

INSIDER GUIDES

MELBOURNE

International Student Guide



BY LOCAL EXPERTS
FREE
2022



SUPPORTED BY:

STUDY MELBOURNE

ITS A MOOD

scape



**CHOOSE SCAPE FOR AN
EXCEPTIONAL STUDENT
LIFE IN MELBOURNE.**

We provide a vibrant social and cultural hub to live in, rather than just a room to sleep in. And, with over 15,000 rooms to choose from across Australia we know you'll find a place in-tune with your mood.

**SCAN THE QR CODE TO
BOOK NOW AND START LIVING YOUR
BEST STUDENT LIFE IN MELBOURNE.**

P. +61 3 9977 8088 E. bookings.au@scape.com

SCAPE.COM.AU





Join RMIT to
shape what's next...

Succeed at Australia's **#1 university** for graduate employment*

RMIT specialises in industry-based, practical learning to equip students with the skills that make employers take notice, including innovative programs taught by leaders in their chosen fields.

We are ranked in the top 250 of universities worldwide[^] and 18th in the world among international universities under 50 years old^{**} with a strong research record and world-class facilities across our Melbourne campuses.

Our focus on meeting the current and future industry demands is one of the reasons why we are ranked 1st in Australia for graduate employment*, with strong partnerships with major industry employers including Siemens, Amazon Web Services (AWS), Boeing, Microsoft and many more.

* QS Graduate Employability Rankings 2022 [^] QS World University Rankings 2022 ^{**} QS Top 50 Under 50 2021

CONTENTS



HELLO, MELBOURNE

This is your introduction to living and studying in Melbourne as an international student.

Quick facts	8
A day in the life	9
Your first week in Melbourne	10
Must-do in Melbourne	11



PREPARING

Everything you need to know to get your new life organised.

Accommodation	12-19
Money and banking	20-25
Employment	26-33
Communications and technology	34-37
Studying	38-43
Health, safety and wellbeing	44-52
Making friends	54-55
Improving your English	56-59



EXPLORING

Learn about the different areas around Melbourne and what makes them unique.

Areas of Melbourne	60
Weather	61
History of Melbourne	62-63
Aboriginal culture	64-65
Getting around	66-69
City Centre	70-71
Richmond	72
Bundoora	73
Carlton & Fitzroy	74-75
Collingwood & Abbotsford	78
North Melbourne & Parkville	80-81
Box Hill, Caulfield & Clayton	82
Prahran, Windsor & St Kilda	83
Brunswick & Northcote	84-85
South Melbourne & Southbank	86-87



EXPERIENCES AND ACTIVITIES

These are some of the best things to do in and around Melbourne.

Event calendar	88
Adventure	89
Culture	90-91
Food	92-95
Travel	96-97

KEY CONTACTS AND SERVICES

98-99

All information presented is correct to the best of our knowledge. Businesses and services mentioned were operating at the time of publication. We apologise if any have moved, closed or their services have altered in the interim.

WELCOME

Regularly voted one of the most liveable cities in the world, there's a lot to love about Melbourne. From Melbourne's carefully gridded city centre, with its colourful laneways and beautiful, historical buildings, to its busy student suburbs, international eateries and lush green spaces, there's so much to explore. Plus, Melbourne's thriving arts and culture scene is totally unique, and it's the epicentre of Australia's sporting scene. Whatever study journey you've decided to pursue, congratulations! You're in for an exciting experience.

ACKNOWLEDGEMENT OF COUNTRY

In the spirit of reconciliation, we acknowledge the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

HOW TO USE THIS GUIDE

This guide is yours to keep. Make notes, rip pages out, bookmark chapters - whatever you want! We've included lots of checklists throughout this guide, so you can keep track of what you've done and what you still have to do. Look for this symbol and keep a pen handy as you explore Melbourne. Connect with current interational students using their social handle included with their quotes.



OUR TEAM

EDITORIAL

Head of Content

Alex Craddock

Content Manager

Rebecca MacFarlane

Writer

Megan Hanrahan

Production Manager

Samuel Trezise

Project Manager

Raphaela Oest

Graphic Designer

John Hargreaves

PHOTOGRAPHY

Samuel Trezise

Visit Victoria

BUSINESS DEVELOPMENT

Managing Director


James Martin

Advertising

Boris Garcia


ENQUIRIES AND FEEDBACK

For all enquiries please contact

hello@insiderguides.com.au 

If you have any feedback for Insider

Guides, we'd love to hear it. Please head to:

insiderguides.com.au/feedback 

SUPPORTED BY:



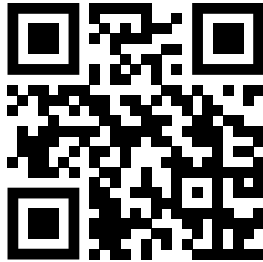
INSIDER GUIDES

BREAKING INTERNATIONAL

STUDENT NEWS, STRAIGHT

TO YOUR INBOX

Breaking news, career advice, the best events and hidden gems in your city – it's all here in the Insider Guides weekly newsletter. Sign up to receive all these helpful resources (and more!) – written especially for international students – delivered directly to you.



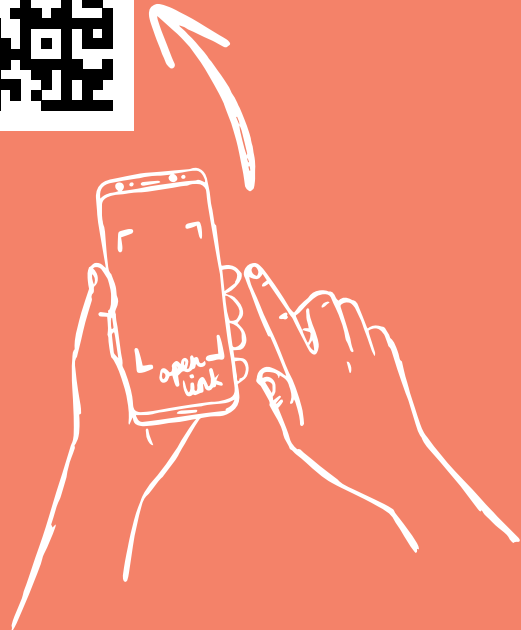
FOLLOW OUR SOCIALS

 @insiderguidesau

 @InsiderStudentGuides

 [linkedin.com/company/insider-guide](https://www.linkedin.com/company/insider-guide)

 [youtube.com/c/insiderguides](https://www.youtube.com/c/insiderguides)



WELCOME TO MELBOURNE AUSTRALIA'S BEST STUDENT CITY

Study Melbourne is here to help you make the most of your time in Australia's best student city.


Study Melbourne offers international students free and confidential support services, cultural experiences, social events and employability programs that enable you to thrive.


Stay in touch through our website, newsletter, WeChat, Instagram and Facebook group to be part of Study Melbourne's connected and supported international community.


Contact the Study Melbourne Student Centre on 1800 056 449 (free call from landline phones 24/7).



 @StudyMelbourneVIC

 [youtube.com/user/studymelbourne](https://www.youtube.com/user/studymelbourne)

 @StudyMelbourne

 StudyMelbourne or 留学墨尔本



HELLO, MELBOURNE



QUICK FACTS

CULTURALLY DIVERSE

Around one-third of Melbourne's population was born overseas. The most common birthplaces are the United Kingdom, India, China and Vietnam. Melbourne's Chinatown is also the longest continuous Chinese settlement in the western world.

THE WIDE, OPEN ROAD

The city grid of Melbourne was designed by Robert Hoddle. He wanted to make sure that 16-horse carriage could make a U-turn, so each main road was made to be 99 feet (30.1 metres) wide – and they still are today!

URBAN MYTH?

Reportedly, Flinders Street Station was actually intended for Mumbai and the Chhatrapati Shivaji Terminus in Mumbai was meant for Melbourne, but the plans from the same firm were accidentally switched.

A DIVISIVE SPREAD

Fishermans Bend in Port Melbourne is the only place in the world that makes Vegemite, an iconic, salty spread that you'll find in most Australian pantries. When trying it for the first time, remember that a little bit goes a long way.

TRAM CENTRAL

By track length, Melbourne has the longest metropolitan tram network in the world, with approximately 250km of tracks in total. The network has over 475 trams and 1,700 stops servicing most of Melbourne. So, grab an iUSEpass and explore the city!

ACTION!

The world's first feature film, *The Story of the Kelly Gang*, was directed and filmed in Melbourne in 1906. *Where The Wild Things Are*, *Mad Max* and *Charlotte's Web* were also filmed around Melbourne and regional Victoria.

A DAY IN THE LIFE



“Treat your studies as if they were a job. Be organised with your study hours and adopt a study ethic that allows you to remain consistent.”

João, Brazil
La Trobe University
[linkedin.com/in/joaopamoreira](https://www.linkedin.com/in/joaopamoreira)

“I love a cheeky brunch and Melbourne coffee is just the best. [Head to] Higher Ground for brunch and Vacation for coffee and a good time!”

Lu, Vietnam
La Trobe University
[@lutheunicorn](https://twitter.com/lutheunicorn)



“Melbourne has so many activities to offer! I love going out to try food and drinks from different cuisines at night. Usually, my friends and I go bowling, to karaoke or to an arcade for some fun! There are also heaps of clubs and bars around if you like to party it up. If not, a movie is also a great way to spend an evening.”

Ritika, India
Deakin University & University of Melbourne
[@missritikasaxena](https://twitter.com/missritikasaxena)

YOUR FIRST WEEK IN MELBOURNE

1. BUY A MYKI CARD □

You'll need a myki card to get around on public transport. Buy one from 7-Eleven stores and other selected retailers, as well as some train stations. Also, check if your institution is signed up to the iUSEpass program - you can save 50% on travel as an international student.



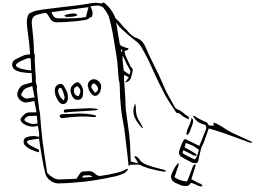
2. SET UP YOUR BANK ACCOUNT □

Visit a branch in person to open an Australian bank account - visit [page 20](#) for more information. This will be vital for getting paid if you're planning to work in Australia, paying rent and managing expenses.



3. CONNECT YOUR PHONE □

You can either buy a new phone or use your current one by buying a new SIM card. You'll also have the option of getting a prepaid or monthly plan. Turn to Communications and Technology [page 33](#) for more information.



4. SAVE IMPORTANT NUMBERS □

Keep a record of important numbers, such as Triple Zero (000) for emergency services (police, fire or ambulance), your landlord, your OSHC provider and your education provider.

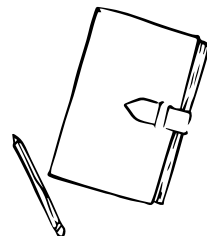


5. DO A GROCERY SHOP □

Head to the grocery store to grab some essentials. We recommend a combination of your favourite foods from home and some Australian snacks - the perfect mix of old and new!

6. PLAN YOUR STUDIES □

Explore your campus to see where your classes are and find new study spots. Find out when orientation week (O-Week) and preliminary lectures begin, and buy study materials, such as textbooks.



MUST-DO IN MELBOURNE

There are so many fun things to do in Melbourne, but here are a few you can't leave the city without doing.



START YOUR DAY THE MELBOURNE WAY ☐

Melburnians are passionate about their coffee. Take a trip to Pellegrini's Espresso Bar - one of the city's oldest coffee houses and home to Melbourne's first espresso machine.



EXPLORE QUEEN VICTORIA MARKET ☐

The iconic Queen Victoria Markets have been operating since 1878. They're home to over 600 small businesses. At night, the market is alive with unique events.



WATCH A LIVE AFL MATCH ☐

Melbourne is the sporting capital of Australia, so you have to enjoy a match of the city's favourite sport - Australian Rules Football! Grab a pie and cheer with the fans.



GET ARTY ☐

From the National Gallery of Victoria to the colourful street art adorning the city's many laneways, take some time to appreciate Melbourne's art scene.



"Pay a visit to Ramsay Street and the set of Neighbours. Visit Beneath Driver Lane (an underground bar in the CBD). See the Aurora Australis, get yourself snapped at AC/DC Lane and [be sure to visit] the super popular Hosier Lane!"

Devendra, India
Monash University
 @devendrasinghk

PREPARING

ACCOMMODATION

COMPARING ACCOMMODATION TYPES

In Australia, you're spoiled for choice when it comes to accommodation options. When choosing yours, be sure to consider your needs, lifestyle and budget. No matter your situation, there's an accommodation style suited to you.

studymelbourne.vic.gov.au/living-and-accommodation 



PRIVATE RENTAL

Cost: AU\$200-\$700/wk

If you love your independence, a private rental may be for you! In this style of accommodation, you rent an apartment or house, either alone or with other people. When you live with others, you'll enjoy socialisation and lower living costs. While living alone can be a great experience, it's more expensive and can be lonely at times - especially if you don't know many people in your new community! Private rentals can be furnished or unfurnished.



PRIVACY



INDEPENDENCE



FREEDOM



HOMESTAY

Cost: AU\$220-\$375/wk

In a homestay arrangement, you'll live with an Australian family in their home. Utilities and internet are covered by the host family. In certain arrangements, meals are also covered. Those craving a genuine Australian experience will love this option, as it allows you to live with locals. You'll also enjoy the extra support you receive from your host family. That said, there is no guarantee that your homestay will be close to your education provider, so you may have to manage a long commute. Have a look at public transport options to see what your journey to campus will be like.



AUTHENTIC AUSTRALIAN EXPERIENCE

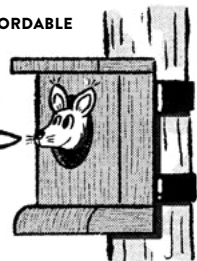


COMPANIONSHIP



AFFORDABLE

Home sweet home






PURPOSE-BUILT STUDENT ACCOMMODATION

Cost: AU\$200-\$500/wk

You'll often hear this style of housing referred to as "student accommodation". In these large centres, you'll find apartments of all sizes, usually ranging from one to five bedrooms. The fully furnished rooms include internet and 24/7 support. Because these buildings are specifically for students, they are typically located very close to campus and other local amenities. However, with so many students living in one spot, the internet can be a tad slow and the rooms may be smaller than average.

 24/7 SUPPORT

 SOCIALISATION

 FUN EVENTS/ACTIVITIES



RESIDENTIAL COLLEGE

Cost: AU\$450-\$550/wk

Residential colleges are ideal for students who are looking for some extra perks. Not only are they close to campus, but they offer fully furnished rooms, study facilities, gyms, meals and even room cleaning. With these extras comes a steep price tag, which may not seem worth it if you don't plan on using all of them throughout the academic year.

 CLOSE TO CAMPUS

 GREAT FACILITIES

 FULLY FURNISHED

HEAD ONLINE

From types of accommodation and support for renters, to decorating your space and being a great housemate, check out our online accommodation guide.



INSIDER GUIDES

FACTORS TO CONSIDER WHEN SELECTING ACCOMMODATION

- How close is it to your study institution?
- How close is it to public transport and what will the travel cost be?
- What is nearby? (Shops, hospitals, police stations, parks)
- Is there adequate heating and cooling?
- Is it noisy?
- Is the area safe and is the building secure?
- What will the insurance costs be?
- Does everything work? (Smoke alarms, appliances, light switches)

RENTAL SCAMS

Unfortunately, rental scams can occur in Australia. To protect yourself against them, look out for some of these common warning signs.

Be careful of offers that sound too good to be true. Ask advice from trusted friends, your education provider or agent, if you notice any of the following:

- The rent is a lot cheaper than other similar accommodation in the area
- You are asked to sign a lease or pay a bond or deposit before you have seen the property
- The photos or description of the property don't match the reality on inspection
- The landlord or agent makes excuses that you can't view the property (e.g., saying they are overseas)
- The landlord or agent requests money via money transfer
- The scammers may try to appear genuine by providing photos, real addresses of properties, copies of land titles, and even scans of stolen passports. Scammers also ask for personal details – such as bank and credit card numbers – which they use for credit card and identity fraud
- Make sure you always inspect the property in person (or complete a virtual inspection if you can't attend) and don't send any money via money transfer

HOW TO PAY RENT

There are a few different ways to pay rent in Australia. These include direct debit (bank), BPAY (a type of electronic payment), or paying in person with card or cash. Your real estate agent or landlord will sometimes offer a range of options or request only one. Be sure to ask or check your rental agreement to find out their preferences.

BEFORE YOU TAKE OUT A LEASE ON A PROPERTY

- Ensure you have enough money to cover the bond.
- Arrange a reference or guarantor.
- Inspect the property before you sign a contract or pay a deposit.
- Photograph any existing damage or issues.
- Make sure you receive, and keep, a copy of your rental agreement and receive a receipt for all rent and bond payments.
- Pay attention to details regarding the end of your rental agreement.




HOW MUCH WILL MY BOND BE?

In private rentals and managed student accommodation, you will need to pay a bond in advance. As long as you don't damage the property and stay up to date on your rental payments, this bond will be returned at the end of your agreement. For private rentals, this bond cannot legally be more than four weeks' rent.

Make sure you receive a receipt for all money given to your landlord or real estate agent, including the bond. You should also get a bond authority lodgment notice from Consumer Affairs Victoria.

LEARN MORE ABOUT YOUR RIGHTS AND RESPONSIBILITIES AS A RENTER

studymelbourne.vic.gov.au/living-and-accommodation/your-rights-and-responsibilities-as-a-renter 

MELBOURNE STREETScape



Top left : Hosier Lane, Melbourne
 Top right: Brunswick Street, Fitzroy

Middle right: Seafarer's Bridge, Melbourne
 Bottom: Collins Street, Melbourne

WHAT SUPPORT SERVICES ARE AVAILABLE FOR RENTERS IN VICTORIA?

Tenants Victoria - tenantsvic.org.au - can help you understand your rights when renting a room, apartment or house. Visit the website to learn about housing options available, the housing system in Melbourne, and where you can ask for assistance with accommodation issues before and after you arrive.

Community Legal Centres (CLCs) are independent community organisations that provide free legal services to the public. They help people who are ineligible for legal aid and cannot afford a private lawyer. Visit the Federation of Community Legal Centres website - fclc.org.au - if you think you need legal support for a tenancy issue.

Study Melbourne's International Student Employment and Accommodation Legal Service is a free and confidential service that can provide assistance and advice on rental issues.

studymelbourne.vic.gov.au/help-and-support/the-law-and-my-rights/legal-advice 🔍

CAN I GET A PET AS AN INTERNATIONAL STUDENT?

Thinking of getting a pet? You'll want to make sure you've done your research. You'll need to consider certain factors (see above). You also need to know the rules and requirements of pet ownership. They may be different from what you are used to and you could get into trouble if you don't follow them.

melbourne.vic.gov.au/residents/pets 🔍

Fostering an animal is a good option if you can't keep a pet long-term. You will be provided with basic supplies and can enjoy the company of a pet temporarily until they find their perfect forever home.

rspca.org.au/support-us/foster-care 🔍

FACTORS TO CONSIDER BEFORE OWNING A PET

- Will my accommodation allow pets?
- Can I afford the upfront costs? (Desexing, registration)
- Can I afford the ongoing costs? (Food, boarding, healthcare, veterinarian appointments)
- Will your pet need daily walks and exercise?
- Will you need a fully enclosed backyard?
- How often are you not home?
- How long will you be staying in Australia? What will happen to your pet if you decide to leave?



NATIVE WILDLIFE - A MESSAGE FROM CRIME STOPPERS VICTORIA

Victoria is full of cute creatures, many of which you're bound to discover while you're here. Seeing native animals for the first time is exciting but we kindly ask that you enjoy them from a distance. Native wildlife in Victoria is protected for many reasons - including the safety of wildlife watchers - like yourself! Native animals are not pets and serious penalties apply for keeping, selling or exporting Australian wildlife. If you have an exotic pet from overseas, Australia has strict importation laws and serious penalties apply if you bring exotic pets into Australia illegally. If you know someone keeping native or exotic wildlife as pets in Victoria, let Crime Stoppers know confidentially on 1300 333 000 or crimestoppersvic.com.au 🔍

HOUSEMATES' CODE

Living in a share house can be a really fun experience. Here are a few tips you can use to ensure a happy and harmonious household.

1. FOOD

Establish early on how groceries will be purchased and make it clear what food you will share. Don't eat any food that isn't yours or designated as shared (ask first!).



2. GUESTS

Communication with your housemates is crucial when it comes to guests. Guidelines to consider include when/how long they should be there and which areas/rooms are shared spaces.



3. CLEANING

No one likes a messy house. So, consider creating a cleaning roster to divide your household chores. You will still be responsible for doing your own dishes and laundry, and keeping your room tidy.



4. RENT

Make sure rent is paid on time to the right person. You might be paying rent to a head housemate or making individual payments to the real estate agent or landlord.



5. BILLS

Have a plan for how bills - such as rent, utilities and internet - are divided and paid. If one person has been put in charge of managing bills, make sure you pay your portion to avoid housemate disputes.



6. MOVING OUT

If someone decides to move out, establish the process involved. Determine how much notice they need to give and whether you need to alert your property manager or landlord.

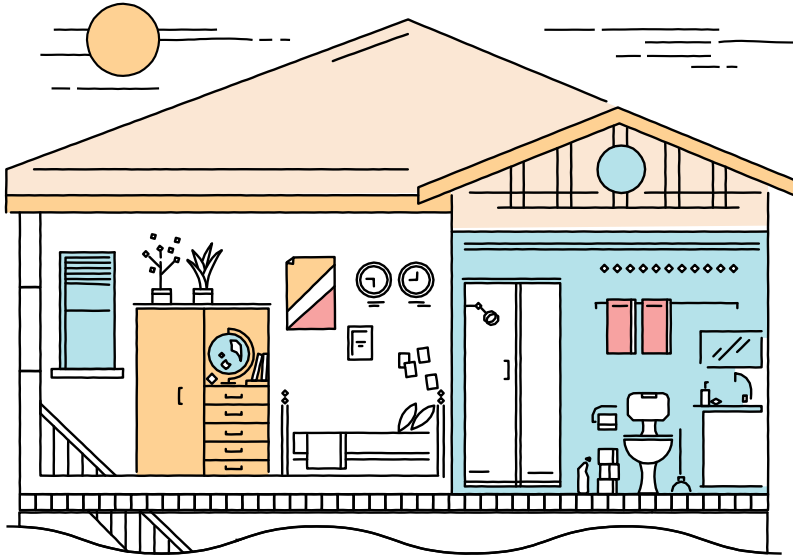


“Have a good understanding of each other’s living habits. Respect cultural difference. Always keep the noise down and your room clean. Inform housemate(s) if you are going to invite friends over.”

Lin, China
University of Melbourne, [linkedin.com/in/lin-zhang-tony](https://www.linkedin.com/in/lin-zhang-tony)

SETTING UP YOUR NEW HOUSE

There are plenty of stores and online marketplaces in Australia offering affordable furniture and other household items. Even if your accommodation is furnished, it's important to bring some of your personality to your space to make it your own. For example, you could put up some posters or art, or add some greenery with indoor plants.



WHERE TO SHOP

FURNITURE STORES

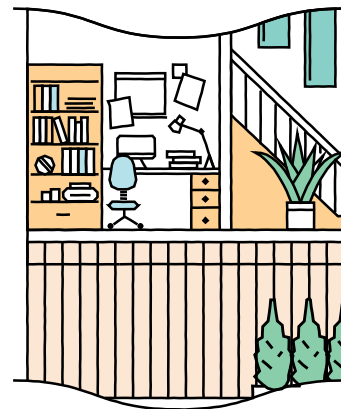
There are two IKEA stores located in Melbourne (Richmond and Springvale), where you can find reasonably-priced furniture and homewares. Fantastic Furniture and Amart are also good options, with locations around the city.

OP SHOPS

If you're looking for one-of-a-kind, affordable furnishings and home items, op shops selling second-hand items are perfect. Melbourne is home to several Vinnies, Salvos and Savers stores, as well as independent stores and boutiques.

ONLINE MARKETPLACES

In Australia, Gumtree and eBay are two of the biggest online marketplaces for new and used furniture and home goods. On Gumtree, you may find people giving things away for free (but you might have to move the furniture yourself).



FACEBOOK

Facebook Marketplace is a great resource for buying (and selling) furniture and homewares. You'll also find plenty of buy, swap, sell groups on Facebook that are dedicated to particular suburbs around Melbourne.

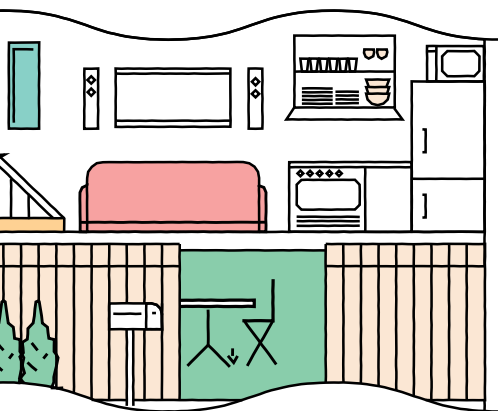
HOMEWARES STORES

Look for your nearest Kmart, Target or Big W – these stores sell everything from furniture and lighting to kitchenware and bedding at low prices.

SHOPPING ONLINE

For convenience, you can also shop online and have household items delivered to your door. Koala sells mattresses and other furniture, Who Gives A Crap deliver environmentally friendly toilet paper, and Coles and Woolworths grocery deliveries make it easy to stock your kitchen.

Note: Be careful when shopping from online marketplaces such as Gumtree or Facebook Marketplace. When buying, you should always meet in person to see the item and exchange money. If possible, take a friend with you. Search for any common scams on these websites so you can be aware and keep yourself safe.



IMPORTANT STEPS WHEN MOVING INTO A NEW HOME

1. **Notify your bank, employer, education provider and OSHC provider of your new address.** Your student visa requires you to update your education provider within seven days of arriving in Australia or moving to a new address.
2. **Get to know your local area and council.** Find out where your nearest medical centre, shops, public transport hubs and fitness facilities are located. Learn about waste disposal in your area, including recycling and composting options. Check out your local council's website for more information.
3. **Tell your friends and family back home where you're living.** They probably want to know that you're in a safe place and they may want to send mail from time to time.
4. **Think about home and contents insurance.** If you're living in your own apartment or house, or have joined an existing share house, you might want to purchase home and contents insurance to protect your belongings from theft or damage.
5. **Check your home is in working order.** Make sure things like hot water, taps and switches work. If there are any faults or issues, notify your agent, landlord or accommodation provider.



MONEY AND BANKING

BANKS IN AUSTRALIA

WHY DO I NEED AN AUSTRALIAN BANK ACCOUNT?

Opening an Australian bank account is your key to earning and managing money in Australia. Any payment you receive from employment or a scholarship will need to be paid directly into an Australian account. Plus, you will enjoy easy access to funds without attracting the fees or long waits associated with international transfers.

HOW DO I SET UP A BANK ACCOUNT?

Setting up a bank account in Australia is very easy. There are several Australian banks to choose from, including, but not limited to, National Australia Bank (NAB), Commonwealth, Australia and New Zealand Banking Group, and Westpac. When you arrive in Australia, head to the one of your choosing and tell them you're an international student who would like to open an account.

Once you have been identified, you will receive access to a day-to-day account and an online savings account. You will also be provided with a debit card, allowing you to shop across Australia and online without paying additional fees.

You can use your basic day-to-day account to pay for course fees, rent and daily living costs.

AUTOMATIC TELLER MACHINES (ATMS), CONTACTLESS PAYMENT AND PAYID

Your debit card allows you to withdraw cash from most ATMs across Australia. Remember that using an ATM that isn't from your bank may incur a fee. That said, you can also set up contactless payments so you can pay for things using your mobile phone – no need to carry a card around. PayID is another great way to make payments that uses either your mobile number or email address. Ask your bank for more information.

CAN I GET AN AUSTRALIAN CREDIT CARD AS AN INTERNATIONAL STUDENT?

Getting a credit card as an international student is a little more complicated. Most Australian banks require you to be on a particular visa and earn a minimum annual salary to be eligible.

If you're confident you'll need an Australian credit card, talk to your nearest bank branch. In most cases, you will need to undergo a credit check and meet certain requirements.

WHAT SHOULD I BRING WITH ME TO OPEN A BANK ACCOUNT?

- Passport or birth certificate
- National Identity Card (if you have one)
- Proof of Australian address (can be a household bill)
- Proof of enrolment
- Driver's licence

Note: It is not necessary to have a Tax File Number (TFN) to get a bank account, but without one, you will get taxed the highest marginal tax rate on the interest your money earns in the bank account.



MANAGING YOUR MONEY



HOW DO I MANAGE MY BUDGET?

The first step in managing your budget is understanding your current financial position. Predict and list all of your income and expenses for the next three to six months as best you can. Then, it's time to think about ways to improve it.

Think about the things that add a lot of value compared to the things you don't really need to pay for. For example, you might buy a coffee every day when you can make one at home instead. Next, download an app such as Pocketbook or Wally on your phone and sync up your bank accounts. With these, you can start tracking and setting goals for spending and saving. You can also use the Australian Government's MoneySmart service for advice.

moneysmart.gov.au 🔍

WHAT SHOULD I DO IF I AM FACING FINANCIAL DIFFICULTIES?

If you are having any difficulties with your finances, your first contact should be your educational institution. They have qualified staff available to help and can point you in the right direction for support. If you are experiencing financial hardship then you may be able to apply to pay your tuition in installments. Additional financial support was introduced for international students during the COVID-19 pandemic. Study Melbourne has advice on where to look for help.

studymelbourne.vic.gov.au 🔍

SCAMS AND SECURITY

Unfortunately, there are a number of scams specifically targeted towards international students, including agency, accommodation, blackmailing and online scams, and these increased during the COVID-19 pandemic. If you are vigilant and aware of these scams, you will be better able to avoid them. Scamwatch and Victoria Police outline different types of incidents and who to contact for help. You can report a scam to Victoria police by going to your local police station or confidentially reporting it to Crime Stoppers.

scamwatch.gov.au 🔍 · police.vic.gov.au/fraud 🔍 · crimestoppersvic.com.au 🔍

**LEARN MORE ABOUT MONEY AND BANKING
ON THE INSIDER GUIDES WEBSITE**

INSIDER GUIDES



TRANSFERRING FUNDS

Setting up your new life in Australia is an exciting process, but it does come with many expenses. Course fees, textbooks, rent, monthly bills, everyday spending – all these costs can lead to a lot of transactions. So, what are the best ways to send and receive funds in Australia? Let's look at your options to find the one that suits your needs.

SEND AND RECEIVE MONEY FROM HOME

If you have internet banking set up, you can easily receive funds from home or send money overseas. To do so, make sure you have all the required codes (i.e. SWIFT, Sort and, for Europeans, IBAN) and the correct account numbers. Bank transfers are ideal for smaller amounts that you'll use for everyday expenses. For larger amounts, better exchange rates and lower fees, you may want to consider other services.

If you need your money in minutes, consider working with money transfer companies. They provide a fast option to send and receive money overseas in short time frames. If you shop around, certain companies will often give you a better deal on currency exchange rates than your bank. PayPal is one of the most well-known money transfer systems, but it does attract a currency conversion fee. Otherwise, you can check out dedicated international money transfer services like Western Union.

A prepaid credit card is a great way to receive money from home for daily expenses and not fall into the trap of spending more money than you have in your budget. Both Visa and Mastercard (widely accepted in Australia) have card issuers that offer their own prepaid credit cards. Many of these cards even come with special discounts on things like food and entertainment for members. Chat to your bank or financial institution to see what options are available.

PAY YOUR EDUCATION EXPENSES AND OTHER BILLS

Your education provider will outline a range of different ways you can pay for your tuition fees as an international student. Depending on your institution, this might be through electronic bill payment systems, telegraphic transfer, credit card or another payment portal. Usually, your education provider will have a preferred payment provider, so make sure you check their website.

When it comes to paying bills in Australia, BPAY and POLi Payments are electronic bill payment systems that enable secure payment for many different expenses, like your monthly mobile phone or other utility bills. Look for the BPAY or POLi reference number on your bill and then select the relevant option on your internet, mobile or phone banking account to make your payment.

CURRENCY

Australian currency is made up of coins and notes. There are silver 5, 10, 20 and 50-cent coins, and gold 1 and 2 dollar coins, of varying shapes. There are also 5, 10, 20, 50 and 100-dollar notes that come in different colours.

Dollar notes



Gold dollar coins



Notes are made of plastic, so they're waterproof!

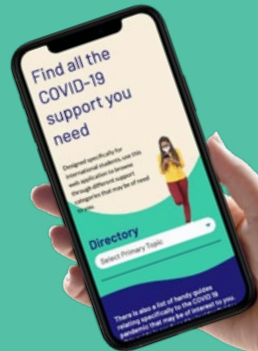
Silver cent coins



International Student Directory

Lighthouse Support

lighthousesupport.org 🔍



Lighthouse Support web application is designed specifically to help international students in Melbourne get the help they need. Browse and filter through the various support on offer. There are also guides relating specifically to COVID-19.

Key topics

Food and Essentials

Health and Wellbeing

Rental Assistance and Accommodation

Employment, Cultural Hubs, Community and much more

Guides

Find information on COVID testing, Hygiene, and Vaccines.

In partnership with



INSIDER GUIDES

Funded by the Victorian Department of Families, Fairness and Housing

COST OF LIVING

PUBLIC TRANSPORT

Most of Australia's capital cities have travel cards that make getting around super easy. Many of them even feature discounted travel for students and people who travel often. Keep in mind that each state has its own rules on international students' eligibility to access concession discounts. If you do get a concession card, you can expect to spend roughly **AU\$25 per week** on public transport. Without a concession card, you may spend up to **AU\$60 per week** or more depending on how much you travel.

ENTERTAINMENT AND HOBBIES

Your entertainment and hobby expenses will depend largely on your interests. For example, if you love working out, you may want to sign up for a gym membership. This will likely cost around **AU\$17 to AU\$40 per week** depending on the location and membership you choose. Are you a big movie fan? A cinema ticket in Australia typically costs between **AU\$10 and AU\$20**. When it comes to eating out, there are many options suited to any budget, big or small.



GROCERIES

The amount you spend on groceries will depend on your food preferences. However, you can probably expect to spend between **AU\$80 and AU\$150** per week.

Here are the approximate prices of some common food items:

- **A 2kg bag of rice** = AU\$3
- **A 1L bottle of milk** = AU\$1.25-\$2.50
- **Two large chicken breasts** = AU\$10
- **1kg of carrots** = AU\$2-\$3
- **1kg of apples** = AU\$3.90-\$6



“Keep a log of your finances. If you set a budget for different categories, respect it and don’t overspend. You can [also] sign up for cash/point rewards program for buying in the supermarkets, e.g. FlyBuy cards and Everyday Rewards Card.”

Tia (Yan Yin), China
Deakin University
[linkedin.com/in/tia-yan-yin-kwan/](https://www.linkedin.com/in/tia-yan-yin-kwan/)

HOT TIP

Many organisations and venues in Australia offer student concessions. When heading to restaurants, clothing stores and other venues, be sure to show your student ID card on hand and ask about any discounts they offer!

ACCOMMODATION

Rent and other accommodation costs will vary between cities and accommodation styles. For example, if you rent a room in a share house, you’ll probably spend between **AU\$150 to AU\$500 per week**. If you rent your own place, you’ll probably be paying much more. Learn more about the costs of various accommodation styles in the Accommodation section.

EMPLOYMENT

EMPLOYMENT BASICS

CAN I WORK WHILE STUDYING?

While on a student visa, you can work up to 40 hours per fortnight (14 days) during the semester and unlimited hours during semester breaks. Australia has laws guaranteeing basic workplace rights, including minimum pay and conditions. Head to [page 32](#) for more information.

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

There are a range of job-seeking sites you can access for free to check work vacancies in Melbourne. Below we've listed some of the most popular. Your education provider will also have a careers website that will list jobs specifically targeted to students. However, if you'd prefer to work freelance on your own time, check out Airtasker or Upwork.

seek.com.au 🔍 · careerone.com.au 🔍 · au.indeed.com 🔍 · jobs.vic.gov.au 🔍

CAN I GET A JOB AFTER I GRADUATE?

After finishing your studies in Melbourne, you may be able to apply for a visa that will allow you to continue working and living here. Visit the Department of Home Affairs website to explore your visa options, or speak to a Registered Migration Agent.

There are plenty of graduate opportunities available in Melbourne and across Victoria, in a range of different industries and business types. GradAustralia is a great place to start looking for positions.

gradaustralia.com.au 🔍 studymelbourne.vic.gov.au/employment-and-work/graduate-work-opportunities 🔍

WHAT ARE THE DIFFERENT TYPES OF EMPLOYMENT?

Your type of employment will affect your hours of work, your rate of pay and some of your entitlements.

Generally, employees are either:

- **Full-time** – work 38 hours per week, plus reasonable additional hours.
- **Part-time** – work less than 38 hours per week. These employees work a regular pattern of hours. Part-time employees get entitlements such as annual leave and personal/carer's leave on a pro-rata basis – this means that it is based on how many ordinary hours they work.
- **Casual** – usually aren't guaranteed a certain number of hours each week. They usually get a casual loading (an extra percentage added to their rate of pay) instead of entitlements like paid personal/carer's leave or annual leave, a paid day off on a public holiday, or redundancy pay.

Casual or part-time employment is great for international students, as you can schedule work around your classes.



WHAT DO I NEED TO KNOW ABOUT TAX?

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

DO I NEED AN AUSTRALIAN BUSINESS NUMBER (ABN)?

You don't need an ABN to work for an Australian employer. You only need one if you're an independent contractor, like a freelancer.

fairwork.gov.au/find-help-for/independent-contractors 🔍

WHAT IS SUPERANNUATION?

Often known as 'super', it is a financial contribution towards a fund that you'll use for living expenses when you retire. You can contribute to your own fund, but it's most common for your employer to do this. If you are an employee, the law in Australia says you are entitled to receive super from your employer. If you're over the age of 18 and earn over \$450 (before tax) in the calendar month, your employer must contribute at least 10% of your earnings to your nominated super fund. If you're under 18, you must work more than 30 hours per week to be entitled to super contributions. This is in addition to your ordinary wage. You can also claim your super when you leave Australia.

ato.gov.au/Individuals/Super 🔍

STUDY MELBOURNE SUPPORT

Study Melbourne offers a wide range of employment support and advice for international students, including information to help you understand your working rights in Australia. If you need help understanding your working rights or you have a legal problem, the International Student Employment and Accommodation Legal Service can provide you with assistance.

studymelbourne.vic.gov.au/employment-and-work 🔍

studymelbourne.vic.gov.au/help-and-support/the-law-and-my-rights 🔍

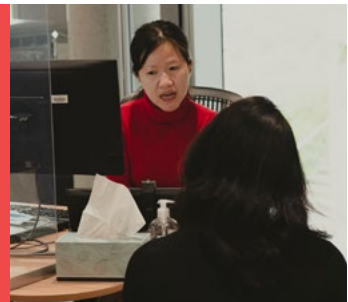
JOBS VICTORIA SUPPORT

Jobs Victoria supports people looking for work and this includes services for international students. They provide information, advice and support in person, online, and on the phone. The Jobs Victoria online hub is a free job search service available to anyone looking for work. If you are looking for part-time or casual work you can apply for jobs posted by employers in your local area. Jobs Victoria Advocates can connect you with the information and advice. You can speak to them in your local community spaces like libraries and shopping centres.

Call 1300 208 575 jobs.vic.gov.au 🔍

FOR MORE INFORMATION ABOUT
EMPLOYMENT, HEAD TO THE
INSIDER GUIDES WORKING IN
AUSTRALIA HUB

INSIDER GUIDES



IMPROVING YOUR EMPLOYABILITY

There are many ways you can improve your employability and develop workplace skills. This can make it easier to find jobs, and you'll be better prepared for the Australian workforce.

INTERNSHIPS AND WORK EXPERIENCE

An internship may be a compulsory part of your degree, or you might just want a bit of extra professional experience to improve your resume. Check with your education provider's career centre for options for arranging an internship or work experience.

NETWORKING

In Australia, professional networking is one of the most effective ways of securing a job. By making new connections, you're directly showing people what you have to offer, such as great communication and interpersonal skills. Networking also helps to ensure that people remember and consider you for employment opportunities. You can find networking events through your education provider, Study Melbourne or external organisations, such as EventBrite.

[eventbrite.com.au](https://www.eventbrite.com.au) 🔍

NETWORKING ON LINKEDIN

LinkedIn is the most powerful social media platform for professionals and is a great way to easily build industry connections. Make sure to keep an up-to-date LinkedIn profile tracking your experience and achievements.

VOLUNTEERING

Volunteering will provide you with a vast range of soft skills, improve your ability to communicate, allow you to make new friends and network, and help you integrate with your new community. Your education provider may offer volunteering opportunities (just ask careers staff or the international student office), but you can also seek off-campus volunteering roles.

studymelbourne.vic.gov.au/employment-and-work/volunteering 🔍 · volunteeringvictoria.org.au 🔍

EMPLOYABILITY PROGRAMS

The Study Melbourne Empowered Series is packed with free activities and events designed to empower you with job readiness and leadership skills, help you discover new experiences, and build new friendships and networks.

Head to Study Australia's Employability Hub to check out the Study Australia Work Readiness Program. This program teaches you how to apply for work and prepares you for your Australian education experience, with a free micro-credential upon completion.

studymelbourne.vic.gov.au/empowered 🔍 · studyaustralia.gov.au/english/employability 🔍

LEARN MORE ABOUT THE DOS AND DON'TS OF NETWORKING



INSIDER GUIDES





Accelerate your success with Study Melbourne Empowered

Study Melbourne **Empowered** offers a suite of career and leadership programs to support you to kickstart your career. Be a part of Victoria's vibrant international student ecosystem and build your capabilities through our world-leading employability, entrepreneurship and leadership programs.

Visit studymelbourne.vic.gov.au for event updates and program information.

 StudyMelbourneVIC

 @StudyMelbourne

 @StudyMelbourne

 StudyMelbourne



STUDY MELBOURNE

HOW DO I WRITE A RESUME?

The basics of a resume include your contact details, previous work history and, for students and recent graduates, information on your education. Keep it as concise as possible and get somebody to proofread it before sending it to any potential employers. Your education provider may also offer resume writing support.

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 them to be a reference. Remember to adjust your resume and cover letter for the specific role you're applying for; don't use the same generic version for all jobs.

To give you an example, we have underlined the errors in the following resume.

PERSONAL INFORMATION
.....

Mr John Tan

2022 Guides Street

1 Email - heartbreakerxoxo@hotmail.com

Ph (01) 2345 6789

DOB - 26/12/99

Height - 200cm Weight - 110kg

2 Visa - Student

Marital Status - Single

Religion - Jedi

EMPLOYMENT HISTORY
.....

3 Shop Asistant

4 Insider Shop Jan 2017 - Present
Responsibilities: Handling Money

Key Achievements: Staff Award

EDUCATION HISTORY
.....

5 Bachelor of Arts - Insider University

6 Insider Primary School

7 Responsible Service of Alcohol Certificate 2017

- 1 Make sure your email address is professional.
- 2 Avoid including your date of birth or particularly personal information like your height/weight, marital status and religion. You also don't need to include your visa status, as you should have working rights anyway.
- 3 Carefully proofread your resume to eliminate all typos and other errors.
- 4 Highlight your responsibilities in the role and, where relevant, showcase any significant achievements (e.g. awards, beating targets, etc.).
- 5 If you haven't graduated yet, list your expected completion date.
- 6 You certainly don't need to include your primary school education. High school is optional, but we recommend only including it if you would like to highlight your history of high achievement.
- 7 Include short courses, but only if you believe they are relevant or beneficial to the role you are applying for.

INSIDER GUIDES

WELCOME TO INSIDER GUIDES!

We're the #1 information hub for international students in Australia! From important news to helpful life hacks and everything in between, you'll find all the content you need to survive and thrive in the land Down Under.



FOLLOW OUR SOCIALS

 @insiderguidesau

 @InsiderStudentGuides

 [linkedin.com/company/insider-guide](https://www.linkedin.com/company/insider-guide)

 [youtube.com/c/insiderguides](https://www.youtube.com/c/insiderguides)



WORKPLACE RIGHTS

DO YOU KNOW YOUR WORKPLACE RIGHTS AND ENTITLEMENTS IN AUSTRALIA?

As an international student, you have the same workplace rights as all workers in Australia.

The Fair Work Ombudsman (FWO) can help if you have concerns about pay, leave or other workplace entitlements. www.fairwork.gov.au has information in over 30 different languages to help you understand your work rights.

When starting a new job in Australia, employers must give you a copy of the Fair Work Information Statement (www.fairwork.gov.au/FWIS) before, or as soon as possible after they start their new job. Employers must also give every new casual employee a Casual Employment Information Statement (www.fairwork.gov.au/CEIS) at the same time.

Remember, you can't get in trouble for being underpaid. If you have a workplace issue, you can contact the FWO for help without fear of your visa being cancelled. See www.fairwork.gov.au/internationalstudents for more information.

It is important to keep a record of the hours you've worked. The FWO's Record My Hours app makes it easy for you. Download it now from the App Store or get it on Google Play!

The FWO's anonymous reporting tool at www.fairwork.gov.au/tipoff lets you report a workplace issue in 17 different languages, without providing your personal information.

To speak your language, you can call the Translating and Interpreting Service (TIS) on 13 14 50. Tell the operator the language you speak and ask them to call the FWO on 13 13 94.

Contacting and getting help from the FWO is FREE!

WORKPLACE EXPLOITATION

It's important that you understand your rights at work. There are a few things to be aware of to ensure you don't end up being exploited by your employer.

1. Avoid job ads that look suspicious. Make sure they mention the business name and look it up on the Australian Business Name register (abr.business.gov.au)
2. As of 1 July 2021 the National Minimum Wage is \$20.33 per hour or \$772.60 per week. The National Minimum Wage is reviewed each year. Use the pay calculator to find your pay rate: calculate.fairwork.gov.au/FindYourAward
3. You should be paid at least once a month, receiving a payslip within one working day of being paid.
4. You should always be paid for work that you do, including training and trial shifts. Record your hours to make sure you're being paid in full.
5. Employers are not allowed to give you goods or services (including food) instead of pay.



Want to work while you study?



Know your workplace rights and get help with workplace issues

Like all workers in Australia, international students have the right to:



minimum wages



pay slips



leave



ask about entitlements



report a workplace issue

The Fair Work Ombudsman's services are free!

The Fair Work Ombudsman is the national workplace regulator that helps everyone in Australia follow the laws that make all workplaces equal and fair.

You can't get into trouble or have your visa cancelled for contacting the Fair Work Ombudsman.



For tailored information about your workplace rights, including information about the Assurance Protocol, visit www.fairwork.gov.au/internationalstudents

Find out about your workplace rights in over 30 different languages at www.fairwork.gov.au/languages

To record your work hours, use the Record My Hours app at www.fairwork.gov.au/app

You can also report workplace concerns anonymously at www.fairwork.gov.au/tipoff



Australian Government

Fair Work
OMBUDSMAN

 fairwork.gov.au

 [FairworkGovAu](https://www.youtube.com/FairworkGovAu)

COMMUNICATIONS AND TECHNOLOGY

INTERNET

HOW DO I ARRANGE HOME INTERNET?

There are several home internet plan providers in Australia including Optus, TPG, Telstra, iiNet, Internode, Belong and more. Websites like Finder are a good starting point if you are unsure of pricing and the plan options available in your area. Australia is gradually connecting to the National Broadband Network (NBN), which should provide faster internet speeds across the country. However, speeds in many locations are still quite slow, especially if you come from a country with fast internet. It's worth checking if your new home is connected to the NBN using the NBN Co website.

finder.com.au/broadband-plans 🔍
nbnco.com.au 🔍

When choosing an internet plan, consider:

- How much data you'll need
- The download and upload speeds

After you've chosen an internet provider, setting up your home internet is easy. You can buy your own modem or purchase one through your provider. They'll then provide you with all of the necessary steps required to finish your set-up.

FREE WI-FI IN MELBOURNE

Melbourne offers free Wi-Fi in certain parts of the city, including on CBD train platforms. You'll also find free Wi-Fi at Melbourne Airport – ideal if you've just arrived in Australia and need internet to navigate your way into the city. Public libraries, museums (including the NGV) and community centres usually offer free Wi-Fi too, and you'll find that many cafés around Melbourne give decent internet access (either for free or with purchase). The Study Melbourne Student Centre also provides free Wi-Fi, as should your education provider.



State Library Victoria, 328 Swanston St, Melbourne

ONLINE LEARNING

If you're studying online, it pays to be up-to-date with the latest tools and resources. Zoom has gained enormous popularity in Australia – often as a virtual classroom – but is also great for meeting with classmates when working on group projects, so make sure you know how to use this software. Navigating your education provider's online learning platform and the digital library is now vital, too. Your education provider will offer IT support if you need guidance on using these.



next
gen_now



The next generation of uni is here

Connecting you to your career, faster.

With guaranteed real industry experience in all our bachelor degrees. And only 10 minutes from beautiful Melbourne. Talk to our team to find out more.



swinburne.edu.au/international

MOBILE PHONES

BRINGING YOUR MOBILE PHONE INTO AUSTRALIA

Once you've arrived in Australia, one of the first things you'll want to do is to set yourself up with an Australian phone number - you'll want to avoid expensive international roaming charges at all costs!

So, you'll need to:

- Make sure your phone is unlocked (a locked phone will mean you can't use another carrier's network)
- Get a local SIM card and a mobile phone plan

CHOOSING A MOBILE PHONE PLAN

The cost of mobile phone plans varies. Most will offer voice, SMS and data for a single fee, but for extras like international call minutes, you may need to pay extra. If you're bringing your phone into Australia, look for SIM-only plans. If you're interested in a new phone, you can buy a mobile on a plan. You will pay off the phone in equal monthly instalments over the term of a contract. Once your contract is finished, you will own the phone.

Many mobile phone plan providers will also offer prepaid or post-paid plans. Prepaid plans always require you to pay upfront for your service, while most post-paid plans will issue a bill at the end of the month.

WHAT SHOULD I WATCH OUT FOR?

Read your plan/contract, or the terms and conditions, closely to make sure you understand any additional charges that can be applied. Another thing to be aware of is extra inclusions that may come with the service. If the overall deals between phone providers are similar, then consider if you would save money by having free access to another service. For example, the plan may come with free sports streaming, Spotify or Netflix.

HOW DO I GET STARTED?

For plan options, check out any of the mobile phone plan providers we've listed below. You might need some of the following documents to prove who you are:

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

WHERE CAN I BUY A NEW MOBILE PHONE OR SIGN UP FOR A PLAN?

There are several mobile phone providers in Australia that sell phones and/or SIM cards, all offering different plan options. Some of the most popular providers include Vodafone, Telstra, Optus, Virgin Mobile, Amaysim, Boost Mobile and Vaya.

FACTORS TO CONSIDER BEFORE CHOOSING A PLAN

- How long is the plan contract?
- How many minutes of phone calls do I get (and are international calls included)?
- What is the monthly data limit and how much extra will I be charged for going over the limit?
- How much will I be charged if I need to end the plan contract early?
- What inclusions/discounts/subscriptions are included?
- How good is the network coverage? Is the network 4G or 5G?
- Will I be charged extra for paying bills in a certain way (e.g. credit card)?

STREAMING OPTIONS

Aside from Netflix and Amazon Prime Video, there is a range of streaming options in Australia at different prices. You can watch these on smart TVs, gaming consoles, Apple TV and Google Chromecast, mobile devices, and computers.

STAN stan.com.au

Australian subscription service that offers an extensive back catalogue of local and international content. From \$10/month.

MUST WATCH:

- Bump*
- I Am Woman*
- True History of the Kelly Gang*

BINGE binge.com.au

Binge is perfect for watching the most popular shows from international networks such as HBO and NBC. From \$10/month.

- Love Me*
- Mad Max*
- Wentworth*

DISNEY+ disneyplus.com/en-au

All things Disney – plus Marvel, Star Wars and all of The Simpsons – are available on Disney+. From \$11.99/month.

- Avenger's: End Game*
- Bob's Burgers*
- Modern Family*

KAYO kayosports.com.au

Kayo is the most popular service for sports content, streaming from channels including ESPN and Fox Sports. From \$25/month.

- AFL (football)*
- NBA (basketball)*
- Cricket*

FUNIMATION funimation.com

Home to new and classic anime films and series. You can watch in English, Japanese, or with subtitles. From \$7.95/month.

- Attack on Titan*
- March Comes In Like a Lion*
- My Hero Academia*

KANOPY kanopy.com

Kanopy is provided for free through public libraries and universities, offering access to indie films, documentaries and international cinema.

- Lion*
- The Dressmaker*
- The Mask You Live In*

FREE STREAMING OPTIONS: ABC IVIEW, SBS ON DEMAND, 7PLUS, 9NOW, 10 PLAY

The main free-to-air stations in Australia all have free apps to watch their shows and films on-demand. You can watch content from these streaming sites on Apple TV, your computer, or via their respective mobile or tablet apps. The websites are free to use, but they may require you to create an account using your email address or social media accounts. Because they're free, you can enjoy a wide range of films and TV programs on a tighter budget. Keep in mind, though, that free streaming services are likely to include advertisements and content may only be available online for a limited time.

STUDYING

From start to finish, there are certain things you'll need to know to prepare for the academic year in Australia.

A TIMELINE OF STUDY TIPS

START OF SEMESTER

Create a lesson and study timetable - An easy-to-understand lesson timetable means you'll always know where you're supposed to be and when. For your study timetable, organise your routine around your classes and include time for assignments/revising, socialising, working and relaxing.

Buy your textbooks - If you have required readings, buy them in advance. This is especially important if you're buying books online, as it will allow for shipping time. Consider buying second-hand or eBooks to save some money, or check if copies are available at the library to borrow.

ASSIGNMENT TIME

Understand what is required - Assignments at Australian education providers may range from research papers to group projects. Each of your teachers will have different expectations and rubrics to mark your work from. Speak to them if you have any questions as early as you can before any assignment deadlines.

WHAT IS PLAGIARISM?

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



EXAM PERIOD

Know when exams are - You can check with your education provider in advance for when exam periods are. Make sure you don't plan any trips away during this time (including the exam re-sit period).

Visit your exam location - Some exams may be held off-campus, or in locations you're unfamiliar with. To save you from extra worries on exam day, it is recommended that you visit the exam location early, so you know how to get there and how long it will take.

STUDENT RESOURCES AND SUPPORT

SUPPORT SERVICES AVAILABLE TO INTERNATIONAL STUDENTS

There are many support services you can find through your education provider for free. No matter your needs, help and advice are always available!

CAREERS CENTRE

This office will assist you in creating an effective resume and explain how to complete a job application and prepare for a job interview. They can also help you plan out your graduate career, discover volunteer and internship opportunities, and help you find casual work.

INTERNATIONAL STUDENT OFFICE

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

LIBRARY

There is more to the library than just books. Libraries are full of meeting rooms, TVs and computers, which will give you access to your education provider's online library of eBooks, journal databases and more. Your education provider may also have liaison librarians who are experts at finding information in your discipline.

TECHNICAL SUPPORT

Studying from home might mean encountering technical difficulties. Your education provider's dedicated technical support team will be able to help you with questions about your tech, including accessing specific software for your course, storage – even setting up Zoom! Some education providers also offer free or discounted access to software packages like Microsoft Office and Adobe Creative Cloud.

ACADEMIC SUPPORT

If you need assistance with your studies or are falling behind on your assignments, there are plenty of support services available.

STUDENT LEARNING HUBS


Most educational institutions offer a central learning hub that provides free individual support in specific subjects, as well as activities designed to improve things like English skills, digital literacy, writing and more.

SPEAK TO STAFF

Your teaching staff are there to help. If you're struggling, reach out to them for assistance – it's their job to provide the advice you need. They can also refer you to other support services.

PRIVATE TUTORING

You can hire a private tutor if you need assistance in a particular subject. You'll usually find them listed on your education provider's noticeboard, or you can use the Student VIP website.

studentvip.com.au/tutors 

STUDYING ONLINE

For many people around the world, studying and working has now moved online. Studying online offers many benefits, including flexibility. However, some students worry their grades will suffer as a result of less time spent with teachers and fellow students. It can also be an adjustment to set your own study schedule while maintaining a healthy study/life balance. Luckily, there are many effective ways to simplify and optimise your online study.

Some recommendations include:

1. **Preparing your workspace.** If possible, set up a desk in a quiet space in your home – ideally not in your bedroom. Research how to set up your laptop, monitors, keyboard and mouse to protect your neck, spine and lower back. Also, consider what can be seen behind you in preparation for video chats with your teachers and fellow students.
2. **Asking for help.** Your education provider is there to help you. Be sure to research support resources such as online tutorials and webinars, and any student chat rooms/social media groups where you can share information and make friends. Email your tutors and lecturers if you need a little more course-specific support, or student services if you are struggling with studying online in general.
3. **Creating a schedule.** Many students who are studying from home may have trouble with time management. To avoid this, create a study timetable that reflects your lecture/class hours, required study hours, time spent on assessments and, most importantly, study breaks. Taking time for yourself is an essential part of working effectively!
4. **Take notes (by hand!) during online lectures.** If your lecture content is being provided asynchronous – as in, it’s a recording you get to watch whenever you want – schedule that time into your calendar and then as you’re watching that recording, make sure that you’re taking notes. Don’t just write down what’s on the slides, but also write down what the teacher, lecturer or presenter is talking about as well.
5. **Focus on self-care.** It’s easy for study and home life to blend into one when you are studying online. Make sure to take breaks - turn to **page 51** for some self-care tips.



1. Create a distraction-free zone. Keep your phone far from your desk and mute it. Close unrelated tabs on your computer.
2. Turn on your camera during class - this can keep you at your best performance.
3. Do your homework as soon as possible. For group assignments, break them down into milestones to keep track of your progress.

Gavin (Jiayao), China
Monash University, @gavinyu21

STUDY GLOSSARY

There are many terms associated with tertiary education that you may never have heard before. Our glossary of terms will help you understand and make the most of your time studying in Australia.

CENSUS DATE

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

COURSE

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

FULL-TIME

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

GRADE POINT AVERAGE (GPA)

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

LECTURE

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

ORIENTATION (O-WEEK)

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

PRACTICAL (PRAC)

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

SEMESTER

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

TAFE (TECHNICAL AND FURTHER EDUCATION)

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

TRANSCRIPT (ACADEMIC RECORD)

Official academic transcripts cost money to obtain from your education provider, but graduating students receive one free copy. Unofficial records can be printed using your student login.

TUTORIAL (TUTE)

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

VET (VOCATIONAL EDUCATION AND TRAINING)

VET courses are designed to deliver workplace-specific skills and knowledge.

LEARN SOME AUSTRALIAN SLANG

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

Congratulations on that HD! Good on ya!



Go to page 58

CREATING THE PERFECT WORK-FROM-HOME DESK

In the wake of the COVID-19 pandemic, working and studying from home has become the new normal. That's why it's so important to have a great work-from-home set-up. With an awesome working space, you'll be better prepared to reach new heights of success. Here's everything you need to create the perfect desk.

1. PICK A QUIET SPOT □

When it comes to creating the perfect workspace, location is everything. Try to choose a place that is quiet and free from distractions (such as loud housemates or street noise). Ideally, your desk shouldn't be too close to your bed, either. This will help you set a clear boundary between your workspace and your relaxation space.

2. WRITING MATERIALS □

Always keep a notepad and some pens nearby. Whether you're listening to a lecture or brainstorming ideas for a new project, writing things down is a great way to remember them for longer.

3. STAY FUELLED AND HYDRATED □

Keep some healthy snacks and a bottle of water on your desk. By staying fed and hydrated, you'll improve your brain function, concentration and memory. We recommend nutritious foods like fresh fruit, muesli bars and nuts.

4. ADD SOME PERSONALITY □

Your desk should reflect who you are. So, be sure to add some fun photos of you and your mates, some fresh plants and whatever else you'd like.

5. COMPUTER AND KEYBOARD □

Make sure your computer and keyboard are positioned arm's length away from you. Your computer should be eye-level with you, so you don't have to crouch down to see your screen. With these tips, you'll better maintain your focus - and your posture!

6. A COMPUTER MOUSE □

You're going to be spending long hours at your computer, so you want to make sure your setup is as comfortable and efficient as possible. A great tool to make that goal a reality is a portable computer mouse. With this handy gadget, you'll perform tasks much quicker, easier and more comfortably.

7. LET THERE BE LIGHT □

Add a table lamp to your desk to ensure it's well lit. Having a strong light source will prevent you from straining your eyes while working and studying.



1

2

3

4

5

6

7

HEALTH, SAFETY AND WELLBEING

HEALTHCARE BASICS

WHAT'S THE DIFFERENCE BETWEEN A GP/MEDICAL CLINIC AND A HOSPITAL?

To put it simply, hospitals are typically for emergencies, while general practitioners (GP) are for non-emergencies.

You should generally only go to a hospital if you are seriously hurt or sick and require urgent medical attention. This includes things like a major injury (e.g. a broken bone), problems with breathing or bleeding, or loss of consciousness.

You should see a GP or visit a medical clinic for non-emergencies. This includes things like the flu or common cold, minor injuries, or ongoing stress or worry.

WHAT IS THE DIFFERENCE BETWEEN PUBLIC AND PRIVATE HEALTHCARE?

Medicare is the public health system that gives some Australian residents free or discounted health services. If you're from a country with a Reciprocal Health Care Agreement (RHCA) you might receive some Medicare benefits, which may be known as Reciprocal Medicare.

servicesaustralia.gov.au/reciprocal-health-care-agreements 

The private healthcare system complements the public healthcare system, or if you're not eligible for Medicare, it helps replace it. There are several private health insurance providers that offer Overseas Student Health Cover (OSHC), which you will require as an international student (unless you fall into an exemption category).

WHAT SHOULD I DO WHEN MEDICAL CLINICS ARE CLOSED?

Very few medical clinics are open seven days or have 24-hour services. If you need a medical certificate or you have a minor illness, it's best to wait until medical clinics are open. For urgent non-life-threatening enquiries, there are after-hours home doctor services available, including 13SICK (call 13 74 25) and DoctorDoctor (call 13 26 60).

You can also ring healthdirect (1800 022 222) to get advice on treating non-life-threatening illnesses, or use the healthdirect symptom checker - healthdirect.gov.au

If you have a serious injury or illness, visit a hospital with a 24 hour emergency department (ED). In an emergency, call 000 for an ambulance.

HOW DO I FIND A DOCTOR?

Your OSHC provider will likely maintain a list of recommended providers. Their website may even have a 'find a doctor' resource to assist you in finding your nearest doctor. The Healthengine website (healthengine.com.au) can also help locate a doctor.

WHAT DO I DO IN AN EMERGENCY?

If you have a medical emergency, if there is a fire, or if you need police attention, call 000 (it's entirely free to call).



OVERSEAS STUDENT HEALTH COVER (OSHC)

HOW DOES OSHC WORK?

All students in Australia must have OSHC to cover the entire period of their stay, which would have been arranged when you organised your visa. Certain exceptions apply if you are an international student from Sweden, Norway or Belgium. Every time you go to a medical appointment of any kind, you must take your OSHC card with you, along with photo identification.

WHAT DOES OSHC COVER?

OSHC covers in-hospital and out-of-hospital medical assistance, prescription medications and emergency ambulance assistance. Depending on your plan and provider, you may have cover for additional services. Make sure you understand your cover to avoid any unwanted charges.

WHERE CAN I PURCHASE OSHC?

There are a number of OSHC providers in Australia, including ahm OSHC, Allianz Care Australia, BUPA Australia and Medibank Private. You can find out more about OSHC providers through the PrivateHealth website.

privatehealth.gov.au/health_insurance/overseas/overseas_student_health_cover 🔍

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 treated unfairly in regards to your OSHC, you can contact the Private Health Insurance Ombudsman (PHIO). It's a free service designed to help you get out of trouble.

ombudsman.gov.au/how-we-can-help/private-health-insurance 🔍

ARE HOSPITAL VISITS COVERED BY OSHC?

If you are feeling sick, visit a GP at a local medical centre first. This is the cheapest upfront option and you may be able to claim all or some of the cost from your OSHC provider. Hospitals are for emergency situations – either life-threatening or an injury/illness that is quickly getting worse. If you need to visit a hospital, call your OSHC provider to see if you're covered, as the hospital may charge you a fee.

NAVIGATING COVID-19

COVID-19 rules and requirements are updated in line with the nature of the pandemic. When you arrive, you may be required to wear face masks or be fully vaccinated with a vaccine recognised in Australia in order to visit public spaces. It's recommended that you practise good hygiene, maintain a social distance of 1.5 metres and stay home if you are unwell.

Refer to the Victorian Government and Australian Government websites for more information on COVID-19 rules, symptom checks and testing.

coronavirus.vic.gov.au 🔍
australia.gov.au 🔍



MENTAL HEALTH

WHAT SHOULD I DO IF I'M FEELING HOMESICK?


Remember to take time out for yourself. Living overseas, especially with the impacts of COVID-19, can be an incredibly difficult and stressful time.

It's important that you know support is available to you if you need help. It can be very beneficial to talk to friends and family about how you feel or use one of the resources mentioned below. Alternatively, visit your general practitioner (a local doctor, also known as a GP).

WHERE CAN I SEEK HELP FOR MENTAL HEALTH ISSUES?


Your Overseas Student Health Cover (OSHC) covers visits to a GP. The GP is the first person you should see, as you will need to get a referral from them if you want to see a psychiatrist or psychologist. Check with your OSHC provider for coverage details for these sessions. Most education providers offer free or discounted counselling services to their students (both international and local). Some require appointments, so check your education provider's website to find out.

Study Melbourne offers a comprehensive list of OSHC providers and their contact details, along with information on online and phone support services available to international students.

studymelbourne.vic.gov.au/help-and-support/coronavirus-support-for-students/wellbeing-and-mental-health 

FINDING A MENTAL HEALTH EXPERT THAT SPEAKS YOUR LANGUAGE

If you need an interpreter or translator for mental health services, consult TIS National. They can help you book an appointment and provide an on-site interpreter to attend your session with you.

Phone 131 450 or tisnational.gov.au 

HEAD TO OUR HEALTH AND WELLNESS HUB FOR MORE ADVICE

INSIDER GUIDES



WHAT IF I NEED IMMEDIATE SUPPORT?

There are many organisations that offer 24/7 mental health support over the phone or through an online chat service.

Lifeline delivers crisis support, suicide prevention and mental health support services across Australia.


Phone 13 11 14 or text 0477 13 11 14 (12pm to midnight AEST)

lifeline.org.au 

Beyond Blue supports those who may be experiencing depression, anxiety and other emotional issues.

Phone 1300 224 636

beyondblue.org.au 

studymelbourne.vic.gov.au/help-and-support/coronavirus-support-for-students/wellbeing-and-mental-health 





STUDY MELBOURNE



STUDY MELBOURNE

Study Melbourne
Student Centre
A VICTORIAN GOVERNMENT INITIATIVE

Study Melbourne Student Centre

Study Melbourne is here for you.

We have friendly, multi-lingual staff at our Study Melbourne Student Centre to help you access free, confidential legal advice, wellbeing and employability assistance from our qualified caseworkers. We welcome all international students to the Centre and offer a range of events and activities to help you connect with other students, explore your new city and improve your job skills.

Contact the Study Melbourne Student Centre on 1800 056 449 (free call from landline 24/7) or email info@studymelbourne.vic.gov.au

 StudyMelbourneVIC

 @StudyMelbourne

 @StudyMelbourne

 StudyMelbourne






Authorised by the Victorian Government, 1 Treasury Place, Melbourne.

SEXUAL HEALTH AND SAFETY

GETTING ADVICE ON SEXUAL HEALTH

You can ask your GP about sexual health matters, including sexually transmitted infections (STIs), contraception options and more. If you are a woman, you can visit a female GP if that makes you feel more comfortable. Your education provider may also offer sexual health support, so contact them to find out more.

It is important to remember that the more sexually active you are, the more often you should get tested for STIs. If left untreated, some STIs can have serious impacts on your health outcomes. For free and confidential advice about contraception options, pregnancy (planned and unplanned) and sexual health, contact 1800 My Options. The Melbourne Sexual Health Centre provides free services to all international students. Family Planning Victoria (FPV) also has a series of videos on sexual health, available on the FPV website.

1800myoptions.org.au  mshc.org.au  fpv.org.au 

CONTRACEPTION OPTIONS IN AUSTRALIA


You can get contraceptive medications and devices very easily and cheaply in Australia. If you're interested in long-term contraception, talk to your GP about options like IUDs and the pill. Condoms and pregnancy tests are available at supermarkets and pharmacies. Emergency contraceptives are also available at pharmacies with no prescription required.

CONSENT

Consent is a necessary part of any sexual interaction. In Victoria, you have consent if you and your partner(s) are of the legal age of consent (16 years old) and have given free, voluntary consent. You cannot give consent if you are severely affected by drugs or alcohol, or if you have been manipulated, pressured or coerced into doing so.

SEXUAL HARASSMENT

Sexual assault is any unwanted sexual behaviour that's offensive, humiliating or intimidating, such as rape. Sexual harassment is an unwanted or unwelcome sexual advance, such as a request for sexual favours. If you have experienced sexual harassment, your first call should be to your institution, as there will be mechanisms in place designed to support you. If you're being threatened and require immediate assistance, or have been the victim of sexual assault, you can visit your local police station or call 000. As well, the Victorian Centres Against Sexual Assault provide free and confidential support for any person who has experienced sexual violence, with locations around Victoria.

casahouse.com.au  - Call 1800 806 292

SEXUAL HEALTH AND SAFETY FACTS

- Overseas Student Health Cover may cover some of your sexual health care costs. Check the Medicare Benefits Schedule (MBS) to see what's covered!
- If you need language support when you visit your GP or local sexual health clinic, you can use the Translating and Interpreting Service (TIS National) for support.
- Sexual health checks don't need to be awkward! You'll be consulted by trained professionals and everything is 100% confidential.



STAYING SAFE

HOW CAN I STAY SAFE?

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

POLICE IN VICTORIA

Melbourne is a vibrant and safe place but like in every big city, crimes do happen. In Victoria, friendly police officers and protective services officers are here to protect you and keep you safe. We want everyone to feel welcome and safe in their homes and in public.

In an emergency, call Triple Zero (000). You can also contact Crime Stoppers confidentially on 1800 333 000 or online at crimestoppersvic.com.au

For any advice and non-urgent matters, attend your local police station, call the Police Assistance Line on 131 444 or report online at police.vic.gov.au/palolr



FIRE SAFETY
Visit: frv.vic.gov.au

FAMILY VIOLENCE

Unfortunately, family and domestic violence in married and de facto relationships can happen, either between partners or towards children. Know that Victoria supports respectful relationships and help is available if you're experiencing violence. Safe Steps provides a 24/7 helpline, while inTouch has a support service for multicultural women in Victoria.

safesteps.org.au · intouch.org.au

DISCRIMINATION

In Australia, it is against the law to be discriminated against based on your ethnicity, language, skin colour, sex and sexuality. There is support available if you, or someone you know, experience any kind of racism or discrimination. It's important that everyone is comfortable in their environment and feels safe to seek help when necessary. If you are at work, school, on public transport or online, report incidents to the body in charge. The next step is to contact the Victorian Equal Opportunity and Human Rights Commission or the Australian Human Rights Commission to report the incident. If you experience violence, abuse or other criminal behaviour, you can call 131 444 for police assistance outside of an emergency situation.

BEACH SAFETY

If you're planning a day out by the water, here's your guide to staying safe:


- Don't go swimming alone - grab a couple of friends.
- Swim between the yellow and red flags on patrolled beaches. This is the monitored spot that's been deemed safest for swimming.
- Don't dive into water, you may overestimate the depth and this can have very serious consequences.
- If you ever find yourself in trouble while swimming, try to stay calm and raise your hands to show that you need help. For more information see Royal Lifesaving Australia.

royallifesaving.com.au



ADDITIONAL SUPPORT SERVICES


SUPPORT FOR YOUR CHILDREN AND SPOUSE

Many international students choose to bring their spouse and children with them when they study in Australia. Some education providers offer language or other support that cover both you and your spouse. If your children are school-age, you'll need to enrol them in school. The Victorian Government Schools International Education Program can provide more information on this - study.vic.gov.au 

If your children are younger, Melbourne has a wide network of childcare facilities. Your education provider may provide childcare.

For support and information from qualified maternal and child health nurses, call the 24-hour Maternal and Child Health helpline on 13 22 29.

FOR ALL INTERNATIONAL STUDENTS


The Office of the Commonwealth Ombudsman investigates complaints about problems that prospective, current or former overseas students have with private education providers in Australia. ombudsman.gov.au/How-we-can-help/overseas-students 


The Victorian Ombudsman is an independent and impartial watchdog that investigates complaints about NSW government agencies, including public universities, TAFE colleges and public schools. ombudsman.vic.gov.au

The Council of International Students Australia (CISA) is the national peak student representative body for international students studying in Australia


FOR STUDENTS WITH DISABILITIES


If you're living with a disability, your education provider will have measures in place to facilitate your studies. Be sure to register your disability with your education provider (you will likely need a medical note to do this) and explain its impact on your capacity to participate in a learning or social environment. Consult your education provider's website for more information on its disability services and how you can use them.

Find accessible travel routes through Public Transport Victoria to ease your mobility - ptv.vic.gov.au/more/travelling-on-the-network/accessibility 

Locate the nearest accessible public toilets and other public amenities by using the Accessible Australia map - accessibleaustralia.com.au/pois 

SUPPORT SERVICES FOR LGBTIQ+ PEOPLE

LGBTQIA+ stands for lesbian, gay, bisexual, transgender, queer, intersex, and asexual. QLife is a great resource that provides peer support and guidance over the phone and online for the LGBTIQ+ community in Australia - qlife.org.au 

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

LIGHTHOUSE SUPPORT

Designed specifically to help international students in Melbourne, Lighthouse Support offers a comprehensive list of support services, from food and grocery help to rental assistance.



SELF-CARE

The importance of self-care cannot be understated. It can be difficult to balance your study, work and social life. At times, you might feel as if you're running low on energy and enthusiasm, and feel like you don't have time to yourself. Adopting positive self-care rituals can help you manage your mental health and maintain a healthier, happier life. Here are some ways fellow international students are practising self-care - you might find some inspiration!

"When I'm feeling stressed or homesick, I try to have a picnic in the park or enjoy the lovely St Kilda Beach."

Kimberly, Philippines
Southern Cross University & Victoria University
@kimberly_mitchiko

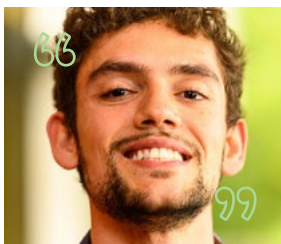


"Being away from home, learning a new language, living in a different culture - [these] challenges can sometimes be overwhelming. So always remember who you are, why you are here, how far you have come. Do more of those things you're passionate about. I promise it will make you feel much better."

Alex, Colombia
Greenwich Management College
@fernandogutierrez_p

"My best self-care tip is to dance because I'm also a dancer. Dance is a creative expression that helps me to channel my feelings and to create. Eventually, I can leverage my feelings to produce creative artwork, transforming stress or homesickness into inspiration."

Feifei, China
Monash University & University of Melbourne
@feifei_curiosity



"Take advantage of technology and try to have a Zoom call with those you love and miss. Too often we forget that, in current times, our loved ones are just a click away!"

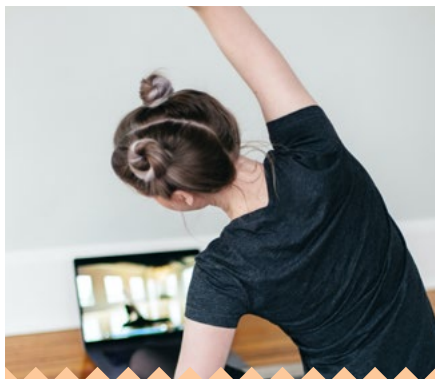
João, Brazil
La Trobe University
linkedin.com/in/joaopamoreira

STAYING FIT

GYMS

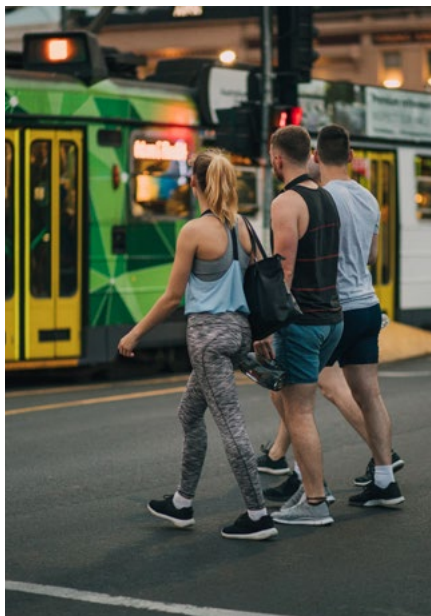
If you're keen to join a gym during your time in Melbourne, there are several options available including Anytime Fitness, Jetts and more. There are also women-only gyms such as Fernwood Fitness. Most universities have gyms and offer students reasonable rates, while some managed accommodation providers have gyms on-site. Your local pool may also include a gym, which is often accessible for a low cost.

If you don't feel confident in the gym, you can try one-on-one personal training sessions. A personal trainer (PT) will walk you through a set program of exercises, helping you to feel more comfortable in your workouts. While PTs can sometimes be expensive, they may offer discounted rates for students.



ONLINE RESOURCES

If you can't or don't want to leave the house to exercise, don't stress! There are many online resources available on YouTube to help you get fit. The Body Coach TV and MadFit are two great options, with workouts of varying lengths that target different areas of the body. You can also try yoga, guided by Yoga With Adriene, or dance with POPSUGAR Fitness.



GROUP FITNESS CLASSES

There are many different types of group fitness classes you can explore, with varying levels of intensity and movement. Try yoga, Pilates, barre, spinning and so much more at studios across Melbourne.

F45 Training is incredibly popular in Australia, and you'll find F45 gyms across Melbourne. Focusing on fast, high-intensity group workouts, there are great classes to do with friends.

SOCIAL SPORTS

If you enjoy a particular sport, you'll most likely find a social sports league near you. Your education provider might even have a team or association dedicated to it, so you can meet like-minded students. Alternatively, check websites such as Meetup or Just Play to find social sport groups. Sports leagues, including basketball, badminton, futsal, volleyball, cricket and more, are available all over Melbourne.

[meetup.com/en-AU](https://www.meetup.com/en-AU) 🔍 · [justplay.com.au](https://www.justplay.com.au) 🔍

QUEEN VIC MARKET



useful tips

- FOR STUDENTS -

1. Queen Vic Market is Melbourne's favourite marketplace and home to over 550 small businesses.
2. It is located within the Free Tram Zone - just jump on routes 19, 57, 58 or 59 which stops right outside the Market.
3. The early bird gets the worm! If you're driving to the Market, enjoy FREE parking on Market days between 6am - 9am.
4. There's lots of great bargains to be found so be sure to look out for special seasonal offers and discounts.
5. Looking for a cheap lunch under \$10? Grab a famous borek in the Dairy Produce Hall.
6. Feeling homesick? The Market has a diverse selection of multicultural products to help you recreate your favourite homecooked meal.
7. Forgot to bring your own bag? Reusable bags can be purchased from the Queen Victoria Market Visitor Hub or use a free cardboard box from our Pick-a-Box locations.
8. Looking for souvenirs to send home to family and friends? We've got a great range including clip-on koalas and boomerangs, plus a huge range of local honey.
9. If you are too busy studying and don't have time to visit, jump online to Queen Vic Market Online and order market fresh produce, seafood and hot jam doughnuts for delivery to your door. Visit qvm.com.au/shop
10. Our seasonal night markets are on Wednesday nights from 5pm - 10pm, offering global street food, great shopping and entertainment. Visit qvm.com.au for dates and details.

QUEEN VICTORIA MARKET | MELBOURNE'S MARKETPLACE

CNR ELIZABETH & VICTORIA STREETS, MELBOURNE • OPEN TUESDAY, THURSDAY, FRIDAY, SATURDAY & SUNDAY

QVM.COM.AU

MAKING FRIENDS

You'll probably meet lots of new people in your course and through your accommodation. But there are also a few other avenues you can take to make new friends.

HOBBIES AND INTERESTS

If your education provider has a student club network, make sure to join one that suits your interests – you're bound to meet one or several like-minded people. You'll find clubs and societies focused on all kinds of things, from individual sports and hobbies to specific cultural backgrounds or religions. Outside of your education provider, think about joining a choir, community garden, sports team, movie or book club, or any other group that matches your interests. Study Melbourne Inclusion Program projects are also a great way to meet fellow international students - find one that's near you!

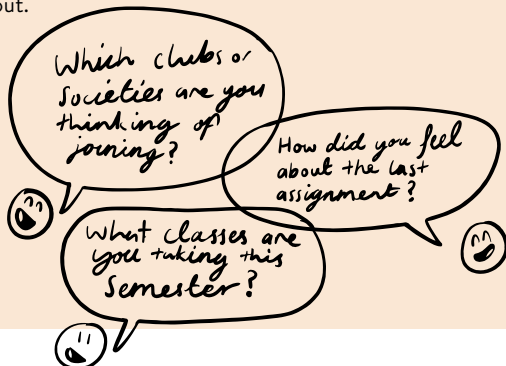
studymelbourne.vic.gov.au/industry/programs/inclusion-program/Inclusion-Program-2021

STUDY MELBOURNE HUBS

If you're studying overseas in Shanghai, Kuala Lumpur, Ho Chi Minh City or virtually in India, the Study Melbourne Hubs are a great place to chat with fellow students. The Hubs provide events, activities and study spaces where you can meet new people. studymelbourne.vic.gov.au/Hubs

CONVERSATION STARTERS

The easiest way to start a conversation with someone new is to simply introduce yourself. After this, it helps to find something in common that you can both talk about.



APPS AND WEBSITES

The key to finding friends might be in the palm of your hand.

There are plenty of great apps and websites designed to help you meet people online (you can decide to meet them in person if you feel comfortable doing so). Bumble BFF, We3 and Meetup are some of the best. Remember that you won't necessarily 'click' with everyone and that it can take time to make good friends. Don't overthink it and try to have fun meeting lots of new people!

A STEP-BY-STEP APPROACH TO MAKING NEW FRIENDS



INSIDER GUIDES



DATING

If you're planning to date as an international student, it's important to know what to expect. Here's what you need to know about the dating scene in Australia.

WHAT'S THE DATING CULTURE LIKE IN AUSTRALIA?

Australia has a pretty relaxed dating culture. In fact, dating in Australia is about as casual as everything else. Dates are typically very informal. A date could be something as simple as getting a coffee or going to the pub together. It's also not unusual to date more than one person at once, especially when you're first starting to get to know someone.

Australian dating culture is also very accepting and inclusive. So, if you're a member of the LGBTQIA+ community, you'll be welcomed with open arms. Because the dating scene is so progressive, there are no formal rules for who can approach whom. Male, female, non-binary – no matter how you identify, you're more than welcome to make the first move.

Just remember that Australia doesn't have a huge pick-up culture. Generally, people will want to know someone a little bit before they agree to share contact details or hang out somewhere.

WHERE CAN I MEET PEOPLE?

Apps like Tinder, Bumble, Hinge and Happn are popular in Australia and cater to various sexual orientations. There are even apps that cater to specific religions, including Salaam Swipe and JSwipe.

Otherwise, pretty much any place we mentioned under 'Making Friends' is bound to offer opportunities to meet potential dates!

Remember to stay safe on a date. Laws around consent may be different in Australia compared to your country. Refer to [page 48](#) to find out more about consent in Australia.

**NEED A LITTLE MORE HELP
COMMUNICATING WITH LOCALS?
THIS IS HOW TO UNDERSTAND
AUSSIE HUMOUR**

INSIDER GUIDES



ORDERING A COFFEE

Whether you're getting to know a new friend or having a casual first date, going for coffee is an important part of life in Australia. Not sure what to order? This is what you can expect.



LATTE



FLAT WHITE



CAPPUCCINO




ESPRESSO




LONG BLACK




MOCHA

 Coffee shot

 Warm milk

 Water

 Chocolate powder or syrup

 Milk Foam



IMPROVING YOUR ENGLISH

Want to continue improving your English during your time in Australia? Check out these helpful tools and resources to ease your experience.

SPEAKING

- Find a language group.** Many international students are looking to improve their English. As a result, there are countless English conversation groups in person and online. Check your local library or community centre, or visit your education provider's website to find out more. There are also plenty of conversation groups on Meetup.com.
- Find a friend who also wants to improve their English.** Chat to them in English - including via text message, online, over the phone and in person. Make friends with people from other nationalities so you only communicate in English.
- Join a volunteer group or sports team.** That way, you can put your English skills to good use.

SPEAKING

- Read in English every day. This includes websites, online news, newspapers, magazines and books.** Listen to English-language music and podcasts, watch English-language films, television shows and YouTube videos. If you want to really push yourself, try to do so without subtitles!
- Go into your local Australian community and listen to the conversations.** You'll be surprised how much you can learn just through observation of the people around you.

WRITING

- Write a daily journal in English.** It doesn't matter what you write about, as long as it's in English.
- Do translation exercises.** Take a passage from a book or article in your native language and translate it into English, or do the reverse.
- Take notes by hand.** This is probably best reserved for when you're watching a lecture online, just in case you need to rewind at any point, but taking notes in English can help you with your writing skills.








"Find out about the Language exchange clubs that institutes or universities have. These are usually free to join and you can even join them if you are not a student of the same university. You can also use Duolingo as a fun way to improve your listening and grammar!"

Alejandra, Paraguay
University of Melbourne
@dalebogado

ENGLISH LANGUAGE RESOURCES

There are a huge range of English language resources available to help you while you're studying in Australia.

In the first instance, always ask your education provider if they offer any English language support. If you'd like to access English language resources from home, we recommend the following websites and apps.

TITLE	LINK	WHAT IS IT?
English Central	englishcentral.com 	A platform full of English language videos that progressively build your comprehension.
ABC Learn English	abc.net.au/education/learn-english 	Designed to help people learning English as an additional language, you'll find listening resources and video courses, along with interesting written articles.
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.
Duolingo	duolingo.com 	With quick, bite-sized lessons, this website and mobile app gives you points for completing activities as well as real-world communication skills.



“What works for me is to immerse myself in English movies and songs. When you start your course, meet local Australian friends, and reach out to them – you will be surprised at how amiable they are! There are also other academic writing and communication classes that your university organises for free, so keep a lookout for that too.”

Darren, Malaysia
University of Melbourne
@darrenleeyj

AUSTRALIAN SLANG

EXPRESSING YOURSELF

AGGRO (ADJECTIVE)

Angry, showing aggression

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

FAIR ENOUGH (IDIOM)

Alright/OK

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

FERAL (ADJECTIVE)

Disgusting, something repulsive

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

HEY? (EXCLAMATION)

Used at the end of a sentence to ask if someone agrees

'You're going out tonight, hey?'

SHE'LL BE RIGHT (IDIOM)

It will be fine

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

KEEN (ADJECTIVE)

Excited for something

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

NO WORRIES (IDIOM)

Don't worry about it/it's OK

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

AS (ADVERB)

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

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

HEAPS (ADJECTIVE)

A lot or very

'Wow, that show was heaps good.'

FULL ON (ADJECTIVE)

Intense/wild

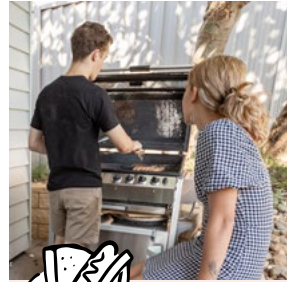
'Uni is so full on, I can't keep up with my assignments.'

YEAH, NAH (DETERMINER)

No

NAH, YEAH (DETERMINER)

Yes



SNAG (NOUN)

Sausage

'For the best snags, I go to Bunnings Warehouse.'



ESKY (NOUN)

Ice cooler

'The esky will keep the drinks cool while we swim.'



AVO (NOUN)

Avocado

'I love avo toast with feta cheese.'



GOING OUT

ARVO (NOUN)

Afternoon

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

BARBIE (NOUN)

BBQ

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

BATHERS (NOUN)

Swimming costume

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

BREKKY (NOUN)

Breakfast

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

CHEMIST (NOUN)

Drug store/pharmacy -

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

EFTPOS (NOUN/ACRONYM)

Machine for electronic (card) payments. Stands for Electronic Funds Transfer at Point Of Sale
'Luckily, the café has EFTPOS, because I don't have any cash.'

BOTTLE-O (NOUN)

Liquor store

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

MACCA'S (NOUN)

McDonald's

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

MATE (NOUN)

Friend (this can be used passive-aggressively though, so pay attention to the situation)
'I like her, she's a good mate, she always has my back.'

MOZZIE (NOUN)

Mosquito

'The mozzies are so bad in the summer.'

RIP-OFF (ADJECTIVE)

To cheat/something that's too expensive

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

SERVO (NOUN)

Service station/gas station

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

SHOUT (VERB)

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

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

SPUD (NOUN)

A potato

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

WHILE STUDYING

BLUDGE (INTRANSITIVE VERB)

To not try your hardest

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

SWOTVAC (NOUN/ACRONYM)

Study break/revision week

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

CHUCK A SICKIE (PHRASAL VERB)

To fake a sick day from work or study.

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

DODGY (ADJECTIVE)

Poor quality/not reliable/suspicious

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

GOOD ON YA (EXCLAMATION)

Well done/good on you

'Congratulations on that HD! Good on ya!'

HOW YA GOING/HOW'S IT GOING? (SPOKEN PHRASE)

How are you?

RECKON (VERB)

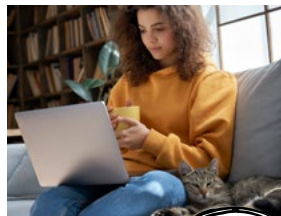
Think/figure/assume

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

UNI (NOUN)

University

'Do you want to walk to uni together?'



CUPPA (NOUN)

Hot beverage

'A hot cuppa tea goes well with biscuits.'



EXPLORING



1 CITY CENTRE

The City Centre is the hub of cultural events and entertainment in Melbourne. Living in the city, you'll have cultural spaces, sporting venues and celebrated foodie spots right at your doorstep - [page 70-71](#)

2 CARLTON & FITZROY

With cool street art and cosy wine bars, Fitzroy and Carlton are buzzing with creative energy. Discover the vibrant energy that makes these suburbs a popular choice among students - [page 74-75](#)

3 NORTH MELBOURNE & PARKVILLE

Beloved by students for their proximity to the CBD and the University of Melbourne, North Melbourne and Parkville offer a unique atmosphere that's sure to impress - [page 80-81](#)

4 SOUTH MELBOURNE & SOUTHBANK

With peaceful riverside restaurants, lovely green spaces and iconic cultural precincts, there's nothing not to love about South Melbourne & Southbank - [page 86-87](#)

5 BRUNSWICK & NORTHCOTE

If you're into live music and edgy cultural scenes, Brunswick and Northcote are for you. These suburbs also offer a friendly and eclectic community that is sure to welcome you with open arms - [page 84-85](#)

NEARBY NEIGHBOURHOODS

- A** Richmond - [page 72](#)
- B** Bundoora - [page 73](#)
- C** Collingwood & Abbotsford - [page 78](#)
- D** Box Hill, Caulfield & Clayton - [page 82](#)
- E** Prahran, Windsor & St Kilda - [page 83](#)

WEATHER



CLIMATE TYPES OF VICTORIA



Summer



Winter

Victoria's climate can be diverse and unpredictable, particularly in Melbourne; the city is famous for having 'four seasons in one day'. Generally, though, summers are hot and dry, with temperatures usually ranging from 14 and 27°C but often reaching 40°C+. Winters are relatively cold, with temperatures typically ranging between 7 and 16°C; however, regional areas are often cooler. Winter also attracts dark, grey skies and a good amount of rain.



SUBPOLAR OCEANIC
Falls Creek



17°C - 24°C



8°C - 18°C



WARM-SUMMER MEDITERRANEAN
Warrnambool



14°C - 21°C



9°C - 15°C



HOT-SUMMER MEDITERRANEAN
Tallangatta



17°C - 31°C



4°C - 16°C



OCEANIC
Melbourne



14°C - 25°C



6°C - 13°C



HUMID SUBTROPICAL
Shepparton



15°C - 28°C



4°C - 17°C



COLD SEMI-ARID
Ouyen



17°C - 30°C



5°C - 19°C

GEOGRAPHY

Victoria contains several mountain ranges, including the Grampians, Dandenong Ranges, Macedon Ranges and Victorian Alps, as well as dense bushland, plains, and coastal areas. Melbourne sits on a bay and has the Yarra River running through it. The city is relatively flat but is surrounded by hilly areas.

HISTORY OF MELBOURNE

PRE-SETTLEMENT

Known as the Kulin Nation to its Traditional Owners, Australia's First Nations were living in the Melbourne area for around 30,000 years

1835

The city of Melbourne was founded, although there are disputes over its foundation

1851

The Victorian gold rush starts after gold is found in Mount Alexander

1857

Queen Victoria Market is opened

1865

Melbourne becomes the most populated city ahead of Sydney

1901

Australia becomes a united nation through the Federation of Australia. Melbourne is named the capital of Australia

1930

Champion racehorse Phar Lap wins the Melbourne Cup

1956

The Olympic Games are held in Melbourne

1986

The Rialto is built, making it the tallest building in the Southern Hemisphere at the time

2002

Federation Square is opened

2010

Melbourne celebrates its 175th birthday

EARLY 1800S

Several European explorers sail through the area

1847

Queen Victoria officially declares Melbourne a city

1853

The city's first and Australia's second university, the University of Melbourne, is founded

1859

Australia's oldest football (AFL) club, Melbourne Football Club, is established

1889

The first electric tram begins operation between Box Hill and Doncaster

1927

Canberra takes over the title of 'national capital' from Melbourne

1968

The National Gallery of Victoria opens

1996

Melbourne hosts its first Australian Grand Prix

2006

The Commonwealth Games are held in Melbourne

BUILT ON IMMIGRATION

EARLY IMMIGRATION

The first wave of migration to Melbourne were those of Anglo-Celtic heritage who began to arrive in the 1830s. These migrants displaced the people of the Kulin Nation and started to clear land for the establishment of Melbourne as a city. Increased industry dramatically changed the face of the state, and made Victoria a very prosperous and multicultural place. Over 90% of the gold discovered in Australia was in Victoria, primarily in Bendigo and Ballarat.

THE GOLD RUSH

The 1850s gold rush brought people from around the world to Melbourne and is the first wave of significant migration from China. Around the streets and alleys off Little Bourke Street, you can see the impact of this migration for yourself. Some of the shops and restaurants are located in the same spots as similar establishments dating back to this time.

WORLD WAR II

The end of World War II saw the arrival of displaced people from Italy. The Italian destination of choice was Carlton, and at one point, the suburb had about 30% of its residents coming from Italy. To this day, Lygon Street has retained its Italian identity and is full of Italian cafés, shops and restaurants. The first espresso machine in Melbourne was on this street, sparking Melbourne's now-famous coffee culture.

GREEK POPULATION


Melbourne is said to have the largest Greek-speaking population outside of Europe, higher than most Greek cities. Significant Greek migration occurred from the 1940s to the early 1980s. The Greek impact on Melbourne can be found across the city, but particularly in the area of Lonsdale Street between Swanston Street and Russell Street.

RECENT TIMES

Today, Melbourne is an incredibly diverse city. The most common countries of birth are India, China, England, Vietnam and New Zealand, but there are also significant Italian, Greek and Jewish populations residing in the city.

LEARN MORE

To learn more about Melbourne's migration history and to discover how various cultures have helped shape Australia, make sure to visit the Immigration Museum. Located on Flinders Street in the CBD, the museum is open daily from 10am to 5pm and entry is free for students.

museums.victoria.com.au/immigrationmuseum 

ABORIGINAL CULTURE

The peoples of the Kulin Nations are the traditional custodians of the lands where Melbourne (also called Naarm) is situated. The Kulin Nation is an alliance of five different local Aboriginal language groups. These groups are: Boonwurrung (Bun-er-rung), Dja Dja Wurrung (Jar-Jar wurrung), Taungurung (Tung-ger-rung), Wathaurung (Wath-er-rung), and Woiwurrung (Woy-wur-rung). The area that is now called Melbourne is a significant gathering place for Aboriginal and Torres Strait Islanders today.



Royal Botanic Gardens - Aboriginal Heritage Walk

WELCOME TO COUNTRY

When attending events in Melbourne, you may observe a Welcome to Country or Acknowledgement of Country ceremony. These are two types of important ceremonies that remind the Australian community that the land they live on is owned by Aboriginal and Torres Strait Islanders. A Welcome to Country can only be performed by a Traditional Owner/Custodian or a member of the Aboriginal or Torres Strait Islander community who has been granted permission to do so by a Traditional Owner/Custodian.

HISTORY AND CULTURE

The Koorie Heritage Trust is an educational and cultural hub with interesting resources and exhibitions about Aboriginal heritage. Bunjilaka Aboriginal Cultural Centre at Melbourne Museum has interactive exhibits about Aboriginal culture and history. The Milarri Garden Trail is the place to learn about important plants and waterways of First Nations peoples in southeastern Australia. You can attend an Aboriginal Heritage Walk at the Royal Botanic Gardens, where a First Peoples guide provides insight into local cultural sites, plants and heritage.

FOOD

Australia has many unique native plants and ingredients that First Nations peoples have eaten for thousands of years. If you're hoping to experience them for yourself, there are many places where you can sample these ingredients.

Mabu Mabu is a Torres Strait-owned café in Yarraville, which offers mouth-watering food made with Aboriginal spices, herbs and ingredients. Big Esso, Mabu Mabu's sibling, is located at Federation Square next to Birrarung (the Yarra River). This friendly all-day bar and kitchen is the perfect place to enjoy delicious food made with native ingredients such as saltbush, wattleseed and pepperberry.

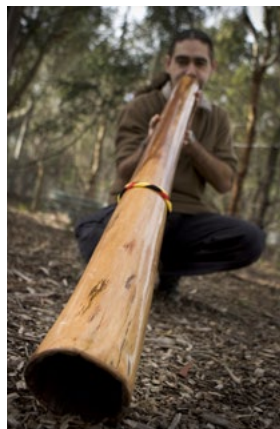


ART

Art is an important aspect of Aboriginal culture and knowledge. In Brunswick, Blak Dot Gallery is a contemporary creative space run by First Nations artists, for First Nations artists. The Ian Potter Centre: NGV Australia, located in Federation Square, is dedicated to showcasing Australian art. The space features many contemporary and historical works by First Nations artists to explore.

Left: Narana Aboriginal Cultural Centre in Geelong

Right: Narana Creations



MUSIC

Music and dance have important social, cultural and spiritual significance to First Nations peoples. Many traditional instruments - such as the didgeridoo, the bullroarer and the gum-leaf - are still used today. Be sure to check out Australia's many celebrated contemporary First Nations artists and bands, including Thelma Plum, Dan Sultan, Baker Boy, A.B. Original and Yothu Yindi.

ABORIGINAL CULTURAL EVENTS

NATIONAL RECONCILIATION WEEK

27 MAY – 3 JUNE

National Reconciliation Week acknowledges the mistreatment and displacement of Australia's First Nations peoples. It's a valuable opportunity to learn more about Aboriginal culture and history. The events start on 27 May, the anniversary of the 1967 Referendum, which included Aboriginal people in the census. The celebrations conclude on 3 June, Mabo Day.

MABO DAY

3 JUNE

Mabo Day honours the legacy of Eddie Koiki Mabo, a Meriam man from the Torres Strait Islands. On 3 June 1992, Mabo's activism resulted in a High Court decision, which recognised that Aboriginal and Torres Strait Islander peoples have rights to the lands and waterways of Australia predating British colonisation. It also acknowledged that these rights are ongoing. To commemorate this date, Mabo Day is held annually on 3 June.

NAIDOC WEEK

FIRST SUNDAY IN JULY

In July, NAIDOC week is held across Australia to acknowledge the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC stands for National Aborigines and Islanders Day Observance Committee. During the week-long festival, events can be attended on university campuses and in the community.

GETTING AROUND

PUBLIC TRANSPORT

Melbourne's public transport system is envied across Australia. With around 250km of tram lines weaving through the city and surrounds, you're only a short (and sometimes free) ride away from your next lecture, tutorial or coffee catch-up.

TRAMS

Melbourne has an extensive tram network that stretches outward from the city centre. In fact, Melbourne's network is one of the largest in the world. There are 24 tram routes around Melbourne. During peak times, trams will run every seven to 10 minutes. Trams are free within the centre of the city.

BUSES

The tram network rules central Melbourne, but if you live in the outer suburbs then buses may be a better option for you. Bus frequency varies depending on the time of day. Popular routes are frequented every 10–15 minutes during peak times, and once every 20 or 30 minutes during the evenings.

TRAINS

Melbourne has 15 train lines stretching from the CBD into the outer suburbs. Trains are an effective solution for travelling to these outer suburbs but can become very busy during peak hours. On busy lines at peak hour, trains can run every four or five minutes. During off-peak times, some trains may only run every 20 minutes.

Melbourne is a large city, so for ticketing purposes, it has been divided into two 'zones'. Zone 1 includes the CBD and the inner suburbs, while Zone 2 encompasses the outer suburbs.

For all your public transport enquiries, head to the Public Transport Victoria (PTV) website. Here you will find timetables, ticketing information, journey planners, maps and phone numbers to call if you require information in a foreign language. If you would prefer to speak to someone in person, you can visit the PTV Hub located at Southern Cross Station or call 1800 800 007.

ptv.vic.gov.au 

IUSEPASS FOR INTERNATIONAL STUDENTS

The iUSEpass reduces the cost of travel for eligible international students by 50% on the cost of a full fare annual pass. Check the PTV website to see if your institution is participating.

ptv.vic.gov.au/iuse 

International students are not entitled to general student concession fares in Victoria, and the iUSEpass is the only discounted ticket available. Do not purchase student concession tickets as you risk being heavily fined.





“It’s quite easy to get around Melbourne as you can use PTV apps & Google Maps to access public transport info. It is definitely easy to get around the city and surrounding areas as there are frequent trains and trams.”

Tarzon, Nepal
Melbourne Institute of Technology
@tarzon7



Above: Flinders Street Station

THE REUSABLE MYKI CARD IS EASY TO USE – FOLLOW THESE STEPS

XPlanning your trip around Melbourne is simple and stress-free, thanks to these easy ticketing options. Firstly, you’ll want to buy your myki card. These can be purchased from hundreds of retailers across Melbourne, including 7-Elevens, some train station ticketing offices, or a PTV Hub.

Next, follow these steps.

1. Visit the PTV website to find locations to buy and top up a myki. You can either top up your myki with money (which is good if you don’t travel often), or buy a myki Pass for a set time period such as a week (which is ideal if you travel a lot). You can use myki Money on the PTV App to top up using Near-Field Communication (NFC) on both iPhone and Android.
2. Figure out your best public transport route. Use apps like the PTV App, MetroNotify or Tramtracker or simply ask at a PTV office at a station. Alternatively, consult Google Maps.
3. Touch the card to the brightly coloured card reader when you enter and exit a station or vehicle and your fare will be automatically deducted - this is known as ‘tapping on’ and ‘tapping off’. Make sure you use your myki properly, as you can get fined if you haven’t tapped on.



RIDING A BIKE

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

BUYING A BIKE

If you plan to ride regularly, the cheapest overall option is to buy your own bike to use throughout your time in Melbourne. There are plenty of dedicated bicycle shops around the city, but you can also purchase affordable ones from Kmart.

Second-hand bikes are also great options if you want to save money. Try Facebook Marketplace or Gumtree. You can also use these websites to sell your bike if/when you leave Australia.

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. As a bike rider, you're allowed to ride on the road, on bike paths and on shared paths. You usually can't ride on pedestrian footpaths. When you're riding on the road, you're expected to follow the same road rules as drivers. Check out the VicRoads website for more information.

vicroads.vic.gov.au

\$227 FINE FOR NOT WEARING A HELMET



BIKE LANES

There are 135km of designated bike lanes and tracks around Melbourne, designed to keep you safe. Key bike lanes include La Trobe Street and St Kilda Road. You can contact your local council for an up-to-date bike map.

melbourne.vic.gov.au/parking-and-transport/cycling 🔍

RIDING A BIKE IS:

- Good for your physical health
- Good for your mental health
- Good for the environment
- Reliable (no more waiting for late buses or traffic jams)



RENTING A BIKE

If you don't cycle very often, but want to occasionally, your best option is to rent a bike. Around the city, you'll see electric Lime bikes available for hire. To rent one of these bikes, you'll need the Lime app on your phone.

Once you find a bike (on the map on the app or the street), you'll scan its QR code on your phone to start the ride. After arriving at your destination, you simply end the ride on your phone. You'll be charged an initial fee to unlock the vehicle and then a fixed rate per minute that you ride.

help.li.me/hc/en-au 🔍



LOOKING AFTER AND STORING YOUR BIKE

RACV Bike Assist is available to assist cyclists after accidents or mechanical issues. They will either fix the problem or provide you with a taxi to continue your journey.

racv.com.au 🔍

Parkiteer bike storage cages are available at train stations. If it's too far to ride to university or the city centre, ride to your nearest train station and store your bike there instead.

bicyclenetwork.com.au/our-services/parkiteer 🔍

OTHER TRANSPORT OPTIONS

TAXIS

Taxis are another way to get around Melbourne. You can book one through an app, on the phone, online, by hailing one on the street or by finding one at a rank. When the dome light (on the roof) is lit up, the taxi is available for hire.

Ordering Taxis (phone or online)

- 13 CABS (132 227) - 13cabs.com.au 🔍
- Silver Top Taxi Service (131 008) - silvertop.com.au 🔍
- Yellow Cab Co (132 227)
- Platinum Taxis (9090 1800)

RENTING A CAR

If you want to explore some of Melbourne's outer suburbs or regional areas surrounding the city, you can rent a car for one or multiple days. There are several car rental providers around Melbourne – use a comparison website like VroomVroomVroom to find the best deal.

vroomvroomvroom.com.au 🔍

RIDESHARING

The first to launch, and still by far the most popular ridesharing app, is Uber. A recent addition has been UberPool, allowing you to reduce your fare by sharing with others heading in a similar direction.

Other companies in the Melbourne market include GoCatch, DiDi and Ola, offering discounted rates during quiet hours of the day. The most unique ride sharing option available in Melbourne is the female-only service, Shebah. All drivers and all passengers of the service are female, with the exception being males under 18 travelling with a female, and many cars come with car seats available.

CITY CENTRE



Conveniently located near the city's major cultural spaces, sporting venues and celebrated foodie spots, the exciting atmosphere of the City Centre will ensure you're never bored.

HIGHLIGHTS

FOOD

The City Centre is full of restaurants, bars and eateries to suit any budget. Enjoy an indulgent brunch with friends at Hardware Soci t  in Katherine Place or grab a quick breakfast to go at 5 & Dime Bagels.

Eat a mouth-watering lunch on a student budget at Hawker Chan on Lonsdale Street, where Cantonese-inspired dishes cost under \$15. Vegans and vegetarians will adore the affordable, buffet-style meals at Gopals. For deliciously chewy noodles, visit Biang Biang.

For halal options, try the incredible Indian street food at Delhi Streets or enjoy authentic Malaysian cuisine at PappaRich in QV Melbourne.

SHOPPING

Whether you love exploring local boutiques or high-end fashion, there are endless options to suit your taste in the City Centre.

Visit 100 Squared at Melbourne Central for trendy pieces, or the Royal Arcade and Block Arcade for small boutiques. On the hunt for vintage fashion? Browse through American Rag's curated collection of clothing and accessories.

For groceries, Woolworths and Coles are popular and affordable supermarkets. Alternatively, try Tang Asian Food Emporium for frozen goods, snacks and other essentials.

NIGHTLIFE

Busy and bright, the City Centre comes alive after dark. If you're in the mood for a casual evening, enjoy some beers at student favourite The Oxford Scholar, which has been serving thirsty patrons since 1857.

If you're feeling fancy, Eau de Vie on Malthouse Lane is a 1920s speakeasy crafting beautiful cocktails behind an inconspicuous door. Nestled amongst the treetops and skyscrapers, Good Heavens is an excellent rooftop bar for afternoon drinks that spill late into the evening.

CULTURE AND ARTS

Home to some of the world's most prestigious and innovative cultural spaces, the City Centre is full of creativity to explore.

Watch live local musicians at Bourke Street Mall and wander Hosier Lane to see some of Melbourne's best street art. Head to ACMI at Federation Square to explore the past, present and emerging future of digital entertainment and art. For a memorable evening, pack a picnic and watch the Australian Shakespeare Company perform in the Royal Botanic Gardens.

ADVENTURE

At SEA LIFE Melbourne Aquarium, those who are brave enough can swim with sharks. Guided by a qualified instructor, enjoy an unforgettable 30 minutes floating with

spectacular marine creatures. You can also spend an afternoon challenging yourself at Hardrock Climbing on Swanston Street, suitable for novice and experienced rock climbers alike.

COMMUNITY SERVICES

Find comfortable study spots, free Wi-Fi and printing services at State Library Victoria on Swanston Street. For IELTS support resources, English conversation practice and community events, visit City Library on Flinders Lane or Library at The Dock in Docklands.

At the Study Melbourne Student Centre on Hardware Lane, multilingual staff can answer any questions and direct you to support services. You'll also find welcoming study areas, free Wi-Fi and fun activities to meet other students here.

The Islamic Council of Victoria has a city mosque located in West Melbourne, and prayer rooms can be accessed in most colleges and universities. You'll also find the Melbourne Madinah on Exhibition Street. For Catholic and Christian services, there are many churches including St Paul's Cathedral and the Scots' Church.

Hoping to squeeze in a workout? Most universities have exercise facilities available to students on campus that you can use freely. You can also head to Melbourne City Baths on Swanston Street to use the gym and swimming pool at a discounted student rate.

When it comes to medical services, many education providers provide these resources directly to students. For example, Medical Hub @ RMIT on Swanston Street has a range of practitioners, as well as translation services if needed. Visit your education provider's website to discover the medical services available.

Left: City Centre skyline

Right: SEA LIFE Melbourne Aquarium

UNIQUE EXPERIENCES

FREE WALKING TOUR

I'm Free Walking Tours offers fascinating information about the history, culture and hidden secrets of Melbourne's City Centre. You'll learn from young local guides with personal insights to experience the city in a completely new way. Operating on a pay-as-you-feel model, you only pay what you can afford, making it a great option for students wanting to explore on a budget.

EXPLORE AN ABANDONED BALLROOM

After being closed to the public for decades, the mysterious ballroom above Flinders Street Station is now open to visitors. Until mid-2022, the ballroom will house artist Patricia Piccinini's immersive exhibit, *A Miracle Constantly Repeated*. It's the perfect excuse to explore a different side of this famous Melbourne landmark!

FOREST THERAPY

Support your wellbeing with a calming forest therapy session at the Royal Botanic Gardens. Inspired by the Japanese movement *shinrin-yoku*, this unique experience is a great way to rest and recharge during a busy semester. Tickets cost \$35 and can be purchased through the Royal Botanic Gardens website.



NEARBY NEIGHBOURHOODS

RICHMOND



Home to some of Melbourne's best Vietnamese food, multicultural Richmond is a lively suburb with great bars, pubs and cafés to explore.

FOOD

You'll have no shortage of options when dining out in Richmond. On Victoria Street, which is affectionately known as 'Little Saigon', you can try Pho Chu The and I Love Pho for noodle soups. Check out Co Do for Bun bo Hue, reminiscent of cuisine from Hue, in central Vietnam. For northern-style Vietnamese food, sample the tasty selection at Co Thu Quan.

SHOPPING

Victoria Gardens Shopping Centre has everything you need. Here you'll find IKEA, Kmart and Daiso outlets where you can purchase homewares and furniture. You can also find fresh produce every Saturday at Gleadell Street Market.

Above: Swan Street

Right: I Love Pho, Victoria Street

NIGHTLIFE

Many heritage buildings in the area have been converted into live music venues and gastropubs, including The Corner Hotel, which boasts a rooftop terrace and great live music. Sip on cocktails at The Ugly Duckling, where the warm and tasteful setting is perfect for relaxing with friends. Maybe even sample some craft beers on tap at Mountain Goat Brewery.

ADVENTURE

Richmond is conveniently close to The Melbourne Cricket Ground (called the 'MCG' or 'The G' among locals). Home to AFL and cricket in Melbourne, be sure to attend a match and soak up the exhilarating atmosphere at the stadium.

NATURE

Bordering the Yarra River, there's lots of green space and parks in Richmond. Burnley Gardens is a lovely, leafy spot to relax or exercise, and MaConchie Reserve and Urban Wetland is another peaceful spot to enjoy a stroll.



NEARBY NEIGHBOURHOODS

BUNDOORA



Being the base for a number of university and TAFE campuses, including La Trobe University, RMIT University and Melbourne Polytechnic, means Bundoora is a popular and convenient student suburb. Surrounded by green, open spaces and native parklands, it's an easy place to relax.

FOOD

Start your day the Melbourne way with brunch. VOREA Polaris has been named the best brunch venue in Melbourne's northern suburbs, so that's a great place to start. For American-style burgers, check out Fat Staks, or grab some fried chicken from ASSA Korean Eatery. If you're on the La Trobe campus, definitely try the Nutella-stuffed doughnut burger at Nuts About Tella.

SHOPPING

DFO Uni Hill is a sprawling shopping mall. There, you'll find over 90 different international and local brands selling items at discounted, outlet prices. Next door, you'll find Uni Hill Town Centre, home to a big Coles supermarket and Mr. Asian Grocer, a specialty grocery store. Every Sunday, the Kingsbury Drive Community Market is held, where you can pick up a huge range of local

goods, including local, fresh produce and baked goods.

CULTURE AND ARTS

The Bundoora Homestead Art Centre is a beautiful heritage mansion built in 1900. The building was originally a family home, then a repatriation mental hospital, and is now a community space and art gallery, hosting regular workshops and events. Entry to the galleries is free unless you are attending a paid event.

NATURE

If it's a nice day, make sure to explore Mount Cooper. You'll find yourself 137 metres above sea level with incredible views over the city. To sample a little bit of country life, head to Bundoora Park Farm. There, you can pat and feed farmyard animals, or visit the Wildlife Reserve and keep your eyes peeled for kangaroos and emus.



Left: Bundoora Homestead Art Centre

Right: Exhibition at the Bundoora Homestead Art Centre

Images supplied by: Nicola Dracoulis

CARLTON & FITZROY



Home to thought-provoking street art, cosy wine bars and atmospheric cafés, Fitzroy and Carlton are buzzing with creative energy. Popular with students, these suburbs offer vibrant energy away from the city bustle.

HIGHLIGHTS

FOOD

Carlton is a top destination for mouth-watering cuisine. Enjoy a generous serve of pasta at Tiamo on Lygon Street, then queue alongside the locals at Pidapipó for gelato with an Australian twist. Stop for a budget-friendly Japanese lunch at Don Tojo or try classic pub food that's entirely vegetarian or vegan at Green Man's Arms.

If you're in Fitzroy, head to Viet Rose Café on Brunswick Street for exceptionally fresh bánh mì. Vegans and vegetarians will adore the fragrant dishes at Yong Green Food.

For halal options, try local favourite Moroccan Soup Bar in Fitzroy or IloveIstanbul in Carlton.

SHOPPING

In Fitzroy, find quality vintage clothing at Hunter Gatherer, Lost and Found Market, and American Vintage Clothing Co. For colourful, sustainable and fashion-forward clothing, drop into Sister Studios on Scotchmer Street.

On weekends, don't miss the Rose Street Artists' Market and the Fitzroy Mills Market. Here, you can explore dozens of stalls filled with handmade jewellery and clothing from talented Melbourne creatives.

In Carlton, you'll find plenty of clothing stores, grocery stores and boutiques along Lygon Street.

NIGHTLIFE

Sip on a glass of wine at Heartattack and Vine, which is nestled in the heart of Carlton. If you want to turn up the energy, visit student favourite The Shaw Davey. For a glorious city view, head to the Provincial Hotel's rooftop bar on Brunswick Street in Fitzroy. Three minutes away on Johnston Street, get your groove on at Laundry Bar, where hip hop and rap tunes play into the night.

CULTURE AND ARTS

Carlton's Cinema Nova has an excellent selection of new films and arthouse favourites and provides student discounts. Meanwhile, Fitzroy has some of the best street art outside of the City Centre, so be sure to keep an eye out while exploring the streets! You can also spend some time at the Brunswick Street Gallery to admire the work of up-and-coming and established artists alike.

ADVENTURE

Gather some friends for an afternoon at the Fitzroy Victoria Bowling & Sports Club. With a friendly atmosphere, spacious lawns and an excellent bar, the club has been a community favourite for years.

You can also visit a converted warehouse for a game of snooker, pool or billiards at Red Triangle Snooker Room in the heart of Fitzroy. With decor largely unchanged since the 1970s, this is a charming local gem.

COMMUNITY FACILITIES

Bargoonga Nganjin North Fitzroy Library is a welcoming community hub where you can access library collections, spacious study areas and creative workshops. The library also hosts a free community lunch every fortnight, run by food rescue charity Open Table.

In Carlton, Kathleen Syme Library and Community Centre provides a vibrant communal space where you can study and book one-on-one sessions with librarians for research assistance. You can also attend community workshops, English conversation groups and book clubs.

If you're passionate about science, artificial intelligence and data science, visit Melbourne Connect at the University of Melbourne. At this precinct, you can upskill, innovate, attend industry events and meet like-minded people in the community.

Carlton Baths and Fitzroy Swimming Pool both offer student discounts on casual entry and memberships. At either venue, you'll have access to fitness classes, well-equipped gyms and swimming facilities.

Religious services in the area include the BSN Central Mosque on Fitzroy Street, as well as numerous churches across both suburbs.

For medical needs, The Integrated Medical Centre in Fitzroy North offers a range of services, with all profits going towards community health services.

Left: Carlton streetscape

Right: Pidapipó, Carlton

UNIQUE EXPERIENCES

THURSDAY QUEERAOKE AT EVIE'S DISCO DINER

Evie's Disco Diner in Fitzroy is a bright, bold and inclusive venue that evokes classic American diners and 80s neon lights. LGBTQIA+ community members and allies will love Queeraoke, a fun weekly event where you can relax, sing loud and cheer on other performers late into the night.

DISCOVER FIRST NATIONS STORIES

Put on your headphones and tour the streets of Fitzroy with the free, interactive Yalinguth app. Full of stories, histories, art and soundscapes of the First Nations community in Ngár-go (Fitzroy), you can follow the map and audio guide at your own pace to learn about significant cultural sites around the area.

TRUE CRIME WALKING TOUR

Uncover chilling stories, notorious figures and fascinating landmarks on the Fitzroy True Crime Walking Tour. Perfect for true crime enthusiasts, this event offers a fun and informative glimpse into life in Fitzroy before it became the friendly suburb we know and love today. The tour costs \$40 and is run by Melbourne Historical Crime Tours.



LANEWAYS

You can't talk about Melbourne without mentioning its iconic laneways, which wind their way through the beating heart of the city. Packed with bars, restaurants, cafes, boutiques and street art, the laneways are alive with colour and a buzzing atmosphere.

Built in the Victorian era in the 1800s, the laneways were originally used as passages for horses and carts. Then, during the Victorian gold rush in the 1850s and 60s, they became the location for slums, housing thousands of migrants from around the world who had come to Melbourne seeking fortune. The area around Little Lonsdale – then known as the “Little Lon” district – was particularly populated, and turned into a hotspot for gangsters and crime syndicates.

It was only in the 1990s that the laneways became gentrified. The 1990s recession meant rent in the area was cheap, so it was a great opportunity for entrepreneurs to start setting up their businesses. Cafes, restaurants and bars started opening up, and they became popular spots for street artists to show off their skills.

Each laneway now bears its own distinct atmosphere. Hardware Lane is full of outdoor dining options, while Degraves Street is overflowing with fantastic cafes. Incredible street art can be seen along ACDC Lane, Hosier Lane and Caledonian Lane, and you can find all kinds of quaint eateries lining Centre Place.

Want to learn more about Melbourne's laneways? There are plenty of tour operators that will take you through the area, educating you on everything from its criminal history to its vibrant street art.

Top: Hosier Lane

Middle: Degraves Lane

Bottom: Tattersalls Lane



UNMISSABLE HIGHLIGHTS



“Melbourne is like an open-air museum - there are many things to see and places to explore! International students should visit the stunning Shrine of Remembrance and enjoy the breathtaking views of Melbourne, their new home!”

Alex, Colombia
Greenwich
Management College
@fernandogutierrez_p



“As the cultural capital of Australia, Melbourne is home to some of the best galleries and exhibitions in the country. The award-winning two-part play Harry Potter and the Cursed Child is found exclusively in Melbourne! We also get yearly festivals such as White Night, Moomba, and Winter and Night Markets.”

Darren, Malaysia
University of Melbourne
@darrenleeyj

“This list [of must-see attractions] would be incomplete without a trip to the NGV. It’s free to enter and its exhibitions keep changing round the year. [It’s] a great way to spend your day soaking in different kinds of art from all around the world.”

Ashwin, India
University of Melbourne
@ashwinchaperia



“[Check out the] Shrine of Remembrance, Fed Square, Southbank [which is home to many beaches] and Eureka Tower!”

Tarzon, Nepal
Melbourne Institute of Technology (MIT)
@tarzon7



NEARBY NEIGHBOURHOODS

COLLINGWOOD & ABBOTSFORD



Packed with some of Melbourne's trendiest cafés, bars and entertainment venues, these youthful suburbs are a joy for students.

FOOD

Collingwood has plenty of unique, innovative and cheap spots to enjoy food. Head to Easy's, where train carriages have been converted into a rooftop burger joint, or take advantage of the deals at Lazerpig Pizza Parlour. Son in Law's authentic Thai cuisine is to die for while Red Sparrow offers vegan pizza that can't be missed!

Collingwood and Abbotsford take their coffee culture very seriously, which is why you'll find lots of roasteries across the two suburbs. To find fresh beans, visit the trendy space at AU79 or Coffee Supreme Melbourne.

NIGHTLIFE

Come evening, enjoy excellent craft beers at Moon Dog Brewery, Bodriggy Brewing Co and Stomping Ground Brewing Co. If you fancy some live music, The Tote Hotel,

The Grace Darling Hotel and The Gasometer Hotel (known as 'The Gaso' by locals) are busy venues with something for everyone.

ADVENTURE

The Abbotsford Convent is a cultural precinct and community hub. You'll find art classes, exhibitions, community workshops and more. It is also home to the beloved Lentil as Anything, a popular social-enterprise restaurant serving vegan and vegetarian food that costs as much as you can afford to pay.

Just next door is the Collingwood Children's Farm, which isn't just for kids. This not-for-profit urban farm includes a market garden, a farm café and paddocks with cute animals. It is open to visitors and provides close-up encounters with the animals, including cow brushing and guinea pig cuddles.



Top: Smith Street, Collingwood

Above: Bodriggy Brewery, Abbotsford

MELBOURNE GREEN SPACES



Top left: Edinburgh Gardens, North Fitzroy
Middle left: View of the city from Footscray Park

Right: Royal Exhibition Building and Carlton Gardens
Bottom: Aerial view of the Royal Botanic Gardens

NORTH MELBOURNE & PARKVILLE



Acres of leafy parkland and historic Victorian architecture meet in these two dynamic suburbs. Loved by students for their proximity to the City Centre and unique character, North Melbourne and Parkville won't disappoint.

HIGHLIGHTS

FOOD

Experience Melbourne's lively market culture at the heritage-listed Queen Victoria Market. You'll find fresh and affordable produce, meat, fish and deli items. For a delicious brew, try Market Lane Coffee and be sure to grab a flaky pastry at Borek Shop.

On Queensberry Street in North Melbourne, satisfy your sweet tooth with a decadent cake from Beatrix. For all-day brunch, Auctions Rooms on Errol Street is a crowd favourite. You can also try the Japanese shokupan and sandos at Le Bajo on Howard Street.

In Parkville, devour a generous bowl of

noodles at Lanzhou Beef Noodle Bar. The proximity to the University of Melbourne and affordable prices make this venue a student favourite.

SHOPPING

Spend a few hours rummaging through the large catalogue of vinyls, CDs, and music merchandise at Heartland Records in North Melbourne. You can also check out the eclectic selection of vintage bargains at Martin Fella Vintage on Queensberry Street.

North Melbourne has a wide selection of grocery stores. For Asian pantry staples, Tong Mao Asian Grocery is the place to go. If you're searching for Indian essentials, visit Excel Food Mart on Peel Street.

NIGHTLIFE

After dark, you'll find lots of bars, pubs and fun events to keep you entertained. The Queen Victoria Night Markets are not to be missed and usually take place on Wednesday evenings throughout the summer and winter months. Enjoy live music and entertainment while you eat from a variety of food trucks.

Carry the lively energy into the night at the beloved Town Hall Hotel on Errol Street in North Melbourne. You can sing along to the live music or sip the night away in the leafy courtyard.

CULTURE AND ARTS

For a laughter-filled evening featuring local and international comedians, The Comics Lounge in North Melbourne is not to be missed. You can book a table, order dinner and enjoy drinks while you watch the show. For contemporary performances, Arts House at the North Melbourne Town Hall showcases the best of local theatre, music, dance and more.

In Parkville, explore the fascinating collections and exhibits at the Ian Potter Museum of Art, located on the University of Melbourne campus.

ADVENTURE

Thrillseekers and gamers alike will love the immersive virtual reality experience at Zero Latency in North Melbourne. Whether you're fighting zombies, navigating alien worlds or exploring an enchanted forest, the large space allows you to roam freely while you play.

NATURE

Princes Park in Parkville boasts lush lawns that draw crowds of picnic-goers on sunny afternoons. The tranquil landscapes at Royal Park cover an expansive 155 hectares and feature beautiful eucalyptus plants, Indigenous plants and wildlife to meet.

Near these two suburbs, you'll also find the picturesque Footscray Park, which is also home to one of Victoria University's campuses. Here you can also soak up the beautiful sight of the Maribyrnong River running alongside the park. tennis, football and cricket.

COMMUNITY FACILITIES

North Melbourne Library on Errol Street is a community hub where you can find quiet study spaces, computers and Wi-Fi. There are also regular free community events held here.

The North Melbourne Community Centre is a welcoming space that promotes health and wellbeing. The centre offers affordable fitness classes, gym access, personal training and nutrition seminars. If you love jogging and want to meet new people, Parkville Parkrun is a free community fitness group that meets every Saturday morning at Princes Park.

If you need legal advice, Inner Melbourne Community Legal in North Melbourne provides free assistance. They have resources for international students living in Victoria available in several languages. They offer information on workplace rights, rental laws, public transport fines and many more topics.

If you need confidential support, several universities offer counselling and psychology services for students. The University of Melbourne Psychology clinic also provides mental health services for a \$40 fee and facilitates wellbeing workshops.

There are a number of churches in North Melbourne and Parkville, including St Jude's Anglican Church on Keppel Street and St Carthage's Church on Royal Parade.

UNIQUE EXPERIENCES

FOODIE TOUR OF QUEEN VICTORIA MARKET

Try bold new flavours, meet friendly vendors and discover the history of Queen Victoria Market on a food tour. You'll gain insight into the important role the market plays in the local community and its fascinating history while you sample your way around delicious food stalls. Tours begin at 10am on Fridays and Saturdays. Reserve your spot directly on the Queen Victoria Market website.

MEET KANGAROOS UP CLOSE

Snap a selfie with Australia's cutest marsupial at the Melbourne Zoo's Kangaroo Close-up Encounter. This interactive experience is a dream for animal lovers wanting to learn more about Australia's special wildlife. You'll be guided through the enclosure by knowledgeable keepers who can answer your questions while you marvel at these iconic and lovable Australian creatures.

RELAX AT A SPA

When exams are finally over, take some time to unwind at Relax Day Spa in North Melbourne. Soothe your leftover stress with an aromatherapy massage or try the Thai Combination Massage to banish muscle tension. With a range of massage styles, facials and even an infrared sauna, this is the perfect way to treat yourself for all your hard work.

Top left: Carlton Gardens

NEARBY NEIGHBOURHOODS

BOX HILL,
CAULFIELD &
CLAYTON

Well connected by public transport, these eastern suburbs are attractive for their beautiful natural spaces, multicultural communities and great public facilities.

FOOD

For mouth-watering Asian cuisine, you can't go past the dynamic suburb of Box Hill. Whether you're craving Vietnamese, Cantonese or Uighur cuisine, there's plenty of restaurants, eateries and hawker-style venues for you to sample. In Box Hill, regional Chinese food shines. You can eat Shaanxi street food, Chongqing noodles, Gansu beef, and Yunnan noodles. Clayton and Caulfield also have cheap and delicious eateries close to Monash University campuses.

SHOPPING

Box Hill Shopping Centre is brimming with options for Asian groceries. There are a variety of products at Korea World, Hui Hui Supermarket, Tan Hung Asian Grocery and more.

NATURE

These suburbs offer lots of nature reserves and parkland to explore. Popular locations in Clayton are Namatjira Park and the Grange Reserve, both with comfortable walking paths and lovely scenery. Box Hill Gardens and Surrey Park in Box Hill are also popular areas for exercise and relaxation.

Located close to both The University of Melbourne and Swinburne University of Technology campuses, Caulfield Park has sloping lawns, a pavilion, a lake, a sports oval and even a bowling club.

COMMUNITY FACILITIES

Box Hill Library and Caulfield Library provides access to free Wi-Fi, printing services, fun workshops and study spaces. For exercise, Aqualink Box Hill has several lap pools, a hydrotherapy pool, a gym and sports facilities suitable for basketball, badminton or volleyball.

If you're closer to Caulfield, you can access a gym, group fitness classes, personal training and swimming facilities at Caulfield Recreation Centre. The Clayton Aquatic & Health Club also offers a similar range of classes, aquatic and sports facilities.



Top: White Horse statue, Box Hill
Above: Box Hill Central

NEARBY NEIGHBOURHOODS

PRAHRAN, WINDSOR & ST KILDA



Close to several tertiary institutions, the nightlife, shopping and culture of these three southeastern suburbs make them small but mighty.

FOOD

On Chapel Street, The Jam Factory is a bustling shopping and dining hub, where you can find cafés and restaurants, as well as fashion and entertainment. For fresh produce, deli items and busy eateries, visit the historic Prahran Market.

In St Kilda, try one of the many restaurants overlooking the bay or window shop for desserts at one of the patisseries along Acland Street. Radio Mexico Taqueria is a colourful spot to enjoy fresh cocktails and authentic Mexican food.

SHOPPING

Along Chapel Street, you will find many vintage and luxury and boutique stores, as well as great thrifting options. For unique

retro clothing, knick-knacks and antiques, visit Chapel Street Bazaar in Prahran.

Remnants of Prahran's alternative past can still be experienced on Greville Street. Head to Greville Records to hunt for musical treasures. Open for more than 30 years, the store has welcomed some of the world's most famous musicians including Radiohead, Pearl Jam, Beastie Boys and more.

ADVENTURE

Thanks to its stunning beach, St Kilda has always been a popular destination for leisure in Melbourne. Feeling brave? Strap in for a thrilling ride at Luna Park. Recognisable for the grinning face at the entrance, this theme park has been entertaining visitors since 1912.

For a fun afternoon on the water, try paddleboarding or windsurfing. At dusk, you might even spot some penguins underneath the pier. At the lovely St Kilda Sea Baths, you can find seawater pools, spa facilities and exercise equipment.



Top: St Kilda Beach and Foreshore
Above: Luna Park entrance, St Kilda

BRUNSWICK & NORTHCOTE



Famous for their edgy cultural scenes, youthful energy and multicultural communities, Brunswick and Northcote are perfect for students seeking a friendly and eclectic neighbourhood to call home.

HIGHLIGHTS

FOOD

With cheap eats and some seriously good coffee culture, you'll never go hungry or thirsty in these suburbs. In Brunswick, try Green Refractory on Sydney Road for hearty meals and homemade pastries. Nearby, Green Field Brunswick serves affordable Vietnamese food and plenty of delicious vegan dishes. For halal options, the incredible Lebanese dishes at A1 Bakery and Tiba's are not to be missed.

Craving a burger? 300 Grams on High Street in Northcote grills some of the tastiest in the city. Just down the road, enjoy the fresh Indonesian food at Yuni's Kitchen. Be sure to order the warming laksa on a chilly night.

Above: Welcome to Thornbury, Northcote
Right: Melbourne skyline from Brunswick

SHOPPING

Sydney Road is the top destination for thrift stores, vintage shopping and sustainable brands in Brunswick. Visit Goodbyes for quality second-hand clothing or Dejour for custom fit jeans in every colour, size and style imaginable. In Northcote, High Street has plenty of local boutiques, clothing shops and thrift stores to explore.

For groceries, you'll find many supermarkets and local produce stores along Sydney Road and Lygon Street in Brunswick, and High Street in Northcote.

NIGHTLIFE

Nightlife is booming in these suburbs. In Brunswick, visit The Cornish Arms for a relaxing beverage on a leafy rooftop and some of the city's best vegan pub food. Retreat Hotel and Bar Oussou are popular for their energetic live music. If you're in the mood for something more relaxing, listen to the smooth tunes at The JazzLab on Leslie Street.

In Northcote, High Street is jam-packed with some of Melbourne's liveliest bars. You can't go past Northcote Social Club for a fantastic night of music and drinks.

CULTURE AND ARTS

Brunswick Ballroom and Brunswick Artists Bar have lots to offer, including comedy, cabaret, and film screenings. Northcote Town Hall Arts Centre is a cultural hub on High Street, where you can attend exciting creative events. Both suburbs boast an abundance of street art. Plus, be sure to check out Brunswick Silo Art on Tinning Street. The mural features a touching image of the New Zealand prime minister hugging a citizen - it's a must-see!

ADVENTURE

Spend an afternoon challenging yourself and polishing up your bouldering skills. With locations in both Northcote and

Brunswick, Northside Boulders has walls up to 4.5 metres high and caters to all levels. Alternatively, you can try learning an upbeat dance routine at Power Pop Studio in Northcote, where all dancing abilities are welcome.

NATURE

You'll find pockets of nature all over Brunswick and Northcote. Explore Merri Creek, which is home to unique wildlife and kilometres of native vegetation. A trail runs alongside the creek, perfect for walking, running or cycling.

COMMUNITY FACILITIES

There are many churches located across Brunswick and Northcote. Coburg Islamic Centre - CIC (Fātih Mosque) is located on Nicholson Street, providing prayer facilities, support services and youth activities for the community.

Visit the Brunswick Library and Northcote Library to access free Wi-Fi, quiet study areas, as well as language resources and English conversation clubs. At Jika Jika Community Centre in Northcote, you'll find community wellbeing, fitness and social events.

Both suburbs have convenient and spacious parks with top-notch facilities and sports ovals. Temple Park in Brunswick and All Nations Park in Northcote are two popular places to play football and skate. Methven Park in Brunswick East is a lovely place to spend time with friends. You can even cook a meal together at the communal barbecue.

At Brunswick Baths, students can use gym facilities, indoor and outdoor pools, and lots of group fitness classes for a discounted price. At West Brunswick Tennis Club, courts are available for hire and can be booked for up to 90 minutes per session.

For a range of health services, visit Brunswick Central Medical Centre on Sydney Road.

UNIQUE EXPERIENCES

SIP COFFEE AT AN URBAN FARM

At CERES Community Environment Park in Brunswick East, you'll find chickens, a fully operational market garden and lots of friendly locals. Located next to the Merri Creek Trail, this busy community hub has two cafés overlooking the farm, an organic grocer and permaculture workshops to attend. The Makers & Flea Market happens on Saturdays and there is usually a band or two playing live music into the afternoon.

PUB TRIVIA

Get rowdy while you strengthen your brain power with Funky Bunch Trivia. Held every Tuesday night at the B.East, this trivia gets competitive, with winning teams taking home cases of beer and bottles of wine. Puzzle over the obscure, challenging and often hilarious questions with a group of friends. Fuel your mind with the tasty burgers on offer at this high-energy venue.

DINE AT MELBOURNE'S ONLY PERMANENT FOOD TRUCK STOP

Equipped with an enormous beer garden and loads of food trucks to choose from, Welcome to Thornbury is a unique place to enjoy a casual meal. You'll also find niche food-themed festivals and music events happening here throughout the year (think: Garlic Bread Festival). It's the perfect local meeting place for a memorable evening!



SOUTH MELBOURNE & SOUTHBANK



If you love being close to all the action, Southbank and South Melbourne's delightful atmosphere is the perfect fit. With peaceful riverside restaurants, lovely green spaces and some of Melbourne's premier cultural precincts, there's so much to enjoy about living in these suburbs.

HIGHLIGHTS

FOOD

Overlooking the Yarra River, Southbank Promenade has ample waterfront cafés, al-fresco dining and fast food outlets to choose from. On Freshwater Place, you can sample cheap and delicious *phở*, noodles and skewers at VPR Asian Street Food.

South Melbourne Market is the culinary heart of the suburb. Home to some of the most renowned foodie favourites in Melbourne, you'll be spoiled for choice. Don't overlook the famous South Melbourne Market Dim Sims and be sure to try the flaky, fresh pastries at Agathe Patisserie.

SHOPPING

At South Melbourne Market, you'll find accessories, shoes and clothing. Check out the bright vintage selection at Koenji Vintage or peruse casual and sustainable threads at Remedy. In Southbank, DFO South Wharf is the place to go for popular clothing stores.

Major supermarkets are located on Cecil Street, South Melbourne. For a solid selection of Asian spices, sauces and essentials, visit Golden Dragon Grocery in South Melbourne Market or Asian Mart in Southbank.

NIGHTLIFE

Enjoy an epic view of the sparkling city lights at Arbory Afloat on Flinders Walk. This pop-up floating bar has an extensive list of refreshing cocktails to try before you journey across the pedestrian bridge to Ponyfish Island. Located in the middle of the Yarra, this well-stocked bar is the perfect spot to relax and watch the boats sail by.

Energetic party-seekers will love Crown Melbourne, where you'll find several nightclubs to keep you dancing until the early hours of the morning. South Melbourne features some of the city's best pubs, such as Golden Gate Pub, which is a classic spot for refreshing beers and well-priced cocktails.

CULTURE AND ARTS

Southbank boasts some of the most celebrated cultural venues in Victoria. Take an afternoon to explore the superb exhibitions at The National Gallery of Victoria (fondly referred to as the 'NGV' by locals). Arts Centre Melbourne is an important cultural space for the city, hosting over 4,400 events annually. Here you can watch moving performances by the Melbourne Symphony Orchestra, Australian Ballet, Opera Australia and more. Many events also offer discounted prices for students.

NATURE

Close to spacious parklands and beautiful beaches, you'll find plenty of tranquil spots nearby. Cool off with a swim at South Melbourne Beach, which is a popular location for beach sports. Southbank and South Melbourne are also a short walk away from the beautiful Royal Botanic Gardens and the Alexandra Gardens, which overlook the Yarra.

COMMUNITY FACILITIES

Access a range of support services and free facilities at Boyd Community Hub in Southbank. Inside, you'll find Southbank Library equipped with Wi-Fi, study nooks, English conversation groups and plenty of fun events. Several community gardens across South Melbourne are cared for by the South Melbourne Sustainability Group.

Melbourne Sports and Aquatic Centre (MSAC) provides guests with a phenomenal gym and several sports courts, including basketball, badminton and volleyball. You'll also find outstanding aquatic facilities and group fitness classes featuring many types of exercise, including HIIT, yoga, pilates and boxing. To stretch your legs outdoors, Albert Park provides picturesque paths for running and walking. The nearby Bay Trail is a comfortable track for cyclists and pedestrians and follows the Port Phillip foreshore to Carrum Downs.

There are many churches in the area. For example, you'll find the Bethany International Church on Ballantyne Street in South Melbourne. Meanwhile, Dorcas Street is home to the South Melbourne Uniting Church and the Greek Orthodox Archdiocese of Australia.

Left: South Melbourne & Southbank skyline
Right: Royal Botanic Gardens

UNIQUE EXPERIENCES

KAYAK THE YARRA BY MOONLIGHT

See Melbourne's city lights reflected on the Yarra River as you float along the water with a Moonlight Kayak Tour. This special nighttime experience will give you a whole new perspective on Melbourne's iconic landmarks. Setting off at sunset, you'll spend two and a half hours on the boat taking in unbelievable views of the city. You'll finish next to Federation Square, the perfect spot for continuing the evening at one of Southbank's many riverfront bars.

EUREKA SKYDECK

View Melbourne from up in the clouds at the Eureka Skydeck. Located on the 88th floor of the Eureka Tower, this is the highest public viewing platform in the Southern Hemisphere. Brave adventurers will be rewarded with stunning, uninterrupted views of the City Centre when they step into Edge, a glass cube suspended almost 300 metres above the streets. Located at Riverside Quay Southbank, Eureka Skydeck is open Wednesday to Sunday.

SOLVE PUZZLES AT ESCAPE ROOM MELBOURNE

Created by two designers holding PhDs in psychology, this activity will push your mind to its limits. In these escape rooms, you'll experience complex dilemmas and compelling stories. You'll need to race to unravel the immersive storylines before the clock runs out!



EVENT CALENDAR



INTERNATIONAL COMEDY FESTIVAL □

Widely considered one of Australia's best comedy festivals, the Melbourne International Comedy Festival is a must-see. Laugh the night away as you watch the sets of world-famous comedians from around the world.

comedyfestival.com.au 🔍

MELBOURNE WRITERS' FESTIVAL □

Writers from across the planet unite in Melbourne for this annual festival. A celebration of all things literature, the event fosters critical and creative thinking alike.

mwf.com.au 🔍

ROYAL MELBOURNE SHOW □

The Melbourne Royal Show is Victoria's largest showcase of agriculture. Featuring food stalls, fun entertainment, animal precincts and many other activities, it's the perfect way to spend a sunny day.

royalshow.com.au 🔍

GROOVIN' THE MOO □

North of Melbourne, Bendigo is the setting for Groovin the Moo, one of Australia's most famous music festivals. With performers from across the globe, it's a show you won't want to miss.

gtm.net.au 🔍

MELBOURNE MUSIC WEEK □

Over the course of a week, hundreds of performers grace stages across Melbourne's CBD. Hop around town to see this incredible range of shows for yourself.

mmw.melbourne.vic.gov.au 🔍



Above: Melbourne Town Hall hosting the International Comedy Festival

ST KILDA'S FESTIVAL □

Featuring local acts and established artists, this free music festival takes place on the beach. It's the perfect way to start your summer on the right foot!

stkildafestival.com.au 🔍

AUSTRALIAN OPEN □

The first tennis Grand Slam tournament of the season, the Australian Open attracts the world's most renowned tennis players to Melbourne.

ausopen.com 🔍

FORMULA 1 AUSTRALIAN GRAND PRIX 2022 □

Get your heart racing as you watch world-famous racing drivers whip around the Albert Park Grand Prix Circuit. These electrifying live performances will leave you on the edge of your seat.

grandprix.com.au 🔍

ADVENTURE

MURDER MYSTERY AT THE OLD MELBOURNE GAOL □

The Old Melbourne Gaol is already an interesting place to visit, but to add a challenge to your trip there, try the Cluedo Experience. This immersive puzzle game will have you searching the Gaol's darkest corners for clues to solve a (fictional!) murder.

oldmelbournegaol.com.au 🔍

ESCAPE ROOMS □

Escape rooms are fun ways to test your problem-solving skills and engage in team bonding. Try Ukiyo Melbourne in Brunswick, or Rush Escape Game, which has locations in South Yarra and Hawthorn (with a new venue set to open soon in St Kilda!)

ukiyo.com.au 🔍 • rushescapegame.com.au 🔍

VIRTUAL REALITY □

Zero Latency VR boasts the world's best free-roam virtual reality experience. With two locations in Melbourne, you can easily experience this immersive technology for yourself.

zerolatencyvr.com 🔍

INLAND SURFING □

Have you always wanted to learn to surf but haven't had the confidence to face the waves? Head to URBNSURF, the inland surf park that offers beginner lessons. You'll learn from friendly instructors who will have you riding the waves in no time!

urbnsurf.com 🔍

Right: Australian Open, Melbourne Park

ROCK CLIMBING □

Latitude Melbourne isn't home to just indoor rock climbing. There's also a parkour course, bouldering walls, tight-ropes, zip-lines, trampolines, basketball lanes and and dodgeball arena - phew!

latitudeair.com 🔍

THE BREAK ROOM □

Feeling overwhelmed or frustrated? The Break Room in Collingwood is the place to be. Here you can (safely) smash coffee mugs, plates and more objects against a brick - it's stress relief with a twist!

thebreakroom.com.au 🔍

TENNIS □

The Australian Open is one of the biggest sporting events in the Southern Hemisphere, where all of Melbourne goes tennis-crazy. Practise your skills with a game of social tennis, then join the crowds to watch the pros battle it out.

ausopen.com 🔍



CULTURE

LIVE MUSIC

THE ESPLANADE HOTEL □

Locally known as 'The Espy', budding musicians can step on stage every Tuesday for the Open Mic Night. More comfortable in the audience? No stress! Drop by on Thursdays for free shows by local musicians.

THE TOFF IN TOWN, BRUNSWICK □

The Toff is a central and cosy late-night bar with a huge variety of live music and DJs that will have you grooving all night.

THE WORKERS CLUB, FITZROY □

Close to RMIT and the University of Melbourne, this treasured venue has a fantastic line-up of music. Stop by on Mondays for sweet drink deals (including \$2 pots of beer) and free music.

BRUNSWICK MUSIC FESTIVAL, MELBOURNE □

Every March, you can watch the streets of Brunswick transform for this 10-day musical extravaganza. Make sure you check out the lively Sydney Road Street Party - it's not to be missed!

CHERRY BAR, MELBOURNE □

This adored rock 'n' roll venue showcases local and international talent. It's the perfect spot for a drink and a dance.

SIDNEY MYER MUSIC BOWL, MELBOURNE □

This outdoor performance space hosts some of Melbourne's premier live music with breathtaking city views. In February, try to catch one of the Melbourne Symphony Orchestra's select free concerts.

MUSEUMS

IMMIGRATION MUSEUM □

Through informative and interactive displays, explore the history and personal stories of immigration in Australia. This museum tackles questions of belonging, nationhood and identity. It also hosts events, film screenings and cultural festivals.

MELBOURNE MUSEUM □

Marvel at prehistoric skeletons or uncover the secrets of bug life. Melbourne Museum is home to a permanent collection of fascinating artefacts, as well as special exhibits on loan from other museums around the globe. Entry is free for students.

SCIENCEWORKS □

Journey through space or ponder the mysteries of our universe at this museum dedicated to all things science. Located in Spotswood, Scienceworks offers free entry to students.

ISLAMIC MUSEUM OF AUSTRALIA □

Explore the heritage, arts and culture of Australia's Muslim community. The not-for-profit Islamic Museum of Australia is located in Thornbury, and student tickets cost \$10.

AUSTRALIAN SPORTS MUSEUM □

At the Melbourne Cricket Ground (MCG), you'll find this interactive museum, which showcases all facets of Australia's sporting history. Learn about cricket, AFL or the Olympic Games. You can even take a behind-the-scenes tour of the iconic MCG while you're there!

ART GALLERIES

HEIDE MUSEUM OF MODERN ART □

An outstanding cultural institution, Heide is located in the suburb of Bulleen. This spacious gallery has a sculpture park, innovative contemporary exhibits, workshops.

AUSTRALIAN CENTRE FOR CONTEMPORARY ART □

Centrally located in Melbourne's Arts Precinct, you'll find modern exhibitions and programs that challenge and inspire. Entry is free for all guests.

THE LUME MELBOURNE □

At South Wharf, The Lume is the first permanent digital art gallery in Australia. This unique gallery uses light, scent and sound to immerse visitors inside some of the world's most celebrated artworks.

THE NATIONAL GALLERY OF VICTORIA □

Called the 'NGV' by locals, this multifaceted art gallery boasts world-class exhibitions of famous artists, beautiful gardens and an expansive permanent collection to explore.

THEATRES

MALTHOUSE THEATRE □

In a converted Victorian-era storehouse, you'll find one of the best interdisciplinary theatre in Melbourne. Producing comedy, drama and contemporary performances, the Malthouse Theatre is nestled in the Arts Precinct.

HER MAJESTY'S THEATRE □

This heritage theatre has hosted some of the world's most famous productions, including *Les Miserables*, *Chicago*, *Mamma Mia!* and more. Head to Melbourne's bustling East End Theatre District to enjoy some pre-show drinks before visiting the theatre.

PRINCESS THEATRE □

Also in the East End Theatre District, Princess Theatre is the oldest surviving entertainment venue in mainland Australia. The beautiful venue shows plays and performances of all kinds, so there's something for everyone here.

CINEMA

For a balmy evening under the stars, Moonlight Cinema at the Royal Botanic Gardens is an outdoor cinema that plays old favourites and new blockbusters during the summer months. Tickets cost \$20, and you'll find food trucks available to enjoy. In Hawthorn, Lido on The Roof is another open-air cinema worth visiting, with a gorgeous view over the suburb. This rooftop cinema plays cult classics, arthouse masterpieces and new release films.

For great discounts on movie tickets, head to Palace Cinemas. They offer \$11 tickets on Tuesdays and have several locations around Melbourne. HOYTS Cinemas also provides regular discounts for students. Cinema Nova in Carlton offers \$7 tickets on Mondays, and University of Melbourne students get discounted entry on Wednesdays.

MELBOURNE FOOD CHECKLIST

If you consider yourself a foodie, then you'll love Melbourne. Find out from fellow international students which foods you simply can't miss.

KANGAROO MEAT □

Where to find it:

Believe it or not, Australian grocery stores, including the most popular shops like Coles and Woolworths, stock kangaroo meat. Kangaroo meat is very lean, nutritious, completely free-range and a sustainable protein option. Some restaurants also serve it in their dishes, so if you're willing to try it, you'll have plenty of opportunities to do so!

MEAT PIES & SAUSAGE ROLLS □

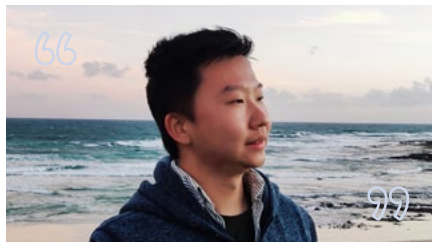
Where to find it:

You can find classic Australian meat pies and sausage rolls at nearly every grocery store or bakery you visit. Alternatively, you'll find more gourmet meat pies on the menu at many restaurants and pubs.

VEGEMITE □

Where to find it:

A beloved Australian spread, Vegemite can be found in every Australian grocery store. Not sure you want to commit to buying a full jar? Next time you go for breakfast at a café, ask for Vegemite on your toast.



"Did you know that you can get kangaroo meat from the supermarket? Please try the kangaroo BBQ, it's actually very tasty!"

Gavin (Jiayao), China
Monash University
 @gavinyu21



"I would suggest for international students to try the various Australian meat pies and sausage rolls."

Alejandra, Paraguay
University of Melbourne
 @alebogado

"Love it or hate it, you should at least try the infamous Aussie Vegemite with toast once!"

Tia (Yan Yin), China
Deakin University
[linkedin.com/in/tia-yan-yin-kwan](https://www.linkedin.com/in/tia-yan-yin-kwan)



MELBOURNE FOOD SCENE



Top: Chef prepares food at DOC Espresso
Middle left: Fresh seafood feast by the seashore

Middle right: Bush tucker tasting on Aboriginal Guided Tour at Splitters Falls
Bottom: Bakemomo Bakers, a Japanese-inspired bakery

YOUR AUSSIE BAKERY GUIDE

Whether you're living in a big city or a regional town, bakeries are a quintessential part of Australian life. They're the perfect place to grab a cheap lunch or a quick snack. Each bakery will usually have its own specialty products and unique offerings, but you're almost guaranteed to find these items on the menu.

1. VEGEMITE SCROLL □

If you haven't tried Vegemite yet, these scrolls are a good introduction. Savoury spirals of dough are baked with cheese and a generous helping of salty Vegemite to create the perfect afternoon snack.

3. VANILLA SLICE □

Oozy and delicious, this is a treat for anyone with a sweet tooth. With a vanilla slice, you'll find rich vanilla custard sandwiched between puff pastry, and a thin layer of icing or powdered icing sugar on top.

5. LAMINGTON □

An Australian classic! Lamingtons consist of sponge cake dipped in chocolate and rolled in desiccated coconut. A good lamington should be light and fluffy.

7. CUSTARD TART □

Countries all around the world have their own version of this dessert - this is the Australian one! Eggy vanilla custard is baked into shortcrust pastry and topped with a sprinkle of nutmeg

2. SAUSAGE ROLL □

An easy to eat pick-me-up when you're on the go, sausage rolls have tasty sausage meat wrapped in golden puff pastry. Make sure to cover it in a lot of tangy tomato sauce (a.k.a. ketchup).

4. PASTY □

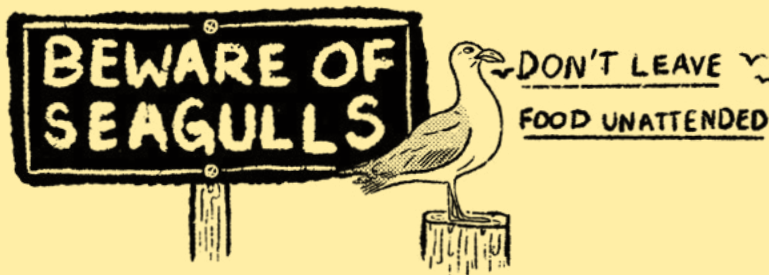
Based on traditional Cornish pasties, you can expect an Australian pasty to have minced meat and an assortment of vegetables (usually things like potato, carrots and peas) inside.

6. PIE □

Not to be confused with sweet fruit pies, these are available in a wide range of savoury flavours with a variety of meat and vegetable fillings. The most iconic is a classic 'meat pie', with golden pastry full of beef mince and gravy.

8. FINGER BUN □

A staple for primary school students in Australia - but enjoyed by people all ages - finger buns are soft buns (sometimes containing dried fruit, like sultanas), topped with icing and covered in coconut or sprinkles.





1

2

3

4

5

6

7

8

TRAVEL

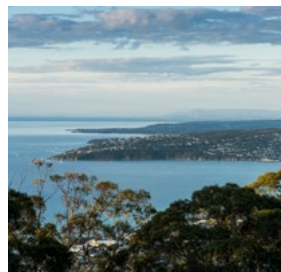
Get out of the city to explore some of the best natural beauty and quaint towns Australia has to offer. Here's our guide to the best travel spots around Victoria.



SHORT TRIPS

1 MORNINGTON PENINSULA □ 76 km from MEL

Here you'll visit dreamy beaches, lovely seaside towns and rolling vineyards. Spend the day floating in geothermal pools at the Peninsula Hot Springs or sampling your way around the many wineries, distilleries and breweries in the area. You can also check out the Cape Schanck Lighthouse Reserve for comfortable walking paths with views of coastal scenery.



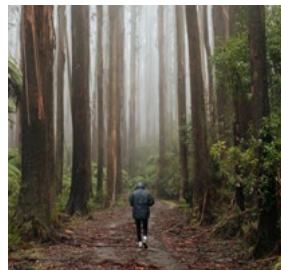
2 BALLARAT □ 115 km from MEL

Ballarat is known for delicious food, a lively arts scene and its gold rush heritage that saw Victoria's wealth and population soar during the mid-1800s. A full day will only scratch the surface of Ballarat's incredible offerings. Visit Sovereign Hill, an ever-popular replica museum of a gold rush mining town. Every second and fourth Saturday, you'll find fresh produce, hot drinks and baked goods at the Ballarat Farmers Market.



3 YARRA VALLEY □ 55 km from MEL

This peaceful region boasts over 70 wineries, friendly townships and beautiful forests. For an unforgettable morning, float over misty vineyards in a hot air balloon at sunrise. You can also explore the magical Redwood Forest near Warburton or drive through the towering mountain ash along Black Spur. If you're an animal lover, spend the afternoon at Healesville Sanctuary, where you can meet adorable Australian animals.



1: Arthurs Seat, Mornington Peninsula · 2: Sovereign Hill, Ballarat · 3: Black Spur, Yarra Valley

● MELBOURNE

LONG TRIPS

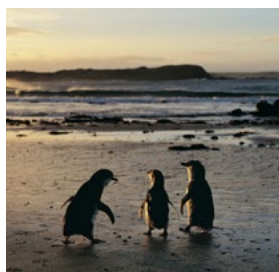
4 MOUNT BULLER/MOUNT HOTHAM ☐ 257 km from MEL

Come wintertime, Victoria's Alpine region is the place to be. Mount Buller provides 300 hectares of snowy terrain to explore. A bit further northeast is Mount Hotham. Here you can enjoy the bustling village, equipped with chalets, cafés, spa facilities and entertainment. Both mountains have snow sports and slopes for all abilities, including skiing, snowboarding, tobogganing and snowshoeing. On Mount Hotham, you can even try dog sledding!



5 PHILLIP ISLAND ☐ 141 km from MEL

South of Melbourne, Phillip Island's unique wildlife makes it a popular holiday destination. Watch as penguins waddle back to their burrows and see colonies of Australian fur seals offshore. In certain seasons, you might even spot migrating whales. There is a strong surf culture on the island, so catch a wave with surfing lessons. Later, replenish your energy with some treats at the Phillip Island Chocolate Factory.



6 GREAT OCEAN ROAD ☐ 246 km from MEL

The Great Ocean Road is a holiday favourite for locals and travellers alike. Give yourself plenty of time to enjoy charming towns and sensational views. With plenty of beaches and coastal towns along the way, there's a scenic stop around every corner. Be sure to see the Twelve Apostles' impressive limestone towers emerging from the rough waters and visit Loch Ard Gorge for more awe-inspiring natural beauty.



HEAD ONLINE

For more information on trips around Victoria, head to:

[vistitvictoria](http://vistitvictoria.q) 


If you're heading on a camping trip, visit the Parks Victoria website. Here you'll find a range of different experiences, from hiking to fishing, as well as all the best spots to camp.

parkweb.vic.gov.au 



4: Mt Buller summit · 5: Phillip Island Nature Park, Penguin Reserve · 6: Twelve Apostles

KEY CONTACTS

CONTACT NAME	WHEN WOULD I USE THIS SERVICE?	CONTACT DETAILS
Australian Consumer Law	Understand your legal rights in regards to shopping or purchasing goods or 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 
Australian Taxation Office	Contact them to arrange a Tax File Number or learn more about payments made to you while you study 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 
Centre for Culture, Ethnicity and Health	For free and confidential support, information about protection from HIV/AIDS, hepatitis and other sexually transmitted diseases.	9418 9929 ceh.org.au 
Consumer Affairs Victoria	If you require detailed information about your rights regarding all kinds of consumer affairs, including renting.	1300 55 81 81 consumer.vic.gov.au 
Council of International Students Australia (CISA)	They are the peak national body for the interests and needs of international students and always require volunteers.	cisa.edu.au 


STAY IN TOUCH WITH STUDY MELBOURNE:



- **Subscribe to our monthly student newsletter**
- **Follow us on Instagram, LinkedIn, and WeChat**
- **Join our Facebook group – International students of Melbourne and Victoria**

studymelbourne.vic.gov.au 














MAKE SURE TO FOLLOW INSIDER GUIDES

 @insiderguidesau

 [linkedin.com/company/insider-guide](https://www.linkedin.com/company/insider-guide)

 @InsiderStudentGuides

 [youtube.com/c/insiderguides](https://www.youtube.com/c/insiderguides)

CONTACT NAME	WHEN WOULD I USE THIS SERVICE?	CONTACT DETAILS
Department of Foreign Affairs and Trade (for Embassies)	If you require help from your country's embassy within Australia.	dfat.gov.au 
Department of Home Affairs	This government department handles visa enquiries and issues.	homeaffairs.gov.au 
The Desk	A digital service helping students develop good study practices.	thedesk.org.au 
The Drum - Youth Services, Drummond Street Relationship Centre	For a comprehensive mix of youth programs and services for young people aged 12-25.	9663 6733 ds.org.au 
Fair Work Ombudsman	If you require assistance understanding your workplace rights and responsibilities.	fairwork.gov.au 
Frontyard Integrated Youth Services	Frontyard aims to address the physical, social, and emotional needs of young people, up to the age of 25, who spend time in the Melbourne CBD.	9977 0077 mcm.org.au 
Healthdirect Australia	Outside of GP consultation hours their trained staff can help you treat non-urgent illnesses.	1800 022 222 healthdirect.gov.au 
Headspace	For mental health support and counselling, with locations across Victoria.	headspace.org.au 
IDP Melbourne	Assistance with assessing study options, including courses, applications and student visas.	9606 1800 idp.com/australia 
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 
Melbourne Sexual Health Centre	To talk about sexual health symptoms and receive advice.	9341 6200 mshc.org.au 
Multicultural Centre for Women's Health	Free health education workshops and assistance with locating services for Immigrant and Refugee Women.	9418 0999 mcwh.com.au 
National Home Doctor Service	If you require a doctor urgently on weeknights, weekends or public holidays.	13 SICK (13 7425) homedoctor.com.au 



Make Study Melbourne part of your story

Thrive in Australia's best student city

Make the most of your time in Melbourne and connect with Study Melbourne. Our friendly, multi-lingual staff are here to help you thrive as an international student. Get free, confidential advice and support and join our new events and social activities. Discover more of what Melbourne and Victoria have to offer.

Connect with Study Melbourne:
studymelbourne.vic.gov.au | 1800 056 449

 StudyMelbourneVIC

 @StudyMelbourne

 @StudyMelbourne

 StudyMelbourne

**STUDY MELBOURNE**

Authorised by the Victorian Government, 1 Treasury Place, Melbourne.