



Postgraduate Survival Guide 2018



PARSA

ANU postgraduate &
research students'
association



Acknowledgment of country

“We acknowledge and celebrate the First Australians on whose traditional lands we meet, and pay our respect to the elders of the Ngunnawal people past and present”.

Postgraduate Survival Guide 2018

Disclaimer

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Welcome to PARSA

Welcome to PARSA, and to the ANU!

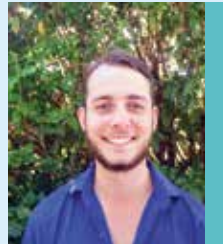
The Postgraduate and Research Students' Association (PARSA) is the representative body for all postgraduate students at ANU. Whether you are studying a graduate certificate or diploma, Masters or PhD, you are automatically a member of PARSA.

PARSA is an independent organisation run for students and led by students but officially recognised by the University. We work with the ANU, and our sister undergraduate organisation, the Australian National University Students' Association (ANUSA) to improve the experience of ANU students.

Postgraduate and Research Students' Association Executive Team 2017-2018



Alyssa Shaw
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PARSA supports postgraduates in a number of ways:

Support

We have free, confidential and professional legal and student assistance support available. You can come to us for advice on any issues you have involving your academic, personal or professional. Some of the most common issues we deal with relate to life migration, tenancy and workplace rights, as well as academic appeals and breakdowns in supervisory relationships. We also administer emergency grants, grocery and book vouchers and accommodation support for those students needing financial support.

Advocacy

As we are the recognised representative body for all postgraduate students, PARSA's student representatives sit on boards, committees and working groups across the ANU. From ANU Council, which governs the ANU as a whole, to environmental management, accommodation or academic policy, PARSA representatives advocate to ensure positive outcomes for postgraduates. Check out our full list of committees through our website at parsa.anu.edu.au.

We are also committed to improving outcomes for postgraduate students through regularly producing reports and consultation documents, conducting surveys, and undertaking direct advocacy and campaigning.

Through these forms of advocacy PARSA works to create meaningful and systemic change that will benefit postgraduate students.

Community

PARSA holds multiple events each month and delivers a variety of programs to enrich your time at ANU and enable you to meet postgraduates from across disciplines. Some of our programs include:

- Shut Up and Write - to support writing your thesis
- Skill-Up – helping you to secure work whilst at ANU
- The Vice Chancellor Leadership Program – to support emerging leaders and innovative projects
- Postgraduate Sporting Competition and free Fitness Classes – to support wellbeing and health.

As a democratic organisation, each August postgraduate members elect the 32 student representatives that govern PARSA. In addition to our student representatives we are also supported by a staff team.

Please think of PARSA as your support system. As fellow postgraduate students we understand the challenges of student life and are genuinely committed to supporting you. I encourage you to come to PARSA events, get involved in our programs and advocacy, reach out to us for support when you need, volunteer with us and even put your hand up to be a student representative!

Please don't hesitate to contact PARSA for anything you need over your time at ANU.

Best wishes,

Alyssa Shaw, President

What is the Postgraduate Representative Council (PRC)?

The governing body of PARSA is the Postgraduate Representative Council (PRC). The PRC consists of 32 members, which forms the board of PARSA. As well as governance, the members of the PRC contribute to the operations of PARSA and are a key support for postgraduate students.

The PRC is elected annually by the membership, and provides direction and oversight of the Association and consists of:

1. The Executive: President, Vice-President, Treasurer and General Secretary
2. Nine Portfolio Officers: Communications, Education, Environment, Equity, Indigenous Australian, International, Social, and Women's, and the recently constituted Higher Degree by Research (HDR) Officer
3. Two representatives from each of the seven ANU Colleges; and
4. Five General Representatives

PARSA is a relatively centralised organisation with all Officers reporting directly to the President, and is overseen by the Executive team which consists of President, Vice President, Treasurer and General Secretary, which meets regularly to ensure the smooth operations of the Association.

For more information, visit our website parsa@anu.edu.au



Contact PARSA
Building 12, Melville Hall
Ellery Crescent
Australian National University
Canberra ACT 2601

Office hours:
Monday-Friday, 9am-5pm

P: (02) 6125 4187
E: parsa@anu.edu.au
W: parsa.anu.edu.au

Get involved

Want to be part of a vibrant postgraduate community and help us shape the direction of the university, and your own experience as a postgraduate at ANU?

There are a number of ways to get involved with PARSA, whether it's volunteering to help us reach out to incoming students during O-Week, running for an elected office at PARSA, helping us with our campaigning, attending PARSA events or even coming to work for us.

How to get involved



Joining postgraduate representative council (PRC) – we are always on the lookout for enthusiastic people.



Share with us your postgraduate experience and your views – what can we do to improve your experience at ANU. Email us your feedback at **parsa@anu.edu.au**.



Tell your friends about PARSA advocacy, student assistance and legal services.



Volunteer to help out – we are always looking for people with different skills. Visit **parsa.anu.edu.au/get-involved/volunteer** to sign up or email us at **parsa@anu.edu.au**.

Community

PARSA supports a positive and holistic experience of ANU through building a community of postgraduates. PARSA recognises the large diversity of domestic and international postgraduate students studying at ANU, and aims to deliver a rounded student life and enriching university experience. PARSA holds multiple events each month, and delivers a variety of programs which are a great way to get involved in the university community, broaden your experiences by meeting other postgraduates and make new friends or take a well-earned break.

Some of our programs include:

- Orientation Week
- PARSA Summer Big Day
- PARSA Summer Program
- Women's Week
- ANU Tomorrow
- Thesis Boot Camp
- Shut up and Write
- Skill-Up
- Postgraduate Sporting Competition
- Fitness Classes

- Welcome Week
- PARSA Winter Big Day
- PARSA Ball
- PARSA Multicultural Festival

PARSA organises many excursions in the year and encourages students to experience, explore and enjoy their time here in Canberra and Australia. PARSA experiential trips are offered to postgraduate students at subsidized costs.

- Jervis Bay
- Broulee Beach
- Blue Mountains
- Perisher Ski Resort
- Sydney Sightseeing

For more information on our activities, visit our website and follow us on social media:



parsa.anu.edu.au



[parsa.anu](https://www.instagram.com/parsa.anu)



[PARSAANU](https://www.facebook.com/PARSAANU)



[parsaanu](https://twitter.com/parsaanu)

Important dates

JANUARY

- 1 Summer Session begins
- 1 New Year's Day (public holiday)
- 2 University Offices re-open
- 26 Australia Day (public holiday)

APRIL

- 1 Autumn session begins
- 2 Easter Monday (public holiday)
- 2–15 Semester 1 teaching break
- 25 ANZAC Day (public holiday)

FEBRUARY

- 12 Semester 1 Orientation Week
- 19 First teaching period and semester 1 begin
- 26 Deadline to add semester 1 courses

MAY

- 4 Deadline to drop semester 1 courses without failure
- 25 Semester 1 teaching period ends
- 28 Reconciliation Day (public holiday)
- 31 Semester 1 examination period begins

MARCH

- 10 Due date for payment of tuition fees and up-front HECS for first semester
- 12 Canberra Day (public holiday)
- 30 Good Friday (public holiday)
- 31 Summer session ends
- 31 Semester 1 census date

JUNE

- 11 Queen's Birthday (public holiday)
- 16 Semester 1 examination period ends
- 28 Semester 1 results released
- 30 Autumn session ends

JULY

- 1 Winter session begins
- 11–13 July graduation ceremonies
- 16 Semester 2 Orientation Week
- 23 Welcome Week
- 30 Deadline to add semester 2 courses

NOVEMBER

- 1 Semester 2 examination period begins
- 17 Semester 2 examination period ends
- 29 Semester 2 results released

AUGUST

- 31 Semester 2 census date

SEPTEMBER

- 3–16 Semester 2 teaching break
- 30 Winter session ends

DECEMBER

- 11–14 December graduation ceremonies
- 25 Christmas Day (public holiday)
- 26 Boxing Day (public holiday)
- 31 Spring session ends

OCTOBER

- 1 Spring session begins
- 1 Labour Day (public holiday)
- 5 Deadline to drop semester 2 courses without failure
- 26 Semester 2 (course work) ends



Student assistance

Make the Student Assistance Team your first port of call while seeking support in university life. We provide a free and confidential service with information, advice and support.

If the Student Assistance Team are not able to resolve your issue, then rest assured, we can provide you with a useful referral.

Key areas that we can help with include:

Academic

- Appeal Grades
- Response to Academic Misconduct
- Response to Show Cause notice
- Application of Deferred Exam/ Special Consideration
- HDR supervisory issues

Financial

- Emergency support Grant
- Grocery and text book vouchers
- Centrelink
- Support for parents
- Tax Help

Other issues

- Accommodation
- Sexual assault/harassment
- Health/Mental Health
- Complaints procedures

Please get in touch via phone, email or drop into the PARSA office to connect with our team. Call **6125 2603** or email us at **parsa.assistance@anu.edu.au**.

Assessment review and appeals

Be prepared – PARSA recommends talking with student assistance about your appeal before you submit it. Our Student Assistance Team can provide insight and feedback in this process.

For more information on procedures relating to assessment appeals, please visit **anu.edu.au/students/program-administration/assessments-exams/assessment-appeals**

Family Supplement

The purpose of the PARSA Family Supplement Grant is to provide emergency financial assistance to eligible enrolled postgraduate students with dependants who are experiencing

sudden or unexpected financial hardship that is adversely affecting their education.

The main criteria for the grant are the demonstration of genuine need and that continued study may be in jeopardy. Students are also required to have successfully accessed the PARSA Emergency Grant (PEG), prior to accessing the PARSA Family Supplement Grant.

Accommodation Assistance

The PARSA Accommodation Assistance Program aims to provide temporary accommodation to enrolled postgraduate students who do not have accommodation. The grant helps fund up to seven nights' accommodation at the Youth Hostel Australia (YHA) Canberra.

For more information on grant eligibility and how to apply for the aforementioned grants, visit parsi.anu.edu.au/studentsupport.

PARSA Grocery Voucher Program

The PARSA Grocery Voucher Program aims to provide access to groceries and essential items for postgraduate students who are in financial hardship. Up to \$100 of grocery vouchers can be provided for a postgraduate student each semester, should the applicant meet the eligibility requirements.

Book Voucher Program

The PARSA Book Voucher Program aims to provide financial assistance to currently enrolled postgraduate students who require support to purchase program/course related text books.

PARSA Emergency Grant

The PARSA Emergency Grant (PEG) is available to enrolled postgraduate students at ANU. Its purpose is to provide emergency financial assistance to students experiencing genuine and unexpected financial hardship, such as covering costs for emergency medical, travel or living expenses. Students whose PEG applications are successful will receive up to \$500 from PARSA.

Students interested in applying for the Grant are advised to contact PARSA to set up a meeting with the Student Assistance Team to discuss further.

PARSA Indigenous Health Assistance Program

The PARSA Indigenous Health Assistance Program aims to provide financial assistance to currently enrolled Indigenous Australian students with medical expenses.



Legal Service

As a student you don't want legal problems getting in the way of your studies. PARSA can help with:

- Tenancy: trouble with your landlord, co-tenants, etc;
- Employment: your current work arrangement, including pay disputes;
- Debt: if you have debt collectors after you, or can't pay your current debts;
- Car accidents: and other motor vehicle issues;
- Migration Law: staying in Australia after you graduate, trouble with visas, contract review;
- Other legal issues.

If you need help with a legal issue, come and see our lawyers for free and confidential legal advice. The Legal Service is available to all ANU students (undergraduate and postgraduate) from Monday to Thursday.

The Legal Service is located next door to the PARSA, in the ANUSA office in Melville Hall, Building 12. Drop in, or to make an appointment, call **(02) 6125 2444** or send an email to **parsa@anu.edu.au**. For more information, visit **parsa.anu.edu.au/legal**.



Student Extracurricular Enrichment Fund (SEEF)

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SEEF is designed to support student programs that enrich the students' extracurricular experience at the Australian National University.

Extracurricular life is defined as activities or projects that fall outside a student's normal coursework at University. These include, but are not limited to social, sporting, cultural, intellectual, performances and pastoral activities.

Grants are awarded on a competitive basis, to both individuals and student groups (consisting of two or more student members). Funding of up to \$2,000 is available for individual students, and up to \$5,000 for student groups.

For more information and to apply visit [parsa/anu.edu/seef](https://parsa.anu.edu/seef) or email seef@anu.edu.au

Academic help

Academic Skills and Learning Centre

The Academic Skills and Learning Centre (ASLC) offers all ANU coursework and research postgraduate students free and confidential help with their academic work through individual tutorials, workshops, and online resources. Appointments for individual tutorials can be booked online. ASLC works with students to develop the academic, critical thinking and communication strategies that are foundational to all scholarly activities.

Academic Skills and Learning Centre (ASLC) is located on level 2, John Yencken building

Building 45 (close to the Hancock Library)

P: 02 6125 2972

E: academicsskills@anu.edu.au

W: academicsskills.anu.edu.au

ANU Research Skills and Training Program

The ANU Research Skills and Training team run university-wide programs for all Higher Degree by Research (HDR) candidates at ANU.

PARSA, along with ANU Research skills and Training, supports and runs a number of programs where HDR candidates can meet and interact with other candidates on campus, including:

- The ANU Three-Minute Thesis Competition
- Thesis Bootcamp
- Shut up and Write
- Higher Degree Research Welcome

For more information about these activities, contact the ANU Research Skills and Training team.

P: 02 6125 5111

E: researchtraining@anu.edu.au

W: services.anu.edu.au/business-units/research-training

ANU Library's Information Literacy Program

The ANU Library's Information Literacy Program (ILP) supports postgraduate students' academic experience by providing training in research literacy and digital literacy.

Workshops offered include:

- Library research
- Digital research
- Advanced digital research
- Internet research –
- EndNote (two workshops)
- Research data management
- Presentation techniques
- SPSS
- NVivo
- Word for academic writing (three workshops)
- Working with data in Excel

A training calendar is available at ql.anu.edu.au/libraryevents

Online materials:

- How to guides – EndNote, NVivo, Finding theses, journals and more
anulib.anu.edu.au/find-access/how-guides
- Build the capabilities researchers need to navigate the scholarly communications and publishing world
ql.anu.edu.au/scholcomms

Consultations and drop-in sessions (register via email ilp@anu.edu.au or phone **612 58886**).

- EndNote including troubleshooting and advanced EndNote formatting.
- Word including troubleshooting and help with advanced academic writing requirements such as formatting your thesis.
- Research consultations with library subject experts
<https://anulib.anu.edu.au/about/contacts-feedback>

P: 612 58886

E: ilp@anu.edu.au

W: anulib.anu.edu.au/research-learn

Interactive online training

Interactive online training is available through Pulse Learning Suite in the following software packages:

- MS Office 2003 and 2007
- FrontPage
- Project
- Dreamweaver
- Illustrator
- Photoshop
- Type IT

Pulse is available from both on and off campus for all ANU staff and students. Login at anu.interactiontraining.net/register.aspx.

For more information on academic help, as well as training and development opportunities, visit training.anu.edu.au.

Accommodation

ANU has 5,000 students who live on campus, making it one of the largest proportions of on-campus students in the country.

Graduate accommodation

The following ANU residencies provide postgraduate accommodation: Toad Hall, University House, Graduate House, Postgraduate Village at Burgmann College, Laurus Wing at Ursula Hall, Fenner Hall, Student Accommodation 5 and UniLodge residencies.

Accommodation cannot be guaranteed for postgraduate students and you should be prepared to seek accommodation off-campus in case there is no availability in the student residences on campus.

For a list of student residences and contact details, visit www.anu.edu.au/study/accommodation/student-residences.

For more information on resources and advice for short stay, staging and private rental alternatives, please visit anu.edu.au/study/accommodation/accommodation-alternatives.

Non-residential halls

ANU offers the on-campus residence experience and support to students living off-campus, enabling all ANU students to be part of a dynamic on-campus community by participating in inter-hall arts, support and sports activities.

The first 'non-residential hall' – Griffin Hall – opened in 2010 and is based on a similar support and activity model to ANU residential halls and colleges. Griffin has also launched the Walter Wing – a dedicated space for the postgraduate and mature ages. The Walter Wing caters specifically for mature age and postgraduate students through tailored events and student leaders who understand the needs of this demographic.

For more information on membership and hall activities, visit anu.edu.au/students/communities-events/non-residential-halls.

Housing tips for postgraduate students

If you want to live on-campus, an application should be lodged early in the semester prior to the one in which you'll begin studies. For more information on application and admission procedures, visit anu.edu.au/study/accommodation/advice-procedures.



The rental market in Canberra is competitive. Popular options include the areas in the inner north of Canberra, as buses services are more frequent, and it doesn't take long to cycle or walk to campus. The inner south of Canberra, located across the Commonwealth Bridge, is also an option, but can be even more expensive than the Inner North, which is not cheap.

You can expect the average cost per person in a share-house within the following suburbs:

- Acton: \$280 per week
- Braddon: \$200 per week
- Campbell: \$200 per week
- Turner: \$200 per week
- O'Connor: \$200 per week
- Ainslie: \$170 per week
- Dickson: \$160 per week
- Lyneham: \$160 per week
- Hackett: \$160 per week
- Downer: \$160 per week
- Watson: \$150 per week

Note: these are indicative prices, which depend on many factors such as furnished/unfurnished, number of people sharing the house, age of house, etc.

A typical rental lease lasts for 12 months, and a rental history is preferable. If you are renting a house you should also expect to pay a bond that is usually equivalent one month of rent. International students are often asked to pay more rent up front to guarantee the house.

Below are some examples of websites that provide property listings:

- ANU housing online: housingonline.anu.edu.au (great for student listings)
- All homes: www.allhomes.com.au
- Gumtree: www.gumtree.com.au
- Flatmates: www.flatmates.com.au
- Realestate.com: realestate.com.au
- Student accommodation ACP: australianuniversities.com.au/accommodation/student/act
- www.facebook.com/groups/Canberra.sharehousing

If you are struggling to find accommodation in Canberra, please contact our Student Assistance Team to discuss our Accommodation Assistance Program.



Useful information

If you are a tenant or occupant and you need further information or specific advice, you can contact the Tenants' Union ACT or visit their website at **tenantsact.org.au**. You'll find factsheets on common renting issues, sample letters to help you write to your landlord or property manager, as well as a searchable index of frequently asked questions.

If you require further assistance on your legal rights and help you with a dispute, contact PARS Legal Service at **6125 2444** or email **sa.legal@anu.edu.au** to make an appointment. Services are provided free and confidential for all ANU students.

ANU rental properties

ANU owns a small number of rental properties in Canberra as "staging" accommodation to new graduate students. Visit **anuapartments.anu.edu.au**.

Defence Housing Australia properties

An agreement has been made with Defence Housing Australia (DHA) for ANU students and academic visitors to rent various houses direct from DHA. Visit **dha.gov.au**.

Housing online

This is an online accommodation notice board that advertises private rental, share accommodation, private board and accommodation for properties located all over Canberra. Visit **housingonline.anu.edu.au**.

Financial assistance

ANU provides some assistance to students struggling to cope with rental charges by way of scholarships and bursaries. Visit **anu.edu.au/study/accommodation/financial-support**.

Student services

Learning Communities

Learning Communities is an initiative of ANU which brings together students who share a common interest and who collaborate to create an environment in which everyone can learn. The activities are interdisciplinary, purposeful and designed to give students an opportunity to learn more about an area which interests them and which may not 'fit' into their chosen degree programme.

At ANU, learning community themes include Aid & Development, Africa, Asia-Pacific, Contemporary Europe, History, Languages & Culture, Music, Rhetoric, Sustainability and Teaching.

For more information, visit anu.edu.au/students/communities-events/learning-communities

Dean of Students

The Dean of Students offers confidential, impartial advice, and can help to resolve problems by acting as a neutral intermediary between students and the academic or administrative areas of the University.

The Dean of Students office is located at the Peter Baume Building 42, University Avenue. To make an appointment, call **6125 4184** or email dean.students@anu.edu.au

Tjabal Indigenous Higher Education Centre

The Tjabal Indigenous Higher Education Centre is described as 'the heart of ANU for Indigenous students', providing a meeting place and support-base for Aboriginal and Torres Strait Islander students studying at ANU. Here you will find Indigenous students and staff strongly committed to improving education outcomes and achieving study and career goals that positively impact our communities.

Tjabal caters to both undergraduate and postgraduate Indigenous students and offers:

- Academic support and advice
- Pastoral care – personal support
- Advice on cadetships and scholarships
- Access to ANU services, such as counselling services, health centre and academic skills and learning

- Academic & Studies Coordinator to assist students on campus
- Access to local Indigenous services and community events

P: (02) 6125 2363

E: tjabal.centre@anu.edu.au

In addition to this, PARSA organises several events catering to Indigenous postgraduate students throughout the year. This involves opportunities to meet fellow Indigenous students, events for National Aborigines and Islanders Day Observance Committee, (NAIDOC) week as well as advocacy events for important campaigns.

For more information you can contact PARSA's Indigenous Australian Officer at parsa.indigenous@anu.edu.au.

SET4ANU mentoring program

SET4ANU is a program designed to help new students transition into university life, at all levels of study. New students who register with SET4ANU are allocated a later year student who provide guidance throughout your first few weeks as a student at ANU. They can help you find buildings and facilities, show you how to sign up for tutorials, introduce you to the best food and drink venues, and answer any questions you have about administration and enrolment processes, joining societies, finding textbooks and more.

SET4ANU is open to all first-year students at the ANU and is free to join. The program runs for 3 weeks, commencing Orientation Week.

P: (02) 6125 6690

E: SET4ANU@anu.edu.au

Chaplaincy

The Chaplaincy is a place for spiritual support, pastoral care and referrals on a confidential basis. A place to be yourself, a place to chat. For all students, staff and visitors.

Open during term time Monday to Friday
10:00am–4:00pm and other times by appointment.

P: (02) 6125 4246

E: chaplaincy@anu.edu.au

Access and inclusion

The Australian National University (ANU) believes in breaking down the barriers to achievement for people from all backgrounds. ANU believes that people and their life circumstances are not the same, and that these factors should not determine access to opportunity.

This includes:

- Educational Access Schemes for school leavers
Alternative and mature-age entry
- Students with disabilities at ANU
- Student carers
- Student athletes
- LGBTI students

P: (02) 6125 5036

E: access.inclusion@anu.edu.au

UNISAFE

If you have to move around the campus at night, it makes sense to: walk in groups using the Lighted Paths map available from ANU Security; catch the free UniSafe Bus; or call ANU Security on **52249** and ask if UNISAFEGUARD Patrol Officers are available to accompany you.

The UniSafe Bus operates from Monday to Friday evenings during semester. You can contact the driver Brian on **0428 632 201**.

If you feel the need to be escorted to or from your place of study or work, particularly at night, please contact ANU Security on extension **52249 (612 52249** from an off-campus phone).

Interpreters & translators

If you or someone you know needs a translator or interpreter, you can contact the National Accreditation Authority for Translators and Interpreters. It is also worth knowing that you are entitled to an interpreter free of charge when dealing with any ACT Government department or agency (such as shopfronts, schools and hospitals). Simply ask the staff member you are dealing with to arrange an interpreter for you.

P: (02) 6255 1888

ANUgreen

ANUgreen is the University's award-winning environmental management program. ANUgreen is committed to:

- Developing innovative solutions to reduce the environmental impact of the University's research, teaching and operations.
- Providing leadership in the pursuit of sustainability through community engagement and outreach.

E: anugreen@anu.edu.au

P: (02) 6125 2158

F: (02) 6125 3823

Student health

Health services

The University Health Service offers primary health care to students and staff of the ANU:

- Overseas travel vaccinations
- Childhood and adult immunisations
- Women's health, including routine pap smears
- Contraceptive advice and counselling
- Antenatal shared care
- Men's health and regular medicals
- Skin care and mole checks
- Minor surgical procedures
- Management of minor burns and sports injuries
- Smoking cessation (QUIT) counselling
- Psychological problems
- Sexually Transmitted Infections (STI) checks
- Drug and alcohol related issues

P: 6125 3598

National Health Co-op

All ANU students have access to free membership to the National Health Co-op (NHC). The NHC operates eight medical clinics in the ACT and all ANU students now have access to its comprehensive range of services including GPs, nurses, counselling services and other allied health care providers.

NHC has extended operating hours, with some clinics opening until 9pm on weekdays as well as until 6pm on Saturdays, and are located around Canberra's suburbs, making it easy for many of the non-residential students to access quality healthcare closer to home.

Primary care and counselling provided by the NHC is bulk-billed meaning there is no out-of-pocket expenses for students.

More information on the NHC is available at www.nhc.coop.

Urgent help

Calvary Hospital

Closest Hospital to the ANU

P: 6201 6111

Canberra Afterhours Medical Service (CALMS)

P: 1300 422 567

Canberra Hospital

P: 6244 2222

Canberra Rape Crisis Centre

P: 6247 2525

Health Direct

P: 1800 022 222

Kids Helpline (for people aged 25 and under)

P: 1800 55 1800 (24 Hours)

Lifeline Canberra

P: 13 11 14 (24 hours)

Mental Health Crisis Service (ACT)

P: 1800 629 354 (24 hours)

Counselling centre

The ANU offers a free and confidential counselling service to all current ANU students and staff. The Centre also provides group programs for common issues, public seminars, and a paired walking program called "Get Up and Go". Some of the common concerns graduate students bring to counselling include:

- Stress in managing employment, family life and study
- Concerns relating to supervision
- Confidence issues regarding academic work and oral presentations
- Motivation or procrastination problems
- Being a mature age student
- Adjustment to living in a new location
- Stress relating to fieldwork
- Important life choices
- Health concerns for self or a family member
- Relationship issues

P: 6125 2442

Canberra Rape Crisis Centre provides improved on-campus counselling services for survivors of sexual assaults and harassment.

For more information on help available go to www.anu.edu.au/sexual-assault-support

After hours chemists

Ginninderra Pharmacy Belconnen

Coulter Dr, Belconnen ACT 2617

P: 6251 5775

8am-10pm every day except Christmas.

Capital Chemist O'Connor

O'Connor Shopping Centre, Sargood Street

O'Connor ACT 2602

P: 6248 7050

9am-11pm every day of the year.

Chemist on Northbourne

Alinga St & Northbourne Ave Jolimont Centre,

Canberra City ACT 2601

P: 6162 1133

8am-11pm every day of the year.

If you require an ambulance or other emergency services dial 000.

Note: Ambulance services are not covered by Medicare, but are covered by OSHC.

Medical Centres

Tristar Medical Group

11/100 Eastern Valley Way, Bruce ACT 2617

P: 6253 5444

Opening Hours: Mon-Fri: 8am-8pm.

Sat-Sun/Public Holidays: 10am-6pm

www.tristarmedicalgroup.com

Approximate distance from ANU: 15-minute drive

Garema Place Surgery

3 Garema Place, Canberra ACT 2601

P: 6257 1000

Opening Hours: Mon-Fri: 8am-6pm. Sat: 9am-12.30pm

www.garemaplacesurgery.com.au

Approximate distance from ANU: 20-minute walk

Ginninderra Medical and Dental Centre

Corner of Nettlefold St and Coulter Drive, Belconnen ACT 2617

P: 6112 7111

Opening Hours: Mon–Fri: 7am–10pm.

Sat–Sun/Public Holidays: 8am–10pm

Approximate distance from ANU: 16-minute drive

Phillip Medical And Dental Centre

33 Colby Court, Phillip ACT 2606

P: 6112 7000

Opening Hours: Mon–Fri: 7am–10pm.

Sat–Sun/Public Holidays: 8am–10pm

Approximate distance from ANU: 15-minute drive

Gungahlin Medical Centre

43 Hibberson St, Gungahlin ACT 2912

P: 6241 0888

Opening Hours: Mon–Fri: 8am–7pm. Sat–Sun: 9am–12pm

www.gungahlinmedicalcentre.com.au

Approximate distance from ANU: 20-minute drive

Florey Medical Centre

Florey Shops, Kesteven St, Florey ACT 2615

P: 6259 1444

Opening Hours: Mon–Thurs: 8:30am–8pm.

Fri: 8.30am–7pm. Sat: 8:30am–5pm Sun: 9am–3pm

www.floreymedical.com.au

Approximate distance from ANU: 20-minute drive

North Canberra Family Practice

5b Chandler St, Belconnen ACT 2616

P: 6251 9006

Opening Hours: Mon–Thur: 7:30am–8pm.

Fri: 7:30am–7pm. Sat: 8am–1pm

www.northcanberrafamilypractice.com.au

Approximate distance from ANU: 15-minute drive

Group Family Practice

Suite 25/175 Strickland Cres, Deakin ACT 2600

P: 6162 0463

Opening Hours: Mon–Fri: 9am–5pm.

www.annielim.com.au

Approximate distance from ANU: 12-minute drive

Sexual Health And Family Planning

Level One, 28 University Avenue, Canberra City

P: 6247 3077

Opening Hours: Tue: 8.30am–5.30pm.

Wed: 8.30am–6pm. Thurs: 8.30am–5pm,

Fri: 8.30am–1.30pm.

www.shfpact.org.au

Approximate distance from ANU: 4-minute walk

What is Medicare/Overseas Student Health Care cover?

Medicare provides access to medical and hospital services for all Australian residents and certain categories of visitors to Australia. To find out if you are eligible for Medicare or to obtain a Medicare card, visit **humanservices.gov.au/customer/services/medicare/medicare-card**.

Medicare covers:

- Free or subsidised treatment by health professionals. If the clinic bulk bills, you would not be charged for their services if you have a Medicare card.
- Free treatment and accommodation in public hospitals.
- 75% of the Medicare schedule (**mbsonline.gov.au/internet/mbsonline/publishing.nsf/Content/**)

Home) fee for services and procedures from private hospitals. Medicare does not cover the hospital stays in private hospitals.

You should also provide your Medicare card to the pharmacist to receive a discount on Pharmaceutical Benefits Scheme (PBS) medication. If you reach the PBS threshold, you may not have to pay for medication for the rest of the year. To determine if your medication is covered under the PBS, you can go to **humanservices.gov.au/customer/services/medicare/pharmaceutical-benefits-scheme**.

Similar to the PBS threshold, there is a Medicare threshold for select health services as well. Once you reach the relevant threshold, the Medicare safety net may provide higher Medicare benefit for all eligible services for the rest of the calendar year. You do not have to register for this service; your doctor visits are lodged with Medicare and will be counted towards the threshold.

Bulk billing

Bulk billing is when your healthcare professional accepts Medicare, or if you are an international student, Overseas Student Health Cover (OSHC) as full payment for a service. Not all practices bulk bill and it is best to check with the practice as some may bulk bill for Medicare but not for OSHC. You may have to pay for the service upfront and be reimbursed later.

If the clinic you visit bulk bills, you:

- might be asked to sign a form after the appointment and you will be given a copy.
- can't be charged any other costs such as booking, administration or record-keeping fees.

Low Income Health Care Card

Postgraduate students receiving Centrelink benefits, whose income is less than \$536.00 a week, are entitled to a Low Income Health Care Card. Students who provide their Low Income Health Care Card and Medicare card at the pharmacist should get an additional discount on your prescription medication, if it is covered under the PBS. For eligibility requirements, visit humanservices.gov.au/customer/services/centrelink/low-income-health-care-card.

Overseas Student Health Cover (OSHC)

Most international students must apply for an overseas student health cover for themselves and their accompanying dependants if they undertake formal studies in Australia. There are several companies that offer

the service and like all other private health insurance, the OSHC also have different types of cover that students can choose from depending on their need.

At minimum, each OSHC product must include cover for:

- The benefit amount listed in the Medicare Benefits Schedule (MBS) fee for out-of-hospital medical services.
- 100% of the MBS fee for in-patient medical services (for example, surgery).
- Public hospital shared ward accommodation.
- Day surgery accommodation
- Pharmaceutical benefits up to \$50 per pharmaceutical item to a maximum of \$300 a year for a single membership.
- Ambulance services.

OSHC insurers might also impose waiting periods for treatments during the first 12 months of membership for pre-existing medical conditions. It is best to check with the OSHC insurer if you are unsure.

Scholarships

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ANU offers a wide range of scholarships to current and future students to assist with the cost of their studies. Eligibility for ANU scholarships varies depending on the specifics of the scholarship. Some are based purely on prior academic achievement, others are based on social equity and access principles, and some are a combination of both. There are also a number of scholarships offered by organisations outside of ANU. These scholarships are available to ANU students but are not managed by the University. Many of the scholarships offered by ANU are funded by the generous support of donors and benefactors, external organisations, the Australian Government and industry.

Which scholarships are postgraduates eligible for?

Scholarships are generally categorised by the type of student (undergraduate, honours, graduate coursework or graduate research) and whether they are a domestic or international student. Current and future students can determine which scholarships they are eligible to apply for by reading the information found under the relevant student type.

Graduate Coursework Scholarships

Graduate coursework programs are typically undertaken by someone who has completed an undergraduate degree or obtained significant relevant professional experience. Graduate coursework programs include graduate certificates, graduate diplomas and master programs. Scholarships differ in value and may be offered to cover some or all of the costs associated with tuition, accommodation, materials, cost of living and other expenses.

Graduate Research Scholarships

Higher degree research (HDR) programs are graduate-level, research-focused degrees usually undertaken by someone who has completed a previous degree with a significant research component. HDR programs include Doctor of Philosophy (PhD), Master of Philosophy (MPhil) and professional doctorates.

Two of the most popular scholarships available are the Australian Postgraduate Award (APA) scholarship for domestic research students, and the International Postgraduate Research Scholarships (IPRS) for international research students.

For more information on scholarship eligibility and how to apply, visit anu.edu.au/students/scholarships-support.

Financial help

Indigenous Australians

If you are an Indigenous student, ABSTUDY may be able to help you go on to further studies. ABSTUDY consists of a fortnightly living allowance as well as additional components to help with the costs associated with study.

For more information on ABSTUDY, visit humanservices.gov.au/customer/services/centrelink/abstudy

Help paying my fees – domestic students

As a domestic student, if you are studying at university you will be offered either a Commonwealth-supported place or a fee-paying place.

A Commonwealth-supported place is substantially subsidised by the Australian Government so that students are only required to pay 'student contribution' amounts for their units of study.

The Government administers a number of HELP loans schemes to assist students with the cost of their tuition. The right loan for you will depend on your circumstances, eligibility and where you want to study.

HECS-HELP is a loan program to help eligible Commonwealth supported students to pay their student contribution amounts. Before 2005, this was known as 'HECS'.

FEE-HELP is a loan program to help eligible fee paying students to pay their tuition fees.

SA-HELP is a loan scheme that assists eligible students to pay for all or part of their student services and amenities fee.

Frequently asked questions

Do I need to accept my enrolment offer before I apply for a help loan?

Once you have received an offer of enrolment in a course, your provider will normally include the relevant Request for Commonwealth assistance form in the same package as your other enrolment documentation so you can accept your offer and apply for a HELP loan (if eligible – see HELP Paying my Fees) at <http://studyassist.gov.au/sites/studyassist/helpayingmyfees>.

How do I get the request for Commonwealth assistance form?

The forms are only available from your provider. Contact the student administration area at ANU for further information.

Can I get a help loan if I'm studying part time?

Yes. As long as you meet the eligibility criteria and are studying at an approved provider, your mode of study (part-time or full-time) will not affect your eligibility to access a HELP loan.

I already have a HECS-HELP debt, can I use FEE-HELP?

An existing HELP debt under any of the schemes will not affect your eligibility to access another HELP loan. The exception to this is FEE-HELP and VET FEE-HELP. If you are accessing FEE-HELP and want to also access VET FEE-HELP (or vice versa), you will need to ensure you have enough of your FEE-HELP balance left to cover the tuition fees for your course.

I'm a permanent visa holder (non-humanitarian subclass)/New Zealand citizen. Can I get a help loan?

Permanent visa holders (non-humanitarian subclass) may only use a FEE-HELP loan if they are undertaking bridging study for overseas-trained professionals. New Zealand citizens will have continued access to lower fees through a Commonwealth supported placed. New Zealand citizens who hold Special Category Visa (SCV) and meet the eligibility criteria can get a HELP loan. Please note being a New Zealand citizen or holding an SCV doesn't automatically grant you a HELP loan. If you meet the eligibility requirements you'll have to present some documents to ANU Central before the census date of your first course in the current semester. You can find out if you're eligible online or meet with our lawyers to discuss your options.

Is there a limit to how much I can borrow?

There is no limit to the amount you can borrow under the HECS-HELP loan scheme, FEE-HELP and VET FEE-HELP.

In 2018, the FEE-HELP limit is \$102,392 for most students. For students undertaking medicine, dentistry and veterinary science courses (as defined in the Higher Education Support Act 2003), the FEE HELP limit is \$127,992. The FEE-HELP limit is a lifetime limit and is not reset or 'topped up' by any repayments that you make.

Which help loan am I eligible for?

The type of HELP loan you may be eligible for will depend on your citizenship or visa status, the type of study you are undertaking (higher education or vocational education and training), and whether the provider you are studying at is approved to offer HELP loans. You can enter your details into the eligibility calculator on the Study Assist home page to find out what loan you might be able to access. Visit, <http://studyassist.gov.au/sites/StudyAssist/>.

Does my income/financial situation affect my eligibility?

No. HELP loans are not means-tested, so neither your income, nor the income of your partner or family will affect your eligibility to access a HELP loan.

Help paying my fees – International students

What financial assistance am I eligible for?

International students are not eligible to access a Higher Education Loan Program (HELP) loan for their study, and must pay the overseas student fees charged by their provider.

General information for international students who intend to study in Australia may be found at www.studyinaustralia.gov.au, which provides comprehensive information about higher education providers and courses, applying for a place at a higher education provider, course fees, and scholarships. You may also wish to contact the institution at which you intend to study to ask about other assistance that may be available. You may wish to contact the scholarships office or student support area for information about scholarships and other possible funding sources.

For more information visit services.anu.edu.au/education-support/student-administration/international-student-emergency-aid



Advocacy

While PARSA is a service-delivery organisation that seeks to meet the immediate needs of postgraduate and research students, we are also responsible for tackling the systemic issues that affect some or all of our membership.

While undertaking advocacy around matters that fit under all the portfolios, from environmental management to LGBTIQ+ issues, PARSA is focussing on five key advocacy areas in 2018:

- Sexual assault and sexual harassment
- Migration and citizenship
- Accommodation
- Parents
- Mental health

If you would like to get involved in any of these campaigns or are passionate about any other systemic issues that you would like some support with addressing, please contact at parsa.advocacy@anu.edu.au

Careers

ANU Careers Services

This service aims to assist students with exploration of career options and choices, to developing skills in writing applications, and preparing for interviews and assessment centres. It also provides employers with advice on recruitment strategies, how to maintain a profile on campus and assistance with targeting suitably qualified and motivated students and graduates.

For more information, visit careers.anu.edu.au.

Drop-in consultations

These brief 15-minute sessions are for quick queries such as:

- Resume and application form checking
- Interview Skills
- Job search strategies
- How to enhance employability at ANU

Contact CareerHub (careerhub.anu.edu.au) for timings. Bookings are not required. Students will be seen on a first-come first-served basis.

Careerhub

Confidential career counselling appointments are bookable through CareerHub. Careers consultants can help with career planning, decision-making, gaining work experience, employment opportunities and further study.

Registering with CareerHub will also give you access to their job and internship vacancies. Their web-based career development tools can help you apply and interview for jobs and research employers.

Employment at ANU

The University offers two categories of employment vacancies: those open to all applicants, and others which are only open to ANU staff. Within each of these categories, there are vacancies for academic and general staff positions. Each of the advertised positions includes further particulars on selection documentation, application cover sheet and contacts for further information.

For more information, visit anu.edu.au/jobs.

Casual Jobs Register

The ANU Casual Jobs Register maintains the details of quality and experienced candidates who are interested in casual work across the University. When a new opportunity arises, applicant qualifications, skills and capabilities are matched against the casual vacancies, to meet the University's ad-hoc and varied business needs. For more information, visit **anu.edu.au/jobs/casual-employment-for-anu-students**

To search for casual employment opportunities, visit **anu.edu.au/jobs** and search for the 'Casual Jobs Register'.

Since 26 April 2008, people granted student visas automatically receive permission to work with their visa grant. If permission to work is granted, the primary applicant has condition 8105 imposed on their visa. This condition permits the visa holder to work 20 hours per week while their course is in session. This limit does not apply to any work undertaken as a requirement of a CRICOS registered course. When the course is not in session (eg during semester break), student visa holders can work an unrestricted number of hours.

A course is considered "in session":

- For the duration of the advertised semesters (including periods when exams are being held);
- If the electronic Confirmation of Enrolment (eCoE) is still in effect;
- If the student is undertaking another course, during a break from their main course, and the points will be credited to their main course. Students who have completed their course as scheduled based on the dates on their CoE, may work unrestricted hours for the remaining period of their student visa, or until their next course begins.

For more information about minimum wages, hours of work, leave entitlements and termination of employment, please visit **fairwork.gov.au/employment**

Skill-Up program

PARSA provides a Skill-UP program for all postgraduate students. The program will provide you with some of the most in demand skills and qualifications and enable you to get trained and apply for work in cafés, retail, volunteer work, events and more.

For more information on the program contact **parsa@anu.edu.au**

Internships

For more information on internships, phone **02 6125 3593** or email **careers@anu.edu.au**

For-credit internships

Participating in an internship for credit allows students to combine their coursework with relevant work experience. Students participating in for credit internships are covered by insurance products offered by the ANU Insurance Office for the duration of their internship placement. Although the ANU typically does not provide financial assistance for students participating in for-credit internships, specific internship courses may have scholarships or funding available. To receive credit for an internship opportunity, students will typically have to register for a course that has an internship component.

Not-for-credit internships

Although not undertaken for academic credit, not-for-credit internships still represent an important way to gain experience and skills valuable to employers. As the ANU does not formally support students participating in not-for-credit internships, students participating in available opportunities are not eligible for insurance coverage provided by the ANU Insurance Office.

Students participating in not-for-credit internships may receive remuneration from host organisations depending on the placement.

Although unpaid not-for-credit internship positions exist, students are advised to carefully check the legality of such opportunities, as some may contravene the Fair Work Act.

ANU internships program (ANIP)

The Australian National Internships Program (ANIP) is a hands-on opportunity for a student to go into a workplace and undertake a research project for which you will get significant academic credit. Through ANIP, Australian and overseas university students from any discipline can be placed with the Australian Federal Parliament, the Australian Public Service, the Australian Capital Territory Legislative Assembly or Public Service, or with non-government organisations (including lobby groups).

To be considered for an internship with ANIP, you must apply specifically to the Australian National Internships Program. All student applications and supporting documents must be sent to the ANIP office, electronically where possible. For more information, visit **anip.anu.edu.au**



Vacancies in PARSA

From time to time, there may be opportunities to work for PARSA. Check out what opportunities exist on our website parsa.anu.edu.au/get-involved/employment

There will also be opportunities to be elected to the Postgraduate Representative Council (PRC) during the course of the year. PRC members are generally responsible for:

- representing students at PRC meetings and on university committees
- distribution of information and gathering feedback
- promoting and helping out at social events

PRC positions are voluntary, however the officer positions attract a small honorarium to help representatives with the cost of living.

For more information on the PRC, visit parsa.anu.edu.au/aboutparsa/who-we-are.

ANU libraries



Art & Music Library

Located in the School of Art, the Art & Music Library provides collections and services to support staff and students at the School of Art and the School of Music.

Location: Building 105

Contact: 02 6125 5799/artmusic.library@anu.edu.au



Chifley Library

The Chifley Library supports the teaching, learning and research activities of staff and students in the ANU College of Arts and Social Sciences and the ANU College of Business and Economics. It also contains the Disability Services Centre Resource Room (Level 3), AskANU IT Desk, and the Digital media suite. Level 2 opens 24 hours.

Location: Building 15

Contact: 02 6125 4428/socialsciences.library@anu.edu.



Hancock Library

The Hancock Library provides material from most areas of science; engineering; technology and medicine.

Location: Building 122

Contact: 02 6125 3517/science.library@anu.edu.au



Law Library

The Law Library provides a wide range of legal resources for staff and students of the Australian National University. It is the main location of the law collection on campus.

Location: Building 5

Contact: 02 6125 4013/law.library@anu.edu.au

Menzies Library

The Menzies Library has major holdings of Asian and Pacific scholarly materials and supports research in these areas. In addition, the Menzies Library together with the ANU Archives constitutes a major resource centre for Pacific studies.

Location: Building 2

Contact: 02 6125 2005/asiapacific.library@anu.edu.au

ANU Archives

The ANU Archives collects and preserves the University's own archives, the Pacific Research Archives, the National AIDS Archive Collection and the Noel Butlin Archives Centre. These records are available for all researchers, not just ANU staff and students.

Location: Building 76

Contact: 02 6125 2219/butlin.archives@anu.edu.au



Parents



Juggling a family with study brings its own unique set of challenges to undertaking a postgraduate or research degree at the ANU. While we are working with the ANU to improve the services available to parents, there are some services and tips that can make the transition into study and your life with your family in Canberra a little easier.

In 2017 we undertook a Parents Survey and found quite a few areas where we need to be working harder with the university, and significant information gaps which our website seeks to address in a comprehensive guide available at parsa.anu.edu.au/studentsupport/parents/.

This page hosts comprehensive information on:

- Accommodation
- Parenting Rooms (including a map of on-campus parenting rooms)
- Parking
- Childcare
- Children in the Classroom
- HDR Parental Leave
- Overseas Student Health Cover
- School Fees
- Events

Our Student Assistance team can support you with any practical problems that you may have with navigating the university as a parent, and they can be contacted on parsa.assistance@anu.edu.au.

If you're interested in getting involved with the PARSA Parents campaign, please contact our Advocacy and Engagement staff member on parsa.advocacy@anu.edu.au.

Family & Childcare



University Preschool and Child Care Centre

Lennox Crossing
(Building 75 (Blocks E and F))
The Australian National University
Canberra ACT 0200
E: unipresc@iimetro.com.au

ANU Childcare

Acton Early Childhood Centre
22 Balmain Crescent (Building 72)
Acton, Canberra, ACT 0200
P: (02) 6125 5554/(02) 6125 8488
www.aecc.org.au

Heritage Early Childhood Centre

75 Lennox Crossing (Building 75)
Acton, ANU, 2601, Canberra

P: (02) 6249 8851/(02) 6125 2976

E: hecc@anu.edu.au

www.anu.edu.au/childcare/heritage

Central Canberra Family Day Care

Central Canberra Family Day

Care arranges for child care on a full-time, part-time and casual basis (e.g., after school). Care is arranged for children of all ages with educators in private homes in Canberra.

Care is also available on a casual or permanent basis at the centre on campus for visitors to the University.

16 Balmain Lane, Acton ACT 2601
(building 67)

P: 6125 2000

E: info@familydaycarecc.com.au

Goodstart Early Learning

The centre provides early learning and care for families of ANU staff, students and locals.

Building 147, North Road
Acton ACT 2601

P: 1800 222 543

E: aaugoodstart.org.au

www.goodstart.org.au/centres/anu

PARSA Parenting Room

PARSA hosts its own parenting facility in the Brian Kenyon Student Space currently located in Melville Hall (Building 12). The Parent Space in BKSS is a private area created by a jumbo-sized Lego wall and features a variety of toys, books, a change table, an armchair and a study desk. All parents and kids welcome to come in, study and play. Open Monday-Friday, 8am to 8pm. Children must be supervised by parents/guardians at all times.

For more information visit
parsa.anu.edu.au/whatson/bkss.

ANU Parenting Rooms

Chifley Library parenting room

Building 15, Level 4

Open during library open hours.

Acton Early Childhood Centre parenting room

Building 72, 22 Balmain Crescent

Open during normal business hours.



Union Court redevelopment

In 2017, ANU commenced work to reimagine Union Court as the hub of ANU activity. This will include new teaching and learning buildings, a centralised student hub, cultural precinct, health and wellness centre, and more student accommodation. Work for this project commenced in mid-2017, with a projected end date of January 2019. In order to ensure that students and staff still have a high quality experience of ANU, a Pop-Up Village has been constructed just north of the Union Court redevelopment site between Melville Hall and Copland buildings. The PARSA office is now located in Melville Hall, Building 12, adjacent to the ANU Pop-Up Village.

While the end of the project will mean a revitalised ANU, students should be aware of the noise and changes to the campus over this 18-month period. PARSA has been working with the ANU to reduce the inconvenience to students as much as possible, but we always welcome your feedback as the project progresses.

For more information about the redevelopment project, contact us at **6125 4187** or email parsa@anu.edu.au

ANU Pop-Up Village

ANU Pop-Up Village provides a new space for food, retail, services and events including a new medium-sized live music venue for local and touring artists.

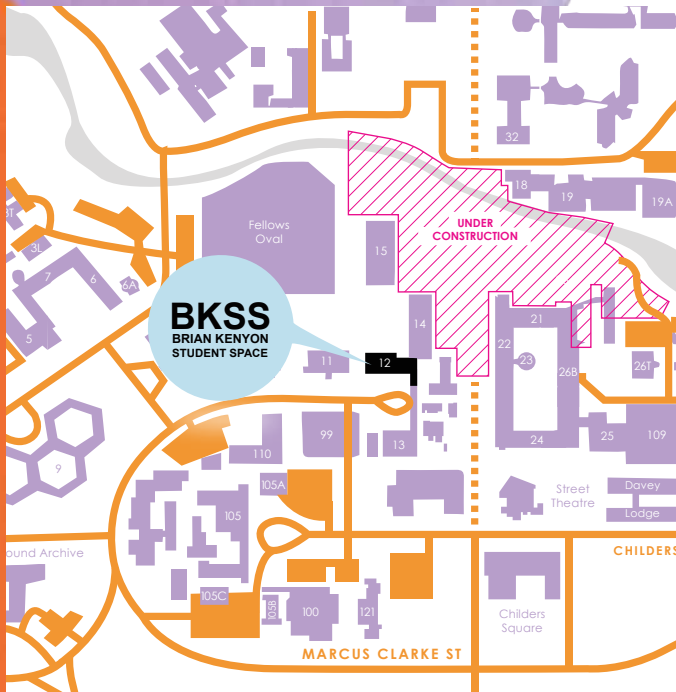
The Pop-Up will be the temporary heart of the campus for a generation of students until early 2019 when the revitalisation of Union Court will be complete.

Find out more at www.pop-up.anu.edu.au.



Brian Kenyon Student Space

A student lounge in Melville Hall,
Building 12, Ellery Crescent



The Brian Kenyon Student Space is a combined undergrad and postgrad student space located in Melville Hall. The BKSS is a relaxed space with lots of seating, individual study pods and a parent space. We also provide free breakfast, somewhere to charge your phone or laptop and microwave your lunch. Stop by for tea and \$1 Nespresso coffee, free condoms and sanitary items.

The parent space in BKSS is a private area created by a jumbo sized Lego wall and features a variety of toys, books, a change table, an armchair and a study desk. All parents and kids welcome to come in, study and play.

Open Monday- Friday, 8am to 8pm.

Children must be supervised by parents/
guardians at all times.

parsa.anu.edu.au/whatson/bkss



The Clubs Council

The Clubs program is a community consisting of over 125 student-run clubs. With the support and governance of the Clubs Council, the Clubs program aims to provide a diverse and enriching university experience for all students. PARSA's sister organisation, ANUSA, administers the Clubs Council, and we encourage all students to get involved. The Clubs Council replaced the Grants and Affiliations Committee in 2016. Affiliated Clubs can apply for funding through the council for a wide range of activities and events.

For more information on existing clubs, or to start your own, contact sa.clubs@anu.edu.au.

Free and useful apps to help you at Uni

Study and organisation

Evernote

Ever wanted to note something down and not had access to a paper and pen? Evernote lets you attach images and audio to your notes, add your location and search through your notes for keywords at the click of a button (including text that appears in images). This means you can take photos of class handouts, search for keywords in the handout image, write your own summaries, carry your notes on your phone for viewing at any time and sync them with your computer — the possibilities are endless. **Availability: iPhone/Android — free.**

Easybib

Bibliographies Are Frustrating. They Don't Have to Be. EasyBib is the world's best and most accurate citation generator. As one of the most accurate citation apps for now, it would help you to cite the sources of your thesis, scan barcodes of your books into your library.

Availability: iPhone/iPad/Android — free.

Google Translate

The Google Translate app features translations between 80 different languages. It allows you to directly translate speech and handwriting, listen to words spoken out loud, view dictionary results for words or phrases and save your favourite translations for quick access when you're offline. **Availability: iPhone/iPad/Android — free.**

SelfControl

Do you find yourself spending too much time on social media or certain websites hard to ignore? Don't waste valuable study time - download SelfControl. This app allows you to block websites of your choice for a set amount of time. This means that you can concentrate fully on your studies and avoid sporadically checking social networks or your email. Once you put these blocks in place, it's impossible to access these sites until the time limit you've previously specified runs out — even if you get desperate and try to restart your computer or delete the application. **Availability: Mac — free.** You can also use StayFocused if you use Chrome as your browser.

SimpleMind+ (mind mapping)

If you're a visual learner, mind maps are a great study tool. They allow you to brainstorm ideas for essays and projects, create a broad overview of a subject when studying for exams and help you make connections between different ideas that you may not have thought of before. **Availability: iPhone/iPad/Android — free.**

Student life

Free Wi-Fi Finder

If you like to get out of the house to study (or you're on a tight budget with your phone plan), Free Wi-Fi Finder allows you to scout out nearby hotspots offering free wi-fi access. You can also filter results by location type (such as cafés and libraries), bookmark your favourite locations and look up contact details. **Availability: iPhone/iPad/Android — free.**

Lost on Campus

If looking for classrooms is starting to feel like a treasure hunt, the Lost on Campus app is here to help. This app provides detailed maps of institution campuses around Australia, including everything from lecture theatres and classrooms to toilets, coffee shops and vending machines. You can even see other users' comments on each location so you can quickly scout out who serves the best coffee or where the quietest IT lab is hidden! **Availability: iPhone/iPad/Android — free.**

The Happiest Hour

This app allows you to search for 'happy hour' deals at nearby pubs, bars and restaurants, guaranteeing a cheap night out if you're on a budget. You can use the map to look for nearby venues and browse through beer, wine, cocktail and food deals. **Availability: iPhone/iPad/Android — free.**

Hey You

Let's start with the most important thing for any new uni student – coffee. Download this app and never wait in line at your favourite cafe again. The app that lets you order ahead at your favourite cafés. With over 1000+ venues available to choose from, your morning coffee or lunch is just a tap away. **Availability: iPhone/iPad/Android — free.**

Rockin Ramen

If you're keen to eat healthily while keeping to a student budget, consider downloading a few healthy eating apps. Rockin Ramen (iOS), a student app featuring a number of nutritious recipes with ramen as a main ingredient, and MealBoard (iOS), an app which plans healthy meals, grocery shops and recipes based on what you've got in the fridge. **Availability: iPhone/iPad/Android — free.**

Deliveroo and UberEats

Stayed up studying until 1am and didn't get dinner, again! Deliveroo and UberEats are here to help with their food delivery service. All you have to do is get the app and order with a tap.

Availability: iPhone/iPad/Android — free.

ANU OK

ANU OK is the official safety and well-being app of the ANU, developed by students for students.

ANU OK is intended to help you with your everyday needs such as finding your way around campus, access to parking information, bus routes, accessing support services and more. More importantly, the app will enable quick and easy access to essential services, should you require ANU Security, police, fire or ambulance.

This initiative is the result of months of work and collaboration by the ANU Students' Association (ANUSA), Postgraduate and Research Students Association (PARSA), ANU Security and ANU Division of Life (DSL) with the aim of increasing student and staff engagement with safety on campus. This collaborative approach between students and staff is what differentiates ANU OK from other Universities with similar apps!

The app is available for download on Android and iOS Devices:

play.google.com/store/apps/details?id=com.cutcom.apparmor.anu&hl=en

itunes.apple.com/us/app/anuok/id1069902027?ls=1&mt=8

ANUOK





10 tips on staying on budget



1. Use a budgeting tool

Step one in reducing spending is to see what you're actually spending your money on. That way you know what changes you can make to stay on budget.

Download a budgeting tool such as Money Smart to plan a budget according to your income and expenditure.

2. The 2-week rule

Downloading a budgeting tool or app does not help unless it is being used regularly! Using your tool for at least 2 weeks should give you an indication of where your money is going, and where you can cut out.

3. Cook more, eat out less

At ANU it's easy to just grab a sub from Subway or some sushi before lectures/tutorials. What is often overlooked is that those daily lunches can add up to quite a bit of money if you do it regularly.

Instead, try to cook in bulk and portion out for the week. This way, you would always have your lunch in your bag! Microwaves are available in the Brian Kenyon Student Space (in Melville Hall), at the refectory and also on the 3rd level of the Hancock Library for your convenience.

4. Pack snacks

On top of buying lunch, it's easy to fall into the habit of buying a snack between classes or studying. Spending \$5 a day on snacks can quickly add up especially when you're at uni 4-5 days a week.

Instead, why not try packing your own bag of nuts or a sandwich before you head off to uni. That way you won't be hungry between classes and won't have the urge to buy snacks at uni.

5. Shop smart

It's one thing to buy food and cook to reduce cost, but it is also important to ensure that you shop smart for the groceries that you do buy for your meals.

A few tips on shopping smart:

- Convenient often means extra \$\$\$ - IGA may be close to home but they often charge more for the same products.

- Weekly offers - It's handy to check out supermarket catalogues (Coles or Woolworth) and plan for your weekly groceries.
- Know what time to shop - sometimes items are sold for cheap a few minutes before closing.
- Stock up on sales - eg tinned veggies because you can use them in a lot of recipes and they don't go bad for a while.
- \$1 for a bag of veggies! - Head to the Brian Kenyon Student Space at lunchtime on Mondays for Student Bites to get a whole bag of fresh fruit and vegetables for a gold coin donation.

6. Buy second hand books

Websites such as www.studentvip.com.au is a good way to buy and sell second-hand textbooks. It's advisable to start looking for your books a few weeks before the term starts as stocks are limited.

Alternatively, if you have friends from the same course, you could ask them if they would like to share the textbook with you. This not only saves money but also enables you to have a study buddy.



7. Buying/selling unwanted goods

By selling items on the ANU billboards or on various buy, swap, and sell pages, not only are you able to get extra cash, but you're also able to get rid of your unwanted stuff for more room.

8. Reduce spending on unnecessary products

Think of things that are more of a luxury in your life rather than a necessity. Coffee is a pretty obvious example; instead of buying an expensive latte on campus why not pick up a plunger and brew your own coffee. You can put it in a travel mug and take it with you to class/the library.

9. Entertainment that doesn't require money

Eating out in Canberra is not necessarily cheap, especially around Civic. Instead of catching up with a friend over dinner and a movie session, you can suggest hosting a movie or a board-game night at your place instead and have everyone bring a dish.

10. Look for a part-time job

By looking on **seek.com** or even consulting with the ANU Careers Centre you could find a few part time or casual. It also doesn't hurt to go shop-to-shop with your resume just to see if they're hiring. Whilst extra money is enticing, it is also important to understand your limits and maintain a good work/uni balance.

Aussie Slang

Aussie slang can seem like a whole new language. If there's a way to shorten a word, the Aussies have probably shortened it. Here's a list of some common Aussie slang words that should help you get by.

- Avo – Avocado
- Arvo – Afternoon
- Barby – (abr.) Barbecue
- Bottle-o – Drive through beverage retailer
- Bogan – A very uncouth individual
- Breaky – Breakfast
- Doco – Documentary
- Dodge – Considered of low quality, or untrustworthy
- Doona – Bed cover or quilt
- Dunny – Outside toilet
- Fair Dinkum – Honest/genuine
- Footy – Usually AFL, but sometimes NRL, and other times soccer. It's all very confusing
- G'Day – Hello
- Garbo – Garbage collector
- Good onya – Well done
- Macca's – McDonald's
- Mozzie – Mosquito
- No worries! – Expression of forgiveness or reassurance
- Relos – Relatives
- Sanga – Sandwich
- Schoolies – End of school celebrations
- Servo – Petrol station
- Shout – To buy drinks for everyone
- Sickie – A day taken off work, but not necessarily because of illness
- Snags – Sausages
- Ta! – Thank you
- Thongs – flip flops
- Uni – University
- Yakka – Hard work

Self-care Tips



During this busy time of the semester, it is easy to neglect your own well-being. It is important to take some time out of your study and ensure that you are being looked after. Having a self-care plan in place is a good way to keep your mental and physical well-being in check.

Here are some tips that are able to assist you in maintaining your mental well-being during this busy period at uni.

1. Keep a journal

Start keeping a journal and write down your thoughts. Writing out things that makes you feel happy or what you would like to accomplish can assist in tracking your mood and allow you to remember the good things that happen in your day.

2. Seek external assistance

External assistance doesn't necessarily mean seeing professional assistance. A simple telephone call to a friend, or a lunch catch-up session can alleviate your mood. However, if there are more pressing issues that you are concerned about and would like to consult a professional, you could book in to see a counsellor at the ANU Counselling Centre by calling **02 6125 2242**.

3. Engage in a hobby

If you have an existing hobby that you pursue on your downtime, make sure you give yourself some time to actually participate in it. If you don't have a hobby, maybe it's time to start one.

4. Make time for relaxation/meditation

During this busy period, it is easy to forget to just take a minute to refocus. Just doing a 10-minute meditation session a day can improve your concentration and reduce anxiety levels. Here is a good video to start with https://www.youtube.com/watch?v=6p_yaNFSYao.

5. Mindfulness apps

The ANU Counselling Centre has a list of their favourite apps that promote health and wellbeing. Downloading these apps on your phone means you have access to help with just a touch of a button. Some of the recommended mindfulness/meditation apps that are by the ANU Counselling Centre are: One Giant Mind and Headspace.

6. Unplug

Switch off from your phone, social media, and the internet for a short time each day. We easily feel jealous of other people's posts on social media, and we focus way too much on taking our next Insta-worthy selfie instead of connecting more with those around us. **Take a break from technology** and go for a walk by the lake, watch the ducks, sit, think and breathe.

7. Work it out or walk it out

Lace up your sneakers, get up on that machine, and take it out on the treadmill or just go for a walk. Exercise helps alleviate stress. You can also attend the free fitness classes PARSA provides at ANU Sport each semester.

8. Sleep. Sleep. Sleep

Studies show that if you have been awake for 21 hours you're akin to someone with a blood alcohol content reading of 0.08 (the legal driving limit is 0.05). Sleep not only allows yourself to be rejuvenated but muscle repairs in the body occurs during sleep and hence allows you to recover quicker if you are sore or ill.

9. Positive self-talk

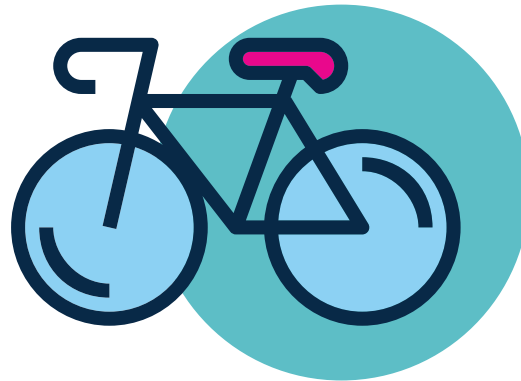
Engaging in positive self-talk can boost your mood, confidence and self-esteem. Positive self-talk occurs when you make an observation about yourself or things around you. Instead of saying things like, "I did really badly in the exam today, I am going to fail university," you can think of it in a positive light and say things like, "I may not have done as well as I hoped today, but this is a learning experience and I can learn from my mistakes."

If you feel like you're distressed and would like to speak to someone immediately, you could call:

Mental Health Triage Service (ACT): **1800 629 354**

Lifeline: **13 11 14**

PARSA Student Assistance: **6125 2603**



Sustainable living



Sustainable living involves leading a life that has little impact on the environment. It's really easy and everyone can do their bit in leading a more eco-friendly life.

Here are a few tips and tricks to help you live more sustainably.

HOME

- Recycle everything, and as much as you can including plastic, cardboard and paper, aluminum cans and bottles.
- Turn electrical items off at the power point as even when plugged in, energy is used.
- Use cold water when washing dishes and clothes.
- Prepare home cooked meals to avoid disposable takeaway plastic containers.

FASHION

- Choose quality. Buy items that are made to last, rather than items that are made for disposability.
- Mend clothes and try to fix items instead of just throwing it out. Otherwise find other uses for old garments such as using them as cleaning cloths.
- Make minimalism your mantra. Don't buy clothes and items you don't need. Find things that you value and actually use rather than accumulating many things that have a short life span which will add to waste.
- Choose eco-friendly fabrics (i.e. organic cotton, hemp), locally manufactured and ethically made.

SHOPPING

- Avoid buying items (such as some vegetables and fruit) that come in extra packaging or plastic. Also bring your own reusable bag to shop with.
- Shop local. Locally sourced foods and products have a lower carbon footprint. Additionally, it stimulates the local economy.
- Read the energy star ratings and purchase the most energy-efficient electricity item you can afford.
- Avoid plastic cling wrap and store food in reusable containers or make your own food wraps. Here's how: www.apartmenttherapy.com/how-to-make-your-own-reusable-food-wrap-244307

AROUND CAMPUS

- Bring a water bottle rather than buying bottled water from a cafe. There are many drinking fountains around campus that you can directly drink from or refill your bottle.
- Use a reusable coffee cup when buying coffee from a café to avoid using disposable ones. PARSA hands out KeepCups during O-Week.
- Ride a bike. Cycling is one of the most sustainable forms of local transportation around, because the only energy it uses is the amount your legs put into it. It'll also help keep you fit and healthy!
- Make your campus more sustainable. Put paper, cardboard, and plastic in the recycle rubbish bins instead of regular waste bins.

Deconstructed Sushi Nourish Bowl with Sweet Sesame Dressing

The bowl:

- 1.5 cups (270 g) brown rice, rinsed, soaked overnight, drained
- 1.5 cups (230 g) frozen shelled edamame beans
- 1/2 cup (45 g) seaweed salad (or use dried nori sheets, torn into bits)
- 1 cup purple cabbage, thinly sliced (about 1/4 of a small head of cabbage)
- 1 mango, chopped
- 1 avocado, chopped
- 1 green onion, cut into thin rings
- 1/4 long English cucumber, chopped
- 1/2 small red onion, diced
- 2 tbsp roasted sesame seeds (optional garnish)
- 2 tbsp fried onion (optional garnish)

The dressing:

- 2 tbsp (30 mL) low-sodium soy sauce
- 2 tsp (10 mL) sesame oil
- 2 tsp (10 mL) agave syrup
- 1 lime, juiced
- 1 tsp (4 g) garlic powder (or sub 1 crushed garlic clove)
- 1 tsp (4 g) onion powder

Method:

1. In a medium pot on high heat, bring the brown rice and 2+1/4 cups (560 mL) water to a boil, then reduce to a simmer and partially cover with a lid, cooking until the rice is al dente, about 20 minutes.
2. Prepare all the vegetables while the rice is cooking, and cook the edamame beans according to package directions; for mine, I just added it to a pot of boiling water for 3 minutes, then drained.
3. To make the dressing, simply add all the ingredients to a jar, add the lid and shake vigorously until well combined. Alternatively, add to a bowl and whisk.
4. To assemble the bowls, simply add the rice as the base, top with any prepared fruit or veggies of your choice and add the dressing.

Refried Bean Quesadillas

Ingredients:

- 1 tbsp sunflower oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 tsp cumin seeds
- 400g of kidney beans, rinsed and drained
- 2 tsp smoked paprika
- 8 flour tortillas
- 100g cheddar, coarsely grated
- Handful of coriander leaves
- 200g tub fresh tomato salsa, plus extra to serve
- Sour cream to serve.

Method:

1. Heat the oil in a large frying pan and cook the onion and garlic for 2 minutes. Add the cumin and cook for 1 min more. Tip in the beans, paprika and a splash of water. Using a potato masher, break the beans down as they warm through to make a rough purée. Season generously.
2. Spread the refried beans onto 4 of the tortillas and scatter over the cheese and coriander. Spoon over the salsa, then top with the remaining tortillas to make 4 sandwiches. Wipe the frying pan with kitchen paper and return to the heat or heat a griddle pan. Cook each sandwich for 1-2 minutes on each side until the tortillas are crisp and golden and the cheese is melting. Serve warm, cut into wedges, with extra salsa and sour cream for dipping.



Chicken Noodle Soup

Ingredients:

- 900ml chicken or vegetable stock (or Miso soup mix)
- 1 boneless, skinless chicken breast, about 175g/6oz
- 1 tsp chopped fresh root ginger
- 1 garlic clove, finely chopped
- 50g rice or wheat noodles
- 2 tbsp sweetcorn, canned or frozen
- 2-3 mushrooms, thinly sliced
- 2 spring onions, shredded
- 2 tsp soy sauce plus extra for serving
- Mint or basil leaves and a little shredded chilli (optional) to serve.

Method:

1. Pour the stock into a pan and add the chicken, ginger and garlic. Bring to the boil, then reduce the heat, partly cover and simmer for 20 minutes, until the chicken is tender. Remove the chicken to a board and shred into bite-size pieces using a couple of forks.
2. Return the chicken to the stock with the noodles, corn, mushrooms, half the spring onions and the soy sauce. Simmer for 3-4 minutes until the noodles are tender. Ladle into two bowls and scatter over the remaining spring onions, herbs and chilli shreds if using. Serve with extra soy sauce.



Banana Bread Loaf

Ingredients:

- 140g butter, softened, plus extra for lining the tin
- 140g caster sugar
- 2 large eggs, beaten
- 140g self-raising flour
- 1 tsp baking powder
- 2 very ripe bananas, mashed
- 50g icing sugar

Method:

1. Heat oven to 180C/160C fan/gas 4.
2. Butter a 2lb loaf tin and line the base and sides with baking parchment.
3. Cream the butter and sugar until light and fluffy, then slowly add the eggs with a little flour. Fold in the remaining flour, baking powder and bananas.
4. Pour into the tin and bake for about 30 minutes until a skewer comes out clean. Cool in the tin for 10 minutes, then remove to a wire rack.
5. Mix the icing sugar with 2-3 tsp water to make a runny icing. Drizzle the icing across the top of the cake and decorate with banana chips.



Recipes available at:

www.pickuplimes.com

www.bbcgoodfood.com/recipes/collection/student

BELCONNEN

4

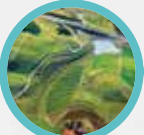


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FYSHWICK

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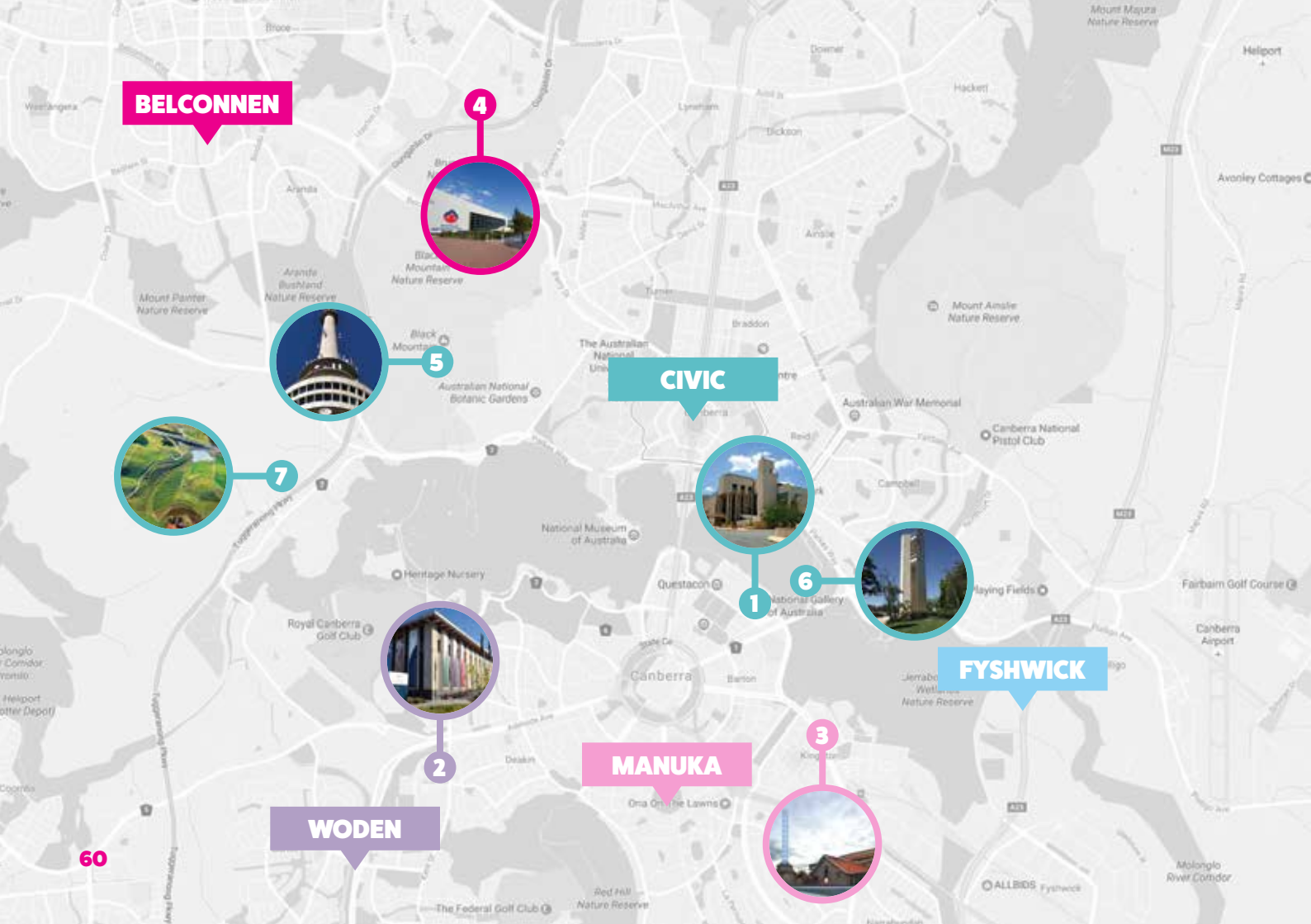
MANUKA

3



WODEN

60



- 1 National Gallery of Australia
Parkes Pl, Parkes ACT 2600
(02) 6240 6411
- 2 Royal Australian Mint
Denison St, Deakin ACT 2600
1300 652 020
- 3 Canberra Glassworks
1 Wentworth Ave, Kingston ACT 2604
- 4 Australian Institute of Sport
Leverrier St, Bruce ACT 2617
- 5 Telstra Tower
100 Black Mountain Dr, Acton ACT 2601
(02) 6219 6120
- 6 National Carillion
Wendouree Dr, Parkes ACT 2600
- 7 National Arboretum Canberra
Forest Dr, Canberra City ACT 2601
13 22 81

WESTFIELD BELCONNEN

Boutique, specialty and department stores, food court and cinemas.

Benjamin Way, Belconnen

From ANU: 15 minute drive

CANBERRA CENTRE

Canberra's CBD, Bunda Street

Canberra City

Boutique, specialty and department stores, cinemas

From ANU: 15 minute walk, 5 minute drive

FYSHWICK

The Fyshwick area contains most of Canberra's hardware, furniture, building supplies and wholesale products.

From ANU: 15 minute drive

MANUKA

Manuka Plaza, corner Franklin St and Flinders Way

Manuka is known for its up-market fashion labels, homewares and alfresco cafes.

From ANU: 10 minute drive

WODEN

Keltie St Phillip

From ANU: 15 minute drive

Canberra 101

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Shops

Monday to Thursday: 9am-5pm

Friday: 9am-9pm

Saturday: 9am-5pm

Sunday: 9am-4pm

Banks

Monday to Thursday: 9:30am-4pm

Friday: 9:30am-5pm

Tourist information

Canberra Region Visitors Centre

Regatta Point, Barrine Drive, Parkes;

1300 554 114

Monday to Friday: 9am-5pm

Saturday & Sunday: 9am-4pm

Airlines

Jetstar

13 15 38; jetstar.com

Qantas Airways

13 13 13; qantas.com

Virgin Australia Airlines

13 67 89; virginaustralia.com.au

Tiger Air

1300 174 266

Taxis

Canberra Elite

13 22 27

Silver service

13 31 00

Uber

Download the Uber app

Buses

Action buses

13 17 10; transport.act.gov.au

Murrays

13 22 59; murrays.com.au

Emergencies

Emergency

000

Police

13 14 44

NRMA Roadside assistance

13 11 11

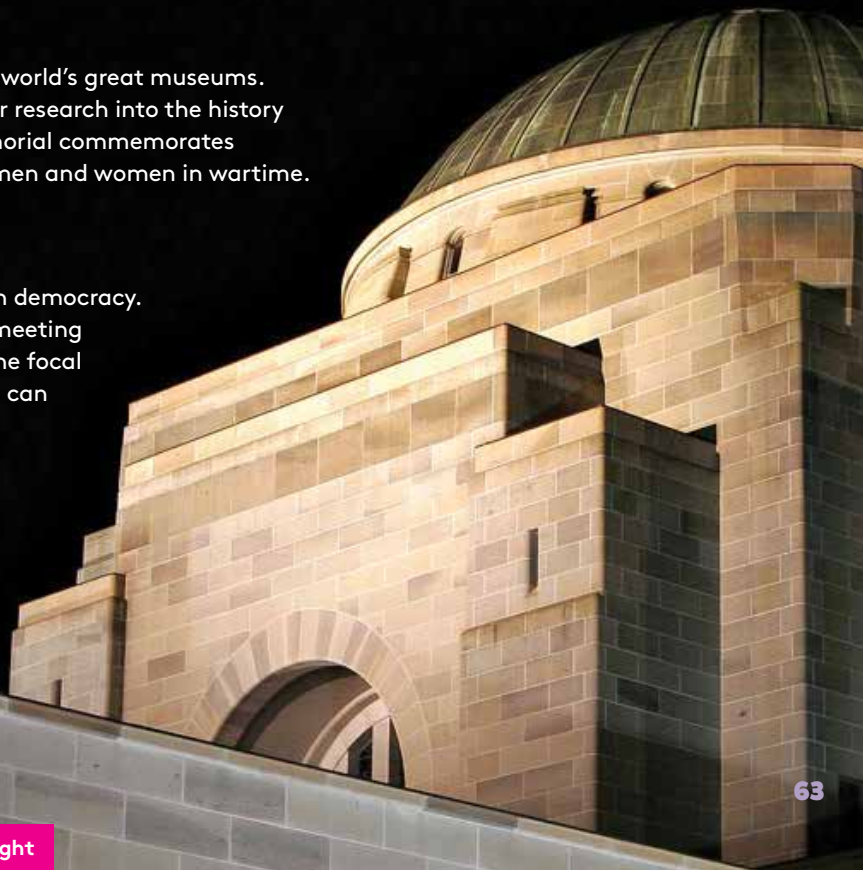
Major attractions in Canberra

AUSTRALIAN WAR MEMORIAL

The Australian War Memorial is one of the world's great museums. It is also the premier archive and centre for research into the history of Australian involvement in war. The Memorial commemorates the service and sacrifice of all Australian men and women in wartime.

PARLIAMENT HOUSE

Parliament House is a symbol of Australian democracy. Home to the Parliament of Australia and meeting place of the nation, Parliament House is the focal point of Canberra, our capital city. Visitors can take a guided tour into the House of Representatives and Senate chambers.



Australian War Memorial at night

QUESTACON – THE NATIONAL SCIENCE AND TECHNOLOGY CENTRE

At Questacon – the National Science and Technology Centre – you can free-fall down a six metre slide, experience an earthquake or challenge a robot to a game of air hockey. Little scientists and their carers will enjoy Mini Q as they play, discover and learn in a gallery just for children 0–6 years old.

NATIONAL GALLERY OF AUSTRALIA

Visit more than 100,000 works of art and world-class art exhibitions at the National Gallery of Australia. See the famous ‘Blue Poles’ by Jackson Pollock or the iconic Ned Kelly series by Sidney Nolan. Discover Australian art, Aboriginal and Torres Strait Islander art, Asian art and more.

LAKE BURLEY GRIFFIN

Beautiful Lake Burley Griffin is the centrepiece of Canberra. Surrounding this artificial lake, visitors will find some of Canberra’s top things to see and do, including the National Gallery, National Library, Questacon, and National Museum.

NATIONAL ZOO AND AQUARIUM

The National Zoo and Aquarium gives you an opportunity to get up close and personal with some of the world’s most amazing creatures. With a wide variety of native and exotic animals and the largest inland saltwater tank in Australia, there’s something for everyone.

NATIONAL ARBORETUM CANBERRA

The National Arboretum is Canberra’s newest attraction. It’s a living collection of 48,000 trees, an entertainment facility and events venue offering a unique visitor experience. Set on a 250-hectare site, the Arboretum includes 94 forests of rare, endangered and symbolic trees from Australia.

NATIONAL LIBRARY OF AUSTRALIA

See the beautiful, the rare and the unexpected at the National Library of Australia on the shores of Lake Burley Griffin. Enjoy unparalleled access to Australia’s documentary heritage. Australian print materials include books, serials, maps, newspapers, music and ephemera.

NATIONAL PORTRAIT GALLERY

See the portraits of over 400 people who’ve shaped the nation at the National Portrait Gallery. Be amazed at the works of art reflecting Australia’s history, diversity and culture. Portraits include artists, musicians, entertainers, politicians, sports people and royalty.

AUSTRALIAN NATIONAL BOTANIC GARDENS

Indulge yourself and escape from the city in this beautiful national collection of Australian plants at the Australian National Botanic Gardens.

TELSTRA TOWER

See spectacular 360-degree night and day views of Canberra's region from Telstra Tower. Feel the wind in your hair on open viewing platforms or stay warm and dry during winter months in their enclosed viewing gallery.

ROYAL AUSTRALIAN MINT

Visit the Royal Australian Mint to learn the stories behind every Australian coin in your pocket, purse or piggy bank. View fascinating historical coins, see robots make tomorrow's coins and strike a coin yourself.

NATIONAL MUSEUM OF AUSTRALIA

The National Museum of Australia is the place where Australia's stories come alive. Located on the shores of beautiful Lake Burley Griffin, the National Museum's stunning architecture offers visitors an extraordinary place to explore the rich and diverse stories of Australia and its people.

MOUNT STROMLO OBSERVATORY

See spectacular views over Canberra and the Brindabellas and make use of the barbecue and picnic facilities. Discover the site's history; from its use as a World War II optical munitions factory to the Observatory's post 2003 recovery. Stroll past the only operational research telescope at the Stromlo Satellite Laser Ranging observatory, part of the Australian National University's site.



Telstra Tower from the ANU campus

Cheap eats

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1. GLOBAL CAFE

Located at 63 Northbourne Avenue, Jolimont Centre, the Global Cafe specialises in Northern Ethiopian cuisine. For \$9 you can choose three mains with rice or injera. Value for money, at its best.

2. ASIAN NOODLE HOUSE

Tuck into into yummy bowls of their famous 'Noodle house laksa', Asian Noodle House is located on 49 Northbourne Avenue. Wholesome, cheap, need we say more?

3. BACARO

Tucked behind Italian and Sons' restaurant on Lonsdale St, Braddon, This sleek fit-out offer authentic Italian fare. On Thursdays, feast on house- wood-fired pizza at an amazing deal of \$20 all you can eat pizza.

4. BEACH BURRITO

Located in the heart of the Canberra CBD, and with an extensive menu and regular weekly specials, Beach Burrito has something for everyone. Tuesday's \$3 Taco special is the pick of the bunch, offering a cheap feed and a chance to try some of the tastiest Mexican food in the capital.

5. ANU POP-UP VILLAGE

For your morning caffeine hit or whether you need a little fuel between lectures, explore the exciting variety of affordable cuisines at the Village. BrodBurger, Mikebabz, Sushi Smith, Mr.Papa, Tikka Stand are just some of the vans that offer meals under \$15. Your stomach will thank you for it.



Canberra nightlife

MOLOLIVE

ANU Pop-Up Village, ANU

The bar at the ANU Pop-Up Village is always buzzing with activity. Trivia nights, live bands, student club events, and more, they've got some great weekly specials you don't want to miss out on. You can't go wrong with 1kg wings + House Drink for \$10 on Wednesdays.

Open: Monday-Sunday: 12-9pm

SMITH'S ALTERNATIVE

76 Alinga Street, Canberra

Smith's purpose is to celebrate local culture and provide a safe and comfortable place for it to be developed, presented and appreciated. They have something happening on every day, including music, poetry, comedy, burlesque, theatre, literary events, cabaret, vaudeville, art gallery openings, performance art, dance parties...

anything interesting, unusual, entertaining, humorous etc. but not illegal and not degrading to the human spirit.

Open: Monday to Friday: 8am-midnight,
Saturday: 9am-late

KNIGHTSBRIDGE PENTHOUSE

1/34 Mort Street, Canberra, 2612

Knightsbridge Penthouse is an edgy lounge bar featuring eclectic decor and lighting. It's ideal whether you're after a cocktail, a cold local beer, a cheeky glass of wine, or tequila straight up. You'll love the weekend sound mix of soul, funk, disco, hip hop, and modern boogie music. Check out their ever-changing artwork, or go to mingle amongst the beautiful women and handsome men who call Knightly their local.

Open: Tuesday and Wednesday: 5pm - midnight;
Thursday: 4pm - 1am; Friday and Saturday: 4pm - 3am

MOOSEHEADS BAR AND NIGHTCLUB

105 London Circuit, Canberra, 2601

Party on at Mooseheads. Stay upstairs for music that's old but gold, top 40, dance, R&B, and a bit of the harder stuff. Head downstairs for pool tables, a foosball table and the ultimate mix of rock, old and new school tunes.



Eat awesome pub grub at Mooseheads. Choose from succulent steaks, fresh crumbed schnitzels, salads, cajun chicken, superb burgers and loads more! Mooseheads - make a night of it.

Open: Monday to Saturday: 11am – late.

88MPH

Basement 8/10 Hobart Pl, Canberra

With its light-up dance floor, speakers pumping out hit after hit of eighties tunes, karaoke rooms and its colourful cocktails on tap, what's not to love about this dedicated eighties bar? The bar is hidden underground in Hobart Place in Civic.

Open: Monday to Wednesday: 4pm – 12am,
Thursday and Saturday: 4pm – 4am, Friday 12pm – 4am

CUBE

33 Petrie Plaza, Canberra, 2601

Cube makes for a cocktail of interest and fun – shaken not stirred. Canberra's premier gay and lesbian nightclub has regular drag shows, guest DJs and event nights. Live it up. With the dancing poles on the centre stage, mirror balls and mirror posts, you'll have a night to remember every time. Cube boasts a Zero Violence Policy within the club; ensuring the safest clubbing experience possible. Go in and enjoy the ride.

Open: Thursday and Sunday: 10pm – late;
Friday and Saturday: 10pm – 5am

Weekend getaways

Canberra and its surroundings have a lot to offer. Explore the Australian countryside, indulge at food destinations or just tackle great outdoor adventures.

LERIDA ESTATE

Discover the picturesque and beautifully designed Lerida Estate which overlooks Lake George.

Visit the Café on weekends and indulge in a gourmet tasting plate.

P: 6295 6640

leridaestate.com.au

URIARRA CROSSING

Uriarra Crossing is a swimming and recreation area on the Murrumbidgee River, less than half an hour west of Canberra's CBD. A scenic country drive towards the hills west of Canberra, the first turn-off you see is the Uriarra East Reserve which is the most popular area for swimming, picnics and games of cricket on the grassy reserve.

www.environment.act.gov.au

ROBYN ROWE CHOCOLATES

Got a sweet tooth? Discover an array of tempting delicacies and handcrafted chocolate treats a stone throwaway from Canberra.

P: 6227 0550

robynrowechocolates.com.au

NAMADGI NATIONAL PARK

Experience birdlife, embark on fantastic bushwalks and explore the wide range of plants that cover the parkland. Located on the boarder of Kosciuszko, this national park is well worth a visit.

P: 6207 2900

environment.act.gov.au

SNOWY MOUNTAINS

Hike the alpine national parks or visit the mountains in winter for skiing and snowboarding. There is so much to do in the Snowy Mountains for everyone.

snowymountains.com.au

Canberra markets

GORMAN HOUSE MARKET

New & used clothes, books, veggies, craft, furniture, multicultural food, live music, etc.

Cnr Ainslie Ave & Hesse St
Canberra City

P: (02) 6247 3202

Open: Saturday, 10am – 4pm.

OLD BUS DEPOT MARKETS

Quality art & craft, clothing, jewellery, plants, homewares, produce, food, etc.

Wentworth Avenue Kingston

P: (02) 6292 8391

Open: Sunday, 10am – 4pm

www.obdm.com.au

HANDMADE MARKET

A quarterly, indoor market with 240 stalls of Australian-made design. It includes a gourmet food and home wares hall. Free entry and free parking. Held at EPIC, Exhibition Park in Canberra four times a year.

P: 0402 247 532

Open: Saturday and Sunday
10am – 4pm

handmadecanberra.com.au

HUSTLE AND SCOUT TWILIGHT FASHION MARKET

Pick up vintage pieces without blowing a budget.

21 Wentworth Avenue, Kingston

hustleandscout.com.au

HARTLEY HALL MARKETS

Home produce, crafts, food, live music, kids' activities and more.

Hall Showground (near Victoria St)

P: (02) 6260 5555

Open: 1st Sunday each month
10am – 3pm Gold coin entry

THE FORAGE

This street-style food and entertainment event is run seasonally (four times a year) and is a one of a kind in Canberra.

theforage.com.au

BELCONNEN FRESH FOOD MARKETS

The market offers a wide selection of speciality stores and has some of the finest selections of nutritious locally grown food in Canberra.

Lathlain St Belconnen

P: (02) 6251 1680

Open: Wednesday–Sunday

8am–6pm

Some stores are open 7 days

FOOD CO-OP

A grocery store and cafe that sells fresh, local, organic and sustainable food, and serves fair trade coffee, breakfast and lunch.

P: (02) 6257 1186

Open: Tuesday & Thursday
10am–7pm, Wednesday, Friday &
Saturday 10am–4pm

www.anu.foodco-op.com

CANBERRA REGION FARMERS MARKET

Sample the region's freshest produce at the Capital Region Farmers Market.

Exhibition Park (EPIC)

Northbourne Ave

P: 0419 626 234

Open: Saturday, 8.00–11.00am

FYSHWICK FRESH FOOD MARKETS

A fresh food market dedicated to delivering fresh produce including fruit and vegetables, meats, seafood, delicatessens and bakery products.

Cnr Mildura & Dalby St Fyshwick.

P: (02) 6295 0606

Open: Thursday–Sunday
8.30am–5pm





What's on in Canberra in 2018

NATIONAL MULTICULTURAL FESTIVAL

Celebrate difference, share traditions and see performances from all parts of the world throughout the festival.

**Canberra CBD area
16–18 February 2018**

ROYAL CANBERRA SHOW

Canberra's largest all-ages event includes agricultural shows, entertainment, educational features and exhibitions to reflect a vibrant mix of "city meeting country" and "country meeting city".

**Exhibition Park in Canberra (EPIC)
23–25 February 2018**

ENLIGHTEN

The national capital's Parliamentary Triangle is transformed into a vibrant arts precinct with free entertainment from talented street artists and international musical acts—all set against a backdrop of stunning architectural projections that shine a light on some of Australia's most iconic attractions.

**Various venues in Canberra
2–17 March 2018**

SKYFIRE

Skyfire delivers a magnificent display of fireworks set to a soundtrack simultaneously broadcast on Hit 104.7. Canberra lights up on the shores of Lake Burley Griffin's central basin. See great free live entertainment at Regatta Point before the fireworks explode!

**Lake Burley Griffin
18 March 2018**

CANBERRA BALLOON SPECTACULAR

The Canberra Balloon Spectacular is considered to be one of the best and longest running hot air ballooning events in the world. Held over nine days, pilots begin laying out and inflating their balloons from 6.15am each day before ascending into the sky and creating an exhilarating backdrop to our national attractions.

**Lawns of Old Parliament House
110–18 March 2018**

ANZAC DAY

Attend the Dawn Service, National Anzac Day Ceremony and Last Post Ceremony commemorating the 103rd anniversary for the first major military action fought by Australian and New Zealand forces in the First World War.

**Australian War Memorial
25 April 2018**

CANBERRA INTERNATIONAL MUSIC FESTIVAL

A vibrant fusion of expertly curated music, iconic performances both daring and intimate, exceptional music-making mixed with culinary surprises.

26 April – 6 May 2018

FLORIADE

The national capital's annual flagship tourism event is the largest floral festival in the Southern Hemisphere with over a million blooms in a variety of themed garden beds.

**Commonwealth Park
15 September – 18 October 2018**

CANBERRA NARA CANDLE FESTIVAL

Enjoy the spectacular visual of 2000 shimmering candles at the 15th annual Canberra Nara Candle Festival to celebrate the 24th year of the Sister City relationship shared between Canberra and Nara, Japan.

Be mesmerised by the sounds of Japanese music and enchanting lighting that highlights the features of the beautiful Peace Park. The festival brings a wide variety of Japanese and Australian culture with arts and crafts such as calligraphy, lantern making, origami, ikebana and kite flying. The festival features Japanese cuisine, markets and stalls with visitors able to take part in various activities.

**Canberra Nara Peace Park & Lennox Gardens
28 October 2018**

NEW YEAR'S EVE

New Year's Eve brings the party to the streets in Canberra with a wealth of live entertainment and kid-friendly activities to regale the crowds.

If you're planning to be in the nation's capital for New Year's, you won't be short of fireworks either, with the city due to be dressed in light come the stroke of midnight.

**Civic Square, Garema Place
31 December 2018**

Key Contacts



General University Enquiries

Student Central

T: 135 ANU (135 268)
E: student@anu.edu.au
W: anu.edu.au/study

Fees Office

T: 6125 8124
E: fees.officer@anu.edu.au
W: anu.edu.au/study

International Office

T: 6125 4643
E: fees.officer@an.edu.au
W: anu.edu.au/study

Scholarships & Prizes Office

T: 6125 3354
E: scholarships@anu.edu.au
W: anu.edu.au/study/scholarships-fees

International Student Services

T: 6125 4642
E: student.experience@anu.edu.au
W: anu.edu.au/study/information-for/
international-students

Postgraduate and Research Students' Association (PARSA)

T: 6125 4187
E: parsa@anu.edu.au
W: parsa.anu.edu.au

Academic

Academic Skills and Learning Centre

T: 6125 2972
E: academicskills@anu.edu.au
W: academicskills.anu.edu.au

Graduate Information Literacy Program

T: 6125 1087
W: ilp.anu.edu.au/grad

Graduate Studies Select

T: 6125 3466
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W: anu.edu.au/study/study-options/
graduate-studies-select

Dean of Students

T: 6125 4184
E: dean.students@anu.edu.au

Research Training

E: researchtraining@anu.edu.au
W: anu.edu.au/research/postgrad-
research-students

Tjabal Indigenous Higher Education Centre

T: 6125 2363
E: tjabal.centre@anu.edu.au
W: anu.edu.au/students/contacts/
tjabal-indigenous-higher-
education-centre

Colleges

ANU College of Arts and Social Science

T: 6125 2898

E: graduate.students.cass@anu.edu.au/research.students.cass@anu.edu.au

W: cass.anu.edu.au

ANU College of Asia and the Pacific

T: 6125 3207

E: cap.student@anu.edu.au

W: asiapacific.anu.edu.au

ANU College of Business and Economics

T: 6125 3807

E: info.cbe@anu.edu.au

W: cbe.anu.edu.au

ANU College of Engineering and Computer Science

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E: contact@cecs.anu.edu.au

W: cececs.anu.edu.au

ANU College of Law

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E: enquiries.law@anu.edu.au

W: law.anu.edu.au

ANU College of Medicine, Biology and Environment

ANU College of Physical and Mathematical Sciences

T: 6125 2809

E: science.enquiries@anu.edu.au

W: science.anu.edu.au

Career Advice

ANU Career Centre

T: 6125 3593

E: careers@anu.edu.au

W: anu.edu.au/careers

Accommodation

Accommodation ANU

T: 6125 1100

E: uni.accom@anu.edu.au

W: anu.edu.au/study/accommodation

Health and Wellbeing

Access and Inclusion

T: 6125 5036

E: access.inclusion@anu.edu.au

W: anu.edu.au/students/contacts/access-inclusion

ANU Health Service

T: 6125 3598

E: health.reception@anu.edu.au

W: health.anu.edu.au

ANU Counselling Centre

T: 6125 2442

E: counselling.centre@anu.edu.au

W: anu.edu.au/counsel

Canberra Rape Crisis Centre (CRCC)

T: 6247 2525 (7 am - 11 pm)

After hours (131 444)

Chaplaincy

T: 6125 4246

E: chaplaincy@anu.edu.au

W: anu.edu.au/students/health-wellbeing/spiritual-support





Have a great 2018!



parsa.anu.edu.au

