



ACADEMY OF MUSIC AND PERFORMING ARTS



INFORMATION FOR INTERNATIONAL STUDENTS

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International Student Information - Summary

This page gives you information for studying, living and working in Australia as an international student at AMPA. Each section of this summary will be discussed in-depth throughout this document, so please take the time to read through both the summary and the in-depth information carefully. For more information and policies, please refer to the [AMPA Student Handbook](#).

Important Information and Emergency Contacts:

Education Provider Main Contact Details:

Tel: +61 2 9310 3111

Email: admin@ampa.edu.au

Address: 136 Chalmers Street, Surry Hills, NSW 2012

Website: www.ampa.edu.au

Overseas Student 24 Hour Emergency Contact

Police, Fire, Ambulance – **000**

Department of Home Affairs

101 George St, Parramatta NSW 2150

Medical Centres:

- Crown St Medical Centre
351 Crown Street, Surry Hills
Tel: 02 9360 3338
- Bourke Street Clinic
1/421 Bourke Street, Surry Hills
Tel: 02 9332 0400
- Surry Hills Medical Centre
573 Crown Street, Surry Hills
Tel: 02 9699 3311

Post Office:

- Strawberry Hills Post Shop
219-241 Cleveland Street, Redfern
Tel: 131 318

Transport:

Local transport information:

Tel: 131 500

www.131500.com.au | www.transportnsw.info

Taxi companies:

Legion Cabs – 131 451 | Silver Service – 133 100

Location of Automatic Teller Machines (ATMs)

300 Elizabeth Street, Surry Hills

406 Elizabeth Street, Surry Hills

273 Cleveland Street, Redfern

Major Banks ATMs in Broadway Shopping Centre

Student Wellbeing and Safety

AMPA wishes for all students to feel happy and safe. Please refer to the [Wellbeing & Safety](#) page for access to a range of resources and assistance available to students.

Visa Conditions

As an international student you need to be aware of your student visa conditions to ensure you comply with regulations and have a positive study experience. It is also important to be aware that AMPA has legal requirements to notify the Department of Home Affairs (DHA) of information in certain circumstances, for example, if you defer your studies at AMPA.

To maintain a student visa you must hold a valid Confirmation of Enrolment (COE) that is issued by AMPA during the enrolment process.

Ensure you are familiar with your student visa conditions by visiting the [DHA website](#) and check conditions that apply to you and your family members online at [VEVO](#). Below are details of only some of the visa conditions that apply to student visas.

Work Limitations

Once your course has commenced, you are permitted to work in paid employment up to 48 hours per fortnight in term time. A fortnight means the period of 14 days starting on a Monday. For more information see the [Australian Government's website](#).

Maintain Course Requirements

To maintain your student visa you must remain enrolled in your course and meet AMPA's course progression requirements. If you are not meeting course progression requirements AMPA will be in contact with you to commence an intervention strategy to assist you to get back on track in your studies and meet standard requirements.

If after an intervention you are still unable to meet course progression requirements, you may be excluded from AMPA as per the Students at Academic Risk Policy. You will have the right to submit a complaint about this decision as per the Academic Appeals Policy. If you appeal the decision and your appeal is unsuccessful or you do not appeal the decision, you will be reported to DHA for failure to maintain course progress (or attendance), and this may result in your visa being cancelled.

Overseas Student Health Cover

Student visa holders and their dependents are required to hold Overseas Student Health Cover (OSHC) for the duration of their visa. OSHC provides medical and hospital insurance during your stay in Australia.

You can elect for AMPA to organise your OSHC during your acceptance process or you can purchase your own OSHC using an Australian Government approved provider.

Students from certain countries including Norway, Sweden and Belgium may have special arrangements under their own national schemes and are requested to contact DHA for further information.

Under 18 Years of Age

For a student visa holder under 18 years of age, you must maintain the accommodation, support and general welfare arrangements for the duration of your stay in Australia. Refer to the Under 18 Student Policy in the Student Handbook.

Change of Contact Details

You must notify AMPA within seven days of the following:

- your new address and contact details after arrival in Australia
- any changes to your address and contact details during your enrolment at AMPA

Updating your address and contact details are important as DHA may need to contact you if there are any visa problems and if your details are not accurate you may risk having your visa cancelled without your knowledge.

Introducing Sydney

Sydney is the largest and oldest city in Australia and capital of New South Wales. Situated on what is considered to be one of the world's most beautiful natural harbours, Sydney is a vibrant, multi-faceted, cosmopolitan city that offers more entertainment, shopping and sightseeing than any other place in Australia. The harbour waterfront, with its famous Sydney Harbour Bridge and the iconic Opera House, is a place to go to meet people, eat good food, be entertained and simply enjoy watching all kinds of sailing craft pass by.

Climate

Sydney is in a temperate region with typically four seasons; although not as clearly defined as those of the Northern Hemisphere. Summer temperatures range from 18°C to 32°C with humidity of 60 to 70 per cent (ideal beach weather). The winter is mild with temperatures dropping below 10°C overnight but warming up to near summer weather by midday. Rainfall in Sydney is usually spread fairly evenly through the year.

For the current weather conditions in Sydney, check: Bureau of Meteorology - Sydney

Seasons

Spring:	September to November	Spring in Sydney offers a pleasant mild temperature, with occasionally unpredictable cold, wet and windy days.
Summer:	December to February	Sydney enjoys a long summer with warm weather. The temperature ranges from 18°C to 32°C in summer, with occasional hot spells of over 38°C. Humidity in summer ranges from 60% to 70%.
Autumn:	March to May	Balmy weather with warm to mild temperatures
Winter:	June to August	Sydney has a short and mild winter. Winter temperature ranges from 8°C to 18°C, with the overnight temperature sometimes dropping below 6°C.

About AMPA

The Academy of Music and Performing Arts (AMPA) is one of Australia's leading tertiary providers of performing arts education.

Educating and inspiring young artists for over 30 years, AMPA remains committed to providing the highest quality in music and performing arts degrees, including music production and composition, contemporary and classical music, music theatre and dance performance (contemporary, ballet and jazz).

With its distinctive personal approach, high calibre teaching staff, emphasis on performance-based study and individual study designs, AMPA equips talented artists with the skills essential to succeed as musicians, dancers, performing artists, composers, producers, choreographers, directors, teachers and industry professionals in Australia and around the world. Given the demands of such highly competitive industries,

AMPA's ultimate priority is to develop inspirational and proficient artists who will leave a lasting impact on whichever field they choose.

Facilities & Equipment:

Situated in convenient and vibrant Surry Hills, the AMPA campus is just 150m from Central Station, and directly opposite Prince Alfred Park on Chalmers Street.

AMPA Surry Hills provides students with some top-class facilities to encourage academic growth and creativity in the performing arts including:

- Tom Mann Theatre: lighting, audio, and visual equipment
- 7 Music Studios: each with a piano and speaker with aux and also containing a range of drum kits, bass and guitar amps and audio equipment
- 2 General Purpose classrooms: projector screens, whiteboards
- Library: Physical resources such as sheet music, CD's and academic texts, as well as 6 iMac desktops

AMPA also boasts separate campuses for dance and music theatre, with state-of-the-art dance studios and rehearsal spaces used by our Bachelor and Associate Degree of Dance students. Rehearsal facilities are equipped with Tarkett flooring and polished floorboards. Each studio has floor to ceiling mirrors, movable ballet barres, and a speaker system. Some studios house upright pianos for live accompaniment.

Coming to Australia:

You will need to make your own travel arrangements to Australia. Please try to arrive at least 1-2 weeks before the start of Orientation to allow enough time for settling-in, adjusting to the climate and overcoming jet-lag.

You should fly into Sydney's Kingsford Smith Airport which is the closest overseas airport to Sydney. Visit www.sydneyairport.com.au. Surry Hills is located 5.9kms from Sydney's Kingsford Smith Airport – Overseas Terminal.

Documents

You should prepare a folder of official documents to bring with you to Australia, including:

- Valid passport with Student Visa
- Offer of a place / admission letter from AMPA
- Confirmation of Enrolment (eCoE) issued by AMPA
- Receipts of payments (e.g. tuition fees, OSHC, bank statements etc.)
- Insurance policies
- Original or certified copies of your academic transcripts and qualifications
- Other personal identification documents, e.g. birth certificate, ID card, driver's licence
- Medical records and/or prescriptions
- CAAW if you are under 18 years of age.

If you are travelling with your family you will need to include their documents as well. Keep all documents in your carry-on luggage. In case you lose the originals, make copies that can be left behind with family and sent to you.

What to Bring

Students are often surprised by how strict Australian Customs Services and Quarantine can be. If you're in doubt about whether your goods are prohibited or not, declare it anyway on the Incoming Passenger Card which you will receive on the plane. This does not mean that you will lose the item, but it does not guarantee that you will get to keep it.

Students have received on the spot fines for not declaring items. Visit the links below for more information:

- "What can't I take into Australia?"

- “What can't be mailed to Australia?”
- It is also important that you read through this link, as there are other items that you may be required to declare upon arrival to Australia.

Electrical Items:



The standard voltage for electrical items in Australia is 240V. Electric plugs have three flat pins one of which is an earth pin. You may need to buy an adaptor or have the plugs changed when you arrive. Adaptors are readily available in the airport and in a number of stores.

Note: In the picture, the red dot indicates that the switch is on and power is flowing through that socket.

Leaving the Airport

Visit www.sydneyairport.com.au for further information about how to get to and from the airport.

Train

There are rail stations located at both the Overseas and Domestic Terminals. Trains run approximately every 10 minutes and the journey into the city takes only 13 minutes. The overseas and domestic rail stations link directly to the City Circle which means most city destinations are within a short walk of a train station.

You can use most contactless payment cards to “tap on” (pay for your train trip) to all Sydney stations from the Overseas and Domestic rail stations. Simply catch the train from the Overseas or Domestic stations to Central station and change for all suburban services. It is strongly recommended that you obtain an Opal Card shortly after arrival. This is a “smartcard” that can be used to travel on all forms of public transport with NSW and is topped up with funds just like you would top up your iTunes account with a gift card. In many cases, the cost of using an Opal Card is cheaper than purchasing a ticket.

Public Buses

Sydney Buses has a timetabled service between Bondi Junction and Burwood with stops at both T1 Overseas and T3 (Qantas) Domestic Terminals. The timetable and map are available at www.sydneybuses.info where you will need to select the “400” or “410” routes. Clearly marked bus stops are located on the arrivals level outside each of these terminals. Alternately, you may like to download an app for your phone which will provide you with information on when the next service will depart (somewhat akin to Google Maps). A list of recommended apps can be found here: <http://www.transportnsw.info/en/travelling-with-us/keep-updated/apps.page?>

General Information about fares, timetables and connections to other parts of Sydney is available at www.sydneybuses.info or www.transport.nsw.gov.au.

Taxis

Each terminal has its own sheltered taxi rank with supervisors on hand in peak hours to ensure a smooth flow of taxis for travellers. Kerbside supervisors can also organise taxis with baby capsules, wheelchair access, 5 seaters, station wagons for lots of baggage, and maxi taxis for groups.

Here are some approximate return fares you can expect to pay to and from Sydney Airport. Remember passengers pay for any bridge or road tolls on top of the fare (these fares are in Australian dollars and are based on non-peak traffic conditions):

Return fare to Sydney Airport:

- Sydney City \$50
- North Sydney \$65

- Manly \$103
- Parramatta \$165
- Liverpool \$114
- Cronulla \$89

Contacts have been provided below if you would prefer to pre-book your taxi.

Taxis Combined Services

Phone: 133 300

Web: www.taxiscombined.com.au

Silver Service Fleet

Phone: 133 100

Web: www.silverservice.com.au

Premier Cabs

Phone: 13 10 17

Web: www.premiercabs.com.au

Keeping in Contact

Before you leave home, you should provide your family and friends, and your education provider in Australia, with details of your flights to Australia and where you will be staying when you arrive. (Do not change these details without informing them.) Once you have arrived in Australia, you should then let your family and friends know that you have arrived safely. It is important to always let someone know where you are and how to contact you by phone or by post.

Notify AMPA at least two weeks prior to arriving so that the schools can provide sufficient resources and documentation by the time you arrive.

Accessing Money

You should read this section carefully, and discuss the issues raised in this section with the bank or financial institution in your home country before you leave. All banks operate differently and you should be aware of all fees, charges, ease of access to your funds, and safety of the way in which you will access those funds.

How Much to Bring

You will need to make sure you have enough funds to support you when you first arrive. Please note that it is not safe to bring large sums of money with you. Lost credit cards or traveller's cheques can be replaced, but very few travel insurance companies will replace lost or stolen cash. Do not ask someone you have just met to handle your cash for you or to take your cash to make payments for you.

Currency Exchange

Only Australian currency can be used in Australia. If you have not brought some with you, you will need to do so as soon as possible after arrival. You can do this at the airport. Once you have arrived in Sydney, you can also change money at any bank or at currency exchanges that can be found throughout the terminals on both arrival and departure levels.

Electronic Transfer

You can transfer money into Australia by electronic transfer at any time. This is a fast option and can take up to 48 hours, but the bank may charge a fee on every transaction. It is advised that you talk to your bank both in your home country and within Australia for advice on this

ATMs

Automatic Teller Machines are located everywhere (including at the airport) and you can immediately withdraw cash from your overseas bank account (if your ATM card has overseas access). Check with your financial institution before leaving home however, to ensure that your card (and account) does allow for your card to be used overseas. It is also recommended that you inform your bank that you will be travelling overseas for a period of time, as some banks may put a block on your account if they are unaware of this and believe that your card or bank details have been stolen.

Arranging Accommodation

Students must arrange accommodation independently before arriving in the country.

While AMPA does not provide accommodation directly, students needing homestay and/or caregiver services are referred to [Global Experience](#). Please contact AMPA for further information on homestay options.

Public Transport

AMPA is well served by public buses. Central train station, approximately a 2 minute walk from AMPA services a number of train lines that can take you throughout much of the Sydney metropolitan area, NSW country. There are a number of bus services that connect AMPA with all the major transport hubs.

Opal Card:

It is strongly recommended that you obtain an Opal Card upon your arrival to Australia. The Opal card is a “smart” card that enables you access to most forms of public transport across NSW and replaces traditional paper tickets and contactless card payments. When you first obtain the card, you will need to put an initial amount on there (the minimum of which is \$10 AUD). When you access public transport, you will then “tap on” your card on the reader (located at the station or wharf for all forms of public transport apart from buses, and located directly at the front and rear entrance of all buses) and once you arrive at your destination, you will need to “tap off” to be charged the correct fare. Once your balance runs low on your Opal card, you will then need to top this up as if you would a pre-paid phone.

Religion

Australia is a secular state (meaning that we do not have an official religion). People have freedom of religion and worship. While the predominant religion is Christianity and its various denominations, there are also large communities which follow Islam, Buddhism, Judaism, Taoism and Hinduism among others.

AMPA recognises the right of students to follow their religion. If you require space on campus to pray, we ask that you consult with the Overseas Student officer or Administration who can find you a space to pray in private.

Food and Shopping

Sydney is renowned for the variety and quality of its food. In the suburbs surrounding AMPA, there are many reasonably priced, good quality restaurants, cafés and shops selling food from all around the world.

You can find food, clothing, pharmaceuticals, books and stationery in the shopping areas around AMPA. You may also find shopping malls located in a number of suburban areas that can provide a wide range of services in one location ranging from grocery shopping all the way up to currency conversion services. Some shopping malls even provide access to government and/or community services, such as Service NSW, doctors, dentists and more.

Services


Telephones

Emergency Services (000)


In Australia, dial 000 (triple-zero) from any phone for fire, police or ambulance services. 112 may also be dialled from mobile phones. Dialling 112 or 000 will override key locks on mobile phones and therefore save time. Emergency Services operators answer this number quickly and to save time will say, “Police, Fire, or Ambulance”. If you are unsure of what emergency service you need tell the operator what the emergency is. You will then be connected to the appropriate service to assist.

Making Phone Calls within Australia


- **To make overseas phone calls:**

 Dial – overseas access code (**0011**) + the country code + the area code (if required) + phone number (when adding a country code to a number, any leading 0 (zero) on the area code following it is NOT dialled. See the example under Calling Australia from Overseas.)

- **To make domestic phone calls:**

 Dial – the area code + phone number

Area Code	States
(02)	ACT, NSW
(03)	VIC, TAS
(07)	QLD
(08)	SA, WA, NT



Calling Australia from Overseas

To contact Australia, first dial the overseas access code from that country (this will vary in each country), then Australia’s country code prefix (61) followed by the area code without the first zero (for instance Sydney would be 2 instead of 02), and then dial the required number. Example: Overseas access number +61 2 9999 3662

Mobile Phones

Before bringing your mobile phone to Australia check with the Australian Communications and Media Authority <http://www.acma.gov.au> to make sure it can operate here. Some countries, such as Japan and the USA, use mobile phone networks that are not available in Australia. If not, you can buy your mobile phone (or SIM card) in Australia.

Support Services

HEALTH

Emergencies (000)

The Triple Zero (**000**) service is the quickest way to get the right emergency service to help you. It should be used to contact Police, Fire or Ambulance services in life threatening or emergency situations only. Emergency 000 lines should not be used for general medical assistance.

Police (131 444)

In Australia, police protect people and properties, detect and prevent crime, preserve peace for everyone and educate the general public on how to keep safe. They are not connected to the military or politics and will treat everybody equally regardless of their gender, sexuality or ethnicity. The police can help you feel safe. In a non-emergency situation, you can contact the non-emergency number on 131 444.

Fire (000)

The fire brigade extinguishes fires, rescues people from fires in cars and buildings, and helps in situations where gas or chemicals become a danger. As soon as a fire starts, call 000 no matter how small or large the fire may be.

Ambulance (000)

Ambulances provide immediate medical attention and emergency transportation to hospital. Dial 000 and you will be put through to staff who are trained to assess the situation and send out help as required. These staff members are also trained to provide assistance to you until the ambulance arrives and it is strongly recommended that you DO NOT HANG UP until they arrive.

State Emergency Service (132 500)

The State Emergency Service (SES) is an emergency and rescue service dedicated to providing assistance in natural disasters, rescues, road crashes and extreme weather conditions. It is made up almost entirely of volunteers and operates in all States and Territories in Australia. For emergency assistance in a FLOOD or STORM dial 132 500.

Lifeline (13 11 14)

Lifeline's 13 11 14 service is staffed by trained volunteer telephone counsellors who are ready to take calls 24-hour a day, any day of the week from anywhere in Australia. These volunteers operate from Lifeline Centres in every State and Territory around Australia.

Anyone can call Lifeline. The service offers a counselling service that respects everyone's right to be heard, understood and cared for. They also provide information about other support services that are available in communities around Australia.

Kids Help Line (1800 55 1800)

Kids Help Line is a free service for individuals under the age of 25 and provides a counselling service to those individuals who need emotional support or advice during difficult times in their lives. Trained staff are able to listen and give support as needed, or refer people onto services in their area that may be able to provide more regular support. Callers can request a male or female counsellor if they wish or the same person they talked to last time and if necessary, the counsellor can connect people straight to services such as the police or local hospital if they feel that the person would benefit more from them. This number is free to call from mobile phones in Australia, or alternately you can access their email or WebChat services through www.kidshelp.com.au.

Poisons Information Line 131 126

The poisons information line provides the public and health professionals with prompt, up-to-date and appropriate information, and advice to assist in the management of poisonings and suspected poisonings. The seriousness of a poisoning situation is assessed after a detailed history is obtained from the caller. Members of the public may be then given first aid instructions, information on possible symptoms, and advised on the need for assessment by a doctor or referral to hospital. The Australia-wide Poisons Information Centres have a common telephone number: 131 126.

NON-EMERGENCY MEDICAL

HealthDirect: (1800 022 222)

HealthDirect is a free service available to anyone. This service connects individuals to registered nurses (or doctors if required) who will ask a series of questions to determine what the best course of action is for the

time being. If you are unwell and unsure as to whether or not you should visit the GP, this service can assist greatly and if you cannot get access to a GP at that time, they can provide some advice on what to do until then.

National Home Doctor Service: (13 7425)

This service will provide a GP to your residence in the event that your regular GP is booked solid or you need GP assistance after-hours. (Please note this is a *non-emergency* service). Overseas students who access this service will not be charged if their Overseas Health Cover is with Bupa, Allianz or Medibank. Students who do not have Overseas Health Cover through these providers are encouraged to talk to the customer service team when they make the call, who will advise them of the cost.

Family Planning NSW: 1300 658 886

Family Planning NSW provides a wide range of services in terms of sexual and reproductive health for individuals living in NSW. They are a not-for-profit organisation and charge a small fee for their services. There are five clinics located in NSW and a helpline for any further queries (which has been provided above). Both men and women of all ages, faiths and ethnicities are able to access the service and all records are kept confidential. Family Planning NSW does not provide termination services, but can refer individuals onto these services if needed.

Headspace: 1800 650890

Headspace is the National Youth Mental Health Foundation. They began in 2006, and ever since they've provided early intervention mental health services to 12-25-year-olds.

Website: <https://headspace.org.au/>

Beyond Blue: 1300 24 636

Beyond Blue is one of Australia's most well-known, trusted, and visited mental health organisations. A reliable place for millions of people to access information, advice and support – whether they're well and want to stay that way, unsettled or struggling and need support, or in recovery and want to reconnect.

Website: <https://www.beyondblue.org.au/>

Emergency Translation

For translation service in an emergency situation dial 1300 655 010.

Other Resources

For more information and for further support resources, please visit the AMPA Wellbeing and Safety page: <https://www.ampa.edu.au/index.php/pages/wellbeing-safety>

Overseas Student Health Cover (OSHC)

Overseas student health cover (OSHC) is insurance that provides cover for the costs of medical and hospital care which overseas students may need while in Australia and is mandatory for overseas student visa holders. OSHC will also cover the cost of emergency ambulance transport and most prescription drugs.

How do I get OSHC?

You may be or have been asked for an OSHC payment in the education offer package you receive from your chosen education provider, if they have a preferred provider agreement and don't need to complete a formal application form. If not, you may need to complete an Application for OSHC which is available from registered OSHC providers and most educational institutions. Your local education adviser can lodge your OSHC form and payment at time of processing your enrolment to study in Australia.

Only Australian health funds that have signed an agreement with the Australian Government can provide OSHC. You may choose to change your health fund at anytime, but will need to abide by the conditions of change of the health fund provider you are leaving.

OSHC Providers

Medibank Private: www.medibank.com.au

OSHC Worldcare: www.oshcworldcare.com.au

BUPA OSHC: www.overseasstudenthealth.com

Australian Health Management: www.ahm.com.au

Further information on OSHC can be found at:
www.health.gov.au/internet/main/publishing.nsf/Content/privatehealth-consumersoverseascover.htm

What am I covered for?

OSHC provides a safety net for medical expenses for overseas students, similar to that provided to Australians through Medicare. Additionally, OSHC includes access to some private hospitals and day surgeries, ambulance cover and benefits for pharmaceuticals.

How do I use my OSHC card?

If you need to visit a doctor or medical centre, show your card at the end of the visit. You will be charged the doctor's fee and the government fee component of that may be processed by the medical centre. If the medical centre is not able to process the government fee, pay the total amount, keep the receipt and you can claim the government fee back from your OSHC provider.

Types of Health Care in Australia

The Australian healthcare system is mixed. Responsibilities for healthcare are divided between the Federal and State governments, and both the public and the private sectors play a role. Government programs underpin the key aspects of healthcare. Medicare, which is funded out of general tax revenue, pays for hospital and medical services. Medicare covers all Australian citizens, pays the entire cost of treatment in a public hospital, and reimburses for visits to doctors.

Medical Services

What do I do if I'm sick?

Choose a doctor from the list of medical facilities in this handbook or search for a GP surgery or medical centre online to make an appointment. If you have woken in the morning feeling unwell and would like to see a doctor that day, you will need to phone the doctor's surgery early in the morning (8:00am – 8:30am) for an appointment.

If you are under 18, your Overseas Student Advisor or homestay parent can help you find a doctor and accompany you to the appointment.

Seeing a Doctor

When you attend your appointment, the doctor will ask you questions about your health and may give you a brief physical examination, such as checking your breathing, your throat, ears etc. The doctor will then give you some advice regarding management of your illness, and may give you a prescription for some medication. If you have had, or need to take time off studies, you will need to get a medical certificate from the doctor to

provide to your education provider. If your illness is more serious or the doctor is unsure of a diagnosis, she or he may refer you for further tests eg: blood tests or x-rays, or to see a specialist Doctor. It is important to note that if you are dissatisfied with the diagnosis or service of the Doctor you see, you have the right to obtain an opinion from another Doctor.

Pharmacies

GP surgeries do not have medications to dispense to you. You must take the prescription given to you by the doctor to a Pharmacy or Chemist to obtain the medication. You will need to provide the pharmacy with your OSHC card, your full name and address. You are able to walk in off the street to any pharmacy/chemist/drug store in Australia and will only have to wait a short while for your prescription medicine to be prepared (some restrictions may apply for controlled substances – ask the GP or specialist who prescribed the medication to you if this applies).

Interpreter Services

We are lucky in Australia to have a variety of healthcare professionals from many different cultural backgrounds, so you may be able to see a doctor who speaks your first language. However, if you are having difficulties communicating with your doctor, the Translation and Interpreter Service (TIS) can be used. For more information, visit www.immi.gov.au or phone 131 450.

Laws and Safety in Australia

Obeying the Law

One of the reasons we have such a wonderful lifestyle in Australia is due to our representative democracy, the separation of powers, and our respect for the rule of law. We have a lot of laws in Australia and as a result, society runs smoothly.

In being granted a visa to study in Australia, you signed a document (Australian Values Statement Temporary) agreeing to respect Australian values and obey the laws of Australia for the duration of your stay. Failure to comply with the laws of this land (including State and Territory laws) could result in a fine or the cancellation of your visa and possible deportation back home. If you are convicted of a serious crime, it could result in imprisonment. Nobody wants this to happen!

You can find a comprehensive outline of Australian law and the legal system at: www.australia.gov.au.

Legal Services & Advice

If you do break the law are arrested and need to attend a court appearance you will need legal representation to negotiate Australia's complex legal system.

Legal Aid

Legal Aid provides a range of services to people who need advice, assistance and representation, and who qualify for legal aid. A few options are listed below.

Redfern Legal Centre | <https://rlc.org.au> | 02 9698 7277
Legal Aid NSW | www.legalaid.nsw.gov.au | 1300 888 529

Internet Safety & Security

Cyber Safety

The increasing level of economic transactions on the internet is making it the focus of criminal activities. It is important that internet users protect themselves from falling prey to these activities. The following tips list some simple precautions you can take to minimise the chances of becoming a victim of online criminals.

1. Install anti-virus and other security software, such as anti-spyware and anti-spam software. Use and update this software regularly.
2. Regularly download and install the latest security patches for your computer software, including your web-browser. Use automatic software security updates where possible.
3. Use a firewall and make sure it is turned on. Firewalls help prevent unauthorised access to, and communications from, your computer.
4. Delete suspect emails immediately. Don't open these emails.
5. Don't click on links in suspect emails. Visiting websites through clicking on links in suspect emails may result in malware (malicious software), such as a 'trojan', being downloaded to your computer. This is a commonly used and effective means of compromising your computer.
6. Only open an attachment to an email where the sender and the contents of the attachment are known to you.
7. Don't download files or applications from suspect websites. The file or application could be malware. Sometimes the malware may even be falsely represented as e-security software designed to protect you.
8. Use long and random passwords for any application that provides access to your personal identity information, including logging onto your computer. Don't use dictionary words as a password. Ideally, the password should be eight or more characters in length. Change passwords regularly.
9. Use a limited permission account for browsing the web, creating documents, reading email, and playing games. If your operating system allows you to create a limited permission account, this can prevent malicious code from being installed onto your computer. A 'limited permission' account is an account that does not have 'Administrator' status.
10. If you suspect a scam email or are unsure if an email is legitimate or not, visit the ScamWatch website (www.scamwatch.gov.au) for more information. As a rule, check the email address of the sender: if it looks suspicious (ie an email from ANZ would look something like info@anz.com, not de@blah.com) delete it. If you are still in doubt, contact the business the email claims to be representing by phone (using the number available via the Yellow Pages or the company website-do NOT use the number in the email)
11. If you spot an email from a friend and are suspicious of the content, please check with the friend through another means of communication (such as a phone call) before opening the email as their account may have been compromised.

(Source: Australian Communications and Media Authority)

The following resources from the Australian Government's eSafety Commissioner are designed to help university students understand the types of online abuse and how to take action to prevent and respond to online safety incidents:

- [Online Safety 101](#)
- [Online Safety – Advice for women](#)
- [Guide for students – responding to cyber abuse](#)
- [Adapting to the world online](#)
- [Guide to managing time online](#)

Safety on Campus

Australia is generally a very safe and welcoming place to live and study, consistently ranking among the [safest countries in the world](#). However, the same general cautions apply in Australian cities as in the rest of the world. Following your common sense and best practices will help to ensure you remain safe and healthy.

Below are some guidelines and tips on how to stay safe:

- Keep your contact details up to date in [Paradigm](#) so alerts can be sent to your mobile in the event of an on-campus emergency.
- Always take care when walking at night
- be aware of your surroundings, especially while on your mobile phone
- try to avoid isolated areas and walk with other people rather than by yourself
- walk along well-lit streets and main roads
- When walking around Sydney watch out for traffic and use designated road crossings. Never cross a road while using headphones or a mobile phone
- Do not carry large amounts of money and take care to keep your belongings with you at all times, including your wallet, purse, handbag, shopping, phone and laptop.
- When travelling on the train at night, sit close to the guard's compartment indicated with a blue light on the train.
- If you have a medical condition or disability that could impact on your health or safety on campus, please disclose this confidentially to Student Support staff
- If you notice a safety hazard on campus contact administration on 02 9310 3111

In an emergency - call triple zero (000) You should call 000 if you need urgent help from police, fire or ambulance services, where:

- someone is seriously injured or in need of urgent medical help
- your life or property is being threatened
- you have just witnessed a serious accident or crime

Public Transport Safety

Travelling on public transport should be a safe and comfortable experience. Numerous security measures have been adopted to maximise the safety of travellers including: security officers, police, guards, help points, good lighting and security cameras. Most drivers also have two-way radios and can call for assistance.

Buses

Waiting for a bus:

- Avoid isolated bus stops
- Stand away from the curb until the bus arrives
- Don't open your purse or wallet while boarding the bus - have your card already in hand.
- At night, wait in well lit areas and near other people
- Check timetables to avoid long waits.
- If you are likely to have a long wait, consider waiting in a well-lit shop or restaurant such as a 7-11, provided it is fairly close to the bus stop.

Riding on the bus:

- Sit as close to the bus driver as possible. ("Red Seats" on most buses may require you to move if someone else needs it more ie disabled, pregnant or elderly individuals. You can still sit on these seats if nobody else needs them however.)
- Stay alert and be aware of the people around you
- If someone bothers you, change seats and tell the driver
- Keep your purse/packages close by your side. Keep your wallet inside a front coat pocket

- Check your purse/wallet if someone is jostling, crowding or pushing you
- If you see any suspicious activity, inform the driver

Trains/Light Rail

Many of the same safety tips when travelling by bus apply for trains. In addition:

- Most suburban trains have security cameras installed or emergency alarms that will activate the cameras
- Carriages nearest the drivers are always left open and lit
- Try not to become isolated. If you find yourself left in a carriage on your own or with only one other person you may feel more comfortable to move to another carriage with other people or closer to the driver.
- When waiting for a train, it is recommended that you wait closest to the staff area (if there is one available). This is regardless of whether or not the station is manned or unmanned during this time.
- On the light rail, it is recommended to sit as close as possible to the driver. Otherwise, if you do get into a situation where you feel uncomfortable, alert the conductor.

Taxis

Travelling by taxi is generally quite a safe method of public transport. To increase your confidence when travelling by taxi, consider the following suggestions:

- Phone for a taxi in preference to hailing one on the street. A record is kept by taxi companies of all bookings made
- You are entitled to choose the taxi/taxi driver of your preference. If a driver makes you feel uncomfortable you are within your rights to select another taxi
- Sit wherever you feel most comfortable. This may mean travelling in the back seat of the taxi;
- Specify to the driver the route you wish to take to reach your destination. Speak up if the driver takes a different route to the one you have specified or are familiar with
- Take note of the Taxi Company and fleet number. This will help in identifying the taxi if required.

Getting around

Many lives are lost on Australian roads every year and overseas visitors are at high risk. As a pedestrian you should be aware of the basic road rules. If you come from a country where you drive on the opposite side of the road to Australia it is helpful to keep this in mind when you are crossing the road.

Sexual Assault

Every student and staff member has the right to feel safe and be treated with respect. AMPA maintains a zero tolerance approach for sexual assault, harassment (including sexual) and bullying, and expects all of our staff and students to behave in a manner that is respectful, inclusive and fair. Our Code of Conduct together with [policies](#) clearly outline staff and student responsibilities.

Emergencies: If you or anyone you know is in **immediate danger**, please call the police on **000** in Australia, or your local emergency services line outside of Australia.

For support and to speak to a trauma-trained counsellor, please contact:

[The National Sexual, Domestic and Family Violence Counselling Service \(1800 RESPECT\)](#): 1800 737 732 (24 hours a day / 7 days a week)

[NSW Sexual Violence Helpline](#) on 1800 424 017

[Sexual Assault Crisis Line](#): 1800 806 292

Support is available 24/7 and online counselling options are available. To report a sexual assault or sexual harassment incident to AMPA or for further information, please contact Student Services on (02) 9310 3111.

Please see the Mental Wellbeing section above and the [AMPA Wellbeing and Safety](#) page for further support and counselling services.

Alcohol, Smoking, & Drugs

Alcohol

Alcohol consumption and purchasing is legal for those aged 18 years or over. There are laws governing how alcohol may be used and purchased in each State and Territory of Australia. It is illegal for individuals aged 18 years or over to purchase alcohol for anyone who is under 18 (commonly known as “secondary purchasing”) or to supply alcohol to someone who is already heavily intoxicated. Stores, bars, pubs and nightclubs reserve the right to refuse service to these individuals.

Smoking

Australian law makes it an offence to sell or supply tobacco products to a person under the age of 18 years (regardless of whether they are being sold over a counter or someone is purchasing them for someone under 18). It is illegal for anyone under 18 to purchase tobacco products, which includes e-cigarettes. There are also a number of laws regulating and restricting the advertising, promotion and packaging of tobacco products. Regulations have been introduced to restrict smoking in public areas such as shopping centres, hotels, restaurants and dining areas, and in some workplaces.

AMPA is a smoke-free environment, both inside and out. This also applies to the use of e-cigarettes (eg vaping). Students who are caught smoking inside (through the use of e-cigarettes or otherwise) may face further penalties.

Drugs – Legal and illegal

Each State and Territory has laws governing the manufacture, possession, distribution and use of drugs, both legal and illegal. Drug laws in Australia distinguish between those who use drugs for legal purposes, those who use drugs for illegal purposes and those who supply or traffic drugs. The Federal Customs Act covers the importing of drugs, while each State has laws governing the manufacture, possession, distribution and use of drugs, both legal and illegal.

Students who are found to be consuming or purchasing illegal drugs on campus will have their drugs confiscated and will be reported to police immediately. This rule also applies to students who are found to be misusing prescription medication or other legal medications that do not belong to them.

Studying at AMPA

Orientation

Australian education providers will provide an Overseas Student Orientation before the commencement of classes. At AMPA, this orientation is held jointly with the local students’ orientation. It is a requirement of the ESOS (Education Services for Overseas Students) Act 2001. Staff who run the orientation work hard to ensure that you as a student will be well equipped to achieve the best possible success in your studies. If you read through the pre-departure, arrival, and orientation manuals which the AMPA provides for you, you will see that there is a lot of information for you to understand and consider as you move through your studies. Although the manual will outline what you need to know, it is impossible to understand and recall everything. Once you are concentrating on your studies, you will feel less stressed if you are already comfortable with the institution, its staff and its services.

What To Do First

Report to the Reception desk on the ground floor and inform staff of your name and that you are here for your orientation session.

Overseas Student Orientation

During the orientation program you need to ensure your enrolment details and personal details are correct. You will receive all necessary information required during your study at AMPA.

Orientation will include:

- meeting the staff
- orientation presentation
- enrolling in your units
- receiving and explaining your timetable
- having a tour of the campus
- confirming your subject choices (where applicable)
- discussions around
 - i. support services
 - ii. expectations of AMPA from students
 - iii. expectations of students from AMPA
- question time

Your photo will also be taken on this day for your student identity card. Please ensure that you bring a notebook/diary and pens.

'Code of Conduct'

You are obligated to adhere to the Student Code of Conduct spelled out in and your Enrolment Agreement and the [AMPA Student Handbook](#).

Academic Progress

You are reminded that it is a requirement of AMPA and the Australian Government that you attend classes and maintain satisfactory course progress. AMPA is obliged to notify the Government if you fail to meet minimum thresholds and this may lead to the cancellation of your visa.

You are encouraged to contact the Executive Dean if you are having any difficulties with your study program. Assessment occurs in a variety of ways throughout the year. To view the academic policies and for further information please refer to the [AMPA Student Handbook](#).

Complaints & Appeals

Students who are concerned about a situation, a process, a person or people, a facility or a service of AMPA are encouraged to attempt to resolve their concerns using this procedure.

Students can only submit a complaint on an individual basis via the appropriate channels.

Students must submit appeals addressing the grounds criteria and provide supporting documentation. For further information please refer to the [AMPA Student Handbook](#).

Student Administration Information

Fees Information

Please refer to the Overseas Student Information section of the website for more information on Fee Schedule and refund policy (<https://www.ampa.edu.au/index.php/future-students/international-student>).

Enrolment

All students, be they local or nonlocal, must complete the AMPA online enrolment process via the application portal <https://www.ampa.edu.au/apply/> and Student Management System (Paradigm) www.ampa.edu.net.au

ID Cards

Student ID Cards will be issued shortly after the term has commenced. You are required to carry this with you at all times. Replacement cards will attract a fee of \$15.

Refund & Cancellation Policy

Refer to Section 3: Refund Policy on your Offer Letter or to the Overseas Student Information section of the website for more information (<https://www.ampa.edu.au/index.php/future-students/international-student>)

Student Support Services

Refer to the AMPA Wellbeing & Safety page, AMPA Student Handbook and the contacts in this document for details on support services.

Ancillary Student Services

Schedule of Dates

Students are expected to be familiar with AMPA's Schedule of Dates (given to students at Orientation and accessible on the [AMPA website](#)) and keep on top of important dates such as start of trimester, trimester breaks, exam weeks and census dates/public holidays.

Unit Selection

Unit selection is completed through your AMPA online student portal (Paradigm). Unit selection for your first trimester at AMPA is completed on Orientation. Once you have been directed through the registration process, students are then expected to manage their own unit registrations for the remainder of their enrolment.

Timetables

Any changes to timetables will be available to view on your Paradigm account.

Library Services

The AMPA Library aims to provide relevant, good quality and easily accessible services and facilities to support the needs of faculty and students. This is achieved through:

- Collaborating with academic staff to develop a diverse collection of contemporary and traditional performing arts resources encompassing a range of materials;
- Harnessing new technologies to ensure easy and convenient access to resources;
- Increasing information literacy skills through workshops, written support materials and individual support;
- Providing a welcoming and comfortable environment for students to study and carry out research;
- Responding to feedback from faculty and students to continue to improve services; and
- Promoting the library facilities and resources effectively to ensure they are used to their full potential.

The library collection is focused around the key areas of study at AMPA – Music and Dance. The library offers access to approximately 6,000 books, 500 journals, 2,000 printed music items, 5000 CDs & 50 DVDs, and a range of scholarly databases and reference materials online.

The collection is under constant development and review, with new items added to the collection on a regular basis. This includes newly published materials, lecturer recommended materials, materials requested or recommended by students, and selected donations from music collectors, academics and enthusiasts. The library keeps up to date with new materials through publisher emailing lists, reviews or recommendations in relevant journals or magazines, through membership to organisations such as the Australian Music Centre and the International Association of Music Libraries.

The library is committed to using technology where relevant to provide access to the collection by providing access to lecture notes and other materials online via eCon and other resources for students within the library,

Students may access journal collections and music collections online via eCon.

Students are encouraged to use social networking sites for their studies and musical development in the library along with streaming services such as *Spotify*.

The library provides access to recordings of student performances and professional recordings featuring members of staff or students. Students are welcome to copy in-house recordings of performances however professional recordings come under normal copyright law and can't be copied without the permission of the copyright owner.

Australian Culture

Social Customs

Clothing

The types of clothing that people wear reflect the diversity in our society just as much as the variation in climate. There are no laws or rules on clothing, but you must wear certain clothing for work situations. Most workplaces have dress standards.

Outside of the work situation, clothing is an individual choice; many people dress for comfort, for the social situation or the weather. Clubs, movie theatres and other places require patrons to be in neat, clean clothes and appropriate footwear.

Many Australians live close to the beach and the sea. On hot days, they may wear little clothing on the beach and surrounds. This does not mean that people who dress to go to the beach or swimming have low moral standards. It means that this is what we accept on and near our beaches.

People from other countries can choose to wear their national dress. They may be religious or customary items and include monks or nuns robes, a hijab or a turban. As a tolerant society with people from many different cultures, clothing is a part of cultural beliefs and practices that is encouraged.

Polite Behaviour

'Please' and 'thank you' are words that are very helpful when dealing with other people, and buying goods or services. Australians tend to think that people who do not say 'please' or 'thank you' are being rude. Using these words will help in building a good relationship.

Sometimes a sensitive issue may come up in conversation. Not to talk may seem rude. It is more polite to say 'sorry, it is too hard to explain' or "Sorry, I don't feel comfortable answering that," than to outright ignore the question.

Australians often say, 'Excuse me' to get a person's attention and 'sorry' if we bump into them. We also say, 'Excuse me' or 'pardon me' if we burp or belch in public or a person's home.

You should always try to be on time for meetings and other visits. If you realise you are going to be late, try to contact the person to let them know. This is very important for visits to professionals as you may be charged money for being late or if you miss the appointment without notifying them before the appointment time.

Australian Slang

Much common word usage or 'slang' may seem strange to people new to Australia. Slang words start from many different sources. Some words are shortened versions of longer words. Many were expressions already

used by migrants who came from the north of England. If you are unsure what an expression means, it is all right to ask the person who said it to explain or clarify what they meant.

Some common expressions are:

- **BYO** - when an invitation to a party says 'BYO', this means 'bring your own' alcoholic drink. If you do not drink alcohol, it is acceptable to bring juice, soft drink or soda, or water. Some restaurants are BYO. You can bring your own wine to these, although there is usually a charge for providing and cleaning glasses called 'corkage'.
- **Arvo** - This is short for afternoon. 'Drop by this arvo,' means please come and visit this afternoon.
- **Fortnight** - This term describes a period of two weeks.
- **Barbeque, BBQ, barbie** - outdoor cooking, usually of meat or seafood over a grill or hotplate using gas or coals. The host serves the meat with salads and bread rolls. It is common for a guest, when invited to a BBQ, to ask if they should bring anything. If you do not eat meat, it is polite to inform the host in advance.
- **Snag** - The raw type sausages usually cooked at a BBQ. They can be made of pork, beef or chicken, although there are some vegetarian alternatives available.
- **Chook** - The term chook means a chicken, usually a hen.
- **Cuppa** - a cup of tea or coffee 'Drop by this arvo for a cuppa' means please come and visit this afternoon for a cup of tea or coffee (if you do not drink coffee, it is acceptable to ask for other drinks as well)
- **Loo or dunny** - These are slang terms for toilet. If you are a guest in someone's house for the first time, it is usually polite to ask permission to use his or her toilet eg "May I use your toilet please?" Some people ask, "Where's the loo?" or "Where's the bathroom?"
- **Fair dinkum** - honest, the truth. 'Fair dinkum?' when used as a question means, 'is it really true?'
- **To be crook** - to be sick or ill.
- **Flat out** - busy.
- **Shout** - to buy someone a drink, or to offer to pay for a meal for them.
- **Give (you) a lift** – To offer to drive someone else to or from a location. Typically the driver is also going to the destination that the other person is after or may be going nearby .
- **Bloke** - a man. Sometimes if you ask for help, you may get an answer to 'see that bloke over there'.

Tipping

Tipping is not generally expected or practiced in Australia. This is because throughout Australia, service industry staff are covered by minimum wage laws and therefore do not rely on tips for their income. However, it is acceptable to leave a small amount (perhaps 10%) should you feel you have received exceptional service. Some places may also provide "tip jars" at the cash register. You are not obliged to place money in these, but may do so if you wish. Some people may place their leftover coins in the tip jar to minimise the amount of cash on them.

Public Holidays

Australians hold certain days each year as special days of national meaning. The public holidays and special events seen below are just some of the special days that you will encounter during your time at AMPA and may even wish to participate in yourself!

Disclaimer: the dates provided are for New South Wales and as such, the dates provided here may differ between states. These dates may also be subject to change.

New Year's Eve and New Year's Day (December 31st/January 1st)

Australians love to celebrate New Year. There are festivals, celebrations and parties all over the country to welcome in the New Year. Sydney Harbour and Sydney Harbour Bridge have become synonymous with New Year celebrations in Australia the fireworks display is considered to be one of the best in the world. January 1 is a public holiday.

Australia Day (January 26th)

Australia Day, is the day we as a people and place celebrate our nationhood. The day is a public holiday. The day marks the founding of the first settlement in our nation by European people. There are a large number of events on offer throughout the day depending on your local area. These typically culminate in firework displays. It is not uncommon for people on this day to be wearing clothing or carrying items with the Australian flag printed on them (such as the girls in the photo on the right, who have painted their faces to resemble the Australian flag).

Easter (between March-April)

Easter commemorates the resurrection (return to life) of Jesus Christ following his death by crucifixion. It is one of the most significant events of the Western Christian calendar. In addition to its religious significance, Easter in Australia is enjoyed as a secular four-day holiday weekend starting on Good Friday and ending on Easter Monday. This extra-long weekend is an opportunity for Australians to take a mini-holiday, or get together with family and friends.

Anzac Day (April 25)

Anzac Day is on April 25 the day the Australian and New Zealand Army Corps (ANZAC) landed at Gallipoli in Turkey in 1915 during World War 1. This day is set apart to hold dear the memory of those who fought for our nation and those who lost their life to war. The day is a public holiday. We remember with ceremonies, wreath laying and military parades. You will find that many towns and suburbs have an ANZAC Day parade and ceremony culminating in the laying of memorial wreaths at a monument or war memorial. These services can be very moving and a wonderful way of experiencing some Australian National pride, as the memories of our fallen soldiers are commemorated.

Labour Day (first week of October)

As elsewhere in the world, Labor Day originated in Australia as a means of giving 'working people' a day off and recognising the roots of trade unionist movements and workers' rights. This is typically a public holiday and is used as a time for workers to relax.

King's Birthday (Second Monday of June)

The King's Birthday holiday celebrates the birthday of King Charles III who is not only King of the United Kingdom but also King of Australia, where the King's Birthday is a public holiday celebrated on a Monday but on different dates (in NSW, the date is always the second Monday of June each year). Having the King's Birthday on a Monday, results in a three-day long weekend.

Christmas (25th December)

Christmas is celebrated in Australia on 25 December. Christmas is the celebration of the birth of Jesus Christ. Christians believe that Jesus is 'the son of God', the Messiah sent from Heaven to save the world. The heat of early summer in Australia has an impact on the way that Australians celebrate Christmas and our English heritage also has an impact on some northern hemisphere Christmas traditions which are followed. With our growing multicultural society, new traditions are being introduced all the time and thus Christmas is an extremely diverse holiday between individual families.

(Source: Australian Government – Culture and Recreation Portal)

Sun Safety

Australia has the highest rate of skin cancer in the world. In fact, one in every two Australians will be diagnosed with skin cancer at some point during their lifetime. The good news is; it can be prevented. By minimising your exposure to the sun's damaging ultraviolet radiation (UVR), you can protect your skin and prevent the development of skin cancer.

Sun Protection

Skin cancer and skin damage are caused by being exposed to the sun's harmful ultraviolet radiation (UVR). The key to preventing skin cancer is to protect your skin from the sun by practising sun safe behaviours.

There are six simple steps you can follow to reduce your risk of skin cancer and protect your skin:

1. Minimise your time in the sun between 10am and 3pm
2. Seek shade
3. Wear suitable clothing that provides good sun protection
4. Choose a broad brim, legionnaire-style or bucket-style hat that will protect your face, neck and ears
5. Wear UV protective sunglasses
6. Apply SPF 30+ broad spectrum, water-resistant sunscreen 20 minutes before you go out into the sun.

The phrase "Slip, slop, slap" is a phrase many Australians have grown up with and is a good reminder for what to do when you go out in the sun. That is, to SLIP on a shirt, SLOP on sunscreen and SLAP on a hat. In recent years, this phrase has also included SEEK shade and SLIDE on sunglasses. This is a helpful way for you to remember what to do in order to reduce the risk of skin cancer.

Beach Safety

Understanding the ocean is very important - the more you know about how waves, wind and tides affect conditions in the water, the better able you are to keep yourself safe, or even rescue others, from danger. Recognising danger signs and awareness of surf conditions is an essential part of lifesaving.



Remember the F-L-A-G-S and Stay Safe

F Find the flags and swim between them - the red and yellow flags mark the safest place to swim at the beach.

L Look at the safety signs - they help you identify potential dangers and daily conditions at the beach.

A Ask a surf lifesaver for some good advice - surf conditions can change quickly so talk to a surf lifesaver or lifeguard before entering the water.

G Get a friend to swim with you - so you can look out for each other's safety and get help if needed. Children should always be supervised by an adult.

S Stick your hand up for help - if you get into trouble in the water, stay calm, and raise your arm to signal for help. Float with a current or rip - don't try and swim against it.

And remember – **NEVER**

Never swim at unpatrolled beaches

Never swim at night

Never swim under the influence of alcohol

Never run and dive into the water

Bush and Outback Safety

Australia has many extraordinary and beautiful places to explore. If you are going on a trip, travel with other people, make sure someone knows where you are at all times and stay on a road or a walking track.



In the Bush

Be prepared if you plan some time in our bushland. Plan your hike. Always tell someone where you are going and what time you expect to return. Let them know when you return safely.

- Check the weather forecast and be prepared for unexpected changes in weather.
- Check the length and degree of difficulty of your planned walk. Consider using a local guide when taking long or difficult walks.
- When walking or exploring outdoors drink plenty of water (allow at least one litre of water per hour of walking). Wear sturdy shoes and socks, a hat, sunscreen lotion, comfortable clothing and insect repellent. Other handy items for long bushwalks include food, warm clothing, first aid supplies, a torch and a map.
- Never walk alone. Read maps and signs carefully. Stay on the track and stay behind safety barriers.
- Never dive into a rock-pool, creek, lake or river. Stay away from cliff edges and waterfalls.
- Do not feed or play with native animals. You might get bitten or scratched.
- Limit your use of fire. Use a fuel stove for cooking and wear thermal clothing to keep warm. Never leave fires unattended or unconfined.
- Visit the ranger station or park information centre to obtain details on the best places to visit and any additional safety tips for that park.