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Welcome to Study Melbourne's Student Update July edition.

This month we're celebrating Melbourne's ranking as [Australia's most liveable city](#) (number 10 in the world) and [Australia's best student city](#) 2023 (number 5 in the world). It's easy to see why! Our safe and welcoming multicultural communities and world-class education institutions provide many opportunities for you to make the most of your study, launch your global career, make friends from all over the world, be inspired, discover new experiences and fresh perspectives.

If you have just finished mid-year exams, now is the perfect time to recharge and look after your mental wellness ahead of next semester. Grab your jacket and enjoy a change of scenery as Melbourne and Victoria embrace the beauty of winter.

If you are feeling adventurous, go beyond Melbourne to enjoy the snow on our beautiful alpine peaks (make sure you know how to [stay safe](#) before you go), visit a regional farmers' market, or enjoy the warmth of local hospitality at a country pub.

If you want to stay closer to home, get cosy in a restaurant you've never tried before, warm up with a coffee in our creative [laneways](#), or enjoy world-class arts and culture such as the Melbourne Winter Masterpieces Exhibition, *The Picasso Century*, at the [NGV](#).

If you're studying online from your home country, keep in touch with your closest [Study Melbourne Hub](#) to learn more about the activities and programs happening near you.

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Stay warm, curious and connected!

Team Study Melbourne

Melbourne crowned Australia's best city for students

Melbourne has climbed another position to rank 5th in the world following the release of [QS's best student city rankings 2023](#). This makes Melbourne Australia's number 1 student city for the 8th year in a row.



According to QS, "Melbourne has the finest collection of universities of any Australian city", ranking 13th globally in the [QS World University Rankings](#) and 2nd in the world for Student Mix with a score of 98.9.

The [QS Best Student Cities Ranking](#) provides students with independent data regarding a range of factors relevant to their study decisions: affordability, quality of life, the standard of universities, and the views of previous students that have studied in that destination.

QS ranks cities with a population of at least 250,000 and with at least two universities placing in the QS World University Rankings. The ranking offers a powerful lens into the sentiments of both prospective and former students, with over 98,000 survey responses contributing to the Desirability (prospective students) and Student Voice (former students) indexes.



Melbourne, Australia's most liveable city!

Melbourne has topped the list as Australia's most liveable city and the 10th most liveable city in the world in the recent [Global Liveability Index 2022](#) released by the [Economist Intelligence Unit](#).

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health care, culture, environment, education and infrastructure.

Melbourne achieved a perfect score for education (100/100) and infrastructure (100/100). It also scored highly for Culture and Environment (98.6/100) and Stability (95/100).

When you study in Melbourne, you'll be living in a safe and vibrant city that offers world-class study options, services and career-building programs.

QS World University Rankings 2023

Victoria's universities prove why Melbourne continues to be ranked as Australia's best student city, with the University of Melbourne (#33) and Monash University (#57) ranking in the [QS University Rankings 2023](#) Top 100. RMIT University, Deakin University and Swinburne University of Technology placed in the world's Top 300.

Monash University is also ranked number 1 in the world for Pharmacy and Pharmacology.

[Find out more](#) about why Melbourne is loved by students from all over the world.



The Study Melbourne Student Centre re-opening soon!

The [Study Melbourne Student Centre](#) will re-open very soon.

The [Study Melbourne Student Centre](#) is in bustling Hardware Lane in Melbourne's CBD. It's the perfect place to meet new friends, find a quiet space to study, enjoy some downtime, learn about services and information, or sign up for a free Study Melbourne program to build your confidence and take your career to the next level.

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The Study Melbourne team are available to meet with students by phone or email for now. They can provide advice about living and studying in Victoria. We assist students with information about employment, accommodation, financial hardship, health, education provider issues, and legal advice.

Please continue to contact us via phone and email: 1800 056 449

or info@studymelbourne.vic.gov.au and stay tuned to our channels to find out when the doors will re-open.

Study Melbourne takes part in the action at the FIBA Basketball World Cup 2023 – Qualifying Series

We were so excited to be a part of the action at the recent game between Australia and China at the FIBA Basketball World Cup 2023 – Qualifying Series on 30 June.

Crowds of international students enjoyed the game, which was live broadcast to audiences across the globe.



We had so much fun meeting new friends in our Study Melbourne community and practising our basketball skills before the game. Special thanks to our friends at Basketball Australia and the NBL for looking after our international students with tickets, fun pre-game activities and giveaways.

Keep in touch with Study Melbourne for more events and activities on [our website](#) or if you are studying from your home country, stay connected to your nearest [Study Melbourne hub](#).

If you were at the game, make sure you share your photos on [Study Melbourne's Instagram page](#) by tagging [@studymelbourne](#).

Do you have questions about your rights at work?

If your visa allows you to work while you are in Australia, you have the right to fair working conditions and at least the minimum wage.

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rights at work, and to get support if you need it. [Our International Student Employment and Accommodation Legal Service](#) is free and confidential legal service, provided by independent lawyers who specialise in work rights and tenancy law.

Read more about [Your rights at work](#) on our website or visit the [Fair Work Ombudsman](#) website for information about your rights to pay, holidays and time off in a range of community languages.

[Fair Work Australia has a calculator](#) on their website you can use to check what your employer should pay you.

If you can't find the information you need, get in touch with us on 1800 056 449 or info@studymelbourne.vic.gov.au. We're here to help you.

International Students: Tax Returns

If you're on a student visa and have been in paid work, you might need to lodge a tax return. Tax returns for 2021-22 can be lodged from 1 July 2022.

The [Australian Taxation Office's \(ATO\) website](#) is the place to go if you have tax questions. The ATO has a FREE [tax help program](#) for people earning \$60,000 or less and provides information about how to lodge your tax return online.

If you're eligible for Tax Help, you will need a [myGov account linked to the ATO](#). If necessary, the ATO volunteers can help you create your myGov account and link to the ATO.



[Ideas to manage your wellbeing after exams](#)

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Here are our top tips on how to recharge after the busy mid-year exam period.

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Stay connected: Friendship is an important part of your health and wellbeing. Take time to meet people and extend your friendship circle. Make talking to others a part of your daily routine. Join a club, student group, or organised activity to meet people and connect with a new community.

Eat a healthy diet: What you eat affects how you feel. When you eat wholesome foods, you may find it easier to learn. Healthy eating also helps you to manage stress.

Get enough sleep: Sleep is vital to your health and wellbeing. As a student, sleep will support your memory, concentration, and ability to learn each day. Good sleep relies on having a regular amount of sleep, being in a routine, and having good sleep hygiene.

If you feel like you need more support, visit our [Study well page](#).

Enjoy the snow safely this winter

It is ski season in Victoria so remember to prepare your vehicle for a trip to the snow and organise your clothing and equipment.

If visiting the snow for the day, don't forget to dress in warm, light weight clothes and wear waterproof shoes. Check to see whether [you need to carry snow chains](#) for your vehicle as it is a requirement in many high-altitude areas during the ski season. Conditions can change quickly in the snow, so it's important that you are prepared.



If you are travelling, make sure you:

- Download the VicEmergency app, bookmark [emergency.vic.gov.au](https://www.emergency.vic.gov.au) and save the VicEmergency Hotline 1800 226 226 to your mobile phone and ensure it is fully charged.
- Monitor weather conditions whilst you're away by listening to local or ABC radio and the Bureau of Meteorology.

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- If you're planning to visit parks or forests, check the latest conditions and park closures at parks.vic.gov.au or call 13 19 63 for park closure information.
- Take extra care on the road and drive to the conditions. Check <http://traffic.vicroads.vic.gov.au> for traffic conditions and road closures.

Discover the magic and excitement of Victoria's snow resorts this winter by visiting Visit Victoria's [Snow & Skiing page](#).



[Study Melbourne Hub Kuala Lumpur celebrates the end of Ramadan with a Hari Raya Open House](#)

The [Study Melbourne Hub Kuala Lumpur](#) celebrated the end of Ramadan with a Hari Raya Open House on 20 May 2022.

Ramadan is a holy month of fasting and prayer for Muslims worldwide.

Students enjoyed a delicious spread of traditional Hari Raya food, and guest speaker Ambassador Dato' Aminah Hj A Karim shared her experiences as a female diplomat and her perspective on Malaysian values in education and business.

Study Melbourne respects and embraces the traditions of our international student community.

For more cultural experiences and events near you, visit our [Study Hubs webpage](#) or visit the [Study Melbourne events calendar](#).

EVENTS & KEY DATES

There are many ways to get involved and stay connected to the Study Melbourne community.

Visit the [Study Melbourne events page](#) for a range of virtual and in-person events in Melbourne and globally at our [Study Hubs](#). You can also visit or visit the [City of Melbourne's What's On](#) and [Visit Victoria webpage](#).

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We look forward to seeing you at one or more of these fun, free events. They are a great way to build your

skills, discover new experiences, meet new people, build your networks and find information that will help you to thrive as an international student.

Melbourne, Victoria Events

Seeing the Invisible (exhibition): Royal Botanic Gardens Victoria presents *Seeing the Invisible*, the most ambitious and expansive exhibition of contemporary artworks created with augmented reality (AR) technology.

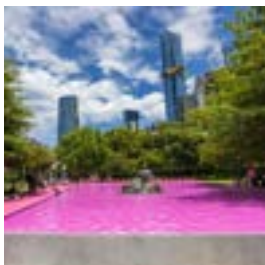


Event details:

- **Dates:** Everyday throughout July
 - **Time:** 7.30am – 5.30pm AEST
 - **Cost:** Free event – Booking not required
 - **Location:** Royal Botanic Gardens Victoria - Melbourne Garden, Melbourne, Victoria 3004
-

NGV Architecture Commission: Pond[er]: A beautiful architectural installation featuring a pink pond resembling that of Australia's inland salt lakes, has been selected as the winner of the NGV's 2021 Architecture Commission in the Grollo Equiset Garden at NGV International.

Designed by a Melbourne-based team comprising architecture firm Taylor Knights in collaboration with artist James Carey, the installation, entitled pond[er], offers a space for visitors to reflect on their relationship with the environment.



Event details:

- **Dates:** Everyday throughout July
 - **Time:** 10am – 5pm AEST
 - **Cost:** Free event – Booking not required
 - **Location:** National Gallery of Victoria, 180 St Kilda Rd, Melbourne 3006
-

Library Cinema (film): See contemporary, classic and documentary films on the big screen at Library Cinema.

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Event details:

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- **Date:** 25 July 2022
- **Time:** 3pm – 5pm AEST
- **Cost:** Free event – Booking not required
- **Location:** Performance Space, Library at The Dock, 107 Victoria, Harbour Promenade, Docklands 3008

International Events

Career Talk in STEM with RMIT: Explore education, careers and research opportunities in STEM across growth industries with RMIT through the Study Melbourne Hub South Asia. We have empowering panellists to share their experiences and inspire you to pursue your passions in STEM.



Event details:

- **Date:** 11 July 2022
- **Time:** 7.15pm – 8.30pm IST
- **Location:** Taj Hotel, MG Road, Bangalore
- **Cost:** Free event – [Register now](#).

Everyday Heroes Southeast Asia — Virtual: [Study Melbourne's Everyday Hero events](#) have been designed to help current international students from Southeast Asian backgrounds to prepare for life after graduation through inspiring stories of successful former and current international students.



Event details:

- **Date:** 14 July 2022
- **Time:** 5pm – 6.10pm AEST
- **Cost:** Free event – [Register now](#).

Going global while going green: [Study Melbourne Hub Kuala Lumpur](#) is organising a half-day workshop about climate change and making a difference. Come along and meet like-minded people who

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Event details:

- **Date:** 16 July 2022
- **Time:** 11.30am – 3.30pm AEST
- **Cost:** Free event – [Register now](#).

SERVICES & SUPPORT

The [Study Melbourne Student Centre](#) offers free and confidential information, referrals and practical support for Victoria's international students. Our multilingual staff offer wellbeing support, including help with accommodation, health, employment and legal problems.

As we're undergoing a refurbishment, please connect with us via phone or email.



Phone 📞: 1800 056 449 (free call from landline phones)

Email: info@studymelbourne.vic.gov.au



Question of the month

I am an international student studying in Victoria. I would like to access health services. Where can I get help?

Answer: A General Practitioner (GP) is a good starting point. A GP is a doctor who is qualified in general medical practice. GPs are often the first point of contact for someone who feels sick or has a health concern. They treat a wide range of medical conditions and health issues.

GPs provide various services, including diagnosis and treatment, information and advice, medication

prescription and referrals to health specialists. GPs can also provide a mental health care plan to facilitate access to a psychologist.

If you need help finding a doctor, you can check if your Overseas Student Health Cover provider has a list on their website.

Career Navigator

Explore potential career pathways and identify skill gaps by using Outcome Life's [Career Navigator](#).

Step 1: Find your career pathways based on what you already know

Step 2: Find out where your graduate role can lead in the future

Step 3: Find which professional development programs can get you there quicker!



Are you looking for work? Jobs Victoria can help you.

Are you a newly arrived international student and not sure how to start looking for work?

[Jobs Victoria Advocates](#) can connect you with information and advice to help your job search. You can [register](#) to talk to an Advocate online, or you can speak to them in local community spaces like libraries and shopping centres.



The [Jobs Victoria online hub](#) is a free job search service available to anyone looking for work, including international students. If you are looking for work, you can apply for jobs posted by employers in your local area. There are part time and casual roles available.

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The law and your rights

If you need help understanding the law, we can help!

From making rental agreements, being told to move out of your house, to concerns about your job, not feeling safe in a relationship or being unable to pay a fine.

There are many stressful and confusing situations which you may encounter as an international student, but support is always available.



The Study Melbourne Student Centre can make an appointment for you to get legal advice about your employment or accommodation concerns at the [International Student Employment and Accommodation Legal Service \(ISEALS\)](#).

Phone: 1800 056 449 (free call from landline phones)

Email: info@studymelbourne.vic.gov.au

This service for international students is free, independent and confidential, so you can talk to a lawyer about any employment or accommodation concerns.

Find out more by visiting our [law and your rights page](#).

Study Melbourne Hubs

Existing and aspiring international students around the world are attending in-person and virtual events at our [Study Melbourne Hubs](#) to connect with fellow students, improve their professional skills, build networks and learn more about studying in Australia.

Explore career and leadership development sessions with prominent alumni and education providers from Victoria, join fun activities presented by our Hubs in South Asia (virtual),



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Shanghai, Ho Chi Minh City and Kuala Lumpur,
or simply book a study space and speak to our

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friendly staff. [Learn more.](#)

STUDENT STORIES



[Dealing with shyness \(student story\)](#)

Making new friends as an international student can be a hard thing to do, but don't be afraid!

Past Study Melbourne Ambassador [Shohail Ibne Mahbub](#) shares his tips about forming friendships. [Read more.](#)

COVID-19 UPDATE

Your COVID-19 Checklist

To understand what you need to do if you test positive to COVID-19, or if you have been told you are a contact, follow the checklists and information resources on the [Victorian Government's coronavirus website](#).



International Student Arrivals

Update: From 6 July 2022, people travelling to Australia no longer have to declare their COVID-19 vaccination status. For more information on international travel requirements visit: <https://www.homeaffairs.gov.au/covid19/entering-and-leaving-australia>



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countries you transit through.

If you've recently arrived in Victoria, visit our [Welcome to Melbourne, Victoria page](#) for inspiration and support to help you get settled.

Victoria's restriction levels

Victoria has moved to COVIDSafe Settings. Find out what this means for you on the [Victorian Government's coronavirus website](#).

COVID-19 Booster advice

If you are aged 18 and over and you had your second dose three or more months ago, you are due for your third dose now. For more information about COVID-19 Pfizer and Moderna third doses visit the [Victorian Government's coronavirus website](#).

Translated coronavirus (COVID-19) information

Access translated materials about COVID-19 on the [Victorian Government's coronavirus website](#).

[العربية](#), [Bahasa Indonesia](#), [English](#), [한국어](#), [日本語](#), [ภาษาไทย](#), [Türkçe](#), [Português](#), [简体中文](#), [繁體中文](#), [Español](#) and [Tiếng Việt](#).

For up-to-date information and resources on COVID-19 including health, travel and education matters, visit our dedicated [COVID-19 Support for International Students hub](#) page.

USEFUL LINKS

Health and wellbeing

[Study Well](#)[Coronavirus \(COVID-19\)](#)[Victoria updates](#)

Work

[Working in Melbourne, Victoria](#)[Fair Work Ombudsmen](#)[Transport discount](#)[iUSEpass](#)

Safety

[Student safety](#)

Others

[Victoria Police](#)[What to do in an emergency](#)

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