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## Editor's Note

We are well and truly in the thick of winter as the average temperatures for the following days look to be around 15 degrees and also lots of rain showers forecasted. All these factors are just telling us to stay in bed!

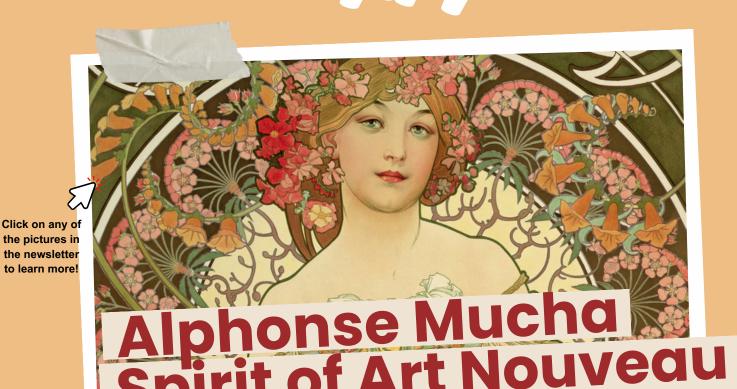
However, beyond the warmth of your sheets is a world of winter warmers to get your mental and physical health fired up! More often than not, it's warmer to be outside in a building than at home and I know how keen our students are to find a part-time job, so we've brought to you the best guide to nabbing that first job! It's the perfect way to practice your language skills and gain real-world experience.

Read on to make the most out of these freezing days!

#### Vivian He

In the Know Editor UNSW College

# Highlighted events



Alphonse Mucha (1860–1939) is celebrated as one of art's great stylistic innovators, renowned for creating some of the most iconic and beloved works in modern European art. Through his seductive and flowing compositions, Mucha pioneered a new visual language that epitomised the essence of art nouveau in late 19th-century Paris. This exhibition draws from the extensive Mucha Family Collection. This comprehensive showcase brings together Mucha's illustrations, jewellery, interior designs, photographs, and more, shedding light on his multifaceted talents as both artist and designer whose profound impact endures today. Celebrated as "the greatest decorative artist in the world," Mucha skyrocketed to fame with his iconic posters for the legendary Sarah Bernhardt, catapulting him to global recognition through innovative advertising and product designs that aimed to democratise art.



## **Bastille Festival**

Polish your beret and prepare for an innovative 4-day French food, wine, and art extravaganza! Bastille Festival Sydney is a free-entry celebration of French culture, featuring food, wine, and art. Held annually at Circular Quay over four full days and into the late night around French National Day "le Quatorze Juillet," expect a fantastic array of food, exquisite French wines, and plenty of entertainment including live concerts, DJs, dance classes, and great vibes.



# What's on in JULY

See what's happening at College!



#### HIV & BBV / PLAYSAFE ACTIVIATION DAY

llam - 2pm Courtyard, L5 Building



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







#### PAINT BREAK ACTIVITY

12pm - 5pm Room 131, L5 Building





To keep up with all the fun activities that's happening on campus, make sure you bookmark the What's on page on the Current Students Website.

# AROUND THE GROUNDS

The best recommendations comes from word of mouth



Sharing some of Sydney's best eateries!

## Mogu Mogu

454 Cleveland St, Surry Hills NSW 2010

Convenient, delicious and straightforward, the onigiri is the perfect snack or meal for those on the go. That's why Alen Ng and Janny Sy, a husband-and-wife duo who relocated to Sydney from Hong Kong four years ago, have dedicated their new eatery to selling onigiri. Here they use Hokkaido rice, along with Japanese-imported ingredients and glutenfree soy sauce. Mogu Mogu, which is the onomatopoeia for "munching" in Japanese, offers twelve varieties, catering to vegans, vegetarians, pescatarians, and omnivores alike.



## Yakitori Yurippi

1/F/6-8 Falcon St, Crows Nest NSW 2065

Yakitori Yurippi brings a taste of authentic Japanese street eating to Sydney and they focus on cooking skewered delights on their charcoal grill which is expertly manned by skilled chefs. This popular eatery offers food in an izakaya style, where a wide range of small plates and sharing dishes are provided in a casual communal sitting. This variety allows diners to sample different flavours and textures, catering to diverse tastes and preferences. If you want some carbs to go with your dinner, look no further than the grilled onigiri, which takes the humble onigiri to a whole new level.



# SOUPEDUP





## Gavroche

40 Reservoir St, Surry Hills NSW 2010

Gavroche pays homage to Parisian bistros and features a solid repertoire of French classics, but we're here for the traditional onion soup. Thick and hearty with an abundance of onion slices cooked until they are perfectly caramelised, it's sure to warm you up. Topped with rafts of Comté melted cheese and crusty baguette, it's made luxurious with the addition of truffles. The ultimate comfort food! If you're going with friends to Gavroche, you may need to order one each because you'll be sure to savour every last drop!

# Kyïv Social

202 Broadway, Chippendale NSW 2008

Kyïv Social introduces home-cooked Ukrainian food to the Sydney community while employing newly arrived refugees from Ukraine. The menu combines authentic dishes handmade daily by a team of Ukrainian grandmothers, and reimagined classics based on sentimental generational recipes. Here they serve beetroot borsht bhaji, which has a sub-continental and Ukrainian twist combining the essence of borscht with shredded beetroot, sliced apple, and carrot in a fried onion bhaji. You can also opt for the delicious green borscht, a light and vibrant take on its beetroot counterpart packed with fresh sorrel and dill.





## Lenny Briskets Deli Diner Bar

3/274-290 Victoria St, Darlinghurst NSW 2010

Lenny Briskets brings the flavours of traditional Jewish cuisine to the heart of Darlinghurst with its delightful matzo ball soup. This iconic dish is a comforting blend of savoury chicken broth, tender chunks of meat and perfectly seasoned - and ginormous! - matzo balls that are light and fluffy yet satisfyingly hearty.

# **Nanjing Dumpling**

6 Little Hay St, Haymarket NSW 2000

Nanjing, located in the Jiangsu Province in Eastern China, is famous for their duck dishes. You can find hoards of diners ordering the most popular dish, the salted duck, a straightforward yet challenging-to-perfect dish with a delicate appeal akin to Hainan chicken. You'll discover an array of other duck dishes that utilise every part of the bird, making sure there's no waste. We highly recommend getting the duck blood vermicelli soup traditional because on top of getting a hearty meal, you can reap the benefits of duck blood that according to Chinese traditional medicine, has curative effects range from promoting circulation to boosting energy.





## Hansang

39-41 Goulburn St, Haymarket NSW 2000

For aficionados of slow-cooked beef and ox-bone soups, Hansang specialises in broths bursting with intense flavours, simmered for three days to triple the collagen content and elevate the soup beyond mere leg bones and water. Known as sagol-gukmul in Korea, it's a compelling reason to queue up on Goulburn Street. You can observe the signature soup bubbling away like a witch's cauldron in the window as you wait – a perfect time to start planning your lunch. There are a myriad of other soup options as well, such as the kimchi stew, soft tofu stew, and samgyetang (ginseng chicken soup). The best part? All the soups come with a serving of piping hot fluffy rice.

## **Temasek**

71 George St, Parramatta NSW 2150

Temasek derives its name from the ancient Javanese term for "Singapore", and their laksa recipe remains true to the laksas that once dominated Singaporean streets decades ago. If you haven't sampled Temasek's Laksa Singapura, it's among Sydney's finest. Rich, aromatic, and spicy like a Thai curry ground in a mortar and pestle, it's bursting with flavour. You can choose between egg or rice noodles, or a combination of both. If possible, it's wise to make a reservation. Temasek tends to be bustling during both lunch and dinner services so you can see why this establishment has thrived since 1992.







# A GUIDE TO SECURING YOUR FIRST JOB!

Entering the job market as a university student can be both exhilarating and daunting, especially in a vibrant city like Sydney. With its bustling economy and diverse employment opportunities, Sydney offers a wealth of possibilities for eager students looking to kickstart their careers. However, finding your first job can feel like navigating a maze, with countless paths and choices to consider. Fear not, though, for with the right approach and guidance, you can set yourself on the path to success. Here's a comprehensive guide on how to find your first job in Sydney as a university student.

#### JOB HUNT CHEATSHEET

#### **CLARIFY YOUR GOALS**

Before diving into the job search process, take some time to clarify your goals and aspirations. Reflect on your skills, interests, and values to identify industries and roles that align with your passions. Whether you're seeking part-time work related to your field of study or exploring opportunities to gain new experiences, having a clear sense of direction will guide your job search efforts.

#### POLISH YOUR RESUME AND COVER LETTER

Your resume and cover letter are your first impressions to potential employers, so make them count. Tailor your resume to highlight relevant skills, experiences, and achievements that demonstrate your suitability for the role. Craft a compelling cover letter that showcases your enthusiasm for the position and explains why you're the ideal candidate. Pay attention to details such as formatting, grammar, and spelling to ensure your application stands out.

#### **UNDERSTAND VISA RESTRICTIONS**

Make sure you are aware of any restrictions on working hours imposed by your student visa. Typically, international students in Australia are allowed to work up to 48 hours per fortnight during the academic semester and full-time during semester breaks.





#### **JOB HUNT CHEATSHEET**

## CONSIDER VOLUNTEER, PART-TIME AND CASUAL WORK TO BUILD EXPERIENCE

As a university student, flexibility is key when it comes to balancing work and studies. Consider seeking volunteer, part-time or casual employment opportunities that offer flexible hours and accommodate your academic schedule. Retail, hospitality, tutoring, and administrative roles are popular choices for students seeking jobs with flexible hours. At UNSW College, we have volunteering and internship opportunities open throughout the year so make sure to keep an eye on our <u>Current Students Website</u> and follow our <u>Instagram account</u> to see when we open up applications! Be proactive in your search and don't hesitate to reach out to local businesses and establishments to inquire about job openings.

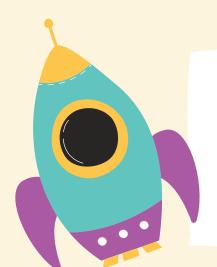
#### UTILISE ONLINE JOB PORTALS AND WEBSITES

Explore online job portals, recruitment websites, and company career pages to search for job openings in Sydney. Websites such as <u>Seek</u>, <u>Indeed</u>, and <u>LinkedIn</u> are popular platforms where employers advertise vacancies and recruit talent. Use filters to narrow down your search based on location, industry, and job type. Regularly check these websites for new job postings and set up job alerts to stay updated on relevant opportunities.

#### **BE AWARE OF SCAMS**

Be cautious of job offers that seem too good to be true or require you to pay money upfront. Legitimate employers will not ask for sensitive personal information (like your passport or bank account details) during the initial stages of the application process. Only provide such information when you are certain of the employer's legitimacy after doing your own research.

Securing your first job as a university student in Sydney requires a proactive and strategic approach. By clarifying your goals, polishing your application materials, leveraging your network, utilising online resources, considering part-time opportunities, preparing for interviews, seeking support from career services, and staying persistent, you can navigate the job market with confidence and land the perfect job to kickstart your career journey in Sydney.



# HOW TO ACE THAT JOB INTERVIEW

So you've taken the tips from the previous pages and scored yourself a job interview? Congratulations! Now, it's time to present your professional self and show the interviewer exactly why you are the perfect candidate. See our tips on how to nail the best first impression and stand out from the crowd.

#### **DO YOUR RESEARCH**



Before you even step foot into the interview room, research the company thoroughly. Understand their values, mission, recent projects. You can demonstrate this knowledge during the interview and show your genuine interest in the company and how you align with their goals.

#### **DRESS FOR SUCCESS**



The saying "dress for the job you want" holds true. Choose professional attire that fits the company culture. When in doubt, it's better to be slightly overdressed than underdressed.

Look up "business casual" or "interview fashion" and get some inspiration on how to look on top of your game.

#### PRACTICE COMMON INTERVIEW QUESTIONS



While you can't predict every question the interviewer will ask, you can prepare for common ones like "Tell me about yourself," "Why do you want to work here?" and "What are your strengths and weaknesses?"

Don't feel like you have to remember an essay's worth of answers to the possible questions though. Keep in mind some dot points that you can use for each answer so that you can expand on them naturally during your interview. It's also a great idea to prepare some examples where you put your skills in action. For example, if you have volunteered and interned at a few organisations, remember to elaborate on the types of tasks you did, and how the experience helped you to grow. Practice articulating your responses clearly and concisely.

#### **ASK QUESTIONS**



If you have anything you're curious about, this is the chance to ask questions about the company culture and their expectations of you. Just as this interview helps the company see if you're a good match, it's also for you to see if you want to be a part of their community. Prepare a few thoughtful questions that show your interest and enthusiasm for the role and the organisation.

# STAY PERSISTENT AND POSITIVE



Job hunting can be challenging, but stay persistent and maintain a positive attitude.

Each interview gets you closer to your goal, and every experience hones your skills and confidence for the next one!



# Volunter Program



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



Meet people outside of your classroom!

**Boost your conversation skills!** 

**Increase your employability!** 





OVERCOME IMPOSTER
SYNDROME AND
EMBRACE YOUR WORTH

Imposter syndrome, that nagging feeling of self-doubt and inadequacy despite evidence of success, is a common experience that affects many individuals, regardless of their accomplishments or abilities.

Whether you're a university student, a professional in the workforce, or pursuing your passions, imposter syndrome can undermine your confidence and hinder your progress. However, with the right strategies and mindset, you can overcome imposter syndrome and unlock your full potential.



#### Recognise and Acknowledge Your Feelings

The first step in overcoming imposter syndrome is to recognise and acknowledge the feelings of self-doubt and insecurity when they arise. Instead of dismissing or suppressing these feelings, acknowledge them as valid but temporary. Understand that experiencing imposter syndrome does not diminish your worth or capabilities—it's simply a common human experience that many people face.



#### **Challenge Negative Self-Talk**

Pay attention to your inner dialogue and challenge negative self-talk that reinforces feelings of inadequacy. Replace self-critical thoughts with positive affirmations and reminders of your achievements, skills, and strengths. Focus on your accomplishments and the value you bring to your academic pursuits, career, or personal endeavours. Cultivate self-compassion and treat yourself with the same kindness and understanding you would offer to a friend facing similar challenges.



#### **Celebrate Your Achievements**

Take time to celebrate your achievements, no matter how small they may seem. Keep a journal or list of your accomplishments, whether it's acing a difficult assignment, receiving positive feedback at work, or mastering a new skill. Reflect on your successes and the hard work and effort you've invested to achieve them. Celebrating your achievements reinforces your confidence and reminds you of your competence and capabilities.



#### **Seek Support and Validation**

Don't hesitate to seek support and validation from friends, family members, mentors, or colleagues when you're feeling overwhelmed by imposter syndrome. Share your thoughts and feelings with others who can offer empathy, encouragement, and perspective. Talking openly about your experiences can help you gain clarity and reassurance, and remind you that you're not alone in your struggles.

#### Focus on Growth and Learning

Shift your focus from perfectionism to growth and learning.

Embrace challenges as opportunities for growth and development, rather than viewing them as threats to your competence. Adopt a growth mindset, believing that your abilities and intelligence can be developed through effort, practice, and learning from mistakes.

Embrace the process of learning, improvement, and personal growth, rather than fixating on external validation or comparison with others.

#### **Seek Professional Help if Needed**

If feelings of impostor syndrome significantly impact your well-being or daily life, consider seeking support from a counselor or mental health professional. They can provide strategies and techniques tailored to help you manage and overcome these feelings.

We also have our wonderful <u>Student Wellbeing Advisers</u> you can book an appointment with to lend an ear and discuss any concerns you have. Know that all conversations will be treated with utmost confidentiality.

In conclusion, overcoming imposter syndrome requires self-awareness, self-compassion, and a willingness to challenge negative thoughts and beliefs. By recognising your worth, celebrating your achievements, seeking support, focusing on growth, setting realistic expectations, and practicing self-care, you can conquer imposter syndrome and thrive in your academic, professional, and personal pursuits. Embrace your unique talents and abilities, and trust in your capacity to achieve success on your own terms.

# Download our new SafeZone app today



Safety in the palm of your hand Super straightforward to use



**Emergency assistance** 

First- Aid assistance

Wellbeing Assistance

**Check In Timer** 

See it? Say It!

**UNSW Shuttle Bus** 





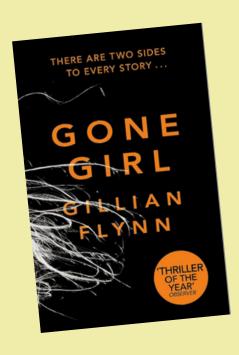
## JULY EDITION

Imagine a shadowy library at midnight, where the air is thick with the scent of old paper and secrets. Flickering candlelight casts dancing shadows on the shelves, and every book is a portal to a new enigma.

Ready to unravel their secrets? Welcome to the labyrinth of mystery, where every clue is a breadcrumb and every twist is a thrill.

This month, let's delve into the Mystery genre!

# **MYSTERY**



#### GONE GIRL

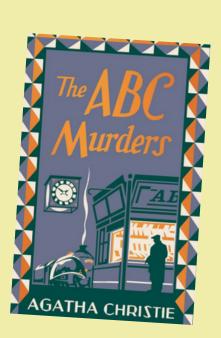
#### Gillian Flynn

On their fifth wedding anniversary, Amy mysteriously disappears from their home in North Carthage, Missouri, leading to a nationwide media frenzy and a police investigation. As clues and revelations emerge, both Nick and Amy's perspectives reveal unsettling truths about their marriage and their true selves. The novel delves deep into themes of deception, media manipulation, and the complexities of relationships, culminating in a shocking and twisted conclusion that challenges perceptions of love, trust, and identity. "Gone Girl" is a gripping exploration of psychological gamesmanship that keeps readers on edge until the very last page.

#### THE A.B.C. MURDERS

#### Agatha Christie

Featuring Agatha Christie's famous Belgian detective, Hercule Poirot, the story begins with Poirot receiving a letter from someone signing themselves as "A.B.C.," announcing a murder that will take place in Andover. True to the letter's prediction, a woman named Alice Ascher is found murdered in Andover, and the method fits the pattern suggested by the letter. As Poirot and his friend, Captain Hastings, investigate, more letters arrive from "A.B.C." predicting murders in various locations, each accompanied by a railway guide with a cryptic railway timetable clue. Follow Poirot as he races against time to prevent the next predicted murder and to catch the cunning and elusive murderer behind the A.B.C. killings.

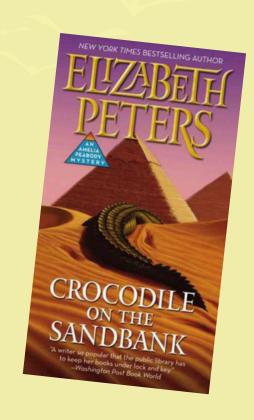


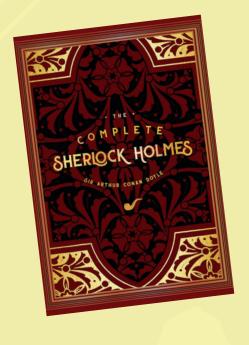
#### CROCODILE ON THE SANDBANK

#### Elizabeth Peters

Set in the late 19th century, the story follows Amelia Peabody, a wealthy and unconventional Englishwoman who embarks on an archaeological adventure in Egypt. Along the way, she encounters Evelyn Barton-Forbes, a young Englishwoman who has recently been orphaned and the enigmatic and dashing archaeologist Radcliffe Emerson, sparking a relationship that is as contentious as it is intriguing.

As they navigate the dangers and intrigues of early 20th-century Egypt, Amelia, Evelyn, and Emerson uncover secrets buried deep within the sands, encountering treacherous individuals and ancient curses along the way.





# THE COMPLETE SHERLOCK HOLMES

#### Arthur Conan Doyle

The Complete Sherlock Holmes is comprised of 4 full-length novels and 56 short stories featuring the worlds most famous pipe-smoking detective.

Written by Sir Arthur Conan Doyle between the years 1867 and 1927, the legendary Sherlock Holmes employed his mastery of deductive reasoning and expert sleuthing to solve an array of complex and harrowing cases. From his home - 221B Baker Street in London - the legendary Sherlock Holmes (accompanied by his loyal companion and chronicler, Dr. Watson) baffled policemen and became famous worldwide for his remarkable observations and even more eccentric habits.



## UNSW Music Society's Performance Night

Join the UNSW Music Society for a spectacular evening of music at their annual Performance Night! This event is MuSoc's highlight of the year, showcasing the incredible talent of their members across various musical genres.

The program features a mix of well-known pop songs, classical instrumental pieces, musical theatre songs, jazz standards and a range of contemporary styles. The performance has a run time of roughly 2 hours, including a 10 minute interval.

Doors open 15 minutes before the performance, and you are free to choose your seat upon arrival so arrive early if you want front row seats!

Don't miss this opportunity to enjoy a diverse array of musical performances and support the talented members of MuSoc!

<u>Get your tickets</u> early to save on admission, but rest assured that tickets will also be sold at the door on the night.

## Alumni Talks: Academia vs Industry

You are invited to an enlightening evening at UNSW Sydney's Alumni Talks: Academia vs Industry! This event promises a captivating Q&A panel featuring esteemed alumni who have excelled in both academic and industry settings. They will share invaluable insights, discussing everything from groundbreaking research to its real-world applications.

This is a unique opportunity to hear firsthand accounts and anecdotes that bridge the gap between academia and industry, offering perspectives that are both insightful and practical. Whether you're a student, researcher, or professional, the discussions are sure to broaden your understanding of how knowledge translates into action.

To add to the excitement, the first 20 attendees will receive a small welcome gift, so be sure to arrive early! Additionally, there will be lucky door prizes awarded during the event. Mark your calendars and we guarantee that you're in for an engaging evening of learning and networking.







# Keep moving this winter

As the cold start to reach your fingertips and toes, it can be a challenge to leave the comfort of your bed. however our health and wellness editor soutara is here to tell you why it's important to stay active even during the frosty season.

With winter well and truly here, it can be hard to find the motivation to stay active. I am usually an early bird and go to the gym before work, and even I've been struggling! I know it can be hard to find your groove and get into a routine, particularly in winter when it looks so gloomy outside. It is just too easy to feel like wanting to stay in bed all day. I'm here this month to share with you some super easy ways you can stay active this winter – there are so many benefits to exercising in winter, such as the fact it boosts your immunity during the cold and flu season or that it improves your endurance! Just don't forget, cold muscles mean a greater risk of strains and injuries so make sure you warm up properly before jumping into any sort of exercise in winter! I'll also share with you some simple ways to incorporate more movement throughout your day if you're short on time. Each of my suggestions will revolve around being indoors so that you can stay out of the cold if you prefer, but also so you have options when it's raining.

#### INDOOR SPORTS

The best way to have fun exercising is always with a group of friends! The <u>UNSW Fitness & Aquatic Centre</u> have basketball, squash and badminton courts available to hire so why not organise court hire with your friends as a break between or after class! Another great option is checking out local sports facilities. The City of Sydney has a <u>list of sports facilities</u> close to the city, otherwise you can easily search for your local council's facilities online.

#### TRIAL A GYM

Why not research some local gyms? Many gyms provide free trials, so I recommend trialling a few different gyms to see if you find one you feel comfortable at and like the vibe of. It may take some time to feel completely comfortable but you will know pretty quickly if the gym is the right fit and vibe for you. After moving to Sydney at the start of the year, it took me some time to find the right gym for myself. A lot can impact how comfortable you feel, from the size of the gym, the friendliness of staff, the equipment and so on. Starting at a gym means that you can always have ar indoor option for exercising. You don't have to go straight to the weights and machines. You can always utilise the gym for things like the treadmill, rowing machines or stationary bikes!



#### VIRTUAL WALKS/RUNS/CYCLES

A great way to make using a treadmill or stationary bike more enjoyable is to play virtual videos while you walk/run/cycle. A quick search on YouTube will provide you with plenty of videos to choose from: <u>walking</u>, <u>running</u>, cycling. If you've chosen cycling, you could even play a virtual walking or running video too if you prefer!

#### **HOME WORKOUTS**

Thanks to Covid, we're all familiar with home workouts and how easy they can be. There are plenty of videos you can find online with just a quick Google search such as <u>Juice & Toya</u> and <u>Evolve Functional Fitness</u>. Many of these videos you don't need equipment for, and if you decide you want to buy some equipment, check out what Kmart has to offer for cheap! As a quick study break – even a brisk walk of a few laps around your home will help! If you have stairs, walk up and down the stairs a few times going a little faster than usual to get your heart rate up. If you live in an apartment, try taking the stairs instead of the lift to add in some extra movement throughout your day too.

#### YOGA

Yoga is a great, low intensity option to incorporate some movement and exercise into your days. Yoga is also helpful with mindfulness and reducing stress, perfect for all of you as busy students! Check out MindBody to search for yoga studios near you! All you need to do is click this link then change the suburb to near where you live. Yoga with Adriene has some great yoga videos on YouTube, and there are plenty of 10-20 minute options too if you're a short on time. You don't need much room to do yoga at home, with many yoga sessions able to be completed in your own bedroom if you really don't have much space. If you don't have a rug or carpet in your home to practice yoga on, you can find cheap yoga mats from Kmart which will do the trick!

I hope that at least one of these suggestions is something that feels achievable for you. If not, try putting yourself out of your comfort zone with a friend and give it a go – you might surprise yourself!







# EXP +13 (2)

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

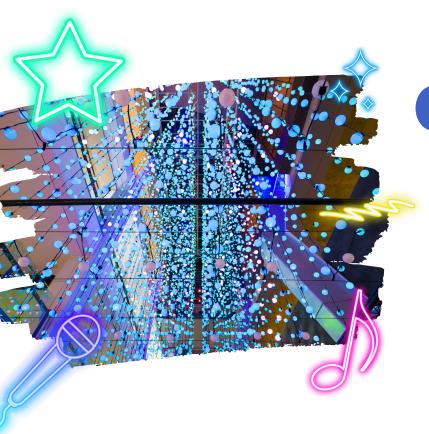
#### Run Like The Wind

The Sydney Marathon presented by ASICS is one of the most well-known scenic marathons that happens here in Sydney. Volunteering for this marathon was one of the best things that I did in Sydney after arriving here as an international student. I was able to make a new bunch of friends while volunteering as many other young students were participating in this event as part of their extra-curricular activities. It was during the summer time when I volunteered, and the heat was a bit hard to withstand but the exciting atmosphere of the marathon made it easier to forget about the blazing sun.

**READ MORE** 







# **EXP +14**

#### Light Up the Dark Night

As a first timer in Sydney, seeing Vivid Sydney has become the epitome of a light show festival for me. I have never seen a light show on a scale this big anywhere else that I have been to. The light show happens all over Sydney CBD, from Circular Quay to Darling Harbour, and you can literally see the Opera House illuminated like a canvas with moving art projections. I went to Vivid with my friends as it was more fun for all of us to share excitement of seeing the installations together. We got to see the Harbour Bridge light up with moving graphics which made it seem like we were watching live painting.

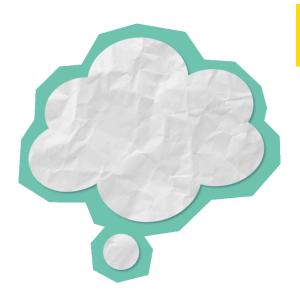
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# Contact Us



# 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

#### **Credits**

**Editors:** 

Vivian He Nazifa Nabi Olivia Ketheesan

Health and Wellness Editor: Soutara Potter