treated fairly. Men and women share equally in household work and childcare
- **Queues:** Always stand in line and wait your turn when buying tickets, in a bank, post office or waiting for a bus. Keep to the left when standing on escalators.
- **Friendliness:** Australian people talk to strangers in public areas. This is a great way to practise English, but caution should be taken. You should not give out your address and telephone number, or accept inappropriate invitations. Although most people are friendly, some may be reluctant to speak with strangers
- **Compliments:** It is acceptable to comment on things such as a person's clothes, appearance or character if it is positive. Avoid comments that could offend someone

- **Smiling:** Australian people show that they are happy by smiling. A person who only wears a serious expression may be perceived as unfriendly
- **Please and Thank you:** These are very important words! Always use them if you ask someone to do something for you, or if they help you or give you information
- **Spitting:** It is considered rude to spit anywhere
- **Privacy:** Australians have a strong sense of privacy. It is not polite for guests to go into other bedrooms in the house unless invited. It is expected that guests do not open private desk drawers or cupboards and ask before using equipment such as stereos, the TV or the computer
- **Tissues:** Australians clear their nose into a tissue when they have a cold. This is called 'blowing your nose' and it is perfectly acceptable to make a noise while doing so. It is considered bad manners not to use a tissue and to make a loud sniffing sound instead. The tissue should be put in the bin and not be left lying around

### Your Responsibilities

As an overseas student on a student visa, you have responsibilities to:

- Satisfy your Student Visa conditions
- Maintain your Overseas Student Health Cover (OSHC) for the period of your stay
- Meet the terms of the written agreement with Bradford College
- Inform Bradford College if you change your address or phone number
- Maintain satisfactory course progress
- Maintain minimum 80% attendance during your course
- If you are Under 18, maintain your approved accommodation, support and general welfare arrangements



### THINGS TO REMEMBER

- Buying, selling and using drugs is illegal
- Women are treated as equal to men in Australia
- Remember to say please and thank you

## HEALTH AND SAFETY

If you or a friend is seriously ill and needs an ambulance call 000. Stay calm and describe to the operator on the line what type of assistance you need (ambulance, fire or police) and your location. You may be required to describe any symptoms. Explain as much as you can, do not worry if you are not confident with your English say as much as you can, as clearly as you can.

### Medical Insurance for Student Visa holders

The Australian government requires all students on Student Visas to join the Overseas Student Health Cover (OSHC) Scheme, a health insurance plan for overseas students in Australia.

This insurance covers:

- Visits to a doctor (approximately 85% of the scheduled fee)
- The total cost of hospital treatment provided that the treatment is in a public hospital and is provided by a hospital doctor
- Emergency ambulance transport

This insurance does not cover:

- Dental costs
- Physiotherapy
- Optical glasses, contact lenses
- Medical expenses for any pre-existing medical condition before you came to Australia, during the first 18 months of membership
- Treatment covered by provisions for compensation and damages or accidents

Please note that you are covered one month from your very first day of study.

### Seeking Medical Attention

There are several good health centres and hospitals with medical practitioners close to the College campus including the University's on-campus health service. The Student Services staff can help you book in to see a doctor if you feel unwell.

Other medical centres include:

#### Royal Adelaide Hospital

North Terrace, Adelaide  
Phone: (08) 8222 4000

#### Queen Elizabeth Hospital

Woodville Road, Woodville South  
Phone: (08) 8222 6000  
Flinders Medical Centre, Flinders Drive,  
Bedford Park  
Phone: (08) 8204 5511

#### Midnight Pharmacy

(Late night chemist/pharmacy)  
198 Wakefield Street, Adelaide  
Phone: (08) 8232 4445  
Opening Hours: Mon-Fri  
7am-12 midnight  
Sun/Public Holidays 9am-12 midnight

#### Dental

Australian Dental Service – Emergency after hours only  
2/62 King William Road, Goodwood  
Phone: (08) 8272 8111  
Opening Hours: Week nights 5pm-9pm  
Weekends/Public Holidays 9am-9pm

### Medical Costs

Medical costs are at the discretion of your local doctor or hospital. A guide to costs in Australia are as follows:

- A consultation with a doctor: AUD65 without insurance  
AUD20 with insurance
- Prescriptions at a chemist: minimum AUD15 per item
- Dental treatment: minimum AUD80
- New glasses: minimum AUD180

<sup>†</sup> Approximate prices



### THINGS TO REMEMBER

- Call 000 in case of fire, medical emergency or need for the police
- Call 131 444 for other police assistance
- If you have a student visa you must also be a member of OSHC
- Book an appointment through a medical centre for any general check-up. In Australia, hospital visits are reserved for emergencies only
- Your insurance will not pay for hospital visits which are not considered an emergency



## USEFUL CONTACT DETAILS

Follow the links below for access to information on anything from local transport, restaurants, sports clubs and cinemas to new places to explore.

### Websites

<b>Telephone directories</b>	<a href="http://www.yellowpages.com.au">www.yellowpages.com.au</a> <a href="http://www.whitepages.com.au">www.whitepages.com.au</a>
<b>Food, restaurants &amp; eating out</b>	<a href="http://www.webmenu.com.au">www.webmenu.com.au</a>
<b>Recreation</b>	<a href="http://events.adelaidenow.com.au/events/sa/adelaide">events.adelaidenow.com.au/events/sa/adelaide</a>
<b>Buying &amp; selling</b>	<a href="http://www.adelaideexchange.com.au">www.adelaideexchange.com.au</a> <a href="http://www.tradingpost.com.au">www.tradingpost.com.au</a> <a href="http://www.ebay.com">www.ebay.com</a>
<b>Transport</b>	<a href="http://www.adelaidemetro.com.au">www.adelaidemetro.com.au</a>
<b>Education/Life</b>	<a href="http://www.studyadelaide.com">www.studyadelaide.com</a>
<b>University of Adelaide international student information</b>	<a href="http://www.adelaide.edu.au/">www.adelaide.edu.au/</a> <a href="http://www.international.adelaide.edu.au">www.international.adelaide.edu.au</a>
<b>Health cover</b>	<a href="http://www.bupa.com.au">www.bupa.com.au</a>
<b>International exchange rates</b>	<a href="http://www.xe.com">www.xe.com</a>
<b>Adelaide/ South Australia</b>	<a href="http://www.worldexecutive.com/cityguides/adelaide">www.worldexecutive.com/cityguides/adelaide</a> <a href="http://www.lonelyplanet.com">www.lonelyplanet.com</a> <a href="http://www.atn.com.au/sa/south/adelaide.htm">www.atn.com.au/sa/south/adelaide.htm</a> <a href="http://www.adhills.com.au">www.adhills.com.au</a> <a href="http://www.touradelaide.com">www.touradelaide.com</a> <a href="http://www.southaustralia.com.au">www.southaustralia.com.au</a> <a href="http://www.tourism.sa.gov.au">www.tourism.sa.gov.au</a> <a href="http://www.adelaide.sa.gov.au">www.adelaide.sa.gov.au</a> <a href="http://www.sacentral.sa.gov.au">www.sacentral.sa.gov.au</a> <a href="http://www.thisisradelaide.com.au">www.thisisradelaide.com.au</a>
<b>Post</b>	<a href="http://www.auspost.com.au">www.auspost.com.au</a>
<b>State Library</b>	<a href="http://www.slsa.sa.gov.au">www.slsa.sa.gov.au</a>

### Addresses

<b>Art Gallery of South Australia</b>	North Terrace, Adelaide Opening Hours: Daily 10am – 5pm Closed Christmas Day.
<b>South Australian Museum</b>	North Terrace, Adelaide Opening Hours: Daily 10am – 5pm (Except Christmas Day & Good Friday)
<b>Adelaide Zoo</b>	Frome Road, Adelaide Opening Hours: Daily 9.30 am – 5pm (including Christmas Day & Good Friday)
<b>Cinemas/ Movies</b>	Hoyts Cinema: • 185 The Parade, Norwood • Tea Tree Plaza Shopping Centre • 102 Gawler Street, Salisbury Event Cinemas - Megaplex Westfield Shoppingtown Marion Greater Union Cinema - Centro Shopping Centre, Arndale Reading Cinema - Westfield Westlakes Mall, 111 West Lakes Blvd, West Lakes Nova Eastend Cinemas - 251 Rundle St, Adelaide Palace Eastend Cinemas - 274 Rundle St, Adelaide Wallis Cinemas - 181 O'Connell St, North Adelaide Wallis Cinemas - Level 1 119 Belair Rd, Torrens Park (Mitcham shopping Centre)
<b>Adelaide Aquatic Centre (Swimming Centre)</b>	Jeffcott Road, North Adelaide General Enquiries: 8203 7203
<b>Adelaide Archery Club Inc</b>	Bundeys Road, North Adelaide Phone: 8239 0101
<b>North Adelaide Golf Course</b>	Strangways Terrace, North Adelaide Phone: 8203 7273
<b>Adelaide University Sports Clubs</b>	Phone: 8303 5403 Ground Floor, George Murray Building University of Adelaide Sports include badminton, golf, soccer, basketball, swimming, table tennis etc.





## IMPORTANT INFORMATION

### Public Holidays

1-Jan-16	New Year
26-Jan-16	Australia Day
14-Mar-16	Adelaide Cup Day
25-Mar-16	Good Friday
28-Apr-16	Easter Monday
25-Apr-16	ANZAC Day
13-Jun-16	Queen's Birthday
3-Oct-16	Labour Day
25-Dec-16	Christmas Day
27-Dec-16	Proclamation Day

Bradford College will be closed from December 23rd 2016. Open again on January 3rd 2016.

**We look forward to seeing you at Bradford. If you have additional questions please ask our staff on arrival.**

### Bradford College reception

Phone: (08) 8313 3430 (between 9am and 5pm)

Address: 132 Grenfell Street, Adelaide.

### Emergency Contacts

Debbie Armstrong

Manager Student Services (Accommodation & Administration)

+61 (0)400 807 815

**Visit us on:**



**BRADFORD**  
C O L L E G E  
The University of Adelaide

**Keep these numbers with you  
at all times!**



**Emergency Bradford Number:**

+61 (0)400 807 815

**Emergency Number (Police, Fire, Ambulance): 000**