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G’day mate! Welcome to Monash, you’re in for one great ride! As an international student, your medical school journey might be a little more difficult. However, we’ve put together a document for you to gain more insight into Monash Med.

This pre-departure guide is split into one non-country specific segment and then country-specific segments, written by International Student Committee Country representatives. We hope the information will make your transition to Australia easier!

Furthermore, there are contact details for each country representative, feel free to contact them or the MUMUS international representatives at international@mumus.org.

All the best & have a safe journey!

Cheers
Elisabeth Xu Yanning
MUMUS Pre-clinical International Representative 2016
yxu218@student.monash.edu

Accepting the offer

- Upon receiving your Monash Medicine acceptance letter, transfer one semester’s school fees (~32.5k AUD). Most people will approach their local bank for a telegraphic transfer (TT) but other options are available
- Complete the application form along with the confirmation of payment.
- On the application form, there will be an option to choose the OSHC (overseas student health insurance) health insurance plan. Although there are slightly cheaper alternatives available, OSHC has an office on campus and is the most widely used. No matter which insurance company is chosen, it is better to have health insurance in Australia as healthcare is extremely expensive for a non-local. Order your insurance card when you arrive.
- After replying with the necessary documents, you should receive an eCOE (electronic certificate of enrolment). This is important and should be brought along for your enrolment day.
- Apply for your Student Visa 3 months before arriving.
- You will also receive an Authority to Enrol a few weeks before your enrolment date.

Immunisations

- http://www.med.monash.edu.au/current/immunisation/immunisation-procedure.pdf please refer to this website for the most accurate & comprehensive guide. If not:
- Why: You’re gonna study medicine, so you will have to be fully immunised when you have placements in hospitals later. Hence, you have to have a Working With Children
(WWC) card and do a yearly Police Check. Monash also requires proof of your vaccinations within a few weeks of enrolment.

- A list of vaccinations (non-exhaustive)
  - Hepatitis A (Proof of first dose, booster & serology report)
  - Hepatitis B (proof of first, second, third dose & serology report)
  - Measles Mumps & Rubella
  - Varicella (chicken pox)
  - Diptheria, Tetanus & Pertussis (DPT)
  - Test for Hepatitis C
  - Test for HIV (will be done when you get a medical check up for a visa)
  - Tuberculosis - Mantoux test / Gamma interferon test
  - Annual influenza (only to be done the year you leave eg arriving 2017, get this in January 2017)
  - Meningococcal C (Menectra)

If you are found to be negative for any antibodies especially Hepatitis (aka your body isn’t responding well to the vaccine), you will have to be reviewed by the University Health Service until your body develops immunity. Remember to check that you have the serology reports to prove that your body has responded to the hep A/B vaccine and has produced hep A/B antibodies (sometimes your clinic forgets to test for this).

When you arrive, download and print Form 1 & 2 to present to the University Health Service.

**Accommodation**

**Step 1: Application**
- Have a digital passport photo <250kb of your head and shoulders & know your Monash ID. Keep your confirmation email and number.
- Applications for On Campus Studio Apartments opens on 1 August 2016. These are for Holman, Logan, Campbell, Briggs, Jackomes and Turner Halls.
- Applications for Clayton Campus Old Halls (Deakin, Farrer, Howitt, Roberts and Richardson), South East Flats or Normanby House opens on 1 September 2016.
- Applications for Mannix College opens on 7 August 2016.
  - [http://www.mannix.monash.edu/apply-online/](http://www.mannix.monash.edu/apply-online/)
- Off-campus housing has to be found by your own.

**Step 2: Offer stage**
- In early December for Semester 1 and June for Semester 2, successful applicants will receive an Accommodation Offer Package via email. Only one offer will be sent to you based on your first preference and subject to the availability of rooms. Should you wish to change your preference please contact the Residential Office of your preferred campus.
- Once you have a confirmed placed in a Monash University course, you will need to accept the offer before the deadline advised in your Accommodation Offer email. To accept, you must submit the completed Residency Agreement (via email, mail or in person) and make payment of the $500 rental deposit.
- Old Halls tend to have a later confirmation date.

Other links:
http://www.monash.edu/accommodation
Rental rates: http://mrs.monash.edu/oncampus/admissions/rental-rates.html
NRAS website for more accurate information:
http://mrs.monash.edu/oncampus/admissions/application-process-nras.html

**Semester Dates**

Semester dates 2016 - 2019

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Source: [http://www.monash.edu/students/dates/summary-dates](http://www.monash.edu/students/dates/summary-dates)

### Academia

- Useful website you will access continuously:
  - [http://moodle.vle.monash.edu/my/](http://moodle.vle.monash.edu/my/)
  - [http://www.monash.edu/timetables/login.html](http://www.monash.edu/timetables/login.html) (click ‘Student’)
  - your own Monash Med 2017 Facebook page (will be set up in 2017 by seniors)
- There is a biology bridging course for those who require it. Sign ups will open early next year.
- Textbooks are not really necessary until Semester 2 – hence you are encouraged to buy them at a later date. However, it depends on your country. If you can get it cheaper there, then you should!
- (opinion) Most important textbooks to have:
  - Moore’s Clinical Anatomy OR Gray’s Anatomy
  - Guyton & Hall Physiology OR Costanzo Physiology
  - Talley & O’Connor Clinical Skills Textbook

### Events

You are highly encouraged to attend as many events as you possibly can! Building up a strong social network is highly encouraged. Also, these events are fun!

You have to bring your passport for events with alcohol.
MBBS International Student Enrolment Day
- (date to be confirmed)
- It is encouraged for all International Students to arrive before this date.
- Monash ID card will be made here.
- Documents needed: eCOE, Authority to Enrol and proof of VISA.

Orientation Week (20 – 24 Feb 2017)
Use the Orientation E-Planner (http://www.orientation.monash/) to find out what compulsory and optional events will be held on campus. It is highly recommended that you take an orientation class and tour of the Hargrave-Andrew Library (HAL) to kick start your university studies, faster and smarter. Save time by learning how to find books, readings and online resources to prepare for academic studies. With the basics covered, your Beyond Google class in week one (which will appear in your timetable) will focus on finding and evaluating medical information.

Transition Program
The MBBS Transition Program is held during Orientation Week, prior to the official first day of the University year. It is compulsory for all new to course MBBS students. At Monash, we view transition as a period of significant adjustment, development and change affecting all aspects of students’ lives. At the MBBS Transition Program students will begin the transition process by participating in a range of both indoor and outdoor, lecture style and small group activities that are designed to assist them to:
• think about themselves as a potential doctor;
• learn about the structure and content of the MBBS course;
• reflect upon what it means to be a medical student;
• learn team building and study skills;
• identify strategies for personal health enhancement;
• become familiar with MBBS teaching, learning and assessment strategies;
• develop social and collegiate networks to enhance their learning environment.


Others:
- International Student Campus Tour & Faculty Welcome – on International Enrolment Day
- MedCruise – held during Orientation Week
- Trivia Night – during Orientation Week
- MedCamp – held in week 4 of Semester 1
- Hall events!
Working With Children & Police Check
The Victorian Department of Human Services requires all students undertaking clinical placements hold a National Police Certificate (annual requirement) and a Working with Children Card.
Students who fail to satisfy the requirements of either the National Police Certificate or the Working with Children Card at any point during their enrolment will be referred to the Professional Behaviour Intervention Procedure and may be excluded from the program.

Police Check – upon enrolment, students will be sent an invitation email with instructions from Fit2Work to apply for a National Police Certificate, this must be finalised prior to the commencement of clinical site visits in week 4 of year 1.

Introduction:
Welcome to Australia my fellow Canadians! I hope that you will enjoy your time in Melbourne as much as I have thus far. Melbourne is a long way from home, but it’s an amazing city and very similar to bigger cities in Canada like Toronto and Vancouver. There’s plenty of diversity and lots of food from all different countries to try. Get ready for an amazing 5 years filled with plenty of adventure.

Academic:
- There is always a difference in the teaching and studying method when you transition from Grade 12 to any University. Monash is no different in terms of studying compared to Canadian Universities, and really it’s all about finding what techniques work best for you.
- Many of the textbooks that you will be using for the course are available as pdfs. Some of your fellow meddies may have already obtained them from students in the years above, so it’s definitely worth asking around when you start making friends at the beginning of the year. It saves you lots of money! However, if you do prefer to study with books in your hands, then it is best to buy them once you come to Australia. It saves you luggage space and you will definitely not need all of the books on the recommended reading list, so it gives you a chance to find out which books you prefer and would like to purchase.

Cost of Living
- The cost of living in Australia is pretty similar to Canada. Currently, 1 Canadian Dollar is equal to 1.01 Australian Dollars. Not too much of a difference, but it does fluctuate, and in the recent past the Canadian dollar was much stronger, so keep an eye on the rates.

Communicating back home (rough price quotes would be fabulous)
- The best way to communicate with family back home would be Skyping or Facetiming. The biggest issue with that is going to be the time difference, but you can always work around it! And remember you can Facebook message or Whatsapp all of your friends and family as well.

Sport & Culture:
- Australian culture is pretty laid back, but you’ll find that Melbourne is quite similar to home.

Things to bring (usually can’t be found here):
- A lot of the household things that you will need can easily be bought at shops like Kmart at a reasonable price, so don’t feel pressured to buy it all in Canada before you come (especially considering the limited luggage capacity).
- Phones can be expensive, so it may be best to consider using your Canadian phone in Australia after unlocking it from the service it’s attached to, but of course you can still buy one here as well.
- If you choose to bring your laptop from Canada, you should definitely buy an Australian charger once you get here (same goes for your phone). They have different outlets and the voltage that runs through them is much higher, so using your Canadian charger with a simple outlet converter on the end can fry your battery overtime. I speak from experience.
Flights:
- Flights can be quite expensive (not to mention incredibly long), so I recommend that you look into when your semester holidays are and book early if you are planning to go back home.

Agents
- Oztrekk!
- I applied to Monash through Oztrekk, and they were incredibly helpful in organizing everything that I needed to do for my application. I highly recommend that you get in touch with them. They also have information sessions for students using their services about what studying Australia is like and also about what you have to do to come back to Canada after finishing your degree.
- Also, if you’re wondering, they don’t charge you anything!

Climate
- Say goodbye to snow! Unless of course you decide to go up to the mountains to ski in the winter. No more below zero mornings when you don’t want to leave home for school. Winters tend to be 5 degrees at the lowest while summers here are scorching hot and can get into the 40s, so keep that in mind when buying clothes.

Local Societies
There is no Canadian Society at Monash unfortunately. However, there are plenty of Canadian students thrown in the mix in different year levels that you should definitely try to connect with! I’m also happy for you to contact me if you have any questions or concerns. 😊

By: (27 June 2016/ Suman Toor/ Year 5D / Canada/ stoo2)
Introduction:
Congratulations on getting into medicine. What an achievement! Welcome to the playground of kangaroos. Paving your own footstep for this incredible medicine journey on a foreign land can be challenging, rewarding and may be sometimes overwhelming. But your fellow countryman is here to help. As someone who has already been on this dazzling ride, we are here to facilitate you to achieve your medical dream in a less struggling fashion.

祝贺你成功地考入医学院。欢迎来到澳大利亚。在异国他乡学习医学是极具挑战性旅程，当然收获也繁多。但是当你觉得前进的路不是非常顺利的时候，就轮到我们这些曾与你在同意情况下遇到类似困难的人们为你提供帮助。我们随时欢迎你向我们提出任何疑惑任何需求，我们会尽我们所能为你提供帮助。

Academic:
- Since Monash University takes both 高考 results and IB/A level results, that brings about the issue with the difference in academic focus. If you are from an international school, studying medicine in Monash University is quite similar to what you have been doing in high school (AKA writing papers, doing projects and taking exams). However, if you came from a Chinese domestic education system, I strongly recommend you to take some time to be familiar with research papering writing and group projects, as that will be a main focus in your future education. Many major test preparation academy (e.g. 新东方, 昂立, etc.) or English education academy (e.g. 英孚, etc.) may offer courses for these.
- You shouldn’t worry about textbook too much. As you participate the orientation week/transition program, there will be kind second year students distributing digital copies of essential textbooks. If you prefer hard copies, there are alumnus selling them at a cheaper price than market value. It is most important to pay attention to the information given at transition program, the alumnus will be giving information about which textbooks are the most essential ones to your medical education and which ones are a very good additional information source. So you don’t end up with loads of useless textbook that you wouldn’t read twice.
- Stationary is big thing. They are pretty expensive in Australia and the quality/fanciness is no match to your local Chinese stationary shop. My personal strategy is to bring a lot from China, and when I run out I will go to stores like DAISO (Japanese cheap store) to get some. But this is totally up to you, there are stores like MUJI here in Melbourne but they sell things at a pretty high price.
- The Australian accent can be very confusing when you first arrive. So it will be a good idea to watch some Australians shows before you come to Melbourne. Otherwise, don’t hesitate to ask the locals to repeat at a slower pace. The local people are very nice and they will be willing to help you out.
Cost of Living
- 1RMB=0.2AU$
- Grocery and restaurants are more expensive in Australia
- You should have a habit of budgeting and keep track of your expenses. If you are on your own for the first time, you will be dazzled how easily you can run out of money. Especially if you just come to a new country, there are so many unexpected expenses that will totally disrupt your plan. I would recommend in a safe means keep a spare couple of hundred dollars. That may be a life-saver sometimes (especially in the first couple of weeks/month).

Communicating back home
- The two main companies for mobile plans are OPTUS and Vodafone. OPTUS is the higher class one (as in more expensive). The reception is better and faster internet. Vodafone is at a better value, despite the reception can be a little disappointing at places. As we have the benefit of Wechat, I assume calls to China is not as significant to us.
- The standard mailing service to China (by air) is 7-15 days.
- Skype, Wechat, QQ, weibo, RenRen, are all useful.
- Melbourne is 2 hours ahead of Beijing time (April to October). During summer time (October to April) is 3 hours ahead of Beijing time. (So when you are about to go to bed, your family may just finish dinner.)

Sport & Culture:
- AFL (Australian Football League) is very popular in Melbourne area.
- Australians like muscle building. If you are a muscle builder, you can find many friends when you hit the gym.
- Greet people using “Good day mate!” will instantly bring you closer to the person you are talking to. (Though it may be awkward to do it the first time, it will come easier with practice.)

Things to bring:
- If you are a big tea fan like I am, you can bring some authentic Chinese tea. That can be both for our own drinking and a token of friendship at many occasions. (Just remember to report and go through at the custom and let them check those to avoid any trouble.)
- Many Chinese dried food are available in Melbourne, but at a much more expensive price. So if you have room in your luggage, it may be a good idea to bring some with you to reduce your nostalgia. But same as tea, just remember to report and go through at the custom and let them check those to avoid any trouble.
- Bring with you a good laptop, as your studying may be heavily dependent on that.
- Charger converter is very crucial. I would advise you to bring many. As many of your Chinese electronics have a charger that cannot be plugged in Australian standard power points, those converters will be incredibly handy and way cheaper in China.
Flights available:
- Many airlines offer direct flight or with one transfer. You can either check Ctrip (携程) offers or go directly to the airline websites.

Climate
- Melbourne is well known for having all seasons in a day. Remember to bring a jacket with you at all time to avoid being frozen at night.
- Also, Melbourne can rain at any time. Have an umbrella, raincoat or a waterproof jacket can be a life-saver when situations present themselves.
- Melbourne is much cooler and windier than all southern cities and more humid than many northern Chinese cities. (If you are someone who enjoys cooler weather like me, you shall enjoy it.)

Local Societies
- Monash has many Chinese students (especially in commerce degree), though there aren’t many international Chinese medicine cohort, you can easily friend Chinese students on campus.
- My number is 0406917126 and my personal email is ych25549yang@gmail.com or cyan149@student.monash.edu. Feel free to contact me if you need. You can also find me on wechat (chrisyang1996) or facebook (wagyu yang)

By: Chris Yang 杨昌衡, Year 1, China, cyan149@student.monash.edu, June 22, 2016
ENGLAND

Introduction:
Welcome to Monash! I know Melbourne is a long way from home but I’m sure you’ll come to love the place and realise that Melbourne is just a home away from home 😊 there are many similarities here to the UK including the diversity and food which is comforting, and Melbourne is also known for having a laid back and easy going attitude which makes it easy to settle in!

Academic:
- In Australia their A-Level equivalent is called VCE and their education system is fairly different to the UK. In terms of textbooks and stationery it is best to buy them here in order to save on luggage space as the cost is pretty similar.

Cost of Living
- The current exchange rate is £1= $1.96 (Xe.com, 20/6/16). The cost of living in Australia is similar to UK, and with the drop of the Australian dollar these past few years, you’ll find that you have more buying power here now as the exchange rate is good!

Communicating back home
- Video calling is the best way to get in touch with friends and family back home. Just need to take note of the time differences as UK and Australia both have daylight savings, so the time difference can range from 9hrs to 11hrs depending on the time of the year.
- Sending letters in the post takes about 10days to 2 weeks to arrive if you want to send letters back home

Sport & Culture:
- Australians are very sporty and there are a lot of gyms and sports clubs at Monash. Australian rules football is the main sport here which is like a cross between rugby and football back home!

Things to bring
- You can find most things here! Supermarkets are starting to stock more products from the UK.

Flights available:
- Qantas usually offer the most flights between UK and Australia. The flight times are all very long (24hr+) and require several tranfers along the way, so you need to keep that in mind if you’re thinking about going back during semester holidays.

Climate
- Surprisingly Melbourne weather is not dissimilar to England’s (apart from a bit less rain and cloud). There are seasons like the UK however winter here is not as cold (5-12 degrees) and there is no snow. The rest of the year the weather is quite mild with some sun and clouds. In summer the heat and sun is very intense and it can get up to 40 degrees. I suggest packing clothes for all weathers because as they say, you can expect up to ‘4 seasons in one day’ in Melbourne!
Local Societies

- From what I know there aren’t any specific clubs or associations for students from England, so I’m happy for you to contact me if you need any help with school related things or just want to chat 😊

Others:
As a British citizen it’s possible to get Medicare as part Reciprocal Health Care agreement. This doesn’t replace the OSHC but just gives you more flexibility with health services if required.

By: 20th June 2016, Liyin Yip, year 4C, England, Lyip3@student.monash.edu
**Introduction:**
Congratulations on being accepted by Monash University’s medicine faculty! We can’t wait for you to join us here in Melbourne! As a Hong Konger myself, I must say that life in Melbourne is quite different than in Hong Kong. Although travelling around the city may seem to take more effort and a lot of shops close super early, Melbourne is one of the most livable city in the world and most of us find it very easy to settle in!

**Academic:**
- **Studying**
  o Studying here in Monash University will be different from when you were studying for the HKDSEs. First of all, the Australian school system focuses more on discussion-based learning rather than rogue learning (although there’s quite a bit of rogue learning in certain subjects of the MBBS course). And second of all, the way of studying in university is not the same as in secondary school. There is a lot more self-learning involved as lecturers may sometimes rush through their contents! But there is nothing to be worried about, the support between Monash Med students is enormous. If you have any trouble with your study, there are study groups that you can join, they are called VESPAs (Vertically Enhanced Study Program Approach) where year 2 med students may be able to answer your questions.
- **Textbooks**
  o I suggest that textbooks should be bought once the semester has started, that way you will have an idea of which textbook is worth buying the hardcopy and which ones are better just to have an e-copy of.

**Cost of Living**
- **Exchange rate:** 1 AUD = 5.8HKD (Updated in July 2016)
- Generally, the cost of living here in Australia is more expensive than that of Hong Kong. To give you a general idea, the average costs are:
  o Meals on campus ≈ $8-10 AUD
  o Groceries and eating out ≈ $80 to $200 per week
  o Phone and Internet ≈ $20 to $60 per week
  o Accommodation on campus ≈ $200 ~ $300 AUD
  o Public transports
    ▪ Train from campus to the city = $ 3.90
    ▪ Taxi (Very expensive, use as last resort)

**Communicating back home**
- **Phone plans:**
  o Getting a SIM card in Australia is not as straight forward, you will need to present a lot of personal details to the phone company
  o If you plan to call home using your phone regularly, then I would recommend the Lebara SIM card ([http://www.lebara.com.au](http://www.lebara.com.au))
  o Otherwise, you can choose from Telstra, Optus, Virgin and Vodaphone
- Calling home using Wifi:
  - Skype, FaceTime, WhatsApp Call, Viber, Google Hangouts, etc.
  - The time difference between Hong Kong and Melbourne is 2/3 hours.

**Sport & Culture:**
- Aussie rules football is very popular here in Victoria, the AFL (Australian Football League) is something that a lot of people talk about here!
In Monash Clayton campus, you can also contribute into many other sports such as Aussie rule football, rugby, soccer, basketball, badminton, tennis, swimming
- , hockey, lacrosse, wushu, and many others
- Monash gym membership = $660 AUD/year ($455 AUD/year for on-campus residents)
- Alcohol + Parties
  - As a university student, there bound to be people who loves to party! For those who do not drink, it is completely fine to stay away from alcohol, no pressure there! But for those who do, there are many places that you can explore in Melbourne CBD and the South Yarra region.
  - A social representative is elected on each Monash med year level and they will organise AXPs (after exam parties) that you can go with your other medicine course mates!

**Things to bring:**
- Customs in Australia is quite strict, so be careful of what you are going to bring
- Clothes:
  - You will need both your summer and winter clothing
- Electronics
  - E.g. Laptops, phones, camera?, tablet?, hairdryer?
  - Australian plugs are different from Hong Kong, so you will need an adaptor. If you have a lot of electronic devices, I recommend bringing a cable extension
- Musical instruments?

**Flights available:**
- Flights duration is around 9-10 hours
- Airlines that you can consider:
  - Qantas
  - Singapore airlines
  - Cathay Pacific
  - ..etc
- Note: If you are taking a connection flight via Brisbane or Sydney, there is a chance that you will miss your second flight, because you are transferring from an international terminal to the domestic terminal and you will need to go through bag-drop again.
Agents
- IDP Hong Kong
- Dadi

Climate
- Many people you speak to will tell you that “Melbourne’s weather is crazy”, and it is. The temperature may vary quite a lot from day to night. Generally, winter in Melbourne is similar to Hong Kong’s winter. However, during the summer, it would be wise to put on sunscreen and sunglasses, because Australia experiences high UV light levels.

Local Societies
- Although Hong Kong-ers are rare species within the Monash medicine cohort, we stay united and keep in touch with each others! You can send a request to join our Facebook group at: https://www.facebook.com/groups/1392116171096666/, this group spans across all 5 year levels!
- I also recommend that you join either the Singaporean society (SMSV) or the Malaysian society (MAMSA) because these are the 2 more official and helpful societies.

Religion
Australia has a very multicultural society, you will find people coming from all over the world, for example Chinese, Indians, Jews, Sri Lankans...etc and they will have different beliefs. So it is important that we all respect other people’s opinions and culture.

Important Notes
- I recommend completing all vaccinations in Hong Kong before coming to Australia
- Apply for accommodation EARLY

By: (July 2016/ Jonny Lee/ Year 2 MBBS / Hong Kong/ chlee66@student.monash.edu)
INDIA

Introduction:
Congratulations on choosing to start your medical education at Monash! Although it’s definitely a far way from home, the people you will meet will definitely make Melbourne a new home-away-from-home in no time! Get excited for the brunch and café culture, the unpredictable weather and incredible multicultural environment that awaits you.

Academic:
- The Australian teaching style is all about application of knowledge. As opposed to teaching back home, where you may have been spoon-fed the information, the teaching here is delivered and you are tested on how you apply the knowledge in different contexts.
- Definitely purchase your stationary and textbooks (if possible) from home. These items are much more expensive in Australia.

Cost of Living
- The exchange rates are always varying so it’s best to keep looking it up and watching the trend.
- Consider costs of accommodation, food and fuel when making your weekly budget.
- The average price to eat at a mid-price restaurant would be $15-20, not including drinks or dessert.
- If you live at Clayton, where most you might for the first 2 years, there are plenty of Indian restaurants (would recommend Anshumann) and Indian grocery stores where you’ll feel right at home! 😊

Communicating back home
- The cost of calling home would depend on the phone company you’re with but most of the popular big brands (Amaysim, Vaya) have great deals per month that give you unlimited calling to a number of countries, including India!
- The average cost of a call to India, if not covered by your phone plan is about $1.20 per minute (as per Optus)
- Average cost of SMS is 50c per SMS (as per Optus)

Sport & Culture:
- Cricket is definitely part of the sporting culture here so you’ll definitely have a large fan base as well as plenty of opportunities to watch your men in blue play when they’re in Australia!
- The MCG is the place to be if you’re after a live cricket match during the season
Things to bring:
Melbourne has a large Indian population and so you’re likely to find everything you need here. Cultural clothing, if you plan to attend specific events would be handy!

Agents
- Most agents are very familiar with Australia and the process here
- IDP is recommended

Climate
- It depends where in India you’re coming from but the reliable statement for Melbourne is ‘dress for all 4 seasons in the one day’.
- This means carry a jacket, umbrella and wear layers so that you’re always ready for whichever season Melbourne wants to throw at you.
- The sun is particularly intense so definitely load up on that sunscreen!

Local Societies
- MICS (Monash Indian Cultural Society) is the one to join! They host lots of events such as curry nights, chaat nights and Bollywood movie nights where you can meet a host of new people. Look out for their stall during O-week.

Religion
- Melbourne is incredibly multicultural and so there are a number of temples, churches and mosques available to attend depending on where you stay once you’re here 😊

By: Serena Menezes
Year IV
Samen4@monash.edu.au
Introduction:
A very warm welcome to Monash University!

Once again, congratulations on attaining this milestone achievement! Your hard work over the years has indeed paid off and I hope that you are thrilled to start an exciting journey ahead as a medical student and start saving lives! However, life can be tough when you are alone overseas with no family and everything seems foreign. However, fret not! It brings me great pleasure to provide some advice on coping with the entire transition.

Here are some life hacks on making life in Melbourne much easier! So sit back, relax and enjoy because the route ahead will be an awesome one, starting from this document!

Warmest Regards,
James Onggo
MUMUS ISC Indonesian Rep

Academic:

- Studying in University is vastly different from that in year 12. Whilst there is a lot of didactic and rote learning in year 12, University is a whole new ball game. It involves a fair bit of your own reading and researching on topics that you like to get a deeper understanding.
- However, there are still lectures to guide your learning and notes, lecture slides and handouts to help with your studying. A tip is to use the study guide to make sure that you tick off the various learning objectives from each lecture.
- Generally in Semester 1, all medical students take MED1011 as a unit and is mostly a revision of biology and chemistry in year 12 so it might be a good idea to do some reading (not a priority though!) before starting school.
- Stationeries like pencils (You need a good pencil and eraser for exams because you have to shade the ovals on the Answer sheets), pens, printing/writing paper etc are much cheaper in Indonesia than in Melbourne. So get them there! However, if you feel like it’s a hassle, be sure to drop by the medical insurance booths during orientation week to get free pens and food.
- Textbooks are a must buy in Indonesia or get them from Singapore if you have friends from there because books are generally cheaper. Alternatively, online websites such as Amazon or downloading the PDF electronic versions are good options too. In general, you probably only need 3 textbooks so please don’t freak out when they show you the recommended book list.
  - Anatomy: Anatomy is very important in year 1 and 2, so a good textbook that you are comfortable with is crucial. My preference is Gray’s anatomy because of better pictures to visualize, however, it is less clinically oriented and more simplified than Moore. If you are not sure, have a look or ask other seniors, otherwise, get BOTH.
    - “Gray’s Anatomy for Students” by Drake, Vogl and Mitchell OR
    - “Moore Clinically oriented Anatomy” by Moore, Dalley, Agur
- Physiology: There are many books available for this and everyone has a different preference. Mine is the following:
  - “Guyton and Hall Textbook of Medical Physiology” by John E. Hall
- Clinical skills: “Clinical Examination: A systemic guide to physical diagnosis” by Talley & O’Connor

You might also want to buy a stethoscope before coming to Australia. Apart from being expensive in Australia, the stethoscope is just one of the things that make you feel like a doctor. So get them before flying!

Cost of Living
- The cost of living in Melbourne is definitely much higher than that in Indonesia. This includes almost everything from food, entertainment, books and even transportation. Furthermore, the rather high exchange rate is no help either.

  Current exchange rate (June 2016):
  1AUD = 9760 IDR

- A good tip on spending less is to really cook your meals at home so get your aprons and pans ready!
- It will be a good idea to bring more items from Indonesia because everything is so much cheaper there. Get your daily essentials like shampoo, soap, toothbrush, books, stationeries, working attire etc from Indonesia. It helps a lot with financial, especially with the exorbitant school fees we pay to Monash.
- Another tip is to go for various events that provide free food. They not only feed you, but also provide the platform for you to engage and forge new friendships.

Communicating back home (rough price quotes would be fabulous)
- Communication is no longer much of a problem with internet access. However, I understand some parents may not yet catch up with technology and so will still use the classic phone calls to communicate with you. This is what you need to know mainly:
- Calls:
  - Whatsapp calls: Whatsapp call is one of the most convenient forms of communication tool because it use your data sparingly and allows you to call anywhere as long as you have Internet access
  - BBM: While blackberry Messenger is very popular in Indonesia, unfortunately not many uses blackberry in Australia so it isn’t that good to use it. Nevertheless, calling home and communicating with parents may be good.
  - Classic calls: International calls cost between $0.90 and $1.20 per minute between Melbourne and Indonesia depending on providers, including Telstra, Optus, Virgin Mobile, Vodafone etc
    - One option is to get number that has an international call phone plan, which allows you to make international calls at a cheaper rate. However, if your family does not engage in long conversations, then its not a very good idea as it can be quite expensive.
    - 2nd option is to get a phone plan that has calling credits. Some phone plans are generous in that their credits can be used for both local and international calls. Hence, it gives you the flexibility to use your
credits for international calls as well. My plan, for example, is a $29 prepaid plan with virgin mobile which entitles me to $500 calling credits and 2GB data which can be rolled over to the next month if there are leftovers. (rollover can only be done to a maximum of one month only)

- Emails: Works the same everywhere, as long as you have internet access.
- Video calls: Want to see your parents without having to fly back? Get your apps ready with Skype or facetime. These apps are a wonder and allow you to video call your family back home from the comfort of your home.

Sport & Culture:
- Eg conservative vs liberal society
- Local sports, aussie sports, gym etc

Things to bring (usually can’t be found here):
- This section is to inform you on the things that you should bring because it is difficult to get in Melbourne. Contrary to popular belief, Melbourne is an international hub now with the influx of many foreigners. Items such as rice cookers, slow cookers, steamers are all available here. The main items they you might want to bring are items that you know you will miss from home and items that you want to save money on by buying cheaper alternatives in Indonesia.
  - Chilli: a must bring because chilli here are not spicy at all
  - Local food sauce: ready made sauce to make dishes such as nasi goreng, rawon, nasi uduk etc. While they can be found here, the flavour might not be as good as home
  - Travel adapters and wire plug extensions. Very important to have them ready, otherwise you might not have a functional phone when moving etc.
  - A family member on the first trip here is GOLD. Bring them because they are a huge help
  - Family photos as encouragement

Flights available:
- There are many flights available to and fro Indonesia and Melbourne with the introduction of various budget airlines. Along with increased flight numbers, prices have dropped as the market gets more competitive, so yay to cheaper and more flexible flights. However, I would not be able to provide details on every flight and will just cover some main ones.
- From Jakarta:
  - Garuda Indonesia: 4 weekly direct flights
- From Bali (Denpasar):
  - Jetstar: 10 weekly direct flights
  - Garuda Indonesia: 7 weekly direct flights
  - Tigerair: 7 weekly direct flights
  - Airasia extra: 5 weekly direct flights
- Other options include flying to Malaysia or Singapore to transit and board a flight to Melbourne, otherwise flying to another Australian destination and taking domestic flight is also an option.
- However, my advice is to take a direct flight just because of the sheer amount of stuff you will be bringing on your first flight to Melbourne.
Agents
- There are many agents available in Indonesia to help with your application and pre-departure preparations.
- Please visit http://www.monash.edu/study/international/indonesia/apply/agents for more information on contacting your local education agent.

Climate
- Weather in Indonesia and Melbourne is vastly different. It is important to be prepared for the drop in temperature during school commencement because the weather can become really cold overnight. So its best to get your winter wear ready even before departure!
  - Indonesia:
    o Hot, humid, tropical climate
    o High rainfall throughout the year
  - Melbourne:
    o 4 seasons: Autumn, Winter, Spring, Summer
    o Weather is much dryer so it might be a good idea to bring some moisturisers as we might not be used to it
    o Temperatures: 0-14 degrees (winter) and 28-40+ (Summer) This is the extreme ranges of temperatures that you might experience over the school terms
    o Rainfall drastically increase during autumn and winter season, a good idea to get a waterproof jacket during rainy days. Umbrellas are not very useful because of strong winds

Local Societies
- There are many medical societies available to join in. All medical student of MONash University will be part of the Monash University Medical Undergraduate Society (MUMUS) to help you with coping in medical school. However, there are also options to join other societies to reminiscent of home as well. While there are societies for almost every other South East Asian country, Indonesia unfortunately does not have our own society due to the small numbers of medical students we get annually. However, other societies will gladly accept you as a member with payment of a small membership fee. These societies go a long way to provide study materials and resources as well as the platform to make new friends as well!
  - My personal recommendation is the Singapore Medical Society Victoria (SMSV) and Malysian Medical Student Association (MAMSA) because these 2 societies make up the majority of the International students and hanging around them gives off a homely feel. Furthermore, these 2 societies provide excellent resources to aid in our studies through revision lectures and notes as well as organize social events to hang out with one another as well.
  - Other societies for consideration includes: HongKong students, Monash Vietnamese, SAM, MUMSU and MCCC
  - If you need help to get through to any of the different student group, I will glad to be able to help. Please email me at jrong3@student.monash.edu

Visa
- Visa to apply is: Visa Subclass 573 (Higher Education)
- The Australian Department of Immigration and Citizenship has partnered Monash University to allow incoming MBBS students with Indonesian passports to apply the Visa subclass 573 with assessment level 2.

Criteria for Visa application:
- Certificate of Entitlement from Monash University
- English proficiency
- Financial capability
- Temporary legal entry requirements
- Health and character criteria
- Conditions of foreign student health insurance (OSHC)
- Your education agents will be able to help you with this application, otherwise, approach the Australian embassy (Jakarta only) to apply the Visa. A checklist for the application process is available online at the following website: [http://www.border.gov.au/Trav/Visa-1/573-/Subclass-573-Document-checklist-Assessment-Level-2](http://www.border.gov.au/Trav/Visa-1/573-/Subclass-573-Document-checklist-Assessment-Level-2)


Final Words
I know this is a lot of information to take in and assimilate. My best advice is to start getting things done as early as possible so that you can fly over to Melbourne having done the essentials and leaving the time here to adjust and settle down. Lastly, stay excited for medical school because the experience is just so rewarding. The skills you will learn over the next few years will be more than just medical but also life skills that brings you through life. Be prepared for Monash Medicine!

On behalf of Monash ISC, I welcome you to the family!

By: (29 May 2016/ James Onggo / MBBS 3 / Indonesia / jrong3@student.monash.edu)
Iran

Introduction:
Congratulations on getting into the biggest medical school in the biggest university in Australia! As someone who has gone through similar experiences, you may feel overwhelmed; but I can assure you that you will love here. Following your passion for medicine in Monash University is a unique experience, accompanied with great teachers and mentors who will help you to achieve your goals.

Academic:
- As you know, Iranian students’ year 12 results depend on their performance in the huge exam which is called “konkoor”. It tests year 10 to 12 knowledge in about 4 hours (well I am happy that I did not go through that 😊). To the best of my knowledge, most of Australian universities do not recognise that exam; therefore, if you want to apply here you must go through university colleges (e.g. Monash college), IB or Australian year 12(VCE, HSC...).
- In Australia, each state or territory has its own education system which will defer from others slightly; but you must keep in mind that the year 12 results are universally acceptable in all states by the ranking system which is called ATAR (Australian Tertiary Admissions Rank). It is calculated differently in various states but in essence, it is correlated to the student’s performance in their chosen subjects. The highest ATAR is 99.95 and it is in 0.05 intervals.
- As the official language of teaching is different in Iran and Australia, you need to buy your text books from English language countries. From my own experience, stationary is cheaper in Iran due to currency differences and Australia’s huge distance from the rest of the world. (well that’s why it is called “down under”!!)

Cost of Living
- Due to Iran’s unstable currency which is hugely influenced by the government’s policies, the exchange rate is highly variable. Australian dollar is dropping in compare to USA dollar over the years, therefore I would suggest to delay your money transfer as much as possible (Please do not take my suggestion rock solid!!).
- cost of living in Australia is much higher in compare to Iran especially in regards to food, energy and accommodation.

Communicating back home
- calling by the Australian telecommunication networks would usually be expensive. I always use skype or Viber as they have the best rates. (they can vary a lot so, please check it out yourselves)
- High speed internet is easily available in Australia with a good value for money.
- access to internet is easy in Iran but internet speed is usually slow. You would not experience any difficulty in audio calls, but video calls can be difficult to achieve. 3G and 4G is available in large cities with excellent speed but it is expensive to use.
Email is free and easy to use as it does not require high internet speed.

**Sport & Culture:**
- Keeping in mind that you are from Iranian conservative society, some of the things which are norm in Australia might seem offensive in your view. But I can tell you that you will adapt to this new environment after a while, especially with the high prevalence of following western life-style in Iran.
- Excellent exercise facilities are available in Monash University Clayton campus.
- There are also many events with sport focus here.

**Things to bring** (usually can’t be found here):
- There are a lot of Persian and Middle Eastern Grocery stores in Melbourne so you can find pretty much everything here.
- Electronic devices’ cost is similar in both countries.

**Flights available:**
- To the best of my knowledge, there is no direct flight from Iran to Australia.
- As a result, the most common path is Tehran to Dubai, Abu Dhabi or Doha and then to Melbourne.

**Agents**
- As Australian Universities do not recognise Iranian Diploma for many of their degrees, your agents will need to have an alternative arrangement for you.
- *(e.g. Monash college or Australian Diploma)*

**Climate**
- Melbourne’s weather is famous for being unstable and they say that “you can see four seasons in one day”.
- In compare to the central part of Iran where it is dry; you feel everything is wet for the first couple of weeks due to humidity.

**Local Societies**
- There is no official Iranian student society in Monash University but you can contact me if you need help. *(0450035573)*

**Religion**
- There is a religious centre in Monash University Clayton campus fostering different religions in one place. *(Well, it must be expected to be like this in such a pluralistic country!!)*

**Others**

**National service**
- As national service is compulsory for boys in Iran; if you are male, you need to exit the country before becoming 18-year-old.
- With current regulation, after 3 years of studying in a foreign university you can get a stamp on your passport which allows you to spend some time back in Iran without preventing you to leave the country again.
- Or you can do your National service before coming here. (2 years)

Language
- You need to have a minimum English language competency level of 7.0 overall in IELTS or equivalent to study medicine in Monash university.
- There are a number of clubs which you can join to improve your English.

By: 11th July 2016, Mohammadmehdi Adhami, Year1, Iran, madh1@student.monash.edu
ITALY

Introduction:
Congratulations and welcome to Monash! This is the start of a new exciting chapter in your life 😊 University is a time where you will make new friends, learn so much and create some of the best memories in your life, so make the most of these next 5 years!

Academic:
Textbooks and Stationery can very easily be bought online/in store in Australia, and there are both new and second hand versions available. The cost is roughly the same as in Italy and textbooks can be quite heavy so it would save on suitcase space to buy them here.

Cost of Living
- 1Eur = 1.47 Aud (30/7/16, XE.com)
- In the last few years the trend in the Euro to Aud exchange rate is decreasing so there is less buying power for the euro. In general Australia has a high standard of living and you will find that things are more expensive than back home.

Communicating back home
- Skype is the easiest and cheapest way to contact friends and family, however the time difference is quite big so be prepared to do early morning skype calls haha
- Alternatively, social media, whatsapp is a convenient way to message those back home
- Sending post/ letters takes about 10 days to reach Europe
- A lot of phone companies offer mobile phone contracts with included minutes. You will need to read the plan carefully but many include international calls within their minutes e.g. Vodafone

Sport & Culture:
- Sport is very popular in Australia, in particular Australian rules Football. There are many sport clubs available at Monash and there is a gym on campus with classes, gym facilities, swimming pool and sport halls. Alternatively, there are social football/ basketball courts on campus too! University is a great time to pick up a new sport and to meet other students by joining clubs!

Things to bring
- Australia is very multicultural so you will find a lot of European foods are here and European products. (If you’re missing Italian food from back home, Lygon street in the city is a great place to go as the street is lined with Italian restaurants 😊) Otherwise, just bring your home comforts and electronics/ personal items

Flights available:
- Emirates/Qantas and Alitalia offer the most flight times and destinations to and from Australia. Flights are roughly $1300 return at the cheapest and vary depending on the time of year (more expensive during June/July and in December). The flight to
Australia is also very long, around 23hrs one way, so make sure you are prepared for the long flight and bring lots of entertainment and pillows/ items to make the flight more comfortable!

Climate
- Like Italy, Melbourne also has seasonal weather however the seasons are at different times of the year. Summer is roughly November to February and the temperature can get very hot and dry, sometimes reaching over 40C! During the Winter time in June to August it can get quite cold and windy, but there is still some sun despite the cold. Temperatures in winter reach 5C at the lowest and it can be quite rainy. I recommended bringing a variety of clothes to Australia as you can expect all types of weather here!

Local Societies
- At Monash there is the ‘Amici Italian Club’ which brings together people of Italian background as well as those interested in Italian culture. They host events throughout the year and run both academic as well as social events.

Religion
- The predominant religion in Australia is Christianity. There are churches from many of the denominations in Melbourne, and there are also religious associations at Monash.

By: 30/7 16, Liyin Yip, year 4C, Italy, lyip3@student.monash.edu
Introduction:

- Hey there, congratulations on getting into Monash Medicine. Remember, this is just the beginning of the rest of your life (hopefully, you know, if you choose to and are able to stay in med) and in order to prevent you from getting too flustered and disoriented from not only the transition from high school to university but also from one country to another, we have devised the following guide.

- 恭喜各位進入Monash Medicine. 選擇嚟澳洲讀書, 雖然係一條充滿挑戰嘅道路, 但係我相信到最後你嘅收穫將會與付出成正比, 成為一個好醫生. 以下嘅guide, 希望可以幫你解決係初來乍到, 起居出行讀書玩樂上嘅煩惱, 同埋為你提供一些關於澳洲同墨爾本嘅初步印象.

Academic:

- Most of you coming from Macao would have applied using your IB/GCEAL/International A Levels results, and the contents of the first semester would at times overlap with what you learned. Depending on your high school, you might have developed your own style of tackling these public exams. The course is mainly learned thru gaining an understanding of your course materials, however rote learning is still done for topics such as pharmacology. The first 2 years of your course would be done in the Clayton Campus, whereas the remaining 3 would be hospital placements in which you would be required to rotate between different hospitals.

- Textbooks are not a priority, as there is hardly any use for them in the first semester. Technically it is possible to survive med school without owning one, however this is not recommended. I advise you flip thru the different textbooks available in the Hargrave-Andrew Library, and decide which ones you’d like to invest in. I’d personally recommend:
  - Anatomy: Moore and Dalley’s Clinical anatomy
  - Physiology: Guyton and Hall Textbook of Medical Physiology
  - Clinical Skills: Clinical Examination: A Systematic Guide to Physical Diagnosis, 7e by Talley and O’Connor

- Stationery is very expensive compared to Macao, and due to Australia being so spread out you’d probably have a hard time navigating to your nearest stationers. I’d advise you to stock up on stationery before coming here. There is however, a stationery/bookshop in Campus center but save that until you’ve absolutely exhausted other options.

- You should own a nice pair of stethoscope, which is a hidden requirement for your course. Try to get a 3M Littmann online, as I wasn’t able to find one in Macao. I understand that it might seem to be expensive but a good stethoscope goes a long way.

Cost of Living

- Cost of living is higher than that of Macao. As of July 2016 the exchange rate is 1AUD to 5.96 MOP.

- Cooking your own meals is by far the cheapest way to fill your stomach. I’d advise on getting a set of cooking utensils and dishes from IKEA. You’d also find your culinary skills greatly improve as a result!
• Free food is not uncommon on campus, as pizza or sausage sizzle are provided to incentivize participation of activities. Such activities are also a great way to socialize, make connections and perhaps even friendships.
• Public transport fares are charged with the Myki smartcard. Unfortunately, there are no concessions for International Students in the state of Victoria. The fare is $3.90/2 hours.

Communicating back home
• Definitely take advantage of communications software such as Skype or Facetime.
• Voice calls can also be made via WeChat, WhatsApp or Viber on your smartphone when connected to a Wi-Fi network.
• Melbourne is 2/3 hours ahead of Macao, depending on daylight savings.
• Auspost is inefficient and sending anything larger than a card/postcard costs a lot (> $20), the average time for mail to arrive in Macao is 10 business days.
• Local telecom companies include Telstra, Optus, Vodafone, Virgin, Lebara etc. I’m using Optus prepaid but you can definitely find cheaper alternatives.

Sport & Culture:
• The national religion is sports (not even kidding). AFL and rugby are the most popular sports here.
• People are really laid back, and not as judgemental. Melbourne is also very liberal and racism is rare.
• I’d recommend staying in one of the old halls (Residential Village) during your first year of medicine. This will give you great insight to and allows you to easily interact with the locals during halls events etc.
• Alcohol is a big part of the “unilyfe” culture, however, it is still possible to have a good time staying “dry”.
• Things to bring (usually can’t be found here):
  • Avoid bringing any type of foodstuffs into Australia (unless you’re prepared to declare them at the customs and greatly slow down the process), the Asian community in Melbourne is quite extensive and most of the food back home are available in the Asian supermarkets (albeit for a higher price)
• Bring plug adaptors for all of your chargers/electronics.

Flights available:
• Direct flights to Melbourne: Qantas or Cathay Pacific
• Transit flights: Singapore Airlines, Qantas, Cathay Pacific
• Since you’ll be flying for at least 10 hours I’d go for comfort over price
• Remember to get your ferry ticket to HKIA a couple days in advance

Agents
Climate

- Melbourne’s weather is known to be quite volatile – it can be sunny and clear one minute and pouring down the next.
- Less humid compared to Macao, and rainy season falls on the autumn/winter months.
- Temperatures can go from 28 to 40 degrees in summer to 0-14 degrees in winter. However, during term time the temperature is more likely to be around 15-25 degrees.

Local Societies

- MUMUS is the primary society for all medical students and medical school related events.
- International student societies include: SMSV, MAMSA, Monash Med Hong Kongers, Monash Vietnamese, SAM, MUMSU, MCCC.
- Society events if applicable

Other things to note:

- Try to get your driving license ASAP, although you’ll need to be 21 to convert the Macao license to an International one.
- Bring vaccination record
- Banks: Commonwealth/ANZ/Bank of Melbourne/Westpac etc. There are Commonwealth and Westpac branches on campus.

• By: (July 2016/ Wan Hei San (Dennis) / MBBS year 2 / Macao SAR / whsan1@student.monash.edu)
Malaysia

Introduction:
Wahhh, not bad ah! You decided to leave nasi lemak & roti canai to pursue your medical studies here in Australia – tak senang bro! Congratulations for taking the first step in this amazing journey ahead of you. As a fellow Malaysian, it took some time for me to get used to the new surroundings as well. There will be times when you find yourself saying, ‘Hah? What the fella saying wei? Say again, say again!’ or ‘Alamak, so hot why suddenly rain wei?’ or ‘Mummy, I miss you.’ But I can assure you that by the end of it, you’ll find yourself saying, ‘That was bloody well worth it mate!’

Studying abroad is an amazing opportunity to develop yourself mentally, physically & intellectually. You will experience so much, and make lifelong friends along the way. So enjoy the ride, never be afraid to ask for help & remember to keep calm and eat char kuey teow!

Academic:
- Learning in Australia is quite different from the learning we’ve all experienced in Malaysia. Here, students are relied on to teach each other, through your own experiences (known as peer-based learning). In these teaching sessions, you are expected to read up, prepare a certain topic and present that in a succinct manner, which highlights the important points. The learning is self-directed and often times you need to research online if you are unsure about a certain topic. Do join the Malaysian Medical Students and Alumni of Victoria (MAMSA), which runs social events for Malaysian international students and also have a heap of academic resources for you to use. They also run VESPAs which is the peer-based learning tutorial groups whereby a few juniors will be paired with a few seniors for weekly tutorials.
- You will be relied on to learn things that you do not know and make sense of it all. Your lecturer/mentor will be there to guide you, but you will be doing most of the work. Google & Wikipedia are your best friends.
- Good note taking skills would also help with your studies, if not immediately, in the future. Remember to keep your notes, as you will be examined on it later on in your penultimate year. Make sure your notes are succinct but have enough information. A good program to use is Microsoft OneNote. Download it into your laptop, desktop, iPhone, iPad, Android, etc and you will have access to your notes wherever you go.
- Depending on your study method, stationery may or may not be needed. They are not too expensive to purchase here so don’t stress too much.
- Medical textbooks are best bought at Kamal Bookstore (kamalbookstore.blogspot.com.au) in Kuala Lumpur.

Cost of Living
- Current exchange rate AUD 1 = MYR 2.99 (30/6/16)
- Depending on where you want to live, prices of rentals can vary from AUD300/week (CBD) to AUD50/week (sleeping in the living room in the middle of Australia). Good websites to lookout for accommodation would be
Food can be quite expensive – a cheap takeaway meal would cost you around AUD 8-10. Learning how to cook will come in handy!

Cheapest place to get fresh produce would be from a local market but otherwise the main supermarkets would have most of the things you want (unless you’re looking for cow’s tongue/a whole suckling pig, but even that could be arranged)

- Main supermarkets include
  - Coles
  - Woolworths
  - Aldi (cheapest)
  - BigW (for household items)
  - Kmart (for household items)
  - Ikea (for household items)

- Markets (depending on where you live and where is accessible)
  - Asian grocers on Clayton Road
  - Victoria Market
  - South Melbourne Market
  - Asian grocers in Footscray
  - Asian grocers in Richmond

Communicating back home

- Mobile networks
  - Virgin mobile (I find to be the cheapest)
  - Vodafone
  - Optus
  - Telstra (most expensive & have been very unstable lately)
  - Lebara
  - Aldi mobile
  - TPG mobile (also cheap but not much calling/texting credit. More data)

- We are lucky to be living in the 21st century
  - FaceTime
  - Skype (cheaper than international calling cards)
  - Viber
  - What’s App
  - WeChat
  - Facebook
  - Write letters if you want to be sentimental!

- Time difference
  - April – October = 2 hours
  - October – April = 3 hours
Sport & Culture:
- Sport is huge here in Australia – Australian Rules Football (AFL), cricket, soccer, netball, F1, tennis. You name it, they probably have it
- Sport is also a great social & networking tool. I would definitely recommend watching & following AFL & cricket if possible. Choose an AFL team – it’s the best conversation starter.
- Food and art is also a huge thing in Australia. Depending on which neighbourhood you go to, there are different cuisines to sample, ranging from Green tea panna cotta with coconut sand and chocolate frozen (Fitzroy/Collingwood) to Kalaw Palaw (Afghani - Dandenong) to Souvlakis (Oakleigh) to Xiaolongbaos (Boxhill/Chinatown). You name it, they probably have it. There is also Malaysian restaurants around the CBD like Papparich, Mamak, Old Town Kopitiam, Nasi Lemak House, Sambal Kampung. Closer to Clayton there is Malaysia Garden, Wah Kee, Miah’s Sambalicious.
- Alcohol. HUGEEEEE issue/culture here in Australia. Don’t be surprised if people are having jugs of beer over lunch. If you are into drinking, the Australia is the place for you! Heaps of good booze around. Dan Murphy’s is your best friend. Also, don’t be fooled – when an Australian invites you out for ‘lepak’ or ‘yum cha’, they mean beers.

Things to bring (usually can’t be found here):
- Food/snacks! But then again food stuff is pretty much attainable in any Asian grocery stores – even kuih! So food is definitely not a problem here. Only problem is it doesn’t taste as good as back home for obvious reasons.
- Otherwise, powerboards, adaptor heads, dollars. Lots of dollars.

Flights available:
- AirAsia
  - Still the cheapest
  - AirAsia X with upgraded seats etc (similar to a business class) is still cheaper than an economy class MAS ticket.
- MAS
  - Sometimes MAS allows you to ‘bid’ for an upgrade to business class. I have heard of people paying MYR200 for an upgrade so keep a lookout for that!
- Other flights you may have to transit elsewhere which I think is not worth it – not much price difference but extra long hours.

Agents
- For Visa issues most people just do it by themselves. Good site to research on visas are

Climate
- 4 seasons in a year, 4 seasons in a month, 4 seasons in a week, 4 seasons in a day. Be prepared. You have been warned
- Summer, autumn, winter, spring – 3 months each, but again, varies
- During summer it can be very hot. VERY hot. 40°C hot.
Winter can be very cold. VERY cold. 5°C cold. BRING SUFFICIENT WINTER CLOTHES.

Local Societies
- MAMSA as mentioned above
- Malaysian’s Student Council of Australia (MASCA) Victoria
- Malaysian Meddies Facebook group
- Singapore Medical Society Victoria (SMSV) also welcomes Malaysians

Religion
Quite a few Buddhist temples in Melbourne namely
- See Yup Temple (South Melbourne)
- Heavenly Queen Temple (Footscray)
- Bright Moon Buddhist Society (Springvale)
- Hoa Nghiem Buddhist Temple (Springvale)

Plenty of churches around! Some include
- Church of Christ Fellowship (Clayton)
- Catholic Parish of St Peter (Clayton)
- St Andrew’s Presbyterian Church (Clayton)
- All Saints Anglican Church (Clayton)
- Hillsong Church (Melbourne)
- Life House Church (Melbourne)
- Planetshakers Church (Melbourne)

Driver’s License
- Malaysian driver’s license can be used here. I have heard differing views on this. Some people say you can only use it temporarily but a lot of people have been driving with no problem and have even purchased cars. So definitely get your Malaysian license before coming here.

Bring your vaccination record!

By:
Xing Yao Ling 5D/Malaysia/xylin6@student.monash.edu
Wesley Teoh 4C/Malaysia/whteo6@student.monash.edu
Mauritius

Introduction:

Academic:
- Mem ki nou system leduction different ek noune fer different sujet nivo year 12 ek VCE, sel sujet ki fer difference c’est biology. Si zot ine fer A level Biology, 1st semester Medecine pu facil. Mem Si zot pane fer si pa traca, ena 1 bridging course zot cav gagner, offer par faculty. (TBC)
- Mo coner zot tou envi gagne 1 head start lor zot cour ek zot ena tendance penser ki aster livre Maurice plis profitable. Li vrai ki Maurice livre plis bo marché, mais ena ban lezot option.
  1) Pa aster textbook ditou, emprunter depuis library. Souvent ena ban livre nek 1 semester ki zot pou bizin.
  2) Pa aster textbook, zot pou cav gagne ban livre la en PDF avec ban seniors/colleague. (contacter nou)
  4) Aster ipad apres met tou pdf lor la, servi saem couma 1 livre.
  Zot lib pou aster livre mais dapres nous propre lexperience, li pas necessaire aster tou livre. Kan zot vini zot pou senti ki livre zot pou bisin plis ek kan zot pou bisin li.
Par example: 1st year 2nd semester, Livre anatomy utile
  2nd year livre physiology ek anatomy, clinical skills
- Aster plume ek crayon Maurice ek cahier, Ici mari cher

Cost of Living
- Mo pa tro envi fer zot peur mais li mari cher. Par example, ici sa cash zot pou aster 1 banane en Australi, dan Maurice zot pou cav aster 1 lamain banane entier. Par semaine omoin 50$ bisin.

Communicating back home (rough price quotes would be fabulous)
- Mo sir zot deja ena zot ban smartphone modern depuis Maurice, mais depuis nou experience, kan fek vin la li vo lapeine prend 1 iphone/Samsung/nimport ki smartphone lor 1 plan.
  Ena boucoup company ki fer sa, Par example Vodafone/Telstra/Optus etc...
- Laptop zot pou bisin 1, si zot deja ena depi Maurice li ok zot cav amene sa mem, si zot pena preferable aster ici.

Sport:
- La plipart Sport ki fer Maurice zot fer ici.
- Football, badminton, tennis, pingpong, netball, handball, basketball

Ena boku facility faire sport. Gyming form parti zot culture.

**Things to bring** (usually can’t be found here):
- Tou zafer ena Maurice ena ici mais ici li boucoup plis cher. Donc si zot blier pa fer nanier, mais si zot cav amener, essaye amene:
  i. Dhal pouri, roti,
  ii. Idli
  iii. Napolitaine
  iv. Ban biscuit sorti lafrance (Lu, petit prince etc...)
Pa necessaire amene utensil de cuisine, tou ena ici, mais si zot envi zot cav amene zot bon caraille.

**Flights available:**
(if applicable): contacter zot agent de voyage. Soizir ceki convenient pu zot. Parmi ban options ena:
- Maurice- perth – Melbourne
- Maurice – dubai – malaysie/Singapore - melbourne

**Agents:**
Si zot ine passe par ban agents universités e.g. OVEC ou IDP, tant mieux. Banla suposer prepare zot ene ti peu pu zot depart.

**Climate**
- Kan fer frai fer mari frai, kan fer chaud fer mari chaud
- Dan l’été fer 40 degrees parfois mais pena humidite couma Maurice, donc pa trop transpirer ici
- Climat bien instable, zot dir ena 4 saisons dan 1 zour! Mais pas traka acoz weather forcast bien accurate ici

**Local Societies**
- MUISS (Monash University International Student Society)
- MUMUS (Monash University Medical Undergraduate Society)
- Nou mem, Varuna ek Sean 😊 represente ban Mauricien dans MUMUS
- Ena ban lezot society zot cav join par example:
  - SMSV (Singapore), MAMSA (Malaysie), HongKong students, Monash Vietnamese, SAM, MUMSU, MCCC,

**Religion:**
Ena plusieurs places pu faire la priere: temple, l’eglise, mosque etc..

**By:**
Varuna Kurnauth – Year 5 – vkur3@student.monash.edu
Sean Ng – Year 4 – snng8@student.monash.edu
NEW ZEALAND

Introduction:

Congratulations Kiwis for making it out of New Zealand to the Desert lands of the Kangaroos. Coming from Auckland Grammar, I know just how amazing off a feat it is to make it into Monash University. All this may seem so overwhelming, but don't worry, you’ll really enjoy the experience. Think about all the freedom you have (YAY) AND all the independence (YAY) AND all the chores (BOO). But seriously, Monash University is a great place to be, it’s such a friendly environment, and you’ll quickly make many friends and begin to feel right at home.

Academic:
- In terms of education; if you’ve done CIE A-level or IB Biology, you should find Semester 1 of 1st year fairly easier than most. This doesn’t necessarily mean you don’t need to learn anything; only means you know the basics/foundation for the content that they’re going to cover. Just makes it easier to understand the content.
- Same as above goes for NCEA Biology, but you didn’t cover as much as content in high school, so slightly harder.
- If you’ve haven’t done Biology in high school, I wish you all the best. Nah, I’m only joking. You will have to put in a little more effort in terms of doing the pre-readings in your own time. Also, there are many other support networks, such as VESPAs etc. That is all covered in the International Students Guide (check it out 😊)
- In terms of stationery, textbooks etc. don’t bother bringing it over from NZ, same stuff here. And you’ll mostly be using laptops for university, so you might want to consider bringing one over. (save you the hassle here)

Cost of Living
- You really hit the jackpot moving to Australia. Most things you’ll find are much cheaper in Australia than NZ. This includes petrol, all food, restaurants and accommodation AND CLOTHES (shop your hearts out 😊)
- However, your money is worth less here in Oz. NZD 1.00 = AUD 0.96 (not much of a difference)

Communicating back home
- For mail, NZPost offers a redirection service, where you can choose to get your mail sent to Australia. This costs around $100 for around 4 months.
- In terms of calling back home, you have your free services like Skype, Facetime etc.
- However, I do recommend you buy a phone plan for the next 2 months at least. For your convenience, you can buy this at the airport when you land, and get a new sim also. These range from $30 – 45, and can include unlimited calling to NZ. Personally, I prefer Vodafone AU, but the locals seem to go with Optus (personal preference at the end of the day).

Sport & Culture:
- Here, the Aussies love their Football (NOT soccer). Nothing more to say on that.
- Monash University offers a wide range of sports, unfortunately NO Rugby, including gym. This is all provided through Monash Sport, but you’re gonna have to start learning to pay for everything (even using courts to play soccer or something).
- The gym costs around $15 a week, and usually opens till 10.30 pm. Personally, I go to a different 24/7 gym, but that’s because I got a car. For 1st year, I’d say stick with Monash Sport.
- The main sports played at Uni are Futsal, Basketball, Badminton, Squash, Hockey & Swimming (because they’re easy to organize).
- If you’re interested in Futsal or Basketball, and also want to meet new people outside of Med, there are FREE courts where people get together in the evening. The courts are directly opposite Turner Hall (that’ll make more sense when you get here OR just get in touch with me).

**Things to bring (usually can’t be found here):**
- Anything found back home in NZ, is basically found here (except Sheep 😜)
- I would recommend you bring electronics and more expensive things with you, for mere convenience though.
- They don’t have The good ol’ Warehouse, haha. Apart from that, all the other stores can be found here.

**Flights available:**
- To get flights to Australia, best to go to Flight Centre. However, for cheaper flights, I recommend Jetstar, and slightly more expensive is Emirates (but you do get food and 30kg Baggage). Or stay loyal with Air New Zealand, only if flying to Australia.

**Climate**
- Weather in Australia is very similar to Auckland. Let’s just say Melbourne manages to cycle through all the seasons daily (so always carry an umbrella). Like Auckland, it rains all the time and at unpredictable times. It’s definitely warmer in Melb, but the wind is really strong and chilly.
- Summer’s in Melbourne are great, the sun is perfect, and the temperature is quite warm :D

**Local Societies**
- Unfortunately, there is no student society for NZ students, but maybe something to consider in the near future.
- You guys/gals can feel free to contact me.
- My Facebook is: Nam Gupta
- My email: ngup27@student.monash.edu
- My number: 0416808352

**Religion**
There aren’t many religious places around Monash University.
In terms of Churches, the university does have a small one, and even a Chaplain.
For Muslims, there is definitely a society at Monash and I’m fairly certain a prayer room.
For Hindus, there is a student society, but no nearby temples.
For Buddhists, there is a student society, but not sure about any religious places nearby. I'm sorry if I've missed any religions out, as these were the only ones I had any information on.

*Anything important you would like to include*

- As you’ll already know, Monash doesn’t give out scholarships to NZ students. Also, we’re expected to pay our semester fees upfront (around $5000/semester). Please ensure you do so on time.
- Also, for you keen beans, don’t buy textbooks at the moment. Firstly, you will get all the e-books for free from your friendly 2nd years. Secondly, you don’t really use many in Semester 1, so you wanna wait and see which ones you really need.
- Also, a good place to get cheap things is Gumtree (NZ equivalent: Trademe). A bike would be a good investment.
- For shopping, Countdown is replaced by Woolworths, New World by Coles & Pak n Save by Aldi. The preferred place for Uni students is Coles, but Woolworths is just as good. Coles is located near Clayton Train Station.
- The nearest mall is Chadstone Mall (the largest mall in the Southern Hemisphere) – it’s really not that big.
- For travel, PTV is the Australian public transport. Unfortunately, NZ citizens don’t get travel concession, so it’s fairly expensive to travel. However, the public transport in Melbourne is great, and on Friday, Saturday & Sunday it runs 24 hours.
- Another good place to get your cutlery etc, is Kmart, Target or IKEA.

By: (2016/ Namankit Gupta/ 1st Year/ New Zealand/ ngup27@student.monash.edu)
OMAN

Introduction:
Congratulations! You’ve done the hard yards and have finally made it into Monash University to study medicine! I’m sure you must be buzzing with excitement and let me tell you, you have every right to be excited! Not only do you have the opportunity to learn from world-class lecturers, you are also going to be immersed in a wonderful multicultural society in one of the most liveable cities in the world! If you’re worried about the stresses of the course and moving away from home, fear not, there are many people who are there to help you along as you embark on this life changing journey ☺

Academic:
- Medical text books are quite expensive in Australia (especially in the Monash University Bookshop) so it is preferable to research your ideal (anatomy, physiology and clinical skills textbooks) and bring them from Oman if luggage space permits
- If that isn’t an option, you could buy textbooks online from https://www.bookdepository.com (as it is cheaper than the Uni Bookshop and offers free shipping)
- Alternatively, second hand books can be bought from senior medical students

Cost of Living
- The cost of living is generally higher in Australia compared to Oman but depends on factors such as accommodation, eating out etc.
- The exchange rate is 1 OMR = 3.43 AUD (29/07/2016)
- http://www.numbeo.com/cost-of-living/compare_cities.jsp?country1=Australia&city1=Melbourne&country2=Oman&city2=Muscat

Communicating back home
- Internet powered applications such as Skype, Facetime, Viber and Whatsapp are ideal to communicate with family and friends back home because they are cheap and effective
- Phone cards - available from corner stores and post offices ($10- $20)
- International SIMs- Lyca mobile (15c/min (landline), 49c/min (mobile), 15c/min (SMS), flag fall 29c)
- General- Telstra, Optus, Vodafone (probably best to choose a package that provides the greatest data so calls can be made through viber and whatsapp)
- Australia Post- letters take 10+ business days to be delivered to Oman

Sport & Culture:
- Australia is not as conservative as Oman and it is quite normal for Australians to wear sleeveless tops and shorts especially during the summer
- Australia Day, Easter, Anzac day, Melbourne Cup (horse-races) and Christmas are the public holidays usually celebrated in Melbourne
- Activities such as BBQ’s, going to the beach, watching sports (Australian Football League, Rugby, Tennis and Cricket) and social drinking are popular amongst Australians
- Melbourne is famous for its food culture consisting of a variety of cuisines with the Halal Snack Pack (chips, cheese kebab meat and the holy-trinity of sauces) being the latest craze!

**Things to bring**
- Traditional/cultural attire is cheaper, more available and there is wider variety back in Oman

**Flights available:**
- No direct flights to Melbourne
- Etihad Airways
- Emirates
- Qantas

**Agents**

**Climate**
- The Melbourne climate is one like no other as literally all 4 seasons can be experienced in a single day!
- Summer (Nov-Feb) is usually dry, hot and sunny and winter (Jun-Aug) is usually cold, rainy/sunny and windy but honestly you could experience wind, sun, heat, rain and cold on any day of the year
- So stay prepared and always carry a sturdy umbrella and wear layered clothing to accommodate for changes in weather
- April to October- Oman is 6 hours behind Australian time
- October to April (day light saving time)- Oman is 7 hours behind Australian time

**Local Societies**
- Monash University does not have a cultural club specifically for Omani students
- Monash University International Students Service (MUISS) is a society that all international students can join to interact with students from many different countries and attend both educational and social events (you are most likely to meet students from the Middle East and Oman at this club 😊)
- Monash University Islamic Society- organizes various spiritual and social events throughout the year
Religion

Melbourne has many churches, mosques, temples and other places of worship to cater to the religious needs of its multicultural society


The Religious Centre (38 Exhibition Walk, Clayton campus) has prayer rooms that can be used

By: 29th July 2016, Sucheta Perera, Oman Representative, Year 2A
sper43@student.monash.edu
Introduction:
Hello! First of all, congratulations on chasing your dreams of becoming a doctor even at the expense of having to leave all that is comfortable back in Sunny Singapore. The next 5 years (& maybe even more) of your life are going to be based here in Melbourne & possibly other parts of Victoria. It’s going to be exciting but also quite nerve-wracking. New friends, new environment, new food, new culture. Don’t be afraid – this is all part of the experience. This mini-document will give you a bit of help with preparing for that transition. Do take this information with a pinch of salt though – After all, the fun lies in experiencing the unknown 😊

Academic:
Monash places emphasis on integrated learning. This means that you study the anatomy, physiology and pharmacology of each individual body system (e.g. respiratory) 1-by-1. Hence, most medical students tend to buy an anatomy (Gray’s or Moore’s), physiology (Guyton & Hall or Constanzo’s) and pharmacology (Rang & Dale). Some students eventually purchase clinical skills textbooks & anatomy flashcards.

HOWEVER, 1st semester is ALL ABOUT FAMILIARISING yourself. Spend your first semester understanding your study technique (hand-written notes? Printed notes? Laptop notes? Or using an iPad?) and what suits you best. You can then purchase textbooks from seniors in Monash who are graduating/no longer require their textbooks.

Stationery is expensive in Australia so if you intend on doing heaps of drawings/notes, do bring stuff from home.

Cost of Living
Off-campus accommodation is slightly cheaper, with lower rates at about $800-$900. Exchange rates have been pretty favourable for Singaporeans over the past few months, at a near 1:1 ratio. There are multiple ways of remitting money (Telegraphic transfers vs using banks with a presence in both Singapore & Australia such as Citibank).
Food is also very expensive relative to Singapore, which is why most people tend to cook their own meals rather than eat out all the time. However, if you do have some cash to spare, there are many brunch cafes to visit (Melbourne is very well known for it’s variety).

Communicating back home
Skype, FaceTime, and even free international calls that you can make if you end up having certain providers such as Optus (e.g. Optus gives you $5 worth of international calling credit if you purchase a monthly $30 prepaid plan).
Sport & Culture:
Melbourne is perhaps the most diverse city in Australia. People are very friendly and you will find it very easy to strike a conversation with strangers (e.g. at a traffic light). It is also generally a very accepting society, and where cultures merge rather than collide. Some Australians do have slightly stronger accents, and it may be difficult to pick it up initially. Don’t be afraid to ask people to repeat themselves, and speak slowly if you are worried you may be difficult to understand. Australians are very curious to know more about your culture so it’s merely a matter of being friendly & putting yourself out there 😊

Things to bring (usually can’t be found here):
Bring photos/items that remind you of home. It definitely helps having some pictures that remind you of family and friends. Traditionally “Singaporean” food and snacks can be found in most shopping centres so there isn’t much of a need to bring your Indomee’s and Milo’s.

Flights available:
SCOOT can be dirt-cheap (tickets go as low as $200 one-way with 20KGS of baggage) while some who want a more comfortable travel experience take Emirates, SQ, and Qantas, which can cost between $600-$800 one-way.

Agents
- IDP
- Hui & Kuah

Climate
- Much drier than Singapore. Winters get pretty rainy & windy, so brace yourself for something really different!!!

Local Societies
- Singaporean Medical Students of Victoria (SMSV)
- Singaporeans of Monash
- Singaporeans of Victoria

Religion
Almost every religion has some presence at Monash. A lot of Singaporeans studying Medicine have their religious places of worship (churches, temples, mosques etc). Once you land in Melbourne, you’ll have many seniors to speak with about your options 😊

The real voyage of discovery consists not in seeking new landscape, but in having new eyes – Marcel Proust

Mayank Vasudeva
mvas19@student.monash.edu
Year 2 MBBS
Singaporean Representative, MUMUS International Student Committee
SRI LANKA

Introduction
Congratulations! You made it into the prestigious Monash Medicine course. I’m sure you must be buzzing with excitement and let me tell you, you have every right to be excited to learn from world-class lecturers and attend one of the best Universities in Australia 😊 Oh and if you’re starting to worry about being homesick, DON’T! Melbourne has the largest Sri Lankan population outside of Sri Lanka, so you definitely won’t feel like you’re too far away from home for long!

Academic
❖ Textbooks and stationary are definitely much cheaper in Sri Lanka
  ➢ Textbooks
    - In Sri Lanka: found mainly at Jeya and Sarasavi Book Shops
    - Online: Book Depository https://www.bookdepository.com
      o Offers free shipping with books generally being cheaper than those at the Monash University Book Shop (if baggage space and weight is an issue)
  ➢ Stationary
    In Sri Lanka: more variety and considerably cheaper (nothing like atlas chooty pens!)

Cost of Living
❖ The cost of living is generally higher compared to Sri Lanka but it depends on factors such as accommodation, eating out etc.
  ➢ General budgeting guide
    - Accommodation: $200-$300/ week
    - Grocery shopping and eating: $200/ week
    - Bills and transport: $100-200/ week
  ❖ The exchange rate is $1 = Rs. 109.75 (22/06/2016)
    ➢ However, considering the depreciation of the Australian Dollar over the last few years, buying power is quite good!

Communicating back home
❖ The best and cheapest way to keep in contact with family and friends back home is to use internet powered applications such as Skype, Facetime, Viber and Whatsapp
  ➢ Phone cards - available from corner stores and post offices ($10- $20)
  ➢ International SIMs- Lebara mobile, Lyca mobile (8c/min (landline), 9c/ min (mobile), flag fall 29c)
  ➢ General- Telstra (Simplicity offer- 15c/min with no flag fall and expires in 30 days), Optus, Vodafone
  ➢ Australia Post- letters take 8-10 business days to be delivered to Sri Lanka

Sport and Culture:
❖ Australia Day, Easter, ANZAC day, Melbourne Cup (horse-races) and Christmas are usually celebrated in Melbourne (public holidays are scarce compared to SL unfortunately)
Cricket, Australian Football League (AFL) National Rugby League (NRL), tennis (Australian Open) and swimming are the most commonly enjoyed sports in Australia. Fitness Gyms; Monash Sport Gym, Zap Fitness and Fernwood Fitness (only women) are gyms in the vicinity of Monash University that offer normal gym facilities as well as other fitness classes such as Zumba, Pilates, yoga and cycling etc.

**Things to bring**

Most things (Sri Lankan spices, groceries and even ready made pastries) can be bought here due to the multitude of Sri Lankan shops in Melbourne, however items are more expensive

- **KJL Spice Corner** - 16 Bellerive Ave, Mt Waverley VIC 3149

**You might like to bring**

- Bottled/ packaged foods - Seeni Sambol, Katta Sambol, Dried fish (aka karawala), jaggery etc.
  - Make sure all food items are declared at customs on entry into Australia to avoid hefty fines
- Medicine and herbal remedies (Samahan, Vicks) - it may be difficult to get prescription medication on short notice so it's good to have an extra medication on hand

**Flights Available**

- No direct flights, stopovers in Singapore or Malaysia
- Air Asia
- Malaysian airlines
- Singapore airlines
- Emirates

**Climate**

- The weather is very different to Sri Lanka as Australia experiences all 4 seasons
- Summer and winter are the most extreme weather conditions
- Summer (Dec - Feb) - temperatures range from mid to high 20s but can reach 40 degrees (not humid like SL but dry and burning → wear sunscreen, sunglasses and hats when spending time in the sun)
- Winter (June - Aug) - temperatures drop to an average of 14 degrees but it can be much lower at night time
- Rain and wind are synonymous with Melbourne weather and can occur on any day
- Tips - wear layers of clothing and always have an umbrella and sweater on hand

**Time differences**

- April to October - 4.5 hours ahead of SL
- October to April (daylight saving time) - 5.5 hours ahead of SL

**Local Societies**

- Monash University Sri Lankan Cultural Club (MUSLCC)
- Hosts an annual koththu and hoppers night, a ball, cultural shows and end of semester parties
Great way to meet Sri Lankans from Monash and various other universities including University of Melbourne

By: 22nd June 2016, Sucheta Perera, Sri Lanka Representative, Year 2A sper43@student.monash.edu
South Korea

Introduction: Ahn-nyung-ha-se-yo! Welcome to Monash medical school. Medical school, especially in the foreign country, can be challenging at times but certainly will be worth it at the end. I hope all the best for your journey as a medical student!

Academic:
- Undergraduate Pathway: UMAT + High school report + interview
- Postgraduate pathway: At least three years of undergraduate course + GAMSAT + interview
- Stationery will be cheaper to get in Korea. If you want to get stationery in bulk in Australia, the place to go is Office work.
- Textbooks can be purchased at university bookshops. However, for cheaper option, I recommend the Internet shopping (Fishpond.com.au is excellent!)

Cost of Living
- Eating out can be expensive. It can cost about $25 for a regular meal with a drink.
- Accommodation will be more expensive closer to the city. If you are sharing a house, you can decrease the cost of living significantly.
- As a full-time International Student, you are eligible to apply for student concession for public transport. Do get them as you can save up to 45% annually.

Communicating back home (rough price quotes would be fabulous)
- I tend to avoid international calls and posts due to cost. I manage just fine with Skype and KakaoTalk.

Sport & Culture:
- Soccer and baseballs are not very popular in Australia, unlike Korea! The most followed sports are crickets, tennis, and footballs.
- The culture is very laid-back compared to Korea. Night culture is not very strong compared to Asia in general.

Things to bring (usually can’t be found here):
- You can buy anything that is available in Korea in Australia. However, if you are into Korean online shopping, do it during holiday and bring it to Australia as International postage can be quite expensive.

Flights available:
There is no direct flight from Melbourne to Incheon. You have to fly to either Brisbane or Sydney.

Climate
- Seasons are the exact opposite as from Korea (e.g. Korean summer time is Australian winter time).
Local Societies
- Monash Korean Student Society, Local Korean churches

By: 26/07/2016 In Young Chung Med5D South Korea iychu1@student.monash.edu
Taiwan

Introduction: Hey there, congratulations on getting into Monash Medicine. Remember, this is just the beginning of the rest of your life (hopefully, you know, if you choose to and are able to stay in med) and in order to prevent you from getting too flustered and disoriented from not only the transition from high school to university but also from one country to another, we have devised the following guide.

欸，恭喜你進了Monash Medicine. 雖然來澳洲讀醫學系將會是一條充滿挑戰的道路，但我相信無論如何，你都可以順利度過這5年，並享受醫學系帶來的樂趣。以下的guide，希望能幫你解決到剛到Melbourne的一些問題，也為你提供一些關於澳洲和墨爾本的初步印象。

Wan Hei San (Dennis)
MUMUS ISC Macao Rep

Academic:

• Most of you coming from Taiwan would have applied using your IB/GCEAL/International A Levels results, and the contents of the first semester would at times overlap with what you learned. Depending on your high school, you might have developed your own style of tackling these public exams. The course is mainly learned thru gaining an understanding of your course materials, however rote learning is still done for topics such as pharmacology. The first 2 years of your course would be done in the Clayton Campus, whereas the remaining 3 would be hospital placements in which you would be required to rotate between different hospitals.

• Since secondary education is mostly taught in Mandarin in Taiwan, there might be a difficult time understanding Australian English. Fortunately, there are plenty of English courses available on campus and conversation sessions to improve your English proficiency.

• Textbooks are not a priority, as there is hardly any use for them in the first semester. Technically it is possible to survive med school without owning one, however this is not recommended. I advise you flip thru the different textbooks available in the Hargrave-Andrew Library, and decide which ones you’d like to invest in. I’d personally recommend:
  o Anatomy: Moore and Dalley’s Clinical anatomy
  o Physiology: Guyton and Hall Textbook of Medical Physiology
  o Clinical Skills: Clinical Examination: A Systematic Guide to Physical Diagnosis, 7e by Talley and O’Connor

• Stationery is very expensive here, and due to Australia being so spread out you’d probably have a hard time navigating to your nearest stationers. I’d advise you to stock up on stationery before coming here. There is however, a stationery/bookshop in Campus center but save that until you’ve absolutely exhausted other options.

You should own a nice pair of stethoscope, which is a hidden requirement for your course. Try to get a 3M Littmann online or in Taiwan I understand that it might seem to be expensive but a good stethoscope goes a long way.
Cost of Living

- Cost of living is higher than that of Taiwan. As of July 2016 the exchange rate is 1AUD to 24.26 NTD.
- Cooking your own meals is by far the cheapest way to fill your stomach. I’d advise on getting a set of cooking utensils and dishes from IKEA. You’d also find your culinary skills greatly improve as a result!
- Free food is not uncommon on campus, as pizza or sausage sizzle are provided to incentivize participation of activities. Such activities are also a great way to socialize, make connections and perhaps even friendships.
- Public transport fares are charged with the Myki smartcard. Unfortunately, there are no concessions for International Students in the state of Victoria. The fare is $3.90/2 hours.

Communicating back home

- Definitely take advantage of communications software such as Skype or Facetime.
- Voice calls can also be made via WeChat, WhatsApp, Line or Viber on your smartphone when connected to a Wi-Fi network.
- Melbourne is 2/3 hours ahead of Taiwan, depending on daylight savings.
- Auspost is inefficient and sending anything larger than a card/postcard costs a lot (>20), the average time for mail to arrive in Taiwan is 10 business days.
- Local telecom companies include Telstra, Optus, Vodafone, Virgin, Lebara etc. I’m using Optus prepaid but you can definitely find cheaper alternatives.

Sport & Culture:

- The national religion is sports (not even kidding). AFL and rugby are the most popular sports here.
- People are really laid back, and not as judgemental. Melbourne is also very liberal and racism is rare.
- I’d recommend staying in one of the old halls (Residential Village) during your first year of medicine. This will give you great insight to and allows you to easily interact with the locals during halls events etc.
- Alcohol is a big part of the “unilyfe” culture, however, it is still possible to have a good time staying “dry”.

Things to bring (usually can’t be found here):

- Avoid bringing any type of foodstuffs into Australia (unless you’re prepared to declare them at the customs and greatly slow down the process), the Asian community in Melbourne is quite extensive and most of the food back home are available in the Asian supermarkets (albeit for a higher price)
- Bring plug adaptors for all of your chargers/electronics.

Flights available:

- Most of the flights have stopovers – Hong Kong or Singapore or KL
- Transit flights: Singapore Airlines, AirAsia, Cathay Pacific
- Since you’ll be flying for at least 10 hours I’d go for comfort over price

Agents
- Please refer to: http://register.monash.edu/agents-database/Home/AgentList?Country=MACAU&State
- Visas: https://www.studyinaustralia.gov.au/global/apply-to-study/how-to-apply-

Climate
- Melbourne’s weather is known to be quite volatile – it can be sunny and clear one minute and pouring down the next.
- Less humid compared to Taiwan, and rainy season falls on the autumn/winter months. (Tropical/SubTropical climate in TW and oceanic climate in Melbourne)
- Temperatures can go from 28 to 40 degrees in summer to 0-14 degrees in winter. However, during term time the temperature is more likely to be around 15-25 degrees.

Local Societies
- MUMUS is the primary society for all medical students and medical school related events.
- Monash Taiwanese Student Association – they host several recruitment events each year in campus center so you should definitely not miss them!
- International student societies include: SMSV, MAMSA, Monash Med HongKongers, Monash Vietnamese, SAM, MUMSU, MCCC,
- Society events if applicable

Others:
- Try to get your driving license ASAP, although you’ll need to be 21 to convert to an International one.
- Bring vaccination record
- Banks: Commonwealth/ANZ/Bank of Melbourne/Westpac etc. There are Commonwealth and Westpac branches on campus.

By: (July 2016/ Wan Hei San (Dennis) / MBBS year 2 / Macao SAR / whsan1@student.monash.edu)
Thailand

**Introduction:** Congratulations for getting into Medicine!! Making a decision to study abroad is a big step that cannot be learnt but experienced! We are all here to help you and to answer any questions you may have so feel free to message any of us :D

สวัสดีค่ะ ยินดีต้อนรับสู่เมลเบิร์น เมืองนี้เป็นเมืองที่ปรับตัวเข้าได้ง่าย ถ้ามีคุณมีคำถามอะไรก็ยินดีช่วยความภายใน facebook ได้เลยนะทุกคนยินดีตอบคำถามและพาท่านเที่ยว :) ไว้เจอกันค่ะ

**Academic:**
- Australian systems: IB/VCE (In Victoria)
  - If you’re from a Thai school, the system is very different – Australian school system emphasizes a lot on research and writing reports. They would not have done as many subjects as you have (e.g. they may have only done Chemistry and not Biology or Physics as Chemistry and English are the only prerequisites for Med at Monash)
  - If you’re from an international school (completed A-levels/IB) – pretty much the same
- Textbooks are much cheaper in Thailand – get the international version!
  - PB for books (REALLY AWESOME FOR MED BOOKS :D)
  - If they don’t have it there, sometime Kinokuniya has international version of the book
  - Book Depository a good website to check out if you can’t find the international version in Thailand
- Stationery: generally cooler and cheaper stuff in Thailand

**Cost of Living**
- Exchange rate: 24.5 - 33Baht = 1 AUD. Current: 26.27 Baht = 1 AUD (20/6/16)
- Everyday items are more expensive in Australia
- Can claim tax (10%, within 3 months of purchase) when leaving Australia – electronics may end up being cheaper if bought in Australia

**Communicating back home**
- Mobile network: many options
  - Optus – what I have been using after trying many different network – good reception especially for calling back to Thailand ($40/month for 200min of call to Thailand, unlimited national calls/texts and 8GB data). Good if wanting to make short frequent calls.
  - Vodafone – good, cheaper than optus, the reception isn’t as good when calling back to Thailand
  - Lebara – good for long calls, more expensive if short calls, reception OK
  - Aldi mobile
- Sending letters usually take 7-10 days
- Skype, Line, facetime can also be used
- Time difference:
  - 3 hours: ~April- October
4 hours: ~ October - April

**Things to bring**
- Food/snacks – a lot cheaper in Thailand, but most of the things are actually available in Melbourne (just a lot more expensive...)
- Toiletries – A LOT CHEAPER in Thailand, more choices as well.

**Flights available:**
- Thai Airways – direct flights
- Other budget airlines available but may have stop overs in Malaysia/Singapore

**Agents**
- CETA, IDP, Insight – can help you sort out visa stuff if needed

**Climate**
- Melbourne has 4 seasons in a day
  - Wear clothes in layers
- Summer (Dec-Feb) can get super hot (have gone up to 46 degrees before!!). It's a different kind of hot to Thailand – not humid hot, make sure to put on sunscreen
- Other seasons – can get quite rainy (even though it doesn't look like it will rain) carry an umbrella with you all the time
- Winter – it's actually not that cold, but it's just windy

**Local Societies**
- Monash Thai Association (MTA)
- Melbourne University Thai Club
- We have our own Facebook Group (THAI MONASH MEDDIES)

**Religion**
- Thai temple in Box Hill
- A few other Buddhist temples around Melbourne – mostly far away and would require driving.
- There is also a church on campus

**Driver’s License**
- Get a Thai Driving License
- Can only get international license after 2 years of Thai Full License
- 500 Baht/year for international license
- Don’t need to take extra tests
- Very useful in year 3/4/5 so if you’re wanting to drive in Australia – get a Thai license ASAP

_by: [20/06/16, Ice Sotthivej - ไอซ์ – Thailand Representative, Year 4C, Thailand, wsot1@student.monash.edu.au]_
Contributors:
Nuttaradee Lojanapiwat - ณัฐ (4C) – Social Representative
Ange Punyapati - แอนเจิ้ล (3B) – Post-graduate Representative
Turkey

Introduction:
Congratulations on being accepted into one of the best universities in Australia! You are about to start on what could be the biggest adventure of your life. This guide is prepared by Duygu to provide you with a brief report on the basics of studying medicine at Monash.

Avustralya’ya hosgeldiniz! Okula baslamadan once ihtiyaciniz olabilecek pratik bilgileri bu kitapcikta bulabilirsiniz.

Chloe Duygu Durukan
MUMUS ISC Turkey rep

Academic:
- According to the latest legislation by YOK, for your medical degree to be recognized in Turkey you need to either graduate from a Top 500 university or you need to fulfill various hurdles. Monash is definitely on that list (its actually in Top 100) so you will be able to return home to practice.
- You may be coming here after finishing your Lise diploma or as a postgraduate. Either way, academic studies in Australia are very different to Turkish system. In Turkey you get didactic teaching few days a week and the university life is very cruisy. You attend class through the semester and then pass Vize and Final exams. In Australia there is a lot of expected self discipline and self study. You need to attend all lectures and tutorials during the year and complete all assignments, which may be numerous. In medicine you need to be at university usually 8:00-16:00 Monday to Friday. Minimum attendance for most units is 80% and you will fail the unit if you drop below this. This is an important point to make. Lots of people failed on attendance.
- Monash libraries have various textbooks and you can buy your own books easily and cheaply from online retailers when you arrive. Textbooks aren’t very important because there are other resources like UpToDate and journals that you can reach through library services. Leave your baggage allowance for more essential items – maybe bring your own Caydanlik – they are so expensive here.
- A basic stethoscope is a Littmann 3M and it’s about $150 in Australia. You will buy this once in your life so it’s worth spending a bit of money on it.
- You don’t need a white coat. They are not worn here by doctors. If you have labs, coats will be provided.

Cost of Living
- Australia is expensive. Bring many dollars.
- Rental prices vary from 150-300 per week depending on which part of town you want to live. https://flatmates.com.au/ is a good place to start
- Food can be expensive. A regular take away meal will cost around $12-15. It’s good to know how to cook 😊
- Best and cheapest food is at local markets like Pazar in Turkey. These will be a lot larger than a local pazar. Check out Queen Victoria market, South Melbourne market, Footscray market, Preston market, Gleadell street market, Prahran market.
- Supermarkets are usually much more expensive for fresh food. Aldi is the cheapest.
- You will need a total of $1500-2000 a month.
- You can find a part time job in hospitality or retail but this is usually hard in the first year due to language and adjustment to living away from home. Medicine is also quite demanding and you may not have time left for work.
- You can get a decent car for under $5000. Make sure they have RWC (road worthy certificate) and up to date Rego (this is like tasit vergisi) Some cars will be cheap but if they don’t have these two things it is not legal to drive the car and it will cost you just as much to arrange them. Fuel is very cheap compared to home. As of July 2016 it’s about $1.1 per liter.

**Communicating back home**

Skype or Lebara mobile is cheap for calls.

- Optus offers 300 international minutes per month including to Turkish numbers under some phone plans. You can get this under $50 per month
- PTT is okay for sending mail from home. It doesn’t arrive within 6-8 days as it says but it will come eventually.
- Melbourne is 7 hours ahead of home during European summer and 9 hours ahead during European winter.

**Sport & Culture:**

- Australia is a progressive and multicultural society. People are very laid back ad helpful. Sports and food are the main hobbies 😊
- Melbournians love to eat! You will have many opportunities to try international cuisines. CBD and Box Hill area have a lot of good Asian food. North of Melbourne, ie Brunswick, Coburg is good for Turkish, Greek and Lebanese options. Collingwood, Fitzroy, Richmond, South yarra has good restaurants for fancy brunches and dates. West of Melbourne has good African cuisine.
  - Try [www.broadsheet.com.au](http://www.broadsheet.com.au) and [www.urbanlist.com](http://www.urbanlist.com) for latest happenings. This is like time out Istanbul, but for Melbourne and Sydney.
  - The Corner Hotel, Arts Centre, Malthouse theatre, Melbourne Theatre Company, La Mama, Cinema Nova, ACMI are the largest and most well known venues for movies, live music and theatre.
  - Your local pub may have small bands playing on some nights. Look out for meal deals during the week. Taco Tuesdays for the win 😊
  - Alcohol is a big part of culture and is absolutely everywhere, even in cinemas! Happy hour is usually 5-7PM and you can get drinks for $5-7. One downside of this culture is the lack of hot drinks and non-alcoholic options when going out at night. Most people will drink only alcohol and bars usually don’t have tea, coffee etc.
  - Various 24 hour GYMs offer cheap memberships. Snapfitness, Zapfitness etc. These will cost around $12 per week. You can also try your local YMCA.
  - There is an indoor soccer club in Australia called Futsal. It’s like futbol but indoors. Check your area for a local club.
AFL, cricket and rugby are the most popular sports. Pick a team, it’s a great conversation starter!

Things to bring (usually can’t be found here):
- Bring your nevresim (bed sheets). It doesn’t take up much space and it’s very expensive here compared to home.
- You will need an adaptor for electronics.
- If you don’t know how to drive, it’s very expensive to learn here and there are added restrictions if you are under 21 years old. Get your Turkish drivers license before moving here. You will get a full license straight away and can drive here on that license without having to convert. Some clinical placements are reachable by public transport but having a car is very handy.
- Don’t bring any fresh food or cheese into Australia. You can bring tea, coffee, spices and sweets. Try BasFoods in Brunswick or Brunswick market for Turkish food stuff.
- Turkish community in Melbourne is not the biggest and is populated around northern suburbs. That said you can still find most items here, including good Su boregi at Crust bakery and Gozleme at South Melbourne market.

Flights available:
Singapore Airlines, Etihad, Emirates, Qatar Airways fly daily between Turkey and Australia. Tickets are about 1000 Euro for return trip. The flight is around 24 hours total with waiting times.
It’s cheaper to fly Turkey-Australia-Turkey than Australia-Turkey-Australia. If you plan to visit home every year it’s 200-500 AUD cheaper to buy a return ticket departing Turkey. Book few months in advance as the spaces fill up quickly.

Agents
- You can apply though various Yurtdisi Egitim Danismanlik sirketleri. Here is a list of Monash approved companies http://register.monash.edu/agents-database/Home/AgentList?Country=TURKEY&State=

Climate
- If you live in Istanbul or Ankara you will find Melbourne weather to be much warmer and milder than back home. In winter it rarely hits below 10 and in summer 30-35 degrees is a normal day. It’s extremely hot in summer. You will not have experienced this kind of heat. Bring your swimmers and sunglasses and prepare for the heat.
- Although it’s milder, those nice wall heaters we take for granted back home do not exist here. Your house will most likely be cold, unless there is gas heating or central heating. You can run your own electric heater but this is super expensive. Now is a chance to wear your fashionable UGGs at home and buy an electric blanket.

Local Societies
- There is no Monash Turkish student society, however you can contact me if you need any help at ddur12@student.monash.edu
  MUMUS is the primary medical society for medical students at Monash.

(22/7/2016) / Turkey/ ddur12@student.monash.edu)
Introduction:
Welcome to Australia and congratulations for getting into Medicine! I hope that you will enjoy your time in Melbourne as much as I have thus far. Melbourne is a long way from home, but it’s an amazing city and has lots to offer. There’s plenty of diversity and a variety of food from all different countries to try. Get ready for an amazing 5 years filled with plenty of adventure.

Academic:
- There is always a difference in the teaching and studying method when you transition from Grade 12 to any University. Monash is no different in terms of studying compared to American Universities, and really it’s all about finding what techniques work best for you.
- Many of the textbooks that you will be using for the course are available as pdfs. Some of your fellow meddies may have already obtained them from students in the years above, so it’s definitely worth asking around when you start making friends at the beginning of the year. It saves you lots of money! However, if you do prefer to study with books in your hands, then it is best to buy them once you come to Australia. It saves you luggage space and you will definitely not need all of the books on the recommended reading list, so it gives you a chance to find out which books you prefer and would like to purchase.

Cost of Living
- The US dollar is much stronger than the Australian dollar at the moment. 1 USD is equivalent to 1.32 AUD at the time of writing this. You will find that when you get here that some things seem to cost a bit more than you are used to back home, but keep the conversion rate in mind as well.

Communicating back home (rough price quotes would be fabulous)
- The best way to communicate with family back home would be Skyping or Facetiming. The biggest issue with that is going to be the time difference, but you can always work around it! And remember you can Facebook message or Whatsapp all of your friends and family as well.

Sport & Culture:
- Australian culture is pretty laid back, but you’ll find that Melbourne is quite similar to home.

Things to bring (usually can’t be found here):
- A lot of the household things that you will need can easily be bought at shops like Kmart at a reasonable price, so don’t feel pressured to buy it all in America before you come (especially considering the limited luggage capacity).
- Phones can be expensive, so it may be best to consider using your American phone in Australia after unlocking it from the service it’s attached to.
- Laptops are definitely cheaper in the States so I would recommend buying yours from home, but you should definitely buy an Australian charger once you get here (same goes for your phone). They have different outlets and the voltage that runs through them is much higher, so using your American charger with a simple outlet converter on the end can fry your battery overtime. I speak from experience.
Flights:
- Flights can be quite expensive (not to mention incredibly long), so I recommend that you look into when your semester holidays are and book early if you are planning to go back home.

Climate
- Say goodbye to snow! Unless of course you live in a state that has no snow as is. Winters tend to be 5 degrees at the lowest while summers here are scorching hot and can get into the 40s, so keep that in mind when buying clothes.

Local Societies
There is no American Society at Monash unfortunately. However, I’m happy for you to contact me if you have any questions or concerns. 😊

By: (27 June 2016/ Suman Toor/ Year 5D / Canada/ stoo2)
Vietnam

Introduction: Congratulations on making it to Medicine at Monash! Having won yourself a spot here means you are awesome. There will be ups and downs but ultimately you will have a wonderful time for growth and self-enjoyment in Australia.

Academic:
- Don’t think Asians are the only nerds. Medicine is a highly competitive course. Though you might have been trained well during your years of ‘slavery’ to Vietnamese high schools, you still have to work just as hard, if not more, to make it to the top of Monash Medicine cohort.
- You don’t have to buy any text books or materials beforehand. Wait till you arrive here and receive more advice from staff and senior students before buying any books, as they can be expensive. You can always borrow any books from the library and are allowed to keep them up to 9 months!
- Wondering what you can do academically to prepare for the year? English! You are expected to do some writing for some assignments, as well as lots of communication (as part of the job). Make sure you are as confident about your written and spoken English as possible.

Cost of Living
You will pay for the followings:
- Rent: depending on where you rent, price varies from $100-$250/week per person
- Bills: might be included in accommodation rent. Electricity, water and gas bills cost generally $20-$30/week per person
- Meals and grocery: this depending on how much you eat and whether you share meals with anyone else. If you cook all your meals (the cheapest option), it will cost you $20-$50/week per person. Every meal you eat out or take away costs $10 on average.
- Utensils: find out if your accommodation has enough cooking utensils and cutlery. You can get these from local grocery shops at low price e.g. a small frying pan can be as cheap as $5. But hey, if you have space in your luggage, just bring over your kettle or your favourite personal cup. Such things will never be spared.
- Clothing: a decent piece of clothing can be $15 or more. Bring your professional clothes, however, from Vietnam. You will need these for hospital site visits and buying them in Australia can cost over $100
- Overall cost of living can be $10,000-$16,000 a year if you’re not working or living with a relative.

Communicating back home
- Video call eg skype, FaceTime, viber, other apps – your best option. They’re free of charge. All you need is internet, which is practically everywhere in Australia.
- e.g. a 3G Telstra sim costs $20-$30 a month. Others can be cheaper.
- Phone Calls: The most expensive form of communication. Don’t do this if you plan to talk to your family, say, 1h/day. If you want to phone your family often it’s best to find a bundle for your SIM card. Optus, Lycamobile, Telstra, Lebara, etc are some common options. Visit their websites to find out more about charges.
  - e.g. standard international call using Lycamobile charges 29c per minute
- Mail: easy if you have small little things to exchange.

Sport & Culture:
- Monash has many sports teams and fun/culture/entertainment clubs. You will find out all about these on Orientation week.
- There is a Sport center with gym, swimming pools, basketball, badminton, squash, tennis, etc. courts, and daily fitness classes. Membership and hiring rates can be found at http://www.monash.edu/sport

Things to bring (usually can’t be found here):
- Anything can be found here, just at a much higher price. So anything you find necessary that can fit in your luggage, bring it! It will save a lot of nuisance having to buy it later.

Flights available:
Vietnam Airlines gives direct flights. If you’re from Ha Noi or other cities, however, you will have to catch the first flight to HO Chi Minh City and from there fly to Melbourne. There is no direct flight between places other than HCMC and Melbourne.
Other airlines (might be cheaper but require transit): Singapore Airlines, AirAsia, Malaysian Airlines, etc.

Agents
- IDP is reliable.
- There are plenty others with varying quality of service.

Climate
- Temperature varies between 15-40 degrees Celsius in summer and 3-20 degrees Celsius in winter.
- It can be rainy during autumn and winter, but do not bring raincoats (the ones we usually wear in Vietnam). People use umbrella here. If they don’t use an umbrella when it rains, it means they have a car and just don’t care.

Local Societies
- SMSV, MAMSA, HongKong students, Monash Vietnamese, SAM, MUMSU, MCCC, etc. Some clubs, though established by students of other countries, are welcome for everyone to join.
- Monash Vietnamese societies include: (all can be found on facebook)
  - VSA (Vietnamese student association) – they generally have a few events each year.
  - MVISC (Monash Vietnamese International Student Club): based in Caulfield campus, composed largely of postgraduate students, but their field trips are definitely worthy joining if you can find other friends to go with.
- If you have any questions or just simply want to make new friends before or after your arrival, feel free to contact me at lvngu5@student.monash.edu or my facebook ‘Khanh Nguyen (Kelsie)’ – Le Van Khanh Nguyen, MUMUS International Vietnam Sub-Committee

Religion
There are clubs for Catholics, Christians, Buddhists, etc. You will meet them all during Orientation week

Other
Vaccination: get all vaccination done before you arrive. You will need to provide proof of vaccination to the faculty during the first month of school. Vaccination in Australia requires booking and can be costly. If you live in Sai Gon, contact your local clinics/hospitals or Pasteur Institute to get vaccinated. Forms and list of required vaccination can be searched in monash.edu/faculty of medicine, nursing and health sciences.
Bank details: there are branches of Commonwealth and ANZ (popular banks in Australia) in Vietnam. Come to these branches to register an account and when you arrive in Australia you can activate these accounts and receive your transaction card. Alternatively, you can just register new account in Australia.

26/06/2016
Le Van Khanh (Kelsie) Nguyen
Year 2 MBBS (Hon)
MUMUS International Sub-Committee
Viet Nam
Email: lvngu5@student.monash.edu
Acknowledgements:

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Last but definitely not least, thank you to the faculty and Prof Michelle Leech for supporting the international students and for always looking out for our welfare.

We hope to see you in Monash soon!

Cheers!
Elisabeth Xu Yanning
4 August 2016