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STUDY MELBOURNE STUDENT NEWSLETTER



Welcome to the April 2021 edition of the **Study Melbourne Student Newsletter**.

In this edition you will find information about initiatives to help international students in Victoria who have been heavily impacted by the COVID-19 pandemic, including [financial relief](#), [mental health support](#) and [free groceries and meals](#).

Information about the range of support available to international students can be found on our [COVID-19 support hub](#).

For those keen on developing their careers, there is [advice for women on how to forge a STEM career](#) and information about other career development opportunities.

Finally, we'd like to acknowledge those of you who are waiting to return or to come to Victoria – thank you for your patience during this difficult time.

The Victorian Government is working with the Australian Government and education providers to welcome you back when it is safe to do so.

Stay tuned and please keep in touch.

The team at Study Melbourne

Victoria's restriction levels

Victoria further relaxed its COVIDSafe settings from 11:59pm Friday 9 April 2021.

Find out what this means for you on the [Victorian Government's coronavirus website](#).

Translated coronavirus (COVID-19) information

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

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FUTURE FOUNDERS



STUDY MELBOURNE | STARTSPACE

Future Founders Program

Study Melbourne is once again teaming up with StartSpace to present the **Future Founders Program**, a year-long entrepreneurship program aimed at international students and budding entrepreneurs.

The program kicks off in May, both online and with community roadshows across Victoria.

In July, the Future Founders Festival will include online and in-person events to inspire and foster new business ideas, including a hackathon and other group activities. Bootcamps will help participants focus their ideas, and a Venture Scholarship program will offer funding and mentorship.



Food aid relief for international students

Foodbank, OzHarvest and SecondBite are providing food aid to international students in Victoria experiencing financial hardship.

Foodbank's pop-up grocery store in the CBD is open from **10am to 2pm every Monday, Wednesday and Friday** (except public holidays) and is located at 230 La Trobe Street.

OzHarvest provides bags of groceries for collection in metropolitan Melbourne, Geelong, Bendigo and Ballarat. Find the collection points on the **Study Melbourne website**.

SecondBite is preparing up to 125,000 meals for international students. The meals are culturally

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from SecondBite's university partners, including the University of Melbourne, Monash University and La Trobe University.



In late 2020, Foodbank created a video to demonstrate the impact the store has had on the international student community.



Study Melbourne Career Catalyst

Study Melbourne Career Catalyst provides international students with the right skills and connections to launch their careers in Victoria.

The comprehensive career development hub is free to join and can help you to connect, learn and grow through a community of peers and industry leaders.

Find out more at [Outcome.life](https://outcome.life) and register for job services and support, including resume and LinkedIn coaching and interview workshops.

International Student Employment and Accommodation Legal Service

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As an international student, you may have questions such as:

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- How many hours can I work?
- What does 'cash-in-hand' mean?
- What is the minimum wage I should be paid?
- How do I pay for my accommodation bond?
- What are the minimum standards for a rooming house and its rooms?
- What if there is a problem with where I am staying?

Study Melbourne's International Student Employment and Accommodation Legal Service

is a free and confidential legal service to help international students.

The service is provided by independent lawyers specialising in work rights and tenancy law. To make an appointment or ask a question, please email info@studymelbourne.vic.gov.au or call 1800 056 449.

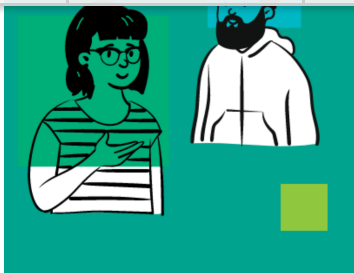


Project SASS - South Asian Student Support

Project SASS (South Asian Student Support) is run by **IndianCare** and aims to promote the welfare and wellbeing of Victoria's international students from India, Pakistan, Sri Lanka, Bangladesh, Nepal and Myanmar. It is supported by Study Melbourne's International Student Welfare Program and the Victorian Government.

Project SASS is an innovative, online, student-led project delivering culturally appropriate, evidence-based activities to increase students' leadership skills, workplace knowledge and employability. It also focuses on social cohesion and addressing students' physical, mental and emotional wellbeing. Connect with us and find out more about [our events](#).

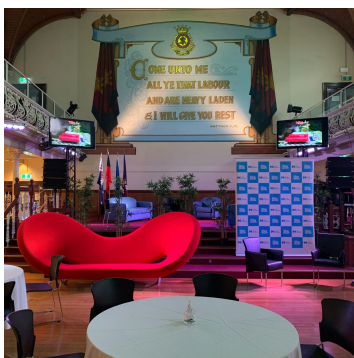
Partners in Wellbeing

[Subscribe](#)[Past Issues](#)[Partners in Wellbeing offers free wellbeing support to international students across Victoria](#)[Translate ▼](#)

via telephone and video technology.

If you are experiencing poor mental health, contact Partners in Wellbeing on 1300 373 300.

The Partners in Wellbeing helpline is open **Monday-Friday 9am-10pm**, and **Saturday/Sunday 9am-5pm**.



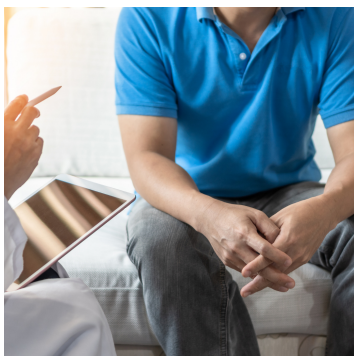
The Couch – International Student Centre is Back

The City of Melbourne, in partnership with the Salvation Army, is reopening **The Couch International Student Centre**.

The Couch offers international students a safe place to make friends, learn new skills, have fun, enjoy free, cooked meals, give back through volunteering and connect with the local community through events and activities.

- **Address:** Salvation Army 614, 69 Bourke Street Melbourne
- **Opening Hours:** 6pm – 8.30pm Mondays to Thursdays (from 29 March)
- **Cost:** Free for international students, but register in advance. A free meal is provided.

Follow their [Facebook page](#) for updates.



Sexual Health PrEP project

How PrEPared are you?

If you:

- were born overseas
- have been in Australia for less than five years
- identify as a man and are gay/bisexual/a man who has sex with men
- have been sexually active with other men in the past 12 months

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Prophylaxis). This invitation is for both PrEP and non-PrEP users.

To find out more contact Budi on 0431 931 200 or email budiadi.sudarto@monash.edu.

Disclaimer: This is not a Study Melbourne program; it is run by Monash Health and the Melbourne Centre for Sexual Health.

Support for international students

COVID-19 Test Isolation Payment

If you're self-isolating while waiting for COVID-19 test results and can't earn an income during that time, you may be eligible to receive the \$450 Test Isolation Payment. Find out more about the [COVID-19 Test Isolation Payment](#).

Emergency financial relief

If you're experiencing financial hardship, you may be eligible for emergency financial assistance through the Victorian Government's [Extreme Hardship Support Program](#).

The program is for temporary and provisional visa holders and undocumented migrants who are unable to access Commonwealth income support, and have zero or very little income, savings or community support.

If you received an International Student Emergency Relief Fund payment and still require assistance to pay for basics like rent, food and bills, you can apply for an emergency payment.

Please visit www.redcross.org.au/vicrelief to apply.

Other support

There is other support available for international students in Victoria:

- help to find work through the [Jobs Victoria online hub](#)
- [utility relief grants](#) to help pay overdue bills
- a dedicated [coronavirus \(COVID-19\) support hub](#)
- free [legal advice](#) on accommodation and employment matters
- confidential support and practical help through the [Study Melbourne Student Centre](#).

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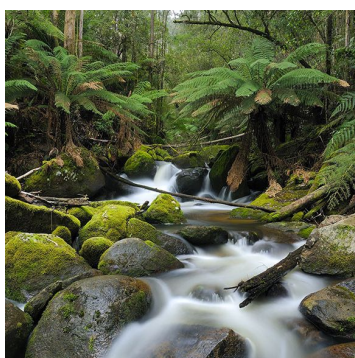
Visit the [Study Melbourne events page](#) - An essential guide for student events in Melbourne and surrounding areas.



Read: Advice for women looking for a STEM career

Study Melbourne Ambassador [Megha Bote](#) and other women in STEM share their advice on how to build your experience, secure your dream role and create new opportunities .

[Read the story.](#)



Discover: Day trips and short holidays

There is plenty to do in regional Victoria.

[Discover now.](#)



Useful Links

Health and wellbeing

[Study Well](#)

Work

[Working in Victoria](#)

[Your rights at work](#)

Transport discount

[iUSEpass](#)

Safety

[Student safety](#)

Others

[Victoria Police](#)

[Help from a consulate or embassy](#)

[What to do in an emergency](#)

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