



THE UNIVERSITY
of ADELAIDE

COLLEGE

Culture

Adjusting to a new way of life

Come here.....Go away.....??????



We are in this together!

Did you arrive about 3 or 4 months ago? Are you feeling a bit down?



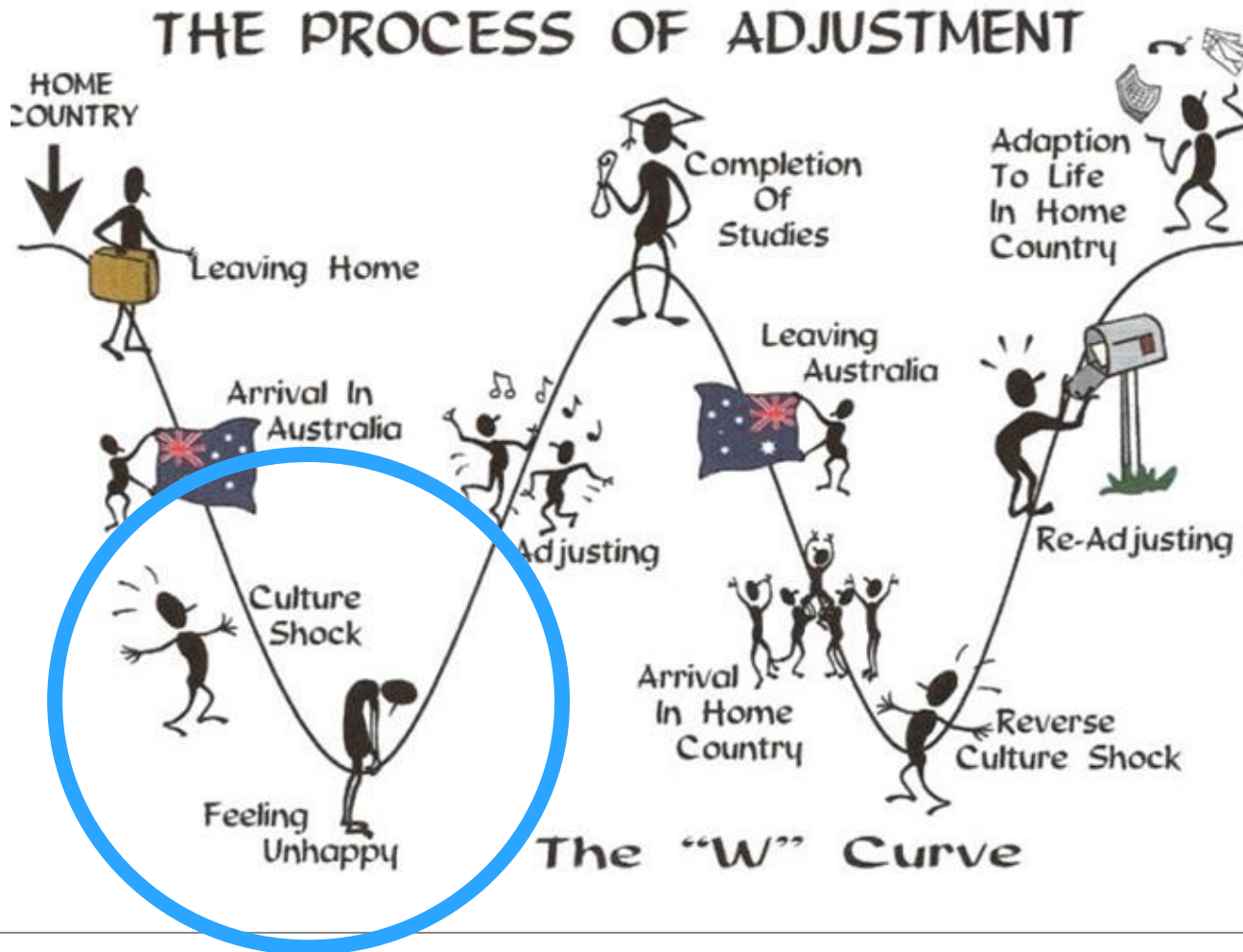
Have you seen some unusual things?



Have you eaten some interesting food?



About 3 months after you arrive you might feel sad. It's normal.



See your new home...

Go on a tour



Take a walk

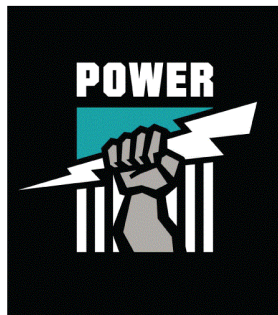


Get in with the locals...

Go to the footy



Choose a team



Go out! Try the food!

- <http://www.weekendnotes.com/adelaide/>
- <http://www.adelaidecitycouncil.com/whats-on>
- <https://www.timeout.com/adelaide>



Join in...

University of Adelaide (The Blacks)

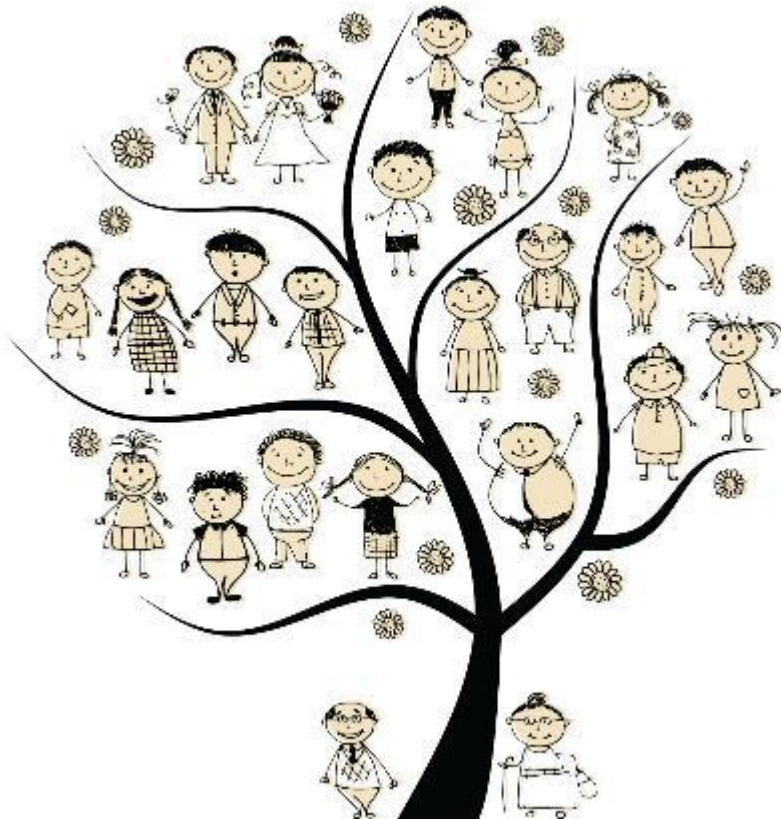


University of Adelaide Union - Clubs

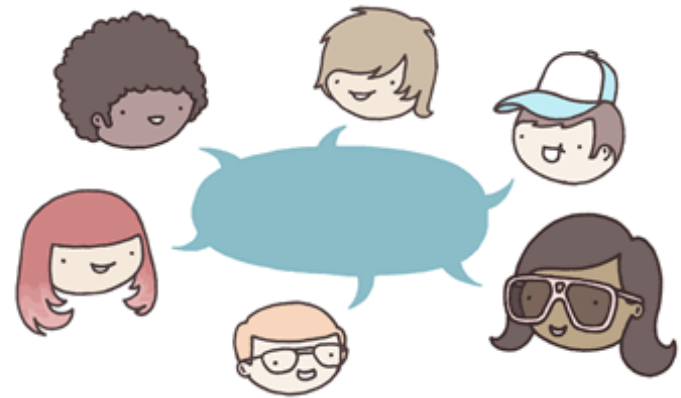


Talk, talk, talk...

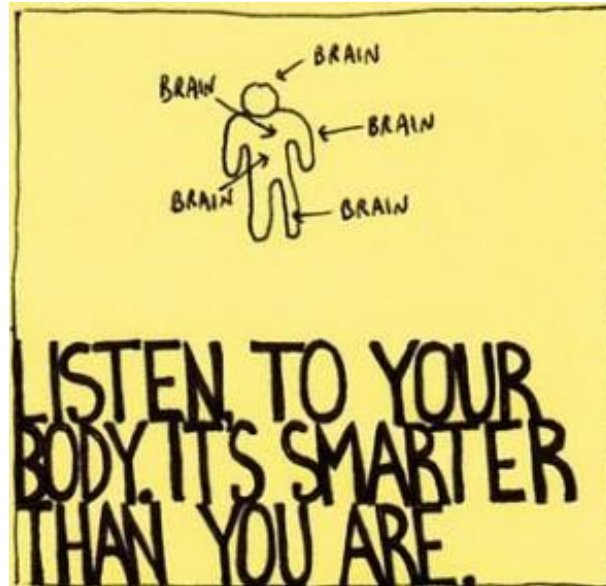
Stay in contact with
family & friends



Talk to your teachers or the
student services team



Be kind to yourself...



- Exercise
- Eat fresh food
- Sleep enough (but not too much!)
- Take time to have fun

Learn the lingo...



Conquer the 6 greatest challenges for international students in Australia...





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