

PRE DEPARTURE CHECKLIST

Before you leave, check that you have:

- Applied for and been granted your Australian Student Visa
- Booked your flight to arrive in time for enrolment and orientation (at least TWO weeks before classes start)
- Received booking confirmation for your compulsory IKON Student Orientation
- Organised airport pickup (Using our free 'meet and greet' arrival service) and received confirmation of your booking
- Familiarised yourself with Australian Customs and Quarantine information
- Prepared an important documents file
- Purchased some Australian currency
- Organised temporary accommodation for at least the first 2 weeks
- Organised childcare and school for your children (if required)
- Given family and friends your travel details

Other items you might need to include

(These can also be purchased in Australia)

- laptop or tablet
- smart phone
- camera
- spare glasses or contact lenses
- your optical prescription
- photos of friends and family
- swimming costume
- small gifts from home
- alarm clock
- bath towels, bed sheets, pillow cases
- dictionary (bilingual)
- small sewing kit
- music CDs or mp3 player (iPod)
- sporting equipment
- toiletries
- umbrella

The standard voltage for electrical items in Australia is 240V. Electric plugs have three flat pins, one of which is an earth pin. You may need to buy an adapter or have the plugs changed when you arrive.

Please note: In the picture below, the red dot indicates that the switch is on and power is flowing through that socket.

- **Listen, observe and ask questions!**
- While you are adjusting to living in a new culture, you may find some things difficult to understand. Listen and observe those around you, and if you don't understand something, don't be afraid to ask. Australians are known for being friendly and usually respond warmly to being asked questions.
- **Become involved**
- Make an effort to meet people and become involved in groups, both on campus and in the wider community. Maintain an attitude of openness to new situations and experiences. Establishing friendships and joining groups is the best way to experience and learn about Australian culture and will mean you have a richer and more enjoyable time here.
- **Maintain a sense of perspective**
- When confronted with difficulties, remind yourself that living and studying abroad is a challenge and it is normal to feel stressed and overwhelmed sometimes. At times like this, try and keep things in perspective. Remember the reasons why you wanted to study overseas in the first place, and think about the positive events or changes within yourself that have occurred since you arrived.
- **Maintain some of the routines and rituals you may have had in your home country**
- This can include small things such as continuing to drink a certain type of coffee or tea or eating specific foods. It may also include maintaining involvement in bigger events, such as celebrating a national day in your country of origin with a group of friends.
- **Talk to friends and family at home**
- Keeping in touch with your friends and family back at home is very important. Tell them about your experiences and life in Australia. Not only will this keep you connected, it will also help them to understand your experiences, which will smooth the transition when you return home.
- **Sense of humour**
- Importantly, remember that living in a different culture means you will inevitably find yourself in a range of unusual and often confusing situations. Being able to laugh in these situations will remind you that it takes time to understand different cultures and that it is okay to make mistakes.
- **Ask for help**
- Don't be afraid to ask for assistance or support if you need it. Contact your Education Support Officer if you need any assistance or additional support. IKON's student counsellors are also available for international students.
- **Finally, relax and enjoy the journey!**