

UNSW COLLEGE

Mar 2024

In The Know

The Transition Edition



Contents



Page 2 Highlighted events

Page 3 What's on this month at College

Page 4 Around the grounds

Page 7 Sydney Gay and Lesbian Mardi Gras

Page 10 Snug and Smiles: Cozy activities to brighten your days

Page 13 Comical College

Page 14 International Women's Day

Page 16 Across the road

Page 17 Through the Student Lens: Graduate Narratives

Page 22 Season Transitions

Page 25 College Chronicles: A Series of Student Adventures

Editor's Note

And just like that, the hot and humid weather have finally start to clear to make way for the cool autumn breeze – a warm welcome shared by most I would like as this past summer was a ripper!

Now is the time where tucking into bed and snuggling into more cozy and warm clothing becomes the highlight of each day, and it can be easy to lack the motivation to do anything as the temperature and sunlight decreases. That is why this issue is packed with advice and new recommendations on how to make the best out of the gloomy autumn weather and put your own fun spin on the new season!

Vivian He

In the Know Editor
UNSW College

Highlighted events



Ramadan Night Markets

Prepare for the return of one of Sydney's most beloved cultural events – Ramadan Nights Lakemba! Following its massive success with over 1.4 million attendees in 2023, this award-winning event has earned its status as a state-significant celebration. From Saturday 9 March to Monday 8 April, the vibrant suburb of Lakemba will come alive every Thursday to Sunday from 6pm until 3am. Immerse yourself in the month-long global food bazaar, a spectacular culinary showcase during the sacred month of Ramadan. Whether you're breaking your fast or exploring new gastronomic delights, Ramadan Nights will be home to over 65 food stalls, this event promises an unmatched atmosphere for food and cultural enthusiasts alike.

The Art of Banksy Without Limits

Get ready for a season of sensational art as Sydney Town Hall hosts The Art of Banksy: Without Limits exhibition, where over 150 works will be showcased. The exhibition, known for its immersive installations, will feature a dazzling 'Infinity Room' of mirrors, a simulation of Banksy's 'Dismaland Bemusement Park,' and a room displaying seven new murals created by Banksy in Ukraine. Explore the incredible world of Banksy's art and join the spirit of activism, even trying your hand at spray-painting your own T-shirt by donation.





What's on this month

See what's happening on at College!

MAR
1

Paint Break Activity

11am - 4pm
Room 131, L5 Building

MAR
2

SRC Hops to: Manly

9:30am - 3pm
Manly Beach

MAR
7

Games Afternoon

12pm - 5pm
Room 131, L5 Building



MAR
8

International Women's Day

Whole day
L5 Common Room/Courtyard

MAR
13

Sports Afternoon

1:30pm - 3:30pm
Kensington Oval



MAR
14

Boomerang Painting

12pm - 5pm
Room 131, L5 Building



MAR
16

Museum Tours

10am - 1pm
Sydney CBD



MAR
20

Aussie Slang Workshops

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

MAR
22

Bike n' Blend

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

MAR
23

Taronga Zoo Excursion

10am - 3pm
Bradleys Head Rd, Mosman



MAR
28

Bike n' Blend

12:30pm - 2:30pm
Courtyard, 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!



Shalom

Shop 3-4/299 Sussex St, Sydney NSW 2000

If you consider yourself a lover of spicy delights, Shalom is the perfect destination to satisfy your chili cravings. Indulge in the fried chicken drenched in fresh chili sauce, boasting a formidable layer of chili paste and seeds that promises both pleasure and a touch of pain. Beyond the fiery offerings, Shalom presents a variety of Indonesian favorites, including the rawon buntut black oxtail soup with a rich broth infused with cloves and nutmeg. For a milder option, savour skewers of lamb and chicken satay smothered in a delectable spicy peanut sauce.

Erciyes

409 Cleveland St, Surry Hills NSW 2010

Named after one of the tallest mountains in Turkey, Erciyes opened its doors in 1985 as a small takeout selling mainly kebabs, pides, dips and bread. The traditional Turkish menu today closely mirrors the one that delighted customers from the first day they opened. A standout favourite is the specialty kiymali pide, brimming with a delightful mix of ground beef, onion, tomato, capsicum, parsley, and aromatic spices. The dough, a crucial element of its success, is freshly prepared every hour. Another irresistible treat at Erciyes is their homemade hummus, crafted from a family-secret cherished recipe.



FOOD SPOTLIGHT: PANCAKES



Pancakes On The Rocks

Multiple locations

Pancakes on the Rocks excels in crafting a variety of pancakes – from the playful Butterfly Pancake to the delightful Funny Face Pancake, adorned with marshmallows, fresh strawberries, chocolate sauce, vanilla ice cream, strawberry jam, and 100s and 1000s! We recommend the renowned buttermilk or chocolate pancakes, and the irresistibly delicious Bananarama is a must-try!

For those who prefer savoury delights, there is also an array of options to cater to diverse tastes. Explore the 'Ned Kelly,' featuring a buttermilk pancake accompanied by bacon, scrambled egg, and velvety whipped butter. There's something delightful for everyone's palate!

Gram Cafe & Pancakes

Shop RG016, 500 George St, Sydney NSW 2000

Hailing from Japan, the pancakes at Gram are a joyfully whimsical treat that radiates pure happiness! What sets Japanese soufflé pancakes apart is their preparation method, involving a meticulous process that includes whipping egg whites to stiff peaks, which contributes to their characteristic height and cloud-like fluffiness. The result is a stack of pancakes that is not only visually appealing but also incredibly soft and tender. You'll be tempted to poke, probe and jiggle your plate before eating!



Bills

355 Crown St, Surry Hills NSW 2010

The founder of Bills, Bill Granger, has truly shaped the breakfast culture in Australia, and across the world. He pioneered dishes such as avocado on toast, ricotta hotcakes, and corn fritters back in the '90s and remains the most famous and recommended dishes on the menu today. These creations, now considered cafe standards across Australia, showcase his innovative approach to breakfast fare. While Granger may not be as present, his signature breezy style endures in this outpost and others in Bondi and Darlinghurst, where breakfast kicks off with Single O coffee, white peach Bellinis, or sparkling wine, and tables are adorned with vibrant salads.

BEST STUDY CAFES



Veneziano Coffee Roasters

352 Bourke St, Surry Hills NSW 2010

This flagship espresso bar in Surry Hills has been welcoming guests since 2018. With a minimalist, contemporary design, it provides a haven for all coffee enthusiasts, whether they're grabbing a quick brew, engaging in a conversation, or settling in to work the afternoon away. The interior is carefully curated to create a distraction-free environment, allowing you to focus on your work or simply enjoy your coffee in a serene atmosphere. Clean lines, neutral colors, and uncluttered spaces contribute to a calm and productive ambiance.



Industry Beans York St

Shop 2/40 York St, Sydney NSW 2000

Indulge in the renowned Melbourne coffee expertise at Industry Beans' York Street location, a haven for CBD professionals and students alike seeking a coffee retreat outside the confines of their desk. The sleek all-white counters proudly display the cutting-edge customised La Marzocco mod bar, while plush bench seats provide the perfect setting for focused and uninterrupted work sessions. Experience a specialty coffee lineup that goes beyond the ordinary, including the innovative Cold Brew Bubble Cup featuring coffee-soaked tapioca pearls, cold brew, and your choice of normal or vegan condensed milk.

Matinee Coffee

23-29 Addison Rd, Marrickville NSW 2204

Securing a seat at Marrickville's Matinee Coffee is a breeze, given the cafe's abundance of choices (80 seats in total). Whether you prefer the glossy communal table, the rows of comfortable booth seats, or the alfresco spots, you will definitely find the perfect spot to do hours of studying while being comfortable. The cafe also prides itself on house-roasted coffee, delectable homemade pastries, and a menu designed with considerations for gluten-free and vegan diners. Ideal for remote workers, Matinee offers free wifi, powerpoint access, and the allure of bottomless (yes, bottomless) filter coffee priced at just \$11..



Explore a different side of Sydney

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



Sydney Gay and Lesbian MARDI GRAS

The Sydney Gay and Lesbian Mardi Gras is an annual LGBTQIA+ celebration that has evolved from a protest for equal rights into one of the world's most iconic and vibrant festivals. The event typically spans several weeks, with the main parade as its centerpiece which will occur on **Saturday 2 March from 6pm**. Originating in 1978, Mardi Gras has grown into a spectacular extravaganza, attracting millions of visitors and participants from around the globe.

The festival kicks off with various cultural, arts, and community events, showcasing Sydney's diverse and inclusive spirit. However, the highlight is undoubtedly the flamboyant parade that winds its way through the heart of the city. Thousands of participants adorned in glittering costumes, dazzling floats, and vibrant performances celebrate diversity, acceptance, and the ongoing fight for LGBTQIA+ rights.

Beyond the festivities, Mardi Gras serves as a platform for advocacy and awareness. It provides a space for important conversations about equality, acceptance, and the ongoing challenges faced by the LGBTQIA+ community. The event's history is deeply rooted in the struggle for human rights, making it a symbol of resilience, unity, and the ongoing journey toward a more inclusive society.

Mardi Gras is not just a celebration; it's a testament to the progress made in the fight for LGBTQIA+ rights and a reminder of the work still to be done. It stands as a beacon of acceptance, love, and the power of a community coming together to create positive change.



Did you know?

Mardi Gras originated in June 1978 when the Gay Solidarity Group orchestrated a march and a series of events to bring attention to the discrimination faced by gays and lesbians in their daily lives. The police impeded the parade's progress down Oxford Street. The night concluded with 53 arrests.

The following year saw a peaceful parade with 3,000 people marching, and each year since, more individuals have joined in solidarity with Sydney's LGBTQIA+ community.



See the parade of the year!

Over 200 floats will fill Oxford Street, Flinders Street and Anzac Parade with music and magic for the 46th Sydney Gay and Lesbian Mardi Gras Parade.



On Saturday 2 March, expect a spectacle of color, confidence, charisma, and character as over 200 floats, representing diverse communities, take to Oxford Street, Flinders Street, and Anzac Parade for the 46th Sydney Gay and Lesbian Mardi Gras Parade.

The trailblazing Dykes on Bikes, the First Nations Community Float, and the cherished 78ers will lead a spirited procession of over 12,000 marchers, embodying the 2024 Festival theme, "Our Future..."

Join the multitude of spectators, from Hyde Park to Moore Park, in both free and premium ticketed viewing areas, as the LGBTQIA+ communities showcase their resilience and spirit.

💠 To ensure you have the best time, we recommend you to plan your parade experience. 💠

In this celebration, we proclaim that regardless of what the future holds, our collective march signifies that our shared future will always prevail.

If you want to know the route of how the parade will unfold, see the Mardi Gras Parade Map. Moreover, if you are wondering about accessibility, you can view the options provided at various events and across the festival.

This event welcomes visitors from around Australia and across the globe and was founded on the values of acceptance and inclusion. We encourage you to gather at Oxford Street to view the parade and show your support of our amazing LGBTQIA+ community.



Wondering about how to get around? There are so many ways to get yourself to and from the parade!

♥♥♥♥♥ LOVE IS LOVE ♥♥♥♥♥

Take the first step in developing
your professional self!

Become a

College Volunteer!



Scan this QR code to join the UNSW College Volunteer Community and be the first to learn about all the upcoming volunteer opportunities!



UNSW College

Snug and Smiles: Cozy activities to brighten your days

Inject some fun into the first month of autumn with some fun and relaxing activities to do with your friends!

CoCreate Studios

Shop 15/11-15 Deane St, Burwood NSW 2134

Everyone has an inner artist ready to be set free. At this studio, you aren't limited to just a canvas, but you can also paint a piggy bank, custom mirror or fluid bear! Moreover, you're welcome to bring your favourite drinks and snacks to relax, socialise, and enjoy a great time. So grab a friend or two, and enjoy a cozy and friendly ambiance for the ultimate relaxing afternoon!

[View More](#)



Tufttea Studio

11A George St, North Strathfield NSW 2137

Come for an introductory journey into the art of rug-making! Skilled instructors will guide you through the process of creating a personalised tufted rug on a 60x60cm or 90x90cm frame. From designing your own pattern to selecting yarn colors, operating the tufting machine, and mastering techniques for a polished finish with backing and shaving, you'll gain hands-on experience.

[View More](#)





Art Masterclass

191 William St, Darlinghurst NSW 2010

Step into the ultimate haven for mosaic art enthusiasts! Try your hand at the enchanting craft of Turkish mosaic lamp making over a course of 2.5 hours, guided by our expert instructors who will unveil the ancient techniques and vibrant colors that render Turkish mosaic lamps truly magnificent.. Not only will you acquire a new set of skills but also depart with a luminous masterpiece and a renewed appreciation of this fine art.

[View More](#)



Studio Inner West

324 Norton St, Leichhardt NSW 2040

If you're looking for a one-stop shop where you can try lots of different activities, Studio Inner West is the place for you!

You can make your own jewellery or trinket tray using resin, crochet a coaster for your cups, decorate a charcuterie board for home parties, and so much more!

[View More](#)



If you like to get more active...

KOKO Amusement

614 George St, Sydney NSW 2000

Gloomy and rainy weather? You won't need to worry about that when you step into this arcade. There are array of gaming options for all ages, providing an unforgettable experience. Basketball hoops, driving games, air hockey, banging on a taiko drum are just some of the games available. It's easy to spend hours here without realising it!

[View More](#)



ICE Zoo

689 Gardeners Rd, Alexandria NSW 2015

You can enjoy a perpetual winter wonderland at ICE ZOO. If you're already a seasoned ice skater, why not try a friendly ice hockey game, or go on nights when they have a live DJ mixing tunes. For a unique experience, you can also rent an igloo with friends and family!

[View More](#)



Koko Kawaii

49/53 Regent St, Chippendale NSW 2008

Don't be fooled by the incredibly adorable pink interior. Beyond the pink walls, there's a Splash Room where you can don a jumpsuit and get as messy as you like by flicking and throwing paint on a canvas which you can take home. Afterwards, you can head to the counter and order a coffee and taiyaki to replenish your energy levels.

[View More](#)



THRIVE Thursdays

“
What would you like to see at future THRIVE Thursdays?
”



Scan the QR code to tell us your suggestions!

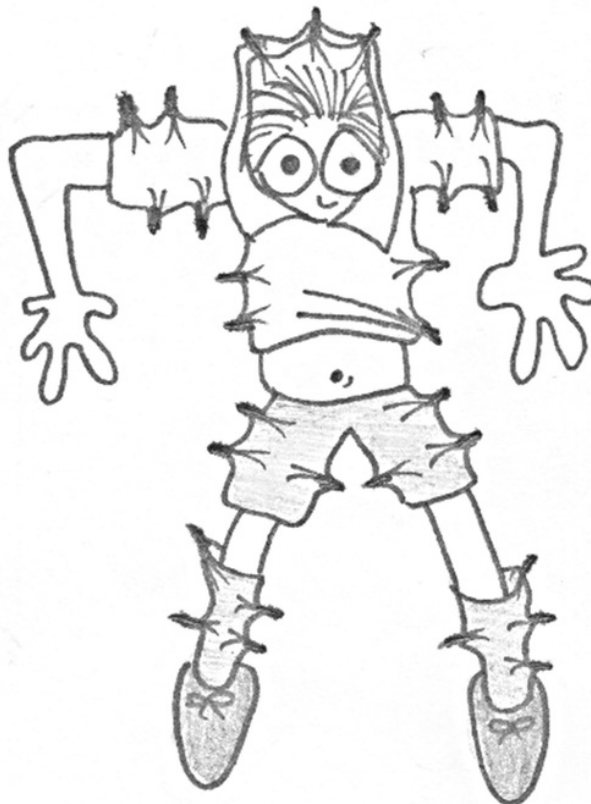


UNSW Comical College

Management Strategy #2

Lessons of Teaching **REMASTERED**

DO WHAT YOUR TEACHER SAYS!



THE TEACHER IS ALWAYS RIGHT!

Utilisation of the staple gun

©2001, 2024
Ari SHALAV



International Women's Day



What is it?



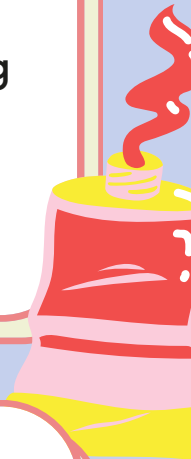
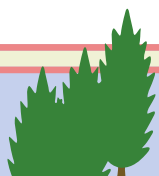
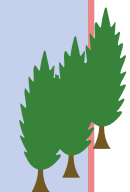
International Women's Day (IWD) is observed annually on 8 March 8, and is a global celebration recognising the achievements and contributions of women throughout history. It serves as a platform to raise awareness about gender equality and advocate for women's rights. The day provides an opportunity to reflect on the progress made in empowering women while acknowledging the challenges that persist.

Celebrating UNSW Women

The Celebrating UNSW Women initiative is dedicated to honouring the extraordinary and diverse UNSW community by enhancing the presence of women in both our physical and digital spaces.

Explore the Celebrating UNSW Women Trail to delve into the achievements of women who have excelled in various fields, including athletes, artists, and community leaders.

[Explore the trail](#)



Celebrate IWD at UNSW



International Women's Day Breakfast

Tuesday 5 March, 7:30am – 9am

UNSW is hosting a gathering that embodies our collective vision: harnessing the full potential of women worldwide and enhancing their pathways into traditionally male-dominated sectors. Come for a nutritious breakfast, empowering conversation with female entrepreneurs and valuable networking.



Count Her In: Invest in Women. Accelerate Progress.

Tuesday 5 March, 1pm – 2:30pm

This online only event will highlight the importance of the economic empowerment of women and examine how the intersection of gender and economic exclusion can create poor health outcomes for women, and in some cases present active barriers to accessing healthcare.

See the rest of the events on the main campus!

Every year, UNSW are pleased to present a varied lineup of events celebrating IWD across UNSW faculties, divisions, and campuses. Check out the exciting 2024 program below, and you can also look back on past events!

[See more events](#)





UNSW Knitting and Crochet Society

Welcome to the UNSW Knitting and Crochet Society, where a vibrant community of yarn enthusiasts comes together to celebrate the timeless art of knitting and crochet.

24th Biennale of Sydney at UNSW Galleries

Celebrate the opening of the 24th Biennale of Sydney, 'Ten Thousand Suns' at UNSW Galleries.

This opening night is a major celebration of the artists presented at UNSW Galleries. Enjoy music by DJ Gemma and catering by Sahtein Lebanese Feasts. The 24th Biennale of Sydney works across time periods, beyond the borders separating cultural practices rooted in different genealogies, and from all continents. The exhibition owes a profound debt to the rich heritage of what is known today as Australia, especially to the struggles and practices in which First Nations communities and migrants have faced and played key roles.

This edition revisits legacies of collective resistance, strength, and exuberance, embracing a more hopeful and joyful outlook, while celebrating the exhibition as a carnival of rays and radiance, aptly titled 'Ten Thousand Suns'.

This society provides a welcoming space for both beginners and seasoned crafters to share their passion for all things yarn-related. Haven't you ever wondered how amazing it was that someone could just whip up a knitted beautiful sweater or scarf?

Whether you're a seasoned pro or just starting to explore the world of needles and hooks, you are welcome to join their homey gatherings, exchange creative ideas, and forge lasting connections with like-minded students.

Now that it's getting colder, revel in the therapeutic power of crafting and the joy that comes with creating something beautiful with your own hands!



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. Please welcome the UEEC10 student speakers, Yaelle, Krihab, Jarvie, Tony and Mitchell!



Say g'day to Yusen (Yaelle) Yan



Hello everyone. By the way of an introduction, my name is Yusen Yan, I come from the beautiful city of Yancheng, Jiangsu Province, China.

In the last two months, I have finished 10 weeks of UEEC lessons. First of all, congratulations to all my peers on completing their exams and program! It's a huge accomplishment.

Studying my program at UNSW College has been an incredible experience. I've had the opportunity to learn from these amazing teachers and make friendships along the way. During this period, the most interesting thing I remember is that three of us were selected to discuss the topic of campus bullying in class, but my oral speaking was not good at that time, so I could only improvise and say some funny words, which made all of us laugh happily.

Throughout my time at College, I faced various challenges. I still remember when I first did the weekly reading and listening quiz, I got only 30% correct and felt a little frustrated at that time. So I decided to accumulate a few words every day, usually by listening to BBC news, to make myself more familiar with the English language. After a few weeks, I could feel a noticeable improvement and began to hear and understand the locals clearly. And

in the final reading and listening quiz, I made only one or two mistakes, which made me very happy, as I felt I have made some progress in these last ten weeks. The best parts about studying at UNSW College, whether it was online or in-person in Sydney, were the opportunities for personal growth and the vibrant campus community. I've had the chance to meet people from different backgrounds and cultures, which has broadened my perspective and enriched my learning experience. Additionally, I had the honor of visiting the strong electricity laboratory of the school. The advanced equipment and spacious and bright place make me look forward to studying there in the next two years.

One of my favorite aspects of my course was the friendships I made. I've met some incredible individuals who have become not just my classmates but also my lifelong friends. Moreover, I want to express my gratitude to all my teachers who have guided and inspired me throughout my course. Thanks to Yovvne for teaching me how to make a presentation, which enabled me to acquire a new skill. Thanks to Milica for teaching us group discussion, which enabled us to communicate with each other. Of course, I would like to thank Laura, not only for teaching me writing knowledge, but also for recommending me to be a student speaker.

As for my plans for the future, I am excited to continue my studies at the UNSW main campus. I will be pursuing a Master's Degree and I'm confident that the knowledge and skills I've gained from my time at UNSW College will be valuable as I pursue my career goals.



Introducing, Shukuan (Krihab) Zhao



What an exciting day! We really did a good job over the past few weeks. I'm so honoured to be a speaker at the UNSW College End of Program Celebration. We are going to start our uni life at UNSW!

My name is Shukuan Zhao from the northeast part of China, and you can also call me by my English name: Krihab. I'm from Class 1 of the TOP Program and am currently a master student in the law faculty.

Even though I had dreamed about coming to study in Australia for years, the actual experience of flying out of Asia, doing coursework in English, and speaking a different language, was truly daunting for a Chinese who never left Asia. I was the first in my entire family to actually step outside of China. So I had plenty of motivation to come to this land, such as the pursuit of a better education, to immerse myself in a different culture and to prepare myself to change China in some ways in the future. However, my pathway to achieve these goals seems so different from the lifestyle that I was used to. I was excited about the endless possibilities of my life but was constantly anxious about the risks and challenges that I would encounter.

Luckily enough, I was not alone when I stood on this land for the first time as I had UNSW College waiting for me. I met Youjia and Karen who are my lovely teachers. They told us to speak up and always encouraged and guided us to be more confident in speaking English. The best part of my TOP experience is sharing my ideas with both of them. They are always there to encourage me and give me their opinions. Although being a stubborn man, I tended to do it my way. But I really learnt a lot of things from UNSW College. And I also have many memories with my classmates. We went to the Art Gallery together and also had a party in their home. They are the ones who made me not lonely anymore in this country, thank you guys.

The road ahead is always full of the unknown. After today, we'll be facing campus life at UNSW by ourselves, and I'm sure you're ready for that. But we are still confused about the future. As for me, I hope I can become a lawyer so that every Chinese person can get human rights and justice. I hope you guys will become who you want to be too. There's an old Chinese saying: “不积跬步，无以至千里”, it means Rome was not built in one day. I hope you guys can get the strength to fulfil your dreams after today.

Congratulations and off we go to UNSW!



Please welcome Jiawei (Jarvie) Zong



My name is Jarvie and I am from China. Today, I proudly stand in front of you as a graduate of UEEC10.

Let me express my heartfelt congratulations to each of you. Completing exams and courses is never easy, and today is a celebration of your hard work and achievements. There's no doubt that the road to college is challenging. We have faced academic obstacles, personal struggles, and moments of self-doubt.

However, overcoming these challenges is a testament to our strength and resilience, and today, we stand on the edge of a new chapter. One of the most valuable aspects of my course was the relationships I developed with my teachers and the guidance I received.

Today, I would like to express my deepest gratitude to the dedicated teachers who guide us, challenge us, and instill in us a passion for learning. In particular, Ruth Cherian has played an important role in my academic journey and I am grateful for her unwavering support.

As we look to the future, uncertainty may arise, but also great opportunities. My plans include achieving good grades while being excited about the prospect of further study at UNSW.

Finally, let us remember the friendships made, the lessons learned, and the unwavering support of our teachers. As we enter the next phase of our lives, let us move forward bravely with knowledge and friendship.

Congratulations again to the UEEC10 students. The world awaits, and I have no doubt that each of you will make a significant impact.

Give a round of applause to Yifu (Tony) Song



Hey everyone, I'm Song Yifu, but you can call me Tony. I come from Inner Mongolia, China, and my major is Electrical Engineering.

Today marks a significant milestone in our lives, a moment that we have excitedly anticipated and worked persistently towards – our UEEC-10 graduation day. As I stand before you, I am overwhelmed with a sense of accomplishment and gratitude, reflecting on the incredible journey we have undertaken during our time here at UNSW College.

The academic journey has not only been about classes, assessments, and exams but also about experiences that have shaped us into the individuals we are today. The shared experiences with my classmates have been a source of inspiration and motivation. Together, we have overcome challenges, celebrated victories, and grown both personally and academically. Beyond the daily learning tasks, we engaged in various interesting activities, such as playing Kahoot and celebrating Fridays

with song and dance. Christmas was a blast – we played Secret Santa and spread some holiday cheer. A memorable highlight was the birthday celebration for our teacher, Juliana, filled with gifts, a birthday song, and cake.

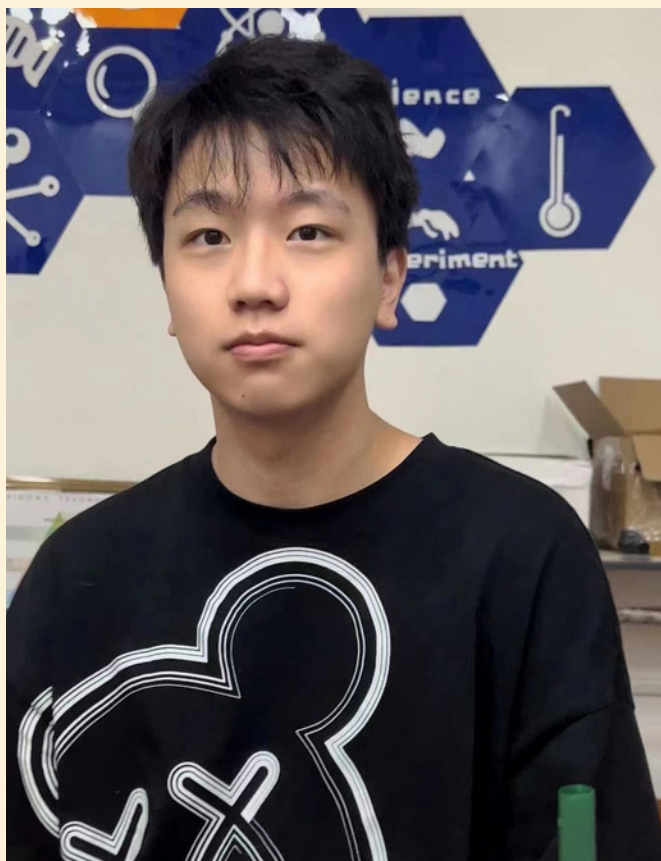
Speaking English was a bit of a challenge for me. At first, I worried people wouldn't get what I was saying. But you know what? I just went for it – chatting in English at college, restaurants, shops – wherever.

Throughout these three months, I've made some lasting friendships through various shared activities, from casual hangouts to house parties. I had an amazing trip to the Gold Coast with five of my classmates, where we had a blast exploring Warner Bros. Movie World and Currumbin Wildlife Sanctuary. I also had the pleasure of reuniting with my badminton team members, including students from UNSW and USYD.

Our teacher Juliana was great, not only taught us academic knowledge but also made our journey of studying and living in Australia truly enjoyable. Also big thanks to Ruth, Sofiya, and Gray for being awesome teachers. I would like to express my deepest gratitude to all teachers. Your passion for teaching, your support, and your commitment to our success have played an essential role in our achievements. I would also like to express my gratitude to my classmates. Your diverse perspectives and talents have enriched my learning experience. Looking forward, I am excited about the prospect of pursuing a master's degree in Electrical Engineering. I am confident that the strong base set during my Academic English studies will serve as a foundation for further academic and professional growth.

My goal is to contribute to advancements in technology, tackle complex engineering challenges, and make a positive impact on society through my work. In conclusion, as we step into the future, let us carry the lessons learned and the relationships built into the next chapter of our lives. I am filled with hope and anticipation for the exciting journey that lies ahead, and I am confident that each one of us will continue to strive for excellence and make meaningful contributions to our respective fields. Thank you and congratulations to all UEEC-10 students!





Say g'day to Tianchen (Mitchell) Guo

Hello teachers, and fellow students. I'm Tianchen from Shanghai, China and I will be studying Chemistry in Science Department.

Today I am very happy to celebrate with you all of our achievements of becoming outstanding TOP graduates of 2024. After five weeks of hard work and dedication, we are about to embark on a brand-new beginning!

Looking back on our TOP lesson weeks, we have all had some funny moments. For example, one time I forgot to do the homework in Sue's class; or another time when I ran too fast in the hallway and accidentally fell and slid for a while. But these little incidents have made our TOP lesson time even more unforgettable.

Of course, these 5 weeks were also full of challenges and pressures, but they were also one of the most precious times of our lives. We have gained a lot in academics, socialising, and other aspects, and have honed our willpower and perseverance.

Now that we are about to enter College, what will our future look like? I believe that as long as we maintain a positive and optimistic attitude and face challenges bravely, we will be able to create a bright future of our own. Let us look forward to the future. As we are about to enter College, we need to constantly expand our horizons and embark on a new journey full of opportunities and challenges.

Everyone has their own dreams and goals, but these can only be achieved through action. In the future, we should bravely try new things, not be afraid of failure, cherish our time, and use our hands to create a better tomorrow.

Let me tell you a little joke.

One day, an ant was taking a bath by the river and was suddenly washed away. It saw a crane standing on the shore and called for help: "Help, help!" The crane was angry when it heard this and said, "You little guy, I'll kill you!" The ant was scared and immediately said, "Wait! Wait! Don't rush to do it. Let's talk about the terms first!" I believe everyone can hear the meaning of this joke – no matter what the situation is, we must have our own ideas and thoughts, and be brave to express and defend ourselves.

Finally, I would like to express my deepest thanks and blessings to all the teachers and students! Thank you to the teachers for their hard work and selfless teaching during these 5 weeks, which has allowed us to grow; at the same time, thank you to all the classmates who have been with us along the way, supporting each other and facing difficulties together.

I wish everyone a smooth sailing future, be able to overcome obstacles, and welcome more success!

Thank you all!



SEASON TRANSITIONS

The wispy winds of autumn has well and truly arrived, it can be easy to lose the motivation to do anything. But it's not all doom and gloom, because our Health and Wellness Editor Soutara Potter will help turn that frown upside down!

Protecting our mental wellbeing as the seasons come and go is crucial. We all know that the grey, gloomy weather makes us want to curl up in a blanket and stay home watching Netflix – especially once winter comes around. You have probably noticed we've had more gloomy days lately as we transition into Autumn, and maybe you've found it has affected your mood. It sure has for me – especially on a weekend when I'm not at work! Have you ever wondered why this happens? It's because sunlight has a huge impact on our wellbeing, and reduced sunlight can bring up symptoms of sadness, low energy and irritability. This is known as **SAD**. Yep, you read that right. SAD stands for Seasonal Affective Disorder and is a condition that is brought on by the cooler months. While it is not as common in Australia, the changing seasons can still affect your mood and it is just as important to look after ourselves when this happens. This month, I'll be sharing with you 3 things you can do for yourself as we transition into the cooler weather.

Increase sunlight and time spent outdoors (make the most of it!)

This may sound counterproductive, especially in winter, but spending more time outdoors will help! Try rearranging your routine as daylight savings comes to an end, and go for a late afternoon walk if you can. If not, try sitting outside for your lunch break. Vitamin D is important for our energy levels, so as we enter into Autumn and Winter we become more prone to fatigue with less vitamin D from the sun.



On colder days, maybe you'll want to stay inside all day but why not try sitting outdoors for only 5 minutes and get the fresh air you need to clear your mind. At a previous job, we used to have our meetings at the café near our office because they had outdoor heating, so it meant we could still get some fresh air and stay warm with the heating and a hot cup of coffee. Another option is choosing to study near a window with some greenery outside. Green is a great colour for improving concentration as well as promoting calmness – plus it makes you feel like you're sat outside in nature even if you're not! If there's a will, there's a way – that's what I like to remind myself of!

Keep socialising!

As the days and months get colder, we are more prone to want to stay inside and end up doing nothing all day by doom scroll. We need to remind ourselves to do the opposite and hang out with friends. Why not invite your friends over to cook lunch or dinner together? How about a movie marathon night? You don't have to be doing activities that require a lot of energy or effort, it's simply the company around you that will boost your mood.

Practice mindfulness

Mindfulness is paying attention in a particular way;

- On purpose,
- In the present moment or,
- Non-judgmentally.



When we let ourselves feel down in the dumps because of the gloomy weather, sometimes it can be hard to get out of that slump – especially if it's been a wet and rainy weekend and you have to go out to uni on Monday (yes, I've been there, and motivating yourself to go to class sucks doesn't it?). By being mindful, we allow ourselves to become aware of unpleasant thoughts and emotions to then have a choice in how to handle these situations in the moment.

Try the 5 senses exercise, or the **5-4-3-2-1 technique**.

Acknowledge the following:

- 5 things you can see around you.
- 4 things around you that you can touch or feel.
- 3 things you can hear.
- 2 things you can smell.
- 1 thing you can taste.



Check this out



In our recent THRIVE Thursday, we focused on the importance of self-care so here are some resources for you to use!



My self-care plan



Importance of self-care planning

Don't forget to check out the new support article on the Current Student Website below:



Apartment Living 101



View all Health and Wellbeing support articles



EXP +5

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

O-Week Festivities

O-Week is something that every student should experience at least once in their university timeline. It infuses a lively atmosphere into a student's college experience, creating a wonderful festive mood. Being a student myself, the best thing about starting university or a new term is to participate in the O-Week activities.

The festivities go on for a whole week which includes different fun activities as well as various clubs and societies to join and last but not the least, the delicious cultural cuisine organised by the diversified nationality societies.

[READ MORE](#)



EXP +6

Markets at Glebe Finds

Markets at Glebe (previously known as Glebe Markets) is one of Sydney's longest running markets which is famous for selling vintage items, varied street food cuisine and acoustic concerts organised by up-and-coming indie artists. It is a very new concept for many international students like us as we never had experienced anything like this before in our home country.

The market is open every Saturday at Glebe Public School and transforms the grounds into a vibrant fair.

[READ MORE](#)



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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!



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