



THE UNIVERSITY
of ADELAIDE
COLLEGE

2024 Welcome Guide

The University of Adelaide College

Adelaide campus



college.adelaide.edu.au



Welcome

Welcome and thank you for accepting your offer to study with us at the University of Adelaide College, the preferred pathway provider to the University of Adelaide. 2023 marked the 20th anniversary in the partnership between the University of Adelaide College and the University of Adelaide. As we continue to maintain and enhance this union, you become part of this honourable relationship as a student of the College.

We are looking forward to welcoming you to this exciting new chapter of your life; and taking your first steps towards your undergraduate or postgraduate study at the University of Adelaide – a member of the prestigious Group of Eight universities, and consistently ranked in the top 1% of universities worldwide.

The University of Adelaide College delivers world-class pathway programs in the heart of Adelaide to the University of Adelaide. Since our inception, thousands of our College graduates have progressed to the University of Adelaide to study their chosen degree. There are many reasons you can have confidence that studying with us is the right choice.

The dedication of our world-class teachers, small class sizes and supportive approach, guarantee individual attention and the highest quality of learning. Our professional Academic team are working to develop an interesting and engaging study program for you to engage with. Our committed and friendly Student Services team are here to ensure you are supported throughout your time at the College and can assist you with program advice, information about campus and city events, your accommodation options and transitioning to the University with confidence.

Moving to a new city can be daunting and challenging but can also be very exciting with the right guidance. That is why we have created our Welcome Guide to assist you with preparing to start at the College. We hope the checklists and information about the College and the city of Adelaide is helpful in getting you ready to start this exciting journey with us!

On behalf of all our staff I extend a personal welcome to you from the University of Adelaide College. I look forward to meeting you in person.

It is a wonderful place to study and I am confident that you will enjoy your time here with us.

DEREK MILLIGAN

National Campus Director

Before you leave

Moving to a new country provides different challenges. We understand that you may have questions about preparing for your stay in Australia. There are some important things you need to know before you leave that will make for a better experience when you arrive.

Money matters

The amount of money you bring with you is a personal decision. The estimated cost of living for students in Adelaide is approximately AUD \$26,906* per year. You must make sure you have enough funds to cover your bond/rent and moving in expenses for your accommodation on arrival. You should also have money to cover expenses such as temporary accommodation (if applicable), meals and transport (public transport, taxis). However, you should not carry large amounts of cash with you. Check studyaustralia.gov.au for more information.

Health

Make sure your immunisations are up to date before you leave. Have a dental check-up also as this may be less expensive in your own country.

Excess baggage

We recommend you check with your travel agent or airline regarding excess baggage.

Clothing

Students dress casually for classes. November to March are the warmest months and you will be comfortable in casual clothing such as light pants, shorts, skirts, shirts and jeans.

June to August are the coldest months and you will be comfortable in clothing such as jeans, trousers, skirts, jumpers (sweaters/windcheaters/coat). A light waterproof jacket is also useful.

You should bring some nice clothes for going out to restaurants or functions. Also bring clothing for sports and outdoor activities.

Electrical current

Electrical goods, such as computers, may be less expensive to buy overseas than in Australia and can be brought with you. Appliances rated 220 – 240 volts generally perform satisfactorily with the mains power supply in Australia. To make sure that you are able to use all your electrical appliances bring a converter and an adaptor with you, or alternatively you can purchase an adaptor upon your arrival from travel stores or some supermarkets.

Resources

Please visit the University of Adelaide website to get more information regarding preparing to leave for Australia: international.adelaide.edu.au/preparingto-arrive. We also recommend you visit the Australian Quarantine and Inspection Service (AQIS) website agriculture.gov.au/travelling.



* The cost per year is provided as a guide only based on insiderguides.com.au/cost-of-living-calculator and is subject to change.



Checklist

Use our checklist below to ensure that you do not forget anything and are well prepared for the exciting times ahead of you.

Airport pick-up

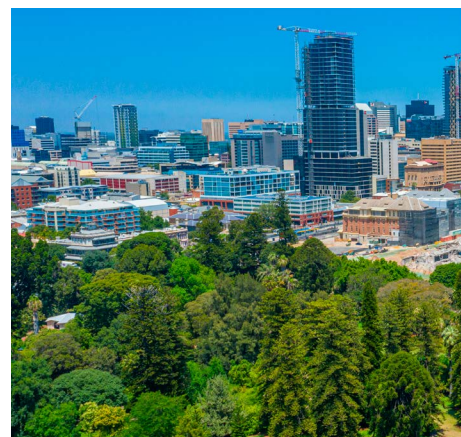
If you are under 18 years of age when you start at the College, unless you are travelling with a parent or guardian, it is compulsory to arrange an airport pick-up with the College. For assistance with accommodation or airport pickup arrangements, please contact collegeaccommodation@adelaide.edu.au

- Book flight to Adelaide
- Arrange to be met on arrival/ airport pickup or transfer
- Arrange accommodation in Adelaide
- Passport and other documents**
Remember to bring your passport and any other form of personal identification you may need. For example your birth certificate or driving licence (if you have one). Also bring certified copies of your qualifications.
- Confirmation of Enrolment**
Pack your Overseas Student Confirmation-of-Enrolments (CoEs) and any College documentation in your hand luggage so that it is easy to access on arrival.
- Student Visa**
Ensure that your passport (with visa, if applicable) is stored in your hand luggage. You will need it when passing through immigration.
- Homestay/residential address details**
Remember to pack your homestay or residential address details in your hand luggage so they are easy to access on your arrival. You will need this information for the arrival card at immigration.

- Proof of Health and Travel Insurance**
You must bring proof of your travel insurance and health insurance with you and store this information in your hand luggage. Also keep a copy of each with your family at home in case you lose any documentation during your stay.
- AUD cash**
Store a reasonable amount of cash (around AUD\$200 – \$300) with you or in your hand luggage. Try to avoid counting or pulling out your money in busy public places.
- Appropriate clothing**
Wear layers of clothing on your flight, so you can remove or add layers as needed.
- Prescription medication**
Bring medical history or prescriptions required for ongoing medication. Pack medication carefully in full packaging in case you are asked questions at customs on your departure from your home country or arrival in Australia.
- College emergency number**
If your flight to Adelaide is delayed, call Debbie Armstrong on +61 (0)400 807 815 so your airport pick-up can be re-arranged for you. (If pre-arranged)

- Australian Border Security**
Australia has very strict border requirements of what can be brought into the country, which you should become familiar with. Visit Australian Border Force website abf.gov.au for more information about what you can bring in.

See more information of quarantine on the next page.



When You Arrive

Arriving at the airport of a foreign country can be a little overwhelming. There's no need to feel shy about asking for help: most airport staff will be happy to help you.

Quarantine

Australia has a unique environment that is free from many of the diseases and pests found elsewhere in the world.

If you are visiting Australia, you must be aware of Australian quarantine laws. It is extremely important that all items of an animal or plant nature are declared upon arrival in Australia.

On entering Australia you are required to complete an Incoming Passenger Card. You must read it carefully and complete the form truthfully.

The Incoming Passenger Card is a legal document and any false declaration can lead to prosecution resulting in a heavy fine, imprisonment, or both.

ALL animal and plant products, including food items, must be declared for inspection and in most cases will be returned.

Airport pick-up

If you prefer the convenience, or if you are under 18 years of age when you start at the College, we will arrange an airport pick-up for a cost of AUD \$180.

To arrange an airport pick-up, contact your agent if they organised your enrolment for you or if you prefer, please contact:

Our Accommodation Manager:

Email: collegeaccommodation@adelaide.edu.au
Telephone: +61 8 8313 3229

Provide 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.

Accommodation

Accommodation plays an important part in creating a solid foundation for your academic success and personal growth. Maybe you will want to try staying with an Australian family, for a full cultural experience. Or perhaps, you'd like to live in a shared house with friends. If you want some privacy and quiet, you might prefer your own studio apartment. We can help you find a home that suits your needs. Some of the options include:

- Homestay with a local family
- Scape at the University of Adelaide
- Yugo Adelaide City
- University Village

Are you under the age of 18?

Our friendly staff look after all students at the College, but we do take particular care of students who are under the age of 18.

Before you arrive, we will help you to arrange suitable accommodation, either with a local homestay family, or an apartment at our approved under 18 provider, Scape at UoA or Yugo Adelaide City Apartments. We'll pick you up at the airport and transfer you to your new home.

At the College, we will assign you your own personal welfare officer, who you will meet with every two weeks to make sure you're settling into your new life in Australia.

Bank account

Students wishing to transfer money from overseas will need to:

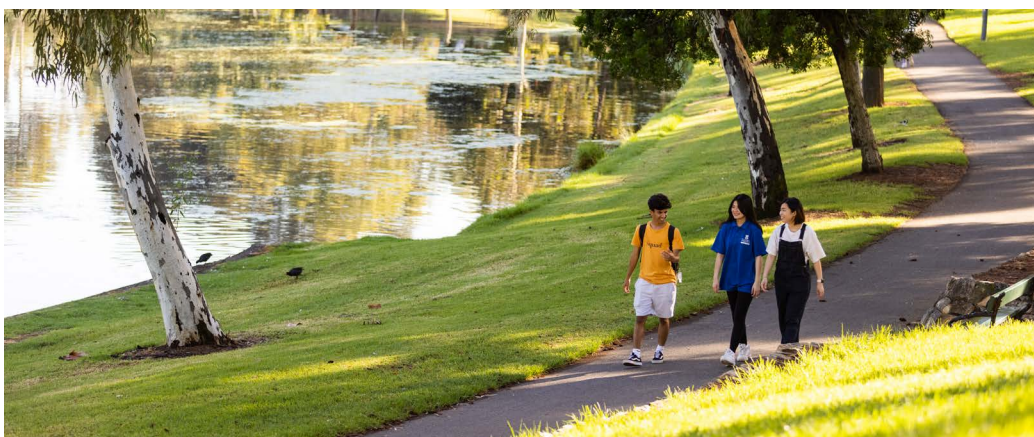
- Complete either a telegraphic transfer or bank draft
- Know and include the BSB and account number for the account in which they wish to make a deposit
- Check with the relevant bank as to how long the transfer will take. Bank drafts can take 6-8 weeks to process and there may be fees involved for both transactions.

When shopping, both EFTPOS (Electronic Funds Transfer at Point of Sale) and major credit cards are widely used in Australia. Student Services will be happy to assist you if you need help.

When choosing a bank or a credit union, find out if they have a branch or ATMs (Automatic Teller Machines) located near to where you live and/or study. Before you open an account, make sure you know your bank's account keeping fees and service charges. Every bank offers general savings accounts that allow you to bank online, deposit or withdraw money from an ATM and use EFTPOS.

Opening a bank account

Students can open an Australian bank account from their home country. A number of Australian banks offer this service online. To open a bank account once you're in Australia, you will need to complete a 100-point identity check. To do this you will need to provide identification, such as your passport, student card, birth certificate, driver's licence (if you have one), or credit card.



Student accounts

Most banks and credit unions offer student accounts with lower fees (and lower rates of interest). You will need to show the bank your student ID (or, if you are an international student, your CoE) when you open the account or very soon after. Make sure to ask if they have any limitations, such as maximum amounts on daily withdrawals.

Some nearby banks

ANZ (13 13 14)

www.anz.com.au
112 Rundle Mall, Adelaide

BankSA (13 13 76)

www.banksa.com.au
11 Rundle Mall, Adelaide

Bendigo Bank (1300 236 344)

bendigobank.com.au
80 Grenfell Street, Adelaide

Beyond Bank (13 25 85)

beyondbank.com.au
100 Waymouth St, Adelaide

Commonwealth Bank (13 22 21)

commbank.com.au
136 Rundle Mall, Adelaide

HSBC (1300 308 008)

hsbc.com.au
141 Rundle Mall, Adelaide

National Australia Bank (13 22 65)

nab.com.au
22-28 King William Street, Adelaide

Westpac (13 20 32)

westpac.com.au
80 King William St, Adelaide



Mobile phones

When you arrive in Australia, it is very important to contact your family in your home country to let them know you have arrived safely.

Here are some tips to remember when signing up for a new phone.

Tip 1 – Research

When setting up a SIM card in Australia you should first research different phone companies to find the provider that best suits your needs and budget.

Tip 2 – Identity documents

Make sure you take identification documents such as your passport, visa, bank account statements, ATM card, insurance card, utility bills in your name, credit cards, or Copy of Confirmation of Offer (CoE). The mobile phone provider will give you a full list of acceptable forms of identification.

Tip 3 – Contract vs. pre-paid

SIM cards are available in two general forms in Australia: (1) pre-paid and (2) contract. Under 18's can only purchase a pre-paid SIM card, once they are 18 years of age they can sign a contract.

1. Pre-paid SIM cards require you to pay an upfront fee and register the SIM yourself. You then pay for extra credit when you need it. Credit can generally be purchased online, or at convenience stores, supermarkets and service (petrol) stations. Pre-paid SIM cards will most often be sold independent of phone handsets, meaning that you will need to either use your existing handset or buy a handset separately.

2. Contract SIM cards, as their name suggests, lock you into a contract with a phone provider for a certain period of time (usually 24 months). You will be required to pay a certain dollar amount every month, which gives you a set amount of data and call time. Breaking the contract will likely mean that you will need to pay out the rest of your contract as an early termination fee. Contract SIM cards are often packaged with a phone handset.

Tip 4 – Unlocking your phone

Be careful! If you are using the handset from your home country, you may need to first unlock your phone so that it can use an Australian SIM card. You will need to contact your mobile phone provider in your home country for instructions on how to do this.

Tip 5 – Dual-SIMs

Some mobile phones allow dual-SIMs, which means you can install one SIM card for local calls and one SIM card for international calls.

There are a number of mobile network providers including:

- Optus www.optus.com.au
- Telstra www.telstra.com.au/mobile-phones
- Vodafone www.vodafone.com.au





What do I need to bring?

It is important that you bring your passport and details of your current Australian address – even if it is only temporary. This is required by immigration authorities. You will receive essential information during the orientation period and complete forms for our records.

Your First Day

Your first day will help you become acquainted with the College and studying in Adelaide. Please remember to bring your passport and current Australian address.

Orientation

We look forward to welcoming you to the College at orientation. Orientation is compulsory and you are expected to be onshore to attend all of the organised sessions.

You will receive an email, around two weeks, prior to your orientation containing more details and the orientation schedule. This will be sent to the email address that you included on your application. The first week of your College program will be your orientation. Please arrive at the College to attend orientation at the time provided on your orientation schedule. The College is located at 132 Grenfell Street, Adelaide.

What will I do at orientation?

We will finalise your enrolment and help you get set up as a College student. There will be some important information sessions during the week that you are required to attend, as well as some tasks that you will need to complete, including:

- Enrolment into course of study
- Study skills
- Purchase of textbooks
- College and University services and facilities
- Details of local transport
- Student responsibilities
- Australian Tax File Number

- Overseas Student Health Cover
- Student ID card
- Campus tour
- Living in Adelaide
- Residential apartment accommodation
- Virtual hub
- Registration with Sonder (a wellbeing support app).

Under 18 students

Australian law considers international students under the age of 18 to be minors and as such the College takes special care of their welfare and development. Students who are minors must stay in their approved accommodation until they turn 18 years of age. Students having any concerns or queries must liaise with the Student Success Advisor - U18 Welfare Officer who will assist with their welfare and general support arrangements.

You will meet with a College staff member on a regular basis to check on your welfare status. The College takes our responsibility to minors very seriously and regular checks are made to ensure that your welfare and accommodation arrangements are satisfactory and that your studies are progressing well.

What to expect?

Starting your studies in Australia may be a challenging experience. You may need time to adjust to new teaching styles and new expectations. Requirements of your studies will include:

- Contributing to class discussions
- Being an independent learner
- Thinking creatively
- Expressing your views and feelings
- Asking questions
- Planning and managing your time effectively
- Completing all types of program assessment (i.e. essays/assignments/oral presentations).

Study Adelaide

Study Adelaide is the local organisation which supports international students studying in Adelaide. It provides useful information on studying, living, working and you can sign up for student membership on their website so that you can be informed of free events, competitions and scholarships.



studyadelaide.com

Campus Facilities

Located in the city centre, our campus is a short walk from the University of Adelaide campus and close to Rundle Mall, the main shopping precinct and the heart of entertainment in Adelaide. Our campus provides a number of facilities for our students' benefit.

Student Services

You can meet with our friendly Student Services Team at any time to discuss any challenges or concerns that may arise. We can provide program and enrolment advice, study and career pathway guidance as well as additional support for under 18 students. If you are not sure who/where to ask, speak with us! We also regularly organise activities and social events so you can engage with your peers in the College community.

What can Student Services do for you?

- Connect you with academic support
- Provide you with program and enrolment advice
- Assist with degree choices and course selection
- Provide welfare support for personal issues (including confidential counselling)
- Help you manage your time and deal with study pressures
- General study and motivation assistance
- Connect you with legal assistance
- Help with accommodation
- Support for students under the age of 18
- Connect you with clubs, societies and peers to help you build your social networks

Learning support

We have students from all over the world and to ensure you have the best opportunity to reach your potential, our on campus tuition assistance sessions are available for you. Ask your teacher for more details.

Making friends

With the university campus less than five minutes walk away, our students are able to take advantage of the educational, recreational and social facilities on campus. Students can meet at Hub Central or UniBar.

Social Club

The College Social Club was established in 2012 to give students, past and present,

the opportunity to work with other students toward mutual goals. These goals include providing intellectual, cultural and social opportunities for international students to broaden their experience, enhance their social networks and provide support and guidance to other international students. Membership to the club is free and meetings are held monthly – or more regularly if planning an event. All students are welcome to join. It is an opportunity to meet other students and gain valuable experience in event planning, meeting management and fundraising. Email leanne.taylor@adelaide.edu.au for more information and follow us on social!

 facebook.com/uniofadelaidcollege

 instagram.com/uniadelcollege

Computer access

Computer suites and wireless internet are available to all College students. There are a number of computers available to use anytime at both the College and the University of Adelaide campuses.

The University of Adelaide facilities and clubs

Library

The Barr Smith Library is the main library of the University of Adelaide, located at the centre of the North Terrace campus. Our students have access to the library, its resources, systems and support services which include the University Librarian, research librarians, information literacy programs and membership and lending services*. The library physically holds (print and microform) in excess of 2 million items which support the research strengths of the University and the electronic holdings include access to an estimated 25 million journal articles, covering more than 20,000 e-journal titles.

Find out more at www.adelaide.edu.au/library

*lending services available to those studying Foundation Studies, Degree Transfer and Pre-Master's Programs only

YouX

YouX is located at Level 4 of Hub Central and offers a variety of student services, special benefits, and activities. Check the website to find out about current events and the many clubs and associations that you can join: youx.org.au.



The Blacks–Adelaide University Sport

Adelaide University Sport helps you to access an extensive range of sporting facilities and sporting clubs. Catering for everyone from elite athletes through to social players and gym enthusiasts, there are almost 40 sports to choose from. Go to theblacks.com.au to find the club that is right for you.

The Fitness Hub

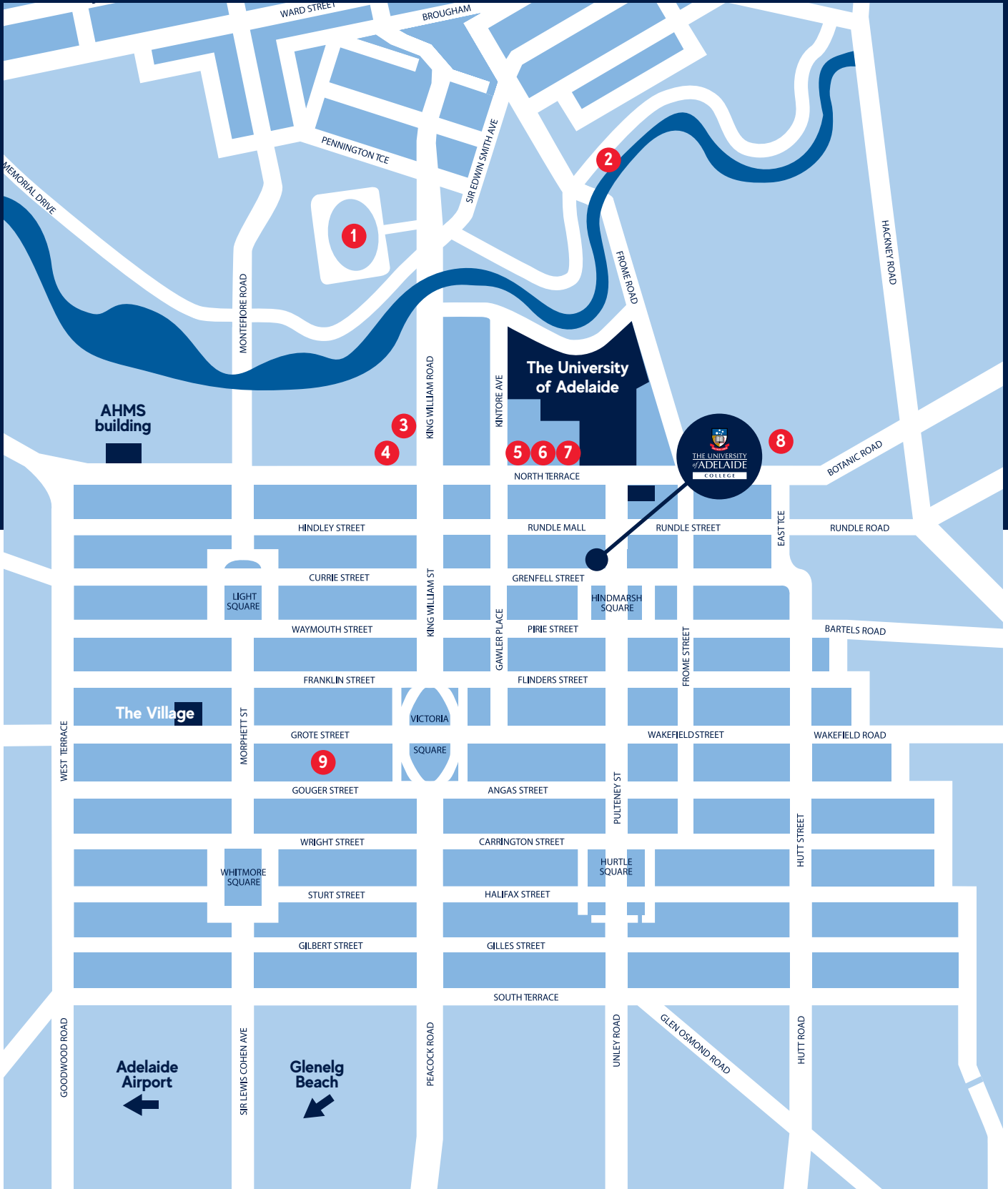
The on-campus gymnasium, located in Lady Symon Building, The University of Adelaide, Victoria Drive, Adelaide. 9am-5pm Monday - Friday, is affordable, accessible and the opening hours are ideal for students. As a College student you qualify for a student discount. Have a look at the facilities at: adelaide.edu.au/sports/the-fitness-hub

Amenities

- Post Office
- Bank ATM
- Fitness Hub
- Cafes
- Convenience store

Adelaide

- 1 Adelaide Oval
- 2 Adelaide Zoo
- 3 Adelaide Festival Centre
- 4 Adelaide Railway Station
- 5 State Library of SA
- 6 South Australian Museum
- 7 Art Gallery of South Australia
- 8 Adelaide Botanic Gardens
- 9 China Town



Local Information

Discover Adelaide

Adelaide is a relatively small city, but there is a lot to explore if you know where to look. There are many local conveniences located near the College and the University. If you don't know your way around yet, spend some time in and around the University getting familiar with the local attractions, eateries and hot spots. Here are just some of the places you may want to visit to get to know Adelaide a bit better:

- North Terrace - Art Gallery, museums and State Library
- The East End – Rundle Street area (cafes, dining, fashion)
- Rundle Mall (shopping)
- Central Market (food shopping and dining)
- The West End – Peel Street & Leigh Street area (dining, bars)

Adelaide Central Market

The Adelaide Central Market is a great place to get good quality produce. They have great bargains towards the end of trading on Saturday afternoons (about 3pm)! The Central Market, as locals call it, is also adjacent to one of Adelaide's most popular eating districts: Gouger Street and Chinatown.

Exploring the city

For more ideas about what's on in Adelaide, check out the following resources:

- explore.cityofadelaide.com.au/whats-on
- studyadelaide.com
- welcomedinnerproject.org
- randomactsofwelcome.org

Public transport

Adelaide offers a public transport system of buses, trains and trams connecting the inner city with the suburbs of Adelaide.

Free city transport

Getting around Adelaide is easy if you use public transport. You can learn more about the Adelaide metro system at: adelaidemetro.com.au.

You can use the free City Connector bus (99A/99C) to loop around the CBD Monday - Friday, (98A/98C) to loop around the CBD and extend to North Adelaide every day of the week and hop on and off as often as you like. Tram routes around the CBD are free.

The free zone is the area between the South Terrace stop, Adelaide Entertainment Centre, Festival Plaza and the Botanic Gardens.

Step 1: Get yourself a Metrocard

Metrocards are rechargeable, multi-use passes, which you can buy at the Adelaide Railway Station, post offices and some newsagencies. Full-time students, including international students, are eligible for a concession tertiary fare. We will advise you how to obtain your student ID card at orientation; it's important you carry your student ID with you when you travel using a concession ticket. Fares can also be purchased onboard trams and buses by tapping on with a credit card when boarding transport.

Step 2: Plan your route

Check the timetables at the Adelaide Metro website or download a trip planning app on your mobile device. For more information, visit: adelaidemetro.com.au.

Step 3: Catch a ride

When catching the bus you will usually enter using the front door, but for the tram and train, you can use any door to enter. Upon entering the vehicle, you need to validate your trip by tapping your card on the yellow validation machines found just inside the door.

Step 4: Stop!

Bus or tram: To request a stop, push the stop button before the bus or tram arrives at your stop. You can exit from any door. Make sure to leave enough time for the driver to stop. On the bus, don't forget to say 'Thank you' to the driver when you get off.

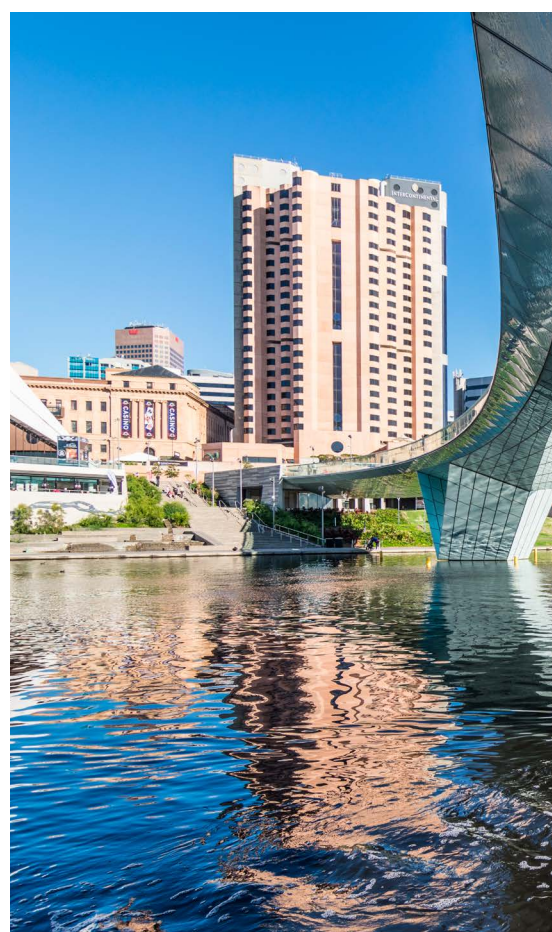
Train: The train will stop automatically at all stations listed on the timetable. You can exit from any door.

Cycling to campus

Riding a bike to the College or the University of Adelaide can save you hundreds of dollars in parking and fuel costs, it helps keep you healthy and it's often faster than taking public transport. Find the quickest, safest route at: maps.sa.gov.au/cycleinstead.

Bicycles

You can rent a free bicycle from the Adelaide City Council's Adelaide Free Bike service. Bikes can be hired from locations



across the city, and come with a helmet (which you are required by law to wear).

For more information, visit: bikesa.asn.au.

UoA facilities

The facilities map provides the location of all showers, change rooms, lockers and under-cover bike racks on the North Terrace campus, along with water refill stations and bike maintenance poles.



5 minute walk

from the College campus
to the University of
Adelaide campus



Most bathrooms are open on weekdays between 8:00am and 6:00pm.
www.adelaide.edu.au/campuses

Bike shed access and security

Secure bike sheds are available for short-term bicycle parking. To gain access to the sheds, complete the online application form or visit Ask Adelaide website adelaide.edu.au/ask-adelaide.

For more information about the bike sheds, visit adelaide.edu.au/ecoversity/a-z-of-advice/bike-parking-security

To protect your bike and reduce the likelihood of it getting stolen, use the following guidelines:

- Lock your bike in a well-lit, well-travelled area
- Use a D-Lock, rather than a chain or cable lock

- Do not leave bicycles out overnight
- Keep a copy of the bike's serial number to aid in identification and recovery in the event of theft.

Beach safety

Australian beaches are unpredictable and have hidden dangers that you should be aware of. Take the time to learn how to have a safe and fun trip to the beach.

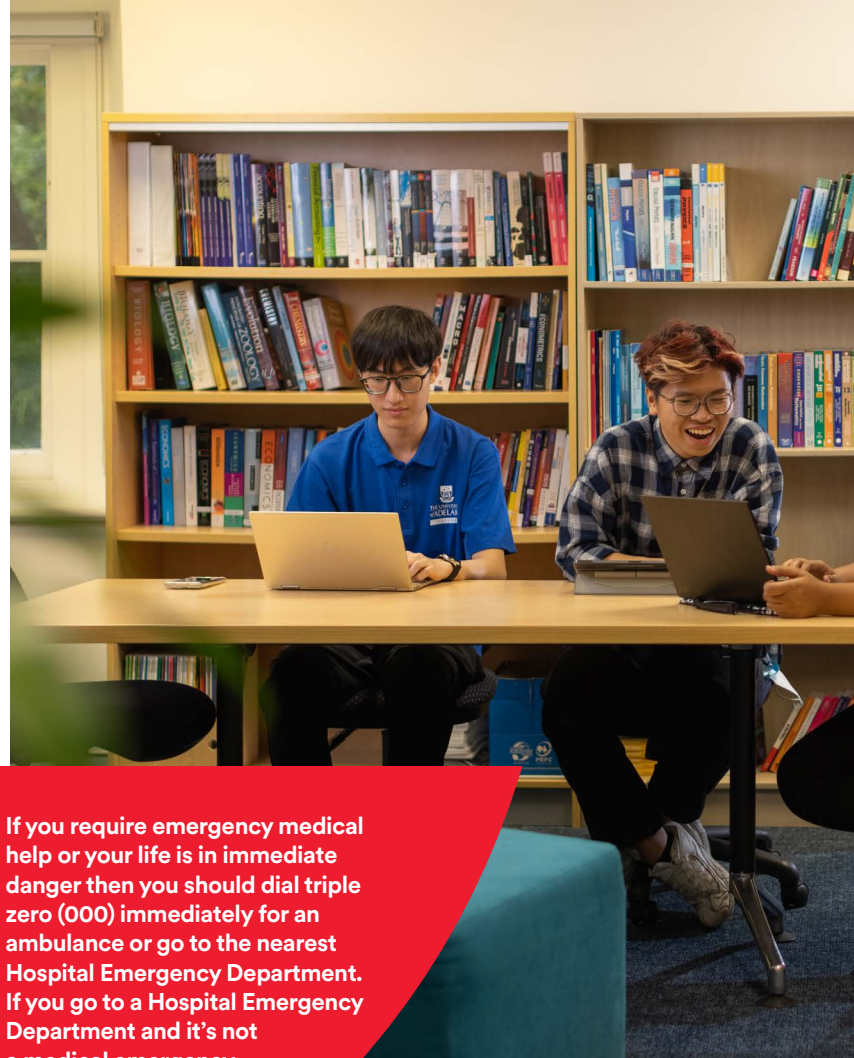
Beach safety tips:

- Always swim between the red and yellow flags at beaches with patrolling lifeguards.
 - Never swim alone.
 - Read and obey all signs.
 - Don't swim directly after a meal.
 - Don't swim under the influence of alcohol or drugs.
 - Always check the depth of the water.
 - If you get into trouble in the water, stay calm. Signal for help by waving your arm and wait for assistance.
 - Learn how to spot a rip and keep clear of it.
- Learn more at: beachsafe.org.au

Student Health

If you or a friend are seriously ill and need 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.



If you require emergency medical help or your life is in immediate danger then you should dial triple zero (000) immediately for an ambulance or go to the nearest Hospital Emergency Department. If you go to a Hospital Emergency Department and it's not a medical emergency you will have to wait a long time to see a doctor.



Medicines

It should be noted that pharmaceutical products in Australia may be more expensive than in your home country. Medications such as antibiotics and antihistamines will require a doctor's prescription and may cost approximately AUD \$25 for a course. Some milder antihistamines may be bought over-the-counter and may cost around AUD \$15. A pain-relieving tablet such as paracetamol or aspirin may be purchased without prescription at supermarkets.

Overseas Student Health Cover

The Department of Home Affairs requires all international students to be covered by health insurance for the entire duration of their stay in Australia. The College can arrange this for you on acceptance of your offer or you can choose an OSHC provider of your choice.

OSHC is insurance that provides cover for the costs for medical and hospital care which international students may need while in Australia. The University of Adelaide College's preferred provider is Bupa Australia.



Medical costs

Medical costs are at the discretion of your local doctor or hospital.

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
- Other medical services such as pathology and radiology
- Emergency ambulance transport.

Doctors

If you are feeling sick or have a medical issue that is not an emergency, then a doctor – also called GP (General Practitioner) should be your first point of contact.

The closest GPs to the College are University of Adelaide Health Practice Campus, The University of Adelaide, Ground Floor Horace Lamb Building, North Terrace, Adelaide SA 5005 . Phone : (08) 7095 0273 Or Gawler Place Medical Centre - 9-51 Gawler Place Adelaide SA 5000. Phone : (08) 8212 7175

The Student Services Team can assist you to find your closest Doctor.

You should take with you to your first appointment:

- student ID Card
- OSHC card or have your OSHC App on your phone
- list of medications you are currently taking
- list of vaccinations you may have received in the past.

After hours GP

If it is after 6pm and you are feeling unwell, you can call a doctor to your home. Call 137425 (13SICK) or visit homedoctor.com.au.

Bupa GPs

If your OSHC is with Bupa you will be able to find an OSHC Doctor near you.

bupa.com.au/health-insurance/oshc/members-help-guide/find-a-doctor.

Is it an emergency?

If you require the opinion of a nurse as to whether you need to attend the doctor or hospital, call Health Direct Australia on 1800 022 222 to speak with a qualified nurse. An interpreter is available.

www.healthdirect.gov.au

This insurance does not cover:

- Dental costs
- Physiotherapy
- Optical glasses, contact lenses
- Medical expenses for any pre-existing medical condition that you had before you came to Australia, during the first 12 months of membership
- Treatment covered by provisions for compensation and damages or accidents
- Pre-screening in the first 12 months

Please see a College Student Services staff member or your OSHC provider for more information.

More information

- Ensure you register with myBUPA when you have received your membership number
- If you would like to renew or increase the length of your OSHC, please contact Bupa.
- If you would like extra cover for items not covered e.g. dental, physiotherapy, optometry (glasses, contact lenses), you may wish to take out extras cover for an additional cost.
- If you change your address while living in Australia you should notify Bupa within seven days.
- If the doctor you visit does not accept your Bupa card, please pay the bill in full for your visit, and collect your receipt. Then take your receipt to any Bupa Australia branch where you can apply for a rebate.

If you have any questions visit the Bupa Australia website at bupa.com.au/health-insurance/oshc or call 1800 888 942 (24 hours) from within Australia.

The Adelaide Bupa branch is located at: Shop 24, Regent Arcade, Rundle Mall Adelaide SA 5000

If you have OSHC with a different insurance provider, you will need to contact your provider yourself, or ask your education agent.

Laws & Customs

Laws

- In Australia no one under the age of 18 may buy or drink alcohol. 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 the police undertake regular random checks.
- Buying, selling and using drugs is illegal.
- We may disclose personal information about you in accordance with our Privacy Policy (available at college.adelaide.edu.au/legal), including to your education agent and the Australian government.

Customs

Customs are an accepted way of behaviour in a country. You need to know Australian customs to help you feel comfortable with people. Some important Australian customs to know include:

- Please and Thank you: It is very important to use these words when asking or receiving gifts or favours.
- 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 or when walking/cycling on public pathways.
- 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.



- Workplace Etiquette: Australians use a firm handshake when meeting someone for the first time. In the workplace, as with many situations, Australians will address one another using only first names. Eye contact is very important in conversation.
- Clothing: Clothing is an individual choice. Australian people dress for comfort, weather or social occasion.

Religion

While some Australian customs are influenced by English traditions and the predominant religion, Christianity, Australia has a growing multicultural population with different religions and faiths.

There are places of worship for all religions and faiths in Adelaide, all accessible by public transport. You can get more information about local religious institutions from the College staff at reception.



Developing a good understanding of Australian laws, customs and values in the society will help you settle in the new environment smoothly.



Values in Australian society:

- Rights of the individual
- Equality of individuals independent of gender, race, religion or personal preferences
- Independence
- Punctuality
- Politeness.

Smoking/Vaping

It is illegal to smoke or use e-cigarettes (vaping) in any public building in Australia, including toilets and fire escape stairs. If you wish to smoke/vape, it is polite to be at least four metres away from building entrances, and you must put all cigarette butts/vaping cartridges in a bin. If you set off a fire alarm in the building by smoking/vaping, you will be liable for the costs, e.g. Metropolitan Fire Service call out fees. It is illegal for anyone under the age of 18 to purchase cigarettes/e-cigarettes in Australia. All drugs and alcohol are strictly prohibited in the College.

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 the College
- Inform the College if you change your address or phone number
- Maintain satisfactory course progress
- Maintain a minimum of 80% attendance during your course

If you are under 18, maintain your approved accommodation, support and general welfare arrangements.





Employment

For the amount of hours that you are permitted to work as a student visa holder, you may visit immi.homeaffairs.gov.au/visas/getting-a-visa/visa-listing/student-500.

From 1 July 2023, student visa holders can work no more than 48 hours a fortnight while studying, however it is important that you do not let any work interfere with your studies.

Be aware that there are laws in Australia that employers must adhere to with respect to worker safety, tax payments and certain leave entitlements. There are also equal opportunity laws that protect employees from discrimination based on race, religion, age, gender, marital status or sexual orientation or disability. Additionally, most workplaces have strict harassment policies that all staff must adhere to.

You must be paid an award rate (a minimum rate dependent on your age, expertise and area of work). Visit fairwork.gov.au to check your rights as an employee.

There are certain jobs that you are not legally permitted to do until you are 18 years of age, e.g. working in premises licensed to serve alcoholic beverages.

The University's Career Hub gives you access to resources and workshops on topics such as resumes, cover letters, interview skills and more.

studyadelaide.com provides the information of services to help you find part-time work in Adelaide.

The following websites may be helpful for information on resumes and job searching:

- myfuture.edu.au
- adelaide.edu.au/student/careers
- seek.com.au

If you need further advice, please speak to our friendly Student Services team at the College.

For more information on your workplace rights, obligations, and pay rates, visit the Fair Work Ombudsman: fairwork.gov.au

Legal Services

Sometimes there may be a need to seek legal help. In South Australia we have the Legal Services Commission South Australia

lsc.sa.gov.au

The free legal helpline is 1300 366 424



South Australian Public Holidays

Holiday	2024
New Year Holiday	1 Jan
Australia Day	26 Jan
Adelaide Cup Day	11 Mar
Good Friday	29 Mar
Easter Monday	1 Apr
ANZAC Day	25 Apr
King's Birthday	10 Jun
Labour Day	7 Oct
Christmas Day	25 Dec
Proclamation Day	26 Dec



This College prepared me very well for the University life. All the courses taught here gave me the fundamental skills that I needed in the University. I did the Foundation Studies for the Bachelor of Philosophy, Politics and Economics at the College and then studied the Bachelor of Marketing at the University of Adelaide. Now I am back at this College working as a staff member.”

**Phuong Anh Hoang,
Vietnam**

Foundation
Studies





Important Information

University of Adelaide College Adelaide campus

132 Grenfell St Adelaide SA 5000 Australia

Website college.adelaide.edu.au

Telephone +61 8 8313 3430

Enquiries college@adelaide.edu.au (future students)

collegeservices@adelaide.edu.au (current students)


Emergency College Number: +61 (0)400 807 815

Police, Fire, Ambulance: 000

 college.adelaide.edu.au

 facebook.com/uniofadelaidecollege

 instagram.com/uniadelcollege

 linkedin.com/school/the-university-of-adelaide-college

 youtube.com/theuniversityofadelaidecollege

Useful website links

Australian Quarantine & Inspection Service

www.agriculture.gov.au/travelling

Australian Department of Foreign Affairs & Trade

www.dfat.gov.au

Bureau of Meteorology

www.bom.gov.au

Department of Home Affairs

www.homeaffairs.gov.au

Council of International Students Australia (CISA)

www.cisa.edu.au

About Adelaide

www.adelaidecitycouncil.com

www.southaustralia.com

www.studyadelaide.com