

# In The Know



# Contents

**Page 2** Highlighted events

**Page 3** Who's hungry

**Page 4** Three things I wish I knew

**Page 6** A Night to Remember at the UNSW College Gala

**Page 14** Can we explore sustainably?

**Page 12** Tourist VS Traveller – What's the difference?

**Page 15** Exploring Your Strengths

**Page 17** Books of the month



# Highlighted events

## The Baker Boys

Showing from Thursday 13 November to Saturday 29 November, The Baker Boys exhibition invites audiences into the creative world of a remarkable Australian family whose artistic legacy spans across two generations.

Featuring works by Normand Baker, Alan Baker and Gary Baker, the exhibition presents portraits, landscapes and personal stories that reflect both individual perspectives and a shared commitment to artistic expression. Housed within the heritage-listed Alan Baker Art Gallery at Macaria, the exhibition provides a peaceful and inspiring setting if you are interested in art, history or regional storytelling. This limited-season showcase is an engaging opportunity to connect with Australia's artistic traditions and experience the depth and beauty of the Baker family's work before the exhibition closes.



## Spot On

Spot is bringing live music, outdoor dining and a festive street atmosphere to The Spot in Randwick every second Thursday evening from Thursday 13 November to Thursday 27 November.

From 5:30pm until 9pm, St Pauls Street comes alive with performers, pop-up entertainment and busy restaurants spilling out onto the footpath. It is a relaxed, free event that lets you experience one of Sydney's most vibrant neighbourhoods, making it an easy mid-week outing with friends after class.

Whether you are grabbing dinner, listening to live music or simply soaking up the energy of the precinct, Spot is a great way to enjoy warm evenings and discover a lively corner of the eastern suburbs.



# WHO'S HUNGRY?

BRINGING YOU  
THE BEST EATS IN  
SYDNEY

## NOTEWORTHY EATERIES



### Radio Taco

*67 Abercrombie St, Chippendale NSW 2008*

have you heard? Sydney's first birria-only taqueria is now nestled on a corner of Chippendale. This tiny, lively spot dishes up fresh slow-cooked birria in tacos, quesatacos, nachos, fries and even ramen, all with their signature consommé.

You might want to come early though, because on many days Radio Taco sell out due to the high demand!

### Sana Mediterranean

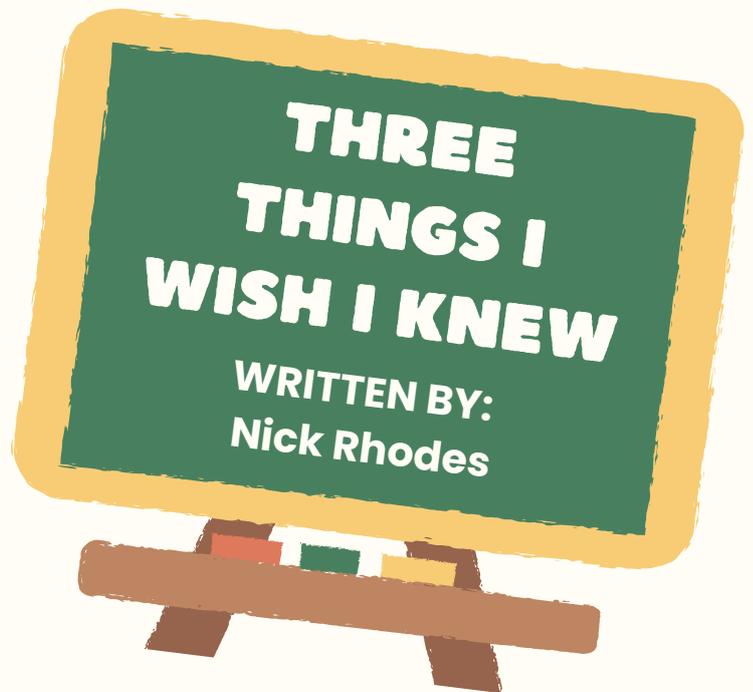
*1 O'Connell St, Sydney NSW 2000*

Sana has opened a new outpost in the CBD, bringing its well-loved mix of wholesome, tasty and affordable Med-style food closer to the weekday crowd.

If you want to add more colours to your meals but don't want to eat a boring salad, Sana is the perfect choice as taste is never compromised for nutrition.



Image credit: Sana Mediterranean Instagram



11 years ago, I would not have considered myself multilingual. With four years of high school French under my belt and a somewhat thick Australian accent, I travelled overseas by myself for the first time, before later meeting my family. I went to London and Prague, where it became apparent that my four years of high school French weren't going to cut it.

One night, I met a group of Argentinians, who could all speak English and Spanish. Two could speak English, Spanish and French. One could speak English, Spanish, French and Hebrew. It was in this moment that I felt something that I didn't expect. I felt like I needed to catch up to my multilingual counterparts. So, I set out to learn a language, deciding on Spanish given that this all started after meeting a group of Hispanohablantes ('Spanish speakers' in Spanish). Along the way, I learnt a few key lessons, that I think are worth sharing.

### **#1 – You're going to look and/or sound silly, a lot.**

One thing I learnt early on, is that in learning a language, you will make a lot of mistakes, especially in the A1 – B1 stages. In Spanish, the difference between asking for a chicken burger and a male appendage sandwich is one letter. Unfortunately, I learnt this the hard way. The lesson to take away from this, is that occasionally, you'll make a massive mistake. People will be able to ascertain that you're learning a language, and that you're not trying to be rude, you're just learning.

## #2 – Discomfort is the signal to keep pushing forward.

There were times in learning Spanish, that I just did not feel comfortable or bothered to speak or learn. In my first weeks on exchange in Madrid, Spain eight years ago, I regularly faced instances where I was tired, exhausted. But it's in these instances where your ability to use a language really shine and grow. Of course, there are times where this may not be best – for example, having to interact with a legal authority, a translator would be best in this case – but the times where you're looking to grow into the person you want to become are not born solely out of comfort. There will be times where you just cannot be bothered to speak the language. It's those times where you grow the most. Keep pushing forward through the discomfort.



## #3 – Find ways to have fun and connect.

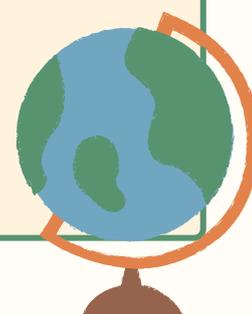
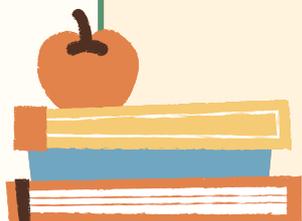
This has to be the best way to sustain learning a language. Find the memes, find the iconic videos, find the iconic songs that when they ring out in nightclubs, everyone knows the words. Find the people that help you with your language learning.

Find the people that help you become the person you want to be in your target language and culture. This will bring the journey to life.

I hope these lessons help you like they helped me. Good luck in your language learning journey and I hope you become the person you set out to become.

PS Stop using AI or digital translators mid-conversation, they take the fun out of it.

YOU WON'T GET BETTER ADVICE THAN STRAIGHT  
FROM THE STAFF AT UNSW COLLEGE



*A night to remember at the*  
**2025 UNSW  
COLLEGE GALA**



The UNSW College Gala – Awards Night is only in its second year since launching last year, but it has already become one of the most anticipated events on the College social calendar.

The Gala stands as a testament to the strength of our community and the dedication of our student volunteers, interns and leaders, whose ongoing efforts have continuously enhanced the campus experience for current and future students.

Sounds of laughter, encouragement and heartfelt dedications echoed through the Roundhouse as students cheered for each other's achievements. It was truly a sight to behold and served as a wonderful reminder of why the College community is so special, which has been built through the selfless choices our students make every day.



Throughout the evening, we presented awards to students who have demonstrated exceptional dedication and leadership across the many areas of College life.

See below for the categories that awards were presented for:

## VOLUNTEER PROGRAM

Our volunteers, unmissable in their bright yellow shirts, are often the first faces new students meet. For a student who may be adjusting to a new place, the welcoming aura and passion to assist from our volunteer undoubtedly leaves an unforgettable impression.



## BUDDY PROGRAM PEER MENTORS

Assisting new students doesn't just start from Orientation Day. The Peer Mentors from the Buddy Program are present prior to Orientation to ensure new students can hit the ground running and feel confident before even stepping on campus.



They answer questions, run bonding activities and offer reassurance to settle any nerves, which leads to many students settling into College life quicker and more confidently.

## STUDY CLUB PEER LEADERS

Studying with friends has never been more productive (and fun) thanks to the supportive environment the Peer Leaders create. First-timers and regular faces alike are all welcome, and with each visit come out with more confident in their academic journey. Their influence is seen quietly but felt strongly, in improved confidence in the classroom, better study habits overall and increased motivation in our students to ask for help when in doubt.



# INTERNS

Behind many of the College events, it is not just staff that are behind the scenes, but also the Event Interns who work alongside staff to deliver enjoyable and memorable events for all students. They tirelessly assist in delivering the vision to promote meaningful student experiences, and leave a lasting positive impact on the community.

# STUDENT LEADERS

Our student leaders are at the heart of the College community, guiding their peers with energy, empathy, and a strong sense of purpose. They also serve as the voice of the student body, representing their peers with professionalism and integrity. Their dedication not only strengthens the community today but sets the standard for the leaders of tomorrow.



# INTRODUCING OUR 2025 UNSW COLLEGE GALA AWARD WINNERS

Each of the students listed below has been recognised for their outstanding contributions to the UNSW College community in 2025. Their dedication, compassion, and initiative embody the values that make our College such a vibrant and supportive place.

Their efforts are a powerful reminder that none of our programs, events, or student experiences would be possible without the individuals who consistently support, uplift, and care for those around them.

## **Volunteers of the Year**

- Lena Li
- Mark Aung
- Wendy Liu

## **Outstanding Peer Mentors**

- Wendy Liu
- Winnie Yang
- Edward He

## **Study Club Peer Leaders of the Year**

- Stephy Wan
- Andrew Lim
- Sehrish Anika Chowdhury
- Ted Tian

## **Intern of the Year**

- Brayton Tiong

## **Leadership Award Winners**

- Vanadis Li
- Gabriel Ho

## **Community Award Winners**

- Henry Yau
- Pamela Layode
- Angelia Jolin
- Kiera Pham

Congratulations to all the winners, and to every student who has contributed to our College community throughout the year. UNSW College is defined by those who choose to support, encourage, and uplift others, and our events and programs would not be possible without their generosity and dedication.

Furthermore, a special shout out to the UNSW College K-Pop Dance Crew, the UCMC Music Club, the UNSW College Photography Club and Fung from The BlackTies Magicians, whose exceptional talent was showcased throughout the evening, creating an atmosphere brimming with joy and celebration.

Without a doubt, the Gala represents the pinnacle of everything that makes the College so special, and we eagerly look forward to the future celebrations yet to come.

# Can we explore sustainably?

Global travel is more accessible than ever, but the question of sustainability has become an urgent conversation for globetrotters as the environmental impact of tourism has never been more apparent. There's a growing movement within the travel community who are advocating for eco-conscious travel - the idea that we can explore the world while minimising our ecological footprint and leaving no trace behind.

Sustainable travel, sometimes referred to as "responsible" or "eco-tourism," is not just about choosing eco-friendly hotels or flying less, but about making intentional decisions that respect the natural environment, local communities, and cultural heritage

Early forms of eco-tourism emerged in the 1970s and 1980s as travellers began to recognise the negative impacts of mass tourism on natural landscapes and indigenous cultures. The rise of "plastic tourism," the overuse of resources in popular destinations, and the exploitation of local populations spurred a backlash. In response, eco-conscious travellers sought ways to minimise their environmental footprint by focusing on smaller, less-visited destinations, staying in locally-owned accommodations, and prioritising experiences that supported environmental conservation.



## The Principles of Sustainable Travel

At its core, sustainable travel advocates for a balance between enjoying the beauty and diversity of the world while preserving it for future generations. Some key principles that guide this philosophy include:

### 1 Minimising environmental impact

The first step in eco-conscious travel is to reduce one's carbon footprint which involves choosing transportation methods with lower emissions, such as trains, buses, or even cycling. For air travel, many airlines now offer carbon offset programmes, which allow passengers to invest in projects that help counterbalance their flight's environmental impact.



## 2 Supporting local communities

Sustainable travellers prioritise local businesses that align with ethical and eco-friendly practices. Instead of staying in international hotel chains, eco-conscious tourists choose homestays, locally-owned hotels, or eco-lodges. This approach ensures that money spent on tourism benefits the local economy directly.



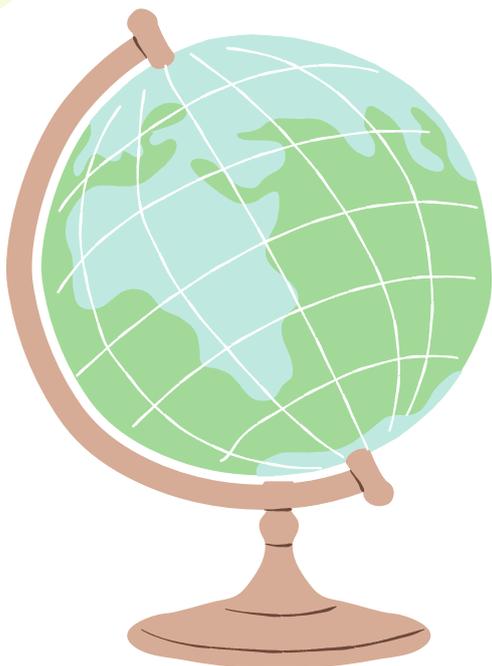
## 3 Preserving natural resources and biodiversity

Responsible travel requires a deep respect for nature. This principle extends to reducing waste, minimising plastic use, and choosing reusable or biodegradable products when travelling

## 4 Respecting cultural heritage

Sustainable travel also involves recognising and respecting the cultures of the places we visit. This includes learning about local traditions, interacting respectfully with indigenous people, and avoiding exploitative practices such as cultural appropriation.

While the eco-conscious travel movement is growing, challenges remain. A significant barrier is the sheer volume of tourism. In 2019, global tourist arrivals reached a record 1.5 billion, and while the COVID-19 pandemic briefly slowed this growth, the trend is expected to resume. Additionally, the issue of "greenwashing" poses a challenge. Many companies, from airlines to hotels, now claim to be "eco-friendly" or "sustainable," but the lack of standardised regulations makes it difficult for travellers to discern what truly makes a difference.



Despite these challenges, the movement towards sustainable travel continues to gain momentum. Advances in technology, such as electric vehicles and green hotels, have made it easier for travellers to make environmentally conscious choices. Moreover, the growing awareness of climate change and the importance of protecting natural ecosystems has led to a shift in consumer behaviour, with more people prioritising sustainability when planning their holidays.

The future of travel will likely involve a more conscious approach to travel. Through intentional, mindful travel choices, we can all play a part in ensuring that the places we explore remain beautiful, vibrant, and sustainable for generations to come. Ultimately, the goal of eco-conscious travel is not to stop exploring completely, but to do so in a way that preserves the wonders of the world.

# Tourist VS Traveller – What's the difference?

There are two words that often describe a person going overseas: tourist and traveller. While these two terms are frequently used interchangeably, they evoke different images of how we engage with the places we visit. While both involve stepping outside one's usual environment to experience new cultures, the way they are approached is what differentiates them.

## The Tourist

Consider the tourist. The word itself often conjures images of bustling crowds around famous landmarks, guided city tours, souvenir shopping, and a carefully planned itinerary that includes “must-see” attractions



Tourists typically visit places that are set up to cater to visitors, from luxury resorts and five-star restaurants to museums and theme parks. These places, by nature, are designed to be accessible and enjoyable for a wide range of people, often providing a predictable and curated experience.



One of the key aspects of being a tourist is the sense of exploring according to a schedule. Holidays are often limited by the duration of time available. With this in mind, tourists tend to choose experiences that are well-packaged and efficiently organised to maximise their time away. Guided tours, group excursions, and bucket-list lists of activities provide a sense of structure and order that many find comforting and rewarding.



# The Traveller

On the other hand, a traveller may be someone who seeks to go beyond the surface-level experience of a destination. The traveller might avoid well-known landmarks, instead opting to explore lesser-known corners of a country and going “off-the-beaten-path”.



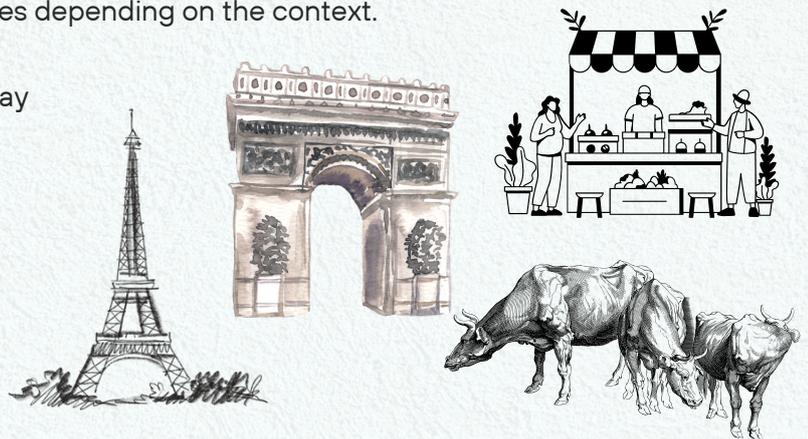
At its heart, the traveller’s experience is less about consumption and more about connection. Instead of moving through a destination as an outsider, travellers often aim to integrate themselves into the local culture, to learn from the people they encounter, and to experience the rhythm of everyday life. This can involve staying in locally-owned accommodations and eating in small family-run restaurants.



A traveller’s journey is often shaped and led by curiosity. Unlike tourists, who may follow well-established routes, travellers might engage in more spontaneous encounters, or allow their plans to be shaped by the people they meet along the way. This freedom can lead to richer, more unpredictable experiences. Travellers tend to take a slower, more flexible approach to their explorations, valuing the journey itself as much as the destination.

Although the tourist and the traveller are often portrayed as distinct types of travellers, many people find themselves navigating between the two categories depending on the context.

For example, someone visiting Paris for a week may focus on seeing the Eiffel Tower, the Louvre, and Montmartre, fully embodying the role of a tourist. Yet, the same person might take a side trip to a quiet village in Provence, where they explore the local markets, interact with farmers, and immerse themselves in regional traditions.



Regardless of whether you identify as a tourist or a traveller, the most important aspect of any journey is the personal growth that comes from stepping outside of your familiar environment. Travel, in all its forms, broadens our perspectives, deepens our understanding of the world, and helps us bridge the gap between people from different backgrounds.

**Tourism and travel are not mutually exclusive; rather, they are two sides of the same coin. Being a tourist can provide an enriching introduction to a new place, while being a traveller can foster a deeper sense of connection to the world and its inhabitants.**

# EXPLORING YOUR STRENGTHS

When you hear the word exploration, you might picture going on an adventurous trip, trying a new hobby, or finding a hidden study spot on campus. But sometimes, the most exciting kind of exploration doesn't involve leaving anywhere, it's about discovering you.

On the World Mental Health Day, the Student Wellbeing Team invited UNSW College students to explore something a little different, which is their character strengths. At our wellbeing booth, students got to spin our colourful strengths wheel, answer fun questions, and learn more about what makes them unique. We also shared flyers and wellbeing resources for everyone to take home because exploring who you are doesn't stop once you leave the booth!



Whether you managed to visit us or not, here's a little more insight if you're curious and want to learn more about your own strengths. The VIA Character Strengths framework is a science-based way to identify the 24 positive traits that help you feel, think, and do your best.

Everyone has all 24 strengths, just in different degrees, which means no two people share the exact same strengths profile. That's what makes each of us truly unique!

Each strength belongs to one of six broad virtue categories that are recognised across cultures and backgrounds:

## Humanity

Love, Kindness,  
Social Intelligence



## Wisdom

Creativity, Curiosity,  
Judgment, Love of  
Learning,  
Perspective



## Temperance

Forgiveness,  
Humility, Prudence,  
Self-Regulation



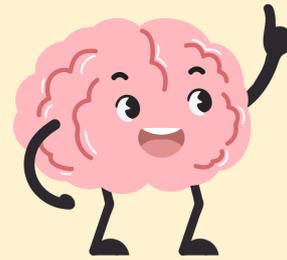
## Courage

Bravery, Perseverance,  
Honesty, Zest



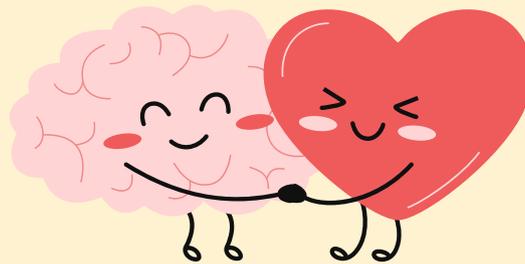
## Justice

Teamwork, Fairness, Leadership



## Transcendence

Appreciation of Beauty &  
Excellence, Gratitude, Hope,  
Humour, Spirituality



So why does this matter? Because knowing your strengths helps you make the most of what already comes naturally to you. Maybe your teamwork strength makes you a great group project member, or your love of learning keeps you motivated during late-night study sessions. Recognising and using these strengths can boost your confidence, relationships, and even your mental health. If you haven't already, you can take the free [VIA Character Strengths Survey](#), it only takes about 10 minutes, and the results can be surprisingly accurate!

Exploration isn't always about discovering something new. Sometimes, it's about realising the amazing things that are already within you. So go ahead, take that first step. Explore your strengths, celebrate what makes you shine, and use them to make your college experience even brighter.

And remember, if you ever want to chat more about your wellbeing journey, the [Student Wellbeing Advisors](#) are always here to help you explore it further. We're here to support you every step of the way!

**CHECK  
THIS OUT**

Don't forget to check out the other support article on the Current Students Website below:



Balancing Your  
Screen Time



View all Health and  
Wellbeing support  
articles

*Love,  
John*

# BOOKS OF THE MONTH

November

## THIS MONTH'S GENRE

This month's picks celebrate the spirit of discovery and the thrill of stepping beyond the familiar. These stories follow characters who journey into new worlds, uncover hidden truths, and challenge the limits of what they believe is possible.

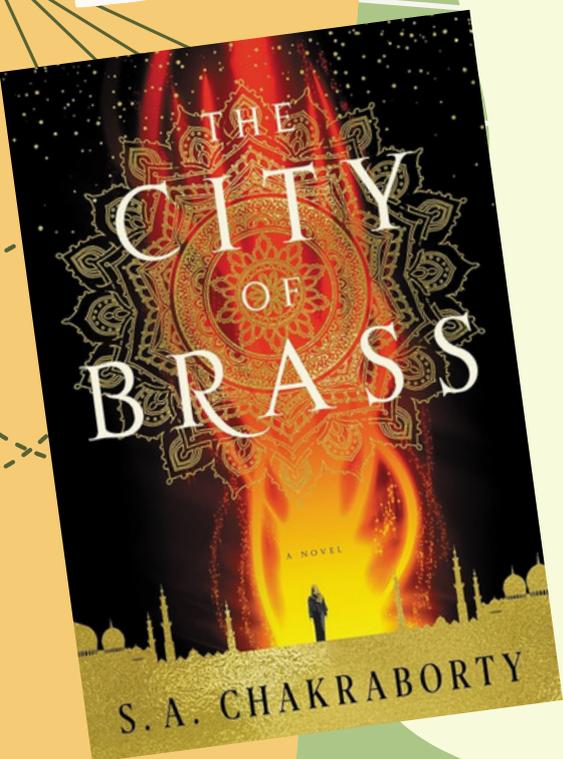
## THE CITY OF BRASS

S. A. CHAKRABORTY

S. A. Chakraborty's *The City of Brass* opens in the bustling streets of eighteenth-century Cairo, where Nahri uses her skills as a healer and trickster to survive. Her life changes when she unintentionally summons Dara, a djinn warrior bound to a forgotten past. What begins as a moment of desperation becomes the doorway to a world Nahri never imagined.

Together, they travel to Daevabad, a shimmering magical city filled with ancient power, political tension, and long-held secrets. As Nahri navigates palace intrigue and discovers unsettling truths about her heritage, she realises that exploration often reveals not only new landscapes, but deeper parts of herself.

This novel is a rich, immersive exploration of heritage, identity, and the discovery of worlds far beyond what we believe possible.



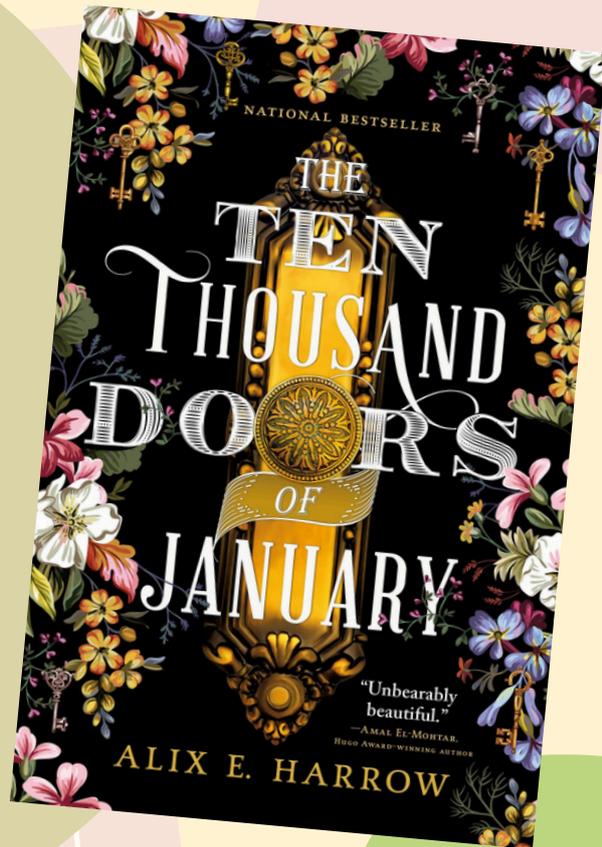
## THE TEN THOUSAND DOORS OF JANUARY

ALIX E. HARROW

A girl living in a mansion filled with strange artefacts collected from distant places. When she discovers a weathered book that speaks of secret doors to other worlds, she begins to sense that her life contains more truth and magic than she has been allowed to see.

As she reads the stories within the book, she uncovers clues about her own past and the people who have shaped her life. The boundaries between her world and others begin to blur, leading her across continents, legends, and entirely new realities. Each door she encounters becomes a gateway to discovery, reminding her that exploration is as much about claiming one's story as it is about finding new horizons.

Harrow crafts a lyrical, imaginative tale about stepping through thresholds, seeking truth, and learning that exploration often means rewriting your own story.



JON KRAKAUER

## INTO THIN AIR

A personal account of disaster on Everest, by the author of *Into the Wild*

## INTO THIN AIR

JON KRAKAUER

In this gripping memoir, Jon Krakauer recounts his personal experience on the 1996 Mount Everest expedition that ended in tragedy.

Through vivid, unflinching detail, he explores the drive that pushes people toward extreme adventure, the thin line between risk and recklessness, and the complex dynamics of climbing the world's highest peak.

*Into Thin Air* is more than a record of disaster. It is a profound exploration of human endurance, the desire to seek out the unknown, and the complex choices made in moments of survival. Krakauer's account reveals the harsh beauty of exploration and the powerful pull of places that lie far beyond ordinary reach.

# Contact Us



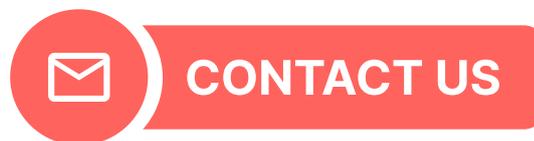
## Welcoming all submissions to the newsletter!

Got a fresh idea, content suggestion, your best kept secret of Sydney, or a tale of your student experience here at UNSW College you'd like to share?

Click the button below to send us your submission for a chance to get featured in next month's issue!



[@UNSWCollege](https://www.instagram.com/UNSWCollege)



## Credits

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