

August 2024

In The Know



Contents

Page 2 Highlighted events

Page 3 What's on in August

Page 4 Who's Hungry

Page 7 Through the Lens presented by the Photography Club

Page 11 Podcasts for Productivity

Page 12 Subscribed: Our top YouTube channels

Page 13 Books of the Month

Page 15 Across the Road at UNSW Sydney

Page 16 Through the Student Lens: Graduate Narratives

Page 23 Winter Warmers Part 2

Page 24 College Chronicles: A Series of Student Adventures

Editor's Note

The last month of the cold and dreary winter before it's spring! I can already feel the temperatures rising a bit and don't have to layer as much now.

Our magazine has gone through a bit of a facelift to ensure we're striving for continuous improvement so see if you can spot the differences in page layout. We are also honoured to feature some amazing shots from our talented Photography Club on one of their recent outings, and they are also gracing the cover of this month's magazine!

This month we have a focus on productivity and boosting your study routine, so check out the podcasts and YouTube channels we've recommended, and perhaps you'll find yourself subscribing to one of them (I know I have!).

Yours truly,

Vivian He
In the Know Editor
UNSW College



Highlighted events

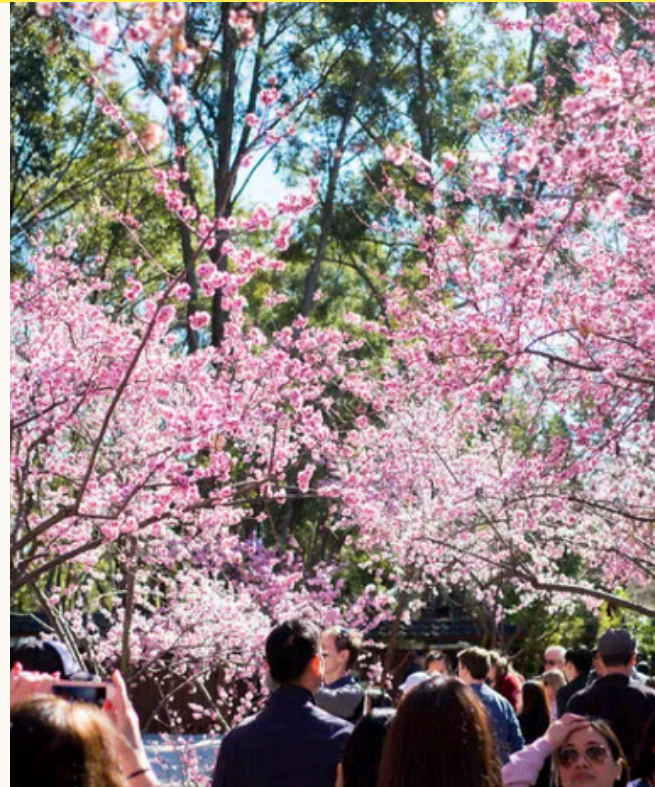
Sydney Cherry Blossom Festival

Sydney's most Instagrammable flower festival makes headlines across Australia every year, with thousands flocking to the gardens to experience a touch of Japan in Western Sydney.

This year's program includes the very special celebration of Hello Kitty's 50th Birthday with performances and meet and greets with our favourite Kitty. Expect a variety of cultural performances, traditional live music, dancing and entertainment, kids' activities, horticultural talks, and more!

The Japanese Food Village will make you feel like you're in Japan, featuring an array of exclusive cherry blossom-themed dishes and a vast selection of Japanese fusion cuisine. The Cherry Blossom Bar will also be serving a range of Japanese-inspired drinks.

Don't forget to capture the perfect picture at the iconic Cherry Arbour in the Japanese Gardens and at the Mt Fuji Torii Gate, which also provides the best backdrop for aesthetic photos and videos of the iconic cherry blossoms.



Free Jazz Nights at The Rocks

Wind down with the captivating sounds of Jazz Nights at The Rocks every Thursday evening.

Each week, talented local artists from the world of Australian jazz will take the stage under the twinkling stars, leading you on a musical adventure. This new program is curated by SIMA, who are dedicated to showcasing the charm of the jazz genre.

Mingle with your mates, catch up after work, or make new friends as you connect over refreshing cocktails from Hickson House.

Jazz Nights is free to attend and is the perfect after-work activity or a pre- or post-dinner treat. Rain or shine, the event will go ahead so on sunny days, you can gather outdoors under the stars at The Rocks Square, or if the weather takes a damp turn, the event will relocate just a 2-minute walk away at 6-8 Atherden Street.





What's on in AUGUST

See what's happening on at College!

16

MOVIE CLUB - INDEPENDENCE DAY

3:30pm - 5:30pm
Room I3I, L5 Building

THRIVE THURSDAYS - BE AN ANGEL

12pm - 5pm
Courtyard, L5 Building

22

23

MOVIE CLUB - THE MARTIAN

3:30pm - 5:30pm
Room W30I, L5 Building

BIKE N' BLEND

12:30pm - 2:30pm
Courtyard, L5 Building

28

29

THRIVE THURSDAYS - EAT WELL BE WELL

12:30pm - 1:30pm
Room G08, L5 Building

GAMES DAY AT THE L5 BUILDING

11am - 3pm
Room I3I, L5 Building

30

30

MOVIE CLUB - INTERSTELLAR

3:30pm - 5:30pm
Room W30I, L5 Building

TARONGA ZOO DAY TRIP

9:30am - 3:30pm
Taronga Zoo, Mosman

31

WHO'S HUNGRY?

BRINGING YOU
THE BEST EATS IN
SYDNEY

NOTEWORTHY RESTAURANTS



Omimi Don

7-9 Gibbons Street, Redfern NSW 2016

Omar Hsu launched Omimi Don in a Broadway arcade in May last year. Now, the familiar neon signage is drawing customers old and new to Redfern to experience Hsu's inventive Taiwanese menu. While there are a few tables for customers to sit, the focus is on food that's easy to grab and go. So if you're on your way to school or work, or want to grab something for dinner, Omimi Don has got your covered. Don't forget to grab some dessert too, such as the creamy tofu pudding, topped with chewy boba or sweetened red bean.

Ribelle

Shop 15/1-3 Moore Rd, Freshwater NSW 2096

Next time you're craving some doughy, cheesy, saucy goodness, head over to Ribelle, Freshwater's no-frills BYO pizza spot that's serving up sensational pizzas that can rival Sydney's best. The menu at Ribelle is straightforward, offering a mix of classic and more adventurous toppings along with a few simple sides like anchovies, baby cos salad, and burrata. True to the restaurant's name (which means 'rebellious' in Italian), some of the more adventurous pizza options on the menu include The Reuben, which features 12-hour smoked beef brisket; and the Braised Greens, a combination of braised kale and rainbow chard.





Chungking Malatang

Various locations

Nothing quite satisfies the soul like a hearty and filling bowl of soup. Make sure to visit Chungking Malatang (one is conveniently close to the Paddy's Market light rail stop). Their flavourful broth bases, busting with spices and coloured a rich orange hue, will win you over if you're not already a fan after just one sip. With ten distinct bases and an extensive assortment of toppings and sauces, you can have a fully customisable experience, making it simple to satiate any type of craving. In addition, a variety of fruit and milk teas are available for you to have together with your meal, or afterwards as a dessert.

Kingway Malatang

1A/718 George St, Haymarket NSW 2000

Step in a futuristic rendition of a malatang restaurant in the heart of the CBD. Kingway is known as one of the underground favourite malatang places for the international students as not a lot of people know about this place. But once you've dined once, you'll become a regular there (don't say we didn't you!). There's an extensive selection of fresh meats, seafood, vegetables, as well as dumplings, noodles and mystery balls if you want a little surprise in your malatang. Moreover, the speedy customer service here is one of their major selling points. We would recommend trying their Sichuan spicy base as it gives the perfect numbing spicy soupy taste that will make your tongue tingle.



Mama Tang

10/117 John St, Cabramatta NSW 2166

This is a jewel in the corner of John Street in Cabramatta that has aged like fine wine. If you live in the area or are thinking of visiting Cabramatta (which we think you should!), Mama Tang is an absolute must-visit location. The possibilities for personalisation are practically limitless, as you may choose to have your malatang dry or steeped in a delicious broth, along with an incredible assortment of meats, seafood, and fresh produce. The laid-back atmosphere of the restaurant is ideal for casual get-togethers with friends or for those on-the-go bites.

Espetus Churrascaria

60/70 William St, Woolloomooloo NSW 2011

Combining the traditional gaucho method of roasting poultry, pork, and beef over an open fire pit with elegance, Espetus Churrascaria is known for their Rodizio (continuous) style of serving. The team here takes great pride in showcasing the spirit of Brazilian hospitality with friendly service, so you'll be enjoying your dozen rotisserie-grilled meats while feeling like part of the family. Come and taste the passion!



Butchers Buffet

Various locations

Butchers Buffet, with locations in Haymarket, Eastwood, and Strathfield, is all about the meat, as the name would imply. Marvel at the range of various protein cuts, salads, noodles, banchan, sauces, and desserts, so you can rest assured that there's something to fit everyone's palate. You have a generous ninety minutes to indulge in barbeque and the staff will regularly change your grill. Popular as this place is, they don't accept reservations so we highly recommend bumping up your meal time to start earlier to beat the rush.

Yakiniku Gyuzou

Shop 4/339 Sussex Street, Sydney, Australia 2000

Do you have a need for something spicy, smokey, and mouthwatering? Yakiniku Gyuzou is the place to go; it's like a vibrant izakaya. This well-liked location in the city offers an electric BBQ experience that keeps regular customers coming back and is heavily influenced by the flavours of Japan. The attention is on the delicious array of meats and side dishes. Gyuzou's lively ambience is reminiscent of a cocktail bar, and its entertaining grilling concept is similar to that of a sushi restaurant, all complemented by an excellent drink menu. A great place to do group dining with your friends at a reasonable price.

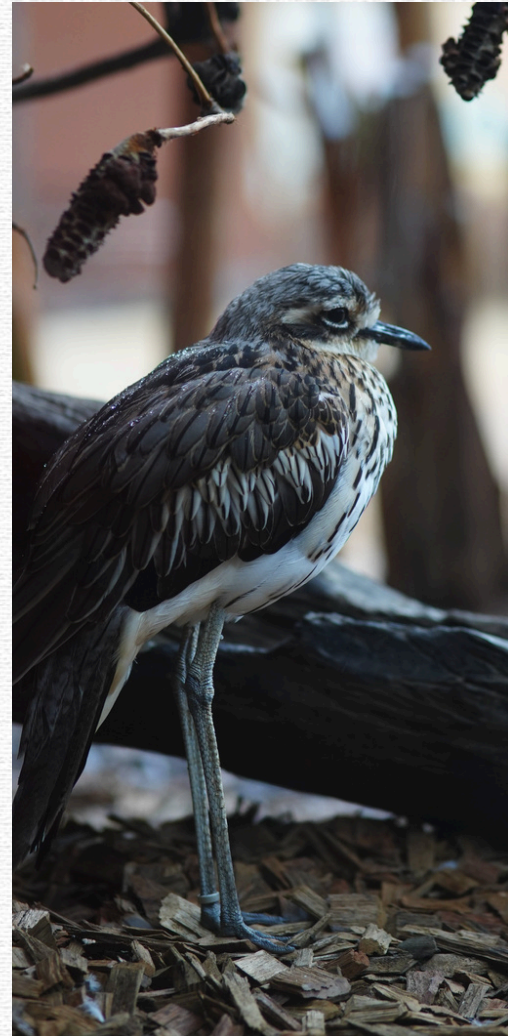


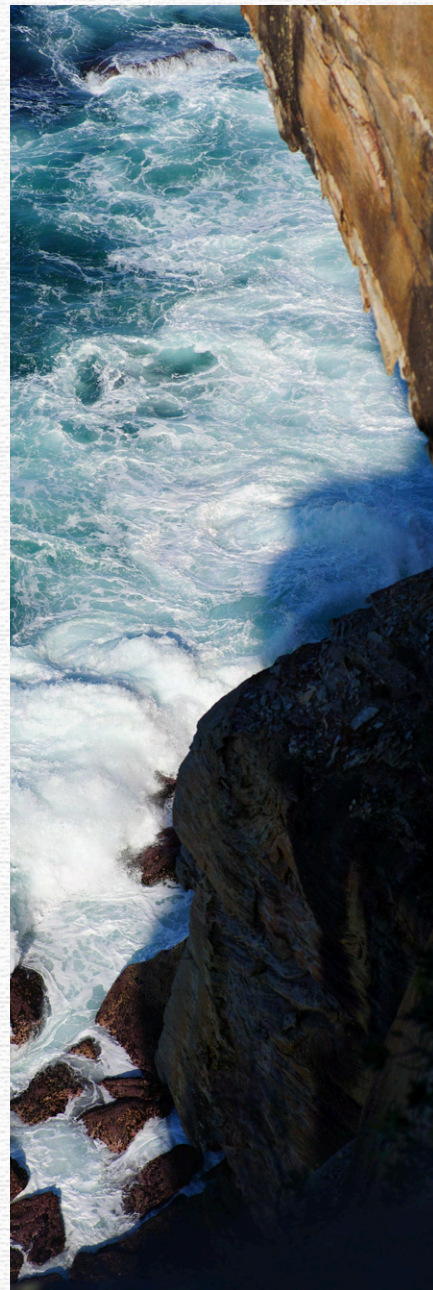
fire up the barbie



Through the Lens

presented by the Photography Club

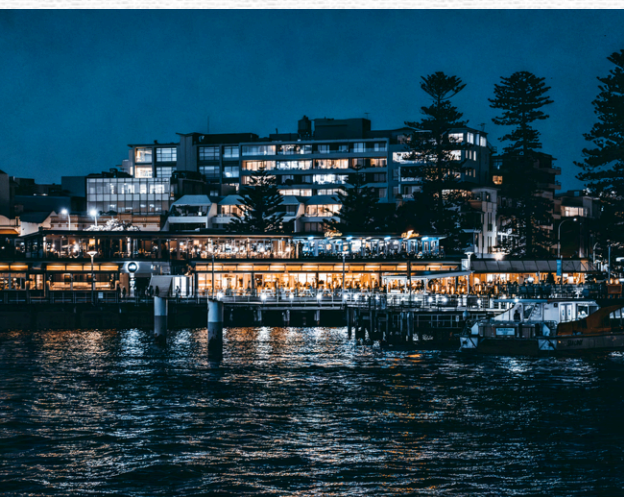




Photos by Chenwei (Wayne) Qin



Photos by Jiangtian Xu



Photos by Jiangtian Xu

PODCASTS FOR PRODUCTIVITY



We have seen a rise in the popularity of podcasts in recent years, and it's easy to see why. You can listen to podcasts while multitasking which means you can fit more content into your busy schedule, many feature feature interviews with experts who share valuable insights and knowledge and there's a podcast for almost any topic you can think of. Here, we'll be delving into the best productivity podcasts to help you get the most out of your studies!

PRODPOD

ProdPod is a podcast featuring two-minute or less personal productivity teachings which is perfect for those who are pressed for time, or just want to ease their way into the world of podcasts. This podcast explores a variety of subjects that impact productivity and how such obstacles might be addressed. If you find it difficult to manage your time and workload, we highly suggest listening to this inspirational podcast where you can apply their advice to your environment, and see how much your daily routine can improve by making small changes!

[LISTEN HERE](#) >



THE VERYWELL MIND PODCAST

Being productive isn't just about having the best study routine, but also making sure you have a good mental wellbeing, as that enhances your ability to focus and concentrate, which improves your efficiency and the quality of your work. Therapist Amy Morin offers advice and strategies for enhancing psychological health and developing mental toughness. This podcasts also feature talks with motivational speakers who discuss their experiences, challenges, and strategies for maintaining mental toughness, as well as providing mental health exercises.

[LISTEN HERE](#) >



TED HEALTH

What does exercise do to your brain? Can psychedelics treat depression? From smart daily habits to new medical breakthroughs, tune in to TED Health with host Dr. Shoshana Ungerleider. Make sure to give it a listen if you're looking for a podcast that discusses topics you won't find anywhere and provides answers to queries you never even knew you had, with a sole focus on how we can live healthier lives.

[LISTEN HERE](#) >





SUBSCRIBED!

Our top YouTube channels

In this digital age where we can access a world of content with just a tap of our finger, reels and shorts are undeniably a popular and easy way to fit a few videos into your day. But there's just something wonderful about the long-form content that you can start up and sit back to enjoy. While also being a platform of entertainment, YouTube is also a great educational aide alongside your studies.

If you're looking for a new channel to subscribe to, why not check out the below, and see how they make learning more interesting, enjoyable and accessible.



TED-Ed

Have you ever questioned if eliminating mosquitoes is morally right? Or why rest and plenty of water are the only ways to treat a regular cold?

The TED-Ed channel was established by the creators of TED Talks as a youth-focused educational project. A variety of animated videos on the channel are guaranteed to pique your interest and get you questioning the simplest of things. But these humorous, lighthearted videos cover more than just random ideas. The videos offer many useful and straightforward solutions to everyday problems, like how to control your emotions or why your jeans rip so easily (both are well worth learning!).

Since each video lasts no more than 10 minutes, it's a great way to learn something new every day.



Crash Course

John Green, author of one of the best selling books of all time "The Fault in Our Stars", along with his brother Hank Green, launched Crash Course in 2012, with a vision that high-quality educational videos should be available to everyone for free.

This channel is great for explaining to viewers subjects that can't be found in a textbook, such as how to juggle a career and expenses while pursuing your education, or exactly how vaccines work. From literature to philosophy to theater to world history, there are a plethora of lessons for you to explore.

Moreover, the channel features a great ten-week study techniques series called "Crash Course Study Skills" on honing your study skills to tackle your studies more effectively.



Dr Amina Yonis

Dr. Amina Yonis has an academic proofreading business in addition to being a cancer researcher, lecturer and mother. On her channel, Amina gives a lot of guidance and advice on how she was able to finish her education at four (yes, *four*) prestigious universities so you know her scholarly tips are true pearls of wisdom.

If you want to boost your grades, Amina provides a helpful explanation of the structure she used to receive the highest grades on all of her university essays. She also reveals how to read a text fast and efficiently, how to paraphrase without plagiarising, and all the stages involved in conducting research.

For any Muslim viewers, she offers invaluable guidance on how to study and how to write throughout Ramadan.

BOOKS OF THE MONTH

August Edition

THIS MONTH'S GENRE

Loves me, loves me not?
Does love conquer all?
Find out with these
ROMANCE
recommendations!

IT ENDS WITH US

COLLEEN HOOVER

Lily's journey hasn't been easy, but her determination has driven her to build the life she wants. Now a successful business owner, life is looking pretty great. But when she meets the handsome neurosurgeon Ryle Kincaid, her life seems almost too good to be true.

As Lily grapples with her feelings for Ryle, she's also haunted by thoughts of Atlas Corrigan. Atlas was her soulmate and protector, and his sudden reappearance puts everything she's built with Ryle in jeopardy.

This bold and emotional novel tells a powerful story of love and the ultimate sacrifices it demands.



PRIDE AND PREJUDICE

JANE AUSTEN

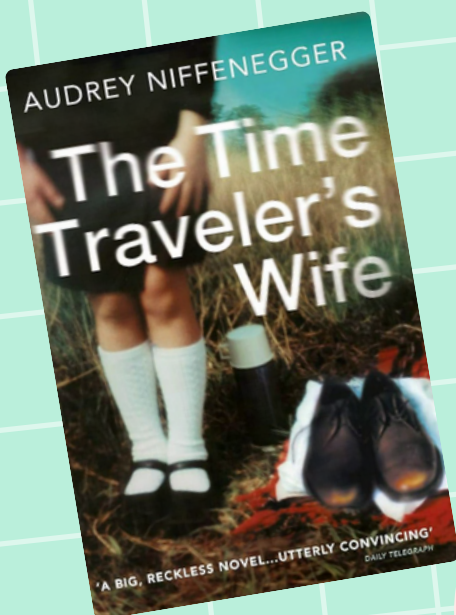
Follow Elizabeth Bennet, one of five sisters in early 19th-century England, as she navigates the issues of love and social class. When wealthy Mr. Darcy arrives in her neighbourhood, his initial arrogance clashes with Elizabeth's strong-willed nature. As misunderstandings and prejudices unfold, both characters grow and recognise each other's true qualities. Their journey leads to a deepened understanding and love, culminating in a satisfying resolution that critiques the social norms of their time.



THE TIME TRAVELER'S WIFE

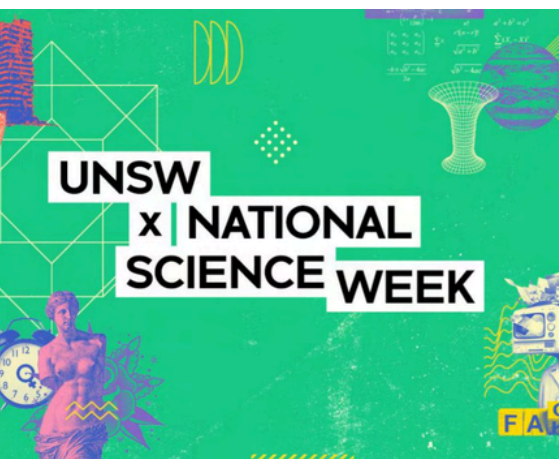
AUDREY NIFFENEGGER

Henry DeTamble has a rare genetic disorder that causes him to involuntarily travel through time, and his wife Clare Abshire must cope with his disappearances as she lives in the current timeline. Henry and Clare's relationship is tested by the unpredictability of time travel and the emotional strain it places on both of them. The book delves into how they cope with these challenges, their enduring love, and highlights how love can transcend time and circumstance.



ACROSS THE ROAD AT

UNSW SYDNEY



UNSW X NATIONAL SCIENCE WEEK 2024

Get ready for an electrifying week-long program that spotlights the latest breakthroughs in science, medicine, and tech! Dive into exclusive talks about the spectacular dance of exploding supernovae, gear up for a light-hearted approach to the apocalypse (sort of!), and uncover the truth behind myths and misinformation about female anatomy.

Craving more? During National Science Week, explore a treasure trove of on-demand content from podcasts to videos, and remember to swing by SciFest!

[LEARN MORE](#)

2024 GENE WILLSFORD UTZON LECTURE

Australia is at a critical crossroads. The old ways won't cut it when it comes to expanding high-amenity housing for every community. This year, the Gene Willsford Address, presented by the Hon. Rose Jackson, MLC, will dive deep into confronting our housing crisis head-on.

This free lecture is a crucial discussion on shaping our future that all students who are interested in living in Sydney for a long-term or permanent basis should attend, as it'll undoubtedly come in handy when it's time for you to house hunt.

[LEARN MORE](#)



[VISIT THE UNSW WEBSITE FOR MORE EVENTS!](#)

THROUGH THE STUDENT LENS:

GRADUATE NARRATIVES

You did it, Kasra Dadvar!

2023 C STD GRADUATE



My name is Kasra and I'm from the capital of Iran, Tehran. My stream in Foundation Studies was Physical Science and I chose Physical Science because I'm going to study Engineering at UNSW. First of all, congratulations to all my peers for completing the exams and getting through to the end of this program. I hope we all did well in the exams!

Overall, although it was a hard course because we have to learn a lot of things in only 8 months, I really enjoyed studying this course.

One of the challenges during the course for me was trying to study after the classes ended, because normally our classes end by 5 and it takes about an hour for me to go home and also you feel tired after having classes from 9 to 5 but fortunately I found Study Club which runs from 5 to 8 and it helped me a lot in progressing my studies because of the Peer Leaders over there.

I made a group of really good friends in UNSW College. They consisted of some friends from my home country, classmates that I spent a lot of time with, and also the Peer Leaders in the Study Club. Hanging out with friends in the city after school and studying with friends in the library was one of the best parts of doing this course.

My plan for the future is to complete a Bachelor in Software Engineering in UNSW and try to get jobs in university such as helping College students during studies and so on.

Finally, I want to give special thanks to Avi, my best teacher, Maher my physics lecturer, Liam, my goat in chemistry, John for math, Lyndon, the boss where we had so much fun in his classes and the other teachers and staff.

Thank you to UNSW College for preparing such an amazing course.

Amazing work, Mingzhe (Steven) Cai!

2023 C STD GRADUATE

My name is Steven Cai. I come from Wuhan, China, and now, Sydney has become my second hometown.

I am a proud member of the UNSW College Volunteer Team, an intern at the Social Media Marketing Team, and the President of our UNSW College Photography Club. It's my pleasure to be here to give you a speech as the recipient of the Leadership Award.

I am incredibly grateful to a host of exceptional teachers whose guidance has been so important to me. In Business Law, Jay Myers (Course Convenor) and Peter Alexander's insights were invaluable, while in Academic English, Angela Cheong helped enhance my language skills crucial for my academic success. Andrew Phung's patience and expertise in Mathematics have made complex concepts accessible, and Nicholas Gostt's expertise in Economics has broadened my understanding and appreciation of commerce. I must also acknowledge Dr. Batul Towfique Hasan in Accounting, whose expertise has been instrumental in my academic journey.



My team leaders in the Social Media Internship, Miracle and Alli, along with Vivien and Chris from the Volunteer and Club Event teams, provided me with countless opportunities to grow. Your trust and guidance have been instrumental in my development as the President of the Photography Club and a proactive member of our community.

Reflecting on the beginning of my journey at UNSW College, which started with meeting my mentor, Lou, in Shenzhen, I remember how her warmth and guidance made Sydney feel like a second home. I still remember the first day in this very classroom during the program's orientation. Lou told us, "As long as you have come to Sydney, to UNSW College, no matter what happens, you will never be alone. We will always be there for you." This is something we have truly experienced, making UNSW College feel like home. This supportive environment extended through every classroom and every project I undertook.



Before I look to the future, I must pause to appreciate the incredible friends who have been my support system throughout my journey at UNSW College. To Jerry, Felix, and Howard, thank you for always being there during my lows, lifting my spirits, and helping me push through challenges.

A special mention goes to my best friend Serene. Though we might not communicate frequently, our silent competition has been a profound source of motivation. The unspoken promise to match each other's strides in academics and leadership has not only pushed me to excel but also instilled a belief that together, we can continue to challenge each other and grow. I look forward to carrying this spirit of friendly rivalry into our future at UNSW as we strive side by side, raising the bar ever higher.

As we look toward the future, I am excited to continue my studies here at UNSW, delving deeper into the fields that fascinate me. Whether it's here or elsewhere—some might venture to UTS, USYD, Macquarie, or even the University of Melbourne—our experiences at UNSW College have uniquely prepared us to thrive. The resilience and knowledge we've gained here will undoubtedly give us a significant advantage wherever our educational journeys take us.

In closing, I congratulate each one of you on completing this significant chapter of your life. Let's step forward with the lessons learned and the friendships forged here, carrying them into our future endeavours. Thank you to every teacher, mentor, and friend who has been a part of my journey. Here's to our continued success, wherever we may go!



My name is Leo Lee and I'm from China. Today is an exciting day. Before I begin, I really want to say congratulations to all of us today. We are finally finished with all the tasks from our UNSW College program. Well done, everybody because it's a wonderful achievement! I would like to talk about some of my own experiences and memorable moments as a student in Sydney.

At first, studying and living in Sydney alone was a really big challenge for me. I think most international students are similar to me, where they moved to Sydney from different countries. Also, we are not native speakers in English and a lot of things are not familiar to us. But as time goes on, it's gotten a lot better. I must say, Sydney is a very beautiful city in Australia. Beautiful sceneries, coastal line, beaches. And the water is crystal clear.

However, when I first arrived in Australia, I was afraid to communicate with others in English. Because my English is not really good, especially my spoken English. To be honest, I'm also a little bit nervous today, because it is my first time giving a speech in English.

But after UEEC10, I feel more confident using English whether it is for speaking, reading or writing.

Through the course, our teachers taught us various skills to develop our abilities not only for essential academic English but also for living in Australia. For studying, I learnt how to give a vivid presentation and how to search for useful information from different sources. How to read a journal article. How to write an essay. How to paraphrase, and how to reference. And for day-to-day life, I also learnt how to build critical thinking, how to respect people from different cultures, listen carefully when I'm talking with others and be patient with everything, not only with learning English.

Patience is key in life.

And in class, I talked a lot with our teachers and classmates. We were able to have lots of discussions and conversations to share our opinions and other interesting things about different topics ranging from culture, environment to technology. At the same time, I met a lot of new friends and created strong friendships with each other. I got to learn about different cultures from different people from different countries using English.

Each encounter has been impressive and I think these will be my precious memories when I recall them in the future.

Kudos to you, Yuchen (Leo) Lee!

2024 UEEC GRADUATE



I'm very grateful to my teachers, Gin, John, and Murray, and all my classmates in U10-16. I learnt a lot of things from you guys. Thank you.

After finishing this program, I will study Artificial Intelligence at UNSW Sydney.

Now, we may be finished with this program, but when it comes to learning English, I think there is no finish line. Here are some tips I think we should all practice.

Practice English every single day. Just speak something out in English. Maybe you can describe some activities that happened in your daily life in English. You can talk to your friends, your families, your pets, even just to yourself. Train yourself, step by step. You may probably make mistakes. Don't be afraid of them. You'll learn from them. Enjoy your English journey.

In the future, we will gain diverse knowledge and encounter more friends in UNSW. Maybe you don't know what you really want to do yet with your studies. Don't worry. Be patient when you have new and unfamiliar experiences. Keep looking forward, and don't settle.

Never give up.

Thank you to all teachers and staff in UNSW College for what a great support system you have been and for help us to learn English in Sydney. Thank you to my parents who supported me studying abroad.

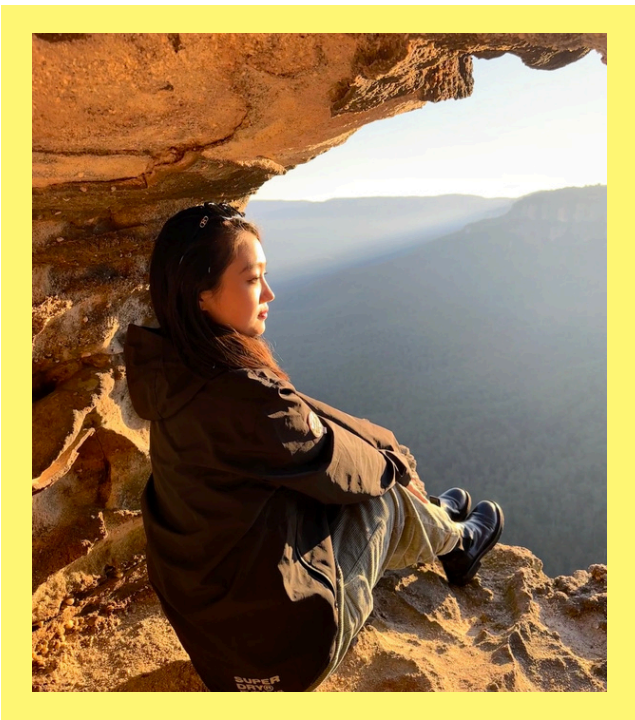
Once again, thank you everyone.



My name is Charlotte and I'm from China. It is a great honour to stand before you today as we celebrate the successful completion of our program at UNSW College.

First of all, I would like to extend my congratulations to all my peers on completing the challenging exams and program. It's been an incredible journey filled with significant effort, perseverance as well as determination.

During my time at UNSW College, studying from the EAE to the UEEC, I have experienced remarkable transformation and growth. One of the main difficulties I encountered was adapting to the new academic system and managing my time effectively. Initially, I could only use informal language and struggled to finish assignments on time.



**Bravo,
Xuening
(Charlotte) Li!**

2024 UEEC GRADUATE

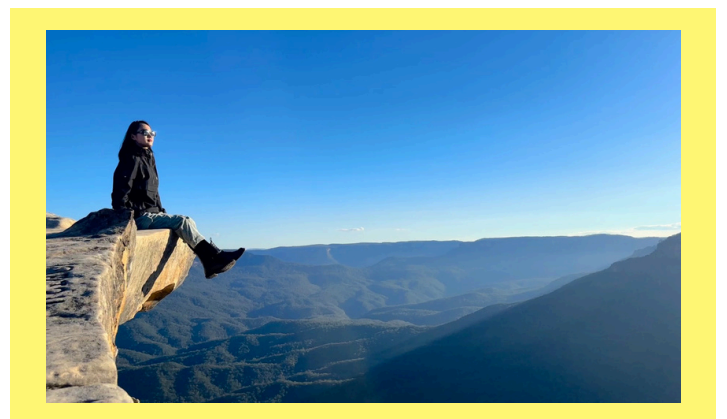
I felt anxious about starting to learn academic English from scratch, and simultaneously I also felt stressed when I had to identify the most urgent tasks and then create a daily list to accomplish them in order within a certain timeframe. This experience has not only increased my overall productivity and resilience, but has also greatly enhanced my writing abilities. Writing was my primary concern before this course, but now it has become my strongest skill.

I could not have overcome these obstacles without the invaluable assistance and support of my wonderful teachers, each of them was truly friendly and responsible. I would like to express my immense gratitude to all of them, especially Angela, Dinna, Rani, Alex and Fisun. As my writing teachers, they not only taught me academic knowledge but also cared about my personal development.

Firstly, they suggested me to go out more on weekends, which helped me make friends and build friendships. Moreover, they shared their study and work experiences, providing guidance for my future path. In addition, their encouragement helped me build my confidence and gave me the courage to speak confidently in front of a large audience today.

Thanks to them, I have had the opportunity to grow both academically and personally. They have enriched my learning process, and I have thoroughly enjoyed and engaged with their lessons. To them I may have been just one of their numerous students, but to me they were so much more than that - they were my teachers, my friends, and my mentors. I'll always keep them in my heart.

I am sincerely grateful to UNSW College and all my teachers for shaping both my academic life and my personal growth. I love you all! I'm going to take the skills I have learnt and these unforgettable memories with me to the main campus for further studies. I'll continue to work hard and hope to make you proud. Thank you!



Round of applause to you, Yingxue (Yuki) Chen!

2024 UEEC GRADUATE



I'm Yuki, from China. I took the UEEC-15 course at UNSW College. It's a great honor for me to stand here today. First of all, please allow me to congratulate all of us on completing all the exams and classes at UEEC. I would like to express my deepest gratitude to all the teachers who taught me—Adi, Ryan, Youjia, Hilton, and Vanessa. Additionally, I want to thank all the staff members of the UNSW College who provided us with guidance and support.

During my time at UEEC, I met a lot of interesting people. I learned how to conduct research and how to share my findings through presentations and essays. I learned the key elements of a successful group discussion and the importance of both independent thinking and cooperation. These experiences have significantly improved my confidence in achieving success in my future studies. Sometimes I think the universe had a funny way of guiding me by not letting me pass the PTE exam because then I wouldn't have met all of the friends and teachers here with me today.

Furthermore, I believe the person we should thank the most is ourselves. We need to appreciate our own choices and efforts. For me, the biggest challenge was deciding to study at UNSW. I'm 32 years old and was an employment lawyer in China. It was not easy to leave my stable life and start anew in Australia. However, I really wanted to try something out of my comfort zone. I still feel young and eager to explore a more colourful world and uncover new possibilities. After the end of these challenges, I wanted to meet a new version of myself. Now, after three months at UEEC, I am confident I made the right choice. I want to thank myself again for my courage and determination.

I will continue my studies in law at UNSW Sydney and hope to see everyone at the main campus. I believe that at that moment, all of you will be successful UNSW students, full of curiosity, a spirit of exploration, independence, and maintain a strong work ethic. I am certain we all have a wonderful future ahead of us. Thank you!

WINTER WARMERS

PART 2

If you're one of our regular readers, you'll remember in June I wrote a 'Winter Warmers' article that focussed on different foods and their health benefits especially in winter. This month, I'm bringing you part two, this time focussing on what warms our souls! I'm talking everything and anything that feels heartwarming! When you google 'heartwarming', you are given a definition of "emotionally rewarding or uplifting" as the top result, so let's look at things we can do for ourselves that are uplifting, rewarding and help us to feel recharged!

It's important to remember that what might feel recharging and uplifting for one person, might be something that doesn't feel the same to you. I want you to take a moment to think about some things you already do for yourself that feels 'heart warming'. Think about something that makes you feel recharged. For example, some activities I've been focussing on lately are reading and trying to be more conscious of staying in touch with my friends. These are two things I didn't realise were doing such positive things for me until I found myself asking 'do I even do anything that's heartwarming to me?'. It's easy to get carried away with life and forget about the things that warm your soul and feel uplifting. And yes, it is totally acceptable for it to be something as simple as reading! I've included a variety of things below that you can try, keeping in mind that some things may work for you but not for others. Take this list and see if you can think of anything else to try!

This was one of the activities I've found has really been recharging and making me feel warm and fuzzy lately. I have really pushed myself to get back into reading, and that is what's made it so rewarding for myself. I aim to read before bed, so I like to get cosy with blankets and my oodie to begin unwinding for the night. Sometimes, I'll even make myself a cup of tea to enjoy too!

A huge benefit of reading is that it's a solo activity but can still be completed with someone else. This is a version of 'parallel play', which is essentially when two people hang out together doing an activity each but don't interact. Think of it like if you really wanted to hang out with a friend or your partner because you enjoy their company but might be too tired to actually hold a conversation with them. You don't want to cancel because you know you'll enjoy hanging out, but also just feel like you're a little too tired for conversation or doing a huge activity. Doing something like reading together is a great option because you can still reap the benefits of spending time with friends as well as the benefits of reading! Sometimes all you need to feel uplifted is to spend time with someone, even if it involves no talking! [You can check out this link for more benefits of reading.](#)

You could even [try diffusing some essential oils](#) while you read to further support your relaxation.

READING



MESSAGE A FRIEND



Moving countries to study can feel especially lonely at times, especially if you've left your best friends behind. I spent 6 months overseas on exchange during university so I understand the feeling of being so far away from everyone you love. All of your peers here at the College are going through a similar journey and transition. Don't be afraid to reach out to a friend from class and ask them to hang, or for a chat.

Sometimes all you need is a chat with someone where you can be open about how you're feeling. You could even message someone back home too, organise a video call and maybe even try a virtual activity! Remember covid? How about going back to what we used to do then, doing zoom calls with our friends while we all played an online activity together! You'll be surprised how much this improves how you feel.

[Check out this New York Times article, which is quite heartwarming about the effects of messaging a friend!](#)

WEAR YOUR FAVOURITE CLOTHES

Now, this one might sound silly at first. But, I promise you this will certainly help you feel recharged especially if you've had a big day of classes or just a really, really terrible day. Sometimes, it's just nice to wear your favourite outfit and feel confident for the day!

Think of this the same way as eating your comfort food. It just helps you to feel better! If you have an outfit or item of clothing that you just feel good when you wear it, choose to wear it more often!

No one really cares about outfit repeating anyway!



ARTS & CRAFTS



Arts and crafts can certainly be an activity that can feel both rewarding and feeds your soul. It's a great winter activity, because it can easily be completed indoors on a rainy day too. Kmart have a variety of kits that you can purchase for cheap.

Participating in arts and crafts is a great way to express your emotions in a personal way. If you enjoy the sensory side of things, clay or play dough is a great place to start. Really focus on how it feels in your hands as you create different sculptures or items. Drawing or doodling is another easy option – start with drawing whatever comes to mind first and allowing yourself to be completely mindful and in the moment, you may even surprise yourself with what you create!

*Love,
Soutara*

CHECK THIS OUT

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



Genuine Friendships
& Real Connections



View all Health and
Safety support
articles

EXP +15



Tales about growing pains, funny stories and everything student experience.

Sydney Diaries with Family

A Flexibility Week between the semesters is all that you need to have a break from all the assessment pressure in university. Last semester's Flex Week was the best one yet as my family decided to visit me in Sydney all the way from Indonesia. Having your family in a place you now call your home is an amazing feeling.

We had a very tight schedule due to the Flex Week being only one week but we were able to make the most out of it and had a very good time. For instance, we went on a Blue Mountains trip and were able to experience the scenic beauty of the mountains and the sky as the weather was really good that day along with having lunch in the famous Yellow Deli.

READ MORE



EXP +16

Blowing Through Sydney

The winter in Sydney has an infamous reputation for being unbearable due to the strong arctic winds that blow through the city, and the less-than-stellar insulation of the houses which does not keep the people inside very warm. But these characteristics is also what sets Sydney's winter apart from the winter in Asia, which is much less windy and warmer. While I do love all the weather in Sydney, winter has to be my favourite as there are a lot of indoor activities and hot food to keep you feeling warm and fuzzy.

READ MORE



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

Editors:

Vivian He

Nazifa Nabi

Health and Wellness Editor:

Soutara Potter