

The practical guide to down under...



CONTENTS

WELCOME

AUSTRALIAN STATISTICS

MULTICULTURAL AUSTRALIA

AIRPORTS

VISAS

WORKING AROUND AUSTRALIA

MAIL/POST

BANKS

MOBILE/TELEPHONE

HEALTH SERVICE : MEDICARE

PUBLIC TRANSPORT

ACCOMMODATION

SAFE NIGHT OUT

PERSONAL SAFETY

BEACH SAFETY

WILDLIFE SAFETY

BUSHWALKING SAFETY

EMERGENCY NUMBERS





WELCOME

This booklet serves as a guide towards understanding the Australian way of life and making your stay in our wonderful country enjoyable and safe.

In this booklet you will find basic, useful information related to visas, airports, health, accommodation, transport, communication, banking, safety and the do's and don'ts while travelling and working around Australia.

Information focuses on safe and practical ways to ensure you get the most out of your experience as you work, and live.

As with any country however, there is also the potential for disappointments and frustrations which can be minimised by following the information in this booklet.

ABOUT AUSTRALIA

Area:

7,692,024 sq km (2,969,907 sq miles)

Population:

23.4 million (2014)

Population density:

3 per sq km

Capital:

Canberra



**Government:**

Australia is a Constitutional monarchy.

Head of State:

HM Queen Elizabeth II, represented locally by the Governor-General.

Head of Government:

A Prime Minister governs the country. Individual states and territories have their own autonomous legislative, executive and judicial systems under the jurisdiction of the federal government.

Traditional owners of the land:

We pay respect to the Elders of the land recognising the Indigenous people as the First Australians.



Multiculturalism: diverse food, festivals and faith

Australia has a rich cultural diversity that is reflected in the many cultural groups that have made Australia their home. Migrants from many countries have made positive and wonderful contributions to the Australian way of life and Australians pride themselves on promoting and celebrating cultural diversity as a valuable community resource. Many colourful festivals and events are staged that reflect the richness of our multicultural country and these can be found online.

Local Markets

Most capital city councils have websites that highlight the various farmers and craft markets that run regularly in their region. These are economical places to buy fresh fruit and vegetables as well as craft and hand made products. Go to your local City Council website for more information.

Festivals

Australia stages many different cultural festivals that bring together the myriad cultures present in this country and allow residents and visitors to experience Australia's multicultural identity. Numerous websites highlight these community events which are either free or have low admission cost.

You can find detailed information about festivals and events online:

festivals-in-australia | australia.gov.au

AT THE AIRPORT

When you arrive at the airport you need to have a valid Passport and a valid Visa (a visa grant number is necessary).

Entering or travelling around Australia you must be aware that some items are subject to restrictions.

These are outlined below:

- ♦ Only carry liquids, aerosols and gels in containers of 100 millilitres or less, packed in a resealable bag. The four sides of the sealed area of the bag should add up to no more than 80 cm. This applies to International travel.
- ♦ Fresh fruit and vegetables may not be carried interstate.
- ♦ Bio-security risks such as antiques, toys, instruments, statues, carvings, picture frames and wooden artefacts, unidentified seeds, some foods and spices.
- ♦ Live animals (including pets) that require an import permit
- ♦ Biological products including some plant based, herbal medications.
- ♦ Unprocessed goods of plant or animal origin
- ♦ Soiled items containing organic residues or items knowingly infested with pests or disease, for example, shoes, clothing camping equipment, back packs, mountain bikes and other sporting equipment that may have been used in rural areas, markets and zoos. If you bring these items into Australia ensure they are thoroughly cleaned and are free from soil and manure.

If you bring these types of items into Australia ensure they are thoroughly cleaned and are free from soil and manure.

All major Australian airports have information desks that can assist you with information about:

- ♦ Buses, shuttles, trains and hire cars.
- ♦ Where to get tickets for transport.
- ♦ Transfers to and from international and domestic terminals.
- ♦ Money exchange facilities are available at both domestic and international airports.
- ♦ Location of Taxis
- ♦ Some major airports have mobile phone sale outlets where you can purchase an Australian sim card.
- ♦ Accommodation information.

The following links will connect you directly to major city airport facilities information:

Sydney - <http://www.sydneyairport.com.au/prepare.aspx>

Melbourne - <http://melbourneairport.com.au/flight-passenger-info/overview.html>

Adelaide - <http://www.adelaideairport.com.au/air-travel/passengers>

Perth - <http://www.perthairport.com.au/index.aspx>

Darwin - <http://www.darwinairport.com.au/>

Hobart - <http://hobartairport.com.au/>

Australian Government: Australian Customs and Border Protection Service
www.customs.gov.au



VISAS

WHAT KIND OF VISA IS THE BEST FOR ME?

HOW MUCH IS IT?

HOW AND WHERE CAN I MAKE MY VISA APPLICATION?

Tourist Visa : A temporary visa allowing a stay in Australia of up to 3, 6 or 12 months. Applicants can apply online from both outside and within Australia. Basic application fee is \$130

Student Visa : To study in Australia you must have a valid Australian student visa. This is a temporary visa that allow people to come to Australia for a specified period to study at an Australian educational institution. Base application fee is \$535. Additional applicant fees under 18 years of age is \$135. Applications may be made online.

Working Holiday Visa - (Subclass 417)

Suitable for young people between the ages of 18 and 30 years of age. This visa does not require a sponsor. This program is open to citizens from reciprocating countries.

This visa allows the applicant to:

- Stay in Australia for up to 12 months.
- Leave Australia and re-enter multiple times while the visa is current.
- Visa-holders are permitted to work for up to 6 months part-time (per employer).

Applicants must apply whilst they are outside of Australia.

The **Working Holiday Visa (Subclass 417)** is available to people from:

- Belgium
- Canada
- Republic of Cyprus
- Denmark
- Estonia
- Finland
- France
- Germany
- Hong Kong
- Special Administrative Region of the People's Republic of China including British National Overseas passport holders.
- Republic of Ireland
- Italy
- Japan
- Republic of Korea
- Malta
- Netherlands
- Norway
- Sweden
- Taiwan
- United Kingdom

Work and Holiday Visa - (subclass 462)

Available only to tertiary educated people aged 18 to 30 years who hold valid passports from countries listed below. Valid for up to 12 months, the Visa enables you to supplement the cost of your travels in Australia through periods of temporary or casual employment.

Applicant with a USA passport can apply online.

The **Work and Holiday Visa (Subclass 462)** is available to people from:

- Argentina
- Bangladesh
- Chile
- Indonesia
- Malaysia
- Thailand
- Turkey
- USA

Temporary Work Visa (Skilled) (subclass 457)

This Visa allows a skilled worker to work in their nominated occupation for their approved sponsor for up to four years. You must be sponsored by an approved business. You can be in or outside Australia when you lodge your application. *You can also apply online.*

Other types of Visas are:

Medical treatment visas
Investor/Retirement visas
Transit Visas Bridging Visas
Gap year Visas.

People with an expiring Working Holiday Visa are able to apply for:

Second Working Holiday Visa. The second Working Holiday Visa allows the visa holder to remain in Australia up to 24 months in total from the initial date of entry.



Note: *If you are accompanied by dependent children at any time during your stay in Australia, you cannot apply for a **Working Holiday Visa**.*

If you would like a dependent child to join you in Australia you must apply for a different visa such as a Tourist visa.

WORKING AROUND AUSTRALIA



TRAVELLING AND WORKING AROUND AUSTRALIA

The Work and Holiday visa (WHV) provides a once in a lifetime opportunity for people from certain countries aged between 18 and 30 years to holiday in Australia and earn money to supplement their travel funds. Casual, seasonal, part-time and permanent work can be sought through various websites online.

Requirements for obtaining a WHV in Australia:

You must have turned 18, but not turned 31, at the time of your visa application

- You must apply for the WHV Australia visa when you are outside of the country.
- You can't have entered the country on a WHV program before.
- You must apply no more than 12 months before you intend to travel to Australia.
- You must hold a valid passport for the country partaking in the working holiday scheme.
- You can enter the country at any time within 3 months of your visa grant date.
- You can work and travel in Australia for up to 12 months.
- Leave and re-enter as often as you like within those 12 months.
- Undertake temporary employment.
- Visa fee = \$365

BEFORE YOU BEGIN ANY WORK

Make sure that the location of the work is not **only** in a regional area but that your employer can verify that their work is eligible. The last thing you want to risk is working for three months only to be told that the work you have done does not count and you have to return home - better to be safe than sorry!

‘Workabout Australia’

<http://workaboutlaws.worldservicesystems.com/home.html/>
contact@workaboutaustralia.com.au

Bonus 2nd Year Visa Qualification

The Working Holiday Visa program was extended to allow holders to remain for a second year if they contributed to parts and regions (areas) of Australia.

You need to work in the regional areas listed below and work three months or more in one of the following industries: harvesting, cultivation, forestry, fishing and pearling, mining and some sectors of the construction industry. After completing three months work in these fields, you may qualify to renew your visa for a second year.

Most of the states have many different industries where you can work to become eligible for a second year visa.

The following postcodes are eligible places to work for a second year visa:

ELIGIBLE

New South Wales

2311 to 2312
2328 to 2411
2420 to 2490
2536 to 2551
2575 to 2594
2618 to 2739
2787 to 2898

Queensland

4124 to 4125
4133
4211
4270 to 4272
4275
4280
4285
4287
4307 to 4499
4510
4512
4515 to 4519

Northern Territory, South Australia

Tasmania are all
classified as part
of regional
Australia.

Victoria

3139
3211 to 3334
3340 to 3424
3430 to 3649
3658 to 3749
3753
3756
3758
3762
3764
3778 to 3781
3783
3797
3799
3810 to 3909
3921 to 3925
3945 to 3974
3979
3981 to 3996

Western Australia

6041 to 6044
6083 to 6084
6121 to 6126
6200 to 6799

INELIGIBLE:

Perth and surrounding areas,
Melbourne metropolitan
area, Sydney, Newcastle, the
Central Coast and
Wollongong, the Greater
Brisbane area and the Gold
Coast.

ACT

The Australian Capital
Territory is **not** classified as
part of regional Australia.

For more information please refer to:

International Australian Visa Services
<http://australianvisaservices.com.ph/>

Outback Australia Travel Guide
www.Out-Back-Australia-Travel-Secrets.com

www.work-n-travel-australia.com
www.workstay.com.au

USEFUL INFORMATION

Essentials for working holiday

Australian address

Pay As You Go (PAYG) TAX

Tax File Number (TFN)

Bank account

Driver's Licence

Travel Insurance

Employer's check list (job description, pay and eligibility for second year visa).

CV requirements

Free English Lessons:

<http://www.yourenglishcorner.net/queensland.html>

FOR FURTHER INFORMATION VISIT THESE WEBSITES:

<http://www.immi.gov.au/Pages/Welcome.aspx>

<http://workaboutaus.worldsecuresystems.com/Jobs/jobs-search>

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

<http://www.travellers.com.au/WorkInOz/GetanAussieaddress/>

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

MAIL



While working and travelling in Australia it is essential to set up your Tax File Number, bank account and Medicare (if eligible). To complete these requirements a traveller must have a fixed mailing address for the entire stay in Australia. For only a monthly cost there are agencies that will hold your mail for you to collect or will forward it to you as you travel.

How it works: You can register online with an agency of your choice. Once registered you can give your mail number and address to family, friends, bank, tax office, employer and superannuation company etc. When mail arrives the agency will advise you by email.

Service: This service allows you to check your mail, and make the necessary address changes as you travel and work throughout Australia.

Some of the agencies that provide mailing services:



UltimateOz Mail
Holding & Forwarding Service



SOS Mail Solutions

Interstate 1300 14 12 13

Phone 0401 418 304

Fax (07) 3807 4126

Australian Currency

Australia's national currency is the Australian dollar which comes in denominations of \$5, \$10, \$20, \$50 and \$100 notes. Coins come in 5c, 10c, 20c, 50c, \$1 and \$2 denominations. There are currency exchange facilities in all banks and independent agencies.

Credit cards:

Major credit cards are accepted. Usage may be restricted in small towns and outback areas.

ATM: (Automatic Teller machines)

Found in all major towns and cities. However you may have limited or no access to ATMs in small towns and outback areas.

Banking hours:

Mon-Thurs 9.30am-4.00pm; Fri 9.30am-5.00pm.

These hours may vary slightly throughout the country.

Electricity:

220/240 volts AC, 50Hz. Three-pin plugs are in use throughout Australia. Adapters may be found in all major stores.

Cars/Buses

All cars in Australia drive on the left hand side of the road with the steering wheel on the right hand side of the vehicle. Buses have the right of way when entering traffic.



BANK



CommonwealthBank 

 **nab**

 **estpac**

 **ANZ**

Some of the major Bank logos in Australia.

It is useful to open an Australian bank account to avoid expensive international bank charges when withdrawing money.

There is no charge to open an account. You will need a valid passport, your visa grant number and an Australian address.

At the end of your stay, you can easily close your Australian bank account at the bank.

KEEPING IN CONTACT



A list of major Australian Mobile Phone Providers:

OPTUS yes


vodafone

Telstra™

amaysim

Virgin
mobile

 **southern cross**
TELCO

 **boost**™
pre-paid mobile

Telephone carriers/providers are located in all major shopping centres. Telephone shops will have most of these available, find out about promotions and tariff plans and compare them to suit your needs - before buying.

If you want a pre-paid card, you will need to have your passport and current address. However, if you choose to go on a plan it will be necessary to have a current Australian Bank account, passport and current address.

AUSTRALIA OVERSEAS CALLING CODE	+61
ITALY OVERSEAS CALLING CODE	0011 39
INTERNET TLD	.au

To make domestic phone calls: Dial – the area code + phone number

Area Code	States
(02)	ACT, NSW
(03)	VIC, TAS
(07)	QLD
(08)	SA, WA, NT

Receiving a phone call

Your family and friends cannot call you on a public phone. However they can contact you on a landline or a mobile phone.

Australia's country code (61) + 2nd digit of the area code + your phone number
remove the 0 from the area code.

HEALTH SERVICES

Medicare is a government supported health care system that covers many health care costs. Citizens and permanent Australian residents are eligible for Medicare as are travellers from countries which hold reciprocal health care agreements with Australia.

The Australian Government has signed Reciprocal Health Care Agreements (RHCA) with the United Kingdom, the Republic of Ireland, New Zealand, Sweden, the Netherlands, Finland, Belgium, Norway, Slovenia, Malta and Italy. These agreements entitle you to some subsidised health services for essential medical treatment while visiting Australia.

If you are a resident of New Zealand, the United Kingdom, the Republic of Ireland, Sweden, Finland or Norway, you are covered for the length of your stay in Australia.

If you are a visitor from Belgium, the Netherlands or Slovenia, you need your European Health Insurance card to enrol in Medicare.

If you are visiting from Malta or Italy and you are a resident and citizen you'll be covered by Medicare for a period of six months from the date of your arrival in Australia.

You are eligible until the expiry date shown on the card, or for the length of your authorised stay in Australia, if that is an earlier date.



Medicare Will cover:

Medicare covers treatment that is deemed 'medically necessary'. This means any ill-health or injury which occurs while you are in Australia and requires treatment before you return home.

This includes:

- Free treatment as a public in-patient or outpatient in a public hospital.
- Subsidised medicines under the Pharmaceutical Benefits Scheme.
- Medicare benefits for out-of-hospital medical treatment provided by doctors through private surgeries and 'bulk bill' community health centres. **(Bulk Bill means you do not have to pay anything).**
- Residents of the Republic of Ireland and NZ are not entitled to Medicare benefits for non-hospital medical care and will not be issued with a Medicare card. To access these benefits you should show your passport at hospitals or pharmacies.
- All other nationalities must pay for treatment and claim from their personal travel insurance policy, if covered.

Medicare will NOT cover:

- Medicine not subsidised under the PBS (Pharmaceutical Benefits Scheme).
- Treatment arranged before your visit to Australia.
- Accommodation and medical treatment in a private hospital also as a private patient in a public hospital.
- Ambulance services.
- Dental exams and treatment (except specified items for allied health services as part of the Chronic Disease Management (CDM) program).
- Physiotherapy, occupational therapy, speech therapy, eye therapy, chiropractic services, podiatry or psychology (except specified items introduced for allied health services as part of the CDM program).
- Acupuncture (unless part of a doctor's consultation).
- Spectacles and contact lenses. Eye therapy.
- Hearing aids and other appliances. Prostheses.

Enrol for Medicare:

Check your Medicare entitlements on the [Medicare website](#)

Download a [Medicare Enrolment Form](#). (Irish and NZ travellers do not need to enrol).

Take your completed form, passport, your visa and one other form of ID to your nearest [Medicare office](#)

If your application is approved, you will be sent a Medicare Card in the mail. (If you do not have a permanent mailing address set up a mailing address through a mailing agency.

FOR FURTHER INFORMATION VISIT THIS WEBSITE:

<http://www.humanservices.gov.au/customer/subjects/support-for-new-arrivals-to-australia>



Public transport services are managed by individual state and territory governments. All of Australia's major cities have reliable and affordable public bus, train and ferry networks.

<http://www.transport.nsw.gov.au/>

(NSW)

<https://www.adelaidemetro.com.au/>

(SOUTH AUSTRALIA)

<http://ptv.vic.gov.au/>

(VICTORIA)

<http://www.transperth.wa.gov.au/>

(WESTERN AUSTRALIA)

<http://jp.translink.com.au/>

(QUEENSLAND)

<http://www.transport.nt.gov.au/public>

(NT)

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

(TASMANIA)

To drive in Australia you must have an International Driver's Licence.

FOR MORE INFORMATION VISIT THE FOLLOWING WEBSITE:

<http://australia.gov.au/content/driving-with-an-overseas-licence>

<http://www.australia.com/en/planning/getting-around.html>

Australian Driving Laws

Australians drive on the left-hand side of the road, with the steering wheel on the right-hand side of the car. The maximum speed limit in cities and towns is 60km/h and 50km/h in suburban areas. On country roads and highways, the maximum speed is usually 110km/h.

Motor bikes and cyclists *must wear helmets.*

An international visitor may drive in Australia on a valid overseas driver's licence for the same class of vehicle. You should carry both your home licence and international licence when driving.

Bus/Coach

Coach and bus travel in Australia is comfortable, easy and economical. Coaches generally have air conditioning, reading lights, adjustable seats and videos. Services are frequent, affordable and efficient. Australia's national coach operator, Greyhound, offer passes to fit every budget.

Rail

Train travel is a convenient, affordable and scenic way to explore Australia. Interstate and intra-state rail services connect our cities and regional centres, while cross-country train trips offer a unique insight into Australia's size and diversity. Travelling options range from budget to luxury, and a range of rail passes can reduce your costs if you plan to see large sections of the country. Australia also has epic rail journeys such as The Ghan and Indian Pacific, which travel across the continent. The Indian-Pacific travels between Sydney to Perth, stopping for tours of Broken Hill, Adelaide and Kalgoorlie. The legendary Ghan travels between Adelaide and Darwin, through Australia's Red Centre and the tropical Top End.

Countrylink trains connect New South Wales destinations and also travel along Australia's east coast to Melbourne, Brisbane and Canberra.

VLine trains link Melbourne with regional hubs in Victoria,

Traveltrain covers Queensland and Trans WA criss-crosses Western Australia.

Air

Australia's domestic airlines – Qantas, Jetstar, Virgin Australia, Tiger Air and their subsidiaries - serve all state capital cities and regional cities. Competition amongst domestic airlines means that great fares are available.



ACCOMMODATION

In Australia you can find the following types of accommodation:

Homestay

Share Accommodation

Hostel/Backpacker

Property lease - Unit (apartment) or house

Homestay is the perfect choice if you would like to live with an 'Australian' family and learn about the Australian lifestyle and culture.

Share accommodation is one of the most popular alternatives of accommodation for students or overseas travellers mostly because there is no contract and all the bills are shared. It is a great way to meet people if you have just arrived in Australia.

Accommodation costs

The price of accommodation varies according to the location, size, facilities and season.

- The longer the stay, the lower the price
- The higher number of students/people in room/house, the lower the price
- The further distance from the city centre, the lower price
- Usually you can expect to pay:

Homestay from \$180 per week (Usually not in the city centre, accessible by train or bus from the centre)

Share Accommodation from \$165 per week (very often outside the city centre, accessible by train or bus)

Hostel/Backpacker from \$30 per night) in the city centre or close to it)

Single bedroom unit (apartment) rental from \$350 per week

Residential Tenancy Authorities

There are government regulated tenancy authorities in all Australian states. Ensure that when leasing or renting a premises, you lodge all necessary documentation of bond; condition report, etc. with one of these authorities.

FOR FURTHER INFORMATION VISIT THESE WEBSITES:

www.austay.com
gumtree.com.au
shareaccomodation.net

A SAFE NIGHT OUT

DRUGS AND ALCOHOL

Australia has strict laws about drinking alcohol and driving, with the legal limit set at 0.05 blood alcohol concentration (BAC).

Learners and probationary license-holders must have a 0.00 BAC. Whilst you are in Australia it is important that you take responsibility to ensure you adhere to these limits.

As a general rule to stay under .05:

- Men can consume two standard drinks * in the first hour and one drink each following hour.
- Women can consume only one standard drink in the first hour and then one drink each following hour.

One of the best ways that individuals can determine how they respond to alcohol is to use the coin-operated breath testers on licensed premises.

- * ***A standard drink is any drink containing 10 grams of alcohol. One standard drink always contains the same amount of alcohol regardless of container size or alcohol type, that is beer, wine, or spirit.***

DRUGS

- Recreational drug use of illicit substances such as cannabis, marijuana, opium etc are illegal in Australia.
- The Australian police have the power and resources to respond quickly to alcohol and drug related violence and anti-social behaviour, including unlawful striking causing death 'coward punch'.
- Penalties for violent and anti-social behaviour apply to all who offend whether you are a visitor or an Australian resident.

NIGHTCLUBS AND PUBS

- * ***Be mindful that Nightclubs, Pubs and bars now have a 3am lock out. While the nightclubs still close at 5am, you have to be inside by 3am or you get locked out. So make sure you do your rounds early and find out which club you like the best then head back to it before 3am! Lockout times may vary depending on which State you are in***

For example in NSW

- **Lock outs and last drinks:** 1.30am lockouts and 3am last drinks at hotels, registered clubs, nightclubs and licenced karaoke bars. Small bars (maximum 60 people), most restaurants and tourism accommodation establishments are exempt. Venues currently licensed to stay open after 3am can do so without alcohol service.
- **Temporary bans:** of 48 hours for troublemakers.
- **Takeaway alcohol sales:** stop at 10pm for bottle shops, hotels and clubs.

This law is NSW-wide.



STAY SAFE



BEACH SAFETY

Australian beaches are beautiful but can also be deadly for inexperienced swimmers. Be aware of safety at all times.



Surf lifesavers and lifeguards use flags to indicate the safest swimming areas for the beach going public. To stay safe, remember the **"FLAGS."**

Some dangers you may face outside these "flagged" areas are submerged rocks, rips and currents which are strong enough to drag and submerge an unwary swimmer.

The first rule of beach safety:

"Always swim between the flags"

Find the flags and swim between them.

The red and yellow flags represent the area patrolled by lifesavers and lifeguards. They mark the safest place to swim at the beach.

Look at the safety signs.

The safety signs help you identify potential dangers and daily conditions at the beach. These are located at beach access points and at the flagged areas. Please read them carefully before entering the water.

Ask a lifesaver for some good advice.

Surf conditions can change quickly (water depth, currents, wave size and type). Talk to a lifesaver or lifeguard before entering the water.

Get a friend to swim with you.

Always swim with a friend so you can look out for each other's safety and get help if needed. Children should always be supervised by an adult.

Stick your hand up for help.

If you get into trouble in the water, stay calm. Raise your arm to signal for help, float and wait for assistance. Float with a current or rip. Don't try and swim against it.



NEVER - NEVER - NEVER

Never swim at unpatrolled beaches.

Never swim at dusk or at night.

Never swim under the influence of alcohol or drugs.

HOW TO SPOT A RIP

Rip currents are identified by the following;

Discoloured brown water caused by sand stirred up from the bottom.

Foam on the surface extending beyond the break.

A rippled appearance, with waves breaking on both sides of the rip, but not inside the rip. Items on the water's surface, floating seaweed on the surface of the rip.

IF YOU ARE CAUGHT IN A RIP

Don't panic, tread water or float and let the current flow.

Raise one arm to signal for help and assistance.

Never try and swim against a rip. Float out with the current and when past the breakers, swim across the rip, parallel to shore. When out of the rip, swim back to shore.

BE SUN SAFE

The Australian sun is powerful and can burn skin in a very short period of time. The worst time for sunburn is between 11.30am and 2.30pm.

Slip on a shirt. Slap on sunscreen. Slap on a hat. Wear sunglasses.

BE SHARK SAFE

Shark attacks occur rarely, however, do not swim, dive or surf where dangerous sharks are known to congregate. Do not ignore safety signs.

BE JELLYFISH SAFE

Jellyfish (stingers) are prevalent in Australia with the highest concentration occurring between October to May, especially in North Queensland. Stings can be painful and those of the box jellyfish are lethal and are capable of killing a person in less than 5 minutes. They are usually invisible in the water and can have tentacles up to 3metres long. Do not swim in unprotected waters without proper stinger resistant suits. If stung by a box jellyfish seek immediate medical assistance – Flood the area with vinegar for a minimum of 30 seconds. Monitor the person's airway, breathing and circulation and if breathing stops perform CPR.

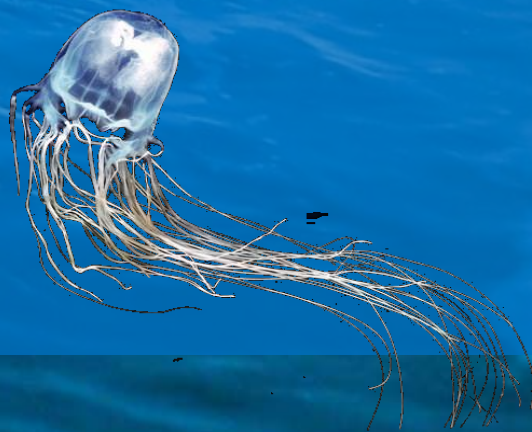
COMMON SENSE

Running down sand dunes; jumping or diving into water of unknown depth can cause serious injury or death.

Open fires ARE NOT PERMITTED, it is recommended to use fuel or gas stoves for cooking. In some areas around Australia temporary fire bans may be in place due to high fire danger conditions.

POISONOUS FISH

Australia has a number of poisonous fish, stone fish, puffer fish, red snapper and a blue-ringed octopus are deadly and should not be handled



PERSONAL SAFETY

Australia is regarded as one of the safest places to travel in the world. However, some basic precautions should always be taken such as:

- * Avoid walking alone after dark especially through parks and isolated areas.
- * Always lock away valuables when staying at a hostel or hotel.
- * Don't leave hotel rooms unlocked.
- * Don't leave valuables unattended and visible in cars when they are unattended.
- * Be aware of drink spiking (not very common, but does occur at times, more so in major cities). It is best not to accept drinks from strangers and always keep an eye on your own drink.
- * Do not leave bags unattended in internet cafes, pubs or clubs.
- * Be alert when you are withdrawing cash from ATM machines. Check that a card-reading device has not been attached, and ensure that no one can see you enter your PIN number.
- * Driving through remote and outback parts of Australia requires thorough preparation. Listed below are some general considerations and precautions you should take into account if you are planning on doing any travel to these types of areas.
- * Firstly, unless you are sticking to major roads, you shouldn't embark on a trip to the outback unless you have a roadworthy 4WD vehicle.
- * Seek advice on the terrain, conditions and safety requirements. Contact the State or Territory motoring association or relevant visitor information centres for this information.
- * Before leaving the nearest major town, check the conditions of outback roads.
- * Carry an extra 2 spare tyres, oil, fuel and tools.
- * Carry extra supplies of water and food.
- * Have a good quality medical kit.
- * Hire appropriate emergency communication equipment, eg GPS, satellite phones, HF radio. Mobile phones have limited coverage in remote areas, so check your phone provider for coverage.

- * Check with State or Territory motoring associations for emergency services and facilities available in the remote areas.
- * Have current and detailed maps.
- * Plan your route carefully and notify a family member, friend or third party of your expected itinerary and approximate time of arrival.
- * Avoid travelling in extreme heat conditions.
- * Do not drive through flooded areas, as waters can rise rapidly.
- * It is always advisable to drive with at least two vehicles.
- * Always check road conditions before turning off major roads.
- * Take frequent rest breaks and change drivers regularly.
- * Be aware of other road traffic, particularly cyclists and road trains.
- * Be aware of train crossings.
- * Keep an eye out for wildlife and livestock that can often wander onto the road. This occurs a lot more at sunrise and sunset, so it is best to avoid driving at these times.
- * Be aware that temperatures can easily exceed 40°C (104°F) in the summer months.
- * Dust from dirt roads can obscure your vision. Slow down or stop until the dust settles.
- * Obey road closure signs and stick to the main roads.
- * If you encounter gates, they should always be left as they were found. Open gates should be left open and closed gates should be closed after passing through them.
- * Avoid tracks that are for private use only, or that are not marked on maps.
- * Stay with your vehicle if it breaks down or in an emergency.

If any situation occurs, report it to the police as soon as possible. The emergency contact for Police/Ambulance/Fire in Australia is 000.

WILDLIFE SAFETY

Australia has beautiful animals - they may look cuddly and docile but they are still untamed creatures which should be approached with caution.

Crocodiles:

- * Found **ONLY** in North Queensland, Northern Territory and North Western Australia.
- * Seek expert advice about crocodiles before swimming, camping, fishing or boating there is potential danger anywhere in the saltwater crocodile range. If in doubt, do not swim, canoe or use small boats in estuaries, tidal rivers, deep pools or mangrove shores. Saltwater crocodiles may also inhabit freshwater pools and billabongs a great distance upstream.

Dingoes:

Dingo attacks on humans are rare but are known to happen. Dingoes are a danger to livestock, especially sheep and young cattle as well as incapacitated, isolated, outnumbered, or very small humans, especially infants and young children.

Humans and dingoes generally tend to avoid each other. In some situations, however, such as on Fraser Island and some locations in the Northern Territory, close interaction between dingoes and humans, especially feeding dingoes, has led to dangerous attacks.

Snakes:

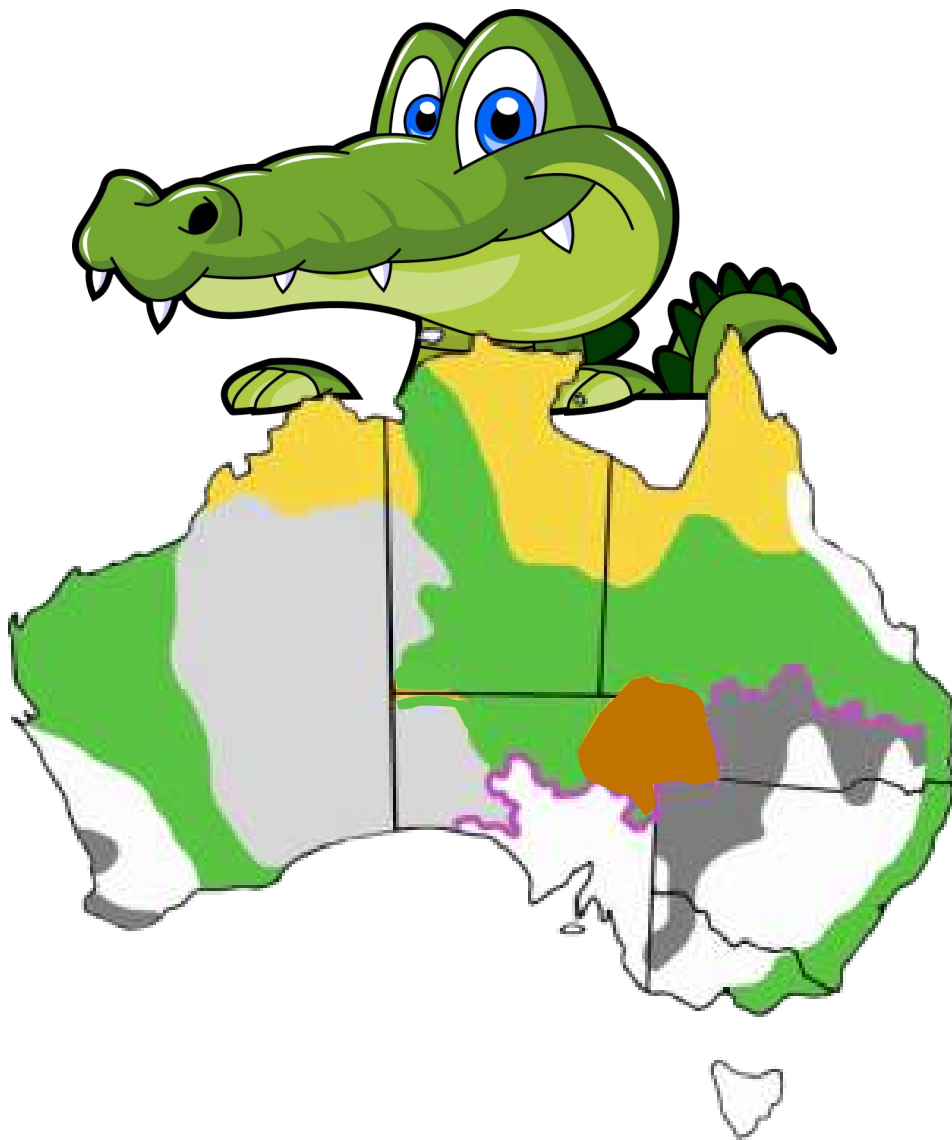
There are over 140 species of snakes in Australia and some are extremely venomous. The Eastern and Western brown snakes are very fast, bad tempered and aggressive and are responsible for more deaths every year than any other snake bites. If bitten by a snake, try to remember the appearance and get to medical assistance immediately.

Spiders:

Australia has some of the most venomous spiders but there have been no deaths from spider bites since 1981. Red backed spiders, funnel web spiders are amongst some of the most prevalent. If bitten, seek medical assistance.

<http://www.australia.com/en/planning/tips-hazards.html>

[http://www.ehp.qld.gov.au/wildlife/livingwith/
staying_safe_around_wildlife.html](http://www.ehp.qld.gov.au/wildlife/livingwith/staying_safe_around_wildlife.html)



-  Dingo Fence
-  Crocodiles
-  Areas of pure Dingo
-  Dingo-hybrids and feral dogs
-  Uncommon
-  Naturally Sparse
-  Nil



BUSHWALKING

The Australian bush is a memorable setting for hikers and campers but it is very easy to become disoriented and lost. Your telephone may not work in isolated areas.

- Walk in groups of three or more – in an emergency one might need to wait with the injured person while the other gets help.
- Take a topographic map and compass and be confident with their use.
- Wear or take appropriate clothing and closed-toe footwear and always take a windproof and waterproof jacket.
- Check with the park office about fire and firewood-gathering restrictions and remember fires are not allowed during a total fire ban
- For longer walks take more water and snacks and a first aid kit

If driving long distances ensure that you carry sufficient water and spare petrol and ensure that your vehicle is roadworthy for the long trip.

Always inform someone of your intended trip and route.

If your car breaks down: Remain with the vehicle until help arrives. Never leave the car and walk especially in desert areas.



POPULAR DESTINATIONS

Great Barrier Reef

Uluru, also known as Ayers Rock

Fraser Island

Great Ocean Road

Ningaloo

Kakadu

Red Centre

Kangaroo Island

The Kimberley

Gippsland

Flinders Ranges

Byron Bay

Blue Mountains

Freycinet

The Australian Alps

Tasmanian Wilderness

Namadgi National Park

<http://www.australia.com/en/itineraries.html>

EMERGENCY SERVICES

In Australia the only number for emergencies is **000**. This number can connect you with police, firemen and ambulance.

The call to **000** is *FREE* but you must be sure that what is happening is a real emergency.

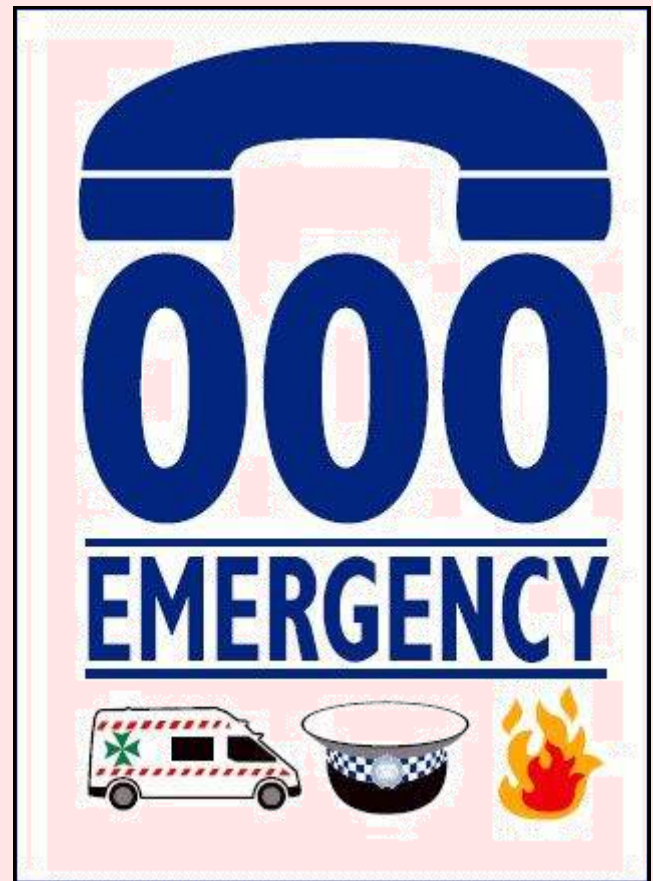
Calling **000** without a real emergency is a violation. These emergency services can track your number and often may call back if you hang up without speaking to an operator.

When you call the number, they will ask you which service you need. Give an immediate, calm answer of either:

“Police; Fire; Ambulance” (or a combination of what is required)

Calmly explain where you are located and what has happened.

The operator will only speak English but, if you're not able to hold a conversation, just inform the operator which language you need. They will hand your call over to an interpreter service.



CONSULATE OFFICES

In case of emergencies there is a list of consulates for each country to be found at the following website

<http://protocol.dfat.gov.au/Consulate/list.rails>

Accommodation:

Austay Accommodation (2013)
www.austay.com/
EasyRoommate 1999-2015
au.easyroommate.com
Gumtree
www.gumtree.com.au
Share-accommodation.net
www.share-accommodation.net
Contact Point 2007
<http://www.travellers.com.au/WorkInOz/GetanAussieaddress/>

Contacts/Information:

<http://protocol.dfat.gov.au/Consulate/list.rails>
Your English Corner 2015
<http://www.youenglishcorner.net/queensland>
Tjapukai Aboriginal Cultural Park
www.tjapukai.com.au
festivals-in-australia | australia.gov.au
<http://www.australia.gov.au/about-australia/australian-story/festivals-in-australia>

Health:

Australian Government: Department of Human Services
<http://www.humanservices.gov.au/customer/subjects/support-for-new-arrivals-to-australia>

Safety:

NSW Government: Alcohol and Lock out Laws.
<http://www.nsw.gov.au/newlaws>
Queensland Government: Your rights, crime and the law
www.qld.gov.au/law/crime-and-police/crime-prevention-and-statistics/a-safe-night-out..
Queensland Government: Department of Environment and Protection Service
www.ehp.qld.gov.au/wildlife/livingwith/staying_safe_around_wildlife.html
TheNonProfits.com, *Safety Tips For Women* (2014)
<http://www.thenonprofits.com/safety.htm>
Tripadvisor Australia (2015)
<http://www.tripadvisor.com.au/Travel-g255055-c54170/Australia:Beach.Safety.html>

Transport:

Australian Government: Driving with an overseas licence
<http://australia.gov.au/content/driving-with-an-overseas-licence>

Travel:

Backpack Around Australia (2014)
www.backpackaround.com/information/health-safety
Bradtke B. 2015, *Out back Australia Travel Guide*
www.Out-Back-Australia-Travel-Secrets.com
Travellers Contact Point (2007)
<http://www.travellers.com.au>
Tourism Australia 2015, *Getting Around Australia*
www.australia.com/en/planning/getting-around.html

Visas:

Australian Government Department of Immigration and Border Protection
www.immi.gov.au/Visas
www.customs.gov.au/site
www.immi.gov.au/visitors/work...7/eligibility-
International Australian Visa Services (2015)
<http://australianvisaservices.com.ph/>
Tourism Australia (2015), *Facts about Australia*
www.australia.com/en/facts

Work:

Australian Government: *National Harvest trail* (2015)
www.harvesttrail.gov.au
<http://www.travellers.com.au>
Workabout Australia (2012)
www.workaboutaustralia.com.au/
Workstay, 2014
www.workstay.com.au/



35 Dover Street
ALBION QLD 4010

Tel: 3262 5755

Fax: 3262 9985

mail@coasit.asn.au

www.coasit.asn.au

This booklet is covered by copyright.

While all efforts at factual accuracy have been made, Co.As.It. Community Services Inc. accepts no responsibility for any errors and omissions contained in this booklet.