

UNSW COLLEGE

Dec 2023

In The Know

The Holiday Edition



Contents



Page 2 Highlighted events

Page 4 Around the grounds

Page 7 Across the road

Page 8 Staying safe and having fun over summer

Page 10 College Chronicles: A Series of Student Adventures

A special message

Welcome to this brand new edition exploring the vibrant tapestry of UNSW College life!

As we delve into the pages ahead, you'll discover stories of friendship and fun, of academic pursuits, and many unique experiences that shape these fabulous and formative years.

So, grab a bubble tea or a coffee, find a cozy couch, and enjoy these stories exploring College life.

Cheers to you, our students who navigate this adventure, and here's to the countless tales waiting to be uncovered!

Louise Knowles

Head of Student Experience
UNSW College



Highlighted events



Click on any of the pictures in the newsletter to learn more!

Martin Place Christmas Markets

Starting on the last weekend of November, the markets will transform into a joyous haven of food, presents, home goods, and so much more. The heart of the City of Sydney festivities will be these markets, where a 24-meter Christmas tree will glimmer from the end of November until Christmas Day. There will be live music, performers and carollers will wander the stalls, and festive decorations will adorn the sandstone walls. The Martin Place Christmas Markets will start on Friday 24 November and run until Sunday 26 November. After that, it will run every Thursday, Friday, and Saturday leading up to Christmas.



Carols in the Domain

One of the festive events that everyone looks forward to each year, the Woolworths Carols in the Domain is back to celebrate its 41st year!

Keep Saturday 16 December free, as a star-studded lineup of stars will grace the stage and celebrate Christmas in a spectacular fashion. For those who prefer to watch from home, you can see it on Friday 23 December at 7:30 pm on Channel 7 and 7plus.



Presenting...

End of Year Festival



See if Lady Luck is shining on you with a Lucky Draw and scrumptious pizza!



Satisfy your sweet tooth with a dessert break extravaganza and create festival handcrafts!



Have you been a nice all year? Santa will be making a pit stop on campus so come and share a jolly laugh!

**Spreading the festive joy
one day at a time!**



Around the grounds

We know the best recommendations comes from word of mouth

IYKYK (If You Know You Know)

Sharing some of Sydney's best eateries!



Bar Reggio

A long-running family-owned Italian restaurant that nabbed last year's *Time Out Food & Drink Award for Best Cheap Eat*, Bar Reggio proves that you don't need to break the bank for a quality meal out with friends. With an unassuming exterior, once you walk inside you will be greeted with thick Italian accents, interior décor full of history, and an eye-boggling 107 items on the menu. We recommend leaving a lot of stomach room so you can tuck into the generous servings of garlic bread, pizzas, pastas and so much more.

Mrs Palmer Sandwich

Making one of Urban List's '*The Best Sandwiches In Sydney Right Now*', Mrs Palmer Sandwich boasts a humble menu of six sandwiches to choose from and only open on weekdays. But don't let this fool you, these made-to-order goodies are reaching new atmospheres with the amount of filling delicately sandwiched (pun intended) between two pieces of sliced bread. For those wanting more healthier alternatives, you can also build your own salad bowl here!





Explore a different side of Sydney

See what you can get up to in the Emerald City!

Ramses & the Gold of the Pharaohs

Special exhibition until 19 May 2024, and tickets from \$43.

Calling all aspiring Egyptologists, history aficionados, and lovers of glitz and gold, exclusive to the Australian Museum is the latest exhibition currently on display. Be transported back 3,300 years and take a glimpse into the life and achievements of King Ramses II, also referred to as Ramses the Great, who ruled Egypt for almost 67 years – the second-longest reign of any pharaoh in Ancient Egyptian history.

See relics that have never left Egypt before, and revel in the remarkable workmanship of Egyptian artisans.



Sunset Cinema Bondi

Until 23 December 2023, and tickets from \$15.

After a three-year break, Sunset Cinema is back so grab your loved ones together and gather around arguably Sydney's most famous beach to watch your favourite movies on the big screen – from Christmas classics to the newest blockbusters. In addition, there'll be popcorn, food trucks, bean bags, and a fully licenced bar for those over 18. To top off the charming experience of watching a movie outside, you'll have the Bondi ocean breeze in your hair and see the majestic setting of the sun as you indulge in some of Hollywood's finest!

Take the first step in developing
your professional self!

Become a

College Volunteer!



Scan this QR code to join the UNSW College Volunteer Community and be the first to learn about all the upcoming volunteer opportunities!



UNSW College



UNSW Esports Club

Esports has been taking the world by storm, growing by popularity each year with the first Olympic Esports Series finals having taken place in Singapore earlier this year.

UNSW Esports Club is a student society that support students with casual and competitive esports activities.

Whether you are a first-timer, veteran, dedicated or casual, all forms, types, and genres of gamers are welcome to join the society to converse, compete, or play freely. From weekly PUGs, society collaborations, intervarsity scrimms and competitive tournaments, there are so many events to explore!

For serious players, this society has teams that compete against other universities or teams in tournaments, leagues, or LANs.

To learn more and stay informed about upcoming events, [join the club on Discord](#).

Food Hub

Food Hub is a free (yes, free!) food pantry initiative headed by Arc with a goal of promoting anti-food-waste practices, sustainability, food education, and most importantly, healthy eating on campus.

Both UNSW and UNSW College students are welcome to drop by and collect some nutritious ingredients to fuel your brain and maintain your physical and mental wellbeing.

Just remember that you must register ahead of time and select your preferred timeslot which are Mondays and Wednesdays from 2pm to 4pm, and Fridays from 12pm to 2pm. You'll also need to bring your own bags and containers to bring the food home.

There are also volunteering opportunities available where you can write recipes, organise events, assist with social media marketing and shifts at the Food Hub grocery store. You can fill out the [Arc Volunteering 2024 form](#) or e-mail foodhub@arc.unsw.edu.au.

**Food Hub is open during UNSW holidays, however closed on public holidays.*



Across the road

How well do you know your campus?





Staying safe and having fun over summer

Our resident Health and Wellness Editor Soutara Potter is here to tell you how to have the best summer down under!

Australian Summers

If this is your first Australian summer, be prepared for some 'scorchers'! What is a 'scorcher' I hear you ask? A scorcher is Aussie slang for a very hot day. We also need to be aware of the high UV rates here, so it is important to be sun smart. You can be sun smart if you remember to slip (on a t-shirt), slop (on some sunscreen), slap (on a hat), seek (some shade), and slide (on some sunglasses).

You also should make sure you know the rules when you go to the beach, such as always staying between the red and yellow flags, particularly if you are not a strong swimmer. By staying in between, the flags, you are where the lifeguards can see you and can help you if you get into trouble. [You can click here to watch some videos from Surf Lifesaving NSW – they've even been translated for you!](#)

Working Rights

If you're planning to work over the summer, you must not break your visa conditions. You should also read about what your **rights and responsibilities** are as an employee. A good place to start is [this page on our Current Student Hub website.](#)

Reflect on the year



Why not try a small **reflection exercise** and reflect on the year that's been. This is a great opportunity to review everything you have achieved and discover your strengths! You will be amazed at your own personal growth throughout the year. Grab a pen and paper and choose from one of the below prompts then begin writing. You may find it helpful to sit in a quiet place or put on some headphones and play your favourite playlist while you write.

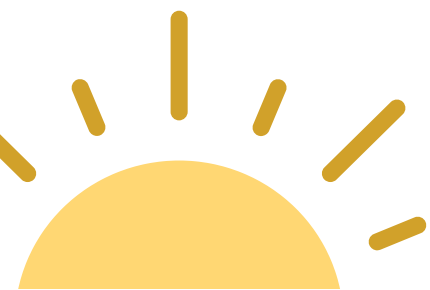
Reflection Prompts:

- Five things I am grateful for this year and why.
- My biggest challenge this year was... and I overcame it by...
- What can you do today that you didn't think you could do a year ago?
- What new opportunities have come out of challenges you've faced?
- 3 things I have learnt this year are...

Have fun!

Most importantly, don't forget to **have fun during your break!** This is your opportunity to meet up with friends or make new ones. If you meet someone who you think you may like as more than a friend, it's important to remember to be respectful of boundaries and if you ever feel uncomfortable you can reach out for support.

*Enjoy summer,
Soutara*



In Australia, it is estimated that 28,870 people were HIV positive in 2022. Globally, 39 million people were living with HIV. It is important to know that when on treatment, someone who is HIV positive can still live just as healthy and long of a life as a someone who is HIV negative.

Come and visit the Common Room between 9am – 3pm on Friday 1 December to participate in our **lolly guessing competition**, pick up some merchandise and resources to stay safe and protect yourself against HIV!

We encourage you to wear red, or a red ribbon in support of both this day and those living with HIV.

So, what is HIV?

HIV stands for human immunodeficiency virus.

It can cause AIDS (acquired immune deficiency syndrome).

Learn about World AIDS Day, HIV in Australia, our partners and the importance of World AIDS Day.



world AIDS day
DECEMBER 1

Inclusion. Respect. Equity.

EXP +1



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

Not-so-homesick anymore

Coming from a very outgoing and vibrant culture, N did feel a bit homesick when she first came to Sydney at the end of the shivering winter season. But as the summer season peaked through the cloudy winter, the warmth of both the sun and Sydney made her feel more included in her surroundings.

The inviting and diversified culture of Sydney can make anyone forget their homesickness according to N. The food markets, the beaches, the welcoming nature of people, the city life of Sydney and the outgoing culture do wonders in keeping an international student engaged.

READ MORE



EXP +2

Christmas in Summer

In Asia, it's a given that Christmas goes hand-in-hand with winter, as it is in a different hemisphere than that of Australia. Having to celebrate Christmas in the summer season would be a whole new experience for S.

For her, Christmas always involved the cold weather or snow alongside a warm cup of hot chocolate. A summer Christmas has its own pros though, as you get to go to the beaches without a care of the cold breeze. S thought of not traveling back to her home country for this semester break and chose to enjoy her first Christmas in Sydney.

READ MORE



College Chronicles: A Series of Student Adventures



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!



CONTACT US



@UNSWCollege

Credits

Editors: Vivian He | Nazifa Nabi

Health and Wellness Editor: Soutara Potter