

INTRODUCTION TO AUSTRALIAN CULTURE AWARENESS COURSE

Suitable For All Students (Old and New)

Date : 9 July 9 30 am and 1 pm
Venue : The Indian Consulate 344 St Kilda Rd Melbourne
Entry : Free

Welcome to Australia. You have left your home country. This is an exciting time where you will learn much and grow up fast without the support of your family. But not having family support, and having to cope with unfamiliar situations can also have an opposite effect – it can be stressful.

As a student you are a migrant and migration can cause stress. Research shows migration can result in mental tension and a lower level of happiness.

The Australian Cultural Awareness Course is designed to assist students. The aim of this course is to help students learn and navigate the Australian system such as the health, legal and other support systems.

The course shows how Australians do things and welcome outsiders.

This course gives tips on individual responsibility, gender boundaries, and how to avoid social isolation and home sickness.

It has been shown in research that connecting to the local culture and learning local ways improves mental tension and happiness in students.

Connecting to the local culture also helps to improve student safety.

Sport is an integral part of Australian culture and Australian societal fabric. Sporting clubs are a great way to make local friends and learn about Australian ways and enjoy Australian Hospitality.

Committee Of Student Related Activities which is made up of established Indians, [AISV](#) and [FIAV](#) in association with the [Consulate General of India's](#) Office has been nicknamed COSRA.

COSRA wishes the students a happy time here and wants to introduce the students to Australian way of life so that students can enjoy learning, enjoy their stay in Australia, and feel good about their time and study here in Australia.

A course has been designed on Australian culture awareness and will be held on Saturday 9 July in 2 sittings. 9 30 am to 1 pm and 1 pm to 5 pm.

Lunch will be provided and the entree is free.

Dr Manjula O'Connor