

March 2025

# In The Know





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## *Editor's Note*

The buzz word this month is "Harmony"!

You'll be seeing a lot of this word and words related to it throughout this issue. Harmony Day is celebrated in March and it's a great reminder for us to celebrate our differences and appreciate what a diverse society we live in. There's so much to learn about ourselves and others as we navigate communicating with different personalities.

We delve into the origin and fun facts about Harmony Day, and you can also get a deeper insight into yourself by doing a fun MBTI test! What's MBTI you ask? Flip to page 15 to find out.

There's also a brand new crossword puzzle at the end (Harmony Day themed of course!) so if you want to give your brain a little exercise, why not try and get all the answers!

Yours truly,

**Vivian He**  
In the Know Editor  
UNSW College





# Highlighted events

## Ramadan Night Market

As the sun sets and the evening comes alive, Sydney's Lakemba Ramadan Night Markets transform the streets into a vibrant hub of culture, food, and celebration. A beloved annual tradition that's coming back this year between 27 February and 30 March, this event offers a feast for the senses, bringing together people from all backgrounds to experience the magic of Ramadan.

Stalls line the streets serving an incredible variety of dishes, from sizzling kebabs and fragrant biryanis to sweet, syrupy treats like knafeh and baklava. The air is filled with the rich aromas of Middle Eastern, South Asian, and African cuisine, creating an unforgettable culinary adventure. But it is not just about the food, this market is a cultural experience where you can soak in the festive atmosphere, listen to live performances, and witness the warmth of the community spirit that makes Ramadan so special. Whether you are fasting or simply eager to explore one of Sydney's most unique nighttime events, the Lakemba Ramadan Night Markets are a must-visit.



## Sydney Streets

Celebrate the heart of Sydney's local communities as Sydney Streets continues its festival-style street parties this March. On Saturday 15 March, Glebe Point Road will be transformed into a lively hub of outdoor dining, live performances, and family-friendly entertainment.

The festivities continue on Saturday 29 March at Redfern Street, where the local community will come together for a celebration of culture, creativity, and connection. With street performers, food vendors, and roving entertainment, Redfern will be buzzing with energy well into the evening. Whether you are discovering new local businesses, enjoying live music, or soaking up the festival atmosphere, Sydney Streets is the perfect way to experience the city in a whole new light.



# WHO'S HUNGRY?

BRINGING YOU  
THE BEST EATS IN  
SYDNEY

## NOTEWORTHY EATERIES



### Petit Loulou

*Metro Martin Place, 1 Elizabeth St, Sydney NSW 2000*

Petit Loulou, the sibling of Loulou in Milsons Point, takes up residence in Martin Place's Metro station, offering a taste of Loulou's renowned baked goods to city-goers. Every delicious creation is baked at the OG location and delivered fresh to the CBD store twice a day. Swing by on your morning commute for decadent fruit-topped tarts, irresistible sugary palmiers, indulgent eclairs, and flawless pains au chocolat. For lunch, enjoy rotisserie chicken baguettes, classic Nicoise salads, and hearty sausage rolls. Plus, there's a special treat for Martin Place: a mouth-watering cylindrical chocolate and macadamia croissant.

Image credit: Petit Loulou

### Toby's Estate Coffee Roasters

*32-36 City Rd, Chippendale NSW 2008*

The World's 100 Best Coffee Shops, has just named Toby's Estate's Chippendale cafe as the world's top pick in its debut list. If its reputation amongst locals wasn't enough to generate a long line waiting for their daily hit of caffeine, then this really does the trick! In 2022, Sydney's beloved Toby's Estate transformed its flagship Chippendale cafe into a cutting-edge, immersive space. Here, patrons can chat with baristas, get an insider's look at the coffee-making process, and even watch roasting in real time.



Image credit: Toby's Estate Coffee Roasters





## Zeus Street Greek

### *Various locations*

If you've ever looked into the 'Mediterranean diet', you'll find that the Greeks are renowned for living longer, healthier lives. This is largely due to their traditional meals, which are full of fresh fruits and vegetables, whole grains, lean proteins, dairy, and healthy fats – all ingredients found in abundance on the Zeus Street Greek menu. This restaurant chain is changing the way we think about 'fast food'. because they are getting you time-efficient nutritious food, without compromising on flavour.

Image credit: Zeus Street Greek website

## Lukumades

***Shop/2 Central Park Ave, Chippendale NSW 2008***

Lukumades, also known as 'Greek doughnuts', are traditionally enjoyed in the afternoon, drenched in honey syrup and topped with crushed walnuts. These little globes of goodness are golden and crispy on the outside, with an impossibly light and fluffy interior. At this eatery, they have taken lukumades and given it a contemporary twist. Do you like your doughnuts covered in Biscoff sauce, sprinkled with crushed Oreos or just the good ol cinnamon and sugar? There's no shortage of options to satisfy every sweet tooth!



Image credit: Lukumades | Facebook



## Myra's Kitchen

***155 King St, Newtown NSW 2042***

The falafels here are made from a family recipe passed down from owner Chris Rummey's great-grandmother, Myra. These wonderfully green and hearty falafels are what keep locals coming back – crispy on the outside, fluffy, piping hot, and slightly nutty on the inside. If falafels aren't your thing, there are plenty of other tasty options: juicy keftedes, smoky sheftalia (pork and cinnamon sausages), slow-cooked lamb that's been simmering for 12 hours, and charred halloumi.

Image credit: Yusuke Oba



# Born To Bake

*Unit 1/279 Gardeners Rd, Eastlakes NSW 2018*

Born To Bake Greek Patisserie is a delightful spot serving up traditional Greek pastries with a focus on quality ingredients and authentic recipes. This cosy cafe offers an irresistible range of sweet and savoury treats, from spanakopita and bougatsa to baklava and vanilla slices. It's a welcoming place to dine in and take your time as you savour the food, or you can grab a bunch of treats to takeaway and have a little Greek picnic on a sunny day!.



Image credit: Born to Bake | Facebook

# Santorini Gyros Bar

*155 Oxford St, Darlinghurst NSW 2010*

Gyros is a traditional Greek dish, made of seasoned meat (usually pork, lamb, or chicken) that's cooked on a vertical rotisserie and typically served in a warm pita with fresh veggies and topped with tangy sauces. Here at Santorini Gyros Bar, they are renowned for their delicious variety of pita wraps and gyros. Popular options include the Pork Pita Wrap, Lamb Pita Wrap, and Chicken Pita Wrap, all perfect when paired with a side of Santorini Fries. The menu also boasts fresh Greek and Mediterranean salads, along with a selection of traditional dips like creamy tzatziki.



Image credit: Santorini Gyros Bar | Instagram

# Medusa Greek Taverna

*2 Market St, Sydney NSW 2000*

Medusa Greek Taverna offers a refreshing take on casual Greek dining, striking the perfect balance between fast and friendly service, with a polished yet affordable atmosphere. You can try all the classic Greek dishes here, such as dolmades, spanakopita, and moussaka. If you are looking to have your first taste of Greek food, or perhaps you already have a penchant for it, you won't be disappointed with the menu here!



Image credit: Medusa Greek Taverna website



## GREEK FOOD APPROVED BY ZEUS HIMSELF



YOU WON'T GET BETTER ADVICE  
THAN STRAIGHT FROM THE STAFF  
AT UNSW COLLEGE

# LEARNING FROM FIRST NATIONS PERSPECTIVES

WRITTEN BY: FRANKIE BROWN

Warami (pronounced war-a-me)! Hello! My name is Frankie, and I am a teacher in the Business Team. When you first came to the College, you would have witnessed an Acknowledgement or Welcome to Country. We do this to show our respect to First Nations people and their ongoing connection to Country.

I continue to learn and admire the way First Nations people live and connect with Country. The intangible and the tangible are intertwined; the stories tell us what the land is for.

Compartmentalising or segregating knowledge is redundant. Reciprocity is pivotal; caring for Country ensures that people are cared for.

Country means more than the land; it encompasses the environment, and all living things, knowledge, cultural practices and responsibilities connected with this. Country is a place of belonging. It may help to think of us belonging to Country, not the other way around.

I should articulate that I am not a First Nations person. I was born and raised in Sydney. I have been teaching with UNSW College for a bit over a year. I have been a student of UNSW (on and off) since 2007. And unlike many of you, I lived at home until I was 24, I can only speak one language, and I haven't lived outside a 5km radius from my parents' house in my life, let alone overseas. But despite these overt differences between us, I notice far more similarities.

I encourage you to consider these learnings and continue to deepen your understanding of First Nations culture. Focus on the similarities and insights you can develop to improve your place of belonging at UNSW College. Go gently on the land; pick up your rubbish, bin your butt, don't take more than you need. Go gently on one another; speak kindly, create a positive impact, and see good in others whom you may not readily agree with. And most importantly, go gently on yourself; reframe negative self-talk, let go of perfectionism that doesn't serve you and see the beauty in yourself. Together, we can look after one another and improve our sense of belonging at UNSW College.



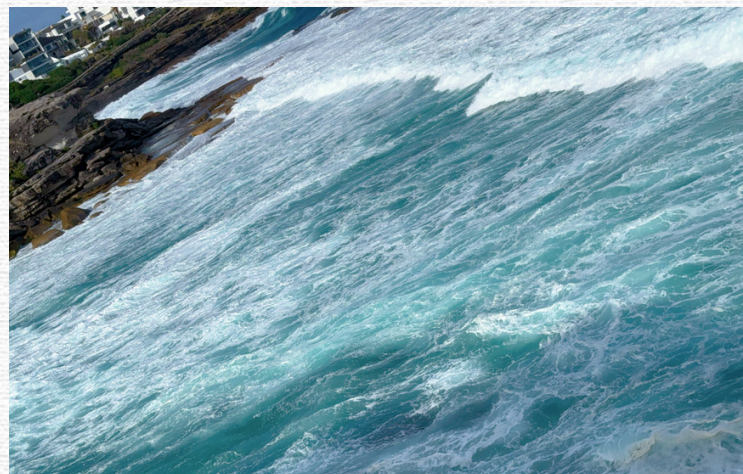
# Through the Lens

*presented by the Photography Club*



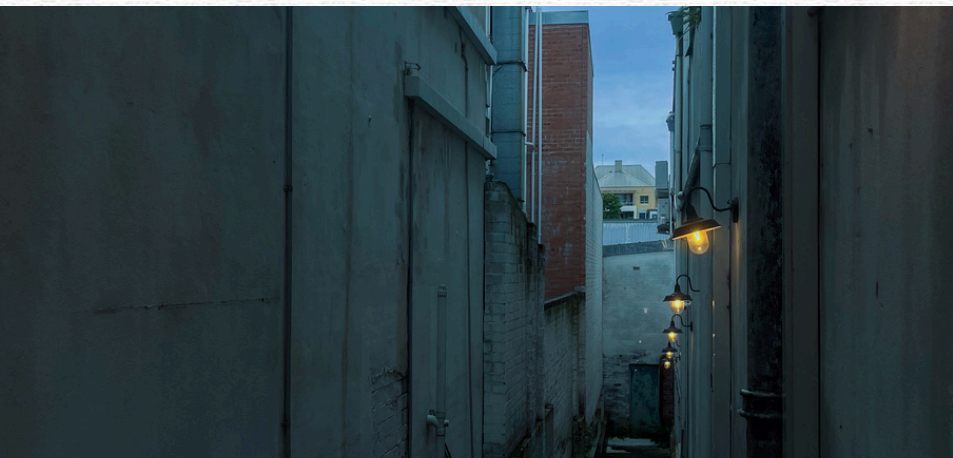
Photos by Fengming Zhang





Photos by Cecilia (Hui) Chong





Photos by William Huang





Photos by Yun Song Nikon





# CELEBRATING DIVERSITY AND INCLUSION ON HARMONY DAY

Harmony Day is a vibrant and meaningful occasion that brings Australians together to celebrate our rich cultural diversity. Celebrated annually on 21 March, Harmony Day promotes the values of inclusion, respect, and a sense of belonging for all Australians, regardless of their cultural background. The day also coincides with the United Nations International Day for the Elimination of Racial Discrimination, making it even more significant.

## The origins of Harmony Day



Harmony Day was first introduced in 1999 by the Australian Government as part of a broader initiative to increase social cohesion and promote an inclusive society. The celebration was established to highlight the strength and benefits of a multicultural society and to encourage Australians to reflect on the positive impacts of diversity in shaping the nation's identity.

The inception of Harmony Day stemmed from Australia's growing multiculturalism, as waves of immigrants from various parts of the world began to settle here in the 20th century. By the end of the 1990s, Australia had become one of the most culturally diverse countries globally, and the government wanted to create a platform for celebrating this diversity and fostering mutual respect.







## Why is Harmony Day important?

At its core, Harmony Day is all about celebrating diversity and inclusion. It encourages people from different cultural backgrounds to come together and share their experiences and learn from one another. It's a day to show that everyone, no matter their race, religion, or ethnicity, has a place in the Australian community. The differences in our culturally diverse community are what make us stronger, not weaker, and that our shared values of respect, understanding, and kindness can create a better, more cohesive society.

Harmony Day also encourages people to reflect on and challenge biases, misconceptions, and prejudices that may exist. In a world that is often divided, events like Harmony Day help promote peace, understanding, and empathy – something we can all benefit from.



## Fun facts About Harmony Day

- The first Harmony Day event was in 1999, but the idea for celebrating diversity dates back to the 1970s. During this time, Australia began to actively engage in multiculturalism, recognising the importance of cultural diversity in shaping the nation's identity.
- Over 60,000 events are held across Australia every year. That's a massive number of activities, including local festivals, school assemblies, and community lunches, all aimed at promoting cultural exchange and harmony.
- Harmony Day has inspired the creation of "Harmony Week." In some parts of Australia, the entire week leading up to March 21 is celebrated as "Harmony Week." This extended period offers additional time for reflection, learning, and community engagement.
- It's not just an Australian phenomenon. While Harmony Day is celebrated primarily in Australia, the values of diversity, inclusion, and respect resonate globally, with other countries adopting similar observances to celebrate multiculturalism and social unity.

## Why orange?

You might have noticed that orange is the symbolic colour of Harmony Day. But why? Orange represents social communication and mutual respect. It's a colour that symbolises freedom of expression and the cultural diversity that makes Australia unique.

The vibrant colour also signifies warmth and optimism, qualities that are crucial in creating a welcoming and inclusive society. As a result, people across the country are encouraged to wear orange on Harmony Day, whether it's through clothing, accessories, or even ribbons. This simple gesture helps show support for the values of inclusion, acceptance, and respect.





## WHY LEARNING ANOTHER LANGUAGE IS A GAME-CHANGER



*In our increasingly globalised world, the ability to speak more than one language is a skill that has become more valuable than ever. The benefits of being multilingual are vast and far-reaching, such as boosting your brainpower, opening up new career opportunities or the added convenience when it comes to travelling! But beyond the practical advantages, there's something uniquely fulfilling about learning a new language – it's an enriching experience that transforms how we see the world and connect with others. Here's why being multilingual is not just a practical skill, but a rewarding journey that's worth the hours of immersive study.*

### Enhanced cognitive function and mental agility

Learning a new language is like a workout for your brain. Studies have shown that multilingual individuals tend to have sharper cognitive abilities, including better memory, problem-solving skills, and increased creativity. When you switch between languages, your brain is constantly engaged in complex mental gymnastics. This strengthens your ability to multitask, focus, and process information more efficiently.



Furthermore, multilingual people often show increased neuroplasticity – the brain's ability to adapt and reorganise itself. In practical terms, this means being able to learn new things more quickly, pick up new skills, and adapt to changing environments. Multilingualism has even been linked to a delay in the onset of cognitive decline and dementia, making it an invaluable asset as we age.

01

### Improved career prospects

Employers are looking for candidates who can communicate across borders and cultures. Speaking multiple languages opens up a host of career opportunities that would otherwise be out of reach. Multilingual professionals are in high demand, and their ability to bridge language barriers gives them a competitive edge in the job market. Moreover, being multilingual allows you to engage with a wider range of clients, partners, and customers, making it easier to build relationships and expand networks.

For example, in industries like tourism, translation, and international relations, language skills are essential. Even in more locally-focused fields, employers appreciate the cultural insight and adaptability that comes with learning another language.

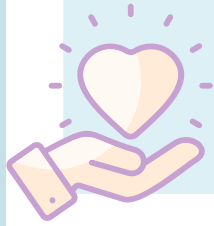


02



One of the most beautiful aspects of learning a new language is the window it opens to a different culture. When you speak another language, you're not just learning vocabulary and grammar – you're immersing yourself in the customs, values, and history of that culture. Imagine travelling to a foreign country and being able to converse with locals in their native tongue – not only does this make the experience more immersive, but it also builds stronger, more meaningful connections with people.

By learning another language, you gain access to literature, music, films, and other forms of expression that might otherwise be inaccessible.



03

### Cultural understanding and empathy

#### Stronger social connections

Language is the key to human connection. When you speak someone else's language, even if you're not fluent, it creates a bond that goes beyond words. Multilingual individuals can interact with a wider range of people, breaking down social and cultural barriers that might otherwise divide them. Whether you're attending a multicultural event, working in a diverse team, or living abroad, being able to communicate



04

#### Boosted travel experience

Traveling can be one of life's most enriching experiences, but knowing the local language transforms a trip into something truly memorable. While English is widely spoken across the globe, there are countless places where knowing the local language can make all the difference. Not only can it help you find your way around, but it also enables you to engage with locals in a way that shows respect for their culture.

Learning a language opens up new possibilities when it comes to travelling. Instead of being a passive observer, you can become an active participant in the local culture.



05

#### Increased self-confidence and personal growth

Taking on the challenge of learning another language requires patience, dedication, and persistence. But the rewards are immense. Every step forward – from mastering basic greetings to having full conversations – brings a sense of accomplishment and boosts your self-esteem. There's something uniquely empowering about being able to communicate in a foreign language, and it fuels your confidence to take on new challenges. Moreover, the process of learning a language encourages personal growth. It pushes you out of your comfort zone, improves your problem-solving skills, and teaches you how to persevere in the face of difficulties. So not only are you improving your linguistic abilities, you're also building resilience and self-discipline.



06

**The benefits of being multilingual are undeniable. It's a superpower that opens doors to new experiences, enhances your mental capabilities, and connects you to the world in ways that would be impossible otherwise. And in return, it will offer you experiences, perspectives, and connections that will last a lifetime.**



# What's your MBTI?

For generations, people have been fascinated with the idea of understanding themselves and others through unique systems – from star signs to blood types, and even palm readings. These methods have offered a fun way to explore personality traits and uncover hidden characteristics. But in recent years, one personality system has emerged as the go-to tool for understanding who we really are: the Myers-Briggs Type Indicator, or MBTI.

While astrology might have been the dominant conversation starter in the past, today, it's all about asking, "What's your MBTI?" So, what exactly is the MBTI, and what do all those letters mean? Let's dive into the science and allure of this personality framework that's got everyone talking.

At its core, the Myers-Briggs Type Indicator is a tool designed to identify and categorise people into one of 16 distinct personality types. Developed by Katharine Cook Briggs and her daughter, Isabel Briggs Myers, during the 1940s, the MBTI is rooted in the psychological theories of Carl Jung, who believed that people have innate preferences that shape their behaviour and thinking.

## The MBTI categorises individuals along four key dichotomies:

Do you find energy in solitude, or does being around others fuel your enthusiasm?

Introversion (I)

vs

Extraversion (E)

Do you focus on details and facts, or are you more attuned to patterns and possibilities?

Sensing (S)

vs

Intuition (N)

When making decisions, do you prioritise logic and objectivity, or do you consider the emotional impact on others?

Thinking (T)

vs

Feeling (F)

Do you prefer structure and planning, or do you prefer flexibility and spontaneity?

Judging (J)

vs

Perceiving (P)

Each of these preferences combines to form a specific four-letter code (for example, INFP, ESTJ, or ENTP), which is your unique MBTI type. These types provide insight into your behaviours, thought patterns, and how you approach life in general.



The rise in popularity of the MBTI can be traced to its appeal in both professional and social settings. Unlike other personality frameworks, the MBTI offers a non-judgemental way of looking at human diversity. It doesn't classify people as 'good' or 'bad' based on their personality traits. Instead, it simply highlights natural preferences and tendencies.

Unlike some personality systems that simply label you and leave it at that, the MBTI encourages self-reflection and growth. It can serve as a powerful tool for personal development, helping individuals understand their strengths and weaknesses, and guiding them towards strategies for improving their interpersonal relationships, career choices, and even how they manage stress. For example, an Introvert (I) might learn that they thrive in quiet, reflective environments and that they need time alone to recharge. This can help them set boundaries and prioritise self-care. On the other hand, an Extravert (E) may realise that social interactions energise them and they should seek out opportunities for collaboration and group work. By understanding these preferences, individuals can tailor their approach to life in a way that feels more natural and fulfilling.

In both personal and professional settings, the MBTI can improve communication and teamwork. By understanding the different personality types around us, we gain insight into how people approach problems, make decisions, and interact with others. This understanding can foster better collaboration and reduce misunderstandings. For example, in a workplace setting, an ISTJ (Introversion, Sensing, Thinking, Judging) employee might prefer clear instructions and a structured environment, while an ENFP (Extraversion, Intuition, Feeling, Perceiving) might thrive on flexibility and creativity. Knowing this, managers can assign tasks more effectively, and teams can develop a deeper respect for each other's ways of thinking and working.

For many, asking someone their MBTI is the modern-day equivalent of asking their star sign – a fun conversation starter that gives you some insight into how a person operates. It's become a way to bond with others and find common ground. And as we live in a world that celebrates individuality, having a shorthand for discussing personality types has made MBTI an increasingly popular topic of conversation.

### But is the MBTI scientifically valid?

While the MBTI is incredibly popular and widely used, it has faced criticism in terms of its scientific validity. Critics argue that the test lacks strong empirical support and that personality traits aren't as black-and-white as the four dichotomies suggest. Some believe that people's personalities can't easily be categorised into distinct types, and that personality is a far more fluid and complex phenomenon.

That said, many people still find value in MBTI, not necessarily as a scientifically proven tool, but as a means of gaining insight into one's preferences and behaviours. It's worth noting that the MBTI isn't meant to be a definitive measure of who we are – rather, it's a framework that can help us better understand ourselves and others.

Overall, the MBTI offers a simple yet powerful way to explore our personalities. What's even more interesting is that unlike blood types and star signs based on your birthday which never change, your MBTI can actually evolve as you mature and go through more experiences. You can know what your MBTI is today, or from a few years ago, but if you do it again after a prolonged amount of time you might just find that you've changed whether you realised it or not!

If you haven't done it already, why not take an MBTI test today and read all about what your result says about you!

Click [here](#) to go to the site!



# THROUGH THE STUDENT LENS:

## GRADUATE NARRATIVE



### ***A Journey of Growth: Celebrating the UEEC Experience***

As the curtain falls on an incredible chapter, it's time to reflect on the transformative journey we've all shared in the UEEC program. With hearts full of memories and minds enriched with new knowledge, we celebrate not just the completion of a course, but the beginning of new adventures.

Starting a new academic journey in a foreign land can be daunting. Before arriving in Sydney, nerves often took centre stage—fears of not understanding lectures, worries about communicating with locals, and even packing a recorder just in case lectures needed a second listen. But as the weeks unfolded, those anxieties faded, replaced by confidence and connection.

The UEEC course at UNSW College has been more than just an academic program; it's been a vibrant blend of learning, friendship, and unforgettable experiences. From the lively chatter during shared meals to karaoke nights filled with laughter, every moment has woven itself into the fabric of our memories. A standout highlight was the warmth of celebrating Chinese New Year

Congratulations,  
**Xinyuan (Tolece) Chen**

2025 UEEC GRADUATE



together, with thoughtful gestures like receiving a red envelope from our beloved teacher, Shabeena, making it more special.

Academic milestones also marked our journey. Week 15's poster presentation, guided by Aimier, was a turning point for many. The encouragement from classmates and teachers sparked newfound confidence, turning public speaking from a source of anxiety into an opportunity for growth. This experience underscored the supportive environment that UEEC fosters, where every challenge is met with guidance and every effort is celebrated.

None of this would have been possible without the dedication of our remarkable teachers. Megan's insightful feedback sharpened our writing skills, Thomas's energetic lessons kept us engaged and

inspired, and the unwavering support from Iqwan and Shabeena helped us thrive even in the face of academic challenges. Their passion for teaching has left an indelible mark on our learning journey.

As we step into the next phase, many of us will continue our studies at UNSW's main campus, pursuing degrees that reflect our dreams and ambitions. The skills and friendships cultivated during the UEEC program will undoubtedly light our paths forward.

To all our fellow graduates: congratulations on your achievements. To our teachers: thank you for your dedication and guidance. And to the future: we embrace you with open hearts and eager minds, ready to create new memories and reach new heights. Here's to the journey ahead!





# HOW HARMONY STARTS WITH US



Do you want to be a part of a society where everyone lives together in perfect harmony? Well, what would harmony even look like? A great illustration would be when a large community of people from different backgrounds live peacefully together and respect each other. In UNSW College, harmony can be seen through cultural celebrations, such as the Lunar New Year event or Eid al-Fitr (end of Ramadan), which encourages students to engage with different cultures and experiences.

This diverse and supportive student community helps to foster a sense of belonging because everyone is welcome with open arms without any fear of judgement or discrimination.



Do you know that there are many ways you can help contribute to building harmony in the College community? One of them is by engaging in respectful dialogue.

Being able to make open and meaningful conversations can have positive effects on:

- Ensuring the people around us feel heard and valued.
- Creating greater understanding and empathy for each other.
- Resolving prejudice, stereotypes, or biases that could be barriers to social harmony.
- Building a strong sense of belonging where everyone feels like they are part of the community.

It is normal to feel a little anxious during our transition into a new country and to College with students coming from various parts of the world. It can be challenging to start a conversation when we are concerned about saying the wrong things that might accidentally offend someone or lead to conflict with others.

However, I will share tips and tricks that can help you make successful conversations:

## Avoid “Right” and “Wrong”

Telling someone they are wrong can shut down productive conversation and make them defensive. Instead, refer to speaking from one’s personal experience.

## Practice active listening

Try to listen with the intention to understand the other person fully, rather than listening to respond. Ask open-ended questions to encourage them to share more about themselves.



### Speak using inclusive language

Stay respectful by not making false assumptions or stereotypes about people based on their age, gender identity, sexuality, and cultural background. Also, if you use a word everyone in the room may not know, such as jargon and acronyms, explain them as you go so everyone feels included.

### Express disagreement respectfully

When we encounter opinions that go against our values or make us feel offended, we should be able to express our disagreement calmly. Try to communicate the issue respectfully and draw healthy boundaries. If you do not feel like you can continue anymore, step away from the conversation.

### Do not respond in a rush

Always take the time to process your reaction or respond to a statement because we tend to make mistakes when we are in a rush. Take a few deep breaths and think about what you want to say.

### Celebrate diversity

Diversity is beautiful because it reflects the richness of human existence. Every language, tradition, art, music, and food carry a unique story that connects our differences.

An open and respectful dialogue is the starting point of where harmony thrives. It builds a safe space where we know we will be heard and respected. This can help to reduce loneliness which is a key risk factor for anxiety and depression. There is also less need to stress or worry about being judged or discriminated by others. When we embrace all of this, we build a community where everyone feels a true sense of belonging. This is how harmony starts with us, one conversation at a time.

*Love,  
Jolin*



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



Building a positive body image



View all Health and Wellbeing support articles



# BOOKS OF THE MONTH

March Edition

## THIS MONTH'S GENRE

In a world that often feels divided, these books remind us of the power of inclusiveness, respect, and belonging – perfect reads to inspire more **harmony** in your life!

## THE ISLAND OF MISSING TREES

ELIF SHAFAK

Set against the backdrop of Cyprus, this novel weaves a poignant tale of love, loss, and cultural coexistence. It follows a Greek Cypriot and a Turkish Cypriot whose forbidden romance is torn apart by war, leaving scars that span generations.

Years later, their daughter searches for the truth about her family's past, uncovering deep-rooted histories of displacement and resilience. Uniquely narrated in part by a fig tree that has witnessed it all, this beautifully written story explores memory, identity, and the way nature connects us across time and borders.



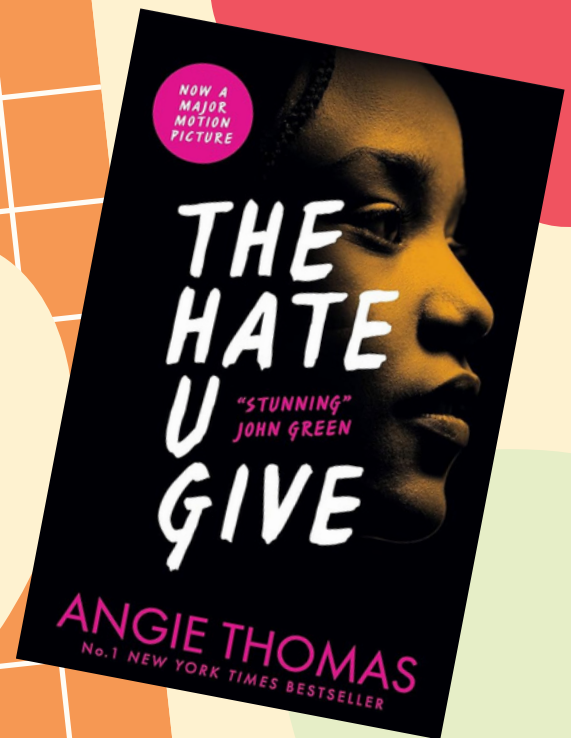


## THE HATE U GIVE

ANGIE THOMAS

This compelling novel follows Starr Carter, a 16-year-old balancing life between her Black neighborhood and her predominantly white prep school. When she witnesses the fatal police shooting of her childhood friend, she is thrust into a national controversy, forcing her to confront issues of race, injustice, and identity.

As she struggles to find her voice amid media scrutiny and community tensions, Starr must decide whether to stand up for what is right. A gripping and emotional read, this book highlights the power of activism, the importance of speaking out, and the complexities of belonging in a divided world.

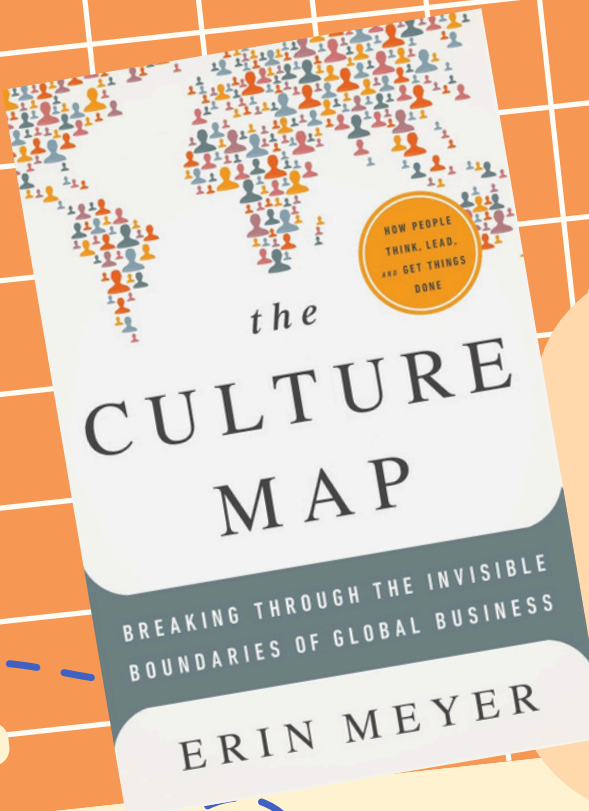


## THE CULTURE MAP

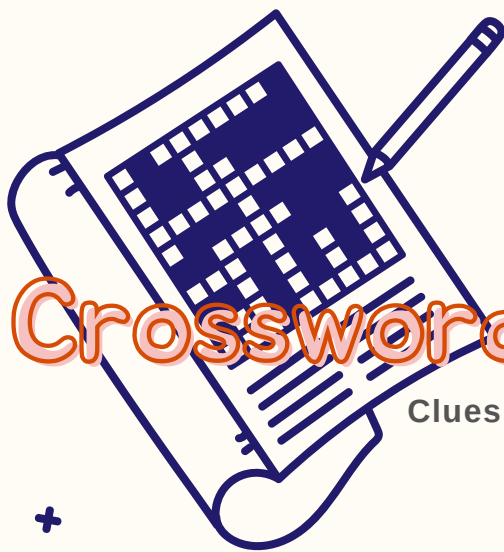
ERIN MEYER

A must-read for anyone working across cultures, this book examines how people from different backgrounds approach leadership, teamwork, and communication. Meyer breaks down key cultural differences and offers insights into bridging gaps, fostering inclusion, and building global understanding.

Practical and engaging, *The Culture Map* is an essential guide for navigating our increasingly interconnected world.

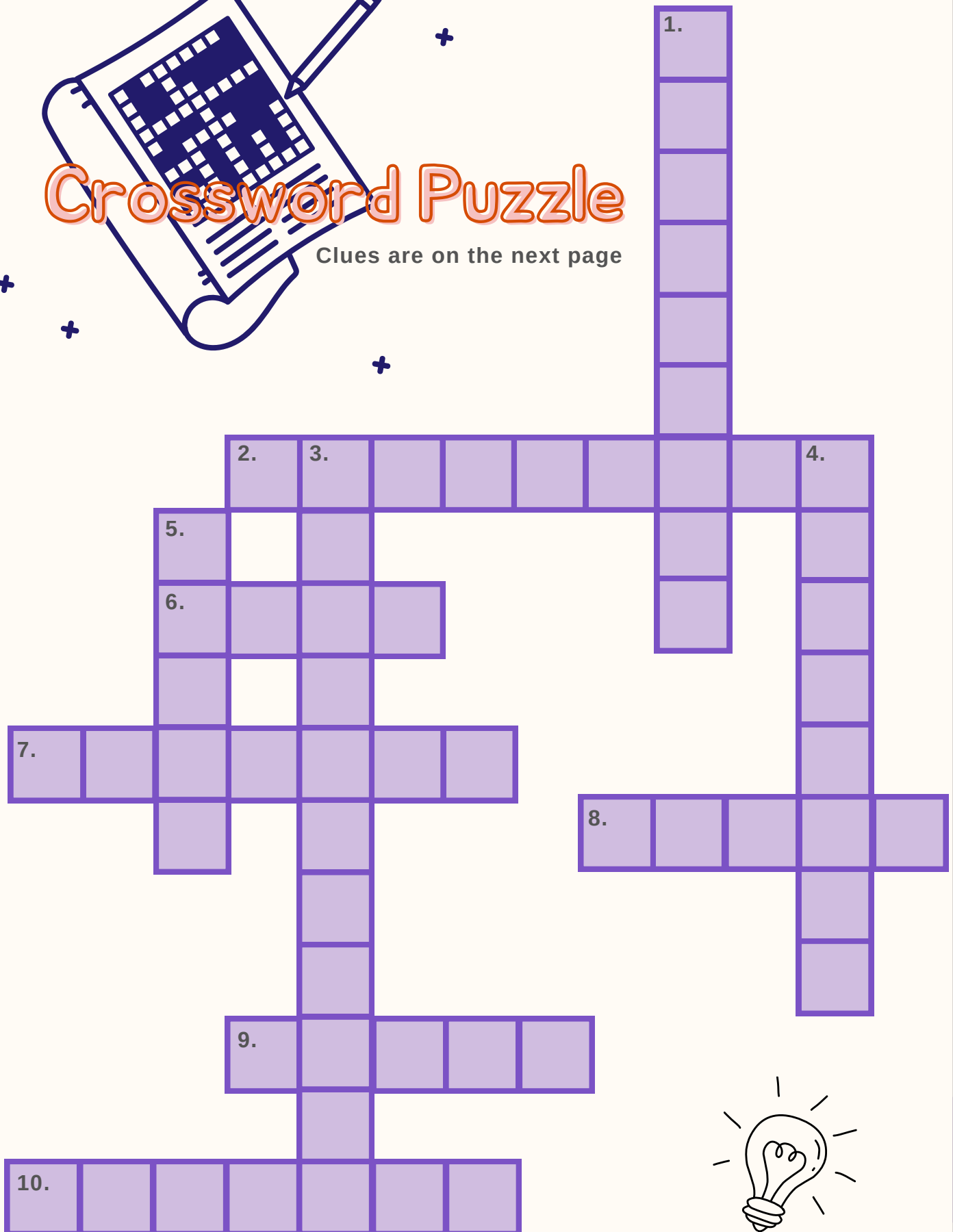




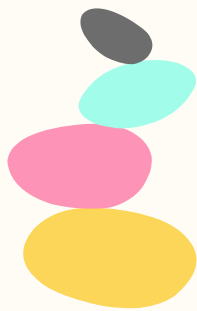


# Crossword Puzzle

Clues are on the next page







# Theme: Harmony

## Across

2. The science of sound and its transmission (9 letters)
6. A place where one feels at peace and comfortable (4 letters)
7. A pleasing combination of musical notes or elements working together (7 letters)
8. The state of being united or joined as a whole (5 letters)
9. A musical instrument with keys that produce sound when struck (5 letters)
10. A state where different elements are equal or in the correct proportions (7 letters)

## Down

1. To bring into agreement or harmony (9 letters)
3. The arrangement of elements in music or art (11 letters)
4. The quality of being made up of exactly similar parts facing each other or around an axis (8 letters)
5. A group of notes played together in music, often forming harmony (5 letters)

Turn page upside down to get the answers.



Answers  
Across  
2. Acoustics  
7. Harmony  
8. Unity  
9. Piano  
10. Balance  
Down  
1. Harmonise  
3. Composition  
4. Symmetry  
5. Chord



# 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!



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## Credits

### Editors and contributors:

Vivian He

Angelia Jolin

Olivia Ketheesan

Frankie Brown