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.

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–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

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

Less expensive stores
The Reject Shop
112–118 Rundle Mall
Monday to Thursday: 8.30 am to 5.00 pm; 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: 8.30 am to 5.00 pm; Friday: 8.30 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

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

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;

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
>

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 9:01 am – 3 pm 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.ecocaddy.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 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.

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.

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
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.


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.
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.

<table>
<thead>
<tr>
<th>Celsius /Centigrade °C</th>
<th>Fahrenheit °F</th>
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<tbody>
<tr>
<td>40°C</td>
<td>104°F</td>
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<tr>
<td>30°C</td>
<td>86°F</td>
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<tr>
<td>20°C</td>
<td>68°F</td>
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<tr>
<td>10°C</td>
<td>50°F</td>
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</tbody>
</table>

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/

Living in Adelaide

Arrival Pocket Guide
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.

**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.sacommunity.org/orglist

**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.

**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.

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

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
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