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<http://www.about-australia.com/travel-guides/queensland/brisbane/attractions/sports-recreation/>

## Clubs & Organisations:

<http://www.visitbrisbane.com.au/Travel/Default.aspx>

## Entertainment:

<http://www.ourbrisbane.com/whats-on>

## Eating Out:

<http://www.ourbrisbane.com/food-and-drink>

## Religion & Faith:

[Anglican](#)

[Buddhism](#)

[Catholicism](#)

[Greek Orthodox](#)

[Islamic](#)

[Russian Orthodox](#)

[Uniting Church](#)

[Hindu](#)

## See and Do

<http://www.ourbrisbane.com/see-and-do>

<http://www.brisbane.qld.gov.au/BCC:BASE::pc=HOME>

<http://www.greatsoutheast.com.au/>

<http://www.myfun.com.au/>

<http://www.godo.com.au/>

<http://www.redballoon.com.au/>

<http://www.smallguide.tourstogo.com.au/>

## Home Fire Safety:



International students are increasingly appearing in statistics related to fire incidents and deaths in Australia. Sadly, most of these fires are preventable. You can take some simple steps to reduce the risk of fire in your accommodation.

Follow the fire safety tips below to help you reduce the chance of fire in your accommodation:

### Smoke Alarms

When you are sleeping you cannot smell smoke. Smoke alarms save lives. They wake you and alert you to the danger from smoke and fire. You **MUST** have a smoke alarm where you live, it is the law. All homes must have a smoke alarm on each level. Landlords are legally responsible for installation of alarms in rental properties. Tenants are responsible for testing and maintaining alarms. If you live on campus there will be a smoke alarm in your room. If you live off campus in a house or flat there must be a smoke alarm outside your bedroom.



Look after your smoke alarm, it can save your life.

- Test your smoke alarm monthly by pressing the test button.
- **DON'T** remove the battery
- **DON'T** take the smoke alarm down
- **DON'T** cover the smoke alarm
- Replace the battery in your smoke alarm yearly.
- Regularly vacuum over and around your smoke alarm to remove dust and debris to keep it clean.
- If there is no smoke alarm or it does not work report it to your landlord.



### Electricity

The safe use of electricity assists in preventing house fires.

- **Improper use of power boards and double adaptors can lead to fires.**  
A double adaptor or a powerboard plugged into another double adaptor or powerboard creates a danger of overloading the system. For safety, use a single extension cord rather than joining shorter cords. Leaving an extension cord coiled while in use or placing a cord under floor coverings can cause overheating.
- **Be careful to keep electrical appliances away from water.**  
A hair dryer takes time to cool down. For safety, allow this to happen on a inflammable surface before storing it.



- **Computers, monitors and TVs can overheat and cause fires even when not in use.**  
They should be turned off after each session. Good air circulation is necessary around TVs and videos. TVs should be turned off at the set, not only with the remote control.
- **Light globes can become very hot.**  
It is dangerous to cover a lamp with any type of fabric. To dim a lamp it is recommended that a lower wattage globe is used.



### Heaters

It's nice to keep yourself warm in the cooler weather, but remember heaters are a major cause of house fires.

- Read and follow the operating instructions for your heater.
- All clothes and curtains should be at least one metre from the heater.
- Turn off all heaters before you leave your room or go to bed.
- Before you go to bed at night or leave your home, ensure heaters are turned off at their power source and fires are extinguished.



### Candles, Oil Burners and Cigarettes

Candles, oil burners and cigarettes can all be dangerous fire hazards.

- Do not smoke in bed.
- Dampen cigarette butts before putting them in the rubbish.
- Make sure your candles are on properly designed candle holders.
- Don't leave your room when a candle or oil burner is alight.
- Don't go to sleep when a candle or oil burner is alight.
- Do not put candles or oil burners near windows; be careful, curtains can catch fire easily.



## Cooking

Most house fires start in the kitchen.

- Prepare food only in the kitchen.
- Always stay in the kitchen while food is cooking.
- Hot Oils and Fats catch fire easily.
  - DO NOT use water to put out an oil fire.
  - Use a dry powder extinguisher, fire blanket or saucepan lid to extinguish,
  - “If Safe To Do So”.
- Turn off the cooking appliance before you leave the room or go to bed.



## Plan Your Escape

In a Fire:

1. Get down on the Floor.  
'Crawl to the door'
2. Get out of your room.
3. Close the door.  
'This prevents smoke and fire from spreading'
4. Alert others.
5. When outside stay out.
6. Call 000.



(Source: Metropolitan Fire Brigade, Melbourne. [www.mfb.vic.gov.au](http://www.mfb.vic.gov.au))

## Sun Safety:



Australia has the highest rate of skin cancer in the world. In fact, one in every two Australians will be diagnosed with skin cancer at some point during their lifetime. The good news is, it can be prevented. By minimising your exposure to the sun's damaging ultraviolet radiation (UVR), you can protect your skin and prevent the development of skin cancer.

### Sun Protection

Skin cancer and skin damage are caused by being exposed to the sun's harmful ultraviolet radiation (UVR). The key to preventing skin cancer is to protect your skin from the sun by practising sun safe behaviours.

There are **six simple steps** you can follow to reduce your risk of skin cancer and protect

1. Minimise your time in the sun between 10am and 3pm
2. Seek shade
3. Wear suitable clothing that provides good sun protection
4. Choose a broad brim, legionnaire-style or bucket-style hat that will protect your face and ears
5. Wear UV protective sunglasses
6. Apply SPF 30+ broad spectrum, water-resistant sunscreen 20 minutes before you go out into the sun.



## Beach Safety:

Understanding the ocean is very important - the more you know about how waves, wind and tides affect conditions in the water, the better able you are to keep yourself safe, or even rescue others, from danger. Recognising danger signs and awareness of surf conditions is an essential part of lifesaving.



### Remember the F-L-A-G-S and Stay Safe

**F** - Find the flags and swim between them - the red and yellow flags mark the safest place to swim at the beach.



**L** - Look at the safety signs - they help you identify potential dangers and daily conditions at the beach.

**A** - Ask a surf lifesaver for some good advice - surf conditions can change quickly so talk to a surf lifesaver or lifeguard before entering the water.

**G** - Get a friend to swim with you - so you can look out for each other's safety and get help if needed. Children should always be supervised by an adult.

**S** - Stick your hand up for help - if you get into trouble in the water, stay calm, and raise your arm to signal for help. Float with a current or rip - don't try and swim against it.



And remember - **NEVER**

**Never** swim at unpatrolled beaches

**Never** swim at night

**Never** swim under the influence of alcohol

**Never** run and dive into the water

**Never** swim directly after a meal



## The Surf Environment



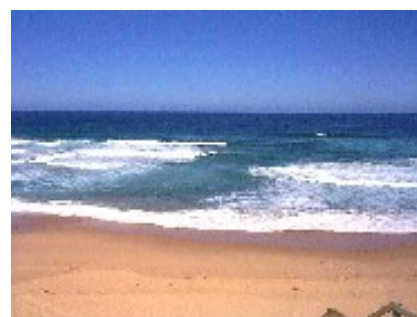
### Rips

A rip is a strong current running out to sea. Rips are the cause of most rescues performed at beaches. A rip usually occurs when a channel forms between the shore and a sandbar, and large waves have built up water which then returns to sea, causing a drag effect. **The larger the surf the stronger the rip.** Rips are dangerous as they can carry a weak or tired swimmer out into deep water.

### Identifying a Rip

The following features will alert you to the presence of a rip:

- darker colour, indicating deeper water
- murky brown water caused by sand stirred up off the bottom
- smoother surface with much smaller waves, alongside white water (broken waves)
- waves breaking further out to sea on both sides of the rip
- debris floating out to sea
- a rippled look, when the water around is generally calm



### Surf Skills

#### Escaping From a Rip

If you are caught in a rip:

- Don't Panic - stay calm
- If you are a strong swimmer, swim at a 45 degree angle across the rip and in the same direction as the current until you reach the breaking wave zone, then return to shore
- If you are a weak or tired swimmer, float with the current, don't fight it. Swim parallel to the shore for about 30 - 40m until you reach the breaking wave zone, then swim back to shore or signal for help.
- Remember to stay calm and conserve your energy.

## Negotiating the Surf

Before entering the surf, always make note of a landmark such as a building or headland that can be seen from the water and used as a guide for maintaining a fixed position. Also check the depth of any gutter and the height of any sandbank before diving under waves - this will help prevent spinal injury.

When going out through the surf, negotiate the shallows by a high hurdle type of stride until the breakers reach your waist or until your progress is slowed.

Waves of any size and force should not be fought against and should be negotiated by diving underneath, giving you time to reach the bottom and lie as flat as possible on the sand while the wave passes over.

Your hands can be dug into the sand in front at arm's length for stability and as a pull forward when ready to surface.

If the water is deep enough, bring your knees up under your body so you can get a good push off the bottom, like an uncoiling spring. This gives added force to your next dive. Repeat this process until in chest-deep water, then start swimming.

If a broken wave approaches when the water is not too deep, dive down and run or crawl along the bottom. In deep water, do not use extra energy trying to reach the bottom; instead duckdive to just below the turbulence. Wait for the wash to pass and then push or kick to the surface (off the bottom, if possible).

Stick to your predetermined path on the swim out.

Check your position by occasionally raising your head for a quick look when swimming on top of a swell.



(Source: Surf Lifesaving Australia)

## Bush & Outback Safety:



Australia has many extraordinary and beautiful places to explore. If you are going on a trip, travel with other people, make sure someone knows where you are at all times and stay on a road or a walking track.



### In the Bush

Be prepared if you plan some time in our bushland. Plan your hike. Always tell someone where you are going and what time you expect to return. Let them know when you return safely.

- Check the weather forecast and be prepared for unexpected changes in weather.
- Check the length and degree of difficulty of your planned walk. Consider using a local guide when taking long or difficult walks.
- When walking or exploring outdoors drink plenty of water (allow at least one litre of water per hour of walking). Wear sturdy shoes and socks, a hat, sunscreen lotion, comfortable clothing and insect repellent. Other handy items for long bushwalks include food, warm clothing, first aid supplies, a torch and a map.
- **Never walk alone.** Read maps and signs carefully. Stay on the track and stay behind safety barriers.
- **Never dive** into a rock-pool, creek, lake or river. Stay away from cliff edges and waterfalls.
- Do not feed or play with native animals. You might get bitten or scratched.
- Limit your use of fire. Use a fuel stove for cooking and wear thermal clothing to keep warm. Never leave fires unattended or unconfined.
- Visit the ranger station or park information centre to obtain details on the best places to visit and any additional safety tips for that park.





## Storm Safety:



Storms can happen anywhere and at any time of the year. Storms are more common during storm season - from October to the end of April, but it is important to be aware all year round.



Severe storms can cause major damage. They may be accompanied by torrential rain, strong winds, large hailstones, loud thunder and lightning. Storms can cause flash flooding, unroof buildings, and damage trees and powerlines.

You can also be indirectly affected by storms even if your property is not damaged; such as losing power, or access roads being cut.

The SES is responsible for managing the clean-up and helping people during and after a storm.



During a storm, there are some things you can do to stay safe:

- Stay indoors and away from windows.
- Unplug sensitive electrical devices like computers, televisions and video recorders.
- Listen to your radio for weather updates.
- Don't use a landline telephone during an electrical storm

If you are caught outside during storm:

- Get inside a vehicle or building if possible.
- If no shelter is available, crouch down, with your feet close together and head tucked in.
- If in a group - spread out, keeping people several metres apart.



## Anaphylaxis – Allergic Reactions

**Anaphylaxis is a severe allergic reaction** that can occur in sensitive individuals from exposure to any chemicals foreign to the body, including bites and stings, plants, or medications. Parts of the body, for example the face or throat swell up so much that the patient can't breathe. In severe cases the patient may go into shock within a few minutes and the heart can stop.

**For any patient who shows signs of anaphylaxis, call 000 for an ambulance, and have the patient taken immediately to the emergency department of the nearest hospital.**

### General First Aid for Bites and Stings

For bites or stings from these creatures seek first aid assistance straight away, stay calm, and as immobile as possible.

- all species of Australian snakes, including sea snakes
- funnel web spiders
- blue ringed octopus
- cone shell stings

**For all other bites and stings:** Seek or apply basic first aid.

- Wash with soap and water and apply an antiseptic if available
- Ensure that the patient's tetanus vaccination is up to date
- Apply an ice-pack to reduce local pain and swelling
- Pain relief may be required eg. paracetamol or an antihistamine (to reduce swelling, redness and itch)
- The patient should seek medical advice if they develop any other symptoms or signs of infection.

<http://www.health.qld.gov.au/poisonsinformationcentre/default.asp>

(Source Queensland Health)

# Appendices

### STUDENT PROPERTY INSPECTION CHECKLIST

Agent:	
Agent Phone Number:	
Property Address:	
Rent:	\$

Property Location	
Is the property close to transport, shops and campus?	
Is the area noisy? Is the property on a busy road?	
Property Features	
Do the oven and stove operate correctly?	
Do the toilet and shower operate correctly?	
Are there laundry facilities?	
Do the light fittings work?	
Are there enough electrical power points to plug in your electrical appliances without overloading electrical powerboards.	
Is there a telephone line already connected?	
Is the place furnished? What kind of furniture?	
Is there good security?	
Where locks are fitted on doors, can they be opened from the inside without a key?	
Do front and back doors open easily from the inside to allow escape in case of fire?	
Is a Smoke alarm fitted outside your bedroom? <i>(by law smoke alarms <b>must</b> be fitted and maintained)</i>	
If you are living in campus accommodation or a rooming house, are there smoke alarms in your room?	
Test the smoke alarm by pressing the test button. Did the smoke alarm operate correctly?	
Is there damp or mould on the walls?	
Is there painting required?	
Is there an insect / pest problem?	
Will the landlord carry out any repairs before you move in?	
Comments	

### OVERSEAS STUDENT ORIENTATION CHECKLIST

Description (Note: Not all items may be applicable to all courses)	Please Initial
<p>Explain Security and Emergency Issues:</p> <ul style="list-style-type: none"> <li>• Phone Numbers</li> <li>• Areas and Times that may be dangerous, for example ‘The Valley- 1am’</li> <li>• Cultural differences, for example carrying large amounts of cash (Asian Students), leaving keys in cars (Middle Eastern students). Role of Australian Police. Rights of women in Australia.</li> </ul>	
<p>Explain Emergency Services available:</p> <ul style="list-style-type: none"> <li>• Fire, Police Ambulance, Hospitals, and Other Govt Departments.</li> <li>• Emergency Procedures</li> <li>• Hospitals</li> <li>• Doctor Surgery’s</li> <li>• Medibank Office &amp; explain use of card</li> </ul>	
<p>Explain Housing Choices:</p> <ul style="list-style-type: none"> <li>• Rental Contracts and bonds. Obligations under contracts</li> </ul>	
<p>Explain Utilities:</p> <ul style="list-style-type: none"> <li>• Electricity/ Gas Bills</li> <li>• Telephone Services</li> <li>• Internet Services</li> <li>• Public Library</li> <li>• On tour show students phone services shops such as Telstra, Vodaphone and Optus</li> </ul>	
<p>Explain and Demonstrate to students how to use Public Transport:</p> <ul style="list-style-type: none"> <li>• Ticketing</li> <li>• Safety: Phone Numbers. Isolation of some stations. Inform of the possibility of a 30 minute wait between trains or buses</li> <li>• Timetables: transinfo.com.au</li> <li>• Rules, for example No food or drink allowed. No Smoking</li> <li>• Taxis</li> <li>• On tour show students how to use the public transport system. Of importance is to highlight safety and legal issues</li> </ul>	
<p>Explain and demonstrate Australian Banks and Postal services:</p> <ul style="list-style-type: none"> <li>• On tour show students banks, building societies and post offices</li> <li>• Opening Accounts</li> <li>• Australian currency</li> <li>• EFTPOS</li> <li>• Sending Mail.</li> <li>• Receiving mail.</li> </ul>	

## EXTERNAL ORGANISATIONS

The Manager  
CRICOS Registration  
Office of Non-State Education  
Queensland Department of Education, Training and the Arts  
PO BOX 15033  
City East, QLD 4002  
Enquiries: 07 3237 0722

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**Department of Justice and Attorney-General** run Dispute Resolution Centres throughout Queensland. Students can request remediation at one of these Centres.

Department of Justice and Attorney-General  
07 3239 6269  
Freecall in Queensland outside of Brisbane 1800 017 288

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**Small Claims Tribunal:** if your dispute involves student fees or other charges

Small Claims Tribunal  
07 3247 4578

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**Anti Discrimination Tribunal:** If your problem relates to how you have been treated by your college or institute in regards to your sex, pregnancy, age, race, impairment, religion, political belief or lawful sexual orientation.

Anti Discrimination Tribunal  
07 3239 6408

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### Department of Immigration and Citizenship

For information on visas and other immigration matters.  
Enquiries: 131 881

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If you have exhausted all other avenues and are still not satisfied that your problem has been adequately addressed, complete the complaint form found at the following address

<http://education.qld.gov.au/strategic/accreditation/university/student-complaints.html>

