

STUDENT

SURVIVAL KIT

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PART: I

PREPARATION AND FLIGHT JOURNEY

1. GENERAL INFORMATION ABOUT AUSTRALIA

AREA-

Australia has a total area of 7.686.850 Sq Kilometres, being the 6th continent. It has a very long shoreline and central part of Australia is mainly uninhabitable desert.

POPULATION-

Population is about 20 million; population density is among the lowest in the world, with an average of about 3 people per square kilometre. However, most of the population is concentrated in the outer border of Australia. Aborigines also informally called "abo/s" are native people of Australia but are in minority. Immigrants constitute a major portion of the Australian populace, among whom Chinese are the largest group followed by, Lebanese, Turks, Vietnamese and people from other South-East Asian countries. So don't expect to see only khairays around you.

SEASON-

Australia is a dry country and climate is different in every state. Generally spring starts from September to November, summer from December to February, autumn from March to May and winter from June to August which is the exact opposite of the weather cycle you are used to. Australia has many beaches and it is especially hard to get used to with the sea breeze for some who is from a landlocked country like Nepal.

LAW-

The legal age for buying cigarettes and alcoholic product is 18 years.

There is a heavy fine if anyone uses any public transportation without a ticket or doesn't have a valid proof of student concession

Breaking of any law may lead to cancellation of student visa and other penalties.

GOVERNMENT SYSTEM-

The Australian Government, State & Territory Government and Local Government

STATES AND TERRITORIES-

States/ territories

Capital

New South Wales	Sydney
Victoria	Melbourne
Queensland	Brisbane
South Australia	Adelaide
Western Australia	Perth
Tasmania	Hobart
Northern Territory	Darwin
Australian Capital Territory	Canberra

MEASUREMENTS-

Australia uses metric system of measurement i.e.

Length: centimetres, metres and kilometres

Area: cm^2 , m^2 and km^2

Mass/weight: grams, kilograms

Volume: millilitres, litres,

ELECTRICITY-

Electric current in Australia is 240/250 volts AC. So, be careful with the use of electrical appliances. Electrical appliances in Australia have flat pins unlike the round ones that are used in Nepal. However, if you plan to take any electrical appliance with you, you can easily to buy a converter plug to be able to use it there.

TIME DIFFERENCE AND DAY LIGHT SAVING-

AUSTRALIAN SPORTS-

Rugby Union

Rugby League

AUSSIE RULES-

SPECIAL EVENTS-

AUSTRALIAN ACCENT-

Some useful Australian accent and Phrases for students:

AUSSIE SLANGS	MEANINGS
G'Day	Good day/Hello
Barbie	Barbecue
Beaut, beauty	great, fantastic
BYO	unlicensed restaurant where you have to Bring Your Own alcohol, also similar party or barbecue
Chewie	chewing gum
Chokkie	chocolate
Cranky	in a bad mood, angry
Exy	expensive
Greenie	environmentalist
Jackaroo	a male trainee station manager or station hand (a station is a big farm/grazing property)
Lollies	sweets, candy
Mob	group of people, not necessarily troublesome
Mob	Family/ herd (?) of kangaroos
No worries!	Expression of forgiveness or reassurance (No problem; forget about it; I can do it; Yes, I'll do it)
Oz	Australia!
Pokies	poker machines, fruit machines, gambling slot machines
Pom, pommy	an Englishman
Postie	postman, mailman
Ripper	great, fantastic - "it was a ripper party"
Salvos	The Salvation Army
Stubby	a 375ml. beer bottle
Sickie	day off sick from work
Truckie	truck driver
True blue	patriotic
Uni	university
Unit	flat, apartment
Ute	utility vehicle, pickup truck
Vedgies	vegetables
Wog	Person of Mediterranean origin. A milder insult than the same word in the UK and perhaps elsewhere.
Whinge	complain

www.koalanet.com.au

AUSSIE SLANGS	MEANINGS
didgeridoo, didgeridoo	noun:- An Australian Aboriginal musical instrument made from a hollow log. It is used in Corroborees, religious ceremonies, and thus has great spiritual significance.
dodgy	adjective:- below standard, awkward, suspicious or underhanded, fake. Similar to the American "Cheesy
Duffer	noun:- A cattle stealer, a rustler in America, or a silly person.
faggot	noun:- a homosexual man.
footy	noun:- short for Football, either Australian Rules, Rugby League, Rugby Union, or Soccer. However it is nearly always pronounced with a 'd'; foody.
Sparky	Electrician
middy	noun:- a 285 ml beer glass in New South Wales.
New Australian	noun:- a migrant to Australia
no worries!	misc:- typical Aussie attitude that everything will be OK, there will be no problems
oldies	noun:- the parents.
outback	noun:- the remote rural districts, bush or hinterland. Basically away from civilisation or major settlements
schooner	noun:- a large beer glass in New South Wales and South Australia, elsewhere called a Pot
Serviette	noun:- a table napkin.
Sheila	noun:- a common term for an Australia female, usually single and probably good looking. It probably originated from the high number of female immigrants from Ireland called Sheelagh.
slacker	noun:- a person who either does not work or who tries there best to get away with doing as little work as possible, even if this threatens their salary.
sparkie	noun:- an electrician
Yank	noun:- an American.

www.aussieslang.com.au

2. THINGS TO DO BEFORE LEAVING

Undoubtedly, everyone tends to be worrying more about their visa more than anything else after they have made a decision to go abroad and most of them totally forget about other preparations and things to do before they leave. And, when their visa arrives, there is so much to do and so less time before you take their bags and leave, for an uncertain time.

To make your last days at home tension free and relaxed you have to take care of few things on time. It's best to do these things as soon as you have finalised your departure.

MEDICAL CHECK UPS:

As you plan to leave you should not forget to do a few medical check ups so that you don't end up spending your entire money on medical expenses as soon as you reach Australia. Although you have a medical insurance it does not include everything and you can't claim 100% from the insurer. So it's better to be on the safe side.

i. Dental check up:

If you have dental problems you should make it a point that you have a thorough check up and treatment before you leave. Even if you don't have any dental problems it's not a bad idea to visit a dentist and be sure that your teeth are clean and strong. Because, if you ever have to visit a dentist in Australia, that's the worst thing that could happen to your wallet. You'll end up paying a lot many times more, for the same treatment you could have taken care of at home with a fraction of what you will have to pay there.

ii. Optical check up:

It's always good to get your eyesight checked before you leave and if you are used to wearing glasses it's good to have your glasses rechecked. Optical is not included in your health insurance and it will cost you a lot if you have to get a pair of glasses. Therefore, it's always good to take an extra pair of glasses or lenses if you are used to wearing them. If you wear glasses you should not forget to take your prescription with you for reference just in case.

iii. General health check up:

Because of all the running around and tension you've been going through for making your arrangements to go abroad, your body may be under stress and you may not be giving

much attention. Just so that you don't end up getting sick on your journey or just when you reach Australia, it's advisable that you do your general health check up. And take with you some general medicines just in case you have some problems immediately when you reach Australia.

If you want to continue your medication in Australia, bring your medical prescriptions from your previous doctor and make sure that these are written in English only.

INFORMING ABOUT YOUR ARRIVAL:

When you have confirmed your flight, you should contact your institution and inform them about your arrival date and flight, so that they could help you in finding out your institution and/or accommodation.

You should also contact your friends and relatives in Australia about your arrival and make arrangements for them to pick you up if it's feasible and/or take their address details in case. It's good to contact more than one person of your arrival so that at least one person is able to receive you when you arrive.

PREPARING YOUR DOCUMENTS:

You should check your documents and sort what you should take along with you. You might consider making copies of all important documents. Some people may also need to make important legal documents of their property etc. on their personal life situation. Since you will be away from home for quite a long time, it's better if you sort things before you leave.

Documents you should take with you:

- a. Medical and Dental Records
- b. Prescriptions for Medications and Optical glasses/lenses
- c. Academic Documents
- d. Contact Information
- e. Valid Passport and Other Travel Documents
- f. Fee Payment Receipts
- g. Enrolment Confirmation
- h. Driving licences

While packing, keep them in an easily accessible place in your bag. Remember keep the original copies in a safe corner.

3. WHAT AND HOW TO PACK:

Once everything is settled about your admission and visa filing, you need to concentrate on final packing part to take off. You'll have a hectic schedule during the week before you leave. So just cool down and review your checklists, if you have missed anything important.

Airlines DO NOT ALLOW MORE THAN 20 KG BAGGAGES. So, try to limit your luggage weight and label your luggage properly with your name, contact address & numbers, home address as well as your institution address. Avoid carrying food stuff. However, SOME AIRLINES allow up to 40 kg luggage.

(For more information about flights please visit our help desk at Kamaladi Complex.)

To prepare for your journey you need to keep in mind few things that are going to help you make your travel hassle free. First, try to keep your hand carry luggage as light as possible, preferably, a backpack. But, DO NOT FORGET to keep the following things ready and handy in your backpack.

i. THINGS TO PACK IN YOUR HAND CARRY LUGGAGE:

- Your passport and ticket
- Some N.C. cash (around 1200/-) to pay Airport tax if it is not included in your ticket.
- Wallet, Travellers cheque or draft and may be a pouch to keep it safe with you while you travel
- Pens and a notebook
- Medicines (including Prescriptions in English)
- A bottle of water
- Some snack (its good to keep as less open food as possible because you'll have to throw it away if you cant finish it before boarding your second plane)
- A small hand towel
- An extra pullover or a t-shirt (depending on the weather)
- Keep addresses and phone numbers of your friends or relatives or whoever is going to pick you up handy. If no one is there to pick you up at the airport, you can pull it out and call them up or show the address to a taxi driver. Even if you know the address and tell the taxi driver, he/she may not understand because of your accent so it is a good idea to write down the address on the backside of a visiting card.
- Another way to keep phone numbers handy is to store them in your cell phone if you are carrying one with you. Even if you cannot use the phone to

dial the number you can at least have a look at it when you are using phone booths.

- Hand carry all your important documents so that in case your luggage is misplaced you can at least have all your certificates with you.
- If you are planning to take any sharp things for e.g. a Swiss knife, remember to keep it in your checked luggage and NOT IN HAND CARRY
- If you are thinking about taking foodstuffs along then, keep some enough for about one meal in your hand carry, you can enjoy it while you are in transit. Even though your journey will last for 24 hours, meals are served on the plane so you need not worry about it. They do allow you to take chips, chocolates, chewing gums and other packed food at Sydney airport. But open food like dried fruits, fruits, milk products are NOT ALLOWED.
- It's good to keep all the things that you have to declare at Sydney airport in one baggage so that you don't have to turn your entire luggage upside down when they ask you to show what you have to declare.

(Please refer to the box in page--- for information on Australian Quarantine Law and what you can/cannot take with you)

ii. PACKING CHECKLIST FOR DUDES:

- Shaving Kit (Please put this in your checked luggage)
- A bottle of your favourite shampoo
- Extra pair of glass or lenses if you are chasme
- A pair of small size scissors
- Take some extra Blade for shaving as it is expensive there (don't overload though)
- Extra Undies (Undergarments if you are used to wearing it)
- Extra Socks
- Towels
- Bed linens
- Nail cutter (you got to stay clean)
- Deodorant (Of course you don't want to smell in front of the nice chicks at uni -Put in checked in luggage)
- Don't bother taking body size shirts
- Nepali costume if you have one (This if you are interested at uni cultural programmes)
- Or a Suit (This might be useful in giving Presentation at Uni or Nepali daju bhai ko bihe ma)
- But of course a Nepali topi (As you will love your country when you are there)
- Black Trouser for work
- 1 pair of sport shoes (Australia is very casual in fashion so don't over do your self)
- 1 pair of formal shoes

- 1 pair of Thongs
- Don't bother taking your Hip Hop outfit you won't feel like wearing them there.
- A book on Nepal (Buddy!! you will need this when you don't know much about your country)
- Few souvenirs from Nepal (Thamel stuff to give it to Uni friends, lecturer or even impress new girl friend)
- 2 cool Nepal T-Shirt (I love Nepal, stuff like that)
- Small Nepali Flag
- Shorts and T-shirt for summer wear (Know the weather condition before leaving but also keep in mind that you're not there just for few months so be prepared for winter as well as summer)
- 1 windproof Jacket
- 1 Jacket for formal and Informal wear
- Clothes for Home stay
- 2 pair of Jeans
- Few casual Shirts
- 2-3 pair of pullover
- Alarm Clock (If you are used to your mom waking you up)
- Few stationeries (file, note pad, pens)
- Calculator
- Pocket size dictionary
- Software- Its really expensive there so don't forget to take some of the basic software you use and of course an anti-virus
- If you are crashing at your friends place (Buy them a 2 bottle of whiskey from Sydney Airport duty free , believe me scotch rocks anywhere)
- Don't forget to take some pictures and personal memorabilia
- You can also include some books that may be useful for reference in your field of study
- A wallet with lots of card holder pockets- you'll have to carry many cards with you all the time

iii. PACKING CHECKLIST FOR GALS:

- ⌘ Toiletries: whatever you use daily, your make-ups (if you use any), deodorants, shampoo, conditioner, sun block SPF30
- ⌘ Extra pair of glasses or lenses- they are very expensive there so might as well get one from here
- ⌘ A pair of sunglasses
- ⌘ A pair of scissors
- ⌘ Nail cutter and other manicure things
- ⌘ Razor-wax-whatever you use
- ⌘ Undergarments, handkerchiefs or tissues and socks

- ⌘ One body towel and one face towel
- ⌘ One Sari and accessories if you are interested at Uni cultural programmes, some like to get their ethnic dresses along
- ⌘ 1 pair of Thongs- as in Hawaii chappal, its in fashion and very comfy in summer
- ⌘ A pair of good waterproof shoes
- ⌘ A pair of formal shoes/sandals
- ⌘ A book on Nepal-You will need this when you don't know much about your country
- ⌘ Few souvenirs from Nepal-Thamel stuffs to give it to Uni friends , lecturer
- ⌘ Clothes for daily wear- keep in mind that you're not there just for few months so be prepared for winter as well as summer
- ⌘ A pair of black trousers and a black jacket or top for work
- ⌘ A pair or two of formal clothes, you'll need them when doing presentation or attending functions at Uni
- ⌘ 1 windproof Jacket
- ⌘ 1 Jacket for formal and Informal wear
- ⌘ Clothes for Home stay
- ⌘ 2-3 pullovers
- ⌘ Alarm Clock -If you are used to your mom waking you up
- ⌘ Few stationeries: file, note pad, pens-think of saving your money, take what you think you'll need
- ⌘ Pocket size dictionary
- ⌘ Software- Its really expensive there so don't forget to take some of the basic software you use and of course an anti-virus
- ⌘ Some music
- ⌘ Bed linens, pillow covers and a small blanket or warm shawl
- ⌘ Pressure cooker if you like to cook your own meal. It's very expensive if you have to buy it there.
- ⌘ Don't forget to take some pictures and personal memorabilia
- ⌘ You can also include some books that may be useful for reference in your field of study
- ⌘ A wallet with lots of card holder pockets- you'll have to carry many cards with you all the time
- ⌘ Don't take expensive jewelleries. Not only because you'll rarely use it but also because it might get lost or stolen.

Things are very expensive there. Especially when you arrive there, you'll find it hard to manage your money. So, try including all your personal basic needs in your shopping list. Remember to keep all sharp things in your checked luggage.

iv. OVERWEIGHT BAGGAGE:

- Unaccompanied Baggage
- Shipping Agents
- Shipping by Air
- Express Courier

4. VIRTUAL GUIDE FOR FLIGHT JOURNEY:

(Kathmandu to Sydney via Bangkok)
(Esp. for those who are flying for the first time)

After you are all packed and ready to leave, just check if everything is in place and you have not forgotten anything important. Check your flight details and flight time. It's good to leave for the airport as early as possible, about 3 hours ahead of your flight time. It's always good to be the first to reach the airport because if you reach early you might be able to negotiate with the officials in case you have a bit of extra luggage. And, if you want you can ask for a window seat if you reach early.

STEP 1:

When you enter the Airport look out for the counter of the airlines, you are travelling. Usually, they will have flight number quoted. Show them your passport and you ticket and they will give you a boarding pass. You can ask for your preferred seat at this counter before you have taken the boarding pass. After that you can keep your ticket in your bag you won't be needing it until your next flight. Your boarding pass will have your flight number and your seat details. Your luggage will also be weighed here.

STEP 2:

Watch out for the people, who weigh your luggage. They will be looking after some extra cash. So if you have little extra luggage, just say that you're a student you don't have a lot extra, act like you travel all the time. If you act as if you don't know much then they'll try to pull out some cash from you. If in case they ask you for money simply say that, you are not carrying cash. They might ask if there is anybody outside who can pay for you say they have already left. After you get your boarding pass don't look back just go up through the escalator.

STEP 3:

When you reach upstairs, you will enter into a hall. There, you have to fill in a form take the Nepali one and fill in the info, refer to your passport for all the info, that's the reason why you should remember to keep a pen with you. You can write either Nepali or English dates but it should be what's on the passport.

If you want to cut out this hassle of filling up forms while you are travelling, you can pick up an embarkation form from Everest Travel's Travel Desk and fill it up before you leave home.

STEP 4:

After you've filled in the form just stand in the queue and show your passport and the embarkation form you just filled to the officer. They generally ask you unnecessary questions like where you going? What you are going to study?

Where did you study before? Do not panic. They might ask you to show your offer letter as well. They are very irritating but talk to them as if you are enjoying it.

STEP 5:

Then you'll enter another hall. There you just have to find a seat and wait until your flight number is called. While you wait there, you can use restrooms if you need to, but be careful of your luggage. You can even make phone calls from phone booths. You'll need to buy Nepal telecom phone card (costs around N.C.200/-)

STEP 6:

When they call your flight number just go in and they'll check you and your hand carry bag. After that you will reach another hall. There you have to identify your baggage, but baggage check is subject to airlines you are travelling with you may not need to do it. Then you just have to wait until your flight no. is called. It's good to sit near the gates because once the flight no. is called every one rushes and there'll be a long queue.

STEP 7:

Then finally you board the plane, boarding pass has your seat number, the airhostess will guide you there on.

STEP 8: BANGKOK AIRPORT-

Try to get some sleep on the Plane because there are lots to see in Bangkok airport. Before you get off from the plane, they will tell you the local time change your watch to that time, it will come handy later. When you reach Bangkok airport, just see the signs and go wherever it says transit or follow people from your plane. Go around and explore, the new Suwarnabhumi airport at Bangkok, there is lots to shop or window-shop which ever you'd prefer. If you want to take some rest there is a big transit hall where you can rest or just sit around.

Thais don't have very good English so it is very hard to communicate with them. To get your way around its best to look at the signs or pick up a map that's available there. Keep note of the time of your next flight. They have internet cafés in communication centres and you can make your phone calls as well. But, keep in mind it's a bit expensive, you'll have to pay in Bhat that is the Thai currency or Dollars. Check your flight time on the display board and about an hour ahead of your flight time go to the counter where everybody goes and then show them your ticket and passport and take another boarding pass. They will announce your flight, check your visa, and lead you to another plane.

STEP 9:

Before you land at Sydney airport, you will have to fill in an embarkation form similar to the one you filled in KTM airport. Refer to your passport and boarding

pass to fill it. In that form, you have to make declaration for things that are listed. If you have medicines in your bag, you have to declare them and show them to the officer, that is why its best to hand carry them.

STEP 10: SYDNEY AIRPORT-

Once you land in Sydney, you have to declare some items which you are not allowed to carry with you. You need to furnish your passport and other necessary documents to go through immigration. After collecting your baggage proceed for baggage checking.

Before you enter another room, throw away any leftover open food in the dustbins provided. Proceed to the red channel if you have things to declare, if you don't have anything to declare, go through the green channel. *(Please refer to the box in page--- for information on Australian Quarantine law)*

You will then reach outside into a hall where you'll be able to meet the person who is there to pick you up. You can also find a money exchange counter in this hall. Exchange your US dollars into Australian dollars (they take 8% service charge, which is normal).

If there is no one to pick you up, there are signs all over, follow the sign that says TAXI, wait for your turn in the queue for the taxi and give the driver the address you had written down earlier. Generally, Aussies are generous people, so if you have some problem just tell them that you are there for the first time and don't know much.

An important note to keep in mind is that in Sydney whatever you have to do stand in a queue and wait for your turn, its offensive if you crowd the counter without waiting for your turn. So, be patient and queue in front of the counter for your turn while waiting for any service you want to avail.

AUSTRALIAN QUARANTINE AND INSPECTION SERVICE (AQIS) provide quarantine inspection for international passengers, animals, plant, and animal & plant products. This unit monitors the import & export from Australia and protects animal, plant and human health status from exotic pests, diseases etc. Also, customs monitor the import/export of illegal goods. These two units work together at the airport. For more information about Quarantine and custom laws, please visit www.aqis.gov.au & www.customs.gov.au .

So, you must follow the quarantine & custom laws at the airport
-Always follow the green channel if you do not have anything to declare & if you have to declare or if you are not sure follow red channel, don't worry custom official are very professional and helpful.

The items carried may be subject to customs duty or tax and some items are tax free. The items that you need to declare are:

- any kind of weapon or firearms
- any kind of cooked, dried or raw food stuff
- animal products (skin/fur/wool etc)
- Plant materials (wooden/handicrafts/bamboo/ cane products etc.)
- Foreign currency

You need to declare your computer or any other computer equipments carried along with you. However these are duty free goods. (Make sure, whether your PC warranty is valid in Australia or not). Other tax free goods are electronic goods, perfume, watches etc and certain amount of alcoholic and tobacco products.

PART: II

LIFE IN AUSTRALIA

5. ARRIVAL AND INITIAL DAYS IN AUSTRALIA

- v. Financial Issues
 - a. Budgeting for your stay
 - b. Tuition and Fees
 - c. Living Costs
 - d. Student Health Insurance Plans
 - Health Insurance Plan Exclusions
 - e. Books and Supplies
 - f. Transportation
 - g. Using Travelers Checks
 - h. Monetary Restriction
- 4. Beginning your education
 - Info about academic Year
 - Summer schools
 - Course counselor
 - Counselor
 - Professors and Lecturers
 - Cheating and Plagiarism
- 5. Telecommunication
- 6. Bank accounts and ATM
Credit cards and Debit cards
Tipping
Eating out
Using Taxi
Barbers and Hairdressers (we can talk about uni-sex saloons)
Emergency Numbers
Internet and Email services
- 9 Health and wellness
Campus Health Clinics
Family Medical Care
- 10 Common type Australian stores

11 Adjusting to a New Environment

1) Jet Lag

Jet Lag is the physical shock of your body adjusting to a new time zone. Its intensity will depend upon how many time zones you have crossed during your travel. While your body is adjusting to a new daily rhythm, you may experience headaches, disorientation, sleeplessness, or sleepiness. However, after a period of adjustment, you should be able to function normally and follow a regular daily schedule. To help yourself recover faster, try to follow the normal eating and sleeping patterns of your new time zone and resist taking naps in the middle of the day. (Source: Getting ready to go)

2) Language problem

Although your English may be good at home, after arriving in Australia you may find it very difficult to communicate with the locals. This is not because your English is not good. It's because like in every other country Australians, use a very different accent, which you may not be used to at home. There are different localized expressions and slang that are used in day today communication which you may not understand even if it's English. Besides, people from different countries have different accent and it may be very difficult for you to understand what they are saying. It is especially troublesome when you are in class or when you want others to understand what you are saying. With time you will learn how to pronounce words as the Aussies do and we have included a list of common slang that's used in Australia which might help you to understand what they are saying. *Please refer to page...slang directory*

3) Culture shock

Culture shock is the process of adjusting to a new country and a new culture, which may be dramatically different from your own. You no longer see the familiar signs and faces of home. Climate, food, and landscapes, as well as people and their ways all seem strange to you. You notice that your English is not as good as you expected. You may suffer from an unexpected degree of pressures of your academic life and fast pace of life. Do not panic, it is normal to feel that way. As you become adjusted to the new environment, culture and attitudes and begin to know your way around, you will start to adapt and understand

your new surroundings and way of life. (Source: Getting ready to go)

- 4) Individuality
- 5) Competitiveness

6) Conflict With Roommates

Every one is different by nature and each one has a different lifestyle. Since you will be living with people you've never lived with before there's bound to be some clashes. When your lifestyle is different from the person you're living with it may create some problems. You may have some expectations from your roommate, be it a friend, a cousin or a strange, when these expectations are not met things may get a bit rough. However, to resolve this problem without much hassle, one should consider the other person's engagement, problem and lifestyle. It's always good to have rules in the house so that there is equal work distribution and each one should be aware of his/her, duties and responsibilities in the house. Every one has their own of sorting these things but you should be aware that this is normal and happens to everybody.

6. TIPS TO LIVE IN AUSTRALIA

MAKE YOURSELF COMFORTABLE-

Adjustment in a totally new environment needs some time and for this you need to make yourself comfortable with the surroundings. Try to make friends and make conversation with the people around you. If you are staying with a family always try to spend some time with the members.

STUDENT CONCESSION-

The public transport including taxi, bus etc. gives concession for students in some states. So, after reaching your institution, contact the International Office and obtain a student card and concession card.

BANK ACCOUNT-

Open a bank account in Australia as soon as you arrive, coz this will provide great financial help in future. The identification for opening a bank account is your valid passport. However, this identification will not help you after a few weeks. Money can be transferred to Australian bank through bank draft & cheque. Some of the banks in Australia-

- a. Commonwealth Bank
- b. Westpac bank
- c. St. George Bank
- d. National Australia Bank

TELEPHONE-

Purchase a mobile set as soon as possible. Public telephone booths are widely available. But no one can help you the way a mobile or a hand phone does. The leading service providers in Australia are- Vodaphone, Optus, Telstra, Virgin mobile etc.

You may take mobile set from Nepal, however you will have to purchase the charger in Australia as power point are different in shape.

SAFETY-

Though Australia is a safe place to live; you should take necessary steps as personal safety measure. List down the important phone numbers including emergency and keep them in an easily accessible place. Do not forget to give

your mobile no. to your friends or relatives whenever you go out somewhere.

In case of Emergency, dial 000, operator will give you options to choose from:

- a. Police
- b. Fire Brigade
- c. Ambulance

The 000 number will function even if your mobile phone does not have credit.

If you are a clubbing and partying kind of a person you should be aware about spiking. Spiking is mixing of alcoholic drinks or other sedative drugs with drinks. To be safe from spiking do not accept drinks offered by strangers and don't leave you drink unattended.

For more information regarding living in Australia please log onto www.yakmandoo.com and read students' experience. These are written by previous students who travelled through us. If you wish to send in your experience to us please write to info@ets.com.np

7. EDUCATION IN AUSTRALIAN UNIVERSITIES

After choosing a campus please go through the website of the institution and make sure of the facilities that are provided, such as orientation programs for international students, accommodation (in case you take on-campus accommodation) etc. Orientation programs are very important for international students since it gives the idea about the academic as well as social life of Australia.

The medium of education in Australia is English. If you feel the need of improving your English you can enrol yourself in English speaking courses. Student advisors at some institution conduct some training programs to make the international students familiar with the rules & regulation of the campus, the Australian culture and how to live in a new country. The teaching pattern in Australia has a vast difference than what we have in our country. Tutors generally encourage the students to come up with innovative thought and ideas rather than binding someone to book knowledge. Hence the students get a platform to show their talent.

Generally the classes have 2 parts- lectures followed by discussions or tutorials. After the lecture is over, students take part in tutorials, where they discuss the lectures delivered by tutors during tutorials.

The grading system may differ in various institutions. The university final grade depends strictly on the internal assessment, assignments, your class participation and written exams conducted in every semester. The assessments may be individual or group task. Always submit your assignments on or before the due date. If you have any problem in understanding the topic, you can contact the concerned teacher, but provide genuine information. Or if you wish to take help from other's work do not forget to give reference.

Plagiarism is a big offence in Australia and students, who copy others text, assignment or any other work and do not give reference, may face penalties and even visa may get into trouble. So, listen to the teacher attentively and do not let your mind wander after something else during study hours. This will help you to understand a topic clearly and you wont feel the need to copy others text or assignment!

8. VISA CONDITIONS

Student visas need some conditions to be fulfilled and failure to give adequate reasons may lead to cancellation of the visa. So, read thoroughly the rules and regulations to stay as an international student in Australia. Below are some of the conditions for student visa for Australia. If you do not want your visa to be cancelled please follow these-

1. Please do not get absorbed yourself in any job without taking permission from DIMA (Department of Immigration and Multicultural Affairs).
2. Student visa does not allow exceeding the normal work hour, i.e., 20 hours a week. Working beyond this time may lead to cancellation of your student visa or other penalties.
3. You must not change your education provider without prior notice and not before 12 months. Also notify your present address within a week prior to arriving in Australia.
4. Please maintain your Overseas Student Health Cover (OSHC) in Australia. You must have health cover for the length of your enrolment
5. At least 80% attendance is required in class, so be regular. Remember, it would also count in your final grade.

A few important points to be noted-

1. If you want to continue your studies in Australia and your visa expires before completion of your course, you can contact the nearest DIMA office or the international office of your university.
2. If you want to change your present education provider, consult the nearest DIMA office for permission.
3. OSHC does not cover optical, dental check up. If you want to have these treatments, you will have to pay for additional health insurance, which are going to be more expensive. So, before flying to Australia go for these check ups for free with Everest Travel Service. Collect the free coupons from our office along with the tickets.

9. JOB FOR STUDENTS

International students generally work part time to hold their expenses. For that, one must apply for a work permit. Generally, the student visa does not allow students to work, but after getting permission from the government, students can choose to do part time jobs depending on their choice. The permission can be obtained from Department of Immigration and Multicultural Affairs or DIMA which is located in ...Lee Street, Sydney. Your institution will help you in getting permission from DIMA. For the permit, you need to present your visa and evidence of your enrolment in an institution and pay an amount of 60 dollars through a credit card to DIMA. For more information regarding working permit for International students please log onto: www.dimia.gov.au or if you want to know more about rights for employees please dial the below number in Australia.

Call 131 881 for Appointment and Information
Or visit: www.immi.gov.au
Work rights information line: 1800 040 070

There are some restrictions on working hours for students. Once the course has started, students can work up to 20 hours a week and not more than that. However, during holidays they can work fulltime. The most common jobs for overseas students in Australia are watering in hotels and restaurants, pizza delivery and store keeping or attendants. However, you can also search for jobs in NGO's. Finding a job in Australia is not tough if you know someone there. Otherwise you will have to depend on your luck!

Another important thing you must obtain during work is a Tax File Number from the Australian Taxation Office (ATO). For more information regarding taxation system for international students please log onto- www.ato.gov.au

For more information on how to apply for a job, Please log on to yakmandoo--- please enter link to jobs in Australia

For information and appointment please call: 13 28 61

<http://careers.colesmyer.com>

<http://www.wowcareers.com.au>

<http://www.seek.com.au>

<http://www.jobsearch.gov.au>

<http://www.jobsearch.com.au>

<http://www.mycareer.com.au> (Sydney morning Herald)

<http://www.careerone.com.au> (Daily Telegraph)

<http://www.volunteer.com.au/>

<http://www.telstra.com.au/careers/general.htm>

<http://www.monster.com.au>

10. USEFUL WEBSITES

- www.studyinaustralia.gov.au
- www.education.gov.au
- www.dfat.gov.au
- www.immi.gov.au
- www.yesaustralia.com
- www.yellowpages.com.au (Telephone Director)
- www.whereis.com.au (Maps)
- www.multimap.com

Nepalese Association in Australia

There are approximately....., Nepalese in Australia , with concentrated in New South Wales.

Gurkha Nepalese Community <http://www.gnc.org.au/>

Nepalese Association Victoria <http://www.nav.org.au/>

Nepalese Australian Association <http://www.naa.org.au/>

Nepalese Australian Democratic Forum <http://www.nadf.org.au/>

Nepalese Welfare Society <http://www.naws.org.au/>

Wish you a happy journey and a bright future ahead!