

In The Know

The (Self) Love Edition



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Editor's Note

We are already in the second month of the year! How quickly the time flies by when you're having fun with all the fun activities on and off campus!

This month we are celebrating love in all its different forms: from romantic to platonic to familial and everything in between. I think it's important that we show the people around us, our support network, how much we appreciate them as it can be easy to forget.

But most of all, remember to show yourself some of that love because you truly deserve it. Why not take yourself out to one of the foodie spots on Page 4 – I've personally been to most of them and can guarantee a happy belly!

Vivian He

In the Know Editor
UNSW College



Highlighted events



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

Cabramatta Lunar New Year

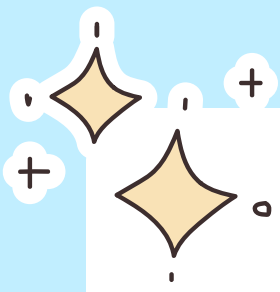
Celebrate the upcoming Lunar New Year featuring lion dancing performances, workshops, appearances by the God of Fortune, and engaging traditional craft activities at Cabramatta. Famous for the hoards of crowds it attracts each year, you can look forward to a Southeast Asian culinary adventure where local restaurants will be serving their signature dishes well into the evening. Mark your calendar for Saturday 24 and Sunday 25 February in Freedom Plaza where the festivities start from 11am. The lion dancing and string firecrackers symbolise the expulsion of negativity from the past year and ushering in good luck and prosperity for the New Year!



Watsons Bay Summer Markets

On Sunday 4 February from 10am onwards, head down to Watsons Bay for their Summer Markets and walk through over 150 stalls selling a diverse range of homeware, accessories, clothing, gifts, international food and so much more! Accompanying the stalls with be live music and panoramic views of the waters. Come with an appetite, depart loaded with a plethora of new items. This popular event lasts only one day, so assemble your crew and bring along your largest tote bag – you'll definitely need it.





What's on this month

See what's happening on at College!



2

Games Afternoon

12pm - 5pm
Room I3I, L5 Building



5

UNSW O-Week

Week-long event
UNSW Sydney



8

Lunar New Year Celebrations

4pm - 6pm
L5 Courtyard



15

Aussie Food Tasting

1pm - 2pm
Room I3I, L5 Building



16

Bike n Blend

12:30pm - 2:30pm
L5 Courtyard



17

SEA LIFE Aquarium

10:30am - 12:30pm
1-5 Wheat Rd, Sydney



21

Volunteer Info Session

Session 1, 9am - 9:45am
Session 2, 4pm - 4:45pm



29

Paint Break Activity

12pm - 5pm
Room I3I, L5 Building



Need to make a free Timecount account to sign up

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!



Old School Kafey

459 Pitt St, Haymarket NSW 2000

Stepping into Old School Kafey, the eclectic decor immediately captures attention. Twisted copper pipes, antique knick-knacks, and lush plants create a unique and playful vibe in this kitschy cafe. The menu here boasts a delightful selection of aesthetic bingsu and sweet brick toast desserts, alongside by a colourful drinks menu. Not ready for diving into desserts just yet? There's also a wide range of savoury food for you to get your stomach ready before satisfying your sweet tooth!

Mango Coco

421 Pitt St, Haymarket NSW 2000

Mango, one of the representative fruits of summer that everyone waits year round for. At Mango Coco, you can savour the bold, exotic and fragrant flavours of Thailand and you'll be spoilt for choice on which mango-flavoured dish to get! Similar to Old School Kafey, there are lots of savoury options here so you can do both dinner and dessert in the one place. This place also specialises in fusion Asian cuisine such as Tom Yum Prawn Spaghetti and Pad See Ew Pasta Fusilli with Grilled Pork Neck. It's the combination you never knew you needed!





Tokyo Lamington

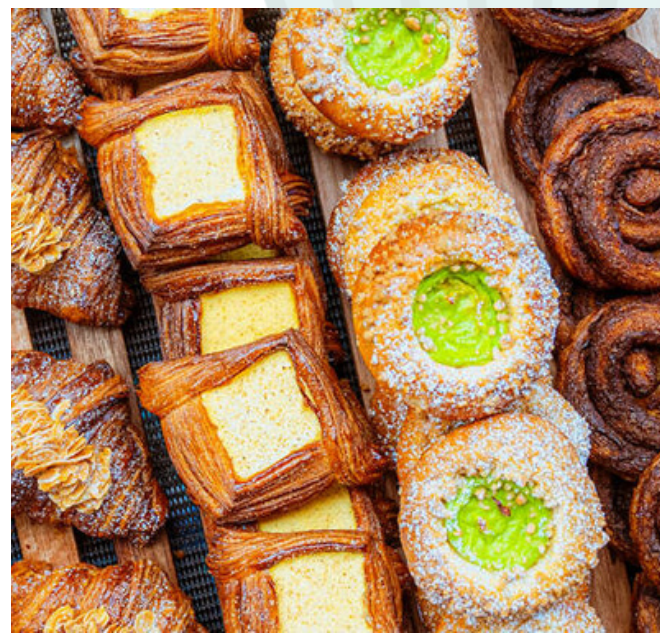
277 Australia St, Newtown NSW 2042

The humble iconic Australian sweet treat reimagined with Japanese influence. Every day, their in-house bakery crafts lamingtons with meticulous care, and you can indulge in unique combinations like yuzu curd and cream, crowned with a torched meringue sheath, or opt for a vegan treat with chai-spiced cream and agar jelly. There is a rotating selection of limited and staple flavours, so you can rest assured that coming to Tokyo Lamington will also be full of delightful surprise.

Shadow Baking

243 Victoria St, Darlinghurst NSW 2010

Come along to the recently opened Shadow Baking, brought to you by three Gelato Messina chefs. They have been taking the dessert community by storm with pastries such as pandan custard-filled brioche, a pretzel croissant Reuben sandwich, and a Vegemite, avocado, and fermented chilli scroll. The owners used to open up a monthly stall at the Cannery Markets but now you can find them permanently at Darlinghurst. A reminder that they are only open three days a week so you might want to make plans to come here for breakfast or lunch on one of your weekends.



Lukumades

Shop/2 Central Park Ave, Chippendale NSW 2008

Have you ever heard of 'loukoumades'? They are these Greek donuts with honey syrup and just about one of the best things you'll eat! Other than the original recipe, you can order this dessert with a modern twist and order matcha-flavoured loukoumades with white chocolate, pistachio-flavour with chocolate flakes, peanut butter-flavour and so much more! For the undecided, you can get one box with two flavours so if you want to try the whole menu, we recommend bringing along your friends!

Explore a different side of Sydney

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



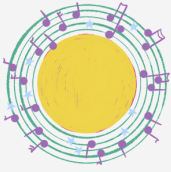
Sydney boasts a vibrant and diverse music scene, offering a rich array of experiences for music enthusiasts. At the iconic Sydney Opera House, classical music lovers can revel in the grandeur of opera performances within its architecturally stunning halls. This architectural marvel not only serves as a symbol of Sydney but also as a global beacon for opera and classical music.

For those seeking a more contemporary vibe, Sydney's numerous concert venues come alive with the sounds of diverse musical genres. From intimate settings to grand arenas, the city caters to every taste. Whether you listen to rock, pop, electronic, and everything in between, you can rest assured that you have the opportunity to enjoy a dynamic and ever-evolving music scene.

Musical enthusiasts are also in for a treat with a range of Broadway-style productions staged across the city. Sydney's theaters, such as the Capitol Theatre and the State Theatre, regularly host world-class musicals, bringing the magic of the stage to eager audiences. From timeless classics to contemporary hits, the city's theaters are a haven for those who appreciate the captivating fusion of music, drama, and dance.

In Sydney, the music scene isn't just a cultural facet – it's a dynamic tapestry that weaves together classical elegance, modern beats, and theatrical storytelling, ensuring there's something for every music lover to enjoy.





Concerts

Participate a direct and visceral connection to the music you love, offering a live and dynamic experience that recordings can't replicate.

P!NK SUMMER CARNIVAL

9 - 10 February, limited tickets available

Be transported to a vibrant Southeast Asian market atmosphere, where the event is a lively tribute to Cambodia and its rich cultural tapestry. Enjoy traditional Cambodian, Indonesian, Malay, and First Nations cuisine while being entertained by live performances from local artists within Southeast Asian-Australian communities, featuring talents like Maggie Tra, Rainbow Chan, Dyan Tai, and others.



'FLOWERING' 2024 SOOJIN FAN CONCERT

13 February, tickets from \$120

Enjoy an evening of enchantment with the captivating SOOJIN! Known for her irresistible charm and flawless dance artistry, SOOJIN is all set to grace the stage with her 2024 Fan Concert 'Flowering' in Sydney. Secure your tickets now for an immersive experience filled with charm and interaction.

Don't let this delightful evening pass you by!

Candlelight: Tribute to Joe Hisaishi

24 February, tickets from \$47

Immerse yourself in the enchanting world of live music with Candlelight Concerts, a unique and multi-sensory experience set in breathtaking locations across Sydney. Step into a magical evening at the Sydney Masonic Centre, where the soul-stirring melodies of

Studio Ghibli classics will come to life under the soft and mesmerising glow of candlelight. Secure your tickets now for an unforgettable musical journey in this captivating ambiance.





Musicals

Watch a unique blend of storytelling, music, and choreography that provides an immersive and emotionally resonant entertainment experience.



Elvis: A Musical Revolution

Running until 3 March, tickets from \$69

With a repertoire of over 40 hit songs, *Elvis: A Musical Revolution* pays tribute to the extraordinary life of the award-winning cultural icon, Elvis Presley. From his early days in Mississippi to his iconic '68 Comeback Special and his rise to become the undisputed 'King of Rock 'n' Roll', this dynamic new production captures the pivotal moments in Elvis's life and musical journey through the eyes of those who knew him best.

WICKED

Running until 4 February, tickets from \$79

Experience the Broadway phenomenon *WICKED* as it unveils the untold story of what transpired in the Land of Oz – from a unique perspective. Before Dorothy's arrival, another young woman with emerald-green skin, possessing remarkable intelligence and misunderstood fire, takes center stage. Upon encountering a cheerful, exceptionally popular blonde, their initial rivalry blossoms into the most unlikely of friendships. However, as the world deems one "good" and the other "wicked," their fates take a transformative turn.



& Juliet

Running until 12 May, tickets from \$75

Consider a world where Juliet's tale becomes a fresh start after Romeo's tragic end. This comedic and heartfelt narrative reimagines Shakespeare with a focus on self-discovery and seizing second chances. Accompanied by the incredible soundtrack of legendary songwriter Max Martin, this uplifting new musical, which affirms there's life beyond Romeo, premiered on the West End, has amassed an impressive 8 Olivier Awards nominations. Its unexpected triumphs extended to Broadway, with *Forbes Magazine* boldly declaring it "easily the best musical of the year."



Opera

Experience the melodramatic world of opera — a realm of heroes, lovers, and villains, entwined with breathtaking stories and even more awe-inspiring music.

La Traviata

2 January until 14 March, tickets from \$79n

Violetta, a highly sought-after courtesan and the darling of Paris, captures the desires of many. Her encounter with the passionate Alfredo alters the course of her life, prompting a yearning to escape her past. Yet, the question remains – can she truly break free? This contemporary staging of the operatic classic prompts a fresh exploration into the enigmatic identity of Violetta beyond the glamorous salon and delivers a thrilling and emotionally charged experience.



The Magic Flute

1 February until 16 March, tickets from \$79

Can a touch of enchantment change your perspective? Dive into The Magic Flute for an enthralling adventure where a noble hero and his lovable sidekick embark on a quest to rescue a princess in mortal danger. Expect surprises at every turn, and with the Queen of the Night pulling the strings, appearances can be deceiving. Mozart's masterpiece, designed for universal enjoyment, continues to captivate audiences across eras. This summer, let The Magic Flute enchant you with its expansive heart, daring spirit, and unforgettable melodies.

Idomeneo

20 February until 15 March, tickets from \$79

Facing a treacherous storm at sea, the King of Crete, in desperation, pledges to Neptune that he will sacrifice the first person he encounters on land to save his ship and crew. This impulsive vow binds him to a tragic fate as he arrives ashore and encounters his own son, leading to a choice that triggers the wrath of the gods upon the people of Crete. Drawing inspiration from the ancient mythology, Mozart's grand opera transcends time, delving into timeless human themes such as the consequences of war, natural disasters, grief, love, and the fragility of humanity.



**Wondering how to get more out of
your time here at UNSW College?**

**Expand your horizons through our
Volunteer Program!**



**Scan this QR code to
join the Volunteer
Program and discover a
new way to get involved
in the community!**



PLEASE be my VALENTINE?



Ah, the good ol' Valentine's Day. Some people love it, some people turn their nose at it, and some people treat it as another day. But this occasion doesn't just have to be about roses, chocolates, expensive dinners or avoiding your friends who are celebrating with their partners.

There are plenty of ways to show your love, be it romantic, familial, platonic, professional, or towards yourself (yes, you deserve all the love too!).

Keep on reading to see some fun and unique ways to celebrate the fourteenth of February!



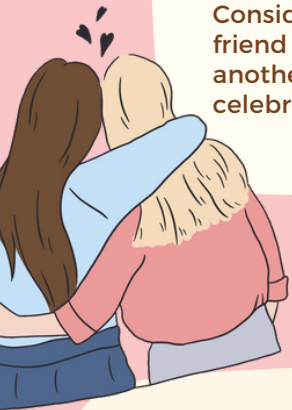
PICK YOUR VALENTINE'S



WITH THE GIRLS: GALENTINE'S DAY

Celebrate the bond of friendship with the girls and create some cherished memories together. Why not plan a girls' night in with a movie marathon featuring favorite romantic comedies or empowering films?

Consider organising a gift exchange, where each friend brings a small token of appreciation for another, making the night not just about celebrating friendship but also expressing gratitude.



WITH THE BOYS: MALENTINE'S DAY

Valentine's Day doesn't have to be exclusive to romantic dinners and flowers; it can also be a fantastic occasion to celebrate friendship with the boys. Start the day with an adventurous outdoor activity, like a group hike, a day at the golf course, or even a friendly game of paintball.

This not only allows you to enjoy each other's company but also creates lasting memories while engaging in some healthy competition.



WITH YOUR WORK COLLEAGUES

If you're working on this day, try coordinating everyone's fashion to subtly incorporate some Valentine-style! This simple act of dressing up adds a touch of festivity to the work environment and boost team morale!

Socks with lots of red hearts, a pink tie, a handkerchief with rosey print... there's so many ways to get creative with this! Injecting a little fun into everyone's usual work routine makes the day special and fun for everyone involved!



WITH YOUR FAMILY

Although you may think you see or are close enough with your family to not need to dedicate a whole day of occasion to spending time with them, we say that there's never enough time in the world for family time!

Why not try making some chocolate flavoured treat together in the kitchen? They say too many cooks spoil the broth, but sometimes having a bit of cocoa powder fun will be the trick to bringing extra laughter to your house!

OR GO SOLO THIS YEAR!



Who says Valentine's Day is only for couples?

Embracing the spirit of self-love, you can turn this day into a personal celebration of your own worth and well-being. Taking time to focus on yourself is a powerful and empowering way to make Valentine's Day special, even when flying solo.



Start the day by indulging in self-care activities that bring joy and relaxation. This could include a pampering session with a soothing bath, a feel-good workout session, or meditation. Treat yourself to your favourite breakfast or coffee from a beloved cafe and start your day on a high note.

Throughout the day, engage in activities that bring personal fulfilment and happiness. Whether it's pursuing a hobby, reading a new book, or going for a solo adventure, celebrate the little doses of happiness, as it can be so easy to forget about them amidst the hustle and bustle of city life.



Cap off the day with a self-love ritual. This might involve indulging in comfort food, relaxing with a movie, going for a walk at sunset or simply basking in the comfort of your own company. The key is to celebrate the relationship with yourself and appreciating the qualities and experiences that contribute to your personal growth and wellbeing.

Valentine's Day isn't just about celebrating your loved ones, but also becomes an opportunity to cultivate a deeper connection with oneself, fostering a sense of self-love that extends far beyond the confines of romantic relationships.



Let's go to the beach-beach

Let's go get away

By now, we know that Sydney, and Australia in general, is famously renowned across the world for our pristine white sand, blue water beaches. One of our beaches even has its very own reality show (*Bondi Rescue*, anyone?).

But did you know that apart from the main beaches (Bondi, Coogee and Manly), that we boast a lot more smaller, intimate and most important of all, quieter beaches?

If you want a break from fighting for a spot on the sand or being surrounded by an infinite amount of tourists and is up for a little adventure, try visiting the following beaches.

We guarantee that they have the same panoramic views and soft pillow-y sand that you yearn for, just without the big crowds.



MALABAR BEACH

One of Randwick City's lesser-known beaches.

Nestled near La Perouse and Maroubra Beach, Malabar Beach is Sydney's hidden gem, offering a serene escape with calm waters and a family-friendly atmosphere. Stretching for 200 meters, this beach is a haven for water activities, from swimming and snorkeling to scuba diving at renowned shipwreck sites like the MV Malabar and the SS Goolgwai.

- An adventure seeker's paradise, perfect for kayaking, rock fishing, and more!
- As this is a well-kept secret location amongst locals, be aware that Malabar Beach is not patrolled by lifeguards so only go in for a swim if you are confident in your swimming abilities.
- You can fish here if that is up your alley!





STORE BEACH

*A secluded secret only
accessible only by water*

- You can only get to Store Beach via a challenging rock hop at low tide from nearby Collins Flat Beach or you can do what most people opt for, which is a 20-minute paddle by kayak or paddleboard from Manly Kayak Centre. This beach is for experienced outdoor explorers!
- Keep an eye out for the little penguins that utilise the reserve as a breeding ground.
- As this beach is a little removed from the main land, if you plan to stay there for a while remember to take a packed lunch and plenty of water and sunscreen.

Nestled on the harbour side of Manly's protected North Head, Store Beach remains a hidden gem, accessible solely by water. Once a pivotal point for unloading provisions for Sydney's old Quarantine Station, now transformed into the Q Station boutique accommodation, this secluded beach is part of the Sydney Harbour National Park.



TURIMETTA BEACH

A little-known beach that reveals itself at foot of an earthy stairway.

Turimetta Beach, located a 30-minute drive from Manly on Sydney's Northern Beaches, is a well-hidden gem that magically reveals itself during low tide. The secluded shoreline unveils a petite expanse of sand adorned with captivating rock formations and intricate carvings. Embraced by towering cliffs, the beach attracts surf enthusiasts, although it lacks lifeguard patrol, and caution is advised due to strong surf conditions.

- For those looking for a spot to relax you can look to the south end's expansive, flat rocks and captivating rock pools, offering a perfect exploration spot
- Be sure to visit during low tide, as the beach actually disappears when the tide is high!
- Access to Turimetta Beach can be achieved through the Bicentennial Coastal Walk or by navigating the rocky platform from Narrabeen Beach.





O-Week

Get ready to blast off into an unforgettable week of fun, friends, and discovering your groove at UNSW's first O-Week for 2024 where you can Find Your Orbit!

O-Week, short for Orientation Week occurs the week before UNSW's Week One and is the perfect time to orient or reorient yourself with the main campus!

Discover every part of the campus while experiencing fun events and freebies galore. If you have a questions, this is the time to ask! Every day from Monday 5 until Friday 9 January, there will be something happening, from campus tours to see your future after UNSW College, to speedfriending, to visiting all the Arc club stalls, there is something for everyone to enjoy.

If you have some time before, in-between or after classes, we highly recommend that you cross the road onto UNSW and see what your future campus will look like. There are guaranteed to be lots of staff and future and current students abound so all your senses will be tingling from all the festivities and fun program planned!

You can view all the activations happening [here!](#)

UNSW Med Revue

UNSW Med Revue, an annual comedy sketch show, brings together the talents of the student community in singing, dancing, and acting. With 48 years of history, this society consistently delivers high-calibre performances for all who come to watch!

If your passion lies in entertaining on stage, managing lights and smoke machines, video production, or culinary arts, there's a place for everyone, regardless of your academic background or skill set. Our diverse portfolio teams cater to a wide range of interests, fostering an inclusive environment where everyone can contribute.

Beyond the stage, the UNSW Med Revue prioritise building lasting friendships, working hard during performances, and celebrating even harder. Become part of one of the largest and most vibrant communities on campus! A *revue*, for those who are unfamiliar with the term, offers a blend of short sketches, songs, dances, and live band performances, creating a dynamic and entertaining theatrical experience.



ACROSS THE ROAD

How well do you know your campus?





IT'S A DATE!

I love you, I love you not, I love you, I love you not...? Navigating the dating game is never easy, but our Health and Wellness Editor Soutara Potter is here to give you a guide to date safely!

Welcome to February, the month of looovvveeeee! In this day and age, dating apps are commonly being used not only to meet a prospective partner but also for 'hook-ups'. No matter what you're looking for in a partner, always remember to put yourself first and make sure you feel comfortable and safe. This month, I want to share how you can achieve this!

A huge aspect of feeling comfortable around someone, is understanding and respecting boundaries. There are five main types of boundaries: physical, sexual, intellectual, emotional, and financial. We will all have different boundaries, so even if one person's boundary is something you would be comfortable with, you need to respect that they feel differently about it. If you are unsure, you can always ask to have a conversation with your partner about this. **What might be an example of a boundary?**

- Not wanting to go back to their place after a first date
- Wishing to meet in public for the first few dates
- Engaging in sexual activities
- Asking for space if you are feeling overwhelmed
- Not wishing to share photos of themselves online, whether or not they are intimate photos
- Sharing feelings about certain topics

You can read more about setting boundaries [here](#).

What about if you are meeting someone for the first time? Maybe it's your first time ever going on a date or even if you have been on dates before, meeting someone new for the first time can still be quite nerve wracking. A good rule of thumb to staying safe is to make sure you are meeting in a public setting. Tell a trusted friend or family member where you are going and who you are meeting with. Some people may feel more comfortable agreeing to share their location with this trusted person and sending a check-in text throughout the date. If you want to send a check-in text and feel rude being on your phone, you can politely excuse yourself to the bathroom and send the check-in text there.

Ask for Angela

No one should ever be made to feel threatened or unsafe while on a date. If you find yourself wanting to leave, you can ask staff for 'Angela' and they will discreetly support you through the situation. 'Ask for Angela' is a campaign that launched in Sydney in 2018, and is supported by a number of cities throughout NSW. You can read more about the campaign [via the ABC](#), and [NSW Government](#).

The final topic I want to touch on in this month's article is consent. Have you ever watched the '[Consent, it's like tea](#)' video? If not, I highly recommend it. It is a great place to start in understanding consent. In NSW, the legal age of consent is 16 – this may be different to your home country. Remember, you can withdraw consent at anytime so just because you said 'yes' doesn't mean you have to follow through with anything. It is completely okay to change your mind, maybe you've thought about a bit more and decided you don't want to kiss your date or participate in other intimate activities. There are also situations where you can't give consent such as if you are intoxicated, unconscious, or threatened into consenting.

You do not need to consent to anything you don't want to, but it is also important to ensure you have received consent from your partner before you engage in any activities – including kissing. [This page outlines what consent is, how to check for consent and also has a list of support services.](#)

If you want to find out more about relationships, dating and consent, you can read more on the [International Student Health Hub](#). You can also reach out to a Student Advisor for support if you have any concerns or experience anything that makes you feel unsafe or threatened.

Coming up in March is our [Consent and Healthy Relationships Skillshop](#), which is compulsory for all students under 18.

This skillshop has been designed with lots of fun and interactive activities to help you learn and understand everything there is to know about these topic areas! Keep an eye out on your emails for more information and how to register!

In the meantime, I have also managed to get my hands on '[The Kit](#)'. You can grab these at any time from Student Services. If we run out, be sure to check back again because I will be continually ordering them to restock. I would recommend taking one home to read through, I learnt a lot too from these kits!

Lots of love,
Soutara

Check this out



I am also very excited to announce that I'll be uploading a fortnightly article on the Current Student Hub under the 'Support - Health and Wellbeing' section.

Have a read of the latest article below!

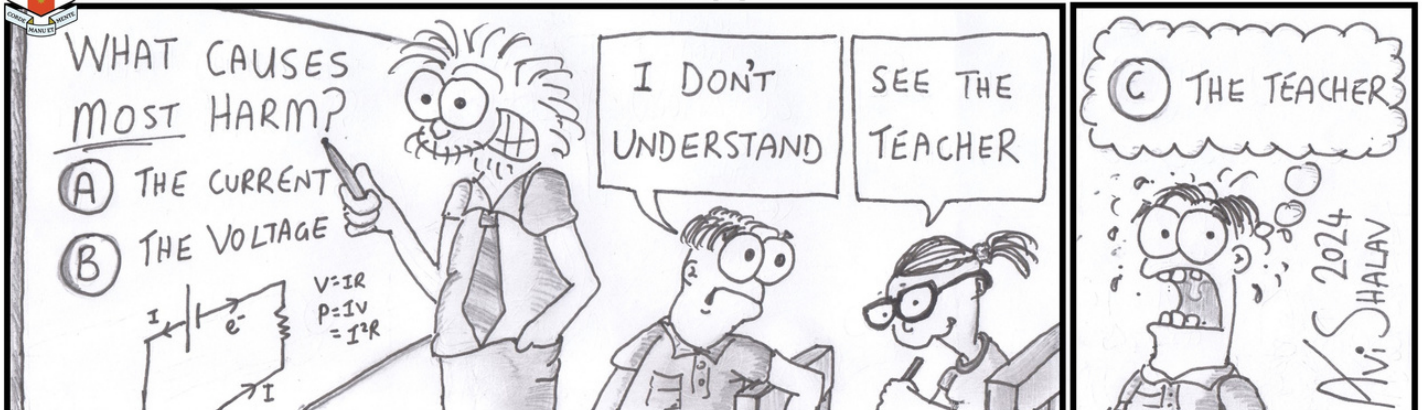


Manifestation: Why manifest and how to use it to achieve your goals



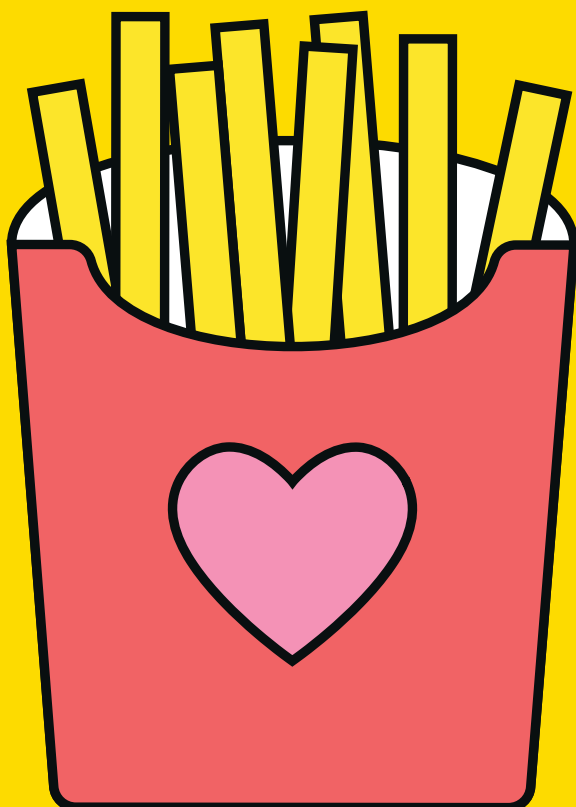
View all Health and Wellbeing support articles

UNSW Comical College *Multiple choice* EPISODE 1





Consent: what's FRIES got to do with it?



Freely Given
Reversible
Informed
Enthusiastic
Specific

EXP +3

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

Sandy in Manly

The beaches in Sydney seem to each have a distinct individual personality of themselves. For example, Bondi has long been acclaimed as the tourist favourite and arguably the most famous overseas, whereas Coogee is more laid back and suitable for those looking for a calmer beach. When there are so many beaches in Sydney alone to choose from, that also means there will be a perfect beach that matches up to any individual's preferences.

For Sella, Manly Beach measures itself as the perfect combination of Bondi and Coogee and maybe even tops the latter two.

READ MORE



EXP +4

Chinatown Diaries

Chinatown is a bustling part of Sydney CBD with a rich blend of culture rooted in years of history. To Chloe, she feels that the lively and energetic atmosphere centered around community can provide a sense of homeliness and is a key reason why it attracts so many people, locals and tourists alike. For any international students that live in accommodation around the area, this intersection of culture helps to bring a sense of 'home' overseas. In particular, the weekly Friday Night Markets and the amazing array of cuisine that it offers is a late-night shopping hotspot that many look forward to.

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!



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



Credits

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Health and Wellness Editor: Soutara Potter