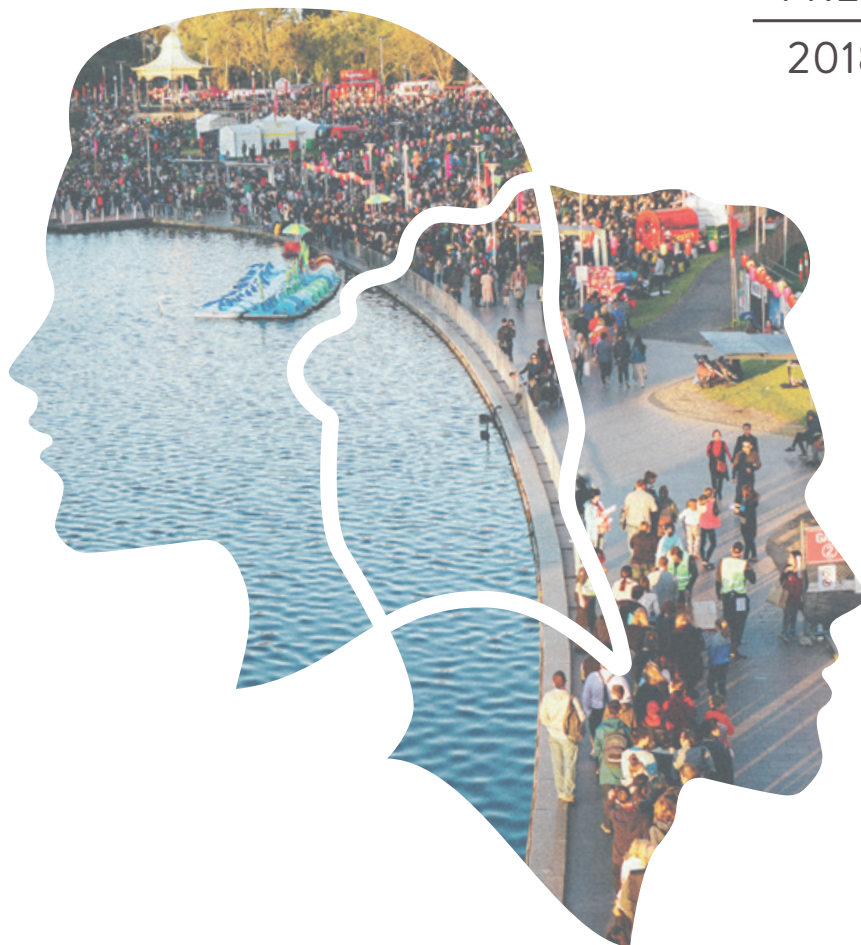


International Student Guide

**INSIDER
GUIDES**

FREE

2018



Adelaide

**A GUIDE BY
LOCAL EXPERTS**



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SOUTH AUSTRALIA



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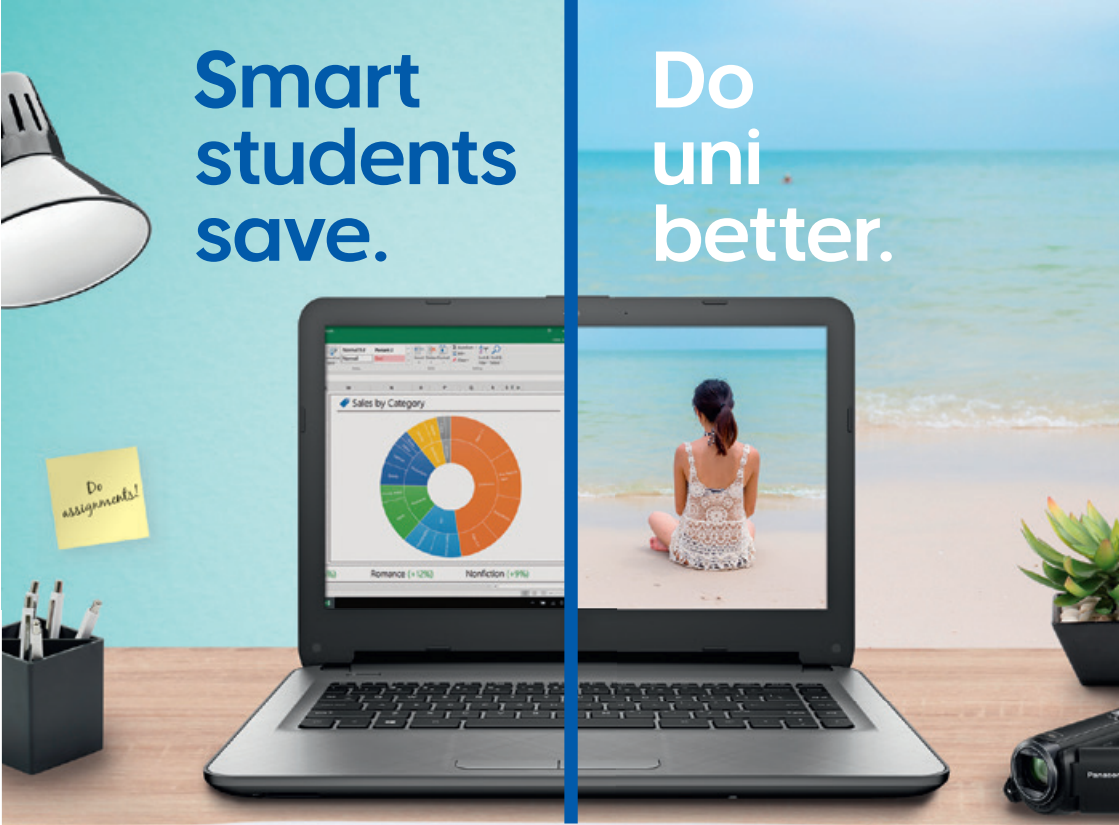
Adelaide is home to some of the best universities in the world. This means world-class education and highly accomplished teachers. But most importantly Adelaide offers an incredible lifestyle and a team of people to support you, every step of the way.

Adelaide, home to your future.



StudyADELAIDE
SOUTH AUSTRALIA

www.studyadelaide.com



Smart
students
save.

Do
uni
better.



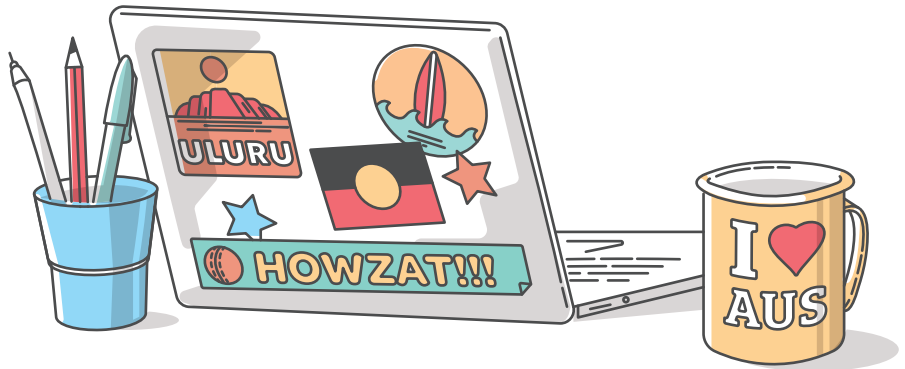
Get off to a smart start with savings on tech, furniture, stationery, and Print & Copy services from the place with the widest range of uni supplies in Australia.

With over 160 stores, plus 24/7 online shopping with free Click & Collect, Officeworks helps you save on uni essentials – so you can save for the fun stuff.

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Officeworks 

Your Aussie Life Starts Now



**We help you discover your next
adventure, learn about
Australian culture and get
settled in your new home.**

insiderguides.com.au

Welcome

Welcome to Adelaide and thanks for picking up a copy of Insider Guides - International Student Guide.

We're here to get you settled so you can start enjoying your new home as quickly as possible. Use this guide, which is written by locals, to get an insider's perspective on what life is like here.

It will also help you secure a place to live, find a job, get a bank account, navigate public transport and much more.

We understand international students are not tourists. You're here to live! As such, this guide is designed to allow you to discover what life is really like here, and for you to discover your new home on your terms.

Use this guide to find new places to hang out, places to explore, food and drink to try and enjoy all that is great about Australian culture.

For updated information about how to settle in and enjoy life in Australia, head to:

insiderguides.com.au

Everything you need to get started in your new life in Australia. Get the basics out of the way so you can start enjoying yourself.

ACCOMMODATION	6
COMMUNICATION	14
MONEY & BANKING	20
EMPLOYMENT	24
STUDYING	30
CULTURE	34
HEALTH	40
TRANSPORT	44

There is more to Adelaide than just the city centre. This section will help you explore the areas that make the city an ideal place to live.

CITY CENTRE	54
NORTH ADELAIDE	60
INNER EAST	64
INNER WEST	68
INNER SOUTH	72

Want to embrace Adelaide and Australian life like a local? We'll help you discover Australian culture and ways to engage with your community.

ADVENTURER	76
CONNOISSEUR	80
EXPLORER	86
NIGHT OWL	92
KEY CONTACTS	98

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.



DO I KNOW?

WHAT THE TRAVEL TIME IS TO MY INSTITUTION? ☐

WHAT I NEED TO BUY TO GET STARTED? ☐

IF I NEED TO ARRANGE ANY ADDITIONAL INSURANCE? ☐

WHAT MY LEGAL RIGHTS ARE? ☐

WHAT ARE MY ACCOMMODATION OPTIONS?

You can stay in a private rental property (either alone or with housemates), in a homestay with a family, a student apartment or a residential college. Each option has their own unique benefits and drawbacks.

Comparing Options

PRIVATE RENTAL

\$175-\$400/wk

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 go alone you will have to pay for everything and may get lonely (depending on your personality).

Rentals come either furnished or unfurnished. Both will require you to buy the basic necessities but furnished will at least have the major furniture and appliances.

HOMESTAY

\$250-\$300/wk

A homestay is 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. Also, some homestays are located further away from institutions than other options.

STUDENT APARTMENT

\$250-\$500/wk

These large centres are full of apartments of varying sizes (1 to 5 bedrooms). You will get a fully furnished bedroom with 24 hour support, internet included and private ensuites are available.

Generally, they are conveniently located (in the city) for students, are secure, safe and they often boast a real sense of community. Many have a social calendar so you can make friends. The downside to this is the internet can slow down at peak times and the rooms can be quite small.

RESIDENTIAL COLLEGE

\$450-\$700/wk

Located close to major campuses, residential colleges, while they appear more expensive than other options, do include a lot of extras. Your fully furnished bedroom will be cleaned weekly, study facilities and gyms are supplied and you don't have to do any of your own cooking. There's also a lot of social events to attend and tutors to help out. The downside is that you often have to lock in your lease for 12 months and you may not need all the extras that you're paying for.

BEFORE YOU TAKE OUT A LEASE ON A PROPERTY:

- | | | |
|---|---|--------------------------|
| 1 | ENSURE YOU HAVE ENOUGH MONEY TO COVER THE BOND | <input type="checkbox"/> |
| 2 | ARRANGE A REFERENCE OR GUARANTOR | <input type="checkbox"/> |
| 3 | INSPECT THE PROPERTY BEFORE YOU SIGN A CONTRACT OR PAY A DEPOSIT | <input type="checkbox"/> |
| 4 | PHOTOGRAPH ANY EXISTING DAMAGE OR ISSUES | <input type="checkbox"/> |
| 5 | CAREFULLY READ YOUR RENTAL AGREEMENT BEFORE SIGNING IT | <input type="checkbox"/> |
| 6 | MAKE SURE YOU RECEIVE, AND KEEP, A COPY OF YOUR RENTAL AGREEMENT AND RECEIVE A RECEIPT FOR ALL RENT AND BOND PAYMENTS | <input type="checkbox"/> |
| 7 | ESTABLISH WHO IS RESPONSIBLE FOR UTILITIES | <input type="checkbox"/> |
| 8 | PAY ATTENTION TO DETAILS REGARDING THE END OF YOUR RENTAL AGREEMENT | <input type="checkbox"/> |
-

OTHER FACTORS TO CONSIDER WHEN SELECTING ACCOMMODATION

- | | | | |
|--|--------------------------|--|--------------------------|
| HOW CLOSE IS IT TO MY INSTITUTION? | <input type="checkbox"/> | IS IT NOISY? | <input type="checkbox"/> |
| HOW CLOSE IS IT TO PUBLIC TRANSPORT AND WHAT WILL THE COST BE? | <input type="checkbox"/> | IS THE AREA SAFE? | <input type="checkbox"/> |
| WHAT IS NEARBY? (SHOPS, HOSPITALS, POLICE STATIONS, PARKS) | <input type="checkbox"/> | IS THE BUILDING SECURE? | <input type="checkbox"/> |
| IS THERE ADEQUATE HEATING AND COOLING? | <input type="checkbox"/> | DOES EVERYTHING WORK? (SMOKE ALARMS, APPLIANCES, LIGHT SWITCHES) | <input type="checkbox"/> |
-

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 one months rent if the rent is \$350 a week or less but can be more if the rent is more than \$350 a week.

Your landlord can also ask for two weeks rent in advance if you pay weekly but one months rent if the rent is less than \$350 a week and you don't pay weekly.

Your home away from home

We provide great student accommodation with awesome facilities, friendly staff, and supportive student communities



Why Atira?

Atira's unique Student Experience Program helps you settle in a new city and make lifelong friends.

Located close to public transport, major universities, shopping & dining districts, Atira offers convenience, purpose-built common areas, and beautifully furnished rooms.

BOOK NOW AT [ATIRA.COM](https://atira.com)

For more information contact us at
hello@atira.com or call 1300 848 888

atira
Student Living.



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 & Wellbeing Program:
Settle into your new home through our Community Spirit Program.



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

**ENQUIRE &
BOOK NOW**



+61 8 8385 9000

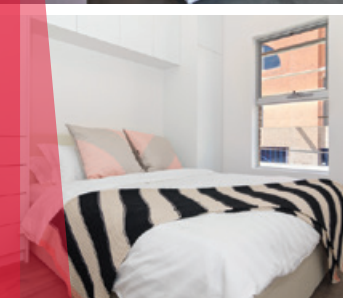


unilodge.com.au



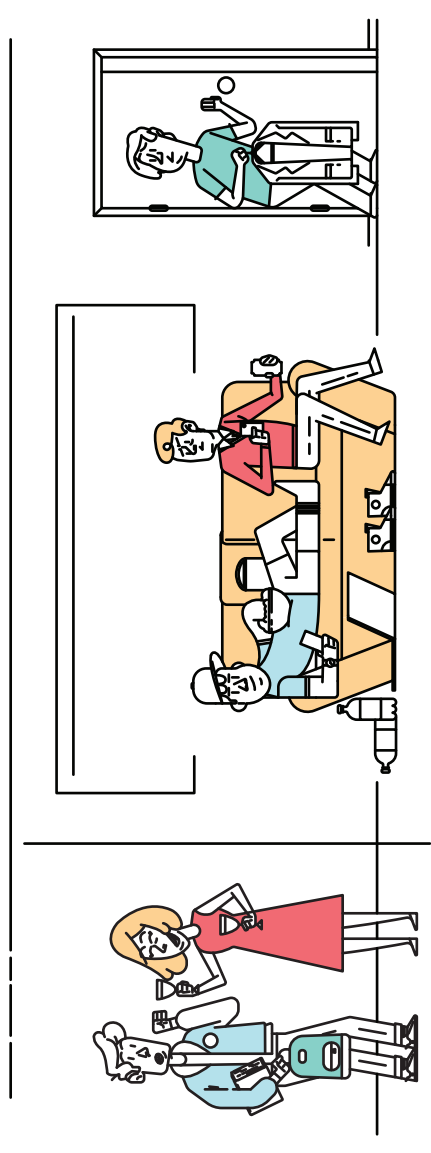
info@unilodge.com.au

Apartment options will vary from each lodge including furnished inclusions and apartment types, please visit our website for further information.



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.

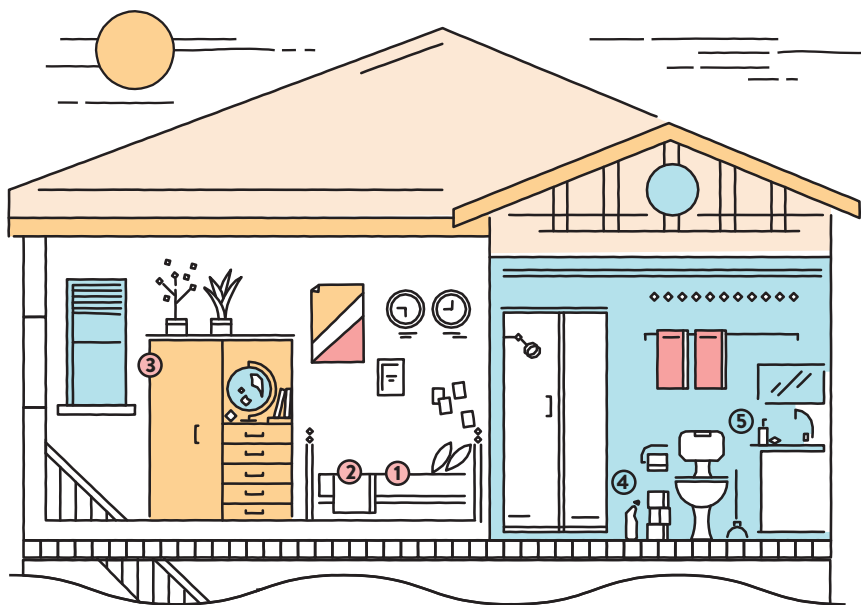


Living with others means respecting their schedules. If they have a big assignment due tomorrow, then tonight is not the night for a loud party! Determine a policy on guests and quiet times to avoid any disagreements.

Wash up after meals, don't leave clothes lying around and determine a cleaning schedule with your housemates. Some people may prefer certain tasks but ensure that the workload is split evenly.

Respect each other's space. Don't enter each other's rooms without permission and try to not leave all your stuff lying around the communal areas. If you want quiet study then head to your own room.

Setting up Your New Home



BEDROOM

① Mattresses

If it's not supplied then consider an online service like Koala to get a quality one delivered. If you need the bed as well then head to IKEA.

au.koala.com - ikea.com.au

② Bedding

There are regular sales at budget-oriented department stores like Target and Kmart. Watch out for 'home' or 'Manchester' sales.

target.com.au - kmart.com.au

③ Bedroom Furniture

If you need additional items like bedside tables or lamps then check out Gumtree (a secondhand marketplace). Be safe during meetups by alerting others and consider taking a friend.

gumtree.com.au

BATHROOM & CLEANING

④ Toiletries

Discount chemists like Chemist Warehouse offer cheap regular prices on toiletries while Priceline also has large sales, ideal for stocking up.
chemistwarehouse.com.au
priceline.com.au

⑤ Keep it Clean

You don't have to spend a lot on regular, essential cleaning products. Head to discount stores like the Reject Shop to keep your space clean on a budget. More environmentally friendly cleaning solutions are available at major supermarkets. Look out for brands like Mother Earth and Thank You. For toilet paper, check out the environmentally friendly Who Gives A Crap.

rejectshop.com.au
au.whogivesacrap.org

STUDY

① Books

Beyond your textbooks, consider secondhand books from Fishpond or use the free delivery available from Book Depository.

fishpond.com.au
bookdepository.com

② Stack Your Desk

You might have a study spot at home/in your room but how do you make it complete? Head to Officeworks for your stationery, lamp, desk organisers and recycling bin.

officeworks.com.au

③ Bring it to Life

Head to Bunnings Warehouse to get some (low-maintenance) indoor

plants to help with stress and concentration levels.

bunnings.com.au

ELECTRONICS

④ Computers

Check student discounts available on both hardware and software. Unidays compiles various student discounts that are available.

myunidays.com

⑤ Price Matching

Check prices at multiple electrical stores, like JB Hi-Fi and Harvey Norman, to see if you can price match on items like TVs) or even get them to beat their competitor's price.

jbhifi.com.au
harveynorman.com.au

KITCHEN & BEYOND

⑥ Stock Your Kitchen

Look out for regular sales at department stores, sign up for eBay alerts and check noticeboards (online and in person) at your institution to pick up bargains on small kitchen items. Look out for items like slow cookers, pots and pans, crockery, cutlery, can openers and corkscrews.

⑦ Balconies & Outdoors

Head to IKEA for some small outdoor furniture to help make the most of your balcony or small outdoor space.

ikea.com.au



Communication

In this chapter we'll show you how to connect to your friends and family, both locally and internationally. We'll teach you how to get started, by either purchasing a SIM or a phone plan.



DO I KNOW?

IF MY ACCOMMODATION HAS INTERNET?

☐

IF I NEED A NEW PHONE?

☐

HOW MUCH DATA I WILL USE?

☐

HOW I WILL CALL HOME?

☐

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 for about \$15-20/month.

HOW DO I CONNECT MY MOBILE PHONE IN AUSTRALIA?

If you bring your mobile phone with you from overseas, there are a few ways to get connected. Prepaid is an easy and flexible way to get connected. You can recharge with data, text, local and international calls, and all you need to do is pick up a SIM card and then choose the recharge for you. Plus, prepaid gives you the freedom to recharge where and when you want, without being locked into a contract.

But if you want all the data, text, local and international calls you get with a regular phone plan, SIM Only plans might be for you. With SIM Only plans, you've got the freedom to pay month-to-month, or sign up for a 12 or 24 month plan.

HOW DO I GET A NEW MOBILE PHONE?

If you're planning on staying for a year or more, and need a new phone, your best option is to sign up for a 12 or 24 month plan. Mobile phone plans will give you the best value and you can choose a phone and plan to suit your needs. When you're ready to sign up, head in to your closest store with items listed in the table to the right.

WHAT DO I NEED TO GET A PHONE CONTRACT?

- PROOF OF YOUR AUSTRALIAN ADDRESS -
USUALLY AN AUSTRALIAN BANK
STATEMENT OR RENTAL AGREEMENT ☐
- YOUR STUDENT VISA DETAILS ☐
- PROOF OF IDENTITY (YOUR PASSPORT) ☐

FACTORS TO CONSIDER BEFORE SIGNING A PHONE CONTRACT:

- HOW LONG IS THE CONTRACT? ☐
- ARE INTERNATIONAL CALLS COVERED IN THE PLAN? ☐
- WHAT IS THE MONTHLY DATA LIMIT? ☐
- HOW MUCH WILL YOU BE CHARGED IF YOU NEED TO END THE CONTRACT EARLY? ☐
- WHAT ARE THE COSTS FOR USING THE PHONE OVERSEAS? ☐
- WHAT IS THE NETWORK COVERAGE LIKE? ☐
- WILL YOU BE CHARGED EXTRA FOR PAYING THE BILLS IN A CERTAIN WAY? ☐

WHAT ARE MY OPTIONS FOR STREAMING TELEVISION AND MOVIES?

Netflix - [netflix.com](https://www.netflix.com) from \$11/month

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

**Foxtel Now [foxtel.com.au/now](https://www.foxtel.com.au/now)
Packages begin at \$15/month**

Available on computers, smart TVs, Chromecast and gaming consoles, this 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 - [stan.com.au](https://www.stan.com.au) from \$10/month

A local option that lacks original programming but has an extensive back catalogue of local and international options. The platform also sources shows from companies like Amazon and is available on smart TVs, gaming consoles, Apple TV and Chromecast, mobile devices and on computers.

Catch-up apps - ABC iView, SBS OnDemand, Plus7, 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 still contain adverts.

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

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

FEEL RIGHT AT HOME



Living on your own in a new country can be an exciting experience. There's the freedom to decorate your personal space and treasured memories to be made sharing a home with your best friends. At the same time, there are many factors to consider - location, budget, lifestyle and more.

At Belle Property Adelaide City, we understand the challenges faced by international students and have helped many buy and rent their ideal accommodation. After all, many of our property consultants were once international students like you!

Feel free to visit our office (we're just minutes away from Adelaide Central Market and Chinatown) and speak to one of our friendly real estate agents. We're sure you'll feel right at home in Adelaide in no time.



Belle Property Adelaide City

177 Grote Street, Adelaide SA 5000

08 8231 5134

info.adelaide@belleproperty.com

Open Monday to Friday 8:30am-5:00pm

Follow us on **WeChat** to get the latest property updates in Chinese.

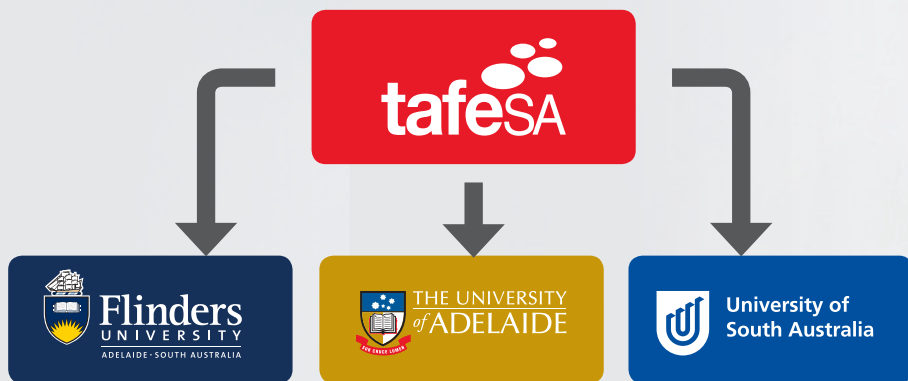
belleproperty.com/adelaide-city



TAFE SOUTH AUSTRALIA

YOUR PATHWAY TO UNIVERSITY

University Packaged Programs at TAFE South Australia (TAFE SA) are your alternate pathway to a **Bachelor Degree**.



If you're seeking guaranteed* entry into an undergraduate program at one of Adelaide's finest universities, you can complete a connected TAFE SA Diploma, Advanced Diploma or Associate Degree.

TAFE SA provides a career-competitive mix of practical and professional skills as well as theoretical knowledge that employers seek out and which provide a solid foundation for further study at university. International students have 130 courses and over 80 University Packaged Programs to choose from.

With qualifications recognised and respected around the world, our University Packaged Programs are a practical pathway to the career you want.

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

APPLY NOW

Visit tafesa.edu.au/international

CRICOS Code: 00092B | RTO Code: 41026 | HEP Code: PRV14002 | Accurate as at October 2017



tafeSA



Government of
South Australia

Be yourself.

Turn your passion
into a profession.

Flinders University CRICOS Provider Number: 00114A

The University of Adelaide CRICOS Provider Number: 00123M

University of South Australia CRICOS Provider Number: 00121B

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.



DO I KNOW?

HOW DO I AVOID FEES ON MY TRANSFERS? ☐

.....

HOW TO TRACK MY SPENDING? ☐

.....

IF I HAVE ENOUGH
TO COVER MY LIVING COSTS? ☐

.....

HOW TO CHOOSE A BANK? ☐

.....

CommBank is Insider Guides recommended banking partner.

commbank.com.au/studySA

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

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 free 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 an ATM without your card.



3 Discover Aussie banking quirks and lingo.

Here's a few handy ones to know:

BPAY® is a payment system in your CommBank app that makes paying bills convenient and simple – it's accepted by more than 45,000 billers in Australia including most household bills.

When paying with a card, you'll 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. BPAY is a registered trademark of BPAY Pty Limited ABN 69 079 137 518. Australia's largest bank based on the current market capitalisation as of 31/10/17. 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. Full terms and conditions available on the CommBank app. 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+. 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.

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, books 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.

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 (when it is ready).

WHAT SHOULD I BRING WITH ME?

PASSPORT, BIRTH CERTIFICATE OR
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.

WHERE ARE THE BANK BRANCHES?

To find your nearest branch or ATM (Automatic Teller Machines) check your Australian bank's website or mobile app. Many branches have multilingual staff if you require assistance in a language other than English. ATMs provide 24/7 access to cash and are located across your city and various campuses.

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 out all your income and expenses for the next 3-6 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 vs what you pay for but really don't need. 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.

Unsure of what life costs in Australia? The Insider Guides Cost of Living Calculator will help you break down your spending and determine areas to find savings.

insiderguides.com.au/cost-of-living-calculator

WHAT RESOURCES ARE AVAILABLE TO HELP ME SAVE MONEY?

If you are simply looking for ways to save money then joining your institution's student union is a great starting point. They usually have arranged discounts with retail outlets and service providers both on and off campus.

HOW DO I TRANSFER FUNDS OVERSEAS?

If you have internet banking with your bank, you should easily be able to send money overseas. Just make sure you have all the required codes (SWIFT, Sort and, for Europeans, IBAN) and the correct account numbers. Banks are best for transferring small amounts as it's quick and easy. But if you're transferring over \$1000, you want to get a better exchange rate and get lower fees, you may want to consider services like Transferwise, which match people buying currency in a country with other people who are selling currency in a different country.

We also recommend UNiDAYS for student discounts on fashion, food and technology. Head to *myunidays.com/insider* and go in the draw to win \$500.

If you are having any difficulties with your finances then your first contact should be your institution. They have qualified staff available to help and can point you in the right direction for support.

WHAT IS SUPERANNUATION?

Often known as 'super', it is financial contributions towards a fund that you will 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.

Here's the thing, 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.

ato.gov.au/Individuals/Super

Employment

Whether you need a job to support you while you study, or you're looking for work when you graduate, finding a job is not easy. Discover ways to increase your chances of finding work, and why you need to understand your work rights in Australia.



HOW DO I GET A JOB?

WRITE A RÉSUMÉ



APPLY FOR A TAX FILE NUMBER



OPEN AN AUSTRALIAN BANK ACCOUNT



SPEAK TO YOUR INSTITUTION'S
CAREER CENTRE



USE ONLINE RESOURCES



WRITE TARGETED COVER LETTERS



HOW DO I DEVELOP A NETWORK?

Building relationships and contacts that can lead to future opportunities are important skills to develop at university. Your 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, as is starting work on your own 'personal brand' by creating a portfolio or a personal website. LinkedIn is an ideal platform for keeping track of your network, for more information on using it see:

insiderguides.com.au/students-linkedin

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 break. 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 and 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.

HOW DO I FIND A PART-TIME JOB?

Once you have arranged a TFN, set up a bank account and finished your résumé, you are ready to start your job search. The hospitality and retail industries are traditionally the biggest employers of students due to their varying hours and need for casual employees. Another option to consider is tutoring, see tutorsfield.com.au for more information on finding in a tutoring role related to your studies. Your institution's career centre, or online jobs board, may also have several roles specifically for students.

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.

WHAT DO I INCLUDE ON MY RÉSUMÉ?

DO'S

- NAME & ADDRESS ☐
- VISA STATUS ☐
- EDUCATION HISTORY ☐
- EMPLOYMENT HISTORY ☐
- AN EMPLOYER'S REFERENCE AND/OR A PERSONAL REFERENCE ☐

DON'TS

- DATE OF BIRTH ☐
- A PHOTO OF YOURSELF ☐
- PERSONAL INFO (HEIGHT/WEIGHT, MARITAL STATUS, RELIGION ETC.) ☐
- UNPROFESSIONAL EMAIL ADDRESS ☐
- TYPOS (MAKE SURE YOU PROOFREAD!) ☐

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 then you will need to complete a tax return at the end of the financial year. Get your TFN here:

ato.gov.au

HOW DO I LEARN MORE ABOUT MY WORK RIGHTS?

Do you have questions about how much you should be paid, if there is a different pay rate for international students, what leave you are entitled to or whether your boss can just fire you? These are common questions and the best place for answers is the Fair Work Ombudsman (FWO). FWO would tell you that everyone working in Australia, including international students, are covered by workplace laws and these set minimum standards for things like your pay, annual leave, conditions like hours and breaks, and protect you from discrimination.

Contacting, and getting help, from FWO is free. FWO can help you if you think you aren't getting paid what you should be or are concerned about your conditions at work.

Some students fear that if they report an issue to the FWO, they may lose their student visa. This isn't true. You will not lose your student visa if you are entitled to work, believe you have been exploited, have reported the issue to the FWO and assist them with enquiries.

Visit fairwork.gov.au, call 13 13 94 or use the Translating and Interpreting Service (TIS) using 13 14 50.



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 tests
- › Test bookings

Speak with us today



16 Grenfell St, Adelaide



08 8205 1100



www.idp.com/australia

*IELTS test bookings are charged at the usual IELTS test fee.
Please see idp.com/australia for current test fees.



WHY SHOULD I VOLUNTEER?

Volunteering will provide you with a vast range of soft skills, improve your communication skills, allow you to make new friends and integrate more 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.

volunteering.sa.org.au
volunteer.com.au
govolunteer.com.au

WHAT'S THE DEAL WITH INTERNSHIPS AND WORK EXPERIENCE?

Gaining experience relevant to your course of study is of great benefit as you transition into a professional career. Whether this career is in Australia or overseas, completing an internship while studying is a uniquely

valuable opportunity. Check with your education provider 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.

HOW DO I GET A JOB AFTER I GRADUATE?

In your final year you will have the opportunity to apply for graduate positions with a range of organisations. If you plan to stay in Australia after graduation then arranging a graduate position is an excellent idea. Employers have the opportunity to sponsor your visa and if your degree falls under the Skilled Occupations List then this process is much easier. See the below site for more information on visas and the Skilled Occupations List.

border.gov.au

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

ieaa.org.au/research/employability

WHAT ARE THE COMMON PART-TIME/CASUAL JOBS FOR INTERNATIONAL STUDENTS?

1. Pick Packer
2. Retail Sales Assistant
3. Administrative Assistant
4. Warehouse All Rounder
5. Barista
6. General Hospitality Staff
7. Cleaner
8. Event Staff
9. Sales Representative
10. Receptionist

Based on data provided by job search website OneShift: **oneshiftjobs.com**

Working while you study?

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

Check your pay and find out about your workplace rights.

There are laws that set minimum pay rates, give other entitlements like leave, and protect you from discrimination. You can get **free** help from the Fair Work Ombudsman **without** fear of your visa being cancelled.

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.



DO I KNOW?

IF I WILL HAVE EXAMS?

.....

MY TIMETABLE?

.....

THE ACADEMIC CALENDAR?

.....

HOW TO ENROL?

.....

WHAT IS PLAGIARISM?



Plagiarism is essentially copying someone else's work and presenting it as your own.



This may be literally copying a part (or an entire) essay 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 which would lead to the cancellation of your student visa.



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 there is available.

CAREER CENTRE

This office will assist you in creating an effective résumé, 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. They 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.

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 from a service like Zookal.

zookal.com

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.

WHAT DOES THIS WORD MEAN?

There are many terms associated with tertiary education that you may never have heard before. Our glossary of terms should help you understand and make the most of your time studying in Australia. We don't want you to miss out on something important (or fun!) just because you didn't understand a word.

Census date

The date by which you must finalise your enrolment and 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, 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 long of activities and information sessions to welcome new students to the university.

Practical

Regular sessions where students participate in exercises or experiments 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, graduating students are given one free copy. Unofficial records can be printed using your university online login.

Tutorial

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



Destination Adelaide

DESTINATION YOUR FUTURE

Imagine a destination where you can achieve academic excellence in a city of blue skies, sunny days and incredible food and culture. Welcome to Adelaide, where our universities rank within the world's top 2% but when you choose Adelaide you choose more than just a world class study destination. You choose a future where anything is possible, and we are here to support you every step of the way.

Adelaide, home to your future.



StudyADELAIDE
SOUTH AUSTRALIA

www.studyadelaide.com

Culture

Australia is a diverse and accepting country that has evolved from Indigenous and British roots to now represent people from a range of cultures.



DO I KNOW?

.....
AUSTRALIA'S GEOGRAPHY?

☐

.....
AUSTRALIA'S POLITICAL SYSTEM?

☐

.....
AUSTRALIAN LAWS?

☐

.....
AUSTRALIAN ETIQUETTE?

☐

AUSTRALIAN HUMOUR

The Australian sense of humour is famous but can be difficult to understand for people from other countries. Typically, Australians don't take themselves too seriously and make jokes at their own expense. They also make fun of their friends and this is generally a sign of a good friendship! Other traits like sarcasm and stereotyping are also common. For a more complex breakdown see: [insiderguides.com.au/a-a-beginners-guide-to-aussie-humour](https://www.insiderguides.com.au/a-a-beginners-guide-to-aussie-humour)

AUSTRALIAN SLANG

While there are plenty of 'Aussie slang dictionaries' around, they tend to focus on older slang that most Australians don't use anymore (unless they're being sarcastic). Some of these terms are just a plain myth. An Australian would never say, for example, "throw a shrimp on the barbie" because, here shrimp are called 'prawns'.

So here is a list of slang/phrases and acronyms used in Australia that international students actually need.

EXPRESSING YOURSELF

Aggro: Angry

Full on: Intense/wild

Heaps: A lot or very i.e. 'heaps good'

No worries: Don't worry about it/it's OK

She'll be right: It will be fine

_____ as: 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.

WHILE STUDYING

Biro: pen

Dodgy: Poor quality/not reliable/suspicious

How ya going/How's it going?: How are you?

How good is that?: This is a rhetorical question so you don't have to answer. It just means 'that's good'

Reckon: Think/Figure/Assume

Uni: University

GOING OUT

Arvo: The afternoon

ATM: Teller Machine/
Electronic banking outlet.
Stands for Automatic Teller Machine.

Avo: Avocado

Barbie: BBQ

Bottle-o: Liquor store

Breaky: Breakfast

Cuppa: A hot tea

Chemist: Drug store/
pharmacy

Dunny: Toilet

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

Esky: Ice cooler

Kiwi: A New Zealander (but
also a fruit and a bird)

Knock: To criticise something

Macca's: McDonald's

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

Mozzie: Mosquito

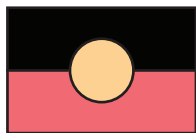
Sanga: Sandwich

Servo: Service station/gas
station

Snag: Sausage

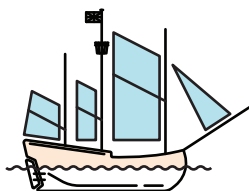
Spud: A potato

Australian History



ABORIGINAL ORIGINS

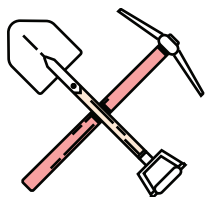
Australia's Indigenous population have lived in the nation for at least 40,000 years. This means they have the oldest living cultural history in the world. When the British arrived in 1788, over 250 different languages were spoken across the country.



FIRST FLEET & CONVICTS

1788

The Dutch first sighted Australia in 1606 before Captain Cook claimed the land for Great Britain in 1770. The First Fleet of 11 boats arrived at Botany Bay in 1788 to establish New South Wales as a penal colony (receiving convicts until 1848). Convicts were subsequently sent to the other states, with the exception of South Australia that was established as a free colony in 1836.



GOLD RUSHES

1850s

The discovery of gold in Australia (in Bathurst first, then Ballarat in 1851) kickstarted the economy and created the idea of Australia as a desirable location. 1854 saw the Eureka Stockade at Ballarat, a rebellion against taxation that some see as a crucial event in the evolution of Australia's democracy. This is also the first period of Chinese immigration, with 50,000 Chinese arriving and the establishment of many Chinatowns.



FEDERATION

1901

The Commonwealth of Australia was created in 1901 with the federation of all the states. It was agreed that the capital could be in NSW but no closer than 100km from Sydney. This led to the creation of Canberra, with a temporary parliament set up in Melbourne for 27 years.



WORLD WARS

1915

In April 1915 the First Australian Imperial Force took part in the World War One Gallipoli Campaign. Despite defeat, this battle has great relevance in defining the characteristics of Australians. April 25, the date of the first landing at Gallipoli, is Anzac Day - the date Australians remember and pay respects for the sacrifice of our Armed Forces, both past and present, in conflicts around the world.

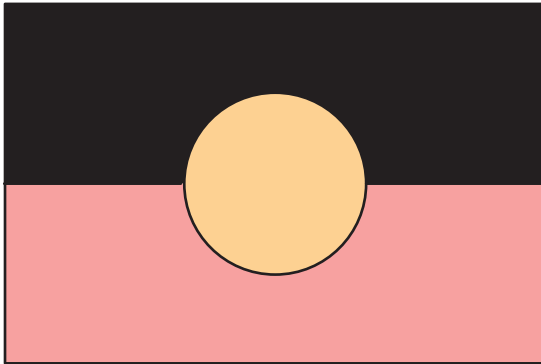


NEW ARRIVALS AND MULTICULTURALISM

1949-1974

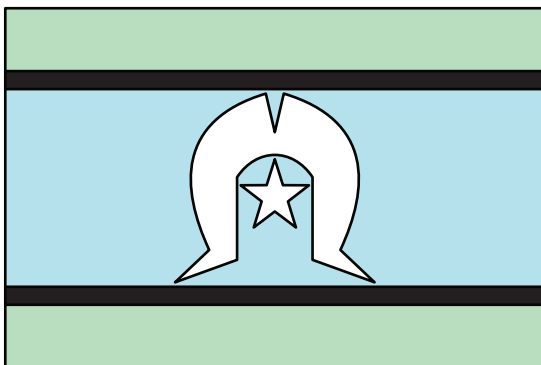
The end of World War Two, and then subsequently the Vietnam War, led to an influx of migrants to Australia. The Snowy Mountains Scheme (1949 - 1974) employed 100,000 people with 70% being migrants from 30 different nations. Steady Asian migration began in the 1970s and now people from all over the world call Australia home. This is reflected in many aspects of Australian life, with Australian society known for its equality and lack of clear class distinctions.

Indigenous Cultures



ABORIGINAL FLAG

This is the Aboriginal Flag, adopted in 1972. The red symbolises the red earth and ochre used by Aboriginal people in ceremonies. The yellow symbolises the sun and the black symbolises the Aboriginal people.



TORRES STRAIT ISLANDER FLAG

This is the Torres Strait Islander flag adopted in 1992. The green panels represent the land, the blue symbolises the waters of the Torres Strait, the white object in the middle is a dancer's headdress (called a dhari) and symbolises the Torres Strait Islander people. The star is a symbol for navigation.

CULTURES & NATIONS

Australia has two Indigenous peoples. They are Aboriginal people and Torres Strait Islander people. Aboriginal people inhabited the whole of Australia, and Torres Strait Islanders lived in the islands between Australia and Papua New Guinea.

Once there were over 500 different Aboriginal nations – so there's no single 'Aboriginal culture', there are many. Their cultures do have some common themes, though, such as the Dreaming and a deep connection to the land.

LANGUAGES

It's estimated that there were around 250 different languages spoken in Australia before the British arrived in 1788.

In 2016 the Australian National Dictionary listed around 500 words which were in common usage coming from 100 different Aboriginal languages. Many of them are the names of plants, animals and places, so you probably already know a few like:

KANGAROO
.....

WALLABY
.....

CANBERRA (WHICH MEANS MEETING PLACE)
.....

BOOMERANG
.....

KOALA
.....

GALAH
.....

THE DREAMTIME

The Dreaming, or the Dreamtime, is a similarity that runs through different Indigenous belief systems and is a concept that is often not easily understood by non-Indigenous people. The phrases Dreaming and the Dreamtime are English translations that don't capture the true meaning.

There is no afterlife in Indigenous Australian religions, no heaven or hell, which sets them apart from many other world religions. The Dreaming is the source of life philosophy and morality and while it's intertwined with Indigenous stories of creation, is also a constant state where both the past and the present exist together.

Health

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.



DO I KNOW?

MY OSHC DETAILS?

☐

MY MEDICAL HISTORY?

☐

MY ALLERGIES?

☐

HOW TO GET MY PRESCRIPTIONS?

☐

WHAT TO DO IN AN EMERGENCY?

☐

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 arranged 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 DO I NEED TO KNOW ABOUT AUSTRALIAN HOSPITALS?

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 from your health provider.

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

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 have a minor illness, wait until the doctor's offices are open. You can also ring Healthdirect Australia (1800 022 222) to get advice on treating non-life-threatening illnesses. If you can't wait until the next day to see a doctor then call the National Home Doctor Service on 13 SICK (13 7425).

WHAT SHOULD I DO IF I AM HAVING MENTAL HEALTH STRUGGLES?

Remember to take time out for yourself. If things seem too hard and you're not feeling like you are coping, 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 Beyond Blue and Lifeline. Like your body, your mind also needs care and attention, and it's important that you look after it.

beyondblue.org.au - lifeline.org.au

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 call the Private Health Insurance Ombudsman (PHIO). It's a free service designed to help you out of trouble!

Contact: 1800 640 695

WHAT SHOULD I KNOW ABOUT SEXUAL HEALTH?

You can get contraceptive medications and devices very easily and cheaply in Australia. Contraceptives are available from supermarkets and pharmacies. Emergency contraceptives are available from pharmacies if you need them. Take them within 24 hours for the most effective result. If you need information or support then SHINE SA is available to help:

shineSA.org.au

WHAT IS AUSTRALIA LIKE 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. While discrimination is illegal, a report from the National LGBTIQ Health Alliance found that acceptance of LGBTIQ people varies from place to place, with acceptance of diverse sexuality and gender being generally higher in more metropolitan areas.

WHAT SUPPORT SERVICES ARE AVAILABLE?

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.

lgbtiuniuide.org.au

WHAT GENERAL SUPPORT SERVICES ARE AVAILABLE?

There are various different support groups and services available for LGBTIQ students. At a national level there is QLife, qlife.org.au, and in South Australia there is Gay and Lesbian Community Services, glcssa.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, agmc.org.au, is a good resource. Reachout also maintain a list of support groups for people from a range of different multicultural backgrounds on their website:

au.reachout.com



Student Health

Our experienced GP doctors provide you with comprehensive medical care.

-  Medical advice
-  Women's health
-  Family medicine
-  Vaccinations
-  Prescriptions
-  Men's health
-  Sexual health
-  Medical certificates

Expert General Practitioners

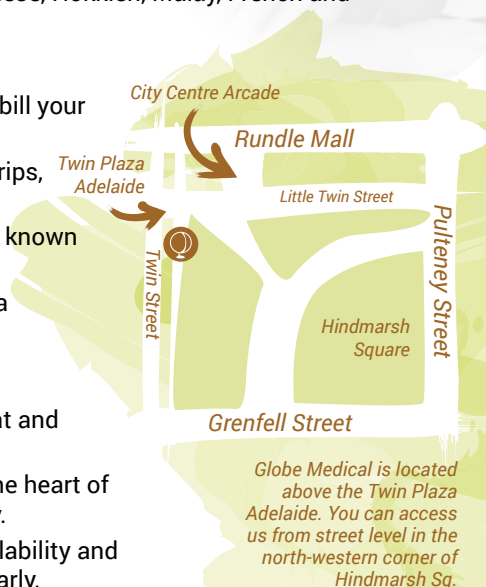
- **Award winning** medical centre with over twelve male and female GP doctors.
- Our doctors have and share their **diverse medical capabilities**.
- **Our team is multi-lingual**; Mandarin, Cantonese, Hokkien, Malay, French and Russian.

Affordable and Hassle-free

- **Maintain OSHC Cover?** No fuss, we directly bill your OSHC Insurer, so you only pay the Gap.
- **Have a Medicare Card?** No more Medicare trips, we can process your rebate immediately.
- **No nasty fee surprises.** Your gap, otherwise known as co-payment, will never exceed \$20.
- **Friendly staff and relaxed atmosphere.** For a comfortable and pleasant experience.




Quality and Convenience

- **Our purpose is clear.** Prevent, diagnose, treat and manage your health problems and needs.
- **Making the journey easy.** We're located in the heart of Adelaide's CBD, with parking options nearby.
- **Avoid lengthy waits.** Same or next day availability and we nearly always run on-time, if not a little early.
- **Giving you choice.** Open before work, throughout the day, multiple evening sessions and Saturdays too.



Globe Medical is located above the Twin Plaza Adelaide. You can access us from street level in the north-western corner of Hindmarsh Sq.

Book an appointment online at
globemedical.com.au

 21 Hindmarsh Square, Adelaide SA 5000
 08 8232 7372
 student.health@globemedical.com.au

Transport

Understanding your transport options is an important concept 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.

TRAIN V TRAM

Adelaide has six train lines; heading from the Adelaide railway station to Belair, Gawler, Tonsley, Grange, Seaford and Outer Harbor.

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 Rd & Moseley Square, Glenelg. Taking a trip down to Glenelg on the tram is a must-do while staying in Adelaide.

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 1/2 hour 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, ask the driver if you are unsure. There is a free City Connector bus service around the city and North Adelaide.

TICKETING

TYPES OF TICKET

There are two time periods of operation for public transport: 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 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
1300 360 940

UBER

Uber X launched in Adelaide in July 2016, after some discussion with the Government about the legality of the company. With the usual driver background checks in place, Uber, and other ride-sharing services, operate on the agreement that all passengers will be charged a \$1 levy per ride, to compensate taxi drivers. Despite this, the app has been quickly taken up by the city, and you can safely catch a ride without having to worry about the issues found in other states.

If you decide to grab a ride with Uber, it's quite simple: just sign up online and install the app on your smartphone. When you need a ride, open the app and find your nearest Uber driver, set your pickup and drop-off destination, and accept the fare estimate. You can see your driver's picture and details, and track their arrival on the map.

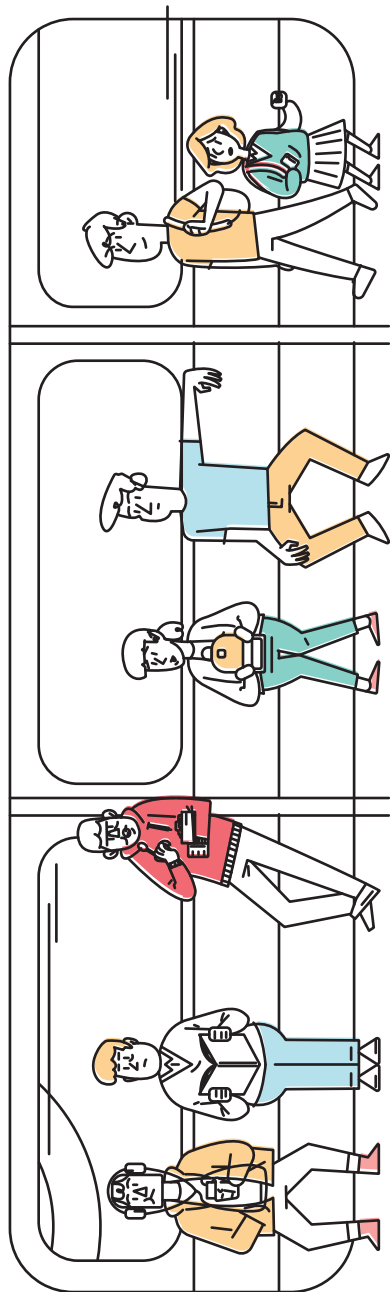
NEED TO KNOW

The Adelaide Metro website now includes a real time tracker for buses, trains and trams. You can access this service from desktop, mobile or tablets. This website allows you to see the actual time your transport will arrive and not just the scheduled time.

adelaidemetro.com.au

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

Wear headphones if you want to listen to music/podcasts but keep the volume to a level that other people can't hear it.

Personal Space

If there are spare double seats then take one rather than sit next to someone you don't know.

Poles

Don't hog the pole by leaning against it, let other people hold onto it.

Food

Small (and quiet) snacks are generally accepted (although often against the rules) but avoid eating an actual meal.

'Manspreading'

Avoid taking up more space than you need to.

Backpacks

Be aware of how much space they take up and be prepared to take them off when crowded.

STUDY IN AUSTRALIA



FOLLOW
US

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- FREE PROGRAM COUNSELLING
- COURSE ENROLMENT TO INSTITUTIONS ALL OVER AUSTRALIA
- STUDENT VISA APPLICATION AND RENEWALS
- REFER-A-FRIEND REWARD PROGRAM

*Terms and Conditions Apply



OPTIONS

EDUCATION AGENCY

where your journey begins

3rd Floor, 118 King William St.,
Adelaide, SA 5000

PO Box 149 Rundle Mall,
Adelaide, 5000

 **+61 08 8231 4000**
+61 422 727 666

 studentadmin@optionseducation.com.au

www.optionseducation.com.au

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:

maps.sa.gov.au/cycleinstead

HIRING A BIKE

BikeSA promote 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:

bikesa.asn.au

BUYING A BIKE

The cheapest overall option is to buy your own bike to use throughout your time in Adelaide. If you're worried about having to get rid of your bike once your studies are over, you can sell or donate your bike after you no longer need it. givenow.com.au has a list of organisations that accept donations of bikes.

The Adelaide Bike Kitchen (in Bowden) run events every Wednesday evening where you can pop in, chat to other cyclists and share a meal. It's a great space to learn more about maintaining your bike and to make new friends. Search for 'Adelaide Bike Kitchen' on Facebook.



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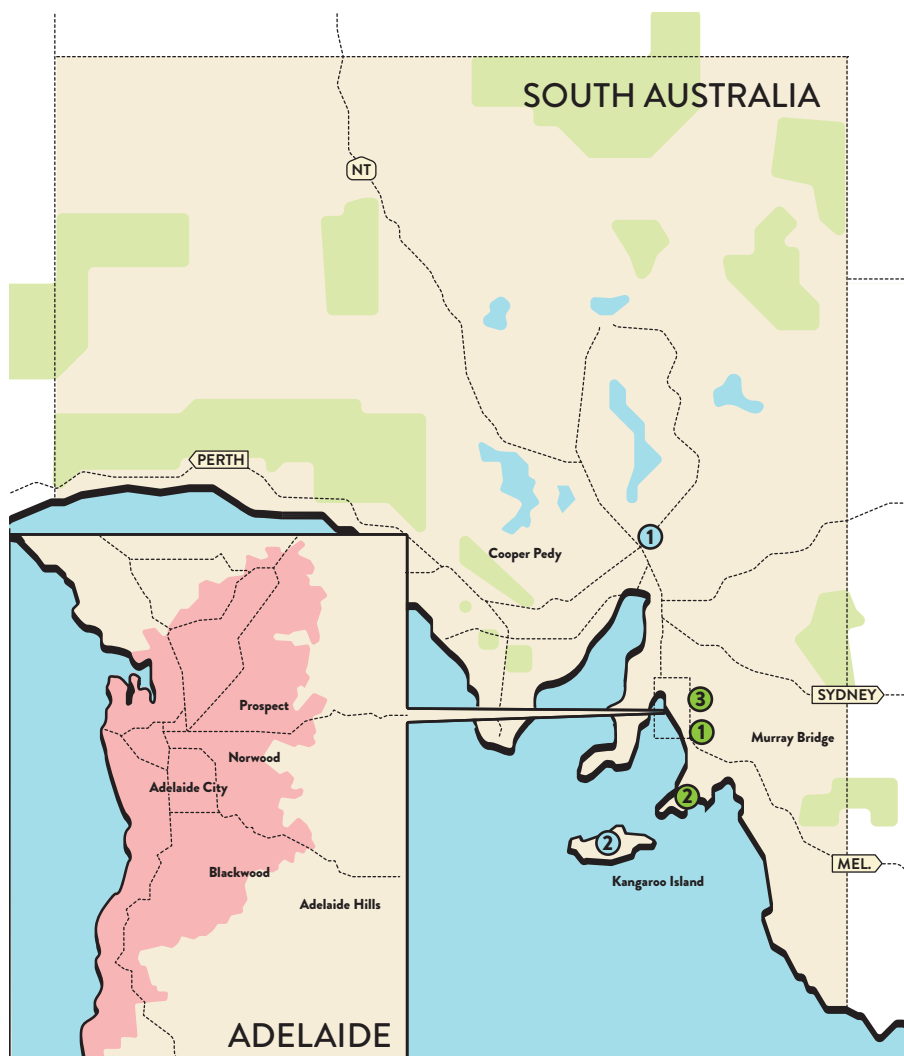
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Getting Out of Town

Exploring the regions beyond the city will help you understand the state and embrace the culture. South Australia is full of beautiful spots that can easily be reached from Adelaide. Some are perfect for a day trip while others are better for spending a few days.



DAY TRIPS

MCLAREN VALE

- ① *McLaren Vale is a 45 minute drive from the city centre. Catch the train to Seaford from Adelaide Railway Station then the 751 bus to McLaren Vale, total journey time is 1 hour, 5 minutes.*

One of Australia's best, and most famous, wine regions, McLaren Vale is an easy journey from the city centre. A significant number of the wineries have cellar doors so you can try their wines, with some also serving food. The town centre also features a selection of a popular cafés, bakeries and boutique shops. There are multiple opportunities for bushwalking around the area, with several marked trails. Alternatively, cycling is a perfect way to observe the spectacular views of the vineyards and beyond.

VICTOR HARBOR

- ② *Victor Harbor is a 1 hour, 15 minute drive from the city centre. A LinkSA bus is available from Noarlunga Railway Station (catch the Noarlunga line from Adelaide Railway Station) in the morning and evening, total journey time of 1 hour, 50 minutes. See linksa.com.au for more information.*

The coastal getaway is popular throughout the year, equally in summer for its relaxing beaches as it is in winter for some whale watching. Make sure to check out Granite Island, accessible only by a narrow causeway, with many people choosing to make the journey on the unique vintage horse drawn tram. The island itself is popular as it is home to a small colony of penguins, visit in the evening to view the beautiful creatures. Nearby Middleton is an ideal spot for surfing. There are plenty of spectacular surf spots across South Australia but Middleton is perfect for consistency and proximity to Adelaide.

HAHNDORF

- ③ *Hahndorf is a 30 minute drive from the city centre. An Adelaide Metro bus is available, journey time of 50 minutes. adelaidemetro.com.au*

The oldest surviving German settlement in Australia, Hahndorf is incredibly popular with tourists. This historic town is full of amazing old pubs serving traditional German cuisine, steins of German beer and playing classic German music. Gift shops and antique stores are also dotted along the main street. The Beerenberg Farm produce a range of fruit products, with their jams and sauces selling in supermarkets across the country. The farm is particularly popular as you can pick your own strawberries to take home, you simply pay for each basket you pick.

GETTING OUT OF TOWN ADELAIDE

Travelling is about discovering the world and learning more about yourself – it is the ultimate way to broaden your horizons. The people you meet along the way will enrich your travel experience in ways you will never expect – take the time to get away whilst you are here.

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 80 hostels across Australia in all major towns and cities. yha.com.au

FLINDERS RANGES

① *Stay: Flinders Ranges - Rawnsley Park Station*

The Flinders Ranges is an ancient landscape that remains largely uninterrupted by human intervention. It is absolutely unique to Australia – with stunning gorges, salt lakes and the endless beauty of red dirt and craggy rocks. Wilpena Pound is one of the more southern attractions, which means it is closer to the city (but still 4-5 hours away!). Located within the Flinders Ranges National Park, it can be a trip in itself or form a base from which you can hike or take discovery tours around the area. Further north, Arkaroola Wilderness Sanctuary also offers accommodation as well as mountainous hiking terrain and eco-friendly guided tours.

KANGAROO ISLAND

② One of South Australia's best known tourist attractions, Kangaroo Island is famous for a reason. Reachable by plane or, more commonly, by a ferry that departs from Cape Jervis, the island is best explored by car.

See native seals, penguins and dolphins up close or tour the landscape on a 4WD tour. The island is made up of only a few small communities, so the lifestyle is slow-paced and calls for evenings spent looking at the beautiful landscape while eating some delicious local produce. Days should be used to see as much of the area as possible.



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CREDIT: TANIA DALTON

City Centre

Between the amazing cafés, restaurants and small bars you will find the state's oldest libraries, art galleries and buildings as well as shops, markets and a large botanic garden.

HIGHLIGHTS

The city centre is a place where you can shop, dine, or relax any day of the week.

Adelaide's pedestrianised shopping mall, Rundle Mall (C6 on map), is home to large department stores like Myer, Kmart, and David Jones as well as big brands like Nike and Adidas. The mall is also home to several bank branches, food courts and cheaper bargain stores - ideal for household basics. Heading east from Rundle Mall you will find Rundle Street, home to various smaller boutiques and higher-end fashion labels.

Just off Rundle Street is Ebenezer Place (C9) and the focus of the East End - amazing food and drink. Italian café Nano has some of the best breakfast and pasta options in the city, while Exchange Specialty Coffee, predictably, has especially good coffee. Wine bars like The Tasting Room and Mother Vine, sit next to great lunch options like the French-inspired Hey Jupiter and Afghan-inspired Kutchi Deli Parwana.

If you are after a quick and tasty feed East End Yiros (D9) over on Grenfell St is hard to beat. Just around the corner you'll find excellent wood-fired pizza at EST, and no-one serves beer better and cheaper than The Exeter (C8). For a cheap night out, Palace

Nova (C8) cinema shows films at a discounted ticket price of \$9 every Monday (or \$7 if you go during the day).

The West End is currently experiencing a bit of a revival and nowhere is this more evident than Leigh Street (D4) and Peel Street (D5). These two parallel laneways feature some of Adelaide's coolest small bars, hip cafés and fun coffee spots. Particular highlights include the burgers from Bread and Bone (located in a tunnel between the two laneways), coffees from Coffee Branch, sandwiches from Pink Moon Deli and cocktails from Clever Little Tailor. Nearby Sunny's Pizza (D4), on Solomon Street, is an ideal spot for a late-night pizza. Grab a booth with friends and enjoy a tasty pizza while DJs play beats until the early hours.

Further south you will find Victoria Square (F5), a regular host of cultural events, and an entrance to Adelaide Central Market (F4). This iconic market works for a quick inexpensive feed as well as it does for picking up your groceries for the week. If you are there near closing time, especially on a Saturday, then you will grab some bargains as stallholders look to avoid throwing out produce. The neighbouring Gouger Street precinct (F4) is home to Chinatown, packed full of amazing restaurants, Asian supermarkets and great late night dessert spots.



INSTITUTIONS

ATIRA	E2
UNILODGE	C3, C4, C7, C8, D5, E1(2), E2
URBANEST	C4

TRAIN STATIONS

ADELAIDE	C4
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COMMUNITY FACILITIES

Adelaide City Library (D7), located just off Rundle Mall, is open seven days a week. It features a number of multi-purpose rooms and studios, and has a number of clubs you can join where you can make friends, learn, and have fun at the same time. There's also free Wi-Fi for members and visitors.

If you want to learn more about South Australia, head to the State Library (B6). The largest public reference library in South Australia, its collection focuses on information about the state and its history and culture.

Within the confines of the city centre grid (the city centre is bounded by four terraces - North, South, East and West Terraces) there are fairly limited sporting facilities. Of course, the city is ringed by green parklands to make up for this. A notable exception to this is Adelaide City Beach (E8), a beach volleyball court that is a real sand facility open to the public on Frome Street.

ADDITIONAL INFORMATION

On North Terrace, you will find the South Australian Museum (B6) for permanent exhibitions that focus on the State's Indigenous culture, and next door you'll find the Art Gallery of South Australia (B7), filled with collections of domestic and international pieces. More art can be found at multi-arts centre Tandanya (D9), which showcases the work of Indigenous artists. For those who prefer their culture in an outdoor setting, a visit to the Adelaide Botanic Gardens (B9) will provide a great lesson of native and introduced plants.

Heading west on North Terrace, past Adelaide Railway Station and opposite the New Royal Adelaide Hospital (C1), is the Samstag Museum of Art. Part of UniSA's City West Campus, the museum has free entry from Tuesday through Saturday. Just behind the campus, on Hindley St, is the newly renovated West Oak Hotel (D2). Ideal for students, it features the essentials of relaxing study spots and cheap beer specials.



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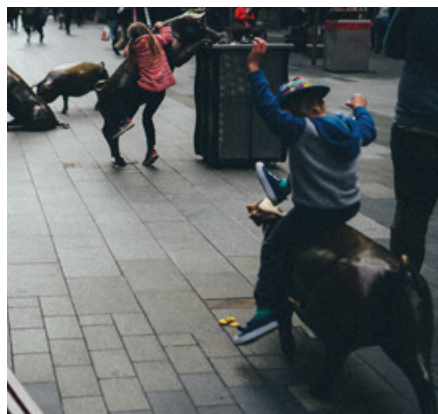


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cityofadelaide.com.au/explore



Rundle Mall pigs



New Royal Adelaide Hospital



Grenfell Street



Sunny's Pizza

TOP 5 Galleries

Art Gallery of South Australia - artgallery.sa.gov.au

Fontanelle - fontanelle.com.au

Samstag Museum of Art - unisa.edu.au/samstagmuseum

Tandanya - tandanya.com.au

FELTspace - feltspace.org

North Adelaide

Just over the beautiful River Torrens (well, at least the views and bridges are beautiful) is North Adelaide. This historic part of town is home to Adelaide's biggest sporting stadium and a huge selection of different dining options.

HIGHLIGHTS

As you enter North Adelaide from the city centre you will pass two of the city's most famous venues: the freshly-redeveloped Adelaide Oval (I6, icon on map), which plays host to a wide range of sporting events, from cricket to boxing, and also hosts some of the biggest names in music today; and the iconic St Peter's Cathedral (H6), which is a magnificent work of architecture as well as a place of worship.

Keep going past Adelaide Oval and you will see Light's Vision (H5) up Montefiore Hill. It's well worth taking the walk up the hill to see this tribute to the surveyor-general of Adelaide, Sir William Light. The position on the hill gives a spectacular view of Adelaide and of Light's planning.

On Jeffcott Street you can grab coffee, or brunch, from the American inspired deli, The Flying Fig (D3). To really experience the venue properly though you should try their version of the New York classic Reuben sandwich.

Along O'Connell Street, you'll find a casual, relaxed lunch atmosphere. Here, more expensive (but delicious) restaurants like Thai-inspired Gin Long Canteen (E6) sit alongside the cheaper options of 24-hour favourite, Bakery on O'Connell (D6), and traditional late-night takeaway joints.

If you're after a slice of the north's best pizza, look no further than Tommy Tomatoes (D5). This fun, open-plan pizza joint serves up creative pizzas in a welcoming setting. Whether you're after the classics, the four-cheese 'Jenny Craig Special', or vegan and gluten free options, you'll find it at Tommy's.

It sounds awful, looks worse but tastes delicious. It's the AB – made on a base of hot chips, layered with yiros meat and topped not just with garlic sauce, but also with barbecue sauce. The AB's origins are contested, with both the Blue and White Café (E6) and the nearby North Adelaide Burger Bar (E6) claiming to have invented it, but whatever you do, just give it a try.

North Adelaide's other main street – Melbourne Street (E10) – is a little trendier. It's home to excellent breakfast and brunch options in UR Caffé and E for Ethel, and a really great coffee house at First Pour. A little bit of late-night culture comes out here too, with the ever-popular Elephant Walk dessert lounge open for romantic post-dinner drop-ins.

Head back to school at the Adelaide Chocolate School (D11). Learn how to make chocolates, pralines, truffles, and other goodies, which you get to take home at the end of the course—if they last that long.



TOP 5 Bakeries

Red Door Bakery - reddoorbakery.com.au

Abbots and Kinney - abbotsandkinney.com

Hyde Park Bakery - hydeparkbakery.com.au

Bakery on O'Connell - bakeryonoconnell.com.au

La Madeleine - lamadeleine.com

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, bike hire and regular courses in everything from English language to dancing.

For the more fitness-minded, have a swim at the North Adelaide Aquatic Centre (B4), open seven days a week, with sessions starting at just \$6.50 for students. It even holds group fitness classes and a fitness centre, and has all your exercise needs covered. Grab your racket and have a hit at the Memorial Drive Tennis Club (J6), which has 27 courts, as well as a gym, spa, and sauna. Join one of their social clubs, and mix with players of all ages and skill levels. The tennis centre does host 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, with the Women's and Children's Hospital (G7) the largest in the area while the North Adelaide Family Practice (F2) caters to a variety of healthcare needs.

ADDITIONAL INFORMATION

Bordered in the south by parks and vast, grassy outdoor areas, there's plenty to do outside in North Adelaide. Those keen on running should definitely go for a run around the banks of the River Torrens, or "Karrawirra Parri" in the local Indigenous language, and experience the city from the water. For a more measured run, check out the University Loop, a tree-lined 2.2km running circuit with distance markers every 200m. There are some amazing photo spots along the river as well if you prefer taking a more relaxed walk. The loop passes Adelaide Zoo, well worth visiting if you are having a relaxing day.

The university sporting fields, when not in use by teams, are vast green spaces available for use. You will also find outdoor exercise equipment dotted around, perfect for keeping fit on a budget. Relaxing in a comfy seat with popcorn more your thing? Catch a movie at the delightful art deco Piccadilly Cinema (C5), with adult tickets going at just \$12. Before or after consider going to the Curious Squire (F6) for something to eat, particularly on a Wednesday when wings are available from 50c.



Torrens Footbridge



E for Ethel



Melbourne Street



St Peters Cathedral

Inner East

Just a few minutes from the city centre you will find the hip cafés and classic hotels of the Inner East. Take the time to explore The Parade and discover some of your new favourite places.

HIGHLIGHTS

Busy café Argo on the Parade (F10 on map) appeals to the younger crowd with a brunch menu that has many vegan options, and La Madeleine (E11) is a cute French-style café with freshly-baked bread, and a gorgeous selection of French sweet treats.

Try out one of the newest restaurants popping up in the eastern suburbs. This new wave was led by Nordburger (E9), a super trendy burger joint that serves really good milkshakes (make sure you try the salted caramel). If you feel like curry instead then try The Taste of Nepal. They serve some seriously good Nepalese specialties, and if you're feeling extravagant, why not give their 7-course banquet a try.

For something a little different, it doesn't get cooler than Norwood's Brick + Mortar Creative (E10). Aside from being a funky café that serves up coffee and a bevy of delicious toasties, it's also a retail space for independent designers, selling goods from local creatives. It also holds workshops if you feel like trying your hand at a new skill, like photography or terrarium making.

Later in the day, you can grab a drink at one of the many fine establishments lining The Parade. Try The Colonist (F5), or grab a drink at the black marble bar of The Bath Hotel (E11), and then relax in their beer garden during afternoon.

The Norwood Concert Hall (E10) regularly hosts events and festivals in their classic old building. If you feel like something a bit more modern, there is a cinema and a range of dining options across the road in Parade Central. The Parade has some of the best designer shopping in Adelaide, with a great selection of local and international designers. Not all of it is beyond the student price range either, there are several budget friendly clothing and homeware stores.

If you want to understand, and develop an appreciation for, some of the amazing products from the area then take the Eastside Wine and Ale Trail. The self-guided tour will lead you to some of the best cellar doors and small breweries in the area. Just search for 'Eastside Wine and Ale Trail' on Facebook for more information.



TOP 5 Markets

Central Market - adelaidecentralmarket.com.au

Market Shed on Holland - [search on Facebook](#)

Adelaide Showgrounds Farmers' Market -
adelaidefarmersmarket.com.au

Gilles Street Market - gillesstreetmarket.com.au

City East Markets - cityeastmarkets.com.au

COMMUNITY FACILITIES

Norwood Library (F7) is a space to escape the hustle and bustle 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 you can even join a book club, where you can meet new people, read a great new book, and discuss your thoughts with others in a relaxed atmosphere.

Whether you love to lift weights, practice pilates, or relax with yoga, you're spoiled for choice with plenty of each on offer on The Parade. If you're looking for a place to stretch your muscles and swim some laps, look no further than the Norwood Swimming Centre. If you're after swimming lessons, the Norwood Swim School, also on The Parade, has classes for all ages.

The east is well-served for all your medical needs too, with the Kensington Road Medical Centre (I7), Norwood Village Medical & Dental Centre (E10), and the Beulah Park Medical Clinic all within walking distance of each other.

ADDITIONAL INFORMATION

For exercise Kensington Park Oval is an ideal choice, particularly if you remember to bring your tennis racquet. If you prefer a slightly different racquet sport then Norwood Squash Centre (E11) might be more to your taste.

While The Parade is dominated by fashionable boutiques, nearby Magill Road is more driven towards secondhand stores. It is the perfect place to find rare and once off pieces that you will never see in a department store. There are some fancier options but you can pick up some bargains if you are willing to look hard enough.

Kent Town is a hub of creative offices and studios, so it is no surprise that there's some excellent coffee available. One of the best options is Tell Henry (F2), a small coffee spot that is focussed on coffee, design and nothing else. It is literally connected to a design studio and is always full of people working away on laptops.



Nordburger



Little Bang Brewing Co



St Ignace's Catholic Church



A Trip to the Moon



Big Star Records

Inner West

At the Entertainment Centre end of the free tram line are the joys of the Inner West. Here you will discover a diverse community, a range of entertainment options and a variety of dining options.

HIGHLIGHTS

The Gov (E8 on map) is perhaps Adelaide's best-known name in live music. With an impressive beer selection, and a menu full of everyone's favourite pub classics, this pub showcases the best in local and medium-sized international acts who aren't large enough to play over the road at the Adelaide Entertainment Centre (F7, icon on map), which packs out for some of the biggest musical acts.

Fontanelle Gallery has regular exhibitions of South Australian art, including immersive installation shows. For more energetic performance try Holden Street Theatres (F5), a boutique venue in an old church, that has two performances for a range of artforms. They regularly host local and national productions, as well as a selection of shows during the Adelaide Fringe Festival.

Just a bit further out there's a little street that's incredibly popular, despite its size. The reputation of Queen Street (A4), Croydon, is enhanced by the delicious pastries that are made at Red Door Bakery, which is surrounded by amazing businesses like interior design specialist One Small Room, and vintage store Hype and Seek. Hawker Street Café (B10) operates on the strong belief that no matter the time of day, eggs are an appropriate food. An egg-centric menu shows off their skills, although there plenty of good options for vegans, too.

Just behind Port Road is Bowden, a suburb currently being redeveloped by the South Australian Government, which has a couple of gems hidden away amongst the construction. Plant 4 (E9) is a versatile space that hosts a range of different events throughout the year. Co-working is available if you want to study in a buzzing environment outside of your institution or meet people to work on creative projects. Friday at 5, the drinks on the balcony, is also a perfect networking or relaxing event. Plant 4 is filled with food options as well, with the IGA supermarket also offering a great selection of options. Jarmer's Kitchen is also located there and is trying to bring classics back into fashion with a fresh take on 80s favourites like deep-fried Camembert.

In between Port Road and Bowden you'll find The Loose Caboose (E8), a local favourite for quirky breakfast options, like the chocolate and peanut butter pudding, and excellent coffee. There are plenty of dining options of all types along Port Road, ranging from local eateries to high end restaurants. The Port Road branch of Nordburger (D6) is incredibly popular, as are the relatively new, and appropriately title, New Local Eatery (E7) and the Lebanese eatery Houda's Kitchen (E6). Adelaide United play in the A-League, Australia's national football (soccer) competition, at Coopers Stadium (F6) in Hindmarsh. Pre-game fans spread across venues in the area, although the Joiners Arms is always a popular choice.



TOP 5 Music Venues

The Gov - thegov.com.au

The Jade - thejadeadl.com.au

Thebarton Theatre - thebartontheatre.com.au

HQ - hqcomplex.com.au

Grace Emily - graceemilyhotel.com.au

COMMUNITY FACILITIES

The Bowden Brompton Community Centre (A8) is an open-access centre that offers courses in English, free access to computers, social support and art classes. There are also two major libraries in the area – the Thebarton Public Library and the Hindmarsh Library (E7).

Thebarton is also home to the Thebarton Aquatic Centre (J3), a 7-lane, 25m lap pool, featuring lessons for all ages, and only \$6 entry for students. If swimming isn't your thing, there's a number of gyms in the area, too, as well as yoga and pilates studios, and even a rock climbing and bouldering centre, for those into more of a physical challenge.

The Brompton Medical Centre, Hindmarsh Medical Clinic (D5), and Brickworks Medical Centre (I4) all offer excellent care for the western suburbs, including family health services, mental health care, skin checks, travel immunisation, and sports medicine, so you can take comfort that no matter your needs, you'll be covered.

ADDITIONAL INFORMATION

It doesn't get better than being outdoors, and Bowden Park Lands, part of the great Adelaide Park Lands redevelopment, features heaps of sporting facilities to keep you busy. Including a skate park, tennis and basketball courts, you'll find a something to get you outside and moving.

The tram is free from Port Road, at Adelaide Entertainment Centre, to and from the city but for something more energetic get on your bike. There are beautiful bike trails that will get you from the Inner West right into the city centre.

There are a large number of pubs that dot the Inner West, even if you aren't a drinker then keep them in mind for cheap midweek meal deals. The Brompton (C7) in particular has some cheap weekly deals worth checking out. In addition to the pubs there are also a selection of breweries in the area. This becomes of interest for most people around Christmas, when West End Brewery (G8) put on a free Christmas lights show along the river.



Karma and Crow



Plant 4



Ill Gotten Gains



Painted Stobie Poles



The Wheaty Brewing Corps

Inner South

Get outdoors, indulge in some fine dining, watch a film in a classic cinema, or enjoy a tasty brunch, the Inner South is packed full of different opportunities.

HIGHLIGHTS

There's more than enough cafés, restaurants, and bars in Unley and Goodwood to keep you busy.

Unley Road is something of a breakfast/brunch hotspot with Rosey's, Pickle in the Middle and Mother's Milk (C6 on map). Just around the corner, on Greenhill Road, is the delightful and versatile Whistle and Flute (A6). It is equally as good for a coffee and some breakfast as it is for a glass of wine in the afternoon. Goodwood Road is home to the retro-styled Gingers (E1) and specialty vegan dessert café, Eggless (E1). It might be eggless, but it's certainly not lacking in taste!

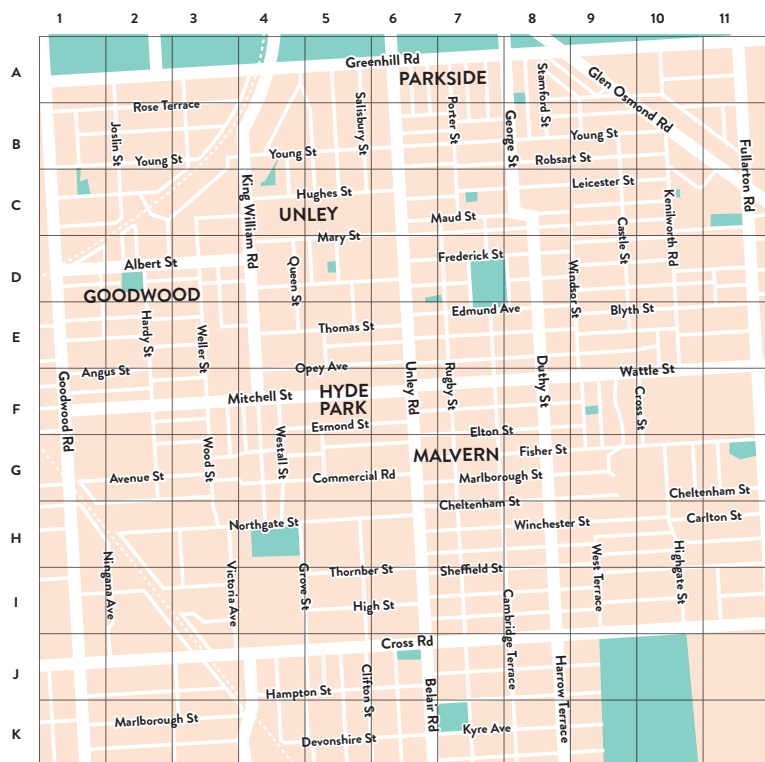
King William Road has a more upmarket vibe (both shopping and dining) but there are still some budget friendly highlights. Red Door Bakery (D4) is famous for its pies and sausage rolls but serves up some equally good coffee. Fifty Six One (E4) may be indulgent but the massive lines have remained since the day they opened. While they do a range of meals the queues are really for their 'freak shakes' (massive milkshakes topped with brownies or other sweets) and their huge desserts.

If you just want to sit, relax, and enjoy a film, there's no shortage of art deco cinemas in Adelaide. But Goodwood's Capri Theatre (G1)

is the only one that is fully equipped with a giant pipe organ – the kind that was originally used to accompany silent films. Offering both current and cult films, you'll be sure to find something of interest. If you want to try some local beers and wines to take home afterwards then check out Goodwood Cellars (E1). The knowledgeable staff will point you in the direction of some good local products.

The Earl of Leicester (C8) is famous for its massive schnitzels (breaded chicken or beef) but has been revamped into a lovely pub to spend time in. Wednesday night is quiz night, get a team together and test your general knowledge. It's the ideal pub for a winter's day, especially on a Sunday to try their amazing roast specials. If the weather is a bit warmer then another nearby revamped pub, The Parkside Hotel (C11), has a massive beer garden to enjoy soaking up the sun.

For some exercise try Unley Oval (D7) (when a local sporting team isn't using it) or head into the Southern Parklands. Here you will find countless playing fields but also a BMX track, tennis courts and outdoor exercise equipment.



TOP 5 Late Night Desserts

Elephant Walk - [search on Facebook](#)

Fifty 61 - [50sixone.com](#)

Eggless - [eggless.com.au](#)

Spats - [facebook.com/SpatsCafe](#)

Dessert Story - [dessertstory.co](#)

COMMUNITY INFORMATION

The local council – the City of Unley – provides several community spaces. The Unley Community Centre (D5) provides a welcoming community space, and offers arts and crafts sessions, health programmes, leisure activities, and more. The Goodwood Community Centre (D1) also offers family law services and mediation, for those who need it.

For another selection books, or a quiet study spot, head to the Goodwood and Unley Civic Libraries. Both offer a wide collection, wireless access, and free Wi-Fi.

The Unley Swimming Centre is open seasonally from September to May, and starts at just \$7 a session for adults, with coaching sessions offered to swimmers of all levels. There's several medical centres nearby too, with the Hughes Clinic offering minor surgical procedures, counselling, and pre-employment medicals, and the Kings Park Clinic covering all your medical needs.

ADDITIONAL INFORMATION

If the weather's sunny and you feel like getting outdoors, grab your friends, pack a picnic, and head to one of the area's green open spaces. Take your bike for a ride around the cycling paths in Orphanage Park (F2), or head to Heywood Park for a barbecue and some relaxing downtime.

Adelaide's famous chocolate makers, Haighs (A6), are located on Greenhill Road in Parkside. While they have shops throughout Adelaide and beyond, nowhere else do you get to take a free tour, learn how they make the chocolate and enjoy some free tastings. Just around the corner from this you will find The Unley (B6). The rooftop bar in particular is a great spot to relax and their daily meal specials are worth checking out.

The biggest shopping centre in the area is Unley Shopping Centre (D6), with 2 major supermarkets and a range of smaller options. However, in nearby Frewville, you will find the 'World's Best Supermarket', Foodland Frewville. The delightful store has a live pianist, an amazing selection of fresh produce and is a refreshing shopping experience.



The Ed



Innovation Precinct



The Earl of Leicester



Pickle in the Middle



Cream Coffee



Adelaide allows students regular opportunities to get outside and experience the great outdoors. Whether this is in at the beach, swimming pool or on a mountain you will never be short of things to do.

WEBSITES

CANCERCOUNCIL.COM.AU

Important sun safety information for those spending long periods outdoors.

PARKS.SA.GOV.AU

Learn about SA's national parks and what do do while there.

BEACHSAFE.ORG.AU

Discover more about patrolled beaches, surf safety and identifying rips.

WALKINGSA.ORG.AU

Get prepared for bushwalking and hiking in SA.

CLIMBINGCLUBSOUTHAUSTRALIA.ASN.AU

Make friends and connect with other people interested in rock climbing.



A Day at The Beach

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

PLANNING

1. Apply and pack sunscreen (even if it's cloudy, the Aussie sun is strong!).
 2. Never go swimming alone. Grab a friend or two and tell someone where you're going.
 3. Don't ever go swimming if you've been consuming alcohol or drugs.
 4. Never swim at dusk or at night.
-

SAFETY

1. Never swim at an unpatrolled beach. Pick somewhere where you'll have someone to help you out should things go wrong.
 2. Check for any signs and follow their instructions.
 3. When at the beach, always swim between the red and yellow flags. This is the spot that's been deemed safest for swimming.
 4. Don't dive into water, you may overestimate the depth and this can have very serious consequences.
-

EMERGENCIES

If you ever find yourself in trouble while swimming, try to stay calm and raise your hand to show that you need help.

If you see someone else in distress in the water, emergency dial Triple Zero (000).



BEACHES & SURFING

The reef at Port Noarlunga provides you with the perfect venue to get the snorkel out and explore the underwater world. You will find amazing surf beaches within easy reach of Adelaide with beginner level lessons offered at either Moana Beach (40 minutes from the city centre) or Middleton (90 minutes from the city centre). For a more casual experience, and the easiest to get to from

the city centre, try Glenelg. The tram runs directly from the city to the main road of Glenelg, Jetty Road. This popular destination has fantastic shopping and dining options as well as the spectacular beach. There are beautiful beaches all along Adelaide's coast, you really can't go wrong with Brighton, Seacliff, Henley Beach or Semaphore.

[*surfcultureaustralia.com.au*](http://surfcultureaustralia.com.au)

SWIMMING POOLS

Just north of North Adelaide is the Adelaide Aquatic Centre, a top class swimming facility that is open to the public. There's a main 50 metre pool plus smaller leisure and diving pools available. 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 at Marion. The fairly recently renovated facility is one of the most advanced swimming facilities in Australia and regularly hosts Australia's best swimmers of all age groups.

[*adelaideaquaticcentre.com.au*](http://adelaideaquaticcentre.com.au)

[*saaquatic.ymca.org.au*](http://saaquatic.ymca.org.au)



GOING HIKING

It is important to be prepared when you spend the day hiking. Make sure the following items are in your backpack and that you are wearing appropriate footwear.

1 WATER BOTTLE

Staying hydrated is essential while hiking.

2 SUNSCREEN

Exposure to UV for extended periods can be incredibly harmful so be prepared and re-apply.

3 FIRST AID KIT

Hopefully it won't be required but don't be caught out without one.

4 MOSQUITO SPRAY

Particularly if you will be out at dusk or near stagnant water.

5 SWISS ARMY KNIFE

If you have one then stick it in your backpack. You never know when it will be useful.

6 SNACKS

Keep your energy levels up throughout your trek.

7 MAP

Know where you are going and how to get back.

8 MOBILE PHONE

Use in case of emergency and inform someone of your plans before you depart.

9 RAIN JACKET

Be prepared for the weather to change while you are walking.



Connoisseur

It can be hard to live a luxurious lifestyle on a student budget but Adelaide provides plenty of opportunities to sample a range of delights. You can explore a world of cuisine without leaving the city limits and discover fresh approaches to classic dishes.

WEBSITES

BROADSHEET.COM.AU/ADELAIDE

This constantly updated site stays ahead of the trends and reveals the best places to eat.

BEANHUNTER.COM/ADELAIDE

Find the best coffee shops nearby you.

CITYMAG.INDAILY.COM.AU

An offshoot of a local newspaper, CityMag keep you on top of the latest food options in Adelaide.

GLAMADELAIDE.COM.AU

This locally run website is regularly updated with reviews of Adelaide's great eateries.



BAKERIES

Bakeries are a great way of finding a cheap lunch or grabbing a snack when you are hungry. They are everywhere from big cities to country towns and serve up a range of different produce, generally including the below items.

1 PIES

Available in a range of varieties with a range of different meat and vegetable fillings.

However, the most iconic is the meat pie, pie pastry filled with beef mince and gravy.

2 PASTIES

There are varieties but they are still commonly based on the original Cornish pasties, containing beef, potatoes and onions. Vegetarian pasties are also popular.

3 SAUSAGE ROLLS

Another traditionally British dish, the sausage roll is sausage meat (usually pork) coated in pastry and then baked.

4 SAUCE

An optional extra with your savoury selections, some places provide it for free while others charge extra.

5 VANILLA SLICES

Definitely one for the vanilla lovers, this classic slice has a vanilla-flavoured soft centre with vanilla icing.

6 CARAMEL SLICES

A three-tiered work of delicious art, the caramel slice features a biscuit base, a caramel middle and a layer of chocolate on top.

7 LAMINGTONS

An Australian treat, lamingtons consist of sponge cake squares coated in chocolate and then rolled in flakes of coconut.

Ordering a 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



FOOD TRUCKS

To sample the best of Adelaide's food truck scene, check out Fork on the Road, a monthly celebration of street food, across a number of locations.

For lovers of meat, or grilled cheese, you have to try Chimichurri Grill. Their Argentine style sandwiches are always incredibly popular so keep up to date with the calendar on their website.

It wouldn't be a food truck city without at least one Mexican offering, and Tacocat definitely fits the bill, dishing up soft tacos, seasonal specials, and even tortilla soup to the streets of Adelaide.

forkontheroad.com.au

chimichurrigrill.com.au

tacocatadelaide.com



SHOPPING AT FOOD MARKETS

The Adelaide Central Market has been running for over 145 years, featuring fruits and vegetables, baked goods, meat and seafood, poultry, and even health foods. Operating Tuesdays through Saturdays from 7am onwards, you get the whole week to try out this historic Adelaide institution. Located in the southern heart of the city, The Market Shed on Holland sells organic, sustainable, and local produce, in a converted old undercover shed. Open every Sunday from 9am to 3pm, you'll find fruit and vegetables, arts and crafts, and local wares, all at market prices. The Adelaide Showgrounds Farmers' Market is the largest farmers' market in South Australia. This not-for-profit organisation showcases and supports small family-owned farms, where you can buy fresh fruit and vegetables direct from the supplier themselves, every Sunday between 9am and 1pm.

adelaidecentralmarket.com.au

***Market Shed on Holland -
Find them on Facebook***

adelaidefarmersmarket.com.au

Public Barbecues

When the sun is shining, cooking a barbecue seems like a fun idea, but unfortunately not all students have space for their own. Luckily for you there are several free public barbecues around the city's parks.

These barbecues are usually electric and can be started by pressing the push button underneath the grill. The barbecues turn off automatically (usually after about 15 minutes) so you may have to press it again if you are cooking for a while.

You can buy reusable plate liners/grill mats (available in supermarkets) to place onto the barbecue to reduce the required cleaning. The barbecues are cleaned every morning but unless you are there for breakfast you may need to quickly clean the grill before use.



WHERE ARE THEY?

RYMILL PARK, CITY CENTRE

ORPHANAGE PARK, INNER SOUTH

UNLEY OVAL, INNER SOUTH

BONYTHON PARK, INNER WEST

*To find other locations use:
meatinapark.com.au*

WHAT TO BRING

- An esky (icebox) is the easiest way to keep your food and drinks cold and also transport them to the barbecue site.
- Oil to spray onto the hotplate.
- Tongs are essential for turning your food and then serving it up. A spatula is good for burgers and is ideal for cleaning the barbecue.
- If you have salad or steaks then you will need cutlery and plates. While paper and plastic plates (single use) are common, it is certainly more environmentally friendly to wash regular dishes after using.
- Paper towels
- Salad, bread and sauces.



WHAT TO COOK

Common meat options include sausages, steaks, burgers, chicken wings and skewers. For vegetarians, you can choose to fry up veggie versions of the above, or you can fry up eggplant, tomatoes, tofu, mushrooms and more.

ETIQUETTE

- Clean the barbecue when you're finished and clean up your picnic. You should leave it as you found it, if not in better condition.
- Try not to congregate around the barbecue. Use it for cooking but eat and socialise at a nearby table or picnic spot so others can use the hot plate.
- Make sure you pack up all rubbish and recycle empty bottles.

CLEANING

- Barbecue wipes can be purchased but water/oil with paper towel works well.
- Alternatively (if you are happy to waste some) pour some beer on a slightly warm grill then wipe with a cloth, paper towel or newspaper.

TIPS

- When cooking onion, pour some beer on them to help them caramelise. Delicious!
- Use alfoil to cook delicate items like fish and some vegetables.
- Always make sure the cook has a drink in their hand. It gets hot over the grill!



*Adelaide is a perfect place to meet new people, broaden your horizons,
learn new skills and enjoy the sporting culture.*

WEBSITES

ARTALMANAC.COM.AU

*Stay up to date on the latest art exhibitions
across the city.*

ARTGALLERY.SA.GOV.AU

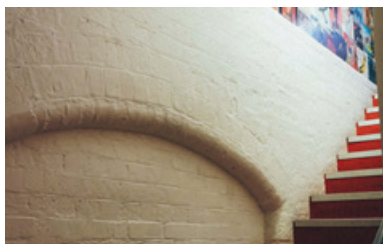
*Learn about the latest events, exhibitions and
programs the gallery is running.*

PARKRUN.COM.AU

*Stay fit by getting involved with a fun outdoor
running course.*

SPLASHADELAIDE.COM.AU

*Splash Adelaide brings Adelaide streets to life
with different events throughout the year.*



ART GALLERIES & MUSEUMS

Get along to Samstag Museum, at the University of South Australia's City West campus, to experience the best in modern art and the Art Gallery of South Australia for insights into art history. Sister Gallery, in the Inner West, has an ever-changing range of exhibitions and hosts a range of festivals.

Samstag Museum

55 North Terrace, Adelaide

unisa.edu.au

Art Gallery of South Australia

North Terrace, Adelaide

artgallery.sa.gov.au

Sister Gallery

26 Sixth Street, Bowden

facebook.com/sistergalleriesister

LEARN ABOUT ADELAIDE HISTORY

Gain a unique insight into one of the world's oldest living cultures with Aboriginal Cultural Tours. With options ranging from half-day and up to five day tours, for two or more adults, it's a great way to immerse yourself in the heritage of the traditional owners of the land.

If city walking is more your thing, take a stroll through Adelaide with Yella Umbrella Walking Tours. Learn about Adelaide's first explorers, its historic buildings, and learn the darker side of the city's past, then take a Yella Umbrella tour through the city.

aboriginalsa.com.au/tours

yellaumbrellawalkingtours.com.au

Live Sport Calendar

Australia has a rich sporting culture. If you're interested in heading along to a game, here's when the major sports are on.

JAN	FEB	MAR
APR	MAY	JUNE
JUL	AUG	SEP
OCT	NOV	DEC

TICKETS

- AUSTRALIAN RULES FOOTBALL - AFL.COM.AU (MEN'S) AFL.COM.AU/WOMENS (WOMEN'S)
- BASKETBALL - NBL.COM.AU (MEN'S) WNBL.COM.AU (WOMEN'S)
- CRICKET (20/20) - BIGBASH.COM.AU (MEN'S) BIGBASH.COM.AU/WBBL (WOMEN'S)
- FOOTBALL (SOCCER) - A-LEAGUE.COM.AU (MEN'S) W-LEAGUE.COM.AU (WOMEN'S)
- NETBALL - SUPERNETBALL.COM.AU (WOMEN'S)
- RUGBY LEAGUE - NRL.COM.AU (MEN'S)

CHECK THIS OUT

The **CHEAPEST** movie tickets in
Adelaide **every Monday and Tuesday***

\$7 **\$9**

**before
4pm**

**after
4pm**

PALACE NOVA

Eastend – 3 Cinema Place
(off 250 Rundle Street)

*Not valid public
holidays. Surcharge
applies for 3D and
special events





Student discounts with UNiDAYS

Free to join, free to use.

Save on fashion, food, technology and more...



SEPHORA 
WWW.SEPHORA.COM.AU

COTTON:ON



Win a \$500 voucher* to spend with **UNiDAYS**
when you join at **myunidays.com/insider**

Open to new members who verify by 31/3/18. LTPM-17-02427

*For Ts&Cs visit myunidays.com/insider

Get Involved With Sport

There's no easier way to make friends than to join a sports team. We've listed out a few ways to get involved below.

See the sporting calendar on page 88 for information on when various sports participate in their professional leagues. For more information on getting involved in sporting programs yourself consider the below options.

AUSTRALIAN RULES FOOTBALL

If you are interested in playing this unique sport during your time in Australia then find clubs and programs using the Play AFL website. The locator lets you discover places to learn the sport and find a team appropriate for you. Programs are available for males and females. 2017 saw the launch of the AFL Women's competition and females are now being actively encouraged to play the sport more.

play.afl

BASKETBALL

Basketball SA have a list of regional associations with clubs available to get involved with. If you would prefer something a bit more relaxed and social they 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 - saca.com.au

FOOTBALL (SOCCER)

If you are more interested in playing then you can find a club using MyFootballClub. 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



Learn how to make the most of Adelaide at night; where to find the best gigs and how to make sure you stay safe. Nightlife is not all about alcohol either, there are plenty of activities to enjoy without venturing into the city's pubs and clubs.

WEBSITES

MUSIC.JUNKEE.COM

.....
Learn more about the latest tours and gigs.

ADELAIDEREVUE.COM.AU/GUIDES

.....
Stay on top of the latest in Adelaide's music scene.

TIMEOUT.COM/ADELAIDE

.....
Know what's on tonight, this week and this month in Adelaide.

BANDSINTOWN.COM

.....
Get updates when your favourite bands are in town.



Dating in Australia

In a lot of cultures, the first or second date can mark the beginning a relationship. But in Australia, you'll probably find yourself doing a lot of 'couply' activities before the relationship starts.

HOW DO I APPROACH SOMEONE IN THE FIRST PLACE?

The main thing to remember is that we don't have a huge 'pick-up' culture here. Generally, people will want to know someone a little bit before they agree to share contact details or hang out somewhere. Starting with 'you seem nice, want to get coffee?' might be a bit direct. Try to have at least one decent conversation before you ask to see more of someone.

WHERE DO I TAKE SOMEONE ON A DATE?

This totally depends on what kind of person you are. If you'd like to keep it casual, suggest getting a coffee somewhere you both probably know. Otherwise, group dates and movies are an easy way to get to know someone without too much pressure.

WHO PAYS?

As a general rule, whoever suggested the outing should at least offer to pay first. But it's becoming more common to split payments on dates – especially when you're both students – so don't be alarmed if your date wants to chip in as well.

BEER SIZES

VOLUME	570ml	450ml	285ml
NAME	Imperial Pint	Pint	Schooner
APPROX. STANDARD DRINKS	2.2 Standard Drinks (full strength beer - 4.8%)	1.6 Standard Drinks (full strength beer - 4.8%)	1.1 Standard Drinks (full strength beer - 4.8%)
NAME IN OTHER STATES	Pint (all others)	Schooner (all others)	Pot (VIC & QLD), Middy (NSW, ACT & WA), Ten (TAS) & Handle (NT)

For other sizes or strengths check: drinkwise.org.au/standard-drinks-calculator

The Australian Government has the following guidelines:

Guideline 1: For healthy men and women, drinking no more than two standard drinks on any day reduces the lifetime risk of harm from alcohol-related disease or injury.

Guideline 2: For healthy men and women, drinking no more than four standard drinks on a single occasion reduces the risk of alcohol-related injury arising from that occasion.

For more information see: alcohol.gov.au



SAFETY AT NIGHT

The CBD and North Adelaide have CCTV (monitored cameras) that run all day and night in key streets. The cameras operate around the main nightlife areas and the major city centre universities and colleges. There is a 'Adelaide Oval to Market Link' that is a well-lit and monitored route that can take you all the way from North Adelaide to the Central Market. For more information see: adelaidecitycouncil.com/city-living

There are six late night managed taxi ranks with security staff and CCTV in key city centre nightlife spots. Night buses are available after midnight on Currie Street and King William Street to a range of suburbs, for more information see:

adelaidemetro.com.au



Dry Nights Out

Not drinking alcohol does not mean that you can't head out at night and have a good time. There are plenty of interesting options for spending a night out with your friends.

COFFEE & DESSERT

Head to a late night dessert house or coffee bar and use the quiet surrounds as a perfect place to catch up with friends or even get in a few extra hours of study. Adelaide's late-night sugar and caffeine-high hotspots include Eggless (in Goodwood), Elephant Walk (in North Adelaide) and the Pancake Kitchen (in the CBD).

CINEMAS & FILM FESTIVALS

Film festivals allow you to explore films from all over the world and broaden your worldviews. A range of festivals are hosted

throughout the year so keep an eye on the cinemas' websites for more information. There are numerous cinemas around the city and suburbs but Palace Nova and GU Film House (both in the CBD) as well as the Capri Theatre (in Goodwood) are good options. .

COOKING CLASSES

Students are generally not known for their culinary skills but you can change that. Take the opportunity to learn some new kitchen skills at places Sprout and Sticky Rice Cooking Schools, which cover a wide variety of cuisines.

EVENTS IN 2018

JANUARY

TOUR DOWN UNDER

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

tourdownunder.com.au
13 - 21 Jan

OTHER HIGHLIGHTS WORLD TENNIS CHALLENGE

worldtennischallenge.com
8 - 10 Jan

JULY

WINTER REDS FESTIVAL

Head up to the Adelaide Hills, sit by a fireplace and enjoy amazing food and wine.

winterreds.com.au
Late Jul

FEBRUARY

ADELAIDE FRINGE

The second biggest arts festival in the world, locals really get out and support this amazing event.

adelaidefringe.com.au
16 Feb - 18 Mar

OTHER HIGHLIGHTS LANEWAY FESTIVAL

adelaide.lanewayfestival.com
2 Feb

AUGUST

ADELAIDE GUITAR FESTIVAL

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

adelaideguitarfestival.com.au
9 - 12 Aug

OTHER HIGHLIGHTS SOUTH AUSTRALIAN LIVING ARTISTS (SALA) FESTIVAL

salafestival.com
1-31 Aug

MARCH

ADELAIDE FESTIVAL

The internationally renowned arts festival attracts world class theatre, dance, cabaret and art to the city. Now an annual event, the festival has become a massive part of the annual art calendar.

adelaidefestival.com.au
2 - 18 Mar

OTHER HIGHLIGHTS WOMADELAIDE

womadeelaide.com.au
9 - 12 Mar

SEPTEMBER

ROYAL ADELAIDE SHOW

Traditionally a farm produce oriented event, it now embraces rides, performances and fireworks.

theshow.com.au
31 Aug - 9 Sep

OTHER HIGHLIGHTS CITY TO BAY FUN RUN

city-bay.org.au
16 Sep

APRIL

TASTING AUSTRALIA

Enjoy food from some of Australia's and the world's best chefs at a selection of events across the city.

tastingaustralia.com.au

13 - 22 Apr

MAY

SOUTH AUSTRALIA'S HISTORY FESTIVAL

A range of exhibitions, tour, talks and workshops that celebrate and showcase South Australia's history.

historyfestival.sa.gov.au

1 - 31 May

JUNE

ADELAIDE CABARET FESTIVAL

Some of the world's best cabaret performers arrive in Adelaide for a range of unusual and spectacular performances.

adelaidecabaretfestival.com.au

8 - 23 Jun

OTHER HIGHLIGHTS

GROOVIN THE MOO

gtm.net.au

27 Apr

OTHER HIGHLIGHTS

ADELAIDE MARATHON FESTIVAL

adelaidemarathon.com.au

27 May

OTHER HIGHLIGHTS

SEA AND VINES FESTIVAL

seaandvines.com.au

9 - 11 Jun

OCTOBER

OZASIA FESTIVAL

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

ozasiafestival.com.au

Sep - Oct

NOVEMBER

CHRISTMAS PAGEANT

Join the crowds to watch the floats in this massive parade and start to get in the Christmas spirit.

cupageant.com.au

Nov

DECEMBER

AUSTRALIA V INDIA (CRICKET)

The Australian national cricket team take on India in what is sure to be a heated contest.

adelaideoval.com.au

Dec

OTHER HIGHLIGHTS

ADELAIDE FILM FESTIVAL

adelaidefilmfestival.org

5 - 12 October

OTHER HIGHLIGHTS

HANDPICKED FESTIVAL

handpickedfestival.com

Nov

OTHER HIGHLIGHTS

NEW YEAR'S EVE CELEBRATIONS

cityofadelaide.com.au

Dec 31

Key Contacts

For emergency services requiring ambulance, fire brigade and/or police dial **Triple Zero (000)**.

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 IMMIGRATION	This government department handles visa enquiries and issues.	border.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

CONTACT NAME	WHEN WOULD I USE THIS SERVICE?	CONTACT DETAILS
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
STUDYADELAIDE	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

THANKS

Thanks to our entire team who have worked extremely hard to make this guide possible. We would like to give special credit to those below for contributing their skills to our project.

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A close-up photograph of a young woman with long dark hair, smiling and holding a koala. The koala is looking directly at the camera with its large, dark nose and red eyes. The woman is wearing a green ribbed shirt.

GET UP CLOSE

with Adelaide's cuddliest locals.

Cleland Wildlife Park

Download metroMATE Adelaide's Metro public transport app to plan your fastest route.

clelandwildlifepark.sa.gov.au



Government of
South Australia



Cleland
Wildlife Park



International Graduate Pathways
to Staying in South Australia

migration.sa.gov.au



STAY
in SA

**International Graduate.
Local Future.**

orange275



20
Celebrating 20 Years of
Immigration South Australia

Boomerang

International Educational Services

OUR SERVICES

- Free Assistance with Admission to Institutions
- Accounting Training & Internship Placement
- Student and Other Visas
- ELICOS & Diploma Courses
- Translating & Interpreting Courses
- OET & IELTS Preparation Classes
- Cert III in Aged Care Training
- OSHC & Tourist Health insurance
- Accommodation, Job Search and CV guidance
- Tax File Number application
- Tax Returns
- Professional Year Program

We speak the following languages: Mandarin, Nepali, Vietnamese, Spanish, Hindi & English.



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私は
病気です。

I'm Sick

Saya sakit.



Tôi bị đau.
전 아파요.

ana mareed

Saya sakit.

我病咗。 ผม/ดิฉัน ป่วย 我生病了。

Student Health



Medical Advice



Prescription



Vaccination



Women's Health



Men's Health



Family Medicine



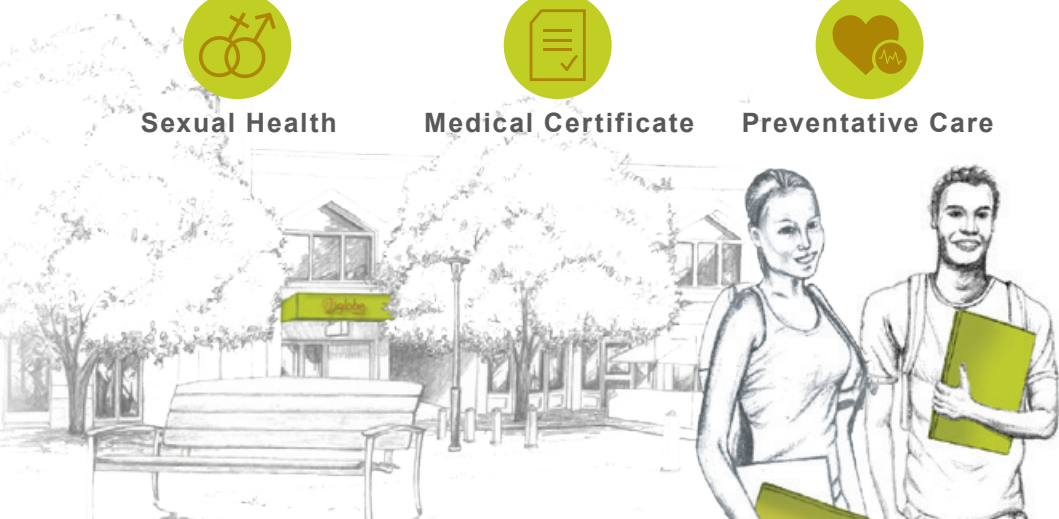
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Medical Certificate



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