Acknowledgment of country

“We acknowledge and celebrate the traditional owners on whose lands we live, work and study – the Ngunnawal people - and pay our respect to the elders past and present”
Disclaimer

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- Giraffe Canberra for the design and layout of this publication.
- Shikha Sud and Mike Heffron for putting together the content and proofreading this publication.

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Acknowledgements

Published by The Australian National University Postgraduate and Research Students’ Association (PARSA). This publication is intended as a guide only. PARSA accepts no responsibility for the accuracy or completeness of the material contained in this publication. We recommend that you exercise your own skill and care, and seek professional advice if necessary, before relying on any such material. PARSA does not provide any warranty or take any responsibility for the accuracy, source or any other aspect of the enclosed website links. The material in this publication has been collected from a variety of sources and does not necessarily reflect the views of PARSA as an organisation. © PARSA 2017 Copyright of material in this publication is owned by PARSA.
## CONTENTS

### ABOUT PARSA 3

### IMPORTANT DATES 8

### STUDENT HELP 10

- Student Assistance 10
- Student Extracurricular Enrichment Fund (SEEF) 13
- Academic Help 14
- Accommodation 16
- Student Services 19
- Student Health 22
- Scholarships 28
- Financial Help 29

### CAREERS 32

### SERVICES 36

- ANU Libraries 36
- Family & Childcare 39
- Union Court Redevelopment 40
- Student Hub 40

### UNI LIFE 42

- Clubs and Societies 42
- 10 Useful Apps to Help you at Uni 43
- 10 Tips on Staying on Budget 46
- Aussie Slang 49
- Self-care Tips 50
- Recipes 52

### CANBERRA 101 61

- Major Attractions in Canberra 61
- Top 5 Affordable Eats 62
- Top 5 Canberra Nightlife 63
- Top 5 Weekend Getaways 65
- Top 10 Canberra Markets 66
- What’s on in Canberra in 2017 68

### KEY CONTACTS 70
WELCOME TO PARSA

On behalf of PARSA I wish you a very warm welcome to 2017. To returning students, welcome back, and to new students, welcome to ANU.

As a postgraduate at ANU – whether doing a graduate certificate or diploma, Masters or PhD – you are automatically a member of the Postgraduate and Research Students’ Association (PARSA).

PARSA is a student organisation, run for students and by students to deliver essential services to enrich your time here at ANU. We provide free legal advice and welfare support; represent postgraduate interests through advocating and campaigning for your rights and welfare; and support the postgraduate community through social and educational events and initiatives.

I have the great honor of leading the PARSA team for 2017 which consists of 31 elected student representatives and a staff team of eight. Together we work to deliver a variety of initiatives that serve postgraduates at ANU, working with the ANU and our sister organisation, the Australian National University Students’ Association (ANUSA), who represents undergraduate students.

The university experience can be varied and unique to each individual, presenting opportunities and challenges. I encourage you to think of PARSA as your support system – one that is independent of the University, and genuinely committed to understanding and supporting you.

I encourage you to come to PARSA events, get involved in our projects, reach out to us for support, volunteer or run to be an elected representative, and always feel welcome to come to PARSA with ideas you might have for improving ANU.

All the best for your time at ANU.

Alyssa Shaw
PARSA President
PARSA your ANU-Postgraduate and Research Students’ Association
Executive Team 2016-2017

Hansika Chopra
General Secretary
Kim-Marie Spence
Vice President

Treasurer – position currently vacant. PARSA is going in to by-election in February 2017

The Postgraduate Representative Council (PRC) is PARSA’s governing body. The PRC is made up of 12 directly elected officers, 14 representatives from each of the Colleges and 5 general representatives from across the University, elected by the postgraduate student body. The role of a PRC member is to act as a link between students in their areas and PARSA.

Other roles include:
• Distribution of information and gathering feedback;
• Promoting and helping out at our social events;
• Representing students on university committees;
• Helping make decisions at PRC meetings.

The Council meets at least six times a year to discuss relevant issues, delegate responsibilities to its members and report back on any task progress. All members of the PRC hold office for one year.

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

PARSA is a fantastic organisation run by volunteers and does great work behind the scenes so that you leave the ANU with a memorable postgraduate experience.

We endeavour to have a representative from each graduate studies field so we can communicate with all postgraduate students at ANU. The more reps there are, the more easily we can inform you of changes the university is making and present your opinion to ANU committees.

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 and legal services – check out page 12 for more details.

• Volunteer to help out – we are always looking for people with different skills.

Visit parsa.anu.edu.au/volunteer-program to sign up or email us at parsa@anu.edu.au
PARSA supports a positive and holistic experience of ANU through building a community of postgraduates. PARSA understands the large diversity of domestic and international postgraduate students studying at ANU, and aims to deliver a rounded student life and enriching university experience.

Taking part in the events listed below 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.

- Orientation Week
- PARSA Summer Big Day
- Women’s Week
- ANU Tomorrow
- Thesis Boot Camp
- Shut up and Write
- Fitness Classes
- Bush 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
- Gulaga cultural immersion tours
- Tidbinbilla Nature Reserve

Follow us on our website and via the social media links belows:

- parsanu
- parsaaunu
- parsa.anu.edu.au
- parsa.anu
- PARSAANU
- parsaanu
**IMPORTANT DATES**

<table>
<thead>
<tr>
<th>JANUARY</th>
<th>FEBRUARY</th>
<th>MARCH</th>
</tr>
</thead>
</table>
| 1 Summer Session begins  
1 New Year’s Day holiday  
3 University Offices re-open  
26 Australia Day holiday  
31 Last day to re-enrol for 2017 | 13–17 ANU Orientation Week  
20–25 PARSA Welcome Week  
20 First teaching period and first semester begin  
27 Last day to add first semester courses without penalty | 10 Due date for payment of tuition fees and up-front HECS for first semester  
13 Canberra Day holiday  
31 Summer session ends  
31 First semester census date |

<table>
<thead>
<tr>
<th>APRIL</th>
<th>MAY</th>
<th>JUNE</th>
</tr>
</thead>
</table>
| 1 Autumn session begins  
1 First teaching period ends  
3–18 Two-week teaching break  
14 Good Friday holiday  
17 Easter Monday holiday  
18 Second teaching period begins  
25 ANZAC Day holiday | 5 Last day to drop first semester courses without failure  
26 Second teaching period and first semester end  
30–July 15 Seven-week teaching break | 1-17 First semester examination period  
12 Queen’s Birthday holiday  
29 Examination results for first semester published  
30 Last day to re-enrol for continuing students enrolling in second semester courses only  
30 Autumn session ends |

ANU approved changes in 2015 that would move ANU from a 13-week to 12-week teaching semester; these changes have now come into effect.
**JULY**

1 Winter session begins
12–14 July graduation ceremonies
17–21 ANU Orientation Week
24 Third teaching period and second semester begin
31 Last day to add second semester courses without financial penalty

**AUGUST**

11 Due date for payment of tuition fees and up-front HECS for second semester
31 Second semester census date

**SEPTEMBER**

1 Third teaching period ends
4–18 Two-week teaching break
19 Fourth teaching period begins
25 ACT Family and Community Day holiday
30 Winter session ends

**OCTOBER**

1 Spring session begins
2 Labour Day holiday
6 Last day to drop second semester courses without failure
27 Fourth teaching period and second semester end

**NOVEMBER**

2–18 Second semester examinations period
30 Examinations results for second semester published

**DECEMBER**

12–15 December graduation ceremonies
STUDENT ASSISTANCE

The PARSA Student Assistance team is trained to assist postgraduate students with any personal and academic matters. There is no charge for this confidential service.

Drop into the PARSA office to speak to a Student Assistance officer if you are a postgraduate student and need support with any aspect of your life, including:

- Academic matters
- Advocacy
- Appealing examination outcomes
- Centrelink
- Communicating within your local area at ANU
- Conflict resolution (academic, accommodation, etc.)
- Difficulties with research supervision
- Fair treatment
- Financial difficulties
- Housing and accommodation problems
- Personal matters
- Research supervision issues

You can also contact us at parsassistance@anu.edu.au or call 6125 2603 to speak to a member of our team.

PARSA emergency grants

PARSA Emergency Grants are designed to lend quick assistance to domestic and international postgraduate students facing extreme or unexpected financial hardship.

Postgraduate students that meet the eligibility criteria can qualify for up to $500 per calendar year, depending on the severity of the situation and the potential benefits of assistance.

PARSA accommodation grants

ANU students recently arrived in Canberra who have yet to find a place to live, or are transitioning to another accommodation under difficult circumstances, may qualify for the PARSA Assistance Grant. The grant helps fund up to seven nights’ accommodation at the Canberra youth hostel.

For more information on grant eligibility and how to apply for the following assistance grants, visit parsanu.edu.au/studenthelp or contact our Student Assistance Officers on 6125 2603 or at parsassistance@anu.edu.au
PARSA grocery voucher program

The PARSA Grocery Voucher Program is designed to provide access to groceries and essential items for postgraduate students who are in extreme financial hardship. A $100 of grocery vouchers can be provided for a postgraduate student each calendar year, should the applicant meet the eligibility requirements.

Assessment review and appeals

Be prepared – PARSA recommends talking with someone confidentially about the details of your appeal before you submit it. The PARSA Assistance Officer can provide insight and strategy.

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

Student complaints dispute resolution

Life in a community as large and as complicated as ANU can sometimes throw up challenges that are difficult to manage on your own. You might have a problem with a fellow student or a staff member, with your accommodation or your academic work, with ANU administration or some aspects of ANU rules and processes. In most cases, problems can be resolved through informal enquiries and discussions. If this informal approach does not resolve the problem, students can initiate a formal complaint resolution process. The Dean of Students can advise and support students who lodge a formal complaint through this process. To find out more, and get help filing a complaint, contact parsa.assistance@anu.edu.au

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

Special consideration

The University has a Special Consideration form for candidates who believe that their academic performance in an assessment/examination has been adversely affected by illness or other causes.
A request for special consideration (consideration whilst marking the assessment/examination paper) should be submitted before the scheduled date of the assessment/examination unless it relates to a problem which arose during the examination, in which case it should be submitted immediately after the examination.

If you were ill during the examination you should have notified the invigilator at once and followed up with appropriate documentation from medical practitioner or counsellor as soon as possible. Failure to have taken these precautions may lead to your request not being approved. The granting of a request for special consideration is not automatic and is at the discretion of the College responsible.

For more information, contact pars.a.assistance@anu.edu. au or visit anu.edu.au/study/apply/special-consideration

**Legal assistance**

The PARSA legal service is free and confidential for ANU students. The service is staffed by practising lawyers and registered migration agents* and run by PARSA and ANUSA. PARSA’s legal team supports postgraduate students with the following issues:

- Migration and Visa Advice*
- Intellectual Property or Copyright
- Small business/IP commercialisation
- Legal claims/threats
- Grievances and complaints
- Employment
- Insurance
- Debt
- Defamation
- Tenancy
- Motor accidents
- Discrimination
- Privacy or Freedom of Information
- Other legal matters
- Witness statutory declarations and certify copies of originals.

It can also help with referrals in areas of law it does not practice.

The legal service is available Monday to Thursday at ANUSA, next door to the PARSA office in Union Court. Drop in, make an appointment on 6125 2444, or send an email to sa.legal@anu.edu.au.

*MARN 1385248, 1679192

**Our legal team can’t assist with the following types of matters: conveyancing, family law, wills and probate.
Have an idea for an event or activity unrelated to your studies that you think ANU students could benefit from? SEEF provides financial support to co-curricular activities that will ultimately enhance the student experience at the ANU.

Over $230,000 in SSAF funding has been allocated to SEEF for 2017 to support student-led activities that enrich the extracurricular life of students at the University, including trips to overseas conferences and cultural events on campus.

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

Funding of up to $2,000 is available for individual students, and up to $5,000 for student groups. Grants of up to $20,000 to hold conferences on the ANU campus are available as well.

Grants are awarded on a competitive basis, to both individuals and student groups (consisting of two or more student members), and must clearly and specifically demonstrate benefit to the wider ANU community.

For more information and to apply, visit parsanau.edu.au/seef

If you’re interested in starting a club or society, and applying for funding, visit anusa.com.au/new-gac-handbook or email sa.gac@anu.edu.au
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: academicskills@anu.edu.au
W: academicskills.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: academicskills.anu.edu.au
Graduate Information Literacy Program (GILP)

The Graduate Information Literacy Program (GILP) is tailored to enrich students’ academic experience by providing training in information skills and computer skills. Each of the courses have been developed to support students undertaking graduate studies at ANU.

Graduate students are advised to consider GILP early in their program to assess their information skills and plan training that complements their research and coursework.

Courses offered by the GILP include:

- Information Searching:
  - Using the ANU Library Website
  - Search Strategies and Subject Databases
  - Internet and Research
  - Managing the Thesis Production Process
  - Literature Review Project
  - Research Sources Consultation

- Computer Skills:
  - Word Processing for Academic Writing (Microsoft Word)
  - Excel
  - PowerPoint
  - Dreamweaver
  - SPSS
  - Photoshop
  - TeX – including LaTeX and BibTeX

For more information, and to book a course contact 02 6125 4428 or email library.info@anu.edu.au

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
Academic and development opportunities

Find out more about the range of development opportunities ANU provides to support research candidates in their studies at anu.edu.au/students/information-for/postgrad-research-students

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

A postgraduate non-residential hall is being planned for 2017.

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](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

**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 PARSA Legal Service at 6125 2444 or email to 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
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

Tjabal Indigenous Higher Education Centre

The ANU has a strong focus on Indigenous studies with several entities dedicated to research in this area including the Australian Centre for Indigenous History, the National Centre for Indigenous Studies and the Centre for Aboriginal Economic Policy Research. The Tjabal Indigenous Higher Education Centre provides a meeting place for Aboriginal and Torres Strait Islander students whilst studying at ANU. Here you will find Indigenous students and stay dedicated to improving educational outcomes for the student cohort. 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 3520
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 NAIDOC week as well as certain advocacy events for important campaigns such as Recognise. If you need any more information you can contact PARSA’s Indigenous Advocacy Officer at parsa.indigenous@anu.edu.au

SET4ANU mentoring program

SET4ANU is designed to help you deal with making the transition to university life. You are matched up with a senior student, called Orientation Leaders, who will assists you with any questions or problems that you might encounter in your first few weeks in Canberra. It is a fun, free program to help you settle in and get the most of your university experience. It provides an opportunity for new domestic and international students to link up with later year students and learn from their knowledge and experience of campus life. The SET4ANU program is available to all undergraduate and postgraduate students from all disciplines.

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.

Located in the Students’ Association building above the Commonwealth Bank branch, next door to the Union Café, near the Chifley Library, overlooking Union Court.

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

At the Australian National University (ANU) we believe in breaking down the barriers to achievement for people from all backgrounds. We believe 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
UNISAFE

ANU UniSafe Bus, working in conjunction with ANU Security and the UNISAFEGUARD Patrol. The ANU campus is quite large (145 hectares), with in excess of 150 buildings.

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
E: anugreen@anu.edu.au

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

Urgent help

Mental Health Crisis Service (ACT)
P: 1800 629 354 (24 hours)

Lifeline Canberra
P: 13 11 14 (24 hours)

Kids Helpline (for people aged 25 and under)
P: 1800 55 1800 (24 Hours)

Canberra Afterhours Medical Service (CALMS)
P: 1300 422 567

Health Direct
P: 1800 022 222

Calvary Hospital
Closest Hospital to the ANU
P: 6201 6111

Canberra Hospital
P: 6244 2222
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

After hours chemist

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.
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
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 practice 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 dependents 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.
I am an international student with OSHC and I need medical assistance. What do I do?

If it is an emergency and you require immediate medical attention, call 000 and ask for an ambulance to take you to the hospital. Your OSHC should cover the ambulance fee.

If you need to go to a public hospital in a non-emergency situation you should call your OSHC insurer to check that your policy will cover you for the admission.

It is important to contact OSHC before you are admitted to a private hospital because not all services will be covered if you go to a private hospital.

If your medical assistance does not require a hospital visit, make an appointment to see a GP. A list of bulk-billing GPs can be found below. If the GP bulk-bills you would need to show them your OSHC card on arrival. You should not need to pay the medical bill.

If you are being referred by your GP to a pathology service, you would most likely incur a gap fee for the pathology service. Check with your OSHC insurer if you are concerned about the costs.

At minimum, each OSHC product must include cover for:

- The benefit amount listed in the Medicare Benefits Schedule (MBS) fee for out-out-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

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 the same time.
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 load 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?

New Zealand citizens are not eligible for any HELP loans. 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 and permanent visa holders are considered domestic students and will have continued access to lower fees through a Commonwealth supported place. While some permanent residents and New Zealand citizens may have used HECS in the past, the higher education policy was reformed in 2005 and part of the changes included the replacement of HECS with Commonwealth supported places and the introduction of the Higher Education Loan Program (HELP).

HELP replaced all previous Australian Government loans for tertiary study. As part of these changes, the eligibility criteria to access a HELP loan also changed.

Is there a limit to how much I can borrow?

HECS-HELP: There is no limit to the amount you can borrow under the HECS-HELP loan scheme. FEE-HELP and VET FEE-HELP: In 2016, the FEE-HELP limit is $99,389, except for medicine, dentistry and veterinary science courses (which lead to provisional registration to practise in one of these fields).
where the limit is $124,238. The FEE-HELP limit is the consolidated total loan amount available to you under both the FEE-HELP and VET FEE-HELP loan schemes.

The FEE-HELP limit is a lifetime limit. The FEE-HELP limit will not be reset if you have partially or fully repaid your FEE-HELP loan, or if your course fees are more than the FEE-HELP limit.

SA-HELP: For SA-HELP, there is no limit to what you can borrow.

Which help load 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.

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 goingtouni.gov.au
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.

Internships

For more information on internships, contact ANU Careers (Opposite God’s Cafe, Arts Centre Lane), 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/vacancies

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 PRC visit parsa.anu.edu.au/parsa-council-elections
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/@anu.edu.au
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/artmusic.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
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

PARSA Parenting Room
The PARSA-sponsored Student Hub is a study/meeting space located just next door to BKSS at Union Court. Student parents can also take advantage of the Hub’s enclosed kid’s room – it features a variety of toys, books and a change table (visit the PARSA office upstairs to get access. Children must be supervised by parents/guardians at all times).
Building 17, Union Court
The Australian National University Canberra ACT 2601
Open Monday–Friday 9:30am–4:30pm
P: 6125 4187
E: parsa@anu.edu.au

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 is commencing 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 commences 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 will be constructed just north of the Union Court redevelopment site – between Melville Hall and Copland Buildings.

PARSA will be moving to Melville Hall during 2017. 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.
The Student Hub is a study/meeting space located in Union Court just below the PARSA office and next door to Brian Kenyon Student Space (BKSS).

Open Monday- Friday, 9:30am to 4:30pm, it features:

- Individual study pods (with electrical outlets to power your computer and charge your phone).
- Open-plan group spaces.
- Closed group study spaces/meeting rooms.
- Basic kitchen facilities with free tea and coffee.

Student parents can also take advantage of the Hub’s enclosed children’s room – it features a variety of toys, books and a change table (visit the PARSA office upstairs to get access – children must be supervised by parents/guardians at all times).

For more information contact us at 6125 4187 or email parsa@anu.edu.au.
There are close to 200 affiliated clubs and societies at ANU, offering students unique educational, sporting, cultural and social opportunities. From cultural associations to special interests and hobbies, there’s a club to cover every student’s need.

PARSA’s sister organisation, ANUSA, manages clubs and societies at ANU. Find out more at anusa.com.au/clubs
10 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/iPad/Android — free.

**GOOGLE DRIVE**
Google Drive lets you store your files online so you can access them at any time and on any device it’s installed on. It also allows you to choose who you share files with, which is perfect for group assignments. The first 15GB of storage is free and you can upgrade your storage for a small fee. **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 StayFocusd 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. You can also create mind maps from your desktop using Examtime’s Mind Mapping tool.

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.

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.

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.
Student Safety apps

**STAY SAFE ON CAMPUS WITH THE ANU OK APP**

Provides quick and easy access to security and essential services in case of an emergency. The app will allow you to track and use the on campus night bus, with no need to call security and book the service.

ANU OK can also help with finding your way around campus, information about parking, bus routes and access to a range of support services. Available for free download on Android and iOS devices.
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 Union Court), 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 $$$ - IGAs 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 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 busy times during 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.

1. KEEP A JOURNAL

Start keeping a journal and write down your thoughts. Writing out things that make 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. If you are lost and don’t know where or how to start, search “Guided Meditation - Blissful Deep Relaxation” on YouTube.

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 include One Giant Mind and Headspace.
6. DO SOMETHING SPECIAL FOR YOURSELF

Don’t forget to indulge in things that makes you feel happy once in a while. If you feel guilty about taking time out for yourself, maybe you can treat it like a reward; for example, treat yourself to something nice if you’ve finished all that you had to do for the day.

7. 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.

8. 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.”

Hopefully these tips are able to assist you in maintaining your mental well-being during your time at ANU. If you feel like you’re distressed and would like to speak to someone immediately, call the Mental Health Triage Service (ACT) on 1800 629 354 or Lifeline at 13 11 14.
Egg Salad Sandwich

Cook Time:
10 minutes

Servings:
Makes 2 sandwich

Ingredients:

- 2 hard-boiled egg, peeled and mashed
- 1-2 tbsp mayonnaise or aioli (to taste)
- 1 stalk chopped celery
- 1 stalk green onion
- Salt and pepper to taste
- Lettuce
- 4 slices of bread (any kind)

Method:

1. Mix the hard-boiled eggs, mayonnaise, celery and onion. Sprinkle with salt, pepper and curry powder to taste. Mix well.
2. Toast your bread to your preference and put a layer of lettuce on one slice of bread, spread the egg mixture on top and top it off with another slice of bread.

Comments:

You can also add bacon bits or ham in the sandwich.
Fried Rice

Cook Time:
30 minutes

Servings:
Serves 4

Ingredients:
• ¾ cup finely chopped onion
• 2 ½ tablespoons oil
• 3 eggs, lightly beaten
• 1 tbs soy sauce
• 3 drops oyster sauce
• 3 drops sesame oil
• 250g boneless pork, or chicken (chopped)
• ½ cup finely chopped carrot
• ½ cup frozen peas, thawed
• 4 cups cold cooked rice
• 4 green onions, chopped
• 2 cups bean sprouts
• 2 tbs light soy sauce

Method:
1. Heat 1 tbs oil in wok; add chopped onions and stir-fry until onions turn a nice brown color, about 8-10 minutes; remove from wok.
2. Allow wok to cool slightly.
3. Mix egg with 3 drops of soy and 3 drops of sesame oil; set aside.
4. Add 1/2 tbsp oil to wok, swirling to coat surfaces; add egg mixture; working quickly, swirl egg until egg sets against wok; when egg puffs, flip egg and cook other side briefly; remove from wok, and chop into small pieces.
5. Heat 1 tbsp oil in wok; add selected meat to wok, along with carrots, peas, and cooked onion; stir-fry for 2 minutes.
6. Add rice, green onions, and bean sprouts, tossing to mix well; stir-fry for 3 minutes.
7. Add 2 tbsp of light soy sauce and chopped egg to rice mixture and fold in; stir-fry for 1 minute more; serve.
8. Set out additional soy sauce on the table, if desired.

Comments:
Instead of frozen peas and carrot, you could use any other vegetables that you have lying around. You could also use leftover meat in this dish as well.
Vegan Potato Curry

Cook Time: 1 hour
Servings: 6 people

Ingredients:
- 4 potatoes, peeled and cubed
- 2 tbs vegetable oil
- 1 yellow onion, diced
- 3 cloves garlic, crushed
- 2 tsp ground cumin
- 1 ½ tsp cayenne pepper
- 4 tps curry powder
- 4 tps garam masala
- 1 (5cm) piece of ginger, minced (or 2 tsp minced ginger from jar)
- 2 tsp salt
- 400 g tinned chickpeas, rinsed and drained
- 400g tinned peas, drained
- 400g tinned coconut milk

Method:
1. Place potatoes into a large pot and cover with salted water. Bring to a boil over high heat then reduce heat to medium-low. Cover and simmer until just tender; about 15 minutes. Drain and allow to steam dry for a minute or two.

2. Meanwhile; heat the vegetable oil in a large frypan over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent; about 5 minutes.

3. Season with cumin, cayenne pepper, curry powder, garam masala, ginger and salt; cook for 2 minutes more.

4. Add the tomatoes, chickpeas, peas and potatoes. Pour in the coconut milk and bring to a simmer. Simmer 5 to 10 minutes before serving.

Comments:
This recipe is adaptable. You can add whatever tinned vegetables you have in your pantry for convenience. This can be served over boiled rice or quinoa if available.
Soft and Chewy Chocolate Chip Cookies

By Georgina Lennard

Cook Time:
5 minutes preparation time,
10-12 minutes cook time

Servings:
Approximately 25-30 cookies

Ingredients:
- 125g butter (unsalted)
- 1 cup brown sugar
- ¼ cup caster sugar/white sugar
- 1 egg, lightly whisked
- 1 tsp vanilla essence/extract
- 1 cup self-rising flour
- ¾ cup plain flour
- 1 tsp baking powder
- 1 cup milk chocolate chips (and a few extra)

Method:
1. Preheat the oven to 160°C.
2. Melt the butter in a saucepan or microwave, and set aside to cool slightly.
3. Pour butter into a bowl and add both sugars, whisking until smooth and both sugars have dissolved.
4. Stir the whisked egg and vanilla essence into the butter and sugar mixture.
5. Sift both flours together with the baking powder, and gradually add to the sugar mixture until combined.
6. Stir in the chocolate chips, leaving some aside for decorating.
7. Roll balls of dough and place 2-3cm apart on a large baking tray. Press a couple of extra chocolate chips into each one (but do not flatten).
8. Bake cookies for 10-12 minutes until the tops appear crinkly and light golden (see photo) – do not overbake; they will continue cooking out of the oven on the baking tray.
9. Allow the cookies to sit on the tray for 5 minutes, before placing them on a wire rack to cool completely.

Comments:
This is my all-time favourite chocolate chip cookie recipe and is one of my most popular bakes. They are chewy, soft, and chocolatey, and are super quick and easy to make for a yummy study snack :)

The butter in this recipe can be replaced with coconut oil, and non-dairy chocolate can be used to make this recipe dairy free. I also sometimes swap chocolate chips for chopped chocolate truffles (even better in my opinion!).
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 Carillon  
   Wendouree Dr, Parkes ACT 2600

7. National Arboretum Canberra  
   Forest Dr, Canberra City ACT 2601  
   13 22 81

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**WESTFIELD BELCONNEN**

Benjamin Way, Belconnen  
*From ANU*: 15 minute drive

**CANBERRA CENTRE**

Canberra’s CBD, Bunda Street  
Canberra City  
Boutique, speciality 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

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
Uber ins regulated in the ACT

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.
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 0-6 year olds.

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.

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.

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.

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.

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.

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.

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.

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.

NATIONAL FILM AND SOUND ARCHIVE
The NFSA is Australia’s living archive for developing, preserving and sharing the nation’s audio-visual memory. Watch a film at Arc Cinema, enjoy classic TV and radio shows in the Front Room or attend free presentations in the Theatrette.
**TOP 5 AFFORDABLE EATS**

1. **NOODLE CAFE LUNCH SPECIALS**

Noodle Cafe is next to HonkyTonks in Garema Place, making it convenient for an affordable pre-party dinner in the city. It’s also a good place to meet friends for a cheap, satisfying lunch – prices run to $10. The $10 lunch menu is huge but there are plenty of other affordable options as well. Favourite dishes include Vietnamese-style pho soups, Malaysian-style laksa and Chinese-style chow mein.

2. **LUNCH SPECIALS AT TREEHOUSE**

The Treehouse on Northbourne Avenue (near London Circuit in the Sydney Building) is better known as a bar than one of Canberra’s hidden affordable eats. The menu is regularly updated so you can try different things on different days. There’s also a $3 drink special which includes craft beers. Try the osso bucco, calamari and pasta dishes.

3. **BURMESE CURRY HOUSE OR MON THANI**

That Burmese Curry Place on Alinga Street has been known for years for its affordable and authentic Burmese lunches. For $8 you can eat in, and all the meals include rice and a choice of two curries. This is totally no-frills.

4. **MUSHROOM BURGERS**

Looking for veggo? Burgers are a filling option and we’re lucky in Canberra to have at least a couple of venues to that offer vegetarian-friendly mushroom burgers. You can find mushroom burgers at the Cupping Room ($19 with fries) on London Circuit and at Brodburger ($13.50) in Kingston.

5. **SCHNITTIES AT MOOSEHEADS**

The famed Canberra nightspot does a wonderfully marinated chicken schnitzel for $10 at Thursday lunch. It comes with a bonus schooner.
TOP 5 CANBERRA NIGHTLIFE

ANU UNION BAR
Cnr University Avenue and North Road, Canberra, 2601
The ANU Uni Bar is one of the oldest and most respected live venues still running in Canberra. Its central location and flexibility makes it ideal for all types of entertainment from local indie gigs, CD launches, national and international tours to raves and dance parties. It features draught beer on tap, pool tables and a juke box.

P: 02 6125 3660
Open: Weekdays 12pm – 7pm

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 Knighty 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. Kitchen open 11am – 8pm; Public Holidays: Closed
SHORTY’S BAR

29 Garema Place, Canberra, 2601

Get funky at Shorty’s; Canberra’s coolest new gastro pub located in the heart of the city. Walk through the door and be bathed in a mixed glow from decorative lights and a bottle cap neon. You’ll find a range of areas to drink and dine the hours away in. Experience a mix of great meals and nibbles. Shorty’s chef has twisted inside out and made his own. Great food, the best burgers, a mix of beers, awesome cocktails and their famous malt-shakes await you and your imagination, while the background tunes will make you want to dance.

Open: Weekdays: 10am – late; Weekends and Public Holidays: 9am – late

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
TOP 5 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.

LE RIDA 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: 62956640
Leridaestate.com.au

BRINDABELLA HILLS VINEYARD
This beautiful spot lies just 25km north of Canberra. Surrounded by hills, the family-owned winery features wonderful Riesling, Shiraz and Chardonnay.
P: 6230 2583
Brindabellahills.com.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 Koscuiszko, 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
TOP 10 CANBERRA MARKETS

**GORMAN HOUSE MARKET**
New & used clothes, books, vegies, 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

**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

**HUSTLE AND SCOUT TWILIGHT FASHION MARKET**
Pick up vintage pieces without blowing a budget.
21 Wentworth Avenue, Kingston
hustleandscout.com.au

**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 product.

Cnr Mildura & Dalby St Fyshwick.
P: (02) 6295-0606
Open: Thursday – Sunday
8.30am – 5pm
WHAT’S ON IN CANBERRA IN 2017

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

Canberra CBD area
17 – 19 February 2017

CANBERRA FOOD & WINE EXPO
Enjoy FREE tastings and samples from gourmet exhibitors inside the show.

National Convention Centre
17 – 19 February 2017

ACTEWAGL 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)
24 – 26 February 2017

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
3 – 12 March 2017
**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 back drop to our national attractions.

**LAWNS OF OLD PARLIAMENT HOUSE**
Attend the Dawn Service, National Anzac Day Ceremony and Last Post Ceremony commemorating the 102nd anniversary for the first major military action fought by Australian and New Zealand forces in the First World War.

11–19 March 2017

**ANZAC DAY**
Australian War Memorial
25 April 2017

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

27 April – 7 May 2017

**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
16 September – 15 October 2017

**RUGBY LEAGUE WORLD CUP 2017**
Canberra is playing host to three pool matches of the Rugby League World Cup 2017 including a much-anticipated Kangaroos’ fixture.

Canberra Stadium
29 October – 10 November 2017
KEY CONTACTS

Postgraduate and Research Students’ Association (PARSA)
P: 6125 4187
E: parsa@anu.edu.au
W: parsa.anu.edu.au

ANU Students’ Association (ANUSA)
P: 6125 2444
E: sa.admin@anu.edu.au
W: anusa.com.au

Woroni Student Newspaper
P: 02 6125 9574
E: contact@woroni.com.au
W: woroni.com.au

ANU Union
P: 6125 8101
E: ANU-Union.enquiries@anu.edu.au
W: anuunion.com.au

ANU Sport
P: 6125 2273
E: sport@anu-sport.com.au
W: anu-sport.com.au

General University Enquiries

International Student Services
P: 6125 4642
E: student.experience@anu.edu.au
W: anu.edu.au/study/information-for/international-students

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

Fees Office
P: 6125 8124
E: fees.officer@anu.edu.au
W: anu.edu.au/study

International Office
P: 6125 4643
E: fees.officer@anu.edu.au
W: anu.edu.au/study

Scholarships and Prizes Office
P: 6125 3354
E: scholarships@anu.edu.au
W: anu.edu.au/study/scholarships-fees

International Student Services
P: 6125 4642
E: student.experience@anu.edu.au
W: anu.edu.au/study/information-for/international-students

Academic

Academic Skills and Learning Centre
P: 6125 2972
E: academicskills@anu.edu.au
W: academicskills.anu.edu.au

Graduate Information Literacy Program
P: 6125 1087
W: ilp.anu.edu.au/grad
Graduate Studies Select
P: 6125 3466
E: gss@anu.edu.au
W: anu.edu.au/study/study-options/graduate-studies-select

Dean of Students
P: 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
P: 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
P: 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
P: 6125 3207
E: cap.student@anu.edu.au
W: asiapacific.anu.edu.au

ANU College of Business and Economics
P: 6125 3807
E: info.cbe@anu.edu.au
W: cbe.anu.edu.au

ANU College of Engineering and Computer Science
P: 6125 0677
E: contact@cecs.anu.edu.au
W: cecs.anu.edu.au

ANU College of Law
P: 6125 3483
E: enquiries.law@anu.edu.au
W: law.anu.edu.au

ANU College of Medicine, Biology and Environment
P: 02 6125 0102
E: science.enquiries@anu.edu.au
W: science.anu.edu.au

ANU College of Physical and Mathematical Sciences
P: 6125 2809
E: science.enquiries@anu.edu.au
W: science.anu.edu.au

Career Advice

ANU Career Centre
P: 6125 3593
E: careers@anu.edu.au
W: anu.edu.au/careers
Accommodation

Accommodation ANU
P: 6125 1100
E: uni.accom@anu.edu.au
W: anu.edu.au/study/accommodation

Health and Wellbeing

Access and Inclusion
P: 6125 5036
E: access.inclusion@anu.edu.au
W: anu.edu.au/students/contacts/access-inclusion

ANU Health Service
P: 6125 3598
E: health.reception@anu.edu.au
W: health.anu.edu.au

ANU Counselling Centre
P: 6125 2442
E: counselling.centre@anu.edu.au
W: anu.edu.au/counsel

Chaplaincy
P: 6125 4246
E: chaplaincy@anu.edu.au
W: anu.edu.au/students/health-wellbeing/spiritual-support

Canberra Sexual Health Clinic
A free service for testing and treatment of sexually transmissible infections.

Canberra Hospital
5 Gilmore Crescent, Garran ACT 2605
P: 02 6244 2184

Lifeline Canberra
Lifeline Canberra provides 24-hour telephone crisis support to those in need of support in times of crisis.
P: 13 11 14
W: act.lifeline.org.au

Canberra Rape Crisis Centre
Canberra Rape Crisis Centre offers counselling services free of charge to victims/survivors of those who have been sexually assaulted.
P: 02 6247 2525
W: crcc.org.au

Women’s Centre for Health Matters
The Women’s Centre of Health Matters focuses on helping women who are experiencing mental health issues.
P: 02 6290 2166
W: wchm.org.au

Mensline Australia
A service dedicated to supporting men with family and relationship issues.
P: 1300 78 99 78
W: mensline.org.au

Welfare

Department of Human Services
Centrelink enquires and issues can be sorted via contacting the Department of Human Services.
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