



ENGLISH UNLIMITED

Unlimited



English. Lifestyle. Design.

MAR 2023

Welcome

Dear students

It brings me great pleasure to introduce the autumn issue of our student magazine, Unlimited! This issue is packed with interesting and informative articles that we hope you'll thoroughly enjoy reading.

So sit back, relax, and immerse yourself in the world of Unlimited. We hope you find this issue both engaging and insightful, and look forward to hearing your feedback.

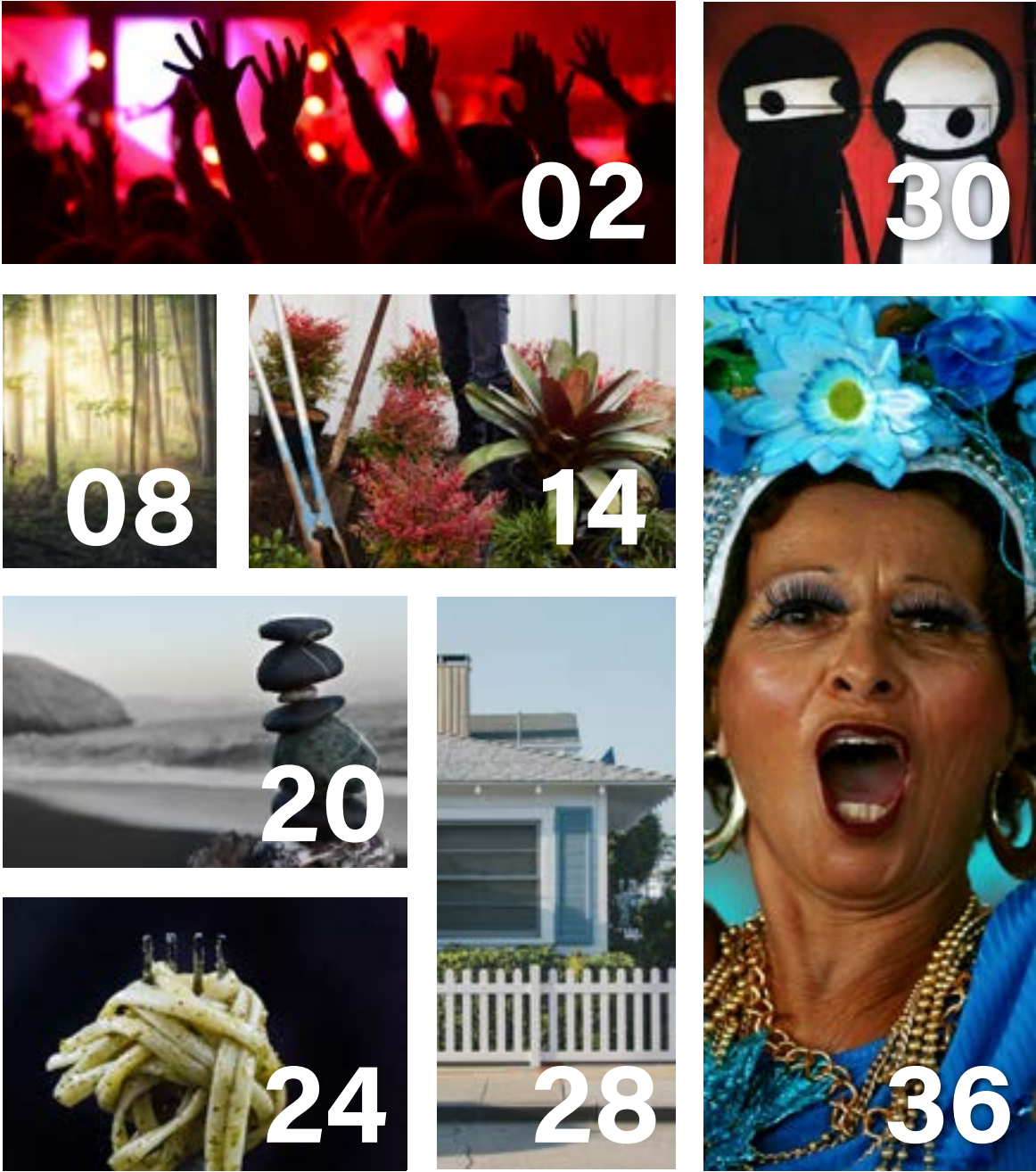
Warm regards,

Dr Ivan Kumar,

Program Director
(Language Programs and Short Courses)

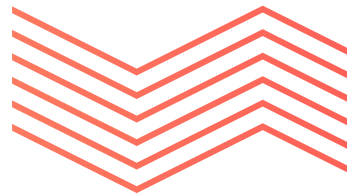
Editors: Amanda Sturm and Dr. Ivan Kumar
Graphic Designer: Yin Duan and Marc Gundesen

Contents



Community	02
School life	08
Inspiration	14
Health & wellbeing	20
Food & cooking	24
Accommodation	28
International culture	30
Festivals	36

Community



BRISBANE



'Air' at GOMA
7 - 9pm
November 26, 2022 - April 23, 2023
Queensland Art Gallery and the
Gallery of Modern Art Stanley Place,
South Brisbane
\$17
For more info and picture credit: [https://
concreteplayground.com/brisbane/
event/gigs-picnics-2022](https://concreteplayground.com/brisbane/event/gigs-picnics-2022)

This breathtaking art exhibition is a
"journey through the invisible, ethereal
and vital element of air". Featuring the
work of various artists, this exhibition
is a social, political, environmental
commentary which represents air, the
invisible element, in the physical form.



City Botanic Gardens Gigs And Picnics
12pm - 4pm
Feburary 25, March 25, April 22, May 27,
2023
Brisbane City Botanic Gardens
Free!
For more info and picture credit: [https://
concreteplayground.com/brisbane/
event/gigs-picnics-2022](https://concreteplayground.com/brisbane/event/gigs-picnics-2022)

Text your friends, pack a picnic and
picnic blanket and get ready to enjoy
amazing free live music in the beautiful
City Botanic Gardens, on the fourth
Saturday of the month (from February
- May). You'll experience "mellow jazz
sounds, modern reggae & dub vibes,
gypsy swing and more".



**South East Queensland Symphonic
Winds & Big Band**
12pm, 1pm and 2pm
March 26, June 18, September 10
Queen Street Mall Stage
Free!

Experience classical, Broadway
favourites, jazz, blues, swing, Latin and
even rock n roll for free in Queen St Mall.
Some of Australia's premier orchestral
musicians showcase their talents.



SYDNEY



Customs House exhibition: Australian Life 2022
Weekdays, 10am - 6pm
Weekends, 10am - 4pm
January 9 - June 30
Customs House 31 Alfred Street, Sydney NSW 2000
Free!
For more info and picture credit:
<https://whatson.cityofsydney.nsw.gov.au/events/australian-life-2022-customs-house-exhibition>

Australian Life is an annual photography competition and this free exhibition showcases the winning photographs. Get a unique insight into Australian life with these images that 'encapsulate Australia's unique personality'. Located a short walk from school, at Circular Quay - why not check it out?



Sunset Sessions at Cockatoo Island
5 - 8pm Every Saturday
January 21 - April 1, 2023
Cockatoo Island
Sydney Harbour, Sydney
\$35
For more info and picture credit:
<https://www.cockatooisland.gov.au/en/see-and-do/whats-on/sunset-sessions/>

This popular live music series runs annually on Cockatoo Island and is a great chance to experience local Australian music in a unique location - an island in the middle of Sydney Harbour! Make sure to plan ahead as you need to take the ferry there, more info on the website. Take a picnic & picnic blanket or buy refreshments from the cafe & bar onsite. This relaxed event is the perfect way to spend an evening with friends, whether it is the main event or you continue your Saturday night out in the city afterwards.



Disney at The Grounds
January 27 - April 30, 2023
The Grounds of Alexandria
Building 7A, 2 Huntley Street, Alexandria
Free entry but you need to make a booking on their website
For more info and picture credit:
<https://thegrounds.com.au/disney-at-the-grounds/>

The famous Grounds of Alexandria cafe are celebrating 100 years of Disney by Transforming their cafe complex into a huge celebration of Disney. A perfect chance to enjoy some delicious food with friends, take some amazing photos & walk down memory lane - for adults and children alike!

MELBOURNE



Secret Gardens Walk
Anytime!
A 4.2km loop in Melbourne CBD
Photo credit: Arianna Leggiero <https://www.broadsheet.com.au/>
For more info and picture credit:
<https://whatson.melbourne.vic.gov.au/things-to-do/walks/park>

Scan the QR code below for the information and map to explore inner Melbourne's secret gardens and beautiful parks. A great way to spend an afternoon, exploring and getting close to nature without even leaving the CBD. The walk is about 4km and will take around 2 hours (plus time to take photos in all the gorgeous gardens!).



Melbourne International Comedy Festival
March 29 - April 23
Melbourne Town Hall
Free to \$100
For more info:
<https://whatson.melbourne.vic.gov.au/things-to-do/melbourne-international-comedy-festival>

We all need to laugh and there's no better place than Melbourne's world famous International Comedy Festival. Local and international comedians take over the city and there are free shows along with ticketed events. It's a great chance to laugh, check how well you can understand a live show in English and experience something new. Check out the website below for more information.



Time - Rone
Until April 23 10 - 6pm, every day (closed on Tuesdays).
Open until 9pm Fri/Sat/Sun.
Enter via green door next to Boost Juice
Flinders Street Railway Station
\$39.70
Image credit:
<https://whatson.melbourne.vic.gov.au/things-to-do/time-rone>

"Set in the long-abandoned third-floor wing of Flinders Street Station, Time is a nostalgic love letter to mid-century Melbourne and a tribute to one of the city's great icons." Beautiful large-scale portraits in old abandoned rooms of Flinders Street station bring to life a fictional story set in post-WWII Melbourne. Check the website for more instructions on the secret entrance!



School Life



Melbourne Museum

Euakarn Khattiya (Charine), Intermediate

I have been living in Melbourne for two months and I haven't had much chance to explore the city. By the way, last week I had an opportunity to visit Melbourne Museum with Nikki, my teacher, and my classmates. Visiting a museum is a little bit boring for me because in my country there are not many options or amusing presentations.

Melbourne Museum was completely different from my thoughts. I thought it only showed stories about the city and boring stuff but it was incredible. There were heaps of sections but I didn't have much time so I couldn't inspect it all. I started from my favourite one.

My first encounter was a natural forest. It was humid and fresh. There were local animals and plants in the flesh. Visitors can walk through and watch the daily life of those animals. Walking through the hallway, I saw the fossils of plants and animals. The oldest was over 300 million years ago with good condition.

The next one was the dinosaur bones in real size with an explanation and video presentation. I couldn't remember the names of the dinosaurs. There were many kinds of them that I have never seen or heard the names. Probably they were originally living in Australia only or

had just been found. All of the dinosaurs were presented in real size and structure, even flying dinosaurs, so you could see how huge they were.

Next to the dinosaurs, there was an insect section which I spent a lot of time with. That was my first time enjoyed with insects. I was very fascinated with the idea of the presentations with this one. There were many kinds of insect species in Australia. They were shown in different ways but many of them were presented similar to their daily living life so people could see their actual routine, even the insects that were living in the water! I am arachnophobic, but I enjoyed the spider sections a lot, the real stuffed spiders and alive. The detailed information was presented on all of them, their habits, behaviours and location. I think that was very useful because many insects have poison that humans should pay attention to and have awareness.

That was one of my highlight places in Melbourne where I really had a good time. Even there were still many sections I hadn't inspected but I will be back for sure and I will recommend others to find out about this place, because from my experience Melbourne Museum was above my expectations and worth my time.



SOCIAL ACTIVITIES FROM SUMMER 2022-23

Sydney Campus

Tamarama Excursion

Students enjoyed a BBQ and picnic at Tamarama beach park. They relaxed, played games like soccer, danced and took some great photos! December 2022.

English Unlimited Sydney Campus Christmas Party

Students had a well deserved night out for the English Unlimited Christmas party to mark the start of the holidays.

Yoga & Table Tennis

Students have the opportunity to have fun playing table tennis or join a free yoga class one afternoon each week.

Manly Excursion

Students caught the ferry to Manly to view our beautiful Manly campus, and have a picnic at the iconic Shelly Beach, enjoy the beach and even some live music.

City Tour

All new students take part in a little city tour as part of their orientation day. These are some of the new students who have joined EU this summer.





Inspiration



Interview with Paddy Milne

Famous Australian landscape designer/artist and TV host of *Selling in the City*, is interviewed by Dr Ivan Kumar.

You can read the interview with Paddy Milne [here](#) or watch it by scanning the QR code.

IVAN

How did you get into this industry, and what was the experience like?

PADDY

I grew up on a hobby farm in a little country town called Cloons in central Victoria, and my dad is an electrician by trade, but a garden lover, so I grew up in the garden with him. And then going through high school, I didn't really know what I wanted to do until about year eight or year nine, when *Backyard Blitz* came out, headed by Jamie Durie, and that was my first look at landscaping and what it has to offer. I wanted to be working outdoors, and I love the idea of creative design and working with lots of different materials. And so I left school and went straight into horticulture and studied horticulture and design.

IVAN

What tips do you have for people wanting and students wanting to get into landscape design and interior design?

PADDY

Really do your homework about who offers that course and think long term to start with, where do you want to be in ten or 20 years time and then work back from there. And obviously, you want to know what's available locally in your local area and who's offering the best possible training. And if you have to - travel, I did for the best possible training years ago. I did it, and I don't regret it. So just don't be confined to your own area and what's on offer if you have to travel to get the right training, definitely do it.

IVAN

And what's been your favourite project you've worked on in all these years?

PADDY

In my own business or the show?

IVAN

Either or both?

PADDY

Okay, well, on the show, we had a lot of fun in Newtown, both cruising the suburbs, getting to know the people, the place, formulating a backstory, and therefore our design intent, and then the actual build. It rained the whole three days that we were working there, and that made it particularly challenging. But Newtown was a hell of a lot of fun.

And then in terms of my own business and what I've done in the last ten years, my business turns ten next April. There was a project years ago that we did on acreage just near Daylesford, and we did the full design implementation and even carried through with part of the maintenance scope as well. And that was a huge undertaking from design and the construction point of view, and for me and my small team at the time to pull that off, that was pretty cool.

IVAN

And what suggestions do you have for people who want to design a small outdoor space, like a balcony? Not everyone has the luxury of space.

PADDY

Yeah, fair call. When it comes to small spaces, proportion is key. So think really long and hard about what you're wanting to put in that space and is it adding value or is it just clogging up space? As soon as the footprint starts to become small, my focus really starts to go to the vertical spaces and how you can treat walls. So I think that's the biggest key message in



“

I love the idea of creative design and working with lots of different materials

”



Interview with Paddy Milne (continued)

a small space. Start to lift your eyes and think about how you can treat the vertical spaces and not clog up floor space.

IVAN

What are the current trends that you like and you would recommend?

PADDY

I don't really follow along with trends, but what I am noticing and getting a lot of feedback from my clients, is that now more than ever, like, our home has always been our castle and our sanctuary. But now more than ever, people are wanting a place that when they step through the door into the garden for the first time after a long day or a long week, that it feels like escapism. And it is their own sanctuary. Designing with that in mind is absolutely paramount at the moment. Obviously, we all know what we've been through over the last couple of years. To me, that is the new ethos around good design, is that we're spending a hell of a lot more time in our homes and in our gardens, and it needs to be thought of more thoroughly and carefully than ever before, which is a great challenge.

IVAN

Thank you. I've got one last question for you. It's just three tips from the top of your head for our students to be a good landscape or interior designer, just three things.

PADDY

Get to know your client really well. Whatever you want to see in your own garden, forget about that. You can have your own design ideas and styles, that's fine. But really get to know your client is number one. But in that relationship, maintain a professional edge. At the same time, you do want to have a really great working relationship. Two, get your hands dirty. I think having some hands-on experience when it comes to design is really one of the most important exposures that you can have in your career. And three, have fun.

IVAN

Thank you so much, Paddy. And thank you for joining us for this little interview and hope everything goes well for the next season.

PADDY

Absolute pleasure. Thank you.

“really get to
know your
client is
number one”



Excerpt from a short course: Social Media Marketing

What is Social Media Marketing?

Social media marketing in essence, uses social media platforms and landing pages to promote products or services. The term social also identifies that these platforms rely on developing and creating a connection with customers, through means of social interaction, which includes commenting and direct conversation. Social media platforms can be set up to lead customers to a business website or may have shopping software connected to the platform. This tactic is used commonly and creates seamless connection from a social experience to an easy purchase (closed sale). Social media marketing makes it extremely easy for businesses to broadcast their message to their audience (followers), create conversations, enhance loyalty and advocacy through sharing posts and user generated content. It has never been cheaper or easier to create marketing campaigns and quickly convert as we can today on social media platforms.

According to the latest reports there are 3.9 billion people that use social media around the world. That means that 58% of the world population is active daily on various social media platforms. The usage of social media has doubled in the last 10 years. This is an extremely important and significant statistic and proves that social media is here to stay. There are over 100 different social media sites according to the Influencer Marketing Hub and they are growing

daily. Every business needs to allocate a certain amount of their marketing budget towards digital and social media marketing. Depending on the type of business, the region in the world and locality, businesses should consider having at least one suitable social media channel to broadcast their message to their customers.

How can Social Media help businesses with their marketing?

Social media platforms provide businesses an opportunity to engage with their audience directly, in real time, locally or across time zones, languages and countries.

Social media marketing offers a relatively inexpensive and simple way to communicate messages to your audience. Businesses can also use advertising or pay click tactics which are affordable, scalable and easily manageable on social media.

Users are engaged in consuming content and reacting to the message, published on a business profile on a social media platform. Creating new content may be time consuming, but once you have a solid content library, you can easily add new pieces of content to your creative assets.

Reasons to be on Social Media

Many businesses have social media accounts but are not actively managing their presence. Some have seen other similar businesses do well and quickly jumped into creating their profiles, without properly assessing the need for this kind of marketing. It is important to understand why you wish to invest time and resources in social media marketing. Social media can give businesses great exposure and brand awareness. By utilising organic tactics which include creating interesting posts, clever use of hashtags and engaging with the audience can give businesses unparalleled publicity. Businesses and brands can embrace this opportunity and reach unprecedented local and international recognition.

Every social media platform also offers detailed insights and valuable data at the fingertips of the account owner. This information can uncover important

trends and quickly identify successes and failures. By having this information readily available, brands can easily adjust the marketing tactics, saving money and time and focusing on what works the best for them.

You will have to determine what your reasons are for being social media. Are they: to gain visibility and exposure, connecting with your audience, creating a database of customers, seeking or providing information, or direct sales of product or service? Make sure you are clear about your reasons, because as a business you have to be strategic about your actions on social media, to prevent wasting time on needless activities. By having this clarity you will understand how much time or money you are committing to this segment of marketing, and also how this is working for you, in other words, what is your return on investment.

Defining Starting Points

When you are at the start, establishing your profile on any social media platform, make sure you take a step back and outline what are the important things you want to communicate with your audience. Sometimes you have to start with the end goal, to understand how to approach your early activity. Think about your audience and ask yourself these questions:

- Are you introducing a completely new business?
- Are you launching a new product or service?
- Are you promoting a sale or special discount available to your customers?
- Or are you promoting an event or a special occasion?

Understand what is the end goal of your action, but more importantly understand how you will start this communication with your customers. This is important because you need to introduce yourself or your product to your audience first, to be able to sell your product.

In some cases, you will have to start your social media activity with sharing interesting facts, important and relevant information, your knowledge and tips, in order to gain respect from your audience.

This will help you to build trust in you, so they will purchase from you later.

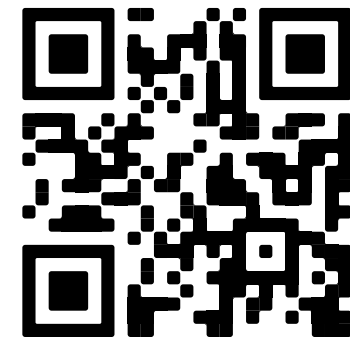
Where we are heading: what's happening in the SM industry?

The future of social media marketing is looking very bright. According to Influencer Marketing Hub and HubSpot, we will see a further increase in daily usage and adoption of social media platforms across generations and geographies. It is predicted that over 4.5 billion people will be using social media by 2030. People will continue to spend most of their leisure time on social media, socialising, researching, entertaining and shopping.

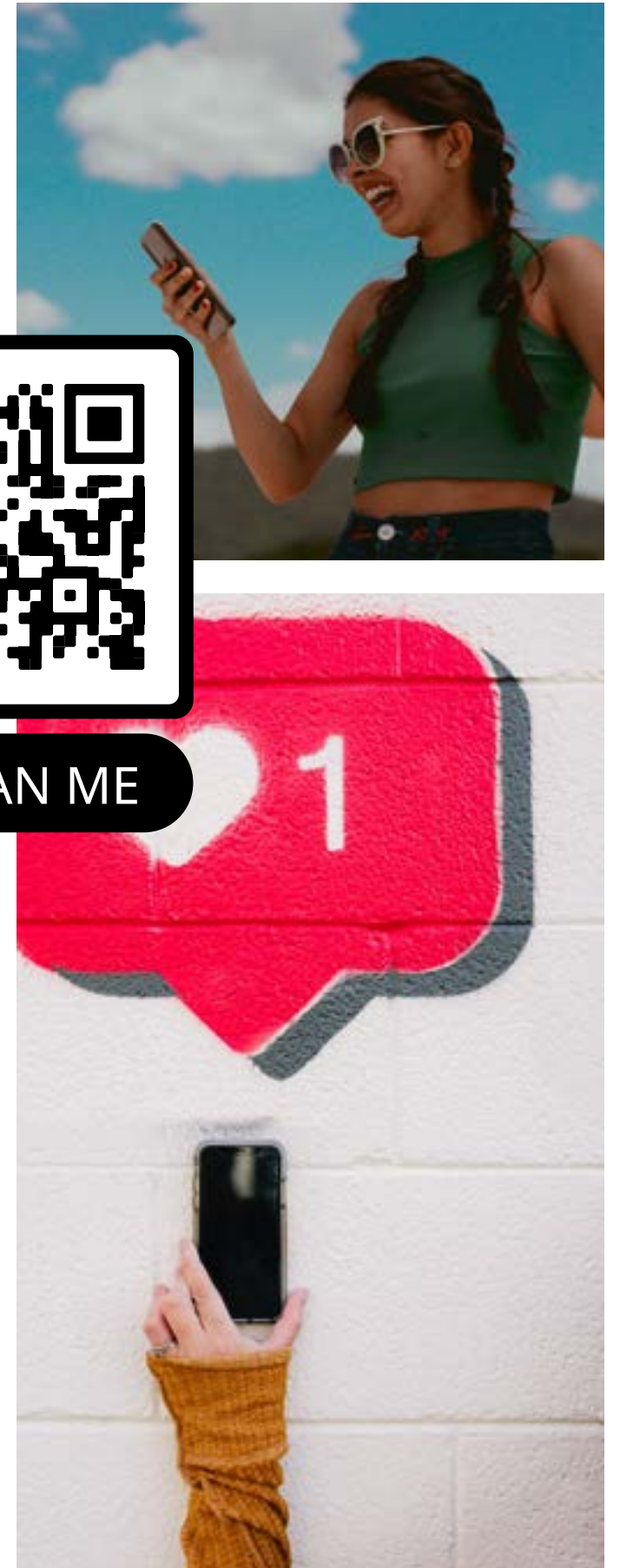
Video will continue to dominate and live streaming will be heavily adopted across business and brands. Live broadcasting, group video calling and online socialising will continue to grow. Augmented and virtual reality will be the main features in the years to come. Augmented reality has already been used in filters in many platforms but this feature is going to grow especially in advertising space on social media.

Social commerce is already widely implemented with huge success. It has shortened and simplified customer purchasing journey taking them straight to the shopping card. This streamlined customer journey has reduced a number of abandoned transactions, which resulted in better conversion rates. For most businesses, social commerce has proven very effective and is here to stay.

This is an excerpt from APC's Social Media Marketing short course. Head to <https://shortcourses.apc.edu.au/> to check out this and our other short courses, there are a variety of free and paid courses available, with many great opportunities to learn a new skill or work on your English skills.



SCAN ME



“ 3.9 billion people that use social media around the world ”



Health & Wellbeing



Meditation

How do you do it?

Meditation is a practice where you focus your mind on a particular object, thought, or activity (like breathing) to increase awareness and calmness. It has been used for thousands of years and is a key aspect of many religions and spiritual practices.

There are many benefits to meditating regularly, including reduced stress and anxiety, improved focus and concentration, increased self-awareness, and better sleep. Regular meditation can also help to reduce symptoms of depression, lower blood pressure, and improve overall well-being.

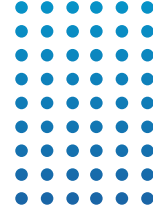
But many people don't know how to get started with meditation, or think they can't do it at all - well that's where we can help! English Unlimited and APC have a range of short courses available where you can learn many useful things and meditation is one of the free short courses on offer! You will learn many techniques so that you can find one which is right for you & you will be on

the path to a more relaxed, happy, calm life. So what are you waiting for?! Scan the QR code below and get started today.



We gained a lot of experience in difficult situations and this is important for our self-improvement.





Fitness

Get Your Game On: The Many Benefits of Playing Social Sports

If you're looking for a way to stay active and have fun at the same time, look no further than playing social sports. Social sports are sports played in teams where the focus is on having fun and making new friends more than on performance or winning. Playing social sports can provide you with plenty of physical activity, while also giving you the opportunity to socialise and have a good time. Whether you're playing a casual game of pick-up basketball or joining a local sports league, there are many benefits to playing social sports. In this article, we'll explore the various advantages of playing social sports and how it can help improve your overall health and well-being.

Improved mental health

Playing sports can be beneficial for your mental health. Studies have found that those who participate in social sports with their friends have lower levels of stress and can help us produce mood boosting endorphins to help us feel good, as well as higher levels of self-esteem and confidence. Participating in sports can also increase feelings of belonging and connectedness, which is essential for good mental health. So next time you're feeling down, get a few of your friends together and hit the court for some friendly competition or join a social league and make new friends!

A sense of community

Playing social sports helps to build a sense of community. Not only can you bond with friends and have fun, but you can also make connections with other people who share your passion for the sport. For those who are living overseas, it can be especially rewarding to meet people in your local area and develop friendships through playing sports together. When you play with the same group of people regularly, it can

create a strong feeling of camaraderie and friendship which can be incredibly rewarding.

Better physical health

Playing social sports is a great way to stay active and get fit. Studies have shown that physical activity is one of the most important ways to stay healthy. With today's busy lives, it can be hard to find time to get the recommended amount of exercise. Playing social sports is a great way to do this, as it's both fun and enjoyable, plus you get to hang out with your friends at the same time. Participating in social sports helps to improve cardiovascular health, coordination, and flexibility, which are all key components of good physical health. It also gives you a chance to practise sportsmanship, which encourages discipline and respect.

Improved social skills

Playing social sports can help to improve your social skills. By engaging in group activities, you'll learn how to interact with different people and communicate better in English too. You'll have the chance to meet new people and make new friends. Team sports provide opportunities for learning about teamwork, such as cooperation and collaboration, which are valuable skills to have. They can also help you build confidence, assertiveness, and self-esteem.

Greater life satisfaction

Playing social sports can lead to a greater overall satisfaction with life. Through the formation of meaningful relationships, these activities can help to build strong social networks and communities. Not only will you benefit from the physical exercise and improved mental health, but it can also help you develop a sense of belonging and connectedness in your local community.

Playing social sports can be especially helpful for those who have recently moved to Australia and feel homesick. It can help you to find new friends and form a network of supportive people who share common interests and passions. By participating in recreational activities with like-minded individuals, you can overcome feelings of isolation and build a stronger connection with the area you live in. Participating in team sports can help you create lasting relationships and make you feel more at home here in Australia.

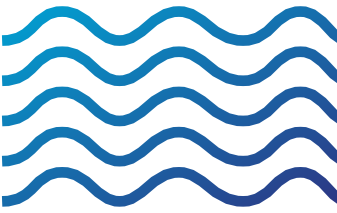
Playing social sports with friends is a great way to get together, stay active, and improve your overall physical and mental health. Not only does it provide an enjoyable way to stay in shape, but it also offers a strong sense of community, improved social skills, and greater life satisfaction. It is a great way to make lasting memories and stay connected to the people around you. So grab a friend or classmate, get out there, and have some fun!

Google social sports + your city to join a social sports team near you or try <https://urbanrec.com.au/> (Sydney and Melbourne) or <https://www.sportup.com.au/> (Brisbane).

You could also get a few friends or classmates together and play at a local park, court or neighbourhood centre such as this one: <https://whatson.cityofsydney.nsw.gov.au/events/casual-outdoor-basketball>



Food & Cooking



Restaurant Review Maru, Brisbane CBD

By Seohyeon Kim, Intermediate student

Maru is a wonderful Korean restaurant. It is located at 157 Elizabeth Street. This means that you can visit it easily because it is in the CBD. There are lots of dishes on the menu. My favourite dish to have at this restaurant is Korean barbecue, which tastes juicy, oily and nutty. You can cook everything yourself at your table. You can have some roast meat with just salt, but I recommend that you wrap the pieces of meat in vegetables and then dip them in the Korean-style sauce called 'ssamjang'. It can be a little bit spicy, but you can choose and control the heat. The dipping sauces are also helpful if you get fed up with just eating meat you can cleanse your palate by trying different sauces. My favourite drink at this restaurant is 'soju'. It is a traditional Korean alcohol. It is stronger than beer, but weaker than whisky. It is a good drink to have with any type of meat and it's especially refreshing after a hard day.

At this restaurant, you can always enjoy listening to K-pop music. It has a fun atmosphere, but it is often very crowded.

Many people go there, so you might have to wait to get a table, but the waitstaff are very professional and will help you. It is always an enjoyable experience to eat Korean food there.

“ It has a fun atmosphere ”



RECIPE

Creamy spaghetti with zucchini and

By Margo Valeria Calogiuri, Upper Intermediate Student

Ingredients

200g of spaghetti (or your favourite kind of pasta)
3 small zucchinis
1 clove of garlic
100g of brie cheese
40g of parmesan cheese
2 spoons of olive oil
salt and pepper

Preparation

- Cut zucchini and garlic in small pieces
- Put into a pan with 2 spoons of olive oil, salt and pepper and a bit of water and let them cook slowly
- When the zucchini become soft, put it in the blender, add brie and parmesan cheese and blend it together, add some water if you need
- Put water into a pot and when the water is boiling, add salt and cook the pasta for 10 minutes (or according to packet instructions)
- When the pasta is ready drain the water, add your zucchini and cheese sauce and stir together
- Enjoy!



Accommodation



Sharing Accommodation

By Pitchayapa Prommarak, Intermediate student

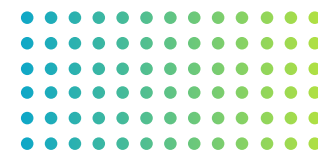
My name is Pitchayapa Prommarak. I arrived in Sydney on 21 November 2022. For the first week, I stayed with my sister and after that I decided to share a flat with a friend. There are people from many countries in that flat. It was funny when we tried to communicate with each other. None of us are good at English, but somehow we understand each other quite well. We laugh ridiculously when we talk about each other's weird cultures. We take turns cooking and I have eaten a lot of food that I had never eaten before, which is so delicious. It has been only 3 weeks since I have been here and already, I have made good friends because of them. There are so many things to do in Sydney. For example, exploring the city, chilling in the park and at the beach, etc. My friends and I go walking every Sunday and discover places new to us. It is wonderful. There are many places in Sydney that I want to go to but I have not been there yet. With my friends I can visit these places. It's more fun to go to new places with friends. I am lucky my flatmates are now my friends and we can do many things together.



“None of us are good at English, but somehow we understand each other quite well”



International Culture



Tips for Dealing with Homesickness

Feeling homesick is a common feeling for those who are away from home for an extended period of time. Whether you're on a business trip or studying abroad, homesickness can take a toll on your emotional and mental well-being. Luckily, there are ways to deal with this feeling and make the most of your time away. In this article, we'll provide five tips to help you cope with homesickness while you're away from home.

Acknowledge Your Feelings

Living abroad, especially as an international student in a new country, can be exciting yet overwhelming. While it's common to experience homesickness, it's important to remember that these feelings are completely normal. Homesickness is a natural response to being away from familiar people and places. It's ok to acknowledge your feelings of homesickness without guilt or shame. Accepting your emotions can be the first step to understanding them and finding ways to cope. Don't try to ignore the fact that you may feel overwhelmed or lonely at times; instead, accept it as part of the experience of living abroad in Australia.

Stay Connected to Home

If you're feeling homesick while living abroad, it's important to stay connected to your home. This can be done in a variety of ways. For international students studying in Australia, keeping in touch with family and friends back home can help to alleviate feelings of loneliness. Try setting up regular video calls or catch ups over the phone. You could also set aside a night each week to watch a movie or TV show with your loved ones back home.

Get Involved in Your New Community

Living abroad can be a challenging experience, especially if you're feeling homesick. One of the best ways to combat homesickness is to get involved in your new community. This doesn't mean you need to drop everything and make Australia your permanent home, but exploring the culture and getting out of your comfort zone can help make living in Australia more enjoyable. One way to get involved in your new community is to find a local club or organisation that aligns with your interests. This could be a language exchange group, hiking club, or even a





cooking class. Getting out of the house and engaging with locals can help you feel more connected to your new home. If you're studying abroad in Australia, then there are plenty of student clubs and organisations that you can join. Look for events hosted by your university or college, and don't be afraid to attend lectures or seminars that interest you. Not only will this help you learn about the culture and customs, but it will also provide an opportunity to connect with other students who might share similar experiences to you.

Making friends in a foreign country can take time, so don't be discouraged if things don't happen overnight. If possible, seek out people who have been in the same situation as you – such as other international students – as they will understand what you're going through. Living abroad can be a daunting experience, but don't forget that it can also be a great opportunity to learn more about yourself and explore new cultures. So make the most of your time abroad and get involved in your new community!

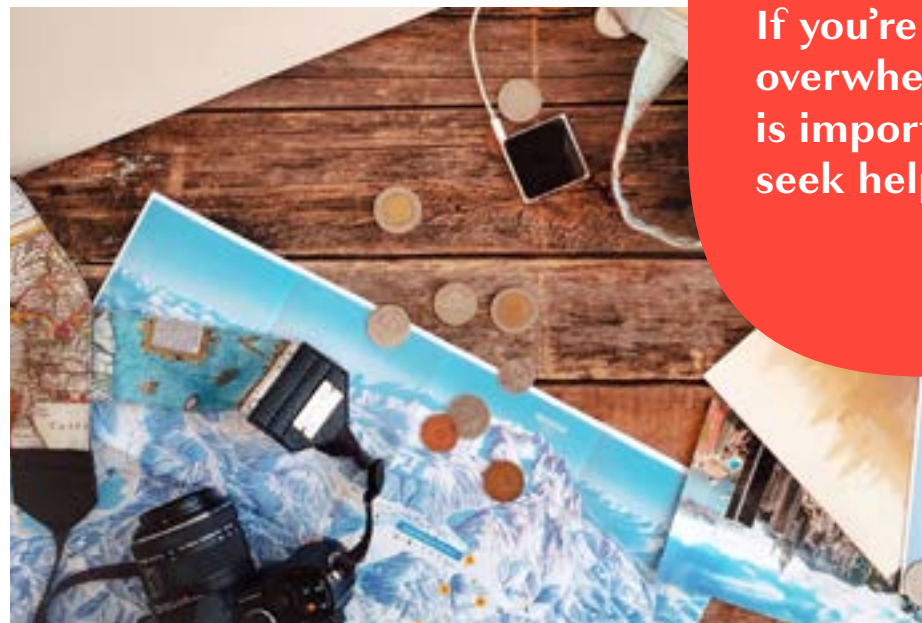
Keep a Routine

To help manage homesickness, it is important to keep a routine. That means attending school regularly and engaging with your classmates as you would do back home. Establishing a regular routine can help you feel more secure

and connected to your new home in Australia. Try to find activities that remind you of your home country, such as joining student social activities at your campus or cooking meals from back home. This will help to reduce any feelings of loneliness or isolation. Also, remember to make time for yourself. Take a break and do something you enjoy, whether that is going to the beach or watching a movie. Keeping a routine will help you stay connected with your new environment and help you cope with feeling homesick.

Seek Help if Necessary

If you're feeling overwhelmed, it is important to seek help. There are a number of mental health services available to international students living in Australia, beyondblue.org is a great place to start because it has free counselling available by phone or webchat. Talking with school staff and classmates is also a good place to start because they likely know how you feel. Reaching out and connecting with your new community can also be a great way to get support and start to feel more at home in your new country.



“

If you're feeling overwhelmed, it is important to seek help

”

Tips for finding a Job in Australia

By Kittinut (Cris) Ruttanavisit, Intermediate Student

You are looking for a job, aren't you? In Australia, the minimum wage is \$21.38 per hour (As from 1st, July 2022). Today I'm going to give you tips for finding a job in Australia. You have to have good speaking skills, good appearance, good CV/cover letter, work experience, and good connections.

Firstly, you have to have good speaking and listening skills for a job because you might have to take orders from clients or customers. If you speak and listen very well, you will be able to get a job as soon as possible.

Secondly, when you have an interview, you should make yourself look good because first impressions are vital.

Thirdly, a cover letter is a chance for you to get a job. In the letter, you can put your information, work experience, habit, your character and optimism for work.

Fourthly, if you used to work, you can show your potential and skill for work. However, if you don't have experience, you have to show your desire to work.

Finally, good connections are vital.

Your friends in class can recommend a job for you. You have to make friends and keep in touch with them when you study. This information is my opinion, but not enough for you. You have to find out more information about your work. If you need to work and you can try new experiences, don't block your opportunity as well.



“

one of the simplest ways and in the Sinaloense style

”



Festivals



Carnival in Brazil

By Karina Garcia, Advanced Student

Brazil has a large number of celebrations that have become popular internationally. The most iconic event is the Carnival of Rio de Janeiro where there is plenty of colour and music with parades. Different samba schools wear traditional costumes, have competitions and perform dances.

The central attraction is the people's enthusiasm and energy. The event lasts approximately 5 days and it happens in February or March. It is one of the biggest events in Brazil and attracts many Brazilians and also people from overseas.

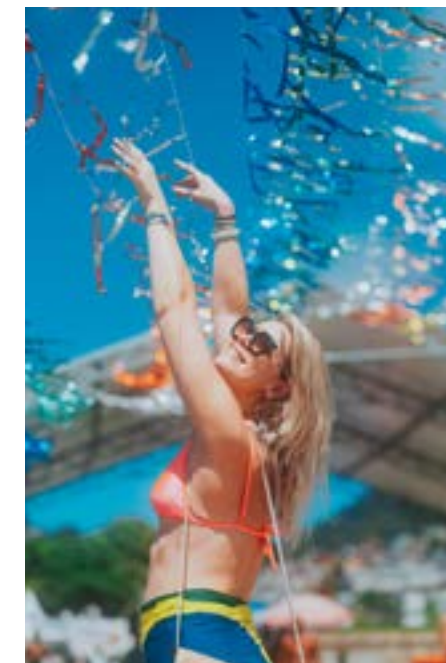
On the one hand, it is a special festival for having fun, enjoying music and dancing in a place that is very colourful and beautiful to see. On the other hand, it is also a Christian event where people show their faith and culture, and promote causes they are fighting for.

'Samba' is a kind of music which originated in Brazil and is very popular

at Carnival. Dance schools hold a competition where they are rated on:

- how good the dancers are
- the music
- the level of enthusiasm
- the story behind the show
- how respectful and welcoming they were to the public.

Carnival was initially a small Christian event, and there were a range of opinions about it, but now it is an event where you can celebrate your culture and enjoy every single moment. For Brazilians, the year only starts after Carnival. Moreover, everyone is welcome to celebrate this big event. It is a good way to know a small part of the culture of Brazil.







ENGLISH UNLIMITED



Brisbane Provider: English Unlimited
Brisbane Pty Ltd trading as English
Unlimited Brisbane | ABN: 11 144 773 188 |
CRICOS Provider Code: 03296K

Melbourne Provider: Young Rabbit
Pty Ltd trading as English Unlimited
Melbourne | ABN: 28 003 381 182 |
CRICOS Provider Code: 01331F

Sydney Provider: Young Rabbit Pty Ltd
trading as English Unlimited Sydney |
ABN: 28 003 381 182 | CRICOS Provider
Code: 01331F