

In The Know

The Wintertide Edition



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Editor's Note

Brrrr, I think all of Sydney have felt the recent drop in temperature! I don't think I can leave my house anymore without a scarf and my HEATTECH innerwear from UNIQLO. On the bright side, cold weather means the ideal excuse to stay at home and cuddle up with your blanket, so this issue is bringing you activities you can do from the comfort of the great indoors!

Why not buy yourself a beautiful notebook and start putting pen to paper all that's flowing throughout your head? Journaling can be such an amazing way to reflect on what's been going on in your life, as well as getting in touch with your emotions.

If you're a bookworm, or want to increase your reading skills, we have a new section called "Books of the month" where we recommend a few titles from a certain genre. This month is "Fantasy" so you can hop into another world without even taking a step outside!

Stay warm,

Vivian He
In the Know Editor
UNSW College

Highlighted events



Whale Watching Cruise

More than 40,000 humpback and southern right whales make their way along Sydney's coastline in their annual migration from Antarctica to the warmer waters of the Pacific during these few months. This means that it is peak whale watching season and there are excellent vantage points where you can see these giants of the deep at play. In NSW, it's common to see humpback whales, southern right whales and dolphins, but you may also spot orcas, blue whales, minke whales and sperm whales. Whales often cruise close to shore, so they are easy to spot, and have even been known to pop up inside Sydney Harbour. The cliff-top walking trails from Bondi to Coogee and the Federation Cliff Walk from Dover Heights to Watsons Bay also offer fantastic viewing opportunities.

Sydney Con Jazz Festival

The Sydney Con Jazz Festival is a collaboration between Sydney Conservatorium's Jazz unit, the Conservatorium Open Academy, and the Sydney Improvised Music Association. Their concerts are uniquely acoustic in a world where amplification and volume are increasing, and with 26 concerts (and almost 140 musicians!), the Festival literally has something for everybody. From cutting-edge new commissions and international debuts to the electric sounds of our café stage, this entire event is housed in a world-class venue.

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





What's on in JUNE

See what's happening on at College!



WINTER FESTIVAL

5pm - 8pm
Courtyard, L5 Building



BOOMERANG PAINTING

12pm - 5pm
Room 131, L5 Building



BIKE N BLEND

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

PLAYSAFE ACTIVATION DAY

11am - 2pm
Courtyard, 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

IYKYK (If You Know You Know)

Sharing some of Sydney's best eateries!

Kariton Sorbetes

173 Burwood Rd, Burwood NSW 2134

Ice cream is a beloved treat enjoyed year-round, regardless of the weather. However, many people find that ice cream tastes particularly delicious during cold weather! Swing by Kariton, which has recently opened their second store here in Sydney and house flavours inspired from all over Asia (think matcha gelato with azuki bean paste, Yakult-flavoured scoops, or the rose-coloured Bandung option). With the playful options consistently selling out 48 hours after they're churned, it's some of the freshest – and, in our opinion, most fun – gelato available.

Open Sesame

Shop CQT.08/180 George St, Sydney NSW 2000

Get your fix of authentic Arabian cuisine at Open Sesame, where you can order hearty shawarma wraps, the best falafel, a mix dip platter, grilled meats and so much more. Your eyes will also be stimulated with the different colours that adorn your food, so don't forget to snap a picture before digging in! On sunny days, we suggest you order your food to-go and walk less than a minute to Circular Quay and dine with a view of our famous Opera House and glistening waterfront.



plant-based



Bad Hombres

40 Reservoir St, Surry Hills NSW 2010

Anyone who thinks veganism isn't enjoyable should update their out-dated thoughts and go to Bad Hombres right away. What began as a Mexican-Chinese mash-up with a 60% vegetarian menu has now gone completely vegan. Begin with a quesadilla of kale and zucchini blossom with a hint of chilli spice and extra limey guacamole. There's also an exceptionally crisp, unmistakably corn-flavored tostada with a sweet creamy kumara puree sauce and a silky tangle of Japanese mushrooms on top. Blue corn tortillas bring the deep, underground flavours of Jerusalem artichokes and artichoke puree to your face, leaving you craving an additional lime cheek to add some zest to the earthy vegetables.

Buddha Bowl Cafe

Shop 1/52-60 Enmore Rd, Newtown NSW 2042

Buddha bowls, not salads, reign supreme at this Inner West wholefood cafe. As the name says, the menu includes seven plant-based lunch bowls that are both nutritious and delicious. The classic Buddha bowl is a colourful combination of tomato quinoa passata, roasted sweet potato, kale salad, black-brown rice, sauerkraut, and carrot and beetroot hummus. However, the warm falafel waffles in the Bedouin bowl with creamy herbed tahini dressing are the reason to go. For the cooler months, head inside for comfortable indoor dining, which is an eclectic mix of high and low tables with greenery blooming from hanging plants and centrepiece table pots.



Yellow

57 Macleay St, Potts Point NSW 2011

If "Dune" and "Challengers" Zendaya came to dine here during her time in Sydney, then you know this isn't just any run-of-the-mill restaurant. Unlike other vegetarian places, Yellow didn't choose to go this route based on ethics. It's simply about making vegetables taste incredible. Each plate here champions locally grown produce, so expect neat-looking plates with seemingly simple combinations such as fermented pumpkin, pepitas and persimmon; broccoli, mustard and native lime; and eggplant, corn and black garlic. For those who enjoy a little sip with their meal, Yellow also offers vegan-friendly wines.

Kindness Vegan Kitchen

248 Palmer St, Darlinghurst NSW 2010

At Kindness Vegan Kitchen, they believe that a diet that's healthy for your body and your mind should be built around wholesome, fresh foods. For any lifestyle to be sustainable, it needs to be enjoyable and make you feel good. All of the food is made with fresh, quality fruits and vegetables. Moreover, their curries and stir-fry sauces are homemade, gluten-free, and free from animal products.



Funky Pies

2/144-148 Glenayr Ave, Bondi Beach NSW 2026

Australia is home of the humble meat pie. And we sure are proud of it. It's the ultimate comfort food. While you can't go wrong with the staple meaty morsel, as long as the filling is delicious then that's all that matters. Funky Pies sports over ten vegan fillings that'll speak straight to your soul. Whatever you pick, we promise they'll deliver those warm toasty feelings that you've been craving. If being a 100% vegan pie outlet isn't impressive enough, they also contribute a percentage of their profits to several charities that are also helping make this planet a friendlier place.

Miss Sina

132 Illawarra Rd, Marrickville NSW 2204

Gluten-free, vegan and plant-powered, Miss Sina bakes their goodies in-house every day (just follow their Instagram to see owner Sina Klug hard at work even at 4am prepping the ingredients). Klug was even featured on this year's TV show "Food Stars" which was hosted by world famous chef Gordon Ramsey and the founder of Boost Juice, Janine Allis. To minimise waste, the Miss Sina team uses veggie scraps to make cauliflower leaf pate, and cabbage stems for homemade kimchi. The staff's latest experiment was using ginger peel for their in-house ginger beer.



THE POWER OF JOURNALING

A Gateway to Self-Reflection and Connection

In today's fast-paced world, where distractions abound and time seems to slip through our fingers, it's easy to lose touch with our inner selves. Amidst the hustle and bustle of daily life, finding moments of quiet reflection can feel like a luxury. Yet, amidst this chaos, there exists a simple yet profound practice that has stood the test of time: journaling.



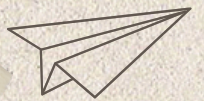
Journaling serves as a mirror to our thoughts and emotions. By writing down our experiences, fears, hopes, and dreams, we gain insight into our inner world. Through the act of putting our thoughts into words, we clarify our feelings and gain a deeper understanding of ourselves. Whether we're grappling with a difficult decision, processing a challenging experience, or simply pondering life's mysteries, journaling offers us a safe space to explore and make sense of our inner landscape.



Moreover, journaling provides a sense of continuity and perspective amidst life's ebb and flow. As we document our thoughts and experiences over time, we create a narrative thread that connects past, present, and future selves. Looking back on previous entries allows us to track our growth, celebrate our achievements, and learn from our mistakes. It's a reminder that our journey is ongoing, and that each moment, no matter how small, contributes to the tapestry of our lives.

Furthermore, journaling can serve as a bridge to connect with others on a deeper level. Whether through sharing our writings with trusted friends or joining a community of fellow journalers, we can find solace and support in knowing that we're not alone in our struggles and triumphs. In this way, journaling becomes not only a personal practice but also a communal one, fostering empathy, understanding, and connection in an increasingly introverted and digitalised world.

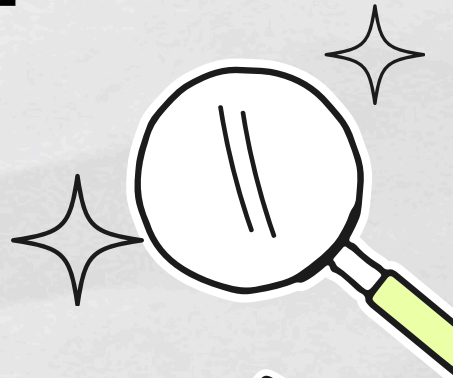
In conclusion, journaling is a powerful tool for self-reflection and connection with our thoughts. By providing a space to explore our inner world, document our experiences, and cultivate a deeper understanding of ourselves, journaling empowers us to navigate life's complexities with clarity, resilience, and grace. So pick up your pen, open your heart, and flip to an empty page. It may just lead you to discoveries and realisations beyond your wildest dreams.



THRIFTY IN THE CITY

HOW TO STRETCH YOUR DOLLAR IN SYDNEY

G'day, mate! Being a student in Sydney is an absolute ripper of an experience, with its stunning beaches, vibrant culture, and endless career opportunities. But as with living in any iconic city, it's important to know how to manage your finances so you can explore this beautiful country and spend time on your studies and hobbies with ease. We've rustled up some fair dinkum tips to help you take your hard-earned cash as far as it can.



1 OP SHOPS GALORE

Chuck on your sunnies and hit up the op shops! You'll find some crazy bargains on clothes, furniture, textbooks and even designer items. It's also a great way to give pre-loved items another chance at life, and just imagining who might've owned a item before you is always fun!



2 STUDENT DISCOUNTS

Keep an eye out for promotions in-store where students can receive discounts from showing their student card! From public transport to cinemas, museums, and even some cafes, there are heaps of places that offer sweet deals, so take advantage of being a university student!



3

COOK UP A STORM

While it can be hard to pass up the allure of eating out, embrace your inner MasterChef and cook for yourself at home. Even just knowing the basic skills of cooking is an incredibly useful strength to have, and you'll be surprised how much you can impress your friends by whipping up a dish for them.



4

SHARE THE LOAD

If you live with roommates, on top of splitting the rent, this is also an opportunity to share the burden of living away from family. From groceries to household essentials, team up with your housemates to buy in bulk and take advantage of those bulk-buy discounts. Plus, it's always more fun to cook and clean together.



5

BUDGET LIKE A BOSS

Set yourself a budget and stick to it like glue. Keep track of your spending, look for ways to cut costs, and treat yourself occasionally - because let's face it, you deserve it!



6 TIME FOR LEG DAY

Sydney has a range of convenient options to travel such as buses, light rails and trains. But if your destination is a reasonable distance away, why not try walking or cycling? Even if you choose one day each week to replace public transport with going on foot, it's a great way to naturally incorporate exercise into your day.



7 FREEBIES AND CHEAP THRILLS

Sydney is bursting with free and cheap things to do. Whether it's chilling at Bondi Beach, exploring the Royal Botanic Garden, or checking out the local markets, there's always something going on that won't cost you a cent. Soak up the culture without breaking the bank.



Living in Sydney as a student might be pricey, but with a bit of know-how and some fair dinkum Aussie ingenuity, you can save money without missing out on all the fun. As long as you do a little bit of research and scout out the offerings available, you too can save like a true blue Sydneysider!





UNSW College

LOOKING
TO MAKE NEW
FRIENDS?



SCAN THIS
QR CODE

JOIN THE VOLUNTEER PROGRAM!





BOOKS OF THE MONTH

JUNE EDITION

Welcome to the wondrous world of books, where each cover is a portal to a universe waiting to be explored, where imagination knows no bounds.

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

So grab a cozy seat, a steaming mug of your favourite beverage, and let's jump on a literary escapade that will transport us to places both familiar and fantastical!

FANTASY

THRONE OF GLASS

Sarah J. Mass

Reading level: ● ● ○ ○ ○

Enter the realm. Unleash the darkness. Live the legend.

In a land without magic, an assassin is summoned to the castle. Celaena Sardothien has no love for the vicious king who rules from his throne of glass, but she has not come to kill him. She has come to win her freedom. If she defeats twenty-three murderers, thieves, and warriors in a deadly competition, she will be released from prison to serve as the King's Champion.

But something rotten dwells in the castle – and it's there to kill. When her competitors start dying mysteriously, Celaena's fight for freedom becomes a fight for survival and a desperate quest to root out the evil before it destroys her world.



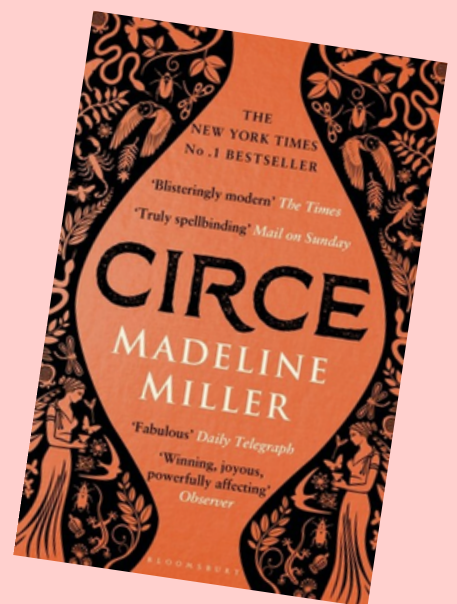
CIRCE

Madeline Miller

Reading level: ● ● ● ○ ○

In the house of Helios, god of the sun and mightiest of the Titans, Circe, a strange and mediocre daughter is born. Scorned and rejected, she grows up in the shadows. But Circe has a dark power of her own – witchcraft. When her gift threatens the gods, she is banished to the island of Aiaia where she hones her occult craft, gathering strange herbs and taming wild beasts. Yet a woman who stands alone will never be left in peace for long and among her island's guests is an unexpected visitor, the mortal Odysseus, for whom Circe will risk everything.

So Circe sets forth her tale, a vivid, mesmerizing epic of family rivalry, love and loss the defiant, inextinguishable song of woman burning hot and bright through the darkness of a man's world.



THE POPPY WAR

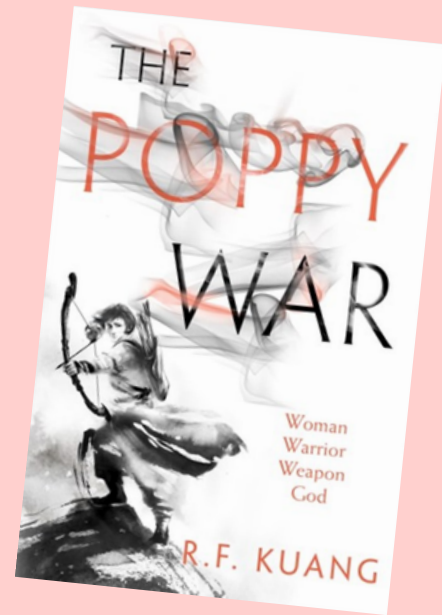
R. F. Kuang

Reading level: ● ● ● ● ○

When Rin aced the Keju – the test to find the most talented students in the Empire – it was a shock to everyone. Finally free from servitude, this war orphan from Rooster Province was able to pass without cheating and got admitted into Sineward – the most elite military school in Nikan.

However, being a dark-skinned peasant girl is not an easy thing at Sineward. Fighting the prejudice of rival classmates, Rin discovers that she possesses a lethal, unearthly power – shamanism. Exploring the depths of her gift with a seemingly insane teacher, Rin learns that gods long thought dead are very much alive, and that mastering these powers could mean more than just surviving school.

For while the Nikara Empire is at peace, the Federation of Mugen still lurks across a narrow sea. The Federation occupied Nikan for decades after the First Poppy War, and only barely lost the continent in the Second. And while most people calmly go about their lives, a few are aware that a Third Poppy War is just a spark away.



PERCY JACKSON AND THE OLYMPIANS

Rick Riordan

Reading level: ● ○ ○ ○ ○

Half boy. Half God. All Hero.

Look, I didn't want to be a half-blood. I never asked to be the son of a Greek God.

I was just a normal kid, going to school, playing basketball, skateboarding. The usual. Until I accidentally vaporized my maths teacher. Now I spend my time battling monsters and generally trying to stay alive.

This is the one where Zeus, God of the Sky, thinks I've stolen his lightning bolt – and making Zeus angry is a very bad idea.





RESPECT WEEK

TUESDAY 4 – SATURDAY 8 JUNE

Acknowledging that we all have prejudices that we must overcome gives us invaluable opportunities to consider different perspectives and have a tonne of fun while we're at it!

No matter where you are in your journey, we can all learn more about others' experiences and how to be better people ourselves! Click [Attending now!](#)



OPEN MIC

WEDNESDAY 5 JUNE

In collaboration with MUSOC, Roundhouse is bringing back Open Mic! Join us in the Beer Garden from 5pm – 8pm on to watch your fellow students perform!

It's going to be a massive night of music and awesome talent! Click [here](#) to sign up!

Please note that this is an 18+ event due to the presence of alcohol.

ACROSS THE ROAD

How well do you know your campus?



Through the Student Lens: Graduate Narratives

We'll be shining the spotlight on some of our latest student graduates.



Give it up for Hnin Myat (Sandy) Thazin

2023 B STD GRADUATE

Hello everyone, I'm Sandy from Myanmar. First and foremost, I would like to congratulate each and every one of us here. Like some of you here I did the Commerce Standard Foundation program and oh boy was it a roller coaster ride. There were many ups and downs, challenge weeks, assignments, exams, group project and other fun memories.

I had a great time studying this course in Sydney though of course every now and then things get very stressful, but we somehow made it out alive and well so that's good. These past 9 months at times felt never ending but looking back now I've learned so much and grown a lot as a person.

Moving to a whole different country was difficult, and it still is sometimes. Man, I can never figure Sydney public transport but it keeps me on my toes. I got to meet people from different backgrounds and have learned more about different cultures.

I don't think I could've done it without the help of my friends and teachers. So on behalf of my fellow students, I would like to thank all our teachers for helping and guiding us throughout this journey, thank you for patiently answering all our questions, for giving us the confidence to 'just go for it'. And of course, I need to give a special mention to Deborah for being so patient and kind and making English as fun as it gets. Also special thanks to Peter, Priscilla, and Kavitha.

Of course, this program was not all about the academics and the studying there was exploring Sydney, making friends, socialising, learning new skills. For me the best takeaway from this would definitely be my friends. They were my support system here in Sydney, I think it's really important to appreciate those who supported us through our hard times so thanks Zac and Dana.

After today I think it doesn't matter where you go in life, whether you plan to go to UNSW or any other universities, whether you do diploma or you repeat foundation or work. The one thing I want you to take away from this is the good memories you made, the friendships you made and just learn from your mistakes and try not to repeat them in the future. Once again congratulations everyone for completing your programs and your exams and all the very best as you continue on your journey. Thank you very much.



Say congratulations to Shiwei (Shea) Wang



2024 AEP UEEC GRADUATE

It's finally time for me to celebrate. My name is Shea, a student in U10-28. I'm Chinese and my hometown of Maotai is located in the Guizhou province. I had worked for four years before returning to studying. So, compared with many classmates, I am old, just a little old. Due to being away from English for a long time, I was worried about my future studies and life in Australia. This was a main reason why I chose to study UEEC.

As we all know, major law requires you to read a lot of cases and write good legal documents. Therefore, in the study of UEEC, my favorite part was learning how to write essays. I chose the field I was interested in which is Intellectual Property Law. For this essay, I started to look at the kinds of literature published within the past five years. I began to use the reading skills I learned in UEEC to quickly locate the content I needed and highlight it, write in a standardised format, and check my grammar, check my in-text citation and reference list according to Harvard referencing. At last I completed the 800-word final essay. It sounds like a very fulfilling process, right?

Then, I totally lost interest in Intellectual Property Law after that.

I'm kidding. Actually, it makes me want to know more about my major and what I need to do in my future studies. About my future, I can't wait to start studying Law at UNSW, and of course, I will study hard to make it worth my money. At the same time, I will actively participate in the networking activities organized by the school and strive for some internship opportunities.

Finally, congratulations on your completion of the UEEC exams and program, I hope you can gain something in Sydney, whatever knowledge or other, as everything has an irreplaceable value, and your own feelings are very essential.

We did it! Thank you.



Hats off to Keyu (Akshan) Fu



2024 AEP UEEC GRADUATE



My name is Akshan, and it's truly an honour to stand before you today and share some reflections from our time in the UEEC class.

Before I start my speech, I want to congratulate all of you on completing your exam and program, and I'd like to show my appreciation to several people. Thank you, Tracy, I'm not sure if you still remember me, but your first feedback in UEEC-15 really encouraged me a lot. Thank you, Rod, I'm pretty sure you still remember me because the last time I met you in the elevator you gave me a wink. Madison, you are a fantastic actor. Thank you for teaching us in a really active way. Furthermore, Fiskin, the great artist in the UEEC course. Thank you for valuing us as a treasure even though there were times we disappointed you. Finally, Hash Lee, my best friend. Thank you for your contribution to my speech draft.

Three and a half months ago, each of us embarked on a journey with a shared dream: to study in Australia. Initially, perhaps like many of you, I viewed the UEEC course as a stepping stone, a mere pause before entering UNSW. I imagined it as a brief respite, a holiday of sorts, where success would come effortlessly, allowing us to bypass the daunting IELTS or PTE tests.

However, reality hit us like a tidal wave. The workload was staggering, the pressure immense, and the academic rigor, unlike anything we had encountered before, left us reeling. Our initial perceptions were shattered, replaced by a stark realization of the challenges ahead.

Have you ever found yourself on the brink of collapse, wrestling with an Annotated Bibliography late into the night, struggling to decipher the author's cryptic prose? The memory may haunt you for years to come and wake you up from a nightmare: "Annotated Bibliography! Oh, it's okay, it's just a dream..." Yet, amidst the exhaustion and frustration, we must pause to reflect: why did we choose this path?

We chose it because we dream of joining the ranks of excellence and pursuing knowledge at one of the world's premier institutions. How dare we think of becoming a member here as such an easy thing? Former U.S. President Kennedy delivered a speech to show American inhabitants if they should support the Lunar Exploration Project although it cost a lot. He proclaimed, "We choose to go to the moon not because it is easy, but because it is hard." Similarly, our decision to pursue education at UNSW demands courage and perseverance. This will be another mountain in our lives waiting for us to climb over.

Some of you may ask: why? Why don't we just make a little effort and console ourselves that it's okay, we've tried our best. Before the famous British explorer Geoge Mallory wanted to try to conquer Mount Everest, the reporter asked him the same question: "Dear Mr. Mallory, why did you choose to challenge that mountain, you may lose your life!" And his answer was very simple: "Elementary, my dear, because the mountain is there."

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Emergency assistance

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Wellbeing Assistance

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See it? Say It!

UNSW Shuttle Bus

unsw.edu.au/safezone



Winter Warmers

Temperatures are set to drop further and further as we head into first clutches of winter. But how do we keep ourselves warm, and not just externally? Keeping the blaze of our internal hearth alive is just as important as popping on your favourite jacket, and so our Health and Wellness Editor Soutara is here to tell you how to tend to your inner fire.



At the time of writing this article, I've been experiencing some really cold mornings and nights at home. You know how the weather app has the 'feels like' temperature? Well this morning it said 'feels like 1 degree' when I was leaving for work! I've honestly been struggling to get used to staying warm, especially when I don't want to be cranking the air con on full blast all day and hiking up my electricity bill! So, I thought why not write my article on the topic of 'winter warmers'. But, I'm making it food edition, because I think it's great to be able to continually learn about the health benefits of different ingredients and how we can cook and eat them! While they may not necessarily be 'warm meals', they can all be enjoyed while wrapped up in our cosiest tracksuit pants, jumper and socks! Don't forget; there are so many other foods out there that are just as nutritious, I'm simply sticking to some quick & achievable options for you to start with!



ROOT VEGETABLES

Many root vegetables are great for boosting your immune system, such as beetroots, carrots sweet potato and ginger. The best thing is, so many of these are super easy to add to your meals! Ginger can be added to most meals such as stir fries, soups, stews and even your tea! Beetroots, sweet potatoes, and carrots can be added into salads or roasted to have as a side with your dinner. You could even make sweet potato chips in the air fryer, or cut up some carrot sticks to have with some hummus as an easy snack! You could even try adding some beetroot, carrot and ginger to a juice if you have a juicer or stop by somewhere for a fresh, healthy juice!

FRUITS

I'm sure you all probably know that citrus fruits are high in Vitamin C, meaning if we consume enough of the vitamin, we experience reduced symptoms and severity from the common cold! Berries are also a great source of Vitamin C too, and a cheap alternative to buying them fresh during winter is a packet of frozen berries! I love adding them to my yoghurt daily, and another great option is adding it to your water (of course, this wouldn't provide as many vitamins as actually eating the berry!).



BREAKFAST

Yes, I am making breakfast a heading because it is such an important step in starting your day right! I have recently rediscovered oats, and have been enjoying these [hi-fibre oats](#) which you can find in any supermarket. It's a great option for winter, because it is a slow-release breakfast meaning you'll stay fuller longer and will snack less with 'comfort foods' like chocolate! I love adding my milk and then warming it in the microwave so it's nice and warm of a cold morning.

If you find oats a little too plain, a great option is adding some fruit like dates or apples to it. I usually get lazy and don't want to cut an apple, so I add frozen berries to it before I put it in the microwave. This way, the juice from the berries adds a little flavour plus I get all the great nutrients from the berries too!

Another great alternative is Weet-Bix, which I also enjoy having with banana! If you have more time in the mornings, having eggs and toast is another way to fill yourself up of a morning. Plus, eggs contain Vitamin D which is great for winter where you might find yourself not getting outdoors as much!



So, now that I've gone through a few different options for you, why not try out some of these recipes below?

- [Breakfast recipes using eggs](#) – check out this link for endless breakfast options that include eggs.
- [Overnight oats](#) – this recipe is great for giving you the base, and leaves you free to choose whatever toppings you like! I love adding green apple and peanut butter to mine!
- [Sweet potato chips in the air fryer](#) – this recipe really shows just how easy it is to do this with an air fryer!
- [Warm beetroot salad](#) – a warm veggie salad is a favourite for me in winter, and it's super easy to cook the veggies in the air fryer if you don't have access to an oven.

Remember, your body uses more energy to stay warm, so it's important to keep making sure we fuel our bodies the right way in the colder months! Not only to keep us going, but to keep our immune systems strong and able to fight off the cold and flu season!

*Love,
Santara*



★ CHECK THIS OUT ★

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



Allyship within the
LGBTQIA+
Community



View all Health and
Wellbeing support
articles

EXP +11

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

A Mother-Daughter Travel Diary Through Thailand

After the end of my second term of my program, the term break was giving me a sign to go on a vacation somewhere close to my home country. After the end of my second term of my program, the term break was giving me a sign to go on a vacation somewhere close to my home country. I asked my mum for some recommendations and she suggested we take a trip to Thailand for some much-needed mother-daughter time and spend it like a retreat for the both of us. I immediately said yes to the vacation somewhere near the beach as that was what I needed.

READ MORE



EXP +12

Memories of Eid

One of the biggest celebrations for the Muslim community all over the world is known as Eid. The noteworthy events on Eid are the Eidi (the tradition of gifting cash to children and families members by older relatives or family friends), the mouth-watering homemade dishes including sweet rice desserts, ketupat, biryani and knafeh, visiting friends and extended family, wearing the special outfits bought for this occasion and so much more. My favourite part about Eid is the happy atmosphere that you have when your close ones visit your place.

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)



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