Welcome to students studying in NSW & ACT!

I am so pleased to say welcome to the new students commencing in 2010 at our North Sydney, Strathfield and Canberra campuses. I would like to take this opportunity to encourage you to learn as much as you can about

Maria Valastro
International Student Adviser, QLD

A big welcome to all new ACU students to Brisbane! You’ll get to know me better during orientation, and please remember my door is always open if you ever need assistance, or just want to have a chat. Look out for the exciting social activities ACU Brisbane campus has planned for the coming semester and remember to get involved! My fellow ISAs have some great tips for settling in to university, so keep reading!

Zoe Banna
International Student Adviser, VIC

Hello and Welcome to 2010! To all the continuing students – Hello! As many of you know, John Crowder left at the end of Semester 2 last year, and I took over his position at the beginning of January. I was an ISA at LaTrobe University Melbourne for one year before travelling around Europe for 7 months. To all the newly arrived students – Welcome and know that I understand exactly how you feel as I am a new member of the ACU community too!

Since starting as the new International Student Adviser at the Melbourne – St Patrick’s campus I have met many fantastic international students and look forward to meeting many more over the orientation period and in the coming year and working with you all to make sure that you have a great experience as an ACU student. I would love to hear any ideas students have about events or activities that they would like to be involved so that I can begin planning exciting events for our year ahead.

Good luck and happy studying!

Emily Leite
International Student Adviser, NSW & ACT
Your campus, the staff and services at ACU can provide you before you get busy with your timetable and classes (not to mention exams and assignments!). You will find a number of staff and students available to help you and of course if you have questions and you don’t know who to ask you can always come and see me.

I am based at North Sydney, but do visit the Strathfield campus every week (at the moment I am there every Friday morning), I also visit the Canberra campus 2-3 times a semester to visit students there. Other than these time you can contact me by phone or email with any queries.

Advice for new students:
Get involved with your peers and your campus. Having friends to chat to and to support you through Uni is a great thing – start early, be friendly and brave and chat to other students. You will find whether they are Australian or not they will be just as nervous as you about studying in their new course at a new Uni. Also have a look around for your local Student Association and for the different clubs and societies on your campus. This will be the main way you can hear about events and social activities that are on throughout the semester – a great chance to again meet new friends and get away from your books and study (for a short time that is!).

Learn how to open and read your student emails – very important for knowing what’s happening around campus and the main way the Uni will contact you about important updates and reminders. I cannot stress how important this is that you read your student emails!

Looking forward to seeing you around the campus!

Emily
ACU Shuttle Bus: Easy and Convenient

Andrea Dos Santos
Arts Student
Brisbane

At the McCauley Campus going home or to the university has never been so easy!

In 2009, students were provided with a free shuttle bus service from the campus to Toombul and Northgate train stations. On weekdays, the Bus leaves Toombul on the hour and half-hour and arrives at the Brisbane Campus 15 and 45 minutes past the hour. The last service leaves ACU National at 9:15pm. On weekends, the bus runs on Saturdays during Library opening hours.

There have been a significant number of students using the shuttle bus service. During peak hours we had to use another service to cope with the demand of students, said Brian one of the bus drivers. Students are greatly benefiting from this service.

Kate Robinson, a Bachelor of Arts/Master of Education and Teaching student mentioned that the ACU shuttle Bus is a great option for those who depend on public transport. According to Kate, the ACU shuttle bus helps her save 40 minutes on her journey home or to university.

Another student, Lovis Schmidt from Germany said that the ACU shuttle bus is a regular and reliable service. It is a great option particularly for students who finish classes later at night, continued Lovis.

Other students, like Caetano Medeiros from Brazil, are even considering using the ACU shuttle bus instead of his own transport. According to Caetano, having regular services from Toombul and Northgate can help him to reduce on the cost of petrol.

Bus drivers are also enjoying the opportunity to be in touch with young and spirited students from all over the world. It is a great job and being able to share ideas and discuss opinions with these students is a valuable experience, said Brian. The ACU shuttle bus at McCauley Campus, making transport an easy and convenient option for students.
A New Beginning

Rosemary Williams
Counselling Psychologist
Counselling Service

‘And so each venture
Is a new beginning, a raid on
the inarticulate…
In the general mess of impre-
cision of feeling,
Undisciplined squads of emo-
tion’ (T.S. Eliot, Four Quartets,
1940).

International students newly arrived in Australia can find themselves assailed by a posse of unfamiliar and unruly emotions that can be hard to elucidate. For it is tough to make plain the ache of homesickness at absent family and friends; the strain of speaking English and deciphering Australian slang; and the worry about differences in study methods, male/female relating and diet – all this mixed in with excitement, perhaps, at the novelty and challenge of the unfamiliar Australian environment and the sheer freedom of being abroad. I think Eliot was referring to the strain of writing ‘East Coker’ when he told of ‘undisciplined squads of emotion’, but, his phrase portrays the havoc within us when we embark on any journey into the gaping depths of an unaccustomed culture.

The worst thing’, Giovanni Verga (1881), the Italian realist author, wrote, ‘is to leave your own town, where even the stones know you, and it must break your heart to leave them behind on the road’. I was born in Hobart, Tasmania, a Southern island State of Australia. I left there years ago. When I return, I visit the little school that I attended. I climb Mt Wellington where I once played in the snow. I watch my brother race his yacht on the Derwent River. I pray by my mother’s grave. And it all feels like home.

The best thing we can do is to make wherever we’re lost in / Look as much like home as we can’, wrote Christopher Fry (1949), the British dramatist. Advice, perhaps, to set up your rooms with familiar things from home – photos, flags, music, national costumes, emails and that wonderful invention for international students, Skype.

Cross-cultural communication can be difficult for us all as evidenced by Tourism Australia’s 2006 campaign, launched at a cost of $180 million and featuring our bikini-clad model, Lara Bingle, on Bondi beach, asking ‘Where the bloody hell are you?’ Australians know what Lara, (the fiancée of our Test cricketer, Michael Clarke), meant, but, Britain was offended by it and other countries puzzled. Tourism declined. And our Prime Minister, Kevin Rudd, was heard to comment: ‘That campaign, every place I have visited in the world, has been basically described as an absolute rolled-gold disaster’ (Sunday Age, 29/06/08, p.3). Even well-intentioned experts, with millions to spend, can get cross-cultural communication wrong – a hint to the rest of us to go easy on ourselves as we adjust to new and diverse cultures.
The good news is that 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 with rapid improvement in adaptation in the early stages of their sojourn, which continues to increase over time and eventually stabilises. (See discussion in Colleen Ward, Stephen Bochner & Adrian Furnham, *The Psychology of Culture Shock*, Routledge: London, 2001, pp. 82, 160-1.)

A venerable Zen Buddhist verse, the *Sandokai*, tells us that ‘ordinary life fits the absolute like a box and its lid’. That is, there is not only no conflict between our ordinary life and the spiritual life but that the two go hand-in-hand. Christian theology says something of the same when it tells us that it is precisely through the *natural, the ordinary, and the human that God normally works* (John Ziesler, *The Jesus Question*, Lutterworth Press: London, 1980, p.127). The *Sandokai* goes on to say, ‘If you do not see the Way, you do not see it even as you walk on it’. As we march on the indispensable search for cross-cultural understanding with our ordinary minds, our ordinary bodies and our ordinary lives, it is not a fancy when we call our journey sacred or when we feel ourselves accompanied by a presence ready to fall in step along the Way.

Rosemary Williams
IELTS Preparation Experiences

Qing Xu Liu
Bachelor of Nursing
Brisbane

Nearly all international students have to take English requirements tests in order to find a profession or for immigration purposes. As one of the international students who has just taken an IELTS test in Australia, I will provide some useful tips and preparation methods of taking IELTS.

Firstly, the most important element of English tests is the fundamentals of English. In an English-speaking country, all children start listening and speaking from the time they are a baby, so they can develop the skills from a young age. As they grow up, they have the atmosphere of English surroundings so that speaking and listening is a part of their English development and are ahead from students from non English-speaking backgrounds. The method of improving English listening skills for students who have English as their second language is to watch the local news and TV programmes in English. The more you hear, the more you are sensitive to this language and the words, and then can make the correct decisions. As a personal example, I was watching ER because this American TV series contains lots of Nursing professional words and daily useful sentences. The other reason I liked this programme was that I am a nursing student and this series would benefit my future profession.

To improve speaking English, the most effective way is to find someone from an English-based country and talk as much as you can to each other. This way of promoting spoken English is evidenced through history and experience. But if you are afraid to try, you may not succeed. The best chance of success are always kept for those who have the courage to overcome hardships.

Turning to the reading section, I think it is important to take two points into account. The first one is vocabulary. For reading, vocabulary is the base. Without the knowledge of enough words, the content of the article cannot be understood by the reader. The next element of reading is the skill of reading. This point may be too abstract to describe, but eventually the skill of reading is not the same as speaking and listening. The skill is to read the question then the article. You may not understand the whole article and every word in the article. But from my point of view, a test is just a test.
So there is no need to understand the content. The most important thing is to understand the question and find the answer.

Finally, writing is often the weakest area for most foreign students. The reasons for this is lack of skills with sentence structure and lack of the use of common word phrases. My suggestion is to practice and practice until you can use them correctly without hesitation. Because of the time limitation of IELTS test, you must consider to save the time to write. Also, finding a good teacher to help with your preparation and to check your work is also crucial. The good article comes from thousands of corrections.
**A Trip to the Grampians**

Mohit Virmani  
MBA  
Melbourne

Things to do in the summer – go to the beach, watch the Australian open, travel to cold places and drink lots of cold drinks. Things NOT to do in the summer – take a trip to the Grampians!

Well unfortunately, I learnt this the hard way. When you have 3 months of summer holidays in Melbourne, there are plenty of things to keep you busy, and one of those things is travelling around the state of Victoria and experiencing the local sights. Most of these like the Great Ocean Road, Phillip Island, etc can be seen all year round, but certain places like the Grampians are a strict no-no for the summer. I however did not know this until I actually experienced it; and that too on a burning Sunday with temperatures rising well over 40 degrees!

Don’t get me wrong, the Grampians is a great place for a road trip and a relaxing trekking holiday, but only if the weather is pleasant. It is most certainly not a place to visit on a hot summer day, unless you want to get sunburn which would make a cherry red tomato look pale in comparison!

The Grampians is a national park roughly 250 kilometres westwards from Melbourne. It offers a variety of outdoor activities like trekking, nature walks, rock climbing and so on, as well as spectacular views, waterfalls and lakes. The drive itself is really enjoyable as you get to drive through vast farmlands, lush green forests and curving mountain roads. As you travel west from Melbourne towards Ballarat, you slowly leave behind the urban landscape and experience a myriad of changing landscapes – from windmill adorned hills to wide open farms, going on to desolated forest trails and winding mountain roads. I would say that even if you are not fond of outdoor activities, a visit to the Grampians is warranted just for the spectacular drive.

You have to be prepared before leaving for the drive, you definitely need to carry lots of water, a cooler of cold drinks if it’s hot, some light snacks and munchies and an extra pair of clothes. Water because you will get dehydrated from the trekking,
and light snacks for the energy. Even the easier treks will be exhausting and it’s best not to trek on a heavy stomach. By the end of the day, you will have a voracious appetite and the craving for a well-deserved kingly feast. But unless you have packed a food basket from home, you will have to drive about an hour to the nearest town of Ararat for a meal. The small town of Halls Gap at the base of the Grampians sadly does not offer much in terms of dining.

If you’re looking for a single day trip, then it’s best to leave early in the morning in order to be back in Melbourne by dinner time. It’s a 3 hour drive one way, and you need 5 hours to spend at the Grampians if you want to visit the main lookouts and the waterfalls. Your itinerary should include the Boroka Lookout, Reed Lookout, Balconies Lookout and Mackenzie Falls. You can also visit Silverband Falls on the way back, but I found them to be a major disappointment. The lake and valley view from Boroka Lookout is, in my opinion, the best part of the Grampians. There are a lot of other activities to do like rock climbing, cycling, mountain trekking, and exploring the national park itself, but for that you need at least two to three days.

For a day trip it is advisable not to exert yourself too much since you need some energy for the long drive back to Melbourne.

I was quite surprised to see a lot of other people exploring the Grampians on the hot and sunny day. There were times when I would feel absolutely alone and lost in the wilderness, so it felt great to see some other folks from time to time. The sole convenience shop at the Mackenzie Falls parking lot was a life saver and made the long walk down to the base of the waterfall and back possible, with the help of a few cold drinks and ice creams.
Well, here is a final checklist of what you should carry for the trip – water is mandatory, light snacks like chocolate or candy bars will come in handy (well my chocolates melted in the heat and made a mess in my bag so try and eat them first), a packed lunch if you do not want to hunt around for a place to eat, sunscreen lotion and of course the spirit of an adventurer. The long drive will be more enjoyable if you take the scenic detour and grab a glimpse of the mighty windmills and deserted road leading to the mountain. Most importantly, driving is a going to be a challenge especially on the winding and curving mountain climb, so do be careful. All in all, a trip to the Grampians is a must for adventure enthusiasts and nature lovers, as well as urban dwellers looking for a rural escape. But make sure the weather is cool and pleasant, because unlike me you do not want to return home with a horrendous sunburn, blisters on your feet and feeling like you have not had a bath in years.
What a Wonderful Australia Day!

Meng Yun Xia  
Bachelor of Nursing  
Brisbane

January 26 is an exciting day for all Australian people as it is their national day. My mother is visiting Brisbane at the moment and it was special and meaningful for her, especially as we saw the flag ceremony with our own eyes at Southbank parklands in the Brisbane city.

The event began at 11:00 am, where the defence forces divided into two groups: the military and the navy. An official said a short introductory speech, followed by two important figures being welcomed to the stage. One was the QLD premier, Ms Anna Bligh, and the other was a representative of the Royal Family. She was accompanied by a senior army official, and they proceeded to greet members of the military and navy.

This was followed by the uniting of two Indigenous leaders, who gave a brief speech, followed by other officials such as Anna Bligh. The raising of the flags was such a different and great thing to witness. Four flags were raised, including the Indigenous flag, and the Australian flag.

Subsequently, a jet flew over our heads which was accompanied by a very loud sound. Then the sound of big guns resounded all over the sky. Can you imagine how wonderful it all was, presented so vividly in front of us?

This time last year, I had a typical Australian BBQ with my friends. This year, I watched the amazing and memorable moment of the raising of the Australian flags before my very own eyes!
All About Water

Shallu Randhawa
MBA
Melbourne

(photo source: google)

About Water:

Water is the basic element for survival on the earth. It makes up to 55% to 78% of the human body. Water constitutes 70% of the earth’s surface. It exists in three states: liquid, solid and gaseous. It is considered a universal solvent as most substances are dissolved in it. It is a good solvent because of its polarity. On the contrary, there are many compounds that do not dissolve in water. Since the Industrial Revolution, there is lot of pollution of every kind. Above all, the most effective element is water. The wastes from factories, houses, hospitals, industries, etc. all goes out through water which affects aquatic life too. It is our moral duty to save pure water as much as we can for the coming generations.

Effects of drinking cold water after a meal:

This article is more about the effects of drinking cold water after a meal. It’s a general habit of most people to drink cold water after a meal but there are some serious health problems that might occur because of this habit. When we drink cold water after a meal it solidifies the oily substances in food and slows down the digestion process. Then it reacts with the acid present in our body. After that it breaks down and is absorbed by the intestines faster than the solid food. Then it lines the intestines. After a while, this will turn into fats and could lead to cancer.

It is therefore best to drink hot soup or warm water after a meal.

(photo source: google)
There will be a Welcome Desk at Melbourne Airport for all students arriving in Melbourne between 23 January > 21 February 2010.

At the Welcome Desk, you will be given a free Welcome Bag containing information about what you need to know when you first arrive in Melbourne.

**This information will include**

- Public Transport information
- Maps of Melbourne
- Invitations to events
- Employment information
- Housing and accommodation information
- Banking information
- Safety and Emergency information
- Telephone and internet information
- Information about shopping, eating and entertainment

The information provided in the Welcome Bag will be available online at [www.study melbourne.com.au](http://www.study melbourne.com.au)

**The staff at the Welcome Desk will be able to**

- Provide information on temporary accommodation options.
- Assist students to locate transport from the airport to Melbourne city centre and to education institutions.
- Answer questions students may have upon arrival.

Some of the staff will be able to speak languages other than English. Please feel free to come to the Welcome Desk, mention your friendly volunteer staff, collect a free bag and utilise our services.

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**Location**

International Arrivals Hall,

Terminal 2 – near the Meeting Point

**Operating hours**

Saturday 23 January – Sunday 21 February 2010

7am-1pm and 5.30pm-11.30pm
Towards a Wave of Change

Mary Hemant
Education
Melbourne

There is something about goodness that has a universal quality of well-being attached to it. Every good deed generates a dominoes-style ripple effect that almost seems to be contagious in the impact it creates. If you inspire a small group of people to orient their energy and potential towards the common good of another set of persons, you have set aloft a wave in motion.

Indeed, the smallest vision conceived in the mind of one being can inspire others to follow suit and soon, change begins to happen. At times, the task might feel too overwhelming. But the good news is that every noble action, no matter how great or small, gives us hope. And hope is what makes the human spirit soar. We feel much better ourselves when we see the joy in the genuine smile of another.

This is what community life is all about. And this is exactly what we strive for in our daily walk with God and His people in the little village of Poatina, set amidst the hills of the Western Tiers of Tasmania. Following the mission statement of its founding organization, Fusion International aims to help young people find their place in God’s local and global community. In tune with this vision, every person in the village is valued as a specially designed creation of the Maker in heaven.

While it would be only normal to expect a sense of perfection in a community of Christian believers, sadly this may not always be the case in reality. Human nature being what it is, people are bound to have differences even in the midst of the most well-intended group of individuals. But as far as possible, the people here try not to stretch their disparities too much before entering a process to restore a strained relationship. There are no put-downs or slandering gossip that can diminish a person’s self-image in any way. It is not an easy task, but when each person tries to make an attempt at being their best, the goodwill feelings eventually grow.

One of the ways this is carried out is in the daily allotment of roster duties for everyone who is a resident of Poatina’s very small population of about 250 men, women and children (aged anywhere between a few months to about 91 years). From the mowing of grass to the cleaning of dishes, tables and floors, why even picking up the garbage and recyclable waste cans, everything around the village is done on a voluntary, non-paid system of service-with-a-smile.

The hub of all the activities in the village is the Chalet-Motel/Restaurant with its adjoining kitchen/laundry and related work catering to the needs of both visitors and residents at all times. People take turns at food preparation from cutting up onions, veggies, salad bits or whatever else is needed for the menu of the day. This could also include helping with other
chores like baking and roasting for any number of people from 50 to 500 at peak times.

Then there are other duties that need to be rostered on a daily basis. This happens in another part of the village, across the road from the Chalet, where we have a little post office outlet, a general store and an op-shop, a lovely little gift shop, a very practical garage and car rental place, an art gallery and a photo-framing shop. In a world that simply refuses to revolve except on the wheels of fortune and money, what continues to amaze me about our lifestyle here is the simplicity of a group of dedicated people who can actually make the place function without expecting their fair share of a wage at the end of the day.

I cannot say for sure where the impetus for this kind of attitude really comes from. Perhaps the secret lies in the regular boost of energy that we receive from our daily Morning Tea gatherings at 10 a.m. This is when the entire village gets together in a large Community Hall to catch up on what is happening around us. We share the news of the day or the coming week, welcome guests, visitors and new residents, celebrate birthdays and anniversaries, and pray for special needs as requested. In the true spirit of Christian unity, this is followed up with a morning devotion time where someone shares a reflection or experience in the light of what God could be saying to the whole community. Stories range from personal journeys in our daily walk with God to challenging tales of mission workers who play out their roles in the different countries where Fusion is based. Everyone walks away from these gatherings feeling refreshed and ready to start another day fired up with greater zeal to serve the Lord and His people.

The third and perhaps most crucial part of the village activities takes place at the Trinity College and Training Centre adjoining a sprawling golf course leading from a beautiful swimming pool and a tennis court. The College caters to the academic, social and psychological needs of Middle, Secondary and Senior school students from years 6 to 12. The Valley Learning Area of the Junior School in the vicinity looks after the Early Learning years from Kinder to Grade 5.

(continued over the page)
Led by the values of Christian spirituality, Trinity endeavours to bring young people and their communities to a place where they can safely Learn Together with Hope. In the words of the Principal, Bruce Dutton: “Our school recognizes, affirms and celebrates the unique potential of every student who is then invited to discover his or her own place in the world before including others in the process. When young people’s uniqueness is respected, they are free to participate fully in both their specific learning community and the wider community of the unique township of Poatina and its environs.”

Bruce feels that young people are thus “actively encouraged to discover and express their longing to be loved and to love, nurture their hunger for truth and their passion for creativity, along with their desire to be responsible and autonomous that they may fulfill their inherent potential to meet life’s challenges and opportunities as God has placed in each of our hearts. The qualities of generosity and hospitality are in turn lived out as together we take responsibility for a better tomorrow.”

Being a small school (with about 60 students) has its own advantages, says Bruce, because “in addition to conventional approaches, we can also look at alternatives to teaching and learning including supported self-study of a packaged curriculum, one-to-one and peer tutoring, work placements and a variety of ‘real world’ experiences within the village”. Be they in the classroom or at a sports or swimming carnival, our students are cheered on, whether they are first or last, as they explore the complexities of the world they live in, with an emphasis on the basic values of justice, mercy and compassion.

I invite you to take a trip to Tasmania and, if you dare, experience the life-changing experiences that have made me look beyond the differences that people normally see in another person’s culture or colour. In the past two years of my wonderful Aussie journey, I have never once experienced anything that reeks of ‘racism’ or discrimination. In fact, I often felt I was given preferential treatment from the International office and my wonderful teaching staff at the ACU Faculty of Education in Melbourne.
For your encouragement, I would like to close my thoughts on a note from Margaret Mead who puts in a nutshell what Poatina is really about. “Never doubt,” she says, “that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has”.

Never doubt...
The word *gnocchi* means "lumps", and may derive from *nocchio*, a knot in the wood, or from *nocca* (knuckle). It has been a traditional Italian pasta of probably Middle Eastern origin since Roman times. It was introduced by the Roman Legions during the expansion of the Roman empire almost 2000 years ago. *(source: Wikipedia)*

They can be found in several variations and as with many Italian dishes, region can play a large role in the type of gnocchi you can find. Each version is tenderly preserved through time with a recipe that can easily stem back to the 13th century Tuscans. *(www.italiantraditionalfood.com)*

The most popular recipe is made with potato and flour and is usually served with an Italian sauce and grated cheese. They’re delicious!

**Ingredients:**
- 1 kg potatoes
- 1 egg, lightly beaten
- 2 cups plain flour

**Method:**

Peel and cook potatoes in plenty of boiling water until tender. Drain, mash and allow to cool slightly.

Make a well in the centre and add lightly beaten egg. Slowly add the flour in stages, and mix until just combined and a soft dough forms. (Do not over-knead as gnocchi will be rubbery).

To make the gnocchi shapes:

Roll dough into 1.5 cm wide logs and slice into 1.5 cm wide pieces. Roll each piece onto a fork to make the gnocchi dumplings. *(See photo below)*

Place gnocchi on a tray lined with a tea towel and refrigerate until ready to cook.

To cook the gnocchi:

Add gnocchi to a large pan of salted water (warm but not boiling). When the gnocchi are ready, they will rise to the surface. Remove the gnocchi with a slotted spoon and place in a colander to drain well. Place in bowls and add your favourite Italian sauce with plenty of parmesan cheese.

Buonissimo! *(Delicious!)*

*photo:* www.101cookbooks.com
I started learning Chinese calligraphy when I was about 11 and I found that learning Chinese calligraphy is really amazing and could always calm an energetic girl down! When I first learnt this beautiful art of handwriting, I realised that the characters can be presented so delicately and beautifully on normal paper. At the beginning however, I felt bored when I was repeating the basic techniques but I knew that I had to practice as Chinese calligraphy needs this solid foundation.

It is the history behind this art that motivated me most. Chinese calligraphy is not only a communication tool but also a record of the spiritual and cultural view of the artist. There was a story about a famous calligrapher who didn't have any money to pay for his meal so he wrote a word on a wall. People paid for his meal as they appreciated his beautiful writing so much. And the most famous calligrapher in history I can remember is Wang Xi Zhi who demonstrated the spirit of writing from the heart rather than physically putting words on paper. There are more and more people realising the great art form and the deep culture of Chinese calligraphy.

I learnt Chinese calligraphy when I was 13, but for only 2 months and afterwards, I didn’t practice often. In ancient China, people all wrote in calligraphy and there were many different styles, for example, the Liu style, and the Kai style. These styles were created by different calligraphy masters. Usually, these writers were also artists.

In the past, calligraphy was used for communication, but in present times it is a form of art which demonstrates Chinese culture. In Chinese calligraphy there are 3 different sizes of the brush pen (large, medium and small), and usually those made from wolf or sheep fur are better. You also need an ink pad, and an ink pad stick (you pour the water into the pad, use the ink pad stick to grind the water black), and then you can write. The longer you grind the ink pad, the thicker the ink will become.

Chinese calligraphy is learnt in school and we have calligraphy exams; it is popular but only so-so. If men and women want to continue learning beyond school, they can attend advanced study in Chinese calligraphy.

Some famous calligraphers in the past were Su Shi, Wang Xi Zhi, Wang Xian Zhi, and in present times there is Zhang Da Qian, Qi Bai Shi and Xu Bei Hong.
Ask Aunty Rosemary

The Ask Aunty Rosemary column was introduced in November 2008 at the request of the international students on the Editorial team of The Voice, so that readers could write in and ask her advice on different matters and get a written response in the next edition.

Since then, in response to readers’ letters, Aunty Rosemary – a Counselling psychologist, working in the ACU Counselling Service in Melbourne – has provided advice and comment on alcohol, arranged marriages, body image, choosing a partner, cultural issues, culture shock, discrimination, domestic violence, duty to parents, ethics, fear of failure, grief and loss, lending money, loneliness, morality, noise, participation in university life, performance anxiety, psychological strain, relationships, sex, shyness and study skills.

Have you a question that you’ve been too afraid to ask? Or something that has been troubling you or causing you pain or distress? Or something that you’ve always wanted to know? Write in to Aunty Rosemary and she’ll do her best to comment and advise. All your emails are confidential and you do not need to identify yourself.

To send a confidential email to Aunty Rosemary, please email intadviser.qld@acu.edu.au.

World Day of Social Justice— 20 February

Social development aims at social justice, solidarity, harmony and equality within and among countries and social justice, equality and equity constitute the fundamental values of all societies. This day encourages the efforts of the international community in poverty eradication, promotion of full employment and decent work, gender equity and access to social well-being and justice for all.

For more information visit:

University Dates:
8 February - International Orientation
15 February - ACU Orientation
22 February - Semester 1, 2010 begins