International Students
Family Handbook 2013

Information for International Students with Partners and Children
Revised January 2013

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Welcome to Adelaide

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

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

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

The following publications two by the International Student Centre will give you a good start. They are also available online at www.adelaide.edu.au/publications/international/

**International Students’ Arrival Pocket Guide**
This guide is distributed to international students in the ‘Welcome Pack,’ on arrival in Adelaide.

Contents which may be of use to partners: The First 72 Hours; Post Arrival Checklist; Water and Climate; Time Zones; Public Holidays; Money and Shopping; Places To Eat; Communications; Accommodation; Medical Services; Religious Information; Transport; Security; Police and the Law; Australian Culture; Places to Visit.

**Life in Adelaide**
This is a publication distributed to all new international students at orientation.

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

**Muslim students’ guide to ADELAIDE**


It includes information for Muslim students and their partners about prayer times, location of mosques, halal food outlets, medical services and the Islamic Community in Adelaide.
# English Language Requirements

Taking active steps to develop your English skills is part of a positive approach. Try and keep it up: your English will improve, and much more quickly, when you have an interested attitude.

If you need help with English language…

## English Classes

<table>
<thead>
<tr>
<th>Class</th>
<th>Contact Details</th>
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</thead>
<tbody>
<tr>
<td><strong>The State Library of South Australia</strong> holds English language</td>
<td>Please contact the State Library on 8207 7250 for class times or go to the</td>
</tr>
<tr>
<td>conversation classes. The State Library is on North Terrace, next</td>
<td>Information Desk on the first floor and ask for the monthly “ELLIS Information</td>
</tr>
<tr>
<td>to the Museum. You do not need to book, and classes are free. They</td>
<td>Sheet”. This will give you the most up to date information on the times and</td>
</tr>
<tr>
<td>are run on a month by month basis and are held in the Meeting</td>
<td>days of the conversation classes. For more information:</td>
</tr>
<tr>
<td><strong>TAFESA English Language Services</strong> run free English classes. You</td>
<td><strong>TAFESA English Language Services</strong> run free English classes. You can find out</td>
</tr>
<tr>
<td>can find out the timetable by collecting a copy from the Ground</td>
<td>the timetable by collecting a copy from the Ground Floor, 120 Currie Street,</td>
</tr>
<tr>
<td>Floor, 120 Currie Street, phoning 8207 8805 or emailing: els.acc@</td>
<td>phoning 8207 8805 or emailing: <a href="mailto:els.acc@tafesasiuth.org">els.acc@tafesasiuth.org</a></td>
</tr>
<tr>
<td>tafesasiuth.org</td>
<td><strong>The South Australian College of English (SACE)</strong> runs free General English</td>
</tr>
<tr>
<td><strong>The South Australian College of English (SACE)</strong> runs free</td>
<td>language classes for adults.</td>
</tr>
<tr>
<td>**The Centre for English Language at the University of South</td>
<td>**The Centre for English Language at the University of South Australia (CELUSA) **</td>
</tr>
<tr>
<td>Australia (CELUSA) has a library with books, tapes, CD’s and videos.</td>
<td>has a library with books, tapes, CD’s and videos. Telephone: 8302 1565, or go</td>
</tr>
<tr>
<td>Free English Language Lessons are also available through The</td>
<td>Free English Language Lessons are also available through The University of</td>
</tr>
<tr>
<td>University of Adelaide, English Language Centre. A range of</td>
<td>Adelaide, <strong>English Language Centre</strong>. A range of levels are available:</td>
</tr>
<tr>
<td>levels are available: Elementary, Pre-Intermediate or Intermediate.</td>
<td>Elementary, Pre-Intermediate or Intermediate. For more information please email <a href="mailto:elc@adelaide.edu.au">elc@adelaide.edu.au</a>, call 8313 4777, or visit them at Level 9, 115 Grenfell Street, Adelaide. Their website is <a href="http://www.adelaide.edu.au/elc">www.adelaide.edu.au/elc</a>.</td>
</tr>
</tbody>
</table>
Radio programs

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

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

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

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

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

<table>
<thead>
<tr>
<th>Newspaper</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Advertiser</td>
<td>Monday to Friday 7:30am - 9:00am, Saturday 10am to Noon</td>
</tr>
<tr>
<td>The Australian</td>
<td>Monday to Friday 10:30am to 12:30pm</td>
</tr>
</tbody>
</table>

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

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

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

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

<table>
<thead>
<tr>
<th>Community Centre</th>
<th>Classes</th>
<th>Address/Contact Information</th>
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</thead>
<tbody>
<tr>
<td>Eastwood Community Centre</td>
<td>Conversational classes Friday 1:00pm – 3:00pm Can arrange other classes for groups of 6 or more Fee $3 Friday’s Child (Children welcome) 1st and 3rd Fridays monthly 10:30am to 11:30am</td>
<td>95 Glen Osmond Rd, Eastwood Phone: 8373 2225 For more information: <a href="http://www.eastwood.asn.au/programs.htm">www.eastwood.asn.au/programs.htm</a> <a href="mailto:eastwood@eastwood.asn.au">eastwood@eastwood.asn.au</a> Phone 8373 2225 if you need assistance with transportation or booking for Fridays Child (fee $1).</td>
</tr>
<tr>
<td>Fullarton Park Community Centre</td>
<td>Tuesday and Friday 10:00am – 12:00pm School terms only $4 per session $30 per term</td>
<td>411 Fullarton Rd, Fullarton Phone: 8372 5180 For more information: <a href="http://www.unley.sa.gov.au/fullartonparkcentre">http://www.unley.sa.gov.au/fullartonparkcentre</a></td>
</tr>
<tr>
<td>North Adelaide Community Centre</td>
<td>Tuesdays 10:00am – 12:00pm Thursdays 10:00am - Noon 6:00pm – 8:00pm (Free)</td>
<td>Classes held at: Tynte Street Library, 176 Tynte Street, North Adelaide Phone: 8267 6813 For more information: <a href="http://www.adelaidecitycouncil.com/nacc">www.adelaidecitycouncil.com/nacc</a></td>
</tr>
<tr>
<td>Payneham Community Centre</td>
<td>Tuesday and Friday 10:00am – 12:00pm Thursdays 10:00am – 2:00pm (One on one tutoring, Bring your own lunch) (Fee $3.50)</td>
<td>374 Payneham Rd, Payneham (enrol) Class at Payneham Library Phone: 8365 4038 For more information: <a href="http://www.npsp.sa.gov.au/site/page.cfm?u=1315">www.npsp.sa.gov.au/site/page.cfm?u=1315</a></td>
</tr>
</tbody>
</table>

Contact your local council or your local library to find out about classes held in other areas of Adelaide.
Works Rights and Student Visas

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

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

Dependents of overseas students are permitted to work for 40 hours per fortnight except if they are a dependent of a Masters by research or PhD student in which case they have unlimited work rights (after a work visa has been granted) once the student has commenced their Masters or PhD program.

If you intend to work (Paid or Voluntary)

Stay legal

1. Obtain a visa with permission to work.
   
   Don’t believe anyone who tells you this is not required as most people do not understand your particular circumstances as an international student. In order to work legally in Australia you must have a visa with work rights. Some student visas are granted with working rights. If you are unsure if you have permission, contact DIAC.

2. Always abide by the work restrictions.

3. The hours cannot be averaged over one month (e.g. you cannot work 50 hours one fortnight and 30 hours the following fortnight to make an average of 40 hours per fortnight).

DIAC have made recent changes to work rights. For more details please see

www.immi.gov.au/students/students/working_while_studying/

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

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

Understand your rights and responsibilities as an employee

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

<table>
<thead>
<tr>
<th>ONLINE APPLICATION</th>
<th>PAPER APPLICATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>You can apply online at <a href="http://www.ato.gov.au">www.ato.gov.au</a></td>
<td>Fill out a tax file number application form for an individual (NAT 4157).</td>
</tr>
<tr>
<td>Select ‘For individuals’ on the left-hand side of the screen, ‘Get a tax file number or update your details’, then ‘Students’. Or visit the website directly at <a href="http://www.ato.gov.au/youth/content.asp?doc=/content/40962.htm">http://www.ato.gov.au/youth/content.asp?doc=/content/40962.htm</a></td>
<td>You can obtain the NAT 4157 form from <a href="http://www.ato.gov.au/individuals/">www.ato.gov.au/individuals/</a>. (Select ‘All taxpayers’ then ‘Get a Tax File Number’.) or collect a form from the Adelaide office in 91 Waymouth Street.</td>
</tr>
<tr>
<td>Whilst the opening screens suggest you need a work visa first, we understand that this is not the case.</td>
<td>Lodge it in person at the Adelaide Taxation Office. You must provide two identification documents (e.g. passport, a student card, driver’s licence).</td>
</tr>
</tbody>
</table>

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

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

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

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

SafeWork SA is responsible for providing information and advice on wages and conditions of employment in South Australia for both State and Federal systems.
They have a web site to help you understand your rights and responsibilities: www.safework.sa.gov.au

For further information, telephone SafeWork SA on 1300 365 255 (within SA).

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

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

Adelaide University Union Employment Office

For employment or volunteering opportunities contact the AUU Employment Office. They can also assist in preparing resumes, cover letters and guidance in approaching employers. To make an appointment email auu.employment@adelaide.edu.au, phone 8313 4406, or see further details online at http://www.auu.org.au/

Volunteer work

If you are looking for opportunities to use your skills and make a contribution, as well as meet people and make friends, you might like to consider volunteer work. There is a variety of work available and the selection and distribution of volunteers in Adelaide is primarily managed by the organisation Volunteering SA.

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

Volunteering SA
www.volunteeringsa-nt.org.au
Phone: 1300 135 545 (Country callers) or 8221 7177
Level 5, 182 Victoria square
Adelaide
Fax: (08) 82217188
Email: reception@volunteeringsa.org.au
Office Hours: Monday- Friday
9am – 5pm

For more volunteering groups, contact the International Student Centre or AUU Employment Office.
General Resources

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

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

You can also access these directories on the web:  
www.whitepages.com.au
www.yellowpages.com.au

Newspapers

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

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

News & current affairs

There are several radio and television stations broadcasting news, current affairs and entertainment. The Special Broadcasting Services – SBS network broadcasts in English and more than 68 other languages. For scheduling please see www.sbs.com.au/schedule .

Translating and Interpreting Service

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

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

For further information, contact the TIS on (phone) 131 450 or email: tis@immi.gov.au  
Maintaining cultural links

The ethnic communities of South Australia have formed various ethnic and cultural associations. There are several food & wine, cultural, and film festivals throughout the year. Information on events is available at Tourist Information Centres and at www.southaustralia.com (select ‘Events’)
Ph: 1300764227

The Ethnic Schools Association of SA

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

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

For further information please call the Association’s office on 8301 4814 or visit http://esasa.asn.au

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

Public Libraries

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

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

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

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

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

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

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

**Baha'i**
Baha'i Faith
South Australian Baha'is Communities
www.bahai.org.au

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

Buddha House Centre for Advanced Buddhist Studies
1 Fisher Street, Tusmore. Phone: 8333 2824
www.buddhahouse.org

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

**Christian**
St Francis Xavier's Cathedral (Catholic)
11 Wakefield Street, Adelaide. Phone: 8232 8688

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

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

Chinese Christian Church of Adelaide
294-296 Morphett Street, Adelaide. Phone: 8231 9993

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

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

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

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

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

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

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

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

**Jewish**
Beit Shalom Synagogue
39/ 41 Hackney Road, Hackney. Phone: 8362 8281
The following information aims to help you through the adjustment phases involved in being in a new country with children. It contains some important information about health, child care, schooling, and leisure activities for children.

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

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

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

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

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**Childcare Centres**

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

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

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

For more information about the University’s childcare centres, look at the website: [www.adelaide.edu.au/childcare/](http://www.adelaide.edu.au/childcare/)

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

Fees vary from centre to centre and are approximately $350 - $400 per week for full-time care and $65 - $85 per day. Childcare centres are listed in the Telephone Directory under “Child care” and include both Community and private childcare centres.
Issues to Consider when Choosing Childcare

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

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

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

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

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

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

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

The cost of Family Day Care is negotiated directly with the care provider. For further information on family day care services and providers in your area call the Family Day Care Office on 8343 6533 or the country hotline 1300 551 890. The main office is located 5 Harewood Ave, Enfield, SA, 5085. The office will refer you to the district office nearest to you.


Private Nannies

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

Financial Assistance for Child Care

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

Approved care & registered care are classifications associated with the different types of care for which you can receive Child Care Benefit, if assessed as eligible.
Please note that most sponsored and private fee paying students are solely responsible for the cost of child care, except those students who receive an Australian Commonwealth Government Scholarship. Students who are recipients of Australian Commonwealth Government Scholarships may be eligible for Child Care Benefit (CCB) (For example, AusAID, IPRS, Endeavour scholarship recipients). CCB assists families with the costs associated with approved or registered child care.

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

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

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

For a list of CCB approved providers, see www.mychild.gov.au

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

Further information about the Child Care Benefit can be found at:

Payment Rates of ChildCare Benefit

Payment rates appear below as a guide only. Contact your nearest Family Assistance Office at Centrelink for a personal assessment. An annual cap of $7,500 will be applicable to the CCB until 2014.

**Approved Care:**

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

<table>
<thead>
<tr>
<th>Status</th>
<th>Approved Care Rate Per Hour</th>
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| Non school-age child in 50 hours of care | Up to $3.90*  
($195.00* per week)                      |

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

**Registered Care:**

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

<table>
<thead>
<tr>
<th>Status</th>
<th>Registered Care Rate Per Hour</th>
</tr>
</thead>
</table>
| Non school-age child in 50 hours of work related care    | Up to $0.652*  
($32.60* per week)                       |

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

**Income Test for Child Care Benefit:**

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

This income test is effective from 1 July 2012. Child care payments are adjusted every 1 July of every year.
Income Test - Approved Care:

Minimum rate payable over the following thresholds

<table>
<thead>
<tr>
<th>Number of children in care</th>
<th>Upper income threshold</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$142,426</td>
</tr>
<tr>
<td>2</td>
<td>$147,594</td>
</tr>
<tr>
<td>3+</td>
<td>$166,656 plus $31,495 for each child after the third</td>
</tr>
</tbody>
</table>

For more information see the Centrelink website:


To Obtain Financial Assistance for Child Care Expenses

1 First, you will need a letter from the International Student Centre verifying your student and scholarship status. In the letter we will include your stipend (living allowance) details. You will need to attach this letter to your application for child care benefit, plus provide any further information requested to enable assessment of your eligibility.

2 To apply for Child Care Benefit, visit the Family Assistance Office at your nearest Medicare office or Centrelink (phone 13 61 50 to make an appointment). These are the Government agencies responsible for assessing eligibility for Child Care Benefit.

3 To obtain information in your native language, you can contact Centrelink on 13 12 02, or view their website at:

**Preschools (Kindergartens)**

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

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

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**When does my child Attend Preschool?**

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

---

**Who will look after my Child at Preschool?**

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

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**What will my Child do at Preschool?**

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

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

To find a list of preschools in your area, go to this link in the Department of Education and Child Development website: http://www.sa.gov.au/schools/advanced

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

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

Starting Preschool

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

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

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

Fees

Fees are approximately $70 per term (10 weeks).
Some things to consider when choosing a Preschool:

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

What can I do to help my Child?

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

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

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

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

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

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

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

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

Support for Children with Additional Needs

Some children have additional needs, which may relate specifically to:

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

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

How Can I find out about my Local Preschools?


Alternately, you can access information about local preschools from your local council.
Ten Tips for Starting Preschool

1. **Learn the names of the teachers.** This will help you to talk with your child about what happens at kindergarten and ensure you keep updated on your child’s progress with the teachers.

2. **Communicate all information about your child,** especially medical & special needs.

3. **Provide emergency contact numbers.** In the case of illness or in an emergency, the kindergarten will need to contact you.

4. **Inform the kindergarten of any special family circumstances.** Any changes to your child’s family situation, such as birth of a sibling or the divorce or death of a loved one, can impact their ability to cope at kindergarten.

5. **Establish routines and stick to them.** Prepare your child for a more structured day by establishing routines and repeating them every time you come to the kindergarten.

6. **Label all clothing and equipment.** Replacing lost equipment can be expensive and inconvenient.

7. **Dress your children in appropriate clothes.** Clothes should be comfortable and allow your children to dress and undress independently for toileting.

8. **Organise a back up to collect children in case you’re held up.** Familiarise a family member or neighbour with the routine of picking up your child. Notify the preschool in advance if someone else will be picking up your child.

9. **Teach basic skills to your children.** Instruct your children in the correct way to grasp a pen, use scissors, and so on.

10. **Teach your child to say ‘STOP’ to another child whose behaviour is inappropriate.** Teach children to talk instead of reacting physically.
Schooling

School attendance is compulsory for all children in Australia aged between six and sixteen years of age, with most children commencing school at five years of age. School attendance is from Monday to Friday, and generally from 8.45am to 3.30 pm each day. The academic year commences in late January, and the year is divided into four terms of approximately ten weeks each. There is a six-week holiday over the Christmas period and shorter holidays between each term.

Primary Schools (Elementary Schools)

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

Secondary Schools (High Schools)

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

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

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

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

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

Government (Public) Schooling

In order to enrol your child in a government school, you must firstly register with the Department of Education and Child Development. You are required to complete either the

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


Ms Lesley Young
Coordinator – Enrolment Services
International Education Services
Department of Education and Child Development

Education Centre,
Ground Floor West, 31 Flinders Street, Adelaide 5000
Phone: 8226 2287
Fax: 8226 3655
Email: Lesley.Young@sa.gov.au
Web: [www.internationalstudents.sa.edu.au/](http://www.internationalstudents.sa.edu.au/)

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

Fees for the children of international students attending government schools are subsidised. 2013 fees are as follows:

Primary School $3780 a year or $945 a school term
Secondary School $4700 a year or $1175 a school term

This single fee includes intensive English language development and support.

There is also an application fee of $500 per family for the first year, which then changes to a $300 per child annual administration fee.

You will also be required to pay the School Materials and Services Fee each year. This is a fee paid by all parents – local and international. It helps the school buy exercise books, pens and other personal resources for students. This annual fee is set by the school and ranges from $110 up to $920 per child per year depending on the School and level of services offered.

Please visit http://www.internationalstudents.sa.edu.au/children-of-tertiary-students/ and click on ‘Application Dates and Fees’ and then ‘2013 Dependant Fees’ to access the most current information.

Exemptions from Fees

Australian Government Sponsored Students

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

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

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

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


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

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

Step 4: The International Student Centre will scan all of the required documents and send them via email to the Department of Education and Child Development.

Step 5: The Department of Education and Child Development will contact you directly with their decision, generally via email.

If you have already paid fees for your dependant children for Term 3 and Term 4 2012 and are assessed as eligible to receive a fee waiver then you can receive a refund. Please discuss this with DECD staff following confirmation of your eligibility to receive a fee waiver.

If you have any questions please visit the International Student Centre or contact us by telephone on 8313 4828.
Intensive English Language Support

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

For further information on public school services contact:
Department of Education and Child Development
Ground Floor West, Education Centre
31 Flinders St, Adelaide 5000
Ph: 8226 3402
Fax: 8226 3655
www.internationalstudents.sa.edu.au

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

If you wish to visit the Department of Education and Child Development when you arrive in Adelaide, it is best to arrange an appointment beforehand.

Contact Details for Primary Schools & Secondary Schools

For a list of all schools in South Australia go to:
http://www.sa.gov.au/schools/advanced

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

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

<table>
<thead>
<tr>
<th>Term</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 1</td>
<td>29 Jan – 12 Apr</td>
</tr>
<tr>
<td>Term 2</td>
<td>29 Apr – 5 Jul</td>
</tr>
<tr>
<td>Term 3</td>
<td>22 Jul – 27 Sep</td>
</tr>
<tr>
<td>Term 4</td>
<td>14 Oct – 13 Dec</td>
</tr>
</tbody>
</table>

Independent (private) Schooling

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

For further information on independent schools, you can contact:

**Association of Independent Schools of South Australia (AISSA)**
301 Unley Road, Malvern, SA, 5061
Tel: 8179 1400
Fax: 8373 1116
email: office@ais.sa.edu.au
www.ais.sa.edu.au

**Catholic Education South Australia**
116 George St, Thebarton, SA 5031
Tel: 8301 6600
Fax: 8301 6611
email: director@cesa.catholic.edu.au
www.cesa.catholic.edu.au
Out of School Hours Care

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

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

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

Out of School Hours Care services must follow the standards set by the department. For more information see the website of the Department of Education and Child Development: www.decd.sa.gov.au/childrensservices/
Health & Medical Information


Address: 72 King William Road, North Adelaide
Phone: (08) 8161 7000
Fax: (08) 8161 7459
Emergency: Paediatric Emergency Department
General Enquiries & After hours: (08) 8161 7044

Times: Open 24 hours

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

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

Parent Helpline

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

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

It provides information about health, behaviour and relationships for parents and people working with children and young people, including teachers and child care providers. It is also able to give information about where callers can get further help. Calls are confidential and you do not have to give your name unless you wish to.
The Helpline has a computer database with information, which is based on research and continually updated so they can give you the best service when you call. Staff are qualified nurses and community health workers with selected volunteers. All staff receive ongoing training and support. Here are just a few examples of the information available from the Child and Youth Health Parent Helpline:

**Health:** head lice, infectious diseases, immunisation, teething, bedwetting, cold sores, AIDS, gastro, and fevers

**Behaviour:** aggression, sibling rivalry, problem solving, toilet training, sleeping, lying, stealing, settling babies, bullying

**Nutrition:** breast feeding, fussy eaters, general nutrition information, vitamins

**Parenting:** building self-esteem, grief and separation, resources for counselling, stepfamilies

**Youth issues:** communicating with adolescents, teenage runaways, managing adolescents, behaviour, self esteem, drugs and adolescents, adolescent aggression, adolescents and the law

**Parents:** postnatal depression, pregnancy, mastitis, coping with problems, support

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

- Child and Youth Health
  [www.cyh.com/](http://www.cyh.com/)

- Parenting SA

- Adelaide’s Child
Immunisation

Immunisation protects children (and adults) against harmful infections before they come into contact with them in the community. Immunisation uses the body’s immune system to build resistance to specific infections. Nine diseases can be prevented by routine childhood immunisation:

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

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

Immunisation & Vaccination

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

How does Vaccination Work?

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

What is in Vaccines?

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

Adapted from Chapter 1.7 of The Australian Immunisation Handbook 9th Edition 2008

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

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

South Australia: 1300 232 272

**NOTE:** If your child has not been immunised, or has missed some according to the schedule, you should discuss a revised schedule with your doctor.
# National Immunisation Program Schedule

**(AS AT MAY 2012)**

## Child programs

**Birth**
- Hepatitis B (hepb)*
- Diphtheria, tetanus and whooping cough (acellular pertussis) (DTPa)
- Haemophilus influenzae type b (Hib)
- Polio (inactivated poliomyelitis) (IPV)
- Pneumococcal conjugate (13vPCV)
- Rotavirus

**2 months**
- Hepatitis B (hepb)
- Diphtheria, tetanus and whooping cough (acellular pertussis) (DTPa)
- Haemophilus influenzae type b (Hib)
- Polio (inactivated poliomyelitis) (IPV)
- Pneumococcal conjugate (13vPCV)
- Rotavirus

**4 months**
- Hepatitis B (hepb)
- Diphtheria, tetanus and whooping cough (acellular pertussis) (DTPa)
- Haemophilus influenzae type b (Hib)
- Polio (inactivated poliomyelitis) (IPV)
- Pneumococcal conjugate (13vPCV)
- Rotavirus

**6 months**
- Hepatitis B (hepb)
- Diphtheria, tetanus and whooping cough (acellular pertussis) (DTPa)
- Haemophilus influenzae type b (Hib)
- Polio (inactivated poliomyelitis) (IPV)
- Pneumococcal conjugate (13vPCV)
- Rotavirus*

**12 months**
- Haemophilus influenzae type b (Hib)
- Meningococcal C (MenCCV)
- Measles, mumps and rubella (MMR)

**18 months**
- Chickenpox (varicella) (ZV)

**4 years**
- Diphtheria, tetanus and whooping cough (acellular pertussis) (DTPa)
- Polio (inactivated poliomyelitis) (IPV)
- Measles, mumps and rubella (MMR)

## School programs

**10–13 years**
- Hepatitis B (hepb)*
- Chickenpox (varicella) (ZV)*

**12–13 years**
- Human Papillomavirus (HPV)*

**10–17 years**
- Diphtheria, tetanus and whooping cough (acellular pertussis) (DTPa)

## Immunisation for special groups

**6 months and over — at risk individuals**
- Influenza (people with medical conditions placing them at risk of serious complications of influenza)
- Pneumococcal conjugate (13vPCV)*

**12 months — at risk individuals**
- Hepatitis B (hepb)*

**12–24 months**
- Hepatitis A (Aboriginal and Torres Strait Islander children in high risk areas)*
- Pneumococcal (23vPPV) (18–24 months) or Pneumococcal (13vPCV) (12–18 months from 1 October 2012) (Aboriginal and Torres Strait Islander children in high risk areas)*
- Hepatitis A (Aboriginal and Torres Strait Islander children in high risk areas)

**4 years — at risk individuals**
- Pneumococcal polysaccharide (23vPPV)*

**15 years and over**
- Influenza (Aboriginal and Torres Strait Islander people)
- Pneumococcal polysaccharide (23vPPV) (Aboriginal and Torres Strait Islander people medically at risk)

**50 years and over**
- Pneumococcal polysaccharide (23vPPV) (Aboriginal and Torres Strait Islander people)

**Pregnant Women**
- Influenza (flu)

**65 years and over**
- Influenza (flu)
- Pneumococcal polysaccharide (23vPPV)

* Please refer to reverse for footnotes
Footnotes to the National Immunisation Program (NIP) Schedule

a. Hepatitis B vaccine should be given to all infants as soon as practicable after birth. The greatest benefit is if given within 24 hours, and must be given within 7 days.
b. Third dose of vaccine is dependent on vaccine brand used. Contact your State or Territory Health department for details.
c. Contact your State or Territory Health Department for details.
d. These vaccines are for one cohort only within this age range, and should only be given if there is no prior history of disease or vaccination. Dose schedules may vary between jurisdictions.
e. This vaccine is for one cohort only within this age range. Contact your State or Territory Health Department for details.
f. Medical at-risk children require a fourth dose of 3y/PCV at 12 months of age, and a booster dose of 23y/PPV at 4 years of age.
g. Pneumococcal vaccination at 12 months for: children with medical conditions placing them at risk of serious complications; and all infants born at less than 28 weeks gestation.
h. Hepatitis B vaccination at 12 months of age is for children born less than 32 weeks gestation or weigh less than 2000 grams at birth.
i. Two doses of hepatitis A vaccine are required for Aboriginal and Torres Strait Islander children living in areas of high risk (Queensland, Northern Territory, Western Australia and South Australia). Contact your State or Territory Health Department for details.

Further information

Further information and immunisation resources are available from the Immunise Australia Program website at www.immunise.health.gov.au or by contacting the infoline on 1800 671 811.

You should contact your State or Territory health department for further information on the program specific to your State or Territory:

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>Contact Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australian Capital Territory</td>
<td>(02) 6205 2300</td>
</tr>
<tr>
<td>New South Wales</td>
<td>Public Health Unit (look under 'Health' in the White Pages)</td>
</tr>
<tr>
<td>Northern Territory</td>
<td>(08) 8922 8044</td>
</tr>
<tr>
<td>Queensland</td>
<td>1343 2584</td>
</tr>
<tr>
<td>South Australia</td>
<td>1300 232 272</td>
</tr>
<tr>
<td>Tasmania</td>
<td>1800 671 738</td>
</tr>
<tr>
<td>Victoria</td>
<td>1300 882 008</td>
</tr>
<tr>
<td>Western Australia</td>
<td>(08) 9321 1312</td>
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All information in this publication is correct as at July 2012
Leisure Activities for Children

Parks and Gardens

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

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

The Mount Lofty Botanic Garden is open Weekdays from 8:30am — 4:00pm and on weekends, public holidays, and during the winter months from 10:00am — 5:00pm. During daylight savings, the Garden will close on weekends at 6:00pm.

There is no admission charge. Car parking is available at the upper car park off Mawson Drive, or in the lower car park off Lampert Road.

Free 90 minute Guided Walks leave from the lower car park off Lampert Road at 10:30am every Thursday during spring (September, October, November) & autumn (March, April, May) but are cancelled if the temperature reaches or exceeds 36 degrees.

Mount Lofty Botanic Gardens is on
16 Lampert Road Piccadilly, SA, 5151
(or enter via Summit Road Or Piccadilly Road, Crafers SA 5152)
Phone: 8370 8370
Fax: 8339 6851

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

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

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

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### Zoos and Wildlife Parks

**The Adelaide Zoo** is another place to take children of all ages. Located very close to the University, it sits on the river on Frome Road. Whilst it is quite expensive to visit, you can purchase a year-long membership and then visit as many times as you like. Please check out: [www.zoossa.com.au](http://www.zoossa.com.au) or phone 8267 3255.

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

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

The Adelaide Zoo is open every day
- 9:30am – 5:00pm
- Panda Exhibit open 9:45am – 4:45pm
- Reptile House open 10:00am – 4:30pm
- Nocturnal House open 10:00am – 4:30pm
- Walk-through Aviaries open 9:30am – 4:30pm

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

To view these, there are three walks ranging from 30 to 90 minutes in duration and a free one hour guided tour bus that may be booked at the Visitors Centre. The Zoo is open from 9.30am - 5pm every day of the year, except in the case of extreme weather, but you must enter no later than 3pm. If the forecast temperature for the Murraylands region is 40 degrees or above, Monarto will be closed. For more information and tour schedules, visit [www.zoossa.com.au](http://www.zoossa.com.au)
Adelaide Zoo & Monarto Zoological Park Entry Prices:
Family $85 (2 adults and 2 or 3 children), $5 extra for an extra child, with a maximum of 5 children
Adults $31.50
Concession $22.00 (Photo ID will be required)
Children $18.00 (4 - 14 years old)
Children under 4 are free

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

Adults $20.00
Concession $16.00 (Photo ID will be required)
Children $10.00

Access from Summit Road, via Greenhill Road, or the South Eastern freeway, Mt Lofty. http://www.environment.sa.gov.au/clelandwildlife/Home

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

Adults $15.00
Concession $12.00 (Photo ID will be required)
Children $9.00 (3 - 15 years old)

Redden Drive, Cudlee Creek, 5232

Art Galleries & Museums

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

START at The Gallery offers an exciting introduction to visual art for children and families. Held on the first Sunday of every month (February–November), the free START program includes art and craft activities, tours, trails, live music, and entertainment. Suitable for ages 5-10 years. Parent / carer supervision is required. For more information call 08 8207 7005 for the Co-ordinator. Entry to Exhibitions is discounted on SART days.

Museums
There are many museums in Adelaide, the biggest of which is the South Australian Museum on North Terrace, very close to the University. It has some very interesting displays of indigenous culture and a live animal collection, which children greatly enjoy. In the school holidays, the museum runs special activities for children. Entry is free and doors open 10am-5pm daily. For more information visit www.samuseum.sa.gov.au

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

126 Lipson Street
Port Adelaide
Every day 10:00am – 5:00pm (except Christmas Day)
http://www.maritime.historysa.com.au
Ph: 8207 6255

Adult: $10.00
Concession: $8.00
Child: $5.00
Family: $25.00 (2 adults & up to 5 children)

Public Libraries

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

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

Toy Libraries

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

Library & Community Centres Storytelling/Craft Sessions for Preschoolers.

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

Tynte St Library & Community Centre  
(8203 7990)  
176 Tynte Street, North Adelaide  
Wednesday 10:30am - 11:00am  
Bookings essential

Hutt St Library & Community Centre  
(8203 7990)  
235 Hutt Street, Adelaide  
Tuesday 10.30am - 11.00am  
Saturday 10:30am - 11:00am  
Bookings essential

Charles Sturt Library Service  
(8408 1333)  
www.charlessturt.sa.gov.au  
Storytime sessions for preschoolers are as below for the following libraries

Hindmarsh Library  
(8408 1333)  
139 Port Road, Hindmarsh  
Monday 10.30am - 11.00am

West Lakes Library  
(8408 1333)  
Cnr. West Lakes Boulevard and Brebner Drive, West Lakes  
Tuesday 10.30am - 11.00am

Civic Library (Woodville)  
(8408 1333)  
72 Woodville Road, Woodville  
Wednesday 10.30am - 11.00am

Henley Beach Library  
(8408 1333)  
378 Seaview Road, Henley Beach  
Thursday 10.30am - 11.00am

Findon Library  
(8408 1333)  
Findon Shopping Centre  
Cnr. Findon and Grange Roads, Findon  
Friday - 10.30am - 11.00am

Marion Library Service  
(8375 6785)  
Cultural Centre  
Tuesday 10.30am - 11.00am

Hallett Cove  
(8375 6755)  
Wednesday 10.30am - 11.30am

Park Holme  
(8375 6745)  
Thursday 10.30am - 11.15am  
Visit the Hallett Cove or Park Holme toy library too

Mitcham Library  
(8372 8244)  
154 Belair Road, Hawthorn  
Monday & Thursday  
10.30am - 11.30am  
(School terms only)

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

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

Walkerville Public Library  
(8344 7714)  
62 Walkerville Terrace, Gilbernton  
Friday, 10.30am (School term only)  
Toddlers Group 1st & 3rd Wednesday, every month 10.30am (School term only)  
Babies Group 1st & 3rd Monday, every month 10.30am (All year)
School Holiday Activities

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

“Something on Saturday”

5 May – 8 September 2013
This is a program of activities and performances is for children aged between 3 and 10, held every Saturday afternoon between the above dates at the Festival Centre on King William Street. The program is advertised each Saturday in the Advertiser Newspaper. The performances have a charge of $9.50 per person, but the activities, held outside in the foyer, are free. To view the program, go to the “Something on Saturday” website: http://www.adelaidefestivalcentre.com.au/afc/something-on-saturday.php

Tram to Glenelg

Adelaide has a tram that goes to Glenelg, Adelaide’s tourist beach. Trams run every 15 minutes from the Entertainment Centre just northwest of the city, and the trams are free between the Entertainment Centre and South Terrace. You must pay to travel beyond South Terrace to Glenelg, and you may wish to purchase a new Metrocard from a local Newsagent or Post Office before travelling.

Cycling

Adelaide is a great place to cycle because it is very flat, and it has some beautiful cycling paths. One of the best is the Linear Park track, which runs beside the River Torrens from the foothills to the sea. You can get to the track from Bonython Park. Second hand bikes can be bought cheaply in Adelaide, either from second hand shops or privately. See “Life in Adelaide” for more information on cycling.
Swimming
There are many public swimming pools in Adelaide, some of which are heated, enabling you to use them all year round. The Adelaide Aquatic Centre is an indoor heated pool complex in North Adelaide <http://www.adelaideaquaticcentre.com.au>, but there are many other public swimming pools. Ask at your local council for the one that is nearest to you.

Here are some of the main public pools in Adelaide:

**Unley Swimming Centre**
Ethel Street, Forestville
(Off Leader Street and next to the Forestville Reserve)
Recreation Hub
Phone: 8372 5456

**South Australian Aquatic and Leisure Centre**
443 Morphett Road
Oaklands Park SA 5046
Telephone (08) 8198 0198

**Marion Swimming Centre**
Oaklands Road (cnr. Hendrie Street)
Park Holme SA 5043
Phone: 8276 4939

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

Greenhill Road (cnr Howard Terrace)
Hazelwood Park 5066
Phone: 8366 4290

**Adelaide Beaches**

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

Useful Phone Numbers

Ambulance, Fire and Police (emergency only) 000
Police Assistance (non urgent) 13 1444
Women’s and Children’s Hospital 8161 7000
Paediatric Emergency (anytime, 24/7) 8161 7044
Parent Helpline (24 Hour Service) 1300 364 100
Child Abuse Prevention Service (24 Hour Service) 1800 688 009
Domestic Violence Helpline 1800 800 098
Lifeline (telephone counselling service) 13 1114
Men’s Line Australia (Available 24/7) 1300 789 978
Parenting SA 8303 1660
Parent Helpline 1300 364 100
Pregnancy SA Infoline 1300 368 820
Pregnancy Counselling Australia (24 Hour Service, Pregnancy termination alternatives & post termination counselling) 1300 737 732
Pregnancy Help Line (24 Hour Service, Counselling & information for pregnant women & their families) 1300 737 732
Rape & Sexual Assault Service 1800 817 421
Rape & Sexual Assault Service (24 Hour Emergency Line) 8226 8787
Victim Support Service (for victims of crime) 8231 5626
Women’s Healthline 1300 882 880

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

Further help lines and services can be found in the White and/or Yellow Pages directories. These directories are also available online:
http://www.whitepages.com.au
http://www.yellowpages.com.au
The International Student Centre is also here to assist you. If you have any questions please contact us.

International Student Centre
The University of Adelaide
SA 5005 AUSTRALIA

Telephone: 8313 4828
Fax: 8313 4352
isc@adelaide.edu.au

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