

Life Skills Program Digital Resource

Social Wellbeing



Building Relationships in Australia and feeling more at home



Navigating life in a new country can be overwhelming, and it is easy to stick to the familiar - your university, fellow international students, and the bustling city. However, embracing the enriching journey of connecting with Australians can be transformative for your well-being and contribute to personal growth. Building relationships is not just a social endeavour; it is a crucial aspect of mental health.

Understanding culture, ways of how things work in Australia

- **Step out of your comfort zone!**

Embrace invitations from locals, stepping out of your comfort zone to foster meaningful connections and broaden cultural experiences.

- **Embrace differences & learning!**

Maintain an open-minded approach towards cultural, opinion, and ideological differences.



Lets Give Your Aussie Slang a Burl, Mate!



Arvo	Afternoon
Barbie	Barbeque (BBQ)
Bog/Dunny	Toilet
Brekky	Breakfast
Brollie/Brolly	Umbrella
Choccy Bickey	Chocolate biscuit
Copper	Police
Crikey	Surprised
Cuppa	Cup of coffee/tea
Deadset	True
Facey	Facebook
Footy	Football

Good onya	Good work
Hard yakka	Hard work
How you going	How are you doing
Maccas	McDonalds
Mates	Friends
Mozzie	Mosquito
Postie	Postman
Roo	Kangaroo
Sheila	Woman
Sunnies	Sunglasses
Thongs	Flip flops
U-ey	U-Turn



Overseas Student Health Cover (OSHC) Insurers



Alliance Care

- [Allianz Care OSHC website](#)
- Telephone: 136 742 / 1800 651 1349
- **Sonder**: Digital and human powered support to provide 24/7 access to personal care. Access free, quality support from mental health professionals and make steps to improve your wellbeing.

Bupa

- [Bupa OSHC website](#)
- 24/7 Student Advice Line within Australia: 1300 884 235

Medibank

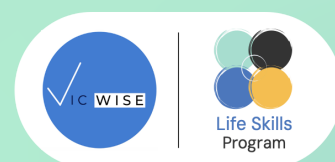
- [Medibank OSHC website](#)
- 24/7 Medibank Student Health and Support Line: 1800 887 283

Other Health Support Systems

- Nurse on Call Victoria: 1300 60 60 624
- Doctors on Demand 24/7 Telephone Consultation: 1800 854 344
- HotDoc: Find a doctor, dentist, or healthcare specialist and make online appointments. Make sure to call the clinic and confirm whether they accept your OSHC card and if you are fully covered with no out of pocket charges
- Affordable Online Psychologists: visit [Integrative Psychology](#)

VicWISE Top Tips:

- **Beyond Blue - great resource for managing mental health:**
<https://www.beyondblue.org.au/mental-health/wellbeing>
- **Tips for healthy living and building relationships:**
<https://www.betterhealth.vic.gov.au/health/healthyliving/Strong-relationships-strong-health>
- **TED TALKS - 3 great TED talks on the importance of friendships:**
<https://medium.com/@serendipapp/3-ted-talks-you-need-to-watch-about-friendship-88e1063d2906>
- **Meetup App:**
<https://www.meetup.com/en>
- **VicWISE Facebook Community Group:**
<https://www.facebook.com/VicWISEInc/>
- **VicWISE Instagram:**
<https://www.instagram.com/vicwiseinc/?hl=en>





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