



Another GREAT semester for ACUMates & McAuley United Club!

In 2011 ACUMates kicked off its second year! We had more events and we had new events that made Semester 1 a truly memorable semester. Melbourne welcomed Rachel Carr as our new Project Officer and also welcomed the highest intake of new students on record. Semester 1 also saw ACUMates team up with the McAuley United Club (MUC) in Brisbane and we welcomed the MUC Executive, Ricky Naliman to the Campus Life team.

After some great casual catch up lunches and dinners, ACUMates watched the very traditional ANZAC Day NRL game between the Sydney Roosters and St George Illawarra on what started out as a pretty wet day. The game was amazing as usual and there was a special atmosphere with 40,000 screaming fans and the tradition that goes with ANZAC Day.



In week 11 we enjoyed another 'must do' event – a Sightseeing Sydney Harbour Cruise that took us around the breathtaking harbour. After travelling under the Sydney Harbour Bridge and past the Sydney Opera House we got an amazing view of the city as we travelled towards the heads at the outskirts of the harbour. Two weeks later we came back into the city to enjoy our End of Semester Dinner at Pancakes on the Rocks – another great place to go in Sydney.

POINTS OF INTEREST

ACU MATES



MCAULEY UNITED CLUB



INSIDE THIS ISSUE

Another GREAT semester for ACUMates & McAuley United Club 1

The journey of McAuley United Club 4

A learning process 6

What's on for international students in Melbourne 8

International Student Barometer (ISB) survey winners 9

North Sydney

In Sydney we enjoyed a range of really great events with our Welcome Event in February closely followed by my personal favourite Featherdale Wildlife Park where we got to feed, pat and have our photo taken with koalas, kangaroos and emus! Featherdale is one of those 'must do' attractions in Sydney!



ACUMates & MUC cont'd...

Cannot wait until semester 2! We are going out to Sydney Aquarium, the Blue Mountains and then 300 metres above street level to get an amazing view of the sun setting on Sydney from Sydney Tower! See you there!

Melbourne

After a successful welcome event at the start of semester, the first big event was the Great Ocean Road Sunset trip, where 24 students escaped cloudy Melbourne to experience the stunning coast line of Western Victoria. The sunset at the Twelve Apostles was one to remember!

In April we introduced 40 students to Aussie Rules football at the Hawthorn v Melbourne game. The afternoon started with a skills session, teaching students how to kick, mark, handball and bounce the ball. We all enjoyed a meat pie at half time!

Other fun events in Semester One included a trip to Lygon Street for some delicious pizza, a walk along Vic-

toria Pde to the Queen Victoria Market to see all the amazing fresh produce on offer and a lovely morning tea on campus.

We finished the semester with a dinner at Federation Square and the beautiful evening views of Melbourne and beyond from the Eureka Skydeck.

If this all sounds like fun, why not join us for Semester Two's events! We'll be heading to the footy again, tracking down Melbourne's best dumpling house, seeing a musical, going to the aquarium and visiting the Fairy Penguins at Phillip Island

Don't miss out on what ACUMates and the McAuley United Club have to offer for you in Semester 2. Get online, find us on Facebook and contact your local ACUMates & MUC Coordinator!

Melbourne:
rachel.carr@acu.edu.au

North Sydney:
joshua.ang@acu.edu.au

Brisbane:
ricky.naliman@acu.edu.au

To become an ACUMates Team Leader, see the poster on the next page!

(Please contact Rachel Carr if you're on the Melbourne campus).





Office of Student Success



ACUMATES

Apply to become an ACUMates Leader today!

Help *international and exchange* students settle into life at *ACU & in Australia*

Leaders have the opportunity to be involved with *planning, organising and running events*

Develop great *leadership skills and experience*

We have a wide variety of events and activities

Apply today, simply email joshua.ang@acu.edu.au to ask for more information

Applications close Wednesday 6th July

Successful applicants are required to attend training on Monday 11th July



ACUMates is proudly supported by the Student Association, the International Office and the Office of Student Success

The journey of McAuley United Club



McAuley United Club (MUC) is basically a community that provides a safe and positive space for students to share their cultures and experiences. Although the idea behind the Club began with international students, the Club is actually open to all students and staff.



Almost a year has passed since the Club was founded, and many remarkable events have been run. Most of them have been social activities, however, MUC also ran a fundraiser for the Japanese disaster in March 2011. Together with the Japanese exchange students at the Brisbane campus and the McAuley Student Associa-

tion (McASA), MUC rose about AU\$700. At the end of the day, all the money collected from the selling of the homemade Okonomiyaki and Onigiri were donated to the Japanese Red Cross.

With McASA, MUC joined some of their events such as the End of Semester party on the boat cruise on the Brisbane River. There were more than a hundred people dancing and singing together. The party was a perfect moment for the international students to make friends with local students within the ACU Brisbane campus.

Sporting activities are also a

part of MUC's program. It includes watching sporting matches as well as playing the game. Recently, MUC held a soccer match between

groups of student living in the different suburbs which is known as "Banyo vs Nundah". A few months ago,



MUC went to Suncorp Stadium and watched the mighty Brisbane Roar become the champions after their incredible win in the A-league final. Those who came with MUC were really satisfied and said that it was an unforgettable experience. In the future, MUC will try to watch and certainly play





more sports.

Another fun event is “The Gathering”. It is held at the beginning and the end of each semester with some interesting games and food, such as a BBQ. MUC runs The Gathering both on and off campus. At the first gathering, MUC provided some settling in tips and useful information, especially for the new comers. Then, at the last gathering just before the final exam period, we had more fun activities such as the one at South Bank. The Gathering



always becomes an opportunity to meet new friends; not only those studying at ACU but also other universities in Brisbane.

Finally, MUC’s most important event is the trip. Every semester, MUC organizes two trips: a day trip and a n overnight trip.

We went to a popular place of interest which also wasn’t a lot of money. Last semester, Australia Zoo was the choice for a day trip. All of the forty members enjoyed the day; they were taking pictures with Koalas, feeding the Kangaroos and much more. After all the final exam finished, for the second time MUC ran the Gold Coast trip. Last year we got really wet at Wet n Wild, this time around we were having fun at Movie

World. Again, with the half price entry ticket to the theme park and an overnight night stay at some great accomodation, everyone was so happy.

Next semester, MUC is planning to have more diverse, fun and interesting

activities; indeed, with incredible trips as well! Just a small hint: the big event ahead is the Multicultural Fiesta, an event that celebrates diversity on campus (absolutely a lot of fun!). Last but not least, come, join McAuley United Club and bring your friends! Everyone is very welcome! You will realize how beautiful, interesting and wonderful diversity can be!

Ricky Naliman

Executive Member
McAuley United Club



Contact Us

Facebook: McAuley United Club

Email: mcauley.united@gmail.com

A learning process



Rosemary Williams
Counselling Psychologist
Counselling Service
Melbourne

*'One gets used to everything -
The usual name for it is
A Learning process' (Enzensberger).*

A warm welcome to international students beginning at Australian Catholic University at the beginning of second semester 2011.

International students undergo a significant transition as they arrive in Australia to study – the word, transition, referring to the process of moving from one set of circumstances into another and to the range of issues and emotions that students face as they begin their university career here.

Instead of a familiar academic culture, students face new ways of interacting with university staff and students, as well as different styles of teaching, novel study techniques, and, conscious use of English in their studies, if English is not their first language. A geographic switch takes place as they adjust to

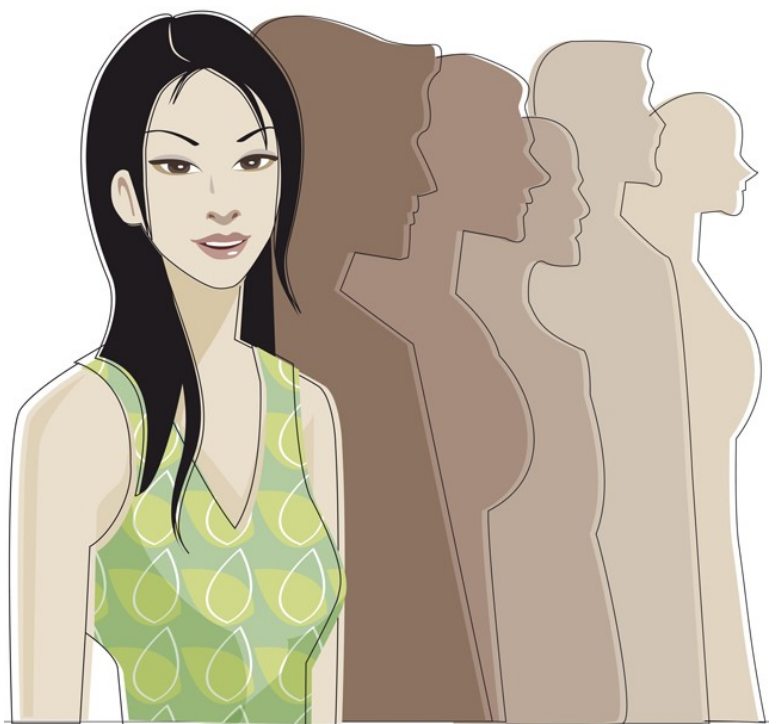
the whole dynamic of Western urbanization and a new city with its own population, density, structure, architecture, systems and travel arrangements.

Universities have their own particular administrative procedures around enrolment, timetables, special consideration and other processes. There are practical matters that require attention, like finding accommodation, food, a part-time job, and other essential items for daily life, as well as getting appropriate documentation, such as a tax file

no. or a driver's licence.

The stable network of interpersonal life at home has to be supplemented now by new friends and a new social support system – an antidote to homesickness. Finally, spiritual needs are important as students find appropriate places to worship or ways to express that deep part of their humanity.

There are losses inherent in these changes – the loss of familiarity, the loss of security, the loss of stability. Dostoevsky, the great Russian novelist, thought the human being was a pliable



animal who could get accustomed to anything, but, we do better at adapting if we name and acknowledge our sorrows. Universities emphasise success, growth and excellence and first year international students can be the 'forgotten grievers'. They endure, what has been called, a disenfranchised grief – one that is not openly acknowledged. And this can dissuade them from seeking the support that universities do offer for the psychological and physical distress of grief.

Adiemus Chi How Seah (2008), in 'The unspoken grief in an ivory tower', (p.13), describes 4 grieving tasks for international students:

- Accept the fact that you are now in a new country and that many things will be different.
- Experience and express your homesickness in constructive ways.
- Adapt and adjust to an environment where your family and friends are not here physically to help you.
- Remember your family and friends back home while at the same time establishing new friendships here.

Feodor Dostoevsky was right... most international students adapt well to Australian life, some following a U-curve pattern of adjustment where, on entry to such unfamiliar cultural surroundings, they are initially exhilarated, only for this to fall away when it becomes obvious that the realities of this new and challenging environment must be dealt with on a more permanent and inescapable basis. This, in turn, is followed by a sharp recovery towards a far-reaching adjustment. The majority of students, though, find that their transition commences in a state of at least moderate distress and that the early weeks and months in Australia are the most difficult when the number of life changes is the highest and coping resources the lowest. This is followed by rapid improvement in adaptation in the early stages of their sojourn, which continues to increase over time and eventually stabilises.

Cross-cultural communication can be difficult for us all as evidenced by Tourism Australia's 2006, \$180 million campaign, featuring Lara Bingle, on Bondi beach, asking 'Where the bloody hell are you?'. Britain was offended by it; other countries, puzzled. Tourism declined. Our Prime Minister complained: 'That campaign, every place I have visited in the world, has been basically de-

scribed as an absolute rolled-gold disaster' (Sunday Age, 29/06/08, p.3).

International students might have mixed feelings as they endure the ever-whirling wheel of change inherent in their transition to Australian student life. In fact, Peter Steele (2008), the Australian Jesuit, wrote once that 'most of us have at some time or other mixed feelings about almost everything that matters to us in life. Even those we love most have, shall we say, their moments: and so, if we will let them, do those we love least. Psychologically our normal days are to a degree volatile days, and so is our world'.

Rosemary Williams



What's on for international students in Melbourne

International Student Welcome Desk 2011

There will be a Welcome Desk at Melbourne Airport for all students arriving in Melbourne between Thursday 7 and Sunday 24 July 2011. At the welcome desk, students will be given a free welcome kit containing information about Melbourne and Victoria.

The Lord Mayor's Semester 2 Student Welcome

The Lord Mayor's Semester 2 Student Welcome shouldn't be missed by any student new to Melbourne. The Semester 2 event is sure to be a fun afternoon with live entertainment including cultural dance performances, roving performers, face painting and free giveaways.

The City of Melbourne will be on hand to provide information on the services available to students and answer any questions they may have. The event will be held on Saturday 30 July 2011 from 2pm to 5pm at City Square (corner of Swanston and Collins streets).

Student welcome desk mobile phone competition

To welcome you to Melbourne, the City of Melbourne and Optus is inviting students to sign up to be in the running to win a mobile phone prize

pack.

Enter your details by Thursday 28 July 2011 to be in the draw to win a mobile phone prize pack (see the weblink below).

The winner will be announced at the Lord Mayor's Student Welcome at City Square on Saturday 30 July 2011.

International Student Guide – a guide for international students

The City of Melbourne has produced a guide to help international students settle into the Melbourne way of life. (Download from the webpage).

The Couch – International Student Centre

Melbourne's international students have a place to relax, socialise and access a range of support services. The Couch provides a safe lounge space for international students, allows students to access support services and information, provides affordable meals at cost price to students and facilitates cultural exchange between local young people and international students through social activities such as footy nights, movie sessions and other activities held within the centre.

Located at 69 Bourke Street, Melbourne, The Couch is open

Sundays, Mondays, Tuesdays
Wednesdays and Thursday
nights from 5pm to 9pm.

International Student City Ambassador Program

City Ambassador volunteers are trained volunteers who rove the city centre in distinctive red uniforms answering all kinds of queries from Melbourne's diverse community – from people who've come from across the world to those who've come from across town.

The International Student City Ambassador Program encourages international students to get involved and be trained as a City Ambassador for a three-month period.

International student committees and networks

The City of Melbourne encourages all young people, whether you're an international student or a local resident, to participate in events and activities.

For more information and contact details please see the following City of Melbourne webpage: <http://www.melbourne.vic.gov.au/CommunityServices/ForYouth/InternationalStudents/Pages/WhatsOnInternationalStudents.aspx>

International Student Barometer (ISB) winners!

The University is grateful to all those who participated in the recent International Student Barometer (ISB) survey. Results will soon be provided to the University to assist with planning for enhanced services and facilities for international students.

Congratulations!

"Dear Chris, I just received the \$50 gift voucher thru post today and I love it. Thank you very much."



The Voice - Your Team

International Student Advisers

Maria Valastro: Editor and ISA, QLD
Emily Leite: NSW & ACT
Zoe Banna: VIC

Counselling Service, Office of Student

Success: Rosemary Williams - ACU Melbourne

McAuley United Club (MUC)

Ricky Naliman - Brisbane

ACUMates

Joshua Ang - North Sydney
Rachel Carr - Melbourne

<http://my.acu.edu.au/student/support/international>

NAIDOC Week

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.



3-10 JULY | **Change:**
the next step is ours

(Calendar of Events: <http://www.naidoc.org.au/local-naidoc-events-calendar/>)

University Dates:

18 July to 22 July

Orientation

25 July

Semester I begins