

UNSW COLLEGE

*The Recharge Edition*

November 2024

# In The Know





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## Editor's Note

Everywhere you look on campus, students are engrossed in their books and laptop because it's the end of year exam period! No doubt it's a stressful period and that means less emphasis is placed on your health and wellbeing.

This issue of the magazine is here to support you through this studious period by providing ways on helping you relax and recharge because burnout is definitely something we all want to avoid (there's literally no benefits to it!). Taking breaks during the day is just as important as reviewing your notes and it's something we need to make time for, as it's not some sort of "luxury" or a "waste of time".

Read on for how you can maintain your energy levels and stay cool, calm and collected alongside your study routine!

Yours truly,

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





# Highlighted events

## Southeast Aboriginal Arts Market

Be enchanted with the colourful celebration of Aboriginal art at the Southeast Aboriginal Arts Market, curated by Wiradjuri and Kamilaroi artist Jonathan Jones! This vibrant event returns to Carriageworks, bringing together the rich, diverse creativity of south-east Australian Aboriginal artists.

Over two big days, you'll have the chance to explore and purchase thousands of incredible artworks from 33 independent Aboriginal artists and collectives. From stunning ceramics, jewellery, and weaving to captivating photography, painting, textiles, and prints – you may need the whole day to take everything in! This is your chance to meet the artists, learn about the unique Aboriginal cultures of NSW, ACT, Victoria, the Murray–Darling Basin, and Tasmania, and take home one-of-a-kind pieces that directly support the artists.

Don't miss out on this exciting opportunity to immerse yourself in the heart of Aboriginal art and know that 100% of the proceeds will go straight to the creators themselves!



## Mov'in bed

When the temperatures start to rise and the sun starts hanging around for longer, you know that it's the perfect combination for the Mov'in Bed experience. Australia's largest outdoor bed cinema is back featuring king-sized beds, stunning sunsets, and a blockbuster lineup of fresh films from November 2024 to March 2025.

After a sell-out debut in 2024, tickets for this one-of-a-kind outdoor movie experience are in hot demand, so don't miss your chance to catch your favourite films under the stars.

The best part though?

You can indulge in food and drinks without ever leaving your cosy spot. Just whip out your phone, scan the QR code next to your bed, and let the feast come to you. As the sun sets, vibe out to iconic movie themes before slipping on your noise-cancelling headphones for a totally immersive cinema experience.





# What's on in November

See what's happening on at College!

**15**

## MOVIE CLUB - ZOOTOPIA

3:30pm - 5:30pm Room  
131, L5 Building

**21**

## THRIVE THURSDAYS - MANAGE YOUR MINDSET FOR EXAMS

12pm - 5pm  
Courtyard, L5 Building

**22**

## MOVIE CLUB - COCO

3:30pm - 5:30pm  
Room 131, L5 Building

## CUPPA CONNECTIONS

3:30pm - 4:30pm  
Courtyard, L5 Building

**20**

## BIKE AND BLEND

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

**22**

## TARONGA ZOO DAY TRIP

9:30am - 3:30pm  
Taronga Zoo

**23**





**26**

**SUMMER HANGOUT  
AT L5 BUILDING**

12:30pm - 2:30pm  
Level 1, L5 Building

**CUPPA  
CONNECTIONS**

3:30pm - 4:30pm  
Courtyard, L5 Building



**27**



**28**

**JOB READY  
WORKSHOP**

12:30pm - 3pm  
Room 131, L5 Building

**THRIVE THURSDAYS  
- EAT WELL, BE  
WELL**

12:30pm - 1:30pm  
G08, Student Lounge, L5 Building



**28**



**29**

**MOVIE CLUB - THE  
IMITATION GAME**

3:30pm - 5:30pm  
Room 131, L5 Building

**GAMES DAY AT THE  
L5 BUILDING**

11am - 3pm  
Room 131, L5 Building



**29**

We've got a fantastic lineup of events this September – don't miss out! Check out what's happening and join the fun by bookmarking the [Events and Activities page](#) on our [Current Students Website](#).



# WHO'S HUNGRY?

BRINGING YOU  
THE BEST EATS IN  
SYDNEY

## NOTEWORTHY EATERIES



### AMA Surry Hills

*47 Cooper St, Surry Hills NSW 2010*

In the quiet corners of Thailand's Chinatowns, there are shops dedicated to serving one dish: beef noodle soup. AMA is saving Sydneysiders the price of a flight ticket by brining this classic Thai-Chinese street food to you. The stock is made from two types of beef bones and spiced with Chinese five-spice.

For dessert, don't miss their exceptional mor gang flan, made with caramelised molasses and a shot of Ickle espresso, offering a perfect finish to the meal.

### A.P Supply

*Shop 2/106 Commonwealth St, Surry Hills NSW 2010*

Come to this bakery that's only opened on the weekend, and find a selection of baked goods, pastries and sweets that you won't find at the other branches. One of such are the impossibly plump and soft cream puffs which are filled with a variety of flavours including dark chocolate, Chantilly and cumquat and salted pistachio.

Even croissants that don't quite make the cut are transformed into a fragrant soft-serve, gently toasted in anglaise and swirled into an open choux pastry.



Image credit: Yusuke Oba

# matcha made in heaven



## Matcha-Ya

**NW.05/10 Steam Mill La, Haymarket NSW 2000**

Matcha-Ya sources their premium powder from the mountains of Shizuoka in Japan, and the staff attends tea auctions there four times a year to ensure customers get the best quality tea. This quaint little spot also boasts a dessert menu that showcases the versatility of matcha in every bite.

Treat yourself to matcha roll cakes, delicate parfaits, sundaes topped with velvety matcha soft serve, and their signature matcha tiramisu, all freshly crafted in-house. If you fancy a little tipple, why not try one of their matcha-infused cocktails?

Image credit: Matcha-Ya | Instagram

## Oh!Matcha

**Shop 11/501 George St, Sydney NSW 2000**

Nestled within the busy Regent Place Shopping Centre (known as Little Japan to locals due to the extensive Japanese offerings here) and open every day, Oh!Matcha is one of the most convenient places to swing by and get your fill of matcha for the day. Throughout the year, Oh!Matcha also serves exciting seasonal specials such as vegemite soft serves, yuzu and matcha floats and sakura lattes so make sure to check the menu for what's currently on offer.

Did we mention that there's even a dedicated dairy-free menu catering to both lactose-intolerant and vegan customers? Yes, please!



Image credit: Oh!Matcha | Instagram



## Cafe Cre Asion

**3/310 Harris St, Pyrmont NSW 2009**

The hand-crafted matcha desserts at Cafe Cre Asion are truly exceptional. This intimate yet minimalist Japanese teahouse is renowned for its premium matcha creations, including their signature matcha Swiss roll, rich matcha fondant, macadamia-studded matcha cookies, and light matcha chiffon cake – all highly recommended for any connoisseur.

You can also recreate the experience at home, and purchase their tinned premium matcha and hojicha powder so on days where you don't feel like going out, you can still enjoy the Cafe Cre Asion cafe experience.

Image credit: Cafe Cre Asion Website



# MOON & BACK Cafe • Lifestyle

*Shop 7/2 Crewe Pl, Rosebery NSW 2018*

MOON & Back is not just a cafe, but also a thoughtfully curated lifestyle store that offers a harmonious blend of exceptional coffee and exquisite homewares in one stylish space. This is the owners' second location, following the success of their original store in Kyoto, which opened in 2020. The menu features an elegant selection of brews, including matcha and hojicha (roasted green tea) lattes, as well as a rotating array of indulgent desserts.



## Edition Roasters

*Various locations*

Anyone who enjoys the delights of matcha has heard of Edition Roasters, one of Sydney's premier specialty roasters. They are also trending on social media for being one of the places that does the best strawberry matcha latte, just take a look at the queue at any one of their stores waiting to purchase a cup! But we come to offer another recommendation: their premium Uji matcha latte which is made with the youngest tea leaves from Japan's celebrated Uji region, renowned for producing some of the finest green tea in the world.

Image credit: Edition Roasters | Instagram

## Torori Warabi Mochi

*Floor 2/13 Hay St, Haymarket NSW 2000*

Different to the more commonly known chewy mochi, warabi mochi has a texture similar to that of a pannacotta before melting in your mouth.

Torori, a popular chain from Osaka, has opened its first store in Sydney. After you order, watch as the team slice large, wobbly rounds of mochi into bite-sized pieces and gently throwing them through matcha, kinako (roasted soybean) or chocolate powder. Make sure to get the brown sugar syrup to pour over the mochi before eating as the mochi itself isn't very sweet.



Image credit: Declan Blackall



# *matcha made in heaven*



# Relive the wonders of the 2024 UNSW College Gala

*presented by the Photography Club*



Photos by Aeneas (Jiangtian) Xu





Photos by Andi (Xiang) Li





Photos by Wayne (Chenwei) Qin





Photos by Jack (Zihe) Zhang





Photos by Jacqueline (Rongge) Zhang





Photos by Ray (Ruoyu) Gong





# ***GET A MOVE ON, AND BEAT THE END OF YEAR STRESSES***

Exercise is more than just a way to stay fit. It's a powerful tool for managing stress, especially during high-pressure times like exams.

Regular physical activity improves your mood, boosts your energy levels, and helps you focus better. It's also an excellent way to break up long study sessions and prevent burnout. Instead of feeling guilty about taking time away from your study schedule, think of it as investing in your mental clarity and overall health.

**1**

## ***UNSW Fitness & Aquatic Centre (FAC)***

The UNSW FAC is a one-stop shop for all your fitness needs and guess what, it's right on campus! Lifting weights, swimming a few laps or sweating it out in a game of basketball,

FAC has a wide range of facilities to suit your needs. You can go for a solo session, or if you want some human interaction after burying your nose in the books, there are a variety of fitness classes to help you stay motivated. Being on campus makes it easy to pop in before or after classes, so you don't have to worry about finding extra time in your busy schedule. FAC also offers one-day trials and flexible membership options, meaning you can choose a plan that fits your needs and your budget.

The supportive environment at FAC is perfect for anyone from shy beginners to seasoned athletes looking to stay active and healthy.





The newly created UNSW College Sports Club is another great social circle to join for students who want to stay fit and active.

Did we mention that it's completely free to join?

Members will be able to enjoy a wide range of sports such as badminton, basketball, soccer, rugby - the list goes on! What sports will be played is completely up to the club which makes it a great for those who want to trial different things and meet new friends at College who you otherwise may not have met through studying.

2

## *UNSW College Sports Club*



3

## *Run Clubs*

If you enjoy being outdoors and like the idea of running with a group, then a run club could be the perfect fit for you. Sydney has been blowing up with run clubs in many suburbs and some are even themed such as night run clubs or women-only run clubs.

Running releases endorphins, which are natural mood boosters, and the social aspect of joining a group run can help you unwind and de-stress.





Sometimes, the thought of going to the gym alone can be scary, and you might not know exactly where to start especially when everyone else looks like they know what they're doing.

That's where group fitness classes come in. From HIIT (High-Intensity Interval Training) to yoga, pilates, or dance, group classes are a fun and engaging way to get your body moving. If you're looking for variety and flexibility, ClassPass is an excellent option.

It allows you to access a range of fitness studios across Sydney, giving you the freedom to try different classes whenever it suits you. That means if you try a certain type of exercise and don't really like it, there are a plethora of other exercises for you to explore! .

4

## *Group Fitness Classes* (e.g. ClassPass)



Sometimes, the best way to get fit is to go back to basics and hit the gym.

Gyms can be found on almost every corner and many have student discounts or special deals throughout the year that are a real steal. Best of all, practically all gyms will give you a free one-day trial to look at the space, because even two gyms in separate areas from the same company can feel very different.

If you're new to the gym, don't let the intimidation scare you off! During staffed hours, the friendly staff are happy to guide you on how to use equipment safely, and would actually prefer you to ask them instead of you risking any injury.

## 5 *The Gym*

Remember, the key is consistency. Find what works for you and make it a regular part of your routine. That way, when the pressure is on, you'll be ready to tackle your exams with a clear mind and a healthy body.



# BOOKS OF THE MONTH

November Edition

## THIS MONTH'S GENRE

The peace that comes from flipping the pages of a relaxing read is irreplaceable. Check out our recommendations of **CALMING FICTION!**

## BEFORE THE COFFEE GETS COLD

TOSHIKAZU KAWAGUCHI

This book has captured the hearts of readers around the world, and it's easy to see why. This charming, reflective novel offers more than just a captivating story, it provides a soothing, almost meditative reading experience that resonates deeply with those seeking a bit of escapism and introspection.

Set in a quirky little café in Tokyo, the novel revolves around a mystical chair that allows its occupants to travel back in time, but only under very specific conditions. One of those conditions is that the coffee must still be hot when the person returns to the present.



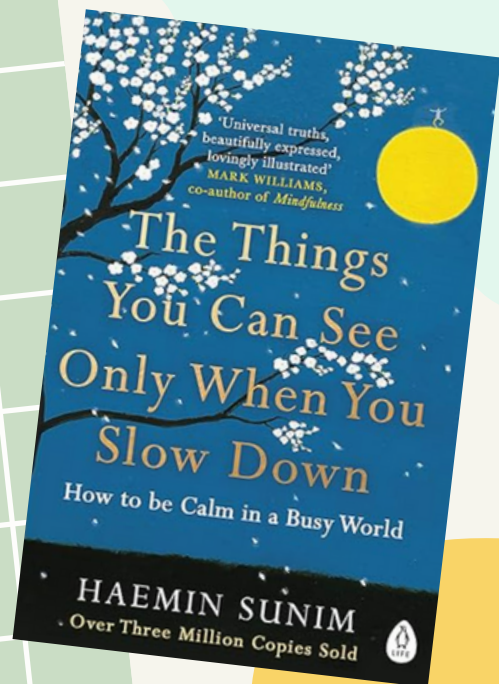


## THE THINGS YOU CAN SEE ONLY WHEN YOU SLOW DOWN: HOW TO BE CALM IN A BUSY WORLD

HAEMIN SUNIM

The book invites readers to slow down and embrace mindfulness, presenting simple yet profound teachings that can be applied to daily life.

Rather than asking readers to retreat from the world, the book encourages moments of presence in everyday activities, such as eating or walking. This gentle approach offers a way to reduce stress without abandoning the demands of modern life.



## THE FULL MOON COFFEE SHOP

MAI MOCHIZUKI

Set in a quaint, charming coffee shop that operates only during the full moon, the novel weaves a gentle narrative that invites readers into a serene world of quiet moments, personal connections, and simple pleasures.

The novel encourages readers to slow down and savour the present moment. The soothing atmosphere of the coffee shop becomes a metaphor for finding peace in the middle of life's busyness.





# THE SCIENCE BEHIND POWER NAPS

## *and How to Do Them Right*

With university deadlines creeping up, the start of exam season, or a series of lectures and tutorials starting from 9am, it can feel impossible to always get a full night's rest. This is where power naps can come to the rescue. But do they actually work? And how can you nap without wrecking your sleep schedule? Let's dive into the science behind power naps and how to do them right.



### *What is a power nap?*

A power nap is a short nap typically lasting between 10 to 30 minutes designed to recharge your body and mind without making you feel groggy.

Unlike longer naps that may leave you feeling disoriented (and sometimes worse than before), power naps are scientifically shown to boost alertness, concentration, and mood while helping you avoid sleep inertia, the groggy feeling that can result from waking up during a deeper sleep stage.



# How do power naps work?

Napping might seem like a luxury, but it's actually a highly effective strategy for boosting productivity and mental performance.

HERE'S WHY:

## 1. BOOSTS COGNITIVE FUNCTION



Power naps help refresh your brain. When you sleep, your brain processes and consolidates information, improving your ability to remember and retain facts. A study published in *Nature Neuroscience* found that even short naps (around 10 minutes) improve memory, learning, and performance.

This is especially useful during exams or study sessions when you need to retain large amounts of information.

## 2. INCREASES FOCUS AND ALERTNESS

Short naps have been shown to improve focus and alertness. This is due to the fact that they allow your brain to rest and reset. A study by NASA found that pilots and astronauts who took power naps experienced improved alertness, faster reaction times, and better performance overall. If you're feeling mentally fatigued or unable to concentrate, a quick nap can be the best way to recharge.





### 3. REDUCES STRESS AND BOOSTS MOOD



Sleep, even in small doses, helps regulate stress hormones, which can have a profound effect on your mood. Short naps have been linked to lower levels of the stress hormone cortisol, helping you feel more relaxed and better able to handle the pressures of university life. When stress levels are reduced, you can approach your studies with a clearer mind and a more positive attitude.

### 4. IMPROVES CREATIVITY

Power naps also provide a boost to your creative thinking. According to a study conducted at the University of California, short naps can enhance your brain's ability to form new ideas, improve problem-solving skills, and encourage creative insight. If you're stuck on an assignment or project, a quick nap might help you break through that mental block and spark new ideas.





# How to take a power nap, without messing up your nighttime's sleep?

While power naps offer impressive benefits, there's a delicate balance when it comes to timing and duration. If you nap too long, you risk interfering with your regular sleep cycle. Here's how to nap effectively without disrupting your ability to sleep at night.

## 1. KEEP IT SHORT



The key to a successful power nap is **timing**. Napping for **10 to 30 minutes** ensures you stay in the lighter stages of sleep. Anything longer than that could push you into deeper sleep cycles, which can leave you feeling groggy or even make it harder to fall asleep at night. The optimal duration for a power nap is 20 minutes, as this is long enough to help with alertness and concentration without dipping into deeper sleep.

## 2. NAP EARLY

Timing is everything. Ideally, try to nap **earlier in the day**, especially if you have a regular sleep schedule. Napping after 3pm can interfere with your body's natural circadian rhythm, making it harder to fall asleep at a reasonable hour later in the evening. Aim for your nap during the afternoon slump, typically **between 1pm and 3pm**, when your body's natural energy levels dip and a nap will have the most benefit.







### 3. CREATE A COMFORTABLE ENVIRONMENT



For a successful power nap, your environment matters. If you're napping during the day, it might be a good idea to find a quiet, dim space to block out distractions. Use a sleep mask or blackout curtains if the light is disturbing, and make sure you're seated or lying down in a relaxed position. The goal is to allow your body to fall into a restful state quickly.



### 4. SET AN ALARM

One of the biggest challenges of napping is avoiding the temptation to sleep for too long. Setting an alarm ensures you wake up after your ideal nap time. Many people find that 20 minutes is the perfect amount of time, but if you're aiming for a 30 minute nap, set your alarm accordingly.





## 5. CAFFEINE BEFORE NAPPING



It might seem counterintuitive, but drinking caffeine before a nap can actually help some people wake up feeling more refreshed. However, it's important to wait around 30 minutes after drinking coffee or tea before taking your nap. The caffeine will take some time to kick in, and by the time you wake up from your nap, it will be ready to boost your energy further.

The bottom line is that power naps are a powerful tool for stress relief and can be a game-changer when you're feeling stressed, sleep-deprived, or mentally drained from your studies.

These short bursts of sleep not only provide a boost in energy, concentration, and mood but also give your body a chance to reset. To maximise their benefits, remember to keep your naps short, aim for the afternoon, and make sure you're in a comfortable, distraction-free environment.

So, the next time you're struggling to stay awake during a study session, consider the power of a well-timed nap.

**It could be just the thing you need to recharge your brain and get back to studying with renewed focus and energy.**



# ACROSS THE ROAD AT UNSW SYDNEY



[LEARN MORE HERE!](#)

## NIGHT-TIME NIBBLES

At Night-Time Nibbles, you can take a mindful break from studying while we take care of dinner. On Tuesday 19 to Thursday 21 November from 6pm to 9pm, you'll get nutritious, tasty food and bite-sized opportunities to practise the skills needed for good wellbeing. The more Wellness Check Points you visit, the more your skills will improve, and the better you'll feel!

## SCAM SAFETY SESSION: PROTECT YOURSELF!

Protect yourself from scammers by joining a this session, designed to arm you with the knowledge you need to stay one step ahead. In this workshop, we'll cover everything from phishing emails and rental fraud to contract cheating and even virtual kidnapping scams. You'll learn how to spot the red flags and safeguard your personal and financial information.



[LEARN MORE HERE!](#)

[VISIT THE UNSW WEBSITE FOR MORE EVENTS!](#)



# ARC VOLUNTEERING

With exams on the horizon, it's easy to feel the pressure and stay cooped up in the library or in your room. But everyone needs a break some time and have you started thinking about your social calendar once exams are over? Suvir, our newest UNSW College Student Wellbeing Adviser, and soon-to-graduate UNSW student had amazing opportunities through Arc that helped him connect with others, explore new experiences, and recharge his energy and he's here to show you how you can get in on the action!

When I first arrived in Australia as an international student I was stressed, nervous, overwhelmed and excited all at the same time! Something that helped me find my path and meet new people was Arc's volunteering programs. This is what they are all about and which one YOU should join.



# Arc Goes To & Funner Summer

Arc Goes To & Funner Summer are amazing opportunities for International Students to explore Sydney for cheap! They do trips all throughout term and Funner Summer provide trips during term break. Full day-trip hikes, private movie screenings & surfing lessons to name a few! If you're new to Sydney and looking to do unique and fun activities this is where to go!



## Blitz

Blitz is Arc's one stop shop for all things pop culture. If you're a media-inclined student looking to create funny content for all UNSW students, this is for you. Blitz produces student interviews, event reviews (SmashCon) and so much more!

**[Check out their stuff here!](#)**

## Arc Wellness

Arc Wellness is centered all around promoting wellbeing for UNSW students! In groups of 10-15 you will have weekly shifts with different activities to give back to students. Things such as: handing out free breakfast, giving someone a rose, and helping the iconic Stress Less Week!

**[Volunteer now!](#)**



## Phil'

Phil' is Australia's largest student-led philanthropy initiative. Attempting to raise as much money as possible for the Sydney Children's Hospital in Randwick. This program culminates with a 24-hour Fun-A-Thon where there is NON-STOP activities for 24 hours. Last year they raised over 35,000 dollars.

**Volunteer now!**

## Volunteers

### United

Volunteers United is your opportunity to give back to the wider community and they partner with charities and not-for-profit organisations. It is flexible and tailored to your schedule so you can come along to volunteer whenever you are free!

**Volunteer now!**

## Culture Café

Arc's Home Away from Home! Culture Café is your opportunity to meet new people and practice English! They do weekly sessions from 4-6PM and focus on a different culture each week where you can learn about the culture and get to try some native food.

**Check out their stuff here!**

## Bike-ology.

Calling all Biking Enthusiasts! Bike-ology is a fantastic way to learn how to fix your bike and save money on repairs whilst meeting heaps of new people and helping them get back on their bike!

**Read more about them here.**



It is time to slow down, take a deep breath, and recharge – our THRIVE intern Jolin is here to guide you through revitalising both body and mind this season! With easy-to-follow stretching exercises, calming breathing techniques, and nourishing meal ideas, you'll find everything you need to refuel your energy for the months ahead.

# RECHARGING MY *Body & Mind*

This month, we are getting closer to the end of the year, and I want to remind you how proud I am of you for thriving so well! You have done so much this year, and you deserve to slow down and rest well. Allow yourself to recharge your energy before going back to your busy schedule because sometimes the most productive thing you can do is to rest! There are many ways you can recharge your body and mind, so I have made a guide to help you get started.

## *Stretch and Loosen Up*

Going to college will most likely involve hours sitting in a classroom or studying for an assignment. We might find it difficult to find the time to go for a full workout or even for a walk in between classes. What I normally do is stand up and stretch my body instead. All it takes is a few minutes to keep your circulation going and let go of all the stiff muscles!

**Follow [this step-by-step stretching guide](#) where you can also find video demonstrations for the below stretches:**

### **Overhead reach**

Extend one arm over your head to reach the opposite side and hold it for 10 to 30 seconds, then repeat on the other side.



### **Upper body and arm stretch**

Hold hands together above the head with palms facing outward, and push your arms up, then hold the pose for 10 to 30 seconds.

### **Torso stretch or spinal twist**

Keep your feet securely on the ground while facing forward, and rest one arm on the back of your chair. Twist your upper body in the direction of the arm that is resting on the chair. Hold pose for 10 to 30 seconds again and repeat on the other side.

### **Neck (upper trap) stretch**

Gently pull your head toward each shoulder and hold it for 10 to 15 seconds.

## *Breathe into Calm: Belly Breathing*

Every day we breathe around 20,000 to 30,000 times on average, which often goes unnoticed as we rush through our days with different activities. So, what is a belly breathing exercise? It is a breathing exercise involving the diaphragm, a muscle located at the base of your lungs, that allows you to have a slower heartbeat, lower blood pressure, and full oxygen exchange.

How exactly can we do it? Firstly, find yourself a spot to sit or lie down comfortably. Place one hand on your belly, and take a slow, deep breath through your nose, letting your belly expand. Exhale slowly through your mouth, feeling your belly fall, and repeat this cycle for a few minutes, focusing on the flow of your breath throughout your whole body. And there you go, you did it, you have escaped from the loop of stress and overthinking. What's left is your calm self and the present moment.

Why not check out this amazing [video](#) that can help you to practice paying attention to your breathing and relaxing your body and mind during stressful times. I promise you it's worth trying and if you're still not convinced, read the video comments on how this exercise has helped others feel better!

# Cooking Wholesome Meals

Did you know that eating healthy food with rich nutrients can boost your mood? Yes, it's true. The food you eat can affect how you feel because your brain and stomach are closely connected. Eating healthy foods help the good bacteria in your stomach produce chemicals like serotonin and dopamine, which keeps you in a good mood. However, consuming too much sugar and junk food can feed bad bacteria, leading to grumpiness and energy crashes. That's why having a healthy and balanced diet can help you feel happier and recharged.

**Here, I want to share a few cooking ideas that you can try while including healthy ingredients that taste delicious!**

## **Shrimp bowl with tomatoes and avocado**

Lightly fry shrimps in a ginger-soy-sesame sauce and top it with tomatoes and avocados to add flavour and texture.

## **Nasi goreng (Indonesian fried rice)**

Pan-fry your favourite protein (egg, tofu, or chicken) with oil, a little salt, and pepper. Then, add garlic, shallots, mushrooms, bell pepper, carrots, or any vegetables you love over medium heat and set aside. Add oil and stir fry your rice for 3-4 minutes before adding back the veggies to the rice.

## **Seasoned cucumber salad**

Poke the cucumber with a fork, slice it into thin slices, and salt it. To create the sauce, chop up some herbs, ginger, and garlic, then add it to the cucumber along with rice vinegar, sesame oil, soy sauce, and optionally chili paste. Mix it up and you're ready to eat!

*Love,  
Jolin*



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



Smoke-Free Life



View all Health and Wellbeing support articles



# EXP +21



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

## feelslikeimfallinginlove with Coldplay

Let me tell you, it was a real struggle getting the tickets for Coldplay and it was almost as stressful as exams! I had my laptop and phone and my friend's laptop and phone on and we were trying to buy the tickets and after what felt like hours we actually got it!

This was my first concert and for one of my favourite bands so it was like a dream come true. There was so many people there too I almost got separated from my friend but we made sure to stay together and got the Coldplay t-shirt before going inside.

READ MORE



# EXP +22

## Finding friends in a Run Club

I was looking for a way to get some exercise in, without spending too much money because I didn't want to commit to a gym since I would be going back to my country soon so it didn't make sense to do that. I found on Instagram that there was a run club happening every Wednesday night in the city so after a bit of thinking I joined because I felt that I was staying in my room for too long.

It was a bit scary a first because I didn't know anyone and just showed up, but a nice girl next to me started talking to me and eventually we had a small group of people talking while running.

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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