

International Students Family Handbook 2010



**Information for
International
Students with
Partners and Children**

Revised February 2010

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WELCOME TO ADELAIDE!

This booklet is designed to help international students with partners and/or children help settle their family into living in Adelaide.

How families adjust to life in Adelaide may vary depending on where they come from, their experiences, and their personalities. Partners of international students can sometimes feel lonely and isolated as it can be difficult to meet people and make friends. However, this is a unique opportunity for partners and children to become familiar with another culture and experience a different environment and lifestyle. With support and information, partners and children can have a wonderful experience here.

There are many ways in which partners can help themselves with the settling in process and this booklet will direct them to some useful resources.



HAVE YOU SEEN THESE PUBLICATIONS?

The following publications by the International Student Centre will give you a good start.

International Students' Arrival Pocket Guide

This is distributed to international students in the 'Welcome Pack,' on arrival in Adelaide.

Contents which may be of use to partners: The First 72 Hours, Can I Drink the Water?, Temperature Guide, Time Zones, Public Holidays, Where Can I Change Money?, Where Can I Buy? Electricity? Places to Eat, Phone Home, Email, Post a Letter, Mobile Phones, Medical Services, Public Transport, Security Escort Service, Taxis, Accommodation, Police and the Law in Australia, Other Information on Life in Australia, Places to Visit in Adelaide.

Life in Adelaide

This is a publication distributed to all new international students at orientation.

Contents which may be of use to partners: Arrival and New Experiences, Things to Do in Adelaide, Medical Services and Health Insurance, Transport, Communications, Receiving Goods from Overseas.

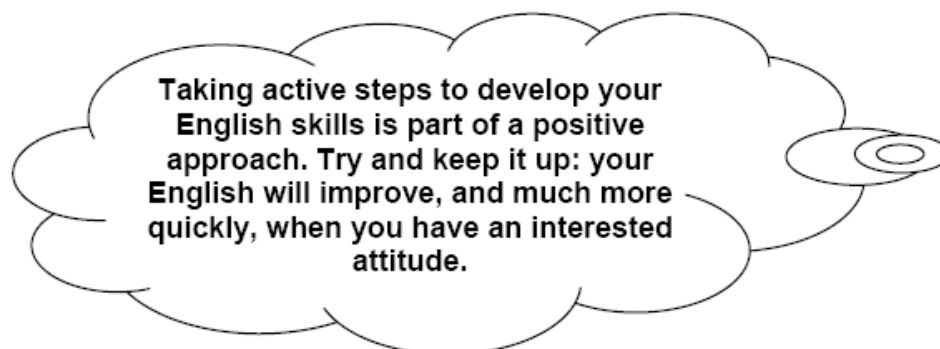


Information for Newly Arrived Muslim Students

This is available at the International Student Centre. It includes information for Muslim students and their partners about prayer times, location of mosques, halal food outlets, medical services and the Islamic Community in Adelaide.

If you would like a copy of any of these publications, please contact the International Student Centre.

ENGLISH LANGUAGE RESOURCES



If you need help with English language...

English Classes

The **State Library of South Australia** holds English language conversation classes. The State Library is on North Terrace, next to the Museum. You do not need to book, and classes are free. They are run in 8 week blocks and are held in the Meeting room, Level 1, Spence Wing.

Please contact the State Library on 8207 7250 for class times or go to the Information Desk on the first floor and ask for the monthly "ELLIS Information Sheet". This will give you the most up to date information on the times and days of the conversation classes. For more information: <http://www.slsa.sa.gov.au/site/page.cfm?u=85&c=9092>

TAFESA English Language Services run free English classes. You can find out the timetable by collecting a copy from the Ground Floor, 120 Currie Street, phoning 8207 8805, emailing els.acc@tafesasouth.org or looking online at: www.els.sa.edu.au

The South Australian College of English (SACE) runs free English language classes for adults. In 2010, they will run the following free courses:

17 May	–	11 June	9 August	–	3 September
5 July	–	30 July	22 November	–	17 December

Classes run Monday to Thursday from 3.30 pm - 5.30 pm and Friday from 2.00 pm - 4.00 pm. Phone 8410 5222 to register for classes.

For more information telephone 8232 0335 or go to the Reception, South Australian College of English, Level 1 Woodards House, 47 Waymouth Street, Adelaide.

The **Centre for English Language at the University of South Australia (CELUSA)** has a library with books, tapes, CD's and videos. Telephone: 8302 1555, or go to their website: www.unisa.edu.au/CELUSA

Free English Language Lessons are also available through The University of Adelaide, [English Language Centre](#). A range of levels are available: Elementary, Pre-Intermediate or Intermediate. For more information including class dates and times, please email pce@adelaide.edu.au or call 8303 4777

RADIO AND TV

Radio programs

5RPH is a radio station in Adelaide that features a series of programs where announcers read out aloud articles from daily newspapers.

Before each article is read, the announcer gives the name of the paper, the date of the issue, the title of the article, its author and the page number.

If you record one of these programs from the radio, and then buy the paper that was read, you will have both a written and a spoken version of the same text. You can listen to the recording as many times as you like, and then you can read the articles and listen again, to make connections between the written words and the spoken words.

This activity will improve your listening skills (as well as keep you informed about current events).

Radio 5RPH can be found at 1197 on the AM radio dial. Below are the names of the most relevant newspapers, and the times when they are read each week. You can find the full list of programs at: www.rphadelaide.org.au/program_guide.htm

	Monday to Friday 1:00pm to 3:30pm
	Monday to Friday 3:30pm to 5:00pm
	Monday to Friday 10:30am to 12:30pm

Watching movies and TV in English – especially news programs and current affairs – is a good way to practise your listening skills.

Making friends who speak English is another way to practise. Making friends has a lot of benefits; just one is that you can practise your English skills, both listening and speaking.



When you are comfortable talking with someone else, it is easier to ask that person if you don't understand what he or she has said. Also, if they have trouble understanding what you are saying, they can ask you and you can both work out together how to say what you mean.

COMMUNITY ENGLISH LANGUAGE CLASSES

Many local councils have good support services for migrants and overseas students needing additional English language assistance. These classes are free or low cost and an excellent way to meet other overseas residents or students living in your local area. Examples of classes being held in 2010 include:

<p>Eastwood Community Centre</p>	<p>Conversational classes Friday 1:00pm – 3:00pm <i>Can arrange other classes for groups of 6 or more</i></p> <p>Friday's Child (Children welcome) 1st and 3rd Fridays monthly 11:00am – 12:30pm</p>	<p>95 Glen Osmond Rd, Eastwood Phone: 8373 2225 For more information: www.eastwood.asn.au eastwood@eastwood.asn.au</p> <p>Phone 8373 2225 if you need assistance with transportation for Fridays Child.</p>
<p>Fullarton Park Community Centre</p>	<p>Tuesday and Friday 10.00am - 12.00pm</p>	<p>411 Fullarton Rd, Fullarton Phone: 8372 5180 For more information: http://www.unley.sa.gov.au/site/page.cfm?u=899&c=12097</p>
<p>Goodwood Community Centre</p>	<p>Tuesday 10:30am – 12:30pm</p>	<p>Classes held at: Goodwood Library, 101 Goodwood Road, Goodwood Phone: 8372 5166 For more information: http://www.unley.sa.gov.au/site/page.cfm?u=1526&c=4311</p>
<p>North Adelaide Community Centre</p>	<p>Monday and Tuesday 10:00am -12:00pm</p>	<p>Classes held at: Tynte Street Library, 176 Tynte Street, North Adelaide Phone: 8267 6813 For more information: www.adelaidecitycouncil.com/nacc</p>
<p>Payneham Community Centre</p>	<p>Tuesday, Thursday and Friday 10:00am – 12:00pm Tuesday evenings 7.30pm – 9.30pm</p>	<p>374 Payneham Rd, Payneham Phone: 8365 4038 For more information: www.npsp.sa.gov.au/site/page.cfm?u=1315</p>

Contact your local council or your local library to find out about classes held in other areas of Adelaide.

WORK RIGHTS AND STUDENT VISAS

You cannot work in Australia until you have received permission from the Department of Immigration and Citizenship (DIAC). Since working rights are attached to student visas, your partner will need to apply for work rights and include you in their application.

DIAC has set out a very broad definition of work that includes both paid and unpaid work. The definition used by DIAC for work is; 'an activity that, in Australia, normally attracts remuneration'. So please be aware that this definition includes most voluntary work and this means that you cannot do most voluntary work without having work rights on your visa.

Dependents of overseas students are permitted to work for 20 hours per week except if they are a dependent of a Masters or PhD student in which case they have unlimited work rights (after a work visa has been granted) once the student has commenced their Masters or PhD program.

If you intend to work (Paid or Voluntary)

Stay legal

1. Obtain a visa with permission to work.
Don't believe anyone who tells you this is not required as most people do not understand your particular circumstances as an international student. In order to work legally in Australia you must have a visa with work rights.
2. Always abide by the work restrictions.
3. The hours cannot be averaged over several weeks (e.g. you cannot work 30 hours one week and 10 hours the following week to make an average of 20 hours per week).

Further information on working rights is available at: www.diac.gov.au/

For further questions visit the DIAC office and speak with a staff member.

Department of Immigration
Level 3, 55 Currie Street, Adelaide
Open weekdays 9:00am – 4:00pm
Closed Saturday and Sunday

YOUR EMPLOYMENT

The following information is a guide. It does not cover everything, but it does suggest the other services and resources that can help.

Understand your rights and responsibilities as an employee

When you get a job, you will need to obtain a tax file number (TFN) and provide this to your employer. A TFN is a number issued by the Australian Taxation Office (ATO). Each TFN is unique to a particular person. Only one TFN is issued to you for your lifetime.

ONLINE APPLICATION	PAPER APPLICATION
<p>You can apply online at www.ato.gov.au</p> <p>Select 'For individuals' on the left-hand side of the screen, 'Apply for a tax file number', then 'Online individual tax file number (TFN) registration'.</p>	<p>Fill out a tax file number application form for an individual (NAT 4157).</p> <p>You can obtain the NAT 4157 form from www.ato.gov.au/individuals/. (Select 'All taxpayers' then 'Get a Tax File Number'.) or collect a form from the Adelaide office in 91 Waymouth Street.</p>
<p>Whilst the opening screens suggest you need a work visa first, we understand that this is not the case.</p>	<p>Lodge it in person at the Adelaide Taxation Office. You must provide two identification documents (e.g. passport, a student card, driver's licence).</p>

There are State and Federal awards to protect workers' entitlements. Most pay rates and working conditions are set down in these awards.

Some workplaces may have a formal agreement, referred to as a Workplace Agreement, which sets down specific conditions for that workplace that may replace some of the award conditions.

In the SA State system there are two types of awards:

- Industry awards covering most employees in a particular industry e.g. motel industry.
- Awards covering people to do specific types of work (professions or trades; e.g. teacher).



SafeWork SA is responsible for providing information and advice on wages and conditions of employment in South Australia for both State and Federal systems.

They have a web site to help you understand your rights and responsibilities:
www.safework.sa.gov.au

For further information, telephone SafeWork SA on 1300 365 255 (within SA) or 08 8303 0400 (outside SA).

Before you start work it is wise to find out from your employer:

- Which award (if any) and/or agreement you are covered by?
- Your job classification and rate of pay.
- Your employment status (e.g. casual, permanent, part-time or contract, etc).
- Your hours of work, including any regular overtime and shift work.
- Details of any probationary period.
- What are your/the employer's superannuation contributions and benefits?
- If initial training is required, the form it will take, when it will be completed and what you are expected to be able to do thereafter.

Volunteer work

If you are not confident enough to get paid work but are looking for opportunities to use your skills and make a contribution, as well as meet people and make friends, you might like to consider volunteer work. There is a variety of work available and the selection and distribution of volunteers in Adelaide is primarily managed by the organisation **Volunteering SA**.

For more information on how to become a volunteer, please call Volunteering SA. They will make an appointment for you to have a personal interview.

Volunteering SA

www.volunteeringsa.org.au

Phone: 1300 135 545 (Country callers) or 8221 7177

1st Floor

Torrens Building

220 Victoria Square, Adelaide

Fax: (08) 8221 7188

Email: reception@volunteeringsa.org.au



YOU MUST HAVE A VISA WITH PERMISSION TO WORK IN ORDER TO DO VOLUNTEER WORK

General Resources

White pages Phone Directory

This is the phone, address and internet directory for government, business & residents of Adelaide. The front section lists businesses in alphabetical order, and the back section lists residents.



Yellow pages Phone Directory

This is a directory advertising businesses in South Australia. There should be a copy of each of the White and Yellow Pages at your accommodation. For delivery inquiries phone 1800 810 211.

You can also access these directories on the web:

www.whitepages.com.au

www.yellowpages.com.au



Newspapers

The Advertiser will be a useful source for second hand goods, jobs, real estate, vehicles, pets and more. The Trading Post is also a useful source for second hand goods. The Trading post is available online at www.tradingpost.com.au/.

The local (community) newspapers are a good way to find out what is happening around where you live. They are free and are delivered to homes in mid week. Alternatively you can view your local community newspaper by clicking on the map or typing in your suburb at www.messengernews.com.au/.

News & current affairs

There are several radio and television stations broadcasting news, current affairs and entertainment. The Special Broadcasting Services – SBS network broadcasts in English and more than 67 other languages. For scheduling please see www.sbs.com.au/schedule.



Translating and Interpreting Service

The Australian Government, (through DIAC) provides translating and interpreting services for people who do not speak English and for English speakers needing to communicate with them.

The Translating and Interpreting Service (TIS) is available to any person or organisation requiring interpreting services. The service is provided 24 hours a day, 7 days a week. Telephone interpreting and on-site interpreting (where an interpreter comes to the location necessary) are available. Service charges will apply.

For further information, contact the TIS on (phone) 131 450 or email: tis@immi.gov.au
Further information is available at: www.immi.gov.au/tis/index.htm

MAINTAINING CULTURAL LINKS

The ethnic communities of South Australia have formed various ethnic and cultural associations. There are several food & wine, cultural, and film festivals throughout the year. Information on events is available at Tourist Information Centres and at www.eventspool.com (select 'Cultural and Multicultural') www.southaustralia.com (select 'Events')

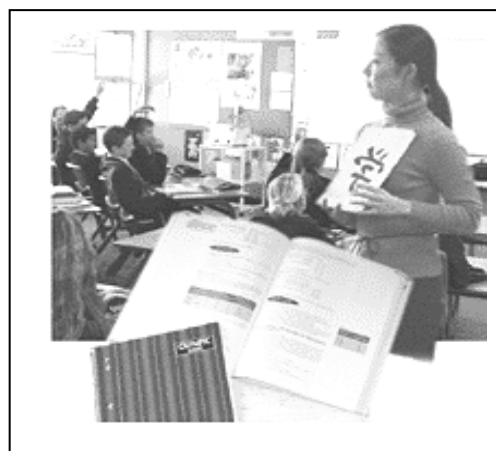
The Ethnic Schools Association of SA

If you are interested in learning or teaching another language, there are 48 languages taught by the Ethnic Schools Association of SA.

The main objective of ethnic schools is to support the maintenance and further development of relevant languages and cultures among students from non English speaking backgrounds and to promote the learning of community languages and the understanding of the different cultures within Australian society by all students. The levels offered may be: playgroup, preschool, reception-12 or adult classes.

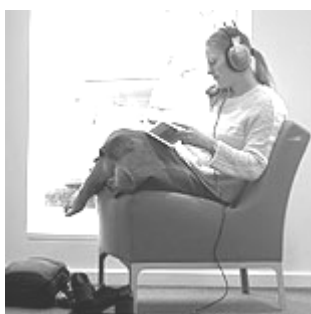
For further information please call the Association's office on 8301 4814 (Business Hours 10.00am to 4.00pm) or visit <http://esasa.asn.au>

The Office of the Association is located at:
Ethnic Schools Education Centre
255 Torrens Road
West Croydon, SA 5008



Public Libraries

All council areas in Adelaide have a public library where you can borrow books, tapes/CDs, and videos. Libraries also have magazines and newspapers and some have computers for use. Libraries are free.



BUDGET SHOPPING

You will find that prices of goods vary from shop to shop and sometimes the price difference can be significant. Checking prices in a few shops, especially if the goods you are purchasing are expensive, would be a good idea. Shops which generally offer low prices but have a limited range of goods include:

Best and Less
Cheap As Chips
Cunningham's Warehouse
Go-Lo
Reject Shop

Low price departmental stores are:
Big W, Harris Scarfe, K Mart and Target.



The Central Market offers Adelaide's best range of **fresh produce** and is the best place for specialist groceries. It sells vegetables, meats, cheeses, nuts, breads, seafood, Asian groceries and halal meat. Fruit and vegetables tend to be cheaper after lunch on Saturdays.

Supermarkets such as Woolworths, Coles and IGA Foodland also provide fresh fruit and vegetables, meat, bread, dairy products, and a range of grocery items and cleaning supplies.

Second-hand goods

- Other students (see noticeboards)
- Second-hand dealers
- Garage sales
- Op shops (usually charity shops)
- Newspapers such as The Trading Post (also available online at www.tradingpost.com.au/) or The Advertiser



RELIGIOUS ORGANISATIONS

Baha'i

Baha'i Faith
225c The Parade, Norwood. Phone: 8364 2166

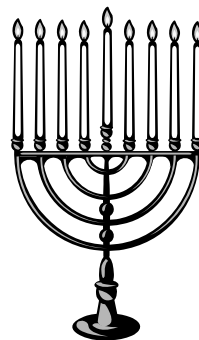
Buddhist

Buddhist Temple Wat Ratanaprathib Vihara
45 Smith Street, Thebarton. Phone: 8443 5856

Buddha House Centre for Advanced Buddhist Studies
3 Nelson Street, Fullarton. Phone: 8379 9153

United Vietnamese Buddhist Congregation
20 Butler Avenue, Pennington. Phone: 8447 8477

Buddhist Adelaide Non-sectarian Tibetan Buddhist Group
1 Fisher Street, Tusmore. Phone: 8333 2824



Christian

St Francis Xavier's Cathedral (Catholic)
19 Wakefield Street, Adelaide. Phone: 8231 3551

St Peter's Cathedral (Anglican)
27 King William Road, Adelaide. Phone: 8267 4551

St Stephen's Lutheran Church
152 Wakefield Street, Adelaide. Phone: 8223 5491

Chinese Christian Church of Adelaide
8-10 Brooker Terrace, Cowandilla. Phone: 8152 0401

The Vietnamese Evangelical Church in South Australia
28-32 Tait Street, Renown Park. Phone: 8266 1697

Korean Adelaide Presbyterian Church
309 The Parade, Beulah Park. Phone: 8364 1751

Korean Adelaide Church
40 Third Avenue, St Morris. Phone: 8336 3421



Hindu

Ganesha Hindu Temple
3A Dwyer Road, Oaklands Park. Phone: 8298 1278



Islamic

Islamic Society (Adelaide Mosque) of South Australia Inc
20 Little Gilbert Street, Adelaide. Phone: 8231 6443

Islamic Arabic Centre & Al-Khalil Mosque
Corner of Audley Street & Torrens Road, Woodville North. Phone: 8268 1944

Gilles Plains Mosque and Islamic Society
52 Wandana Avenue, Gilles Plains. Phone: 8369 0781

Islamic Society of South Australia Incorporated & Park Holme Mosque
658 Marion Road, Park Holme. Phone: 8277 8725



Jewish

Beit Shalom Synagogue
39 Hackney Road, Hackney. Phone: 8362 8281

FOR STUDENTS WITH CHILDREN



The following information aims to help you through the adjustment phases involved in being in a new country with children. It contains some important information about health, child care, schooling, and leisure activities for children.

An Adelaide publication you may find helpful, is a free magazine called 'Adelaide's Child.' It has lots of useful information about activities and resources for children, as well as some articles about current issues.

More Information can be found at:
www.adelaideschild.com.au or by calling 8333 1477.

If you have any questions about your children's needs that aren't answered in this booklet, please do not hesitate to ask us and we will find the answer for you. If you have any suggestions about other information we could include in this booklet, we would love to hear them.



CHILDCARE



In Australia, child care is available for children until they start school (usually at the age of five). Children between the age of four and five are entitled to attend kindergarten but only for the equivalent of two days per week (see section on kindergarten). If you have a four-year-old child, you may choose to use a combination of child care and kindergarten.

Childcare Centres

Childcare centres provide care for babies, toddlers and children less than six years of age. Care may be provided for part of a day or for full days. Most centres are open for a minimum of eight hours a day, 5 days a week, 48 weeks a year. Permanent or regular bookings are usually required.

Childcare centres may offer preschool programs. Care for a limited number of primary school children before and after school and during school holidays may also be available in some centres.

Centres may be managed by a voluntary committee of parents and other community members, or they may be privately owned and run as a commercial business. Work-based childcare is supported by some employers. The University has a child care centre on each of its campuses.

For more information about the University's child care centres, look at the website: www.adelaide.edu.au/childcare/

All child care centres must be licensed and meet nationally agreed standards relating to the facilities and quality of service. All licensed child care centres participate in the formal Quality Improvement Accreditation System (QIAS). This system supports high quality childcare.

Fees vary from centre to centre and are approximately \$300 per week for full-time care and \$60-65 per day. Child Care centres are listed in the Telephone Directory under "Child care" and include both Community and private child care centres.



Issues to Consider when Choosing Childcare

Choosing the right child care option for your child is one of the most important decisions you will need to make. Parents and families seeking quality care and education for young children are encouraged to consider what to look for in an accredited child care service. When choosing child care it is important to look at how carers and staff interact with the children and whether the atmosphere is warm, friendly and welcoming. Some helpful things to consider are:

- Am I welcome to visit my child at any time?
- Are parents encouraged to participate in activities?
- Is information shared between the staff, carers and parents?
- Is information readily available about the child care service's policies?
- Are families informed about proposed changes to policies?
- Is there a planned program of day-to-day activities for my child?
- Are individual learning goals set for each child?
- Can my child choose activities of interest?
- Are meal times pleasant?
- Does toileting, nappy changing and rest time meet my child's individual needs?
- Are there activities that foster my child's creativity?
- Are the children encouraged to explore and take on new challenges?
- Are the equipment and play spaces safe for children?
- Are my child's individual needs being met?
- Are there clear procedures for raising any concerns I may have?

Home Based Care (Family Day Care)

Family Day Care is a childcare service for babies, young children and school aged children in the homes of approved care providers. Family Day Care utilises the rich resources of a home environment in providing authentic experiences for children in care.

The service caters for parents who are working, studying, need respite or have a child with a disability. The care available may be full-time, part time, out of school hours, outside normal working hours, overnight or on weekends.

An approved care provider is able to care for up to seven children (including his/her own) at any one time. Care may be provided for a maximum of four children who have not started school.

Each provider sets their own fee and this will depend on the age of the child.

Care providers are independent contractors working within a government approved framework. Care must meet the national standards set for Family Day Care. All care providers are approved by the department and quality of care is regularly assessed by departmental staff.

The cost of Family Day Care is negotiated directly with the care provider. For further information on family day care services and providers in your area call the Family Day Care Office on 8366 8720. The office will refer you to the district office nearest to you.

The South Australian government has published an information booklet on Family Day Care which you can access with this link:

www.decs.sa.gov.au/docs/documents/1/WhatIsFamilyDayCareInform.pdf
For more information: www.decs.sa.gov.au/familydaycare/pages/cg0001106/

Private Nannies

Private Nannies usually come to your home and generally are the most expensive form of care at approximately \$10-\$15 per hour. Their qualifications vary. You will find individuals advertising in the local newspaper or you can arrange a nanny through a private agency.

Financial Assistance for Child Care

Most international students will find child care very expensive and will have to rely on personal savings to cover the costs. If you are sponsored by your home government or employer you may wish to check directly with your sponsor as to whether any financial assistance is available to you to cover the cost of approved or registered child care¹.

¹ Approved care & registered care are classifications associated with the different types of care for which you can receive Child Care Benefit, if assessed as eligible.

Please note that most sponsored and private fee paying students are solely responsible for the cost of child care, except those students who receive an Australian Commonwealth Government Scholarship. Students who are recipients of Australian Commonwealth Government Scholarships may be eligible for Child Care Benefit (CCB). CCB assists families with the costs associated with approved or registered child care.



For Students who are Eligible for Financial Assistance for Child Care Expenses

The amount of financial assistance provided will depend on your total family income and the number of hours your child or children are in care. Generally, families using approved care for study or training purposes can claim up to 50 hours of Child Care Benefit a week for each child. Contact the Family Assistance Office on telephone number 13 6150 for further information

Approved Child Care is provided by child care services approved by the Department of Family and Community Services. Most long day care, family day care, before and after school care, vacation care, in-home and occasional care service is approved child care. To find an approved child care service in your local area you can ring the Child Care Access Hotline on 1800 670 305 between 8am-9pm (Australian Eastern Standard Time) Monday to Friday.

Registered Care is care provided by grandparents, relatives, friends or nannies for work-related care and who are registered with the Family Assistance Office. To get Child Care Benefit for registered care, you and your partner must satisfy the work, study and training test.



Payment Rates of ChildCare Benefit

Payment rates appear below as a guide only. Contact your nearest Family Assistance Office at Centrelink for a personal assessment.

Approved Care:

This payment can be paid directly to child care services to reduce the fees charged or as a lump sum to parents after the end of the financial year. You are limited to 24 hours care per child per week unless the work test is met. If the work test is met, you can get up to 50 hours care per child per week. This payment is subject to an income test. This payment is not subject to an assets test.

Status	Approved Care Rate Per Hour
Non school-age child in 50 hours of care	Up to \$3.60* (\$180.00* per week)

Note: * Rates for school age children are 85 per cent of the non-school age rate.

Registered Care:

This payment is paid by direct credit when you show the Family Assistance Office your receipts. This payment is not subject to an income test. This payment is not subject to an assets test.

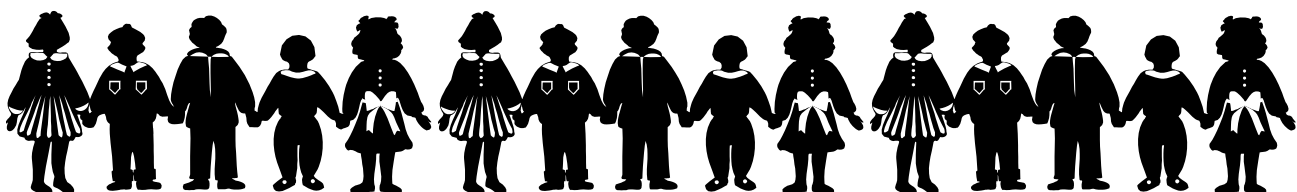
Status	Registered Care Rate Per Hour
Non school-age child in 50 hours of work related care	Up to \$0.602* (\$30.10* per week)

Please Note: * Rates for school age children are 85 per cent of the non-school age rate.

Income Test for Child Care Benefit:

Child Care Benefit is subject to an Income Test if you use Approved Care. Registered Care is not subject to an income test.

This income test is effective from 1 January 2010.



Income Test - Approved Care:

Maximum rate payable for incomes under \$37 960 or families receiving Income Support payments.

Minimum rate payable over the following thresholds

Number of children in care	Upper income threshold
1	\$131 560
2	\$136 375
3+	\$153 995 plus \$29 077 for each child after the third

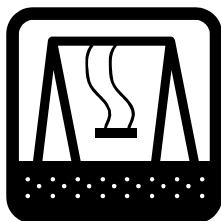
For more information see the Centrelink website:

www.centrelink.gov.au/wps/portal/pay_3_child_care_benefit?initURL=true

To Obtain Financial Assistance for Child Care Expenses

- 1 First, you will need a letter from the International Student Centre verifying your student and scholarship status. In the letter we will include your stipend (living allowance) details. You will need to attach this letter to your application for child care benefit, plus provide any further information requested to enable assessment of your eligibility.
- 2 To apply for Child Care Benefit, visit the Family Assistance Office at your nearest Medicare office or Centrelink (phone 13 61 50 to make an appointment). These are the Government agencies responsible for assessing eligibility for Child Care Benefit.
- 3 To obtain information in your native language, you can contact Centrelink on 13 12 02, or view their website at www.centrelink.gov.au

Preschools (Kindergartens)



Preschool services are provided for children in the year prior to their first year at school. They aim to further children's social, emotional, physical and intellectual development, their knowledge and understanding of the world and to enhance their transition to school.

A preschool may also be known as a kindergarten, CPC (child parent centre) or children's services centre.

When does my child Attend Preschool?

Your child is entitled to attend preschool 'full time' for four terms before they start school. Full time means four sessions per week. Sessions last for up to three hours. Arrangements can be flexible depending on need, for example, in some circumstances two sessions a day may be arranged.

Who will look after my Child at Preschool?

Depending on the size and location of the preschool a range of staff will be working in the centre to support your child's needs.

What will my Child do at Preschool?

The aim of preschool is to enhance and develop children's social, emotional, physical and intellectual development. Your child will be actively learning through play experiences that allow her/him to construct, test and apply her/his developing knowledge. Playing is important because it allows children to practise skills over and over again and develop ideas at their own pace.

At preschool, children are involved in indoor and outdoor learning experiences and also activities within the local community that have been selected by kindergarten staff. Staff are available to talk with parents about the kindergarten program.



Choosing a Preschool

To find a list of preschools in your area, go to this link in the Department of Education website: www.decs.sa.gov.au/locs/

This will allow you to select the region of Adelaide in which you are living and then see a listing of preschools in your region.

Before your child turns four it is helpful to visit the preschool to complete the enrolment procedure and learn what will happen once your child starts. Phone and make an appointment with the director so that staff can be available to talk with you when you visit.

Starting Preschool

To enrol your child you will be asked to fill in an enrolment form giving information about your child. The information is needed by preschool staff so that they are able to contact you in an emergency and so that they have health care management information about your child. The staff also know that you have valuable knowledge about your child that will support them in developing a learning program that is responsive to your child's needs and so may also ask you for some information about your child such as

- interests, likes and dislikes
- friends already attending the centre or starting at the same time as your child
- any additional needs your child has
- custody and access issues.



You will also need to show the preschool director or teacher your child's immunisation record, and proof of your child's date of birth. The information you give about your child and family is kept confidential by staff and is used when necessary in the best interests of your child.

Fees

Fees may be up to \$55 per term (10 weeks).

Some things to consider when choosing a Preschool:

- Are you made welcome?
- Do children receive individual attention?
- Are there opportunities for children to work at their own activities as well as in a group?
- In what ways are family members encouraged to be involved?
- Are the rules and policies of the centre explained to you?
- Are they written and made available to you if you ask?
- What information is available for parents? For example, is there a handbook, philosophy statement or newsletters for you to read?
- Do you feel your child will be safe both in the inside and outside environment?
- What is the outside play area like?
- What is the daily routine?

What can I do to help my Child?

Children attending preschool are usually taken by their parents or by their child care service to the preschool program. You can help your child settle into preschool by being positive about it and by talking with your child about preschool and about what they might be able to do at preschool.

Every child reacts differently to new situations. Some children will settle into the preschool easily from the beginning, while some will take longer to become comfortable with their new surroundings and routines.

The most important thing you can do is to talk with them about how they are feeling and ask them how you can help. Also talk with the staff about how your child feels.

Help your child to be as independent as possible. Your child will feel more confident if he/she can do some things such as being able to open a snack container and drink bottle, put jumpers on and off and recognise his/her bag and other belongings when you are not there. However they do not have to be able to do these before starting kindergarten

Plan with your child how you will say goodbye. Make a routine for leaving your child, such as: arrive at preschool, put your child's bag in the appropriate place, do a puzzle or read a story, then say goodbye and leave. If you use the same routine each time then your child knows when you will be leaving, and it is easier to accept.

Can I be Involved in the Preschool?

Parents play a crucial role in the management of their local preschool. Through the management committee, parents provide input to the program, contribute to policy development, help make decisions, fundraise, and are responsible for maintaining the buildings and equipment. If you would like to join the committee, ask a staff member how you can join.

Preschools on school sites are managed by the principal and the school council. If you would like to be involved ask the staff or the school principal.

Parents are always welcome at the preschool and can undertake activities with the children and staff.

Support for Children with Additional Needs

Some children have additional needs which may relate specifically to:

- disability/developmental delay
- giftedness
- culture/language
- behaviour

You may find that your child's needs will be met within existing programs and facilities offered. If not, the staff will work with you to ensure a coordinated, planned response to your child's needs, and this may mean that a range of support agencies and staff from regional services may be involved.

How Can I find out about my Local Preschools?

You can find preschools listed on the website of the Department of Education and Children's Services: www.decs.sa.gov.au/decs_search/pages/locs

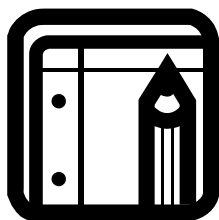
Alternately, you can access information about local preschools from your local council.



Ten Tips for Starting Preschool

- 1.** Learn the names of the teachers: This will help you to talk with your child about what happens at kindergarten and to ensure you keep updated on your child's progress with the teachers.
- 2.** Communicate all information about your child (especially medical & special needs)
- 3.** Provide emergency contact numbers: In case of illness or an emergency the kindergarten will need to contact you.
- 4.** Inform the kindergarten of any special family circumstances: Any changes to your child's family situation (such as birth of a sibling, divorce or death of a loved one) can impact on their ability to cope at kindergarten.
- 5.** Establish routines and stick to them: Prepare your child for a more structured day by establishing routines and repeating them every time you come to the kindergarten.
- 6.** Label all clothing and equipment: Replacing lost equipment can be expensive and inconvenient.
- 7.** Wear appropriate clothing: Dress children in clothes that are comfortable and allow them to dress and undress independently for toileting.
- 8.** Organise a back up to collect children in case you're held up: Familiarise a family member or neighbour with the routine of picking up your child.
- 9.** Teach basic skills: Instruct your child the correct way to grasp a pen, use scissors and so on.
- 10.** Teach your child to say 'STOP' to another child whose behaviour is inappropriate. Teach children to talk about things rather than react physically.

SCHOOLING



School attendance is compulsory for all children in Australia aged between six and sixteen years of age, with most children commencing school at five years of age. School attendance is from Monday to Friday and generally from 9.00am to 3.30 pm each day. The academic year commences in late January and the year is divided into four terms of approximately ten weeks. There is a six-week holiday over the Christmas period and shorter holidays between each term.

Primary Schools (Elementary Schools)

Most children start school at the age of five although school is not compulsory until a child is six. Government schools will not allow children to start before they turn five. Primary Schools in South Australia finish at the end of year 7, which is when a child is aged 12 or 13.

Secondary Schools (High Schools)

Children go to secondary (or high schools as they are generally called), for five years (Year 8 to Year 12). Some government high schools specialise in particular subject areas. For example, Glenunga High School is an international high school which offers the International Baccalaureate as well as a program for children who are gifted. There are four specialist music high schools in Adelaide as well as some that specialise in a particular sport. Adelaide High School is a specialist school for children studying languages and is also a selective high school which means that local children who do not live in the catchment area for this school can only attend if they sit, and do well in, an academic selection test. There are also some government high schools for girls only, such as Mitcham Girls High and Gepps Cross Girls High. As an international student paying tuition fees, you can choose any government school, but if you are not living in the local area for that school, could be denied a place (if places are limited at the school). If you are interested in sending your child to an independent school, you will need to contact the school to see if they have a place (many have waiting lists).



Choosing a School

In choosing a school you will need to consider many factors, including:

- The educational program and facilities on offer
- Distance from your home or campus
- Public transport access
- English language support (particularly if your child speaks little or no English)
- Availability of before- and after- hours school care and vacation care

Some other schools have excellent English language support programs and bilingual school service officers and so you might choose to send them to the local school if it has such a program.

In Australia there are two main types of schools: government (public), and independent (private) schools.

Government (Public) Schooling

In order to enrol your child at a government school, you must firstly register with the Department of Education and Children's Services. You are required to complete either the

- Dependants of Australian Scholarship Holders application form or
- Dependants of International Students application form

Applications forms are available from

<http://www.internationalstudents.sa.edu.au/pages/dependants/> or the International Student Centre

Ms Lesley Young
Coordinator – Enrolment Services
International Education Services
Department of Education and Children's Services

Education Centre,
Ground Floor West, 31 Flinders Street, Adelaide 5000
Phone: 82262287
Fax: 82272391
Email: lesley.young@saugov.sa.gov.au
Web: www.internationalstudents.sa.edu.au

When you register your child with the Department of Education, you will be given a Letter of Authority which you can take to the school of your choice. Whilst you are free to choose any government school, not all schools will have places available. You will have a better chance of gaining a place if you live in the geographical zone for that particular school or if the school offers a particular program or subject that your child wants to study, for example if it offers a particular language (see above section).





Government School Fees

Fees for the children of international students attending government schools are subsidised. 2010 fees are as follows:

Primary School	\$3,600
Secondary School	\$4,500

This single fee includes intensive English language development and support.

You will also be required to pay the school materials and services fee each year. This is a fee paid by all parents – local and international. It helps the school buy exercise books, pens and other personal resources for students.

This annual fee is set by the school and ranges from \$200 at primary school level up to \$600 at secondary school level per child per year.

Please visit www.internationalstudents.sa.edu.au and click on 'Dependants' to access the correct information.

Exemptions from Fees

Australian Government Sponsored Students

If you are the holder of an Australian Government scholarship (eg IPRS, ACIAR Scholarships) then your dependent children can attend government schools and pay the same fees as local students.

Please ensure you lodge the Dependants of Australian Scholarship Holders application form with the Department of Education and Children's Service. The Letter of Authority you receive the Department of Education will explain that you have an exemption from fees.

Home Government Sponsored Students

As of 1 July 2009, the South Australian Government is extending fee waivers for the education of dependant children to Research Students (PhD and Masters by Research – visa subclass 574) in receipt of a scholarship from their home government. This includes scholarships from public universities and statutory bodies and multilateral agencies. Please note that the eligibility for the fee waiver does not extend to research students who are self-funded or in receipt of a scholarship from a private agency or company.

If you hold an approved scholarship and have children attending a State Government primary or secondary school and want to apply for a fee exemption please take the following steps.

Step 1: Complete the Dependants of Scholarship Holders Application Form which can be found at <http://www.internationalstudents.sa.edu.au/pages/dependants/>

Step 2: Bring the completed form along with your passport and e-visa letter if you do not have a visa label in your passport, your children's passports and a copy of your current Confirmation of Enrolment (CoE) to the International Student Centre. If you do not have a copy of your current CoE then we can provide a copy.

Step 3: The International Student Centre will complete a Tertiary Scholarship Verification Form as proof of your eligibility for dependant fee waivers.

Step 4: The International Student Centre will scan all of the required documents and send via email to the Department of Education and Children's Services.

Step 5: The Department of Education and Children's Services will contact you directly with their decision.

If you have already paid fees for your dependant children for Term 3 and Term 4 2010 and are assessed as eligible to receive a fee waiver then you can receive a refund. Please discuss this with DECS staff following confirmation of your eligibility to receive a fee waiver.

If you have any questions please visit the International Student Centre or contact us by telephone on 8303 4828.

Intensive English Language Support

If your primary school aged child needs English language instruction within the government school system, you can enrol them in the Intensive Primary English Course (IPEC) which is an intensive English course designed to provide young children with the skills required for entering mainstream primary education classes. Students usually attend the IPEC program for one year. They can then continue at the school in the mainstream program or go to their local school if they wish. Similar intensive English language support is also available at secondary school for older dependent children. Contact the Department of Education and Children's Services for details of primary and secondary schools offering intensive English language support in South Australia.

For further information on public school services contact:
Department of Education and Children's Services
Ground Floor West, Education Centre
31 Flinders St, Adelaide 5000
Ph: 8226 3402 Fax: 8227 2391
www.internationalstudents.sa.edu.au

Please be aware when accessing the above website that some information is for international students, rather than the *children* of international students.

If you wish to visit the Department of Education and Children's Services when you arrive in Adelaide, it is best to arrange an appointment beforehand.



Contact Details for Primary Schools & Secondary Schools

For a **list of all schools in South Australia** go to:
www.decs.sa.gov.au/decs_search/pages/locs
www.sacentral.sa.gov.au/site/page.cfm?u=48&cat=4250

For **general information** on public schools refer to: www.decs.sa.gov.au/decs_home.asp

Schools are listed as Primary or High/Secondary. A College is often a secondary school. Area schools generally include both primary and secondary levels. They are listed by name/suburb title, so it is a good idea to look for schools in suburbs near to your house.

Government School Term Dates

(Private Schools have very similar dates – check with each school)

	2010	2011	2012
Term 1	27 Jan – 1 Apr	31 Jan - 15 Apr	30 Jan – 5 Apr
Term 2	19 April – 2 July	2 May - 8 Jul	23 Apr – 29 Jun
Term 3	19 Jul – 24 Sept	25 Jul - 30 Sep	16 Jul – 21 Sep
Term 4	11 Oct – 10 Dec	17 Oct - 16 Dec	8 Oct – 14 Dec

Independent (private) Schooling

There are many types of independent schools and many are affiliated with religious organisations, so for example, you might choose to send your child to a Catholic, Anglican, Islamic or Jewish school. Some independent schools may not have a religious association but may follow a particular educational philosophy, for example, Waldorf and Montessori Schools. Fees for independent schools vary greatly, and you will need to contact the schools directly to find out what they charge. Some are very expensive and others are relatively cheap. Catholic school fees are generally cheaper than the fees for other church related independent schools, ranging from \$800-1500 per year for primary students and \$2,500-\$5,000 per year for secondary students. Some private schools begin from Reception (first year of school) and continue to Year 12 (last year of school).

For further information on independent schools, you can contact:

Association of Independent Schools of South Australia (AISSA)

301-303 Unley Road, Malvern, SA, 5061

Tel: 8179 1400

Fax: 8373 1116

www.ais.sa.edu.au

Catholic Education South Australia

116 George St, Thebarton, SA 5031

Tel: 8301 6600

Fax: 8301 6611

www.adelaide.catholic.org.au/sites/CatholicEducationOfficesSA/

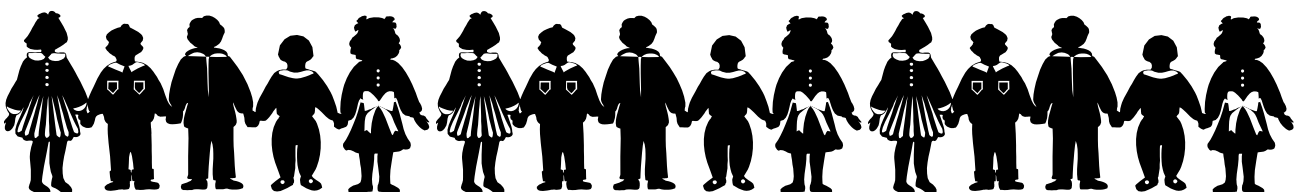
Out of School Hours Care

This is care provided for school age children before school starts (usually from 7.30am-8.30am) and after school finishes (3.30pm-6.00pm). Out of School Hours Care (OSHC) services provide quality care and recreational activities specifically for primary school aged children (5-12 years) in a fun, relaxed and safe environment. Many Out of Hours School Care programs also provide Vacation Care during the school holidays.

Many primary schools provide care on the school grounds. You can find the schools providing both Out of Hours School Care and Vacation Care listed in the telephone directory or just ask the school in which you are interested in sending your child.

The costs vary slightly however you can expect to pay approximately \$8-9 per day for after school care, \$4 per day for before school care and around \$30 per day for vacation care. Check charges directly with the care provider. Attendance in OSHC can be on a casual, part-time, regular or emergency basis. OSHC services are very accommodating to families' needs.

Out of School Hours Care services must follow the standards set by the department. For more information see the website of the Department of Education and Children's Services: www.decs.sa.gov.au/ybsparents/



HEALTH & MEDICAL INFORMATION

WOMEN'S AND CHILDREN'S HOSPITAL www.wch.sa.gov.au/

Address: 72 King William Road, North Adelaide
Phone: (08) 8161 7000
Fax: (08) 8161 7459
Emergency: Paediatric Emergency Department
General Enquiries: (08) 8161 7370
After hours: (08) 8161 7000 & page 3835 or
consultant on-call.
Times: Open 24 hours



Please note: Only emergency first aid advice is given to patients, parents or carers.

The Women's and Children's Hospital provides emergency care to the children of South Australia, 24 hours a day, 7 days a week. There are 2 full-time consultants in Paediatric Emergency Medicine and consultants are on-call at all times. The hospital is the Major Trauma Centre for children in the state. A 16-bed Short Stay Ward is attached to, and run by, the Emergency Department. The department participates in the multidisciplinary trauma team and together with Paediatric Intensive Care, provides the resuscitation team.



Parent Helpline

Phone: 1300 364 100 (Local call cost from anywhere in South Australia)

The Child and Youth Health Parent Helpline provides telephone information, counselling and support - 24 hours a day, seven days a week, every day of the year. It is available to parents of children/young people from birth to age 25 living in South Australia.

It provides information about health, behaviour and relationships for parents and people working with children and young people, including teachers and child care providers. It is also able to give information about where callers can get further help. Calls are confidential and you do not have to give your name unless you wish to.



The Helpline has a computer database with information, which is based on research and continually updated so they can give you the best service when you call. Staff are qualified nurses and community health workers with selected volunteers. All staff receive ongoing training and support. Here are just a few examples of the information available from the Child and Youth Health Parent Helpline:

- Health:** head lice, infectious diseases, immunisation, teething, bedwetting, cold sores, AIDS, gastro and fevers
- Behaviour:** aggression, sibling rivalry, problem solving, toilet training, sleep, lying, stealing, unsettled babies, school refusal, bullying
- Nutrition:** breast feeding, fussy eaters, general nutrition information, vitamins
- Parenting:** building self-esteem, grief and separation, resources for counselling, stepfamilies
- Youth issues:** communicating with adolescents, teenage runaways, managing adolescents, behaviour, self esteem, drugs and adolescents, adolescent aggression, adolescents and the law
- Parents:** postnatal depression, pregnancy, mastitis, coping with problems, support



Here are some websites with more information and resources about parenting in South Australia:



Child and Youth Health
www.cyh.com



Parenting SA
www.parenting.sa.gov.au



Adelaide's Child
www.adelaideschild.com.au

IMMUNISATION

Immunisation protects children (and adults) against harmful infections before they come into contact with them in the community. Immunisation uses the body's immune system to build resistance to specific infections.

Nine diseases can be prevented by routine childhood immunisation:

1. Diphtheria
2. Tetanus
3. Whooping cough
4. Poliomyelitis (polio)
5. Measles
6. Mumps
7. Rubella
8. *Haemophilus influenzae* type b
9. Hepatitis B



All of these diseases can cause serious complications and sometimes death. Immunisation is given as an injection or, in the case of polio vaccine, taken as drops by mouth. Immunisation helps children stay healthy by preventing serious infections.

Immunisation & Vaccination

Technically 'vaccination' is the term used for giving a vaccine - that is, actually getting the injection or swallowing the drops. 'Immunisation' is the term used for the process of both getting the vaccine and becoming immune to the disease as a result of the vaccine. Most people use the terms 'vaccination' and 'immunisation' interchangeably but their meanings are not exactly the same because immunity follows vaccination in most, but not all, cases.

How does Vaccination Work?

When someone is injected with, or swallows, a vaccine, their body produces an immune response in the same way it would after exposure to a disease but without the person getting the disease. If the person comes in contact with the disease in the future, the body is able to make an immune response fast enough to prevent the person getting sick.

What is in Vaccines?

Some vaccines contain a very small dose of a live, but weakened form of a virus. Some vaccines contain a very small dose of killed bacteria or small parts of bacteria, and other vaccines contain a small dose of a modified toxin produced by bacteria. Vaccines may also contain either a small amount of preservative or a small amount of an antibiotic to preserve the vaccine. Some vaccines may also contain a small amount of an aluminium salt which helps produce a better immune response.

The Australian Standard Vaccination Schedule

Adapted from Chapter 1.7 of The Australian Immunisation Handbook 8th Edition 2003

The Australian Standard Vaccination Schedule (ASVS) shown below is recommended by the National Health and Medical Research Council (NHMRC). Over recent years a considerable variety of vaccines, which combine together various antigens, have become available in Australia. The ASVS is therefore now based on antigens rather than on specific vaccines.

The new immunisation schedule (below) incorporates all vaccines recommended as 'best practice'. Immunisation providers are responsible for advising patients and parents/caregivers of available vaccine choices at the time of consultation, including those provided free under the National Immunisation Program. For information about the National Immunisation Program visit Immunise Australia at <http://immunise.health.gov.au>, contact the Immunisation Infoline on 1800 671 811 or contact your State or Territory health authority.

Schedule key

Hepatitis B ¹	Monovalent hepatitis B vaccine.
Hepatitis B ²	Hepatitis B vaccine given as either monovalent vaccine or in combination with DTP _a , 3 doses at 2, 4 and 6 months, in addition to the birth dose for a total of 4 doses.
Hepatitis B ³	Hepatitis B vaccine in combination with Hib (PRP-OMP), 3 doses at 2, 4 and 12 months, in addition to the birth dose for a total of 4 doses.
Hepatitis B ⁴	Hepatitis B vaccine for 10 to 13 year olds who have not received a primary course.
Hib ¹	PRP-T, HbOC (non-Indigenous children).
Hib ²	PRP-OMP (all children).
23vPPV ¹	Pneumococcal polysaccharide vaccine (Aboriginal and Torres Strait Islander children only); this dose can be given between 18 months and 2 years of age (refer to State/Territory Public Health Units for recommended age for administration).
23vPPV ² & Influenza ²	National Indigenous Pneumococcal and Influenza Immunisation Program.
VZV ¹	Vaccination only for children with a negative history of varicella disease or vaccination.

Australian Standard Vaccination Schedule

- to be read in conjunction with the schedule key, notes and vaccine key provided below

AGE	VACCINE							
Birth	Hepatitis B ¹							
2 months	Hepatitis B ^{2,3}	DTP _a	Hib ^{1,2}	IPV			7vPCV	
4 months	Hepatitis B ^{2,3}	DTP _a	Hib ^{1,2}	IPV			7vPCV	
6 months	Hepatitis B ²	DTP _a	Hib ¹	IPV			7vPCV	
12 months	Hepatitis B ³		Hib ^{1,2}		MMR			MenCCV
18 months						VZV	23vPPV ¹	
2 years								
4 years		DTP _a		IPV	MMR			
10 – 13 years	Hepatitis B ⁴					VZV ¹		
15 – 17 years		dTp _a						
50 years and over		dT					23vPPV ²	Influenza (annual) ²
65 years and over							23vPPV	Influenza (annual)

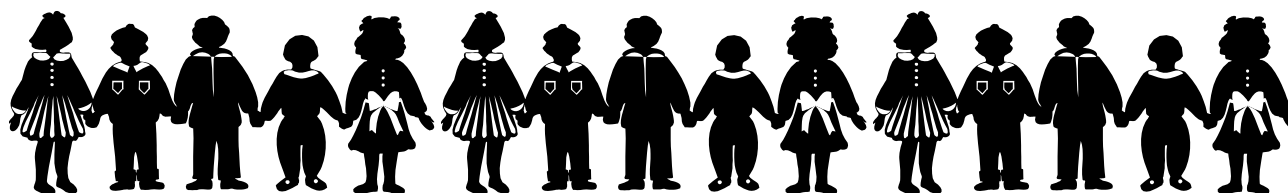
<i>Vaccine Key</i>	
Hepatitis B	Hepatitis B vaccine
DTPa	Diphtheria-tetanus-acellular pertussis infant/child formulation
dTpa	Adult/adolescent formulation diphtheria-tetanus- acellular pertussis vaccine
Hib	<i>Haemophilus influenzae</i> type b (Hib) vaccine PRP-OMP, PRP-T, HbOC (as monovalent or in combination)
IPV	Inactivated poliomyelitis vaccine (in combination)
MMR	Measles-mumps-rubella vaccine
VZV	Varicella-zoster vaccine
7vPCV	7-valent pneumococcal conjugate vaccine
23vPPV	23-valent pneumococcal polysaccharide vaccine
MenCCV	Meningococcal C conjugate vaccine
Influenza	Influenza vaccine
dT	Adult diphtheria-tetanus vaccine.

Last updated on 24 October 2003 by the Australian Government Department of Health and Ageing, Population Health Division

NOTE: If your child has had no immunisations, or missed some according to the schedule, you should discuss a revised schedule with your doctor.

Notes:

- Aboriginal and Torres Strait Islander children receive 3 doses of PRP-OMP Hib vaccine.
- Non-Indigenous children can receive 3 doses of PRP-OMP Hib vaccine or 4 doses of either PRP-T or HbOC Hib vaccine. (Mixing Hib schedules is not recommended. Infants starting with PRP-OMP should continue with PRP-OMP.)
- Adolescent hepatitis B and VZV are not required if a primary vaccination course has been given in early childhood.
- Access to free pneumococcal conjugate vaccine is provided to the following groups; all Aboriginal and Torres Strait Islander children aged up to 2 years, Aboriginal children in central Australia aged up to 5 years, non-Indigenous children in central Australia aged up to 2 years, and all children under 5 years with medical risk factors that predispose them to high rates or high severity of pneumococcal infection.
- IPV is preferred to OPV, subject to the availability of IPV-combination vaccines, but both IPV and OPV are acceptable for use in the ASVS.



LEISURE ACTIVITIES FOR CHILDREN

Parks and Gardens

The Botanic Gardens on North Terrace is a beautiful place to visit and one that children of all ages enjoy. They can wander around the gardens and paths and look at the many varieties of trees and flowers. At the lake, they can feed the ducks and look at the turtles, swans, and water rats. Some particular places they may enjoy include the cactus garden, the herb garden, and the glasshouse, on the Western side of the gardens (nearest to Frome Rd).

The Mount Lofty Botanic Garden is also a wonderful place for children to explore. It is in the Adelaide Hills; about 30 minutes drive from the city centre. Drive up the freeway and turn off at Crafers and then follow the signs to Piccadilly. The Mount Lofty Botanic Garden is on the eastern slopes of the Mount Lofty Ranges. This large hills garden in a spectacular setting overlooking Piccadilly Valley was started in 1952 and first opened to the public in 1977. It features plants from the cool climates of both the northern and southern hemispheres which do not grow well on the hot, dry Adelaide plains.

Mount Lofty Botanic Garden Opening Hours

Weekdays 8:30am — 4:00pm.

Weekends and public holidays 10:00am — 5:00pm.

During daylight savings the Garden will close on weekends at 6:00pm.

There is no admission charge.

Car parking is available at the upper car park off Mawson Drive, or in the lower car park off Lampert Road.

Guided Walks

Free 90 minute guided walks in the Mount Lofty Botanic Garden leave from the lower car park off Lampert Road.

10:30am every Thursday

The address is:

Summit Road or Piccadilly Road

Crafers SA 5152

Phone: 8370 8370

Fax: 8339 6851



Rymill Park is part of what is called the “East Parklands” and is very close to the east end of Rundle St. Rymill Park has a beautiful lake (when there is water!) and children enjoy walking or cycling around it, as well as hiring a boat. The lake is extremely shallow so is not dangerous for most children. There is also a playground and a café overlooking the lake.

Elder Park is a public open space in the city of Adelaide, South Australia on the southern bank of the River Torrens and is bordered by the Adelaide Festival Centre and North Terrace. At Elder Park you can hire a paddleboat, take a ride on the “Popeye” boat, have a picnic, hire bikes or feed the ducks. Elder Park is the home of the annual Christmas Carols by Candlelight for Adelaide and also hosts Symphony under the Stars and the Adelaide Festival of Arts.

Waterfall Gully is a beautiful area of bushland not far from the city with walking trails that children love. To get to it, go to Waterfall Gully Rd, Burnside and follow it along to the car park at the end.

Zoos and Wildlife Parks

Another place to take children in the Adelaide Zoo which is located on Frome Road, on the river (very close to the University). Whilst it is quite expensive to visit, you can purchase a year-long membership and then visit as many times as you like. Please check out: www.zoossa.com.au or phone 8267 3255.

The Zoo is also a botanic garden, and the magnificent landscaping is the result of more than 125 years of care and attention. There are many areas for children to run around and play, and the Zoo itself is an immersive and quite interactive experience.

Most animals are fed regularly by the keepers and everyone is welcome to watch. You can buy bags of pellets to feed some of the animals yourself in the Children’s Zoo between 10am - 12noon & 2pm - 4pm.

The Adelaide Zoo is open every day from 9.30am – 5:00pm

Reptile House open 10:00am - 4.30pm

Nocturnal House open 10:00am - 4.30pm

Walk-through Aviaries open 9.30am - 4.30pm

Entry Prices

Family \$68.00 (2 adults & 2 or 3 children)

Adults \$26.00

Concession \$18.00 (Photo ID will be required)

Children \$15.00 (4 - 14 years old)

Children under 4 are free



Monarto Zoological Park is a 1,000 hectare open-range sanctuary undertaking a major role nationally and internationally in breeding programs for rare and endangered species. The Park is located 45 minutes (70 kms) from Adelaide and is the gateway to the picturesque Murraylands region. The Zoo features the only drive through Cheetah habitat in Australia, South Australia's first ever Southern White Rhinoceros, Australia's largest Giraffe herd and the largest revegetation project of its kind in South Australia's history! Adventurous safari bus and walking tours operate every day of the year, which are led by trained volunteer tour guides. There are 1,000 hectares of fauna and flora within the park of which 250 hectares have been developed for animal habitats and breeding facilities.

To view these, there are three walks ranging from 30 to 90 minutes in duration and a free one hour guided tour bus that may be booked at the Visitors Centre. The Zoo is open from 9.30am - 5pm every day of the year, except in the case of extreme weather. If the forecast temperature for the Murraylands region is 40 degrees or above Monarto will be closed. First safari bus tour 10.30am - last tour leaves at 3.30pm

Entry Fee

Adults	\$26	
Children	\$15	4 - 14 years old (children under 4 are free)
Concession	\$18	
Family	\$68	2 adults and 2 or 3 children



Monarto Zoological Park
Princes Highway
Monarto SA
Phone: 8534 4100
www.zoossa.com.au

Cleland Wildlife Park is a wonderful place to see native Australian animals in a bushland setting. You can feed the kangaroos and pat koalas. There is an Aboriginal cultural guided tour that brings to life Dreaming stories and shares the ceremonial significance of Australian wildlife. Open from 9.30 - 5.00 daily. Phone: 8339 2444



Access from Summit Road, via Greenhill Road, or the South Eastern freeway, Mt Lofty.
<http://www.parks.sa.gov.au/cleland/index.htm>
<http://www.visitadelaidehills.com.au>

Gorge Wildlife Park

'Talk to the animals' – kangaroos, dingoes, monkeys, meerkats, alligators, birds!
Free koala cuddling at 11:30, 1:30 and 3:30 daily!
Open 9:00 to 5:00 daily with BBQ and picnic facilities.

Redden Drive
Cudlee Creek
Phone: 8389 2206
www.gorgewildlifepark.com.au

Art Galleries & Museums

The Art Gallery of South Australia

The Gallery is open every day of the year from 10:00 am – 5:00 pm except 25 December (Christmas Day). There is no charge to visit the Gallery's permanent collection; however entry fees do apply to some temporary exhibitions.

Eye Spy Club

Designed especially for children aged between 5 and 10 years old, Eye Spy tours are arranged around appealing themes to be entertaining and interactive for young art viewers.

The Eye Spy Club meets on the 2nd and 4th Sundays of each month at 2:00 pm (February - November). Children, accompanied by an adult, meet at the front desk, North Terrace entrance. No bookings necessary. New members are always welcome. There is a one off fee of \$5 per child to join the Club and receive an Eye Spy badge.

Family Drop in Days

Family Drop in Days are usually held on the fourth Sunday of each month from 12 noon until 3 pm (February-November) There are always free art & craft activities for children aged 5-10 years. Children must be accompanied by an adult. No bookings necessary. The Eye Spy Club for children also meets on Family Drop in Days at 2 pm

School Holiday Program - Art & Craft

The Gallery's school holiday program is very popular with children. Activities are suitable for ages 5-10 years. Sessions are given by expert tutors. You can view the program at www.artgallery.sa.gov.au/content-programs.html

EYES ON Gallery Trails - Do It Yourself trails for the whole family to enjoy

Have fun and at the same time improve your observation skills by solving clues and searching for visual treasures. Collect an EYES ON trail from the North Terrace entrance or from the Information Desk in the West Wing.

For more information about the Art Gallery's activities for children, see:

www.artgallery.sa.gov.au/family_day.htm

Museums

There are many museums in Adelaide, the biggest of which is the South Australian Museum on North Terrace, very close to the University. It has some very interesting displays of indigenous culture and also has a live animal collection, which children greatly enjoy. In the school holidays, the museum runs special activities for children. Entrance to the museum is free. For more information: www.samuseum.sa.gov.au

The Maritime Museum in Lipson St, Port Adelaide is a great place to visit if your children are interested in ships and boats. It organises cruises and other activities for children in the school holidays on the fabulous steam tug "Yelta" or police launch.

126 Lipson Street
Port Adelaide
Open every day 10:00 am – 5:00pm (except Xmas Day)
<http://www.history.sa.gov.au/maritime/maritime.htm>



Entry Fee

Adult: \$8.50
Concession: \$6.50
Child: \$3.50
Family: \$22 (2 adults & up to 5 children)

Public Libraries

Public libraries offer a great range of free services for you and your child. Apart from their great children's collections of books, and professional advice and guidance, they offer free story time sessions on a regular basis. Parents, grandparents and friends are welcome. Often these story time sessions include special craft activities.

All council areas in Adelaide have a public library where your children can borrow books, tapes and videos. Libraries also have magazines and newspapers and many have computers (and internet) for use. In the school holidays many libraries offer free activities for children. Libraries are free.

Toy Libraries

Attached to many public libraries are toy libraries where you can borrow toys for children of different ages and obtain information about various community activities for children. Below are some of the toy libraries in Adelaide. Ask your local council if your area is not listed here.

Burnside Toy Library	8338 4131
Unley Toy Library	8372 5174
Tea Tree Gully Toy Library	8264 5269
Hills Community Toy Library	8339 1244
Prospect Toy Library	8342 8195

Library & Community Centres Storytelling/Craft Sessions for Preschoolers.



(Held during school term. Ring first to check that these times and days are current)

Tynte St Library & Community Centre
(8203 7990)
176 Tynte Street, North Adelaide
Wednesday 10.30-11.15am

Visit the Hallett Cove or Park Holme toy library too

Grote St Library & Community Centre
(8203 7990)
18 Grote Street, Adelaide
Thursdays 10.30-11.15am

Mitcham Library (8271 0999)
154 Belair Road, Hawthorn
Monday & Thursday
10.30am - 11.30am

Charles Sturt Library Service (8408 1333))
Storytime sessions for preschoolers
www.charlessturt.sa.gov.au

Blackwood Library (8278 5200)
215 Main Road, Blackwood
Tuesday & Wednesday
10.30am - 11.30am

Hindmarsh Library (8408 1333)
139 Port Road, Hindmarsh
Monday 11am - 11.45am

Unley Civic Centre Library (8372 5100)
181 Unley Road
Unley SA 5061
Tuesday -10.30am
(School terms only)

West Lakes Library (8408 1333)
Cnr. West Lakes Boulevard and Brebner Drive, West Lakes
Tuesday 11am - 11.45am

Goodwood Library
(8372 5166)
101 Goodwood Library
Goodwood SA 5064
Thursday -10.30am
(School terms only)



Civic Library (Woodville) (8408 1333)
72 Woodville Road, Woodville
Wednesday 11am - 11.45am

Henley Beach Library (8408 1333)
378 Seaview Road, Henley Beach
Thursday 11am - 11.45am

Walkerville Public Library (8344 7714)
62 Walkerville Terrace, Gilberton
Friday, 10.30am

Findon Library (8408 1333)
Findon Shopping Centre
Cnr. Findon and Grange Roads, Findon
Friday - 11am - 11.45am

Marion Library Service (8375 6785)
Cultural Centre
Tuesday 10.30am - 11.15am

Hallett Cove (8375 6755)
Wednesday 10.15am - 11.30am

Park Holme (8375 6745)
Thursday 10.30am - 11.15am

School Holiday Activities

Many schools offer vacation care programs for children in the school holidays (see school section). These provide a large variety of activities and excursions for children. They are for primary school children. The cost for these programs varies. Enquire at your child's school.

“Something on Saturday”

This is a program of activities and performances for children held every Saturday afternoon at the Festival Centre on King William Street. The program is advertised each Saturday in the Advertiser Newspaper. The performances have a charge of \$9.50 per person but the activities, held outside in the foyer, are free. To view the program, go to the “Something on Saturday” website: <http://www.adelaidefestivalcentre.com.au/afc/something-on-saturday.php>



Tram to Glenelg



Adelaide has a tram that goes to Glenelg, Adelaide's tourist beach. Trams run every 15 minutes from North Terrace, near the Adelaide Train Station in the city. Trams are free within the city (between North Terrace and South Terrace), but use a regular metro ticket for the trip to Glenelg.

Cycling

Adelaide is a great place to cycle because it is very flat, and it has some beautiful cycling paths. One of the best is the Linear Park track, which runs beside the River Torrens from the foothills to the sea. You can get to the track from Bonython Park. Second hand bikes can be bought cheaply in Adelaide, either from second hand shops or privately. See “Life in Adelaide” for more information on cycling.



Swimming

There are many public swimming pools in Adelaide, some of which are heated, enabling you to use them all year round. The Adelaide Aquatic Centre is an indoor heated pool complex in North Adelaide <<http://www.adelaideaquaticcentre.com.au>> but there are many other public swimming pools. Ask at your local council for the one which is nearest to you. Here are some of the main public pools in Adelaide:

Unley Swimming Centre

Ethel Street, Forestville
(Off Leader Street and next to the Forestville Reserve)
Recreation Hub
Phone: 8372 5456
www.unley.sa.gov.au/site/page.cfm?u=362



Marion Swimming Centre

Oaklands Road (cnr. Hendrie Street)
Park Holme SA 5043
Phone: 8276 4939 www.marion.sa.gov.au/Web/webmar.nsf/Lookup/Marion+Swimming+Centre

Burnside Swimming Pool

The Burnside Swimming Centre comprises three pools, two playgrounds, two spas, a steam room and other facilities, set amongst the majestic gumtrees of Hazelwood Park. The Centre's foyer, indoor-outdoor cafeteria, pergola, verandah and the spa and sauna overlook the shaded lawns to the pools and playgrounds.

Greenhill Rd, Hazelwood Park
www.burnside.sa.gov.au/site/page.cfm?u=803

Adelaide Beaches

Adelaide has more than its share of beaches with 60 km of beachfront. Swimming is safe for children as Adelaide is in a gulf and beaches do not have large waves. Popular beaches include Semaphore, Henley Beach, and Glenelg, Adelaide's tourist beach.



USEFUL PHONE NUMBERS

Ambulance, Fire and Police (emergency only)	000
Police Assistance (non urgent)	13 1444
Women's and Children's Hospital	8161 7000
Paediatric Emergency	8161 7370
Paediatric Emergency (after hours)	8161 7000
Parent Helpline (24 Hour Service)	1300 364 100
Child Abuse Prevention Service (24 Hour Service)	1800 688 009
Domestic Violence Helpline	1800 800 098
Lifeline (telephone counselling service)	13 1114
Men's Line Australia	1300 789 978
Parenting SA	8303 1660
Pregnancy SA Infoline	1300 368 820
Pregnancy Counselling Australia (24 Hour Service, Pregnancy termination alternatives & post termination counselling)	1300 737 732
Pregnancy Help Line (24 Hour Service, Counselling & information for pregnant women & their families)	1300 737 732
Rape & Sexual Assault Service	1800 817 421
Rape & Sexual Assault Service (24 Hour Emergency Line)	8226 8787
Victim Support Service (for victims of crime)	1800 182 368
Women's Healthline	1300 882 880

(Please note: Calls from a land line to 1800 numbers are free of charge)

Further help lines and services can be found in the White and/or Yellow Pages directories. These directories are also available online:

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

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

**The International Student Centre is also here to assist you.
If you have any questions please contact us.**

**International Student Centre
The University of Adelaide
SA 5005 AUSTRALIA**

**Telephone: 8303 4828
Fax: 8303 4352
isc@adelaide.edu.au**

We hope you and your family enjoy your time in Adelaide!