

2026

International Student Handbook



MERIDAN STATE COLLEGE INTERNATIONAL STUDENT PROGRAM

Meridan State College Registered Training Organisation (RTO 32134)
The Queensland Department of Education trading as: Education Queensland International (EQI) CRICOS
Provider Number 00608A

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INTRODUCTION TO MERIDAN STATE COLLEGE

Meridan State College - Foundation to Present Day

Principal Welcome

Meridan State College opened in January 2006 for students in Years Prep to Year 6. Our foundation year had just 216 students enrolled. Today, as we celebrate 20 years, the College has grown significantly and now has over 1,700 students enrolled from Prep to Year 12.

Our College precinct consists of three sub-schools:

- **Primary:** Prep – Year 6
- **Junior Secondary:** Years 7–9
- **Senior Secondary:** Years 10–12

Each sub-school has its own campus within the site but is aligned with the overall direction and focus of the College. A dense rainforest divides the site, providing separation between the sub-schools while also offering a unique flora and fauna experience exclusive to our College.

While Meridan is very much a school of the future, we place great importance on 'old-fashioned' values such as good manners, considerate behaviour, and pride in our College and ourselves. We endeavour to provide the very best education possible for our students and visiting students alike in a safe, secure, and happy environment.

Our international department has been a part of Meridan for many years and has successfully embedded itself into our everyday school life and community engagement. Our international students are welcomed into the Meridan Marlin culture and contribute meaningfully to our school community.

Once again, a very warm welcome to the Meridan State College.

Tony Roberts
College Director



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School details

Street address:	214 Parklands Boulevard, Meridan Plains QLD 4551
Office hours:	Monday – Thursday 8:00 am – 3:30 Friday 8:00am – 12:00pm
Telephone:	07 5490 2666
Absence line:	07 5490 2799
Administration email:	admin@meridansc.eq.edu.au
Absences:	absences@meridansc.eq.edu.au
Website:	www.meridansc.eq.edu.au
Instagram	https://www.instagram.com/meridanstatecollege4551

Administration

Administration	Name
Executive Principal	Tony Roberts
Principal	Jason Caruso
Deputy Principals	
Year 11 – 12	Asha Josland
Year 9-10	Oliver Colmer
Year 7-8	Brandie Clucas
Financial matters	
Business Service Managers	Kathleen Edwards (HR)
	Shannan Gniel (Finance)
Student attendance	Sandy Carr
Enrolment	Amy Lloyd
	Michelle Davies

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Heads of Department			
English	Bree Moyls	Maths	Andy Mantann
Humanities	Clayton Barry	Science	Kylie Dickson
Arts	Pia Mantann	Sport	Ross Stewart
Information Technology	Stephen Reid	Vocational Education	Lorraine Lehmann
Teaching & Learning	Lizette Stevenson	Special Education	Linda Boyes
Student Services	Kylie Craig	Junior Secondary	Daniel Harrison
Middle School	Brent Schilf	Senior Learning	Deb Ernst
Year Level Coordinators		Student Wellbeing and Support	
Year 7	Darren Geiger	School Based Nurse	Tracey Weickhardt
Year 8	Kylie Bilsen	Guidance Officers	Toni Clarence
Year 9	Liza Wouters		Andrea Appelman
Year 10	Keith Gaughan	Psychologist	Aimee Thomas
Year 11	Karen Nixon		
Year 12	Simon West		

School values

Our College has a 'Community' structure and all students and staff belong to one of the four Communities.

The Communities are named after elite sports people (Bradman, Freeman, O'Neill and Rafter) who are known not only for their sporting prowess but also for their charity and humanitarian work.

The Community structure provides vertical social groupings, a supportive environment and an enriched pastoral care program for students. It allows for greater staff, parent and student interaction and promotes positive relationship building across all sub schools for staff and students.

This structure is supported by research which indicates that smaller groupings within a larger educational organisation have the potential to significantly enhance educational outcomes for students. It also promotes a deeper sense of belonging for all involved in our school community and pride in our College.

Meridan State College is founded on the core beliefs of building positive relationships with our entire school community, engaging in real teamwork and demonstrating a high level of professionalism in all that we do.

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International team

The International team are here to guide you with your studies and support you during your time at Meridan State College. We are located in the Senior Precinct in classroom SP07



Sarah Powell
International
Lead Teacher



Lana Findlay
International
Student
Coordinator



Lisa Leighton
International
Homestay
Coordinator

Emergency contacts

During school hours

An emergency is a situation that may affect your health, safety or welfare. In the event of an emergency during school hours when the international team are unavailable, please contact any of the people below immediately.

Name	Role	Location
Melissa Caddle	First Aid Officer	Client Services
Jason Caruso	Secondary Campus Principal	Exec Office
Tracey Weickhardt	School Based Health Nurse	DL Office
Toni Clarence	Guidance Officer	DL Office
Andrea Appelman	Guidance Officer	DL Office

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After school hours and on the weekends



Your personal safety is our number one priority.

What is 1800 QSTUDY?

1800 QSTUDY (1800 778 839) is a service that ensures you have consistent 24/7 support, including urgent after-hours service and a process for managing incidents.

To call the service from overseas, you **must** dial +61 1800 778 839.

This hotline helps to keep you safe and supported.

When can I call 1800 QSTUDY?

The hotline is available to you to use outside of school hours.

This means you can call 1800 QSTUDY (1800 778 839) **before 8.30am** and **after 3.30pm** on school days, and 24 hours during weekends, public holidays and school vacations.

How do I find out more about 1800 QSTUDY?

For more information read the [1800 QSTUDY brochure for international students \(PDF,2.1MB\)](#).

Find out more about the service by emailing EQInternational@qed.qld.gov.au or phoning 1800 316 540.

Who can use 1800 QSTUDY?

International students in all International School Program (ISP) schools can use the 1800 QSTUDY support service. Members of your family, your legal guardian, agent, homestay provider or other persons may also call the service regarding issues that concern you if they are listed as one of your authorised contacts.

Your school will answer any questions you have about the student support hotline. If you are a new student, this will be part of your school orientation.

Different arrangements are in place for study tour students. Your chaperone will explain the support process that is available for you. For further information please phone us on +61 7 3513 5708 or email StudyTours.EQI@qed.qld.gov.au.

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Critical or life-threatening situations - dial Triple Zero (000)

A critical or life-threatening situation includes:

- immediate danger
- physical or sexual assault
- serious injury or illness
- student threatened with violence
- there has been a death.

You can download the [Emergency+](#) application (app) from the Apple, Google and Microsoft app stores. The [Emergency+](#) app helps provide critical location to emergency services.

School emergency and lock down procedure

❖ **Fire Drill:**

You will hear a specific warning signal advising to exit the building and head to the assembly point, which is our college oval. We also have Fire Drills each term to educate our students in the event of an emergency.



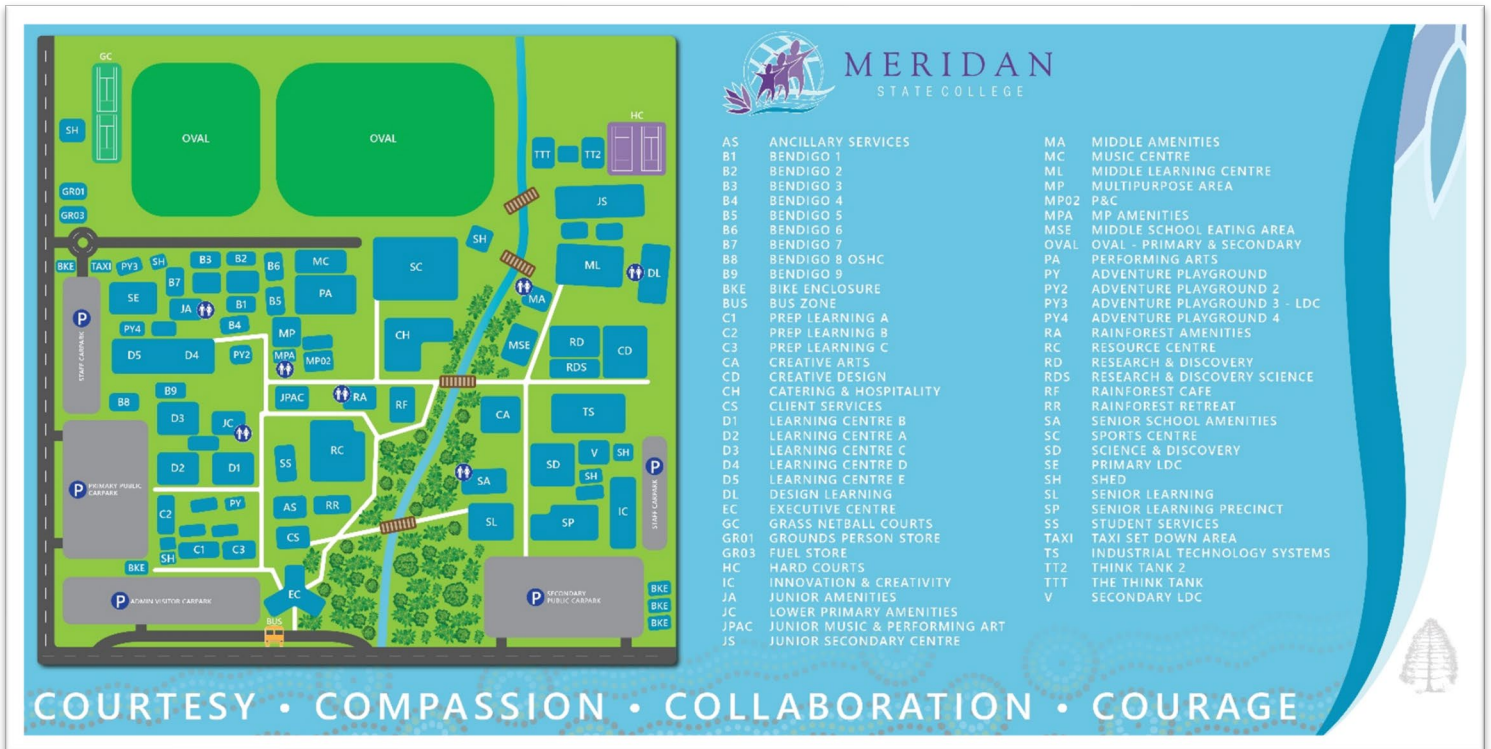
❖ **Lockdown:**

You will hear a specific warning signal advising there is a Lockdown. In a Lockdown you will hear be required to sit under your school desk and your teacher will turn off the lights and lock the door to ensure your safety at all times. We will have a Lockdown Drill each term to educate our students in the event of an emergency.

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School map and facilities



Orientation

The Meridan State College international student [Orientation](#) has been designed to:

- support your wellbeing
- help you adjust to study life in Australia
- support your academic success.

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Daily timetable



2023
BELL TIMES
PRIMARY

First Bell - 8.45am
Morning Session 8.45am - 10.55am
First Break 10.55am - 11.35am
Middle Session 11.35am - 1.10pm
Second Break 1.10pm - 1.40pm
Afternoon session 1.40pm - 2.45pm

SECONDARY

Bell Times	Monday	Tuesday	Wednesday	Thursday	Friday
Mentor Session 1	9 - 9.10 9.10-10.20	9 - 9.10 9.10 - 10.20	9 - 9.10 9.10 - 10.20	9 - 9.10 9.10 - 10.20	9 - 9.10 9.10 - 10.20
Session 2	10.20-11.30	10.20-11.30	10.20-11.30	10.20-11.30	10.20-11.30
First Break	11.30-12.10	11.30-12pm	11.30-12pm	11.30-12.10	11.30-12.10
Session 3	12.10-1.20	12-12.50	12-12.50	12.10-1.20	12.10-1.20
Second Break	1.20-1.50	12.50-1.20	12.50-1.20	1.20-1.50	1.20-1.50
Session 4	1.50-3pm	1.20-2.30pm	1.20-2.30pm	1.50-3pm	1.50-3pm

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Orientation timetable

Orientation Timetable Day 1

Time	Venue	Orientation topic
8.45am-9:00am	Senior Lecture Theatre	Collect – Students Forms <ul style="list-style-type: none">• Passport• Health Insurance Information (if not already given),• Subject Selection (if not already returned).
9.00am		Welcome & Introductions: <ul style="list-style-type: none">• International Student Coordinator• International Homestay Coordinator• International Lead Teacher• Existing International Students
9.15am		Get to know you activity
10.15am		EQI & Meridan State College Expectations and Requirements
10.45am		Phone numbers, apps & join WhatsApp group
11:00pm		Travel Forms
11:30am	Eating Area	First Break
12.00pm	Senior Lecture Theatre	Travel Forms Continued & 1800 Q Study Support Service
12:15pm		Living with your homestay
12:45pm		Camps, Aussie Adventures & Timetables
1:20pm	Eating Area	Lunch
1:50pm		Special Guests
3.00pm		Home

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Orientation Timetable Day 2

Time	Venue	Orientation topic
9.00am	Senior Lecture Theatre	Re-cap Day 1 & Question time School photos for student ID cards Timetabling with Sarah
10.00am		Water Safety Presentation – SLSC
11.30am		Lunch
12.00pm	Senior Lecture Theatre	School Tour
12.50pm		Lunch
1.20pm	Little Mountain Aquatic Centre	Water skills assessment
2.30pm	Home Time	

Assembly

Assembly is where the students at Meridan State College come together to receive important announcements, updates and information from the school Principal, school staff and students. Whole school assembly is held on Wednesdays in week 1 & 9 during session 3 (Wellbeing Lesson) in the Sports Centre. Year level assemblies are held fortnightly on Tuesday during Session 3 (PPP Lesson).

Overseas student Meeting

International students meet each week in the Senior Lecture Theatre at 8:45am – 9:10am every Monday. The purpose of the meeting is check in with how your studies, homestay and school life are going. At the meeting you can ask questions and share your thoughts and ideas. Your International Student Coordinator/Homestay coordinator will also provide updates on issues relevant to your studies, school events and upcoming items of interest.

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What to do when

Late for school or class

The school day starts at 9am. If you arrive after this time, you will need to attend the Client Services office and ask for a late pass, then take it to your teacher. Please make sure your homestay family are aware that you've arrived late and the reason. They will need to confirm with the school your late arrival reason.

Leaving school during the day

Your homestay parent must advise the college that you are leaving early before 9:00am by calling or emailing the attendance officer. You will need to go to Client Services office and sign out before leaving campus

Feeling sick or unwell

Please report to the First Aid officer at Client Services.

Wanting to change subjects

Subject changes only occur at certain times. Lead International Teacher, Sarah will let you know when the subject change window is open so you can make an appointment to see her and discuss the desired change.

Changing address or contact details

Please report this to International Student Coordinator, Lana within 7 days of your family moving to another home.

Wanting to see a Guidance Officer

You can request this yourself by attending the community leader's office or alternatively, the international staff can arrange this for you.

Lost property

Please ensure that all your property is labelled clearly, this helps your items find their way back to you. Alternatively, you can check at Client Services or down in the Sports Centre.

Toilet access during class time

Ideally toilet breaks are taken during lunch break times. If you are in need to visit the bathroom during class, please ask your teacher permission before leaving the classroom. They will mark this on the roll and upon your return.

Accommodation and welfare

Care arrangements

While studying you must live with:

- a parent, legal custodian or Department of Home Affairs (DHA) approved guardian; or
- an approved homestay provider, if you are enrolled in high school, even if you turn 18 before completing your course.

You must not change these arrangements unless we give you written approval.

You must report any serious or urgent threat to your welfare to us immediately.

If you live with a DHA approved guardian, we will communicate with that guardian on all matters to do with your enrolment and schooling (including welfare matters) as if the guardian is your parent. You can read more about EQI's Welfare and accommodation in the following documents:

- [Standard terms and conditions](#)
- [Accommodation and welfare](#)

Living with a homestay family

Your homestay family plays an important part in your time in Australia. They have been carefully selected and will be eager to welcome you into their home. It may take some time for both you and your homestay family to settle in, so please take the time to develop this relationship as it will play a very important part in your happiness and success.

It is important to establish clear expectations from the beginning. If you are unsure about how things are done or what to do, make sure you ask. Your homestay family is there to give you the opportunity to learn about Australian culture and assist you in any way that they can.

Following are some suggestions on what to ask your homestay family.

- What would you like me to call you?
- What do you expect me to do daily?
- Where do I put my clothes that need washing?
- Can I use the washing machine or iron at any time?
- Can I help myself to food and drink at any time?
- Can I move my bedroom furniture around if I wish?
- Is there a special getting up time on weekends?

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- Is there a bedtime?
- Can I invite friends around?
- What are the rules for using the internet?
- What time am I expected home on the weekends?
- Can I use household appliances when I wish?
- When and how loud can I play music?
- Are there any general rules or expectations in the household that I should know?

The way of life in Australia may be different from how you live in your country. Expectations and the degree of independence may differ, and your homestay family will try to understand these differences. You also need to try and understand the differences so that you all have a good homestay experience. If you feel you are being asked to do too much or that rules are unreasonable in your homestay, talk to the International Homestay coordinator, Lisa who will discuss your concerns with the family.

When living in a homestay you must:

- respect members of the family, their property and the home environment;
- participate actively as a member of the household;
- take responsibility for your own behaviour;
- comply with the household rules;
- comply with the homestay provider's decisions about your actions and welfare, including outings and curfews;
- have a mobile telephone and carry it on your person when traveling; and
- keep the homestay provider informed of your whereabouts, and remain contactable by them, at all times.

If you fail to meet these standards, we may consider your conduct to be unsatisfactory behaviour and may cancel or suspend your enrolment, or we may withdraw approval of your welfare arrangements. This may affect your student visa.

If you want to live with a different homestay provider, you should talk to the Homestay Coordinator. We will not approve new homestay arrangements within the first four weeks of your stay unless there are exceptional circumstances.

If we are required to move you to a different homestay, we will generally give you at least two weeks' written notice. In exceptional circumstances (for example, if we are concerned about your safety), we may move you immediately.

If your homestay provider is temporarily unable to provide homestay for you, we will arrange for you to be temporarily placed with another homestay provider.

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Curfews

You are required to comply with curfew times set by the school while living in your homestay.

Sunday-Thursday:	Friday/Saturday night:
no later than 7:00pm, unless for a school-approved extra-curricular activity	no later than 10pm, unless for a school-approved extra-curricular activity
School Holidays	
Sunday – Thursday:	Friday/Saturday night:
No later than 8pm	No later than 10pm

If you or your homestay family require approval for adjustments or additional information on implementing these curfews, please contact international staff members.

On the Sunshine Coast, all ISP schools have a locale curfew – no beaches, parks or secluded areas after sunset. This is for your safety.

Culture shock

Culture shock refers to the emotional and psychological reactions to an unfamiliar culture and environment.

For international students, culture shock is often uncomfortable and disorienting. Although culture shock can be positive in some ways, it's important for students to understand what culture shock is, what causes it, and how to manage its effects.

Some of the signs of culture shock may include:

- feeling isolated
- increasing frustration with your host country, the school and host family
- irregular sleep patterns
- spending a lot of time alone in your room
- you are easily upset and can't concentrate at school.

Culture shock

Culture shock can be described as consisting of at least one of four distinct periods: [Error! Not a valid bookmark self-reference.](#), [Frustration/Distress period](#), [Adjusting period](#), and [Acceptance/Autonomy p.](#)

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Honeymoon period

The first stage of culture shock is usually positive. During the honeymoon period the differences between the old and new culture are seen in a romantic light. For example, in moving to Australia to study, you might love the new food, the pace of life, and the locals' habits. During the first few weeks most students are fascinated by the new culture.

Frustration/Distress period

After some time (usually around three months, depending on the individual), differences between the old and new culture become apparent and you may feel uneasy. Excitement may eventually give way to unpleasant feelings of frustration as a person continues to experience unfavorable events that may feel strange. Language barriers, traffic safety and food differences may heighten the sense of disconnection from the surroundings.

During this period students adjusting to a new culture may feel lonely and homesick because they are not yet used to the new environment and new people they are meeting.

Adjusting period

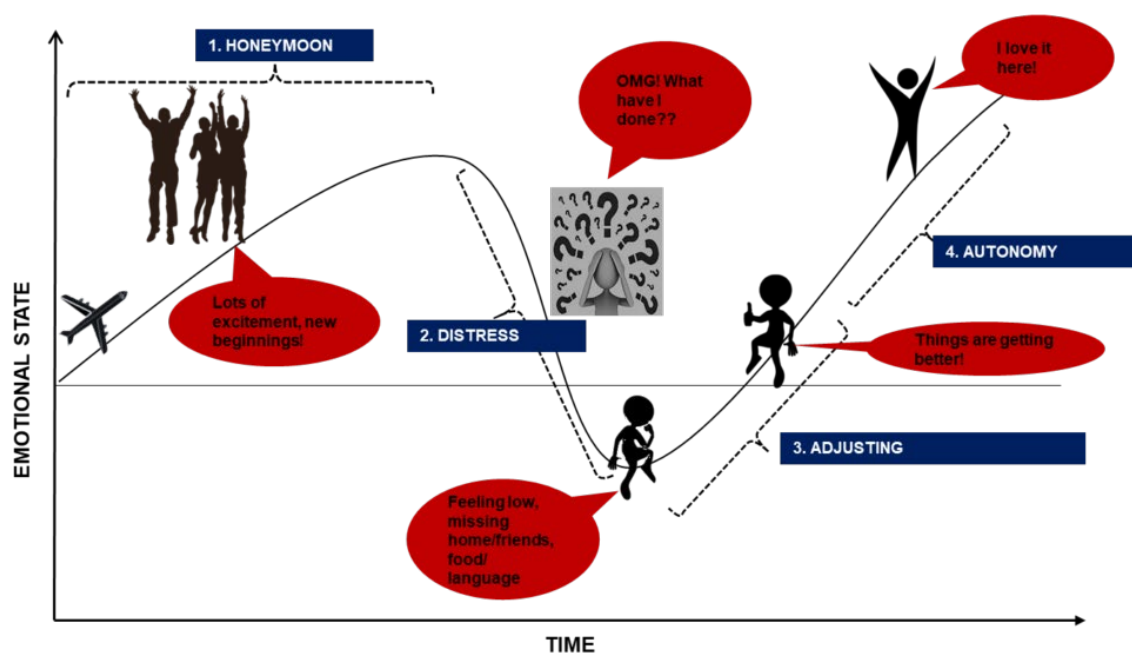
After some time (usually 6 to 12 months), a person grows accustomed to the new culture and develops routines. During this period a person knows what to expect in most situations and the host country no longer feels very new. You will also develop problem-solving skills for dealing with the culture and begin to accept the culture's ways with a positive attitude. The culture begins to make sense, and negative reactions and responses to the culture are reduced.

Acceptance/Autonomy period

Individuals in the acceptance period are able to participate fully and comfortably in the host culture. Mastery does not mean total conversion; you may keep many traits from your earlier culture, such as accents and languages.

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If you think you are feeling culture shock, here are some things that you can do:

- be patient with yourself as culture shock is a normal reaction to a changed environment
- talk about how you are feeling with your host family, friends or a member of the international team
- keep in contact with your loved ones back home
- socialise and make new friends.

Expressing emotions

Australians tend to express their emotions openly and are not usually embarrassed about showing others that they are happy, sad, etc.

Many Australians find it quite acceptable to openly disagree with another person's opinion, as long as this is done in a non-aggressive and reasonable manner. In most cases, it is also considered acceptable to discuss personal problems with other people, especially friends, family and trained professionals (i.e. guidance officers in schools).

It is normal to feel nervous when you first meet your homestay family. You will begin to feel happier when you get to know the family better. Talking to your homestay family about any worries or questions you have when you first arrive will help you adjust to living in a new country.

Manners

Manners are very important in Australian culture, and parents encourage their children to say "please" and "thank you" when they ask for something. They also encourage them to

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apologise (say "I am sorry") when they have done something wrong or have upset someone. When asking for something, please remember to say, "Can I *please* have ..." and say "thank you" when you receive it.

It is important to remember the following:

- Culture shock is a perfectly normal part of the study abroad experience.
- It is important to remember that it will pass.
- Use the experience as an important learning opportunity, helping you to become versatile and adaptable to change. It will equip you with valuable life skills that are some of the greatest benefits of studying abroad.
- Step outside of your comfort zone, make new friends, and take full advantage of the once-in-a-lifetime experiences while you can.
- Once your study abroad experience is over, your family and friends will be ready and waiting to hear all about your adventures.

The international team are here to support you so that you meet your academic goals and have a wonderful study and homestay experience while at Meridan State College.

Contact details

If you are living with your parents or relatives (in a non-DHA approved home), you must let your school know your residential address in Australia within seven days of arriving in Australia. You must also tell the school of any changes of residential address within seven days. Failure to do this may affect your student visa.

We also need your current telephone number and email contact details, as well as the contact details of your parent/s/legal custodians and emergency contact person/s. Any changes need to be given to us within seven days.

ISP Standard Terms and Conditions

Before you arrived in Australia you were provided with a copy of the [ISP standard terms and conditions](#). The standard terms and conditions outline EQI policies that relate your responsibilities and rights and EQI's responsibilities and actions required to be taken during your course of study in Queensland.

If you have not read the standard terms and conditions please do so. The standard terms and conditions are available in the following languages:

- [Simplified Chinese](#)
- [German](#)

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- [Italian](#)
- [Japanese](#)
- [Vietnamese](#)

Visa Conditions

Attendance

Meridan State College aims to ensure students are actively engaged in school and attend every day to ensure optimal individual outcomes and student engagement. We have high expectations of student attendance. Once you have enrolled at Meridan State College it is your responsibility to ensure that you are at school every day and that you arrive on time, ready to start class at 9:00am.

You are expected to maintain 100% attendance unless you are sick. You should always tell the school if you cannot attend for all or part of the day.

In the event that you are going to be absent from school, ask your homestay parent to notify the school on the day of the absence via the absentee line 07 5490 2799 stating your name and class, the name of the person reporting the absence, the reason for the absence and the expected return date.

The school will record your attendance or absence every day. All absences are recorded on your school report. Electronic rolls will be marked every period. An SMS message will be sent to your homestay parents/carers of an unexplained full day absence.

Satisfactory attendance is a [student visa condition](#) for overseas students enrolled in an EQI course, studying on a subclass 500 (schools) visa for the duration of your study. Commonwealth law requires EQI to be proactive in notifying and counselling students who are at risk of failing to meet these attendance requirements. EQI is required by law to report international students who have breached attendance requirements.

At risk of failing to meet attendance requirements

You are considered to be at risk of failing to meet attendance requirements if:

- you are absent for three consecutive days or more and a temporary suspension of study has not been approved by us prior;
- your attendance falls to 95% - 90% of your course contact hours in a study period (semester) or
- we have other concerns about your attendance record.

Your International Student Coordinator will require you to meet with them about your attendance record and provide evidence explaining your absences (such as medical certificates), if requested.

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If your attendance falls to 90% - 85% of your course contact hours in any semester, we will give you and your parents/legal custodians and your DHA approved guardian an *Attendance risk notification letter*.

Unsatisfactory attendance

If you do not attend at least 80% of your course contact hours, EQI will notify you in writing of their intention to report you to authorities for not maintaining satisfactory attendance. EQI may exercise discretion not to report you if:

- you provide evidence of compassionate or compelling circumstances explaining your absences;
- EQI are satisfied that, in all the circumstances, it is reasonable not to report you;
- your attendance record remains above 70% and there are compassionate or compelling circumstances (if your attendance falls below 70%, EQI is required to report you to authorities and your student visa may be impacted).

If you receive a notice of EQI's intention to report you to authorities, you have the rights set out under the *Appeals Policy* section of the [ISP standard terms and conditions](#).

You can read in more detail about your attendance requirements at:

- [ISP standard terms and conditions](#)
- [Attendance - subclass 500 \(schools\) visa procedure](#)

Course progress

You must maintain satisfactory course progress for each study period as required by us and outlined in the [Entry and course requirement standards](#). Maintaining satisfactory course progress is a condition of your student visa. If your course progress is not satisfactory, EQI will report you to authorities and your student visa may be impacted.

At Meridan State College we provide written reports to you and your parents or legal custodians every semester as per the [P-12 curriculum assessment and reporting framework](#) available on the Queensland Department of Education website.

You must complete your course within the time set out in the Confirmation of Enrolment that EQI sent you.

EQI may extend the time to complete your course only if:

- there are compassionate or compelling circumstances;
- your course load is reduced because you are having difficulty making satisfactory course progress; or
- a deferral or suspension of study is approved (see the Deferral, Suspension and Cancellation Policy section of the [ISP standard terms and conditions](#)).

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Where there is an adjustment to course length you must contact the Department of Home Affairs to seek advice about any potential impacts on your visa, including the need to obtain a new visa.

Unsatisfactory course progress

Meridan State College will monitor your workload and your results to ensure you complete the course on time and to assist you if you are having difficulties. The school will implement suitable intervention strategies to identify if you are at risk of not meeting course progress requirements and to notify and assist you in sufficient time for you to achieve satisfactory course progress.

Formal intervention

If you are not making satisfactory course progress, the school Principal will give you and your parents or legal custodians a *Course progress at risk notification letter*. You will be required to meet with the Principal to develop a plan to improve your performance.

If your next study period report indicates continuing unsatisfactory course progress, EQI will notify you in writing of our intention to report you to authorities for breaching the requirement of your visa to achieve satisfactory course progress.

At any point during your enrolment, where your course progress is impacted to the point that your academic outcome or pathway is no longer available, EQI will notify you. If you receive a notice of EQI's intention to report you to authorities, you have the rights set out under the **Appeals Policy** section of [ISP standard terms and conditions](#).

You can read in more detail about your attendance requirements at:

- [ISP standard terms and conditions](#)
- [Course progress - subclass 500 \(schools\) visa procedure](#)

Behaviour

Meridan State College is committed to providing a safe, respectful and disciplined learning environment for students and staff, where students have opportunities to engage in quality learning experiences and acquire support of their lifelong wellbeing.

[ISP standard terms and conditions](#) state that at school you must:

- participate actively at school;
- take responsibility for your own behaviour and learning;
- respect other members of the school community and the school environment and property;
- cooperate with staff and others in authority; and

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- comply with your Meridan State College's rules – [student code of conduct](#) and school policy and procedures.

At all times you must

- comply with Australian laws and with the conditions of your student visa;
- not drink alcohol, smoke, misuse prescription medication or use illegal drugs;
- not do anything that endangers your safety or the safety of other people; and
- not do anything that may bring your school or the International Student Program into disrepute.

If your behaviour is unsatisfactory, EQI may cancel your enrolment. This may affect your student visa.



MERIDAN STATE COLLEGE



Secondary Student Expectations			
	Learning Space	On Campus	Community
We are safe because	<ul style="list-style-type: none"> • I use equipment and technology as instructed. • I follow all staff instruction safely and efficiently. • I take responsibility and am accountable for my actions. 	<ul style="list-style-type: none"> • I respect the boundaries and rules for each area. • I respond to staff directions promptly and safely. • I follow the school uniform policy. 	<ul style="list-style-type: none"> • I follow road rules and safety guidelines while using all modes of transport. • I keep personal information private online and report unsafe activity. • I demonstrate positive behaviour in public and report unsafe actions or damage.
We are responsible learners because	<ul style="list-style-type: none"> • I arrive on time, prepared and ready to learn. • I actively participate by attempting all tasks. • I take responsibility for my own learning, seek feedback and show resilience to academic struggles. 	<ul style="list-style-type: none"> • I am on time, in the right place, and follow bell prompts. • I keep the environment clean, respect school property, and report any damage. • I take responsibility for my belongings and keep my phone off and in my bag. 	<ul style="list-style-type: none"> • I make responsible choices and am an active community member. • I act responsibly and follow the code of conduct during excursions and events. • I contribute positively to the school's reputation.
We are respectful because	<ul style="list-style-type: none"> • I am inclusive of others' rights to have opinions and ideas. • I show respect for the learning space, for others and for their belongings. • I respect others' rights to learn and teachers to teach without interruption. 	<ul style="list-style-type: none"> • I respect others' beliefs, backgrounds, and cultures, speaking positively and inclusively. • I care for the school environment, property, and shared spaces. • I use polite language, respect personal space, and clean up after myself. 	<ul style="list-style-type: none"> • I communicate with kindness, respect, and empathy to others both online and in the community. • I value the contributions of others and respect community values and customs. • I protect the environment and represent the school with Marlin values.

COLLABORATION

COURAGE

COURTESY

COMPASSION

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English as a Second Language or Dialect (EAL/D)

To support your success at Meridan State College you need to have good English language skills. If it is identified that you need additional support to build these skills, Meridan State College will:

Additional study support programs

Our school has the following study tutorials to support you in your studies:

Activity	Time and Location
Maths Tutorial	Monday 3-4pm in RD21
Science	Thursday 3-4pm RD 22
English	Thursday 3-4pm SP06

Academic policy

[Prep – Year 12 Assessment Policy](#)

Legal services

There are a variety of legal services in the community around our school. If you need to access legal services, please see the International Student Coordinator.

Legal Aid Queensland can help with free advice about most personal legal problems including civil law problems such as consumer issues. You can contact Legal Aid Queensland at www.legalaid.qld.gov.au or call 1300 651 188 Monday to Friday 8:30am to 5:00pm.

For legal advice you can also contact a private solicitor or a Community Legal Centre.

If you are unsure about your immigration rights and responsibilities, you can contact the Refugee and Immigration Legal Service (RAILS) for advice and assistance relating to immigration matters.

Emergency and health services

If you have a medical emergency or need assistance with a medical matter, you can call **1800 QSTUDY** (1800 778 839). You can also call your Overseas Student Health Cover (OSHC) provider.

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Overseas student Health Cover (OSHC)

OSHC is insurance to assist overseas students meet the costs of (public) medical and hospital care that they may need while in Australia. OSHC will also pay limited benefits for pharmaceuticals and ambulance services are covered. Some countries [reciprocal health care arrangements](#) or are [OSHC exempt](#) which may mean OSHC may not be not required.

Details and costs of policies, including what an OSHC policy will and won't cover, and any waiting periods that may apply to certain treatment types, can be obtained by contacting each insurer directly.

OSHC is considered adequate health insurance, however, if you find your OSHC policy does not cover you for everything you want, you can take out additional private health/travel insurance.

Your OSHC provider can help you with a range of medical advice. You **should** check with your OSHC provider website as the services and support provided can vary from provider to provider.

Common advice and support OSHC providers may provide include:

- medical assistance
- referral to a doctor for medical treatment
- getting access to an interpreting service
- counselling services
- referral to a legal service
- family and friends messaging services in the event of an emergency
- personal safety

There are currently six OSHC providers in Australia, including:

OSHC Provider	Website
ahm OSHC (offered through Medibank Private)	https://www.ahmoshc.com.au/
Allianz Care Australia	https://www.allianzcare.com.au/en/visas/student-visa-oshc.html
Bupa Australia	https://www.bupa.com.au/health-insurance/oshc
CBHS International Health	https://www.cbhsinternationalhealth.com.au/overseas-students-oshc

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OSHC Provider	Website
Medibank Private	https://www.medibank.com.au/overseas-health-insurance/oshc/
nib	https://www.nib.com.au/overseas-students/

Medical matters

Health information

To help us support you, we need you to tell us everything we might need to know about your physical and mental health, including your medical history, conditions and allergies, and all medications you use so we can organise anything you might need. If you are living with a homestay provider, you may need to approve and monitor your support and general welfare arrangements as required by your student visa. This applies before you arrive in Australia and during your stay.

Visiting a doctor

If you need to visit a doctor, ask your homestay family to help you make the arrangements.

Medication

If you need to take medication while at school, the medication needs to have a pharmacy label and be handed in to administration. Your parents/guardian will need to complete a consent to administer medical form. You will need to come to the office at the time the medication is required.

Medical treatment

If you need medical or other health care (other than routine care for minor illness or injury), we will use our best endeavours to contact your parents, legal custodians and homestay provider as soon as reasonably possible.

We may, as we think appropriate and in your best interests:

- provide or administer over-the-counter or prescribed medications; and
- administer first aid.

If we think you need treatment from a health care professional, we may authorise any medical and other professional treatment that we believe to be in your best interests. This includes hospital transfers, emergency procedures, and administering drugs and medications. To do this, we may sign consents to medical and other health procedures on your behalf.

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You must reimburse us for all costs associated with medical or other treatment that we authorise for you.

For further information please refer to the [ISP standard terms and conditions](#).

Mental Health:

Your mental health and well-being are a priority during your time in your new school. Adjusting to a new environment can be challenging, and it is normal to feel homesick, anxious, or stressed at times.

Our school offers a range of resources to support your emotional health, including access to our school Mental Health Resource Hub and school counsellors, who are available for confidential one-on-one sessions.

You can also reach out to local mental health services, such as Lifeline (13 11 14) or Beyond Blue (1300 22 4636), which provide support for managing stress, anxiety, or other mental health concerns.

For immediate help outside school hours, you can contact the 24/7 1800QSTUDY hotline (1800 778 839). There are also several online resources available that offer self-help tools and advice for emotional well-being.

Mental health telephone and online contacts

beyondblue support service

All ages:

Phone: 1300 22 46 36 (24 hours a day, 7 days a week)

[Online chat](#) (open 3pm to 12am daily)

[beyondblue website](#)

Kids Helpline

Age range: 5 years old to 25 years old:

Phone: 1800 55 1800 (24 hours a day, 7 days a week)

[Webchat Counselling](#) (open 7 days, 8am to 12am AEST)

Lifeline

All ages:

Phone: 13 11 14 (24 hours a day, 7 days a week)

[Online chat](#) (7pm to 4am AEST, 7 days a week)

[Lifeline](#) provides all Australians experiencing a personal crisis with access to online, phone and face-to-face crisis support and suicide prevention services, information, facts and resources.

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Fees

Tuition

Tuition fees for EQI (CRICOS Provider Code: 00608A) cover:

- all curriculum schooling and teaching costs
- curriculum-related excursions

Non-tuition fees

Some non-tuition fees may also apply for items such as school uniforms and non-curriculum activities. Please check with your International Student Coordinator.

Overseas student Health Cover (OSHC)

OSHC fees are determined by the OSHC provider and are subject to change. For further information on OSHC, please refer to your OSHC provider.

More information regarding fees can be found on [EQI website](#).

Change of school, year level, course or course duration (variation of enrolment)

You may apply to change between Queensland Government schools, change year level, course type or course duration (variation of enrolment).

Additional tuition, homestay or other non-tuition fees may apply.

Before applying for a variation of enrolment, you should talk to your International Student Coordinator and school guidance officer and consider any relevant enrolment deadlines at other schools or institutions.

For more detailed information please see the following documents:

- [Student management procedure](#)
- [ISP standard terms and conditions](#)
- [Variation of enrolment request form](#)

Transfer to a non-government school or another institution

Before applying for a transfer to a non-government school or another institution registered under Australian law to provide education to overseas students, you should talk to your International Student Coordinator and school guidance officer and consider any relevant enrolment deadlines at other schools or institutions.

For more detailed information please see the following documents.

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- [Transfer procedure](#)
- [ISP standard terms and conditions](#)
- [ISP Transfer request form](#)

Complaints

Before you lodge a customer complaint with the department, you are encouraged to contact your school to try to resolve your issue. If you have an issue with your course, your living arrangements or your welfare, you should discuss this with your International Student Coordinator.

If you have an issue relating to your International Student Coordinator or a decision they have made, you should discuss this with your school Principal. You can bring a support person to help you at any meeting.

Customer complaints are managed in accordance with the Department of Education's [Customer complaints and grievances management policy](#) and [Customer complaints management procedure](#), and the [ISP standard terms and conditions](#).

You can make a formal complaint if you are dissatisfied about the service or action of a school, the department, its staff, or education agents with which EQI has arrangements to deliver your course-related service. EQI does not charge a fee for accessing the complaints process.

You can ask for help writing your complaint (for example, from your parents, your homestay provider or a lawyer) and can bring a support person to help you at any meetings we have to discuss your complaint.

More detailed information can be found in the links provided above.

Appeals

Internal appeal

You can appeal a decision EQI makes (**Internal Appeal**):

- to report you for failing to maintain satisfactory attendance or course progress;
- to refuse you request to defer or suspend their enrolment;
- to suspend or cancel your enrolment (initiated by EQI);
- to refuse your request to transfer to another registered provider.
- to refuse your variation of enrolment request.

EQI does not charge a fee for using the appeals process.

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External appeal

If you are still not satisfied with the decision by EQI, you can lodge a complaint (**External Appeal**) with the Queensland Ombudsman by email to ombudsman@ombudsman.qld.gov.au or by post to Queensland Ombudsman, GPO Box 3314, and Brisbane Qld 4001 within 10 working days of receiving our decision.

For external appeals the Queensland Ombudsman will consider if the decisions made by the Director, EQI (or delegate) and the internal appeal review officer were made in accordance with the relevant policies and procedures and may not result in a change of the original decision. EQI will implement the decision or recommendation of the Queensland Ombudsman.

Travel and activities

High-risk activities for homestay students

“High-risk activities” means any activity which inherently poses an increased risk of harm, illness or injury. Examples of high-risk activities are extreme sports, water activities and recreational activities with dangerous elements.

You must not undertake high-risk activities, even if you have the permission of your parents, legal custodians or homestay provider, unless the activities are approved by EQI. This includes overnight travel away from your homestay provider’s residence (with or without your homestay provider), activities where recreation provider requests parental consent or activities that require supervision other than your homestay provider.

To request permission to participate in high-risk activities, please complete the Travel and activities request form (link below) and submit it to your International Student and/or Homestay Coordinator.

In assessing your request, consideration will be given to all relevant circumstances including the nature of the activity, the arrangements for supervision, your welfare and your age and maturity. We may also consider the views of your parents, legal custodians and homestay provider but we will not necessarily grant permission even if they consent.

Related documents

- [Non-routine travel and activities for homestay students – subclass 500 \(schools\) visa procedure](#)
- [ISP travel and activities request form](#)

Swimming

also see the [Non-routine travel and activities for homestay students – subclass 500 \(schools\) visa procedure](#).

Surf and Beach safety

Queensland has some of the most beautiful beaches in the world. However, they can be dangerous for people who are not used to the ocean. Understanding the ocean is very important – the more you know about how waves, wind and tides affect conditions in the water, the better able you are to keep yourself safe.

Surf Life Saving Australia's 10 Surf Safety Hints

1. Always swim or surf at places patrolled by surf lifesavers or lifeguards.
2. Swim between the red and yellow flags. They mark the safest area to swim.
3. Always swim under supervision or with a friend.
4. Read and obey the signs.
5. Don't swim directly after a meal.
6. Don't swim under the influence of drugs or alcohol.
7. If you are unsure of surf conditions, ask a lifesaver or lifeguard.
8. Never run and dive into the water. Even if you have checked before, conditions can change.
9. If you get into trouble in the water, don't panic. Raise your arm for help, float and wait for assistance.
10. Float with a current or undertow. Stay calm. Don't try to swim against it. Signal for help and wait for assistance.

Useful links

- Queensland Surf Lifesaving
- <https://beachsafe.org.au/> at this link you can download their Beach Safe app.

Sun safe

Most of the sun's dangerous UV radiation (as much as 70%) occurs in the middle of the day, so if you are heading outside then you need to take particular care to seek shade, cover up, wear a hat and use sunscreen. Drink plenty of water in hot weather so as not to become dehydrated. Be sun safe by:

- avoid direct sun when possible
- drink plenty of water
- wear a long-sleeve shirt, wide brim hat and sunglasses
- regularly apply an SPF 30+ high protection sunscreen.

Refund policy

Your rights

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If you do not complete your course, you may apply for a refund of some fees already paid by you (in certain circumstances). Some tuition and non-tuition fees charged by EQI are not refundable.

EQI will also pay any other refunds required by Australian law. If you demonstrate compassionate or compelling circumstances, EQI may agree to refund other unspent fees at their discretion.

Refund requests for OSHC fees must be made directly with your Overseas student Health Insurance (OSHC) provider.

The right to make complaints and seek appeals of decisions and action under various processes, does not affect your rights to take action under the *Australian Consumer Law* if the *Australian Consumer Law* applies.

More detail regarding refunds can be accessed at:

- [ISP standard terms and conditions](#)
- [Refund request form](#)

School policy and procedures

Bring your own device

[Meridan State College BYOx Policy](#)

School network and internet policy

[Meridan State College Acceptable ICT use](#)

School AI usage policy

[Meridan State College AI usage policy](#)

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Using Artificial Intelligence (AI) at Meridan State College

Students must follow this guidance when it comes to using Artificial Intelligence (AI) for school purposes.
When using AI, students must:

- 1 Seek teacher approval**
Use AI tools only when directed by a teacher. If you wish to use an AI tool, you must first seek approval from your teacher. When completing assessment tasks, ensure you follow the AI guidelines specific to that task. 
- 2 Avoid plagiarism**
AI-generated content may only be used in assessment tasks where it is explicitly permitted and must always be properly attributed. Using AI content without permission or proper citation violates the Meridan State College Assessment Policy. 
- 3 Check accuracy**
Always verify the accuracy and trustworthiness of AI-generated content. Cross-check information, numbers, facts, and data provided by AI tools. Remember, students are responsible for ensuring all information in their schoolwork is accurate. 
- 4 Use AI responsibly**
Always demonstrate respectful and responsible behaviour when using AI tools. 
- 5 Protect data and privacy**
Avoid entering personal or sensitive data and images into AI tools. If unsure, consult your teacher. 
- 6 Cite sources**
When using AI tools as permitted by specific assessment guidelines, cite where and how they were used to create text, images, videos, audio, or other media. 
- 7 Show AI-generated information**
If requested by a teacher, you must show the AI tool used and the source material cited from AI-generated content. 

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Use of mobile phones

[Meridan State College Mobile Phone Usage Policy](#)

Make up and jewellery policy

- Students may wear no more than two small pairs of plain sleepers or studs (silver or gold) in the ears only and a watch.
- All other items of jewellery, such as rings, necklaces, bracelets, medallions, anklets are not permitted.
- A small CLEAR nose stud is acceptable. Other forms of facial/external piercing (including tongue and eyebrow piercing) are not permitted. These items will be removed and collected from the students.
- If medical medallions are required, a medical certificate must be provided to the College. No other accessories may be worn.
- Medi-alert necklaces, or necklaces approved as religiously or culturally significant must be worn inside the student's collar due to Workplace Health and Safety requirements. Culturally significant jewellery must be approved by Year level DP.
- Students wearing jewellery that does not comply with this policy will be instructed to remove the non-compliant item/s and place them away (e.g. in their bag) for safekeeping. Ongoing non-compliance behaviour will be subject to intervention as per Non-Compliance with Student Dress Code (below).

Uniform requirements

School uniforms can be purchased from [The School Locker](#) in Maroochydore, Homemaker Centre, 55 Maroochy Blvd, Maroochydore.

[Meridan State College Uniform Policy](#)

School Leadership Opportunities

The student leadership program at Meridan is designed to offer opportunities for students across our Secondary Campus, to experience leadership throughout their high school years.

As well as school captains and vice captains, opportunities are provided for students to chair committees or simply be a part of them.

Our leadership team also provide a voice for the students in our college and work closely with our teachers and our community to make our college the best it can be.

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House Structure



At our College, students are grouped into communities. Each of our Communities are named after successful Australian Sportspeople. Bradman, Freeman, Rafter and O'Neill were selected not just because these names represented sporting heroes, but because of the significant contribution these people made to society.

Rafter	Pat Rafter	Australian Tennis Icon
Freeman	Cathy Freeman	Australian Olympian – Running
O'Neill	Susie O'Neill	Australian Olympian – Swimming
Bradman	Sir Donald Bradman	Australian Cricket Icon

As you are special guests of our College, you have been placed into a Community, as an honorary member. Enclosed in your pack is a coloured bag. The colour of this bag tells you which Community you have been placed into while you are at Meridan State College.



The Resource Centre (Library)

Is open from: 7.35am to 4.00pm Monday to Friday.

The Resource Centre is accessible to Senior Students at 1st break only.

Library books may be borrowed and are expected to be returned within 1-2 weeks.

When entering the Resource Centre....please.....

- Leave bags on bag-racks (you can leave valuables at the circulation desk)
- Work quietly
- No food or drink in The Hub (including water bottles)
- If you are seeing the IT Staff for assistance with your BYOx device then please line up to be seen before school or 1st Break each day.

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IT Assistance

As Meridan College is a BYOx College where years 4-12 are expected to bring a suitable device to Meridan College each day.

If you do not own a laptop, a BYOx device will be loaned to you during your stay at Meridan College. We offer IT assistance each day before school and during 1st break in the Resource Centre with our IT staff members who will be there to assist you.

Printing at Meridan College

All students will be issued with a Student ID card after you have had your student photograph taken and processed and you will have funding provided on your Student ID Card. Printers are located in the Resource Centre.

Black & white and colour printer / photocopier / scanner is available for student use.

Rainforest Café

Open every day during First Break and Second Break.

Senior Students can also order from the Café before school and during first break to order coffee's, milkshakes, frappes.

Year 7-12 online orders can be made via the Qkr app and can be collected at the first break bell at the counter on the Junior side of the tuck-shop.

Rainforest Cafe etiquette

- Queue quietly in an orderly line behind the bar.
- Students are to buy for themselves only. Please do not ask students in the line to buy for you or give money to students in the line.
- Students not in the queue should remain outside the yellow line.
- Say 'Please' and 'Thank You'.
- All litter must be put in the bins provided.
- Bags are not to put on the tables. Please do not sit on the tables.
- No ball games are to be played in the vicinity of the canteen. The ovals are to be used for all ball games requiring kicking; the courts for basketball.

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Metropolitan Canteens Meridan State College

Prices effective from January 2025

SANDWICHES & WRAPS

White/wholemeal/Multigrain/Gluten Free

Sandwiches	From \$5.50
Wraps - Whole	\$7.00

SALAD

Garden salad	\$6.00
Chicken Pasta Salad	\$7.00
Chicken Caesar	\$8.00
Thai Beef salad	\$8.00
Healthy Snack Packs	\$5.00

Fruit and yoghurt

Fresh Fruit (whole)	\$1.50
Fruit Salad Bowl	\$5.00
Watermelon cup	\$2.50
Greek Yoghurt with berries	\$3.50

THE BAKERY

All made on site (low fat)

Cookies	\$2.50
Muffins	\$2.50
Homemade Brownie	\$3.50
Sausage Rolls	\$5.00
Low fat cheesecake	\$5.00

BURGERS & BUNS

Chicken Schnitzel	\$6.00
Peri Peri chicken burger	\$6.50
Cheeseburger	\$5.50
Hamburger & salad	\$6.50
Beef/chicken and gravy roll	\$5.50
Vegetarian Burger	\$6.00
Hot Dog with sauce	\$4.50
Hot Dog with sauce and cheese	\$5.00
Meatball sub with cheese	\$5.50
Chicken sliders (2)	\$6.50
Turkish bread varieties	\$7.00

DAILY SPECIALS

New specials every Term

All \$7.00

Monday: Penne meatballs in Napoli sauce
Tuesday: Fish and wedges with tartare
Wednesday: Chicken noodle stir-fry (vege option)
Thursday: Mexican Beef nachos (vege option)
Friday: Butter chicken with basmati rice

SUSHI VARIETY

Made on selected day's

POA



BREAKFAST

Available from 8am

Hashbrown	\$2.00
Ham and cheese pocket	\$2.50
Bacon and Egg Roll/Muffin/Toastie	\$5.00
Toasted Ham and Cheese	\$5.50
Toasted Cheese and or Tomato	\$5.50
Breakfast wrap	\$6.00

HOT FOOD

Potato Wedges	\$4.00
Chicken Nuggets (5)	\$4.50
Loaded Wedges	\$5.00
Traveller pie	\$6.00
Vegetarian Nachos	\$5.00
Pizza slice	\$4.00
Garlic bread	\$4.00
Special fried rice	\$ 4.00 L\$6.00
Pasta of the day	\$ 4.50 L\$7.00
Chicken katsu with rice	\$7.00



Metropolitan Canteens Meridan State College

Prices effective from January 2025

SNACK FOODS

Jelly Cup	\$2.50
Chocolate mousse	\$3.00

ICE CREAMS

Zooper Doopers	\$1.00
Snowtime fruits	\$1.00
Frozen juice cups	\$1.50
Icy pole	\$2.00
Ice cream cups	\$2.00
Lifesaver	\$3.00
Mini drumstick	\$3.00
Frosty fruit stack	\$3.50
Milo cup	\$5.00

COLD DRINKS

600ml water	\$2.50
Up and Go	\$3.50
300ml flavoured Milk	\$3.50
500ml milk	\$5.00
Icebreak	\$5.50
Poppers	\$2.50
Bare	\$4.50
Mineral Waterfords	\$4.50
Lipton Iced tea	\$4.50
Gatorade	\$5.00
Aloe Vera juice's	\$5.00

CRISPS

Red Rock Potato Crisps 28gm	\$2.50
Red rock potato crisps 45gm	\$3.50

Meridan School Bags & Valuables

School bags are not to be taken into classrooms unless you have permission from the teacher.

Bags should be left on the bag racks outside the classroom.

You should not keep large amounts of money in your homestay or at school. It is safest to keep your money in a bank account and withdraw cash as you need it.

Transport

Bus timetables can be found using the Translink app or website. Bus fares are 50c. You can purchase a GoCard from select store or alternatively you can use your credit card.

- [Translink](#)

Ride-share services are accessible by downloading the following apps

- [Uber](#)
- DiDi
- Shebah (females only)

Transport to school

If you live close to school, you may walk to school or ride a bike (please remember you are required by law to wear a helmet whilst riding a bike). Before you ride a bike to school, first ask your homestay parent to show you the fastest route. If you live further away, you can catch a bus or your host parent may drive you. International students are not eligible for a bus pass, so you will have to pay the bus fare to and from.

As of July 1, 2026 Queensland is introducing new e-bike laws. These laws include:

- Riders must be at least 16 years old and hold a valid driver's license of any type (including a learner's license) and medically fit
- Footpath speed limits will be 10km/h on shared paths and bike lanes will be capped at 25km/h
- Police have the authority to randomly breath tests riders and seize or immediately destroy non-compliant or illegal vehicles
- Motors must be 250 watts maximum
- Motors must cut off at 25km/h
- Helmets are mandatory at all times
- Failure to comply with these can result in fines that can reach up to \$6,700 (for major offences). Parents and guardians can also be fined for offences committed by minors in their care.

MERIDAN STATE COLLEGE INTERNATIONAL STUDENT PROGRAM

Meridan State College Registered Training Organisation (RTO 32134)
The Queensland Department of Education trading as: Education Queensland International (EQI) CRICOS
Provider Number 00608A

Driving

You must refer to the [ISP standard terms and conditions](#) and contact your International Student and/Homestay Coordinator for further advice and approvals required when considering:

- driving a vehicle
- You will need to have an approved request form before being able to be a passenger in a vehicle driven by a driver with a provisional (P plate) or Learner (L Plate) driver's license.

Australian families

In Australia there is no typical family, and families differ widely from each other in many ways. This is in part due to Australia being a *multicultural* society i.e. many cultures from all over the world choose to settle in Australia.

Australian families *usually* have a mother and a father, children and pets. It is also common to find *single parent* families with either the mother or father responsible for keeping the home and caring for children.

It is expected in most Australian homes that people living in the home help with household tasks. These tasks may include helping with food preparation and cleaning up, keeping their own bedroom clean, washing and ironing their own clothes.

Australian teenagers

Australian parents expect to be told where their teenagers are going, who they are going with, what they will be doing and the time they will be done. Homestay parents expect the same courtesy from their overseas student. It is extremely important that you let your homestay parents know your plans. This will avoid a lot of worry.

It is also polite to tell homestay parents in advance if you will not be home for dinner. Most parents set a time by which their children must return home, and also usually set a time for going to sleep. Some overseas students find this difficult because they usually stay up very late. Australians generally get up early in the mornings. Australian teenagers participate in a wide range of activities including, parties, using the computer, visiting friends and shopping.

Mealtimes

Breakfast

You may be expected to make your own breakfast with food provided by the homestay family. In Australia, the typical breakfast can include Cereal, Toast or eggs.

Ask your homestay family what food is available for breakfast and ask them to show you how to prepare it. Let your homestay know if there are certain foods that you like or dislike

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so that they know what to buy when shopping. Please wake up early enough to allow yourself time to prepare a nutritious breakfast before leaving for school and remember to clean up afterwards.

Lunch

It is most likely that you will be required to make and pack your own school lunch using food provided by the homestay. In Australia, it is common for lunches to consist of sandwiches (two slices of bread with fillings such as spreads, cooked meats or salads), something sweet like biscuits or cake, a piece of fruit and a cold drink. Sometimes families give students leftover food from dinner and it can be heated up using the microwave at school. Talk to your homestay family about the choice of foods available for lunches, and if you have any problems, please see your Homestay Coordinator at school.

Dinner

Dinner time varies depending on the age of the children living in the home and the hours the parent/s work until, but generally dinner is served anywhere between 5.30pm and 7.30pm. Food that is served for dinner varies greatly, however dinner usually consists of a kind of meat (such as chicken, fish, beef, lamb or pork), a variety of vegetables (potato, beans, peas, broccoli, carrots) and a serve of a carbohydrate (rice, pasta, potato, couscous or bread).

Food is usually served on an individual plate, rather than shared dishes in the centre of the table. People eat off their own plate. Generally, all members of the family sit to eat the meal together and talk about the day's events. It is important to participate in table conversation as this is an excellent chance for you to improve your conversational English and get to know your homestay family better.

Expected table manners

Do:

- Wait until everyone is seated before eating
- Eat with your mouth closed
- Make a positive comment on the meal.

Don't:

- Talk with your mouth full
- Eat noisily – Try not to slurp your food
- Leave the table without asking or thanking the cook.

Food customs vary greatly between cultures, so ask your homestay parent if you are unsure about what is expected at the dinner table. Eating dinner with your family should be an enjoyable experience. Remember, it is okay to ask for more food if you are still hungry.

Socialising with friends

Hopefully you will make many friends while you are in Australia and want to go out with them on the weekends. Please be considerate of your host family and always ask for permission, let

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them know where you are and when you will be home. As a general rule, socialising should be limited to weekends, as weeknights are for study and to spend with your host family. If friends ask you to stay over, discuss this with your host family. They may also allow you to have friends to stay but remember not to inconvenience your host family by always having your friends in the house. Please ask your homestay parent before inviting friends over to your homestay.

Please remember to complete a travel form for overnight sleepovers with friends (of the same sex) whether local or afar.

Communication

If you do not speak English well, you can still communicate by using the following;

- Use Google Translate or an electronic dictionary
- Draw a picture of what you want to say
- Use hand gestures or mime
- Ask another student to interpret for you.

Spend some time each day with your homestay family. You can do this by watching a TV show with them, helping with dinner preparation, asking questions about Australia or talking about your home country. Don't spend all the time in your bedroom on the computer or phone. It is very important to make the effort to get to know your family and build a friendship with them. If you have difficulty communicating with your family, please see the Homestay Coordinator for some advice and guidance.

Digital Safety and Cyberbullying

In today's connected world, it's essential to be aware of the potential risks that come with using the internet. As an international student, you may encounter unfamiliar online platforms and understanding how to protect yourself online is vital. Always be cautious when sharing personal information online—avoid sharing your address, phone number, or financial details on public forums or with people you do not know. Be mindful of online scams and phishing attempts, where fake websites or emails may try to steal your personal data. It's also important to use strong passwords and enable two-factor authentication where possible. Additionally, cyberbullying—any form of bullying or harassment that happens online—is taken seriously at our school. If you experience or witness cyberbullying, report it to a teacher or counsellor immediately. By staying informed and vigilant, you can help protect yourself and others in the digital world.

Road safety

Australian roads can be quite busy during peak time (mornings and afternoons). It is important to take care when crossing roads, and always cross at intersections with traffic lights and/or pedestrian crossing zones. In Australia we drive on the left-hand side of the road and as such, you will need to **look right, look left, and then look right again before crossing.**

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Banking

If you choose to obtain employment during your study abroad program, you will need to open an Australia bank account. To open and operate a bank account the following information is offered as a guideline as practice may vary from bank to bank.

If you are experiencing difficulties, please see the International Student Coordinator.

- To open an Australian bank account, you will need to present your passport and possibly additional information.
- The majority of banks and building societies have internet banking, telephone banking, Automatic Teller Machines (ATM's) and branch access.
- Once your account is opened you will receive in the mail a card and a pin code Personal Identification Number code (PIN Code). You should **NEVER** share your PIN code to anyone.
- For your parents to transfer funds into your account you will need to provide them with the local branch identification number, your account number, bank contact details and swift code. Check with your bank as to their process and requirements).
- Credit cards such as Visa, MasterCard are widely accepted across Australia.
- Check with your bank as to opening hours during the week and on weekends.

Do not carry large sums of money at school or when out in public.