

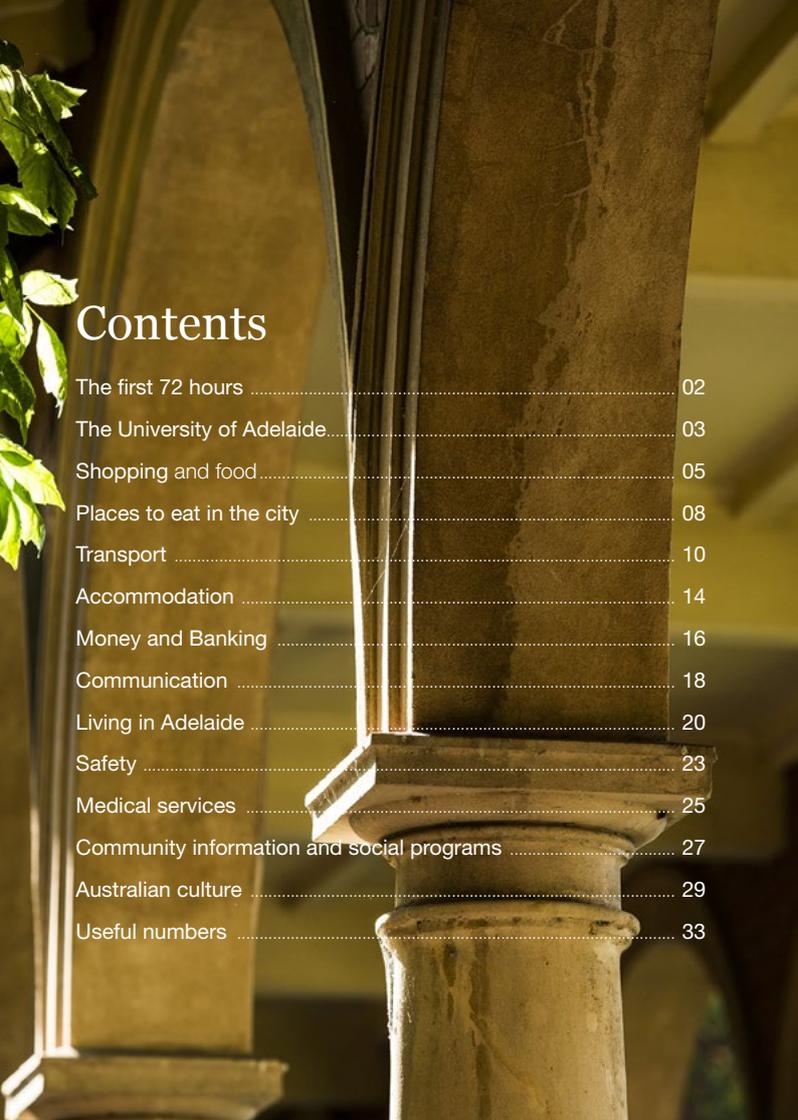


THE UNIVERSITY
of ADELAIDE

International student
Arrival pocket guide

adelaide.edu.au

seek LIGHT |  GROUP
OF EIGHT
AUSTRALIA



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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 that 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?

In addition, you will receive more detailed information regarding settling into Adelaide and the University of Adelaide during Orientation.

Enjoy your first few days in Adelaide—we look forward to meeting at the University.

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.

‘Jet lag’

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

- > **Fatigue**
tiredness, accompanied 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.

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 during the day, make it no longer than two hours. Set an alarm so you don’t oversleep and then stay up until at least 9.00pm local time.

Some critical things you need to do within the first 72 hours are:

- buy food (page 5)
- learn how to use public transport (page 10)
- familiarise yourself with your immediate surroundings.



The University of Adelaide

Even though you have just arrived in Adelaide, there are a few steps that you can now take to get started with your studies at University.

Your student account

If you have not yet activated your student account with the University, it’s a good idea to do this. Your student account will allow you to enrol in courses, access the University’s WiFi network, and use your student email. www.adelaide.edu.au/orientation/start/

Enrolment

You can now enrol in your courses for your program. The first step is to obtain a study plan from your Faculty that lists the courses you should enrol in. You then enrol by using your Access Adelaide account to add courses to your timetable. www.adelaide.edu.au/orientation/start/

Student card

A full-time University student card will allow you to purchase Concession tickets for public transportation. Your student card is available after you enrol in your courses, and can be obtained from Card Services at Ask Adelaide.

Orientation

The University's Orientation program generally takes place in the weeks before the beginning of your first study period.

During Orientation there are many important information sessions that you should not miss, as well as social events to help you meet your classmates. www.adelaide.edu.au/orientation/

Ask Adelaide

For any questions or issues that you encounter, you can visit the University's general student services area, Ask Adelaide. Ask Adelaide is located on Level 3 of Hub Central on the North Terrace campus. www.adelaide.edu.au/ask-adelaide/location/

Support services

If you would like to know more about the support services at the University you can check the International Student Support website, which includes general support, legal, health, visa, and student grievance information. www.international.adelaide.edu.au/student-support/

Shopping and food

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 and popular eateries.

Opening hours:

- > 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
- > Sunday and Monday: Closed.

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

21–39 Grote Street, Adelaide

Monday–Friday: midnight – 9.00 pm; Saturday: midnight – 5.00 pm; Sunday: 11.00 am – 5.00 pm

Foodworks

113 O'Connell Street,
North Adelaide

Open every day: 8.00 am to
10.00 pm

IGA Supermarkets

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
(pharmacies), department stores
and 'convenience stores'.

24-hour convenience stores are
located throughout the city; they
can be expensive.

Less expensive stores

The Reject Shop

112–118 Rundle Mall

Monday to Thursday: 8.30 am
to 5.00pm; Friday: 8.30 am
to 9.00 pm; Saturday: 8.30 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,
(downstairs)

Monday to Thursday: 8.30am
to 5.00pm; Friday: 8.30 am
to 9.00pm; Saturday: 9.00 am
to 5.00pm; Sunday: 11.00 am
to 5.00pm; closed on public
holidays

Medicine

If you need to buy medicine;
or for a bigger range of
toiletries, visit:

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 8.30 am to
5.00 pm and Sunday: 10.30 am
to 5.00 pm

Midnight Pharmacy

192 – 198 Wakefield Street,
Adelaide

Telephone: 8232 4445

Monday–Saturday: 7.00 am to
midnight; Sunday and public
holidays: 9.00 am to midnight

Electrical adaptors

Australian power outlets have
three pins, and supply electricity
at between 220 and 240 volts
AC. Be careful plugging your
appliances from home into
Australian power outlets - if
the voltage is too high, it will
break your appliances. You may
therefore need to use a power
adapter to use your personal
appliances (eg, laptops, chargers)

International power adaptors
to suit many types of plugs
are available for purchase in
supermarkets, travel stores, and
electronic stores, including:

Harvey Norman

City Cross Shopping Centre,
33–39 Rundle Mall

JB Hi-Fi

50 Rundle Mall Plaza

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, others are known only to locals.

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.

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

Myer Centre Food Court

14-38 Rundle Mall (downstairs)

Rundle Place Food Court

77-91 Rundle Mall (downstairs)

In addition, the University also has several eateries on its North Terrace campus, located in **Hub Central**.

Other popular 'eat streets'

- > Halifax, Hutt, Leigh, Peel and Waymouth 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

Halal

Halal restaurants and food outlets can be found by visiting www.halalsquare.com.au/adelaide

Vegetarian

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

Transport

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

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: daytrip tickets and singletrip tickets. Daytrip tickets can be used as many times as you like, all day, but for only one day. Singletrip tickets can be used to transfer to any bus,

tram or train service within two hours of first validation; the 2 section singletrip ticket doesn't allow transfer.

Daytrip and singletrip tickets can be purchased when you board.

Metrocard

The Metrocard is a smartcard ticketing system that offers:

- > cheaper fares than singletrip tickets
- > 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.

Metrocards are available for purchase from Infocentres, Infoline, ticket vending machines and Metrocard agents.

There is a Metrocard machine in Hub Central of the University's North Terrace campus.

Please note: Once you have received your full-time University student card, you are entitled to use a **Concession** Metrocard / ticket on public transport. Always carry your student card when using a Concession card / ticket. Be careful - there is also a 'Student' card / ticket, but this is for primary and high school students only.

Information and resources

Adelaide Metro provides information regarding prices, timetables, journey planner and much more online, in person and via phone. www.adelaidemetro.com.au

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

Sunday to Thursday: 6.00 am to 9.00 pm

Friday, Saturday, Public
Holidays: 6.00 am to 12.15 am

Call the Adelaide Metro
InfoLine on:

1300 311 108 (metropolitan);
7.00 am – 8.00 pm, 7 days
a week.

 You can check when your bus, tram or train will arrive in real-time on Adelaide Metro website (refer to Real Time Arrivals)

 MetroMATE is the Adelaide Metro app, available on the Apple App Store and Google Play Store.

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 smaller 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 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.
- > It is cheaper to travel during the Interpeak period (Monday – Friday 9:01am – 3pm and all day Sunday and public holidays).

Bicycles (Bikes)

Adelaide is a great city to explore and commute by bike, with its broad, flat streets, and extensive network of bike paths.

The **Cycle Instead Journey Planner** (maps.sa.gov.au/cycleinstead) generates cycling routes using Adelaide's

Bikedirect network of main roads, bike lanes, local streets, off-road paths and some unsealed paths.

In Australia, bicycle helmets are mandatory for all cyclists - you may be fined if you don't wear a helmet. In South Australia, you are allowed to ride on the footpath (sidewalk), but you must be careful of pedestrians when doing so.

Adelaide Free Bikes

You can hire a free bike for the day (plus a helmet and bike lock) from participating outlets; all you need to do is present a form of photo ID. A full list of hire locations can be found at www.bikesa.asn.au/adelaidefreebikes

Bikes are not allowed on buses or trams. However, they can be carried for free on trains during Monday to Friday 9:00am - 3:00pm and after 6:00pm, all day on Saturday and Sunday (where space permits).

EcoCaddy

EcoCaddy provides a cheap, fun and eco-friendly shorttrip passenger transportation service; local riders (Caddies) will transport you around the city 'square-mile' and North Adelaide. View www.eco-caddy.com for operating times and more.

Taxis

Taxis (also known as 'cabs') operate all over Adelaide and are available 24 hours a day. Fares are metered, not negotiable and will vary depending on the time of day you travel. Although taxis are convenient, they are expensive.

Ride Sharing

Various ride sharing services such as Uber also operate in Adelaide. Always be sure that you are aware of terms, conditions, and prices before using these apps.



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?
- > 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 damage so it is included in the initial inspection sheets.
- > Make sure the agent or owner provides you with a copy of the inspection sheets.

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 and introduce you to their accommodation database.

Accommodation Service

Hub Central

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 a new tenant moves 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.

Money and Banking

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 (the 1 dollar coin is bigger than the 2 dollar coin).

Most stores and restaurants accept both cards and cash for payment.

Financial institutions

There are many banks, credit unions and building societies to choose from. To open an account you will need to complete the Australian government 100 point identity check - for more, see www.police.sa.gov.au/services-and-events/100-point-identification/.

Banking

Generally, to open a student account at a bank, you will need to take your passport and a copy of your Confirmation of Enrolment (CoE) certificate to the bank.

ATMs

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

ATMs are generally accessible from the street, and can be used 24 hours a day, every day of the year.



Electronic Payments

Electronic funds transfer at point of sale (EFTPOS) is available in most Adelaide shops; it enables you to use your credit card or bank card. In some shops you can withdraw cash when you make an EFTPOS transaction. Many shops have a minimum amount for EFTPOS transactions.

Smart Cards (Visa PayWave and MasterCard PayPass Contactless Credit Cards) are a convenient “tap and go” payment option. You just wave your credit card in front of a card reader - no signature or pin is needed.

Communication

Phone home

There are a number of ways to keep in contact with family and friends overseas including through free instant messaging apps (such as Skype, Viber, and WhatsApp), and international phonecards. Please remember to let your family know you have arrived safely, if you haven't already done so.

Phonecards: You can purchase international and local phone cards (calling 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 value.

Compare cards at www.phonecardchoice.com.au
www.phonecardpoint.com.au

Skype: allows voice, video and instant messaging over the internet. Calls to other Skype users are free.

Viber/WhatsApp: allows you to make free text, photo messaging and phone calls to other app users. Calls use your data plan or WiFi service.

Area codes

Australia uses eight-digit local phone numbers preceded by a two-digit area code.

02: NSW and ACT

03: VIC and TAS

04: Australia wide mobiles

07: QLD

08: WA, NT and SA

Dialling overseas from

Australia: the international prefix used to dial outside of Australia is 0011.

Dialling Australia from

overseas: dial the country code (61), followed by the area code (leave out the leading '0' from the area code or mobile number) and then the local number.

Mobile phones

There are many service providers to choose from. Identify what your mobile phone needs will be, and make sure you understand all the terms and conditions before you sign a contract.

Before you buy a mobile phone, consider:

- > how long you are going to be in Australia
- > who and where you will call and how long your calls are going to be
- > are there any 'hidden' costs?

Internet

Once you have your university username and password you will be entitled to an unlimited quota for all study related internet usage 24 hours a day, 7 days a week. The University's WiFi network is called 'UofA'

Limited free wireless internet services are offered by Internode throughout most of the Adelaide CBD. To use the service, look for 'Adelaide Free' on the WiFi network list.



Living in Adelaide

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 – even on cool and overcast days.

To avoid skin burn and protect yourself from UV:

- > **Slip** on sun protective clothing
- > **Slop** on sunscreen (at least SPF30+)
- > **Slap** on a hat
- > **Seek** shade
- > **Slide** on sun glasses

There are four distinct seasons:

- > **Spring:** September to November
- > **Summer:** December to February
- > **Autumn:** March to May
- > **Winter:** June to August

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.

Celcius /Fahrenheit

40°C = 104°F

30°C = 86°F

20°C = 68°F

10°C = 50°F

Water

SA is one of the driest states - in the world's driest inhabited continent. Water restriction and conservation measures are in place to help save water. Learn more at www.sawater.com.au

Can I drink the water?

Yes. The tap water throughout Australia is of a standard suitable for drinking. Adelaide tap water may taste different but it is safe to drink.

Drinking fountains

There are several free water refill stations and drinking fountains located around the University campuses. You can confirm the locations of these facilities on the University's maps: www.adelaide.edu.au/campuses/

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, 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.



Time zones

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)

GMT:

Greenwich Mean Time

UMT:

Universal Metric Time

Safety

Adelaide is generally a safe city – but, like all cities, it has crime and personal safety risks.

Security Service

The University has Security staff on duty 24 hours a day, seven days a week.

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 or by telephone.

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

Police phone numbers

131 444

Call 131 444 to report a crime or to ask for police attendance 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.



If you have a hearing or speech impediment and are in an emergency, dial **106**.

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 under 'Medical Practice' at: www.yellowpages.com.au

University Health Practice

Location: Ground floor, Horace Lamb Building

Telephone: 8313 5050

Hours: Monday to Friday, 8.30 am to 5.30 pm

If you have a health concern you are anxious about 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 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. The University Health Practice ‘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 Overseas Student Health Cover (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 OSHC and ask them what the cost will be for the service.

i More information about medical services is available at international.adelaide.edu.au/student-support/support-services

Community information and social programs

Once you have settled into Adelaide, you may wish to engage with members of your home community or religious organisation. As a multicultural city, Adelaide is home to community groups and associations from all around the world.

SA Community

A good place to start looking for a community or religious group is the SA Community website, which contains information about government, non-government and community services in South Australia: www.sacomunity.org/orglist

See the following list for more information: www.aau.org.au

On-campus religious support

The Religious and Chaplains Centre is located in the basement of the Lady Symon building.

Islamic Prayer rooms are available on the North Terrace, Waite, and Roseworthy campuses. See the campus maps for more information.

University Clubs

There are many different cultural clubs at the University, which can be a great way to connect to students from your home country.

Social programs

The University offers various social programs to help student engage with non-academic life in Adelaide and improve their English skills. Information about all of these programs can be found at: international.adelaide.edu.au/student-support/social-programs/

Experience Adelaide offers you a unique opportunity to meet and connect with a local University community member, either a graduate or staff member. It gives you the chance to experience the real Adelaide and discover South Australia.

The Language and Cultural Engagement (LCE) program has two distinct streams: (1) cultural events throughout the academic year, and (2) language partnerships with student volunteers.

Talking With Aussies matches you with a local volunteer to practice your English conversational skills.



Australian Culture

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.

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 (Mr, Mrs, Ms, etc) 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 most 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 expected 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

Adelaide Zoo
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, Grange, 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 by the beach.
 - > **Catch a bus to Mount Lofty** and take a walk in the bush, or see some of 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.
 - > **Head off on a wine tour.** South Australia is famous for its wine, and many locals enjoy visiting wineries in their free time - not only for wine, but for good food, too. The famous wine regions near Adelaide are the Barossa Valley, McLaren Vale, Adelaide Hills, and Clare Valley.
- For more ideas about events and places to visit refer to the following websites or ask a local or staff member.
- www.adelaidecitycouncil.com/explore-the-city
www.southaustralia.com
blogs.adelaide.edu.au/isc

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**

Accommodation Service
8313 5220

The University of
Adelaide Village
8463 2000

University Health Practice
(on-campus doctors)
8313 5050

The University of Adelaide
Counselling Service
8313 5663

Adelaide University Union

Education and Welfare Officers
8313 5430

Student Employment Service
8313 4406

Public transport

Passenger Infoline bus,
train and tram information
1300 311 108

For further enquiries

Ask Adelaide
The University of Adelaide
SA 5005 Australia

Telephone: +61 8 8313 5208

Free-call: 1800 061 459

adelaide.edu.au/ask-adelaide/



adelaide.edu.au



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