

In The Know



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Editor's Note

My goodness, it's the end of another year already! Is it just me, or does anyone else feel like this year has completely flown by? Though, that is something that I find myself saying every December.

The upcoming holidays also means spending time to rejuvenate, relax and lay on the sofa/bed/floor/grass/sand guilt-free because as great as it is to work hard across various aspects of our lives, it's also just as important to step back, take a break and just live in the countless fleeting moments that are passing us by.

The last issue of the magazine is a special one, with a big collection of photos from the Photography Club, a special article from College teacher Fiskin and not one but two articles from our THRIVE student interns! Thank you for being a loyal reader throughout the year, and we'll see you in 2025 with even better content!

Yours truly,

Vivian He
In the Know Editor
UNSW College



Highlighted events

Choirs in the City: Martin Place

This festive season, experience the magic of carolling choirs, conveniently happening in the heart of the city at Martin Place! Every night until Tuesday 24 December, you can enjoy a stunning line-up of choirs singing classic carols beneath the grand Martin Place Christmas Tree.

There will be a different choir group performing each night, so no two performances will be the same. Behind the beautifully harmonising carollers, let your eyes be mesmerised by a kaleidoscope of colours and decorative lights that light up the Martin Place Christmas Tree every 15 minutes from 8pm to midnight – a sight that is truly breathtaking and will capture your complete attention for a few minutes!

It's the perfect way to get into the Christmas spirit and enjoy an unforgettable evening with family and friends. Don't miss out on this festive spectacle in the CBD.



Sugarplum Christmas at The Grounds

The Grounds of Alexandria have worked their magic again! Known for their ever-changing whimsical and imaginative installations, they are bringing the magic of the Nutcracker ballet to life this Christmas with one of the pinkest displays we've ever seen!

Step into a Sugarplum Christmas at The Grounds, where you'll be greeted by giant ballet Christmas trees, friendly snowmen, sugarplum-inspired decor, and enchanting magical laneways that light up as night falls. And of course, there's a mouth-watering menu to match the festive charm!

It's important to note that the magical laneway installations are exclusively reserved for those dining at The Grounds, so we recommend booking a table for a meal and try their special seasonal menu. It'll be a feast for the eyes, and for your stomach!

WHO'S HUNGRY?

BRINGING YOU
THE BEST EATS IN
SYDNEY

NOTEWORTHY EATERIES



Lune Croissanterie

115/151 Dunning Ave, Rosebery NSW 2018

Lune Croissanterie, renowned around the world for its exceptional croissants, has long been hailed as the home of the best croissants globally and has finally found a home in Sydney to move into. Lune ensures a steady supply of hot, fresh baked goods available throughout the day so rest assured that you are always eating a fresh pastry. The Rosebery menu features all the Lune favourites – sweet croissants, ham and cheese croissants, pain au chocolat, danishes, kouign-amanns, morning buns, and more. Plus, there's strong, quality coffee to balance out those buttery rich pastries.

PUNPUN

249 Victoria St, Darlinghurst NSW 2010

PUNPUN, named after a manga series, are reinventing the classic crustless, fluffy konbini sando – a classic Tokyo convenience store favourite. The soft shokupan (milk bread) sourced from a Japanese supplier takes the humble sandwich to the next level with hot, freshly made filling that warms the soul in any weather. Perhaps the most famous offering on their menu is the egg sando. Instead of the usual scrambled eggs, the eggs are instead steamed, creating a smooth, velvety texture, topped with cheese and a generous spread of chive mayo.



Image credit: Yusuke Oba

'TIS THE SEASON TO HAVE A CHRISSY LUNCH



SHUK

Various locations

Indulge in delicious shakshuka and a mouthwatering array of Mediterranean and Middle Eastern treats, all served up at the three vibrant SHUK locations (Bondi, Chatswood, and Elizabeth Bay). No matter if you're stopping by for breakfast, lunch, or an afternoon bite, there's something for every appetite, big or small! Planning to visit with a group of more than four? Be sure to book online and skip the wait!

Fun fact: *Shuk* comes from the Hebrew word for "marketplace," capturing the vibrant, bustling energy of its namesake.

Image credit: SHUK | Instagram

The Bavarian Manly

Manly Wharf, Shop 2-5, Manly NSW 2095

The Bavarian located right by the Manly Wharf is a stunning waterfront destination right in the heart of Manly, offering the perfect blend of traditional Bavarian fare and world-class beers, all set against the breathtaking backdrop of Manly Cove. With its prime location, The Bavarian features spacious outdoor tables where you can soak up the sunshine while enjoying a refreshing stein of beer. Inside, you'll find a massive bar area dedicated to showcasing a fantastic selection of beers on tap, from the finest local brews to iconic German favourites. Like wurst and strudel.



Image credit: Hello Manly



Boon Cafe at Jarern Chai

425 Pitt St, Haymarket NSW 2000

Boon Cafe is no ordinary cafe, because they also stock fresh produce and authentic Thai-imported goods – the perfect place to pick up healthy, nourishing, and medicinal Asian groceries. In terms of the menu, Boon Cafe seamlessly blends together Thai and Western flavours. Why not start your day with a traditional congee, Thai-style egg dishes, and inventive toasts? Savour options like crab congee with shiitake mushrooms, kai gatah (pan-baked eggs with smoked fish sausage), or fig and walnut toast with mascarpone and jam. Now, *that's* a morning done right.

Image credit: Parker Blain

Ho Jiak Haymarket

92 Hay St, Haymarket NSW 2000

This vibrant eatery brings the bold, aromatic flavours of Malaysia with a modern twist. It's a celebration of street food and traditional recipes that transport you straight to the bustling hawker centres of Kuala Lumpur. What sets Ho Jiak Haymarket apart is its dedication to authentic flavours, using fresh ingredients and time-honoured cooking methods. The menu features an array of crowd-pleasing favourites, from the signature char kway teow (stir-fried flat noodles) to the incredibly flavourful satay skewers and Hainanese chicken rice



Image credit: Ho Jiak

The Wedge Glebe

53-55 Glebe Point Rd, Glebe NSW 2037

The Wedge Glebe has earned a loyal following for its relaxed atmosphere, top-notch food, and commitment to quality. This casual yet vibrant eatery is known for offering a delightful mix of modern Australian cuisine with a focus on fresh, seasonal ingredients. Their creative menu features both hearty and light options, catering to a wide range of tastes. From their mouth-watering wood-fired pizzas to delicious brunch dishes and innovative small plates, every dish is made with care and attention to detail. The café also offers a fantastic selection of fresh juices, specialty coffees, and refreshing cocktails that pair perfectly with the food.



Image credit: The Wedge Glebe | Instagram

Chatkazz Harris Park

Shop 4-6/14-20 Station St E, Harris Park NSW 2150

Anyone looking to experience the vibrant flavours of Indian street food needs to come to Chatkazz. Located in Harris Park, also known as Sydney's "Little India", Chatkazz boasts an impressive variety of street food, from savoury snacks like pani puri and samosas to hearty curries and dosas. Every dish is packed with bold, aromatic spices and fresh ingredients that make each bite a flavour explosion. The extensive menu caters to all tastes, including vegetarian and vegan options, so everyone at the table will get something they enjoy!



Image credit: Declan Blackall

'TIS THE SEASON TO HAVE A
CHRISSEY LUNCH



NOTHING SPECIAL

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

“How was your weekend?” is one of the most common conversation starters. It’s not a very clever or original question but it’s better than staring at your classmates or colleagues in silence on a Monday morning. If you’re talking to somebody who is more than 18 hours old, then they have obviously just had a weekend that they should be able to remember.

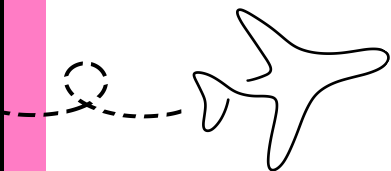
For more than twenty years I have asked my Monday students about their weekend to find out how they spend their time here in Sydney. But about 65% of the time, I get this heartbreaking answer:

“NoThiNG sPEcial.”

Really? Nothing? Let’s address this.

FIRST OF ALL, Australia generally and Sydney in particular are special. And I'm not Australian – I'm British. Britain is special, of course – but it's special in all the obvious ways. Here, you get a special kind of special. There is wildlife here that is unthinkable anywhere else. A kangaroo is a kind of man-rabbit with a dog face. A koala is literally on drugs all the time. Sydney also has some of the most breathtaking beaches you'll ever see, and they're in the city. They're not attached to it or just outside of it – they are part of the city. If you only know Bondi, Manly and Coogee, you're missing a lot of special. This city is also home to people from almost every part of the world. Sydney genuinely belongs to everybody and this recipe of so many different national ingredients results in a unique multicultural flavour.

But it's not just Sydney that's special. **YOU ARE.** And the best way to fully discover how special you are is to put yourself somewhere completely unfamiliar and see how differently you grow there. You've already done the hard part: you're here. You travelled thousands of miles and spent thousands of dollars to come to this impossible continent-country. Don't stop there! Grasp every opportunity to create the most special version of yourself that you can.



You can't really do this back home. Not to the same extent. Everybody there thinks they already "know" you completely. All the relationships you have and the roles you play in your life require the one version of you that everyone expects. It's hard to be anything more.

Here, however, the choice about who you are and what you could become is completely yours – and you don't know what all those possibilities even look like yet. So use your weekends to find out! Make strange new friends who don't speak your language. Do things that your family back home would think are weird or wrong. Get into trouble, and get yourself out of it. Have your heart broken, and recover. Create your story.

In the future, your children and grandchildren will look at you with wide eyes when they hear that you used to live in Australia. They will jump onto your lap and say,

“Tell me about it, Grandma. How was your time in Australia?”

They will want to hear about sharks and jellyfish and spiders, about kangaroos and koalas and the Aussie bush. They will want to know about sunrise on the mountains, and midnight parties on the beach.



Don't you even think about replying:

“NoThiNG sPEcial.”



Through the Lens

presented by the Photography Club





Photos by Siyang Du



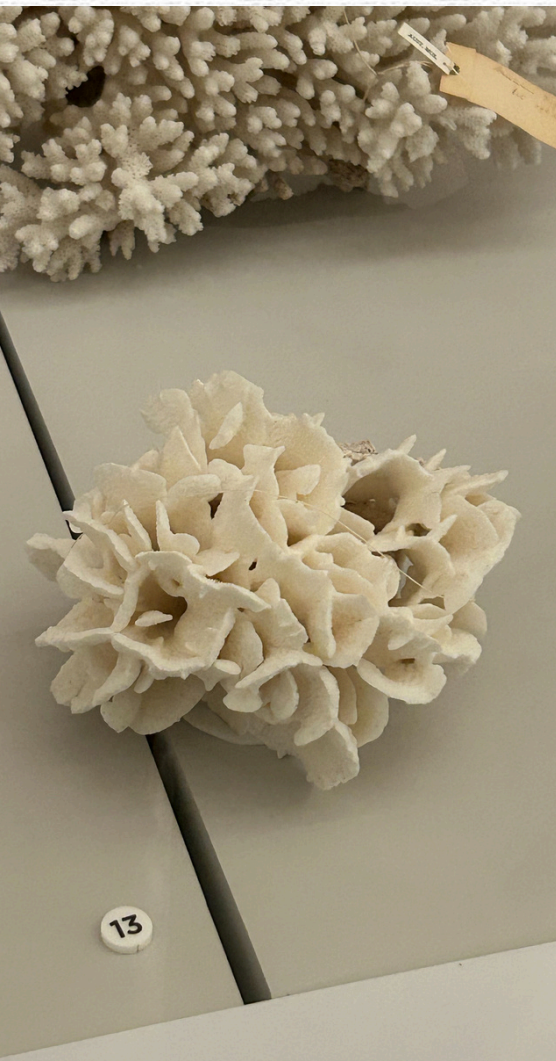
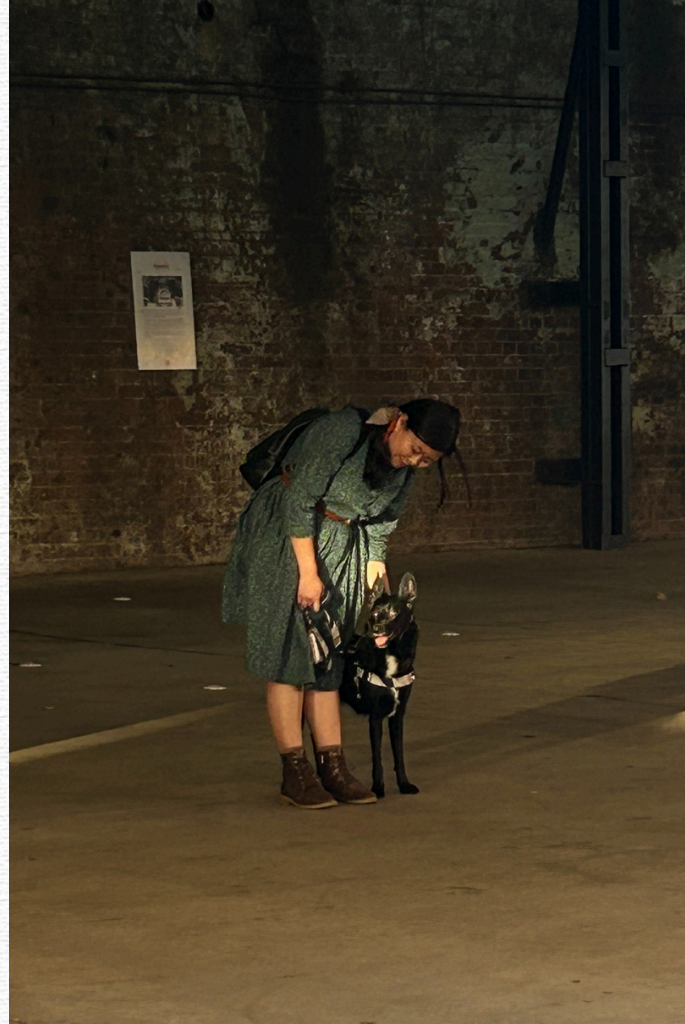
Photos by Wayne (Chenwei) Qin



Photos by Andi (Xiang) Li



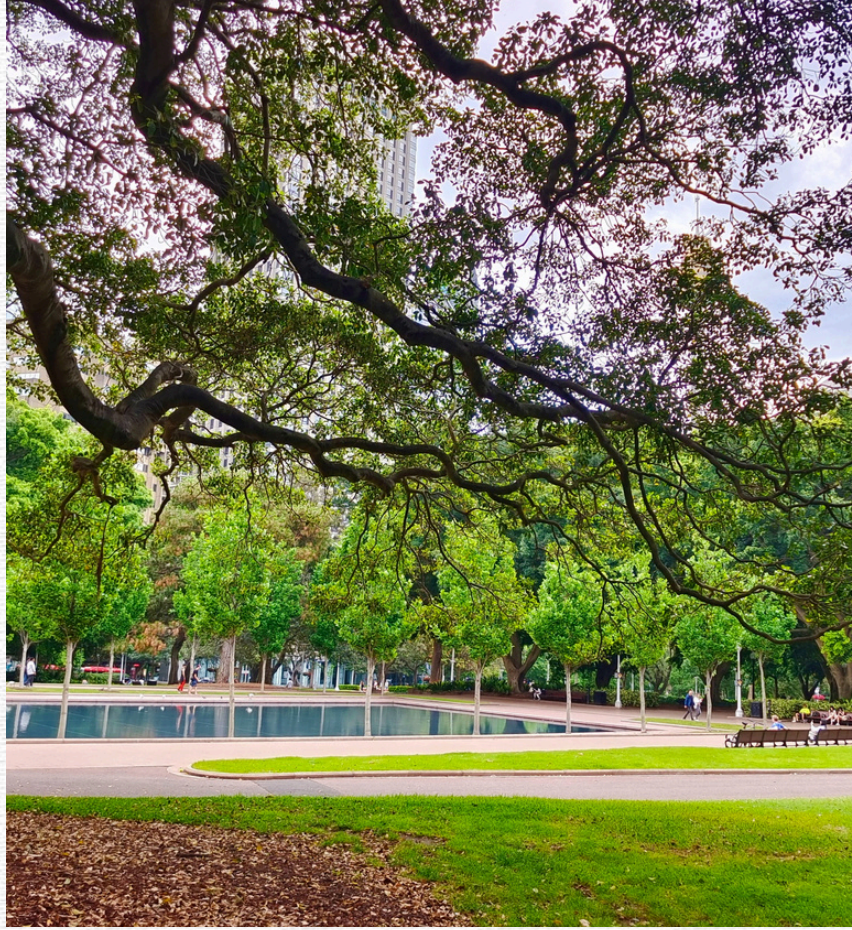
Photos by Fengming Zhang



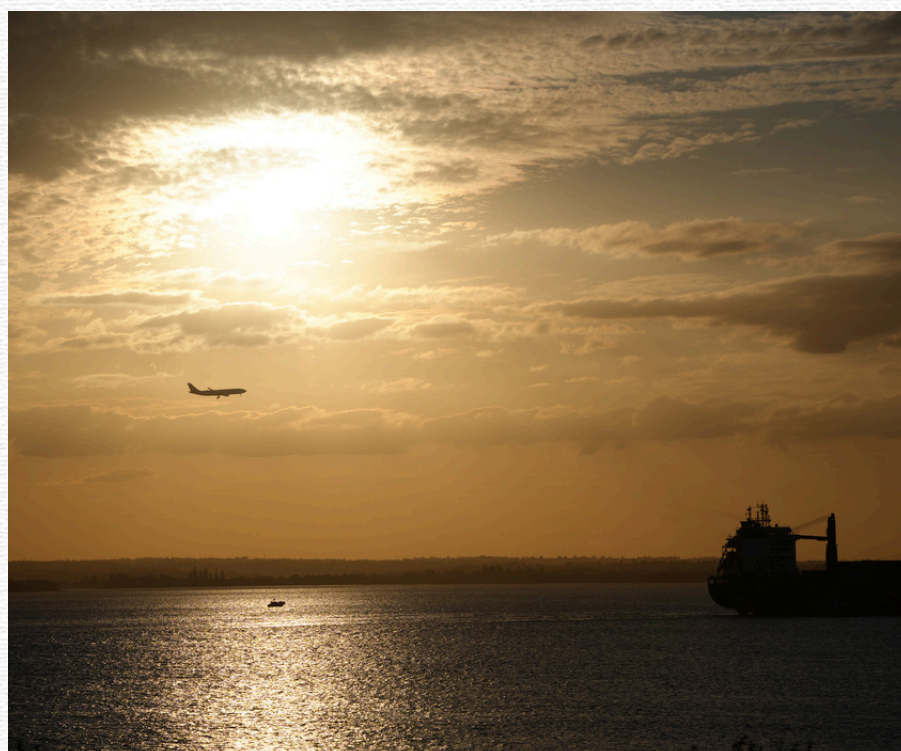
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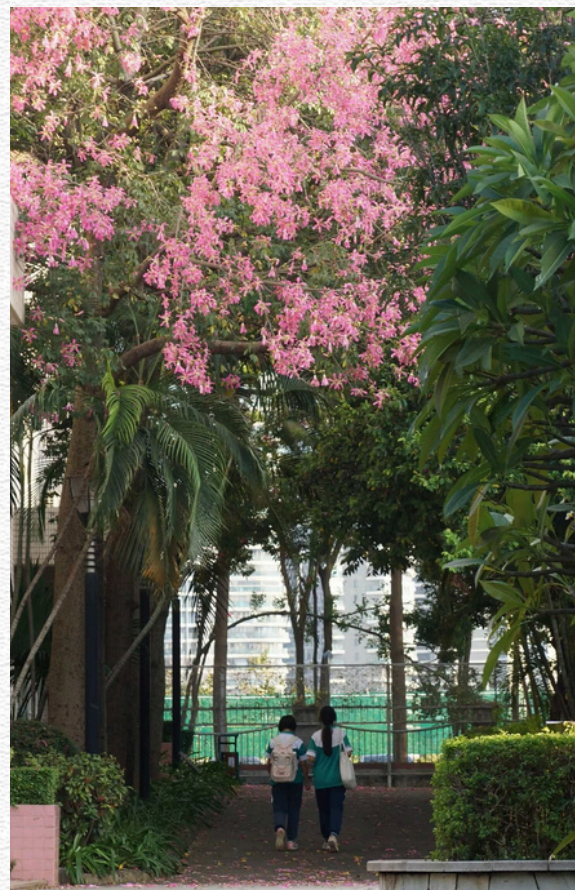
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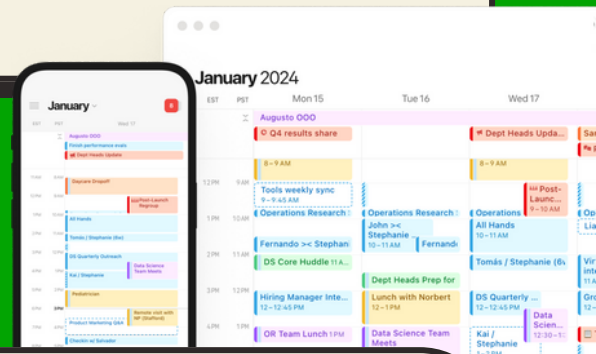


Photos by Vincent (Yiwen) Zhu

<The best apps and tools to> <BOOST> <your study routine>

University life is an exciting mix of lectures, assignments, socialising, and, of course, trying to juggle it all without losing your mind. Thankfully, there's an entire world of apps and tools that can help students stay organised, focused, and productive throughout their academic journey. These wonderful digital creations are here to make your university experience a whole lot easier and even a bit more enjoyable.

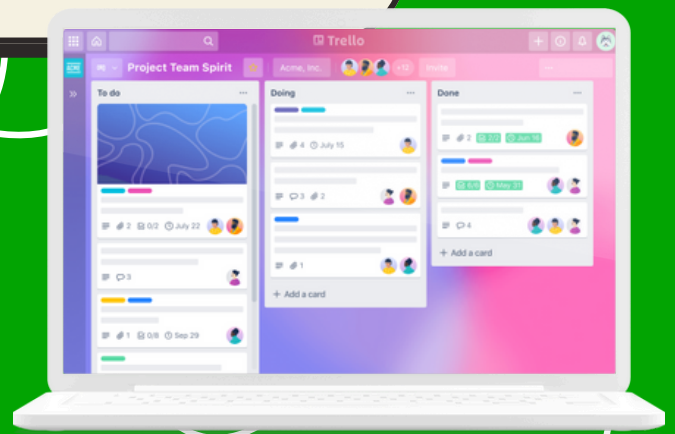
First up, there's Notion. This versatile app is quickly becoming the go-to tool for students across Australia. It's a powerhouse when it comes to organisation, offering everything from note-taking to project management. You can create customisable templates for your lecture notes, to-do lists, and even track your assignments. What's great about Notion is its flexibility; you can build a system that works exactly for you. It's perfect for those who want to keep everything in one place without it feeling like a chore to maintain.



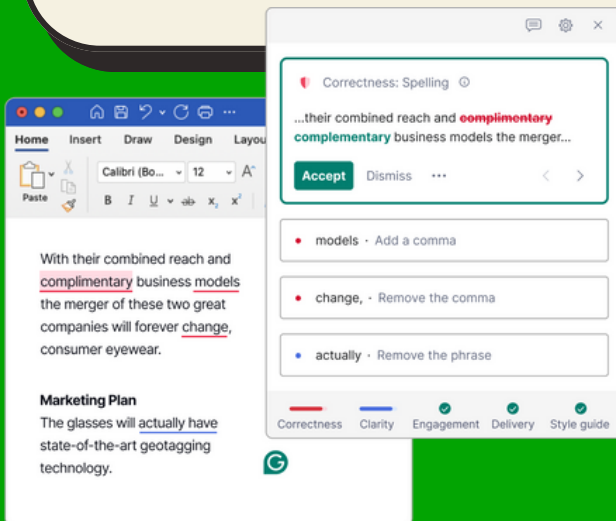
For those times when you need to block out distractions and focus on your studies, Forest is your new best friend. This app helps you stay focused by planting a virtual tree that grows as you stay off your phone. The longer you focus, the bigger your tree grows – a simple, yet highly effective way to combat procrastination. Not only will you get through your study sessions without checking Instagram every five minutes, but you'll also be contributing to real-world tree planting initiatives!



If your goal is to boost your productivity and organise your life in style, Trello is a game changer. This visual tool is perfect for project management, offering boards, lists, and cards that you can use to track your tasks, deadlines, and progress. Trello makes it easy to keep everything in sight, whether you're managing multiple assignments or planning your study schedule for the semester. The drag-and-drop functionality makes it super easy to update your tasks, and you can set reminders to keep yourself on track.



For students juggling assignments and study notes, Grammarly is a must-have. This powerful tool helps polish your writing by offering grammar, punctuation, and style suggestions. Doesn't matter if you're drafting an essay or working on a quick email to a lecturer, Grammarly helps ensure that your writing is clear and professional. It's especially handy for those times when you're not quite sure about sentence structure or word choice – leaving you with more time to focus on the content of your work rather than worrying about the little details.



There's no shortage of apps and tools to make university life smoother, more organised, and definitely less stressful. So, why not give them a try and see how they can elevate your university experience? Your study game is about to reach a whole new level.

THROUGH THE STUDENT LENS:

GRADUATE NARRATIVE

You did it, Hei Ching Sharman Tai!

2024 A STD GRADUATE



Hi everyone, I'm Sharman Tai from Hong Kong.

A year ago, I wouldn't have pictured myself standing here, giving a speech after completing my Commerce foundation program at UNSW College. But here I am, and here you are.

I am sure all of us have been met with challenges here and there during our journey at UNSW College. Some of us might be studying abroad in a completely foreign country. Some of us might be studying using a second language. Some of us might be studying subjects we've never touched upon. Personally, coming to Australia as a 16 year-old and living 7000 km away from my parents felt extremely daunting to me. Fortunately, the welcoming college community helped me settle in and made me feel like I belong.

We now stand at the finishing line of our UNSW College journey. So, let's all give ourselves a pat-on-the-back, for persevering through the hardships, for working hard to overcome the obstacles, and for staying strong even when things didn't always turn out the way we wanted them to.

It has truly been an eye-opening experience. I not only received the opportunity to take on new and interesting subjects such as accounting and business law, but also got a head-start to what tertiary education is like. College life is nothing like secondary school, calling for much more self-motivation, self-initiation, and self-learning. But it's not just about learning. It's also about self-exploration and self-discovery. Here, we define and redefine ourselves. Here, nobody but yourself can define who you are. Here, we become the best versions of ourselves.

I would like to thank my dear teachers. Every lecturer and tutor of my English, mathematics, computing, economics, accounting, business law, and management courses have taught me valuable lessons that I'll always remember. Thank you for making our lessons engaging, even when we might not have been the most engaging bunch at times. Thank you for having confidence in us, even when we felt vulnerable and lost. Thank you for your every word of encouragement and your every smile of recognition.

In particular, I would like to thank Nemira, our phenomenal English tutor. She possesses the magic of making Monday classes exciting and ePortfolio classes meaningful. I'll always remember the way you walked into the classroom with the widest grin, holding a stack of coloured, note-taking paper in one hand, and a cup of matcha in the other. I hope you'll always remember AC3, too.

Another teacher I would like to thank is Frankie, our charismatic Economics lecturer. She is one of the most engaging lecturers you will ever find, always so passionate about economics, about teaching, and about everything.

Apart from my teachers, I would also like to thank my dear classmates. When I look back, it still feels unbelievable how we have met and bonded here at UNSW College. We come from such different backgrounds, yet we crossed paths here and became one unified, loving community. I have met so many lovely friends here. Some, I know I will keep for life. Others, I might never see again after walking out this door. Nonetheless, I will always treasure the time

we've spent together and hold onto our beautiful memories dearly. Memories of the sun setting after our final classes of the day and memories of jacaranda trees blooming everywhere on campus. Memories of the blazing sun, heavy rain and stirring wind, which may have seemed unpleasant at the time, but have now become something to remember with a genuine laugh.

It has been a fruitful journey with all of you. I truly believe that our meeting was destiny. Let's all look back to our memories with fondness and look forward to our future with hope and ambition. I trust that we will shine in our unique ways. Thank you.



STAYING SAFE OVER THE SUMMER BREAK

It's finally summer and we are all getting a well-deserved break from burying our faces in books and assignments! You may have heard the saying "work hard, play hard", and certainly partying with friends can be the best way to create great memories. But having a good time doesn't have to mean rolling the dice with your safety!

Our THRIVE Student Interns Panda and Jolin are here to give you the lowdown on how to maximise the most out of your summer without compromising on your wellbeing. To find out more about how to party safely check out this resource:

<https://darta.net.au/resources/facts-sheets/>

Partying safely

Avoid these risks for a good time:

- Drink spiking 🍷💊
- Violence or aggression
- Drug overdose or alcohol poisoning
- Unsafe or non-consensual sex 🚫❤️
- Drunk driving 🚗

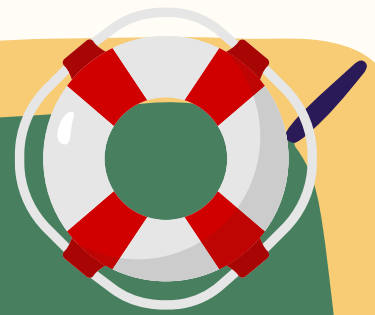
So always:

- Buy a new drink if you've left your drink unattended
- Avoid drinking too quickly
- Know when to stop drinking and say no 🙅
- Eat before drinking 🍔
- Try other fun activities like pool 🏊, bowling 🎳, darts 🎯, etc.
- Safe sex = smart sex
- Check in with your mates
- Let someone know where you are and what time you plan to get home 🕒
- Prepare a plan B to get home if you are driving
- Plan the perfect post-party snack on your way home, then raid the pantry the minute you walk in the door. Trust us, you won't regret it in the morning!

#AskforAngela – When you feel unsafe during a date or night out, find a staff member and ask for 'Angela', they will know to help you out of the situation!

It is illegal for anyone under 18 🚫 to buy or drink alcohol. If you're caught, you can face serious consequences, so don't risk it 🚔. Stay safe and follow the law! You can find out more about partying safely [here](#).

Water safety



Beach safety tips

- 🚩 Swim between the red & yellow flags! Lifeguards watch these areas, so you're safer here. If no flags? No swimming!
- 🌊 Caught in a rip current? Stay calm, float, and swim parallel to the shoreline to escape. Need help? Signal for lifeguards. Learn more here: <https://beachsafetyhub.org.au/learn-&-play/beach-ocean-safety/what-is-a-rip-current/>
- 🏊 "White is nice, green is mean" – stick to bubbly, white water for safer swimming!

Sun safety

- 1 Slip on a long-sleeved shirt 🧥
- 2 Slop on SPF 30+ sunscreen (check UV with the SunSmart app) 🧴
- 3 Slap on a wide-brimmed hat 🎩
- 4 Seek shade, especially during peak sun hours 🌳
- 5 Slide on UV-protective sunnies 🕶️

💡 Sunscreen application tips:

- Apply 20 mins before heading out
- Reapply every 2 hours (more if swimming/sweating)
- Use 1 tsp per limb, front, back & head – 7 tsp total!



Heat safety tips 🌡️

- 💧 Stay hydrated! Carry a water bottle, drink water regularly, even if you're not thirsty.
- 🌀 Keep cool: Use fans/AC, wear light clothing, and splash cool water on your skin.
- 👤 Check in: Look out for neighbours living alone, older individuals, and people with medical condition during heatwaves.
- 📱 Plan smart: Watch weather forecast and avoid outdoor activities during peak heat but if you must, bring water, wear a hat, and slather on sunscreen.
- 🚗 Hot car alert! Never leave kids, pets, or elders in parked cars because the temperatures can double within minutes!

Heat warning: know the signs !

🚨 Heat exhaustion:

Headache, nausea, fatigue, rapid pulse, heavy sweating.

💡 Act fast: Lie down, drink water, cool off with a shower or compress.

🚨 Heat stroke:

Severe headache, dry tongue, confusion, slurred speech, body temp > 40°C.

💡 Life-threatening: Call 000! Cool body down while waiting for help.



Stay safe and enjoy your
summer





Share the Joy: Volunteer!

As the holiday season approaches, our THRIVE intern Jolin is here to give a reminder that there's no better way to get into the festive spirit than by giving back and embracing the joy of making a difference. Dedicating your time, effort, and love to helping others not only enriches your local community but also opens up new opportunities for personal growth and connection.



The summer holiday is almost here! Are you planning on going back home to reunite with your family? Then, I wish you a safe journey and hope you can spend meaningful time with your loved ones! Or are you staying in Sydney? Well, this could be your chance to explore new opportunities and connect with the local community.

It's natural to feel a tinge of loneliness when we're away from familiar faces during the holiday season. However, those moments could be the perfect chance for personal growth and new connections. One amazing way is to keep yourself connected to the community, meet new people, and foster strong relationships by... volunteering! Every volunteering program has a mission and being part of something greater than yourself can give you a sense of purpose and belonging.

There are a lot of people who need help during the festive season, so why not give them a helping hand and volunteer your time for something meaningful within your community? Volunteering helps learn valuable skills such as teamwork and leadership that can boost your resume and offers great mental health benefits like reducing stress and increasing happiness. Let's come together, support the community, and embrace the spirit of giving!

Consider how you might put a smile on someone's face and make this holiday season more memorable and joyful woohoo! If you're unsure about going alone, invite a friend who's staying in Sydney over the holidays to volunteer with you.

Volunteering opportunities to check out this holiday (and even after the holidays!):

1. [UNSW College Volunteers](#) - assist graduation events and THRIVE activities

2. Sydney Children Hospital Foundation (SCHF)

- [Opening Weekend of Sydney Christmas](#) & [Giving Day Martin Place](#) & [Coogee Carols 2024](#) - collect donations and sell tickets
- [Roseberry Christmas Concert](#) & [Alexandria Christmas Concert](#) - assist Santa photobooth and sell merchandise

3. [Orange Sky](#) - support people experiencing homelessness or hardship

4. [Variety \(The Children's Charity\)](#) - support kids who are sick, experiencing disadvantage or living with disability

5. [Meals on Wheels](#) - deliver nutritious meals and provide social connection to older community members

*Love,
Jolin*

CHECK THIS OUT

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



Embrace Reflection and Gratitude



View all Health and Wellbeing support articles

BOOKS OF THE MONTH

December Edition

THIS MONTH'S GENRE

The festive season is code for eating lots of good food! For those to love to spend time in the kitchen, check out these cookbooks!

RECIPETIN EATS: TONIGHT

NAGI MAEHASHI

Australia's favourite home cook, Nagi Maehashi, is back to tackle the age-old question: what's for dinner tonight... and every night?

There are delicious dishes to satisfy any craving, like slow-baked Italian meatballs in rich tomato sauce topped with melted cheese, or tender Asian chicken glazed in a sticky-sweet soy sauce.

Some dishes can be cooked in just 20 minutes, while others rely on simple pantry staples. The best part? Each recipe has a QR code that links to a step-by-step video for you to follow along with!

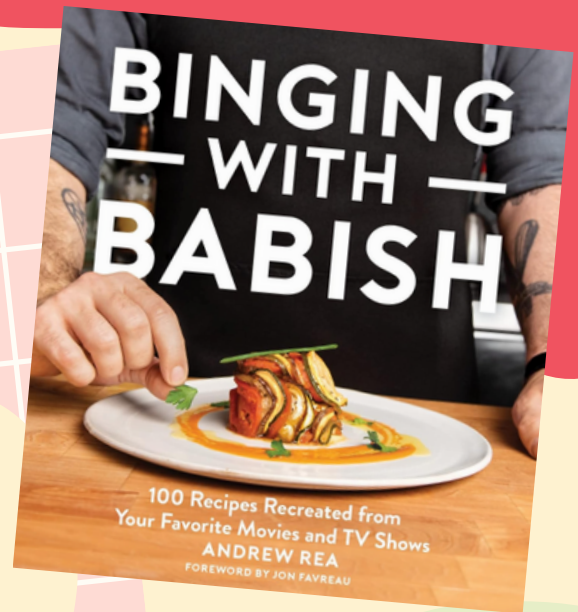


BINGING WITH BABISH: 100 RECIPES RECREATED FROM YOUR FAVORITE MOVIES AND TV SHOWS

ANDREW REA

Have you ever watched a TV show or movie and thought to yourself, "That looks delicious, I want to eat that"?

Well, *Binging with Babish* is here to answer all those unspoken wishes because these pages all feature a recipe inspired by a favourite TV show or film. From the iconic babka from *Seinfeld*, to the beef bourguignon from *Julie & Julia*, and the timpano from *Big Night*, this cookbook brings together these and many other fan-favourite dishes.



GOHAN: EVERYDAY JAPANESE COOKING

EMIKO DAVIES

In Japanese home cooking, rice is the star. It pairs with miso soup, pickles, tofu, and grilled fish for breakfast, soaks up sauce in a comforting donburi bowl, and is wrapped in nori for the perfect portable lunch – onigiri.

Japanese home cooking isn't complicated or time-consuming. It's quick and simple, built on the philosophy that fresh, seasonal ingredients don't need much to shine.



EXP +23



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

Transported to the Land of Sweets

Since I was a little girl, I loved The Nutcracker. I first learned about it through the movie "Barbie in the Nutcracker" and was enchanted with the storyline. I wanted to be like Clara who went to a new world, defeated the Mouse King and dance with the Nutcracker who was actually a handsome prince.

Every year, around Christmas time I would watch the movie with my family, who is probably sick of watching it so many times.

READ MORE



EXP +24

Pasta-tively amazing pasta

On the weekend, my friend and I went to a pasta making class in the city and it was so much fun! I really like to cook, and I cooked a lot when I was in my home country. But after coming here, it's a bit harder to cook a lot because I have less time, and sometimes buying ingredients for one person is too expensive. However, I have never tried making pasta before, even though I love eating it.

So I asked my friend to come with me to a pasta making class. We were given some drinks to enjoy during class and then got our hands dirty kneading the dough.

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

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