



ENGLISH UNLIMITED

Unlimited



English. Lifestyle. Design.

SEP 2022

Welcome

We are excited to unveil our revamped magazine, *Unlimited*, for all our students.

We believe that this student magazine will be an outlet and a showcase for our student's creativity and ideas. We also aim to interview prominent Australian and International professionals in various fields to inspire our students to think big. Also included are articles of interest that cover a myriad of topics, from design to lifestyle.

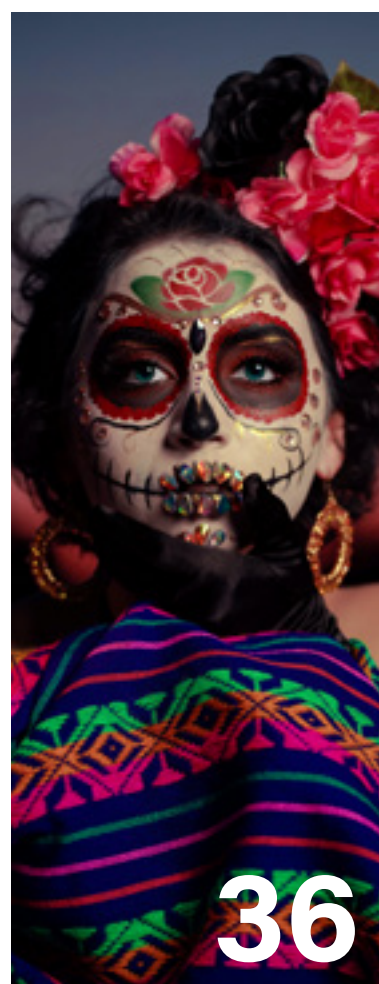
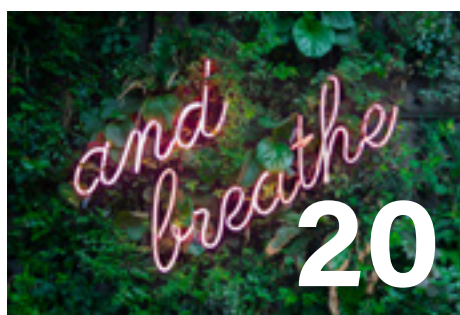
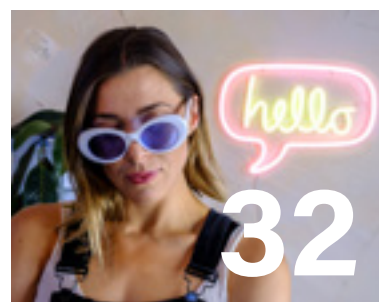
Our students and our teachers have put in a lot of effort to ensure that our first post-pandemic issue is a success. I would like to thank every single person that contributed to this magazine and I hope that we can continue to help our students follow their dreams.

Dr Ivan Kumar,

**Program Director
(Language Programs and Short Courses)**

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Community

**What's on
in Brisbane / Sydney / Melbourne / Gold Coast**





BRISBANE



Kelvin Grove Bushcare Group Volunteering Opportunity

8-10am
2nd Saturday of each month
Free!

Do you have a green thumb? Do you love nature and the outdoors? Do you want to protect the environment and help Mother Earth? Well, on the second Saturday of each month, you have the opportunity to do just that but that's not all. This is also a great way to meet new people from the local community and practise your communication skills.

Kelvin Grove Bushcare Group invites you to join them for bushcare maintenance, weeding and planting of new greenery in and around Picot Street Park. You should wear enclosed shoes and casual clothes that can get dirty while you enjoy the gardening activities. Equipment and training will be provided. All you need to bring is a water bottle and a smile. Children who are accompanied by a parent or guardian are welcome.

Meet your new friends at the end of Picot Street (off Herston Road) near Picot Street Park, 72 Picot Street, Kelvin Grove.

To RSVP, join the Kelvin Grove Bushcare Group Facebook page or phone 0407 842 836.

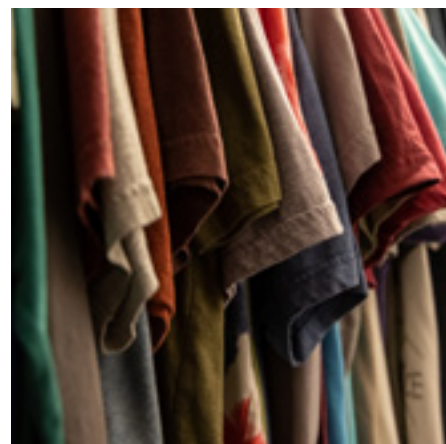


West End Markets

6am-2pm
Every Saturday
Free!

If you love live music, fresh fruit, vegetables and other produce, the Davies Park West End Market is the place for you. Also offering healthy fast food options as well as fashion and gift stalls, all under the beautiful protection of the giant fig trees, the wide range of products and food make these markets a wonderful place to visit on the weekend.

Davies Park can be found at 277 Montague Road in West End. Visit the website for more information. <https://goodwillprojects.com.au/markets/west-end/>



Riverside Markets

8am-3pm
Every Sunday
Free!

Riverside Markets are Brisbane's oldest market. This is an enchanting and cool place to brunch and shop, under the canopy of the City Botanic Gardens. Come and enjoy an eclectic array of live bands, rotating each week, ranging from soul, gypsy and jazz to funk.

Located on the pathway from the Albert Street main gates of the gardens, the market offers a varied mix of stalls including gourmet providers and multicultural food, coffee, fresh juice, French pastries & crepes with live music in the rotunda. As well as an amazing selection of arts and crafts, fashion and jewellery, plants, fruit and vegetables.

City Botanic Gardens, 147 Alice Street, Brisbane City.

SYDNEY



Spit Bridge to Manly Walk

Anytime

This is a great walk to do on a sunny winter or spring day when it's not too hot, because at 10km, it's a long one! It usually takes 3-4 hours to walk, but there are so many beautiful places to stop, take in the view, and get a few amazing photos while you walk.

You can get there by taking a bus to the Spit Bridge, get off and start to walk over the bridge, make sure to check the route online before you go and take a bottle of water & maybe a snack! When you finish the walk in Manly, there are a great range of restaurants, cafes and even supermarkets so that you can enjoy a nice lunch when you're done walking! It's a great chance to spend the afternoon or evening in Manly and then get the ferry back to Circular Quay and enjoy the lights of the city, Opera House and Harbour Bridge as you return!

10/10 for views and the feeling of achievement, but it is a big walk so come prepared with comfortable shoes, water, sunscreen and definitely bring a friend or organise to go together with a few of your classmates - adventures are what the international student life is all about!



Glebe Markets

10am-4pm, every Saturday

Glebe Point Rd and Derby Place, Glebe

Glebe Markets are a wonderful bohemian paradise where you can find live music, a delicious range of food and drinks, so many clothes - new, vintage and people selling their own second hand (often designer!) clothes. There are also cute plants, beautiful decorations for your home, jewellery, bags and great items if you're looking for a gift.

It's also a great place to practise your English - the stallholders (vendors) are often friendly, relaxed and happy to chat.

The area has great cafes and bookstores too and is located right near Broadway Shopping Centre, so it's easy to get to by bus or train.



Carriageworks Farmers Market

8am-1pm, every Saturday

245 Wilson St, Eveleigh

If you're looking for something to cook at home or brunch to have while you shop, Carriageworks Farmers Market has an impressive array of fresh produce to buy and make at home from some of the best growers and producers in NSW. You can find artisan breads, local honey, fresh flowers, meat, eggs, boutique wines, herbal teas and delicious coffee. There are also wonderful stalls to buy food ready to eat, such as pastries, pies and handmade chocolate.

MELBOURNE



Brighton Beach to St Kilda Walk Anytime

Starting at Brighton Beach Station, walk down to Brighton Beach to take some pics with the famous beach huts. Enjoy a walk along the beach, then head up to the Esplanade and join the Bay Trail. You'll head through Elwood Beach and don't miss the lookout on top of Point Ormond, a fabulous photo opportunity for uninterrupted views of Port Phillip Bay and the Melbourne city skyline. Keep walking along the Bay Trail along the waterfront until you reach St Kilda beach, where it will be time to enjoy some coffee and cake!

This popular walk is about 7 km long and will take around 2 hours, but some people prefer to cycle it and there are many bike hire locations along the way. Either way, make sure you bring water, sunscreen and comfortable shoes!



Rose St Artists' Market 10am-4pm, every Saturday & Sunday 60 Rose St, Fitzroy

Interested in design, art, fashion and food? Rose St Artists' Market has something for you! A great chance to see the works of some of Melbourne's talented art community, come and meet the artists, have the chance to buy all kinds of unique handmade objects and be inspired. Pick up a one-of-a-kind gift for someone special - maybe yourself!



Prahran Market Tuesday, Thursday, Friday, Saturday 7am-5pm, Sunday 10am-3pm 163 Commercial Rd, South Yarra

Prahran Market is a farmers' market with a great range of fresh produce and deli items. Shop here for yummy fresh ingredients to cook at home and invite some friends over for a little dinner party! If you're on a budget, at 3pm on Saturdays, there are bags of fruit and veggies for just \$1, you can't beat that!

GOLD COAST



Burleigh Head National Park Anytime

There are multiple options for a beautiful walk in Burleigh Head National Park, Ocean View walk, Rainforest Circuit and the view from Tumgun Lookout are all stunning. Sometimes you can even see humpback whales from Tumgun Lookout during winter and spring, so keep an eye out! Be careful of the cliffs, stay on the paths and don't go into restricted access areas for your own safety.



The Village Markets 8.30am-1pm 1st and 3rd Sunday of every month 1750 Gold Coast Highway, Burleigh

A great place to shop for homewares, jewellery, clothing, art, plants and CLOTHES - new, pre-loved, vintage and small local labels can all be found here. It's also a great place to enjoy a morning in the sunshine, trying the food from food trucks and listening to live music.



HOTA Farmers & Artisan Markets 6am-11.30am, every Sunday HOTA, 135 Bundall Rd, Bundall

If you want organic fruit and vegetables and other delicious goodness, this is the place! Bring a picnic blanket to sit in the sub and enjoy some of the amazing food you find, before popping into the art gallery (open 10am-5pm on market day) and then heading home to cook up a new creation with all the fresh produce.







School Life





The Grand Rumpus

José David Lozano, English Unlimited student

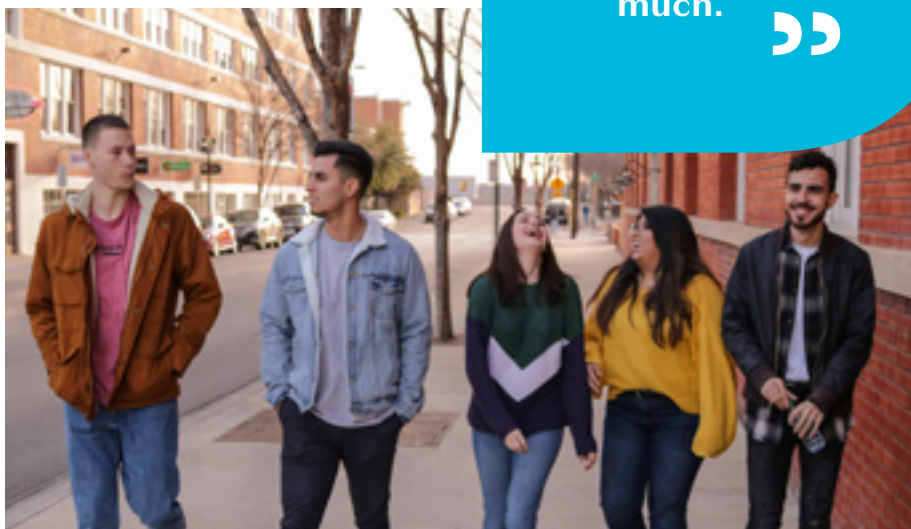
It was a Thursday afternoon. After having lunch, we got ready to go to the State Library of Queensland. There was a special exhibition called 'The Great and Grand Rumpus.' We didn't know what it was; we didn't know what to expect and the name itself intrigued us! It was a cold and windy day as we walked to the library, however we were excited because it was a new place for us.

When we arrived at the library we had to do an activity related to the installations, so we were attentive to every little detail. We looked all over the place, for example, the entrance to the exhibition was a big red gate, with some red lights and a sign explaining the exhibit. As we went in, the name of the event became clear. We saw that everything was made from cardboard. The environment smelled like a box factory! There were some huge sculptures, others medium-sized, and every one of them had a little story to tell which was very interesting.

At the back of the exhibition, there was a room with a big TV and camera. The screen displayed different filters and characters that changed your appearance depending on your choice. It was so funny, we laughed so much; everybody looked very funny and strange.

It was a really interesting excursion, I loved it because when you go out with your classmates you can get to know all of them better. It's different to the class environment where I think we all are very focused in class and sometimes serious, however, on the excursion, everyone is more relaxed and we can speak about different things, so it's a good opportunity to relate to each other and other cultures and improve your English.

“ It was so funny, we laughed so much. ”



Inspiration



Interview with Saul Myers

Builder and Designer / Judge on House Rules

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Ivan and Nikki sit down to discuss building, design and working in the entertainment industry with Saul Myers.

IVAN KUMAR

Welcome Saul! Thank you so much for joining us. To begin, would you like to tell us a little bit about yourself?

SAUL MYERS

Well, thanks so much for having me. So I'm Saul Myers. I'm a builder by trade and a designer after that, I suppose. I started doing gymnastics when I was young and that got me into doing stand-up comedy and then building was my trade to earn money, so to speak. I always had that show biz-y sort of flair, and then got into design, and that's what led me to TV, into building and designing on TV, I guess.

IK

Great. So you started building at 18. Tell us how you got into that.

SM

Well, where I come from on the New South Wales Central Coast, it's very blue collar. So I'd say it was a real thing to get a trade when you were young, because, you know, people say, 'Don't go into the arts, don't go into that. Let's just get a trade.' And so I did and I do love a trade, and I am very physical. But it's later in life where I've sort of come back to my artistic flairs and things like that.

IK

So speaking of design, how did you get into design? Could you give us a little bit of information about that?

SM

Yeah, so, being a builder, you're always doing other people's designs. It's one of the pitfalls of being a builder. And I always thought, or always knew, that I could do things much better. So when I first got given the opportunity, it was actually the passing of my grandmother, I got to design and really sort of spread my wings, you know, with an open bank account. I could go for it and see what we could turn this thing into. I really fell into my own and so I'm self-taught in the design sphere. But yeah, that just led to more and more and obviously the more confidence you get, the broader your horizons get, right?

IK

Yes, definitely. And what was the first design project that you did like?

SM

It was when I really took over my parents' house, and the concept for that was, 'Let's see what we can do with the smallest amount of money possible. We'll design from the ground up and see what we can create.' So we did a \$650,000 renovation ... we ended up doing it for \$200,000 with smart design skills.

IK

Great, so at the moment, you're working for Home Beautiful. Can you tell us a little bit more about what you do with that magazine?



“ Do not limit yourself is my biggest piece of advice. I haven't, and so my design style is forever changing, and I'm forever learning in that. ”

Interview with Saul Myers (continued)

SM

Yeah, absolutely. So I'm their renovation expert, so I sort of find projects. Using their help and their contacts and things like that, I'll find, you know, the diamond in the rough, and then polish that up and show people really what they can do. And I also present on other projects and things like that.

IK

Excellent. So, let's talk a bit about your life in the entertainment industry. You were the judge for House Rules last year. That was an exciting project. How did that come about?

SM

So, I guess where it started for me with show business is, I used to be a gymnast, and, you know, I trained gymnastics from five, till I finished around 20, and I used to be in a trampoline troupe. We went over and did the opening and closing ceremony of the Asian Games. I've always wanted to be the center of attention and be on stage, and then that got me into stand-up comedy. And then, sort of, building, design, stand-up comedy, it all sort of amalgamated. And I came on the radar of one of my dear friends, Wendy Morgan, who was one of the old judges of House Rules and at the time, she was at the head of Home Beautiful magazine. So, she and I crossed paths. We got on like a house on fire. I did a few projects for her and then I started presenting for Home Beautiful magazine, and then that brought me to the attention of channel 7, in House Rules and landed on my feet again.

IK

Generally, what's the best thing about being in the design, building, renovation industry and is there any advice you would give prospective people who want to get into it?

SM

Yeah. Absolutely. So I'm a very physical person, but I'm also a very artistic person and there's not a lot of industries which sort of meld those two different worlds, apart from this one. And it's unstoppable! The amount of avenues you can take, you know? You can be in real estate, renovating and selling houses, you could be in the building of houses, or you could be in designing only. There's a range you can sink your teeth into. I'm really passionate about all these different industries because the reality is... building has a glass ceiling. And when I've got more into designing and then done the building too, I really get to scratch all my proverbial itches, which are the design, the physicality of the building, seeing things physically come to life in front of my eyes. And I'd really push anyone into this space, because they can literally take one of fifty different paths, and none of them have glass ceilings. It's as big or as little as you want to go. And also at the crux of it, building a house and building an area to sit in and live, it's very primal. You know, it speaks to our internal, that we want to build a nice nest, right? And you are able to do that physically, to sit back and actually put your body in the place that you've built or built for somebody else, and have your heart and soul in it. It's almost being able to live inside the painting, you know, or live inside the music. And yeah, I really do see it that way.

IK

That sounds amazing. So, how did you develop your own kind of style and what is it? Is there any advice can you give to students who are trying to develop their own style?

Interview with Saul Myers (continued)

SM

Yeah, well, I'd say 'Do not limit yourself' is my biggest piece of advice. I haven't, and so my design style is forever changing, and I'm forever learning in that, you know? Say if you were going to do, you know, coastal, if that was your design style, I think it's somewhat limiting... The last place I did was sort of very dark and very eclectic, and the place I did before was very coastal, and the next one I'm looking at doing will be very Grecian in style. And so what really drives my creative bones and really gets me ticking along is saying: 'I've sort of done that, I've been there, done that, and now I'm onto the next one. What can I learn?' I feel like an amateur again: 'How much can I learn? How much can I grow in this space here?' And then it's on to the next one. And then you can almost start creating your own style out of that, you know, where you can take elements from here and there and everywhere. So yeah, mine would be not to limit yourselves and to really ... to really try and learn everything and all.

IK

Awesome. Do you have any specific tips or advice for students wanting to transform their space? Even if they're house sharing?

SM

Oh, yeah, absolutely. I think... have a go! I mean, change is as good as a haircut, right? So wherever you are, everyone is looking for a bit of extra sunshine! So, all of my design is based around the sun. So, wherever I am, I'm trying to capture the sunshine which will change from season to season. So find out where your sun is right now, actually, and design your space around the sun I'd say. And that comes into everything from reflection from a screen to where the sun's going to find you in the morning, to where the sun's going to find you in the afternoon, and you want to find yourself capturing that sun physically.

IK

Excellent. So thank you so much, Saul. I'm sure all the experience you've had and all the information you've given to our students is going to really inspire them to become the next generation of designers and builders of the future.

SM

Thank you so much for having me. I really do hope I've inspired a couple people out there. And yeah, I really would encourage anyone to join any of these industries.

IK

Thank you for joining us.



The Key Elements Of Design



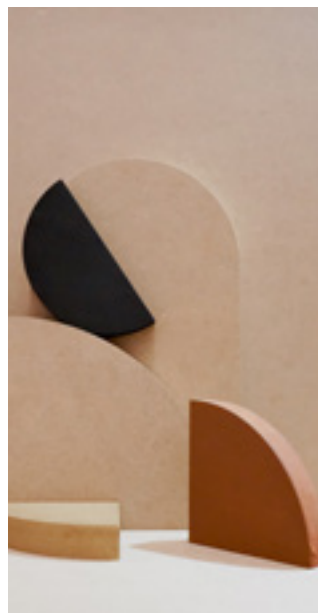
SPACE

In design, positive space is filled space, and negative space is empty space. Whether positive or negative, space is a requirement in design to successfully communicate, especially graphic design. It is important to remember that white space is not your enemy!



LINE

Lines are required to write language, or to sketch representations of the world we see around us. Lines may be straight, angular, or curvy. They may be thick or thin, continuous or interrupted. The edges of a page or screen represent lines too, including margins.



SHAPE

The shape of most layouts is rectangular. Most blocks of text are rectangular, too. In art language, we speak of two kinds of shapes—inorganic and organic.

Inorganic shapes and forms are geometric, such as perfect circles, squares, rectangles, triangles, etc. These don't appear so much in nature. Organic shapes are more natural, such as the outline of a rocket ship or the shape of a pear.



SIZE

Clearly, size is important for composing layouts, structures, and any art forms. We talk about relative size or scale, for example, when comparing headlines or titles with the body of text. We talk about exact measured size, such as pixels or 11-point font type. And we talk about proportionate size, which is about image and photo presentation and making sure they are not warped.



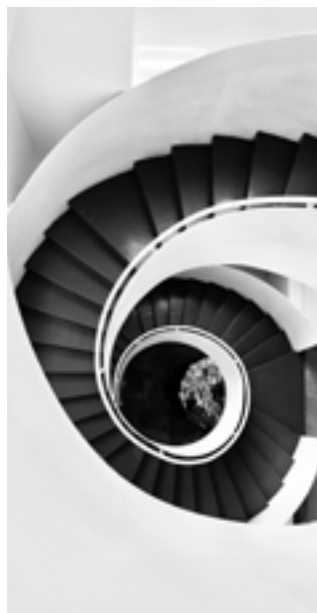
PATTERN

Pattern is about repeating. Bullet points, photographs together in a specific layout creates a pattern. Like a shape, a pattern may be inorganic or organic. Inorganic patterns repeat precisely without variation. Organic patterns, not so much because the repeating items may be different sizes, or look slightly different. Pattern creates a sense of order and familiarity in layouts. Depending on how the pattern is used, it also can communicate a tactile quality.



TEXTURE

Generally we think of texture in terms of three dimensions, such as sculpture, textiles, or even thick oil or acrylic paint. But designers can create the illusion of 3D texture, depth and dimension, whether on a screen or paper. The paper can provide texture too if it is smooth, glossy, bumpy or even furry. Creating the appearance of texture in two dimensions requires clever use of line, shape, pattern, and the 2D equivalent of light and shadow known as value.



VALUE

Value refers to tones of light and dark. In between white and black we find a range of different shades of grey. This range is called greyscale. Mixing increasing amounts of white with black, results in various shades of grey. Black and white photography works because, after white and black, different shades of grey replace other colours and create depth and dimension.

Did you know that EU offers short courses on a wide range of interesting topics? If you're interested in learning more about design, here is some valuable information from our English for Design short course. To learn more about this and all our short courses, scan the QR code.



English for Design
Excerpt from the
short course

Interview with Anna Krispel

At APC, our trainers are world class, with a wealth of experience.

Here Nikki interviews **Anna Krispel, Fashion Designer and Trainer on the Gold Coast**

NIKKI

Can you tell us about your career in fashion and what you specialise in?

ANNA KRISPEL

I studied fashion and textile design in Brighton, in the UK. It was a four-year course, which included a year in industry, and I was very fortunate that I went to University that had an extensive list of contacts and helped me secure my first job. So I went to work for American Eagle Outfitters in New York, which was very exciting. After that role, I moved straight from New York to Italy and worked for a yarn manufacturer that supplied yarn and fabric to very high-end clients. It was a real eye-opener because I was working right at the beginning of the chain, so to speak. So we exhibited at a Trade Fair in Florence where all the big fashion buyers come and buy their yarn and their fabrics for the following season. My next job after that was for Ted Baker in London, and when I was in that position, we were the client. So we were the ones going to the trade fairs to look for fabrics and trends. So I've really been able to see the industry from all sides.

N

How has the fashion industry changed over the time that you've worked in it?

AK

It seems the whole industrial world has changed really, not just fashion. I mean, fashion is certainly much faster. Faster than it ever has been, you know, the rate at which we consume has just soared over the years. I think that fashion is more trendy now than it ever has been. So, everybody gets to be trendy even if they don't have a huge disposable income because you can buy fashionable items at such a cheap price nowadays. They've become very disposable. It's not the part of the industry that I particularly like, but I think that it is changing slowly as people become more aware of the impact that disposable fashion has on the world.

N

How do you think social media or the influences on social media have affected the fashion industry?

AK

They've changed it immensely. In short, influencers really do have the power to set trends. They don't have to go out and look for people to follow them. People find them, and that's why they are called influencers. It's well known that they accept paid promotions by Brands who want to use their influence to sell a product. So it hasn't gone unnoticed by the industry. So, I guess in that sense fashion trends are a lot more democratic in that we get to choose rather than being told.

N

Do you have any predictions for upcoming fashion trends in Australia or in the world?

AK

I think that the trend for slowing down fashion is growing. I think that as sustainability grows as a topic of conversation, and people are aware of the effects of fast fashion, that trend for having a piece that's cherished and valued and passed down becomes more popular. I also think that technology in terms of fabrications is going to continue being atrend, particularly in swimwear. At the moment there's a big trend for having eco yarns and eco fabrics.

N

Where can people go to stay updated on fashion or fashion design opportunities, and Australia in terms of websites, or magazines?

AK

The Australian Fashion Council is the leading industry body here in Australia for allthings fashion. So you can find loads of information on their website. Anything from Australian standards for care to industry related webinars. They are a great source for networking and they hold events throughout the year. LinkedIn is a really great networking resource, even though it's considered a social media platform. They always advertise jobs on LinkedIn that maybe aren't advertised on other platforms. For magazines, there's the classic Vogue, and then magazines like Frankie and Peppermint are great for finding smaller fashion labels that are maybe more artisan and maybe setting their own trends rather than following high fashion trends. They're great for finding industry events as well.



Health & Wellbeing



and breathe



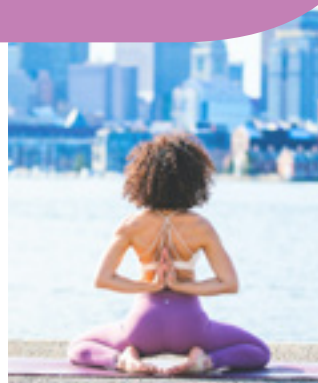
Moving within the Breath : A Conscious Yoga Practice

By Janelle Mihaere
EU English teacher and yoga instructor

The breath is the main focus in our yoga practice, as it is the link between our mind and body. The breath is always longer than the movement; eg. if your inhale is five seconds long, then the movement should be about three seconds long. We also add a pause in between each inhale and exhale to help us remain conscious of both the movement and the breath. The breath leads the movement and the mind, so our practice becomes a moving meditation. When all of our attention is on the breath, we are completely in the present moment and our experience is not automatic or mechanical. This is what makes the physical practice of yoga different from doing exercise. When the breath, body and mind are integrated and moving in sync, we can experience our inner self deep within our being. Moving within the breath also increases mental calm and focus, improves the range and quality of movement, and reduces physical and mental stress. Try it out for yourself!

Stand with the feet together or slightly apart. Start inhaling then raise your arms above your head, continue inhaling after your arms are beside your ears. Pause. Start exhaling then bend forward bringing your hands or fingertips to the floor beside your feet (bend your knees as much as you need), continue exhaling after your hands touch the floor. Pause. Start inhaling then raise your torso with the arms beside the ears coming back to standing, finishing the inhale after the movement. Pause. Start exhaling then lower the arms beside the body, finishing the exhale after the movement. Pause. Repeat six times with all of your attention on the breath. After this, observe how your body breath and mind feel.

“Moving within the breath also increases mental calm and focus.”



My Health & Wellbeing

by English Unlimited students

Erika Gomes

Every day we see several offers on the internet on how to get the perfect body, how to lose weight with crazy diets or miracle recipes to achieve perfect health without complications. I believe the basics are the best way. When you do everything with balance, the result tends to be very satisfying even if it isn't in the short term.

In my life I try to take everything with lightness and balance, I don't hold on to miraculous things that will leave me with an anxiety crisis or even health complications in the future. I usually eat whatever I want, but I force myself to eat healthy meals most of the time so that I can have the freedom to choose what I eat whenever I want, even on weekends or with friends.

Having a healthy life goes far beyond all that. It consists of trying to improve your home (our body, mind and spirit are our home) every day. Choosing to eat fruit and vegetables, doing physical exercise, even if it's just a walk on the beach, listening to the music you like while doing something for you, talking with family and friends, reading a good book or watching a movie are some of the things we can do to keep our health up to scratch.

Knowing yourself is the secret to understanding that we must do all this for our own good. Therapy is a very important tool in this process.

Thais Pinheiro Chagas

I try to eat healthy foods, I drink a lot of water and try to sleep 8 hours a night. I exercise 3 times a week and I study organ and also draw sometimes.

I always try to cook my food and if I need to, I take a lunch box so I don't eat junk food out. I avoid eating sugar, flour and gluten because these foods are inflammatory.

I drink a lot of water to hydrate my body and I try to sleep 8 hours a night. I exercise 3 times a week with a personal trainer and sometimes stretch. I really enjoy exercising and when I don't exercise I get in a bad mood. I play the organ, music is an art of expressing feelings in the form of sounds, it's a way to relax and take care of the mind and sometimes I draw cartoons because it reminds me of my childhood.

Marlen Penca Vasquez

I don't do much about health and wellbeing because I'm always tired in general, but in recent weeks I noticed that I was more tired than usual so I've been trying to eat more fruit instead of food which really contains sugar or flour. I've also tried to reduce my intake of fast food. In addition to riding my bicycle at least three days a week, I walk to work two days, which also helps to save some money.

I talk to my friends often to improve my mental health but I also try to meet new people so I can go out a bit and do something different every week even if it's trying something a little different during the week.

I also write in a diary when I have time, usually every 15 days if I feel like it. Sometimes it helps to read how I felt on other days and read and write how I feel now. I made an appointment with my psychologist in Mexico and I will see her on Zoom in a week.

I recommend trying to do something interesting at least once a week, something that you enjoy and being focused on finishing the important things and not stressing out if you don't finish all your tasks. If there is something that I didn't finish for any reason, I just leave it there for next week.

Flavia Duarte Bone

In my opinion the main aspects of having good health and wellbeing are what you eat, exercise, rest and doing pleasurable activities.

So, the type of food that you eat is super important for our well being because it can bring lightness or a stagnant feeling in our body. It also gives us energy or excessive tiredness to do any activity that we have to do during our day. Having a balanced diet can help us to be more productive and be in a better mood.

The second aspect is exercise. Working out is super important for us to have a very functional body and avoid all kinds of illnesses. It can help us to be happier with our physical condition, to have better sleep and be healthier.

The third and fourth are combined. We have to rest for our wellbeing, to be calmer, to make better decisions, to think clearly. And combined with rest we have to separate some time to have fun and do any kind of pleasurable activities. It helps us to have better mental health and be a happy person without a reason.

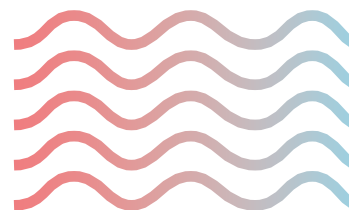
If you are a religious person, you can also pray, attend church and create connections there, make some friends, share about your life, and listen about their lives. It helps as well.

Doing all these activities on a daily basis, definitely improves our health and I really recommend that.



Food & Cooking





My International Recipe: Brazilian Chicken Stroganoff

Flavia, English Unlimited student

Stroganoff is the best easy meal ever. I'm not sure if it's from Brazil, but we have definitely improved it. Here I'll give you guys a recipe that is how I make it. It's simple, flavoursome, fast to prepare for those days when we don't have much time - and it's cheap! Amazing, right?

So, you will need **500g of chicken breast**, sliced in small pieces, **3 tomatoes**, **1 onion**, **minced garlic**, **seasonings**, **reduced fat cream**, **mustard**, **oil** and **butter**.

To prepare it you'll need a pan and a big plastic spoon (or any other big spoon). First melt a little bit of butter with oil in the pan and include the onion until it turns transparent. Add 1 teaspoon of minced garlic and then the chicken breast in small pieces. Fry it very well until the chicken is all cooked. Add some seasonings such as paprika, Italian herbs, parsley, black pepper (anything that suits you) and cook it a little bit more.

After it, include the 3 tomatoes chopped and cooked until it stays super tender and add the mustard. You can add 2 big spoons of mustard if you like it the way I do.

To finalise, you can turn off the stove and add the reduced fat cream and mix very well. Then try if it's too salty or enough salt (If it's too salty you can add extra parsley). After that, it's done. Easy peasy. You can eat it with rice and some French fries.

Well, when you try it, you will see it tastes like heaven, so have a go! The ingredients can be found at any supermarket, only the reduced fat cream that I recommend buying is the Nestle brand because it changes the experience. Stroganoff is a simple dish, to eat on a daily basis. Enjoy :)



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Well, when you try it, you will see it tastes like heaven, so have a go!

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Sizzling Korean BBQ

Poppy, English Unlimited student

I am a Korean food lover and I would like to offer my honest critique of one of my favourite Korean restaurants. This place is suitable for authentic Korean food, especially the famous Korean barbeque! You can spend your leisure time enjoying your meal with friends and family.

In my opinion, it is easy to find Korean cuisine in Brisbane but it does boil down to taste. The Korean restaurant named "Maru," which is located on Elizabeth Street, Brisbane, offers an array of choices on its menu. It makes you feel excited yet torn on what best to choose from the menu! Maru is a popular restaurant which specialises in serving Barbeque with plenty of side dishes and extra vegetable cups if you need. You can find different types of pork, beef and wagyu on the menu and get discounts for special meals some days.

Moreover, as I mentioned previously, the menu is rather diverse. You can even order some original cuisine such as Kimchi soup with tofu, home-made veggie pancakes, boneless fried chicken, and Bibimbap. If you do not want to eat barbeque, you can also order a sharing grill and hotpot menu.

Everyday there are long queues in front of the restaurant that can make you get hungry. You can imagine how delicious it is just from the sound when someone is putting a piece of meat on the pan, and the smell..!

Inside the restaurant, there are two separate levels. The first floor is dedicated to the sharing menu and normal cuisine and the barbeque is up on the second floor. Other than that, drinking Korean alcohol and beer with cuisine can make the taste even better.

In conclusion, I would like to recommend more dishes than the ones written above, but you would need to go to the restaurant yourself and try all the dishes to find your favourites. I hope my critique can be helpful and entice you to try out this restaurant!

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It makes you feel excited yet torn on what best to choose from the menu!

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Accommodation



Finding a Home

Paula, English Unlimited student

Recently I caught myself thinking about my trajectory in Australia, about how that young, 19 year old girl came to a country located on the opposite side of the world, miles away from her home country Brazil, without being able to speak a word of English.

The language came naturally to me while I was living here and I celebrated 6 years of living in this amazing country 3 days ago. Wow, how time flies! However, my housing experience is one of the scariest topics in terms of living overseas.

When you don't know the place you are going to, it is challenging to choose, and it is not just about the place but questions that were frequently in my head for example were: where? With who? How much would it cost? I guess that would come to your mind too if you were planning to travel or move overseas.

In the beginning of my life in Australia, I luckily had the support from the agency that I came with. They had a share house with people from all over the world in the same situation as me where we could stay for a month, and it was part of the package. It was great to get to know new people and also know the country to choose the best place to live according to my needs.

I am a typical city girl from Sao Paulo, one of the most populated cities in the world, so I guess I was looking for a completely different experience from what I was used to and Coogee seemed like a great place to do this.

I live in Coogee, which is a peaceful suburb, in a 2-bedroom apartment with a breathtaking ocean view from my living room, 1 minute away from the beach. That city girl couldn't be away from the crowd, so I was lucky to find a place on the main street where I can find plenty of options for restaurants, pubs and stores, literally downstairs, which provides me with a perfect balance. Coogee has my heart and I don't see myself moving from here for a long time.

I have also made a great friend; I share the house with Carlos who is a sweet Brazilian guy that I now consider as my older brother. We met through a Facebook group where I posted the room, and I couldn't have been luckier!

My advice to anyone who is about to experience an exchange is firstly to find a solid company in the market who can provide good support, especially if you don't speak the language. This can make your life way easier. Secondly, be open to the challenges that life will bring and eventually this will teach you a lot. Also, be open to making good friends and meeting new people because you can never have enough support and at the end we are all humans - it doesn't matter what language you speak or where you came from!

“ I celebrated 6 years of living in this amazing country 3 days ago. Wow, how time flies! ”







International Culture





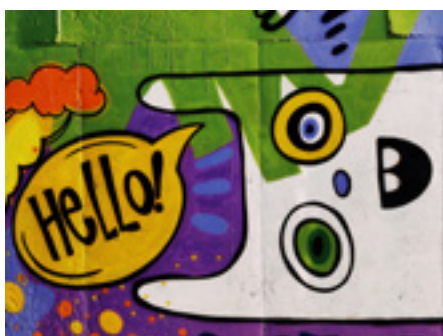
“Hello or how are you, or both?”

Kestutis Eirosius, English Unlimited student

Culture shock is inevitable and affects everyone differently. At first I was shocked about how Australian people greet each other. Everyone keeps asking me “How are you?” Why do they do that? I am not familiar with this. In Lithuania, we just say “Hi” or “Hello” and that’s all. I remember when I went to the Australian supermarket and before I paid for my groceries, the seller asked me and all the other customers, “How are you?”

After that I was completely bemused, because he was asking the same question all day to people he didn’t know.

After this experience of culture shock, I started asking my friends, coworkers and the staff at school why they are doing this, and I finally got an answer! I think it’s just a more polite way to say ‘hello!’ You can answer simply with “good, thanks.” It’s a way to see how people feel. For me, it’s still hard to get used to this type of greeting, but I will try to use it every day. However, sometimes I don’t want to ask people I don’t know “How are you?”, as I need more time to get used to this greeting; it’s so strange!



My Classmate's Culture

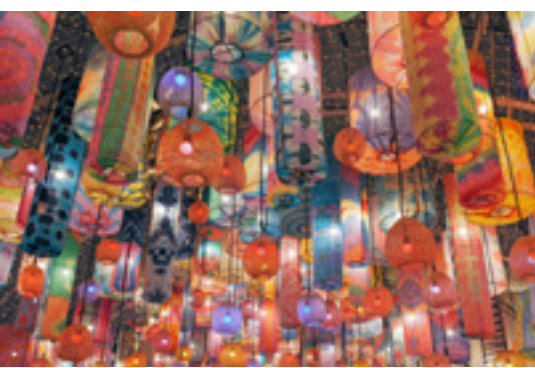
Hlaing Khine Thiri, English Unlimited student

One of my classmates is Hattaya. Hattaya is from Thailand, and we have known each other for two months, since the time we started virtual classes at English Unlimited. Currently, we are attending the Advanced General English and Cambridge class together on campus, and it has been two weeks already.

When it comes to culture, Myanmar and Thailand are more or less similar, as the majority of people are Buddhist and we are neighbours with each other. In terms of language, Thai language is interesting, as the accent is totally different from Burmese. One lovely thing is that Thai people say "Sawadika," which is "Mingalapar" in Burmese and means "Hello! Nice to see you!" in English, every time they meet people.

Two other similar things between Myanmar and Thailand are family culture and food. I learned from Hattaya that most young Thai people continue to stay with their parents and grandparents as they get older, and it is the same in Myanmar as well. The food of Myanmar and Thailand is also similar as we all love hot and spicy dishes. Moreover, we also have similar traditions when it comes to getting married, such as informing the parents from both sides and getting engaged officially.

In conclusion, Thai people are very polite, humble and hopeful. I have been spending time with Hattaya in person for a couple of weeks now, and she has been helping me a lot when it comes to my work, study, and travel around Sydney, as I only arrived in the country a few weeks ago. I can say for sure that there won't be any regret for someone if he or she becomes friends with Thai people.



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“Sawadika,” which is “Mingalapar” in Burmese and means “Hello! Nice to see you!” in English.

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Indonesian & Australian Culture

Evangelista Cheng, English Unlimited student

Before visiting a country, it is recommended that we learn about the culture and customs of that country. This is so that we can adapt to the environment and avoid offending the local people. Although Australia and Indonesia are located close to one another, these two countries do not share the same culture.

Unlike Australia, Indonesia is a conservative country. It has the largest Muslim population in the world. For this reason, people will have to be considerate about their clothing. In some areas, women should make sure that they are adequately covered: shoulders, chest, and legs. Since Indonesia is a conservative country, displaying affection publicly is uncommon. Indonesians do not greet their friends with a hug or a kiss, as opposed to Australians. A social cheek-to-cheek is popular among women, but never between men and women or among men. Generally, a handshake is the most common way to greet a friend. Some Indonesians take their hand to their chest after a handshake, to reflect the sincerity of the greeting.

A custom common in most Asian countries, including Indonesia, is the taking off of shoes before entering someone's home. It is also common for Indonesians to take off their shoes before entering small stores. Another important pointer to know before coming to Indonesia is that people should avoid using their left hand. This includes when touching someone, handing something to someone or raising your hands to call for waiters or waitresses. This is because the left hand is used for bathroom activities, and is therefore considered 'dirty.'

These are a few aspects of Indonesia's culture and customs to know about before visiting. Indonesians are generally tolerant and friendly towards visitors, so a few slip-ups are easily forgiven.



Festivals





Día De Muertos - Day of the dead

Marlen Penca Vasquez, English Unlimited student

Día de muertos, or Day of the dead, is a Mexican tradition celebrated between October 28th and November 2nd. It is a mix of Catholic and prehispanic cultures. It's believed that it is during these days that the souls of the people who have died return to the world of the living to live with their loved ones and taste their favourite food.

What is interesting about "Día de muertos" is that many countries consider death as something frightening while we Mexicans consider it as something fun. We want to remember our deceased relatives in a happy and fun way, which is very important for us because it gives us an alternative perspective on death. We consider that death is part of life and that it is just the beginning of another journey which we will be able to enjoy.

The things that can be enjoyed during the Day of the Dead are the costumes and the food. You can also enjoy seeing a very colourful landscape because people leave offerings on the graves of their loved ones, this usually consists of a lot of flowers that help the dead to show them the way to eat the food or things we have for them.

There are also many candles and depending on the state you live in, it is celebrated differently, but almost every state puts a typical dish from the region in the offering.







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