



NMIT Student Services

International Students
Welcome Induction 2011

The Process of Adjustment



Leaving home

Happy / sad

Arrival in Australia

(tired, confused, mixed feelings, happy)

Adapting to life in a new country

(completion of studies, sense of achievement)



Culture Shock

(lonely, all new, missing family)

Adjusting

(confident, study ok, new friends)



Feeling Unhappy

(question yourself 'was I right to leave home?')



Adjusting to Life in Australia

- **Ask for help**
 - Don't be afraid to ask for assistance
 - Ask your teachers, staff at the International Office, student counsellors
- **Speak in English to increase your skills** 🗣️ 🗣️
- **Keep in touch** with people from home with friends and family
- **Have a sense of humour**
- **Keep a balanced life** – You can't study all day. Go out and experience life in Australia by visiting public places.
- **Be active!**

Remind yourself that adjusting to life in a new country is temporary

Melbourne

www.thatsmelbourne.com.au





- Arts & culture
- Exhibitions
- Festivals
- Films
- Food & wine
- Museums & libraries
- Parks & gardens
- Shopping
- Sport
- Theatre venues
- Tours

Staying Healthy

Your health will have a big influence on how you adjust to life in Australia

You can stay healthy by....

- Sleep 7 to 8 hours each night 
- Exercise – daily (walk, swim, ride, gym) 
- Eat well and stay hydrated (drink water)
- Balance your life – study, work, socialising
 - Organise your study
 - Take time to find a job: allow 3 – 6 months
 - Develop a friendship group, attend social activities (BBQ lunch)

Health and Wellbeing

Cultural differences – health care

- **Tap water:** safe to drink – treated to prevent contamination, fluoride to prevent tooth decay
- **Personal hygiene:** It's important to stay clean
 - have daily showers or baths, use deodorant



Health and Wellbeing



Sun protection:

- Ultraviolet (UV) rays are dangerous in Australia
- Worse with prolonged exposure – it doesn't have to be hot!
- Can lead to skin cancers – even if your skin is not fair
- Use sunscreen and wear a hat.

Water safety:

- Swim between the flags
- **Red & Yellow** flag = safety
- Don't swim at beaches without any flags
- Take care in rivers
- Never swim alone



Student Services

- Main Office – Preston Campus, Building C (in Library), Tel: **9269 1314**
- Services
 - Housing
 - Recreation & Activities
 - Student experience officer
 - First Aid
 - Study Skills
 - Counselling support
- See your Student Diary



Housing



- Accommodation information
 - Permanent, short-term, emergency housing
 - Rental, local hostels, hotels, real estate agents
 - Tenancy or lease advice
- Yarra House, Fairfield Campus
- Housing List – see noticeboards, student portal
- Contact: **9269 1314**

Recreation & Activities

Gym



- Preston Campus, Bldg E
- Sports and Fitness Officer
– Eugene Scarpino
- Tel: **9269 1322**
- \$125 per year
- Pilates and boxing classes
- Sporting competitions



Activities Office



- Preston Campus, Bldg C,
Library
- Tel: **9269 1377**
- Student welcome programs
- On and off-campus events
- Sporting competitions
- Trips and tours



Student Experiences



Student Experience Officer – **Kate Baker**

- Talks with students to find out about their experience at NMIT
- Runs programs to help students feel a part of NMIT
- Location: Building C, Room 115 Library, Preston
- Contact: **9269 1316**

Student Representatives



Student Reps at each campus work casually

Role:

- Liaise with NMIT Student Services, having input in and contributing to planning for student support needs
- Assist in the promotion and delivery of on-campus and off-campus student activities
- Identify, voice and represent student needs and ideas

First Aid



- Qualified First Aiders can help when you are injured, ill, or feel unwell
- First Aid Room located on each campus
- Go to Library, Information, or Student Services
- Confidential, free service
- No Panadol or other medications provided

Study Skills



- **Study Skills Advisory Service** assists students experiencing difficulty dealing with their new learning environment
- Individual or group sessions for:
 - essay writing
 - report writing
 - time-management
 - referencing & research skills
 - oral presentations
 - note-taking
- Located at Preston, Bldg C, Room 203
- Tel: **9269 1372**

Counselling Support

If you find it hard to adjust to your new life in Australia?

- Who can you talk to?
 - Housemates, classmates, teachers, friends, family, counsellors
- Who are the Counsellors?
 - Qualified professionals experienced in helping people
- What is counselling?
 - A chance to talk about your problems with someone who is trained to help you

Counselling

- Counselling can help when you....
 - feel stuck and don't know what to do
 - are worried about something
 - get behind in your studies
 - need solutions to problems
 - are in a difficult situation
 - just want someone to talk with



Counselling

- Counsellors offer support, information, advice, and referrals for NMIT students
 - Study issues, time management, careers, résumés, job search skills and financial support
 - Free, confidential and private
- Monday to Friday, 9.00 am to 5.00 pm
- Make an appointment or visit us on your campus
- **Telephone: 9269 1314**
- See Diary & Student Portal for more details

Parking at NMIT



- Limited student car parking at all campuses (except Collingwood) – spaces fill quickly
- NMIT Student Parking Permit – display on your windscreen (available from Information and Library desks)
- Park only in Student Parking areas – or risk a fine
- No student parking at Collingwood campus – read street signs – Council fines are costly!

No Smoking on Campus



- Smoking is not permitted inside buildings, under covered walkways or within 5 meters of doorways or windows on all campuses
- Comply with 'no smoking' signs on campus
- Respect the health and comfort of others

Child Care

- Babies and children – 6 weeks to 5 years old
- Fees depend on your income
- Enrolment in course is no guarantee of a place
- Open over holidays – need to pay for a place
- NMIT Child Care Centres
 - Nara Community Child Care Centre (Preston)
 - Greensborough Campus Child Care Centre
 - Una's Childcare Centre (Epping)
- Family Day Care or Occasional Care
 - » Useful websites
 - www.careforkids.com.au
 - www.childcarenow.com.au

See your student diaries

