Welcome to Adelaide and the University of Adelaide.

Before you left your home country you probably worked your way through a checklist of items to prepare for your new life in Adelaide. Now you are here, there are more adjustments to be made and things to learn. This guide is designed to assist with your first few days in Adelaide. It provides you with a post-arrival checklist and answers some of the immediate questions you may have:

> where do I buy food?
> how do I phone home?
> what are the accommodation options?

During orientation you will receive more detailed information regarding settling into Adelaide, and the University of Adelaide.

Enjoy your first few days in Adelaide—we look forward to meeting you during orientation.
Staff at the ISC can help with a range of issues related to your study and life in Adelaide.

These include:
- personal and academic issues
- financial matters
- information on student visas
- orientation and social activities
- counselling and welfare services for individuals and families, including referral to the range of specialist service providers on campus and within the broader community

Follow-up orientation and returning home workshops.

Location
Ground Floor, Old Classics Wing
North Terrace campus
Telephone: +61 8 8313 4828
Facsimile: +61 8 8313 4352
Email: isc@adelaide.edu.au

Opening hours
Monday: 10.00 am to 5.00 pm
Tuesday to Friday: 9.00 am to 5.00 pm

Post-arrival checklist
On your first day make sure you do the following.
- Notify family and friends back home that you have arrived safely.
- Drink plenty of water.
- Take a walk in the sunlight—staying indoors in artificial light makes jet lag worse.
- If you must sleep make it no longer than two hours. Set an alarm so you don’t oversleep and then stay up until at least 9.00 pm local time.

Some critical things you need to do within the first 72 hours are:
- buy food (page 9)
- learn how to use public transport (page 18)
- familiarise yourself with your immediate surroundings.

‘Jet lag’
Be aware of jet lag. It may take a while to adjust to the new climate and you may experience:

- Fatigue
  Being tired for days after arriving, generally followed by a lack of concentration and motivation.

- Broken sleep after arrival
  It can take many days for the body to adjust to a new time zone. Some people experience disorientation, digestive upsets, impaired judgement or irritability.

The first 72 hours
Firstly, take the time to recover from your journey and adjust to your new environment. You need to look after yourself when you arrive.
Climate

South Australia has a Mediterranean climate of warm to hot, dry summers and mild to cool, wet winters—rain mainly falling between May to August. The Ultra Violet (UV) rating is very high at most times of the year. To avoid skin burn apply sunscreen (at least SPF30+) and wear a hat and sunglasses.

There are four distinct seasons:
> Spring September to November
> Summer December to February
> Autumn March to May
> Winter June to August

Daylight Saving Time (DST)

DST involves adjusting clocks forward by one hour during the warmer months of the year so there is more daylight in the evening.

DST is observed in South Australia as well as New South Wales, Victoria, Tasmania, and the Australian Capital Territory. It is not observed in Queensland, the Northern Territory or Western Australia.

DST starts at 2.00 am on the first Sunday in October and ends 2.00 am (i.e. 3.00 am DST) on the first Sunday in April.

Australia has three time zones:
1. Western Standard Time
   Western Australia: 1 1/2 hours behind Adelaide (+8 hours GMT/UMT)
2. Central Standard Time
   Northern Territory, South Australia and Broken Hill (New South Wales): 0.5 hour behind the eastern states (+9.30 hours GMT/UMT)
3. Eastern Standard Time
   Queensland, New South Wales, Victoria and Tasmania: 0.5 hour ahead of Adelaide (+10 hours GMT/UMT)

Temperature guide

In Australia the temperature is usually given in degrees Celsius. The table below translates the temperature from degrees Celsius/Centigrade °C to degrees Fahrenheit °F.

<table>
<thead>
<tr>
<th>Celsius / fahrenheit</th>
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<tr>
<td>40°C = 104°F</td>
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<tr>
<td>30°C = 86°F</td>
</tr>
<tr>
<td>20°C = 68°F</td>
</tr>
<tr>
<td>10°C = 50°F</td>
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Water

Severe drought conditions exist in parts of South Australia. Water restriction and conservation measures are in place to help save water. Learn more about these measures at [www.sawater.com.au](http://www.sawater.com.au).

Can I drink the water?

Yes. The tap water throughout Australia is of a standard suitable for drinking.

Many people in Adelaide choose to buy spring water as there are no added chemicals and they prefer the taste.
Public holidays

Australians enjoy several ‘long weekends’ throughout the year.

A long weekend is a public holiday held either on a Friday or a Monday to extend the weekend to three days; four days over the Easter holiday weekend.

States and territories individually declare public holidays (and school terms) with the exception of national public holidays. On public holidays the University, government departments, offices and many shops are closed.

Public holidays observed in South Australia

New Years Day (N)
1 January
In Australia, New Year’s Day celebrations commence on 31 December, with festivities and fireworks at midnight to welcome in the New Year.

Australia Day (N)
26 January*
Australia Day commemorates the arrival of the first English settlers on the First Fleet in 1788.

March Public Holiday
Second Monday of March
(to stay at least until 2015)
The March public holiday is commonly referred to as Adelaide Cup Day. Adelaide Cup is a horseracing event. First run in 1864 (and held in May until 2006) it received public holiday status in 1973.

Good Friday (N)
Varies according to lunar cycle
Good Friday is held on the Friday before Easter. In Christianity it commemorates the death of Jesus Christ.

Easter Monday (N)
Varies according to lunar cycle
Easter Monday is the day after Easter Sunday.

ANZAC Day (N)
25 April
A day to honour Australian and New Zealand service personnel who served and were killed in major wars. (ANZAC stands for Australian and New Zealand Army Corps.)

Queen’s Birthday/Volunteer’s Day
10 June
A holiday to celebrate both volunteers and the official head of state of Australia—Her Majesty the Queen of England.

Labour Day
First Monday in October
Labour Day celebrates the achievement of the 8-hour working day. People previously had to work longer hours.

Christmas Day (N)
25 December*
Christmas Day is a Christian celebration in commemoration of the birth of Jesus Christ.

Proclamation Day / Boxing Day (N)
26 December**
Proclamation Day celebrates the day South Australia was proclaimed a British province. Boxing Day is observed in many Commonwealth countries on the first day (other than Sunday) following Christmas Day.

(N) = National public holiday

*If that date falls on a Saturday the public holiday transfers to the following Monday. If that date falls on a Sunday that day and the following Monday will be public holidays.

**If that date falls on a Saturday the public holiday transfers to the following Monday. If that date falls on a Sunday that day and the following Tuesday will be public holidays. If that date falls on a Monday that day and the following Tuesday will be public holidays.
Money and shopping

Where can I change money?
You can change your money into Australian dollars at the following businesses:

Banks
All major banks have branches along Rundle Mall and King William Street in the city.
Monday to Thursday: 9.30 am to 4.30 pm; Friday: 9.30 am to 5.00 pm; closed on public holidays.

Travelex Foreign Exchange
Shop 4, Beehive Corner, Rundle Mall
Monday to Friday: 9.00 am to 6.00 pm; Saturday: 9.00 am to 5.00 pm; closed on public holidays.

American Express
(foreign exchange services)
Shop 32 Citi Centre Arcade, 45 Rundle Mall
Monday to Friday: 9.00 am to 5.00 pm; Saturday: 10.00 am to 2.00 pm; closed on public holidays.

Australian currency
Australia’s currency comprises coins of 5, 10, 20 and 50 cent and 1 and 2 dollar denominations; and notes of 5, 10, 20, 50 and 100 dollar denominations. 5, 10, 20 and 50 cent coins are silver; 1 and 2 dollar coins are gold.

There are many automated teller machines (ATMs)—also known as an automatic banking machine (ABM), Cash Machine, Cashpoint or Hole in the Wall—to make cash withdrawals or credit card cash advances. The charge for the transaction will vary depending on your bank.

Where can I buy…?

Food
Adelaide has several food markets, the most popular is the Adelaide Central Market.

Adelaide Central Market
Located in the heart of the city, between Gouger and Grote Street, the Adelaide Central Market offers an extensive range of fresh food—fruit and vegetables, meat and poultry, seafood, gourmet produce and more—all under one roof.
>
Tuesday 7.00 am to 5.30 pm
>
Wednesday 9.00 am to 5.30 pm
>
Thursday 9.00 am to 5.30 pm
>
Friday 7.00 am to 9.00 pm
>
Saturday 7.00 am to 3.00 pm

*Limited stalls available

Supermarkets also sell a wide range of fresh food and other grocery items. There are several in and around the city, including:

Woolworths
80–88 Rundle Mall, Adelaide
Monday to Friday: 7.00 am to 9.00 pm; Saturday: 7.00 am to 5.00 pm; Sunday: 11.00 am to 5.00 pm.

Coles
Lower Ground, Rundle Place, Rundle Mall
Monday to Friday: 6.00 am to 9.00 pm; Saturday: 6.00 am to 5.00 pm; Sunday: 11.00 am to 5.00 pm; closed on public holidays.

24-hour convenience stores are located throughout the city including North Terrace, King William Street, Hindley Street, Rundle Street, Waymouth Street and O’Connell Street in North Adelaide.

IGA Supermarkets
113 O’Connell Street, North Adelaide
Open every day: 8.00 am to 10.00 pm
33 Gilbert Street, Adelaide
Open every day: 7.00 am to 9.30 pm
116 and 232 Hutt Street, Adelaide
Open every day: 7.00 am to 10.00 pm
There are also several Asian supermarkets in and around the Adelaide Central Market.

Toiletries
Toiletries are personal care items such as toothpaste, shampoo and deodorant. They are sold in supermarkets, chemists, department stores and ‘convenience stores’ (please note: convenience stores are more expensive).

24-hour convenience stores are located throughout the city including North Terrace, King William Street, Hindley Street, Rundle Street, Waymouth Street and O’Connell Street in North Adelaide.

Less expensive stores
The Reject Shop
112–118 Rundle Mall
Monday to Thursday: 9.00 am to 5.00 pm; Friday: 9.00 am to 9.00 pm; Saturday: 9.00 am to 5.00 pm; Sunday: 11.00 am to 5.00 pm; closed on public holidays.

Cheap as Chips
52–62 King William Street, down the escalators
Monday to Thursday: 9.00 am to 5.00 pm; Friday: 9.00 am to 9.00 pm; Saturday: 9.00 am to 5.00 pm; Sunday: 11.00 am to 5.00 pm; closed on public holidays.
Medicine
If you need to buy medicine; or for a bigger range of toiletries, visit:

**Midnight Pharmacy**
13 West Terrace, Adelaide
Telephone: 8231 6333
Monday–Saturday: 7.00 am to midnight; Sunday and public holidays: 9.00 am to midnight

**Chemist Warehouse**
Adelaide Central Plaza,
Lower Ground Floor, 100 Rundle Mall
Telephone: 8227 2700
Monday to Thursday: 8.30 am to 6.00 pm; Friday: 8.30 am to 9.00 pm; Saturday and Sunday: 8.30 am to 5.00 pm

An electrical adaptor
Around the world there are numerous different power sockets and electrical plugs. Australian power outlets have three pins. You may need an adaptor for personal appliances from your home country.

International power adaptors to suit many types of plugs are available for purchase in supermarkets and electronic stores, including the following city stores.

**Harvey Norman**
City Cross Shopping Centre,
33–39 Rundle Mall

**JB Hi-Fi**
50 Rundle Mall Plaza

**Dick Smith Electronics**
55 Gawler Place
Places to eat in the city

There are lots of places to eat and a wide variety of cuisine available in Adelaide. While there are many well known food areas, there are lots of places hidden away.

The following suggestions will help start your exploration of Adelaide’s eateries. Wander around town and try some of these...

**Gouger Street** has a large choice including Chinese, Vietnamese, Indian, Malay, Japanese, Thai and seafood restaurants.

**Moonta Street** has great Chinese restaurants and Asian supermarkets. There are also Asian food courts off Moonta Street, which are very busy on Friday nights.

**Hindley Street** has a wide variety of restaurants and cafés, as well as some fast food outlets.

**Rundle Street** has cafés and restaurants specialising in Thai, Lebanese, Greek, Mediterranean and vegetarian.

The Rundle Mall precinct (which includes North Terrace and Grenfell Street) has many coffee shops and food courts such as:

- **Renaissance Arcade Food Court**
  17–21 Pulteney Street
- **Citi Cross Food Court**
  32 Grenfell Street
- **Southern Cross Arcade International Food Court**
  54–58 King William Street
- **Adelaide Central Plaza**
  110 Rundle Mall
- **Gays Arcade**
  Part of Adelaide Arcade, opposite the fountain in Rundle Mall

**Other popular ‘eat streets’**

- Waymouth, Halifax, Leigh and Hutt Streets, and Gawler Place in the city
- King William Road in Hyde Park
- Unley Road in Unley
- The Parade in Norwood
- Melbourne and O’Connell Street in North Adelaide
- Jetty Road in Glenelg
- Henley Square in Henley Beach

**Other places to try**

- The University of Adelaide’s Hub Central, North Terrace campus
- One of the many inner Adelaide pubs including the Exeter Hotel, famous for its curry nights (Wednesday/Thursday), or The Austral for contemporary Australian food.

**Halal**

Halal restaurants and food outlets can be found by visiting studyadelaide.com/live then selecting Religion from the menu, followed by Muslim Services and then Food.

**Vegetarian**

Vegetarian and vegan eateries can be found by visiting www.vegsa.org.au/vegsanew and selecting eateries from the menu.
Communication

Phone home

Phonecards
You can purchase international and local phone cards from most newsagents, post offices, service stations (gas/petrol stations), convenience stores and many other retail outlets. Look at the different cards to see which one gives you the best rate to dial home. Some give you cheaper call rates per minute, but charge you a connection fee. Others have no connection fees but have more expensive rates per minute. Rates vary according to which country you are calling. Compare cards at www.phonecardchoice.com.au and www.phonecardpoint.com.au

Directory enquiries
There are many phone directories you can use to find a phone number. Some list names alphabetically and others list by the type of business or service. These are also available online.
National: 12455 or 1223
International: 1225
Interpreting services: 13 14 50 (charges apply)
White Pages: www.whitepages.com.au
Yellow Pages: www.yellowpages.com.au

Area codes
Australia uses eight-digit local phone numbers preceded by a two-digit area code.
NSW and ACT: 02
VIC and TAS: 03
QLD: 07
WA, NT and SA: 08
The Australian country code is 61.
When calling from outside Australia, leave out the leading "0" from the area code or from the mobile telephone number.

Public phones
A variety of public payphones are located in Adelaide offering a choice of payment methods. Most public telephones accept coins or pre-paid phone cards. The cost of a local call from a public phone is 50 cents. Public payphones can be found at street corners, railway stations, airports, shopping centres and other public areas including Rundle Mall.

Internet
Free Internet access in the Adelaide CBD
Many local libraries and community centres have free internet access.

Limited free wireless Internet services are offered by Internode in a number of locations near the University, such as the South Australian Museum, Rundle Mall, Rundle Street... and many other locations!

Post a letter or parcel
Postal services are provided by Australia Post. Their mailboxes can be found on campus outside the post office or on some street corners. They are bright red and clearly marked "Australia Post".
Ensure your letter or parcel is properly addressed and stamped (check with post office staff if you are unsure). Postage costs vary depending on size, weight and destination.

Newspapers
Daily newspapers
The Advertiser ("Tiser") is Adelaide’s daily newspaper. It has local, national and international news. It is a good place to look for local advertisements if you want to buy things, rent accommodation (the Wednesday and Saturday editions have the biggest rental listings) or find a part-time job. The Australian is a national daily broadsheet and has a wide range of news and special feature sections on different days throughout the week.

Weekly newspapers
The Messenger is a free weekly community newspaper focusing on local news from specific areas of Adelaide. Newspapers include the City Messenger, Southern Times, Hills and Valley, Eastern Courier, East Torrens, and Portside editions.

The Independent Weekly is tabloid in format and contains local, national and international news, features, comments and opinions. It has a principal interest in government, business, education, culture and lifestyle.
Accommodation

If you are in temporary accommodation, finding comfortable, affordable accommodation in a convenient location will be a priority.

There are many factors to consider before commencing your search for accommodation.

> It is important to understand your obligations and the landlord’s rights and responsibilities; these may be different than those in your home country.
> Have you prepared a budget so you know how much you can spend on rent each week?
> Is the cost and terms of the lease reasonable? Check the newspaper or ask someone for advice.
> Do you want to live alone or with others?
> Is the location close to public transport?
> How much is the bond? If you are paying a bond direct to the owner (i.e. not through a real estate agent) you need to make the cheque to “The Residential Tenancies Fund”.
> Do you need to pay rent in advance?
> What are the establishment costs (i.e. furniture, connection fees for phone, electricity and gas etc)?
> Make sure you look carefully at the property and point out any faults or deterioration so it is included in the initial inspection sheets.

> Make sure the agent or owner provides you with a copy of the inspection sheets.

Remember: once you sign the lease you are committed for the full time you agreed to. If you are not sure or have any doubts about the lease, ask before you sign!

Accommodation options

Whether you are looking for University-managed housing, residential college, student hostel or private rental the University’s Accommodation Service can assist you in your search, introduce you to their accommodation database (lists rental, shared, and boarding accommodation) and provide guidance on accommodation issues.

Accommodation Service

Level 4, Union House,
North Terrace campus
Telephone: 8313 5220
Email: accommodation@adelaide.edu.au
Web: www.adelaide.edu.au/accommodation
Opening hours: Monday to Friday, 9.00 am to 5.00 pm

Leaving early is a problem!

If you want to leave early under a fixed term lease agreement it may cost you a lot of money.

You may have to pay the rent until the owner or agent finds a tenant to move in, or until your agreement runs out.

You may also be charged for the advertising required to find a new tenant and any other reasonable costs.
There are two ticketing systems: Metrotickets and Metrocards.

To travel on the Adelaide Metro public transport system you need to:
> purchase a Metroticket/Metrocard (unless travelling on one of the city free services)
> validate your Metroticket/Metrocard upon each boarding
> keep your Metroticket until the end of your journey.

**Metroticket**
There are two types of Metrotickets: daytrips and singletrips. Daytrips can be used as many times as you like, all day, but for only one day. Singletrips last for two hours after you validate them.

Daytrips and Singletrips can be purchased when you board the transport: from the bus driver or tram conductor, or the ticket vending machine on the train or tram. Please note: vending machines only accept coins and credit cards; not notes.

**Metrocard**
The Metrocard is a smartcard ticketing system that offers:
> cheaper fares than Singletrips
> easy recharge and auto recharge facilities
> card registration, which allows you to protect your balance when you report your card lost and check your transaction history.

The Metrocard 28-day pass offers unlimited travel on all Adelaide Metro services for 28 consecutive days from the first validation. Metrocards are available for purchase from Infocentres, Infoline, ticket vending machines and Metrocard agents (agents are listed on the website and will display a Metrocard sign). Please note: holders of full-time student cards are entitled to a concession fare on public transport in Adelaide. Until you receive your student card you will need to pay a full fare.

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**Information and resources**
Adelaide Metro provides information regarding prices, timetables, journey planner and much more online, in person and via phone.


**Infocentres**
Corner of King William and Currie Streets, Adelaide
Monday to Friday: 8.00 am to 6.00 pm; Saturday: 9.00 am to 5.00 pm; Sunday: 11.00 am to 4.00 pm

Adelaide Railway Station, North Terrace
Monday to Friday: 5.45 – 12.15 am; Saturday: 6.00 am – 12.15 am; Sunday: 6.00 am – 12.15 am

Call the [Adelaide Metro InfoLine](http://1300 311 108 (metropolitan); or 1800 182 160 (regional) 7.00 am – 8.00 pm, 7 days a week.]

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**Public transport**
Adelaide Metro operates the city’s public transport system. It is an extensive system including buses, trains and trams.
Free city transport

City Connector
Two loops operate on the City Connector. One large loop linking the city and North Adelaide (98A/98C) and one small city loop (99A/99C). The City Connector runs from early in the morning until 7.15 pm every day, with additional services available on Friday nights.

On weekdays, the City Connector will arrive at a 15-minute frequency through the city and a 30-minute frequency to North Adelaide. At the weekend, only the 30-minute service (98A/98C) will operate, linking the city and North Adelaide.

Tram service
The tram service between South Terrace and the Entertainment Centre, Hindmarsh, is free. Trams arrive on average:
- weekdays: every 7.5 minutes, 8.00 am to 6.00 pm; every 20 minutes, 6.00 pm to midnight
- weekends and public holidays: every 15 minutes, 9.00 am to 6.00 pm; every 20 minutes, 6.00 pm to midnight

Quick tips
- It is necessary to hail the bus you want to catch by clearly raising your arm as it approaches your stop.
- Always carry your student card to show you are entitled to a concession fare; if you don’t you may be fined.

Taxis
Taxis (also known as ‘cabs’) operate all over Adelaide and are available 24 hours a day. They are metered; fares are calculated by a computer and displayed on a small screen near the driver. The fare is not negotiable and prices will vary depending on the time of day you travel. Tipping is not expected. Although taxis are convenient, they are expensive.

Taxi contacts
- Suburban 13 10 08
- Adelaide Independent 13 22 11
- Yellow Cab Company 13 22 27

Quick tips
- It is necessary to hail the bus you want to catch by clearly raising your arm as it approaches your stop.
- Always carry your student card to show you are entitled to a concession fare; if you don’t you may be fined.

Security Service
Adelaide is generally a safe city, but like all cities it has crime and personal safety risks. The University has Security staff on duty 24 hours a day, seven days a week; you will notice Security officers patrolling the campus. Security officers are present to answer your questions and offer assistance when required.

At night, the University’s Security Service provides walking escorts, and shuttle bus escorts, to nearby residences, public transport or parking (within 2.5 km from the campus). To request an escort call or visit the Security Service on your campus (refer to the useful numbers on the back of this guide).

Police
In Australia, police enforce the criminal law on behalf of the state and federal governments. Australian police are not aligned with any political party. There is a definite separation between police and the military.

Their key roles are to:
- protect, help and reassure the community
- preserve peace and safety
- prevent crime
- uphold the law in a manner that has regard for the public good and rights of the individual.

If you become a victim of crime, witness a crime, or have information regarding a crime, it is important in Australia that you report it to the police. You can do this by going in to the nearest police station. You can also contact the police by telephone.

For more information on the South Australian Police visit: www.police.sa.gov.au

Physical contact
- 131 444 to report a crime or to ask for attendance by the police because:
  - your house has been broken in to
  - you have been assaulted
  - you have been threatened
  - you have witnessed a crime or have information about a crime.

Emergency only
- 000

Call 000 in a life-threatening situation or to report a crime in progress.
When you ring 000 you will be asked which emergency service you need—police, ambulance or fire services. Ask for ‘police emergency’.

> Tell them your name, address and phone number.
> Tell them what is happening and where it is happening.

From a mobile phone dial 112 in case of an emergency—this works if your keypad is locked.

Adelaide has an extensive network of bicycle paths: maps.sa.gov.au/cycleinstead, and a free bike hire scheme: www.bikesa.asn.au/BikeHire
Medical services

Unlike many countries, in Australia you only go to the hospital for medical emergencies. For emergencies call 000 only if you need an ambulance.

If you are not in an emergency situation, the first point of contact is a general practitioner (GP), medical practitioner (MP) or local health/medical centre/practice. There is a medical practice on campus—University Health.

If you need to see a doctor at night or on Saturday or Sunday, check the Yellow Pages telephone directory under ‘Medical Practice’ or online: www.yellowpages.com.au

University Health
Location: Ground floor, Horace Lamb Building
Telephone: 8313 5050
Hours: Monday to Friday, 9.00 am to 5.00 pm

If you have an urgent health concern and aren’t sure what to do
Call the health advice line on 1800 022 222, 24 hours, 365 days a year, for free health information and assistance. Your call will be answered by a registered nurse who will assess your condition.
If necessary, the nurse will transfer you to a GP on the telephone who will talk with you, assess your condition, make a diagnosis and provide medical advice. If you need to see a health professional immediately, you will be referred to the most appropriate local face-to-face after hours service.

Doctors in Australia use three types of billing systems.
1. **Bulk billing**: the doctor charges your health insurer directly—you are not charged. University Health ‘bulk bills’ so there is no charge to you.
2. **Direct billing**: doctor charges you; you claim back the rebate from your health insurer.
3. **A combination**: you need to make a co-payment. The doctor directly charges your health insurer and you pay the balance of the fee (when it is over the amount of the rebate provided by the insurer).

Your OSHC will cover the cost of most health services. However, there can be a ‘gap’ between how much a doctor or hospital charges and the amount your OSHC will cover. You will need to pay this gap amount.
When you book a medical appointment, tell the reception staff you have Overseas Student Health Cover (OSHC) and ask them what the cost will be for the service.
More information about medical services is provided during your orientation program.
## Religious information

Adelaide is multicultural and multidenominational. There are places to practice your religious beliefs on campus and in the local community.

### On campus

There is a religious centre on the North Terrace campus in the basement of the Lady Symon Building. The religious centre is normally open 8.30 am to 6.30 pm, Monday to Friday. You can telephone the religious centre on 8313 4161 to confirm opening days.

**Chaplaincy services:** available to students 24 hours a day, 7 days a week. For appointments telephone 8313 4161 (after hours telephone 0409 725 573).

**Islamic prayer room:** male and female student prayer rooms are available on level 6 of Union House. Prayer rooms are also available at the Waite and Roseworthy campuses.

### Religious organisations

The following is a list of some of the religious organisations in Adelaide.

**Baha’i**

Baha’i Information Centre  
342 Brighton Road, Brighton  
Telephone: 8298 7811

**Buddhist**

Buddhist Temple  
45 Smith Street, Thebarton  
Telephone: 8443 5856

United Vietnamese Buddhist Congregation  
20 Butler Avenue, Pennington  
Telephone: 8447 8477

Buddha House Centre for Advanced Buddhist Studies  
1 Fisher Street, Tusmore  
Telephone: 8333 2824

**Christian**

St Francis Xavier’s Cathedral (Catholic)  
19 Wakefield Street, Adelaide  
Telephone: 8231 3551

St Peter’s Cathedral (Anglican)  
27 King William Road, Adelaide  
Telephone: 8267 4551

St Stephen’s Lutheran Church  
152 Wakefield Street, Adelaide  
Telephone: 8223 5491

Chinese Christian Church of Adelaide  
294/296 Morphett Street, Adelaide  
Telephone: 8231 9993

The Vietnamese Evangelical Church in South Australia  
28–32 Tait Street, Renown Park  
Telephone: 8266 1697

**Islamic**

Islamic Society (Adelaide Mosque) of South Australia Inc  
20 Little Gilbert Street, Adelaide  
Telephone: 8231 6443

Islamic Arabic Centre and Al-Khail Mosque  
Corner of Audley Street and Torrens Road, Woodville North  
Telephone: 8268 1944

Gilles Plains Mosque and Islamic Society  
52 Wandana Avenue, Gilles Plains  
Telephone: 8369 0781

Islamic Society of SA Incorporated and Park Holme Mosque  
658 Marion Road, Park Holme  
Telephone: 8277 8725

**Hindu**

Ganesha Hindu Temple  
3A Dwyer Road, Oaklands Park  
Telephone: 8234 1378

**Jewish**

Beit Shalom Synagogue  
39–41 Hackney Road, Hackney  
Telephone: 8362 8281

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A list of prayer times is available at [www.islamicfinder.org](http://www.islamicfinder.org)
Adelaide is a multicultural city with a population made up of over 100 different ethnic communities. As you settle in and make friends, you will find that there is not really a ‘typical’ Australian.

English is Australia’s national language. However, because Australian people come from many different cultural backgrounds, talking to Australians can be confusing—especially when you have just arrived.

If you don’t understand what people are saying, please ask them to explain. Australians tend to run words together. Here are some common examples and their translations:

- **G’day** = Good day
- **How’s it goin’?** = How are you?
- **Y’right?** = Do you need assistance?
- **D’ya reckon?** = Do you think so?
- **On ya!** = Well done!

**Cultural customs**

**Informal greetings**

If someone says to you: ‘G’day mate, how’s it going?’ they are using a common greeting and asking after your welfare. Although they may not expect an answer—it’s more like a friendly remark.

People also say ‘hello’, ‘hey’ and ‘hi’. ‘See you later’, ‘see you’ and ‘bye’ are common ways of saying goodbye to someone.

**Formal greetings**

You would usually shake hands when meeting someone in a formal situation. Both men and women shake hands.

**Names**

First names are used more frequently in Australia than in other countries.

Last names are family names (i.e. ‘Edward Kelly’: Kelly is the family name; Edward is the first name, and the name you would use if you were his friend).

Titles tend to be used only in formal situations or when first meeting someone. People will usually introduce themselves to you by the name that they wish to be called.

**Lifestyle**

It is acceptable for both men and women to drink alcohol and to drink alcohol in bars together. However, not all Australians drink alcohol and it is common to ask for a non-alcoholic drink.

Smoking is not permitted in almost all buildings; if you want to smoke, you will usually have to go outside and you must dispose of butts in bins or ashtrays after extinguishing them.

The University’s North Terrace campus is a smoke-free campus, including all outdoor areas.

**Other tips...**

- People line up in queues when waiting to purchase something. It is considered impolite to push ahead of someone in a queue.
- Being on time is important; make sure you know meeting times and places. Phone ahead if you expect to be late.
- Tipping is not compulsory in Australia. It is only normal to tip when someone gives you exceptional service (i.e. at a restaurant).
Listed below are some places close to the University to visit.

 Adelaide Central Markets  
 between Gouger and Grote Street

 Art Gallery of South Australia  
 North Terrace, general admission is free

 Botanical Gardens  
 North Terrace, entry is free

 Migration Museum  
 behind the SA Museum

 South Australian Museum  
 North Terrace, entry is free

 State Library  
 North Terrace

 Tandanya National Aboriginal Cultural Institute  
 253 Grenfell Street

 Zoological Gardens  
 Frome Road

For an adventure

> **Spend a day at the seaside.** Catch the tram from the city to Glenelg, South Australia’s major beachside precinct. Alternatively, catch a train or bus to Brighton, Semaphore or Aldinga beach.

> **Catch the train to Port Adelaide** for the museums, river cruises and famous dolphin sanctuary. Continue on to Semaphore and visit the cafés or have lunch, coffee or a drink on the beach.

> **Catch a bus to Mount Lofty** and take a walk in the bush, or see some Australia’s diverse native wildlife at Cleland Wildlife Park. Morialta Falls, Waterfall Gully and Belair National Park also offer great walks and are easily accessible by public transport.

> **Catch a bus to Hahndorf,** Australia’s oldest surviving German settlement. Spend a day enjoying the heritage, unique ‘village feel’ and visit some of the cellar doors—a great introduction to South Australia’s famous wines.

For more ideas about events and places to visit refer to the following websites or visit the Adelaide Visitor Centre in Rundle Mall.

blogs.adelaide.edu.au/isc
www.southaustralia.com
www.cityofadelaide.com.au

thethousands.com.au/adelaide
My questions and notes
Useful numbers

Emergency
Police, Fire and Ambulance 000
Royal Adelaide Hospital 8222 4000
Police: non-urgent attendance and general enquiries 131 444

University
University Security—North Terrace campus
24 hours 8313 5990
University Security—Waite campus
24 hours 8313 7200
University Security—Roseworthy campus
24 hours 8313 7999
International Student Centre 8313 4828
Accommodation Service 8313 5220

The University of Adelaide Village
8463 2000
University Health (on-campus doctors)
8313 5050
The University of Adelaide Counselling Service 8313 5663
Colgate Dental Clinic (dental hospital), Frome Road 8313 3437

Adelaide University Union
Education and Welfare Officers 8313 5430
Student Employment Service 8313 4406

Public transport
Passenger Infoline bus, train and tram information 8210 1000