

International Student Pre -Enrolment Handbook

Training Australia First



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www.taf.edu.au

Version 1

Issued date: July 2025

Table of Contents

Important Information and Emergency Contact details.....	4
Things to do before leaving home.....	7
Things to do upon Arrival	8
Pre arrival and Settling- in Information.....	9
Melbourne City	9
Arranging Visas	10
Department of Home Affairs	10
Department of Foreign Affairs and Trade (DFAT)	10
Migration Agents.....	10
Education Agents	11
Visa Conditions	11
Cost of living.....	11
Arranging Travel	12
Documents.....	12
What to Bring	13
Seasonal Considerations	13
Clothing.....	13
Other Items You Might Need to Include	14
Bringing Your Computer.....	14
Mobile Phones & Laptops.....	15
On Your Flight	15
Entry into Australia.....	15
Keeping in Contact	17
Accessing Money	17
Transport	18
Accommodation	20
Bringing Family	22
How to find part-time work in Australia?.....	24
How to stay fit and healthy in Melbourne?	26
How to find services for the family?.....	27
Services for Children	27
How to find local services?	28
Communications	29
Leisure Activities	31
Bush and outback safety.....	32
Fire Safety	36
Adjusting to Life in Australia:	42
Culture Shock:	44
Australian Culture:.....	45
Public Holidays & Special Celebrations:.....	49

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
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Important Information and Emergency Contact details

Training Australia First	<p>Head Office 13/2 Enterprise Dr Bundoora – Vic 3083</p> <p>College Campus 1836 Sydney Road Campbellfield – Vic 3061 Ph: (03) 9357 9119 Email: info@taf.edu.au Web: www.taf.edu.au</p>
Student Services & Records Manager (SSR)	<p>SSR is the first point of contact for you. For matters related to</p> <ul style="list-style-type: none"> • Enrolling with Training Australia First • Visa issues • Accommodation • Health care • Library facilities • Course progress • Warning letters received • Training Australia First's policies and procedures • Access to your records or passwords • Printing • Course deferral/suspension/withdrawal/cancellation • Change to CoE • Refunds • Special needs • Applying for course credits • Transfer between registered providers • Complaints and appeals <p>In the cases where it is beyond the SSR's capabilities to respond to your queries, you will be provided with appropriate referrals. There are no cost to the students to provide referrals, but the referral may charge you.</p>
General Manager 24-hour emergency contact number	<p>General Manager Mr. Manish Thadani 1836 Sydney Road Campbellfield – Vic 3061 Ph: (03) 9357 9119 Mobile: 0413420954 Email: manish@taf.edu.au Web: www.taf.edu.au</p>
Trainers/ Assessors	<p>Contact details of your trainers/assessors will be provided to you on the first day of the orientation. You will be able to access support of your trainers/assessors during class hours. Any out of class support should be negotiated with the trainers/assessors before hand</p>

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© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 4 of 55

Service Providers	
Consumer Protection	Consumer protection provides advice and support regarding consumer issues such as tenancy. Tel: 1300 558 181 or visit www.consumer.vic.gov.au
Crime stoppers	Free call 1800 333 000 if you witness a crime
Crisis Counselling	Lifeline: Tel: 131 114 for confidential counselling by trained professionals, 24 hours a day. Tel: 1300 131 114 This is a Lifeline counselling service as well which operates Monday-Friday 9:00am-5:00pm
Department of Home Affairs (DHA) or visa matters	Tel: 131 881 Street address: including: Counter hours: Postal address: General facsimile: Ground Floor, Casselden Place 2 Lonsdale Street Melbourne VIC 3000 Level 5 /76 Thomas Street, Dandenong 3175 0900-1600 Monday - Friday GPO Box 241, Melbourne VIC 3001 03 9235 3300 Tel: 131 881 2 Lonsdale Street, Ground Floor, Casselden Place, Melbourne City
Emergency – Police, Fire, Ambulance	Tel: 000 This is a 24-hour free service. Just state the service you require and remember to give your address.
Essential Services – Electricity, Gas and Water	Electricity and Gas Suppliers: AGL Citipower: Origin Energy: TruEnergy: Tel: 131 245 Tel: 131 280 Tel: 132 463 Tel: 133 466 www.agl.com.au www.powercor.com.au www.originenergy.com.au www.truenergy.com.au Water: Yarra Valley Water Tel: 133 466 www.yvw.com.au
Health & Medical Services	Look up the yellow pages for the nearest general practitioner available in your area. There is a Campbellfield Medical Centre close to the college campus at: Suite 1A, Campbellfield Plaza Cnr Hume Highway & Mahoneys Rd Campbellfield VIC 3061 Telephone: 9359 6671 for an appointment. More details are available on their website at http://www.yourhealth.net.au/campbellfield/

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© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 5 of 55

Housing	The following websites are a good source of information to begin with when searching for accommodation: www.domain.com.au ; www.realestate.com.au
Interpreter and Translation services	DHA Telephone Interpreting Service (TIS): Tel: 131 450 or visit https://www.tisnational.gov.au/Help-using-TIS-National-services/Contact-TIS-National
Taxation	Tax File Numbers, tax information and superannuation: or Tel: 132 861 www.ato.gov.au
Transport	Train, Tram and Bus information Metro: Tel: 131 638 or visit www.metrotrains.com.au Melways Street Directory Online: www.ausway.com Transport information line: 131 500 Taxis: Yellow Cabs Tel: 132 227 (wheelchair accessible) Silver Top Tel: 131 008 (wheelchair accessible) Embassy Taxis Arrow Tel: 131 008 Tel: 131 008 VicRoads: for information on drivers license or other road related matters or visit www.vicroads.com.au
Victims referral & Assistance	Department of Justice Tel: 9651 0333
Job search	www.seek.com.au
Education Services for Overseas Student (ESOS) framework	You can access information on the Education Services for Overseas Student (ESOS) framework including official Australian Government material or links to materials online by clicking on the link below. https://internationaleducation.gov.au/regulatory-information/pages/regulatoryinformation.aspx
Information on studying in Australia	https://www.studyaustralia.gov.au

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Things to do before leaving home

	✓
Apply for passport	
Arrange student visa	
Make contact with Training Australia First	
Arrange for immunizations and medication from doctors	
Apply for credit card and/ or arrange sufficient funds	
Make travel arrangements	
Confirm overseas access to your funds with your bank	
Advise Training Australia First of your travel plans	
Arrange accommodation	
Arrange transport from airport to accommodation	
<p>Pack bags and make sure to include:</p> <ul style="list-style-type: none"> • Name and contact details of TAF's SSR • Enough currency for taxi, buses, phone calls emergency etc. • Important documents including: <ul style="list-style-type: none"> ○ This handbook ○ Passport ○ Letter of offer ○ eCoE ○ original/certified copies of your qualifications and certificates ○ ID card, divers license <p>Make sure you leave copies of the documents back at home with your family in case of emergency</p>	

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© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 7 of 55

Things to do upon Arrival

	✓
Call home	
Settle in accommodation	
Contact Training Australia First	
Buy household items and groceries	
Enroll children in school (if applicable)	
Attend orientation	
Get student id	
Advise health insurance company and get the card issues	
Open a bank account	
Start classes	
Apply for tax file number if seeking work	
Get involved in student life and association (e.g music, cultural activities, sports etc.)	

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© Training Australia First Pty Ltd ABN: 23 168 053 825			Page 8 of 55	

Pre arrival and Settling- in Information

Melbourne City

Melbourne is the capital city of Victoria. It is located by the Yarra River and around Port Phillip Bay with its beautiful beaches and water sporting facilities. It is a beautiful city with as many attractive parks, gardens, sporting venues and scenic surroundings Australian space and natural resources allow. Melbourne is a world-renowned cultural, artistic, financial and communications centre served by an international airport, a cargo and passenger seaport, and rail links to neighbouring States. Melbourne once voted the world's 'most liveable city' offers clean, fresh air and an abundance of amazing parks and gardens to enjoy.

Melbourne is considered to be the shopping capital of Australia and offers some of Australia's biggest shopping complexes as well as sophisticated, exclusive boutiques and a host of lively and popular markets. Melbourne has a population of 4million people, one quarter of which were born overseas making it one of the world's most multicultural cities. There are now people from 140 nations living harmoniously together. This broad ethnic mix has brought many benefits to the city including a wide range of cuisines and over 2,300 elegant restaurants, bistros and cafes.

Sometimes called the culinary capital of Australia, Melbourne has a vast array of restaurants, offering a variety of international cuisine. Bustling Chinatown in the heart of the city, serves up the finest of Asian cuisine and culture. Several other Melbourne streets are dedicated to Vietnamese, Japanese, Italian and Greek food – cuisine to suit every palate and many to suit a student's budget.

Melbourne has an excellent public transport system with trams, trains and buses providing an extensive network throughout the city and suburbs. Melbourne is a sprawling city with suburbs extending up to 50km from the centre of the city. The city centre is on the banks of the Yarra River, 5km from Port Phillip Bay. The city centre features world class department stores, historical architecture, theatres, galleries and arts centres. Melbourne is only a short distance from many beautiful beaches as well as the Victorian mountain regions, where is extremely popular for skiing in winter.

Shopping

Melbourne has numerous large shopping centres, department stores, discount stores and supermarkets. Students would find there most of the goods and services they need.

Normal Shopping hours are

9.00 a.m. – 5:30 p.m.	Monday to Tuesday
9:00 a.m. – 9:00 p.m.	Thursday and Friday
9:00 a.m. – 5:00 p.m.	Saturday and Sunday

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© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 9 of 55

Arranging Visas

Most international students wanting to study in Australia require a **student visa**. Some other visa holders are also eligible to study as international students in Australia. Many students apply for a visa themselves on-line or via the Australian Diplomatic Mission in their country. The visa application process can be complicated and for students from some countries it may be better to submit an application with the assistance of an accredited agent due to their familiarity and experience in the field. You should check with the education provider in Australia for their accredited agents in your country.

In order to apply for a visa you will need a **valid passport**, an **electronic Confirmation of Enrolment (eCoE)** and any **other documentation** required by the Australian diplomatic post with which you lodge your application.

For example, if you are under 18 you must have a completed **CAAW form** to ensure your accommodation and welfare is approved by your education provider.

Training Australia First does not deliver courses to international students below the age of 18 years.

You must ensure to **allow enough time** for processing between lodging your application and the start of your academic program, as it can be a lengthy process depending on your country of origin.

Department of Home Affairs

The Australian Government's Department of Home Affairs provides comprehensive information about student visa requirements and the application process, as well as application document checklists to assist you with your application. Visit <https://immi.homeaffairs.gov.au/visas/getting-a-visa/visa-listing/student-500> for the latest information.

Department of Foreign Affairs and Trade (DFAT)

As well as links from the website the Department of Foreign Affairs and Trade website <https://dfat.gov.au/about-us/our-locations/missions/Pages/our-embassies-and-consulates-overseas.aspx> has a comprehensive list of Australian embassies, high commissions, consulates and representative offices around the world.

Migration Agents

A migration agent can assist you in submitting your visa application and communicate with DoHA on your behalf, but please note that **you do not need to use a migration agent** to lodge any kind of visa application.

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© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 10 of 55

Education Agents

Education agents promote various Australian education programs and institutions internationally and are a good way for students to apply to study in Australia. Agents are experienced in making international student applications and applying for visas. Most speak both English and the local language so this makes the application process a lot simpler and generally hassle free for students and parents. Most do not charge for their service as they collect a commission from the institution you choose to attend. However, some agents do charge small amounts or offer additional services for which they charge. You can check with your Australian education provider for contact details of agents they recommend.

Please Note: Although able to assist in completing education and visa applications, Education Agents are NOT licensed to provide migration advice.

Visa Conditions

If you are granted a visa, you must abide by its conditions. Failure to comply with these conditions could result in the cancellation of your visa. These conditions include (but are not limited to):

- Complete the course within the duration specific in the CoE
- Maintain satisfactory course progress
- Maintain approved Overseas Student Health Cover (OSHC) while in Australia
- Remain with the principal education provider for 6 calendar months, unless issued a letter of release from the provider to attend another institution
- Notify your training provider of your Australian address, emergency address and any subsequent changes of address within 7 days.

For a full list of **mandatory** and **discretionary** student visa conditions please visit

<https://immi.homeaffairs.gov.au/visas/already-have-a-visa/check-visa-details-and-conditions/see-your-visa-conditions>

Cost of living

Information on living in Australia is available at <https://www.studyinaustralia.gov.au/english/live-in-australia>

Information on living in Melbourne is available at <http://www.living-in-melbourne.com/cost-of-study-in-melbourne.html>

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© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 11 of 55

This information helps to ensure students are better able to make the most of their studies and have a safe and enjoyable experience in Australia. Funds should be sufficient to contribute to the cost of travel, tuition, school costs of any dependents, and living costs.

Decision makers will consider a range of factors in determining whether funds demonstrated or declared will be genuinely available to contribute to the cost of studying and living in Australia.

These factors may include:

- 1 the applicant's previous financial and immigration history
- 2 the employment history of the applicant or the person providing them with financial support
- 3 the source of the income used (such as cash assets or a bank loan).

Where there is doubt about an applicant's ability to access their claimed funds in Australia, the applicant may be requested to provide further information.

Example: Applicants relying on a bank loan may need to show that these funds have been deposited into a bank account to which they have unrestricted access, and that they have the financial capacity to service the loan both before they depart for Australia and once they arrive.

<https://www.studyinaustralia.gov.au/english/live-in-australia/living-costs>

Arranging Travel

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

You should fly into Tullamarine Melbourne International Airport. Visit

<http://melbourneairport.com.au> for further information.

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 [institution/school]
- Confirmation of Enrolment (eCoE) issued by [institution/school]
- 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

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© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 12 of 55

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. Students have received on the spot fines for not declaring items. Visit the Australian Quarantine and Inspection Service (AQIS) homepage www.aqis.gov.au :

- Read **“What can't I take into Australia?”**
- And also let your family and friends know **“What can't be mailed to Australia?”**

Baggage allowances flying into Australia will vary according to your carrier, flight class and country of origin. Please check with your carrier prior to departure. Economy passengers are generally permitted 1 x checked luggage (35kg) and 1 x carry-on (7kg) for international flights, but only 20kg of checked luggage on domestic flights within Australia. This will significantly limit the amount of things you can bring, especially if you will fly within Australia to get to your final destination. Therefore, it is essential to think the packing process through very carefully. You will be able to purchase most things upon arrival in Australia but the price may be higher than in your own country.

Seasonal Considerations

Summer in Australia is from December to February, autumn from March to May, winter from June to August, and spring from September to November. For most of the country the hottest months are January and February.

If you arrive in June or July, the coldest months of the year, you may need to bring or buy winter clothing and blankets. You may also need to purchase a heating appliance once you arrive.

Clothing

On most campuses, students usually dress informally. Jeans or slacks with t-shirts or blouses, sneakers or “running shoes” are almost standard dress. Shorts are often worn during the summer months and sandals are the most common footwear. It is acceptable for both men and women to wear shorts and sleeveless t-shirts. This is common during the hotter months.

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© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 13 of 55

A sports coat or suit and tie for men and appropriate dress for women is necessary for some functions such as formal dinners, a graduation ceremony, student dances or balls. For festive occasions, you may want to bring traditional dress and accessories.

Most primary and secondary school students will be required to wear a school uniform to classes and other school activities. You should check with your education provider what is included in the uniform package.

Other Items You Might Need to Include (most can also be purchased in Australia)

- | | |
|---|--|
| <input checked="" type="checkbox"/> alarm clock | <input checked="" type="checkbox"/> scientific or graphics calculator |
| <input checked="" type="checkbox"/> bath towels, bed sheets, pillow cases | <input checked="" type="checkbox"/> camera |
| <input checked="" type="checkbox"/> dictionary (bilingual) | <input checked="" type="checkbox"/> micro recorder for lectures |
| <input checked="" type="checkbox"/> small sewing kit | <input checked="" type="checkbox"/> spare spectacles or contact lenses |
| <input checked="" type="checkbox"/> music CDs or iPod | <input checked="" type="checkbox"/> your optical prescription |
| <input checked="" type="checkbox"/> sporting equipment | <input checked="" type="checkbox"/> photos of friends and family |
| <input checked="" type="checkbox"/> toiletries | <input checked="" type="checkbox"/> swimming costume |
| <input checked="" type="checkbox"/> umbrella | <input checked="" type="checkbox"/> small gifts from home |



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.

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

Bringing Your Computer

Bringing a PC or laptop into Australia may be a little more complicated.

Items owned and used for more than 12 months prior to arrival are allowed in tax-free. Proof of the date of purchase and purchase price may be required. Computers which are less than 12 months old and over AUD\$400 may attract Goods and Services tax (GST) at a rate of 10%. Consideration is given as to whether or not you intend to export the computer at the conclusion of your studies.

To satisfy the Customs Officer that you will be taking the computer out of Australia you should bring along a statutory declaration (a written declaration witnessed by the certifying authority in your country) stating that the computer is for use during your studies in Australia, and that you intend to take it back with you when you complete your studies. You may be required to give an undertaking under Section 162 to this effect and provide a cash security to Australia Customs upon arrival.

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Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 14 of 55

Mobile Phones & Laptops

If you are considering bringing a mobile phone, laptop, or any communication devices we suggest that you visit the Australian Communications and Media Authority www.acma.gov.au before making any purchases. Some students have brought in their own laptops with internal modems only to discover that they were unable to use their modem in Australia. Any external or built-in modems must be **Austel Approved** in order to function in Australia.

On Your Flight

Wear comfortable, layered clothing so that you are able to make adjustments according to the local weather. Remember – if you are flying from a northern hemisphere winter into the Australian summer it will be **very HOT** so wear light weight clothing underneath, and have a pair of sandals or lighter shoes in your hand luggage if you need cooler footwear. Alternatively extra clothing may be required on-hand if flying into the Australian winter season.

Before landing in Australia passengers are given an **Incoming Passenger Card** to fill in. This is a legal document. **You must tick ✓ YES if you are carrying any food, plant material including wooden souvenirs, or animal products.** This includes fruit given to you during your flight. If you have items you don't wish to declare, you can dispose of them in quarantine bins in the airport terminal. Don't be afraid to ask airline staff if you have any questions.

If you are carrying more than **AU\$10,000** in cash, you must also declare this on your Incoming Passenger Card. It is **strongly recommended** however, that you do not carry large sums of cash but arrange for an electronic transfer of funds into your Australian bank account once it has been opened.

Entry into Australia

Australian Immigration

When you first arrive in Australia you will be required to make your way through Australian Immigration (follow the signs for Arriving Passengers as you leave the plane). An Immigration Officer will ask to see your completed Incoming Passenger Card (given to you on the plane) along with your passport and student visa evidence. The Immigration Officer will check your documents and may ask you a few questions about your plans for your stay in Australia.

Baggage Claim

Once you have passed through the immigration checks you will move to baggage claim (follow the signs) and collect your luggage. Check that nothing is missing or damaged. If something is

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© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 15 of 55

missing or damaged go to the **Baggage Counter** and advise them of your problem. Staff at the Baggage Counter will help you to find your belongings or lodge a claim for damage.

Detector Dogs

You may see a **Quarantine Detector Dog** at the baggage carousel or while waiting in line to pass through immigration, screening luggage for food, plant material or animal products. If you see a detector dog working close to you, please place your bags on the floor for inspection. These dogs are not dangerous to humans and are trained to detect odours. Sometimes a dog will sit next to your bag if it sniffs a target odour. Sometimes dogs will detect odours left from food you have had in the bag previously. A quarantine officer may ask about the contents of your bag and check you are not carrying items that present a quarantine risk to Australia.

Australian Customs and Quarantine

Once you have your luggage you will go through Customs. Be careful about what you bring into Australia. Some items you might bring from overseas can carry pests and diseases that Australia doesn't have. You must **declare ALL** food, meat, fruit, plants, seeds, wooden souvenirs, animal or plant materials or their derivatives.

Australia has **strict quarantine laws** and tough on-the-spot fines. Every piece of luggage is now screened or x-rayed by quarantine officers, detector dog teams and x-ray machines. If you fail to declare or dispose of any quarantine items, or make a false declaration, you will get caught. In addition to on-the-spot fines, you could be prosecuted and fined more than AU\$60,000 and risk 10 years in prison. All international mail is also screened.

Some products may require **treatment** to make them safe. Items that are **restricted** because of the risk of pests and disease will be seized and destroyed by the **Australian Quarantine and Inspection Service (AQIS)**.

For more detailed information about bringing in food, animals, plants, animal or plant materials or their derivatives visit **www.daffa.gov.au/aqis**.

Arrivals Hall

You will be able to leave the restricted area and enter the Arrivals Hall once you have cleared Customs. Here you will find a number of retail and food outlets along with public telephones, an information booth and money exchange facilities. If you arrive on a weekend, you may like to exchange money here as most banks are not open on Saturdays and Sundays.

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© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 16 of 55

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.

You should inform Training Australia First of your arrival by sending an email to ssr@taf.edu.au the email should include your Australian address and contact details.

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. It is recommended that you have approximately AU\$1500 to AU\$2000 available for the first two to three weeks to pay for temporary accommodation and transport. You should bring most of this money as either Traveller's Cheques or on an international credit card. Traveller's cheques can be cashed at any bank or currency exchange in Australia.

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. Not even someone who may indicate they are studying at the same education institution.

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 Melbourne, you can also change money at any bank or at currency exchanges.

Electronic Transfer

You can transfer money into Australia by electronic telegraph or telegraphic transfer at any time. This is a fast option and will take approximately 48 hours, but the bank will charge a fee on every transaction.

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© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 17 of 55

ATMs

Automatic Teller Machines are located everywhere (including at the airport) and you can immediately withdraw cash from your overseas bank account at ATMs displaying the Cirrus Logo (if your ATM card has international access). Check this with your financial institution before leaving home.

Credit Cards

All major international credit cards are accepted in Australia but you must remember that repayments to many of these cards can only be made in the country where they were issued. Do not rely on being able to get a credit card once you arrive in Australia because this is very difficult due to credit and identification laws.

Transport

Australia offers modern transport systems that include trains, buses, tramways, ferries, two major national airlines and a number of regional airlines.

Metropolitan areas are divided into zones and your ticket type and cost depends on which zone you are going to travel in and for how long. Tickets can be bought at train stations, on buses and trams and at news agencies

The Upfield train station and bus stops are accessible 5 minutes' walk from the college.

International students may drive in Australia on a valid overseas drivers license but if the document is not in the English language the student must carry a translation with the permit. An international driving license is not sufficient by itself.

[myki](#) is the only ticket from the first service on Saturday 29 December 2013.

View [myki](#) for information about how to get your myki.

Continue checking this website for the latest ticketing information.

Please note: Travelling without a valid ticket could lead to a fine.

MYKI

myki is Melbourne's ticketing system and can be used to travel on trains, trams and buses in Zones 1 and 2 including V/Line services to Melton and Sunbury.

myki is also available on Ballarat, Bendigo, Geelong, Bellarine Peninsula, Seymour and Warragul town buses and Latrobe Valley intertown buses. For more information, see [myki on regional town buses](#).

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Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 18 of 55

The reusable smart card is easy to use. Simply [top up](#) before your journey and then [touch on and touch off](#) at a [myki reader](#) as you travel.

myki money and myki pass

Before you travel, you need to top up your myki with either [myki money](#) or [myki pass](#).

With myki money, you 'pay as you go' while myki pass is suitable for if you travel regularly.

You can store **both** [myki pass](#) and [myki money](#) in your myki at the same time. That's because myki money can be used to pay for any travel outside of your myki pass zone.

Myki Visitor Pack

International and interstate visitors coming to Victoria can buy a myki Visitor Pack to travel on Melbourne's public transport network.

The [myki Visitor Pack](#) contains a myki card with enough value for one day's travel in Zone 1 (which includes the entire tram network), discounts to various Melbourne attractions, a map and instructions for use.

Metropolitan zones

Melbourne's public transport network is divided into two main fare zones.

The type of ticket or myki you travel with depends on which zones you travel in.

myki is available for travel in the individual zones or both.

Check which zones your journey covers before selecting a ticket to ensure it covers your entire journey.

For example, travelling to Belgrave Station (Zone 2) from the city (Zone 1) will require a Zone 1+2 ticket.

Zone 1, Zone 2 and zone boundary overlap



Zone 1 covers the CBD and most inner suburbs of metropolitan Melbourne.



Zone 2 covers the outer suburbs of metropolitan Melbourne.

Zone boundary overlap When travelling in a zone boundary overlap, passengers can travel with a ticket valid for either zone.

Travelling with the right ticket

Tickets need to be valid for each zone travelled in; however, when travelling in a zone boundary overlap, the ticket can be valid for either zone.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 19 of 55

Tram passengers only

If you travel across Zones 1 and 2, you will pay only a Zone 1 fare as the Zone 1 and 2 overlap extends to the end of routes 42, 75, 86 and 109. For trips taken entirely within Zone 2, you should remember to touch off with your [myki](#) to get the best fare.

When you plan a trip using the [journey planner](#) your trip plan will tell you which zone/s you will be travelling in.

Go to <http://ptv.vic.gov.au/>

Accommodation

Some types of accommodation available for international students are: (please note these are indicative prices and could vary from time to time based on market conditions.)

Full Board (Homestay) AUD\$110.00 - \$280.00 per week.

Hostels and Guest Houses AUD\$80.00 - \$135.00 per week

Shared Accommodation AUD\$70.00 - \$250.00 per week

Rented accommodation AUD\$100.00 - AUD\$400.00 per week

Temporary or permanent accommodation

Finding the right accommodation is one of the biggest challenges facing a new international student and finding a place in your price range can be even harder.

It is a good idea to arrange some form of temporary accommodation before you come to Australia. This will allow you time to get to know the place where you will be living and look for a more permanent place to stay.

Arranging temporary accommodation before arrival

At the very least, you will need to arrange temporary accommodation for your first few days while you look for something more permanent. If you require assistance with accommodation, please nominate on your enrolment form and a Student Services and Records Manager will assist you.

You can look up hostels and book online at www.yha.com.au or www.hostels.com

For last-minute bookings at hotels and short-stay apartments there are a number of internet booking services such as www.getaroom.com.au or www.wotif.com but city hotels in particular are expensive at upwards of AUD\$150 per night, so you should find something cheaper as soon as possible.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 20 of 55

Arranging permanent accommodation

Australia has a variety of high standard student accommodation available to suit different budgets and needs and there are several long-term housing options available to you. There are hostels (rooming houses), Homestay (living with a family in their home), and rental properties (either on your own or sharing with others). Shared accommodation with other students is common and popular and student noticeboards and newspapers often advertise rooms, apartments and houses for rent.

Most accommodation, except homestay, does not include electrical items, household equipment, sheets, and blankets etc. Secondhand household goods are available quite cheaply, but you may wish to bring some of your own basic items.

You should use the information on this website in conjunction with your own research. You can look at websites like www.domain.com.au and www.realestate.com.au that list accommodation for rent. This should give you a good idea of the type and cost of accommodation that is available. Another good tip is to get references from people you may already have rented accommodation from in your own country. Providing copies of these to a real estate agent when you apply for a property can show them that you have a proven record of being a good tenant. You should also be prepared to provide them with evidence that you have enough money to pay for your accommodation, for example, with a bank account statement.

Homestay

Homestay is when you live with a family in their home. It is popular with younger students and those studying short-term English courses. Single or shared rooms are available and the costs vary. Meals are usually included, but cheaper self-catering Homestay is available.

You should pay for your Homestay rent and deposit (usually the equivalent of four weeks' rent) on arrival if you have not paid before you leave home. Make sure you get a receipt each time you pay the rent.

As you will be living in someone else's home, you will be expected to clean up after yourself, especially in shared areas. You should seek your host's approval before you install any equipment, such as a television, in your room. If you have any questions, talk to your host and they will try to help you. If there is still a problem, contact your education institution for assistance.

It is a good idea to discuss the following issues with your host family when you first arrive. This will help you to better communicate with them, and to get the most out of your Homestay experience:

- When should I pay the rent or phone bill?
- What are the rules about using the kitchen, using the telephone/internet, washing my clothes, going out and having my friends over?

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 21 of 55

- What time at night should I stop receiving incoming telephone calls?
- When is the latest I can return home after school? (For students who are in high school or under the age of 18); and
- How much notice should I give if I decide to move out? When can I get my deposit returned?

If you're not getting along with your Homestay family, talk to your Homestay coordinator or your Student Support Officer. You won't get in trouble, and they'll try to help you find a solution.

For more information please visit:

www.melbournhomestay.org

www.homestaynetwork.org

www.studyinaustralia.gov.au

Bringing Family

Most student visas allow you to bring your family members to Australia as your dependants (check your individual circumstances with the Department of Immigration and Citizenship See: Arranging Visas). Family members include your spouse, and you and your spouse's dependent children. Before bringing your spouse or children to Australia, you will have to prove that you can support them financially. The cost of supporting a family in Australia is very high. You may have to consider and discuss many issues with your family.

Issues to Consider

Rather than bringing your family together with you to Australia, some students may find it useful to arrive first, settle into studies, find appropriate accommodation, adjust to living in Australia and then arrange for their family to join them.

Before making a decision to bring your family to Australia it is important to consider the following issues:

- The cost of airfares for your family to and from Australia.
- Possible higher rent for a larger home.
- Limited employment opportunities for your spouse.
- Extra costs for food, clothing and other necessities.
- The effect on you and your studies if your family is not happy in Australia.
- Whether your children will adjust to school in Australia.
- Waiting lists for childcare centres; and
- Whether to come alone to Australia first and arrange things for your family, or to all come at the same time.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 22 of 55

For more information visit: www.immi.gov.au

Child Care

Finding suitable childcare in Australia requires patience and planning. Waiting lists for places in most childcare centres are long.

Many schools offer before- and after-school care programs (usually 7:30am-8:45am and 3:30pm-6:00pm). Children who need these programs must be registered with the school.

Schools

If you would like to bring your children to Australia with you, you must be aware of the following schooling issues:

1. It is an immigration policy that school-age dependants of international students undertake formal schooling while they are in Australia.
2. Children who have their fifth birthday before 1st April of that calendar year are eligible to start school.
3. 'School aged dependents accompanied by international students to Australia will be required to pay full fees if they are enrolled in either a Government or Non-Government school. Some Australian Government and University scholarships are exempt from payment. This exemption may vary from state to state'
4. You will need to provisionally enrol your child in a school before you leave your home country and you will normally have to pay the school fees one semester in advance. The school will issue an electronic Confirmation of Enrolment Form (eCoE) stating the program and its duration, so that you can obtain the appropriate visa for your child.
5. The Diplomatic Mission in your country can tell you which State schools are registered to take international students. Fees are payable by international students at all State schools unless you:
 - Are in receipt of sponsorship or scholarships from the Australian Government (e.g. the Australian Development Scholarship, IPRS);
 - Hold a higher institution or approved non-government scholarship. These scholarships must be approved by the State government for the dependants to be exempt from school fees.
6. You will be responsible for school fees and other costs including school uniforms, books, excursions, and stationery.
7. When choosing the most appropriate school for your child, it is best to ask questions about the school's curriculum, size, extra-curricular activities and the size of individual classes.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 23 of 55

8. You should also take into consideration the distance from the school to **your education institution**, the suburb in which you intend to live and the method of transport you plan to use.

How to find part-time work in Australia?

International students are permitted to work in Australia for up to 40 hours per fortnight on a student visa.

For updated information about working in Australia while studying visit:

<https://www.studyinaustralia.gov.au/english/live-in-australia/working>

How to look for work in Australia

People find part-time jobs through several different sources. The following are examples of the most common ways:

The Noticeboard

This is located in the corridor just outside the classrooms. All jobs if any are advertised on the noticeboard. If you see a job that interests you, contact the employer straight away because most jobs get taken very quickly.

The Age

The 'Age' newspaper on Wednesday and Saturday has an employment section. You can also look in the Herald/Sun and local newspapers.

The Yellow Pages Telephone Book

The Yellow Pages is Melbourne's business directory. It can be a good way to find out the names of businesses of a particular type. For instance, for cleaning jobs you could look up the cleaning firms in your area and call them up asking for work.

Electronic Job-Searching Facilities

'SEEK' www.seek.com.au 'Job Network' www.jobnetwork.gov.au, 'Australian Job Search' www.jobsearch.gov.au and other services are available on the net. Apply direct through the service.

Regulations you need to know relating to seeking a job

Visas

If you hold a Student Visa, you are allowed to work only up to 40 hours a fortnight during the term and full-time during the holidays.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 24 of 55

Taxation

International students are classified as temporary residents. They are taxed as such if they are studying in Australia for six months or more.

Tax File Number

A Tax File Number (TFN) is a unique number issued by the Australian Taxation Office (ATO) and is essential for anyone working in Australia, including international students. To apply for a TFN, you can either apply online through the ATO website or visit a participating Australia Post outlet. When applying, you will need to provide your passport and visa details as proof of identity.

It is important to provide your TFN to your employer as soon as possible. If you do not provide a TFN, your employer is legally required to withhold tax at the highest rate of 45%, which means you will receive much less in your pay. By providing a TFN, you ensure that tax is withheld at the correct rate based on your income, which is usually much lower. You will also be able to lodge a tax return and may be eligible for a refund at the end of the financial year.

Having a TFN is also necessary for opening a bank account and for managing other financial matters in Australia. You only need to apply for a TFN once, and it stays with you for life, even if you change jobs, move to another state, or change your visa status.

Income Tax and the Financial Year

Tax is usually deducted from your pay by your employer and paid to the Australian Taxation Office. If you pay tax, you must lodge an Income Tax Return with the Taxation Office at the end of the financial year. The financial year in Australia is from 1st July to 30th June.

Fines can be imposed if you do not lodge a tax return on time. By not lodging a tax return you may be missing out on money the Taxation Office owes you if you have earned less than the tax-free amount.

Minimum Rates of Pay and Working Conditions

There are minimum rates of pay for all kinds of work. Some jobs may require that you sign a contract or an Employment Agreement. **DONOT SIGN ANYTHING** unless you fully understand. You can go to <http://www.fairwork.gov.au> to find more details on minimum wages.

Discrimination

It is illegal to discriminate against someone because of his or her nationality, sex or religion. Unfortunately, racism does exist in Australia. The Human Rights Commission's office (Phone 1300 292 153) can act on your behalf if you think you are being discriminated against.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 25 of 55

How to stay fit and healthy in Melbourne?

Health and Relaxation

In order to have a happy and fulfilling time during your study, make sure that you look after yourself. Eat regular meals and eat healthy food. Do not skip meals. Your health is important. If you do not eat well, you will become run down. Your body will be more susceptible to colds and other illnesses.

Exercise regularly. It will keep you fit and would help you relieve stress. You would even sleep better. Your mind will be clearer when you study. You would have more energy.

Smoking

The Bad News

- Smoking can reduce your lung capacity by up to 50%
- Smoking causes coronary heart disease.
- Smokers are 10 times more likely to die from lung cancer than non-smokers.
- There is about 1—times more carbon monoxide in a cigarette than allowed under industry safety standards.
- Smoke from a cigarette begins to corrode your lips, palate, throat, larynx and pharynx.
- Smokers get easily irritable and tense as they crave for nicotine.

The Good News

- When you stop smoking you will save a large amount of money per year.
- Your body starts to recover 12 hours after you stop smoking.
- No matter how long you have been smoking, your chances of living a longer and healthier life improve with each day you do not smoke.
- When you stop smoking, you will no longer need a cigarette to relax.

Skin cancer

Take care when in the sun

- Australians have the highest rates of skin cancer in the world
- 80% of skin damage occurs before the age of 20.
- The hole in the ozone layer over the Southern Hemisphere is enlarging. This layer normally reflects most of the dangerous rays.
- It takes about 10 minutes for your skin to burn between 11:00 a.m. and 3:00 p.m. during summer months.
- You may have darker skin, but your skin colour will not give you adequate protection from skin cancer.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 26 of 55

Protect Yourself

Avoid being in the sun or reflected sunlight between 11:00 a.m. and 3:00 p.m.

Wear a hat or carry an umbrella.

Wear a shirt with collar and sleeves.

Apply a broad-spectrum sunscreen on exposed skin.

Sexual health

Training Australia First has students from a variety of countries, cultures, religions and backgrounds. It would be in your interest to protect yourself from pregnancy and sexually transmitted diseases (STD's). Unfortunately, some students place themselves at risk unwittingly. These problems can be prevented and help is available at Student Services. **DO NOT LEAVE YOUR PRECIOUS HEALTH TO LUCK.**

How to find services for the family?

Entry of spouses and children into Australia

For full fee students, all enquiries should be directed to the nearest regional office of the department of home affairs (DHA) or the Australian Mission in your country or region.

Sponsored students who wish to bring their family into Australia should consult with their sponsor organisation to obtain the correct entry information, their entitlement conditions and that of their family.

Spouses intending to study in Australia

Spouses of international students wishing to study will be charged full fees for their chosen field of study.

Employment of Spouses

Spouses of students may work 40 hours a fortnight.

Pregnancy / Family Planning

Nearby medical services may provide pregnant women with advice. If you were a sponsored student and were pregnant, you need to contact your sponsor organisation as soon as possible as your sponsorship status may be affected. Please make sure that you understand the terms of your sponsorship before you plan to start a family while staying in Australia.

Local Doctors would offer family planning information and advice.

Services for Children

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 27 of 55

Baby Capsules

The Victorian Road traffic Authority requires that all children be properly restrained when travelling in cars. Baby capsules are hired from local councils for a nominal charge.

Immunisation

Immunisation may be important for protecting your child against diseases such as Poliomyelitis and Measles. Information about clinics providing these services can be obtained from Student Services or the office.

Playgroups

Playgroups are formed by small groups of parents to provide opportunities for their children to play together. It also provides an opportunity for parents to get to know one another. These meetings are usually held in the morning or afternoon in the local hall. Toys, playground and other facilities are provided by the local council. For further information, contact your local council.

Child Care

There are child care centres and family day care centres available in all suburbs. Your local council will help you locate these services. You can leave your children with trained personnel for up to 10 hours per day. Charges for child minding vary.

How to find local services?

Hume City Council –

<http://www.hume.vic.gov.au/Homepage>

Language Link

Arabic	9280 1913	Chinese	9280 1910	Hindi	9280 1916
Turkish	92801914	Vietnamese	9280 1915	Others	9280 1919

Hospitals

The Austin	9496 5000	The Mercy	8458 4444	The Royal	8387 2000
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Kindergartens

Children over 4 years by April 30 of that year are accepted into kindergartens. Children attend three or hour 3-hourly sessions per week. Fees are charged. To find the location of the nearest facility, contact the local council.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 28 of 55

Note that:

- Children of private full-fee paying students must be enrolled at a school approved by the Education Department.
- Children begin school the year in which they turn five.

For information related to schools in your suburb, contact your local council, or refer to the Yellow Pages telephone directory under 'Schools'.

Communications

Postal services

Australia Post manages postal services in Australia. The cost of a letter to be posted within Australia is usually \$0.60. Australia Post has branches in every suburb. Sometimes these are located in shopping centers and news agencies. Australia Post offers a Bill Pay service where you can pay telephone, electricity, tax, gas and credit card bills. It is a convenient place to get many things done. It is also a Commonwealth Bank agent. The closest Post Office to the Institute is in Elizabeth Street. There are also red and yellow post boxes around the city where you can lodge your stamped letters. For further information, check the website www.auspost.com.au

Telephones Telstra Australia and Optus Communications are Australia's major telecommunication providers. However, there are many other providers offering interstate and international services at a competitive rate, as well as fax, mobile and network services. The area code for Victoria is 03. The country code for Australia is +61 International calls can be made directly from all phones. Sundays are an excellent day to make interstate or international calls due to all-day discount rates.

- Dial the international access code 0011 first.
- Dial your home country code. If you are not sure what your home country code is you can find out by ringing 132 200
- Dial the area code for your city. Remember not to dial the zero.

Finally, dial your family's number.

Phone cards

Some shops sell international phone cards which can also be a cheaper way to call home. Shops usually display signs indicating that they sell these international phone cards.

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Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 29 of 55

Telephone Directories

Yellow Pages: useful for searching business numbers www.yellowpages.com.au White pages: useful for searching residential phone numbers and addresses/business names www.whitepages.com.au

Directory Assistance

Local and National: 1223 (home phone) International: 1225 (home page)

You can dial these numbers when you are not sure of a phone number. The numbers to dial may be different for mobile numbers depending on your provider.

Computers and Internet

These services are available at Training Australia First at no cost to the students. You may need to book in during peak hour usage. There are also many Internet cafés. Cost start from \$2 per 15 minutes. There are a number of Internet Service Providers (ISP) who offer dial up and broadband services for home use. If you have a mobile or a private phone, sometimes it may be cheaper to have these as a package. Your friends could probably tell you what is cheap.

Mobile Phones

Sometimes you may feel like phoning home frequently, especially if you are feeling lonely or sad. International calls can be quite expensive and result in additional financial pressure which is unnecessary. If you plan to bring your phone from home, check if the SIM card system is compatible and accessible for international calls. Often other students in Australia will tell you. You basically have two options with mobile phones:

1. Purchase a mobile phone through a plan with a phone company. Phone companies offer competitive packages and you need to carefully check these out. Phone companies require very strict identification documents. They will require proof such as an eCoE as evidence that you will stay in Australia longer than the period of the plan.
2. Purchase a pre-paid mobile phone service. These are readily available in a range of stores such as newsagents and supermarkets.

Translating and Interpreting

Tel: 131 450 or visit <https://www.tisnational.gov.au/Help-using-TIS-National-services/Contact-TIS-National> . This telephone interpreting service is available 24 hours. Refer to the website for a list of services and costs.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 30 of 55

Leisure Activities

Festivals and Events

The City of Melbourne hosts many world-class arts and cultural events throughout the year, including:

- Melbourne International Film Festival
- Melbourne International Comedy Festival
- Melbourne Fashion Festival
- Melbourne International Arts Festival
- Melbourne Food & Wine Festival
- Melbourne Fringe Festival
- Moomba Waterfest
- Melbourne International Flower and Garden Show

Sports

Melbourne is home to [Australian Rules Football](#), [Australian Tennis Open](#), [Formula 1 Grand Prix](#), [Australian Motorcycle Grand Prix](#), [Melbourne Cup](#) and many others.

Melbourne is the birthplace of Australian Football (AFL) and the first Test cricket match was played at the Melbourne Cricket Ground (MCG) in 1877, and hosted the Olympic Games in 1956 and the Commonwealth Games in 2006.

A year-round program of major events is staged in venues close to the city centre. And there are many opportunities for everyone to participate in sporting activities from walking and swimming to golf and team sports of all sorts.

For spectators, cricket and Australian (AFL) football can be seen at the Melbourne Cricket Ground (MCG), AFL and soccer at the Docklands Stadium, Australian Open tennis at Melbourne Park, the Australian Grand Prix at the Albert Park circuit and soccer, rugby league and rugby union at stadiums around the city.

Netball is the most popular sport played by Australian women.

Martial arts, yoga and taekwondo are widely available. The State Library of Victoria even has a dedicated room for chess players. Surfing and Winter sports such as skiing and snowboarding make a great day trip from Melbourne. Many clubs offer packages.

Victoria's regions offer great adventure sports such as abseiling and rock-climbing, bushwalking, horse-riding, hot-air ballooning and kayaking.

Regional horse races – such as the Hanging Rock Cup on 26 January each year - are also a great day out, and are often more relaxed and cheaper than metropolitan events.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 31 of 55

Arts

Much of the city's soul lies in its long tradition in the arts. Melbourne has world-class opera, ballet, theatre and live music venues, outstanding art galleries including the National Gallery of Victoria, and numerous museums.

There is also an extensive array of theatres and cinemas throughout Melbourne's many suburbs.

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; and
- Visit the ranger station or park information centre to obtain details on the best places to visit and any additional safety

In the outback

Australia's outback is vast. Our remote wilderness areas have few towns and facilities, often with large distances between them, so be aware and plan your trip;

- When planning each day of travel spend some time to calculate how long it will take to drive between destinations. Be realistic about how far you can drive in a day;

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Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 32 of 55

- Inform family and friends or the local police of your travel plans. The local police can also provide helpful advice on facilities and road conditions;
- Always carry a current road map;
- Make sure your vehicle is in good working order and has been serviced recently;
- Use a four-wheel drive vehicle on unsealed roads in remote areas. Take extra care when driving these vehicles. For example, drive at reduced speeds on unsealed roads;
- Always carry a spare tyre, tools and water. If travelling to remote areas off major highways take extra food, water, fuel and tyres. Do not overload your vehicle and never carry spare fuel inside an enclosed vehicle;
- If you have trouble with your vehicle, don't leave your vehicle because it will provide you with shade and protection from the heat. Wait for help to come to you;
- Hire appropriate emergency communication equipment, such as a satellite phone or an Emergency Position Indicating Radio Beacon device (EPIRB);
- Obey road closure signs and stay on recognised routes;
- Fires in desert and bush areas can spread very quickly. If required, be prepared to evacuate the area immediately;
- Australian wildlife and livestock often graze on the roadside and can stray onto the road. Be very careful when driving at sunrise, sunset and at night, when animals are most active. If an animal crosses in front of you brake gently, do not swerve wildly to avoid it; and
- During daylight hours always drive with your headlights on low beam, as outback conditions can make it difficult to see oncoming vehicles.

Dangerous animals and plants

Australia is home to a variety of native animals. Even if they seem friendly to you, do not touch or feed them – they are not used to close contact with humans and may hurt you. If you are visiting any of Australia's beautiful parks or forests:

- be wary of all animals in their natural habitat;
- be very careful about approaching any injured animal, such as kangaroos or possums. They are likely to bite and scratch if you attempt to touch or move them; and
- never feed or play with wildlife. Native animals are by nature timid, however, having been provided food from people, may become aggressive for food. You may get bitten or scratched. In addition, human foods may be harmful to native animals.

Although most dangerous creatures are found in bushland and beaches, some may be present in metropolitan parks, and even in the backyard. Particularly dangerous creatures include:

- the salt water crocodile – they are found on the northern coast of Australia and inland for up to 100 km or more and can grow up to seven metres in length;

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 33 of 55

- the red back spider – its bite is extremely painful and it can be deadly. They are easily recognisable by the red stripe on the top of their abdomen. They are found all around Australia and are common in urban areas;
- the brown snake – it is approximately 1.5 metres long, and is one of Australia's more deadly creatures. They have venom which can cause death to humans relatively quickly if left untreated. They are found in the eastern part of Australia;
- the funnel-web spider – these are one of the world's deadliest spiders. They are large black spiders with a shiny head and thorax. They are found in Queensland, New South Wales, the Australian Capital Territory, Victoria, South Australia and Tasmania;
- the blue ring octopus – this is a deadly venomous octopus found in marine waters around Australia. It is easily recognisable by the distinctive blue rings on its body;
- the Box Jellyfish (also known as a Sea Wasp) – this deadly jellyfish has a square looking body and inhabits the north east areas of Australia, particularly along the coast of the Great Barrier Reef in Queensland; and
- the Irukandji jellyfish – this is a deadly jellyfish which is only 2.5 centimetres in diameter, making it very hard to spot in the water. It is found in Northern Australian waters.

Bites and stings

The majority of insects in Australia are not harmful to humans. Some insects bite and sting if they are threatened so it is best to avoid touching them if you want to avoid being stung or bitten.

The Australia-wide Poisons Information Centres have a common telephone number, which is 131 126.

Some people are allergic to certain insect bites or venom. In the case of an allergic reaction to bites or stings, medical attention should be sought immediately. Call a doctor or hospital for guidance or 000 for an ambulance.

Anaphylaxis – allergic reactions

Anaphylaxis is a severe allergic reaction that can occur in sensitive individuals from exposure to any chemicals foreign to the body, including bites and stings, plants, or medications. Parts of the body, for example the face or throat swell up so much that the patient can't breathe. In severe cases the patient may go into shock within a few minutes and the heart can stop.

For any patient who shows signs of anaphylaxis, call 000 for an ambulance, and have the patient taken immediately to the emergency department of the nearest hospital.

General first aid for bites and stings

For bites or stings from these creatures seek first aid assistance straight away, stay calm, and as immobile as possible;

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 34 of 55

- All species of Australian snakes, including sea snakes;
- Funnel web spiders;
- Blue ringed octopus; and
- Cone shell stings.

For all other bites and stings seek or apply basic first aid;

- Wash with soap and water and apply an antiseptic if available;
- Ensure that the patient's tetanus vaccination is up to date; and
- Apply an ice-pack to reduce local pain and swelling.

Resourced from Study in Australia

<http://studyinaustralia.gov.au/Sia/en/Home.htm>

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825			Page 35 of 55	

Fire Safety

Electricity

The safe use of electricity assists in preventing house fires.

The build-up of grease, dust and dirt can fuel a fire. All electrical appliances including toasters, filters on range hoods, central heating systems and air conditioners therefore, need regular cleaning.

Fires caused by damaged and frayed cords can be prevented. Cords on electrical appliances need regular checking. It is recommended that any repair to an electrical appliance be done by a qualified electrical tradesperson.

Computers, monitors and TVs can overheat and cause fires even when not in use. They should be turned off after each session. Good air circulation is necessary around TVs and videos. TVs should be turned off at the set, not only with the remote control.

Improper use of power boards and double adaptors can lead to fires. A double adaptor or a power board plugged into another double adaptor or power board creates a danger of overloading the system. For safety, use a single extension cord rather than joining shorter cords. Leaving an extension cord coiled while in use or placing a cord under floor coverings can cause overheating. Be careful to keep electrical appliances away from water. A hair dryer takes time to cool down. For safety, allow this to happen on a non-combustible surface before storing it.

Light globes can become very hot. It is therefore dangerous to cover a lamp with any type of fabric. To dim a lamp it is recommended that a lower wattage globe is used.

The kitchen

The majority of all home fires start in the kitchen. Children need constant supervision to protect them from the dangers of fires, burns and scalds.

Anything cooking on the stove should not be left unattended. Accidents can happen very quickly. A good practice is to ensure pot handles are turned inwards.

Food splattering can cause a fire. Avoid danger from splattering by using a sufficiently large utensil. Never use water to put out a fat or oil fire. Keep a fire blanket and a dry powder extinguisher handy and know how to use them. Fire blankets must be at least one metre from the stove and your fire extinguisher is best located near the kitchen's entrance.

Fabrics and loose clothing can catch fire easily. Keep your clothing away from heat. Tie long hair back to prevent accidents. Many substances in the kitchen are flammable. Flammable materials such as pressure packs, cleaning agents and cooking oils should be stored away from heat. Accumulated fat is a fire hazard. As well as the griller, your oven and rangehood require regular cleaning.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 36 of 55

Open flames

Candles, Oil Burners, Matches/Lighters and cigarettes can all be dangerous. Prepare your family for the safe use of open flames.

Inappropriate disposal of cigarettes causes fire. Dampen cigarette butts before disposing of them. Remember: smoking in bed is extremely dangerous.

When using an oil burner:

Pour in a small amount of water. Then add the oil. This will keep both the burner and the oil at a safe temperature. Candles and oil burners should be lit only when they are well away from curtains and open windows. All open flames should be extinguished before you leave home or retire for the night. Children should never be allowed to have access to matches or lighters. An adult should be present at all times when a candle or an oil burner is being used. Place candles and oil burners on fire resistant surfaces, in such a way that they cannot be knocked over. It is recommended that smokers use only child proof lighters and deep ashtrays.

Juvenile fire awareness and intervention program [JFAIP]

JFAIP is a free service to families who think that their child may be playing with fire. This service aims to reduce the number of deaths, injuries and property damage caused by Juvenile Firelighting in Victoria. Selected firefighters are trained specifically to consult with children. They can work in the child's home environment with the entire family. The visits remain completely confidential. The use of professional interpreters can be included in the service. Contact the JFAIP Office for information or assistance on 1300 309 988.

Safety equipment

Practise what to do. Know your equipment.

Fire blankets

1. Take hold of the two tabs and pull the blanket out of its container.
2. Holding the tabs to protect your hands, stretch out your arms in front of you.
3. Walk slowly towards the fire.
4. As the blanket hits the bottom of the pot, drape the blanket over the fire.
5. Leave the blanket over the pot.
6. If it is safe to do so, turn off the gas/electricity at the stove or at the main supply.
7. Call 000. Firefighters will attend.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 37 of 55

Where to buy fire blankets and fire extinguishers

Fire blankets and extinguishers can be purchased from most hardware stores and large supermarkets. Fire blankets cost around \$15-20, and fire extinguishers cost from \$20, depending on size. We recommend: Buy only fire blankets and extinguishers with the Australian Standard symbol.

Dry powder extinguishers

1. Take the extinguisher off the wall or lift it off the bench.
Remove the extinguisher from its holder. Pull out the pin. Take off the lid.
2. Walk slowly to within 2 to 3 metres of the fire.
3. Aim at the base of the fire. Push the trigger.
4. Sweep the powder at the flames.
5. Continue until the extinguisher is empty.
6. If it is safe to do so, turn off the gas/electricity at the stove or at the main supply.
7. Call 000. Fire-fighters will attend.

Smoke alarms

The earlier a fire is detected, the greater the chance of escaping safely. Working smoke alarms are essential to protect life and property.

Where to install Smoke Alarms:

- A smoke alarm should be installed outside the sleeping area(s) of your home.
- Install extra alarms inside bedrooms where doors are shut at night.
- Two storey houses often have bedrooms upstairs, and must also have a smoke alarm downstairs near the path commonly used to exit the house.
- Don't put a smoke alarm in a bathroom.
- Don't put an ordinary smoke alarm near cooking areas.

Single storey house.

When there are bedrooms at either end of the house, two smoke alarms are required.

Two storey house.

Two smoke alarms required, near bedrooms and near commonly used exit.

Maintaining a working smoke alarm

- Test smoke alarms each week by pressing the button.
- Vacuum alarms each month to clean them.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 38 of 55

- Change the batteries each year. At the end of Daylight Saving change your clock and change your smoke alarm batteries.
- All houses must have a smoke alarm on each level.
- Home owners are legally responsible for installation of alarms in rental properties.
- Smoke alarms should carry the Australian Standard symbol.

Updating your smoke alarm

When you are sleeping you cannot smell smoke. Smoke alarms save lives. They wake you and alert you to the danger from smoke and fire. Smoke alarms in existing homes were made compulsory in February 1999. New homes must have wired-in smoke alarms installed prior to occupancy. There are two principle types of smoke alarms: ionisation and photo-electric. Ionisation smoke alarms detect the presence of extremely small particles of smoke. Photo-electric smoke alarms detect visible smoke. Both ionisation and photo-electric smoke alarms provide occupants time to escape. Photo-electric alarms are now the technology of choice. Ionisation alarms have helped save the lives of hundreds of people in Australia. TAF urges all householders to supplement their existing ionisation smoke alarms with photo-electric alarms.

Be prepared: have a home escape plan

A home escape plan is essential for protection in case of fire:

- It is important to have two means of exit from each room.
- As you are leaving a room, close the door to prevent fire & smoke from spreading.

When there is smoke, always crawl low to get under the smoke.

- The first priority is to get out of a burning house.
- Alert others as you go.
- Phone 000 from the nearest available phone.
- Be prepared to give address, name & nearest cross roads.
- When outside, never go back inside the house.
- Arrange a meeting place at the front of the house, where the occupants know to assemble and wait for the fire brigade.

Winter fire safety

Many preventable house fires occur in winter. Prevent fire. Keep yourself warm, but remember Winter Fire Safety.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 39 of 55

Electric blankets

If not used carefully electric blankets can start fires. When you take an electric blanket out in winter, check that the wires are completely flat and undamaged.

Electric blankets should be placed perfectly flat on the bed, with the controls beside the bed. Warm your bed by turning your electric blanket on for half an hour before you retire. Then turn it off at the controls and the power source as you are going to bed.

Wheat-filled heat packs

Wheat-filled Heat Packs can help pain, but they can also be dangerous.

Follow the instructions on the pack carefully.

When heating a wheat-filled heat pack in a microwave, always place a glass of water next to it.

This will ensure it doesn't dry out and overheat.

Heaters & open fires

Follow some basic procedures to avoid fires.

When having your heater installed ensure the instructions from the manufacturers are followed correctly. Ensure space is left between the heater and the wall. Flues and chimneys require cleaning once a year.

Anything flammable such as curtains, clothing, bedding and children's toys should never be within one metre of a heater.

To protect children, check that their night clothes are labelled "Low Fire Danger". Natural fabrics, especially wool, have a 'Low Fire Danger'.

Strong fire screens should be securely placed in front of open fires.

Firewood must be stored away from the fire.

Young children must be supervised at all times in rooms where there are open fires or working heaters.

Before you retire for the night or leave your house, ensure fires are extinguished and heaters are turned off at their power source.

Clothes dryers

Lint is a combustible material. Lint filters require cleaning each time the dryer does a load. Allowing the dryer to complete its "Cool Down" cycle is essential to prevent overheating. Always ensure airflow around a clothes dryer. When not in use, dryers should be turned off at their power source. Similarly, dryers should be turned off before you retire for the night or leave your home.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 40 of 55

Summer fire safety

Holidays in Summer bring their own risks. Your home, holiday home and caravan need preparation for a safe Summer.

In summer a Total Fire Ban occurs when weather conditions make danger from fire extremely high. This is often caused by a combination of high temperatures, low humidity and high winds. Radio, television and newspapers carry announcements of a Total Fire Ban.

For further information telephone the Victorian Information Bushfire Line on 1800 240 667.

Total fire ban days

On total fire ban days:

- You cannot use an incinerator.
- You cannot light a fire in the open.
- You cannot use solid fuel barbecues.
- You cannot light a campfire.

Gas or electric barbecues: Can be used at home, if they are within 20 metres of your house. A barbecue can be used in a park, if it is a fixed permanent structure.

But you must have:

- a 3 metre area around and above the barbecue that is clear of all flammable material.
- an adult in attendance at all times.
- a hose connected to a tap ready for use.
- a bucket of water ready for use (minimum of 10 litres of water).

There are heavy fines for not following these regulations.

Fireworks

The use of fireworks without a licence is illegal in Victoria. To obtain a licence contact Victoria Workcover Authority on 9641 1555.

Barbecues

Protect your children from fire outside the house as well as inside.

There should be an adult in charge of a lit barbecue at all times.

Gas cylinders

Before using a gas cylinder check its expiry date.

- Ensure that connections on the hose are tight and there is no leakage.
- Check that the hose is intact and has not perished or cracked.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 41 of 55

- The quickest and safest way to refill an empty gas cylinder is via an exchange program, such as those found at service stations. Each full gas cylinder is either new or has been inspected and fully reconditioned by a trained technician.

Holidays

Before leaving home for a holiday complete this three-point check list.

1. Smoke alarms are in working order.
2. Electrical appliances are turned off at the power source and unplugged.
3. Gutters are clear of leaves and debris. All combustible materials such as leaves, grass, timber and paper have been removed from around your home.

Security

Make sure if there is a fire you can get out of your home quickly. You may have to get out of your home quickly, so keep your keys in the locks if possible, or on a hook in the centre of the door.

OR

Install deadlocks that you can open from the inside without a key.

REMEMBER: DIAL 000 AND SAY “FIRE”.

If you are using a landline phone your home can be found if you simply say “fire” and leave the phone off the hook.

Source: www.mfb.vic.gov.au

Adjusting to Life in Australia:

While living and studying abroad may be an exciting adventure, it can also present a range of challenges. Having decided to study and live in Australia you will be undertaking adjustments in many areas of your life including cultural, social and academic. It is also important to remember that while these changes are occurring you will be embarking upon a new semester of study (for many of you in a different language) and be away from your usual supports, networks and resources. Adjustment to a new country and culture is a process that occurs gradually and takes time. The values, beliefs, traditions and customs of your home country may vary greatly from those in Australia and adapting to the Australian way of life may take some time. This advice may help:

Listen, observe and ask questions

Adjustment to a new culture and way of life takes time. Allow yourself time to observe those around you and patterns of both verbal and non-verbal communication. Don't be afraid to ask questions if there are things you do not understand as this will reduce the chance of confusion or misunderstandings.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 42 of 55

Become involved

Make an effort to meet people and become involved in groups both on campus and in the wider community. Maintain an attitude of openness to new situations and experiences. Establishing friendships and joining groups is the best way to experience and learn about Australian culture and will certainly mean you have a richer and more enjoyable time here.

Try to maintain a sense of perspective

When confronted with difficulties remind yourself that living and studying abroad is a challenge and it is normal to feel stressed, overwhelmed and out of your depth at times. Try to recall or make a list of the reasons you initially wanted to study abroad in the first place, Also, listing positive events or changes within yourself that have occurred since you arrived may also assist with getting things in perspective.

Maintain some of the routines and rituals you may have had in your home country.

This can include small things such as continuing to drink a certain type of coffee or tea or eating specific foods. It may also include maintaining involvement in bigger events such as celebrating a national day in your country of origin with a group of friends.

Keep lines of communication open with those at home.

Communicating with those at home regularly about your experiences of study and life in Australia, through emails, telephones and letters, is vital. Not only does it help to keep you connected with important social supports, it also assists your friends and family to understand your experiences which will smooth the transition when you return home.

Sense of humour

Importantly, remember that living in a different culture means you will inevitably find yourself in a range of unusual and often confusing situations. Being able to laugh in these situations will remind you that it takes time to understand different cultures and that it is ok to make mistakes.

Ask for help

Don't be afraid to ask for assistance or support if you need it. In addition to the Counselling Service there are many organisations set up on campus to ensure you have a successful and enjoyable time in Australia.

Finally, relax and enjoy the journey!

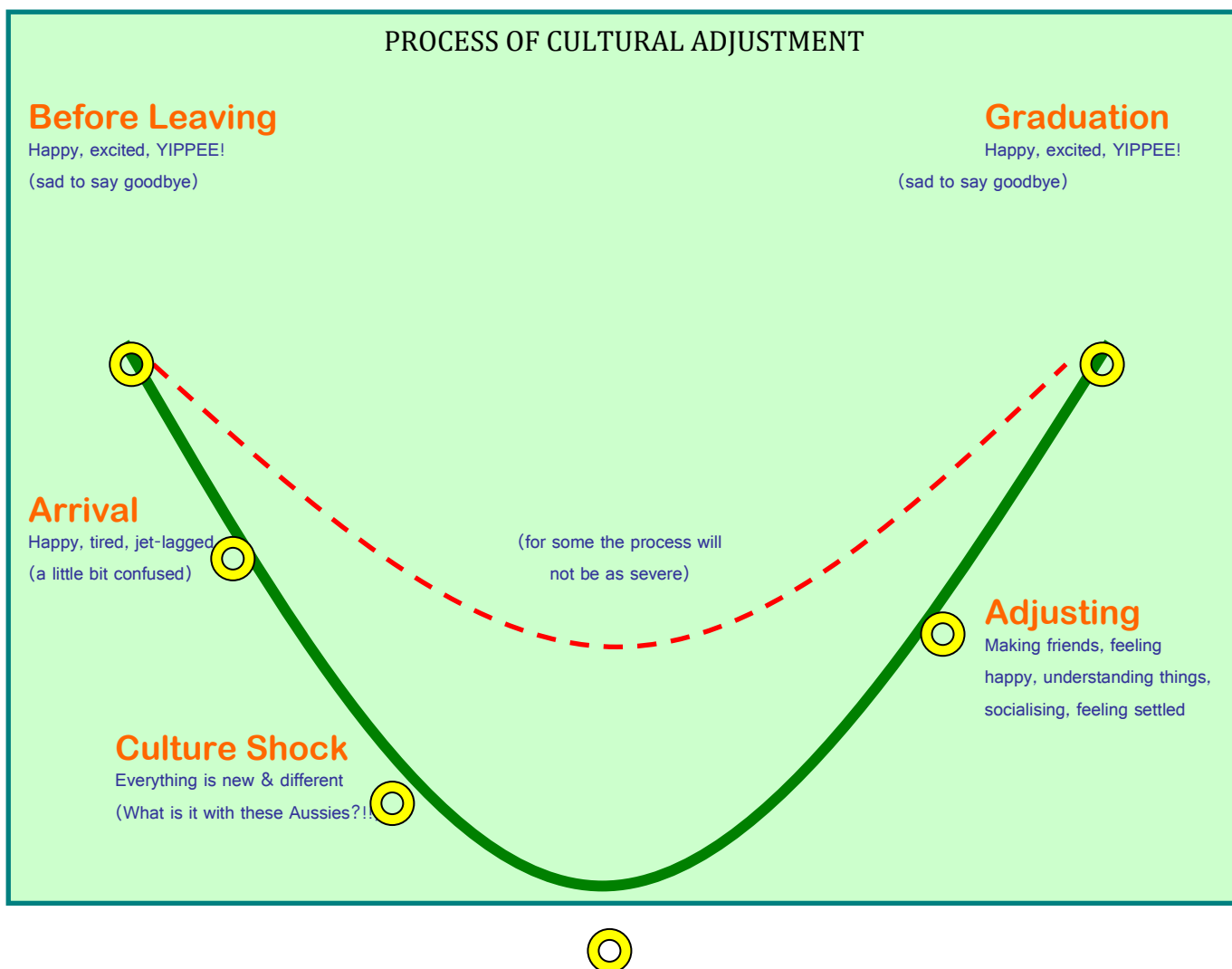
(Source: Macquarie University)

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 43 of 55

Culture Shock:

Culture shock is the feeling of being out of place in an unfamiliar environment. The initial excitement of moving to a new country often subsides when different cultural expectations challenge you to attend to daily responses and behaviours previously taken for granted. The potential stress of dealing with these persistent challenges can result in feelings of hostility and frustration with your host country as well as a profound longing for home.



Overcoming Culture Shock

Once you realise you have culture shock, getting over it and moving on to better adjustment with the host culture will depend on you. It is you who must take some positive steps to feel better, and the sooner you take them, the better!

1. **Recognition:** First, you should remember that culture shock is a normal part of your adjustment and that you may have some of the symptoms. Some of your reactions may not be normal for you; you may be more emotional or more sensitive, or lose your sense of humour. Recognising your culture shock symptoms will help you learn about yourself as you work your way through it.
2. **Be objective:** Second, try to analyse objectively the differences you are finding between your home and your host country. Look for the reasons your host country does things differently.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 44 of 55

Remember that host customs and norms are (mostly) logical to them, just as your customs and norms at home are logical to you!

3. **Set goals:** Third, set some goals for yourself to redevelop your feeling of control in your life. These should be small tasks that you can accomplish each day. For example, if you do not feel like leaving your room, plan a short activity each day that will get you out. Go to a post office or store to buy something, ride a bus or go to a sports event. If you feel that language is your problem, set daily goals to learn more: study fifteen minutes a day; learn five new words a day; learn one new expression each day; watch a TV program in your new language for 30 minutes. Each goal that you achieve will give you more and more self-confidence that you can cope.
4. **Share your feelings:** Fourth, find local friends who are sympathetic and understanding. Talk to them about your feelings and specific situations. They can help you understand ideas from their cultural point of view.

(Source: Rotary International Youth Exchange)

Australian Culture: Social Custom

Greeting People

When meeting someone for the first time, it is usual to shake the person's right hand with your right hand. People who do not know each other generally do not kiss or hug when meeting. When you first meet someone, it is polite not to talk about personal matters.

Many Australians **look at the eyes of the people** they are talking with. They consider this a sign of respect, and an indication that they are listening. Do not stare at the person for a long time.



You can address a new acquaintance using their title and family name. You may use their first name when they ask you to or use it in the introduction. In the workplace and among friends, most Australians tend to be informal and call each other by their first names.

Clothing Customs

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.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 45 of 55

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' robe, a burqa, 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. When asked if you would like something, like a cup of tea, it is polite to say, 'Yes please', or just 'please' if you would like it, or 'no, thank you' if you do not. When you receive something, it is polite to thank the person by saying 'thank you'. 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' than to ignore a 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.

Most Australians blow their noses into a handkerchief or tissue, not onto the footpath. This is also true for spitting. Many people will also say, '**Bless you**' when you sneeze. This phrase has no religious intent.

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. Some common expressions are:

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 46 of 55

- **Bring a plate** - when you are invited to a party and asked to 'bring a plate', this means to bring a dish of food to share with your host and other guests. Take the food to the party in any type of dish, not just a plate, and it is usually ready to serve. This is common for communal gatherings such as for school, work or a club. If you are unsure what to bring, you can ask the host.
- **BYO** - when an invitation to a party says 'BYO', this means 'bring your own' 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.
- **Snag** - The raw type sausages usually cooked at a BBQ. They can be made of pork, beef or chicken.
- **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.
- **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. 'May I use your toilet please?' Some people ask, 'Where's the loo?'
- **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. At a bar or a pub when a group of friends meet, it is usual for each person to 'shout a round', meaning buy everybody a drink. Each person takes a turn at buying a 'round'. It is also acceptable to say that you do not drink (alcohol) by saying that you are a 'teetotaler'. This also means you are not obliged to shout.
- **Bloke** - a man. Sometimes if you ask for help, you may get an answer to 'see that bloke over there'.
- **How ya goin?** 'How are you going?' means how are you, or how do you do? It does not mean what form of transport you are taking. Sometimes it can sound like 'ow-ya-goin-mate'.



For more information on Australian slang visit: <https://nomadsworld.com/aussie-slang/>

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Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 47 of 55

Responding to an Invitation

- **What could I be invited to?** If you get an invitation to lunch, dinner, barbeque, party, wedding, birthday, or any type of event you will usually respond with a letter or phone call. The midday meal is called lunch, and the evening meal is called dinner or 'tea'. 'Tea' can also mean a cup of tea or 'cuppa'. If invited for tea, the time of the event is a good sign of whether your host means dinner or just a cup of tea. An invitation to tea, for anytime after 6pm (1800 hours) usually means dinner.
- **How are invitations made?** Invitations can be written or spoken. Written ones usually ask for RSVP, (which is *repondez s'il vous plait* in French) and means please reply. You should reply whether you intend to go or not. The invitation will tell you how to reply and when the reply is expected. Your host may be specific about how many people are invited. If your host invites the whole family, you should tell your host how many people would go. Usually a family is the parents and their children.
- **What if I do accept an invitation?** When you accept an invitation to a meal, it is also usual to tell the host what you cannot eat. It is perfectly okay to say that you are a vegetarian and do not eat meat or that you are Muslim or Jewish and do not eat pork. **It is not polite to arrive late** and you should make a telephone call to your host to explain if you are going to be late.
- **What if I cannot accept an invitation?** You may not always be able to accept an invitation. The best way to refuse is to say, 'thank you, unfortunately I/we have other plans at that time'. To say that you are too busy may seem extremely rude, even if it is true. Once you accept an invitation, you should only cancel if something arises where you cannot go. You should also explain the reason to your host. To cancel because you got a better invitation from somewhere else can seem very rude, and can affect new friendships. Sometimes it is best not to accept an invitation right away and to ask your host whether they would mind if you check your plans and reply to them later.

(Source: Department of Immigration & Citizenship)

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 48 of 55

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.

Public Holidays & Special Celebrations:

Australians hold certain days each year as special days of national meaning. We may recognise the day with a holiday for everyone or we can celebrate the day as a nation with special events. Most States and Territories observe some of the public holidays on the same date. They have others on different dates or have some days that only their State or Territory celebrates. In larger cities, most shops, restaurants and public transport continue to operate on public holidays. In smaller towns, most shops and restaurants close.

New Year

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

Australia Day, **January 27**, 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.



Labor Day

Labor Day is celebrated on different dates throughout Australia. 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.

Good Friday

Good Friday is a public holiday in Victoria observed for its religious importance. It commemorates the crucifixion of Jesus Christ, a key event in the Christian faith. Many people attend church services, and most businesses and services close. The day encourages reflection, rest, and marks the beginning of the Easter long weekend.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 49 of 55

Easter

Easter commemorates the resurrection (return to life) of Jesus Christ following his death by crucifixion. It is the most significant event of the Christian calendar.

In addition to its religious significance, Easter in Australia is enjoyed as a 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. Easter often coincides with school holidays, so many people with school aged children incorporate Easter into a longer family holiday. Easter is the busiest time for domestic air travel in Australia, and a very popular time for gatherings such as weddings and christenings.

Easter Traditions

- **Shrove Tuesday or Pancake Day:** Shrove Tuesday is the last day before Lent. In earlier days there were many foods that observant Christians would not eat during Lent such as meat and fish, eggs, and milky foods. So that no food was wasted, families would have a feast on the shroving Tuesday, and eat up all the foods that wouldn't last the forty days of Lent without going off.

Pancakes became associated with Shrove Tuesday because they were a dish that could use up perishable foodstuffs such as eggs, fats and milk, with just the addition of flour.



Many Australian groups and communities make and share pancakes on Shrove Tuesday. Selling pancakes to raise money for charity is also a popular activity.

- **Hot Cross Buns:** Hot cross buns are sweet, spiced buns made with dried fruit and leavened with yeast. A cross, the symbol of Christ, is placed on top of the buns, either with pastry or a simple mixture of flour and water. The buns are traditionally eaten on Good Friday; however in Australia they are available in bakeries and stores many weeks before Easter.



A recent variation on the traditional fruit bun has become popular in Australia. A chocolate version is made with the same spiced mixture, but cocoa is added to the dough and chocolate chips replace the dried fruit.

- **Easter Eggs:** Eggs, symbolising new life, have long been associated with the Easter festival. Chocolate Easter eggs are a favourite part of Easter in Australia. Some families and community groups organise Easter egg hunts for children in parks and recreational areas. Easter eggs are traditionally eaten on Easter Sunday, however stores start stocking Easter treats well before the Easter holiday period.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 50 of 55

- **The Easter Bunny:** Early on Easter Sunday morning, the Easter Bunny 'delivers' chocolate Easter eggs to children in Australia, as he does in many parts of the world.

The rabbit and the hare have long been associated with fertility, and have therefore been associated with spring and spring festivals. The rabbit as a symbol of Easter seems to have originated in Germany where it was first recorded in writings in the 16th century. The first edible Easter bunnies, made from sugared pastry, were made in Germany in the 19th century.

Anzac Day

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 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. Many Australians attend the National War Memorial in Canberra, or a War Memorial in one of the Capital Cities around Australia for either the traditional “Dawn Service”, which commemorates the landing of the ANZACS at Gallipoli in the dark and dawning of that day, or another service usually commencing around mid-morning with a parade of returned armed forces representing all Australians who have fought in war. As Australia is such a multi-cultural country, these days it is common to see many other countries also represented in these parades.



ANZAC Day is the only day of the year where it may also be possible to attend an RSL (Returned Servicemen's League) Club to experience a traditional game of “**TWO-UP**”. A game of chance played by the ANZACS where money is waged on the toss of three coins for a resulting combination of 2 out of 3 being either heads or tails. RSL clubs are crammed with returned soldiers and their families and friends on this day, the atmosphere is one of “mate-ship” and friendliness to all and the experience of a game of two-up is a memorable one.

King's Birthday

The King's Birthday is a public holiday observed in most Australian states and territories. It honors the official birthday of King Charles III, the sovereign of Australia. In Victoria, it is celebrated on the second Monday in June, regardless of the King's actual date of birth. The day is marked by official ceremonies, community events, and the announcement of the King's Birthday Honors, which

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 51 of 55

recognise Australians for outstanding service and achievement. It also provides a long weekend for many, contributing to both civic pride and community engagement.

Friday before the AFL grand Final

The Friday before the AFL Grand Final is a public holiday observed in Victoria. It was introduced in 2015 to celebrate the cultural significance of Australian Rules Football, particularly the AFL Grand Final, which is one of the most anticipated sporting events in the country. The holiday takes place on the Friday before the Grand Final, usually in late September, giving Victorians the opportunity to engage in pre-match festivities. Key events include the AFL Grand Final Parade in Melbourne, where fans gather to support their teams and celebrate the sport. The day also provides an extended weekend for families, promoting social connection and local economic activity through tourism and events.

Melbourne Cup Day

The Melbourne Cup is a 2-mile international horse race run on the **first Tuesday of November each year** attracting the finest racehorses from around the world. Known as the “race that stops a Nation” due to a Public Holiday being declared in metropolitan Melbourne in its home State of Victoria, and most of the nation whether at work, school or home, stopping to watch the race broadcast on television. In other places, and mainly in the workplace, many people have a celebratory “Cup Day Breakfast”, lunch, party or barbeque to celebrate Melbourne Cup. It is traditional to run a “Cup Sweep” where everyone wagers an amount per horse to create a total prize pool. The names of the horses entering the race are drawn and matched one by one to the list of people wagering money. After the race is won, the prize pool is divided into amounts for 1st, 2nd, & 3rd, and usually a small amount for last place, or horses scratched due to injury just before the race. The Melbourne Cup forms part of the “Spring Racing Carnival” which attracts celebrities from around the world. Women dress in their best outfits; hats are definitely the order of any day, gentlemen in suits of all sorts, and assorted other costumes. It’s a very colourful time to be in Melbourne.



Christmas

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.

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 52 of 55

In the weeks leading up to Christmas houses are decorated; greetings cards sent out; carols sung; Christmas trees installed in homes, schools and public places; and children delight in anticipating a visit from Santa Claus. On Christmas Day family and friends gather to exchange gifts and enjoy special Christmas food. Australians are as likely to eat freshly caught seafood outdoors at a barbeque, as to have a traditional roast dinner around a dining table.



Many Australians spend Christmas out of doors, going to the beach for the day, or heading to camping grounds for a longer break over the Christmas holiday period. There are often places which have developed an international reputation for overseas visitors to spend Christmas Day in Australia. One such example is for visitors who are in Sydney at Christmas time to go to Bondi Beach where up to 40,000 people visit on Christmas Day.

Carols by Candlelight have become a huge Christmas tradition in Australia. Carols by Candlelight events today range from huge gatherings, which are televised live throughout the country, to smaller local community and church events.

Christmas in Australia is also associated with two major sporting events:

- **The Boxing Day Test:** December 26 is the opening day of the traditional 'Boxing Day Test' at the MCG (Melbourne Cricket Ground) between the Australian Cricket Team and an international touring side. It is the most anticipated cricket match each year in world cricket, and tickets are usually sold-out months in advance.
- **The Sydney to Hobart Yacht Race:** the "Sydney-to-Hobart" is Australia's most prestigious yachting race and on the calendar of international yacht racing, and begins 26 December in beautiful Sydney Harbour.



(Source: Australian Government – Culture and Recreation Portal)

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Document Name	International Student pre-enrolment Handbook	Issued:	July 2025	Ver 1
Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 53 of 55



http://www.abc.net.au/reslib/200711/r201056_770494.jpg



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Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825				Page 54 of 55

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Authorised by CEO	CRICOS# 03499K	RTO # 40953	Review:	24 months
© Training Australia First Pty Ltd ABN: 23 168 053 825			Page 55 of 55	