

UNSW COLLEGE

Jan 2024

In The Know

The New Year Edition



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Editor's Note

Here we are with our second edition of In The Know!

Thank you so much for your amazing feedback and high level of readership even though we're just getting started with this exciting student magazine. We're bringing back the fun nostalgia of flipping through magazines one edition at a time, and this month we're focusing on keeping your cool through the hot summer days.

See our range of carefully curated activities and local recommendations and make the best out of your summer down under!

Vivian He

In the Know Editor
UNSW College

Highlighted events

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



Float, pedal and unwind



Are you up for a sun-soaked adventure on the water this summer? Dive into the excitement by renting a pedal boat designed for two adults (and two children if you have any little ones tagging along), allowing you to bask in the splendor of our harbour city directly from the water. Whether you're seeking a leisurely cruise with a friend, a romantic outing, a festive get-together with friends, or a spirited family race, pedal boating promises a delightful experience under the sunny skies. The boats are available from 10 am to 8 pm every day, so you can choose the pedal when the sun is high in the sky, or do it during golden hour!



Luna Park



With panoramic vistas of the harbour, Luna Park, stands as a meticulously restored heritage-listed amusement park harking back to the glamour of the 1930s. Walk through its iconic smile, and you'll see that the park is a treasure trove of rides and surprises that captivate the senses. Amidst the symphony of music, laughter, screams, and the rhythmic clickety-clack, indulge in sliders, popcorn, and fairy floss that tantalise the taste buds and evoke the essence of summer fun!



What's on this month

See what's happening on at College!



JANUARY

12

Bike n/ Blend

12:30pm - 2:30pm
L5 Courtyard



JANUARY

13

Taronga Zoo Day Trip

9:45am - 3:15pm
Bradleys Head Rd, Mosman

JANUARY

16

Aussie Slang Workshop

Session 1, 12:30pm - 1:20pm
Session 2, 1:30pm - 2:20pm



JANUARY

19

Trivia Night

5pm - 7:30pm
Room 131, L5 Building

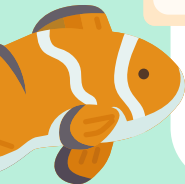


JANUARY

20

Sea Life Aquarium

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



JANUARY

23

Volunteer Info Session

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

JANUARY

24

Paint Break

12pm - 4:30pm
Room 131, L5 Building



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!



Fish & Lemonade

Shop 15 Manly Wharf, E Esplanade, Manly NSW 2095

We're all aware of the unwritten, unofficial rule where you simply must order this iconic dish whenever you're visiting a seaside suburb: the classic fish and chips. As soon as you exit Manly Wharf, there lies a community favourite, serving up freshly fried, crispy battered fish fillets served alongside piping hot chips. Did we mention one serving of these bad boys only cost \$10? Once you're done munching away, wash everything down with an icy cold zingy lemonade.

Charcoal Fish

670 New South Head Rd, Rose Bay NSW 2029

Transforming the familiar concept of a local charcoal chicken shop into a seafood haven, co-owners Josh and Julie Niland, celebrated for their global recognition in ethical and sustainable practices, have revolutionised the Aussie family takeout experience. Charcoal Fish provides restaurant-quality dishes for on-the-go Sydneysiders. One of the highlights of the menu is the butterflied, boneless cod expertly cooked over smoky charcoal, available in whole fillet, half, quarter, or single portions, catering to parties of all sizes. Complementing the star dish are a rotating array of salads and chargrilled veggies.





The Charlie

199 Glebe Point Rd, Glebe NSW 2037

Glebe's culinary scene welcomes its latest addition, The Charlie, a restaurant and cocktail bar inspired by the vast beaches of South Carolina. Housed in a charming old cottage, the interior boasts an elegant dusty pink palette and boasts a stunning garden bar during the day. Enjoy share plates and cocktails that change with the seasons, ensuring you are eating the best produce at any time of the year. Barbie would approve of this restaurant!

Celsius Coffee & Dining Co

Shop 1 Kirribilli Wharf, Kirribilli NSW 2061

Have you ever seen a more spectacular view during your meal? Perched gracefully above the Kirribilli Wharf, Celsius Coffee and Dining Co treats you to breathtaking views of Bradleys Head in Mosman, Garden Island's naval ships, and the lively comings and goings of ferries at the terminal. You can't go wrong choosing what to eat here, but it seems that the Billy's Eggs remains an ever popular choice for those who are undecided about what to order. A word of advice: come early if you want one of the few coveted spots right next to the windows overlooking the blue waters.



Lox in a Box

Shop 2/96 Glenayr Ave, North Bondi NSW 2026

Lox in a Box emerged from an idea to open a sit-down deli in Sydney. This eatery offers a concise menu featuring classics like the lox (which is a fillet of brined salmon) bagel, veggie option, and a salt-beef delight with mustard and pickles. Orders come in an open box, showcasing the generously filled, expertly crafted bagels alongside crinkle-cut crisps and pickles. It's a culinary adventure that seamlessly blends creativity and convenience for those seeking authentic Jewish deli delights in Sydney.

Explore a different side of Sydney

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



Sydney Festival 2024

Friday 5 January until Sunday 28 January

Since its inception in 1977, Sydney Festival has wholeheartedly embraced the essence of summer, transforming into a city-wide revelry that celebrates culture, creativity, and intellectual curiosity. It breathes life into diverse corners of Greater Sydney, transcending streets, beaches, grand theaters, and hidden basements with an innovative mix of free and ticketed programs, encompassing theatre, music, dance, visual art, and all the experimental realms that define live performance.

Functioning as a fervent supporter of fresh Australian creations, Sydney Festival serves as a prominent platform for showcasing the diverse narratives of our nation to a global audience. Simultaneously, it acts as a magnetic force, attracting the world's preeminent artists to converge on Sydney, creating a dynamic exchange that enriches the cultural landscape.

With a mind boggling amount of events in this year's program, that means more than a hundred ways to step into something new, make exciting summer memories and be in touch with your inner artist.



Over the span of 24 days,
there are over 130 shows to
choose from!

Check out all the different
shows and performances
[here!](#)



Highlighted events

Unsure of what show to see at the Sydney Festival? Why not check out one of the below to start with?

Banyan Nights at the Seymour Centre

9 January until 21 January, free admission

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.



Lost in Palm Springs

8 December until 25 February, free admission

Discover an interdisciplinary exhibition that unites 14 imaginative individuals, including globally acclaimed artists, photographers, and thinkers from both America and Australia. These creative minds explore, capture, and reimagine the enchanting aspects of the landscape and the iconic mid-century modern architecture nestled in the desert city. This exhibition is presented as a collaboration between HOTA (Home of the Arts) and Museums & Galleries Queensland, embarking on a captivating journey that transcends artistic boundaries.

Louise Bourgeois Has the Day Invaded the Night or Has the Night Invaded the Day?

8 December until 25 February, \$35

Immerse yourself in the captivating art of Louise Bourgeois and explore the emotional extremes of day and night, love and hate, calm and chaos, consciousness, and the unconscious in this display from one of the most influential artists of the past century. Bourgeois fearlessly delved into human relationships and this special exhibition unravels the extraordinary depth and intensity of her art.



Make friends for life through our Volunteer Program!

Meet people outside of your
classroom!

Boost your conversation
skills!

Increase your
employability!

*What else is
in it for me?*

Scan this QR code to join
the UNSW College
Volunteer Community
today!



CHASING Sunshine

How to make the most out of this summer? Here you'll find a one-stop shop for the best activities to do!

Hit up Shelly Beach

Nestled among North Head and Fairy Bower, Shelly Beach is a component of Cabbage Tree Bay, a protected marine reserve in Manly.

Shelly Beach is home to a wide diversity of marine life that can be seen in relatively shallow water, is well-liked by both snorkelers and scuba divers.

After dipping your toes in the clear water, you can leisurely stroll along the woodland track that skirts the headland and provides breathtaking views of the Northern Beaches and North Head.

For a fun picnic with your favourite people, Shelly Beach offers two free electric barbecues, restrooms, showers, and a cafe. A more formal dining option is available at The Boathouse, a beachside cafe.



Get your steps in with the Bondi to Manly Walk

If you are a fan of exploring new places on your own two feet and you crave a little fitness challenge, we invite you to explore the finest of Sydney on the newly established Bondi to Manly Walk. This long Sydney hike connects several existing paths into one epic beachside walk, winding over 80km of significant historical locations. This urban coastal trek, one of the world's few, boasts iconic sites such as Mrs Macquarie's Chair, Sydney Harbour Bridge, Sydney Opera House, along with historical landmarks, art galleries, museums, cafes, restaurants, and 47 stunning beaches.

On your walk, you can find informative signage detailing Indigenous connections to the land. Discover Aboriginal carvings between Bondi and Watsons Bay, and at Grotto Point, as well as shell middens at Cremorne Point.

For those who prefer not to spend almost an entire day walking, the track is also designed for segmented exploration, allowing for completion over several days.





For a more relaxing stroll, try the Hermitage Foreshore Walk

This is a great option if you're looking for a well-shaded coastal stroll that is full of historical monuments and family-friendly beaches. Begin at Nielsen Park and end at Rose Bay's Bayview Hill Road for a scenic 45 minute to 1 hour saunter. There are five beaches along this walk where you can swim, enjoy a picnic, make a pit stop, or see the sunset. Not to mention vistas of stunning Shark Island and multi-million dollar estates, including the well-known historic Strickland House. We guarantee your photo storage will be fully full by the time you finish this walk.

If you're coming during the sweltering summer months and are looking for a laid back activity that still gets you moving, this makes for a terrific trek.

We encourage you to check out all the beaches on your walk, but according to one of our editors Nazifa, if she had to pick, she recommends Milk Beach as the greatest beach along the trail!



Wake up with a free Yoga or Pilates class

Elevate your fitness routine with a picturesque backdrop by exploring the complimentary Yoga and Pilates classes offered at Andrew (Boy) Charlton Pool, an activity only available during this season. Catering to individuals of all experience levels, these classes take place on weekends at 8am (Pilates) and 9am (yoga), providing an opportunity for participants to synchronise their mind and body amidst the tranquil surroundings.

Yoga and Pilates promote enhanced flexibility, strength, and posture while simultaneously fostering mental wellbeing by incorporating mindful breathing techniques, meditation, and concentration, both disciplines contribute to stress reduction and mental clarity. Additionally, the low-impact nature of Yoga and Pilates makes them accessible to a wide range of participants, irrespective of previous fitness experience or age.

Remember to secure your spot beforehand as bookings are essential to participate.



Through the Student Lens: Graduate Narratives

We'll be shining the spotlight on some of our latest student graduates. Please welcome the UEEC10 student speakers, Arthur, Juliet and Akram!



Say hello to Xinze (Arthur) Li

My name is Xinze Li, from Northeast China, and I'm an IT master's student.

Time flies, and in the blink of an eye, our 10-week journey has swiftly passed. Firstly, it is glad for successfully passing this trial and earning the qualification to attend UNSW.

As the saying goes, "all beginnings are hard." Coming to a foreign country, I believe many of us have faced our fair share of setbacks. When I first arrived in Sydney, I felt lost in a strange environment with language barriers and an uncertain future. I encountered many awkward situations due to differences in rules and customs compared to China. For example, on my first day in Sydney, I waited nearly 10 minutes at a pedestrian crossing, wondering if the light would ever turn green, until a man came and pressed a button, and magically, the light changed. I felt so silly at that moment. There were many more such incidents, but thankfully, I adapted quickly, thanks to all my friends and teachers in the UEEC.

Before attending the UEEC, I imagined the teachers would be serious and stern, but that wasn't the case. My teachers, Karen, Yaoshi, and Jaqi, were all approachable and kind. Jaqi often engaged in conversations with us and

was a highly respectable teacher. Yaoshi had a sophisticated thought process and covered every aspect of our class topics. But I am most grateful to Karen, who was both a teacher and a friend. Her classes were always filled with joy and relaxation, and she was the best at engaging the class. My teachers, each with their unique teaching style, shared a common passion for teaching and responsibility for their students.

My classmates and roommates also became my friends in Sydney. There's a Chinese saying, "At home, one relies on one's parents; away from home, one relies on one's friends." I am thankful for having met such lovely people. We studied together in class, debated in discussions, and remained good friends outside class. We often participated in various activities, like playing games at a friend's house, going out together, or playing sports. I am grateful for their accompany and support, which have become beautiful memories for me.

In our future lives, I believe there will be more challenges, but I also believe there will be more beauty. Our future studies may be arduous, and we may feel overwhelmed and on the verge of giving up, but please stay calm. We have come to a foreign land to study for our dreams and a better future life. Even if we fail, we must stand up because it's not the end of life. With a strong heart, sturdy legs, and courage, you can climb heights you never imagined.

Lastly, I would like to end my article with a famous quote by Winston Churchill, "Success is not final, failure is not fatal: it is the courage to continue that counts."



Meet Chuchu (Juliet) Hu



My name is Juliet, a recent graduate hailing from China, and I pursued the Academic English Program and was in Class 54 of UEEC10. I must say, the journey has been nothing short of incredible.

Reflecting on my time studying here, there have been countless moments that have left a lasting impact on me. I still vividly remember the first day of class, the mix of excitement and nervousness, and the sense of curiosity about what lay ahead. UEEC class was both challenging and enriching, but the learning experiences she shared with her peers went beyond mere camaraderie and evolved into lasting friendships that became the cornerstone of her college life. I must thank my classmates in Class 54. There were days filled with intense learning, and then there were moments of fun and laughter that lightened our spirits. One of my most memorable experiences was each time we worked together in class and every time we got together after class. We studied, we hiked, and we dined every week. We are not only classmates, we are close friends which brought joy and fostered a sense of community among us, and I must say, the friendships I've made here is the best part of my course.

Like many of my classmates, the challenges I faced were the crucibles that forged my resilience, from balancing academic rigor to acclimating to a new environment. But these challenges were what shaped me into a more resilient individual. I overcame these problems through persistence, seeking help when needed, and learning from my mistakes.

Undoubtedly, what I cherish most is the guidance I've received from the inspiring teachers. I want to extend a heartfelt gratitude to all our teachers for their support and wisdom. Particularly I'd like to share thank our writing teacher Sharon Lees, who taught us a lot of writing knowledge that are very helpful. We can see that you were very worried about our writing level every time during consultation class, so thank you for your earnest and responsible consultation, which helped us greatly improve.

As we stand here, all of us are looking forward to continuing our education at UNSW's main campus. This step is not just a continuation of our education but a step closer to contributing meaningfully to our society.

In conclusion, my time at UNSW College has become a pivotal part of my academic journey, making sure I can step confidently into the future, ready to embrace new challenges and opportunities.



Presenting, Akram Jbarte!



I'm Akram from Saudia Arabia. I am going to study postgraduate in the School of Civil and Environment Engineering at UNSW. I was studying at UNSW College for 7 months.

The first course that I finished was the Essential Academic English (EAE) course and after that I studied UEEC 20, 15, and 10. However, before I came to study at UNSW College. I was very upset and disappointed because I couldn't get a high score on the IELTS exam which is required to commence studying for my postgraduate degree. Therefore, I'd have to study an English course for 7 months. I thought it would be exhausting and a total waste of time because I wanted to start studying master's degree at UNSW immediately. I didn't want to study an English course for more than half a year.

But now after this long journey at UNSW College, it was the best thing that happened to me in my study journey. Indeed, it's worth spending all these months studying at UNSW College. Because at UNSW College I didn't just learn English. No, I learned how to do presentations, and how to speak fluently to the audience especially given it's not my first language. I couldn't do this before, but now I can speak confidently, also they teach me how to improve my reading and listening skills in general and for academic purposes.

Moreover, I learned how to do academic research and how to write in academic style which are necessary skills for all students who will study at university. All these skills are crucial and will be useful for my future study and career. Honestly, if I had not learned these skills I would still struggle in my master's degree. I could not have learned these skills if I had simply entered university with a high score on the IELTS exam. It would not have prepared me for rigorous academic work at university. Now, I am feeling confident and excited to study at university because my English is strong. From my experience as a graduate student from UNSW College, I strongly recommend international students to acquire these courses which will definitely improve their English language and their academic research skills as well.

Finally, I want to thank all my teachers for their time and for all the knowledge I gained from them. Also, I want to thank UNSW College for giving me this chance to write this article which I hope is useful for international students. I am very proud I was a graduate student from UNSW College.





Strange Tastes

Within the ancient cookbooks housed in UNSW Library Special Collections lie peculiar and fascinating recipes that promise to perplex the taste buds and enchant the senses.

As time unfolds, culinary preferences and dietary habits undergo transformations influenced by an intricate interplay of cultural, psychological, and social dynamics. Discover the culinary evolution encapsulated within the pages of historical cookbooks in UNSW Library Special Collections, where unconventional and delightful recipes mirror the bygone tastes of eras past.

Displayed prominently on Level 3 of UNSW Main Library, this exhibition meticulously curates recipes dating back to the 17th century, showcasing a spectrum of peculiar flavor combinations, such as the curious pairing of bananas and bacon, alongside artistically arranged decorative salads that serve as both a visual feast and a gustatory experience.

Delve into the rich tapestry of culinary history preserved within UNSW Library Special Collections, where each recipe unveils a unique story and a taste of times long past.

UNSW Wandering Society

For those seeking a dynamic blend of physical activity and social connection, the UNSW Wandering Society (Wandersoc) stands out as the optimal choice. This vibrant society specialises in organising engaging events that rely on your two feet, and convivial barbecues scheduled throughout the term, providing an excellent avenue to forge new connections and deepen friendships.

Wandersoc emphasises unraveling the allure of Sydney's uncharted and exotic locales by arranging a diverse range of events, including invigorating bushwalks, captivating urban walks, enlightening national park visits, and scenic coastal walks.

Furthermore, they are committed to fostering a sense of community, camaraderie, and shared appreciation for the beauty that surrounds us. Step into a world of discovery, companionship, and active engagement where every outing promises not only a physical adventure but also the opportunity to cultivate lasting connections with a community of explorers.



ACROSS THE ROAD

How well do you know your campus?



Beat the heat this summer break!

How to survive summer in a foreign country? Health and Wellness Editor Soutara Potter is here to tell you how to beat the heat!

Australian summers can take a bit of getting used to. The humidity combined with the heat of the sun can cause discomfort for a lot of us (including me, and I live here!). For some of you who come from colder countries, it can contribute to your culture shock. It's really important to understand how we can stay cool, especially if we don't have air conditioning where we live. I've put together some tips and tricks that I hope will help you this summer, and every summer from here on in.



SOUTARA'S TOP TIPS

WEAR LOOSE FITTING, LIGHTWEIGHT CLOTHING

CONTINUE TO DRINK WATER, INCLUDING IF YOU DON'T FEEL THIRSTY

If you struggle with drinking water, try adding some fresh slices of lemon, lime or orange. Berries are also a good option. If you don't have these fresh, you can buy them frozen from the supermarket.

My personal favourite is frozen berries with my water, it keeps my water cold and it tastes great!

PREPARE!

Fill up your ice trays a few days prior if you can, or the night before. Once frozen, transfer the ice cubs into a container and re-fill the ice trays so that you don't run out of ice, especially in a heat wave.

Consider your plans, and change them accordingly. If you've planned a picnic with friends on a forecasted hot day, maybe you can change it for a trip to the movies where there is air conditioning, or post-pone it to a cooler day.

Go out to do your groceries early in the morning, or a few days prior so you can avoid having to rely on public transport in the heat.

TAKE COOL SHOWERS OR BATHS

KEEP BLINDS AND CURTAINS CLOSED TO KEEP THE SUN OUT – DO THIS FROM THE MORNING BEFORE IT HAS ALREADY GOTTEN TOO HOT

And, once it cools down outside in the afternoon or evening, open your windows and doors so that you can let the cool air in.

Did You Know?

Food Safety is very important during summer, and if you are not careful you can make yourself sick. Check out these links for more information on Food Safety in summer!



Choose food safety this summer




Summer eating

This month, I also have a challenge for you all; a **Photo Bingo activity!**

The aim of this activity is to snap a picture that represents your interpretation of what is written in the square, so you should end up with 8 photos in total. When you're done, upload them [here](#), or scan the QR code and I'll be picking some of my favourites to feature next issue!



DOING EXERCISE IN A FUN WAY!	“REFLECT”	TRYING SOMETHING NEW
“CALM”	 UNSW College	SOMETHING YOU ARE GRATEFUL FOR
MOTHER NATURE	HANGING OUT WITH A FRIEND	“BRIGHT”



*Stay cool,
Soutara*

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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