

# International Student Guide

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**2019**



**Perth**  
A GUIDE BY  
LOCAL EXPERTS

**STUDY  
Perth**  
AUSTRALIA



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Australia and make new friends.**

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## KEY CONTACTS AND SERVICES

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

# STUDY Perth

Where your future begins...



Connect with us on social to find out about the latest competitions, events and opportunities for international students in Perth.



[studyperth.com.au](http://studyperth.com.au)



# Wunjool!

Wadjuk Nyungar Boodjah,  
Ngallakah Boodjah.

“Welcome!  
to Nyungar country,  
our country.”



Walter McGuire  
Nyungar Cultural Custodian

I welcome all international students to our lands as they continue their journey of learning. Perth is located on the traditional lands of the Nyungar Nation.

On behalf of the Wadjuk people we respectfully acknowledge all other Aboriginal nations across Western Australia who have their own lands, culture and languages. We ask that all who visit acknowledge the First Peoples in the local areas that you live in or travel through.

We hope you feel at home with us and wish you every success in your studies.

Traditional songs | Dreamtime stories | Nyungar Culture



DISCOVER  
ABORIGINAL  
EXPERIENCES





# Get to Know Perth

Too busy to read this entire guide now? No worries! We made you a handy little checklist so you can have the best possible start to your study experience!

- Basics** - Get your Smartrider Transport card (*see page 49*), visit the Visit Perth website (to tick off the tourist spots) and follow *The West Australian* newspaper on social media to keep up to date with the city.
- Explore** - Take a walk along the Swan River to get to know the city and learn the locations of some major sites.
- Drink** - Australia is famous for coffee and Perth is no exception. Learn to order your favourite (*see page 64*) at one of Subiaco's many coffee spots (*see page 65*).
- Eat** - For a fascinating selection of food from around the world, with a focus on Asia, head to Perth's Chinatown in Northbridge (*see page 58*).
- Go Out** - For a sophisticated night out, but with a relaxed vibe, check out Wolf Lane in the city centre (*see page 54*).
- Listen** - Live local music is an ideal way to get to know a city. Avoid the touring acts and head to a midweek gig at one of Perth's smaller venues (*see page 81*).
- Play** - The Swan River is good for more than just walking around. If the weather is alright, hire a kayak and head towards South Perth (*see page 84*).
- Travel** - Perth's location means it is easy to access the bush (Yanchep National Park), wine country (Swan Valley) and famous surf spots (Margaret River). *See page 90* for more information on them all.
- Visit** - *insiderguides.com.au* - For ongoing international student content, sign up for our e-news. It is full of articles, events and competitions.



# Perth Facts



## City of Lights

Perth is known as the ‘City of Lights’. The name dates back to 1962, when astronaut John Glenn orbited around the earth. The citizens of Perth turned on their lights as he flew over the city, and he noticed the bright glow from all the way up in space. From then on, Perth has been internationally recognised as the city of lights.



## Sun

Perth is the sunniest of Australia’s state capitals, receiving 8.8 hours of sunlight a day. It even beats Darwin and Brisbane, the two northernmost capital cities. With around 147 sunny days per year, Perth is the perfect place for daytime adventures.



## Indigenous

The land on which Perth is built belongs to the Whadjuk people, who are part of the Noongar people from the south-west of Western Australia. One of the most famous Indigenous Australians was Yagan, a Noongar warrior who resisted British colonial settlement in the 19th century. Yagan Square, in Perth city, commemorates Yagan and the struggles of the Noongar people.



## Connected

Flights are available direct from Perth to London, one of the longest flights in the world. Access to Asia is also convenient. Perth is actually closer to Jakarta, the capital of Indonesia, than it is to Canberra, Australia’s own capital.

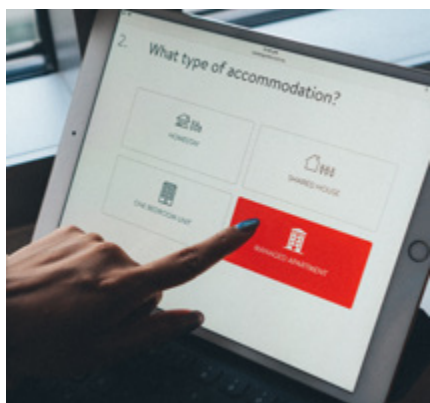


## Kings Park

Kings Park is one of the biggest inner-city parks in the world. At 400 hectares, it’s even larger than Central Park in New York. This beautiful park is made up of bushlands, gardens and plenty of picnic areas, so you won’t be short of room to relax and explore.

# Accommodation

Finding somewhere to live is a crucial part of a successful study experience in Australia. Whatever you choose, it is vital to fully understand all of your options and be aware of your rights and responsibilities.



## COST OF LIVING CALCULATOR

Want to learn more about your accommodation and other costs in Perth? Use our Cost of Living Calculator to receive a customised breakdown of your expected costs:

[www.insiderguides.com.au/colc](http://www.insiderguides.com.au/colc)

# Comparing Your Options

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## PRIVATE RENTAL

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.

*Note: Listed price is per room.*



**\$175-\$400/wk**

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## HOMESTAY

A homestay involves staying with a family in their home with meals, internet and utilities covered by the family. While homestays are a popular option for a true Australian experience, some students can find living with a family frustrating at times, as you might not have as much independence. Also, some homestays are located further away from the CBD or universities than other options.



**\$250-\$300/wk**

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## MANAGED ACCOMMODATION

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 often boasts a real sense of community. The downside to this is the internet can slow down at peak times and the rooms can be quite small.



**\$250-\$500/wk**

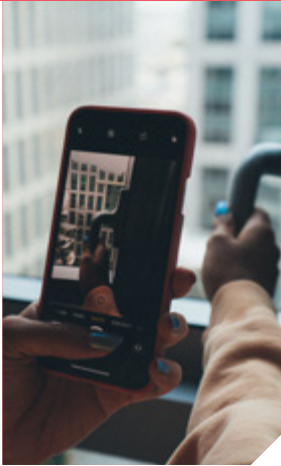
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## RESIDENTIAL COLLEGE

While they appear more expensive than other options, residential colleges do include a lot of extras. They're usually located close to your campus, your fully furnished bedroom will be cleaned weekly, study facilities and gyms are supplied, and the meals are included. The downside is that you often have to lock in a lease for 12 months and you may not need all the extras that you're paying for.



**\$450-\$700/wk**



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

## HOW MUCH WILL MY BOND BE?

You will need to pay a bond in advance that will be returned at the end of your agreement if no damage has occurred. This bond is not legally allowed to be more than four weeks rent, unless the weekly rent is more than \$1200 (in which case there is no maximum amount). Your landlord can also ask for one month's rent in advance. You need to determine exactly who is responsible for utilities like water, gas and electricity.

[www.allhomes.com.au](http://www.allhomes.com.au) - [www.flatmates.com.au](http://www.flatmates.com.au) - [www.gumtree.com.au](http://www.gumtree.com.au)

# START LIVING THE STUDENT DREAM



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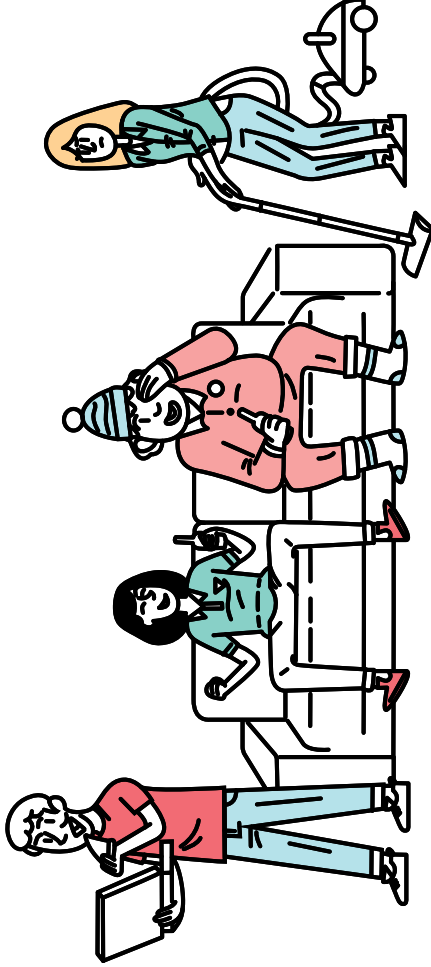
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THE  
**STUDENT**  
HOUSING  
COMPANY

# Housemates' Code

There are a lot of great things about living with housemates but some housemates are messy, rude and inconsiderate. While we can't force your housemates to behave, we can give you some tips to help.



Food is always important, 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.

Consider a regular weekly house meal to create a tradition with your housemates.

Make clear rules about guests, when/how long they should be there and which areas/rooms are shared spaces. Communication with your housemates is crucial so make it clear if you want designated 'quiet' times for studying. This communication extends to bills and rent - nothing will cause problems quicker than money!

Consider creating a cleaning roster, taking into account that some housemates may prefer certain tasks. You will still be responsible for doing your own dishes and laundry, and for keeping your room tidy. Respect the belongings of your housemates and don't leave a mess in communal areas.



# Setting up Your House

## BEDROOM

There are regular sales at budget department stores like Target, Big W and Kmart. Watch out for 'home' or 'manchester' sales.

- Quilt/duvet
- Flat sheet
- Quilt/duvet cover
- Pillow
- Fitted sheet
- Pillowcase

## BATHROOM

Set up eBay alerts on items you are interested in to make sure you get the best price.

- Bath towel
- Hand towel
- Bath mat
- Laundry basket

## KITCHEN

To pick up bargains on small kitchen items, check noticeboards (online and campus), as well as Facebook Marketplace and Gumtree.

- Plates
- Forks
- Saucepan
- Bowls
- Spoons
- Can opener
- Mugs
- Teaspoons
- Sharp knife
- Glasses
- Chopping board
- Fry pan
- Knives
- Cooking utensils
- Stock pot

## TOILETRIES

Discount chemists like Chemist Warehouse offer cheap toiletries while Priceline also has large sales, ideal for stocking up on essentials.

- First aid kit
- Conditioner
- Sewing kit
- Toothpaste
- Toilet paper
- Soap
- Shampoo
- Shaving cream

# Communication

In this chapter we'll show you how to get connected with home internet and on your phone. We'll also teach you the difference between a SIM and a phone plan so you can work out which option is right for you.



## HOW DO I ARRANGE MOBILE BROADBAND?

If you can't get a hotspot using your phone and want a good connection for your device, an easy solution is mobile broadband. Just head into an Optus, Vodafone or Telstra store and pick up a 4G modem - they start at around \$15-20 per month, but prepaid options are also available.

## 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 INCLUDED)? .....
- WHAT IS THE MONTHLY DATA LIMIT? .....
- HOW MUCH WILL YOU BE CHARGED IF YOU NEED TO END THE CONTRACT EARLY? .....
- WHAT EXTRAS/DISCOUNTS/SUBSCRIPTIONS ARE INCLUDED? .....
- HOW GOOD IS THE NETWORK COVERAGE? .....
- WILL YOU BE CHARGED EXTRA FOR PAYING BILLS IN A CERTAIN WAY (E.G. CREDIT CARD)? .....



# Mobile Phones

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## PREPAID

Prepaid is an easy and flexible way to enjoy a phone service. You can recharge with data, text, and local and international calls. Essentially, you buy a SIM card and then 'top up' or 'recharge' every month or so. It's the most flexible and popular option for international students, as you can just choose to no longer recharge if you're going back home.



## PLANS

If you'll be here for over 12 months, you may consider a 'plan' or a 'contract', which is an agreed payment per month to use the network. Usually, you will get more phone calls and data this way than through prepaid options. Plans and contracts will often include the option of purchasing a new phone, however if you brought your own phone you can get a SIM only plan.



## HOW DO I GET STARTED?

For both Prepaid and Plan options, head to a phone shop like Vodafone, Optus or Telstra. You'll need some documents to prove who you are in order to get started:

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



## 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 additional subscriptions that may come with the service. If the overall deal is similar then consider if you would save money by having free access to another service. For example, they may come with free sport streaming (see page 20 for more information), Spotify or Netflix.

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## HOW DO I ARRANGE HOME INTERNET AND WHAT ALTERNATIVES ARE AVAILABLE?

Services like [www.comparebroadband.com.au](http://www.comparebroadband.com.au) 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. Australia is gradually connecting to the National Broadband Network (NBN) but speeds in

many locations still leave a lot to be desired, especially if you come from a country with fast internet.

Given this situation, there are alternatives available that can still provide reasonable speeds without a long-term contract. Home Wireless Broadband Plans are now available, providing you with a home modem operating on the 4G network. Prices vary depending on your data needs but keep in mind that, as it runs on the 4G network, if you have extensive/unlimited data on your phone you could instead use that as a personal hotspot and tether to other devices.

---

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

The language barrier is something that all international, non-native English-speaking students aim to overcome while studying in Australia. It can be daunting conversing with people in English so we have created this list of fun, interactive online tools to help improve your confidence.

TITLE	LINK	WHAT IS IT?
English Central	<a href="http://www.englishcentral.com">www.englishcentral.com</a>	A platform full of English language videos that progressively build your comprehension.
BBC Learning English	<a href="http://www.bbc.co.uk/learningenglish">www.bbc.co.uk/learningenglish</a>	Watch well-crafted videos and then complete the related activities to increase your knowledge of the English language.
italki	<a href="http://www.italki.com">www.italki.com</a>	Choose between native speakers and qualified tutors (more expensive) to have a 1-on-1 video chat with you.
Busuu	<a href="http://www.busuu.com">www.busuu.com</a>	A website and mobile app, Busuu is a social network of people learning new languages.



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Scan to book  
a test drive.



In the MINI Countryman, an Australian adventure is yours to own. Explore the urban landscape or escape to the hills in your very own personalised vehicle. Built with unprecedented space and versatility including a huge luggage compartment of 450 litres, pull out cushioned picnic bench and hands-free rear access for easy packing. Plus, you can navigate with ease thanks to MINI Connected. The country around you is only a drive away.





## Streaming Options

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### NETFLIX - NETFLIX.COM

From \$9.99/month

The large global player made its move into the Australian market in 2015, providing on-demand access to a range of local and international shows. You can watch on smart TVs, gaming consoles, Apple TV and Chromecast, mobile devices, and computers.

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### FOXTEL NOW & STAN - FOXTEL.COM.AU/NOW - STAN.COM.AU

From \$15/month (Foxtel) & \$10/month (Stan)

Both available on computers, smart TVs, Chromecast and gaming consoles. The Foxtel Now app allows you to sign up for the subscription service, Foxtel, without any installation costs or contracts. Foxtel is a good choice if you want to access live sport. Stan is an Australian subscription service that offers an extensive back catalogue of local and international content.

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### SPORT STREAMING SERVICES

Optus Sport has the rights for the English Premier League and UEFA Champions and Europa Leagues. These games can be watched on mobile devices or on Chromecast, Fetch TV or Apple TV. It is free for most Optus customers or \$15/month for non-Optus customers. AFL (Australian Rules Football), A-League (Football/Soccer), NRL (Rugby League) and Super Netball can be streamed on mobile devices through Telstra. These have varying prices for non-customers but are free to Telstra customers.






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### CATCH-UP APPS - ABC IVIEW, SBS ON DEMAND, 7PLUS, 9NOW, TENPLAY

The main free-to-air stations in Australia all have apps available that allow you to watch their shows on demand. These apps are free to download and use, but the shows do contain advertising.

# Stay connected with Vodafone

## Why sign up to a postpaid mobile plan with us:

-  Great deals for students
-  Generous data
-  Standard international calls on selected plans
-  Unlimited standard calls and texts in Australia
-  Store staff that speak many languages



Visit us in one of our 30 stores in Perth.  
Find your nearest store [www.vodafone.com.au/stores](http://www.vodafone.com.au/stores)

# Australian Slang



## 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 tea goes well with biscuits.*



## Bottle-o (Noun) – Liquor store

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

## 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.'*

### Frothing (Verb)

*To be excited or enthusiastic*

*'I'm frothing that new season of The Bachelor is on.'*

### Hey? (Exclamation)

*'Used at the end of a sentence to ask if someone agrees*  
*You're going out tonight, hey?'*

### 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!'*

### She'll be right (Idiom)

*It will be fine*

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

### \_\_\_\_\_ 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 her exchange – she won't stop talking about it.'*

### 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*

## GOING OUT

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### Arvo (Noun)

Afternoon

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

---

### Avo (Noun)

Avocado

'I love avo toast with feta cheese.'

---

### 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.'

---

### 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

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### Biro (Noun)

Pen

---

### Bludge (Intransitive Verb)

To not try your hardest -  
'He's bludging uni, there's no way he'll graduate.'

---

### 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?

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### Reckon (Verb)

Think/figure/assume

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

---

### 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.'

---

### Uni (Noun)

University

'Do you want to walk to uni together?'

---

# Money & Banking

A little bit of financial management can save you a lot of cash, meaning you have more to spend on what really matters: enjoying Australia! This section will help you set up a bank account, manage a budget and control your expenses.



## WHY DO I NEED AN AUSTRALIAN BANK ACCOUNT?

Opening an Australian bank account will allow 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.

When opening an account, you will be provided with a debit card, allowing you to shop across Australia and online without paying additional fees. As an international student, you need to make sure you have enough money to pay for study, resources and living expenses. You also need to make sure your money is secure and that you can access it anytime. You can use a basic day-to-day account to pay for course fees, rent or daily living costs.



# Managing Money

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## HOW DO I SET UP A BANK ACCOUNT?

This step is easy. When you arrive, simply head into a bank in Australia and let them know you're an international student and would like to open an account. You will need to bring photographic identification, proof of your Australian address and proof of enrolment. You will be provided with access to a day-to-day account and an online savings account. Once you have been identified you will receive a debit card (this is often mailed to you when it is ready).

## 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.

---

## 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 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 really don't need, like buying a coffee every day vs making one at home. Then, download an app like Pocketbook on your phone, and sync up your bank accounts so you can start tracking and setting goals for spending and saving.

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## 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 study 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.

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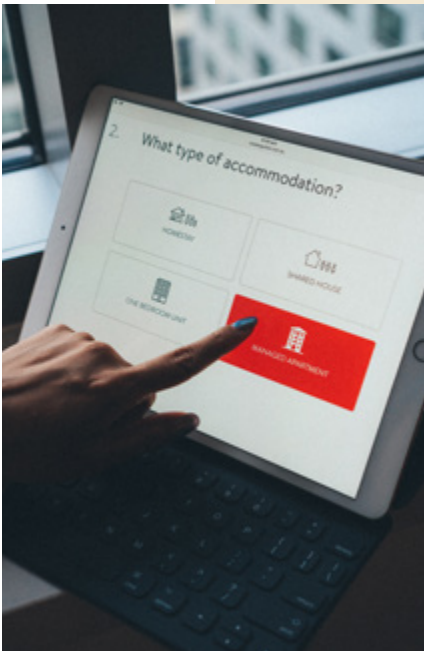
## WHAT IS SUPERANNUATION?

Often known as ‘super’, it is financial contributions 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. Legislation is in place to ensure that all legitimate employees - whether you work casual, part or full-time - receive super contributions. 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.

But, many international students leave Australia without claiming their super! If you are leaving Australia permanently and have worked during your time here, you can apply to have your superannuation paid to you when you leave. This is your money! You have to apply to receive your superannuation. You can only submit a claim after you have left Australia, but it is recommended that you gather the necessary documents before you leave.

[www.ato.gov.au/Individuals/Super](http://www.ato.gov.au/Individuals/Super)

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## THE COST OF LIVING CALCULATOR

*Everyone is different. Work out how much your life will cost in Australian cities.*

- PERSONALISE YOUR EXPENSES  
.....
- COMPARE AUSTRALIAN CITIES  
.....
- ASSESS THE PRICES IN MULTIPLE CURRENCIES  
.....
- A SIMPLE AND EASY PROCESS  
.....
- SAVE YOUR RESULTS FOR LATER  
.....

[www.insiderguides.com.au/colc](http://www.insiderguides.com.au/colc)

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# Get set up with CommBank, Australia's largest bank.

## 1 Open a student bank account online or at a branch. With CommBank you'll get:

CommBank's Everyday Account Smart Access for your day-to-day banking, with no monthly account fees while you're a student:

A Debit Mastercard® to access the money in your account at ATMs (cash machines) or to shop online or in stores.

To open an account, visit [commbank.com.au/studyWA](http://commbank.com.au/studyWA), or any CommBank branch (bring along your passport, student ID, and if applicable any tax identification numbers').

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## 2 Get set to manage your money on the go. Download the CommBank app to:

Manage your money from your phone and enjoy handy features like 'Find an ATM' and 'Cardless Cash' to withdraw your cash from a CommBank ATM without your card.



## 3 Discover some differences to banking in Australia. Here's a couple of handy ones to know:

When paying with a card, you may be asked to choose 'savings, cheque or credit'. With CommBank accounts choose either 'savings' or 'credit'.

There aren't any 1c or 2c coins – so don't expect change if something is priced \$1.99 and you handover \$2 (it's rounded to nearest 5c).

Open your student bank account today, simply visit [commbank.com.au/studyWA](http://commbank.com.au/studyWA), or visit any CommBank branch.



**Things you should know:** ~Applies if you are a tertiary student at an educational institution located in Australia. You must show us suitable student ID in branch. \*If you have tax residency outside Australia you'll also need to provide your Tax Identification Number (TIN) for each country of foreign tax residency - see [commbank.com.au/tin](http://commbank.com.au/tin) Mastercard is a registered trademark of Mastercard International Incorporated. As this advice has been prepared without considering your objectives, financial situation or needs, you should, before acting on this advice, consider its appropriateness to your circumstances. Terms and conditions issued by Commonwealth Bank of Australia ABN 48 123 123 124 are available on request at any Commonwealth Bank branch and should be considered in any decision about these products. The CommBank app is free to download however your mobile network provider charges you for accessing data on your phone. The CommBank app is available on Android operating systems 4.1+ and iOS operating system 8.0+. Full terms and conditions available on the CommBank app. NetBank access with NetCode SMS is required. Apple, the Apple logo & iPhone are trademarks of Apple Inc, registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Google Play and Android are trademarks of Google Inc.



# We are Australia's preferred way to pay bills\*



When it comes to paying your bills think BPAY®. We are uniquely Australian and trusted by Australians.

Pay bills the way 70% of Australians do today^.

## How to pay with BPAY



### Step 1

Log on to your online banking. Choose the BPAY or Bill payment option.



### Step 3

Enter the payment details:

- BPAY Biller code
- Customer Reference Number (CRN)
- Amount from your bill.

Then Click to pay



### Step 2

Find the BPAY logo on your email or paper bill.



Biller Code: 1234  
Ref: 1234 1234 1234

(Sample only)

Find out more [bpay.com.au/guide](https://www.bpay.com.au/guide)



\*RFi Payments Diary 2018. ^Kantar Millward Brown Brand Tracker 2018. Published by BPAY Pty Ltd (ABN 69 079 137 518) (Phone (02) 9646 9222; email: [marketing@bpay.com.au](mailto:marketing@bpay.com.au)). The BPAY Scheme is managed by BPAY Pty Ltd. BPAY Payments are offered by over 150 BPAY Scheme members. When you use BPAY the BPAY Scheme is paid fees relating to processing costs and BPAY Scheme membership. Contact your financial institution to see if it offers BPAY and to get the terms and conditions. Any financial product advice provided by BPAY Pty Ltd in relation to BPAY payment products is general advice only and has been prepared without taking into account your objectives, financial situation or needs. Before acting on such advice, you should review the Product Disclosure Statement and consider whether BPAY payment products are appropriate for your personal circumstances.

# Transfer Funds

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## HOW DO I SEND AND RECEIVE MONEY AND PAY BILLS?

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.

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### 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. Many people are already familiar with it, so the person you are sending money to might already have an account. It's easy to transfer money using PayPal, and there are no setup fees. As it is an online transfer, it usually takes 24 hours. PayPal charges a currency conversion fee, which varies depending on the country you are sending to and whether you are sending to another PayPal account.

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 additional services to international students, such as 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 international education service providers, or to your own bank account for living expenses. Companies like Cohort Go and Flywire offer some great foreign exchange rates and make paying for your education expenses really easy.

BPAY is an electronic bill payment system in Australia 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

Whether you need a job to support you while you study, or you're looking for work when you graduate, these helpful tips can make the process easier. Increase your chances of finding work and learn about your work rights in Australia.



## 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. You should always be paid for work that you do, including training and trial shifts. You should also be paid at least once a month, receiving a payslip within one working day of being paid. Employers are not allowed to give you goods or services (including food) instead of pay.

## COMMON PART-TIME JOBS FOR INTERNATIONAL STUDENTS

RETAIL SALES ASSISTANT

ADMINISTRATIVE ASSISTANT

BARISTA

GENERAL HOSPITALITY STAFF

EVENT STAFF

CLEANER

FOOD DELIVERY

Food delivery jobs are easy to get but can come with issues around rates of pay. See our full article for more information: [www.insiderguides.com.au/food-delivery](http://www.insiderguides.com.au/food-delivery)

# Preparing to Work

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## HOW DO I DEVELOP A NETWORK?

The ability to build relationships and contacts that can lead to future opportunities is an important skill to develop. Classmates, tutors and lecturers can play an important role in establishing a network of your own. Attending events relevant to your studies is a great starting point. LinkedIn is an ideal platform for keeping track of your network:

[www.insiderguides.com.au/students-linkedin](http://www.insiderguides.com.au/students-linkedin)



## WHAT DO I NEED TO KNOW ABOUT TAX?

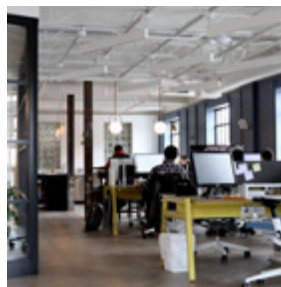
Before working in Australia, it is crucial to obtain a Tax File Number (TFN). Your TFN will ensure that you get taxed at the correct rate for the amount of work you are doing. Australia has a tax-free threshold of \$18,200, meaning you will pay no tax if you earn less than this amount in one year. If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



## INTERNSHIPS AND WORK EXPERIENCE

Gaining experience relevant to your course of study is of great benefit as you transition into a professional career. Check with your institution's career centre for options for arranging an internship or work experience. You will often develop skills directly related to your career and learn how to operate within a professional environment. Your internship or work experience may lead to employment with the organisation.

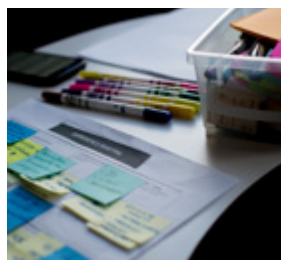
[www.fairwork.gov.au/pay/unpaid-work](http://www.fairwork.gov.au/pay/unpaid-work)



## WHERE CAN I GET MORE EMPLOYMENT INFORMATION?

In addition to the extensive range of articles on [www.insiderguides.com.au](http://www.insiderguides.com.au), you can now also head to our YouTube channel for videos on the subject: [www.insiderguides.com.au/youtube](http://www.insiderguides.com.au/youtube)

The Department of Home Affairs provides employment information on employment while studying: [immi.homeaffairs.gov.au/visas/working-in-australia](http://immi.homeaffairs.gov.au/visas/working-in-australia)





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## 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. Always list your volunteer and community activities work on your résumé.

[www.volunteeringwa.org.au](http://www.volunteeringwa.org.au)

[www.volunteer.com.au](http://www.volunteer.com.au)



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## HOW DO I GET A JOB AFTER I GRADUATE?

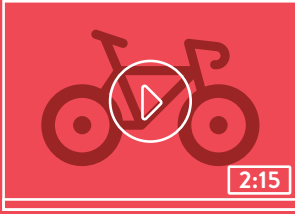
In your final year you will be able to apply for graduate positions with a range of organisations. Employers have the opportunity to sponsor your visa, and if your degree falls under the Skilled Occupations List, this process is much easier. See the site below for more information on visas and the Skilled Occupations List.

[www.homeaffairs.gov.au](http://www.homeaffairs.gov.au)

To learn more about employability skills, we recommend reviewing the International Education Association of Australia (IEAA) International Employability Guide:

[www.ieaa.org.au/research/employability](http://www.ieaa.org.au/research/employability)





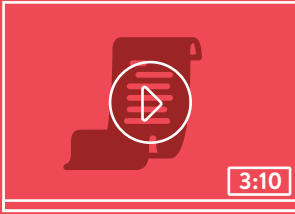
Buying a Bike



Finding a Job



Accommodation Options



Writing a Resumé



Coffee Culture



Christmas in Australia

# Subscribe to our YouTube channel

Short videos on everything you need to  
know about studying in Australia.

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

# How do I Write a Résumé?

The basics of a résumé include your contact details, previous work history and, for students and recent graduates, details about 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 need someone to be a reference for you. Your résumé 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 résumé in red.

## PERSONAL INFORMATION

Ms Insider Guides

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

*Avoid including your Date of Birth or particularly personal information like your height/weight, marital status or religion.*

*Make sure your email address is professional.*

## EMPLOYMENT HISTORY

### Shop Asistant

Insider Shop Jan 2017 - Present

Responsibilities: Handling Money

Key Achievements: Staff Award

*Carefully proofread your résumé to eliminate all typos and other errors.*

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

## EDUCATION HISTORY

Bachelor of Arts - Insider University

Insider Primary School

Responsible Service of Alcohol Certificate 2017

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

*You certainly don't need to include your primary school education and 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.*

# Get organised and study better.



**HOLDS STRONGLY,  
REMOVES CLEANLY.**



## Command™ hooks and strips.

- No tools no nail holes
- Ideal for renters.



Available from Officeworks



## ARE YOU 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 how you're treated at work. [www.fairwork.gov.au](http://www.fairwork.gov.au) has information in 40 different languages to help you understand your work rights.

You can contact the FWO for help without fear of your visa being cancelled, as long as certain conditions are met. See [www.fairwork.gov.au/internationalstudents](http://www.fairwork.gov.au/internationalstudents) for more information.

The FWO's anonymous reporting tool at [www.fairwork.gov.au/tipoff](http://www.fairwork.gov.au/tipoff) lets you report a workplace issue without providing your personal information. It's available in 17 languages. The FWO's record my hours app makes it easy to record the hours you've worked. Download it now from the App Store or get it on Google Play!

You can visit [www.fairwork.gov.au](http://www.fairwork.gov.au) or call the FWO on 13 13 94. 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!

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

Many international students use [www.seek.com.au](http://www.seek.com.au) to find jobs, which is the most popular one here in Australia. Other large popular sites include [www.careerone.com.au](http://www.careerone.com.au) and [au.indeed.com](http://au.indeed.com). But there are other ones that are better for international students such as [www.oneshift.com.au](http://www.oneshift.com.au) and [www.spotjobs.com](http://www.spotjobs.com). These student-oriented sites make it easier for international students to find appropriate roles while studying in Australia.

Whatever role you are interested in, your institution's career centre (where available) is a great place to get started. The career centre is an underused resource that can provide support with résumés, cover letters and interview techniques. It often runs institution specific job boards that you can take advantage of as well.

Other options for discovering part-time/casual roles include [www.gumtree.com.au](http://www.gumtree.com.au) and industry-specific Facebook pages (eg 'Bartenders in Perth'). These resources can be useful but you must be extra vigilant that these roles do not breach your work rights in any way.

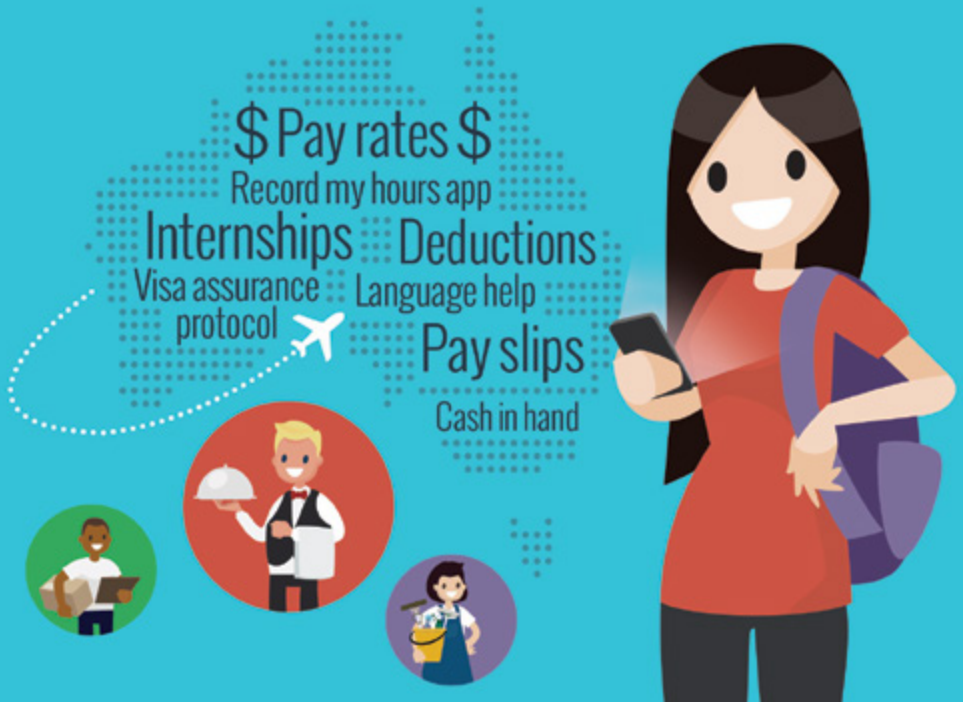


## CAN I START A BUSINESS?

It is an uncommon option, but it is generally possible to start a business as an international student. To get started you need to consider the purpose of your business, if you have the money to start it and whether you have the skills to execute it. To learn more about the process see:

[www.insiderguides.com.au/start-business-international-student](http://www.insiderguides.com.au/start-business-international-student)  
[smallbusiness.wa.gov.au/business-advice/starting-your-business](http://smallbusiness.wa.gov.au/business-advice/starting-your-business)

# International students have the same workplace rights as all workers in Australia



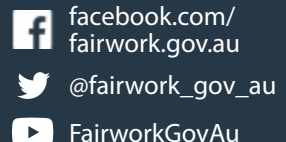
Find out about your work rights in  
40 different languages for FREE @  
[www.fairwork.gov.au](http://www.fairwork.gov.au)



If your pay and conditions are less than what you're entitled to, call 13 13 94 or lodge an anonymous report about your concerns. The Fair Work Ombudsman is committed to keeping workplaces fair.



**Fair Work**  
OMBUDSMAN



# Studying

Understanding the structure and demands of studying in Australia is crucial to success. This guide will help you prepare, manage and eventually thrive in your studies.



## FIRST DAY CHECKLIST

### 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 study routine around your classes, for both 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 ANY OFFICIAL UNIVERSITY DOCUMENTS

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

## WHAT TO PACK

### STUDENT ID (IF RECEIVED IN O-WEEK)

### OFFICIAL UNIVERSITY DOCUMENTS

### DIARY

### SNACKS

### CAMPUS MAP

### TEXTBOOKS FOR ALL SUBJECTS (OR AT LEAST A COUPLE OF SUBJECTS!)

### FOLDERS FOR ALL SUBJECTS

### A COUPLE OF PENS AND PENCILS

### CABLES FOR ELECTRONIC DEVICES

### MONEY FOR COFFEE!

## WHAT SERVICES ARE AVAILABLE ON CAMPUS?

You're paying a lot of money to study here, so you should know what your institution offers as part of your fees! Many international students don't realise just how much help is available.

### CAREER CENTRE

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

### INTERNATIONAL STUDENT OFFICE

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

### LIBRARY

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



### 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 like Textbook Exchange

These online resale sites allow you to buy second-hand textbooks from students across the country.

[www.studentvip.com.au/textbooks](http://www.studentvip.com.au/textbooks)

#### 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.

#### 5. Use the library

Campus libraries often have limited numbers of textbooks available to actually borrow but they will have reserved copies that you can access while in the library.

# Study Terms

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## **Census date**

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

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## **Course**

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

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## **Full-time**

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

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## **Grade point average (GPA)**

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

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## **Lecture**

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

---

## **Orientation (O-week)**

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

---

## **Practical (Prac)**

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

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## **Semester**

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

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## **TAFE (Technical And Further Education)**

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

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## **Transcript (Academic record)**

Official academic transcripts cost money to get from your Student Centre, but graduating students are given one free copy. Unofficial records can be printed using the online login you use at university.

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## **Tutorial (Tute)**

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

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## WHAT IS PLAGIARISM?

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



**Need a bit  
more help?**

**Insider Guides  
has you covered.**

Check out our website for new  
videos and articles to help you  
settle in, understand life in  
Australia and make new friends.

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

# Health & Safety

If you're going to enjoy the best of Australia, you need to be fit and healthy! Remember, in a non-emergency situation you should attend a health clinic and not a hospital.



## WHAT IS OVERSEAS STUDENT HEALTH COVER (OSHC)?

All students in Australia must have OSHC to cover the entire period of their stay. This 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 know the extent of your cover to avoid any unwanted charges.

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

[www.ombudsman.gov.au/about/private-health-insurance](http://www.ombudsman.gov.au/about/private-health-insurance)

## WHAT DO I NEED TO KNOW ABOUT HOSPITALS IN AUSTRALIA?

If you are feeling sick then 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 a public hospital then call your health cover provider to see if you're covered, as the hospital may charge you a fee.

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## 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 a doctor. The website [www.healthengine.com.au](http://www.healthengine.com.au) can also be used to locate a doctor to match your needs.

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## 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, wait until the medical clinics are open. You can also ring Healthdirect Australia (1800 022 222) to get advice on treating non-life-threatening illnesses.

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## 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. Universities and colleges often have counselling services or you can use free services like Beyond Blue and Lifeline. Like your body, your mind also needs care and attention, and it's important that you look after it. Mental health is the primary reason people go to the doctor so don't ignore it.

[www.beyondblue.org.au](http://www.beyondblue.org.au) - [www.lifeline.org.au](http://www.lifeline.org.au)

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## WHAT SHOULD I KNOW ABOUT SEXUAL HEALTH?

You can get contraceptive medications and devices very easily and cheaply in Australia. Condoms are available from supermarkets and pharmacies. Emergency contraceptives are available from pharmacies if you need them. Information on sexual health and support is available at Sexual Health Quarters:

[www.shq.org.au](http://www.shq.org.au)

## WHAT IS SEXUAL HARASSMENT?

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

1. **UNNECESSARY FAMILIARITY, SUCH AS UNWELCOME TOUCHING**
2. **SUGGESTIVE COMMENTS OR JOKES, INSULTS OR TAUNTS OF A SEXUAL NATURE**
3. **INTRUSIVE QUESTIONS OR STATEMENTS ABOUT SOMEONE'S PRIVATE LIFE**
4. **SENDING SEXUALLY EXPLICIT EMAILS OR TEXT MESSAGES**
5. **REQUESTS FOR SEX OR REPEATED UNWANTED REQUESTS TO GO OUT ON DATES**
6. **PHYSICAL ASSAULT, INDECENT EXPOSURE, SEXUAL ASSAULT, STALKING OR OBSCENE COMMUNICATIONS**

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## WHO CAN I CONTACT IF I HAVE BEEN SEXUALLY HARASSED OR ASSAULTED?

Should you need to contact someone at your university to report sexual assault or for support services in relation to sexual assault,

Universities Australia lists contact details for universities.

[www.universitiesaustralia.edu.au/university-participation-quality/students/Student-safety](http://www.universitiesaustralia.edu.au/university-participation-quality/students/Student-safety)

You can also contact the WA Police Force on 131 444 or via [www.police.wa.gov.au](http://www.police.wa.gov.au)

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## WHAT SUPPORT SERVICES ARE AVAILABLE 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.

The type of support systems available to LGBTIQ students vary from institution to institution.

The Australian LGBTIQ Uni Guide is a terrific resource that enables you to compare the ways in which Australian universities cater to the needs of their LGBTIQ students. [lgbtiuniorguide.org.au](http://lgbtiuniorguide.org.au)

At a national level there is QLife, [qlife.org.au](http://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, [agmc.org.au](http://agmc.org.au), is a good resource.

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## 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 available.

The WA Police Force also provides a range of helpful information to help you stay safe, which is available on their website.

[www.police.wa.gov.au/Your-Safety](http://www.police.wa.gov.au/Your-Safety)

If there is a life-threatening situation, call for emergency services on Triple Zero (000). If you require a translator then tell the operator your language and they will connect you to one.

# Activities to Improve Your Health

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## RESISTANCE TRAINING

Resistance training including free weights, resistance bands, and weight machines, in conjunction with proper nutrition, is great for your health and can help keep you feeling fantastic. Gyms can be a large expense so make sure you are committed before you sign a contract. More flexible 24/7 options present better value if you can live without classes and swimming pools. Most universities also have gyms and offer students reasonable rates.

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## MINDFULNESS

Mindfulness essentially just means paying attention to the moment, allowing you to concentrate, relax, and be more productive. Mindful meditation generally involves sitting quietly, closing your eyes and focusing on your breathing. Apps to check out include Headspace (meditation), ReachOut Breathe (controlled breathing) and Smiling Mind (mindfulness meditation).

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## YOGA

There are many different types of yoga, with varying levels of intensity and movement. The most common are hatha, Bikram, and Ashtanga. Yoga Hub Perth has a studio in Mount Hawthorn, with beginner classes available.

[www.yogahubperth.com.au](http://www.yogahubperth.com.au)

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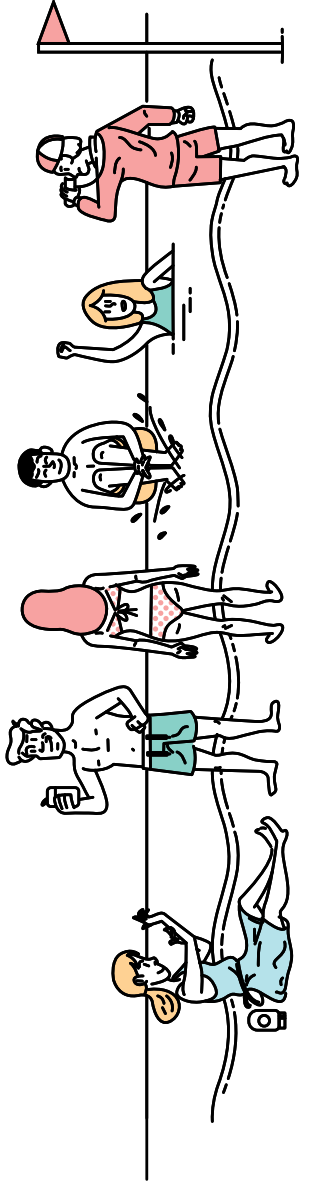
## PILATES

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'. YouTube is a great starting point but for further instruction check out a studio using Australian Pilates.

[www.australianpilates.asn.au](http://www.australianpilates.asn.au)

# 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.



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

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, as this is the monitored spot that's been deemed safest for swimming. Don't dive into water, you may overestimate the depth and this can have very serious consequences.

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

[www.royallifesaving.com.au](http://www.royallifesaving.com.au)



# Beating Loneliness

Feeling lonely is a part of studying away from home. Everyone has moments when they miss loved ones but it is important to not let these feelings get on top of you. The tips below will hopefully help out when you are starting to feel lonely.



## Communication

Leaving family and friends is always hard but it has never been easier to stay in contact. Stay in your social media/chat groups and arrange regular Skype chats to keep up to date. Staying connected to those close to you, and discussing how you are feeling, can make a huge difference.



## Understand your position

It is easy to slip into 'victim' mode and feel sorry for yourself. Try to shift this focus to the positives - the education you are receiving, the opportunities you may gain from this, the experiences on offer to you (we have plenty of suggestions in this guide) and the people you meet.



## Volunteer

Connecting with others in need of assistance and getting involved in local communities can be an ideal way to change your focus. Whether working with those less fortunate than you, or helping out a group on campus, you will likely walk away feeling less trapped by your circumstances.



## Reach out

Join a club or society on or off campus that interests you and enables you to meet and mingle with other students. Chances are they have had similar thoughts to you and would also love to hear that they are not alone. They have also gone through similar experiences of leaving home and taking on additional responsibilities. See page 83 for more details.



## Visit a counsellor

You are not the first, nor will you be the last, international student to feel this way. University counsellors are experienced in helping students facing the same issues. Don't be afraid to arrange a chat - your institution has support services available for these exact reasons.

# Public Transport

Perth's transport system is diverse, clean and reliable. With free city loops, and a tertiary student discount for students of participating institutions, it is also a relatively cheap way to get around the city.



## BUSES

For shorter trips around the Perth metro area, buses are your best option. Services into and out of the city generally leave every 15 minutes, but make sure you check your timetable carefully – they're less frequent outside of business hours, and the wait can blow out to up to two hours on Sundays.

Perth also has an excellent network of free CAT buses, which run in loops around the city, East Perth, West Perth and Leederville, as well as routes in Fremantle and Joondalup. The buses go every eight minutes between 7am and 7:30pm, and every 15 minutes for an hour or two either side of that period.

## TRAINS

Perth has six train lines heading out from the city: four from the Perth train station, and two from Perth Underground, which is connected to the main station (unsurprisingly, it's underneath it). The Fremantle, Midland, Armadale and Thornlie lines connect at Perth, and the Mandurah and Joondalup trains stop at the Underground.

## FERRIES

There's a round trip across the river every half an hour on weekdays (less frequently on weekends) from the Barrack Street jetty on the city side to the Mends Street jetty in South Perth. The bus may be quicker, but the view from the river is worth it.



# Ticketing

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Although you can still pay cash it is recommended that you take advantage of the prepaid SmartRider card. Simply keep the card topped up with funds and remember to tap on and off at the beginning and end of every journey using the green SmartRider machine.

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## CONCESSION TICKETS

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Full-time international students qualify for a discounted concession SmartRider, the card itself counts as proof of concession must be carried when using concession fares. Students of participating institutions should apply through their institution, all others should apply directly to Transperth. The participating institutions are Curtin University, Edith Cowan University, Murdoch University and the University of Western Australia.

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## NEED TO KNOW

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Perth's public trains, buses and ferries are run by Transperth. Head to their website for more information about ticketing, timetables and routes (including a University and TAFE specific page), and to use their journey planner to map out your trip.

[www.transperth.wa.gov.au/Timetables/Uni-TAFE-Services](http://www.transperth.wa.gov.au/Timetables/Uni-TAFE-Services)

## RIDE SHARING

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The first to launch, and still by far the most popular, is Uber. More recent arrivals to the Perth market include GoCatch, Hi Oscar and Ola, offering discounted rates during quiet hours of the day. The most unique ride sharing option available in Perth is the female-only service Shebah. All drivers and all passengers of the service are female, with the exception being males under 18 traveling with a female, and many cars come with car seats available.

## TAXIS

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There are a few taxi ranks located around the city. Taxi ranks are specific areas where you can line up and get a taxi, otherwise you can try hailing one from the side of the road. It's also a good idea to be wary of how much your trip will cost.

## ORDERING TAXIS

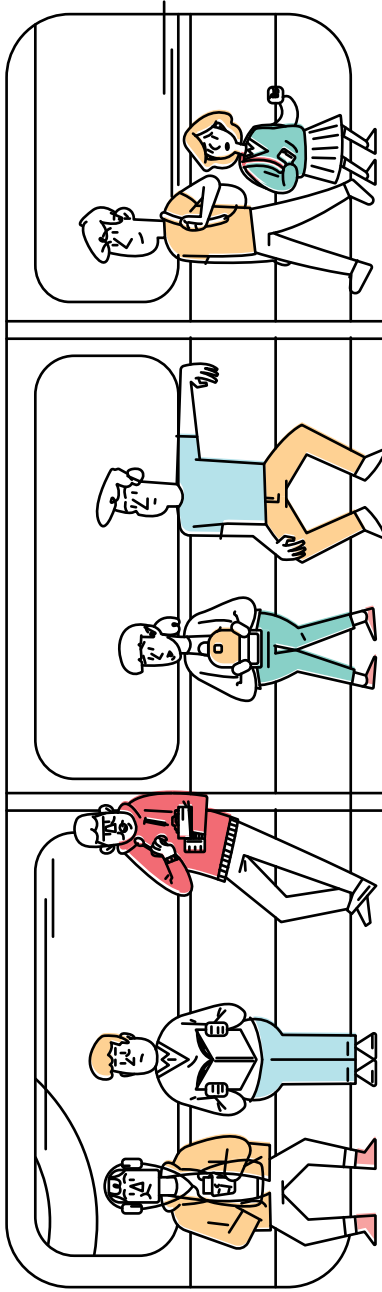
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**Swan Taxis 13 13 30**

**Black & White 13 32 22**

# Transport Etiquette

We all know the universal rules of public transport - wait for people to get off before you get on, move down the aisle and give up your seat for those more in need - but here are a few extra tips to keep in mind in Australia.



## Music

Wear headphones if you want to listen to music/podcasts but keep the volume to a level that other people can't hear it.

## Personal Space

If there are spare double seats then take one rather than sit next to someone you don't know.

## Poles

Don't hog the pole by leaning against it - let other people hold onto it.

## Food

Small (and quiet) snacks are generally accepted (although often against the rules) but avoid eating an actual meal.

## 'Manspreading'

Avoid taking up more space than you need to.

## Backpacks

Be aware of how much space they take up and be prepared to take them off when crowded.

# Bikes

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) and a great way to get to know your city (and beyond)

## 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. Perth features extensive bike paths and bike lanes throughout the city. Make sure you stay in these designated bike lanes while riding and obey all the relevant road rules. Council websites are a good source of information on bike facilities around your area.

## BIKE LANES

There are designated bike lanes and tracks around Perth, designed to keep you safe. There are also several 'bicycle boulevards', that give bicycles priority over cars to appeal to cyclists of all ages. For a complete guide to bike lanes in and boulevards see:

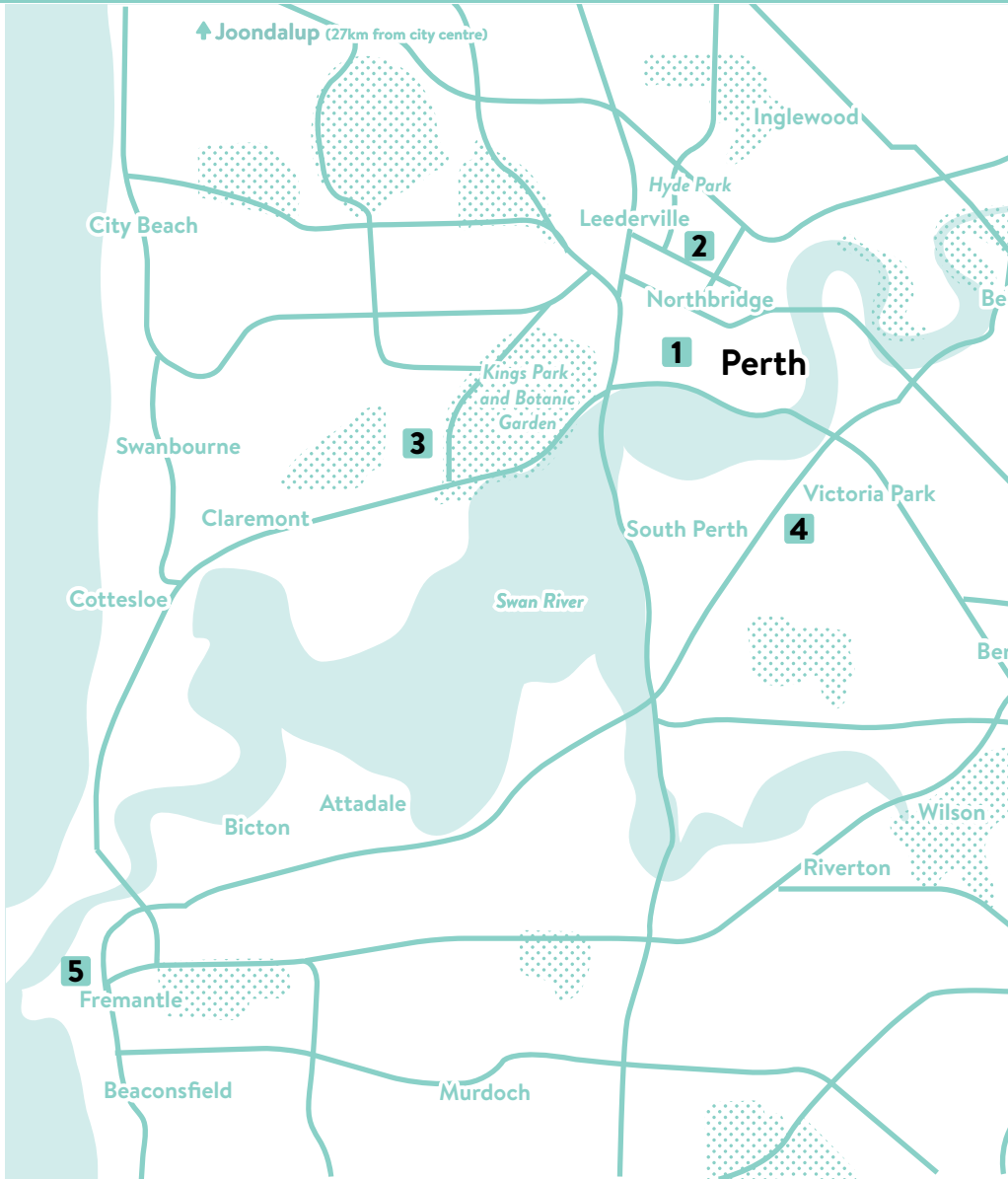
[www.transport.wa.gov.au/activetransport](http://www.transport.wa.gov.au/activetransport)



## BIKE HIRE

There are a couple of mobile vending options in Perth for hiring bikes: Spinway and Urbi. Hiring a bike is an ideal way to explore different areas of the city, allowing you to engage with your surroundings more than other modes of transport. The active transport website listed above also provides a guide to interesting cycling routes. [www.spinwaywa.bike](http://www.spinwaywa.bike) - [www.urbi.bike](http://www.urbi.bike)

# Areas of Perth





## **1 CITY CENTRE**

**PG. 54**

A constant hub of activity, Perth's lively city centre is packed full of restaurants and exciting events throughout the year.

## **2 NORTHBRIDGE, LEEDERVILLE & MOUNT LAWLEY**

**PG. 58**

Hotspots of fun in Perth, these suburbs are full of nightlife, cafes, cool shopping and live music venues.

## **3 CRAWLEY, CLAREMONT & SUBIACO**

**PG. 62**

With classic architecture and proximity to beaches and outdoor spaces, these areas remain popular with people of all ages.

## **4 SOUTH PERTH & BENTLEY**

**PG. 66**

Just across the Swan River and with spectacular views back over Perth, these suburbs are relaxed with plenty of classic old pubs.

## **5 FREMANTLE**

**PG. 70**

Packed full of history and culture, Fremantle manages to contrast history with trendy new cafes and shops.

# City Centre

The city centre is the heart of Perth. There are restaurants around every corner, plenty of events taking place throughout the year, and everything you need is close by.

## HIGHLIGHTS

The CBD is the busiest part of Perth, and it houses some of the greatest cafes and restaurants in its laneways – you just have to know where to look. Grand Lane, which runs between Murray Street and Wellington Street, may seem a little grungy at first, but behind the street art is Toastface Grillah. Here, you can grab a grilled cheese sandwich for under \$10. Insan's Café on Murray Street offers delicious halal food at affordable prices, and just around the corner is Lord of the Fries, where everything on the menu is vegan and halal. Down on the river is Annalakshmi, which does a mostly vegan and gluten-free buffet where you choose the price you pay.

In the city, you don't have to worry about finishing when the sun goes down; Perth's thriving nightlife scene keeps going after dark. Down Wolf Lane lies Holmes & Co, a great spot to hang out for any meal of the day. This café doubles as a bar that caters for everyone, so you can get your breakfast, lunch, dinner or drink fix at almost any time of day. If you feel like pairing your meal with a round or two of pinball, head to Game City

Espresso Bar, where you can drink very good coffee while playing video and vintage arcade games.

For dessert, Gusto Gelato, located right on the shores of Elizabeth Quay, has some of the best gelato in the city. Each of the flavours is delicious, authentic and well worth the wait. If you're looking for a late-night snack, head to Street Eats Eatery, just under Yagan Square. The food at this tiny restaurant is accompanied by live music and a relaxed atmosphere. End your night at Tiger Lil's Tavern, where you can enjoy cocktails and a pad thai, and dance the night away to live DJ sets.

Shopping in the city centre is easy thanks to Perth's pedestrian shopping malls on Murray Street and Hay Street. There are plenty of clothing and accessory stores along the main shopping strip, but there are hidden gems as well, such as the historic London Court shopping arcade. Forrest Chase and Carillon City are Perth's major shopping centres, where you can visit even more clothing stores and pick up groceries and other essential items.

## CHEAP CHOICE

Want to get around the city and save money at the same time? Take the Perth CAT bus, which takes you all over Perth city and is completely free.



## COMMUNITY FACILITIES

Next Gen, located at Kings Park, has everything you need to keep yourself fit and healthy. There's an extensive gym area with plenty of weights, treadmills, bikes, and other gym equipment, all overlooking Kings Park and the city. You can also enjoy access to two pools, a spa, and tennis courts. If you're feeling hungry after a good workout, visit the Next Gen Café, or the rooftop pool terrace.

Yagan Square is Perth's newest community area. It has an undercover amphitheatre area with great views of the city and is full of impressive restaurants. Yagan Square is also the location for many different community activities, including fitness groups and festivals running at different times of the

year. Keep an eye out for upcoming events by checking out the Yagan Square Facebook page ([www.facebook.com/YaganSquare](http://www.facebook.com/YaganSquare)).

The City of Perth Library is the city centre's main library. This modern space has seven levels and a dedicated area for young adult readers, called The Attic. It also includes outdoor terraces and a café where you can sit and read a book while you eat.

The Perth Medical Centre, conveniently located right near the train station, caters for general medical assistance, mental health, travel immunisations and more. They also have a comprehensive Japanese interpreter service and Japanese health services available.

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## UNIQUE EXPERIENCES

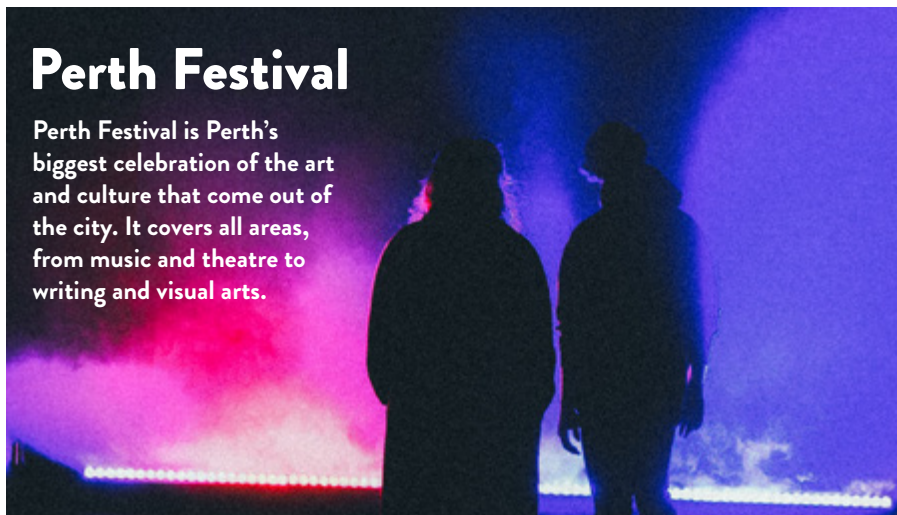
Kings Park is one of the top places to visit in Perth's city centre. It's the perfect place for a picnic in the city, with plenty of gardens and picnic areas and incredible views of the city from the peak of Mount Eliza. Most of the park is made up of protected bushlands, so you can walk through native Australian trees on the elevated walkway and learn about Aboriginal culture on the Boodja Gnarning Walk. Kings Park is also home to the beautiful Western Australian Botanic Garden, where you'll find numerous walking trails that go through 3,000 species of flora unique to Western Australia. In spring, make sure to

visit the Kings Park Festival to see thousands of wildflowers in bloom at the same time.

The Swan River is a beautiful waterway, which is best explored by boat. Elizabeth Quay offers many different ways to enjoy the river and see Perth from a different perspective. Ferries and cruises, including the Transperth ferry, run every day out of Elizabeth Quay, and take you up and down the river. If you want something a little more special, you can even hire a gondola to take you down the river. You can book 15-minute, 30-minute and one-hour cruises throughout the day, but the sunset cruise is particularly magical.

# Perth Festival

Perth Festival is Perth's biggest celebration of the art and culture that come out of the city. It covers all areas, from music and theatre to writing and visual arts.



The festival was founded in 1953 by the University of Western Australia (UWA) and is held all over the city, with many of the events focused in Northbridge, Perth's cultural centre. This year, the festival takes place from 8 February to 3 March, so there's plenty of time to get involved and learn about some of the area's best artists.

## TICKETS

Perth Festival is great for students on a budget. The official website has a list of all the free things you can attend, but for paid events, you can buy tickets through the website or Ticketek. You can also buy ticket packages for anything you'll want to attend more than once, like Lotterywest Films. More events get advertised closer to the opening of the festival, so keep your eye out for new additions.

## EVENTS

Perth Festival offers something for everyone. Nouveau Cirque du Vietnam will not only wow you with incredible acrobatics, but it'll also educate you with stories of living in a

traditional Vietnamese village. The Boorna Waanginy experience turns Kings Park into a spectacular piece of art, using lights to bring to life the stories from Noongar culture. The West Australian Symphony Orchestra tells the tale of Mozart's *The Magic Flute*, with the help of both animation and live actors. Chevron Gardens is the biggest music venue at Perth Festival and hosts musicians from all over the world. It's a great spot to party and dance the night away.

## OTHER FESTIVALS

Within Perth Festival, there are many other smaller festivals to attend. Lotterywest Films is a festival showing independent films in an outdoor setting. The film festival is held at UWA Somerville and at ECU Joondalup Pines, and runs for the entirety of Perth Festival through to April. Writers Week is an important week dedicated to Australian and international writers. Held at UWA and other locations in February, the week invites writers to talk about their books and the publishing industry.



## Shopping Strips

The centre of the city contains several options to indulge in some retail therapy.

### 1 HAY STREET MALL

This famous outdoor shopping strip contains several large department stores

### 2 CARILLON CITY

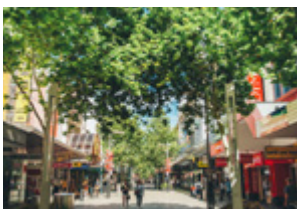
A modern shopping centre with an extensive range of fashion and dining options.

### 3 PICCADILLY ARCADE

This Art Deco-style shopping arcade, connecting Hay Street to Murray Street, dates back to 1838.

### 4 MURRAY STREET MALL

This recently updated outdoor strip operates in conjunction with Hay Street Mall and includes a large Myer department store in the Forrest Chase shopping centre.



# Northbridge, Leederville, and Mount Lawley

The suburbs just north of the CBD are full of things to do. They're mainly known for being home to great restaurants and nightclubs, so if you're looking for a fun night out, Northbridge, Leederville and Mount Lawley might be the places for you.

## HIGHLIGHTS

Northbridge, Leederville and Mount Lawley contain a huge variety of cafes and restaurants, with many different cuisines to choose from. Old Lane Street Eats sits in Perth's Chinatown and serves delicious bao and noodles for under \$20. Veggie Mama in Mount Lawley is a vegetarian café where you can get healthy meals at breakfast, lunch and dinner. If you're there on a Saturday, you can even join a yoga class inside the cafe. Just down the street is Mashawi, a Moroccan and Middle Eastern restaurant with great vegan, gluten-free and halal options and live belly dancing every weekend. Halfway between Northbridge and Mount Lawley you'll find Sparrow Indonesian Restaurant. This small restaurant makes up for its size with tasty food at affordable prices - there's nothing over \$11.

Northbridge and its surrounding suburbs are known for their bustling nightlife. The Blue Flamingo is a popular spot for students, thanks to its fun vibes and South American meets Californian coast-inspired decor and menu. Grab a cocktail at the bar and dance

under the neon lights at this outdoor oasis. Just down the road is Hip-E Club, one of the oldest nightclubs in Perth. On Fridays and Saturdays you can dance to old school songs, and on Tuesdays, students get in free. If you're still looking for some retro fun, head to the Palace Arcade in Northbridge. The bar is full of arcade and video games, so you can satisfy your inner child while enjoying incredible cocktails. If you're after something sweet, check out Measure in Mount Lawley. At this decadent dessert bar you can indulge in puddings, mousses and cakes, or try a salted caramel cocktail. Measure is also the best place for pancakes at breakfast time.

Shops around Northbridge and nearby suburbs include an eclectic mix of boutiques and other funky stores. One of the main shopping centres is Watertown Brand Outlet. This outlet mall has a big selection of shops to choose from, all selling old stock, seconds and more at lower prices. For a quick shopping trip to pick up the essentials, go to 2nd Avenue Plaza in Mount Lawley.

## CHEAP CHOICE

Northbridge Piazza has free movie nights every week from September through May, so you can sit outside and enjoy a film under the stars.



## COMMUNITY FACILITIES

The Beaufort St Community Centre in Mount Lawley hosts plenty of courses and workshops. There are painting and art classes, book clubs, and yoga and fitness sessions, so whether you've already got a favourite hobby or want to try something new, you'll definitely find a class to suit.

Leederville's City of Vincent Library is the perfect spot to spend the afternoon. There's a young adult area filled with comfy lounges and bean bags, so you can relax while using the library's free Wi-Fi, or take a break from study by playing on their Xbox Kinect.

The State Library of Western Australia in Northbridge is a great place to get to know WA's history. With its extensive collection of films, books and photos in archival collections, you can read, watch and listen to the stories of Western Australians from the past.

The Beatty Park Leisure Centre (located in North Perth, just next to Leederville) is the best place to swim. The centre was built in the 1960s for the Commonwealth Games, so it offers a perfect mix of state-of-the-art pools and fitness facilities and historic décor. There are both indoor and outdoor pools available, as well as a gym and fitness classes. The centre also offers student discounts on casual entry and memberships. Hyde Park, in nearby Highgate, is a beautiful inner city park, ideal for having an picnic or a stroll around the lake.

Oxford Street Medical Centre and Rokeby GP are great places to get the assistance you need. Both offer vaccinations and medical advice for travelling, as well as skin checks and other general check-ups. Sexual Health Quarters (SHQ) in Northbridge caters to people of all ages, genders, and sexualities.

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## UNIQUE EXPERIENCES

For a touch of old movie magic, head to the Luna Cinema in Leederville. This retro art deco theatre has been around since the 1920s and is a fantastic place to watch independent or festival films in a cosy and intimate setting. But the real treat is the outdoor cinema, which takes place during summer. Relax in a bean bag and enjoy the movie as you take in the leafy surroundings. You can bring your own picnic lunch or dinner, or visit the cinema's beautiful bar to get yourself a glass of wine.

Northbridge is the cultural centre of Perth and is known for hosting festivals, which take place throughout the year. From beer festivals to film festivals, as well as a variety of music festivals, there's always something to do in Northbridge. The Fringe World Festival, which is held each year in January/February, is the third largest fringe festival in the world. Northbridge is also home to the Perth Cultural Centre and the Perth Institute of Contemporary Arts, where you can see art and museum exhibitions or watch local plays, dances, and musicals. They're both worth visiting if you want to immerse yourself in the culture of Northbridge.



# Maylands, Bayswater and Inglewood

The eastern suburbs of Maylands, Bayswater and Inglewood are great places to relax and get in touch with nature.

The Baigup Wetlands is a beautiful landscape right on the banks of the Swan River. It's part of the Swan River floodplain, a 70-hectare reserve that stretches across the city. It's a breezy walk to the end of the wetlands and back, which is about a two-kilometre round trip. On the walk, you can have lunch in the picnic area and spot native wildlife. The Baigup Wetlands is home to a number of native plants and over 80 species of bush and water birds, such as the Eastern Great Egret, which you can often see by the river.

Beaufort Street in Inglewood is the perfect place to get involved in the community. The street is lined with independent local businesses and decorated with street art done by locals. The Monday Night Market is held on Beaufort Street every Monday night from 6pm, September through April. It's another great opportunity to support locally made products and food. There are food trucks and vendors where you can grab a bite to eat and live music to listen to as you stroll along the

street. Maylands is also home to a number of markets, including the Maylands Street Festival every May to celebrate the area – head there to check out live music, great food, local stalls, and the incredible street bar.

In Bayswater, you'll find the Bayswater Waves. This centre offers a fully equipped, double-storey gym, as well as plenty of aquatic facilities including whirlpools, waterslides, a lazy river, and an awesome wave pool, where you can surf without hitting the beach. Bayswater Waves also puts on occasional movie nights, where you can get your toes wet and enjoy a great film.

Tranby House in Maylands is a place full of history and culture. It was built in 1839 on the Peninsula farm, one of the first farms in the Swan River Colony. There, you can not only learn about the rich history of Western Australia, but you can also enjoy high tea at the Peninsula Tea Gardens overlooking the Swan River.

## Northbridge Nightlife

If you are after a night out in Perth, Northbridge is full of exciting venues worth checking out.

### 1 JACK RABBIT SLIMS

With a strong live music focus, this American-style diner is open late for a fun night out.

### 2 HOLEY MOLEY

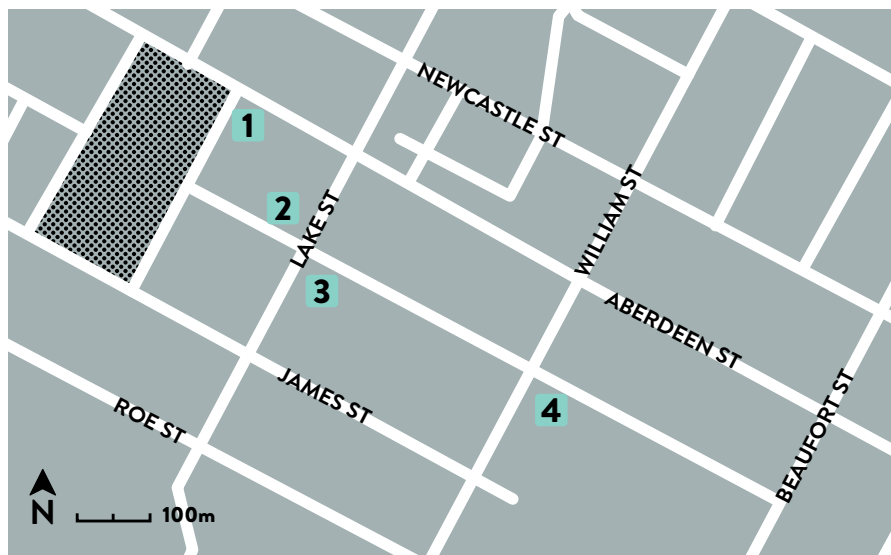
Keen for some mini golf? Holey Moley has a full indoor course, plus you can grab a drink from the bar and enjoy it while you play.

### 3 MUSTANG HOTEL

A real mixed night out, Mustang has live music, sport on TV, pool competitions and cheap burgers.

### 4 ALABAMA SONG

For some real fun check out this 'honky tonk' bar specialising in whisky and bourbon, with regular live music.



# Crawley, Claremont, and Subiaco

The western suburbs may be a little more expensive, but they're worth it. Filled with old buildings and shops, Crawley, Claremont and Subiaco are the best suburbs to visit out of the city.

## HIGHLIGHTS

The food across these three suburbs is so diverse, you'll find it hard to choose where to eat out. Hawker Food on Broadway serves authentic Malaysian food at affordable prices. Here, you can get a curry for around \$10. Across Stirling Highway is Burgermeister, which does great burgers and hotdogs. There's even a separate cheaper menu, with sliders and smaller burgers for just \$10. Over in Subiaco is Living Green Café, which has plenty of vegan options including delicious smoothies and acai bowls. You can even design your own salad, just the way you like it. A short walk away is Metro Indian, a halal-friendly restaurant adored by locals. If you can't get there during the week, they also deliver tasty Indian food straight to your door.

Crawley, Claremont, and Subiaco are home to pubs and restaurants open after dark. If you're looking for great food even later at night, check out Brooklyn Lounge. The indulgent menu features American-style burgers, desserts and cocktails. If you're still

craving American food, head to Varsity Bar in Nedlands. This sports bar is open late all week long and will entice even non-sports fans with burgers, milkshakes, and loaded fries. While you're waiting for your meal, you can even challenge your friends to a game of ping pong or pool. After dinner, go to Whisk Creamery for mouthwatering gourmet milkshakes, gelato, and their house-made desserts.

The three suburbs each have their own vibrant shopping strips and little stores tucked away between the streets. You'll find plenty of cafes and supermarkets along Broadway in Crawley, but Broadway Fair Shopping Centre is the best spot to buy all your basics. Claremont Quarter has lots of boutiques and designer stores, as well as places to buy homewares, food, and other necessities for your dorm room or apartment. Subi Square contains cafes and grocery stores, and just down the road is Officeworks, where you can pick up all the electronics and stationery you need.

## CHEAP CHOICE

Instead of eating at a fancy restaurant, take a picnic to nearby Kings Park. You can watch the sun set while sitting in one of Perth's most beautiful spots.



## COMMUNITY FACILITIES

There are libraries all over Crawley, Claremont and Subiaco. The Claremont Community Hub & Library has a library and community space, with activities happening all week long including writers groups, language classes, and book clubs. The Nedlands Library also offers language classes and hosts a monthly book club, meet-the-author events, and talks.

Lords Recreation Centre in Subiaco is the perfect place to work out. The centre offers a

gym, personal training sessions and different ways to get fit, from running, to kickboxing, to suspension training. Lords also offers over 80 group fitness classes, so you can pick the class that best suits your needs.

The Claremont Aquatic Centre has three pools and is a great space to hang out. Open every day of the year, the centre will keep you cool in the summer and warm in the winter thanks to its heated pool. And no matter the weather, the café and picnic area are always great to visit.

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## UNIQUE EXPERIENCES

Along the Swan River, just past Kings Park, are the Blue Boat House and Eliza statue. These landmarks are popular tourist attractions, both known for their rich history and photogenic features. The Blue Boat House (officially named the Crawley Edge Boatshed) was built in the 1930s and is famous for its bright blue colour, which is perfect for photo opportunities - but be prepared to wait in line during peak times. Close by is the Eliza statue commemorating the Crawley Baths, which were open for 50

years before being demolished in the 1960s. The statue is an important part of Crawley's history and culture, with Eliza being dressed up for charity and sporting events, and important celebrations.

If you're a feline fan, head to the Cat Café in Subiaco. The café is home to 12 cats you can play with as you eat and drink. Plus, you'll be supporting cats all over Perth by visiting the café; a percentage of the profits goes straight to Cat Haven, which houses stray cats and other cats ready for adoption.

# 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**



*Coffee Shot*



*Warm Milk*



*Water*



*Chocolate  
Powder or Syrup*



*Milk Foam*



## Subiaco's Cafe Strip

Whether you're after a coffee or something to eat, this strip has got you sorted.

### 1 ARCHITECTS AND HEROES

One for the coffee geeks, this is the spot to get to know Australian coffee.

### 2 MOMOS

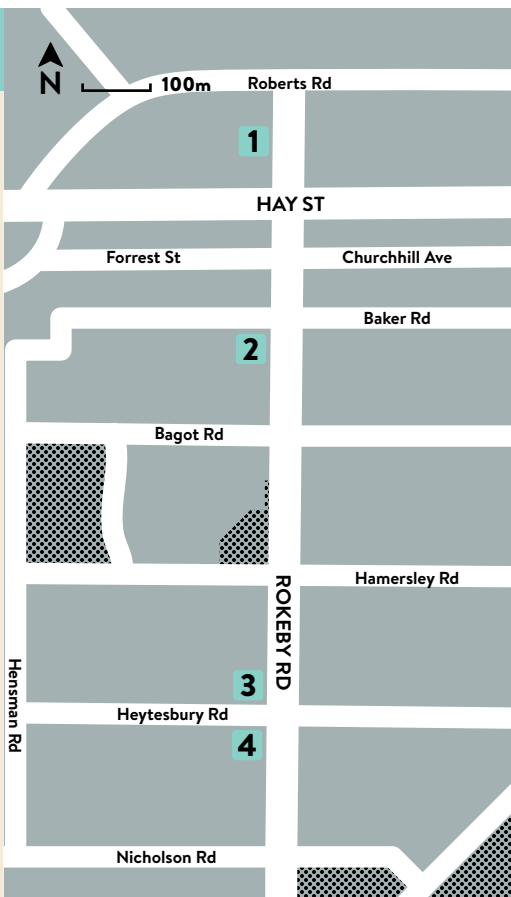
A solid option at any time of the day, as the menu extends from breakfast through to burgers and other large main meals.

### 3 ST LUCY

A mix of great coffee, healthy salads and tasty bagels is available.

### 4 BOUCLA

A super hip, cosy spot that serves breakfast and lunch with a Middle Eastern twist.



# South Perth and Bentley

Living south of the Swan River means having the best of both worlds: you can enjoy all the perks of the city while living in cosy suburbs.

## HIGHLIGHTS

South Perth and its neighbouring suburbs are home to lots of great restaurants and cafes. At Wong Hawker's Food, everything on the menu is under \$25, so you can feast on amazing Chinese food without paying a fortune. If you're after a halal-friendly meal, look no further than Satay on Charcoal. The restaurant does great Malaysian street food at low prices, with an entirely halal menu. If you're after something vegan, make sure to visit Loving Hut. No matter the time of day, you can always enjoy one of their gluten-free brownies or vegan quiches. On the bank of the Swan River is South Perth StrEATS, an outdoor food truck gathering that serves cuisines from all over the world. The food trucks rotate during the summer months, so every meal is a surprise!

While you won't find many nightclubs in South Perth, there are plenty of pubs and bars around. The Windsor Hotel is an iconic South Perth venue, where you can listen to live music, dine on delicious food, or visit their scenic garden bar. HopScotch Bar in South Perth is the best place for a late-night

meal, with something on every day of the week. Check out the bar's quiz nights on Tuesdays and their traditional Thai specials every Thursday. Along Albany Highway is Dutch Trading Co., which is the place to go for classic pub food, Asian cuisine, and an incredible range of beers. If you're craving something sweet, go to Jersey Jack Gelato for mouthwatering frozen treats. Make sure to indulge in their waffle tower while sitting in the secret garden.

Shops in South Perth and south of the river are usually small boutiques, but there are also larger shopping strips. South Shore Shopping Centre is just across the road from Perth Zoo, and is surrounded by lots of cute cafes. The centre is a great spot to buy food, clothes, and any other necessities. Victoria Park Central has plenty of food stores where you can buy groceries or grab a quick bite to eat. Surrounding the centre, along Albany Highway, is a growing selection of boutiques and cafes, including Dark Horse Espresso. Another small shopping centre is Bentley Plaza, where you can find basic services and stores to help you settle in.

## CHEAP CHOICE

Instead of paying gym fees, why not let nature be your treadmill? The 5km walk from bridge to bridge along the river not only offers a lovely view, but it'll also help keep you fit.



## COMMUNITY FACILITIES

The George Burnett Leisure Centre in South Perth offers many different community activities and services. You can learn taekwondo, yoga, and even how to speak Swedish! The centre also houses a sports hall with basketball and volleyball courts, and is right next to a skatepark and community garden.

Two of the best medical clinics south of the river are Southern Clinic and the Mends Street Family Practice. Southern Clinic specialises in women's and men's health and lifestyle counselling, while the Mends

Street Family Practice has you covered for immunisations and other check-ups. It also has a pharmacy next door, so you don't have to travel too far to get the medical supplies you need.

The South Perth Library has something for everyone; not only are there thousands of books on the shelf or online, but you can also join one of their book clubs. The library's four adult book clubs are separated by genre, so you can meet with others and discuss the types of books that really interest you. The Words with Wine events offer the chance to chat to published authors while enjoying wine and cheese.

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## UNIQUE EXPERIENCES

The South Perth foreshore is the best place to go for water sports. There, you can hire paddle boards, catamarans, and single or double kayaks. It doesn't matter if you've never sailed before - FunCats Watersports will teach you everything you need to know before and during your adventure, and the team are always nearby to help. The Swan River is full of Australian wildlife, so keep an eye out - you may encounter pelicans, black swans, and even dolphins.

At Perth Zoo you can see animals from all over the world - especially those native to Australia. You can wander through the zoo at your own pace, exploring everything from Australian wetlands to the African savannah, or you can take one of the zoo's tours, either by car or on foot. Perth Zoo also has talks and encounters with various animals, such as orangutans (the largest Sumatran Orangutan colony outside of Indonesia) or the famous Estuarine Crocodile. If you need to stop for lunch, there is a café and a sprawling green lawn which is great for picnic lunches.



## Burswood

Just across the river from the city centre is Burswood, Perth's entertainment hub.

Optus Stadium is the main sports stadium in Perth. It's home to a number of sporting events, including AFL, WAFL, cricket, and rugby. This massive stadium can seat up to 60,000 people and is used for more than just sports: it also hosts open-air music concerts throughout the year. If you get hungry, head to one of Optus Stadium's many eateries. Alternatively, try The Camfield, Perth's biggest pub and a great spot to watch all the sport inside the stadium if you can't afford a ticket. Goodwood Restaurant is a nice place to grab lunch or dinner, while City View cafe offers a huge buffet and stunning views of the Swan River. You can access the stadium via the Matagarup Bridge, which crosses the Swan River and delivers great views of the city and stadium.

In Burswood's beautiful Charles Paterson Park on the banks of the Swan River, you'll find the Telethon Community Cinemas,

which run from late November to late April. Here, you can sit on beanbags under the stars, take in a film and enjoy a pizza or cheese platter, which you can order and pick up from the venue. All the proceeds go directly to Telethon, which has raised millions of dollars for several charities. The cinema is organised by Telethon and run by over 500 volunteers over the six-month period.

A short drive away is iFLY, where you can soar through the air from the comfort of the ground. Indoor skydiving is a great way to live out your dream of skydiving without worrying about the height: the wind tunnel allows you to fly in winds of up to 250 kilometres per hour that simulate the real thing in a safe environment. With a viewing platform all the way around, your friends can watch you soar and take spectacular photos of your adventure.

## Markets in South Perth

Whether you are after artisan produce or something nice for your room, these markets are worth checking out.

### 1 SOUTH PERTH COMMUNITY MARKETS

Running every Sunday, the markets deliver high quality local produce and a cool atmosphere provided by a DJ and live music.

### 2 SOUTH PERTH STREETS

Over the warmer summer months, Wednesday to Sunday from 5pm to 8pm, select from some of Perth's best food trucks along the foreshore.

### 3 VICTORIA PARK FARMERS MARKETS

Running on Sunday mornings from 8am to 12pm, the markets are perfect for getting fresh produce for the week.



# Fremantle

**Fremantle - or 'Freo' as the locals call it - is a historic part of Perth and a trendy seaside village with plenty of cafes.**

## HIGHLIGHTS

In Fremantle, you'll find all kinds of places to eat and drink, from high-end restaurants and cafes, to small and quirky spots. The Raw Kitchen is a vegan restaurant nestled in an old warehouse, with a lovely atmosphere and tasty food. The restaurant also hosts workshops and film nights, and contains a store selling sustainable and zero-waste products. A short walk away is Taka's Kitchen, a tiny Japanese restaurant with food at very affordable prices. It's located on beautiful Henderson Street and has outdoor seating, so you can sit beneath the trees as you eat your meal. Istanbul Turkish Restaurant is the place to go for halal food in Freo. It serves generous meals at inexpensive prices, so you can eat really well without going over your budget. If you're looking for some indulgence, check out Milk Belly, an awesome milk bar along South Terrace. This adorable café does incredible milkshakes, donuts and sweet treats, with plenty of vegan options available.

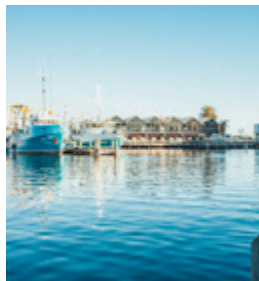
The Little Creatures brewery is a must-visit thanks to its fantastic drinks menu and cosy lounge area, which is perfect for sitting and watching the sunset. The brewery also offers free bike hire, perfect for exploring Fremantle.

The oldest pub in Fremantle is the Ball & Chain, located at the Esplanade Hotel, which has been serving up delicious food and drinks for over 100 years. On the weekend, you can enjoy live music at the venue. Vin and Oli is the best place to grab food late at night. The menu offers a variety of crowd-pleasing meals that will keep everyone happy. For dessert, check out Muffle at the Fremantle Markets. Their speciality is warm waffle pockets filled with ice cream and other tasty treats, in Asian-European fusion flavours. It wouldn't be a true Fremantle experience without fish and chips at the Fremantle Fishing Harbour though.

Fremantle has lots of cute little stores to check out, but the market scene is one of the best in Perth. There are two markets in Freo - the Fremantle Markets and the E Shed Markets, both open Friday to Sunday. The Fremantle Markets has everything you might need. There's a whole area dedicated to fresh fruit and vegetables, stores selling clothing and other accessories, and lots of great local food. The E Shed Markets are slightly smaller, but they're often a lot less crowded and you can get good souvenirs and gifts.

## CHEAP CHOICE

Want to enjoy a day of watching good quality sport without paying a cent? During summer, pack your lunch and head to Stevens Reserve, home of the Fremantle District Cricket Club. Here, you can sit under the Norfolk pine trees and watch cricket matches on weekends.



## COMMUNITY FACILITIES

The Meeting Place is Fremantle's very own community centre. The centre has many different clubs and organisations that you can join, including various language groups, the Monday Book Club, and the Veggi Chit Chat club, where you cook and eat delicious vegetarian meals.

The Fremantle Oval is home to the Fremantle Library, which is a great spot for people of all ages. There's free Wi-Fi available, so you can browse the net while relaxing in one of the library's comfy chairs. There are printing, photocopying and scanning facilities and multiple book clubs to join. The library also contains the Fremantle History

Centre, where you can learn all about Freo's fascinating past.

The Fremantle Leisure Centre is open every day of the year, so you can swim and work out all year round. It has four pools and a fully equipped gym, plus daily fitness classes that take place both in and out of the pool. Students can get into the centre at a discounted rate.

Fremantle has your medical needs covered. You can visit either the Canning Medical Centre or the East Fremantle Medical Centre, which both offer a range of services including travel vaccinations and immunisations. Both medical centres are open Monday to Saturday.

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## UNIQUE EXPERIENCES

The old Fremantle Prison is not for the faint-hearted. This old prison was home to convicts in the 1800s and only recently closed in 1991. You can take five different tours at the prison, depending on how much spookiness you can handle. Learn about the notorious criminals housed in the prison on the True Crime tour, or discover the prison's history in the Convict Prison and Behind Bars tours. For those who really want to get freaked out, try the Tunnels or Torchlight tours. You'll roam around the prison after dark, or even go underground and tour below the prison in a boat. If you want to explore Perth's history, check out the prison's

exhibitions to learn more about the arrival of Australia's convicts.

The Round House is another of Fremantle's historic buildings. It's Western Australia's oldest building and acted as a makeshift prison until the Fremantle Prison was built. While you're there, you can visit the prison cells and warden's quarters, and even hear the cannon go off at midday.

The WA Maritime Museum and the WA Shipwrecks Museum are great places to visit if you want to know more about Australia's history at sea. There, you can see what life was like on the original Dutch ships or on the HMAS Ovens submarine.



## Beaches

Perth is home to some pretty fantastic beaches. One of the most well-known is Cottesloe Beach in Perth's southeast - and it's not hard to see why.

Whether you want to swim, surf, snorkel or just sit back in the sand, Cottesloe is the perfect beach for all kinds of activities. The main beach is great for swimming and relaxing, but if you want to take your board out and catch a wave, head to the rocky beach at South Cottesloe. Just north of the main beach is Peter's Pool. It's located in front of the surf life-saving club and is full of reefs that you can snorkel through. Cottesloe Beach stretches for 1.5 kilometres, so there is plenty of room to get some exercise walking or running along the soft white sand.

Cottesloe is also home to Sculpture by the Sea. Every March, local and international artists put their works on display on the beach, which makes for a great day out.

If you're feeling hungry after a long day of swimming, head to Indiana Cottesloe Beach, which resides in the remodelled tea house, a beautiful building from the early 1900s. Here, you can enjoy breakfast, lunch or dinner while soaking up incredible views of the ocean.

Otherwise, make sure to check out The Blue Duck or Barchetta, both of which are perched

above the sand dunes. If outdoor eating is more your style, just up from the beach are the famous Norfolk Island pines. The trees offer shade over the surrounding grassed areas, making them perfect for picnics.

Just north of Cottesloe is City Beach. This wide sandy beach has great waves for surfers, as well as gentler areas for casual swimming. The main beach is patrolled by surf life-saving groups. City Beach has an updated surf life-saving club that houses the Odyssea Beach Café and Rise Pizza, where you can enjoy delicious food right on the water. Nearby is Clancy's Fish Pub, a great spot to get breakfast or share a meal with some friends at sunset.

Just off the beach, there are plenty of grassy areas for relaxing in the shade or cooking a meal on the barbecue. Beyond the carpark is Jubilee Park and the City Beach Oval. Here, you'll find boot camps and boxing classes throughout the year. Not only will you be able to get fit and have fun, but you can also enjoy the beautiful views over the water.





## History and Culture in Fremantle

Fremantle has an extensive history coupled with an exciting modern culture.

### 1 THE ROUNDHOUSE

The first permanent building of the Swan River colony, The Roundhouse is the oldest building still standing in Western Australia.

### 2 FREMANTLE MARKETS

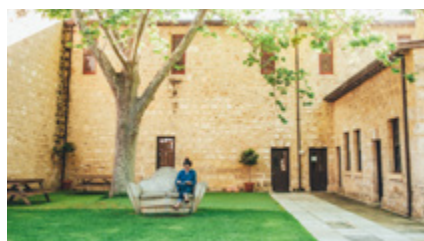
Dating back to 1897, the markets are open Friday to Sunday with an extensive range of products available.

### 3 FREMANTLE ARTS CENTRE

The Arts Centre plays host to major live music acts as well as fascinating art exhibitions.

### 4 FREMANTLE PRISON

This convict built prison is a World Heritage Site and a great spot for learning about convict history.



# History of Perth



It is believed that Aboriginal ancestors arrived in Western Australia between 40,000 and 60,000 years ago. They crossed over from Indonesia when the lands were still connected and the water levels were low. By the time Europeans were coming to Australia, Indigenous Australians were settled throughout Western Australia.



In 1616, Dirk Hartog landed in Western Australia. He and his crew were the first Europeans to land on the western coast and the second crew to step foot on Australian land. He was a Dutch sailor aboard the Eendracht and landed at what is now called Dirk Hartog Island, near Shark Bay.

The first migrants came to Western Australia around 1830, after it first became a state. Many of the migrants were from England and included a mix of people from different socioeconomic backgrounds, such as retired servicemen, families, craftsmen, and servants. However, the first colony never flourished and the population stalled.

In an effort to grow the Western Australian population, between 1848 and 1889, 'Bride Ships' came to the colony carrying young women of marrying age. Young men who had broken the law were also sent to Western Australia during this time.



In June 1829, James Stirling, who was the founding governor of Western Australia, officially founded the state. Two months later, Perth was declared a city. According to tradition, the only woman at the ceremony, Helena Dance, chopped down a tree to mark the occasion.



The first convicts arrived in Western Australia in 1850 on the English ship *Scindian* and docked at Fremantle. The convicts built the Fremantle Prison and other historical buildings in the area. Convict transportation to Western Australia ended in 1868 with the *Hougoumont*, the last ship to bring convicts to the area.



Australia officially became a country on 1 January 1901. On this date, Western Australia joined the Commonwealth. Initially, the Western Australian parliament and the public were against the federation of the states, but they eventually supported the idea and agreed to become part of it.

The 1890s brought many migrants to Australia. With the gold rush in the eastern states drawing to a close, the discovery of gold in the Kimberley region brought people to Western Australia. Many came from the eastern states, but there were also migrants from Asia, Europe, and America. The gold rush caused WA's population to double in four years.

One of the biggest migration periods in Western Australia's history came after World War II. Europeans were displaced by the war and came to Australia searching for a better life. People from Europe and Asia also migrated to Australia in the decades after the war, making Western Australia a culturally diverse state. Today, people from the United Kingdom, New Zealand, South Africa, India, Malaysia, Italy and the Philippines make up some of the biggest overseas-born populations in Western Australia.

# Indigenous Culture

The Aboriginal people of the Perth region are called the Noongar people. Noongar is the name for the Indigenous Australians who live in the southwest of Western Australia, spanning from Esperance to Geraldton. The Noongar people have lived in this corner of WA for over 40,000 years. The region is occupied by 14 different groups, all of which have their own dialect. One of those groups is the Whadjuk people, who inhabit the land where Perth is built.

The area around the suburb of Guildford is a meaningful place for the Noongar people. Within this area, near what is now known as Success Hill, is an important spiritual place and a site where corroborees and other

gatherings were held. According to Noongar beliefs, this is where the Waugal lives, a giant serpent that created the Swan River (Derbarl Yerrigan).

One of the most prominent members of Noongar history was Yagan, a Noongar leader who fought back against European settlers. Yagan is a hero of the Noongar people; there was much celebration in 1997 when some of Yagan's remains were returned to Australia after being taken to England by colonial settlers, and in 2010, when they were buried by Noongar elders.

## LOCAL PLACE NAMES

**Rottneest Island / Wadjemup /**  
*'place across the water where the spirits are'*

**Kings Park / Kaarta Gar-up or Mooro Katta /**  
*'friendly ground' or 'big hill'*

**Heirisson Island / Matagarup /**  
*'leg deep'*

**Swan River / Derbarl Yerrigan /**  
*'freshwater' or 'water turtle dreaming along the river'*

**Fremantle / Walyalup /**  
*'place of the kangaroo rat'*





## EVENTS

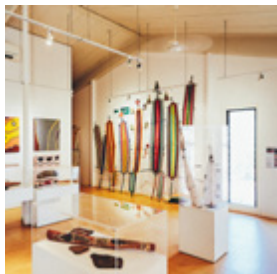
**Wardarnji** is held in late October/early November each year to open the Fremantle Festival. A group of non-Aboriginal Western Australians started the event in 1993 to celebrate Aboriginal culture. It displays Aboriginal culture through traditional dances, music, and art.

**NAIDOC Week** is a celebration of Aboriginal talent and culture, held every year 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** 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 which included Aboriginal people in the census, to 3 June, the anniversary of the High Court Mabo decision that recognised the native title of Australia.

**National Sorry Day**, held on 26 May, is a day for Australians to acknowledge and raise awareness for 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.



## INDIGENOUS ART

The Aboriginal Art & Craft Gallery in Kings Park holds a great display of Indigenous art. Located at the top of Kings Park, it showcases both traditional Aboriginal art - using historic methods and canvases such as on rock and sand, and natural pigments - and non-traditional art. All the artists featured are Western Australian Aboriginal artists.

# A Year in Perth

## JAN

### FALLS DOWNTOWN MUSIC AND ARTS FESTIVAL

5 - 6 Jan

The Falls Downtown Festival is a music festival held on the Fremantle Oval, where you can listen to popular electronic and indie bands while enjoying the beer garden, markets, and food trucks.

[fallsfestival.com/fremantle](http://fallsfestival.com/fremantle)

## FEB

### FRINGE FESTIVAL

18 Jan - 17 Feb

The Fringe Festival hosts over 700 shows, in over 150 venues across Perth, where both local and international musicians and actors entertain the audience with music, theatre, and dance.

[fringeworld.com.au](http://fringeworld.com.au)

### PERTH INTERNATIONAL ARTS FESTIVAL

8 Feb - 3 Mar

A celebration of the arts, including a diverse range of music, circus, theatre and dance.

[perthfestival.com.au](http://perthfestival.com.au)

## MAR

### SCULPTURE BY THE SEA

1 - 18 Mar

Sculpture by the Sea is a series of beautiful works by local Western Australian artists, staged right on the sand of one of Perth's most popular beaches.

[sculpturebythesea.com/cottesloe](http://sculpturebythesea.com/cottesloe)

## APR

### FREMANTLE STREET ARTS FESTIVAL

19 - 22 Apr

Experience the amazing music and theatre of local buskers in this roving street festival, where you can start at the Fremantle Arts Centre and work your way through Freo, enjoying live music, theatre, and food and drink.

[streetartsfestival.com.au](http://streetartsfestival.com.au)

## MAY

### PERTH SUPERSPRINT (V8 MOTOR RACE)

2 - 4 May

The Perth leg of the national V8 supercar racing series is a celebration of speed.

[supercars.com/perth](http://supercars.com/perth)

### PINT OF SCIENCE

Listen to brilliant scientists explain their work while you relax in a local pub.

[pintofscience.com.au](http://pintofscience.com.au)

## JUN

### WA DAY FESTIVAL

31 May - 3 Jun

Celebrate Western Australia with festivals in Fremantle and Elizabeth Quay, where there are food markets, workshops, and concerts.

[celebratewa.com.au](http://celebratewa.com.au)

### STATE OF ORIGIN RUGBY LEAGUE (NEW SOUTH WALES VS QUEENSLAND)

23 Jun

The second match of this hugely popular three game rugby league series will take place in Western Australia for the first time.

[nrl.com](http://nrl.com)

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## JUL

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### CITY OF PERTH WINTER ARTS FESTIVAL

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*Jun - Aug*

Check out the Perth Winter Arts Festival during the height of winter; with over 130 free events, in various genres such as theatre, dance, and live music, there is something for everyone to enjoy.

[wam.org.au](http://wam.org.au)

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## AUG

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### CITY TO SURF

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*26 Aug*

Grab your running shoes and enjoy a 4, 12, 21, or 42km run from Perth City to the beach. It's for a great cause, and you can take in the natural scenery.

[perthcitytosurf.com](http://perthcitytosurf.com)

### BLEDISLOE CUP RUGBY (AUSTRALIA VS NEW ZEALAND)

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*Aug 10*

Two of the world's best rugby nations, and traditional rivals, will go head-to-head at Optus Stadium.

[rugby.com.au](http://rugby.com.au)

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## SEP

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### PERTH ROYAL SHOW

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*Sep*

The Perth Royal Show is definitely something to experience; with showbags, rollercoasters, and plenty of adorable farm and domestic animals, it's a classic Western Australian event, complete with fireworks each night.

[perthroyalshow.com.au](http://perthroyalshow.com.au)

### KINGS PARK FESTIVAL

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*1 - 31 Sep*

The festival celebrates wildflowers, plant life and the culture of Western Australia.

[bgpa.wa.gov.au/kings-park](http://bgpa.wa.gov.au/kings-park)

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## OCT

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### OKTOBERFEST

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Oktoberfest is one of the world's largest celebrations of beer and culture, where you can listen to live music, dance in the silent disco, or indulge in German-inspired food.

[perth.oktoberfestinthegardens.com.au](http://perth.oktoberfestinthegardens.com.au)

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## NOV

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### COLOR RUN

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*Nov*

Add some colour to your exercise routine with the Color Run, a 5km run where you get covered in colourful dyes, which culminates with a finish line festival and dance party.

[thecolorrun.com.au](http://thecolorrun.com.au)

### PERTH INTERNATIONAL JAZZ FESTIVAL

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The Perth Jazz Festival offers spectacular jazz performances from both local and international artists, with plenty of free events in venues such as at Ellington's Jazz Club and St George's Cathedral.

[perthinternationaljazzfestival.com.au](http://perthinternationaljazzfestival.com.au)

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## DEC

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### CHRISTMAS EVE AT LEFT BANK

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*24 Dec*

Count down to Christmas by dancing into the night at the biggest Christmas Eve party in WA, with popular, and local DJ's helping to ring in Christmas.

[leftbank.com.au](http://leftbank.com.au)

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# Weekly Events

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## MON

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Get your Monday off to a healthy start with some Tai Chi. This ancient practice is a mix of martial arts and meditation, so you can increase your fitness while relieving stress and improving concentration. Tai Chi classes are held every Monday at Cathedral Square in the centre of Perth city, and are a great way to spend your lunch break.

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## TUE

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If you're looking for a good night out but can't wait for the weekend, check out Hip-E Club. Every Tuesday, the nightclub hosts a student/backpacker night, where you can get in for free with your student card. There are cheap drink specials available and prizes to be won all night long.

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## WED

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Want to spice up your mid-week plans? Head to Niche Bar, where salsa dancing takes place every Wednesday night. If you haven't tried it before, the club offers salsa classes to show you the basics. Plus, you can get discounted meals if you take a class.

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## THU

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On Thursdays, head to Under The Bridge Food Trucks in Mosman Park. You'll always find at least three food trucks to choose from, which change each week. If you're lucky, there may even be live music during the summer months.

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## FRI

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The Laneway Lounge is the place to be on Fridays. There's live R&B music every Friday night from 8:30pm, but if that's not your style, the DJ kicks in at 9:30pm. Complete with a delicious tapas and drinks menu, The Laneway Lounge is the best place to kick off the weekend.

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## SAT

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Get fit on Saturday mornings with parkrun. This organisation holds 5km runs every Saturday at over 20 spots around Perth – and there are plenty more around the rest of Western Australia if you don't want to miss your weekly run while on vacation. The runs are free and open to everyone who wants to exercise and enjoy being in nature.

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## SUN

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Finish up the week at the Mends Street Community Market. Held every Sunday (except during winter), this market has everything from homemade honey and freshly baked treats, to arts and crafts. Open from 8:30am to 12:30pm, it's the perfect place to shop and grab breakfast.



## Live Music

While some touring acts stick to the east coast, the city's live music scene is bursting with local talent. Annual festivals Falls Festival and Listen Out also have great lineups.



### THE ELLINGTON JAZZ CLUB

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The Ellington Jazz Club is the best place for listening to live jazz music every night. It's open until 3am on weekends and hosts a mix of international and local jazz musicians. You can sit back, enjoy one of their delicious pizzas, and surround yourself with music all week long.

### THE ROSEMOUNT HOTEL

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The Rosemount Hotel is a great summer hangout. There's an outdoor beer garden, a friendly pub atmosphere, and live music every weekend – and sometimes during the week, too. Both local and international indie bands play at the hotel, which you can listen to in the specialised band rooms or outside under the stars.

### UNIVERSAL BAR

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Make sure to check out Universal Bar in Northbridge. This New Orleans-inspired bar plays live music up to five times a week and has plenty of special events, so you're never out of music. Listen to R&B, soul, punk, pop and lots of other genres from their five rotating bands while enjoying \$7 drinks during happy hour.

### THE BIRD

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The Bird is a quirky little bar in Northbridge where every act is a wildcard. This cosy place has an eclectic mix of live shows including indie musicians and DJs, poetry readings, and launch parties for smaller bands. It has a relaxed interior and a cool garden where you can chill out and take in the sounds of Perth.

## GIG GUIDES

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If you're looking for shows and concerts, try one of Perth's gig guides. Champion Music has a weekly gig guide for those who want to see what's going on each weekend, while Cool Perth Nights has a monthly gig guide if you want to plan ahead.

# Cinema

The beautiful weather in the Western Australian capital might make it tough to choose to spend sunny days inside a darkened cinema, but there are a range of film options for a study break. So as well as the blockbusters you can help relieve homesickness by attending a film from your homeland.



## PERTH FESTIVAL

The Perth Festival features a film section, Lotterywest Films, which runs at the University of Western Australia Somerville and Edith Cowan University Joondalup Pines. Lotterywest Films showcases the best of international film, and as it runs in the warmer months of February and March, each screening is held outdoor under the stars. The festival also has cheap Tuesday offers, with all film tickets only \$10 for students.

## OTHER FILM FESTIVALS

The Palace Cinema chain continues to expand its selection of cultural film festivals, including the Spanish Film Festival, German Film Festival, Volvo Scandinavian Film Festival, Lavazza Italian Film Festival and the British Film Festival.

## STUDENT DISCOUNTS & OUTDOOR CINEMA

The cheapest cinema tickets are available on Mondays at Palace Cinema Paradiso in Northbridge (\$8 student tickets) and Wednesdays at Luna Cinema Leederville (\$13 daytime tickets).

Student tickets are also available for the outdoor cinemas that run in Perth during summer. These unique cinema experiences take place in beautiful outdoor spots like Kings Park and Botanic Garden (Moonlight Cinema) and Ozone Reserve in East Perth (American Express Openair Cinemas). Bring a picnic rug and some snacks to enjoy on the lawns as you watch the latest blockbusters and cult classics on the big screen.

# Making Local Friends

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As an international student, it's comparatively easy to make friends with other international students: you're all in the same situation, nobody knows anyone and you're all looking to meet new people. While this international student bubble is great—and comforting—you won't get to experience the other side of life in Australia.

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## WHILE STUDYING

You and your classmates are all there for the same reason and you see each other every day, so this is the most likely place to make some local friends. Whether it's chatting to someone while waiting in line for your lecture, or discussing the homework after class, or even sitting in the library working on a group assignment, your class is the best and easiest way to make local friends.

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## CLUBS

Student networks, like student clubs are just as good as class, if not better. You'll find people with similar interests but with the benefit of not being inside the international student bubble. Check with your Student Services or Union/Guild as to what clubs are on offer, and how to get in contact with them.

A local sports team allows you to meet and bond with a group of people regularly, and the shared love of playing the game, whatever it might be, makes things a lot easier. If you're keen on cricket, you're curious about Aussie Rules, or you're thinking about giving badminton a try, you'll always be able to find sports teams in your local area that are looking for new members.

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## LOCAL EVENTS

It might be a small gig at the local pub, a fundraising barbecue for the local rugby team, or the night-time markets on a Friday, but getting out there and attending local events ensures you'll be rubbing shoulders with the locals. You can usually find information on these events on social media. These types of events are great ways to start a conversation with someone, and the more often you attend similar events, the more often you'll see the same faces—and they'll see you.

Find out which bars local students go to, or find out where the best cafes are—to make local friends, you've got to hang out at local places. Get advice from your classmates, tutors, and even from the places you already go. It'll be uncomfortable at first but if you step outside your comfort zone, go somewhere new, and strike up a conversation, you never know what might happen.



# Outdoor Activities

Get fit, make friends and explore your city while enjoying these fun activities.

## SURFING

The beaches around Perth are ideal for all kinds of aquatic activities – especially surfing. Whether you're just starting out or you've been surfing for a while, there are beaches to suit various skill levels. Mullaloo Beach is 25 minutes north of Perth and is the perfect place to learn how to surf. The beach is located in front of the lifesaving club and has gentle waves with a little bit of surf, which allow you to get up on the board and catch a good wave. Scarborough Beach is great for surfing; it has breaks for both beginners and advanced surfers, with plenty of surfing lessons available. Leighton Beach, just south of Cottesloe, is better for beginners, with its mild waves and surf lifesaving club nearby. Before you head out to the beach, check the weather and the swell – even calm beaches can get big waves sometimes.

## KAYAKING

The Swan River is usually very calm and peaceful, making it perfect for kayaking. In East Perth, you can hire a kayak from About Bike Hire and head straight onto the river near Heirisson Island. You can also get a double kayak if you want to go on an adventure with friends. From the city side of the river, you can kayak across to South Perth. While you're there, have a picnic, visit the zoo, and then paddle back to the city. If you're starting your kayak adventure on the south side of the river, you can rent single or double kayaks and explore the South Perth foreshore. If you're lucky, you may even spot a dolphin or black swan. Further down the river on the south end is Perth Kayak Hire in Alfred Cove. This end of the river has so much to explore and gives you great views of the city.



## ROCK CLIMBING

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Rock climbing outdoors is an awesome adventure, whether you're a first-timer or expert rock climber. Many different companies offer full or half-day rock climbing experiences all over Perth. With Adventure Out and Break Loose, you can learn how to rock climb with a full-day trip for \$180, or \$125 for a half-day. These packages take you to some pretty incredible places, like Gooseberry Hill, just 30 minutes south of Perth. Stathams Quarry at Gooseberry Hill is a common site for outdoor rock climbing, with rock faces for both beginners and experts. During your rock climbing experience, you'll learn how to belay your partner, which is great for building trust and friendship. Many packages also include morning tea and other snacks to keep you energised throughout the day.

If outdoor rock climbing isn't your thing, try indoor rock climbing at The Hangout in Bayswater or PWR Urban Ascent in Bassendean.

## MOUNTAIN BIKING

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Mountain biking is a thrilling adventure that even beginners will enjoy. Kalamunda, near the Perth Hills, is the perfect place to start your mountain biking journey. Rock and Roll Mountain Biking is great for those who are just starting out, with different ride packages on offer that cater to varying levels of experience. The company also hosts clinics that teach you how to ride safely and how to maintain your bike in a safe environment. And if you don't have your own bike, they'll let you hire one.

Once you've mastered the basics, there are plenty of trails south of the river to try out. The Munda Biddi Trail is a scenic route through the forest and bushlands of Mundaring. It goes all the way to Albany, but you can easily do a half-day trip by circling back to the starting point after an hour or two. The Trails WA website has information on all the tracks in Western Australia. You can search for mountain bike trails according to difficulty, time, and location to find the right one for you.



# Rottnest Island

Rottnest Island is Perth's very own slice of paradise, just a boat ride away from the city. This oasis - commonly known as 'Rotto' - is surrounded by beautiful beaches and is home to cute and friendly native animals, such as quokkas.



## BEACHES

Rottnest is known for its spectacular beaches. Whether you want to swim, snorkel or surf, there's a beach for you at Rotto. The Basin is Rottnest's most popular snorkelling spot. It's protected by a circular reef, creating a beautiful blue basin that you can swim in. Beaches like Parakeet Bay and Salmon Bay are also known for their reefs and swim spots, but their smaller cousins, Little Parakeet Bay and Little Salmon Bay, offer some equally stunning sights. If you're up for a challenge, head to Henrietta Rocks. Here, you can snorkel around the Shark, a shipwreck lying just 50 metres offshore. Pinky Beach, located near Bathurst Lighthouse, is a great stretch of beach for swimming and relaxing in the sand. If you want to surf at Rotto, Thomson Bay is perfect for beginners, but if you're more experienced, Strickland Bay is the place to be.

## GETTING THERE

It's easy to get to Rottnest Island and even easier to get around once you're there. Ferries depart from Hillarys, Fremantle, and Perth. It takes around 25 minutes from the B Shed in Fremantle, 45 minutes from Hillarys Boat Harbour, and 90 minutes from the Barrack Street Jetty in Perth. On the island, there are plenty of ways to get around. You can hire a bike from Pedal and Flipper, or you can take the shuttle or a tour bus. Peterpans Adventure Travel operates a one-day express Rottnest Island tour with bike and snorkel hire.

[www.peterpans.com/australia/west-coast/rotnest-island-tours](http://www.peterpans.com/australia/west-coast/rotnest-island-tours)



## ISLAND ACTIVITIES

There's plenty of fun to be had around Rottnest. The island has its own 9-hole golf course, as well as a minigolf course and an arcade zone. You can catch a movie at the Rottnest Island Picture Hall or treat yourself at the Karma Spa. Hotel Rottnest has a great pub and restaurant right near the water, so

you can grab a drink or some food and soak up the stunning view. There are plenty of smaller places to grab a quick bite to eat, like the Rottnest Bakery, which has delicious pastries and other tasty treats. The island also hosts bands and live music throughout the year, as well as the Castaway Festival, a big music festival packed with local acts.



## FLORA AND FAUNA

Rottnest's most common native animal is the adorable quokka. Although they are very much wild animals, these marsupials can be quite friendly. You'll find them all over the island, and you can even take a tour to see them in their natural habitat. Rottnest is also home to 50 different bird species, especially around the lakes and swamps in the centre of the island. At Cathedral Rocks, you may even be able to see some seals. Rottnest runs several tours around the island, so you can see the beautiful landscape and walk around the lighthouse.

# Public Barbecues

When the sun is shining, cooking a barbecue seems like a fun idea, but unfortunately not all students have space for their own. Luckily for you there are several free public barbecues around the city's parks.

These barbecues are usually electric and can be started by pressing the push button underneath the grill. The barbecues turn off automatically (usually after about 15 minutes) so you may have to press it again if you are cooking for a while.

You can buy reusable plate liners/grill mats (available in supermarkets) to place onto the barbecue to reduce the required cleaning. The barbecues are cleaned every morning but unless you are there for breakfast you may need to quickly clean the grill before use.

## WHERE ARE THEY?

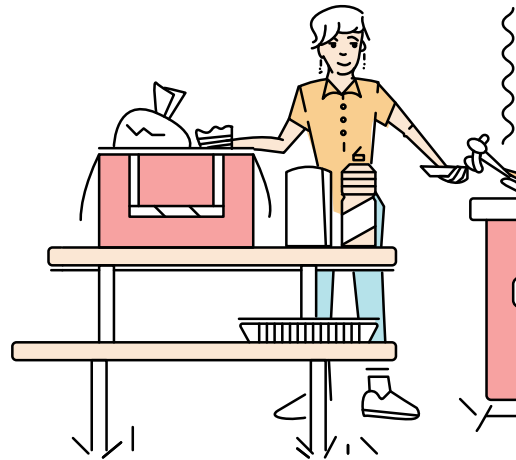
HYDE PARK, CITY CENTRE

KINGS PARK

SIR JAMES MITCHELL PARK, SOUTH PERTH

FRANK GIBSON PARK, FREMANTLE

To find other locations use:  
[www.meatnapark.com.au](http://www.meatnapark.com.au)



## WHAT TO BRING

- An esky (icebox) is the easiest way to keep your food and drinks cold and also transport them to the barbecue site.
- Oil to spray onto the hotplate.
- Tongs are essential for turning your food and then serving it up. A spatula is good for burgers and is ideal for cleaning the barbecue.
- If you have salad or steaks then you will need cutlery and plates. While paper and plastic plates (single use) are common, it is certainly more environmentally friendly to wash regular dishes after using.
- Paper towels
- Salad, bread and sauces.





## WHAT TO COOK

Common meat options include sausages, steaks, burgers, chicken wings and skewers. For vegetarians, you can buy veggie versions of the above, or you can fry up eggplant, tomatoes, tofu, mushrooms and more.

## ETIQUETTE

- Clean the barbecue when you're finished and pack up your picnic. You should leave it as you found it, if not in better condition.
- Try not to congregate around the barbecue. Use it for cooking but eat and socialise at a nearby table or picnic spot so others can use the hot plate.
- Make sure you pack up and dispose of all rubbish and recycle empty bottles.

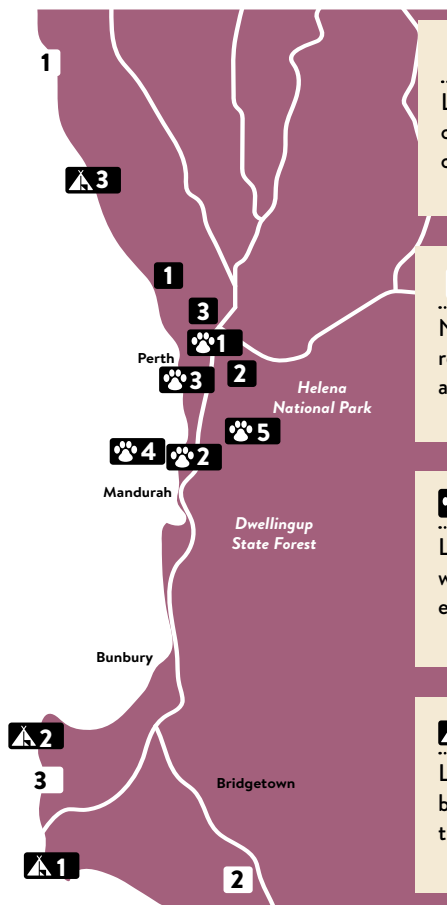
## CLEANING

- Barbecue wipes can be purchased but water/oil with paper towel works well.
- Alternatively (if you are happy to waste some) pour some beer on a slightly warm grill then wipe with a cloth, paper towel or newspaper.

## TIPS

- When cooking onions, pour some beer on them to help them caramelize. Delicious!
- Use aluminum foil to cook delicate items like fish and some vegetables.
- Always make sure the cook has a drink in their hand. It gets hot over the grill!

# Getaways



## SHORT TRIPS

Looking to get away for the day to see more of Western Australia? Check out these options within easy reach of Perth.

PG. 91

## LONG TRIPS

Need a few days away from study to rest and relax? Grab some friends and head away for a night or three.

PG. 92

## WILDLIFE

Looking to meet some locals? Get up close with some Australian wildlife and grab those essential Instagram shots.

PG. 94

## CAMPING

Love the great outdoors? Grab your tent, book a spot for the weekend and head into the wilderness.

PG. 95

## HOSTELS

Hostels are a great way to travel and explore Australia; they're affordable accommodation (share or private rooms), you can cook your own meals and most importantly, make new friends from all over the world, including some locals. YHA has over 75 hostels across Australia in all major towns and cities.

[www.yha.com.au](http://www.yha.com.au)

# Short Trips

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## 1 YANCHEP NATIONAL PARK

Yanchep National Park is a great spot if you want to see and interact with Australian nature. Only 40 minutes from the city centre, this beautiful area of bushland is known for the western grey kangaroos that lounge around the picnic areas, often sleeping in the shade. The Koala Boardwalk takes you right around the eucalyptus trees, where you can spot the koalas sleeping and feeding. If you're up for an adventure, try the nine walking trails. These range from quick walks that take less than an hour, to an all-day hike.



## 2 KALAMUNDA

At the foothills of the Darling Scarp is the town of Kalamunda. Thirty minutes from Perth, Kalamunda is the gateway to plenty of adventures. If you like hiking, the Bibbulmun Track goes all the way to Albany, but you can trek parts of it for a full or half-day walk. Kalamunda National Park and Lesmurdie Falls National Park are good places to take a relaxing walk and have a picnic. Gooseberry Hill National Park is also a short drive away; if you want some great views, take the Zig Zag Drive down the hill.



## 3 SWAN VALLEY

Thirty-five minutes from the city centre is the famous Swan Valley. Take a guided food and wine tour through the countryside and taste wines from the area's famous wineries. If you're more of a sweet tooth, stop by the Margaret River Chocolate Factory to sample some delicious chocolates and sweets. At the upper end of the Swan Valley is Whiteman Park. Here, you can see endangered species such as the woylie in the Woodland Reserve or feed kangaroos and koalas in Caversham Wildlife Park.



# Long Trips

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## 1 CERVANTES

This seaside town is a little over two hours' drive from Perth and is the start of an authentic outback adventure. Cervantes is known for the Pinnacles Desert, which is just half an hour away from the town. There, you can see the incredible limestone pinnacles, some of which even get to 3.5 metres tall! Surrounding Cervantes is the Nambung National Park, where you can visit the beautiful beaches at Kangaroo Point and Hangover Bay, as well as Lake Thetis. The lake is home to thrombolites, which may look like rocks but are actually microorganisms that are thousands of years old. You can look at them as you walk around the boardwalk on the lake.



## 2 PEMBERTON

Just over three hours south of Perth is Pemberton. This town is surrounded by several national parks and is a great place to go if you want to venture deep into Australia's forests. Gloucester National Park is full of beautiful karri trees, including the Gloucester Tree. This tree is the second highest lookout tree in the world and still has the spikes that lookouts used to climb it. If you're brave enough, you can make it all the way to the top and catch a view over the treetops. Pemberton is also home to several wineries, which are nice spots to taste local wine and food.



## 3 MARGARET RIVER

Margaret River is one of the most well-known towns south of Perth. It's famous for surfing and is home to an international pro competition, so while you're there, make sure to check out the waves. You'll also find some breathtaking caves in Margaret River, such as Mammoth Cave, one of the only caves in the area to have fossils, and Lake Cave, known for its underground lake. Surrounding Margaret River is the Boranup Karri Forest and the Keenan State Forest, so you're never without Australia's beautiful natural landscapes. Margaret River is also known for its 95 wineries, where you can stay for a glass of wine, lunch, or even overnight on the vineyard estates.





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# Wildlife

**1 Caversham Wildlife Park** is the best place to meet Australia's native animals. You can feed and pet kangaroos in their spacious kangaroo enclosure, hang out with koalas, and possibly even hold a wombat. There are also reptile and bird enclosures as well as other mammal exhibits.

**2 At Rockingham Wild Encounters**, jump on a tour and have the adventure of a lifetime swimming among dolphins. Wild bottlenose dolphins call the sheltered bays their home and are extremely friendly. You can spend hours swimming with these beautiful creatures, and then hop aboard the boat for food and coffee.

**3 Perth Zoo** gives you the chance to interact with animals from all over the world. Get up close and personal with orangutans, giraffes, elephants, lemurs and more. For those who

really want to get to know Australian wildlife, there's even an Awesome Aussie Icons itinerary that lets you spend time with kangaroos, dingoes, emus, and plenty of other native Australian animals.

**4 Penguin Island** is a short drive from Perth and is the perfect place to see the world's smallest penguins. This scenic island is home to fairy penguins, sea lions and dolphins, and there are plenty of cruises and tours showing you the best that Penguin Island has to offer.

**5 Cohunu Koala Park** is located right in the Aussie bushlands and is home to many different native Australian species. Here, you can not only visit koalas, but kangaroos, wallabies, emus and dingoes too. To commemorate your trip, get a snap or two taken while cuddling their adorable koalas.



## WHALE WATCHING

Seeing whales in the wild is a real treat. Western Australia's coast is teeming with whales, particularly during the colder months as they head for warmer water. Companies such as Whale Watch Western Australia, Whale Watching Perth and Rottneest Fast Ferries offer whale watching tours throughout the year, which leave from various jetties around Perth.

# Camping

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The WA Park Stay website is the best place to visit for camping resources. You can search for campsites by area and check if they include certain amenities, such as showers, barbecues, or powered sites. You can also read up about camping safety.

Before you head off on your camping trip, take some time to prepare. Make sure you know about the camping area you're staying in and whether there are toilets or power. If not, find out where the nearest facilities are. It's also important to bring food that can be easily prepared, and to check all of your equipment.



**A1** **Augusta** is just over three hours south of Perth, and was practically made for camping. There are multiple caravan parks and campsites to choose from, and when you're not hanging out by your tent, there's plenty to do. Visit Jewel Cave or the Cape Leeuwin lighthouse, or stop by Blue Ocean Fish & Chips for some of the best fish and chips in the state.

**A2** **Yallingup** is a surfer's paradise. Only three hours away from Perth, the town has the best beaches and the cutest cafes. There are two caravan parks you can pitch your tent in, but for those who like the finer things, Soul Camping offers luxury tents in Yallingup Beach Holiday Park.

**A3** A 90-minute drive north of Perth is the town of **Lancelin**. There are a few accommodation options available: you can stay at one of the caravan parks or rent a beach house. While you're there, try your hand at boarding down a sand dune, or go kiteboarding on one of Lancelin's beautiful beaches.

# Key Contacts

CONTACT NAME	WHEN WOULD I USE THIS SERVICE?	CONTACT DETAILS
AUSTRALIAN CONSUMER LAW	Understand your legal rights in regards to shopping or purchasing services.	<a href="http://consumerlaw.gov.au">consumerlaw.gov.au</a>
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.	<a href="http://humanrights.gov.au/race-discrimination">humanrights.gov.au/ race-discrimination</a>
AUSTRALIAN TAXATION OFFICE	Contact them to arrange a Tax File Number or learn more about payments made to you while you're here.	<a href="http://ato.gov.au">ato.gov.au</a>
BEYOND BLUE	A free counselling service that you can contact if you are feeling depressed or anxious.	1300 224 636 <a href="http://beyondblue.org.au">beyondblue.org.au</a>
CITY OF FREMANTLE	The City of Fremantle provides a range of recreation and community services including the Fremantle City Library, Fremantle Leisure Centre and much more.	9432 9999 <a href="http://fremantle.wa.gov.au">fremantle.wa.gov.au</a>
COUNCIL OF INTERNATIONAL STUDENTS AUSTRALIA	The peak body for the interests and needs of international students.	<a href="http://cisa.edu.au">cisa.edu.au</a>
DEPARTMENT OF FOREIGN AFFAIRS AND TRADE (FOR EMBASSIES)	If you require help from your country's embassy within Australia.	<a href="http://dfat.gov.au">dfat.gov.au</a>
DEPARTMENT OF HOME AFFAIRS	This government department handles visa enquiries and issues.	<a href="http://immi.homeaffairs.gov.au">immi.homeaffairs. gov.au</a>
FAIR WORK OMBUDSMAN	If you require assistance understanding your workplace rights and responsibilities.	13 13 94 <a href="http://fairwork.gov.au">fairwork.gov.au</a>
FIRE BRIGADE	For situations requiring the fire brigade that are not threatening life. In life threatening emergency situations call Triple Zero (000).	131 237 (connects to nearest fire station)
HEALTHDIRECT AUSTRALIA	Outside of GP consultation hours their trained staff can help you treat non-urgent illnesses.	1800 022 222



IDP PERTH	Assistance with assessing study options, including courses, applications and student visas.	08 9227 0102 <a href="http://idp.com/australia">idp.com/australia</a>
LEGAL AID	Free legal information services to help you understand the law.	1300 650 579 <a href="http://legaid.wa.gov.au">legaid.wa.gov.au</a>
LIFELINE	If you need someone to talk to about your mental health, this resource is a crisis support hotline.	<a href="http://lifeline.org.au">lifeline.org.au</a>
OVERSEAS STUDENT OMBUDSMAN	This resource investigates complaints about problems that overseas students have with private education in Australia.	1300 362 072 <a href="http://oso.gov.au">oso.gov.au</a>
POLICE	For situations requiring the police, like burglary, that are not threatening life. In life threatening emergency situations call Triple Zero (000).	131 444 (Connects to nearest police station)
ROAD TRANSPORT AUTHORITY	If you plan on driving around Perth, find out about the road rules and what you need to get yourself a licence.	<a href="http://transport.wa.gov.au">transport.wa.gov.au</a>
SEXUAL ASSAULT RESOURCE CENTRE	This free 24/7 emergency service specialises in counselling and medical services for those who have suffered recent sexual assault or childhood sexual abuse.	9340 1828
SEXUAL HEALTH HELPLINE	To talk about sexual health symptoms and get advice, you can call this number to talk to trained medical staff.	9227 6178 <a href="http://fpwa.org.au">fpwa.org.au</a>
STATE EMERGENCY SERVICE (SES)	This service provides emergency support during and after major incidents, such as floods, storms, cyclones, and bushfires.	132 500
STUDY PERTH	For information on living and studying in Perth and questions you have while you are here.	<a href="http://studypertth.com.au">studypertth.com.au</a>
STUDY IN AUSTRALIA	For basic information about studying in Australia, including information on the universities and useful contacts.	<a href="http://studyinaustralia.gov.au">studyinaustralia.gov.au</a>
TRANSPERTH	To find out about trains and buses, including ticketing information, timetables and more.	<a href="http://transperth.wa.gov.au">transperth.wa.gov.au</a>
WOMEN'S DOMESTIC VIOLENCE HELPLINE	This free state-wide 24 hour service provides support and counselling for women experiencing family and domestic violence.	1800 007 339

## LIFE THREATENING EMERGENCIES

For emergency services requiring ambulance, fire brigade and/or police dial **Triple Zero (000)**. If you require a translator then tell the operator your language and they will connect you with one.



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