

UNSW COLLEGE

The Spooky Edition

October 2024

In The Know



Contents

Page 2 Highlighted events

Page 3 What's on in October

Page 5 Who's Hungry

Page 8 Take a look at some snaps from our Buddy Program

Page 11 Deepavali: The Festival of Lights

Page 14 Books of the Month

Page 16 Across the road at UNSW Sydney

Page 17 Tips for procrastination

Page 19 Spooky Mental Health

Page 22 College Chronicles: A Series of Student Adventures

Editor's Note

The spooky season is here! Have you noticed all the seasonal pumpkin spice options popping up around the city? I highly suggest you give it a go if you haven't tried it before, otherwise you may have to wait another year just to try it out!

In this issue, we have brought on a special guest writer James who will help you break past those walls of procrastination and get your study routine back on track. To match the mood of the month, we've collated a list of books that might keep you awake instead of lulling you to sleep but either way you'll still be captivated by the writing and suspenseful plots.

October is also known as Mental Health Month and is a time where we should be looking after our wellbeing. Flip to THRIVE intern Jolin's section and learn about the stigma surrounding mental health and how we can overcome the barriers to having open comfortable conversations about it.

Yours truly,

Vivian He
In the Know Editor
UNSW College



Highlighted events

Sculpture by the Sea

The stunning coastal walkway between the southern end of Bondi Beach and Tamarama will burst to life with an enchanting array of sculptures. This immersive and interactive experience invites you to get up close to over 100 captivating works from both Australian and international artists. Celebrating its 26th year, Sculpture by the Sea is one of Sydney's most beloved annual events, drawing in up to half a million visitors over the three weeks!

This is a free event so no tickets are required and weekends are expected to be busy, so if you can, visit on a weekday for a more relaxed and slow experience. Parking can be tricky, so public transport is your best bet to get there.

You can also download the free Sculpture by the Sea app before you head over. It features an interactive map, artwork details, photos, and the latest news updates. Plus, for a small fee, you can access custom audio tours of select exhibitions through the app.

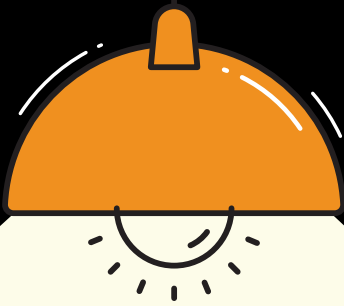


Gymea Village Festival

Get ready for an unforgettable day at the Gymea Village Festival, one of The Shire's premier annual celebrations, drawing in over 50,000 visitors each year!

Gymea Bay Road will turn into a bustling wonderland filled with up to 200 incredible stalls stretching from The Kingsway to President Avenue. Browse through a treasure trove of delights, from mouthwatering food and stylish fashion to exquisite wines and stunning flowers. Expect to find a captivating mix of the traditional, the handmade, the quirky, and the beautiful. There'll be arts and crafts, fabulous handbags, unique clothing, scrumptious cakes, and delicious preserves on sale, just to name a few!

For entertainment alongside your shopping and eating, a lively stage will host an array of entertainment, featuring jazz bands and talented youth performers, while a dedicated world food section promises a feast of international flavours.



What's on in October

See what's happening on at College!

16

AUSSIE SLANG WORKSHOP

12:45pm - 2:15pm
Room 131, L5 Building

THRIVE THURSDAYS - FILL YOUR CUP

12pm - 5pm
Courtyard, L5 Building

17

17

VOLUNTEER INFORMATION SESSION

12:15pm - 2:15pm
Room 131, L5 Building

GAMES DAY

11am - 3pm
Room 131, L5 Building

18

18

BIKE AND BLEND

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

MOVIE CLUB - INSIDE OUT

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

18

22


BOOMERANG PAINTING

12pm - 5pm
Room 131, L5 Building

ZEN ROOM

All day
Room 131, L5 Building

23



24

THRIVE THURSDAYS
- FRIENDSHIP
AND WORRY BEAD
BRACELETS

12pm - 5pm
Courtyard, L5 Building

MOVIE CLUB -
INSIDE OUT 2

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



25



30

JASPER & LUKA -
STRESS LESS UNSW
DOGS

1pm - 2pm
Courtyard, L5 Building

HALLOWEEN

All day
Courtyard/Student
Enquiries Area, Level 1



31



31

THRIVE THURSDAYS
- PAINT, PLANT &
GROW

12pm - 5pm
Courtyard, L5 Building

We've got a fantastic lineup of events this October - 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



Superfreak

333A Enmore Road Marrickville

Superfreak, the new cafe next to Scout Pilates in Marrickville, is your new go-to spot for a delicious bite and a great coffee fix. This place serves up tasty, quick meals perfect for grabbing between workouts or chilling out after a stroll in Enmore Park. Enjoy a range of hearty, homestyle dishes and expertly crafted coffee in a laid-back setting. Plus, the vibe here is unbeatable, making it a top choice for your next caffeine boost or casual hangout.

Mogu Mogu

454 Cleveland Street Surry Hills

Specialising in onigiri, Mogu Mogu offers Japanese rice balls that are crafted with care using premium Hokkaido rice and high-quality ingredients. With twelve mouthwatering flavours, from light edamame with seaweed to savory teriyaki salmon, there's something to satisfy every craving. Drinks like refreshing iced matcha and rich hojicha add the perfect finishing touch. Come here for a quick and yummy meal that won't break the bank.



Fusion cuisine



Kid Kyoto

17-19 Bridge Street, Bridge Ln, Sydney NSW 2000

Tucked away in the heart of Sydney, Kid Kyoto is a must-visit for those looking to spice up their dining experience. This self-styled “rebellious Japanese izakaya” serves up a creative mix of modern Japanese dishes that are sure to excite your taste buds.

Don't miss the standout dishes like watermelon sashimi, crispy Takoyaki croquettes, and flavourful pork hocks paired with green apple and teriyaki. The menu also features vegetarian and gluten-free options. With a relaxed yet stylish vibe, Kid Kyoto is the perfect spot for a fun night out with friends or to celebrate a special event.

Gojima

World Square Shopping Centre, 644 George St, Sydney NSW 2000

Craving sushi or burgers? Born from the desire to elevate your dining experience, Gojima serves up next-level sushi burgers that perfectly blend the best of both worlds.

With a commitment to fine-dining quality in a casual setting, you can indulge in unique sushi burgers alongside crispy fried chicken, loaded fries, and creamy frozen custards. Each dish is crafted with attention to taste and texture, making it a fun spot for a quick bite or a laid-back hangout with friends.



LILYMU

3 Parramatta Square, 153 Macquarie St, Parramatta NSW 2150

LILYMU is the vibrant new star of Parramatta's food scene, where modern Asian fusion takes centre stage. You can look forward to fresh and exciting dishes like tom yum dumplings, a refreshing chicken larb sando, and a comforting beef cheek massaman curry.

The creative fusion of culinary traditions makes every bite a memorable experience, and you'll definitely want to snap some photos of these stunning plates!





Ms.G's

155 Victoria St, Potts Point NSW 2011

Ms. G's is a playful gem in Potts Point, known for its bold and innovative fusion menu like cheeseburger spring rolls and Jow's sweet & sour lamb ribs, or gather your friends for a Wagyu bulgogi party featuring mouthwatering barbequed king prawns in kam heong sauce.

For those over eighteen, Ms. G's cocktail menu is equally adventurous, offering creative concoctions like a vodka and Licor 43 blend with Yakult, lychee, lemon, and lychee pearls!

China Lane

2 Angel Pl, Sydney NSW 2000

Tucked away in Angel Place, China Lane is a modern Asian hotspot that's capturing the hearts (and feeds) of diners.

Imagine digging into togarashi cuttlefish alongside crispy duck pancakes and slow-grilled lamb skewers, all bursting with flavour. Each bite is a tasty adventure that brings together culinary influences in the best way possible.



Hello Auntie

278 Illawarra Rd, Marrickville NSW 2204

Hello Auntie is a modern Vietnamese eatery that invites you to explore contemporary Southeast Asian flavours in a relaxed, group-friendly setting. The dishes here are bursting with flavour and made from produce mainly sourced from Australia's east coast.

The narrow, dimly lit industrial-style space buzzes with character, featuring shelves brimming with retro knick-knacks and captivating black-and-white family memorabilia. While you're here, take some pictures in front of the array of mirrors lining the exposed brick walls.



TAKE A LOOK AT SOME SNAPS FROM OUR BUDDY PROGRAM









DEEPAVALI

THE FESTIVAL OF LIGHTS



Deepavali, also known as Diwali, is a dazzling celebration observed by millions around the world. This festival, which falls on Friday 1 November this year and often referred to as the Festival of Lights, is celebrated across India and various parts of the world. While regional traditions and customs may differ, the essence of the festival remains the same: marking the victory of light over darkness.

A Glimpse into the Origins of Deepavali

Deepavali's origins can be traced back to ancient India, with several legends associated with it. In Northern India, the festival celebrates Rama's return to Ayodhya after defeating the demon king Ravana, symbolising the triumph of good over evil. This story is found in the ancient Indian epic, the Ramayana.

In Southern India, the festival commemorates the defeat of the demon king Narakasura, by Lord Krishna, who represents the divine. This signifies the end of darkness and the dawn of new beginnings.

Meanwhile, in Bengal and Eastern India, the focus shifts to the worship of the Goddess Kali, who embodies strength and transformation. In Western India, it coincides with the blessings of Goddess Lakshmi, welcoming prosperity and marking the New Year for many. Lakshmi is revered as the goddess of wealth and prosperity.

Though the stories vary, they all converge on a common theme. This festival represents the victory of hope and goodness. This rich tapestry of myths and traditions illustrates how Deepavali celebrates the light within us all.

Celebrations Across Regions

VIBRANT DECORATIONS

Throughout India, homes are adorned with diyas/deepams (small oil lamps), candles, and colourful lights, symbolising the triumph of light over darkness. The tradition of making Kolams, intricate patterns created on the ground using rice flour or chalk or Rangolis which can include flower petals and coloured powders, adds a festive touch to the celebrations, welcoming guests and deities alike.



WEARING NEW CLOTHES

During Deepavali, it is customary for families to wear new clothes, symbolising a fresh start and renewal. This act is not just about fashion; it represents the shedding of the old and the embracing of new possibilities.



FEASTS AND SWEETS

Food plays a central role in Deepavali celebrations. From faral (a variety of festive snacks) in Maharashtra to sweets like laddoos and karanjis, the sharing of food is a cherished tradition. Families and friends exchange these yummy treats, strengthening bonds and spreading goodwill.





PRAYERS

In every region, prayers are offered to deities for blessings, health, and success.

Whether it is Lakshmi Puja in the North or Kali Puja in Bengal, the rituals reflect a universal hope for prosperity, peace, and happiness in the coming year. Devotees often decorate their homes with symbols of wealth and good fortune, setting the stage for a prosperous year ahead.



FAMILY AND COMMUNITY GATHERINGS

Deepavali is a time for families to come together and reconnect. The lively sound of firecrackers fills the air, symbolising the triumph of light over darkness and the victory of good over evil. Traditionally, these loud bursts are believed to ward off evil spirits, creating a joyful atmosphere. As families gather to celebrate, they also take the opportunity to forgive past misunderstandings, strengthening their bonds.

Overall Message

What makes Deepavali special is its ability to unite people across cultures, languages, and traditions. From the bustling markets of Gujarat to the serene temples of Tamil Nadu, the festival fosters a sense of community and belonging. It reminds us that, no matter where we come from, we are all connected by universal values of light, kindness, and renewal.



BOOKS OF THE MONTH

October Edition

THIS MONTH'S GENRE

It's October and you know what that means...
Halloween!
Check out our picks for the best **SPOOKIEST** STORIES.

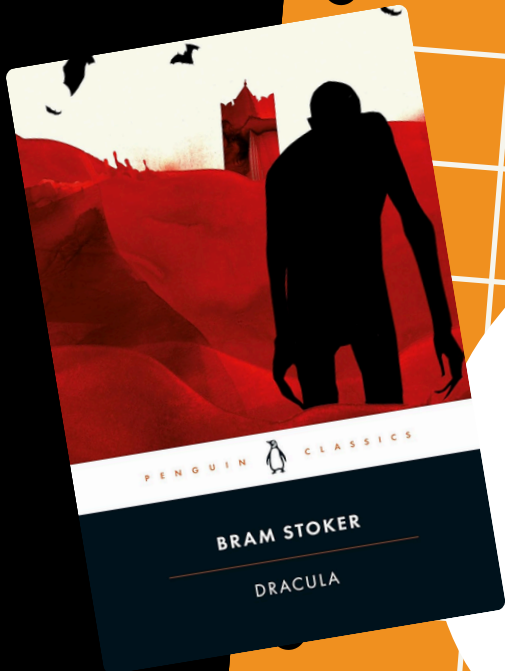
DRACULA

BY BRAM STOKER

When Jonathan Harker visits Transylvania to help Count Dracula with the purchase of a London house, he makes a series of horrific discoveries about his client.

Soon afterwards, various bizarre incidents unfold in England: an apparently unmanned ship is wrecked off the coast of Whitby; a young woman discovers strange puncture marks on her neck; and the inmate of a lunatic asylum raves about the 'Master' and his imminent arrival.

If you love a good mystery with a touch of gore, this novel will keep you on the edge of your seat and keep your imagination running long after you turn the final page.

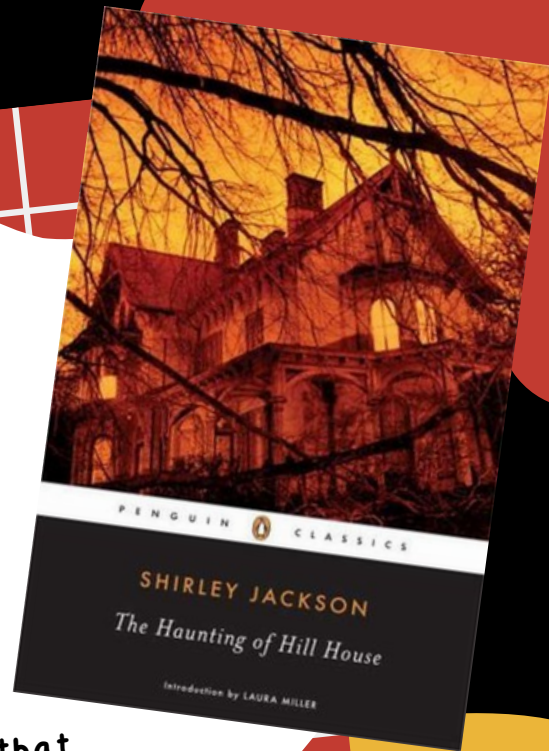


THE HAUNTING OF HILL HOUSE

BY SHIRLEY JACKSON

Four individuals venture into the infamous and malevolent Hill House. Dr. Montague, an eager occult scholar, seeks proof of the supernatural; Theodora, his vivacious assistant, adds a touch of levity; Eleanor, a lonely and sensitive young woman, is haunted by her own past; and Luke, the house's future heir, is caught between curiosity and dread.

If you're ready for a suspenseful, psychological thriller that delves into fear and the unknown, *The Haunting of Hill House* will grip you with its dark, atmospheric storytelling and keep you guessing until the very end.



CORALINE

BY NEIL GAIMAN

Imagine moving into a new apartment and discovering a door that leads to a parallel world—one that seems enchanting at first but soon reveals a dark, sinister twist. In Neil Gaiman's *Coraline*, the adventurous Coraline Jones finds just such a door. On the other side is a world eerily similar to her own but with a frightening difference: a seemingly perfect "Other" family who want her to stay with them forever.

As Coraline explores this strange new world, she uncovers hidden dangers and trapped souls behind mirrors, including other children who need her help. Armed with her courage and resourcefulness, Coraline must confront the sinister forces at play to save herself and the lost souls from a nightmarish fate.



ACROSS THE ROAD AT UNSW SYDNEY



DRIVING CHANGE: NAVIGATING THE FUTURE OF EV CHARGING ETIQUETTE

This webinar delves into the application of implementation science to encourage positive behavioural change among EV users. You'll gain practical insights into identifying barriers and enablers to appropriate charging behaviours and developing and implementing evidence-based interventions.

HUMAN TOUCH IN A DIGITAL WORLD

Join a free public event showcasing a series of short documentary films, each followed by a Q&A with the creators.

- Superbots (8 min)
- Signal (8 min)
- Non-Human Supports Used by Autistic People for Connection, Health, and Wellbeing (10 min)
- I am not a number (20 min)



**VISIT THE UNSW SYDNEY WEBSITE FOR MORE
EVENTS!**



Tips for procrastination

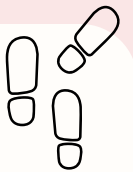
Procrastination – sound familiar? As deadlines loom and assignments pile up, it can feel like you're trapped in a never-ending cycle of unfinished tasks. Fear not! James, our special guest writer and current UNSW student, will guide you through some tips and tricks to banish procrastination and reclaim your productivity.

Keeping up with uni deadlines can be challenging. Once the assessments start to pile up, I notice my mind racing about how I'll ever be able to get it all done. When I feel stressed, I find it difficult to focus on one thing at a time. I put off studying until later, which makes me more stressed, which makes it harder to get things done. And the cycle goes on...

Thankfully, I've learned a few techniques at UNSW that have helped me break the cycle of procrastination and regain control over my studies.

Here are my top 5 tips for procrastination:

1 Break tasks into smaller steps



Breaking down assessments into smaller chunks makes it easier to get started and helps me feel less stressed and overwhelmed.

2 Use the Pomodoro Technique

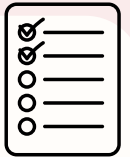


Using the Pomodoro Technique (I like the "Flow" app for Mac) boosts my concentration and focus, allowing me to study longer without burning out.



3 Set clear, achievable goals

Defining clear and achievable goals before each study session, such as “research five references”, or “finish writing the conclusion”, helps me feel less overwhelmed and more in control.



4 Create a schedule or to-do list

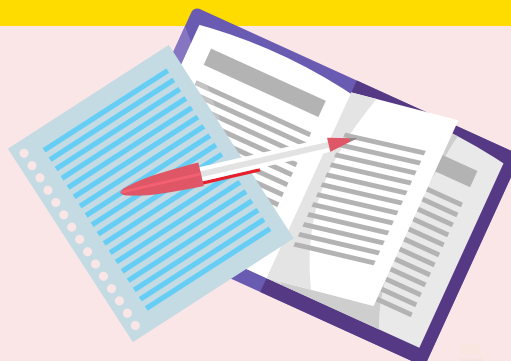
I always like to create a to-do list at the beginning of each semester, ensuring I add all upcoming assessments, presentations, or exams to my calendar. This gives me an overview of what is coming up, what I need to prioritise, and what I can leave for a later date.



5 Eliminate distractions

Everyone has their perfect study spot. Mine is at the law library, with ‘Do Not Disturb’ and noise-cancelling headphones firmly on. I find studying in these booths helps eliminate the myriad distractions at home in my living room, and ultimately makes the time I spend studying more focused and productive.

I hope you found those tips helpful! And remember, the sooner you start, the sooner you can kick back, relax, and enjoy that well-earned Netflix binge!





SPOOKY

MENTAL HEALTH

When we say “mental health”, it can conjure up a vague and misty concept that is hard to grasp and may seem unfamiliar and hard to talk about. Our THRIVE intern Jolin is here to dispel the stigma surrounding mental health and encourage us all to be more open to discussing it with the people around us.

This month, NSW is celebrating its annual Mental Health Month with the theme of “Let’s Talk About It”. On this spooky October with Halloween coming up, I want to take the opportunity to talk about how mental health is believed to be scary. Many people still find it scary to talk about mental health as they are afraid of other’s judgement. This can make it difficult for them to admit that they are struggling and ask others for help. It all comes down to stigma.

Stigma is a negative attitude towards a person leading to negative action or discrimination. It happens very often to young people, and it might even start from childhood. This stigma and self-stigma are some of the biggest barriers to mental health care. Therefore, the attitude we have and how we react in front of everyone matters, especially toward people who have mental health challenges.



Let’s help reduce mental health stigma!

This stigma involves publicly labelling negative and inaccurate stereotypes of mental health. This in turn will lead to increased discrimination against those experiencing mental health challenges. For example, anxiety can be labelled as being weak or incompetent rather than being accepted as a diagnosis where support is available. Some people might even make statements that we just have to “get a grip” or “snap out of it”. This causes people to avoid treatment altogether so they can escape these stigmatising labels. They do not want to be seen as different and try to blend in with everyone else.

However, we must know that most labels are created from not understanding mental health conditions and blindly spreading false information without even confirming it. In this case, we can take part to reduce the stigma by raising public awareness together! Here are some ways both you and I can make a positive change:

- Know the facts. Try to learn and educate yourself about mental health. A good way is to join the THRIVE Thursday activities where we focus on building good mental health and wellbeing. We can share precious knowledge and help you learn more!
- Call out false myths. If any negative stereotype comes up in a conversation or social media post, you can speak up and share the correct information with them.
- Choose the right words. When you want to describe yourself or others, avoid insensitive and hurtful words.
- Support others. Treat everyone with respect and care by offering them support and encouragement without any judgement.

Sometimes we tend to feel like we are alone when we are struggling with an issue and get caught up in our own thoughts. However, the truth is you are never alone. According to the Australian Bureau of Statistics (ABS), one in four young people experience mental health challenges each year. Around 840,000 of Australia's university students are between that age and fit within this category (Orygen Australia). There are many people out there who are facing similar challenges and have successfully conquered their fears!



I want to introduce you to Untold Stories of UNSW! It is a storytelling project by UNSW Health Promotion Unit (HPU) where UNSW students and staff come together to share stories of their personal experiences and journey. There are many amazing stories covering various topics such as stigma, discrimination, mental health, and many more! One of my favourite stories is the "Vulnerability is Strength" by Deborah Barros Leal Farias that has a touching ending line of "I hope they too can come to find strength through embracing their vulnerability".

If you have any story that you want to share about living with or overcoming a mental health challenge or supporting someone else who has experienced it, check out [this link](#) that allows you to submit your untold stories! Each one of us has walked through different journeys in life and no matter how big or small the stories you want to tell, we are here to listen and support you. Your stories might even be the reason someone starts becoming hopeful and inspired to live a more meaningful life.

CHECK THIS OUT

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



Mental Health Month



View all Health and Wellbeing support articles

Love,
Jolin

EXP +19



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

Increasing my step count

Before coming to Sydney, I was fascinated by the beautiful nature and beaches that is so well-known around the world. I'd spend lots of time looking up TikToks and reels of what to do in Sydney when I arrive and recently I ticked something off my to-do list: the Spit Bridge to Manly Walk.

I did the walk with my friends and the weather was perfect. This walk is good for most people, as it's only 10km and can be done within 4 hours, depending on how fast you walk.

READ MORE



EXP +20

Cat Cafe Cuteness

I love cats, and in Waterloo there's a cat cafe called Yumiao that my friend took me to for my birthday. You can get a free drink for under \$5, or you can pay for a more expensive drink.

Then you put on some shoe covers and go inside the room where the cats are. There are so many cats to play with and each of them have cute names like Sesame or Mochi. Some of the cats are a bit scared and they have to stay in a glass box but most of the cats are happy to play with people



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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