

Adelaide

International Student Guide

INSIDER GUIDES

BY LOCAL EXPERTS
FREE
2021



StudyADELAIDE
SOUTH AUSTRALIA



Adelaide. A place for community & connection.

With its wide streets, open spaces and Park Lands, Adelaide isn't just one of the world's most liveable cities, it's a great place to study. You'll have more time for an education beyond books because everything – work, home, beaches, hills – is in such close proximity.



Connect and explore programs and events for lifelong learning at city **libraries**.



Volunteering is a great way to meet other people, help in the community and make new friends.



There's so much to **see and do** in Adelaide and South Australia. Get inspired to explore!



Sign up for a weekly **What's On** newsletter for information about festivals and events, a key part of our city lifestyle!



Community Centres offer classes, activities and events that encourage learning, friendship and wellbeing.

Scan to visit our student webpage for more information



cityofadelaide.com.au/students

Adelaide.
Designed for Life.





Study**ADELAIDE**
SOUTH AUSTRALIA

**Welcome to
Adelaide**



We are thrilled you have chosen to join us in Adelaide.

Study Adelaide offers a range of exclusive offers, employment programs and social events for international students.

Our Student Portal covers everything you need to get settled, help you connect with other students and make the most of your time in Adelaide.

[studyadelaide.com](https://www.studyadelaide.com)



YouTube



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Need some help while you are in Adelaide? Find the contact details of the various support services available.

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Welcome

Art, good food, music, multiculturalism, world-famous festivals and a rich, cultural heritage are all built into Adelaide's DNA.

Add to the mix an enviable Mediterranean climate, affordable living costs and incredible landscapes 20 minutes from the city in every direction (think sunny beaches, lush green spaces, renowned wine regions and the iconic Australian bush). All of this is waiting for you in your new home in South Australia.

By day you'll study at your research-led, innovative education provider. On the weekends? Explore Kangaroo Island, eat your way through the Adelaide Central Market, camp under the stars in the Flinders Ranges, cheer along to sports matches at Adelaide Oval... the list goes on!

OUR TEAM

EDITORIAL

Content Manager -
Gemma Kaczerepa

Writers -
Alex Craddock,
Sam Hutchinson

Copy Editor-
Kirsty Sier

Production Manager &
Designer - Samuel Trezise

Project Manager -
Raphaela Oest

PHOTOGRAPHY

Samuel Trezise

South Australian
Tourism Commission

BUSINESS DEVELOPMENT

Managing Director -
James Martin

Advertising -
Boris Garcia

ENQUIRIES AND FEEDBACK

For all enquiries please
contact
hello@insiderguides.com.au

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Everything you need to know about studying in Australia

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INSIDER GUIDES





Welcome

If there's one thing that the events of 2020 taught us, it's that you never know what's going to happen.

What I do know, and I speak from personal experience, is that Adelaide is here for you.

Adelaide is a place known for its warm welcome and friendly people. It's the kind of place that cares, where education providers, government and community come together to support international students.

I'm one of 18 StudyAdelaide student ambassadors who, with our student mentor team, are also here to support you. Over 40,000 international students call Adelaide home each year and we want to make sure each of you has a fun, rewarding and interesting time while you are here.

You'll love studying in Adelaide, besides the great education, it is such a wonderful city for students. Make sure you visit studyadelaide.com/student-portal – and sign up for our newsletter – to find out all you need to know about Adelaide and other programs just for international students; competitions and giveaways, events, careers workshops, opportunities to network and make friends and much, much, more.

And please say hello to me or other members of our team at a StudyAdelaide event. We'd love to have a chat with you and share tips for making the most of your time in this amazing city.

We look forward to welcoming you soon.

Amber Guo

**StudyAdelaide
Student Ambassador**



Quick facts

Large and in charge

The new Royal Adelaide Hospital, opened in 2017, is the third most expensive building in the world and the most expensive ever built in Australia. It is the country's biggest hospital, too!

The City of Churches

Adelaide got the nickname of 'City of Churches' due to its history as a leading example of religious freedom and its rich diversity of faiths.

Pioneering change

Adelaide has often been at the forefront of political and social change. It was the first Australian city to give women the vote (the second in the world!), and to recognise Aboriginal land rights.

Unsolved Adelaide

One of the most baffling true crime cases (reaching international fame!) is the Somerton Man, a.k.a. the Tamám Shud case. Can you solve the mystery?

The Harry Potter Room

Ranked amongst the top five most beautiful libraries in the world, the Hogwarts-esque Mortlock Wing at the State Library of South Australia is a must-visit.

Beatlemania

The Beatles were met with their biggest crowd ever in Adelaide in 1964, when 300,000 people lined the streets to catch a glimpse of the band.

“

I love the multiculturalism [in Adelaide] – you feel like you’re travelling to many different countries at the same time. There are also so many places to explore: the city, nature, the beach... and then, there are the festivals!

Xueqian, China

Studied at the University of South Australia

”



“

Adelaide is a very artsy place, with a cultural and colourful personality. I love that almost everything you need is in the city. It’s a great place to study and further your education.

Kayley, Malaysia

Studying at The University of Adelaide

”





Must-do in Adelaide

There are so many incredible experiences in Adelaide, but here are a few you can't leave the city without doing.

1.

Explore the quirks

Uncover Adelaide's unique side with ghost tours, secret tunnels under the city, hunting for mysterious 'fairy' doors and hidden artwork that lies around every corner.

2.

Music to your ears

As a UNESCO City of Music, you have to check out Adelaide's musical side. From home-grown musicians on the rise to huge international acts, there's something for everyone.

3.

Wining and dining

Adelaide is world-renowned for its wine, so enjoy a glass at one of the city's many incredible, multicultural eateries. The Adelaide Central Market is another must-visit food destination.

4.

Relax in the gardens

With the city planned around providing green space (i.e. the famous Park Lands), Adelaide is packed with lush gardens and parks for exercising, relaxing, picnicking and exploring.

5.

Holiday in the sun

As the '20-minute city', just a quick ride outside the town centre will get you to golden-sand beaches, quiet green forests, or hills for hiking – perfect places for a study break!

6.

Experiencing the arts

There's so much art, culture, history and heritage to experience in Adelaide. You should definitely start with the Adelaide Fringe, a month-long festival that takes over town.

Your first week in Adelaide

1.



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Buy a metroCARD

You'll need a metroCARD to get around on public transport. Buy one from the Adelaide Railway Station or selected agents. You can apply for a cheaper concession card with your student card.

2.



P.33

Set up your bank account

This is crucial if you're planning to work in Australia, but is also useful for paying rent and other expenses.

3.



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Sort out your phone

You can use your existing phone or buy a new one in Australia, with the option of going prepaid or signing up for a plan.

4.



Know the emergency number

If you need emergency assistance – police, fire or ambulance – you can call Triple Zero (000), even when your phone can't get reception. Make sure to store this number in your phone.

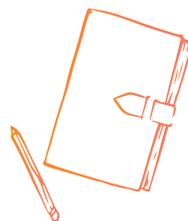
5.



Stock up your fridge

Once you've found your nearest grocery store, stock up on basic ingredients and your favourite foods from home – they'll help if you get homesick during your first week!

6.

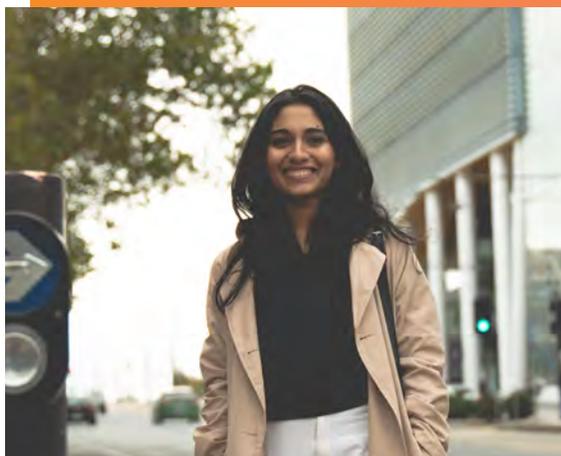


Plan your studies

Find out when classes start, where your campus is located (some institutions are spread across several campuses) and when O-Week kicks off.

Malavika, India

Studying at the The University of Adelaide



“Adelaide has quickly become a city I love dearly, with all its quirks and quaintness. The people here are the kindest I have ever met, and are always ready to help someone who is just starting out in a new place. It is now my home away from home, and I miss Adelaide when I am away.”

“

BREAKFAST

I love Commissary at Rose Park - they serve breakfast all day, and have the most amazing French toast.

AFTERNOON BREAK

The Botanic Garden is a spot where I like to spend my free time, read a book, take a nap, or even finish up my assignments. My favourite spot is the Bicentennial Conservatory - it reminds me of the forests back in the outskirts of Bombay.

DINNER

Walking through Chinatown and trying to decide on one restaurant on Gouger Street is an unmissable Adelaide experience. As harrowing as it can be, being rewarded with brilliant food is a wonderful feeling.

”

MY FAVOURITE HIDDEN GEM

A few streets down from the popular Jetty Road in South Glenelg is Broadway - a street packed with funky eateries, op-shops and local produce stores. Malavika's highlights include The Mockingbird Lounge, a second-hand bookshop and cafe, and Seafaring Fools for an incredible cup of coffee.



Improving your English

If you'd like to continue improving your English during your time in Australia, there are a few tools and resources that can help.

SPEAKING

Join a conversation group. There are plenty of groups on Meetup, as well as at local libraries and community centres. Libraries around Adelaide hold English conversation groups throughout the week, including the State Library of South Australia (SLSA) in the CBD. Head to the SLSA website to find out days and times.

Find a friend who also wants to improve their English and only chat to them in English - including via text message, online, over the phone and in person.

Make friends with people from other nationalities so you only communicate in English.

Join a volunteer group or sports team so you can put your English skills to good use.

READING & LISTENING

Read in English every day. This includes websites, online news, newspapers, magazines and books.

Listen to English-language music and podcasts, watch English-language films, television shows and YouTube videos, and try to do so without subtitles!

WRITING

Write a daily journal in English. It doesn't matter what you write about, as long as it's in English.

Do little translation exercises. Take a passage from a book or article in your native language and translate it into English, or do the reverse.



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

TITLE	LINK	WHAT IS IT?
Libraries	libraries.sa.gov.au	Libraries are dotted all over the city and hold regular English conversation groups.
English Central	englishcentral.com	A platform full of English language videos that progressively build your comprehension.
BBC Learning English	bbc.co.uk/learningenglish	Watch well-crafted videos and complete related activities to increase your knowledge of the English language.
italki	italki.com	Choose between native speakers and qualified tutors (more expensive) to have a 1-on-1 video chat with you.
Busuu	busuu.com	A website and mobile app, Busuu is a social network of people learning new languages.

Australian slang

EXPRESSING YOURSELF

Aggro (Adjective)

Angry, showing aggression

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

Fair enough (Idiom)

Alright/OK

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

Feral (Adjective)

Disgusting, something repulsive

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

Hey? (Exclamation)

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

'You're going out tonight, hey?'

She'll be right (Idiom)

It will be fine

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

Keen (Adjective)

Excited for something

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

No worries (Idiom)

Don't worry about it/it's OK

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

----- as (Adverb)

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

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

Heaps (Adjective)

A lot or very

'Wow, that show was heaps good.'

Full on (Adjective)

Intense/wild

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

Yeah, nah (Determiner)

- No

Nah, yeah (Determiner)

- Yes



Snag (Noun)

Sausage

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



Esky (Noun)

Ice cooler

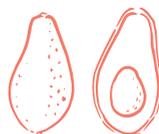
'The esky will keep the drinks cool while we swim.'



Cuppa (Noun)

Hot beverage

'A hot cuppa goes well with biscuits.'



Avo (Noun)

Avocado

'I love avo toast with feta cheese.'

GOING OUT

Arvo (Noun)

Afternoon

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

Barbie (Noun)

BBQ

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

Bathers (Noun)

Swimming costume

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

Brekky (Noun)

Breakfast

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

Chemist (Noun)

Drug store/pharmacy -

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

EFTPOS (Noun/Acronym)

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

'Luckily, the café has EFTPOS, because I don't have any cash.'

Bottle-o (Noun) -

Liquor store

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

Macca's (Noun)

McDonald's

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

Mate (Noun)

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

'I like her, she's a good mate, she always has my back.'

Mozzie (Noun)

Mosquito

'The mozzies are so bad in the summer.'

Rip-off (Adjective)

To cheat/something that's too expensive

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

Servo (Noun)

Service station/gas station

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

Shout (Verb)

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

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

Spud (Noun)

A potato

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

WHILE STUDYING

Bludge (Intransitive Verb)

To not try your hardest

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

SWOTVAC (Noun/Acronym)

Study break/revision week

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

Chuck a sickie (Phrasal verb)

To fake a sick day from work or study.

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

Dodgy (Adjective)

Poor quality/not reliable/suspicious

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

Good on ya (Exclamation)

Well done/good on you

'Congratulations on that HD! Good on ya!'

How ya going/How's it going? (Spoken phrase)

How are you?

Reckon (Verb)

Think/figure/assume

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

Uni (Noun)

University

'Do you want to walk to uni together?'

Accommodation

- + Comparing your options
- + Housemates' code
- + Paying rent
- + Setting up your home

Comparing your options

Private rental

\$170-\$510/wk

This is true independent living; renting an apartment or a house, either alone or with housemates. Living with others is ideal for meeting new people and reducing your costs. However, if you decide to live alone, you will have to pay for everything and may get lonely (depending on your personality, of course). Rentals come either furnished or unfurnished.

Homestay

\$250-\$350/wk

Homestay involves staying with a family in their home with meals, internet and utilities covered by your host. It is a popular choice for a true Australian experience, and it also allows you to settle into your new life in Australia with the support of a family. Homestay can be both close to and some distance from your educational institution – make sure to check access and public transport options.

Purpose-built student accommodation

\$200-\$500/wk

These large centres are full of apartments of varying sizes, generally one to five bedrooms. You will get a fully furnished bedroom with 24-hour support and internet included. Generally, student accommodation is conveniently located for students, is secure and safe, and boasts a real sense of community. The downside to this is the internet can slow down at peak times and the rooms can be on the smaller side.

Residential college

\$450-\$550/wk

While they appear more expensive than other options, residential colleges do include a lot of extras. They're usually located close to campus, your fully furnished bedroom will be cleaned weekly, study facilities and gyms are supplied, and meals are included. The downside is that you often have to pay for the full academic year and may not need all the extras.

ACCOMMODATION ONLINE

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

insiderguides.com.au/student-accommodation-in-australia



Before you take out a lease on a property

- ENSURE YOU HAVE ENOUGH MONEY TO COVER THE BOND
- ARRANGE A REFERENCE OR GUARANTOR
- INSPECT THE PROPERTY BEFORE YOU SIGN A CONTRACT OR PAY A DEPOSIT
- PHOTOGRAPH ANY EXISTING DAMAGE OR ISSUES
- MAKE SURE YOU RECEIVE, AND KEEP, A COPY OF YOUR RENTAL AGREEMENT AND RECEIVE A RECEIPT FOR ALL RENT AND BOND PAYMENTS
- PAY ATTENTION TO DETAILS REGARDING THE END OF YOUR RENTAL AGREEMENT



Other factors to consider when selecting accommodation

- HOW CLOSE IS IT TO YOUR STUDY INSTITUTION?
- HOW CLOSE IS IT TO PUBLIC TRANSPORT AND WHAT WILL THE TRAVEL COST BE?
- WHAT IS NEARBY? (SHOPS, HOSPITALS, PARKS)
- IS THERE ADEQUATE HEATING AND COOLING?
- IS IT NOISY?
- IS THE AREA SAFE AND IS THE BUILDING SECURE?
- WHAT WILL THE INSURANCE COSTS BE?
- DOES EVERYTHING WORK? (SMOKE ALARMS, APPLIANCES, LIGHT SWITCHES)

Housemates' code

Sharing a house with others can be a really fun experience. Use these tips to ensure a happy and harmonious household.

1.



Food

Establish early on how groceries will be purchased and make it clear what food is shared. Avoid eating any food that isn't yours or designated as shared.

2.



Guests

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

3.



Cleaning

Consider creating a cleaning roster, noting that some housemates may prefer certain tasks. You will still be responsible for doing your own dishes and laundry, and keeping your room tidy.

4.



Rent

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

5.



Bills

Have a plan for how bills are divided up and paid. One person is generally responsible for managing bills, but like rent, make sure they're paid on time to avoid housemate disputes.

6.



Moving out

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

What support services are available for renters in SA?

RentRight SA can help you understand your rights when renting a room, apartment or house. Visit the website to learn about housing options available, the housing system in Adelaide, and where you can ask for assistance with accommodation issues before and after you arrive.

syc.net.au/home/retrighttsa

Community Legal Centres (CLCs) are independent community organisations

that provide free legal services to the public. They help people who are ineligible for legal aid and cannot afford a private lawyer. Visit the South Australian Community Legal Centres website if you think you need legal support for a tenancy issue.

clcsa.org.au

You can also head to the StudyAdelaide website to check out the latest support initiatives for international students in Adelaide.

studyadelaide.com

Can I get a pet as an international student?

If you are considering getting a pet, you need to make sure you have done your research. Things like the size of the pet, where it will live, how much time you can spend with it, what will happen to it when you return home and the amount of money you have to properly take care of it should all be part of your decision. You also need to know the rules and requirements of pet ownership. They may be different from

what you are used to and you may get into trouble if you don't follow them.

dogandcatboard.com.au

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

rspca.org.au/support-us/foster-care



Factors to consider before owning a pet:

- WILL MY ACCOMMODATION ALLOW THEM?
 - UPFRONT COSTS (DESEXING, REGISTRATION, ETC)
 - ONGOING COSTS (FOOD, BOARDING, HEALTHCARE, VETERINARIAN COSTS, ETC)
 - WILL YOUR PETS NEED DAILY WALKS AND EXERCISE?
 - WILL YOU NEED A FULLY ENCLOSED BACKYARD?
 - HOW OFTEN ARE YOU NOT AT HOME?
 - HOW LONG WILL YOU BE STAYING IN AUSTRALIA, AND WHAT WILL HAPPEN TO YOUR PET IF YOU DECIDE TO LEAVE?
-

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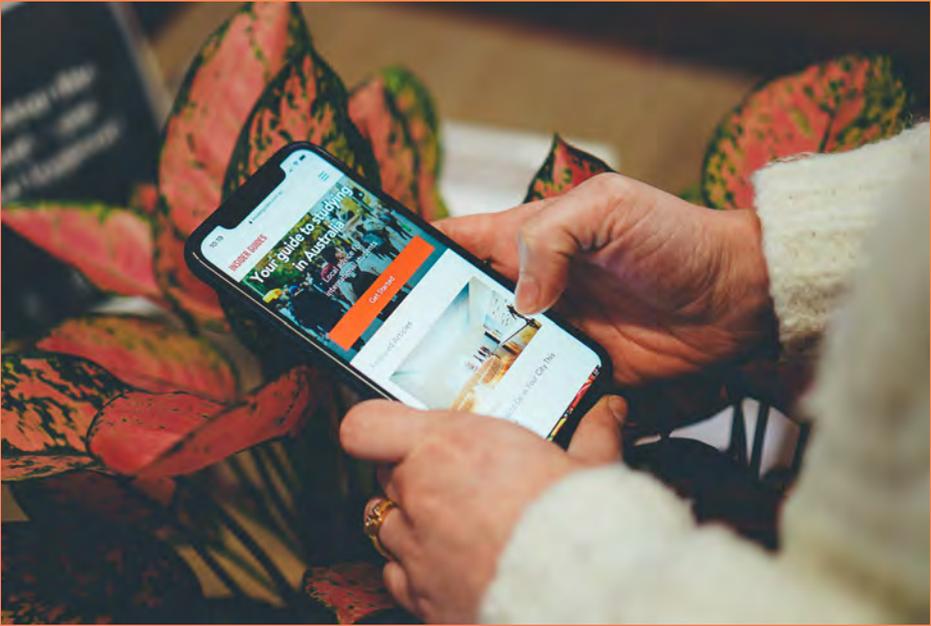
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Everything you need to know about studying in Australia

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[insiderguides.com.au](https://www.insiderguides.com.au)

Or follow us on:

- > Facebook
- > Instagram
- > YouTube
- > LinkedIn

HOW MUCH WILL MY BOND BE?

In private rentals and managed student accommodation, you will need to pay a bond in advance, which will be returned at the end of your agreement if no damage has occurred and your rental payments are up to date. For private rentals, this bond is not legally allowed to be more than four weeks' rent.

Make sure you receive a receipt for all money given to your landlord or real estate agent, including the bond, and a bond authority lodgment notice from the SA Government.

How to pay rent

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

Rental scams

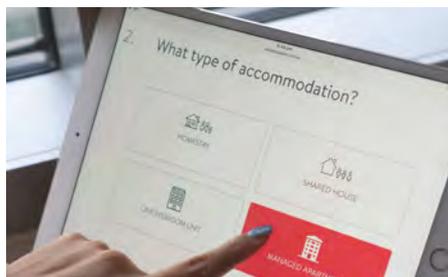
Unfortunately, rental scams can occur in Australia. But, there are a few things to look out for so you can protect yourself.

Be careful of offers that sound too good to be true. Ask advice from trusted friends, or your school or agent, if you see any of the following warning signs:

- The rent is a lot cheaper than other similar accommodation in the area
- You are asked to sign a lease or pay

a bond or deposit before you have seen the property

- The photos or description of the property don't match the reality on inspection
- The landlord or agent makes excuses that you can't view the property, such as saying they are overseas
- The landlord or agent requests money via money transfer
- The scammers may try to appear genuine by providing photos, real addresses of properties, copies of land titles, and even scans of stolen passports. Scammers also ask for personal details – such as bank and credit card numbers – which they use for credit card and identity fraud
- Make sure you always inspect the property in person (or via Skype if you can't attend) and don't send any money via money transfer



COST OF LIVING CALCULATOR

Want to work out your budget? Use our Cost of Living Calculator to receive a customised breakdown of your expected costs in Adelaide.

insiderguides.com.au/colc

Setting up your house

There are plenty of stores and online marketplaces in Australia offering affordable furniture and other home items. Here's our guide to some of the best.

FURNITURE STORES

There is one IKEA store located in Adelaide (near the airport), where you can find reasonably priced furniture and homewares. Fantastic Furniture and Amart are also good options for larger items, with locations around the city.

SECOND-HAND STORES

If you're looking for one-of-a-kind, affordable furnishings and home items, second-hand stores are fantastic places to look. Popular second-hand stores in Adelaide include Vinnies, Salvos and RSPCA op shops, as well as independent shops and boutiques.

ONLINE MARKETPLACES

In Australia, Gumtree and eBay are two of the biggest online marketplaces for new and used furniture and home goods. On Gumtree, you'll often find people giving things away for free.

FACEBOOK

Facebook is a great resource for buying (and selling) furniture and homewares. Facebook Marketplace is full of second-hand furniture, appliances, decorative pieces, cookware, and even clothing, electronics, and hundreds of other items.

HOMEWARES STORES

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

BUY, SWAP, SELL

You'll find plenty of buy, swap, sell groups on Facebook that are dedicated to particular suburbs around Adelaide. There are also websites such as Zilch and Freecycle.



IMPORTANT STEPS

Once you've moved into your new home, there are a few things you'll need to do.

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

A hand is holding a smartphone over a wooden desk. In the background, there is a white notebook and a red pen. The scene is partially covered by a large, semi-transparent orange and red graphic overlay.

Communication

- + Mobile phones
- + Internet
- + Streaming

Mobile phones

Plan vs prepaid

Prepaid involves buying credit for your phone and topping up each week or month. This way, you can control how much you spend. It's a great option if you're in Australia for a short time. If you'll be here for over 12 months, you may want to consider a 'plan' or a 'contract', which is a set payment per month to use the network. Usually, you will get more phone calls and data this way than through prepaid options.

What should I watch out for?

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

How do I get started?

For both prepaid and plan options, head to one of the phone shops we've listed below. To get started, you'll need some documents to prove who you are.

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

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

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

Factors to consider before signing a phone contract

- HOW LONG IS THE CONTRACT?
 - HOW MANY MINUTES OF PHONE CALLS DO I GET (AND ARE INTERNATIONAL CALLS INCLUDED)?
 - WHAT IS THE MONTHLY DATA LIMIT AND HOW MUCH EXTRA WILL I BE CHARGED FOR GOING OVER THE LIMIT?
 - HOW MUCH WILL I BE CHARGED IF I NEED TO END THE CONTRACT EARLY?
 - WHAT EXTRAS/DISCOUNTS/SUBSCRIPTIONS ARE INCLUDED?
 - HOW GOOD IS THE NETWORK COVERAGE?
 - WILL I BE CHARGED EXTRA FOR PAYING BILLS IN A CERTAIN WAY (E.G. CREDIT CARD)?
-

Internet

How do I arrange home internet?

There are several home internet providers in Australia including Optus, Telstra, TPG, iiNet, Belong and more.

Services like Compare Broadband are a good starting point if you are unsure of pricing and the options available in your area. Month-by-month and six-month contracts are becoming more common. They work for students in regards to contract length but cost more than 12 or 24-month contracts.

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

Australia is gradually connecting to the National Broadband Network (NBN), a process that is expected to be completed this year. But, note that speeds in many locations are still quite slow, especially if you come from a country with fast internet.

comparebroadband.com.au

Free Wi-Fi in Adelaide

Adelaide offers free Wi-Fi in certain parts of the city, predominantly around the CBD. You'll also find free Wi-Fi at Adelaide Airport – ideal if you've just arrived in Australia and need internet to navigate your way into the city.

Public libraries and community centres usually offer free Wi-Fi too, and you'll find that many cafes around Adelaide give decent internet access (either for free or with purchase).

Online learning checklist

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

provider can provide IT support if you need guidance on using these.

Studying from home requires a good set-up for your virtual learning, as well as measures in place to help you stay focused. The Pomodoro Technique can be a useful tool to keep you on track when studying online.

zoom.us

pomofocus.io



Streaming options

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

Stan (stan.com.au)

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

Binge (binge.com.au)

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

Disney+

All things Disney – plus Marvel, Star Wars, and all of The Simpsons – are available on Disney+. From \$8.99/month.

Kayo (kayosports.com.au)

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

AnimeLab (animelab.com)

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

ABC iview, SBS On Demand, 7plus, 9Now, 10 Play

The main free-to-air stations in Australia all have free apps to watch their shows and films on-demand.



Money & Banking

- + Banks in Australia
- + Managing your money
- + Transferring funds

Banks in Australia

Why do I need an Australian bank account?

Opening an Australian bank account will enable you to earn money in Australia. Any payment you receive

from employment or a scholarship will need to be paid directly into an Australian account.

Additionally, you will easily be able to access funds without attracting fees for international transfers.

How do I set up a bank account?

This step is easy. There are several banks to choose from in Australia. When you arrive in Australia, simply head to your chosen bank and let them know you're an international student and would like to open an account. You will need to bring some important documents. You will be provided with access to a day-to-day account and an online savings account.

Once you have been identified, you will be provided with a debit card, allowing you to shop across Australia and online without paying additional fees.

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

What should I bring with me?

- PASSPORT OR BIRTH CERTIFICATE
- NATIONAL IDENTITY CARD (IF YOU HAVE ONE)
- PROOF OF AUSTRALIAN ADDRESS (CAN BE A HOUSEHOLD BILL)
- PROOF OF ENROLMENT

Note - It is not necessary to have a Tax File Number to get a bank account, but without one you will get taxed up to 48% (approximately) on the interest your money earns in the bank account.

Automatic Teller Machines (ATMs), contactless payment and PayID

Your debit card allows you to withdraw cash from most ATMs across Australia. Note that using an ATM that's not from your bank may incur a fee. You don't always need to use your debit card though; you can also set up contactless payments so you can pay for things using your mobile phone, meaning you don't need to carry a card around. PayID is another way to make payments that uses either your mobile number or email address. Ask your bank for more information.

Can I get an Australian credit card as an international student?

It's a little more complicated to get a credit card as an international student, as most Australian banks require you to be on a particular visa and earning a minimum amount of money per year.

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



Managing your money

How do I manage my budget?

The first thing you need to do is get an understanding of your current financial position. Predict and list all of your income and expenses for the next three to six months as best you can. Then, it's time to think about ways to improve it. Think about the things that add a lot of value versus what you pay for but don't really need, such as buying a coffee every day vs. making one at

home. Then, download an app such as Pocketbook on your phone, and sync up your bank accounts so you can start tracking and setting goals for spending and saving. Use ASIC's free budgeting tool to get started. For free financial counselling support, contact Uniting Communities.

moneysmart.gov.au

unitingcommunities.org/financial-legal-services

What should I do if I am facing financial difficulties?

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

studyadelaide.com

Scams and security

Unfortunately, there are a number of scams specifically targeted towards international students, including agency, accommodation, blackmailing and online scams, and these increased during the COVID-19 pandemic. If you are vigilant and aware of these scams, you will be better able to avoid them. Scamwatch outlines different types of incidents and who to contact for help.

scamwatch.gov.au

Bank local, access global.

From opening a bank account for the first time, to splitting* a restaurant bill, BankSA is ready to make your banking simple.

Get started:

- 1. Open a bank account online or in branch.** Our Complete Freedom Student Account has no monthly service fees** for full-time students. Plus, you can use your card to withdraw cash at any major bank ATM in Australia or over 50,000 Global Alliance~ ATMs.
- 2. Download our feature packed mobile phone app.** It'll help you with things like tracking your spending, or cardless cash~ withdrawals.
- 3. Register your email address with us to hear about customer benefits at Adelaide Fringe Festival and the Royal Adelaide Show.**

 BankSA



Things you should know: #You won't pay a monthly service fee while you're under 21 or a full-time student or apprentice. ~Global Alliance ATM: A 3% BankSA Foreign Transaction Fee applies to overseas debit card withdrawals. A list of Global Alliance members is available. To ensure access to savings and/or cheque account funds when overseas, obtain a Visa Debit Card. Other fees and charges may apply. See banksa.com.au for terms and conditions. *Cardless Cash limit of 3 cardless transactions per day, subject to daily withdrawal limit of \$500 and weekly withdrawal limit of \$1,000. All Cardless Cash limits apply across StGeorge, BankSA, Bank of Melbourne and Westpac accounts and Mobile Banking apps. Cardless Cash is only available on a Complete Freedom Student account if the account is active and is not subject to an account block/restriction. An account may be subject to a block/restriction for a number of reasons including bankruptcy and account disputes. ~Any customer who has the latest version of the BankSA Mobile Banking App can use Expense Splitter. Your phone will need SMS capability to create and send SMS messages. Normal SMS and data roaming charges apply. Read the BankSA Internet and Phone Banking Terms and Conditions at banksa.com.au before making a decision and consider whether the product is right for you. Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. © BankSA 2020 – A Division of Westpac Banking Corporation ABN 33 007 457 141 AFSL and Australian credit licence 233714. WBCBSA08255 0920



TORRENS
UNIVERSITY
AUSTRALIA



**9 in 10 graduates find a
job they love within a year**

Love what you do

torrens.edu.au/international



Transferring funds

Setting up your new life in Australia is an exciting process, but it does come with a lot of expenses. You will need to pay course fees to your institution, buy textbooks, pay your accommodation costs, pay your bills every month, and have access to your money for everyday spending. This can mean a lot of transactions. There are many different ways to send and receive funds; with a little research, you can find the best solution to suit you.

Send and receive money from home

If you have internet banking set up with your bank, you can easily receive funds from home or send money overseas. Just make sure you have all the required codes (SWIFT, Sort and, for Europeans, IBAN) and the correct account numbers. Bank accounts are best for transferring small amounts and paying your everyday expenses. If you are transferring larger amounts of money and want a better exchange rate with lower fees, you may want to consider other services.

Money transfer companies provide a fast option to send and receive money overseas in minutes. If you shop around, specialist international money transfer companies will often give you a better deal on currency exchange rates than your bank.

PayPal is perhaps the most well-known money transfer system, but it does attract a currency conversion fee. Otherwise, you can check out dedicated international money transfer services like Western Union, Cohort Go and Flywire.

A prepaid credit card is a great way to receive money from home for daily expenses and not fall into the trap of spending more money than you have in your budget. Companies like Vasco Pay offer prepaid cards designed just for students, as well as additional services like weekly discounts so you can get a bit of extra spending power.

Pay your education expenses and other bills

Student payment services are a secure way to make payments to educational institutions, insurance, accommodation or other education service providers, or to your own bank account for living expenses. Companies like Cohort Go and Flywire offer great foreign exchange rates and make paying for your education expenses easy.

BPAY is an electronic bill payment system that enables secure payment for many different expenses, like your monthly mobile phone or other utility bills. Look for the BPAY reference number on your bill and then select the BPAY option on your internet, mobile or phone banking account to make your payment.



Employment

- + Employment basics
- + Looking for work
- + Writing a resume
- + Workplace rights

GET WORK HELP DESK

StudyAdelaide's Student Portal provides support and advice on all things employment, including job applications, writing a cover letter, networking and more. StudyAdelaide also runs regular employability workshops.

Visit studyadelaide.com/student-portal

Your education institution may also have an employment or welfare support service - check their website for more information.

Employment basics

Can I work while studying?

While on a student visa, you can work up to 40 hours per fortnight during the semester and unlimited hours during semester breaks. A fortnight means 14 days. Australia has laws guaranteeing basic workplace rights, including minimum pay and conditions. We'll go into these later in the guide.

What do I need to know about tax?

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

Do I need an Australian Business Number (ABN)?

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

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

What is superannuation?

Often known as 'super', it is a financial contribution towards a fund that you use to live on when you retire. You can contribute to your own fund, but most commonly your employer does this. If you are an employee, the law in Australia says you are entitled to receive super from your employer. If you earn over \$450 (before tax) in the calendar month, your employer must contribute at least 9.5% of your earnings to your nominated super fund. This is in addition to your ordinary wage. You can also claim super when you leave Australia.

ato.gov.au/Individuals/Super

Internships and work experience

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

Where should I look for a part-time/casual job?

There is a range of job-seeking sites you can access for free to check work vacancies in Adelaide. Below Here is a list of some of the most popular. Your education provider may also have a careers website that will list jobs specifically targeted to students.

However, if you'd prefer to work freelance on your own time, check out Airtasker or Upwork.

seek.com.au

careerone.com.au

au.indeed.com

au.oneshiftjobs.com

spotjobs.com



COMMON PART-TIME JOBS FOR INTERNATIONAL STUDENTS

RETAIL SALES ASSISTANT

ADMINISTRATIVE ASSISTANT

BARISTA

GENERAL HOSPITALITY STAFF

EVENT STAFF

CLEANER

FOOD DELIVERY

Employability programs

If you don't have experience in the workplace or are struggling to find a job, there are several opportunities in Adelaide that can boost your employability and work skills. StudyAdelaide's free Adelaide Career Advantage Program gives international students access to a number of employment skills events, such as improving interview, resume and cover letter writing skills.

How do I write a resume?

The basics of a resume include your contact details, previous work history and, for students and recent graduates, information on your education. Keep it as concise as possible and get somebody to proofread it for you.

Include at least one reference; this should be a previous employer or someone who knows your work or study ethic. Speak to a friendly tutor if you'd like them to be a reference. Your resume and cover letter should be targeted for a particular role; don't use the same generic versions for all jobs.

We have underlined the errors in the following resume in red.

PERSONAL INFORMATION

Ms Jane Lee
2019 Guides Street

✘ Email - iloveponies27@hotmail.com

Ph (01) 2345 6789

✘ DOB - 01/02/03

✘ Height - 250cm Weight - 170kg

Visa - Student

✘ Marital Status - Divorced

✘ Religion - Jedi

EMPLOYMENT HISTORY

✘ Shop Asistant

Insider Shop Jan 2017 - Present
Responsibilities: Handling Money
Key Achievements: Staff Award

EDUCATION HISTORY

Bachelor of Arts - Insider University

✘ Insider Primary School

Responsible Service of Alcohol Certificate
2017

Make sure your email address is professional.

Avoid including your date of birth or particularly personal information like your height/weight, marital status or religion. You also don't need to include your visa status, as you should have working rights anyway.

Carefully proofread your resume to eliminate all typos and other errors.

Highlight your responsibilities in the role and, where relevant, showcase any significant achievements (awards, beating targets etc.).

If you haven't graduated yet, list your expected completion date.

You certainly don't need to include your primary school education. High school is definitely optional, but won't look out of place if you want to highlight your history of high achievement.

Include short courses if you believe they are relevant or beneficial to the role you are applying for.

WORKPLACE EXPLOITATION

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

1. Avoid job ads that look suspicious. Make sure they mention the business name and look it up on the Australian Business Name register (abr.business.gov.au)
2. As of 1 July 2020 the national minimum wage is \$19.84 per hour or \$753.80 per week, reviewed each year. Use the pay calculator to find your pay rate: calculate.fairwork.gov.au/FindYourAward
3. You should be paid at least once a month, receiving a payslip within one working day of being paid.
4. You should always be paid for work that you do, including training and trial shifts. Record your hours to make sure you're being paid in full.
5. Employers are not allowed to give you goods or services (including food) instead of pay.

Am I getting the right pay?

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

The Fair Work Ombudsman (FWO) can help if you have concerns about pay, leave or other workplace entitlements. www.fairwork.gov.au has information in over 30 different languages to help you understand your work rights. A good starting point to learn about Australian employment laws is the Fair Work Information Statement, a short document that explains basic workplace rights and entitlements, including the national minimum wage at www.fairwork.gov.au/FWIS.

Remember, you can't get in trouble for being underpaid or being paid in cash. You can contact the FWO for help without fear of your visa being cancelled. See www.fairwork.gov.au/internationalstudents for more information.

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

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

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

Contacting and getting help from the FWO is FREE!

Want to work while you study?

Know your workplace rights and get help with workplace issues

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

Minimum wages



Leave



Pay slips



Ask about workplace entitlements



The Fair Work Ombudsman is here to help!

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



Find out about your workplace rights in over 30 different languages at

www.fairwork.gov.au

To report a work issue, register at www.fairwork.gov.au/register or call **13 13 94**

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

The Fair Work Ombudsman's services are free.



facebook.com/fairwork.gov.au



[@fairwork_gov_au](https://twitter.com/fairwork_gov_au)



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



Australian Government

Fair Work
OMBUDSMAN



WHY SHOULD I VOLUNTEER?

Volunteering will provide you with a vast range of soft skills, improve your ability to communicate, allow you to make new friends, and help you integrate with your new community. Your university may have a volunteering office, but if not, seek help at the careers office. Off-campus volunteering may take you further into the local community and allow you to learn about Australian customs. The experience you develop through volunteering can be of great advantage when you apply for a professional role.

volunteering.sa-nt.org.au



GETTING A JOB AFTER YOU GRADUATE

After you graduate, you can apply for a Temporary Graduate visa (subclass 485), which will allow you to live, study and work in Australia for a set number of years, depending on the education level you complete. In your final year, you are able to apply for graduate positions with a range of organisations. Employers have the opportunity to sponsor your visa, too. See the Department of Home Affairs website for more information.

immi.homeaffairs.gov.au

immi.homeaffairs.gov.au/visas/working-in-australia/regional-migration

To learn more about career pathways, migration options and industry strengths in Adelaide, we recommend exploring the StudyAdelaide website.

studyadelaide.com/career-pathways

Gambling can become harmful in any language.

Talk to someone who can help.

Available 24 hours, 7 days

Confidential • Anonymous • Free

Counselling, information and support for people with gambling related problems, or their family and friends.

Help is available in any language.



Online help & information:
gamblinghelponline.org.au

Funded through
the Gamblers
Rehabilitation Fund



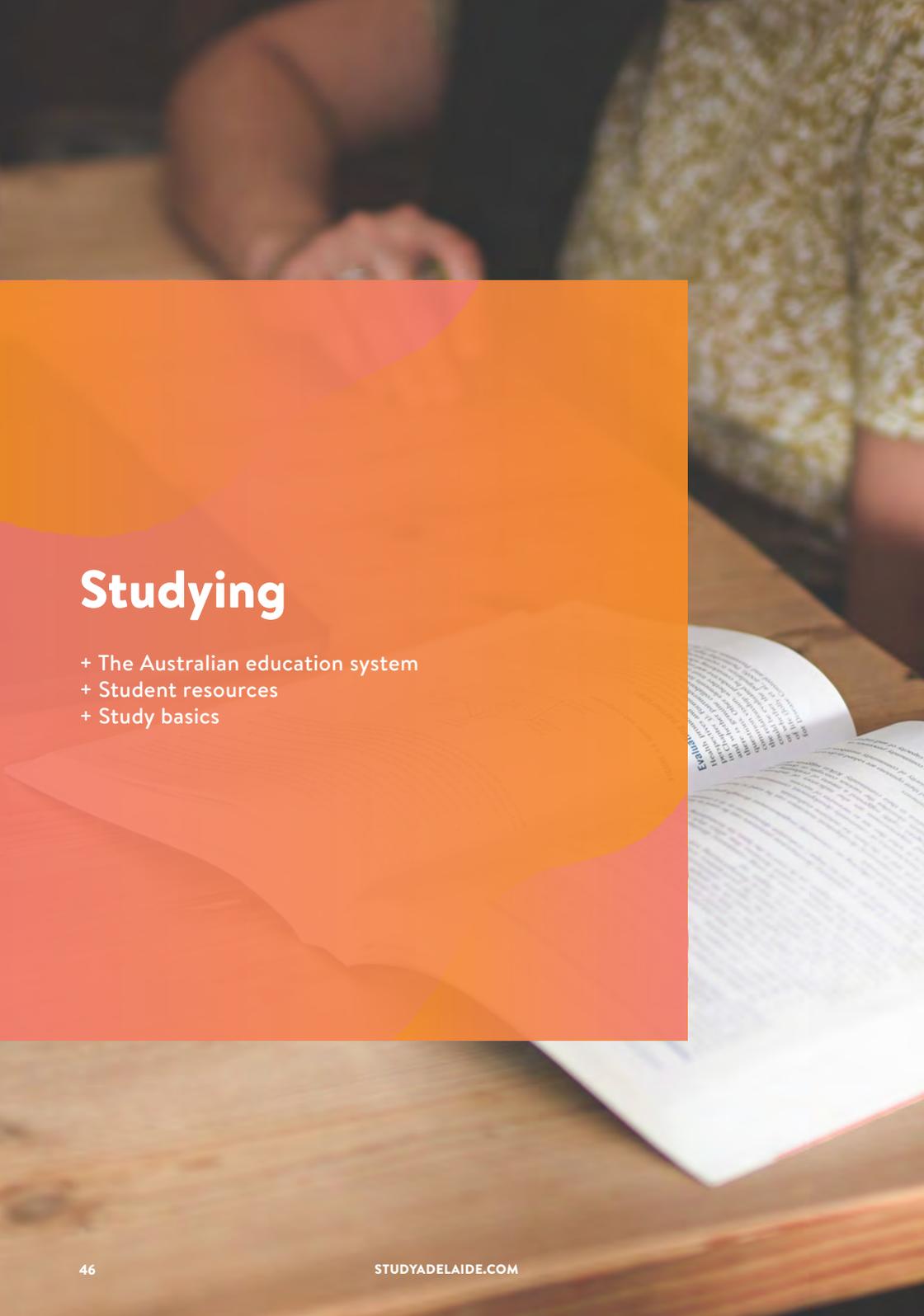
community way of life!

aha|sa
Australian Hotels Association (SA)

**SKYCITY
ENTERTAINMENT
GROUP**



Government of South Australia
Department of Human Services

The background of the page is a photograph of a person sitting at a wooden desk, reading an open book. The person is wearing a patterned top. An orange semi-transparent overlay covers the left and center portions of the image. The word 'Studying' is written in white on the orange overlay.

Studying

- + The Australian education system
- + Student resources
- + Study basics

The education system

There are several education options in Australia, meaning you have a wide choice of study types and providers. Just make sure they're registered on the Commonwealth Register of Institutions and Courses for Overseas Students (CRICOS), as this is required for your visa.

cricos.education.gov.au

University

Australia's university network is high quality; many of the country's institutions are considered among the best in the world. Different universities specialise in particular fields so be sure to research and find out what each institution excels in. At university, you can complete an undergraduate or postgraduate degree. You also have the ability to change universities/courses if you feel that the study program or location isn't suitable for you.

TAFE

TAFE stands for Technical and Further Education. TAFE providers generally offer vocational education and training (VET) programs, such as IT and engineering, cookery and hospitality, agriculture, creative arts, and trades.

Private colleges

There are private colleges located across Australia offering VET programs, higher education, or both. Private colleges generally focus on a specific field and are often much smaller than universities.

Pathway providers

If you don't meet the academic entrance requirements for university, come from a non-English-speaking background or want to change courses or careers, a pathway program provides a way to ease into academic study. It's similar to a bridging program between high school and university.

Student resources

What services are available on campus and online?

There are lots of services your institution offers for free as part of your fees – hopefully you now realise how much help is available!

CAREER CENTRE

This office will assist you in creating an effective resume and explain how to complete a job application, prepare for a job interview, help you plan out your graduate career, discover volunteer and internship opportunities, and help you find casual work. Not many students use this office because they simply don't know about it. Now you do!

INTERNATIONAL STUDENT OFFICE

This office is your best friend. Staff will assist with your orientation, organise social events and answer any questions

that relate specifically to international students.

LIBRARY

There is more to the library than just books. Libraries are full of meeting rooms, TVs, journal databases, computers and more. If you can't get work done at home, head to the library. Learning how to use the library effectively will improve your chances of succeeding in your studies, and also offer a range of workshops to enhance your academic skills.

TECHNICAL SUPPORT

Studying from home might mean encountering more technical difficulties. Your institution's dedicated technical support team will be able to help you with questions about your tech, including accessing specific software for your course, storage – even setting up Zoom!

Where can I get help with my coursework?

If you need assistance with your studies or are falling behind on your coursework, there are plenty of support services around Adelaide.

STUDENT LEARNING HUBS

Most educational institutions offer a central learning hub that provides free individual support in particular subjects, as well as activities designed to improve things like English skills, digital literacy, writing and more. Check out your provider's website for details.

PRIVATE TUTORING

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

studentvip.com.au/tutors

APPROACH STAFF

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

WHAT IS PLAGIARISM?

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

HOW DO I SAVE MONEY ON TEXTBOOKS?

1. Check with students from higher years

Look for adverts on your institution's message boards (both online and on campus) and if you can't see what you are looking for then post your own advert.

2. Use an online tool

Online resale sites like Student VIP allow you to buy second-hand textbooks from students across the country.

studentvip.com.au

3. Consider eBooks

Do you need a hard copy of your textbook? If not, download a digital copy and save some money.

4. Rent your textbooks

Will you ever look at the textbook again? If you only need it for one semester then consider renting it online. Campus libraries often have textbooks for hire too.

Building an online study routine

The key to studying from home successfully is building a productive, regular routine that you can stick to, making sure that you're balancing your studies with time to exercise, relax and catch up with friends and family. Some tips to help keep you motivated while studying online include: having a dedicated study area to work in, taking regular breaks (check out the Pomodoro Technique), taking notes by hand during online lectures (to help you focus), breaking up tasks and giving yourself rewards (away from the screen!) for completing them.

Prepare for your studies

CREATE A LESSON TIMETABLE

An easy-to-understand lesson timetable means you'll always know where you're supposed to be and when.

CREATE A STUDY TIMETABLE

Organise your routine around your classes and include time for study and other activities.

CHARGE YOUR DEVICES

Make sure your laptop and phone are charged. You don't want to run out of battery halfway through your second class!

PRINT OUT OFFICIAL UNIVERSITY DOCUMENTS

Make sure you've printed all the paperwork you need, so orientation is an easier process.

Health, Safety & Wellbeing

- + Healthcare basics
- + Physical, mental & sexual health
- + Staying safe
- + Friends & dating

MASKS

Throughout the COVID-19 pandemic, many Adelaide residents opted to wear a face mask. Even if wearing a face mask isn't mandatory, you may choose to use one anyway. You can usually buy disposable face masks from pharmacies, but many stores around the Adelaide sell reusable masks.

WHAT DO I DO IN AN EMERGENCY?

If you have a medical emergency, if there is a fire, or if you need police attention, call 000 (it's entirely free to call). You will then be asked if you need police, fire or ambulance. You can also request a translator if you need one.

Healthcare basics

How does Overseas Student Health Cover (OSHC) work?

All students in Australia must have OSHC to cover the entire period of their stay, which would have been arranged when you organised your visa. OSHC covers in-hospital and out-of-hospital medical assistance, prescription medications and emergency ambulance assistance. Make sure you understand your cover to avoid any unwanted charges, and refer to your OSHC policies for their rules on COVID-19 testing and treatment. Every time you go to an appointment, take your OSHC card with you, along with photo identification.

What should I do if I have a complaint about my OSHC provider?

If you face a situation where you feel like you're being taken advantage of or treated unfairly in regards to your OSHC, you can contact the Private Health Insurance Ombudsman (PHIO). It's a free service designed to help you get out of trouble!

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

What do I need to know about hospitals?

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

What should I do when medical clinics are closed?

Very few medical clinics are open seven days or have 24-hour services (and those that do can be expensive). If you need a medical certificate or you have a minor illness, it's best to wait until the medical clinics are open. For urgent non-life-threatening enquiries, there are after-hours home doctor services available including 13SICK (call 13 7425) and DoctorDoctor (call 13 26 60).

You can also ring Healthdirect Australia (1800 022 222) to get advice on treating non-life-threatening illnesses.

HOW DO I FIND A DOCTOR?

Your OSHC provider will likely maintain a list of recommended providers. Their website may even have a 'find a doctor' resource to assist you in finding your nearest doctor. The Health Engine website can also be used to locate a doctor to match your needs.

healthengine.com.au

Mental health

What should I do if I'm feeling homesick?

Remember to take time out for yourself. If things seem too hard and you're not feeling like you think you should, it's important to talk to friends and family and ask for help. Use one of the resources mentioned below or visit your general practitioner (a local doctor, also called a GP). Like your body, your mind also needs care and attention, and it's important that you look after it. Mental health is a big reason people go to the doctor, so don't ignore any of the signs.

Where can I seek help for mental health issues?

Your OSHC covers visits to a GP. The GP is the first person you should see, as you will need to get a referral from them if you want to see a psychiatrist or psychologist. You will only be partially covered for a limited amount of visits with a psychologist. Check with your OSHC provider for details.

Most educational institutions offer free or discounted counselling services to their students (both international and local). Some require appointments, so check your education provider's website to find out.

What if I need immediate support?

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

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

Phone 13 11 14 or lifeline.org.au

Beyond Blue is for people with depression, anxiety and other emotional issues.

Phone 1300 224 636 or beyondblue.org.au

Kids Help Line provides support for people up to the age of 25.

Phone 1800 551 800

In an emergency, call Triple Zero (000)

Finding a mental health expert that speaks your language

You can use an interpreting service if you need assistance in your language. TIS National should be your first stop when accessing mental health services or making an appointment. Not only can they help you book an appointment over the phone, but you can also request an on-site interpreter to attend your session with you.

Phone 131 450 or tisnational.gov.au

Other support services

Support for your children and spouse

Many international students choose to bring their spouse and children with them when they study in Australia. Some education providers offer

language or other kinds of support that cover both you and your spouse. Ask your educational institution for more information.

If your children are school-aged, they'll

need to be enrolled at either a public (government-funded) or private school. Visit the SA Government website for details.

education.sa.gov.au

If your children are younger, Adelaide has a wide network of childcare facilities. Your educational institution may provide childcare, but you can also get in touch with your local council to find childcare in your area.

Support services for LGBTIQ people

LGBTIQ stands for Lesbian Gay Bisexual Trans Intersex Questioning. In Australia, the Sex Discrimination Act 1984 makes it against the law to discriminate against a person on the basis of sexual orientation, gender identity or intersex status.

QLife is a great resource that provides peer support and guidance over the phone and online for the LGBTIQ

community in Australia.

qlife.org.au

If you're looking for support services that are sensitive to your cultural needs, or would just like to engage with other LGBTIQ students from similar backgrounds then AGMC is a good resource. Or join the Rainbow International Students Network on Facebook.

agmc.org.au

Where can I seek help for gambling?

Gambling can be addictive, which not only affects your health, but your finances too. To get an accurate picture of how much gambling is costing you, use the calculator on the Gambler's Help website.

gamblershelp.com.au

There are a number of resources available to help you beat your gambling addiction. These include the SA Government's Problem Gambling support and information centre, and various community services.

problemgambling.sa.gov.au

gamblinghelponline.org.au

How students beat loneliness

We asked students who have already settled into their new life in Australia for advice on beating loneliness. Here's what they had to say.

“Cook or eat some authentic comfort food from your own country whenever you feel a little homesick.”

Giorgia, Italy

“Talk to your family back home, but not so much that you don't have time for your friends! Other tips include working out, eating right, meditation and yoga. Most importantly, enjoy alone time!”

Yuvi, UAE

“Sleep on it. I was extremely homesick and lonely in my first few days. I took a nap, woke up refreshed, took a shower, went into the city and visited locations where there were large amounts of backpackers.”

Abdul, UAE

“Make friends with other international students and openly discuss your homesickness. Chances are they are going through the same thing, even if they don't show it.”

Priya, Canada

“Just grab this opportunity to spend time with yourself. Sleep as much as you can, taste some food or cook, watch your favorite movies, read what you like and think about what you will do in your university journey, set up some goals and plan to achieve them.”

Linh, Vietnam

“Don't be afraid to go out and do things and meet people. Sign up for classes and activities that you enjoy and provide yourself with good, healthy distractions.”

Jenna, USA

POLICE IN SOUTH AUSTRALIA

The role of the police is to serve and protect the community and uphold its laws. This includes keeping the peace, preventing crime, assisting the public in emergency situations, coordinating and managing responses to emergencies, regulating road use and preventing vehicle accidents.

If English isn't your first language,

you have the right to ask for an interpreter when speaking with police. This includes situations where you are attending a police station, being interviewed by police, detained by police or arrested.

Important telephone numbers

In the case of an emergency call 000

For police assistance telephone
131 444

Staying safe

How can I stay safe?

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

South Australia Police (SAPOL) also provide a range of helpful information to help you stay safe, which is available on their website.

police.sa.gov.au

Who can I contact if I have been discriminated against?

In Australia, it is against the law to be discriminated against based on your ethnicity, language, skin colour, sex and sexuality. There is support available if you, or someone you know, experience any kind of racism or discrimination. It's important that everyone is comfortable in their environment and feels safe to seek help when necessary.

If you are at work, school, on public transport or online, report incidents

to the body in charge. The next step is to contact the Equal Opportunity Commission South Australia or the Australian Human Rights Commission to report the incident. If you experience violence, abuse or other criminal behaviour, you can call 131 444 for police assistance outside of an emergency situation.

eoc.sa.gov.au

Call: 08 8207 1977

Who can I contact if I have been sexually harassed or assaulted?

Sexual assault is any unwanted sexual behaviour that's offensive, humiliating or intimidating, such as rape. Sexual harassment is an unwanted or unwelcome sexual advance, such as a request for sexual favours.

If you have experienced sexual harassment, your first call should be to your institution, as there will

be mechanisms in place designed to support you. If you're being threatened and require immediate assistance, or have been the victim of sexual assault, you can visit your local police station or call 000. You should also contact your institution. As well, the Yarrow Place Rape and Sexual Assault Service provides free and confidential support for any person who has experienced sexual violence in SA.

Call 08 8226 8777

Sexual health

Where can I get advice on sexual health?

You can ask your doctor about sexual health matters including sexually transmitted infections (STIs), contraception options, and more. If your medical clinic has several doctors on its roster, you can choose to visit a female doctor if that makes you feel more comfortable.

Your education provider may also offer sexual health support, so make sure to check their website or visit the student help desk to find out.

For free and confidential advice about contraception options, pregnancy

and sexual health, contact 1800 My Options. It is important to remember that the more sexually active you are the more often you should get tested for sexually transmitted infections (STIs). If left untreated some STIs can have serious impacts on your health outcomes.

The Adelaide Sexual Health Centre provides free and confidential services to all international students, while SHINE SA has a free Sexual Healthline for all queries.

1800myoptions.org.au

sahealth.sa.gov.au

shinesa.org.au

Contraception options in Australia

You can get contraceptive medications and devices very easily and cheaply in Australia. You should talk to your GP about long-term contraception options like IUDs and the pill. Condoms are available from supermarkets and pharmacies. Emergency contraceptives are available from pharmacies if you need them. Pregnancy tests are also available at the pharmacy or supermarket.

What is sexual harassment?

Sexual harassment can take many forms, both physical and non-physical. Sexual harassment may include:

- Unnecessary familiarity, such as unwelcome touching
- Suggestive comments or jokes, insults or taunts of a sexual nature
- Physical assault, indecent exposure, sexual assault, stalking or obscene communications
- Sending sexually explicit emails or text messages
- Intrusive questions or statements about someone's private life
- Requests for sex or repeated unwanted requests to go out on dates

Staying fit

Gyms

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

Social Sports

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

justplay.com.au

Yoga and Pilates

There are many different types of yoga, with varying levels of intensity and movement. Use Find Yoga to find a class near you; there are plenty of beginner classes available. Pilates is an exercise that focuses on flexibility and strength. There are two different types of Pilates: mat-based and equipment-based, which is sometimes called 'reformer Pilates'. Check out studios using Australian Pilates.

findyoga.com.au australianpilates.asn.au

ONLINE RESOURCES

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

BEACH SAFETY

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

Plan your visit

Check the weather forecast before you leave. If there's heavy rains or storms, consider postponing. Make sure you pack and apply sunscreen. Even if it's cloudy the UV can be high. Don't go swimming if you have consumed drugs or alcohol.

Stay safe

Don't go swimming alone - grab a couple of friends and head to a patrolled beach. Once there, check for any signs and follow the instructions. Swim between the yellow and red flags, this is the monitored spot that's been deemed safest for swimming. Don't dive into water, you may overestimate the depth and this can have very serious consequences.

How to get help

If you ever find yourself in trouble while swimming, try to stay calm and raise your hands to show that you need help. If you see someone else in distress in the water, emergency dial Triple Zero (000). For more information see Royal Lifesaving Australia. royallifesaving.com.au



Making friends

You'll probably meet lots of new people in your course or through where you live, whether it's a share house or managed student accommodation. But there are also a few other avenues you can take to make friends.

HOBBIES AND INTERESTS

If your education provider has a student club network, make sure to join one that suits your interests – you're bound to meet one or several like-minded people. You'll find clubs and societies focused on all kinds of things, from individual sports and hobbies to specific cultural backgrounds or religions. Outside of your educational institution, think about joining a choir, community garden, sports team, movie or book club, or any other group that matches your interests. If you can't meet in person, most clubs have introduced online activities to keep members connected, such as quiz nights or virtual movie nights.

SOCIAL EVENTS

StudyAdelaide holds many social events where you can meet new people. Try Speed Friending for a fun and easy way to make new friends.

LANGUAGE GROUPS

There's bound to be other international students in Adelaide looking to improve their English. There are countless English conversation groups happening all over the city; check your local library or community centre, or visit your education provider's website to find out more. You'll also find conversation groups on Meetup.

meetup.com

APPS AND WEBSITES

The key to finding friends might be in the palm of your hand. There are plenty of great apps and websites designed to help you meet people online (you can decide to meet them in person if you feel comfortable doing so). Bumble BFF, We3 and Meetup are some of the best. Understand that you won't necessarily 'click' with everyone and that it can take time to make good friends. Don't overthink it and just have funmeeting lots of new people!



Dating

WHAT'S THE DATING CULTURE LIKE IN AUSTRALIA?

Australia has a pretty relaxed dating scene. In a lot of cultures, the first or second date can mark the beginning of a relationship. But in Australia, you'll probably find yourself doing a lot of 'couply' activities before the relationship starts. Australia doesn't have a huge pick-up culture. Generally, people will want to know someone a little bit before they agree to share contact details or hang out somewhere.

Remember, Australia does not tolerate verbal or physical abuse, nor stalking behaviour. Understand what is and isn't appropriate before dating – you can read our sexual harrasment section for more information.

WHERE CAN I MEET PEOPLE?

- Apps like Tinder, Bumble, OKCupid, Coffee Meets Bagel, Hinge, Happn and Plenty of Fish are popular in Australia and cater to various sexual preferences.
- Otherwise, pretty much any place we mentioned above under 'Making Friends' is bound to offer opportunities to meet potential dates!
- Remember to stay safe on a date. Laws around consent may be different in Australia compared to your country. Read our Safety section to find out more.



Areas of Adelaide

*Disclaimer: We do our best to ensure all of the information in this guide is up-to-date and accurate at the time of publication, but we encourage you to ensure locations are still open and operating by checking their websites or social media in advance of your visit.

1

CITY CENTRE

Adelaide's city centre is instantly recognisable, with its incredible heritage architecture and modern art installations.

P.70

2

INNER EAST

High-end shopping experiences, upcoming local wineries, breweries and amazing coffee command the east.

P.72

3

INNER WEST

The perfect blend of vibrant entertainment venues and always-busy international eateries, this area has laid-back vibes.

P.76

4

INNER SOUTH

The sweet Inner South is full of late-night dessert bars and it's own chocolate factory.

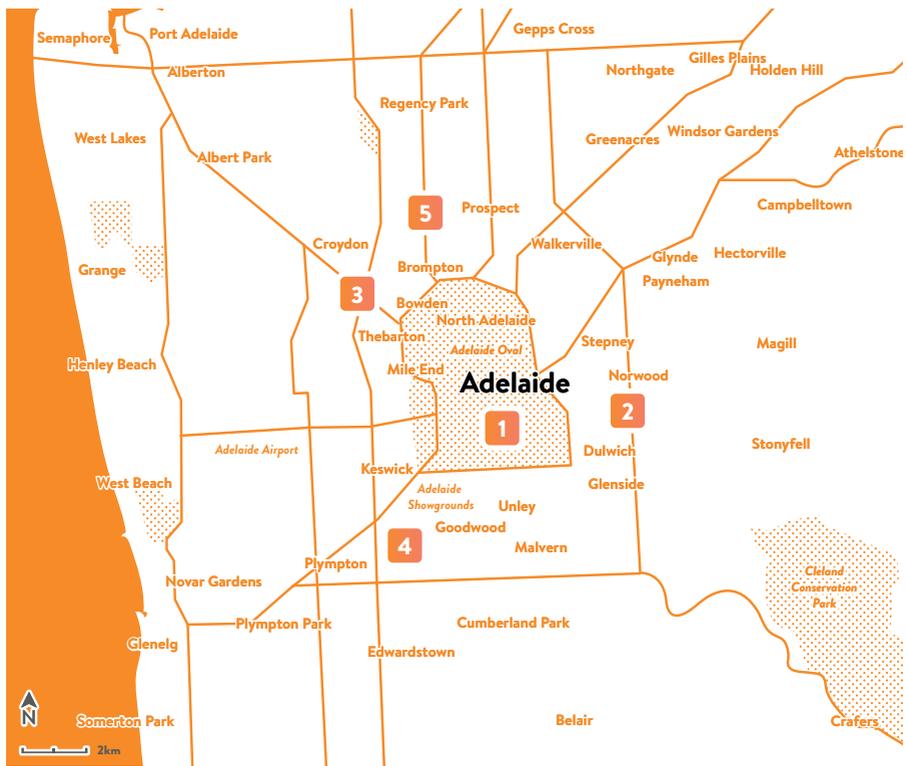
P.82

5

INNER NORTH

Explore tree-lined shopping streets and enjoy boutique cafés, wine bars and busy restaurants.

P.92





Getting around

Adelaide's population is spread across a large area, but there are diverse public transport options, run by the Adelaide Metro, and plenty of bike paths to help you get around. Also known as the "20 Minute City", almost everything in Adelaide is about 20 minutes away by car.

BUS

Stretching from Adelaide's outer towns in the north and south, through the Adelaide Hills, and weaving through the city grid, Adelaide's bus system is the most comprehensive and frequent public transport system. Always make sure you signal to the bus driver for the bus to stop - wave to them on the street to flag them down, or press the 'stop' button on-board the bus just before you reach your destination. There are also free City Connector buses that run every half an hour through the city and North Adelaide.

TRAIN

Adelaide's railway has stops in most major suburbs and it's the quickest public transport option. There are four major route systems, servicing Adelaide's north, west and south. At the Adelaide Railway Station there are turnstiles to get to the train platforms - make sure you validate your metroCARD/ticket at the turnstiles and then again on the train. Also ensure you always double-check your train's route - some are 'express' and miss stops along the journey.

TRAM

Adelaide's tram is the best for inner-city travel, with the tram free between the South Terrace tram stop, the Entertainment Centre, Botanic Gardens and Festival Plaza - outside from these, the regular fee applies. The tram provides a link to the bustling beachside hub of Glenelg. In Glenelg, between the Brighton Road and Moseley Square tram stops, travel is free.

STUDENT CARD

By showing your student card, you are eligible for a Concession metroCARD, which offers cheaper tickets. You need to make sure you always have your student card with you when you travel with your Concession metroCARD - inspectors will ask for them, and if you can't show it to them, you run the risk of being fined.



The reusable metroCard is easy to use. Follow these steps.

- 1** Purchase your metroCARD at the Adelaide Railway Station and pre-load it with money.
- 2** Validate your metroCARD on every journey you take by tapping it onto the bright yellow 'validators'.
- 3** Travel anywhere on public transport within two hours of validating your card - it comes under a standard fee.

Planning

When boarding any public transport, you can either use your prepaid metroCARD, or pay for a ticket using coins (although this is more expensive). Travelling before 9.01am and 3pm on weekdays and all-day Saturday will incur 'peak' prices, whereas travel between those times and on Sunday has cheaper, 'interpeak' ticket prices. When planning your travel, either consult the

Adelaide Metro website, the real-time metroMATE app, or use Google Maps. If you need to travel with your bike during 'peak' hours, you will have to buy another, separate ticket for the bike.

adelaidemetro.com.au

Adelaide Railway Station InfoCentre,
North Terrace

Infoline: 1300 311 108



Other transport options

Ridesharing

There are a range of rideshare options available in Adelaide. The more traditional rideshare services include Uber, Go Catch and Ola. Shebah is a rideshare service where all drivers and passengers are women (or males under the age of 18, when travelling with a woman).

Taxis

Adelaide is serviced by three major taxi companies, with taxi ranks located around the city. You can either wait at one of these ranks, call for a taxi, or hail one down from the side of the road. It's a good idea to be wary of how much your trip will cost.

Independent Taxis: 13 22 11

Suburban Taxis: 131 008

Yellow Cabs: 13 2227

Hiring a scooter

If you want to hire an e-scooter, you will find plenty scattered around the city. You simply need to download the Beam or Ride app to find your nearest scooter. At the moment, these can only be used around the Adelaide CBD.

cityofadelaide.com.au/transport-parking/public-transport/e-scooters

Renting a car

To explore some of South Australia's outer highlights, such as the Flinders Ranges or Kangaroo Island, hiring a car might be the most convenient option. With a range of different car rental providers, use a comparison website like VroomVroomVroom to find the best deal.

vroomvroomvroom.com.au

Riding a bike

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

Add to that, riding a bike is:

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

HIRING A BIKE

Thanks to Bike SA, you will find several stations and outlets offering free bike hire scattered around the city. You simply need to find a participating location, turn up with your driver license or passport, and hand it over for the duration of your bike hire (it will be given back once you return the bike). Helmets and bike locks are also provided for free.

bikesa.asn.au/adelaidefreebikes

BUYING A BIKE

The easiest overall option is to buy your own bike to use throughout your time in Adelaide. There are plenty of dedicated bicycle shops around the city, but you can also purchase affordable ones from Kmart.

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

gumtree.com.au

BIKE LAWS

It is illegal to ride in Australia without a helmet and you must have a light on your bike if you plan to ride at night. As a bike rider, you're allowed to ride on the road, on bike paths and on shared paths. When you're driving on the road, you're expected to follow the same road rules as drivers. Check out the SA Government website for more information.

mylicence.sa.gov.au

BIKE LANES

There are 700km of designated bike lanes and tracks around Adelaide, designed to keep you safe. These are clearly marked so you know where you can safely ride. You can contact your local council for an up-to-date bike map.

dpti.sa.gov.au/communityprograms/programs/cycle_instead

History of Adelaide

Pre-settlement

Evidence of Aboriginal Australians in SA dating back to approximately the year 40,000 BC.

1836

Province of South Australia proclaimed on 28 December

1856

South Australian Institute is founded on North Terrace, from which came the State Library, State Museum and Art Gallery we have today

1894

SA is the first Australian state to grant women's suffrage and allow women to stand for political office

1909

Electric tram services begin

1926

Annual Royal Adelaide Show moves to its current site, the Adelaide Showground

1960

First Adelaide Festival of Arts is held

1976

Rundle Mall opens

1991

Dame Roma Mitchell becomes Governor of SA – the first woman to hold this position in any Australian state

2004

Trains travel from Adelaide to Darwin for the first time

2018

Adelaide is chosen as the headquarters for the Australian Space Agency

Early 1800s

Indigenous Kurna peoples' traditional land extends from Port Broughton in the north, to Cape Jervis in the south – the Adelaide Plains (or, Tarndanya)

1837

City of Adelaide established

1874

University of Adelaide is established – the third oldest university in Australia

1907

University of Adelaide professor Sir Douglas Mawson becomes one of the first people to reach the South Magnetic Pole

1945

Sir Howard Florey (from the University of Adelaide), Sir Ernst Chain and Sir Alexander Fleming receive Nobel Prize for development of Penicillin

1975

South Australia is the first jurisdiction in Australia to decriminalise male homosexuality

1982

International air services to Adelaide begin

1997

Adelaide Crows win the AFL Grand Final for the first time (they win again in 1998!)

2007

Adelaide Fringe becomes an annual event, previously being held biannually

Built on immigration

BRITISH BEGINNINGS

In the first year of South Australia's migrant colonisation (1836), 7,000 people from the British Isles arrived in Adelaide. A population plan was put in place, carefully ensuring a family structure, age and sex balance in the population. With rapid immigration, the colony grew to 110,000 inhabitants in the first 21 years.

GERMAN SETTLEMENTS

Due to religious prosecution in their homeland, Germans began migrating to SA in 1838. They first settled in a village called Klemzig in the Torrens Valley, and then in Hahndorf in the Adelaide Hills. German immigrants contributed to the development of agriculture and supplied social and political leaders to the colony.

GOLD RUSH

In the mid-1800s, an influx of Chinese settlers arrived in South Australia following the discovery of gold in Victoria. During this period of migration, the Sym Choon family arrived in Adelaide in 1890 and became prominent business owners. In 1928, Gladys Sym Choon became the first woman in SA to incorporate a business and to import international goods.

POST-WORLD WAR II

Post-World War II, large-scale Greek and Italian migration to Adelaide began, as people sought to gain a better life and future for their families. This migration had a notable impact on Adelaide's cultural scene, with the new residents establishing restaurants, churches, community clubs and sports teams.

POPULATION TODAY

As of 2016, 23% of South Australian residents were born overseas. England, India and China are the most commonly reported places of birth, while Italian, Mandarin and Greek are the most common languages spoken at home (besides English). Without migration, Adelaide's population growth would have ceased in 2017.

Learn more

To learn more about Adelaide's rich and diverse migration history, and to discover how various cultures have helped shape South Australia, make sure to visit the Migration Museum. Located in the city centre on Kintore Avenue, entry to the museum is free, and it's open from 10am-5pm daily.

Aboriginal culture

Kaurna is the language indigenous to Adelaide and the Adelaide Plains. Adelaide's original inhabitants, the Kaurna people, spoke the language. During ceremonies in Adelaide, you may witness a 'Welcome to Country'. This involves an Aboriginal or Torres Strait Islander traditional owner, custodian or Elder welcoming you to their land. Welcoming visitors has been part of these cultures for thousands of years and often takes the form of a speech, song or ceremony. Additionally, or alternatively, you may hear an 'Acknowledgement of Country' at the start of an event, which recognises that the area is the traditional land of the Kaurna people.

HISTORY AND CULTURE

A great place to start learning about the Aboriginal history and heritage of Adelaide is Topham Mall, where you'll find the artwork 'Riverbank is a Kaurna Market' by Paul Herzich. The Kaurna Walking Trail, which links 17 significant sites along the River Torrens (Karrawirra Parri), North Terrace and into Victoria Square (Tartanyangga), is also a free way to learn more about Kaurna history. Outside of the city, visit the Living Kaurna Cultural Centre in Warriparinga. Here, you can take part in workshops covering bush tucker, weaving, art, and go on tours.

ART

Tandanya, the National Aboriginal Culture Institute, is a centre for Aboriginal art, as well as dance, theatre and circus performances. The South Australian Museum is home to the largest collection of Australian Aboriginal cultural material in the world, and the Art Gallery of South Australia hosts the annual Tarnanthi exhibition, which displays contemporary Aboriginal and Torres Strait Islander art.

FOOD

Australia is home to lots of native plants and ingredients, which have been used by Aboriginal people for tens of thousands of years as both food and medicine. Something Wild in the Adelaide Central Market is a great place to learn about native ingredients, and to purchase something unique to incorporate into your cooking. Red Ochre in North Adelaide is a popular restaurant serving dishes made with native Australian ingredients and meats.

MUSIC

Music is a big part of Aboriginal storytelling, and traditional instruments such as the didjeridu, bullroarer and clapsticks are still used today. Make sure to check out artists such as Yothu Yindi, A.B. Original, Baker Boy and Thelma Plum.



EVENTS

NAIDOC Week

NAIDOC Week is a celebration of Aboriginal talent and culture, held in the first week of July. Each year, a different Australian city is chosen to host the welcoming ceremony, and a different theme is picked. Awards are given to celebrate the achievements of Aboriginal people, such as the Person of the Year Award, and the Caring for Country Award.

National Reconciliation Week

National Reconciliation Week is a time for Australians to learn about Aboriginal culture and history as a part of reconciliation. It lasts from 27 May, the anniversary of the 1967 referendum

that allowed for Aboriginal people to be counted in the census, to 3 June, the anniversary of the High Court Mabo decision that recognised native title in Australia.

National Sorry Day

National Sorry Day, held on 26 May, is a day for Australians to acknowledge and raise awareness of the struggles of Aboriginal people, especially the impact of the Stolen Generation. The day was initiated in response to the absence of an apology by the Australian Government. Since their official apology in 2008, it has become a day of recognition and remembrance.

**The events listed above may be rescheduled. Check their websites/social media for updates.*

City centre

Adelaide's CBD is the best of both worlds. It's packed with busy shopping, eating and entertainment districts, but you'll find a park or garden on every corner, for a relaxing break from city life.



Highlights

Adelaide's city centre is rich with heritage architecture and cultural highlights. For a taste of this, head to tree-lined North Terrace. There, you'll find the Mortlock Wing in the State Library of South Australia (named one of the most beautiful libraries in the world!); the South Australian Museum, with world-class natural history and cultural collections; and the Art Gallery of South Australia, which hosts free tours every day, as well as First Fridays, which allow late-night viewings on the first Friday of every month. Elsewhere in the city grid, must-visits include the ACE Open and Samstag art galleries, and MOD., a futuristic museum of discovery. In Adelaide, entry to arts and culture sites are often free, or will have discounted tickets for students. Make sure to carry your student card with you!

There's no room for bad food in Adelaide. If your budget allows for it, Africola and Golden Boy are two incredible international options, serving African-inspired dishes and Thai favourites, respectively. Both restaurants are perfect for dinner with a big group of friends. Around Rundle Mall, you'll find popular and affordable lunch spots, such as Mr Viet and the hidden gem NanYang Cafe. But, for some of the best eats in town, head to the Adelaide Central Market. Inside, amongst the fresh, local produce

(perfect for your weekly grocery shop), you'll find the always-busy Le Souk and Lucia's. In the streets surrounding the market and Chinatown, try Korean fried chicken at Ban Ban, grab a late-night feed from Ying Chow, or treat yourself to a sushi boat at Wasai. For dessert, hit up Shibui or the award-winning 48 Flavours for gelato.

All around the city you'll find entertainment and nightlife hotspots, perfect for your weekends off. Grab your friends for a round at Holey Moley, which serves up cool cocktails and pop-culture-themed mini-golf, i Darts electronic darts bar, or visit K Illusion for karaoke. Join fellow students for a drink at the always-popular West Oak Hotel, Cry Baby or The Exeter Hotel. For a cocktail, visit The Howling Owl gin bar, or Bibliotheca for literature-themed drinks.

One of Adelaide's most recognisable sights is the 'Mall's Balls'. To spot those, you have to head to Rundle Mall, the city's pedestrian-only shopping hub. It's here that you'll find a range of department stores; big international brands such as Adidas Originals, Nike, Sephora and H&M (which often offer student discounts, so always ask). Adjoining Rundle Street has outdoor stores Kathmandu and Macpac; second-hand shops; and funky boutiques such as Miss Gladys Sym Choon. For unique, locally produced merchandise to take home, check out Urban Cow Studio and Have You Met Charlie?.



Community facilities

Adelaide City Library (there's one in Rundle Mall, another on Hutt Street) offers free membership and lets you borrow books, download films and magazines, hire quiet spaces, use free Wi-Fi, and access printing facilities. Plus, their Virtual Library is open 24/7 and is perfect if you can't get to the libraries in person. The city libraries also offer Justice of the Peace services, and you can even join a book club! In Adelaide CBD you'll also find the State Library of South Australia, the largest public reference library in the state. Here you can access the free English Language Improvement Service,

which includes conversation groups to practise spoken English, and desk tutors for one-on-one help.

The city is surrounded by the Park Lands, which contain free public basketball courts, tennis courts, jogging tracks and permanent exercise equipment. You can also check out Volleyball SA to join a team and play at City Beach, the inner-city beach volleyball court. Adelaide is known as the 'City of Churches', and there are many churches hidden throughout the CBD. Other places of worship include Central Adelaide Mosque on Little Gilbert Street, the oldest permanent mosque in Australia.

Unique experiences

The River Torrens / Karrawirra Parri is the unmissable waterway that snakes through Adelaide. Throughout the year, you'll find festivals taking place on the banks of the river, alongside some unique water-based activities. You can take a trip on the iconic Popeye, a heritage boat that makes mini-cruises up and down the river. Options include a simple sightseeing cruise (\$13 for concession tickets); the Devonshire Tea cruise, which includes fresh-baked scones; and the Gin Cruise, a floating gin masterclass held in collaboration with local South Australian gin distiller, Prohibition Liquor Co. There's also Adelaide Gondola, a romantic Venetian experience; and BBQ Buoys, which

allows you to hire a buoy with friends, pack a picnic and some sausages for the barbecue, and enjoy an afternoon on the water.

The escape room phenomenon has exploded across Adelaide. There are a range of different rooms, some with their own special Adelaideian twist, such as Escape Hunt's 'Great White Killer', inspired by South Australia's nautical history. Adventure Rooms hosts the retro 'Mafia' room (difficulty rating: 5 out of 5!), while Mindshift Escape Rooms' 'Gypsy Manor' is a paranormal puzzle. The more people there are to unlock the room's puzzles, the cheaper the tickets are, so grab your smartest friends and get escaping!





Inner East

Adelaide's Inner East is packed with tree-lined streets, such as the bustling The Parade shopping and entertainment district, quirky eateries, historical architecture and boutique stores. Plus, it's an easy bike ride from the city.

Highlights

The Inner East is full of history and culture, with beautiful old buildings and houses on every street. One of the most recognisable landmarks in the area is Norwood Concert Hall. Built in the 1800s, it now hosts a broad program of events – everything from book talks with world-renowned authors and concerts by international musicians, to cultural events, antique fairs and handicraft markets. While there, you can pick up a guide to the Kensington Village Walk for \$3 and explore the area's historic sights, or do the Parade Cultural Walk with the free online map.

When you need a break, do as the locals do and visit one of the area's many incredible cafés. If you're serious about coffee, try Tell Henry or Octeine Coffee. The Lost Deli serves an entirely plant-based menu, while Pavé Cafe offers Instagrammable brunch dishes. For an affordable lunch, check out Nordburger, which does classic American fare, and its companion Rainbow Island, for milkshakes and sundaes; or visit KOKKO, a Korean fried chicken spot that limits its serves to 100 per day, so you're guaranteed the best. For dinner, head to one of the many incredible heritage-listed pubs, such as The Colonist, a quirky art-filled tavern; and The Kensington Hotel.

Both have drink and meal specials on different nights of the week, so check online for when these are and save yourself some money.

For a night out with friends, head to Cue Bar, a pool lounge that stays open late. Popular with students, Cue Bar features a foosball table and a video jukebox so you can control the music. Or try Kingpin Norwood, where you'll find bowling, laser tag, an old-school arcade, and a fully licensed bar. All activities are discounted before 4pm on weekdays (bring your student card and you'll get an extra 10% off). Along The Parade you'll find Hoyts cinema – look for Saver sessions to get cheaper tickets.

The Parade and Burnside Village shopping centre are the Inner East's main shopping destinations. They are perfect for high-end shopping, with international brands such as Zara and Tommy Hilfiger. The Inner East is also a haven for thrift shopping, with charity op-shops such as St Vincent de Paul (known to locals as 'Vinnie's'), RSPCA and Save the Children all located within a few metres of each other. For unique gifts, visit A Trip to the Moon, a cool lifestyle store; Dillons, the largest independent family-owned bookstore in South Australia; or the colourful Tiff Manuell store.

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Community facilities

Norwood Library is a quiet space to escape and sit down with a book. Open Tuesday through Sunday, you'll find free Wi-Fi, a section for language resources, and Kindles available to loan pre-loaded with eBooks. At Payneham Library, you have access to the English Language and Literacy program, with classes held during school terms to practise language skills. Both libraries also have a Road to IELTS resource if you're practising for the test.

Whether you love to lift weights, practise Pilates or relax with yoga, you'll find plenty of venues offering each on The Parade. If you prefer to swim, try the Norwood Swimming Centre, with outdoor lap pools shaded by huge gum trees. The centre also has outdoor barbecues and picnic tables – perfect for leisurely afternoons by the pool with friends. If you'd prefer to have swimming lessons first, the Norwood Swim School, located on The Parade, has classes for all ages and skill levels.

Unique experiences

South Australia is world-renowned for its wine regions, but if you can't get to the Barossa Valley or McLaren Vale, grab some friends and do the Eastside Wine & Ale Trail (EWAT), an accessible, suburban version of a traditional wine tour. Hop onto the City of Norwood, Payneham and St Peters council website, where you'll find the free, downloadable EWAT map. There are nine stops in total, many within walking distance of each other, taking you from funky wine bars such as Ferg's Stepney, with live music and pizza, to Little Bang Brewing Company, whose Tap Room plays host to regular comedy and quiz

nights, to quiet tasting spots such as Signature Wines.

Another wine highlight, next to the Adelaide Botanic Gardens, is the eye-catching National Wine Centre of Australia. This public exhibition building showcases winemaking in South Australia with a permanent, interactive exhibition, while the Wine Discovery Journey tour will teach you everything you need to know about wine. The building's unique architecture and fantastic vineyards are must-see attractions, even if you're not a wine fan.



Inner West

The alternative and multicultural Inner West is perfectly located halfway between city and beach. A popular spot for students to live, the West is also a foodie's dream come true.



Highlights

The Inner West is Adelaide's bohemian, artistic hub. For decades the area has been popular amongst settling migrants, giving it a diverse, multicultural feel. Plus, it means there are countless opportunities to try food from all around the world. For breakfast, head to the friendly Loveone Cafe; or The Loose Caboose, a café housed in the old Bowden Railway Station, built in 1856. For dinner, enjoy Afghan food at the always-busy Parwana (make sure to book in advance); head to Taverna Greek Psistaria for some Mediterranean treats; or try British Raj, with food that's perfect for sharing with a group of friends. If you'd like something to take home, Jarmer's Kitchen offers a number of international 'heat and eat' meals.

A large number of quality pubs dot the Inner West. Even if you don't drink alcohol, keep these in mind for cheap midweek meal deals. Highlights include The Wheatsheaf Hotel, with its outdoor beer garden, roaring fireplaces, board games and craft beer on tap; and West Thebby Social Club, with its regular quiz nights and \$5 burgers. For late-night entertainment, go ice-skating at IceArena in Thebarton; or try BOUNCEinc, an indoor trampoline park that's open late on Friday and Saturday nights. If you're looking for fun ways to

get fit, take part in the indoor rock-climbing phenomenon at Adelaide's Bouldering Club in Thebarton; or try your hand at fencing at Charles Sturt Fencing Club.

The West is all about live music. There are some incredible venues that operate out of historic buildings, such as The Gov and the Thebarton Theatre, both of which have hosted huge international bands, up-and-coming local musicians, comedians and performers for years. For larger events, Adelaide Entertainment Centre, with its own conveniently located tram stop, hosts everything from ice hockey matches to theatre productions and musicals. RUMPUS and Holden Street Theatres are perfect places to discover independent theatre performances.

For shopping, explore Elizabeth Street (more commonly known as Queen Street) in Croydon, where you'll find retro vintage stores such as Hype and Seek, and eclectic homeware stores such as Her Name Was Nola. Definitely make time for a pastry from Abbots and Kinney. If you need a quick, one-stop shop for groceries and essentials, go to Brickworks Marketplace. You can also find a range of specialty international grocers, such as Asian Grocery or Day2Day Halal Supermarket, along Henley Beach Road.



Community facilities

19 on Green is an open-access community centre with 24/7 free Wi-Fi. It hosts yoga sessions, art workshops and cooking classes, which are often free or cost very little. There are two major libraries in the area: Hamra Centre Library and Hindmarsh Library. Membership is free and gives you access to the One Card Network, meaning you can borrow books from libraries across Adelaide. You can also access services such as printing and laminating, and a Justice of the Peace. There is also the Mobile Library, a

public library built on the back of a truck that travels around the western suburbs.

Thebarton is home to Thebarton Aquatic Centre, a seven-lane, 25-metre lap pool, featuring lessons for all ages. Entry is only \$7 for students. There's also the Adelaide Badminton Centre, where you can hire a court with friends or join a social session for a small fee. Brickworks Medical Centre and Hindmarsh Bowden Health both offer excellent healthcare services, including family health services, mental health care, skin checks, travel immunisation and sports medicine.

Unique experiences

There's always something happening at Plant 4 Bowden. On Wednesdays and Fridays you'll find late-night markets with live music and pop-up food stalls, and there are regular events such as the Plants at Plant 4 plant sale (perfect for adding some greenery to your house), and the Creative Lifestyle Market, where you'll find stalls from local artists, vintage clothing stores and independent creators. Plant 4 is also packed with permanent eateries. Grab fresh bread to take home from The Lost Loaf, or try sustainable café My Grandma Ben. If you're looking for some cooking inspiration, book a class

at Sprout Cooking School. These hands-on classes teach you how to prepare meals to a specific theme (such as Mediterranean or vegetarian), and give you the recipes to take home.

Remember when we said the Inner West is perfectly located between the beach and the city? Well, the tree-lined River Torrens Linear Park Trail is the most picturesque way to get between the city centre and West Beach, via the western suburbs. The trail is flat and paved, perfect for walkers and cyclists, with great cafés along the way if you need a break.





Adelaide beaches

White-sand shores surrounded by calm ocean, pebble beaches with mega-waves for surfing, and rocky bays framed by huge cliff faces – Adelaide has it all. Remember to stay sun-safe and, if swimming, stay between the yellow and red flags.



Glenelg

One of Adelaide's busiest but most unmissable beaches. Glenelg is incredibly accessible: the tram from the CBD takes you right to Moseley Square in the heart of bustling Jetty Road.

Aldinga

One of the only beaches you can drive a car onto, Aldinga Beach is wide and flat, making it great for a game of cricket, or swimming in the shallow water.

Henley

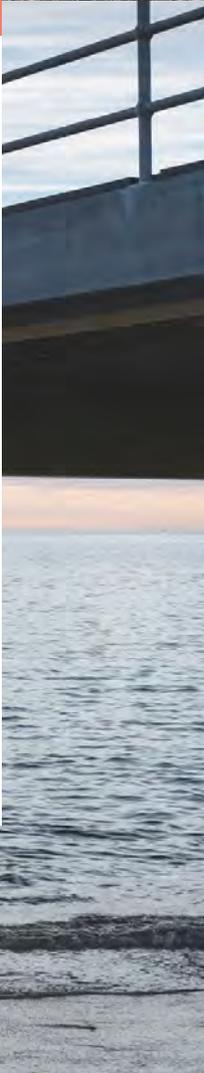
Surrounded by high-end restaurants and boutique cafés, this is a great place to enjoy a stroll along the sand with an ice cream after dinner. Plus, it's only 15 minutes from the CBD.

Seacliff

If you want to enjoy water sports, head to Seacliff where the water is calm. You'll see windsurfers, paddleboarders and jet skiers – and you might even spot a dolphin!

Semaphore

With its famous Esplanade – known for its sunsets and Instagrammable jetty, and packed with art deco buildings, restaurants and shops – Semaphore is amazing for a summer day out.



Ordering coffee

Some people can go a bit wild with their coffee orders, but here are the basics of ordering a cup of coffee in Australia.



LATTE



FLAT WHITE



CAPPUCCINO



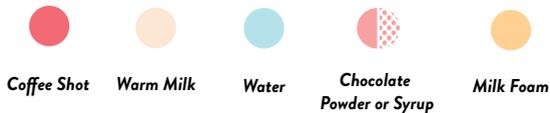
LONG BLACK



ESPRESSO



MOCHA



Inner South

The suburban Inner South is quiet, filled with relaxing green spaces and colourful cafés. Plus, it's the gateway to some of the most beautiful views in Adelaide.



Highlights

The Inner South is an excellent choice for accommodation, with its accessibility to both the city and southern campuses, including Flinders University and the University of Adelaide Waite Campus. You'll be close to popular dining/shopping hubs, such as those along King William, Unley and Goodwood Roads, but you'll also find the area incredibly calm and tranquil – the best of both worlds! To get to know the area better, take the free, self-guided Goodwood Road History of Art Trails (you can find more details on the Goodwood Road website), which goes through the area's rich history and culture.

You'll never go hungry in the Inner South. In the mornings, check out one of the many excellent cafés. Pickle in the Middle offers all-day breakfast; Whistle & Flute is a café and bar, so you can enjoy your brunch with a salted caramel espresso martini; or pick up a delicious croissant from Jenny's Gourmet Bakery. In the evening, head to Quetzalcoatl Mexican Restaurant; try the tempura at ShoSho izakaya; or grab a pizza with friends at Melt Hyde Park (they do dessert pizzas, too!). For something unique, try Plant B Life's plant-based, four-course, interactive dining experience. Finish your night at one of the many late-night dessert

bars. There's Eggless, a vegan dessert café with dishes made from locally sourced ingredients; Spats Coffee Lounge, with its Victorian décor and cozy velvet couches; or grab a cocktail from The Flying Trunk.

On the weekends, catch a movie at the art deco Capri Theatre, which offers both current and cult film screenings, or head to Zone Bowling for some old-school bowling or laser tag with friends. Concession tickets are available, so bring your student card. Keep an eye on what's happening at the Adelaide Showground, too. It's the city's largest multipurpose venue, and you'll find huge events occurring year-round, including the Royal Adelaide Show in September; music festivals such as Spin Off and Groovin the Moo; and Supanova Comic Con & Gaming, a pop-culture fan convention.

The Inner South is great for thrift shopping, and for checking out independent stores such as Frock Me Out and Ettielnk. There is also an excellent range of specialty supermarkets, including Bangla Dokan for Bangladeshi, Indian, Nepalese and Pakistani groceries; and Goodwood Fresh, where you can shop online for fruit and vegetables and have them delivered to your door.





Community facilities

There are a number of community centres throughout the Inner South that offer a variety of services. You can pick up selected cheap groceries at Clarence Park Food Co-op, or take English language classes at Fullarton Park Community Centre, which also hosts the monthly Fullarton Market, with stalls selling food, plants and crafts.

For a quiet study spot, head to the Goodwood and Unley Civic Libraries. Both offer a wide selection of fiction and non-fiction books and free Wi-Fi. The Unley Swimming Centre is open

from September to May. Casual entry is just \$6.40 for students, with coaching sessions offered to swimmers of all levels. Goodwood Community Centre hosts No Lights No Lycra sessions every week, where participants dance in a pitch-black room with music blasting. There are also two outdoor ping pong tables at The City of Unley Civic Centre and Fullarton Park Community Centre for public use.

There are several medical centres in the area. Hughes Clinic offers minor surgical procedures, counselling and pre-employment medicals, while Kings Park Clinic can cover all of your general medical needs.

Unique experiences

The suburbs of the Inner South are bordered by the Adelaide Hills, which contain some must-visit places. Brownhill Creek Recreation Park is popular for short hikes and bushwalking amongst the 300-year-old gum trees, mountain biking, and picnics at the Seven Pines picnic area. Or, head to any of the walking trails around Mount Osmond for some of the most beautiful views of Adelaide.

No trip to the Inner South is complete without visiting the Adelaide Showground Farmers' Market. Each

weekend, local farmers and producers sell their fresh, seasonal produce, while local Adelaide foodie-celebrities sell baked goods and special stock (highlights include Jamface by Poh and Maggie's Orchard). The market is also packed with food stalls, so even if you're not shopping, stop by for lunch on a sunny day. Other events at the Showground include the semi-regular Gilles at the Grounds, a creative, vintage, indoor market, where you can book a space with friends and sell your used goods; and Bowerbird Design Market, a showcase of local Aussie artisans.



Inner North

The picturesque Inner North is famous for its beautiful old heritage architecture, incredible green spaces and 24-hour bakeries, packed with hungry students from the nearby residential colleges.



Highlights

On the way to North Adelaide, across the River Torrens from the CBD, you'll pass one of the city's most recognisable landmarks: St Peter's Cathedral. This magnificent work of architecture is open at select times during the week for visitors, free guided tours, and services. It's worth taking your camera for an evening visit, too, when the outside of the cathedral is lit up. If it's a nice day, definitely take the time to meander along the 'Folks on the hill historic trail', which takes you past many of the area's incredible 1800s mansions. You can find a map on the City of Adelaide website.

The Inner North is all about cafés. Head to Melbourne Street for some of Adelaide's best, such as the award-winning E for Ethel (there's also free Wi-Fi, so it's an excellent study spot); UR Caffè, with its Asian-inspired breakfast menu; Veneziano, where they roast their own coffee; and Saintgarde, a fancy, boutique clothing store that has a coffee shop and hidden courtyard down a secret alleyway. Or, visit The Flying Fig Deli, a Jewish delicatessen on Jeffcott Street, for house-made pastrami and bagels. If you're in the area for dinner, visit Zapata's Mexican Restaurant. Wednesdays are half-

price nachos night – perfect for an affordable dinner with friends. On nearby O'Connell Street, you'll find everything from thin-crust pizzas at Tony Tomatoes; jaw-dropping burgers at Chuck Wagon 175; and Indian tapas at Drunk'n Monkey.

North Adelaide is also a student haven, home to many university residential colleges. So, there are a number of cheap late-night takeaway joints and 24-hour bakeries, always busy with students. Some standout food experiences include: ordering an 'AB' (think hot chips, gyros meat, garlic-y tzatziki and barbecue sauce) from either the Blue and White Cafe or the North Adelaide Burger Bar; and enjoying an oozy vanilla slice at midnight at the Bakery on O'Connell.

On weekends, catch a movie at the very retro Piccadilly Cinemas; try your hand at golf at Par 3 (it's open to all levels of experience); see what's on offer at Adelaide Oval (take your pick of cricket in the summer, or AFL in the winter); take a jog around the area along the 2.2km University Loop (if you're lucky, you can hear the animals at Adelaide Zoo during feeding time); or book a class at the Adelaide Chocolate School and learn how to make delicious chocolatey treats.



Community facilities

North Adelaide Community Centre is centrally located just off Tynte Street and offers a range of services, including free internet access, library borrowing, community gardening, and regular classes, including learning English and other languages (why not try German?).

For all your fitness needs, visit the Adelaide Aquatic Centre. It's open seven days a week, and there are swimming pools, fitness classes and a fully-equipped gym, covering all your exercise needs. For fun, there is also a leisure pool with water slides. One-off

passes to the pool cost only \$6.80 for students. Gym entry is \$21, though it can pay to purchase a membership if you know you'll be going regularly. Or, grab a racket and head to the Memorial Drive Tennis Club. Social tennis sessions run on Wednesday and Saturday afternoons, and you can mix with players of all ages and skill levels – check the website for more details.

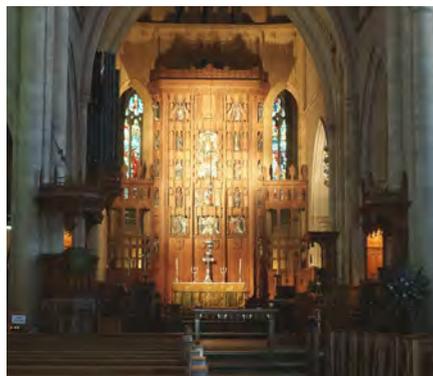
North Adelaide has a significant amount of medical facilities. The largest in the area is the Women's and Children's Hospital, while the North Adelaide Family Practice caters to a variety of healthcare needs.

Unique experiences

The Adelaide CBD is famous for being easy to navigate. It's laid out in a grid, with wide streets and town squares. This layout of Adelaide is known as Light's Vision, and in the Inner North, you can spot a wonderful little acknowledgement of its creator. Light's Vision on Montefiore Hill is a tribute to the surveyor-general of Adelaide, Sir William Light. The statue's location offers an unparalleled view of Adelaide and of Light's city planning. Another unmissable spot in North Adelaide are the horse paddocks at Lefevre Park/

Nantu Wama. It offers a unique view of the Adelaide Hills and, although it is mere moments from the city centre, it feels a world away.

The Adelaide Gaol is one of the oldest remaining colonial public buildings in the city. While it's an excellent spot to learn more about the hidden secrets of Adelaide's history, it's also one of the most haunted places in town. Ghost tours run regularly or, if you're feeling especially brave, join a paranormal investigation with Adelaide's Haunted Horizons, where you explore the Gaol ground with all the supernatural-hunting equipment you need.





Activities

PHOTOGRAPH MOUNT LOFTY BOTANIC GARDEN

With an incredible range of gardens and gullies, artworks and sculptures, Mount Lofty Botanic Garden covers a huge 97 hectares of beautiful and colourful fauna. Perfect for a trek along one of the trails, or a picnic with friends.

SEE A SHOW

Whether it's comedy or opera at one of Adelaide's many festivals, live music at Thebarton Theatre, a musical at Her Majesty's Theatre, or a play at the Adelaide Festival Centre, make sure you catch a show in Adelaide!

GO BUSHWALKING

Unlike other capital cities across Australia, a 15-minute drive from Adelaide CBD will plunge you into dense, lush forest – perfect for a stroll, or a more serious hike. Check out Walking SA to find the perfect route for you.

KART AT THE BEND

Just outside Adelaide is Tailem Bend, where you'll find The Bend Motorsport Park, a racing circuit built on a former Mitsubishi Motors test track. Race some of the fastest hire karts in Australia, with speeds of up to 75km per hour.

DRIVE DOWN SEPPELTSFIELD ROAD

No visit to the Barossa Valley is complete without a drive down the iconic Avenue of Palms on Seppeltsfield Road, where Canary Island date palms line both sides of the street. Then, stop at the beautiful Seppeltsfield winery for a tasting.

PICK STRAWBERRIES AT BEERENBERG FARM

Strawberry picking has been running at the famous Beerenberg Farm since 1975, usually during the warmer months between November and April. Head to the farm shop after picking and pay for the fresh strawberries you've found.

PICNIC AT CARRICK HILL

The Carrick Hill historical property, with its landmark 17th century-style English manor house, is an incredible spot for a picnic with friends. While inside the house, take a guided tour and check out the art collection.

VISIT AUSSIE WILDLIFE

It's pretty common to spot a wild kangaroo in Adelaide's forested areas, but if you want to be guaranteed time with famous Aussie wildlife, head to Cleland Wildlife Park, one of the only places in Australia where you can hold a koala.

EXPLORE THE BOARDWALK

The Hallett Cove Boardwalk starts in the suburb of Marino, and takes you along the rugged clifftop of the coastline. Keep an eye out for trail signs that tell you more about the environment and sealife of the area.

KARAOKE IN THE CITY

Every Adelaide local has their favourite karaoke spot – time for you to find yours. The Voice Karaoke Bar has 17 different themed private rooms; try karaoke and darts at iDarts; or sing for a passionate crowd at La Sing.

Festivals in Adelaide

Known around Australia as the Festival State (you'll find it emblazoned on car license plates!), South Australia definitely lives up to its reputation. Every month, events celebrating arts, culture, music, food, sports, history, and more pop up around the state. Festivals in SA outsell the rest of Australia's, leading in ticket sales, revenue and attendance.

Highlights

Living in Adelaide, you can't miss Mad March. There's the Adelaide Fringe Festival with its incredible Garden of Unearthly Delights to explore plus the Adelaide Festival and its spectacular lineup of performers, Adelaide Writers' Week, and WOMADelaide (the World Of Music, Arts & Dance festival), all at once!

WHAT WILL IT COST?

Each festival offers tickets that will suit every budget. Some of the smaller events offer free entry, while more expensive events will usually have student discounts on tickets.

WHAT'S ON OFFER?

There's something for everyone when it comes to SA's festivals. Check out our guide to Adelaide's annual events for some monthly highlights, or visit the City of Adelaide or South Australia websites for a comprehensive list of what's happening.

cityofadelaide.com.au

southaustralia.com

A week in Adelaide

MONDAY

Every week at the Rhino Room on Pirie Street, Adelaide Comedy hosts One Mic Stand, an open mic night for up-and-coming comedians, established local acts and first-timers. Tickets are \$10 and there are giveaways throughout the night.

WEDNESDAY

Every Wednesday from 5-9pm is the Plant 4 Bowden night market. All of the regular eateries and retail stores are open, with the addition of live acoustic music, special pop-up stalls selling food and gifts, and the Plant 4 Bar.

FRIDAY

Every Friday night, come rain or shine, Chinatown by the Adelaide Central Market is the place to be. The streets are full of people having dinner at the many incredible eateries in the area or enjoying a late-night dessert.

SUNDAY

The Fishermen's Wharf Markets in Port Adelaide is open every Sunday, selling food, various unusual bric-a-brac, vintage finds and eclectic second-hand goods. The market is located next to the iconic Port Adelaide Lighthouse and the water, where you can go dolphin spotting.

TUESDAY

Enjoy trivia every Tuesday at The Original Coopers Alehouse – just ring up and book a table for you and your friends. Or, head to the Crown & Anchor pub for Cranker Comedy, where entry is via donation.

THURSDAY

The biggest and best bar night for students in Adelaide is Westy Thursday at the West Oak Hotel, located next to the University of South Australia's City West campus, with drink specials, DJs and themed dress-up nights throughout the year.

SATURDAY

We Used To Be Friends is a free live music night for students every Saturday at the Adelaide UniBar on the University of Adelaide campus. From 7pm until late, enjoy discounted drinks, local bands and battling your friends on NBA Jam.

A year in Adelaide

JANUARY

SANTOS TOUR DOWN UNDER

The Santos Tour Down Under is the biggest cycling race in the Southern Hemisphere and marks the beginning of the UCI World Tour.

tourdownunder.com.au

FEBRUARY

ADELAIDE FRINGE

The month-long Adelaide Fringe is the second largest annual arts festival in the world, packed with theatre, comedy, circus and more.

adelaidefringe.com.au

ADELAIDE FESTIVAL

The world-renowned Adelaide Festival comprises opera, theatre, cabaret, classical and contemporary music events.

adelaidefestival.com.au

MARCH

WOMADELAIDE

A festival celebrating the World Of Music, Arts & Dance.

womadelaide.com.au

APRIL

TASTING AUSTRALIA

A festival dedicated to eating and drinking, showcasing the best of South Australia's local produce and culinary artists.

tastingaustralia.com.au

MAY

SOUTH AUSTRALIA'S HISTORY FESTIVAL

An event exploring South Australia's rich Aboriginal and migrant history, with walks, talks, exhibitions and workshops held state-wide.

historyfestival.sa.gov.au

JUNE

ADELAIDE CABARET FESTIVAL

The world's biggest cabaret festival brings some highly unusual and spectacular performances to Adelaide.

adelaidecabaretfestival.com.au

COVID-19 RESTRICTIONS MAY IMPACT THESE EVENTS AND DATES MAY BE SUBJECT TO CHANGE - MAKE SURE YOU CHECK THE WEBSITES.

JULY

AVCON

Adelaide's Anime and Video Games Festival, AVCon features the largest cosplay competition in the state, video game tournaments, screenings and a number of stallholders.

avcon.org.au

AUGUST

SOUTH AUSTRALIAN LIVING ARTISTS (SALA) FESTIVAL

This state-wide celebration of visual art turns a range of unique venues, like hairdressing salons, into temporary art galleries.

salafestival.com

SEPTEMBER

ROYAL ADELAIDE SHOW

South Australia's longest running event, the 'Show' includes carnival rides, petting zoos and fireworks.

theshow.com.au

OCTOBER

OZASIA FESTIVAL

OzAsia Festival features music, art and theatre from across the Asian continent.

ozasiafestival.com.au

ADELAIDE FILM FESTIVAL (AFF)

The AFF showcases local Australian and international films, with screenings, forums and special events.

adelaidefilmfestival.org

NOVEMBER

FEAST FESTIVAL

A celebration of LGBTQI+ art and culture, with musical events, theatre, drag performances and film.

feast.org.au

DECEMBER

CAROLS BY CANDLELIGHT

Carols by Candlelight is the state's largest Christmas concert. Bring a picnic and sing along with the crowd.

adelaidecarols.com.au



Live music

As a UNESCO City of Music, Adelaide has an incredibly diverse and accessible live music scene across every genre. Performances range from free nights in the front bars of pubs, to shows with thousands of attendees at Adelaide Entertainment Centre or Botanic Park.

THE BARTON THEATRE

The 'Thebby', as it's fondly known to locals, is an absolute must-visit. An iconic venue in Adelaide's entertainment history, this 1928 theatre has hosted all kinds of acts, including international pop icons, jazz and blues singers, grungy rock shows, and symphony orchestras. Conveniently located on Henley Beach Road, it's easily accessible by public transport.

LION ARTS FACTORY

Adelaide's highest concentration of university and TAFE campuses is in the CBD's west, and the Lion Arts Factory is in the middle of them all. The red brick building, with what looks like yellow paint pouring from its windows, mainly hosts Australian alternative and indie acts. It also has cheap drinks available, which is great for its student crowds.

ADELAIDE TOWN HALL

Classical music lovers have an incredible choice of venues throughout Adelaide, but the Adelaide Town Hall is one of the finest. Acts from around the world come to perform at this grand venue in the heart of the city. There are concession tickets available to almost every performance, so students are eligible for discounts.

THE BEST OF THE REST

Heading to one of Adelaide's many pubs can be one of the best (and cheapest) ways to hear live music, while supporting up-and-coming musicians. Some excellent places to start include The Exeter Hotel, with its indoor beer garden; The Jade, housed in a beautiful old heritage building; the gritty Crown & Anchor; and the very eclectic Grace Emily Hotel.

GIG GUIDES

To check what live music is on, check the Music SA gig guide. However, one of the best ways to see what performances are on is to search the social media channels or website of individual venues for updates.

music.sa.gov.au/gigs

songkick.com

scenestr.com.au

Cinema

There are several major cinemas across Adelaide, including Palace, Event Cinemas and HOYTS. You can also find smaller, more unique film experiences at locations such as Mercury Cinema and Adelaide icon Capri Theatre, which play everything from international blockbusters to retro cult classics.

Event Cinemas, Palace Nova, HOYTS and Wallis Cinemas are located across Adelaide, each playing the newest release films and old classics. Signing up for Event Cinemas' Cinebuzz rewards program as a student means you can collect points for every movie you see; after six, you get a free ticket. The cinema's student night is Monday, with \$8 tickets for certain films. Palace Nova presents annual Spanish, British, German and Greek film festivals, just to name a few, and offers cheap student tickets. By applying for a free loyalty Star Card, you can access exclusive discounts.

For an old-school movie-going experience, head to the Windsor Theatre in Brighton (built in the 1920s and complete with velvet seats and a balcony) for a \$10 double feature. There's also the Capri

Theatre in Goodwood, built in 1941, which is home to an old theatre pipe organ that plays before evening sessions on Tuesdays, Fridays and Saturdays. The Mercury Cinema in the CBD is a not-for-profit theatre with a unique program.

During the summer months, the Moonlight Cinema is set up in the Botanic Gardens, with food stalls and bean bag chairs available to rent. If you want to save money, bring your own food and blankets and set up a picnic area. For those with a car, a must-visit is the Mainline Drive-In. In October, check out the Adelaide Film Festival, which shows premiere international film screenings, documentaries and locally produced features.

WHAT'S ON

The website and social media of the cinema you want to visit will give you the most accurate information on what's screening and when. Or, check out the guide at flicks.com.au.

Camping

To learn more about camping, visit the Caravan and Camping SA website for free guides, the National Parks South Australia website for a comprehensive list of all national parks that allow camping, as well as booking information, or download the WikiCamps app - a dedicated camping travel app.

caravanandcampingsa.com.au

parks.sa.gov.au

Before you go camping, make sure you do your research and print maps of the area. This will help you understand the park's layout, whether you need to book a campsite in advance, what you should pack, and the particular rules enforced at the campsite (for example, whether you are allowed a campfire).

BELAIR NATIONAL PARK HOLIDAY PARK

Less than 30 minutes from the city, Belair National Park is packed with serene walking trails and native wildlife. The Holiday Park has a pool in the summer and free barbecues, where guests can enjoy the day outside.

COORONG NATIONAL PARK

This famous park features three main camping areas, the most popular of which is 42 Mile Crossing. For only \$16.50 per night, you get a secluded

campsite, with easy access to the area's white-sand beaches. As the site is busy with families in the summer, visit in late spring or early autumn.

WAITPINGA CAMPGROUND

For incredible views and camping under the stars, Waitpinga Campground in Newland Head Conservation Park is a must-stay. Although the beaches are not suitable for swimming, there are rolling hills and rugged cliffs that offer panoramic views all the way over to Kangaroo Island.

KUITPO FOREST

The popular Chookarloo Campground in the Mount Lofty Ranges is situated within a dense eucalyptus tree forest. There are unique bush camp accommodation options to book, if you don't have a tent.

FINDING ACCOMMODATION

You can hire camping gear, including tents, from Adelaide Camping Hire. Otherwise, find a camping ground that offers room or cabins for rent – they're common in popular tourist areas.

Kangaroo Island

The unbelievably picturesque Kangaroo Island – ‘KI’ to locals – is famous for its native bushland, thriving wildlife, pristine beaches, stunning sunsets and the incredibly blue ocean that surrounds it. A trip to KI is the perfect weekend getaway.

GETTING THERE

To get to KI, either fly into the town of Kingscote or catch the Sealink Ferry from Cape Jervis. KI is best explored by car (you can bring it with you on the ferry), so it’s worthwhile hiring one to give you more freedom on the island.

EATING

KI showcases the best of South Australia’s local produce. The Oyster Farm Shop in American River sells a daily harvest of oysters (get there early, as they sell out quickly), and the fish and chips at Kangaroo Island Fresh Seafoods are regarded as some of the best in the state. There are various honey farms across KI where you can sample fresh honey for free. Clifford’s Honey Farm is a must-visit for their honey ice cream.

DRINKING

Kangaroo Island Spirits has a beautiful cellar door where you can sample the distillery’s many gins and other liquors, and then buy a cocktail to enjoy in the garden. If you’re feeling brave, try the Kaffircello, a lemon-y liquor with a big hit of chilli.

EXPLORING

Use your time wisely on KI – there’s so much to see and do. Visiting the sea lions at Seal Bay; sandboarding at Little Sahara; touring the Remarkable Rocks and Admirals Arch at Flinders Chase National Park; and penguin spotting in Penneshaw are a few suggestions to get you started.



Travel

Adelaide is uniquely positioned amongst a range of diverse landscapes, all less than an hour from the CBD. Add these spots to your itinerary. There is so much to explore in South Australia. Just a few hours out of the city, you'll be met by the bright red outback and historic old towns.

Short trips

PORT ELLIOT

This coastal getaway is popular all year round, sandwiched between the towns of Victor Harbor and Middleton. In summer, you can relax on sandy beaches or swim in the clear blue waters of Horseshoe Bay, with fish and chips from The Flying Fish. In winter, go whale watching on the heritage old steam railway, The Cockle Train, as you travel to nearby Goolwa or Victor Harbor; or explore the town's beautiful heritage architecture with a famous donut flavour of the month from the Port Elliot Bakery. Get a group of friends and hire a seaside cottage for an affordable weekend away by the beach.

MCLAREN VALE

This beautiful wine region in Adelaide's south has white-sand beaches on one side and green, vineyard-covered hills covered on the other. There are countless incredible wineries with open cellar doors that offer tastings – either for free, or for a small fee that is usually redeemable on purchases. For something different, visit Maxwell Wines and try their deliciously sweet meads. McLaren Vale's iconic landmark is the d'Arenberg Cube, a whimsical museum with wine tastings on the top floor, offering panoramic views over the vineyards. While you're there, make sure to visit Pizzateca and its famous pink wall, or treat yourself to garden-grown produce at The Salopian Inn.

HAHNDORF

The oldest surviving German settlement in Australia, Hahndorf is only a 30-minute drive from Adelaide's city centre. This beautiful and historically significant town is packed with old pubs serving one-litre steins of German beer and traditional German cuisine. Shops sell locally made goods, such as cheese and honey; art galleries and antique stores are dotted along the main street; and German bakeries serve apfelstrudel and baked pretzels. Make sure to visit The German Village Shop and marvel at the intricate handcrafted cuckoo clocks.



Longer trips

COOBER PEDY

Half of the inhabitants of the famous opal-mining town, Coober Pedy, live underground. Try this unique experience for yourself by booking a stay in one of the town's many underground hotels or camping spots (not recommended if you're claustrophobic!). Coober Pedy's otherworldly landscape was used as the setting for the post-apocalyptic film, *Mad Max 3: Beyond Thunderdome*. It's important you take a tour to understand more about the history of this unique town. Highlights include the eccentric Crocodile Harry's Underground Nest, which needs to be seen to be believed, and visiting any of the old opal mines.

CLARE VALLEY

With its rich history, stunning vineyards, love of everything gourmet and range of outdoor activities, there's something for every traveller in the Clare Valley. A must-see is the famous Lake Bumbunga – during certain times of year, it turns bubblegum pink! The Reisling Trail, a 33-kilometre former railway line, takes you from Auburn to Stanley Flat, and is perfect for walking or cycling. You can stop off at any of the region's many famous wineries along the way for food and a wine tasting. In the evenings, enjoy a banquet at the award-winning Indii of Clare restaurant.

FLINDERS RANGES

Everything you've imagined about the rugged, red Australian outback comes to life in the stunning Flinders Ranges, with its incredible gorges, salt lakes, and rocky outcrops. This ancient landscape has been largely undisturbed by modern human intervention, and has a rich history with the Adnyamathanha people, the traditional owners of the land, who have lived there for thousands of years. Wilpena Pound, an iconic natural amphitheatre, is one of the southernmost attractions. It's popular for hiking and camping, and is famous for spectacular sunsets and unparalleled stargazing. To truly understand and appreciate the significance of the Ranges, attend an Aboriginal cultural tour to hear local guides sharing traditional stories.

Key contacts

CONTACT NAME	WHEN WOULD I USE THIS SERVICE?	CONTACT DETAILS
ADELAIDE METRO (PUBLIC TRANSPORT SERVICES)	Find out more about trains, buses and trams, including ticketing and timetabling information.	1300 311 108 adelaidemetro.com.au
AUSTRALIAN CONSUMER LAW	Discovering your legal rights in regards to shopping or purchasing services.	consumerlaw.gov.au
AUSTRALIAN HUMAN RIGHTS COMMISSION	If you feel you are being treated unfairly because of your race, descent, colour or ethnic/national origin then make a complaint to the Australian Human Rights Commission.	humanrights.gov.au
AUSTRALIAN TAXATION OFFICE	Contact them to arrange a Tax File Number or learn more about payments made to you while you're here.	ato.gov.au
BEYOND BLUE	A free counselling service that you can contact if you are feeling depressed or anxious.	1300 224 636 beyondblue.org.au
ADELAIDE SEXUAL HEALTH CENTRE	This STD clinic does free, immediate checkups and provides sexual health information.	7117 2800 sahealth.sa.gov.au
CONSUMER AND BUSINESS SERVICES	If you require detailed information about obligations and entitlements when buying products and services as well as private rental advice.	131 882 cbs.sa.gov.au
DEPARTMENT OF HOME AFFAIRS	This government department handles visa enquiries and issues.	immi.homeaffairs.gov.au

CONTACT NAME	WHEN WOULD I USE THIS SERVICE?	CONTACT DETAILS
COUNCIL OF INTERNATIONAL STUDENTS AUSTRALIA	They are the peak body for the interests and needs of international students.	cisa.edu.au
DEPARTMENT OF FOREIGN AFFAIRS AND TRADE (FOR EMBASSIES)	If you require help from your country's embassy within Australia.	dfat.gov.au
DEPARTMENT OF HOME AFFAIRS	This government department handles visa enquiries and issues.	immi.homeaffairs.gov.au
FAIR WORK OMBUDSMAN	For assistance in regards to discrimination at work that can't be resolved with your employer.	fairwork.gov.au
GLOBE MEDICAL	For all of your student medical and healthcare needs.	8232 7372 globemedical.com.au
HEALTHDIRECT AUSTRALIA	Outside of GP consultation hours their trained staff can help you treat non-urgent illnesses.	1800 022 222
IDP ADELAIDE	Assistance with assessing study options, including courses, applications and student visas.	08 8205 1100 idp.com/australia
STUDYADELAIDE	StudyAdelaide will support you during your time in Adelaide with events, programs to get you involved in the community, student awards, employment workshops and more.	studyadelaide.com
SKILLED & BUSINESS MIGRATION	Once you have graduated, and you think you have a skill vital to SA, contact them to assist with extending your stay.	migration.sa.gov.au
LEGAL SERVICES COMMISSION	If you need to know what your legal rights are then contact this free legal service.	1300 366 424 lsc.sa.gov.au
LIFELINE	If you need someone to talk to about your mental health, this resource is a crisis support hotline.	13 11 14 lifeline.org.au

CONTACT NAME	WHEN WOULD I USE THIS SERVICE?	CONTACT DETAILS
MIGRANT RESOURCE CENTRE	Support services to help sort out issues while you are here.	amrc.org.au
OFFICE OF THE TRAINING ADVOCATE/INTERNATIONAL STUDENT ADVISORY SERVICE	For independent advice about living, working or studying in South Australia.	trainingadvocate.sa.gov.au
OVERSEAS STUDENT OMBUDSMAN	This resource investigates complaints about problems that overseas students have with private education in Australia.	1300 362 072 ombudsman.gov.au
ROAD TRANSPORT AUTHORITY	If you plan to drive in Adelaide then find out about the road rules and what you need to get yourself into a car.	transport.sa.gov.au
SEXUAL HEALTH INITIATIVE (SHINE SA)	To talk about sexual health symptoms and advice.	1300 883 793 shineSA.org.au
STUDY IN AUSTRALIA	For basic information about studying in Australia, including information on the universities and useful contacts.	studyinaustralia.gov.au

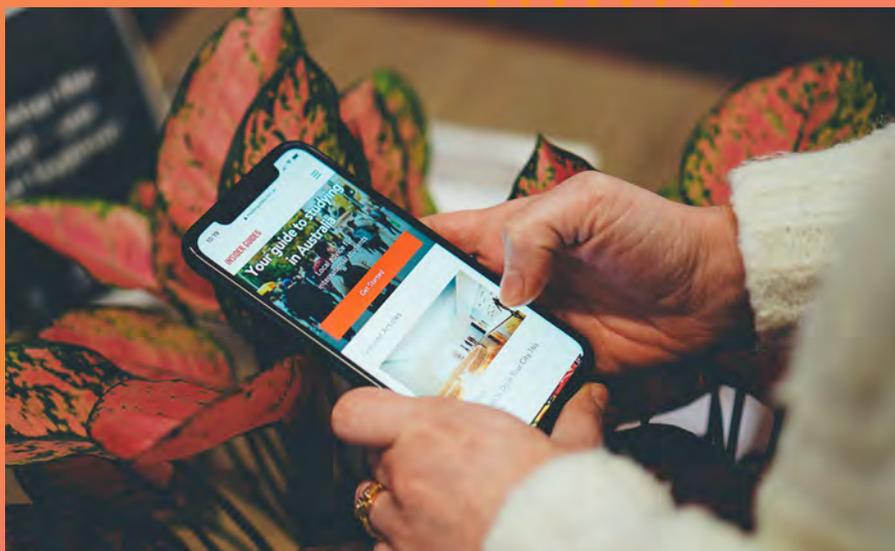
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