



*global college*

LONG ISLAND UNIVERSITY  
experience the world

# AUSTRALIA HANDBOOK

**BYRON BAY, AUSTRALIA**

**2010 - 2011**

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## **I. INTRODUCTION**

Dear Student,

This guidebook has been prepared for students intending to participate in Global College of Long Island University's Australia Program. It contains important instructions for acquiring your Electronic Travel Authorization (ETA) and information about safety, housing, and logistical issues. It also describes the courses we offer and other important academic matters. The guidebook is primarily intended for students coming from the U.S.A., but will be equally useful for students traveling from elsewhere. Please read it carefully and make sure you understand its contents. You are required to carry a printed copy of this guidebook with you en route to Australia for emergency reference.

We invite all students to the Australia Program, whether you are matriculated in the Global College of Long Island University at the Brooklyn campus or you are a transfer or visiting student from another campus or university. We offer a safe, open and supportive environment and welcome students of any race, nationality, class, creed, age, gender or sexual orientation. Our goal is to foster an environment conducive to learning and to building a strong sense of community where we can explore this fascinating culture together.

After reading this document, please do not hesitate to contact our center faculty if you have any questions or concerns. We are here to help make your time in Australia as worthwhile and rewarding as possible. Please note that the information in this guidebook is subject to change, so check with the Global College Program Director of Admissions and Director of Student Services at World Headquarters in Brooklyn for current costs, dates and deadlines.

We look forward to greeting you in person soon.

Best wishes,

Ralph Herbert  
Academic Director

## II. GLOBAL COLLEGE MISSION STATEMENT

### Mission

It is the mission of Global College to provide its students with the knowledge, experiences and skills that will enable them to become socially responsible, engaged leaders in a richly diverse and increasingly complex world. Through an innovative, inquiry-driven, experientially-focused curriculum, Global College is committed to offering life-changing educational opportunities to students that expose them to the direct effects of global issues on local communities.

Global College considers the world as its campus and sees engagement with people of different cultures as integral to the learning process. A Global College education is a transformative educational experience that combines rigorous academics, career development, and individualized learning in the world's dynamic regions.

### Vision

As a program within Long Island University, Global College seeks to support the LIU mission and vision (see below) by promoting the development of a learning community that actively contributes to a global dialogue addressing the world's most pressing issues.

1. Global College aspires to become a leader in the field of global studies through an innovative, experiential, and globally based curriculum guided by local scholars that integrates coursework with community engagement in the search for greater understanding, cooperation, and collective action in the interests of the world community.
2. Global College aspires to develop a superior student-centered experience that will enhance an appreciation of diversity, cultivate sensitivity towards the human and ecological impact of examined issues, and inspire creativity and commitment to explore a peaceful and sustainable future for all peoples and the world.
3. Global College's future is guided by the understanding, belief and commitment that our graduates will have the skills, knowledge, awareness, and cross-cultural competencies that will prepare them for a personal and professional life of committed action in the interest of the world community and the environment. Global College alumni will contribute positively to the communities in which they will live and will apply the program's goals to any future professional endeavors.
4. Through its own practice, Global College intends to model the principles it hopes to teach, that of creating a global community that promotes individual respect and collective responsibility, ecological sustainability, solidarity and service to others and support of local efforts to address locally identified needs.

### **III. BRIEF HISTORY OF GLOBAL COLLEGE**

Global College embodies the vision of Dr. Morris Mitchell, its first president, who believed that students who were given the opportunity to learn firsthand about the problems and possibilities of humanity and were encouraged to develop problem-solving skills, would become a unique resource for global peace and development. This vision is very much alive at Global College centers in Costa Rica, India, China, South Africa, Australia, the United States and in our Comparative Religion and Culture program.

Founded by the New York Yearly Meeting of the Society of Friends (Quakers) in 1965, Friends World (now Global College), became nonsectarian in the mid 1970s. In the 1991-92 academic year, Friends World affiliated with Long Island University through which it gained full regional accreditation.

Under this agreement, the Friends World Program (FWP), as it would now be called, would retain its unique education mission and experiential approach, continue to recruit its own students, retain its policy of using portfolios and narrative evaluations in place of exams and grades, keep its extensive system of regional centers, and have its own Council of Overseers, as well as representation on the University's Board.

The Program's headquarters remained at Southampton College until the fall of 2005, when FWP moved its World Headquarters to the Brooklyn Campus of Long Island University. The move to Brooklyn coincided with the introduction of the Capstone semester for seniors. The Capstone Semester was designed to enable seniors, as a cohort, to capitalize on the best of their FWP education and prepare students for life beyond graduation by supporting exploration of the students' future academic and career goals.

In the fall of 2007, Friends World was renamed Global College and adopted a revised curriculum. Today, Global College has centers in Costa Rica, China, India, South Africa, Australia, and Brooklyn, NY, along with the sites affiliated with the Comparative Religion and Culture Program. As this program continues to evolve, those innovative approaches pioneered by Friends World, experiential learning, global studies and multiculturalism, are still at the heart of Global College.

### **IV. THE ACADEMIC PROGRAM**

ACADEMIC CURRICULUM – Visit:

[http://www2.brooklyn.liu.edu/globalcollege/registration/PlanofStudy\\_Courses.html](http://www2.brooklyn.liu.edu/globalcollege/registration/PlanofStudy_Courses.html)

#### **Field Experiences**

The Australia program requires that students participate in a variety of field experiences. These include local field trips related to specific courses. Trips include visits to sustainable homesteads and markets, hiking and study along the local coast, snorkeling at Julian Rocks, several full-day of hands-on learning in an organic garden.

Field travel involves long-distance journeys by bus or van and is the major component of the Natural Environment of Australia course. Students and their instructor travel as a group on two, extended (4 day/ 3 night) field trips. One excursion is to Washpool, Bald Rock, and Girraween National Parks to the west of Byron, the other is to a number of coastal and tableland national parks to the south of Byron, including Dorrigo, Oxley Wild Rivers, and Cathedral Rock. Together these trips will take in a variety of terrains including open-canopy bushland; World Heritage listed subtropical rainforest; and waterfall, gorge and bolder-featured landscapes. During this time students will climb, hike, and camp in remote areas. Extended trips will include an Indigenous component featuring activities such as guided walks on country, native foods tasting, indigenous art and talks on traditional ways of life.

### **Independent Travel during Spring Break**

Students are required to complete and independent travel period following the week-long indigenous bush camp experience in April. Students will not have housing provided in the Byron Bay area or elsewhere during this time. They will, however, be given a travel subsidy and continued food allowance during this time. These funds will cover part, but not all of a student's travel expenses during this period. Students generally travel the Queensland coast, including the Great Barrier Reef, Arlie Beach, the Whitsunday Islands (where students can sail for several days), and Fraser Island. These specific sites are not required; students can travel to where they wish, but, they need to travel within Australia during this time. A journal/essay paper is required and is generally based on the independent travel experience. Students will be asked to frame their paper around the issue of the impact of the Australian environment on humans and the impact of humans on the environment of Australia.

## **V. LEARNING COMMUNITY**

We hope to provide a positive, safe and challenging learning environment that respects all members of the community and encourages the personal and academic development of each. We all have a responsibility to contribute to such an environment by behaving in a respectful, responsible and ethical way. Below is a summary of the most relevant policies regarding students.

### **Community Respect, Responsibility and Care of Housing**

Students should be fully aware that they need to take responsibility for keeping the houses and the classrooms clean and tidy. This respect extends to being aware of how your noise level affects others in the community (i.e. music, talking loudly), and includes leaving houses in the same state of repair upon departing houses as when they moved in.

## **VI. GENERAL ACADEMIC POLICIES**

Attendance: The instructors of the various seminars will take attendance as attendance is a factor in student evaluation, as stated by the Global College Policy Handbook. This includes field trips and site visits.

Timely Completion of Academic Work: Students are expected to hand in their completed work as specified in the respective courses. Failure to do so could have negative consequences on your grade as defined in each syllabus.

Incompletes: Incompletes will only be granted for medical, family or personal emergencies as well as documented learning disability. In all cases, evidence must be provided. The course instructor will set the date by which the work is to be completed. Under LIU policy, all incompletes will automatically convert into Fs at the end of the following semester if the work has not been completed.

Participation: We encourage all students to participate actively in the classes in order to contribute to and benefit from the discussion. Because of this, we expect students to be punctual, come prepared to class, and to not use personal computers in the classroom unless for specific, academic reasons and with approval of the course instructor.

#### Academic Conduct and Plagiarism

As LIU policy states, students are expected to conduct themselves in accordance with the normally accepted standards of academic life. That implies that they will conduct themselves with due regard for the rights of others and, in particular, that their behavior will not interfere with the ability of the academic community to carry out its usual academic functions. It also implies that they will observe the usual standard of integrity with regard to the preparation of their academic work. Plagiarism of any sort is unacceptable and, if proven, is cause for the most severe penalties up to and including suspension or dismissal from the University.

Students who submit written or other work proven not to be their own or who submit work with sources inadequately acknowledged or with an inadequate system of documentation may not receive credit for the work submitted or for the course. And breach of discipline may result in disciplinary action, including suspension or dismissal. (p. 29, LIU Brooklyn Campus Undergraduate Bulletin, 2004-2006)

## **VII. BYRON BAY, AUSTRALIA**

### **History, Geography, and Byron Shire's Aboriginal Heritage – The Bundjalung Nation**

Byron Bay's European history began in 1770 when Captain Cook and his fleet sailed north up the east coast of Australia. Cook was captivated by the natural beauty of the area and bestowed upon it the name of Byron, in honour of the English poet, Lord Byron. The area is also distinctive as Australia's most easterly point. The famous Cape Byron lighthouse stands as a sentinel to passing ships and sailors.

A small coastal community, Byron Bay is located approximately 140km (125 miles) south of Brisbane, Queensland and 760km (500mi) north of Sydney. Its pristine beaches give way to a hinterland of green rolling hills and rainforests, with the remnant of an ancient shield volcano, Mt. Warning, a landmark peak for the overall area. Byron Bay is well known for its casual lifestyle and focus on healthy living. It has attracted an increasing number of international visitors in the past two decades because of its many world class festivals, including the Byron Bay Film Festival, the East Coast Blues and Roots Music Festival, and the Byron Bay Writers Festival.

### **Byron Shire's Aboriginal Heritage – The Bundjalung Nation**

The Arakwal people, also known as the Bundjalung of Byron Bay, are part of the larger Bundjalung Nation.

The Bundjalung Nation encompasses all of the Far North Coast Region and extends from the Clarence River in the south to the Logan River in the north, and to the foothills of the Great Dividing Range in the west. Bundjalung is a name derived from a clan of this diverse group, which is connected through language and culture.

The Bundjalung people, comprised of many clans or tribes with distinct countries or tribal custodial areas, were never a nation politically prior to European settlement. After colonization, each tribal group maintained distinct tribal identities.

Byron Shire contains a wealth of Aboriginal cultural sites which include middens, stone arrangements, rock shelters and tool-making sites. Additionally, many Aboriginal words have survived in the names of places within the Shire (e.g. Mullumbimby and Billinudgel). These all testify to the long period of occupation of this area by Aboriginal people prior to the arrival of Europeans.

Protection and preservation of culturally significant areas and the environment is very important to the Bundjalung of Byron Bay and wider Bundjalung people. The landscape around the Byron Shire has many culturally significant areas that are inter-related. These include the lands and waters, plants and animals, special places and stories.

The Bundjalung people are represented by a Council of Elders comprising respected Elders from the different clans of the Bundjalung language group. The Council of Elders is an important consultative group for local Aboriginal people and is recognized as such by the wider community and government bodies.

### **Things to Do in Byron Bay**

Byron Bay is known for its great surf and miles of beautiful clean beaches. Surfing snorkelling and scuba diving are all popular activities. Whether diving on the intact reef system surrounding Julian Rocks, or snorkelling just offshore around an old shipwreck, the sea offers a rich diversity of marine life. There are a wealth of other adventure activities like hang-gliding, parasailing, kayaking, skydiving, and sailing. These can be booked through one of the numerous travel agents that line the streets of

Byron Bay. For the less adventurous or economically-minded, there are many hikes, bike trips, waterfalls and nature walks available.

In the evening you can listen to free live music at the Byron Bay Beach Hotel or the Railway Pub (The Rails), or you can pay to enter one of the venues that showcase headliner groups. The Byron cinema shows films ranging from blockbuster to art house, and has a student night with discounted movie tickets for students with valid IDs. There are a few nightclubs in town, though there is usually a cover fee and sometimes a dress code. For those on a stricter budget, DVD rental shops allow you to take out as many movies as you wish after filling out an application. Be sure to look at the weekly local free newspaper, the *Byron Shire Echo*, which features many of the free activities available within the town or local area.

Byron Bay has a wide variety of stores. Clothing and surf shops are abundant and sell bathing suits, sunglasses, shoes, hats, towels, and various other retail items. There is a laundromat, many pharmacies, camera stores, and numerous internet cafes. Byron Bay is known for some of its alternative stores where one can buy homeopathic remedies, candles, crystals, and herbs. On the first Sunday of each a month there is a large outdoor market with stalls selling everything from clothing, arts and crafts, souvenirs, food, and just about anything else you can imagine. Even if you do not go to this market to shop, it is a social hub for local people and has live music. It is definitely something students should not miss.

There are many places to eat in Byron Bay. Simple foods such as pizza, nachos, sushi, sandwiches and salads are easy and quick to grab while in town. There are health food shops and juice bars that offer healthy takeaway food. For a sit-down meal, be prepared to pay a bit more, dress a little bit nicer, and eat a lot better. These restaurants offer a range of cuisine including Italian, seafood, tapas, fusion food and Thai. Prices can range from \$10-\$30 AUS per person. Be sure to check out menus and restaurants while in town and then call to make a reservation.

Woolworths is the big grocery store located right in town near the Byron Cinema. You can do almost all of your shopping there. Just across the street is Santos, an organic food market that is pricier but offers local and good quality products. A weekly farmers market takes place at Butler Reserve every Thursday morning, from 8 – 11 a.m. A range of seasonal fresh produce, meat, bread, and seafood is available, along with coffee and yummy homemade pastries.

### **People of Byron Bay**

Visitors from the United States often assume that Australians are just like Americans because both countries speak English. This assumption is incorrect. Australia has its own unique culture and cultural heritage, and even though there are some similarities with the United States, there are also many differences. Students should remember that they are in a foreign country and that it is important to take the time to observe how people interact with one another before assuming an understanding of local people and culture.

There are many people from other countries who have resettled in Byron Bay because of its beautiful setting, relaxed attitudes, and way of life. Combined with all the

Aussies who live there, Byron represents a truly international melting pot of people and cultures.

Byron's range of attractions has seen an increased number of tourists and visitors over the past several years. Because of this influx, the one-time easy interaction between locals and visitors may not take place. Locals may be less interested in interacting with someone who is in town for a short time only. However, it is worth being friendly and trying to get to know the townspeople because they will usually give you insider tips about Byron Bay and the surrounding area. The locals in Byron tend to be quite laid-back, and are not usually in a hurry to do anything.

### Transportation

The students will reside in Byron Bay or in one of the small towns located near Byron Bay. Local bus and bicycle are the preferred modes of transport. Bicycles can be purchased used for around \$75-\$100 US, and generally can be resold at the end of your time in the Byron region. It is a good idea to also buy a lock to secure your bike from theft. The law requires that you wear a helmet. The fine for non-compliance is \$50.

Taxis can be very expensive for one individual, but are quite reasonable when shared. Note that one cultural difference between Australia and the United States is that in Australia, passengers are expected to sit in the front seat with the driver; tipping taxi drivers is not required or expected.

The local bus is quick and inexpensive, but runs only once per hour or less. Be sure to pick up a schedule. Long-distance, coach buses stop in Byron Bay. They provide transport to areas outside the Byron region and to the rest of Australia.

Rental cars are available but drivers must be 22 years old and those between 22 and 25 pay an extra insurance surcharge. In Australia people drive on the left side of the road.

**Hitchhiking is not considered safe and students are discouraged from using this as a mode of transportation.**

### Housing

Students will live together in furnished houses. Typically, students share rooms with classmates. Decisions about living arrangements will be made upon arrival by the students. There is rarely phone service; Internet service can usually be organized. You will have a TV, DVD player, and washing machine. Appropriate care of houses, furniture, appliances, bedding, and kitchenware is required and absolutely necessary. The faculty person who is responsible for your housing will discuss this issue in detail at the beginning of the term.

## **VIII. PRACTICAL INFORMATION**

## **What to Bring**

Students are discouraged from bringing excessive amounts of luggage. The following is a list of suggested clothing that students should bring, and, if you forget something, it can be easily obtained in Byron Bay or nearby:

- Warm weather clothing: Shorts, t-shirts, tank tops, skirts, sandals, a sun hat
- Rain gear: Umbrella, lightweight raincoat
- Hiking gear: Quick drying socks, pants, lightweight and quick drying shirts, sneakers or walking shoes
- Sweatshirt or sweater
- Bathing suit and towel
- Clothing that can get dirty such as old shirts, shorts, pants, and shoes
- Backpack for hiking

Students are reminded that they will be living in a hot and humid environment where some clothing materials take a long time to dry if they get wet.

Other things to bring:

- Sunscreen
- Valid passport and 2 photocopies of your passport (kept in safe places while living in Australia)
- International student ID (students can often get discounts for tickets, shows, and entrance fees)

Hiking and camping are required. Students can either bring along the items below or buy them in Australia:

- Sleeping bag
- Tent
- Camping plate, bowl, and eating utensils
- Flashlight
- Small pillow
- Bug spray
- Mat or pad to put under a sleeping bag

## **Computers**

Wireless internet is usually an option in some form and reasonably priced plans are available. Security is always an issue so be sure to stow computers in places in the house where they would not be easily located when you are out. There are internet cafes in Byron Bay and nearby towns.

## **Electrical Outlets**

Students must have adapters in order to use Australian electrical outlets. Plugs from the United States will not fit in Australian outlets. These are cheap and can be purchased from Radio Shack or similar stores for less than \$10. You will need one for your laptop. Outside of laptops, which are designed to work all over the world, American electrical devices will not work in Australia. Adaptors only allow you to plug into the different outlet shape. You would need an expensive, heavy device known as a converter to use American equipment and it is not worth it. Some radios might work if they have a switch for different voltages but generally you cannot use electrical equipment built for the U.S. in Australia, so don't bother bringing them unless you like to watch things blow up or melt.

## **Available Products**

Cosmetics, hygiene products, school supplies, and any clothing that is deemed necessary after arrival can be purchased at reasonable prices in Australia.

## **Climate**

In Australia, the summer season is officially from December to the end of February, but because Byron Bay has a subtropical climate, the weather stays quite warm until May or sometimes even June. During the student's Spring Semester in Australia, it will be hot, around 80 degrees Fahrenheit (27 degrees Celsius) or slightly higher, and it can be humid. At night, the temperature does drop a bit, but not significantly. In the mountains and further away from the coast, temperatures can get as low as 50 degrees Fahrenheit (10 degrees Celsius).

Ordinarily the rainy season in the Byron Bay and the north coast areas occurs sometime in late summer or early autumn (February to May), but La Niña and El Niño years sometimes affect this pattern. If it is a La Niña year, there will be a considerable amount of rain throughout the semester.

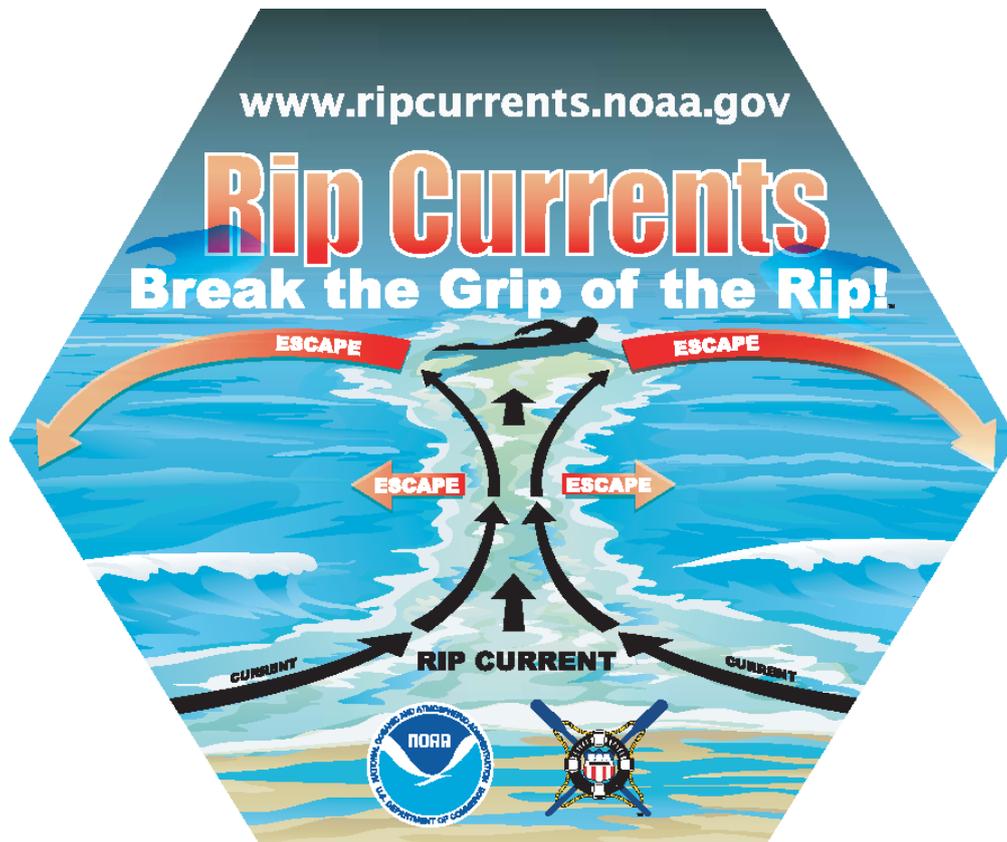
## **IX. HEALTH AND SAFETY**

Australia is similar to the United States in terms of personal safety. In the town of Byron Bay, students should routinely look after their belongings. Things left on the beach without supervision might be stolen. Australian cities, such as Brisbane, Sydney, or Melbourne, have higher crime rates than small towns and rural areas, but are generally safe. Students might prefer to travel in groups when they are in unfamiliar places, particularly at night, but generally Australia is a safe country to travel in. Valuable items, such as passports, cameras, and credit cards, should however, be guarded carefully and stored in safe places.

## **Rip Tides**

Rip tides (rips) are present in the waters surrounding Australia. These currents, which are right off the beach, are very powerful, and a common cause of drowning in Australia. To reduce the chance of getting caught in rip tides, it is important to understand how to identify a rip, and then avoid it. Students are encouraged not to swim alone, and to take a floatation device such as a surf board or a boogie board when they enter the water, or always have another person on-shore with a board to use in case a rescue is necessary. If you do get caught in a rip tide, the following are tips that may help:

- Don't try to fight the current by swimming against it
- Swim parallel to the shore line
- Try to float or tread water to conserve energy
- DON'T PANIC



### Flora and Fauna

Australia is known for its snakes, spiders, sharks, and crocodiles. There are a number of poisonous spiders that live all over the continent. Snakes are also common, and a

large number of these are venomous. Students are encouraged to avoid walking in areas with high grasses, especially at night, and to stay alert when in areas with logs, rocks, and other debris on the ground. Crocodiles do not live in the Byron Bay area. They are native to Queensland and the Northern Territory and you could encounter them on travels up north, but this is not likely.

Sharks live in the ocean waters around Australia. Students should use common sense and not swim at dusk or pre-dawn for these are known feeding times for sharks. If a student observes a lot of waterbird activity feeding on a school of fish, chances are there might be sharks trying to feed on the same school of fish.

Jellyfish are present in Australian waters, particularly in the northern parts of the country like north Queensland. Around Byron Bay, the only problem jellyfish are called Bluebottles. They are not very large and they do sting, but their sting is not serious. Washing the sting in apple cider vinegar usually helps. Some jellyfish are highly toxic.

During the height of the hot months in far north Queensland there are box jellyfish, whose sting can kill. Students must wear wet suits (called stinger suits in Australia) to protect themselves when snorkelling or swimming in the ocean off Queensland, and are encouraged to do the same when snorkelling off Julian Rocks in Byron Bay.

Though people may think that all these creatures sound scary, if you are informed about where they might occur, and know how to deal with situations safely, chances are you won't have a problem. Many people have lived along Australian beaches all of their lives and have never encountered a jellyfish or a shark.

Australia is home to many unique plants and animals that cannot be found anywhere else in the world. Marsupials (such as koalas, kangaroos, and wallabies), dingos, emus and platypuses are native to Australia. Koalas, kangaroos, and dingos can be seen all over the country and often inhabit areas where humans are present too. Even though these animals may approach you, you should not feed or try to pet these animals. They may look cute, but they can be dangerous. When travelling, students should be aware of their bags and food in the presence of kangaroos or dingos because these animals may try to raid your belongings for food.

An incredible range of beautiful plants such as rainforest trees, eucalyptus, figs, sarsaparilla, plumeria (or frangipani), and hibiscus are common in Australia. Again, students are encouraged not to touch, pick, or consume any plants, leaves, or flowers, as some may be poisonous. Many plants and animals are protected by law, including some of the ones that could do you harm.

### **Drugs and Alcohol**

The drinking age in Australia is 18. Excessive consumption of alcohol can be problematic in terms of academic work, group cohesion, and even safety. Lack of moderation undermines the program and will be addressed. Drugs are illegal in Australia and students are warned that they must uphold the local laws regarding the

use, sale, and possession of illegal drugs. There may also be academic repercussions if a student is found to be using, selling, or in possession of illegal drugs.

## **X. EMERGENCY INFORMATION AND PROCEDURES**

### **Emergency Information**

The following is a list of numbers to call in the case of an emergency.

#### Hospital

- Byron Bay 66856200
- Ballina 66862111

#### Police

- Regular phone call 000
- Text Emergency Call 106

#### Doctor

- Suffolk Park 66853647
- Byron Bay 66856206

#### U.S. Embassy (in Sydney)

- 02-93739200

#### Global College

- 718-780-4312

### **Emergency Procedures**

The Australia Program follows all emergency procedures established by the Global College Program and Long Island University. It is university policy that no Global College students are permitted in countries with State Department travel warnings in place.

We suggest you read the U.S. State Department country specific information on Australia to get an idea of the current safety issues as well as prevention tips.

[http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_954.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_954.html)

The Australia Program staff members subscribe to the U.S. Department of State Travel Warnings (DOSTRAVEL) electronic mailing list, which notifies members of all travel advisories and warnings issued around the world and provides Consular Information Sheets for these countries. If a travel advisory is issued for Australia, the Global College students will be notified and precautions will be taken to ensure the safety of students. If a travel warning is issued, students will be evacuated from the country in due course once it is safe to do so.

We encourage all students to subscribe by sending an email to: [listserv@lists.state.gov](mailto:listserv@lists.state.gov) type in the message body "SUBSCRIBE DOSTRAVEL YOURNAME" (omit the quotation marks and leave subject blank). You can also use the online subscription form at: [www.state.gov/www/listservs\\_cms.html](http://www.state.gov/www/listservs_cms.html).

Emergency procedures will be discussed in detail during the orientation in Australia.

The safety of our community requires the cooperation and diligence of each member. Students and parents should familiarize themselves with the appropriate sections, "II. Responsibilities of Participants," and "III. Recommendations to Parents/Guardians/Families" in the document, *Responsible Study Abroad: Good Practices for Health and Safety*, which is published by the NAFSA: Association of International Educators' Section on U.S. Students Abroad and is available at the below URL: <http://www.secussa.nafsa.org/safetyabroad/goodpractices2003.html>

Following are some basic safety tips for travel in any foreign country. The best thing to keep in mind is your own common sense. Some people recommend the following:

- Carry limited amounts of cash.
- Distribute money so it is in two places, i.e. some in your purse with the rest in a money pouch concealed under your garments.
- If you carry a wallet, it should go in your front pants pocket. Be especially careful in crowds and on the buses.
- Keep your luggage, shoulder bag or backpack with you at all times upon arrival in an airport or bus station.
- When possible travel with a companion.
- When you feel uncomfortable or uneasy about your surroundings, trust your instincts and move on. Stay on well-lighted and populated streets.
- Avoid illegal drugs. You are subject to the laws of the country in which you are traveling.
- Make two copies of your important documents
- Have phone numbers to call if credit cards/travelers checks are stolen or lost.
- Put your name and address on your camera – inside and out.

Remember to immediately notify the police of all losses or other serious incidents. Get a copy of the official police report. You may need it later for insurance purposes/claims. IMPORTANT NOTE: Most insurance policies do not reimburse for lost paper, i.e. cash; replacing passports and visas, travel tickets, student passes.

### **Mandatory Health Insurance**

#### **Long Island University Student Health Insurance At-A-Glance**

All Global College students are automatically charged for health insurance per semester (it is part of tuition and fees). Students will be automatically charged this fee. A Member ID card will be mailed to your home address (while you are studying outside the US). You can also print a paper copy of your ID card from Aetna's website at the following URL: <http://www.aetnastudenthealth.com/schools/LIU>, see the right hand column and click on "Print Your ID Card". Note that you can only print this ID card once you are actually enrolled in the insurance after the beginning of the semester.

Please note when students are abroad that one must pay out of pocket for doctor's visits, hospital stays, prescriptions, etc. Save the receipt and submit the receipt with the following information written on the bill, if there's space, or attach a separate piece of paper, if necessary: Your name, LIU ID number (which is also your Aetna Member ID number) and school name must be written on all medical bills.

**The insurance includes coverage for the following:**

- Physician Office Visits
- Preventative Exam Expense
- Emergency Care
- Inpatient Hospitalization
- Surgical Expenses (Inpatient & Outpatient)
- Laboratory and X-Ray Benefit
- Prescription Drug Benefits

**Please note that there is no exclusion for pre-existing conditions and there is no claim form to fill out. AETNA recommends that students who are out of the country coordinate their health care through their Travel Assistance provider, On Call International.**

Travel assistance:

If a student is on a field trip and has an emergency, they can contact the 24/7 call center at 1-866-525-1956 (toll free from the U.S.) or 603-328-1956 (call collect from anywhere in the world).

Yearly Coverage Dates: August 15, 2011 through August 14, 2012

**Foreign Travel Waiver and Release from Liability Form**

All full-time and part-time matriculated students and visiting students of the Global College Program studying at the Australia Center must review the Foreign Travel Waiver and sign the Release from Liability Form provided by Global College Program and Long Island University. This form must be filled out, signed, notarized, and sent to Global College Program World Headquarters. It is further acknowledged by the student, and any legal representative of the student and the student's immediate family that the Global College Program Australia Program faculty and staff, including but not limited to the Director, accept no legal or financial liability for the student's health and safety during their period of study in Australia.

## **XI. IMMIGRATION**

### **Passports**

All students must have valid passports to enter and exit Australia.

### **Visas**

Students **do not apply for student visas**. These are only for people studying at Australian universities. You need an ETA.

**Students need an ETA (Electronic Travel Authorization) to enter Australia.** This allows students to remain in Australia for up to 90 days. This is not a physical document but is filed on the computer. Students can get an ETA at [www.eta.immi.gov.au](http://www.eta.immi.gov.au) and should print the receipt or confirmation of the document. If students would like to stay longer, they will have to arrange to get a tourist visa, which is more expensive.

However, your ETA allows you to leave the country at the end of your 90 day allowable stay and then return for another 90 days if he/she wishes.

### **Employment**

Students are not authorized to work while studying in Australia without a visa.

## **XII. EXPENSES**

### **Tuition & Fees**

Please refer to our website for the tuition and fee schedule:

<http://www.liu.edu/About/Administration/University-Departments/SFO/Tuition.aspx>.

Tuition & Fees for the Australia Center includes the following:

- Tuition and Fees- flat rate for 12-18 credits per semester
- Center Fee
- University Fee
- International Fee
- Housing Fee (Room & Board)
- Health Insurance

#### **Please note:**

- International travel, airfares, and related costs are not included in the tuition and fees
- You are billed for each semester individually

## **Living Expenses and Budget**

Students will receive a food allowance of around \$A95 per week while studying in Australia, and a travel allowance of up to \$A400 to help cover their spring break travel expenses. In addition, students should bring funds to cover entertainment, adventure activities, shopping, gifts, and personal needs, as well as money in case of emergencies.

Australian businesses accept major credit cards, including American Express, Visa and Mastercard. Students can get cash out from the ATM's, but just as the case in the U.S., they will pay a fee for each withdrawal. Cashing traveller's checks requires students to go to a bank with their passports. Before leaving for Australia, students should be aware of the current exchange rate and think through how they will get their money while living there.

## **XIII. CULTURAL ADJUSTMENT**

Travel is an organic experience. It seems that there are a million things which you need to keep track of at all times: the sunscreen, your travel documents, airport regulations, etc.

Perhaps the two most important things to hold on to are your patience and sense of humor. They are your best allies when the bus breaks down or never shows up. Face it; things never go exactly as we plan – and the experiences with the highest learning curve are often the most rewarding.

Beyond these, here are some tips that may help you keep a clear mind and unfettered body:

- Do not expect to find things as they are at home  
**Remember:** You left home to find new cultural norms
- Do not take anything too seriously  
**Remember:** A carefree mind is the start of a good trip
- Do not judge the people of the country by the person who has given you trouble  
**Remember:** You are a guest in other lands. One who treats a host with respect shall be honored

Living and learning overseas successfully usually means adjustment to a different lifestyle, food, climate, time zone, and often a new language. This process can be challenging and may include mood swings alternating between heady exhilaration and mild depression. In the early weeks, you will probably feel excited about your new experiences and environment. Later you might find the excitement of new surroundings and sensations are increasingly replaced by frustration with how different things are from home. Some call this experience culture shock.

### **Culture Shock\***

**The symptoms of culture shock are quite varied and can be easily misunderstood or even overlooked because they are similar to reactions that can occur in everyday life. At times people blame these feelings of disorientation on the behavior or values of the people around them. Symptoms can include depression, sleeping difficulties, homesickness, disorientation, excessive drinking, boredom, trouble concentrating, an urge to isolate yourself, and irritation with your host culture. Most people experience only mild annoyances and temporary dissatisfaction in the process of adjusting to life overseas. Learn as much as possible from local residents about their culture. The tips below might help:**

- Keep yourself busy doing things you enjoy
- Keep in touch with your family and friends at home. Letters, phone calls, or e-mail contact will help you feel less isolated
- Try to keep your long-range goals in mind. Experiencing a new culture will involve some frustration and feelings of loneliness as you leave the familiar and incorporate the new, but they don't last forever
- Exercise regularly

### **Fitting In and Being Accepted**

Your study abroad experience will be heightened if you try as much as possible to become part of the local social environment. In fact, people will appreciate that you are trying to learn about their culture and lifestyle, and are likely to help you adjust.

In some countries more than others, there is an unflattering stereotype of an American tourist, one who throws money around, drinks too much, is loud and rude, thinks the United States is better than any other country, and is always in a hurry. There are other countries in which all Americans are seen as happy, cheerful, carefree, and above all rich. Locals in your host country may assume parts or all of this to be true about you, simply because you are from the United States. Remember that their images of what 'Americans' are like are based on the other Americans they have seen, if not in person, then indirectly through our movies and media. Such is the nature of stereotyping. The challenge is to go beyond misleading images and false impressions, so that you can be yourself, they can be themselves, and mutual understanding can deepen over time.

## **XIX. Australia Center Faculty**

**Ralph Herbert** has a B.A. from SUNY Stony Brook in economics and a PhD. from the Pennsylvania State University in environmental sociology. Professor Herbert taught at the University of Queensland in Australia from 1974-77, and has been teaching at Long Island University since 1978. In the late 1980s Professor Herbert published a book on alternative energy for Rodale Press and was awarded a one-year Fulbright Fellowship to Africa in the early 1990s. Herbert created the Australia Program in 1995 and has been its director and primary instructor for the last 16 years. His major areas of interest are organic and alternative agriculture, and environmental issues of Australia.

**Soenke Biermann** is currently a Ph.D. candidate at Southern Cross University in Lismore, NSW, and teaches undergraduates at the University. His area of expertise is

indigenous issues. His conference presentations include topics such as "Indigenous Pedagogy and Environmental Education: Starting a Conversation," "Taking Indigenous Sovereignty Seriously: (Un)settling Nationhood," and "Pedagogies of Contact: Shaping the Postcolonial Classroom in Rural Australia?" Soenke has published articles in peer-reviewed journals including the International Journal of Pedagogies and Learning and The Australian Journal of Indigenous Education. The title of his Honors Thesis was Indigenous Pedagogies for Decolonization: Listening for Resonance and Making Connections. The proposed title of his Dissertation is: Intellectual Decolonization and Philosophies of Knowledge Transfer. He has also been involved in delivering on-site experiential environmental education programs, including environmental pollution assessments, animal population and migration pattern monitoring, and special education classes. Soenke is a member of the Southern Cross University Indigenous Cultural Awareness and Cultural Safety Training Focus Group and he is one of the founders of the Southern Cross Indigenous Events Coordinating Committee.

**Marcelle Townsend-Cross** is a lecturer at Southern Cross University, has an Masters of Education in Indigenous Studies, and is enrolled as a PhD candidate at The University of Technology, Sydney.

**Zan Hammerton** is a PhD student at Southern Cross University in the School of Environmental Science and Management. She is an expert in coastal issues and extensively trained as a diving and snorkeling instructor.