

The Iglu Guide

HELPING YOU GET UNI READY



There is a lot to think about when you are preparing to head to university for the first time, especially when you are also moving away from home.

That's where the Iglu Guide comes in.

We have a bit of experience in this field and we have gained some great insight from our students over the years so we've put together some tips and information about immigration (for international students), getting sorted, choosing the best location and making sure you take time to unwind.

Take a look and get uni ready now.



IMMIGRATION

Are you an international student?
Here are some tips for making your move to
Australia happen.



So, you have decided you want to study in Australia. Great decision! But how do you make it all happen? Firstly you'll need to apply to the Australian Government for admission to an institution and also a student visa. Use our quick guide and the helpful resources available on Australian Government sites to better understand the process.

HOW TO APPLY: THE KEY STEPS

'Study in Australia' have an online 'How to apply guide' that will walk you through the various steps and requirements in detail. We've put together the essential steps you will need to take:

- Decide on the course you would like study and where you want to study
- Check the entry requirements for both the institution and your visa (see below for more details)
- Submit your application either:
 - directly to your chosen education provider
 - through an Australian education agent
- Receive and accept your Letter of Offer
- Receive your electronic Confirmation of Enrolment (eCoE)
- Apply for your Australian student visa

WHAT ARE YOUR VISA OPTIONS?

There are various visas that you can apply for depending on how you plan on spending your time in Australia.

Student visa (subclass 500)

This visa is suitable for students planning to study any of the following:

- independent ELICOS (English Language Intensive Courses for Overseas Students)
- schools (primary and secondary)
- secondary school exchange program
- vocational education and training (VET)
- higher education
- postgraduate research
- non-award courses
- international students sponsored by the Department of Foreign Affairs or Defence.

Student Guardian visa (subclass 590)

If you plan to come to Australia to provide care to a student under 18 years, you can apply for this visa.

Training visa (subclass 407)

For training opportunities which allow you to take part in structured workplace-based training, you may be eligible for this visa.

Temporary Graduate visa (subclass 485)

Apply for this visa if you have finished your studies and wish to work in Australia temporarily.



For full details on the requirements and eligibility of all visas, visit [Department of Immigration and Border Protection](#).

DO YOU MEET THE ENTRY REQUIREMENTS?

Before you are accepted on to your preferred course or issued with an Australian student visa application, you may need to meet some specific entry requirements. Your institution or education agent will be able to help you understand this in more detail but these can include:

- Academic requirements
- English language requirements
- Evidence of work experience related to the area of study
- Evidence of funds to support your study
- Purchase of Overseas Student Health Cover (OSHC)

For the most up-to-date and comprehensive information about Australian Student Visas, visit the [Department of Immigration and Border Protection](#).



GETTING SORTED

Some tips and advice about what you're going to need to get your student life up and running.



BEFORE YOU LEAVE HOME

The admin is all ticked off, now it's time to work out exactly what you're going to need to get your student life up and running. Make a list of everything you might need to take along, from your IT essentials and your clothes, to your toiletries and your personal favourites. It's important that you feel completely comfortable in your new surroundings, and a little slice of home can be the perfect antidote to any nervousness around this move.

What will already be there?

This will vary depending on the accommodation you have selected. Most purpose-built student accommodation will be fully furnished with all of the essentials provided such as furniture and appliances. You will just need to bring your own linen, towels and cooking/eating utensils. Be sure to check the small print as all providers vary in their inclusions. Private rental accommodation will differ again. You will likely be asked to provide your own bedroom furniture as a minimum, so be sure to check.

POWER AND APPLIANCES

For appliances arriving from outside Australia, you may need a voltage converter or a power adapter*

Voltage converters

This device transforms the voltage from the power outlet into energy your appliance can use. Australian mains voltage supplies 230V 50Hz. If you are coming from Africa, Europe or most nations in Asia you should have appliances that work on this same voltage – so you should not need a voltage converter. Exceptions to this are Japan, USA and Canada all of which use 100/120V 50/60Hz.

Note: Some appliances run on a variety of mains voltages. Your appliance should be marked with this information or it will be mentioned in the instruction booklet. Eg. A power supply marked as: "Input: AC 1.5A 100-240V 50/60Hz" does not require the use of a voltage converter as it works on a mains voltage supply range between 100V and 240V.

Power Adapters

This device allows you to plug your appliance into an Australia power outlet. If your country does use the same mains voltage as Australia this adapter is all you will need. Plugs in Australia have two flat metal pins shaped like a "V" and some may contain a third flat pin in the centre.



* Note: If you are from New Zealand you do not need either a voltage converter or power adapter. Your appliances will work in Australia.

SETTING UP A BANK ACCOUNT

What you will need

There is a range of options and choices set up for managing your money in Australia and you can organise a bank account before or after your arrival. In order to physically open an account you will likely need the following:

- Electronic Confirmation of Enrolment (eCoE)
- Passport
- Letter of Offer

You may also need

- Alternative forms of identification (this will depend on the bank)
- An Australian Tax File Number (TFN) – you can find out more [here](#).

i This major Australian banks are listed below but there is a range of smaller banks you can also check out such as: Bank West / Bank of Queensland / ING Bank / St George / Suncorp-Metway Limited / UBank

Many of these banks have specific student accounts whereby they waive any banking fees – so make sure you do your research and get the best deal on offer. Check out Mozo's dedicated student section for some great stress-free student banking guides and comparison tools – <http://mozo.com.au/students>.



Choose your bank:





GET CONNECTED: MOBILE AND INTERNET

Studying away from home and meeting lots of new people means that connectivity is high priority. Australia has many options to choose from ranging from a basic pre-paid sim (great to get you started), to a flexible no strings pre-paid plan (with top-ups available when you're running low) or a fixed contract (more expensive, but greater call and data allowances).

Choosing a provider

Here are some of the larger networks in Australia

 <https://www.telstra.com.au>

 <http://www.optus.com.au/>

 <http://www.vodafone.com.au/>


 <http://www.virginmobile.com.au/>

 <https://www.amaysim.com.au/>

For some great deals, check out these alternative providers:
Aldi / Boost / Dodo / Hello Mobile / iiNET / Lebara / Think Mobile / TPG

Shop around

Lots of competition means better deals for you, so be sure to have a good look around for the best offers before you commit.

 Still confused? Have a look at:
<http://www.whistleout.com.au/MobilePhones>.

This online comparison tool helps you search and compare plans and offers before making a final decision.

HEALTH INSURANCE

Overseas Student Health Cover

It's far better to be safe than sorry when you are heading overseas and to make sure you are covered for any unexpected medical costs.

Overseas Student Health Cover (OSHC) is Australia's system of health insurance especially placed for international students. It will help you pay for medical or hospital care you may need while you're studying in Australia; it will also contribute towards the cost of most prescription medicines and an ambulance in an emergency.

While studying in Australia you will need OSHC for yourself and any family travelling with you before you arrive. It is also a requirement of your visa that you maintain OSHC for the duration of your time residing on a student visa in Australia.

 For a comprehensive overview of OSHC and any other types of insurance you may need, go to [Study in Australia](#) for details.



GETTING AROUND: PUBLIC TRANSPORT

Iglu properties are deliberately located to help you take best advantage of Australia's integrated range of public transport options.

BRISBANE

For full details including timetables, network maps, fares and estimated travel times check out [TransLink](#) or download the [TransLink app](#) for travel at your fingertips.



Grab a go card

The easiest way to get around is with a 'go card'. This allows you to travel seamlessly on all TransLink bus, train, ferry and tram services. It also entitles you to access travel savings and discounts. Eligible tertiary students can purchase a concession card. See [Translink](#).

MELBOURNE

For timetables, network maps, fares, estimated travel times and mobile apps, head to [Public Transport Victoria \(PVT\)](#).



Grab a myki card

Valid on trains, trams and buses in Melbourne and regional Victorian centres. Eligible tertiary students can purchase a Concession card. International students can buy an iUSEpass which gives you a 50 per cent discount on your annual myki. [Learn more](#).

SYDNEY

Visit [Sydney Transport](#) for full timetables or download one of the many [apps](#) available for timetables on-the-go.



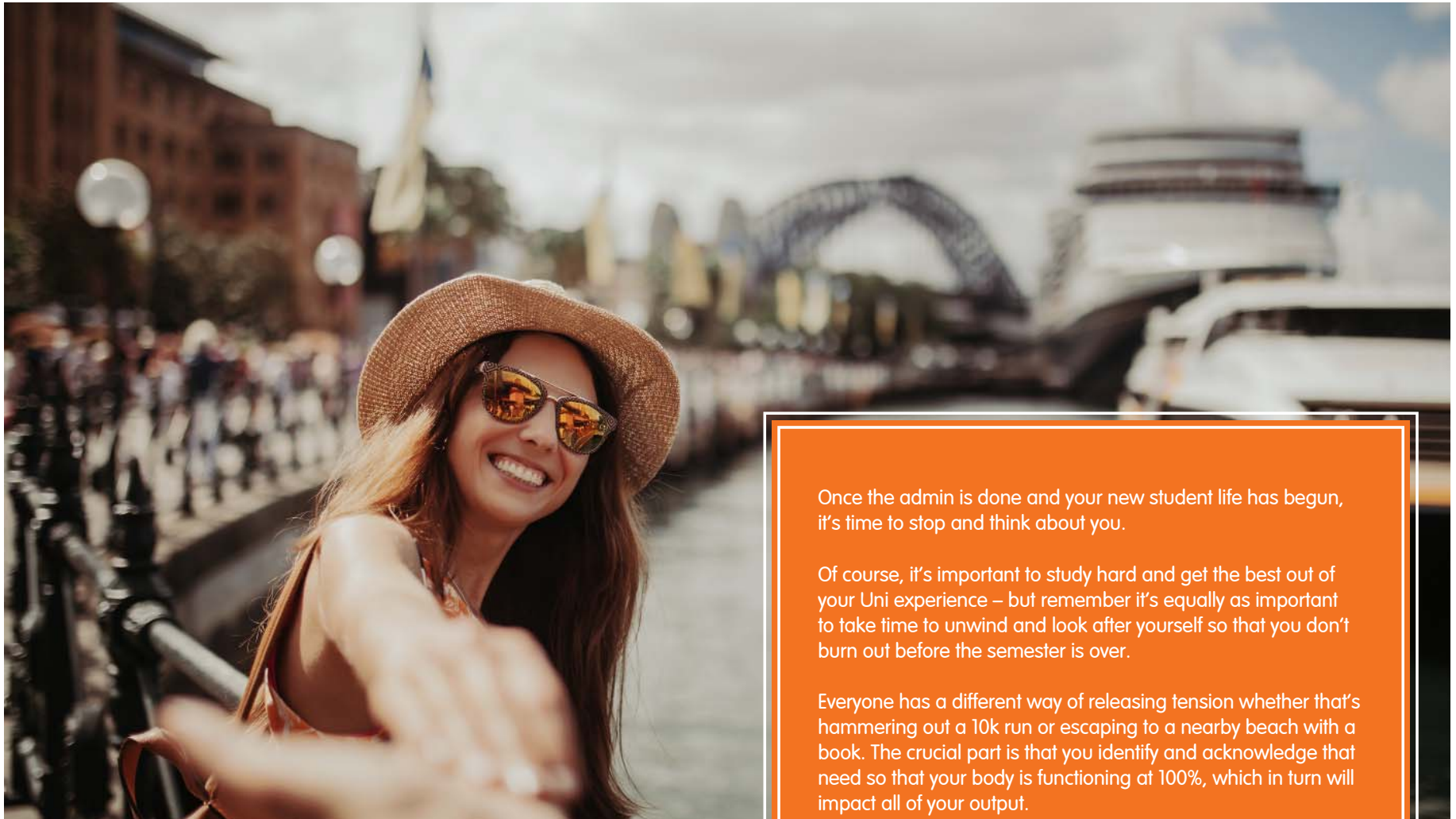
Grab an OPAL card

Valid on trains, buses and ferries an [OPAL card](#) is the most efficient and fuss-free way to get around the city. Don't forget to apply for your concession card for half price fares.



UNWIND

Study is important but so is looking after yourself and these tips can help you make sure you do



Once the admin is done and your new student life has begun, it's time to stop and think about you.

Of course, it's important to study hard and get the best out of your Uni experience – but remember it's equally as important to take time to unwind and look after yourself so that you don't burn out before the semester is over.

Everyone has a different way of releasing tension whether that's hammering out a 10k run or escaping to a nearby beach with a book. The crucial part is that you identify and acknowledge that need so that your body is functioning at 100%, which in turn will impact all of your output.



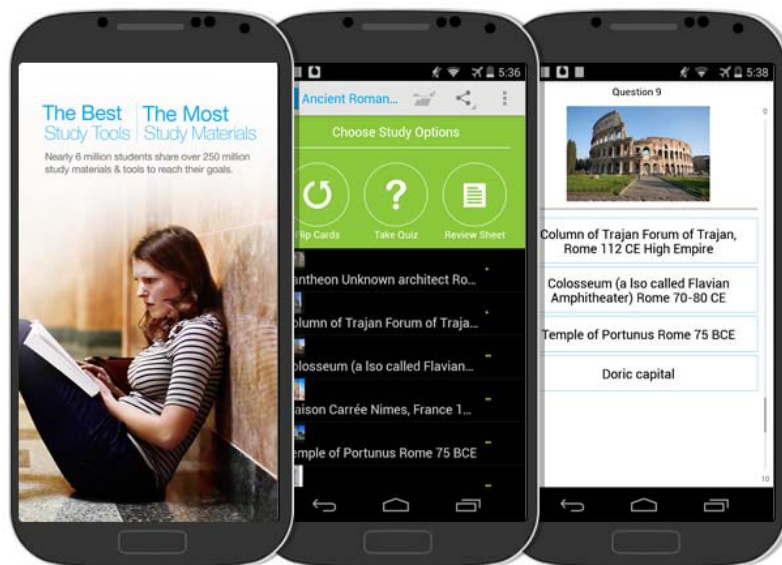
KEEP MOVING

Any sort of physical activity we undertake releases endorphins around our system, these have a calming and relaxing effect on our bodies which puts us in a much healthier frame of mind for anything we then want to achieve back at the desk. Don't panic – this is not about running a marathon or signing up for the nearest ironman. It can be as simple as a few stretches, a stroll around the park, tai chi on the beach or even a dance at your local club. The possibilities are endless, but the outcome is the same – a healthier, happier you.

THINK IT OVER

You've got the smarts to get to Uni, now you need to look after them and not become overwhelmed by the amount of organisation required. There's definitely a step change ahead: ongoing assignments to keep track of, project deadlines, exam dates – and that's before you've even thought about organising your social life!

- Be organised well in advance. Ensure you have ample storage available with Google Drive and Dropbox. Google Drive will give you 15GB free across all your Google accounts, and Dropbox a further 2 GB
- Use a timetable – get on top of all your demands early on and see at a glance where the pressure points are going to be. Using an app such as My Study Life keeps track of timetabling, clashes, classes, tasks, revision – and best of all, it's all in one place
- Use the best of today's tech to improve your study experience and save time. Research the best apps that will suit your needs for your particular discipline such as Quizlet or StudyBlue.

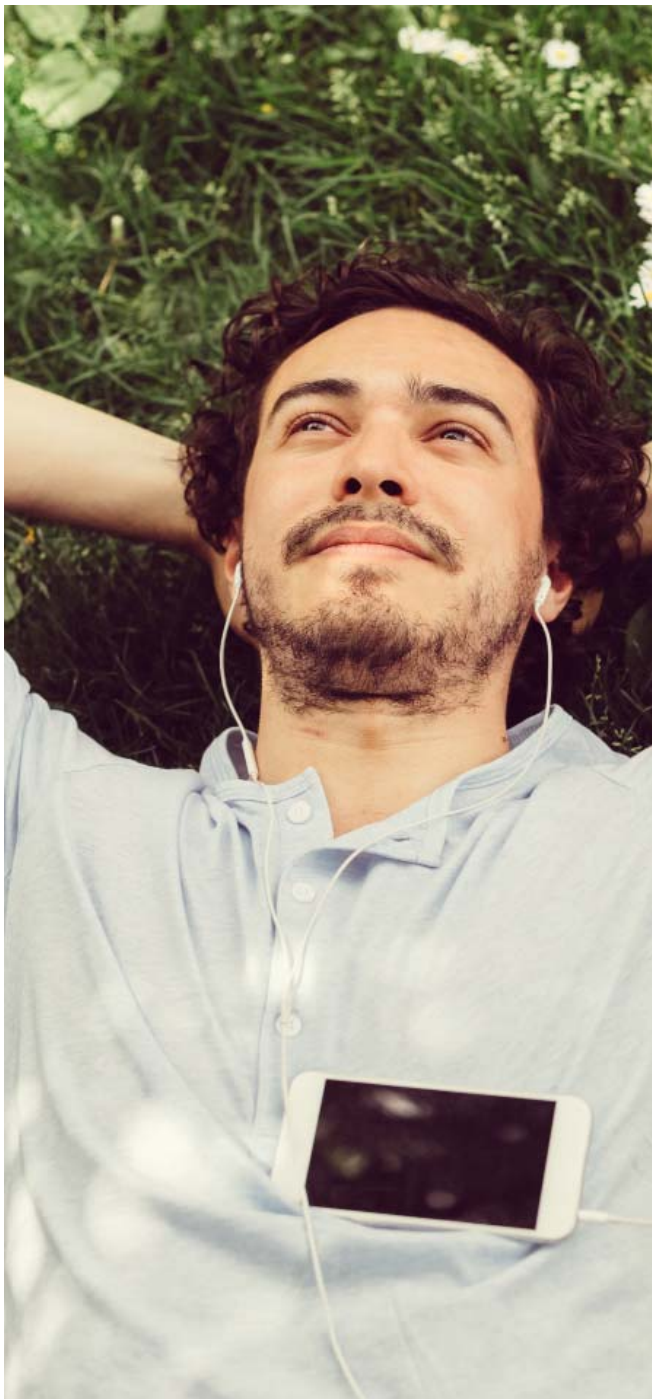


CONNECTIONS

Uni is all about widening your circles, diversifying and breaking out of your norm. Exploring the world around you both geographically and socially is one of the greatest benefits this experience will bring. There will be times when life isn't going so well, when you may feel a little low and not so on top of the world. This is when your new support group will step in. Forget Facebook, Snapchat and Instagram. You need real live human interaction – someone to talk to, to laugh with and to give you a hug when the going gets tough. It's not always easy making new friends, but there are a few tricks to getting it right early on.

- Go along to **O-Week** – a specific event designed to welcome you to your new University. Embrace the fun and the atmosphere and meet like-minded individuals along the way.
- **Join some clubs**, even if it's just for fun. It's the perfect time to try something new or simply keep up existing hobbies.
- **Choose the right accommodation** that suits you, whether it's sharing with new friends, or enjoying some privacy. Find the right vibe and location that fits your individual needs.
- **Say yes!** Be open to opportunity and new experiences. You might regret a few but at least you'll have some great after-dinner stories!





WELLBEING

It's all too easy to become glued to a screen when you're in study mode. You're working all hours, time is short and finding the energy to fix a healthy meal or snack feels way too hard. It becomes an easy downward spiral.

Unfortunately, the reality is that if we are eating too much of the wrong foods we begin to feel sluggish and down-cast and as a consequence do not produce our best work. How can we avoid this?

- Much of our state of mind can be attributed to our diet. Avoid over-indulging in sugary snacks or junk food. Make time to eat a healthy meal, include leafy veg and oily fish as part of your staples and stay well away from processed foods.
- Take a few minutes out of your day for some mindfulness-based activity, whether that's simply sitting in the park reflecting on the moment, or getting some meditation tips with headspace. It's absolutely important to take a break from your work to rejuvenate and restore your body and mind.
- Take a digital detox. It might sound scary but it's incredibly empowering. Switch off the phone, disconnect the wifi and enjoy the present moment. Physically reconnect with the world around you, and you may well find you return happier, re-focussed, and less stressed.

Essential apps to keep you cool

Don't forget to download these apps as mentioned throughout the Iglu guide to help you stay cool and keep up with your finances, social life and studies.



App Name: TransLink
Value: FREE
Category: Travel
Reference in Iglu guide:
Getting Around: Public Transport



App Name: CommBank
Value: FREE
Category: Finance
Reference in Iglu guide:
Setting up your bank account



App Name: Trip View Lite
Value: FREE
Category: Travel
Reference in Iglu guide:
Getting Around: Public Transport



App Name: ANZ
Value: FREE
Category: Finance
Reference in Iglu guide:
Setting up your bank account



App Name: My Study Life
Value: FREE
Category: Education
Reference in Iglu guide:
Think it over



App Name: NAB
Value: FREE
Category: Finance
Reference in Iglu guide:
Setting up your bank account



App Name: Study Blue
Value: FREE
Category: Education
Reference in Iglu guide:
Think it over



App Name: Westpac
Value: FREE
Category: Finance
Reference in Iglu guide:
Setting up your bank account



App Name: Quizlet
Value: FREE
Category: Education
Reference in Iglu guide:
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Available to download from:



Get in touch

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