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INTRODUCTION

This handbook will provide you with a general overview of issues involved in traveling to Australia. Please use this in conjunction with our general Study Abroad Handbook.

We hope this information will assist you and your family in preparing for your time abroad. It is important that you review all the information, as well as the information sent by the Australian university before you depart the U.S. and that you take it with you to Australia.

Studying abroad is an exciting opportunity. Nothing during your college years is likely to change you more. You will learn about another country and another culture. You will also learn to look at your own country from a different perspective and most important, you will learn more about yourself. So, we encourage you to invest yourself fully into this experience.

How much you gain from this opportunity will depend on your preparedness, flexibility and responsibility. Review the general pre-departure information the OIE provides you. Complete the administrative and academic matters that need to be taken care of before you leave. Research the country and city you will study in. Review some of the suggested readings in Study Abroad Handbook about what it means to go abroad. Be respectful of other cultures; things are not better, they are not worse, they are just different – learn to accept, not expect. Remember, you are there to complete an academic program successfully, just as if you were at DU. Good time management and goal setting are keys to handling a challenging academic program and becoming familiar with life outside the classroom.

Most of all, we want you to have a great experience and to make the most out of this opportunity. And when you return, be ready to share your stories with others. Your personal experience will be the best source of inspiration for others.

Safe Travels,
The OIE Team
Immigration requirements for students studying abroad in Australia are available in the Apply for Immigration section of your DU Passport checklist.
PREPARING FOR YOUR PROGRAM

Passport

You must have a valid passport for traveling to Australia and to obtain a student visa. If you do not already have a passport, apply for one immediately. New passport processing can take several weeks. If your passport will expire while you are abroad, renew your passport right away. Your passport must be valid for the duration of your time abroad and up to six (6) months after your program ends. Make photocopies of your passport before going abroad. In case your passport is lost, a copy can help to replace it:

- Leave one with a relative in the U.S.
- Keep one copy with you in a separate place from your original passport.

Local Passport Office
*for emergency passports only*

Call (877) 487-2778 to schedule an appointment
3151 S. Vaughn Way, Suite 600
Aurora, CO 80014

Travel Arrangements

Cherrington Global Scholars should refer to the Study Abroad Handbook for instructions on booking your flights. Non-CGS students should book a flight after receiving acceptance from their Australian host University.

STOPOVERS

When you make your travel arrangements, you may want to ask the travel agent about "stopovers." Stopovers are different from layovers in that they are over 24 hours long and are a ‘perk.’ Stopovers have restrictions and their prices vary on length of stay and how many you wish to have. Some common stopovers include Fiji, Hawaii, or New Zealand. **If you are a Cherrington Global Scholar and you choose to include a stopover in your plans, you will be responsible for any costs above the basic fare to and from Australia.**

FLIGHT TIME

When you look at your ticket, it may seem as if your flight takes two days. In actuality, your trans-Pacific flight should take approximately 14 hours (LA to Brisbane or Sydney) plus the final leg to your destination. This is because when traveling to Australia, you will cross the International Dateline. This crossing results in the loss of a day. Don’t worry, you will “get the day back” on your return flight.
Customs Regulations

Australian Customs is very strict about what you can bring into the country. Because it is an island country, Australia wants to keep out many of the diseases that affect humans, animals and plants in other parts of the world. In general, it is not possible to bring fresh food, plants or plant products, animal products, wildlife or wildlife products, drugs, firearms or other weapons into the country.

If you plan to bring used camping gear -- including hiking boots -- into Australia, please make sure the items are as clean as possible (i.e. not caked in mud). You must declare these items when you arrive in Australia because they may need to be treated/fumigated before you can use them in Australia’s protected ecosystem. If you try to bring in these items without declaring them, you will be prosecuted and fined.

Prescription Medicines

If you are taking regular medication, you should contact International SOS well before departure to confirm that the medicine and the quantities you will be carrying are permitted into the country. You should also find out what documentation you need to provide to the customs agents. You CANNOT mail medicines to Australia.

IMPORTANT! In order to purchase controlled medications while in Australia, you are required to bring a current (less than one year old) specialist report that includes a letter from your doctor, on letterhead, that describes the qualifications of the specialist, diagnosis, medication and dose.

Bring this letter in your carry-on. Just a written prescription will not suffice in Australia for controlled medications.

The maximum allowable amount of medicine you can bring with you is usually a three-month supply. Keep all medications in the container in which they were dispensed. Alternatively, you may also secure controlled medications by being referred to a local Australian psychiatrist or medical doctor.

IMPORTANT! Certain ADHD medicines (such as Adderall) and are NOT allowed to be imported into Australia. If you are taking any psychotropic medicines, please discuss this with an International SOS agent BEFORE your program starts.

To find out more details about Australian Customs regulations, please visit the following websites:

- Australian Border Force
Mental Health

Though mental health counseling and related wellness services are available at our partner universities in Australia, such services may be different in scope than what you’re used to in the U.S. Additionally, your university abroad may refer you to an off-campus specialist or pharmacy (“chemist shop”) in the wider community depending on your personal needs. Be aware that certain services might not be covered under your Overseas Student Health Cover (OSHC) and therefore may result in additional expenses.

If you have any mental health concerns prior to starting your program abroad, the OIE encourages you to take the following steps early in the study abroad process:

1. **Contact International SOS.** See the ISOS Services section in our Study Abroad Handbook.

2. **Contact your doctor.** We recommend for you to ask your doctor these questions as conversation starters:
   - a. What strategies should I be using to handle my existing mental health needs abroad?
   - b. What should I be aware of that might signal I need help with my existing mental health needs?
   - c. Can you write prescriptions or a specialist report for my entire length of stay?
   - d. Should I identify a certain type of doctor now that I’ll need to visit while abroad?

3. **Research services at your university abroad.** Links to your program’s Health & Wellbeing websites are included in the “Resources” section of your program’s brochure in DU Passport. However, we advise you to spend time researching additional details such as available on-campus support groups, counseling hours, and the locations of campus health facilities.

4. **Self-disclose any mental health needs in your university application.** Your university abroad may be able to provide you with beneficial resources and staff contacts before your program begins.

5. **Use ISOS’s Emotional Support Coverage.** See the Psychological & Emotional Wellness Considerations section in our Study Abroad Handbook.
AUSTRALIAN ACADEMIC SYSTEM

Academic Culture

As a former British colony and a member of the British Commonwealth, Australia’s higher education system is based on the British model. There is no educational institution equivalent to the American liberal arts college. The first Australian university was established in 1850, and today there are 40 universities in Australia.

The typical undergraduate program lasts three years (except for some technical degrees or those which require additional certification like nursing, medicine, education, or law) and includes much more academic specialization than is usual in American colleges and universities. Australian students generally concentrate on their major in the first year since there is not a "general studies" requirement as found at most U.S. four-year institutions. Therefore, introductory subjects may be more difficult than at your home university. In general, you should be prepared for some differences between the Australian and the U.S. academic systems and be aware that you will experience a period of adjustment.

Teaching Style

In Australia, a student’s academic schedule fluctuates between lectures, tutorials (small group sessions), laboratory work, seminars, and library study. You may find that you have fewer class hours than in the U.S. but you are expected to do a lot more private study and spend a lot more time in the library.

The core material of the subject is nearly always given in lectures. In popular subjects, a hundred or more students may attend a lecture. In less popular subjects the lecture may have only a small number of students present. In a lecture there is little, if any, interaction between student and lecturer. The material is usually presented in the form of a monologue from the lecturer, perhaps supported by slides and videos.

Your opportunity for discussion will occur during the tutorial, which has a smaller number of students, and where the tutor and the students engage in a dialogue relating to the content of the course. Whereas you are not expected to speak in lectures, you are expected to speak in tutorials. Your participation is very important. Science, psychology and technology subjects also have lab sessions. Language subjects usually require time in the language lab.

Basic Academic Terminology

As you discovered while filling out your study abroad application, the academic terminology used in Australia differs from that used in the U.S. Below are some general terms used in Australia. To find out about other Australian terminology used by your overseas university, refer to your university-specific guide:
Assessment (Grading)

For your class grade, you may be expected to concentrate your academic efforts in library research and writing. It is not uncommon to have a large percentage of your grade based upon only one or two exams. The tutorials may require you to prepare material, present a paper, read articles or participate in group discussions. Though many subjects are assessed by written assignments only (essays, papers, presentations), some also require you to pass final exams. Exams can last up to three hours in length. Some may be “open book” exams. In other cases, you may be given a topic or questions beforehand. For the most part, however, the exam will be closed book. In Australia the final exam may count for a larger proportion of your grade than in the U.S.

The credits and grades earned on this DU program will appear on your DU transcript. They will not count as “pass/fail.” In order for the credit to apply to your general degree, you must pass with a “D” or better. However, in order for the credit to apply to your major or minor, you must generally pass with a “C-” or better. While the credit earned is considered DU credit and the grades you receive will appear on your DU transcript, these grades will not be figured into your DU cumulative GPA.

To figure out how your Australian grades translate to DU grades, please refer to the Global Grading and Credit Scales.

Course Load & Credits

You will take 3 - 5 classes per semester. The number of credits you register for must be above the minimum required to maintain your student visa status (full-time student). The number required at your university will be discussed at the overseas orientation. Dropping below this number will put you in violation of your visa status and may result in your deportation. To figure out how your Australian credits will translate to DU credits, please refer to the Global Grading and Credit Scales.
Learning Differences and Accommodations

If you have certain needs regarding assessment, such as reading assistance, or note taking assistance, please inform your OIE advisor and DU’s Disabilities Services Program. **You also must disclose this information in your application to your Australian university after nomination if you desire disability accommodations abroad.**

Disability services are available in Australia; however, you must give your documentation to the Australian university’s disabilities services office so it may determine which accommodations you are eligible for in Australia.

Waiting until after your program begins to disclose your service needs may result in you **NOT receiving the accommodations you requested.**
**LIVING IN AUSTRALIA**

**Housing ("Accommodation")**

If you participate in a DU Partner Program, DU will help you secure your accommodation. In addition, DU will charge you the DU Study Abroad Housing fee and in turn pay for your rent abroad. You must live in DU-arranged student housing during your program. Please note that, in most cases, students are responsible for paying for their refundable security/damage deposit directly to their housing in Australia.

**Flatting**

Many of you will be living independently for the first time when you go abroad. This means you will have to deal with issues you’ve never had to deal with when you lived at home or on campus at DU as well as the issues arising from living in an entirely different country.

During your first week with your new flat mates, you should meet as a group and discuss preferences, responsibilities, and arrangements for paying any shared expenses. Some questions to ask each other are the following:

1. Will there be quiet hours in the flat?
2. What are the meal arrangements for the flat? Who will cook group meals? Who will pay for group meals? Who will shop for group meals or shared flat food?
3. What is the level of cleanliness acceptable to all flat mates? How will you handle cleaning the flat? Which are group chores and which are individual chores?
4. Will there be a policy on visitors to the flat (duration of stay, extra costs incurred)?
5. How will you handle flat bills, such as telephone, cable, electricity, and internet? (if applicable)
6. How will you sort out flat disputes? If the flat cannot sort out a dispute, to whom will you turn to help resolve it?

**BILL PAYING**

Your flat may have shared bills or expenses. If you are expected to contribute to any flat expenses, you should review the invoices or bills before paying. If your flat mate(s) ask you to pay but do not automatically give you the invoice or bill, just ask to see it before paying. This is simply a matter of good financial management. If you are unsure about the fairness of what you are asked to pay or if your flat mate(s) won’t show you the invoice or bill, talk to the International Office at your host university for guidance on how to proceed.
MAINTAINING YOUR FLAT

On the day you move into your flat, you may complete an Entry Condition Report, which reports on the general state of the flat. Take care when completing this form, noting any damages or items missing prior to you moving in (such as glassware and furniture items). At any time during your tenancy, the flat management may enter, with notice, the common areas of your flat or your bedroom. Generally the flat management will run another Condition Report partway through your tenancy to report on the state in which you keep your flat. Use that report to prepare for your Exit Condition Report, through which you may be assessed damage charges. To avoid paying damage charges, you should thoroughly clean your flat before moving out.

HINT: You cannot wait until the end of your tenancy to tell the management about items that were already damaged or missing when you moved in.

If any damage is made to your premises either by you or your visitors, whether it is accidental or not, make sure you tell the flat management about it. Remember, you are required to leave the place in the same state it was when you moved in. You will have to pay for any damage that is not considered to be reasonable ‘fair wear and tear’.

DAMAGE & UNPAID BILLS

If there are any damages to your flat, the cost for that damage will be taken from the bond money (security deposit).

FALSE FIRE ALARMS

False fire alarms are a serious matter in Australia. Even if you accidentally set off the alarm by burning a piece of toast, you will be charged upwards of AUS$400 for each false alarm. Trying to dismantle your fire alarm will also set it off and result in the AUS$400 fine plus damage costs to the fire alarm.

BEHAVIOR

You need to respect quiet hours, guest policies, and other rules of the flat complex. Your mature behavior ensures that DU can continue sending its study abroad students to Australia.

Have respect for the flat management team. They are not RA’s, which means they will not “write you up” for violations. Instead, they will ask you to move out if your behavior is not suitable. If you do not agree with the flat management about certain issues, please let the OIE know the details of the disagreement so it may intercede.

HINT: If you do not agree with the stated charges for certain services provided by the flat complex, do not use those services. Please do not use those services and then refuse to pay saying the cost is too high.
Fitness Center Membership

The Australian government heavily subsidizes university education for its citizens. This means that some on-campus facilities, such as the fitness center, charge for student usage. Therefore, when budgeting for study abroad, consider whether you plan to use the fitness center. You can generally find usage rates on the overseas university’s website by searching for “sport” or “fitness.”

Internet

As with the fitness center, you may have to pay for internet usage at your program location. Some universities have unlimited internet usage when you are in the university computer lab. Some universities give you up to a certain amount of downloads on your account for free.

If there is internet available in your housing, you will most likely pay for your internet usage. Because many other DU study abroad students will be in homestay or other accommodation situations without internet access, DU decided it would not be fair to pay the internet bill for some students, but not others.

**HINT:** While email is a great way to keep in touch with family and friends back here, too much time spent on social media or email will prevent you from having a full study abroad experience.

Meeting Aussies

A major goal of study abroad is to develop cross-cultural understanding. In addition to achieving academic success, you should strive to meet Australians and get to know their culture. Successful strategies for meeting the locals include the following:

1. **Make an effort.** Because the universities host new study abroad students each semester (some of who promise to keep in touch with the locals but never do), the Australian students may not immediately try to befriend you. As the “outsider” you must show that you want to meet the locals and get to know their culture. Be friendly and genuine.

2. **Join an organization.** Each of the universities has a student union or student guild that oversees clubs and societies on campus. The university’s sport center should also have a listing of social sport clubs that you can join.

3. **Stick around.** While you may be tempted to head out every weekend to travel around the country, doing so will greatly impede your chances of making friendships with local students. Constantly talking about your travel, particularly about expensive excursions, will also turn off the local students, who typically will not have much
spending money as an American study abroad student.

4. **Be respectful.** Compare and contrast gets old fast. Talking non-stop about your personal belongings, including cars and other expensive items in the U.S., will merely reinforce stereotypes about Americans and prevent you from getting to know Australians.

5. **Know your politics.** Most likely you will be asked by Australians about your political stance. Questions about your political views generally will be well-intentioned and made by people genuinely interested in hearing your perspective. Be careful not to get offended or defensive when these questions arise. Also, try not to compare and contrast governments. Your best move is to remain open-minded in political discussions.

Keep in mind that you are only there for a short time so you want to make the most of your time in Australia.

**Tipping**

Tipping is not customary in Australia and service charges are not added to hotel or restaurant bills. However, tipping in restaurants is becoming more common, especially in high-end restaurants and bars, where you may want to tip up to 10% for good service. You are not required to tip taxi drivers although they accept rounded-up tips.

**Water**

Australia is a very dry country and water is a precious commodity. Many Australian cities and towns experience droughts and may enforce water use restrictions. Do not waste water unnecessarily. Tap water in Australia is clean and safe to drink.

**Weather**

For information about weather conditions, refer to the Australian Government Bureau of Meteorology’s website: [www.bom.gov.au](http://www.bom.gov.au). To convert from Fahrenheit to Celsius, subtract 32 then multiply by 5/9. To convert from Celsius to Fahrenheit, multiply by 9/5 then add 32.

**Electricity**

Electricity in Australia is 220-240 volts. In the U.S. it is 110 volts. This means that if you plug your 110 hair dryer directly into an Australian plug it will **BURN OUT**. Transformers are
therefore required and these are probably best bought in the U.S. Make sure however, that your transformer is configured for the three pin Australian plug. If you cannot get one of these in the U.S., consider buying one upon arrival to Australia. However, some hairdryers and curling irons will get dangerously hot, even when using adaptors. Consider purchasing these items upon arrival. If you buy appliances in Australia, you will almost certainly have trouble running them when you get back to the U.S.

Religion

As one of the most multicultural countries in the world, Australia is accepting of all religions and your right to practice your faith without persecution or discrimination is protected by law. To find out where you can practice your faith in your community and/or on your campus, talk to the Australian University’s international office or the University’s chaplain.

Aussie Slang

Even though Australia is an English-speaking country, when you first arrive, you may have to listen carefully to understand the Australian accent. Below you’ll find a helpful list of Aussie slang.

**ACE:** Great, the best
**BANANA-BENDER:** someone from Queensland
**BEAUT/BEAUTY:** expression of approval
**BERKO:** crazy or extremely angry
**BITE YOUR BUM:** go away or be quiet
**BLOKE:** average fellow
**BOTTLE SHOP:** liquor store
**BREKKIE:** breakfast
**BUCKLEY’S:** no chance
**CAR PARK:** a parking lot
**CHOCK-A-BLOCK/CHOCKERS:** completely full
**CLICK:** kilometer
**COBBER:** friend

**AMBER FLUID:** beer
**BANGER:** a sausage
**BEG YOURS?:** could you please repeat that
**BICKIE/BISCUIT:** cookie
**BLIND:** extremely intoxicated
**BLOODY:** known as the great Australian adjective
**BONZA:** great
**BRING A PLATE:** instruction to bring food
**C’ARN:** abbreviation of come on
**CHIPS:** French fries
**CIGI:** cigarette
**CLUEY:** intelligent, smart
**COLDIE:** a beer
<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COP SHOP</strong></td>
<td>police station</td>
</tr>
<tr>
<td><strong>CRISPS</strong></td>
<td>potato chips</td>
</tr>
<tr>
<td><strong>DAG</strong></td>
<td>a tacky or clueless person</td>
</tr>
<tr>
<td><strong>DODGY</strong></td>
<td>of questionable character, shady</td>
</tr>
<tr>
<td><strong>DUNNY</strong></td>
<td>toilet (usually outside)</td>
</tr>
<tr>
<td><strong>FLAT</strong></td>
<td>apartment</td>
</tr>
<tr>
<td><strong>FOOTPATH</strong></td>
<td>sidewalk</td>
</tr>
<tr>
<td><strong>FULL ON</strong></td>
<td>intense</td>
</tr>
<tr>
<td><strong>GOB</strong></td>
<td>mouth</td>
</tr>
<tr>
<td><strong>GOOD ON YOU</strong></td>
<td>expression of congratulations</td>
</tr>
<tr>
<td><strong>GROUSE</strong></td>
<td>great, fantastic</td>
</tr>
<tr>
<td><strong>HEAPS</strong></td>
<td>a lot, many</td>
</tr>
<tr>
<td><strong>I’LL BE BLOWED</strong></td>
<td>expression of surprise</td>
</tr>
<tr>
<td><strong>KIWI</strong></td>
<td>New Zealander</td>
</tr>
<tr>
<td><strong>MATE</strong></td>
<td>common form of address, usually males</td>
</tr>
<tr>
<td><strong>NICK OFF</strong></td>
<td>leave, depart</td>
</tr>
<tr>
<td><strong>ON YA</strong></td>
<td>expression of encouragement</td>
</tr>
<tr>
<td><strong>POSTIE</strong></td>
<td>postman, mailman</td>
</tr>
<tr>
<td><strong>ROCK UP</strong></td>
<td>to show up, to arrive</td>
</tr>
<tr>
<td><strong>SANGER</strong></td>
<td>sandwich</td>
</tr>
<tr>
<td><strong>SHEILA</strong></td>
<td>chick, woman</td>
</tr>
<tr>
<td><strong>SPUNK</strong></td>
<td>sexy or good-looking person</td>
</tr>
<tr>
<td><strong>TA</strong></td>
<td>thank you</td>
</tr>
<tr>
<td><strong>TRACKIES/TRACKIE DAKS</strong></td>
<td>sweat pants</td>
</tr>
<tr>
<td><strong>WACKER</strong></td>
<td>crazy or funny person</td>
</tr>
<tr>
<td><strong>ZONKED</strong></td>
<td>extremely tired</td>
</tr>
<tr>
<td><strong>CRACK ONTO SOMEONE</strong></td>
<td>to hit on someone</td>
</tr>
<tr>
<td><strong>CUPPA</strong></td>
<td>cup of tea or coffee</td>
</tr>
<tr>
<td><strong>DAKS</strong></td>
<td>trousers</td>
</tr>
<tr>
<td><strong>DRONGO</strong></td>
<td>idiot</td>
</tr>
<tr>
<td><strong>EARBASHER</strong></td>
<td>someone who talks too much</td>
</tr>
<tr>
<td><strong>FLATMATES</strong></td>
<td>roommates</td>
</tr>
<tr>
<td><strong>FOOTY</strong></td>
<td>football/rugby game</td>
</tr>
<tr>
<td><strong>GALAH</strong></td>
<td>fool, silly person</td>
</tr>
<tr>
<td><strong>GOOD-OH</strong></td>
<td>expression of satisfaction</td>
</tr>
<tr>
<td><strong>GROG</strong></td>
<td>booze</td>
</tr>
<tr>
<td><strong>HARD YAKKA</strong></td>
<td>hard work</td>
</tr>
<tr>
<td><strong>HOOROO</strong></td>
<td>goodbye</td>
</tr>
<tr>
<td><strong>JUMPER</strong></td>
<td>sweater or jacket</td>
</tr>
<tr>
<td><strong>LOLLIES</strong></td>
<td>sweets, candy</td>
</tr>
<tr>
<td><strong>MILK BAR</strong></td>
<td>convenience store</td>
</tr>
<tr>
<td><strong>NICKED</strong></td>
<td>stolen</td>
</tr>
<tr>
<td><strong>PASH</strong></td>
<td>a long passionate kiss</td>
</tr>
<tr>
<td><strong>RIPPER</strong></td>
<td>terrific! Great!</td>
</tr>
<tr>
<td><strong>ROPEABLE</strong></td>
<td>angry</td>
</tr>
<tr>
<td><strong>SERVO</strong></td>
<td>gas station</td>
</tr>
<tr>
<td><strong>SKIVVY</strong></td>
<td>a turtleneck</td>
</tr>
<tr>
<td><strong>SUNNIES</strong></td>
<td>sunglasses</td>
</tr>
<tr>
<td><strong>THONGS</strong></td>
<td>flip flops</td>
</tr>
<tr>
<td><strong>UNI</strong></td>
<td>university</td>
</tr>
<tr>
<td><strong>WALKABOUT</strong></td>
<td>to describe something that’s lost</td>
</tr>
</tbody>
</table>
HEALTH AND SAFETY

Mandatory Australian Health Insurance: Overseas Student Health Cover (OSHC)

DU has purchased mandatory Australian health insurance for you called Overseas Student Health Cover. The OSHC helps you pay for any medical and/or hospital care you may need while in Australia and most prescription drugs and emergency ambulance transportation. The OSHC also entitles you to use the on-campus health facilities at your university and other general practitioners. Each of the Australian universities uses different OSHC providers; the specific information is provided with the Offer of Admission to the program. The OSHC does not begin until you arrive in Australia and does not apply to travel outside of Australia. You will receive more details on OSHC during your on-site orientation upon arrival to your host university.

ADDITIONAL HEALTH INSURANCE

Even though you will have insurance in Australia through your study abroad program, we require that you DO NOT cancel your U.S. insurance policy while away from school because if you have to come home mid-term for any health reasons, you will need U.S. insurance to continue your coverage.

If you waived DU health insurance in the past, we recommend that you contact your current health policy provider to find out what type of coverage it offers while abroad (especially if you plan to travel outside of Australia). If your current policy does not cover you while abroad, you should consider additional insurance options. For specific details about DU’s health insurance and its international coverage, please check with DU Health Services.

Vaccinations

No vaccinations are currently required for travel to Australia. However, travelers can check the latest health information with the U.S. Centers for Disease Control and Prevention in Atlanta, Georgia. A hotline at 877-FYI-TRIP (877-394-8747) and a website at www.cdc.gov/travel/index.html give the most recent health advisories, immunization recommendations or requirements, and advice on food and drinking water safety for regions and countries.

If you plan to visit other countries while you are abroad, check with the CDC to find out what vaccinations may be required. If you require a vaccination, you can make an appointment with your physician or contact the DU Health and Counseling Center.
Emergency Number

The standard emergency phone number in Australia is 000.

Medical Facilities

Excellent medical care is available in Australia. Serious medical problems requiring hospitalization and/or medical evacuation to the United States can cost thousands of dollars. Most doctors and hospitals expect immediate cash/credit card payment for health services.

Traffic Safety & Road Conditions

Visitors are reminded that all traffic operates on the left side of the road, and that all vehicles use right-hand drive. Visitors should use caution when crossing streets and when driving. When crossing roads, pedestrians are reminded to look carefully in all directions. Seat belts are mandatory. Speed limits and laws regarding driving while intoxicated are rigorously enforced. Roads and streets are frequently narrower and less graded than U.S. highways. Outside the major metropolitan areas, most highways are two-lane roads with significant distances between destinations.

As a reminder, according to the Association for Safe International Road Travel (ASIRT), the single greatest cause of death and serious injury abroad is road accidents. These far exceed deaths resulting from disease, violence or terrorism, so use your best judgment if you choose to drive and know the risk you are taking. **DU does not encourage students to drive while abroad because driving abroad can be difficult and dangerous.**

Other Safety Issues in Australia

**AUSTRALIAN FAUNA**

Visitors are cautioned that Australian fauna can be as dangerous as they are inspiring. From jellyfish off the Great Barrier Reef to crocodiles and sharks, poisonous insects and snakes, the continent and its waters host wildlife that merit awe and respect in equal doses.

Further information on Australian wildlife may be obtained from:

- *Australian Institute of Marine Science*
  www.aims.gov.au
- *Wet Tropics Management Authority on Marine Life*
  www.wettropics.gov.au/aquatic-ecosystems
- *Wet Tropics Management Authority on Plants & Animals*
  www.wettropics.gov.au/plants-animals
**BEACH**

Swimmers should use safety precautions, swim between the flags only where a lifeguard is present, and never swim alone. Scuba diving can be a treacherous sport. Over the past few years there have been numerous deaths related to diving incidents. Divers are urged to follow recommended precautions and never dive alone.

**SUN**

With little ozone layer, the sun can have harmful effects. Take particular care between 10am and 3pm, when UV levels are at their highest. Be sure to wear sunscreen, cover exposed skin when possible, wear close-fitting sunglasses to protect your eyes, and seek shade whenever possible.

**LEARNING TO BE AN AUSTRALIAN PEDESTRIAN**

Though it seems simple and silly, you must re-train yourself to look **FIRST RIGHT, THEN LEFT** when crossing the street since traffic drives on the left side of the road in Australia. Every year DU students come home with stories of getting hit by bicycles or even cars when crossing the street.
COMMUNICATION IN AUSTRALIA

How to Call Home

First things first, call home as soon as you can after arrival because your family is anxious to hear from you. Give your family your abroad phone number, email address and mailing address so they know how to reach you in the event of an emergency.

To make a direct call to the U.S. using a phone that provides the direct dialing option, dial: **0011+ 1 + area code + phone number**

CALLING CARDS

Pre-paid calling cards in Australia are inexpensive, while calling rates with cards from the U.S. are much higher. Therefore, we recommend you get a calling card when you arrive in Australia. Cards can be purchased almost anywhere: at the airport, newspaper shops and markets.

TIME DIFFERENCES

Whatever calling method you use, consider the time difference before you call home. To calculate the time difference between your home and host city, check out [www.timeanddate.com/worldclock](http://www.timeanddate.com/worldclock).

Mobile Phones

Most students use a mobile phone while in Australia. To avoid roaming charges, you may want to buy a SIM card from an Australian mobile phone company if you decide to use your unlocked U.S. phone. However, most students decide to buy an Australian mobile phone upon arrival, as they are relatively inexpensive (normally starting at $50). Some Australian mobile service providers offer great rates for calls to the U.S. and Canada, so it pays to shop around!

Here are some Australian providers:


You may want to wait to make a decision on cell phones until you arrive, as many students suggest signing up with the same company as your friends to take advantage of mobile-to-mobile calls and texting. Many Australian universities are now including information on mobile phones during Orientation Week.
Email

The Australian university may provide you with a local email account. Please make sure that you continue to check your DU email regularly (or forward it), as this is how the OIE will most likely maintain communication with you. Keep in mind, however, that you may or may not have internet access in your housing, and you may have to pay for internet use both on- and off-campus. Check your housing and host university’s websites to find out about internet access where you’ll be studying.
**MONEY IN AUSTRALIA**

**Bank Account**

You have the option of opening a bank account while in Australia. A bank account will allow you to keep your money in a safe place and avoid ATM charge fees. Information about how to open an account at a local bank will be provided by your host university upon arrival during Orientation Week.

**ATM Cards & Credit Cards**

Make sure you know how to contact your bank from overseas. Find out if they offer a 24-hour customer service help line and **what their emergency phone number is for calls from outside of the U.S.** If your bank card is lost or stolen, you should notify your bank immediately. Also be sure to confirm with your bank that your card has an international 4-digit pin (this is usually the case, unless you have a small hometown bank).

Most credit cards, such as MasterCard, VISA or American Express, can be used in Australia, as well as worldwide.

If your credit card is lost or stolen, you must contact the financial institution that issued your card immediately and report it lost or stolen. You should keep a copy of your financial institution’s name, its customer service phone number and your card account number in a convenient place -- separate from your card.

**Traveler’s Checks, Cashier’s Checks, Money Orders & Personal Checks**

We **DO NOT** recommend taking traveler’s checks, cashier checks, money orders or personal checks. Although banks will accept your checks, they will not give you cash for them until they have cleared through the whole banking network, which usually takes 6-8 weeks or longer.

We recommend that you keep a copy of your passport, credit card numbers, insurance contact numbers, and airline tickets in a separate place from the originals. You should also leave a set of copies at home with your family.
Australian Currency

The Australian currency follows a decimal system. The Australian Dollar (AUD$) is divided into 100 cents. Notes come in denominations of $5, $10, $20, $50 and $100 and differ in color and size. Coins come in $1 and $2 dollars and 50c, 20c, 10c and 5c and differ in color and size. Start to familiarize yourself with the currency, both notes and coins, as well as exchange rates. Check out [www.xe.com](http://www.xe.com) to figure out conversion rates.

You may want to carry a small amount of local currency before you leave, $50 to $100 Australian dollars, for the first few days, and especially if you plan to arrive on a weekend. You can exchange money at a U.S. bank or airport before departure or at an Australian airport upon arrival. ATMs are also widely available.

**Exchange rates change daily.**

Please continue to check exchange rates while you travel.
Please visit the U.S. Bureau of Public Affairs and the U.S. Bureau of Consular Affairs websites for more information on Australia.