Information for international students on completing study

You are receiving this because we think you will complete your coursework program by the end of this semester, or your research program before the end of next semester.

If you hold a 573 or 574 visa and will not complete your studies by the end of your current Confirmation of Enrolment (CoE); or if you hold a 576 visa and will not complete your studies by the end of your scholarship, please contact ISS for advice by calling 8201 2717, or emailing iss@flinders.edu.au or visiting us in Room B10, Basement of the Union Building.

You will find information on

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- Baggage
- Customs and freight
- Packing your freight

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- Rental accommodation and rooming houses
- Ending your agreement
- Mobile phone and internet plans
- Utilities and final readings
- Unwanted clothing and goods
- Your health
- Your mail
- Children and community

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- Superannuation Refunds
- Finalising OSHC refunds and claims

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**Travelling home**

**Flights**
You can book travel online or through a travel agency. Don’t forget to
» factor in any additional airport / flight taxes you may need to pay
» buy travel insurance
» check your passport and visa end dates and renew if necessary
» check if you need visas for any stop-overs and arrange them
» send travel plans to friends and family

**Before you fly**
» Do you need to inform your embassy or consulate you are leaving Australia?

**On the day**
» For direct international departures arrive at least two (2) hours before the flight departure time

**Baggage**
» Normal checked baggage allowance is 20 kg in economy class
» find out about any costs and possible allowances for excess baggage BEFORE your departure date
» your carry-on luggage should meet size restrictions and weigh no more than 7 kg

**Customs and Freight**
» Check your Embassy website about customs regulations for taking your belongings home, for example completing a tax declaration
» check what is required for packaging and transporting computers and other equipment

Many students have between 80 and 120 kg of freight. Consider unaccompanied baggage options and compare air and sea freight
» Some students have found that sending printed matter is cheaper through Australia Post
» we do not recommend specific freight company but here are some web-sites that might be useful to you:
  o Pack and Send: [www.packsend.com.au](http://www.packsend.com.au) call 1300 668 000
» you can also check in the Yellow Pages [www.yellowpages.com.au/](http://www.yellowpages.com.au/) under: Air Cargo Services, Cargo Agents or Transport and Forwarding Agents
» ask about ‘door to door’ services and student discount
Packing your freight

» Will your agent provide packing boxes? If not, you can buy them from
  » National Storage, call 1300 298 173
  » Kennards Self Storage, call 1800 078 745
  » U-Store-It, call 1800 878 673
» use sturdy boxes or suitcases; do not use polystyrene or fruit boxes
» your name and destination address need to be in Roman script on each carton
» do not pack dangerous goods, for example aerosols, animal and plant material, nail polish and batteries
» make packing lists for each piece of luggage, and number them
» limit your weight to 30 kilograms a box or bag
» if you have fragile items, pad them well and make sure you mark the box ‘Fragile’ or use ‘Fragile’ tape
» always pack and seal your own luggage with good quality packing tape
» packing electrical goods less than one year old separately and having the receipts with you makes customs clearance easier.
» you may be asked to prove that you have owned goods like electrical equipment for more than three months.

Collection

» Check with your freight company about the collection process
» baggage can take between 5–10 days by air and 6–10 weeks by sea
» make sure you have the shipping details for your baggage (including flight number, airline, shipping line), date of arrival and code you need to identify your load and contact details of the local agent in your country

Housing and family

Flinders Living and Student Accommodation
Don’t forget to arrange your final inspection, return all keys and find out about arrangements for having your bond refunded.

Rental Accommodation and Rooming Houses
Do you remember how long it took you to find a place to live when you first came to Adelaide? As you finish your studies and leave your rental accommodation, we’re sure you want leave it in a good state, so that your landlord or real estate agent is happy to rent their property to international students in the future! Making sure everything is clean, tidy and in good repair will also help you to have all of your bond money refunded.

Ending your agreement

» Check your lease or periodic tenancy agreement to find out how much notice you need to give. Find out if you need to give notice in writing
» let your landlord know when you will be moving out
» find your copy of the ‘condition check list’ you completed when you first rented
» check for special clauses in your lease agreement and make sure they’re reasonable
» prepare for and arrange final inspection and return of keys
» visit Tenant renting privately
» if everyone is leaving your house, read information on ending a tenancy and download, complete and lodge a Bond Refund Form to claim your bond. You will need your Security Bond number. Bond refunds are either paid by cheque or electronic funds transfer into your Australian bank account. They will be paid to the person named on the bond
» if you are a co-tenant and some of your housemates are staying in the property, complete and lodge a Change of Tenant form
» if you have a household contents insurance policy remember to cancel it

Mobile phone and internet plans
» If you still have time left on your mobile phone or internet contract, contact your provider and find out how much you will pay to break your lease; or make arrangements to continue your payments for the remainder of your contract
» inquire how you can make remaining payments or whether anyone else can take over the remainder of your plan

Utilities
» Contact your suppliers at least three working days, and preferably one week before departure
» advise suppliers of the date that you will be leaving
» arrange final reading and disconnection of services and payment of your final bill

Disconnect landline telephone
» Contact your provider at least three working days, and preferably one week before departure and arrange disconnection
» contact your call provider and arrange final account (to home country address if necessary)

Unwanted Clothing and Goods
» Items like furniture, clothes and kitchen implements are gratefully accepted by charities. Contact the Salvation Army on 13 7258 or the St Vincent de Paul Society on 13 1812
» if you have furniture and electrical goods you cannot give away or sell, check with your local council for dates of hard rubbish collections, or arrange to take them to a rubbish dump
» donate clean, neat clothes you won’t use to a charity shop or charity clothing bin
» if you have time, arrange a garage sale to sell your unwanted goods
» for a small fee, you can advertise your goods - call 13 1841 to advertise in The Advertiser or the Sunday Mail
» the Trading Post or Gumtree are other online ways to buy and sell goods
» you can sell your things at Gepps Cross Trash and Treasure market

Your Health
» If you, or members of your family, have received treatment for an ongoing medical or dental condition, ask your doctor or dentist for a letter to take home
» if you had any X-rays taken you might want to take them home
» if you are taking prescription medication you were not taking before you arrived in Australia, check to make sure it is okay to bring the medication back to your country
Your Mail

» We know that physical letters and parcels are now quite ‘old school’, but if you have been getting letters and there might be people who don’t know your new address, you can arrange for a redirection service with Australia Post, see the Australia Post Mail Redirection Service

Children and Community

Your family members, especially your children, will have made their own networks whilst you have been studying at Flinders, so they will also need to say farewell to friends and you will need to make sure you have obtained information to take home about their studies in Australia.

» inform the school and class room teacher that your child /children will be leaving. Ask the class room teacher for a report to take home
» make sure library books and equipment are returned
» let the Director or other staff know at least a week in advance when your child will be leaving Child Care
» if you have been involved in a sporting club or any other community group, from the school’s Parents and Friends to the local playgroup or worship community let everyone know you will be returning home

Money

Bank account

» Contact your bank to either close your account or find out how to maintain it from overseas or interstate

Income Tax

» If you had a student visa for more than six months, you were a resident for tax purposes
» the Australian tax year runs from 1 July to 30 June
» if you worked in the current tax year, you need to complete a tax return
» ask your employer(s) to provide you with a Payment Summary for the current tax year
» you can lodge a return from your home country or you can prepare a tax return before you leave Australia
» information about lodging a tax return as a resident leaving Australia is available at www.ato.gov.au/individuals

Departing Australia Superannuation Payment (DASP)

» If you earned more than $450 a month from paid employment, and you are leaving Australia permanently, you may be eligible to claim superannuation deducted by your employer
» Any refund will not be paid to you until your visa has expired and you have left Australia
» you can find out more from Superannuation refunds on departing Australia

Finalising Overseas Student Health Cover (OSHC) Refunds and Claims

» Finalise outstanding OSHC claims
» if you are leaving Australia before your OSHC cover finishes ask your provider about claiming a refund (excludes AAS holders)
» if you’re with OSHC Allianz Global Assist, their representative is on campus in the Central Library on Friday 9am–1pm and in the FUSA Space at Sturt on Friday 2–4pm
If you’re with Bupa, their representative is on campus in the FUSA Space at Sturt on Monday 9am–12noon and at Oasis on Tuesday 9am–4pm

if you are a sponsored student (AAS / Other) and have paid for your own family cover please talk to Student Finance about processing any refunds

SA Drivers Licence
If you have a South Australian driving licence expiring more than six months after you depart, you can surrender your South Australian Licence and request a refund. See more at Licence Refunds

Centrelink Payments
Students on an Australian Government Scholarship who receive any Centrelink payment must advise Centrelink about their departure from Australia

Tourist Refund Scheme (TRS)
The TRS is open to all overseas visitors and Australian residents.

More information about what spending is eligible and how to claim a refund can be found at Tourist Refund Scheme

Staying in Australia to travel

Tourist visas
Unless you are on a scholarship with conditions about when you must depart Australia and return home, you can stay in Australia as long as your student visa is valid

if you want to travel and explore Australia after your visa expires, apply for a tourist visa before your student visa expires. You can find out about short-term visas at Visitor visa options

if you have a no further stay condition it is unlikely you can remain in Australia. Please ask for information from the Department of Immigration and Border Protection (DIBP) or a migration agent

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There are additional fees for visa applicants who have extended their visa in Australia previously – you can calculate the cost of extending your visa on the Visa Pricing Estimator

Staying in Australia to work

If your study in Australia was funded by a scholarship, please check its conditions to find out if you are allowed to remain here for post-study work. Holders of 576 visas MUST leave Australia at the end of their scholarship

Visa options
If you are eligible to remain in Australia to work temporarily or permanently, you can find information on the Department of Immigration and Border Protection (DIBP) website: www.border.gov.au or the South Australian government website www.migration.sa.gov.au/
Australian Study Requirement
www.border.gov.au/Trav/Stud/Post

Temporary Graduate visa
» 485 (Temporary)
   o Graduate Work Stream
   o Post-Study Work Stream

See www.border.gov.au/Trav/Visa-1/485-

Points tested skilled visas
» Skilled Independent (189)
» Skilled Nominated (190)
» Skilled Regional (Provisional) (489)
» See www.border.gov.au/Trav/Work/Skil

Employer sponsored visas
» Temporary Work (Skilled) 457 (temporary)
» Employer Nomination Scheme 186 (permanent)
» Regional Sponsored Migration Scheme 187 (permanent)
» See www.border.gov.au/Trav/Work/Skil

Skilled Occupation Lists

Websites:
www.border.gov.au
skillselect.govspace.gov.au/
www.migration.sa.gov.au

Migration Blog

Contact phone numbers:
» DIBP Service Centre: 131 881

Visa options - using a Migration Agent:
If you are not sure whether you meet the criteria for particular visa categories, you can seek advice from a migration agent.

Please note, University staff are not trained migration agents and cannot assist you with information regarding your eligibility for visas.

Careers

If you are looking for work after you finish your studies at Flinders, you can use the services of the Careers and Employer Liaison Centre for 18 months after you graduate. This service is available whether you are looking for work within Australia or internationally.

There is information on every aspect of looking for a career, including the preparation of your résumé, on the University’s website at Careers.

The Australian workplace

» Identify the differences in Australian workplace practices and those in your home country
» the Australian workplace is a multicultural environment
» you must be aware of cultural differences as well as exploring cultural similarities in the Australian workplace
» Australian workplace communication styles dispense with ceremony and protocol, people are uncomfortable with social or power differences
» managers use collaborative rather than directive communication styles with subordinates
» employees are expected to demonstrate good communication skills, are able to work independently or in diverse teams
» informal speech is typical, the use of humour can be a sign of respect and sarcasm is a common form of humour

Tips for finding work in Australia

» About 20-40% of jobs in Australia are advertised while another 60-80% of jobs are never advertised
» be prepared to begin work at entry level
» your ability to effectively market yourself is central to your success in gaining and sustaining employment
» emphasise your skills, passions, knowledge and expertise. Identify your point of difference to stand out from your competitors
» research the companies and employer for whom you would like to work
» volunteering or taking on internships can help you gain experience see www.volunteeringsa.org.au/
» Networking is a valuable way to make contacts. It raises your profile and enables you to gather information and develop ‘market intelligence’ on the hidden market
» You need to develop intercultural competence in order to communicate with people from other cultures
» intercultural skills are increasingly valued and sought after. You must demonstrate ability to adapt and adjust to other cultures
» communicate with prospective employers in a professional tone and formally through face to face contact, the telephone, email, discussion boards, chat rooms, and formal applications
Administrative matters

Transcripts
» A transcript is a full history of your academic record at Flinders University, and shows all topics studied and the grades you have received
» a free copy of your transcript is provided with your degree parchment (testamur)
» to order additional copies of your transcript, please read Ordering your transcript

Study Abroad and Exchange Students
Your one free copy of the transcript will be sent to the International Office at your home University.

If you would like a transcript for yourself, you can apply for one to be sent to your home through Enrolment Services (see above).

Degree Conferral
» All information about graduation is on the university’s website, see: Graduation Information
» the next graduation ceremonies are planned for 18 December 2015 and 12 - 15 April 2016
» you need to apply to have your degree conferred
» complete a conferral application, even if you will not attend a ceremony
» if your degree is awarded in absentia you will pay to have it posted to you, or nominate a friend to collect your degree on your behalf
» If you are requesting the award be posted, please pay at the cashiers office before you leave Australia
» Make sure your address details are up to date

Updating Contact Details
» Before you leave, please change your mailing address to your permanent home country address
» Please log on to the Student System to update your details (Flinders ID and FAN Password required)
» Faculty and School staff can also gain access to your mailing address from the Student Records System

Staying in touch

Flinders Alumni
» Graduates automatically become members of the alumni
» find out about the benefits of your membership, including e-library and updating your contact details at Alumni
Reverse culture shock

You made some significant transitions when you moved from your home country to Adelaide, and you may experience a similar transition process when you return home. Everyone will expect you to fit in straight away and not many people will anticipate your need for a period of adjustment. Most of you will experience some aspects of reverse culture shock upon returning home.

What is Reverse Culture Shock?
» You might feel your friends and family don’t understand the importance of your overseas experience
» you might experience restlessness, uncertainty and confusion
» you might feel depressed and want to be left alone
» negativity towards your home country might creep in to your thoughts and conversations, and you might experience homesickness for Australia

Stages of Culture Shock
Research has shown that reverse culture shock is part of your international experience. It may be due to the different attitudes, values and perceptions you developed while studying in Adelaide.

It is normal to experience these four stages of reverse culture shock.

Stage 1: Disengagement
» While you are still in Australia, you start thinking about going home and moving away from your Australian experience and friends

Stage 2: Euphoria
» You are very excited to be home and your friends and relatives are equally delighted to have you home
» however, after the initial pleasure of seeing you, they may not be particularly interested in talking about your time in Australia

Stage 3: Alienation
» In this stage, you experience feelings of alienation, frustration and anger. You may even feel like an outsider—a foreigner in your own country
» home might be different from your memories, especially if you have been away for some years
» suddenly you feel irritated with others and impatient with your own inability to do things as efficiently or as quickly as you hoped
» you might experience resentment, loneliness, disorientation or even a sense of helplessness

Stage 4: Gradual Readjustment
» The fourth stage of re-entry includes a gradual readjustment to life at home
» you have settled in and no longer comment about differences between your home country and Australia’s culture that come to your attention
Coping with Reverse Culture Shock

» The real key to re-entering your home culture is to realize that there may be frustrations in adjusting to life at home. These are normal and an ongoing part of your entire cross-cultural experience

» one way to ease back into life in your home country is to spend some time with people who have also had experiences overseas

» if friends or family members are troubled by your behaviour explain to them a little about reverse culture shock and what you are going through. This will help them to be more supportive and understanding

Hints to Make Transition Easier

» Remember that you are experiencing a transition with distinct stages. You may encounter all or none of the feelings described in the four stages of reverse culture shock

» learn ways to take care of yourself and ease into your surroundings

» find someone who can update you on the changes that took place in the local and national scene while you were abroad

» you may realise that many of your values and beliefs have been changed by your experiences outside of your home country, so you need to incorporate this new way of thinking into your life

» explore new places and people with whom you can share your international experiences

» if you are returning to / or looking for work, try to link with members of your local Flinders Alumni chapter

» recognise that you need some time to adjust to the hectic pace and pressures of life at home. Learn to gradually increase the pace of your local activities

Staying Involved

» Volunteer to help international visitors (for example students, new co-workers or visiting academics) from Australia or another country

» get involved with an International Association related to Australia

» volunteer to help recruit students to study in Australia by contacting Study Abroad programs or International Offices or IDP offices. AAS students can contact their nearest Post

» you can share your experiences with students who are interested in going to Australia

» stay in touch with your friends in Australia

» tune into news broadcasts, for example those transmitted by Radio Australia, on short wave radio or over the internet to maintain your English proficiency

Best Wishes

We hope your time at Flinders University and your stay in Adelaide has provided you with many good memories.

Have a safe and pleasant journey home.

All the best, The ISS Team