

AUSTRALIA: A HANDBOOK FOR INTERNATIONAL STUDENTS

WELCOME TO AUSTRALIA: YOUR ESSENTIAL STUDENT HANDBOOK

G'day and welcome to Australia! As you embark on this exciting chapter, prepare yourself for an unforgettable journey filled with academic growth, cultural immersion, and personal development. This handbook is designed specifically for you, our international student, and serves as your comprehensive guide to navigating student life Down Under.

Whether you're curious about academic expectations, seeking advice on finding accommodation, or eager to explore Australia's vibrant culture, this handbook provides essential information to help you settle in, thrive academically, and make the most of your time here. We understand that moving to a new country can be both thrilling and daunting, so we've created this resource to address your questions and concerns.

Inside, you'll discover practical tips on everything from understanding the Australian education system to managing your finances and staying healthy. We'll also introduce you to the unique Aussie culture and provide guidance on making friends, exploring your surroundings, and staying safe. Consider this handbook your friendly companion as you navigate the ins and outs of being an international student in Australia.

BEFORE YOU DEPART: YOUR PRE-ARRIVAL CHECKLIST

Preparation is key to a smooth transition into Australian student life. Before you board that plane, ensure you've ticked off these crucial items on your pre-departure checklist:

- **Student Visa (Subclass 500):** This is arguably the most important step. Ensure your visa is granted and valid before making any travel arrangements. Thoroughly understand the conditions of your visa,

including work restrictions and attendance requirements. Keep a copy of your visa grant letter, both digital and printed, readily accessible.

- **Overseas Student Health Cover (OSHC):** Arrange your OSHC before arriving. This is mandatory for student visa holders and covers medical expenses. If your university doesn't arrange it for you, compare different providers to find a plan that suits your needs. If you have alternative insurance, confirm it meets the visa requirements.
- **Flights:** Book your flights well in advance to secure better deals. Consider factors like layover times and baggage allowance. Share your flight details with your university and your initial accommodation provider.
- **Temporary Accommodation:** Arrange temporary accommodation for your initial arrival. This could be a hotel, hostel, or short-term rental. Having a place to go immediately upon arrival will reduce stress and give you time to find more permanent housing.
- **Money Matters:** Exchange some currency into Australian dollars (AUD) for immediate expenses upon arrival. Inform your bank of your travel plans to avoid any issues with your cards. Research Australian banks and consider opening an account shortly after arrival.
- **Packing Essentials:** Pack essential clothing suitable for the Australian climate, copies of important documents (passport, visa, acceptance letter, insurance details), any necessary medications with prescriptions, and personal items to make you feel more at home. Remember to check baggage weight restrictions.
- **Notify Your University:** Inform your university of your arrival plans, including your flight details and temporary accommodation address. This allows them to provide assistance and guidance upon your arrival.
- **Pre-Enrolment Requirements:** Double-check if there are any pre-enrolment requirements, such as online modules or document submissions, that need to be completed before your course commences.
- **Vaccinations:** Check if any specific vaccinations are recommended or required for your course or region of Australia. Consult your doctor well in advance.

ARRIVING IN AUSTRALIA: SMOOTH TRANSITIONS

Your arrival at an Australian airport is the first step in your new adventure. Here's what to expect and how to navigate the process smoothly.

CUSTOMS AND IMMIGRATION

Upon arrival, you'll proceed through immigration and customs. Have your passport, visa grant letter, and Incoming Passenger Card readily available. Be truthful when completing the Incoming Passenger Card; declare any food, plant material, or animal products. Prohibited items, such as certain foods, weapons, and illegal drugs, will be confiscated, and failure to declare them can result in fines or prosecution. Familiarise yourself with Australia's biosecurity regulations before you travel to avoid any issues.

AIRPORT PICK-UP AND TRANSPORTATION

If you've arranged an airport pick-up service through your university or accommodation provider, look for their representative holding a sign with your name. If not, consider these transportation options:

- **Airport Shuttle:** A cost-effective option to reach your accommodation. Book in advance or find them at the airport.
- **Taxi/Ride-Sharing:** Readily available outside the terminals. Be aware of potential surge pricing during peak hours.
- **Public Transport:** Many airports have train or bus connections to the city center. Check routes and schedules beforehand.

SETTLING IN

After arriving at your temporary accommodation, take some time to rest and organize yourself. Connect to the airport's free Wi-Fi (if available) or activate a local Australian SIM card to let your family know you've arrived safely. A local SIM card will also be useful for communication and navigation during your stay. Checking into your accommodation usually involves presenting your identification and confirming your booking details. Familiarize yourself with the building's amenities and emergency procedures.

FINDING YOUR HOME: ACCOMMODATION & UTILITIES

Securing suitable accommodation is a crucial step in settling into your Australian student life. Understanding the available options, rental processes, and how to set up utilities will contribute significantly to a comfortable and stress-free experience.

ACCOMMODATION OPTIONS

Australia offers a range of accommodation options to suit various budgets and preferences:

- **On-Campus Housing:** University-owned residences, often located within or near the campus. This option provides convenience, social opportunities, and access to university facilities. Costs vary depending on the university and room type (e.g., single, shared, ensuite). Application processes usually involve submitting an online form and may have waitlists.
- **Purpose-Built Student Accommodation (PBSA):** Privately-owned accommodation complexes specifically designed for students. These typically offer self-contained studios or shared apartments with various amenities like gyms, study rooms, and social events. PBSAs can be more expensive than on-campus housing but provide a higher level of independence and modern facilities.
- **Private Rentals (Shared Houses/Apartments):** Renting a house or apartment with other students is a popular and often more affordable option. Websites like [realestate.com.au](https://www.realestate.com.au) and [Domain.com.au](https://www.domain.com.au) list available properties. Inspect the property thoroughly before signing a lease. Consider location, condition, and proximity to public transport and your university.
- **Homestay:** Living with an Australian family. This provides cultural immersion and a supportive environment, especially beneficial for students new to the country. Homestay arrangements often include meals and laundry services. Homestay providers are usually vetted to ensure a safe and suitable environment.

SEARCHING SAFELY AND AVOIDING SCAMS

Finding accommodation requires caution. Be wary of scams, especially online. Never send money without physically inspecting the property or verifying the landlord's credentials.

- **Verify Listings:** Cross-reference listings with reputable websites and agencies.
- **Inspect the Property:** Arrange a viewing to assess the condition and confirm it matches the description.
- **Meet the Landlord/Agent:** Interact with them directly to gauge their legitimacy.

- **Avoid Upfront Payments:** Be cautious of requests for large upfront payments before signing a lease.
- **Trust Your Instincts:** If something seems too good to be true, it probably is.

RENTAL COSTS, AGREEMENTS, AND RIGHTS

Rental costs vary significantly depending on location, property type, and amenities. Expect to pay a bond (security deposit) equivalent to several weeks' rent. Carefully review the tenancy agreement before signing. Understand your rights and responsibilities as a tenant, including paying rent on time, maintaining the property, and providing notice before moving out. Each state and territory has its own tenancy laws, so familiarize yourself with the regulations in your area. Resources like Tenants' Union can provide assistance and advice.

SETTING UP UTILITIES

When renting a property, you'll likely need to set up essential utilities:

- **Electricity and Gas:** Contact energy providers in your area to establish an account. Compare rates and plans to find the best deal.
- **Internet:** Several internet service providers (ISPs) offer various plans. Consider speed, data allowance, and contract length.
- **Water:** In some cases, water bills are included in the rent. If not, you'll need to contact the local water authority to set up an account.

Understanding your utility bills is essential. Bills typically include usage charges, supply charges, and GST (Goods and Services Tax). Pay your bills on time to avoid late fees or disconnection.

MASTERING YOUR STUDIES: THE AUSTRALIAN EDUCATION SYSTEM

Understanding the structure and expectations of the Australian education system is key to academic success. This section provides an overview of the different types of institutions, course structures, academic integrity, assessment methods, and support services available to international students.

EDUCATIONAL INSTITUTIONS: A DIVERSE LANDSCAPE

Australia offers a variety of educational institutions catering to diverse learning needs:

- **Universities:** Offer a wide range of undergraduate and postgraduate degrees, focusing on research and theoretical knowledge. Australian universities are globally recognized for their high academic standards.
- **TAFE (Technical and Further Education) Institutes:** Provide vocational education and training (VET) focused on practical skills and industry-specific knowledge. TAFE courses lead to certificates, diplomas, and advanced diplomas.
- **VET Providers:** Similar to TAFE, these institutions offer VET courses in various fields, preparing students for specific occupations.

COURSE STRUCTURES: NAVIGATING YOUR ACADEMIC PATH

Course structures vary depending on the institution and level of study. Generally, courses are divided into semesters or trimesters. A typical undergraduate degree takes three to four years to complete, while postgraduate degrees can range from one to three years. Courses usually consist of lectures, tutorials, and practical sessions.

ACADEMIC INTEGRITY: UPHOLDING ETHICAL STANDARDS

Academic integrity is paramount in Australian education. Plagiarism, which involves presenting someone else's work as your own, is a serious offense and can result in failing grades or expulsion. Understand the principles of academic integrity and adhere to proper referencing styles (e.g., APA, MLA, Harvard) as specified by your institution. Familiarize yourself with resources on paraphrasing, summarizing, and quoting sources correctly.

```
// Example of incorrect citation (plagiarism):  
"The quick brown fox jumps over the lazy dog."
```

```
// Example of correct citation (APA style):  
"The quick brown fox jumps over the lazy dog" (Smith,
```

ASSESSMENT METHODS: DEMONSTRATING YOUR KNOWLEDGE

Assessment methods vary across courses and institutions. Common assessment tasks include:

- **Exams:** Formal assessments testing your understanding of course material.
- **Assignments:** Written tasks that require research, analysis, and critical thinking.
- **Presentations:** Oral presentations delivered individually or in groups.
- **Essays:** In-depth analyses of specific topics, requiring research and argumentation.
- **Reports:** Formal documents presenting findings from research or practical projects.

ATTENDANCE: BEING PRESENT AND ENGAGED

Regular attendance is crucial for academic success. Many courses have mandatory attendance requirements. Active participation in lectures and tutorials enhances your learning experience and allows you to engage with the course material and your peers.

ACADEMIC SUPPORT SERVICES: YOUR RESOURCES FOR SUCCESS

Universities and educational institutions offer a range of academic support services to assist international students:

- **Tutoring:** Individual or group tutoring sessions to help with specific subjects or concepts.
- **Writing Centers:** Provide assistance with academic writing skills, including essay structure, grammar, and referencing.
- **Library Resources:** Access to a vast collection of books, journals, and online databases. Librarians can provide guidance on research and information retrieval.
- **Student Learning Advisors:** Offer personalized advice on study skills, time management, and exam preparation.

Take advantage of these resources to enhance your academic performance and achieve your learning goals.

SMART SPENDING: COST OF LIVING & BUDGETING

UNDERSTANDING THE COST OF LIVING

Australia offers a high quality of life, but it's important to be aware of the associated costs. Your expenses will vary depending on your location and lifestyle. Here's a breakdown of typical costs for international students:

- **Rent:** This is usually the biggest expense. Expect to pay between AUD \$200 to \$500+ per week depending on the type of accommodation (on-campus, shared apartment, etc.) and location.
- **Food:** Budget around AUD \$80 to \$150 per week. Cooking at home is significantly cheaper than eating out.
- **Transport:** Public transport costs vary. A weekly pass can range from AUD \$30 to \$70. Consider walking or cycling for shorter distances.
- **Utilities:** Electricity, gas, and internet can cost around AUD \$50 to \$100 per week, usually shared among housemates.
- **Study Materials:** Textbooks and other materials can cost AUD \$500 to \$1000 per year. Consider buying used books or accessing online resources.
- **Entertainment & Personal Care:** Allocate AUD \$50 to \$100 per week for social activities, personal care products, and other discretionary spending.

CREATING A BUDGET THAT WORKS

Effective budgeting is essential for managing your finances. Here's how to create and stick to a budget:

- **Track Your Spending:** Use a budgeting app or spreadsheet to monitor your income and expenses.
- **Set Realistic Goals:** Identify areas where you can cut back, such as eating out less or finding cheaper entertainment options.
- **Prioritize Needs vs. Wants:** Focus on essential expenses first, then allocate funds for discretionary spending.
- **Review Regularly:** Adjust your budget as needed based on your actual spending patterns.

SAVING MONEY TIPS

There are many ways to save money while studying in Australia:

- **Cook at Home:** Preparing your own meals is much cheaper than eating out.
- **Utilize Student Discounts:** Many businesses offer discounts to students with a valid student ID.
- **Buy Secondhand:** Purchase used textbooks, furniture, and clothing to save money.
- **Take Advantage of Free Activities:** Explore free museums, parks, and events in your city.

OPENING A BANK ACCOUNT

Opening an Australian bank account is straightforward. You'll need your passport, student visa, and proof of address. Major banks include Commonwealth Bank, ANZ, NAB, and Westpac. Compare account fees and features to find the best option for you.

TAX OBLIGATIONS AND SUPERANNUATION

If you work in Australia, you'll need a Tax File Number (TFN). Apply for one online through the Australian Taxation Office (ATO) website. If you earn over a certain amount, your employer will also contribute to your superannuation (retirement fund).

SCHOLARSHIPS AND FINANCIAL ASSISTANCE

Explore potential scholarships and financial assistance programs offered by your university, the Australian government, or international organizations. Eligibility criteria vary, so research thoroughly and apply early.

YOUR HEALTH & SAFETY: PRIORITY ONE

OVERSEAS STUDENT HEALTH COVER (OSHC)

As an international student in Australia, possessing Overseas Student Health Cover (OSHC) is a mandatory visa requirement. OSHC helps cover the costs of medical and hospital care, ensuring you have access to necessary health services while studying. It typically covers visits to doctors (GPs), some

specialist appointments, hospital treatment, and certain prescription medications.

To use your OSHC, you'll typically need to visit a doctor or medical center that directly bills your OSHC provider (referred to as "bulk billing"). When making an appointment, inform the clinic that you are an international student with OSHC and provide your insurance details. They will usually handle the billing process directly with your insurer. If a clinic doesn't bulk bill, you may need to pay upfront and then claim a refund from your OSHC provider.

Finding a doctor (GP - General Practitioner) is easy. Your OSHC provider usually has a network of preferred doctors and clinics listed on their website. You can search for GPs in your area who accept your OSHC. Alternatively, you can ask your university's student support services for recommendations.

MEDICAL SERVICES: GPs, SPECIALISTS, AND PHARMACIES

General Practitioners (GPs) are your first point of contact for most health concerns. They can provide general medical care, write prescriptions, and refer you to specialists if needed. Specialists are doctors who have advanced training in a specific area of medicine, such as cardiology or dermatology. Accessing a specialist usually requires a referral from a GP.

Pharmacies (chemists) are where you can fill prescriptions and purchase over-the-counter medications. Pharmacists can also provide advice on minor ailments and medications.

MENTAL HEALTH SUPPORT

Your mental well-being is just as important as your physical health. Universities offer a range of mental health support services, including counseling, therapy, and support groups. These services are often free or low-cost for students.

Community organizations like Beyond Blue and Headspace also provide mental health support and resources. If you're feeling stressed, anxious, or depressed, don't hesitate to reach out for help.

SAFETY TIPS

Your safety is paramount. Here are some essential safety tips:

- **Personal Safety in Public Spaces:** Be aware of your surroundings, especially at night. Avoid walking alone in poorly lit areas. Keep your valuables out of sight.
- **On Campus:** Utilize campus security services, such as security escorts, if you feel unsafe walking alone at night. Report any suspicious activity to campus security.
- **At Home:** Ensure your accommodation is secure. Lock doors and windows, and be cautious about letting strangers into your home.

EMERGENCY CONTACTS

In an emergency, dial 000 for police, fire, or ambulance services. This number is free to call from any phone.

For non-emergency situations, such as general inquiries or reporting a minor crime, contact the police through their local station. Non-emergency helplines like Lifeline (13 11 14) offer confidential support and counseling.

EMBRACING AUSTRALIAN CULTURE & LIFESTYLE

Integrating into Australian culture is a rewarding part of your international student experience. Australians are generally known for their friendly, laid-back attitude. Don't be surprised by the casual nature of social interactions and the frequent use of phrases like "G'day" and "How ya going?".

UNDERSTANDING SOCIAL NORMS

"Mate-ship" is a core Australian value, emphasizing camaraderie and loyalty among friends. Australians value honesty and directness, but also appreciate a good sense of humor. Tipping is not customary in Australia, as service staff are generally paid a fair wage. However, it is becoming more common to tip for exceptional service.

Adapting to cultural differences can sometimes be challenging. Be open-minded and patient as you learn new customs and ways of doing things. Culture shock is a common experience, characterized by feelings of confusion, anxiety, or homesickness. If you experience culture shock,

remember that it's temporary, and seek support from your university's counseling services or other international students.

HOLIDAYS AND CELEBRATIONS

Australia has a number of public holidays throughout the year, each with its own unique traditions. Major holidays include:

- **Australia Day (January 26):** Celebrates the arrival of the First Fleet in 1788.
- **Anzac Day (April 25):** Commemorates Australian and New Zealand soldiers.
- **Christmas Day (December 25):** Celebrated in a similar way to other Western countries, often with outdoor barbecues due to the warm weather.

MAKING FRIENDS AND GETTING INVOLVED

Making friends is essential for feeling connected and supported. Join university clubs and societies related to your interests, such as sports, music, or academic pursuits. Attend social events and orientation activities to meet other students. Volunteer in the local community to connect with Australians and make a difference.

EXPLORING AUSTRALIAN CULTURE

Australian cuisine is diverse, influenced by various cultures. Try iconic foods like meat pies, Vegemite on toast, and Tim Tams. Popular sports include Australian Rules Football (AFL), rugby, cricket, and swimming. Learning a few common slang terms, such as "arvo" (afternoon), "barbie" (barbecue), and "fair dinkum" (genuine), will help you better understand Australian conversations.

GETTING AROUND: TRANSPORT IN AUSTRALIA

Navigating Australian cities and beyond is generally straightforward, thanks to a well-developed transport system. Understanding your options will help you get around efficiently and affordably.

PUBLIC TRANSPORT IN MAJOR CITIES

Major Australian cities offer comprehensive public transport networks, including:

- **Trains:** Extensive suburban and intercity rail networks, ideal for commuting and longer distances.
- **Buses:** Wide-reaching bus routes cover most areas, including those not serviced by trains.
- **Trams:** Popular in Melbourne and Adelaide, trams offer convenient inner-city transport.
- **Ferries:** In cities like Sydney and Brisbane, ferries provide scenic routes and access to harbor-side suburbs.

To use public transport, consider purchasing a rechargeable card:

- **Opal Card (Sydney):** For trains, buses, ferries, and light rail in Sydney and surrounding areas.
- **Myki Card (Melbourne):** For trams, trains, and buses in Melbourne and regional Victoria.
- **Go Card (Brisbane):** For buses, trains, and ferries in Brisbane and South East Queensland.

These cards can be topped up online, at convenience stores, or at train stations. Check if you're eligible for student concessions to reduce your travel costs. Apply through your tertiary institution, following the instructions on the transport authority's website.

DRIVING IN AUSTRALIA

If you plan to drive in Australia, you'll need a valid driver's license. If your overseas license is in English, you can typically use it for a limited period (usually up to 3 months). Otherwise, you'll need an International Driving Permit (IDP) along with your original license.

To drive long-term, you may need to convert your overseas license to an Australian one. Requirements vary by state, so check the local transport authority's website.

Key road rules include driving on the left-hand side of the road, wearing seatbelts, and adhering to speed limits. Be aware of strict drink-driving laws.

INTER-CITY TRAVEL

For travel between cities, consider:

- **Domestic Flights:** The fastest way to travel long distances.
- **Long-Distance Buses:** A budget-friendly option, with routes connecting major cities and regional areas.
- **Trains:** Scenic train journeys are available, but can be slower and more expensive than buses or flights.

RIGHTS, RESPONSIBILITIES & SUPPORT FOR INTERNATIONAL STUDENTS

As an international student in Australia, you have specific rights and responsibilities under Australian law. Understanding these is crucial for a safe and successful study experience. This section outlines your key rights, obligations, and available support services.

VISA CONDITIONS AND COMPLIANCE

Your student visa (subclass 500) comes with specific conditions that you must adhere to. These include:

- **Course Enrolment:** You must remain enrolled in a registered course and maintain satisfactory academic progress. Failure to do so may result in visa cancellation.
- **Attendance:** Attend all required classes and assessments. Most institutions have minimum attendance requirements.
- **Work Hours:** Student visa holders generally have restrictions on the number of hours they can work. Check your visa conditions carefully as these can vary.
- **Overseas Student Health Cover (OSHC):** Maintain valid OSHC for the duration of your stay.
- **Inform the Department of Home Affairs:** You must notify the Department of Home Affairs of any changes to your address or other personal details within the specified timeframe.

CONSUMER RIGHTS

As a consumer in Australia, you have rights that protect you when purchasing goods or services. These rights are enshrined in the Australian Consumer Law (ACL). Key consumer rights include:

- **Guarantees:** Products and services must be of acceptable quality, fit for purpose, and match their description.
- **Refunds and Replacements:** You are entitled to a refund, replacement, or repair if a product or service does not meet the consumer guarantees.
- **Fair Trading:** Businesses must not engage in misleading or deceptive conduct.

If you believe your consumer rights have been violated, you can contact the Australian Competition and Consumer Commission (ACCC) or your state's consumer protection agency.

AUSTRALIAN LAWS

You are subject to Australian laws, just like any other resident. This includes laws related to:

- **Alcohol Consumption:** There are legal drinking ages (18 years), and restrictions on where alcohol can be consumed.
- **Drugs:** Possession, use, and distribution of illegal drugs are serious offenses.
- **Public Behavior:** Offensive, disorderly, or violent behavior in public is against the law.
- **Anti-Discrimination:** Discrimination based on race, religion, gender, or other protected characteristics is illegal.

Familiarize yourself with Australian laws to avoid inadvertently breaking them.

UNIVERSITY SUPPORT SERVICES

Universities offer a range of support services specifically for international students:

- **International Student Advisors:** Provide advice and assistance on visa matters, accommodation, and other practical issues.

- **Counselling Services:** Offer confidential counseling for personal, academic, or emotional issues.
- **Legal Aid Clinics:** Some universities have legal aid clinics that provide free legal advice to students.
- **Academic Support:** Assistance with study skills, writing, and research.

Don't hesitate to reach out to these services if you need help.

COMMUNITY SUPPORT GROUPS AND LEGAL AID

Outside of your university, various community support groups and legal aid organizations can provide assistance. These include:

- **Legal Aid Commissions:** Offer free or low-cost legal advice and representation to eligible individuals.
- **Community Legal Centres:** Provide legal services to disadvantaged communities.
- **Multicultural Support Services:** Offer support and resources to migrants and refugees.

YOUR FUTURE BEYOND STUDY: PATHWAYS & CAREERS

As you approach the end of your studies, it's time to consider your next steps. Australia offers various pathways for international graduates seeking to extend their stay and build a career.

POST-STUDY VISA OPTIONS

The Temporary Graduate Visa (subclass 485) is a popular option for international graduates. It allows you to stay in Australia for a period after graduation to gain skilled work experience. There are different streams within the Subclass 485 visa, each with specific eligibility requirements related to your field of study and qualifications. Check the Department of Home Affairs website for the most up-to-date information and eligibility criteria.

JOB SEARCHING IN AUSTRALIA

Finding a job in Australia requires a strategic approach. Start by utilizing online job boards like Seek, Indeed, and LinkedIn. Tailor your resume/CV and

cover letter to each specific job application, highlighting relevant skills and experiences.

Networking is crucial. Attend industry events, career fairs, and connect with professionals in your field on LinkedIn. Informational interviews can provide valuable insights into different companies and roles.

BUILDING YOUR PROFESSIONAL NETWORK

Networking is key to career success in Australia. Attend industry events, join professional associations, and connect with people on LinkedIn. Don't be afraid to reach out to people for informational interviews or advice.

RESUMES, CVS AND COVER LETTERS

Australian resumes and CVs typically emphasize skills and achievements. Keep them concise and easy to read. Cover letters should be tailored to each job, highlighting why you're a good fit for the role and the company.

UNDERSTANDING AUSTRALIAN WORKPLACE CULTURE

Australian workplaces are generally informal and team-oriented. Communication is often direct and open. Punctuality and professionalism are highly valued. Understanding these cultural nuances can help you succeed in your job search and workplace interactions.

UNIVERSITY CAREER SERVICES

Your university's career services department offers a wealth of resources to support your career development. Take advantage of career counseling, resume workshops, interview preparation sessions, and internship opportunities. These services can provide valuable guidance and support as you navigate the Australian job market.

ESSENTIAL CONTACTS & RESOURCES

Having quick access to the right contacts and resources is crucial for a smooth and safe experience in Australia. Here's a list of essential contacts and helpful websites:

- **Emergency Services:** Dial 000 for Police, Fire, or Ambulance in life-threatening situations. This number is free to call from any phone.

- **University International Student Support:** Contact your university's international student support hotline or department for academic, visa, or personal issues. Check your university website for specific contact details.
- **Student Counselling Services:** Access counselling services through your university or external providers for mental health support.
- **Overseas Student Health Cover (OSHC) Provider:** Keep your OSHC provider's contact details handy for medical inquiries and claims.
- **Non-Emergency Police:** For non-urgent matters, contact your local police station.

Useful Websites:

- **Department of Home Affairs:** www.homeaffairs.gov.au - For visa information and regulations.
- **Fair Work Ombudsman:** www.fairwork.gov.au - Information on workplace rights and entitlements.
- **Tenancy Advice:** Visit the Tenants' Union website in your state for advice on renting and tenancy rights.
- **Mental Health Helplines:**
 - **Lifeline:** 13 11 14
 - **Beyond Blue:** 1300 22 4636
- **Study Australia:** www.studyaustralia.gov.au - General information for international students.