

UNSW COLLEGE

*The Blossom Edition*

September 2024

# In The Know



# Contents

**Page 2** Highlighted events

**Page 3** What's on in September

**Page 5** Who's Hungry

**Page 8** Through the Lens presented by the Photography Club

**Page 12** What is LinkedIn and why you need one

**Page 15** 5 low effort, high reward recipes

**Page 17** Books of the Month

**Page 20** Across the Road at UNSW Sydney

**Page 21** Through the Student Lens: Graduate Narratives

**Page 26** Bloomin' days ahead

**Page 28** College Chronicles: A Series of Student Adventures

## *Editor's Note*

Happy Spring! The constant beautiful weather is one thing that's certain to bring a smile to anyone's face. Maybe it'll also give you some motivation to clear out the clutter of the colder seasons and do a bit of spring cleaning!

This edition, to match Sydney coming into bloom, we are showing you some of the most #instaworthy restaurants where the food is just as pretty as the view and decor. Feel like there isn't enough hours in a day to spend it toiling in the kitchen? Look no further than our compilation of quick recipes that can be whipped up in a jiffy but won't sacrifice flavour nor break the bank.

We are also lucky to have THRIVE intern Jolin share her insights with us on staying safe in the sun now that the skies are more often clear than not. So what are you waiting for? Get reading!

Yours truly,

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



# Highlighted events

## Big Design Market

Over 3 big days, there will be more than 200 designers gathered to showcase their products, as well as 50 food and drink stalls for one big shopping event!

The Big Design Market returns to Carriageworks in Sydney this September. Featuring Australian and NZ exhibitors, a mouthwatering selection of food and wine experiences, and immersive, interactive art installations.

This market is also the ultimate destination to find exceptional items to purchase for yourself or for loved ones, with an incredible range of ethically made ceramics, jewellery, homewares, clothing, innovative lifestyle products, pet accessories, stationery, and much more. Discover many exciting new brands joining the lineup.

Plus, get ready for amazing visitor prizes and a fantastic creative play space for kids, designed by our campaign artist Emma Hollingsworth of Mulganai.



## Monster Jump

You're never too old to dive into the action at one of Australia's largest inflatable obstacle courses! Monster Jump is bouncing back to the Entertainment Quarter, so get ready to leap into action-packed fun with this colossal 280-metre-long jumping castle, featuring over 30 custom-built obstacles.

There is also the all-new inflatable Monster Sports Jam making its debut. Test your skills at the jousting station, shoot hoops on the basketball court, dodge the wrecking ball, and so much more. Whether you tackle one or both courses, you'll be climbing, sliding, bouncing, slipping, and tumbling your way to a blast of a time.

Don't be fooled by thinking this is only for children to enjoy. Everyone is welcome here and it's a great way to break a sweat and get some exercise in without needing to trudge to a gym. Whether you aim to finish the obstacle course in the fastest time or just want to dilly dally around, there's something for everyone to enjoy!



# What's on in SEPTEMBER

See what's happening on at College!

**16**

## AUSSIE SLANG WORKSHOP

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

## BOOMERANG PAINTING

12pm - 5pm  
Room 131, L5 Building

**17**

**18**

## VOLUNTEER INFO SESSIONS

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

## THRIVE THURSDAYS - ESSENTIAL OIL PLAY DOUGH

12pm - 5pm  
Courtyard, L5 Building

**19**

**19**

## THRIVE THURSDAYS - SEPTEMBER WELLBEING WORKSHOP 3

5:30pm - 6:30pm  
Room 131, L5 Building

## GAMES DAY AT L5 BUILDING

11am - 3pm  
Room 131, L5 Building

**20**



**20**

**MOVIE CLUB -  
KINGSMAN: THE  
SECRET SERVICE**

3:30pm - 5:30pm  
Room I3I, L5 Building

**DIY TERRARIUM  
ACTIVITY**

1pm - 2pm  
Courtyard, L5 Building



**23**



**26**

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

12:30pm - 1:30pm  
Room G08, L5 Building

**THRIVE THURSDAYS  
- SEPTEMBER  
WELLBEING  
WORKSHOP 4**

5:30pm - 6:30pm  
Room I3I, L5 Building



**26**



**27**

**MOVIE CLUB -  
KINGSMAN: THE  
GOLDEN CIRCLE**

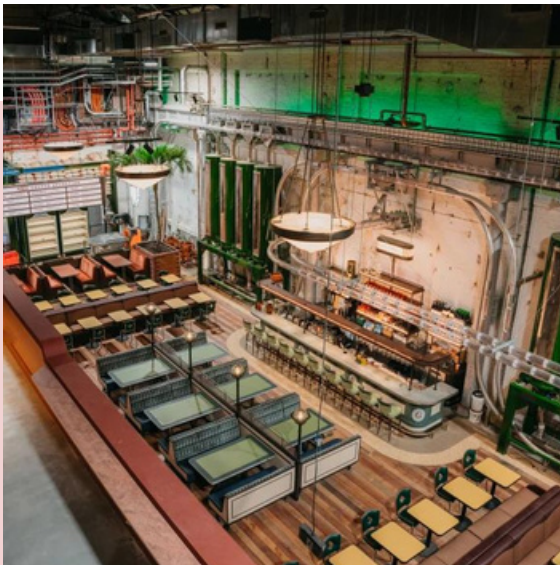
3:30pm - 5:30pm  
Room I3I, L5 Building

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



### The Grounds Coffee Factory

*Bay, 4a/2 Locomotive St, Eveleigh NSW 2015*

The Grounds Coffee Factory, a massive coffee roastery and cafe dedicated to the perfect cup, has just opened in South Eveleigh. Housed in a former railway cafeteria, this historic space combines industrial elements with old-world charm and a touch of Willy Wonka magic. Watch as coffee beans journey through a unique transport system while you sip on a cup of caffeine goodness. The Factory also offers roaster tours, coffee cuppings, and advanced home barista classes. If you have canine friends you want to bring along, they are also welcome here!

### Teddy

*1 Kellett St, Potts Point NSW 2011*

In today's raging economy, Teddy manages a rare feat: offering a concept that aligns with today's budget-conscious times without compromising on creativity or quality. The menu features nostalgic dishes with a modern twist. Enjoy 1990s-style dinner rolls with hot garlic butter, or retro favourites like king prawn cocktail and grilled lamb chops with green sauce. No dish exceeds \$39, and there are plenty of snack-sized options for those wanting to enjoy a night out without a hefty bill.



# #instaworthy



## Forrester's

*336 Riley St, Surry Hills NSW 2010*

You must visit Forrester's if you're into \$10 steak specials and endless brunches flavored with rosé. Not only is this gorgeous botanical wonderland with its thick foliage and wooden beams, but it also serves up a tonne of healthful food, including colorful salads and excellent fish. In the center of Surry Hills, Forrester's is a stylish and welcoming bar that was first established more than a century ago. There's plenty to explore in this venue, which is divided into three sections: a classic bar, a bright restaurant, and a specially-designed live events space.

## mimi's

*130a Beach St, Coogee NSW 2034*

In the center of the busy Coogee Pavilion, mimi's is a luxurious fine-dining institution that evokes a pastel-hued coastal paradise. You can choose between octopus tentacles in fermented chili and black garlic or bougie caviar delivered on a wheeled cart. The Mediterranean food here is cutting edge, made with premium ingredients that are found worldwide as well as locally, such as live lobster taken off Sydney's shoreline or black truffle imported from Valencia. The venue is ideal for extravagant date nights, celebratory graduation dinners, and large birthday celebrations. It also features a lively rooftop terrace and an airy food hall.



## The Grounds of Alexandria

*10/117 John St, Cabramatta NSW 2166*

Not only are the Grounds of Alexandria a popular and well-known Instagram location, it's also apparently the world's most Instagrammed restaurant! With an animal farm, rustic-chic warehouse cafe, and magnificent garden full of flowers and native plants as well as vintage wooden carts loaded with fresh fruit, this is a photographer's dream come true. The Grounds also often gets themed transformations, so one month it can look like Cinderella's garden, and another time a colourful circus! The food here has an emphasis on farm to table, so you know you're getting the freshest produce on your plate.



# Hyde Hacienda Sydney

*61 Macquarie St, Sydney NSW 2000*

At Pullman Quay Grand's gorgeous harbourside bar, Hyde Hacienda, indulge in lush vegetation and exquisite botanicals. Inspired by Miami's historic hotels and Cuban architecture, Hacienda is a gelato-themed haven with plush sorbet furniture, brass accents, and an abundance of greenery. Head on over during sunset for a perfect undisturbed view of the picturesque Sydney landscape, and see the Harbour Bridge stand in all its glory!



# Palms by Pasadena

*1858 Pittwater Rd, Church Point NSW 2105*

There aren't many backdrops more Instagram-worthy than the Palms at Pasadena. Their restaurant has an amazing design with scalloped features, a calming color scheme, and lots of natural light. With its prime location on Church Point, it offers some of Sydney's best views of the water and you can enjoy some delicious modern Australian cuisine. Make sure to arrive in an empty stomach with your best outfit because their food is just as visually appealing as the flawless decor!

# Flower Child

*Shop 391/1 Anderson St, Chatswood NSW 2067*

At this peculiar cafe, Flower Child brings the garden to you and blur the lines between man-made and nature. This is a great place to escape from the hustle and bustle of everyday life without needing to travel far. Dine on some food where the plating looks just as the flowers that adorn the space. C'mon over and make sure your phone is fully charged because you'll be snapping pictures left right and centre here!



*#instaworthy*





# Through the Lens

*presented by the Photography Club*



Photos by Yilin Yang



Photos by Jiangtian Xu



Photos by Mingyu Qian



# WHAT IS LINKEDIN AND WHY YOU NEED ONE



LinkedIn is a professional networking platform designed to help individuals and businesses connect, share opportunities, and advance their careers. It allows users to create and maintain an online professional profile, showcase their skills and experiences, connect with colleagues and industry professionals, and search for job opportunities.

## “SO, WHY SHOULD I MAKE A LINKEDIN PROFILE?”



### 1 RECRUITERS CAN EASILY FIND YOU

LinkedIn increases your visibility to potential employers, clients, and industry peers. It's often the first place recruiters search when looking for candidates.

### 2 EXPAND YOUR NETWORK

The platform allows you to connect with professionals from your field, participate in discussions, and build relationships that can lead to job opportunities or collaborations.





### 3 THE JOB HUNT PROWL

LinkedIn offers a powerful job search tool where you can find and apply for positions. Many companies post job openings exclusively on LinkedIn.

### 4 STAY UP TO DATE WITH YOUR INDUSTRY

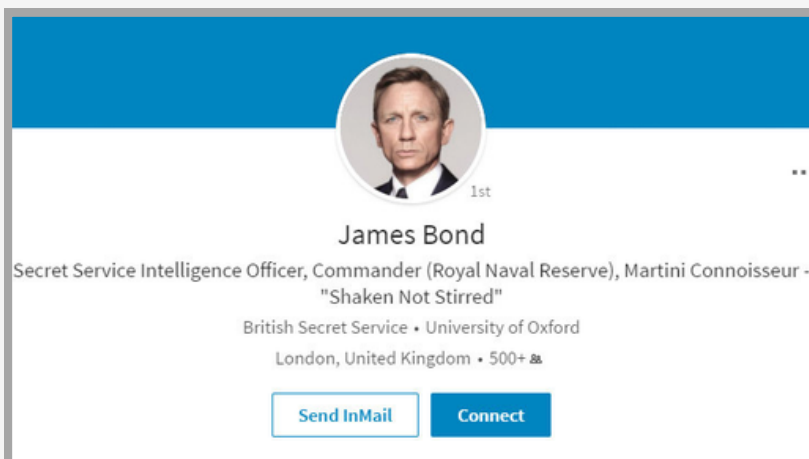
By following industry leaders, joining relevant groups, and engaging with content, you can stay informed about trends, developments, and opportunities in your field.



### 5 ADDS CREDIBILITY AND A TOUCH OF "HUMAN"

Recommendations and endorsements from colleagues add credibility to your profile, helping to build trust with potential employers or business partners.

## **"OKAY, I'VE MADE THE PROFILE. WHAT INFORMATION SHOULD I PUT ON THERE?"**



### 1 DECK OUT YOUR PROFILE

Ensure every section of your profile is filled out. This includes a professional-looking profile photo, a compelling headline, a detailed summary, and a work experience section detailing all your past jobs.

## 2 SHOWCASE YOURSELF

Add relevant soft, hard and language skills to your profile and arrange them in order of importance. If you have any accreditations, certificates or awards, add them in!



## 3 GET RECOMMENDATIONS

Request recommendations from friends, colleagues, supervisors, or clients who can vouch for your work ethic and achievements. These testimonials add credibility to your profile.

## 4 CUSTOMISE YOUR LINKEDIN URL

Personalise your LinkedIn URL to make it easier to share and more professional, especially when you hyperlinked it in your resume. This can be done through your profile settings.



## 5 BE AN ACTIVE USER

Regularly update your profile with new achievements, certifications, or roles. Engage with content by sharing articles, commenting on posts, and participating in industry groups.

# 5 LOW EFFORT, HIGH REWARD RECIPES

Win against the clock with these easy homemade meals

Cooking at home, even with a busy schedule, is important for many reasons. Firstly, home-cooked meals tend to be **healthier** than takeaways or fast food. When you cook yourself, you have control over the ingredients, portion sizes, and cooking methods. Moreover, preparing your own meals is generally **cheaper** compared to eating out or ordering takeaways regularly. As students often have tight budgets, the savings from cooking at home can be substantial over time, making it a practical choice for managing expenses.

You don't have to spend hours toiling in the kitchen. For those who want to spend their time more efficiently, see below for 5 recipes that won't even let you break a sweat, and doesn't compromise on flavour and enjoyability (because that's the most important part!).



## Yoghurt custard toast

By [Van](#)

From start to finish, this takes under 10 minutes to make – so it's perfect for breakfast or a quick snack.

[Click Here for Recipe](#)



## KFC chicken rice

By [Van](#)

You simply cook rice and left over cold fried chicken in your rice cooker. The rice soaks up the delicious seasoning and the chicken is tender and easy to shred.

[Click Here for Recipe](#)





## Vermicelli noodle salad

By [Nagi Maehashi](#)

This is a refreshing Vermicelli Noodle Salad that is quick to make and super healthy at only 170 calories per serving!

[Click Here for Recipe](#)

## Honey garlic chicken

By [Kathryn Doherty](#)

This 5-ingredient, 15-minute honey garlic chicken with an addictively delicious sauce makes a perfect quick and easy weeknight dinner recipe.

[Click Here for Recipe](#)



## Quick quesadillas

By [Campbell Soup Company](#)

These quick cooking quesadillas are loaded with cheese, salsa and green onions and are perfect for those busy weeknights when you don't have a lot of time.

[Click Here for Recipe](#)

# BOOKS OF THE MONTH

September Edition

## THIS MONTH'S GENRE

There is much to learn from another person's life experiences. Check out our picks for the best **BIOGRAPHIES AND MEMOIRS!**

## THE HAPPIEST MAN ON EARTH

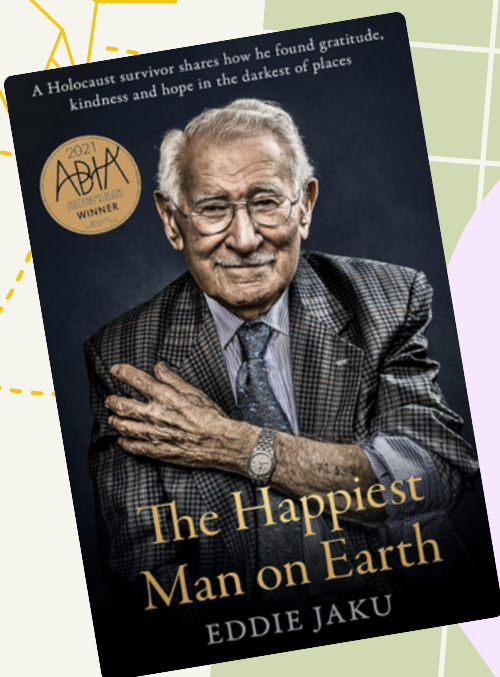
**EDDIE JAKU**

Everything changed in November 1938 when Eddie Jaku was beaten, arrested, and sent to a concentration camp.

Over the next seven years, Eddie endured unimaginable horrors every day. He lost his family, friends, and his homeland.

Surviving these ordeals, Eddie made a vow to smile every day. By sharing his story and living his best life, he honours those who were lost. He now considers himself the 'happiest man on earth'.

This powerful and hopeful memoir reveals how happiness can be found even in the darkest of times.



## BECOMING

### MICHELLE OBAMA

In her memoir, the former First Lady of the United States, Michelle Obama invites readers into her world, detailing the experiences that have shaped her: from her childhood on the South Side of Chicago to her years as an executive balancing the demands of motherhood and work, and her time spent at the White House.

“Becoming” showcases the themes of identity, resilience, and empowerment and encourages readers to embrace their own journeys and strive for personal growth.

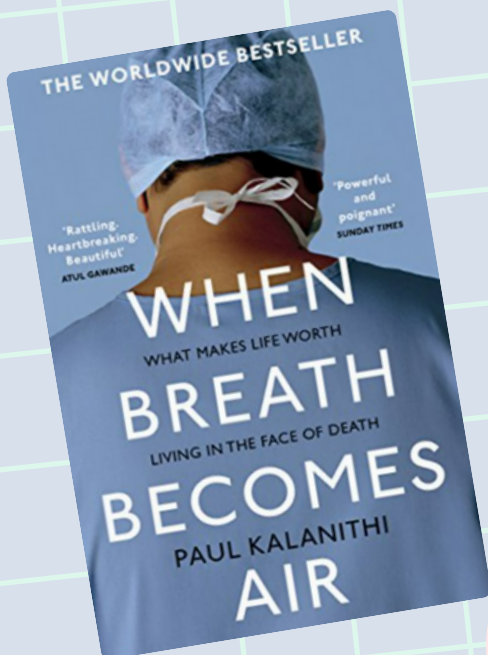


## WHEN BREATH BECOMES AIR

### PAUL KALANITHI

At the age of thirty-six, on the brink of completing a decade's training as a neurosurgeon, Paul Kalanithi was diagnosed with inoperable lung cancer. In just one day he went from a doctor helping patients, to becoming a patient himself fighting to live.

Follow Kalanithi's journey as he explores the fundamental questions about life, death, and what makes life meaningful.





# ACROSS THE ROAD AT UNSW SYDNEY



## SEXTEMBER FESTIVAL

Join the events from Monday 16 to Friday 27 September for UNSW's annual sexual health and relationships festival.

SEXtember is an opportunity to break down taboos around sex and sexuality, promote healthy relationships and encourage sex-positive conversations in the University community.

[LEARN MORE HERE!](#)

## UNSW DIVERSITY FESTIVAL

The UNSW Diversity Festival brings students and staff together for a week of free activities, workshops, performances and more. The Festival will spark thought-provoking conversations about how to create a more inclusive society.

This year's program includes over 30 events, celebrating the diversity, creativity and talent of our community.



[LEARN MORE HERE!](#)

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

# THROUGH THE STUDENT LENS:

## GRADUATE NARRATIVES

Hello, everyone. My name is Vanni from Zhejiang, China, and I'm majoring in Artificial Intelligence. I'm thrilled to share my journey at UNSW College with you today.

First of all, I want to congratulate everyone, including myself, for reaching this milestone. We've navigated a challenging yet rewarding journey together, and your hard work and perseverance are truly commendable. Standing here, I feel a deep sense of accomplishment and gratitude as I reflect on our incredible journey at UNSW College.

Before starting my program, I had a memorable experience that I'll never forget. A few days before the semester began, I needed to get my student card. I thought I was fully prepared—documents in hand, makeup done, and I left an hour early.

But just two minutes after stepping outside, it started pouring rain.

Despite having an umbrella, a speeding car drenched me from head to toe! To make matters worse, the bus was delayed (everyone knows Sydney transport in rainy days!). Frustrated, I had to go back home, change, and rush out again. When I finally arrived at the main library to get my student card, I learned I was in the wrong place. Feeling lost, I was directed to UNSW College by a



helpful staff. After a bit of awkward communication, I managed to get my student card. To my surprise, the friendly staff also invited me to the Winter Festival. It was a perfect example of how sometimes, things turn out better than expected!

Hooray you did it,  
**Yiming (Vanni) Zhu**

2024 UEEC GRADUATE

Our academic journey has been more than just classes, assessments, and exams; it has been about experiences that have shaped us into who we are today. In our group study sessions, we embark on extraordinary journeys. We passionately discuss our research topics, with each person bringing unique perspectives that spark lively debates and innovative solutions. We're not afraid to challenge each other because it's through these challenges that we gain deeper understanding. I often jot down assignment details and share them in our group chat, where we exchange resources and notes, significantly enhancing our learning.

During breaks, special little moments often happen. We shared unique snacks like spicy strips, protein bars, and homemade cakes. Those 30 minutes between classes became a bridge for building friendships. After class, we planned weekend city walks or discussed which restaurant to hit. Sometimes, we visited UNSW's Food Hub to grab some freebies like bread and vegetables. We also discussed personal issues, you know, like stuff about boyfriends and girlfriends.

Those moments filled our days with joy and created a deep sense of warmth and belonging. Especially in this foreign land, far from our families and friends, those shared experiences were even more precious. They reminded us that we are not alone. We have a community of friends who support and encourage one another.

I also captured a special moment in class when our wonderful teacher, Juliana, led us in a dance. I took a video and posted it on Xiaohongshu. I don't know if any of you have seen it, but it brought a burst of energy and fun to our learning environment. It helped us relax, reduced stress, and made the classroom atmosphere lively and engaging.

This learning environment is quite different from what I experienced in China. Instead of memorising endless details, the focus is on teamwork and engaging learning. The constant communication with classmates in English helped boost my confidence and gave me the courage to interact with locals. I recommend setting a daily goal to greet 10 locals with "How are you?" It will build confidence and improve your speaking and listening skills. Though I haven't achieved this goal yet, I'm determined to accomplish it. My highest so far is greeting 7 people in one day!

I would like to express my heartfelt gratitude to all our teachers. Your dedication and guidance have been crucial to our growth and success. I especially want to thank my four teachers—Vanessa, Matthew, Juliana, and Jade. Your innovative teaching methods and enthusiasm have made learning a truly enjoyable experience. You have inspired us to think creatively and given us the confidence to explore new ideas.

Looking ahead, I am excited about meeting more new friends and speaking on a larger stage. Ideally, I hope to give a speech at the UNSW Sydney graduation ceremony. As for my future plans, I look forward to studying at the UNSW main campus and pursuing a degree in Artificial Intelligence. I also plan to continue sharing my life and insights in Sydney on Xiaohongshu. After graduation, I aspire to find a job in Australia and make a meaningful contribution in this field with the knowledge and skills I've gained.



# You're a superstar, **Xiaoling (Alena) Huang**

2024 UEEC GRADUATE

Hello everyone,

I am so excited to present a speech in front of so many people today. I want to start with a story that still makes me laugh. On my very first day of the UEEC course, I walked into a chemistry class by mistake. I sat there for about half an hour, completely confused, thinking, "Is this really what I signed up for?" As an art student, I felt totally out of place. Fortunately, the teacher noticed my confusion and kindly directed me to the right classroom. That moment marked the beginning of my journey here—a journey filled with unexpected challenges, valuable lessons, and the support I needed to find my way.

Before I go any further, I want to take a moment to congratulate all of us. We've worked incredibly hard to get to this point, facing exams, assignments, and countless other tasks. Today is our day to celebrate all of our achievements. We've made it through the ups and downs, and now we stand here, ready for the next chapter in our lives.

Looking back on this experience, I realize just how much we've all grown.

There were challenges along the way—some expected, others not so much—but each one taught us something new. From the initial mix-up on my first day to the friendships I've made, every moment has shaped my time here.

Studying in a new environment, especially one as vibrant and diverse as Sydney, has been both exciting and a little overwhelming at times. But those moments of uncertainty often lead to the most growth.

Like many of you, I faced my share of challenges during this journey.



Adapting to a new way of studying was tough. The education system here is different from what I was used to, and it took some time to adjust. Then there was the challenge of adapting to life in Sydney—getting used to the local food, the pace of life, and even the weather.

And of course, there was the inevitable homesickness that comes with being far from home. But each of these challenges taught me something valuable. I learned to adapt, and to keep pushing forward, even when things got tough.

One of the most rewarding aspects of studying here has been the opportunity to improve my English. I came here knowing that my language skills needed work, and I'm proud to say that my writing, speaking, and reading have all improved significantly. This isn't just about learning a new language—it's about gaining the confidence to express myself, to share my ideas, and to connect with others in ways I never could before. This improvement is something I'll carry with me long after I leave this place.

But what truly made this experience special were the people I met along the way. The friendships I've formed during this time are something I'll cherish forever. We've gone through so much together—late-night study sessions, group projects, and the highs and lows of student life. These connections have made this journey not just bearable, but enjoyable. And I can't talk about this journey without mentioning the incredible teachers who guided us. Amin, Neka, Tania, Garry, and Kritika—you've all played such an important role in our success. You've taught us not just the academic skills we need, but also the life skills that will carry us forward. For that, I am deeply grateful.

To all the teachers who supported us throughout this journey, thank you from the bottom of my heart. Your guidance, patience, and encouragement have meant the world to us. We wouldn't be here today without your support, and we are all so thankful for the role you've played in our lives.

As I look to the future, I'm excited about what lies ahead. I've spent several years working as an actress in China, and I've built a social media presence that allows me to connect with people in new and creative ways. But now, I'm ready for the next chapter. I'll be continuing my studies at UNSW, focusing on Curating and Cultural Leadership. I'm eager to dive deeper into the art world, to explore new ideas, and to see where this journey takes me. It's a new adventure, and I'm looking forward to every moment of it.

In closing, I want to thank you all for being part of this incredible journey with me. We've shared so many experiences—both good and challenging—and I believe these experiences have prepared us well for whatever comes next. I wish each and every one of you the very best in your future endeavors. Here's to the future and the adventures that await us. Thank you!





# Three cheers for you, Xiao (Judy) Teng

2024 UEEC GRADUATE



Good afternoon, everyone! I am Judy. I come from China and will study the major of Public Relations and Advertising. Firstly, congratulations to all of us for completing our exams and program!

When we look back on this time, we can see that we have changed and grown a lot. A few months ago, after accepting my offer, I often felt anxious about not being able to cope with the foreign language environment. Therefore, I choose the Tertiary Orientation Program course. In the meaningful and busy five weeks, I learned how to find and read resources, how to write in an academic style, and the steps to prepare a

presentation. It is not only useful for improving language skills, but also is especially important for future learning. Furthermore, I have made friends from the same or different majors as me. Although there was a great difference in professional knowledge, I learned a lot of new things. We all felt the integration between our fields.

And you have probably heard about Australian slang in classes or workshops? Australian slang is a good way for me to understand Australian culture. I have made so many interesting memories here. Most importantly, my classmates and I now have a deep understanding of the importance of multiculturalism. I believe that all of us have gradually learned a lot about Australia and Sydney. We saw different scenery and heard different sounds.

However, learning is not always easy. I believe that many people feel the same pressure to improve their language skills as I do. My biggest challenge is spoken English.

To face it, my first step is to be optimistic and brave, tell myself not to be afraid of grammar mistakes or confusing pronunciation, and to actively interact with teachers in class. The second step is to make a note of any new words or phrases. In the third step, I tried to use these words and imitate the intonation of local people or teachers when they speak. It helped to make my expression a lot more natural.

So today I would like to thank teachers Diana and Ilona, who have been patiently listening to me and encouraging me to speak bravely. They also recommended many ways to practice English. Our chat expanded from lesson content to life topics. The positive feedback from them is very powerful for me to make progress. I felt that I was

becoming more confident and braver, and my expression was becoming more fluent with each passing day. Thanks to all the teachers who help and encourage us, we grow faster and faster.

UNSW Sydney has a huge resource of knowledge, such as the library, the website, Arc activities, and internship opportunities. It provides a great learning environment. I am determined to develop a career in theatre management and become an excellent theatre manager, and bring the best shows to tour around the world. So, I am glad that I chose Sydney, UNSW as my first stop to realise my dream. Today, we are about to welcome the new term. I hope we will always maintain our desire for knowledge, curiosity about the world, and expectations for the future.

Thanks again to our teachers for their guidance and encouragement. I would also like to thank all classmates for their solidarity and cooperation.

Let's start the new term and move forward towards a bright future! That's all. Thank you.



# Congratulations!

**to all our wonderful graduates!**



# Bloomin' days ahead

Gone are the days of freezing cold weather and the sun is now (usually) here to stay! Just as the temperatures are changing, it's time for us to adjust our routines as well. Our THRIVE Student Intern Jolin is here to tell you about how to make the most out of the season of new beginnings.

The winter when the days are short, cold, and dark is finally over! Let's celebrate and welcome the season of spring with open arms. It is a season of rebirth, new beginnings, warmer temperatures, and blossoms. Spring offers us a chance to have fresh starts as the months of bare trees and windy weather have ended to allow the trees to bud, flowers to bloom, and nature to awaken from its slumber.

With the temperature rising and daylight hours extending, it is a sign for us to regain our energy and endeavour on outdoor adventures. It is the time to replace the thick and heavy winter coat with your favourite light and springy outfit. We can embrace the beauty of spring and its changes by visiting a beautiful garden with blooming flowers, going on a walk around your neighbourhood park, or even arranging a picnic with your friends under the warmth of the sun.

If the winter feels gloomy for you, then try lifting your mood in spring by increasingly exposing yourself to sunlight that boosts up the serotonin levels in your brain. However, it is important to enjoy the warmer weather while being sun-safe, especially when it comes to your skin!



## Why does sun safety matter in spring?

As spring invites us to engage with nature and be outdoors more, many people tend to forget and underestimate the strength and dangerous effects of UV rays. Although the spring sun might not be as intense as in midsummer, the transition from thick and heavy winter coats to wearing lighter clothes can be damaging. This is because your skin tends to be less pigmented in the cooler months as it would be in the warmer months – meaning your body lacks some of its natural protection.

Did you know? The sun's rays hit earth at a lower angle during the warmer months, meaning they travel a shorter distance through the atmosphere. A shorter distance through the atmosphere means less UV rays can be filtered out, giving higher exposure to UV radiation. This is why it is especially important to be SunSmart. Are you convinced by now that you must take care of your skin even if it's still spring (correct answer: yes/absolutely/of course)?



## What is the Ultraviolet (UV) Index?

UV radiation is a type of energy coming from the sun and can't be detected by human senses. Let me introduce you to the two kinds of harmful rays that reach the earth!

- UVA radiation, the A stands for ageing, which damages the deep layers of your skin causing wrinkles, premature ageing, and skin cancer.
- UVB radiation, the B stands for burning, which harms the top layer of your skin leading to sunburns and skin cancer as well.

The World Health Organisation's UV Index (UVI) measures the intensity of UV radiation, where the higher the UVI, the greater the potential for damage and the faster harm can happen. The UVI can be a helpful tool to help you decide when to protect yourself from the sun and when to avoid being outdoors. A UVI is categorised as 'Low' at 0-2 and 'Extreme' at 11 or higher. When UV is at a level of 3 or higher, sun protection is absolutely recommended. Trust me, you will be so grateful when you realise you just avoided the unpleasant pain of sunburn! Cancer Council has created a free app named [SunSmart](#) that provides sun protection advice at your fingertips, including UVI information. So, what are you waiting for? Download it and make yourself informed on the latest sun protection advice for your location across Australia!



## How can you protect yourself against the sun's UV rays?

Here are a few ways you can protect yourself from the sun (and I'm sure you have tried one of these at least once in your life!):

- **Sunscreen:** apply sunscreen and be sure to select products with a SPF (sun protection factor) of 30+ that protects against both UVA and UVB light.
- **Protective clothing:** try to choose dark-coloured clothes, made of synthetic fabrics that have a close weave or are knitted as these offer the best protection.
- **Hats:** caps can protect your nose and forehead but wide-brimmed hats (or the more trendy and stylish 'bucket' hat) can provide better protection for the whole face and head.
- **Sunglasses:** it can protect your eyes from UV rays and cataracts risk while protecting the tender skin around your eyes from sun exposure. Plus, you get to look cool and mysterious walking around with your favourite pair of sunnies!

*Love,  
Jolin*

### ★ CHECK THIS OUT ★

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



R U OK? Day



View all Health and Wellbeing support articles

# EXP +17



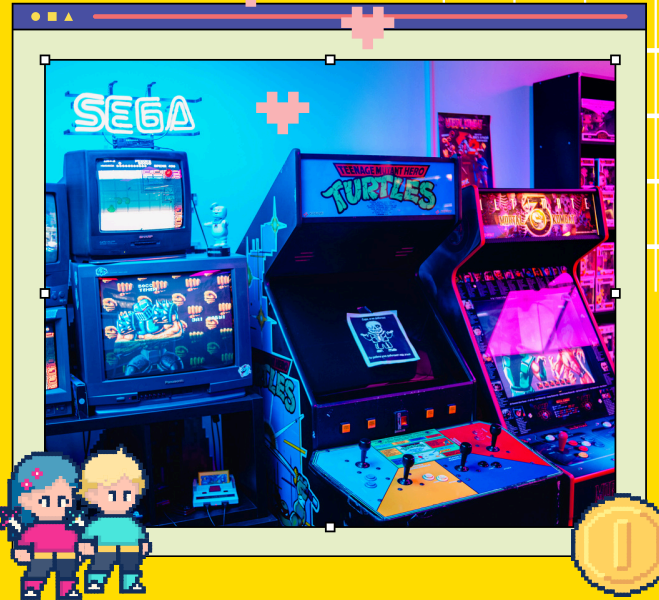
Tales about growing pains, funny stories and everything student experience.

## Arcade Nights with Friends

Sydney has some amazing arcade places to go with your friends for a break from the studious uni routine.

I have discovered quite a few noteworthy arcade places while roaming around Sydney with my friends. One of our favorite spots is Fortress Sydney that is situated inside the Central Park Mall. The location of this arcade is very easy to go to as it is situated right beside Central Station. Fortress has gaming rooms which resemble a theater with VIP seatings, and there are also spaces for people to enjoy playing and watching any gaming competitions.

READ MORE



# EXP +18

## Volunteering at UNSW College

As someone who had been volunteering for events since high school, the opportunity to volunteer for UNSW College seemed like a good one to me.

Since the study pressure is a bit less during the first year in university, volunteering was a way of meeting new friends and collecting more ECA's within my free time. One of my first volunteering experiences was the Winter Festival event organised by UNSW College right in the middle of the winter season.

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)



## Credits

### Editors:

Vivian He

Nazifa Nabi

Olivia Ketheesan

### Health and Wellness Editor:

Soutara Potter