

# Information for Out-of-Town Participants

1<sup>st</sup> Australia/OCEANIAFOODS Training Course on Production, Compilation  
and Use of Food Composition Data, 9-20 Feb 2009  
The University of New South Wales,  
Sydney, Australia.

## General Information:

Sydney is the largest and oldest city in Australia and capital of New South Wales. Situated on what is considered to be one of the world's most beautiful natural harbours, Sydney is a vibrant, multi-faceted, cosmopolitan city that offers more entertainment, shopping and sightseeing than any other place in Australia. The harbour waterfront, with its famous Sydney Harbour Bridge and the iconic Opera House, is a place to go to meet people, eat good food, be entertained and simply enjoy watching all kinds of sailing craft pass by.

## About UNSW

UNSW is renowned for the quality of its graduates and its commitment to new and creative approaches to education and research. Its motto - *Scientia Manu et Mente* ("Knowledge by Hand and Mind") - encapsulates the University's central philosophy of balancing the practical and the scholarly.

Since its beginning, the University has taken an active interest in encouraging the enrolment of international students. This dates back to July 1951, when the University made special provision for students sponsored under the Colombo Plan. Since then, the reputation of UNSW as a place for international students to study has continued to develop. In 2008 the University had more than 40,000 students, including more than 7,000 international students from over 130 different countries.

Over the last 40 years UNSW has gained an international reputation for its excellent research and teaching in science and technology, commerce, medicine, the arts and humanities, law and professional studies. UNSW is one of Australia's top research universities with an international reputation for high quality research and innovations.

The University has introduced many new programs and special centres to encourage teaching and research in fields which are not usually included in university schools, eg. safety science, petroleum engineering, Aboriginal law, cognitive science, drug and alcohol research, marine science, women's studies, automation, acoustics, public health, management logistics, waste management, water policy, remote sensing, theatre studies, food science, mining engineering, and membrane technology.

UNSW has close links with the Australian community. The Faculty of Medicine has many teaching hospitals in Sydney and in rural and regional centres in New South Wales. The University's continuing education programs, which cover a wide variety of professional fields, make a valuable contribution to education in the community. The University's College of Fine Arts (COFA), National Institute of Dramatic Art (NIDA), the School of Theatre, Film and Dance and School of Music and Music Education have greatly enriched the cultural life of Sydney with many activities in the field of visual and performing arts.

## **Kensington Campus**

Kensington Campus is the main UNSW campus in Kensington, an inner south-eastern suburb of Sydney. It is seven kilometers from the central business district of Sydney, and easily accessible from the many nearby seaside suburbs. Modern buildings, attractive grounds and extensive sporting and recreational facilities complement the University's essential quality – its reputation for research and scholarship. In addition to cafeterias and restaurants, the Kensington campus has its own shopping facilities with bookshops, stationers and newsagents, banks, a hairdressing salon, pharmacies, optician, travel agencies and logo shops selling a wide range of university memorabilia and souvenirs. There is a pool and gymnasium <http://www.sportandrec.unsw.edu.au/> Entertainment and social activities are always available on campus. For campus maps see: <http://www.facilities.unsw.edu.au/Maps/maps.html>

## **Nearby recreational facilities**

Centennial Park <http://www.centennialparklands.com.au/>  
Coogee Beach [http://en.wikipedia.org/wiki/Coogee,\\_New\\_South\\_Wales](http://en.wikipedia.org/wiki/Coogee,_New_South_Wales)

## **Transport**

### ***Public Transport***

Sydney's public transport network consists of buses, trains, taxis, ferries and a few private bus companies serving outer suburbs. Scheduled bus and rail services are generally reliable and comparatively affordable. There are different types of fares covering the network. Pre-paid daily, weekly and monthly TravelPasses for separate or combined bus/train/ferry travel are worth buying for both regular commuting and occasional use. The cost varies with the type of pass and distance travelled. For full details on UNSW public transport, fares and timetable, check the UNSW Transport site: <http://www.transport.unsw.edu.au/>

### ***Taxi***

Travel by taxi is usually quick and easy but expensive. Taxis operate on a meter system which is government controlled and tipping is not compulsory. Taxis can be hailed on the street or booked by telephoning any one of the various taxi companies.

### ***Driving***

Australians drive on the left. If you want to hire a car most overseas drivers can use their overseas license in Australia for up to three months, provided that the licence is in English. Failing that, you can carry an official translation of your license or an International Driving Permit.

## **Summer Climate**

Sydney is in a temperate region with typically four seasons; although not as clearly defined as those of the Northern Hemisphere. Summer temperatures range from 18°C to 32°C with humidity of 60 to 70 per cent. Rainfall in Sydney is usually spread fairly evenly through the year. For Sydney weather forecasts: <http://weather.smh.com.au/local.jsp>

## **Money and Banking**

### ***Australian Currency***

The Australian Dollar (AUD\$) is divided into 100 cents (¢). Notes come in denominations of \$5,

\$10, \$20, \$50, and \$100. Coins come in denominations of \$1 and \$2 (gold coloured coins), 50¢, 20¢, 10¢ and 5¢ (silver coloured).

Bank cash-dispenser machines, known as Automatic Teller Machines (ATMs) are widespread, as is the use of Electronic Funds Transfer at Point of Sale (EFTPOS).

### ***Banking Facilities on Kensington Campus***

Banks and Credit Union on Kensington campus are:

- Commonwealth Bank of Australia (CBA)
- Australia New Zealand Bank (ANZ)
- UNICOM Credit Union (UCU)

These banks and credit union handle overseas transactions, such as drafts, travellers cheques or foreign currency exchange, and accept telex and airmail transactions. Other services include savings and investment accounts, cheque accounts and Automatic Teller Machines. International credit cards such as MasterCard, Visa, American Express, Diners Club and JCB can all be used in Australia. Their acceptance varies from extensive (MasterCard and Visa) to limited (JCB) but repayments to most card accounts can only be made in the country in which the card is issued.

### **Safety of Financial Institutions**

Australian banks are registered and regulated under federal or state government legislation, which is scrutinised by the Reserve Bank of Australia. Building societies and credit unions are registered and regulated through state government legislation. Such legislation will vary from state to state. Building societies and credit unions are required to meet prudential standards in order to safeguard the funds of depositors. A number of financial institutions also receive money on deposit. In general, where institutions offer higher rates of interest, such deposits carry higher risks. Students who are unsure of the standing of particular institutions should seek professional advice.

### **Internet Facilities**

Trainees are advised to bring laptop computers if they have one. Computer access is available all over campus, in the Analytical Centre, in the Library, and in the New College Village. Wireless broadband facilities are available. There will be a pay-as-you-go facility in the Village.

### **Telephone and Mobile phones**

Public phones are commonplace and local calls are fixed at 40cents. Most public phones accept coins and pre-paid phone cards and some have credit-card payment option. Pre-paid international calling cards tend to offer better rates than other deals.

The major telecommunications carriers are **Optus, AAPT, Virgin, Vodafone, Telstra** and **3**. It is useful to compare the various services on offer and find out which provides the best services for your local, STD, international, mobile phones and internet services. You can choose to have one provider for all your telecommunication needs or multiple providers for different services.

### **Postal service**

Australia Post offices are generally open from 9am until 5pm Monday to Friday and offer the full range of general mail services. There is a post office located at Kensington upper campus, next to the Library.

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

## Health Services on Kensington Campus

The University Health Service on the Kensington campus provides general medical practice, psychiatric services and counseling services and dental facilities to students, staff, dependants and visitors. Students are encouraged to consult this service for advice on health matters. When it is necessary, students are referred to a specialist, hospital or community care. International students using this service will be charged the scheduled fee and are expected to pay at the time of consultation by cash or credit card. Pharmaceuticals and other personal health care products can be purchased from one of the campus pharmacies. <https://my.unsw.edu.au/student/atoz/HealthService.html>

## Quarantine Regulations

You need to be careful about what you can bring with you. Due to strict quarantine regulations, you must declare all foodstuffs (including fruit and nuts), animal or plant products you bring into Australia. You are advised to declare all animal and plant materials or items made from their parts. Prohibited items you do not declare may be confiscated; your luggage may be quarantined for several weeks and, in some cases, may be destroyed. Other prohibited items include guns and other weapons, or drugs. For further information about Australian quarantine, please refer to the Australian Quarantine and Inspection Service website at: <http://www.aqis.gov.au>

Australian Customs Service at: <http://www.customs.gov.au/site/page.cfm>

**Note: Important Quarantine Matter - Please read the following "What can't I take to Australia?"** <http://www.daffa.gov.au/aqis/travel/entering-australia/cant-take>

## Personal Safety and Security

Generally, Sydney is a safe place in which to live. However, like in most large cities, you must exercise sensible caution. When you arrive in any large unfamiliar city, you must take precautions so that you will not become the victim of crime. Common crimes, such as robbery or assault, are unfortunate aspects of life in large cities. While certain situations cannot be prevented, no matter what precautions are taken, there are a few things you can do to decrease your chances of becoming a victim of crime:

- Do not carry or display large amounts of money, jewellery or valuable personal items. Use major credit cards, such as VISA and MasterCard. However, traveller's checks, redeemable for cash at most banks and stores could also be used.
- Never leave any bags, wallets, mobile phones, ATM/credit cards and personal items unattended and unsecured.
- Maintain an accurate inventory of all valuables. List the brand name, model, serial number, and a detailed description of each item. This inventory can be invaluable for reporting losses and preparing insurance claims.
- Walk only in well-lit areas away from trees and shrubs. Avoid walking alone after dark and try not to take short cuts. Also, avoid long waits in isolated places and after dark, avoid parks and poorly lit streets and lanes.
- If you must go out alone at night, take a taxi to and from your destination. When travelling on trains at night, ride in the NightSafe cabin where there is a guard on duty.
- Beware of 'con artists'. These are individuals who offer you money or the opportunity to make money in exchange for some small service or assistance from you. Never, under any circumstance, give money to such a person. You will end up losing your money. If you have trouble, notify the police immediately.
- The emergency number in Australia is 000. UNSW Campus Security is available through 9385 6000.

## Religion

While in Australia you will have no trouble finding an appropriate place of worship. The main religion is Christianity with the three largest denominations being the Anglican, Roman Catholic and Uniting Churches. Other Christian denominations include Lutheran, Jehovah's Witness, Seventh Day Adventist, Presbyterian and Baptist.

Other major religions include Judaism, Islam, Buddhism, Taoism and Hinduism. Freedom of religion is guaranteed by law in Australia.

### ***Religious services on campus:***

A Chaplaincy service is available on Kensington campus for the benefit of students from Anglican, Orthodox Christian, Uniting Church, Pentecostal and Roman Catholic denominations and the Jewish community. The services offered by the various chaplains include fellowship, religious counselling and leadership in the study of religious texts and doctrines. The Islamic Society <http://www.isoc-unsw.org.au> runs the Islamic Centre's prayer room and meeting facilities. UNIBUDS, a non-sectarian Buddhist Society meets regularly for dharma talks and social activities.

## Insurance

***Comprehensive travel and health care insurance must be taken out by each trainee prior to leaving home***

*We are grateful to The Initiative for Health and Human Rights (IHHR) at UNSW for permission to use information from their website.*