

## Congratulations on deciding to study in Tasmania!

We are proud to welcome you to Tasmania and we are committed to supporting you during your studies. Our team works closely with your agent, your teachers and the International Student Advisor (ISA) at your school to ensure that your experience is successful. We hope your study will empower you to achieve your aspirations..

**Please contact our team if you have any questions or concerns, we are here to help you.**

### Useful contact details:

Remember to save these to your phone.

- **Tasmanian Government Education International**  
Monday to Friday 9am- 5pm +61 3 6165 5727  
After-hours emergencies +61 3 6108 0679  
Email: [info@geti.tas.gov.au](mailto:info@geti.tas.gov.au) / [homestay@geti.tas.gov.au](mailto:homestay@geti.tas.gov.au)
- **Translator service** 131 450 Please note charges apply
- The number for **police, fire and ambulance** in case of an emergency is 000



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## Before you leave

### Pre-departure checklist

- ☐ Check passport validity
- ☐ Book flights
- ☐ Overseas Student Health Cover (OSHC) and Travel insurance (contact our office if you need help)
- ☐ Apply for a student visa
- ☐ Check travel restrictions
- ☐ Check biosecurity rules

### Essential items to pack

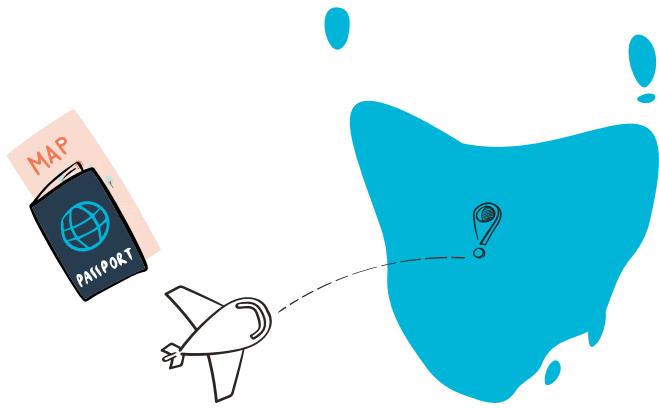
- ☐ Passport, visa and travel documents
- ☐ Medical prescriptions and records of immunisations
- ☐ Accommodation details
- ☐ Travel adaptor
- ☐ Phone and charger
- ☐ Toiletries
- ☐ Warm clothing
- ☐ Masks/hand sanitiser

### Medications

We recommend making two copies of your medical history. Bring one with you in case you need to refer to it and leave the other at home with your family.

If you need to bring medications with you, ask your doctor for a letter that lists your medicines (including technical names) and the reasons it is used.

Painkillers, allergy medication and skincare products are widely available at chemists and supermarkets throughout Tasmania.



# When you arrive

## Australia's biosecurity rules

Biosecurity breaches have significant consequences for student and temporary visa holders.

Penalties apply if you fail to correctly declare high-risk biosecurity goods at Australian airports and seaports. Visa holders who do not meet their obligations face heavy penalties such as fines up to AUD\$2,600 or cancellation of their visa.

All travellers must accurately declare certain food, plant material and animal items to prevent the introduction of diseases into Australia.

Before traveling to Australia, student and temporary visa holders should review their obligations on the following websites :

- **Department of Agriculture**
- **Australian Border Force**
- Make the appropriate declaration on arrival in Australia on the incoming passenger card.



## Airport pick-up

When you arrive in Tasmania you will be met at the airport, usually by your host family or a staff member, and taken to your accommodation.

**This is a free service.**





## Weather

The weather in Tasmania can change quickly and you can experience 'four seasons in one day'.

During summer the sun is extremely strong, even if the temperature does not feel very hot.

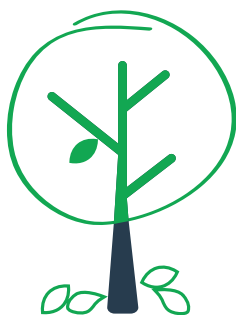
Use SPF 50+ sunscreen lotion and wear a hat when you are outside to protect your skin.



**Students will need clothing and footwear suitable for warm and cool daytime temperatures ranging from 7 – 35°C.**







### **Spring**

September, October, November

Cool wind in mornings, warm afternoons.

**5°C – 16°C**



### **Autumn**

March, April, May

Temperate days and cool wind in afternoons, cooler nights.

**10°C – 22°C**

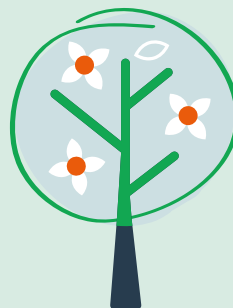


### **Summer**

December, January, February

Warm days, long daylight hours, strong sun.

**11°C – 24°C**



### **Winter**

June, July, August

Clear days, occasional snow on mountain.

Wear a warm coat, enclosed shoes and gloves.

**3°C – 14°C**



## Australian Law

### Alcohol and tobacco

Australia's legal drinking age is 18 or older.

It is against the law for people under the age of 18 to consume and/or purchase alcohol, tobacco, vapes and cigarettes. It's also against the law for someone to purchase alcohol for a person under the age of 18.

Australia has strict laws about smoking and vaping. It is illegal to smoke indoors in public places including workplaces and public transport.

### Drugs

It is illegal to possess drugs without a medical prescription.

If you suspect someone has overdosed on a drug, call 000 immediately and ask for an ambulance.

The emergency services will be ready to help, regardless of the situation, age group or time of day.



## Staying Safe

### Police

In Australia, police officers are trusted, and their role is to protect people. Most police officers wear a uniform. Police carry identification whilst on duty. The police are a public service and are not part of the military.

It is illegal to try to bribe the police with gifts or money. They will never ask for money and you must never offer money or any other gift.

If you are questioned by the police, you have the right to seek legal advice and ask for an interpreter. It is important to remain calm and cooperative.

If a police vehicle (or any other emergency vehicle such as an ambulance or fire truck) has its lights flashing in traffic, you must give way to them, even if you are a pedestrian.

### Driving

International students studying in Tasmanian Government schools are not permitted to drive a car or motorbike.

Seatbelts are compulsory for all passengers in the car. Fines apply for not wearing seatbelts.



## Health and safety

### Life in Tasmania is safe

It is important to take care of yourself and your belongings:

- Don't carry large amounts of cash, your passport or valuable items with you. Keep those items somewhere safe at home.
- Walk with other students when it is dark and walk in well-lit streets.
- Always tell someone where you are going, especially if you are swimming or hiking.

Australians use their debit or credit cards to pay for most things. Some stores do not accept cash payments.

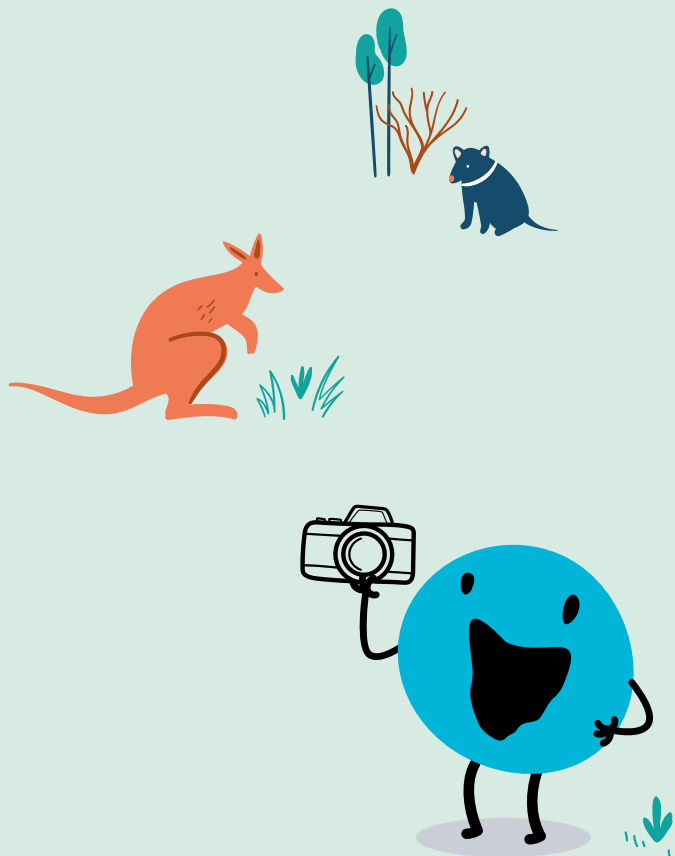
You need to have an Australian mobile number to be contacted. It is important that you can be contacted in Australia.

If you have problems or feel unsafe, speak to someone right away. You can speak to school staff, teachers, your host family, the International Student Advisor or someone else you trust.



### Wildlife

Whilst Australia has many beautiful and interesting animals, **don't touch or feed any local animals.** This is dangerous and can harm the animals.





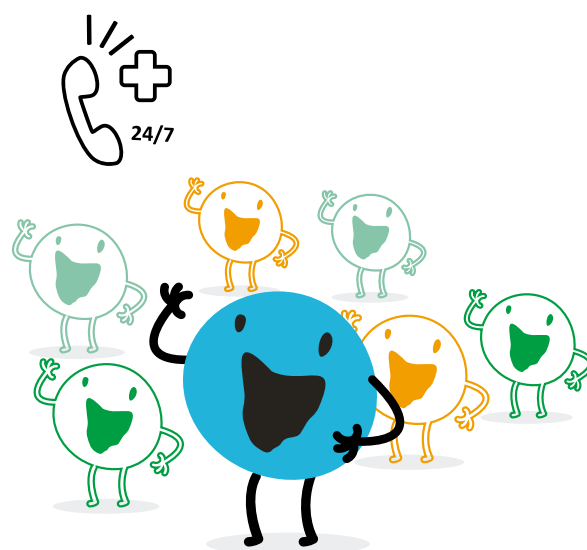
## Overseas Student Health Cover (OSHC)

All international students must have Overseas Student Health Cover (OSHC). OSHC should begin one week before school starts, continue throughout your stay, and end one week after school ends.

We can arrange OSHC on behalf of students, or students can arrange their OSHC independently.

If we arrange your health cover, your unique OSHC membership card is sent to your school. If the card is delayed, do not worry — you are covered even if you do not have your physical card.

For more information, check out [www.studyaustralia.gov.au/en/plan-your-move/overseas-student-health-cover-oshc](http://www.studyaustralia.gov.au/en/plan-your-move/overseas-student-health-cover-oshc)



## Health services in Tasmania

In Tasmania, we have a very good health care system.

- **Feeling sick**

If you don't feel well, tell your teacher, host family or guardian.

- **Doctor**

Doctors in Australia are called GPs (General Practitioners). You should see a doctor for non-emergencies or when you will miss school because you are sick.

- **Emergencies**

If there is a serious emergency, Australia's emergency number is: 000. Hospitals are used in emergency situations.





## Mental wellbeing

In Australia, people talk about their emotions openly and it is considered an important part of wellbeing.

Be kind to yourself and remember that moving away from your country, your culture, and your family and friends is a very big task. At times, you will feel tired, sad, confused, upset or uncomfortable. Sometimes you'll feel a few of those emotions all at once. You're going to miss home sometimes. That's okay. You are not alone in this experience. We are here to help you get through it.

If you need someone to talk to when you have doubts, or someone who understands what you're going through, consider reaching out to your homestay family.

Headspace is a free mental health facility staffed with counsellors and psychologists in Hobart, Devonport and Launceston.

For more information see p19.

## Sexual Health Service Tasmania

Australia embraces diversity and values the rights and wellbeing of all individuals.

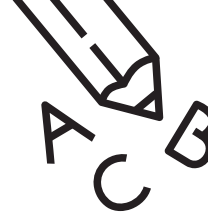
Tasmania actively welcomes all people and proudly supports the LGBTQIA+ community.

If you are interested in specific sexual health-related advice, we've got you covered.

Sexual Health Service Tasmania is a free and confidential service with clinics in Hobart, Launceston, and Devonport. The service is staffed by doctors, nurses, counsellors, and psychologists. These professionals are trained to help you answer questions about sexual health, gender identity, sexual orientation or any other related issue.

For more information, visit  
[www.health.tas.gov.au/sexualhealth](http://www.health.tas.gov.au/sexualhealth)





# Studying in Tasmania

## Protection for international students

The *Education Services for Overseas Students Act 2000* (ESOS Act) is the legislation that protects student visa holders.

## ESOS

For more information, visit  
[www.education.gov.au/esos-framework](http://www.education.gov.au/esos-framework)

## Visa requirements

The Department of Home Affairs (DHA) grants, oversees, and monitors conditions on all visas. You must follow your visa conditions, including:

- Work restrictions.
- Meet course requirements.
- Maintain health cover.
- Notify the Department of Home Affairs and our office of any changes to your course, contact details or ability to attend class.

## Student Visa conditions

Student visa holders are monitored in three areas:

- Attendance
- Course progress
- Conduct / Behaviour

International students are required to attend at least 80% of their classes and pass more than half of their courses or units.

Students must follow Australian laws, student conduct policies and homestay student guidelines.

You must get a Tax File Number to be able to work in Australia. This is available from the Australian Tax Office.

For more information:  
[immi.homeaffairs.gov.au/](http://immi.homeaffairs.gov.au/)  
[www.fairwork.gov.au](http://www.fairwork.gov.au)



# Living in Tasmania



## Cost of living

School students need to budget to cover transport, phone, personal expenses and entertainment

### Indicative costs of living

This is an approximate weekly budget in Australian dollars.

This calculator will help you plan how much you might need to spend each week.

[costofliving.studyaustralia.gov.au](http://costofliving.studyaustralia.gov.au)

<b>Homestay fees</b>	\$330
<b>Phone</b>	\$25
<b>Public transport</b>	\$25 - 30
<b>Toiletries</b>	\$20
<b>Entertainment</b>	\$50
<b>Total</b>	\$400 - \$500 per week (approximately)



**Homestay fees cover three meals per day and some snacks.**

**Students may wish to go out for a meal or buy additional snacks, these are not covered in the homestay fee.**





## Homestay

A homestay host can be an individual person, a couple, or large family. Homestay hosts may or may not have children, they may be working or retired, and they are different ages. There is no typical Australian family. All homestay hosts are committed to your safety and wellbeing.

Australia is multicultural and our homestay hosts reflect this. Homestay hosts speak English and are selected as hosts because of their interest in supporting students from around the world. Some hosts are from culturally diverse backgrounds and may have experience moving from another country to settle in Australia.

In most Australian families, it is common for both men and women to work. Your homestay host may work most weekdays.

It is common in Australia that children help with household chores. Your homestay host may ask you to help around the house (including laundry, vacuuming, washing dishes).

All homestay hosts are different, and your host was chosen for you by our experienced team.







## Food 🍞🍏

Most Australians eat three meals a day, plus light snacks.

- Breakfast is eaten in the morning and is often light and cold.
- Morning tea is a light snack, such as a muesli bar or fruit.
- Lunch is typically a cold meal such as a sandwich or salad.
- Dinner is the main meal; families usually eat together.

It is polite for you to chew food with your mouth closed. Generally, you should avoid slurping. Do not place food (including bones) directly on the table. It is impolite to spit, even when you are eating. It is illegal to spit in public.

While cutlery (knives, forks, spoons) is used in most households and restaurants, chopsticks are widely available and very common, it is acceptable to request them if you feel more comfortable with them.

## Household chores

Very few Australians have servants, most Australians do their own housework. Men, women and children share jobs in the household like cooking, cleaning and washing dishes.

If you make a meal in your accommodation, it is expected that you clean up everything you used.

In your accommodation you will be expected to contribute to household chores. For example, if a homestay host cooks a meal for you, it is polite to offer to clean up afterwards.





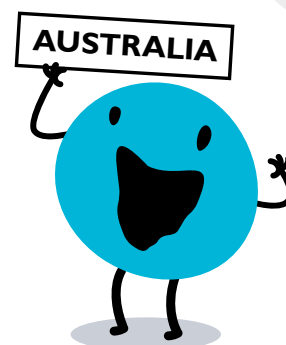
## Adjusting to life in Australia

Here is a guide with cultural insights that will make your Australian experience more enjoyable.

### Equality – an important Australian value

Men and women are equal in Australian society. Tasmania is considered a very safe place. You can and should expect to be respected, and feel safe, regardless of your race, gender, sexual orientation, or religion. If you ever feel intimidated, it is important to tell someone and report it.

You can talk to the International Student Advisors, teachers, homestay, and our team. In the case of an emergency, phone 000 for police.



### Money

Australia has a large middle-class society, without the defined social classes that exist in other countries.

Australians do not place great importance on levels of wealth, status and occupation. For this reason, most Australians do not discuss income or wealth.

For example, it is considered impolite to ask someone how much money they earn. It would also be considered rude to talk about how much money you have.

Australia is largely a card-based country. We rarely carry cash around and most shops are happy to accept card payment.

To open a bank account, be prepared with proof of identity, including passport, proof of residence, birth certificate. Some Australian banks allow students to open a bank account online before you arrive in Australia.





- **ATM** (or automated teller machines) are common to make cash withdrawals without going into a bank.
- **EFTPOS** (or Electronic Funds Transfer at Point of Sale) is convenient to pay using debit or credit cards, mobile phones or smart watches.
- **BPAY** is short for 'bill payment', a service to make online payments via banking apps.

## Family visiting

Your family is welcome to visit you in Tasmania.

It is recommended that your family arrive after you have had time to settle in. If they visit close to the end of your studies, it will give you a chance to show them around and they can meet your friends and your host family.

**It is not possible for your family to stay with homestay host. Your family should arrange their own accommodation.**



## Getting around

### Bus

- Metro operates bus services in Hobart, Launceston and Burnie. Metro is the largest public transport company in Tasmania. [www.metrotas.com.au](http://www.metrotas.com.au)
- Tassielink Transit has an extensive bus network around Tasmania. You can use your Metro Greencard on Tassielink buses. [www.tassielink.com.au](http://www.tassielink.com.au)
- Kinetic (previously Tasmanian Redline) operate Express, Intercity and Regional Services across Tasmania. [www.tasredline.com.au](http://www.tasredline.com.au)





## Water usage and showers

Most Australians are conscious of how much water they use because it is a limited resource. It is important to keep showers short (normally 5 minutes).

Most Australians shower in the morning, and you will be expected to shower daily.

## Using the toilet



Toilets in Australia are western style. Squat toilets are very rare. Usually Australian toilets do not have bidets.

Most toilets have toilet paper, to use for bodily waste. The used toilet paper is flushed down the toilet, not put in a bin.

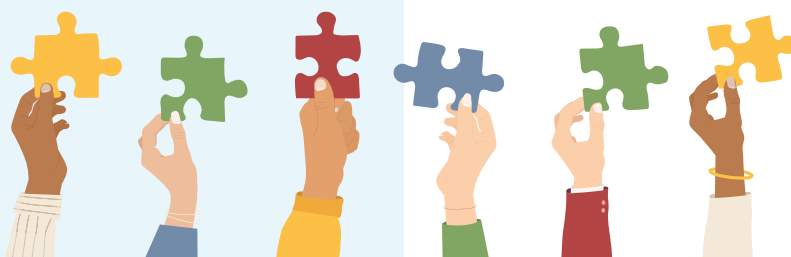
## Culture, customs and etiquette

### • DOs

- ✓ Australians use the words 'please', 'thank you', and 'excuse me' often. This can show respect.
- ✓ If you have a question or concern, speak with the person in the first instance.
- ✓ Stand in a queue to wait to purchase items.
- ✓ Say 'thank you' when someone has given you something, cooked for you, or tried to help.
- ✓ Be on time. Australians are easy going, however they do expect people to be on time. It is best to arrive at your class at least five minutes early.
- ✓ At dinner time try to chat about your day and join in the conversation. If you can, try to spend time with your homestay host and get to know them.
- ✓ Try to go to bed at a reasonable time, it is good for your health and wellbeing.

### • DON'Ts

- ✗ Spit in public.
- ✗ Put your feet on a table.
- ✗ Cut your nails in public.
- ✗ Enter other people's bedrooms.
- ✗ Spend all of your time in your room.
- ✗ Look at your phone when people are talking to you.





## Support in Tasmania



Our team is well travelled and many of us are from different countries. We understand that there is a lot to learn and many differences between countries. You can ask us if you are unsure. We are here to help you.

Studying overseas can sometimes be challenging but it is a very rewarding experience. You will learn a lot about yourself and about other people. The best advice we can give, is to ask have fun throughout your journey of learning.

We wish you the best of luck and look forward to welcoming you to Tasmania.



## Useful contact details

### Tasmanian Government Education International

- Monday to Friday 9am- 5pm +61 3 6165 5727
- After-hours emergencies +61 3 6108 0679
- Homestay team +61 3 6165 5727  
E: [homestay@geti.tas.gov.au](mailto:homestay@geti.tas.gov.au)

### Translator service

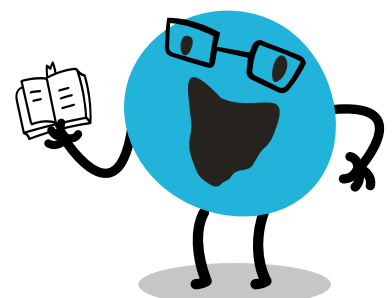
**131 450** Please note charges apply

### Police, fire and ambulance

In case of an emergency call **000**

### Where can I get help | R U OK?

- **Headspace - Launceston**  
186 Brisbane Street, Launceston  
P: 6335 3100 E: [headspace@csys.com.au](mailto:headspace@csys.com.au)
- **Headspace- Devonport**  
35 Oldaker Street, Devonport  
P: 6424 2144, E: [headspacedevonport@csys.com.au](mailto:headspacedevonport@csys.com.au)
- **Headspace - Hobart**  
49 Liverpool Street, Hobart  
P: 6231 2927, E: [headspace@thelink.org.au](mailto:headspace@thelink.org.au)
- **Headspace - Burnie**  
10 Mount Sreet, Burnie  
P: 6408 0251, E: [headspace@thelink.org.au](mailto:headspace@thelink.org.au)



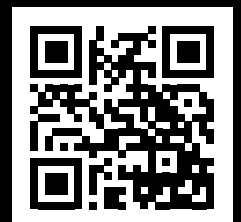


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**[study.tas.gov.au](http://study.tas.gov.au)**  
(or scan QR Code)



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