

International Student Pre-departure Guide 2017



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Welcome to JP International College

This guide is designed to provide you with basic information to ease your transition into studying and living in Australia. This is a wonderful time in your life and you will be feeling nervous and excited which is a very normal way to be feeling. You may already have friends in Canberra who can help you to settle in, but don't worry if you do not, because you will soon make some.

When you arrive in Canberra you will receive more detailed information about our services and how we can help you, but we strongly suggest that you check the internet sites listed in this guide to learn more about Australia.

Local Canberra newspapers are good sources of information:

www.thecanberratimes.com.au

www.citynews.com.au

The Australian government website 'Study in Australia' is also very useful: www.studyinaustralia.gov.au

For any other information, you are encouraged to email our Administration Manager: nina@jpica.act.edu.au and she will be happy to answer any questions that you may have.

Good luck in this new exciting phase of your life's journey. We look forward to meeting you in Canberra and are happy that you have chosen to study with JPIC!



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Arrive on time

It is important to arrive on time before Orientation, Enrolment and your course commencement date. Students who arrive late often experience more difficulties adjusting into living and studying in Australia.

Beginnings are psychologically important and experience shows that students who arrive late often feel anxious and frustrated and may experience difficulties settling in.

The Orientation Program provides you with the opportunity to learn more about your course, essential information about studying in Australia and the opportunity to mix with other new students in a relaxed atmosphere. Information is provided for late arrivals but you may feel a bit left out and behind the progress of the rest of your group. So plan ahead and arrive on time!

However, if you are going to be late for your Enrolment and Orientation Program, it is very important that you inform us as soon as possible by emailing nina@jpic.act.edu.au. This will allow us to ensure that every effort is made to enable you to have as smooth a start as possible

Expectations

Living and studying in a foreign country can be both challenging and exciting. You will leave behind your family, friends, favourite foods and places, customs and languages, climate and much more. However, you will gain a lifetime of experiences that will allow you many opportunities to realise your personal, academic and professional goals and dreams.

Studying abroad will give you the opportunity to gain a sense of independence grounded in personal responsibility. Adjustment is easier if you keep your expectations reasonable. Expect some ups and downs. This is normal and remember the first few months are the most difficult. These are some examples of adjustments you need to make:

- ✓ Lifestyle changes: increased personal responsibility, such as having to do simple chores like cooking, shopping and cleaning, as well as learning to budget and balance work and study
- ✓ Understanding and tolerating other people's cultural values and ways of thinking
- ✓ Increasing your English language competencies
- ✓ Making new friends and increasing your social networks
- ✓ Understanding different styles of learning and teaching
- ✓ Different climate
- ✓ Differences in population density and transportation

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Cultural adjustments

You will find many things different when you arrive in Australia. Below are a few basic principles which will help you adjust into a new culture. Our friendly team at JPIC can help you a lot more when you arrive.

- ✚ You do not have to change your basic moral, cultural or religious beliefs. All you need to do is be proud and confident of who you are and to keep an open mind. Look, learn and listen to other people's perspectives.
- ✚ In a multicultural society, we value individual and cultural differences. Having a strong identity and belief in yourself will help you form a strong basis on which to build tolerance.
- ✚ In Australia, there are over 200 cultural groups. You will no doubt find people from your culture with whom you can share traditions and gain a sense of belonging.
- ✚ Australia is proud of its multi-cultural history and celebrates diversity and the richness of various cultures.

Tips for a successful adjustment

- ✓ Plan to arrive early. This will allow you to explore your new environment and organize essentials
- ✓ Attend Orientation Programs and meet your peer mentors and the International Student Support team
- ✓ Choose the right accommodation. This alone can be challenging so our friendly Student Support team can assist you in finding accommodation.
- ✓ Ask for help if you are experiencing any problems or do not understand something. Remember, our team at JPIC have worked with international students for many years so we understand how you are feeling.

Travelling to Canberra

Check your baggage weight limits with your airlines

- ✓ Clearly label all your luggage
- ✓ Ensure you order special meals on your flight if you are vegetarian or require special a diet
- ✓ Wear comfortable clothes and shoes



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Documents to bring with you

- Valid passport and current student visa
- Air ticket
- Letter of Offer from FUSION English / KAPS
- Electronic Confirmation of Enrolment (eCOE)
- Student Agreement Form
- Certified copies of original results and academic transcripts from your previous education institute
- Receipts of payment (e.g. Tuition fee, OSHC, bank statements)
- Certified copy of IELTS results or other English certificates if appropriate
- Medical records (especially vaccination records) and any medical prescriptions
- Valid driver's licence or other personal identification
- Contact details of your country's embassy in Australia
- Contact details for JPIC
- Legal documents such as marriage or birth certificates in English
- Receipts for valuable goods you bring with you

It is a good idea to keep all these documents in a folder in your hand luggage.



Hand luggage

Your hand luggage should include:

- ✓ Passport and student visa
- ✓ Airline ticket
- ✓ Valuables
- ✓ Folder containing all your documents as listed above
- ✓ Medications and/or prescriptions
- ✓ Your pre-departure guide



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Australian customs and quarantine

When you arrive in an Australian airport you will proceed to the Entry Control point, where you need to have the following documents ready:

- Passport
- Completed Incoming Passenger Card

Australia has strict quarantine laws to protect our valuable agricultural industries and environment. Before you get off the plane, you will be required to complete the Incoming Passenger Card, which you will receive on the plane.

If you are carrying any items that are listed as quarantine, you must declare these. If you are in doubt, it is better to DECLARE than take risks...Answer "Yes" if you are carrying any food, wooden material, plant material or animal products.

If you do not obey the quarantine regulations, penalties can occur, such as on the spot fines, detention, or deportation. On the spot fines can be AUD\$220.00. You could also be prosecuted or fined AUD\$60,000 or risk imprisonment for serious breaches.

Australian customs use sniffer dogs to detect illegal drugs or food matter in people's bags or in their clothing. Quarantine regulations also apply to parcels or mail sent to you by family or friends from your home country. All parcels must have accurate descriptions and declaration about the contents of the package. Prohibited items may result in prosecution.

The Customs Services Department is responsible for ensuring that all passengers comply with Australian customs laws. All passengers are screened and luggage is x-rayed. There are a number of matters to note as an international student:

Money: You can bring an unlimited amount of foreign currency. However, if the amount is over the equivalent of AUD\$10,000, then you must declare this.

Medication: Contact your nearest Australian diplomatic mission to confirm that the medicine and quantities you will bring with you are permitted. A letter from your doctor is necessary. You can also check with the Therapeutic Goods Administration about which prescribed drugs you can bring and in what quantities. Please visit: www.tga.gov.au

Prohibited goods: include steroids, firearms, weapons and any kind of illicit drugs

Do not carry goods for other people. If these goods are prohibited, you will be responsible
Declare items that need duty/sales tax

For further information regarding quarantine matters, please visit the Australian quarantine inspection services website www.aqis.gov.au or Australian Customs Services Website: www.customs.gov.au

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Carry on baggage

Liquids, gels and aerosols: You are only permitted a small amount in your cabin or carry-on luggage. Small containers of 100mls are permitted and must be sealed in a transparent plastic bag.

Money on arrival

Australia's currency is decimal, with the dollar as the basic unit. Notes come in \$5, \$10, \$20, \$50 and \$100. Coins come in 5 cents, 10cents, 20 cents, 50 cents, \$1 and \$2. All major credit cards and traveller's cheques are widely accepted in Canberra.

It is a good idea to have some Australian currency with you on arrival. You may need this for phone calls or to purchase basic necessities. AUD\$300-AUD\$500 is an estimate of cash that may help with basic necessities.

Furthermore, you will need sufficient funds to cover the initial costs of establishment, such as bond money for your accommodation and rent, as well as money for electricity, gas phone connections, food, stationery and books. It can take 5 or more days for a bank draft to clear so it's a good idea to make sure you have access to additional cash upon your arrival. It is suggested that a range from \$1500 to \$2000 should be sufficient in the early days to help cover set up or establishment costs.



Insurance

It is a good idea to consider insurance on expensive items to protect against loss or theft for:

- Laptop computers, jewellery, digital cameras etc
- Purchasing a car means that you are urged to take out comprehensive insurance, with third party insurance as a minimum.



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Banking

It is recommended that you set up a bank account soon after you arrive. This will allow you access to additional funds from overseas bank accounts.

To open a bank account, you will need proof of identity. Your passport is the main form of identity. You may also need at least one other piece of identification, such as a Student ID. Australian financial institutions use a points system. Applicants need to provide 100points of identity when they open an account. For example a Passport usually equates to 70 point and photo id (e.g. driving license) equates to 40.

Bank charges apply to all accounts. However, most banks offer the option of a student account that usually involves fewer fees than regular accounts. Check with all the banks to make sure you get the best deal.

Applying for an Access Debit card that will allow you 24 hour access from an Automatic Teller Machine(ATM). This card can also be used for shopping in supermarkets using EFTPOS (Electronic Funds Transfer at Point of Sale).

Banks are usually open Monday to Friday 9:30am-4:30pm. Some banks are also open on Saturdays from 9:00am to 1:00pm. Banks are closed on Sundays and all Public Holidays.

Some of the major banks in Australia and their websites are:

ANZ Bank	www.anz.com
Commonwealth Bank	www.commbank.com.au
Westpac Bank	www.westpac.com.au
St George Bank	www.stgeorge.com.au
Bendigo Bank	www.bendigobank.com.au
National Australia Bank	www.nab.com.au



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Living costs

It is difficult to be precise regarding the cost of living as each person or family will have their own particular living standards and lifestyle. However, a general guide to the cost of living can be found on <http://www.aussiemove.com/aus/costlive.asp>.

Below is a “basket” of everyday products, and their approximate costs. It should be remembered that these costs vary from city to city and also, from rural to urban areas. These prices are an approximate of the New South Wales average and are to be used as a guide only.

International students will require approximately AU\$18,000 per year to cover living expenses (this is in addition to tuition fees). Depending on your lifestyle you may require more or less than these amounts.

We estimate your average weekly living costs may be:

Accommodation (depending on your “style” of accommodation)	\$90 - AU\$200
Electricity, gas & phone connection	
Phone calls - mobile phone calls will be more expensive	\$10 - AU\$30+
Food, groceries – cooking at home	\$80 - AU\$100
Bus fares	\$20 - AU\$50
Stationery and photocopying	\$5+
Personal items, entertainment etc.	\$40+

Some typical costs in Canberra:

A cup of coffee	\$3.50 - \$4.50
Lunch in a café	\$10 - \$20
Fast food e.g. (McDonalds etc.)	\$6 - \$10
Yum Cha (Dim Sum)	\$10 - \$20
Take Away food (Indian, Chinese, Thai, Pizza, etc)	\$10 - \$15
Movies (many theatres have “movie nights” that will be cheaper)	\$16
A night out (dinner, club, nightclub, etc)	\$60 +

Other products

ITEM	AU\$
1 Litre of Milk	1.50
Loaf of Bread	2.00
Movie Ticket	16.00
One Bedroom Flat	200.00
Two Bedroom Flat	250.00
Phone Rental	50.00
Beef (per kg)	15.00
Lamb (per kg)	15.00
Coffee (in Café)	3.50
Burger/Fries/Coke	9.50
Take-away Sandwich	7.00
8 pack Sushi	10.00

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About Australia

- Australia is itself an island continent and the sixth largest country in the world.
- Australia has six states: New South Wales, Victoria, Queensland, Western Australia, South Australia, and Tasmania.
- It has two mainland territories: Australian Capital Territory and the Northern Territory.
- Australia's capital is Canberra.
- The weather is temperate for most of Australia. The northern parts of the country experience warmer weather, while temperatures in the southern states are relatively cool, but not harshly cold.
- Australia's first inhabitants were the Aboriginal people who migrated here some 60,000 years ago. They have a rich culture closely connected to nature.
- Migrants first arrived in Australia in 1788.
- Football and cricket are popular sports.
- Australia's colours are green and gold.
- Australia prides in its multiculturalism with people coming from over 200 countries. This is reflected in its tolerance for people, its various cuisines, and its diverse lifestyles and cultures. Australia's multi-cultural society is recognized for its sound integration of different values, beliefs and practices from countries all over the globe.



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Welcome to Canberra

As a capital city, Canberra's history is relatively short. The land on which it stands, however, has been inhabited and tended for thousands of years. Archaeological evidence shows that there has been habitation in the area for over twenty thousand years. Rock painting at locations such as Yankee Hat, camp sites and rock shelters like that at Birrigai, ochre quarries at Red Hill and in the Gungahlin area, and stone tools found around the district are among the traces that testify to a rich history of habitation by Aboriginal people.

European settlers first arrived in the area in the 1820s, following exploration in search of the Murrumbidgee river by Charles Throsby, a surgeon and settler, and Joseph Wild, an emancipist in Throsby's employ. The first European to claim land in the district was Joshua John Moore, an absentee landlord who took up one thousand acres at a location he referred to as 'Canbery.'

Yass-Canberra, the area was surveyed by Charles Scrivener, and an agreement as to the extent of the capital territory was reached between the prime minister, Alfred Deakin, and the premier of New South Wales, Sir Charles Wade. The new territory was declared in January 1911. Shortly after, a competition to design the capital city opened, with proposals invited from around the world and a first prize of £1,750. more than one hundred entries were received. The winner was announced in May 1912; it was the work of American architect Walter Burley Griffin and his wife Marion Mahoney Griffin.

Statistics: Population
2015:- 423,000



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What to bring

It is suggested that you pack or purchase in Australia very light clothes for summer and light warm clothes for winter such as a woollen jumper or coat.

Students in Australia dress casually. Jeans or trousers with casual shirts or running shoes are commonly worn. However, if you are going for a job interview or attending a special occasion, formal clothing is recommended. For festive or cultural occasions, it is quite appropriate to wear traditional dress and accessories.

You can buy most clothes in Australia. You need to think very carefully about your priorities as you are only allowed a limited amount of weight. If you have excess luggage, it may be cheaper to send the excess as unaccompanied luggage. It's a good idea to check with your travel agent.

Make a check list of your personal belongings of what to bring when you travel to Australia. Below are some suggestions on what you can bring with you when you leave home:

- ✓ A diary or notepad
- ✓ A handy camera
- ✓ Calculator
- ✓ Handy dictionary and thesaurus
- ✓ A personal computer
- ✓ Jeans, slacks, t-shirt, shorts
- ✓ Bathroom robe, pyjamas and towel
- ✓ Casual clothes
- ✓ Jumpers and woollens
- ✓ Suit or formal clothes
- ✓ Sports/walking shoes and casual footwear
- ✓ Clothes for cultural and religious occasions
- ✓ An alarm clock
- ✓ Toiletries



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Australia culture

Social customs and conventions

There is no such thing as 'typically Australian'. Australia is home to over 150 ethnic groups and this diversity is reflected in day to day living from food to festivals. There are some distinct values which Australians aspire to:

- ✚ Tolerance for diversity of race, religion and customs
- ✚ Equity and social justice. Australians like to have a "fair go" and are egalitarian. People are treated the same regardless of social status. Australians believe in equality and that all people deserve respect.

Education institutes in Australia encourage students to speak freely and to question a decision which may be perceived to be unfair. This is reflected in the JPIC's complaints and appeals processes.

In Melbourne it is very common for people to maintain their own customs, without feeling alienated. You can feel safe in maintaining your religious values, what foods you can or cannot eat what language you speak and what you choose to wear. People generally tolerate social customs, habits and accept different perspectives on life.

Punctuality

Punctuality is important in Australia. You need to arrive to classes on time. If you have an appointment you also need to be on time. If you are not able to make it on time, you need to phone and let JPIC or the person know that you will be late. However, social occasions are more relaxed and it is not considered bad to be a little late.



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Addressing people

Australians are considered to be fairly easy going and laid back. This comes across in the dress code and the manner in which people communicate.

Australians usually address their teachers by their first name rather than title. This may be a different way of interacting compared with your own home country. It is not meant to offend. In Australia, it is customary to maintain eye contact when you are communicating.

Humour

Australian humour is intended to break the ice or appear friendly. Humour is sometimes hard to understand especially if you are new. Just listen and take it all in with an open mind. Humour is a tool for bonding and creating friendships.

Australians have a habit of giving people we meet a 'nickname'. This means if your name is Michael we will probably call you 'Mick'. If you are very tall, we will probably call you 'Shorty'. This is not meant to be offensive – it is generally a sign of being accepted into the group.

Topics to avoid in conversation

Topics generally to avoid until you know the person well are: personal relationships, how much you earn, how much something costs, politics, and religion.

Offering gifts

Be careful offering gifts to people in authority, such as your trainers. It could be misinterpreted as you trying to seek favours.

Servants

Australians are taught at an early age to be self-reliant and independent. There are no servants as such in Australia. Chores are shared equally between males and females. In shared accommodation, you will be expected to share in the shopping, cooking and cleaning.

Smoking

Smoking is prohibited in public places and transport. Heavy penalties exist for smoking in prohibited areas.

Bargaining

This is not a common practice in Australia, as prices are generally fixed. Some bargaining is permissible in certain markets.

Queuing

Always wait your turn in a queue. Don't push in as this is considered very rude in Australia.

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Useful information

Credit for Recognised Prior Learning (RPL)

Recognition of prior learning (RPL) is defined in the AQF as follows: Recognition of prior learning is an assessment process that involves assessment of an individual's relevant prior learning (including formal, informal and non-formal learning) to determine the credit outcomes of an individual application for credit.

Credit for RPL may affect the duration of your course and, therefore, the duration of your visa. Where credit is granted, it is important to remember that your visa conditions require that you maintain a full-time enrolment load. You must apply for RPL at the time of enrolment.

Overseas Student Health Cover (OSHC)

You will be required to have Overseas Student Health Cover (OSHC) for the duration of your course in Australia. This rule also applies to any members of your immediate family who accompany you in Australia. The health insurance fee must be paid before your visa can be issued, and you will be required to renew the health cover when it falls due.

Working While You Study

If you have permission to work on your student visa (condition 8105) you are allowed to work while studying. As an international student, you can work a maximum of 20 hours per week while the course is in session. And during student vacations you can work full-time (normally 40 hours per week).

If you have a husband or wife who will be with you in Australia for the duration of your study they are permitted to work 20 hours per week while your course is in session and during student vacations can work full-time (normally 40 hours per week).

Schooling for Your Children

For students travelling with children there is an education levy to pay for each child enrolled in public school. We advise all students travelling with children to check www.schools.act.edu.au for more information.

- Australian Student to Teacher Ratio is 15:1, the third best in the world
- The most recent figures available show that on average school fees in ACT are approximately:
 - Kindergarten - Year 6 : AU\$ 8,800 per year
 - Years 7 - 10 : AU\$ 10,400 per year
 - Years 11 - 12 : AU\$ 12,300

Related websites

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

<http://www.immi.gov.au/students/>

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Orientation Program for new students

Orientation is conducted on the first day of course commencement. Its purpose is to fully inform new students of most aspects of life at the college and provide an introduction to studying, Canberra's costs of living, transportation, facilities and accommodation. In addition, our staff will be introduced, a tour of the campus will take place and an opportunity to ask questions will be given.

Student Visa requirements

You must comply with all of your Visa requirements as outlined in this handbook and as updated by DIBP from time to time.

It is particularly important that you maintain satisfactory attendance and academic course progress.

Driving a car in Australia

As you hold an international student visa, you will be regarded as a visiting driver. If you hold a current overseas driver license you are not required to get an Australian license even if your stay is longer than three months. If the license is not written in English, an International Driving Permit, or an English translation must also be carried with the license when driving. You must carry your license with you when you are driving. There is an on-the-spot fine for not having your license on you.

Call 13 22 81 or visit www.rego.act.gov.au for more information. This site gives you important information about licenses, car registration and rules and regulations. It also has a special section for International Visitors. See the Guide for International Drivers.

Australians drive on the left side of the road. Strict drink-driving laws apply. Seat belts must be worn by drivers and passengers. For details about insurance, buying a car etc visit: www.drive.com.au/

Taxis

These can be found in the White or Yellow Pages Telephone Directory under Taxi. Taxis operate all over Canberra. Taxi ranks are located outside many shopping centres, bus stations, airport and railway station. It is quite acceptable to "hail" or "flag" down a vacant taxi anywhere. Although they are convenient, taxis can be expensive. The taxi flag fall is fixed and is automatically calculated by a computer. Tipping is optional.

Bicycles

Bike riders are expected to comply with normal traffic rules and the wearing of helmets is compulsory. It is advisable to get a map which displays the various bike pathways in and around the various parts of the ACT (Australian Capital Territory).

Public (pay) telephones

Public telephones can be found at all post offices, in most major shops, restaurants and hotels and along many suburban streets. Local calls cost 50 cents. Public phones accept coin or card or both. Card telephones require a special plastic card which may be purchased at all Post Offices and most newsagents.

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Mobile phones

Many students set up mobile phone accounts very soon after arriving in Australia. It is recommended that you carefully examine a mobile phone contract before accepting or signing.

Emergency telephone number

The free national telephone number for all emergency services in Australia including **AMBULANCE, FIRE, and POLICE is 000**. The operator will ask relevant questions, and arrange an appropriate response from the local Police, Ambulance or Fire Service.

Mail/Postage

There are **Australia Post** shops in most suburbs. Services include lettergram and facsimile, letter and parcel posting, money orders (similar to a cheque) and a bill paying service where you can pay most government bills and charges, including electricity, telephone, gas and water bills. There are no deliveries on weekends or public holidays. Call 13 13 18 for general enquiries. The Australia Post (TM) website is www.austpost.com.au.

Sending and Receiving Parcels from Home

Parcels entering or being sent from Australia containing foodstuffs, plants, material or medicines are liable to examination by postal authorities and customs.

If you are unsure as to what can be brought into or sent to Australia, please see **Australian Quarantine and Inspection Service (www.aqis.gov.au) or ring on 1800 020 504 or 02 6272 3933**.

Shopping

There are major shopping complexes in and around Canberra. They have a range of large department stores and large supermarket and grocery chains such as Franklins, Coles, Woolworths and Aldi. The cost of food and grocery items in Australia varies from location to location and from shop to shop.

Chemist or Pharmacies

The pharmacist can give you advice on the choice of medication, and provide medication from a prescription issued by a doctor. Note - prescriptions are not covered by OSHC.

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Specialty Food Stores

Halal Butchers

Jabal Halal Butcher Mawson

Asian Groceries

Asian groceries are generally available in the large supermarkets, but more variety is found in the Asian grocery stores which are situated in almost shopping areas around Canberra.

Eating Out

There take-aways, fast food outlets, food courts in all major shopping malls, and restaurants all over town we are spoilt for choice. Look into the yellow pages they have a suburb by suburb list.

Accommodation

In Australia, most students who attend college stay in private accommodation in the suburbs near or around the college. This accommodation is usually shared with other students and varies considerably in style, standard and cost. The system of renting and your rights as a tenant may be different from your home country, so read the following information for more details.

JPIC students have a range of accommodation choices. You may wish to live in apartments or houses shared with other students, or live with an Australian family – called Homestay.

Homestay

If you choose the Homestay option, you will need to evaluate your expectations of what your family will be like. Australian families vary in cultural background and size. Homestay hosts often work during the week; however, some families may have someone at home during the day. Many families have commitments (e.g. hobbies, sport, and relaxation time) during the evenings and/or on weekends, therefore your hosts may not always be available to spend time with you. The food provided might also be different to what you are used to. Whatever the case, you will need to be flexible and open to new experiences. Contact the college for approved Homestay providers.

Private Rental or Board

After you arrive and settle into your course, you may decide to move to accommodation that is cheaper than Homestay. Local newspapers and real estate agents advertise private rental or board accommodation. Also, share accommodation may be available with other students at the college, or you may decide to rent your own unit or house.

Information on renting residential property is available from the Tenants' Union ACT Inc:
<http://www.tenantsact.org.au/>

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Social and Cultural Life

Canberra is a multicultural city, with food from many nations, newspapers in numerous languages and places of worship for all religions. It has an efficient transport system, so make sure you balance study with pleasure and see some of the magnificent sights around Canberra

Local Tourist Attractions

Look up www.tripadvisor.com.au or

<https://au.totaltravel.yahoo.com/directory/attractions/australia/act/canberra/> for information and advice.

Natural Attractions

www.visitcanberra.com.au/find/attraction/natural-attractions will be able a good place to start where you will find places to see and explore. Canberra is ideally situated, it takes approximately 1to 2 hours to drive to The Snowy Mountains and the same amount of time takes you to the coast. Lovers of natural beauty will love the wonderful landscapes along the way to either destination.

What's On in Canberra

Your local council and local newspapers list upcoming events and entertainment in your area. A number of newspapers publish reviews of current movies, music, theatre, exhibitions and plays. Every Friday, The Canberra times newspaper publishes a lift out Guide. Or look at www.citysearch.com.au

Media

Newspapers

- Free local newspapers are delivered to every house and unit in the area. They are a great source of local news, local entertainment and places to eat in your local area
- Canberra has four daily newspapers which can be purchased from newsagents: The Sydney Morning Herald, The Daily Telegraph, The Canberra Times and The Australian
- A number of newsagents stock newspapers and magazines in other languages. For a list of ethnic newspapers see: <http://www.crc.nsw.gov.au/ethnicmedia/>

Television and Radio

There are 5 main television stations in Canberra. The commercial stations are 10, 9 and 7, while the government regulated stations are Channel 2 (ABC – Australian Broadcasting Corporation) and SBS. The latter televises programs and movies from around the world.

There are many radio stations on the AM and FM bands in Canberra. Popular stations are 96.1(One FM), 96.9 (Free FM), 104.1 (2DAY FM), 104.9 (Triple M) and FM105.7 (Triple J). On the AM band, SBS Radio (1107) has programs in a range of languages. <http://www.smh.com.au/entertainment/tvradio/>

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Religion – Places of Worship

Many different religions are practiced in Australia, and you have complete freedom to practice your religion. To find a local branch of your religion: Yellow Pages (www.yellowpages.com.au); “Organisations - church and religious”. White Pages (www.whitepages.com.au).

- Check alphabetical listing e.g. "C" for Catholic Church or www.canberrachurches.com/.

Some local temples and mosques include:

Buddhist

WAT DHAMMADHARO
Thai Buddhist Temple
80 Archibald St, Lyneham, ACT 2602
Phone (02) 6249 8594

Sri Lanka Buddhist Temple
30 Jenke Circuit
Kambah ACT
(02) 6296 2503

Sakyamuni Buddhist Centre
32 Archibald Street
Lyneham ACT
(02) 6257 528

Hindu

Hindu Temple & Cultural Centre, Canberra

81 Ratcliffe Crescent, Florey A.C.T. 2615
Ph: 02 6259 3057

Vishnu Siva Mandir, Canberra

82 Mawson Drive, Mawson, ACT 2607
Ph: Mandir priests (02) 6286 6404

Hare Krishna (ISKCON) Temple

1 Quick St., Ainslie ACT 2602
Ph: (02) 6262 6208

Canberra Saiva (Murugan) Temple

151 Beasley Street, Torrens A.C.T 2607
Telephone: 02 6286 8919.

Sikh

Canberra Sikh Association Inc.

15 Hickey Cct
Weston, ACT 2611

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Mosques

Canberra Islamic Centre

Address: Cnr Clivesteele Ave & Isabella Drv Monash ACT

Canberra Mosque

Address: 130 Empire Circuit Yarralumla ACT

Gunghalin Musalla

Address: Palmerston Cmty Cntr Triptree Crs ACT

Mt Roger Musalla

Address: Mt Roger Community Centre Evatt ACT

Musalla

Address: Australian National Uni. - UNU Canberra ACT

Nicholls Musalla

Address: Block B 55 Crofts Cres Building 180 London Circuit Spence ACT

Sporting clubs

If you want to join a sporting club, work out at a gym, or improve your swimming or participate in any sport, look up the Yellow Pages Telephone Directory under “Clubs.”

Discounts with your student ID card

You get discounts on travel, museums, cultural venues, movies and more.

The Law

Police The police are here to help us to live in peace by preventing and investigating crime, by protecting people and their property and by keeping roads safe. They can arrest if they suspect that the law has been broken. However, the police are not allowed to harm you (unless it is necessary for the protection of others), and they are not in any way connected to the army. Please note that it is a criminal offense to bribe a Police Officer, even with a small amount of money. You should never even attempt to bribe an Officer. Police stations are located in most suburbs.

You have rights

Everyone in Australia has rights, including rights to:

- privacy
- freedom to practice your own culture or religion (if they don't break any of the laws) and
- the right of “assumed innocence” (that is, you are not treated as ‘guilty’ unless you are proven to be).

Being harassed or discriminated against because of your race, sex, sexuality, religion or social status is not tolerated in Australia. If you believe that your rights have been violated, you may contact the International Student Coordinator or College Counselor who can put you in touch with the right person to help you.

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We hope your time with JP International College (JPIC) is an enjoyable experience and that you will look back and remember it as an enriching and rewarding time of your life.

We encourage you to make the most of this opportunity, to ask questions when you don't understand, to make new friends and to participate in all that Australia, Canberra and JPIC has to offer.

We are here to support you in your endeavours and we hope that you achieve your goals, aspirations and dreams.

We wish you good luck and a safe journey to Canberra.

JPIC Management and Staff



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