Halfway Through the Semester Already!

It’s hard to believe that we are already half way through Semester 1. I hope you all had a good mid-semester break and managed to relax and have fun as well as doing some study and preparing assignments. I hope, also, that you have returned from your holidays feeling refreshed, full of energy and highly motivated to study effectively and prepare really well for the exams.

Exams start on Monday 18 June and that’s only seven weeks away! But, don’t panic. There’s still time to get yourself organised and get into a really effective study routine.

If you feel that you are not managing your time well, or if you are putting a lot of time into your studies but not making much progress, or if you have lost the motivation to focus on your studies, now is a good time to do something to improve the situation. Come and talk to an ISSU counsellor and also, have a look at page 8 of this newsletter for some tips on how to make sure that you are well-prepared for your exams.

Lidia Nemitschenko
Head, ISSU
ACCOMPANYING PARTNERS
BIG DAY OUT!

Accompanying Partners Program
Excursion, 29/3/07
Do you know where is the best place to know how multicultural Sydney is? It is Auburn where we went on an excursion on Thursday 29th March 2007. Miss Baiba (our teacher) said that the idea is to feel a slightly different multicultural atmosphere and at the same time to visit the biggest mosque in Sydney. We met up at Auburn railway station and I tell you that I could feel the difference already when I get off the train.

First, we went to the Auburn Gallipoli Mosque which is the biggest one in Sydney. We had a tour in the mosque for about 1 and half hours. Miss Emina from Turkey was our tour guide. She introduced to us about why the Mosque was built, how it was built, where the money came from, and so on. She then led us to a fountain where Muslims wash themselves before going to pray. They must wash up from hair to toes letting God know their respect. The mosque is so beautiful, build by a Turkish architect. One of our classmates who is Muslim explained to us the religious ritual and showed us the way of “wudhu” and how to pray. From his praying, we could see he is a very religious person. We found that they sat shoulder-to-shoulder with the next prayer to block the devil. Inside the Mosque was so grand. There are decorations everywhere, and it is such a beautiful and wonderful building. There are two floors - the downstairs is for men and the upstairs for women.

When we finished the tour, we had lunch at a Turkish restaurant. It was the first time most of us tried Turkish food. My favorite food is crispy Turkish bread which you put some of the dip, meal or anything you want.
The Accompanying Partners Program provides English classes, discussion meetings, trips and activities, as well as information that makes adjusting to life in Australia easier. It’s also a great way to meet people in the same situation as you.

Dates for the Accompanying Partners Program 2007 are:

- 17 April to 21 June
- 17 July to 20 Sept
- 2 Oct to 15 Nov

Tuesdays 10.30am - 12.30am  
Thursdays 10am - 2.30pm

If you are interested in joining the Accompanying Partners Program you should attend a class at one of the times listed above. Classes are held in the Party Room, International House, City Road.  
Please call ISSU on 9351 4749 if you have any enquiries.

Then Baiba gave us a piece of paper with our challenge. There’re some questions which we needed to ask passers-by. We saw many nationalities people, African, Turkish, Indian, Arabic, Asian and few European. We tried to talk to them but some of them were not friendly so I hesitated to say something. My friend could talk with many passers-by and got answers. They sold a leg of goat in a butcher and many other rare items were sold there. In addition, everything was a cheaper price. Baiba bought two BBQ grids for just $1 each!

Finally we had a break at the café where our Omani classmate ordered a waterpipe called a Nargila for all of us. Its flavour is apple. The pipe’s height was as high as a child.

It was very interesting to meet so many people from different cultures. It was an awesome excursion and that day we learned a lot about Islam as well as an interesting suburb of Sydney. Although it was a little rainy, it couldn’t stop us from having fun. We finished our excursion with a big smile and we are expecting our next exploration!

On Campus...

SCIENCE FORUM
16 MAY 2007 5.30PM
It Ain’t Necessarily So...Bro

The University of Sydney’s resident mythbuster, Dr Karl Kruszelnicki, will once again take the stage at the Sydney Science Forum for more scientific facts, figures and fun! Is the Daddy Long Legs really the most venomous spider in the world? Do ostriches really bury their heads in the sand? Will a frog willingly sit in a pot of gently warming water until it has boiled to death? Dr Karl has all the answers! Come and be dazzled by the king of popular science, as Dr Karl separates fact from fiction, and dishes the dirt on how cool science can be!

While the lecture is free, seat bookings are essential as places are limited.

Please call (02) 9351 3021 or email info[at]science.usyd.edu.au to book seats (maximum of 5, except for school groups)
Time: 5:30pm for 5:45pm - 6:45pm
Location: Eastern Avenue Auditorium

Do you play the piano?

Playing a musical instrument is a great way to relax especially during these stressful weeks of assignments and presentations. The Sydney University Union has a piano on level 5 of the Wentworth Building, in the International Students’ Room, if you wish to play your stress away.

For 1 hour casual bookings (just for the day), see staff at ‘The Cubby’ reception window (also on level 5).

NEW CHANCELLOR

Her Excellency Professor Marie Bashir AC CVO, Governor of New South Wales, is to be the next Chancellor of The University of Sydney.
Professor Bashir has made an enormous contribution to this University over many years since her days as a pioneering student and academic. Prior to her appointment as Governor in 2001, she was Clinical Professor of Psychiatry in the Faculty of Medicine and the Area Director for Mental Health Services in the Central Sydney Area Health Service. From 1996 to 2001 she was Senior Consultant Psychiatrist with the Aboriginal Medical Service in Redfern and Kempsey.

The Chancellor-elect is a Sydney graduate MBBS (1956), and a Fellow of the Royal Australian and New Zealand College of Psychiatrists since 1971.

Professor Bashir is already the Patron of various university entities including the Conservatorium; Hoc Mai – the Australia-Vietnam Medical Trust; the Australian Lebanese Foundation; and the Bone and Joint Foundation and was awarded an honorary degree of Doctor of Medicine in 2002.

Professor Bashir’s appointment as Chancellor is for a period of four years commencing on 1 June 2007.
NEWSFLASH!

A student had her bag snatched last week coming from Redfern station. The student resisted and was dragged to the ground. While she was not seriously hurt there could have been more damage done to her. ISSU recommends that you do not struggle with someone who is snatching your bag. It is better to make sure you take the following precautions. Don't carry your valuables with you unless you really need to on that day. Make sure you carry a bag that is a back pack or some type of bag that does not look too precious like a shoulder purse. Remember you don't need to carry your passport with you every day in Sydney. Always walk on the preferred pedestrian route with the other students.

Redfern has become safer over the last couple of years and really these things can happen anywhere but you should always take the right precautions.

The following is more information on personal safety we think is useful for you to read and consider.

Personal Safety & Security....

Here are some simple rules to follow which will increase your chances of staying safe.

Do not walk in the streets alone outside of daylight hours. If you have late lectures, arrange to walk to the bus-stop, station, or to your accommodation with other people. If this is not possible, catch the free campus shuttle bus to the nearest public transport, or contact Campus Security and ask for an escort.

Do not walk with your maps open. A lost new international student is an easy target.

STAY TOGETHER if you go out with a group of friends. Don't go off with strangers you have met over drinks or elsewhere. Remember, there's safety in numbers.

WALK QUICKLY AND PURPOSEFULLY if you are walking alone, whether at night or during the day.

STAY IN WELL-LIT AREAS. Avoid dark, badly lit areas both on and off campus.

Keep to brightly lit areas around campus and brightly lit, peopled streets if you have to walk alone at night. It is always best to keep to well lit areas with plenty of people about.

BE ALERT. Stay aware of what is happening around you. If you feel someone is following you, crossing the street to come closer to you, or behaving in a way which seems suspicious to you, take action. If there are shops or restaurants close by, go in. If there are other people walking in the street, approach someone and ask if you can walk with them, explaining your reasons. If all else fails, run.

TRUST YOUR INTUITION. In any situation, if you feel that something is not right, trust your intuition and take immediate steps to remove yourself from that situation.

If you are attacked, shout “Call 000! Someone is attacking me!” This avoids people thinking it is a domestic conflict and gives them 'permission' to call 000.

Be prepared to GIVE UP YOUR BAG if someone tries to snatch it. This lessens the chance of injury to yourself. Try not to carry items or documents that cannot be replaced in your bag, instead leave them in a safe place at home.

ALWAYS KEEP DOORS AND WINDOWS LOCKED at home. Leave windows open only if they are fitted with security bars. If you have a security door, keep it locked at all times.

DO NOT OPEN YOUR DOOR TO STRANGERS. To AVOID YOUR DRINKS BEING SPIKED in bars or clubs, ALWAYS buy your own drinks and NEVER LEAVE YOUR DRINK UNATTENDED.

KEEP YOUR LOCAL POLICE STATION NUMBER HANDY near your home telephone, and do not hesitate to ring the police if necessary.

CONTACT CAMPUS SECURITY ON 9351-3333 (or 13333 on an internal phone) if you are on campus and feel unsafe or under threat at any time.

Remember to call 000 for police in a emergency
## ISSU TRIPS AND ACTIVITIES

### Colourful Trips

- Blue Mountains every Sunday!!

### ~ Merry Month of May 2007 ~

<table>
<thead>
<tr>
<th>Hunter Valley</th>
<th>Blue Mountains</th>
<th>Canberra</th>
</tr>
</thead>
</table>
| ★ See Australia’s oldest and biggest wine production area  
★ Cross the beautiful Hawkesbury River and see the Australian bush  
★ Visit three unique wineries and taste more than 20 different wines!  
★ Enjoy a private group tasting of 5 award winning cheeses  
★ Sausage sizzle BBQ lunch included!  
★ Try and hit a golf ball into a lake with Aquatic Golf!  
★ Be brave and sample chilli schnapps!  
★ Try Dr Jurd's Jungle Juice at a classic Aussie bush pub | ★ All day sightseeing with guided walks through the National Park  
★ Entry to Featherdale Park and an opportunity to see and touch Australia's unique animals including koalas and kangaroos!  
★ See the amazing gorges from Wentworth Falls  
★ Walk down the cliffs through rainforest  
★ Hold on tight for a ride on the world’s steepest railway!  
★ Great lookout photos for photos including the Three Sisters  
★ Relax, eat and shop in the charming town of Leura.  
★ Stop for photos at Olympic Park - home of the 2000 Olympics | ★ A great 1-day tour to Australia's unique capital  
★ Travel inland over the mountains and see the Australian bush and huge farms which produce Australia’s finest wool  
★ Visit the modern National Museum of Australia with rotating theatre  
★ Take a tour through the $1.1 B Parliament House  
★ Learn about the legend of the Anzacs in the world class Australian War Memorial and experience the moving closing ceremony  
★ Take great photos of the unique embassies and visit Mt Ainslie to see the beautiful setting of the world’s most peaceful city |

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
</table>
| Hunter Valley | Sat 5 May | $87       | BJ: 8.00am  
YHA: 8.10am  
CQ: 8.15am  
Return: 6.30pm |
| Blue Mountains | Sun 6, 13, 20, 27 May | $79       | BJ: 8.00am  
YHA: 8.10am  
CQ: 8.15am  
Return: 6.30pm |
| Canberra    | Sat 12 May | $94       | BJ: 7.50am  
YHA: 7.30am  
CQ: 7.35am  
Return: 9.00pm |

Published by ISSU, University of Sydney
CRICOS Provider Code: 00026A
TRIP SPOTLIGHT
Blue Mountains Away

The Blue Mountains are one of the World’s most outstanding wilderness areas containing thousands of square kilometres of rainforest, canyons, plateaus and sandstone cliff-line. Experience two unforgettable days in this world heritage region.

Saturday
• Featherdale Wildlife Park: Get up close and personal with Australia’s unique animals including koalas, kangaroos and wombats. Snuggle up to a koala!

• Bushwalks: Go for an amazing undercliff bushwalk where Charles Darwin visited. After lunch in the mountain village of Leura, descend a giant staircase to walk through eucalyptus forests, waterfalls and wilderness.

• Scenic World: Why walk up the cliff when you can take the world’s steepest railway!

• Three Sisters: See this famous rock formation and hear the Aboriginal stories.

• Katoomba: Stay overnight in an award winning art-deco hostel, reinvigorate yourself with an Aussie BBQ, meet other travellers and adventurers, join our guide for a visit to one of the art-deco bars, cafes or pubs of friendly Katoomba.

Sunday
• Abseiling / rock climbing: If you want to experience the mountains from a totally new perspective, then for just $65, the Australian School of Mountaineering will help you do it! This is the time to push the boundaries and challenge yourself!

• Jenolan Caves: Travel deep into a valley to enter the underworld of the mountains. Join a guided tour of a huge cave where opera divas have sung and weddings are held. A great opportunity to see wild kangaroos and wallabies as well! Just $25 (normally $79!)

Price of $185 includes:
• Entry and bushwalks through the Blue Mountains National Park
• Entry to Featherdale Wildlife Park
• Saturday night accommodation with BBQ dinner and Sunday breakfast
• Choice of optional abseiling / rock climbing course on Sunday ($65) and Jenolan Caves ($25)

• All transport with a friendly and helpful driver / tour guide

Depart: Sydney 8.00am
Return: Sydney 5.30pm
WILL YOU BE READY WHEN EXAMS START?

Did you know that being well-prepared for exams is one of the most effective remedies for dealing with exam anxiety? And that anxiety is one of the most significant contributors to poor performance? It makes good sense to prepare well for exams, because:
- good preparation builds confidence
- confidence minimises anxiety
- low anxiety results in improved performance

Good preparation means:

Preparing well in advance
Now is a good time to start your exam preparation. With 7 weeks before exams begin, you can make a real difference if you get into the right study routine, starting NOW.

Getting motivated/staying motivated
You need to have a clear goal in mind and you need to make a commitment to achieving your goal. Work out what your goal is for this semester, write it down where you will see it every day eg in your diary, on your desk, stick it on the wall above your desk. Make sure that you read your goal every day. Make a strong commitment to achieving it.

Whenever you are making a decision eg will I watch television or will I study, ask yourself ‘Will this bring me closer to my goal, or will it make it harder for me to achieve my goal?’ Get into the habit of making the choices that will bring you closer to your goal.

Managing your time effectively
Think about how you are use your time.
Are you spending too much time on some activities and not enough on others?
Are there some activities you can give up for a time so that you make more time for study?
What time of day are you most productive and what is the best time for you to study?
Do you have a study timetable that works for you?
Developing a semester planner and a weekly timetable
A semester planner helps you to see when you will have busy times during the coming weeks and when you need to start working on assignments so that you can meet deadlines. It will help you to organise your exam preparation timetable as exams get closer.

A good weekly timetable helps you to organise your time in such a way that you have time to work on each of your subjects, time to attend to other commitments (domestic tasks, time to eat, shop and travel to and from university) and time for relaxation and leisure activities.

Leading a healthy, balanced life
Eating well, staying fit and getting enough sleep will all enhance your capacity to study effectively and to perform well.

Counsellors at ISSU can help you develop motivation and work out an effective way of managing your time. Why not talk to a counsellor now, while there is still time to make a difference. Ring for an appointment on 9351 4749 or come to our office on the Ground Floor, Services Building.
SUPRA
SUPRA/POSTGRAD EVENTS & INFO

SUPRA Annual General Meeting & Postgrad Party

SUPRA ANNUAL GENERAL MEETING
5.30pm, 31 May 2007
What’s SUPRA been up to?
What are the plans for the future?
Come to the SUPRA AGM on Thursday 31 May at 5.30pm
at the SUPRA Offices to hear the 2006 reports and plans
for the coming years.

More information, including the Agenda with any motions,
will be available two weeks prior to the meeting at
www.supra.usyd.edu.au

POSTGRAD PARTY
After the AGM, 31 May 2007
Join other SUPRA Subscribers upstairs at the Royal Hotel
on Abercrombie St after the AGM.
Food and some drinks provided.

To hear more about the party, to be able to participate
in the AGM and to be eligible to nominate and
vote for the elections be sure to become a
SUPRA Subscriber at www.supra.usyd.edu.au/subscribe
- it’s free!

SUPRA: Students working for students
Sydney University Postgraduate Representative Association
Building G10, Raglan St, Darlington Campus
The University of Sydney
NSW 2006
Ph: 9351 3715 Toll Free: 1800 249 950
Have your Say...

We are always looking for stories from our international students about their experiences here in Sydney and at the University.

Do you have a story to tell? Perhaps you’ve had a funny experience that you’d like to share with our readers. Or maybe something has happened that you want to gripe about. Or you have been to a fabulous play, exhibition or place of interest that you want other students to know about. Maybe you even have photographs to go with your story.

Email your story (about 300 words)-and pics if you have any to info@issu.usyd.edu.au and appear in our web newsletter. We look forward to hearing from you.
Mail sent c/o ISSU
If you have been sent mail c/o of ISSU at any time in the past few months and have moved to a permanent address, it may be a good idea to check the ISSU postbox for any uncollected mail. All 2007 uncollected mail will be returned to sender at the end of the month. This is also a reminder that the mailboxes at ISSU are only temporary, and should only be used for the first 6 weeks after the beginning of term.
New Protocol for Family Invitation Letters

ISSU provides family invitation letters for students. These letters state that ISSU supports family visits for international students from overseas relatives.

For students from some countries, these letters are helpful when family members are applying for visas to visit Australia. ISSU provides these letters for family members who are just visiting or who are attending graduation ceremonies.

In the past, ISSU staff has processed these letters at the time of request. Due to the high volume of requests from students, we currently have a 24-4 hour turn around time from when you leave your details with us.

To obtain a family invitation letter, you need to fill out a form which is available at ISSU. If you are planning on requesting a letter, please ensure that you know the date of birth for all individuals listed on your form. Leave your form in the box next to the front window of ISSU. When you come to pick up your letter, you can collect it from one of the pigeon hole boxes next to the ISSU window.

Your letter will be found under the first letter of your last name. For example if your name is Ned Kelly, your letter will be found in the box labelled with a K.

Contact ISSU

Ground Floor, Services Building G12
Corner Codrington and Abercrombie Streets
Sydney NSW 2006
G12 - Services Building (map)
Telephone +61 2 9351 4749
Fax +61 2 9351 6818
E-mail info@issu.usyd.edu.au

Cumberland Campus:
Ground Floor A Block
C42 - Cumberland Campus
Telephone +61 2 9351 9638
Fax +61 2 93519635
E-mail ISSU_Cumberland@fhs.usyd.edu.au