



A Cultural Guide for International Students



SUNSHINE COAST
INTERNATIONAL
COLLEGE

CRICOS Provider Code: **03349B**

Depending on the area in which you are living, you may also notice that there may be a lot of people from one culture living there, perhaps your own culture. Living with people from your own culture makes it easier for you when you are starting your studies in a new country. When you are studying or working, however, you will meet or work with many new people from other cultures. They may sound different in the way they speak, the clothes they wear, the food they eat, even the body language they use.



It is important to remember that your culture is unique and special, but it is only one of many, many cultures that are also unique and special. There may be some things about a person's culture that you do not like, or you do not agree with, but a person from that culture may see these things as normal and also see things from your culture as unusual.

The most important thing for you as a visitor to a new country is to keep an open mind. People and their cultures are very different and, because they are different does not mean that they are inferior or less important than your culture. Watch, listen to others, hear about their traditions and customs and **KEEP AN OPEN MIND!**

It is important that all Australians respect one another regardless of cultural, racial or religious differences. To treat all people living in Australia fairly, we need to understand that our interactions should be accepting of, and responsive to, each other's backgrounds, circumstances, needs and preferences.

As part of its efforts to create a safe and caring environment for its students, Sunshine Coast international College provides students with relevant and useful information about Australia's cultural diversity, some different cultural experiences that news students will experience and how they can deal with these experiences in an appropriate manner.

Some statistics:

Population of Australia: **26 million**

Percentage born overseas: **30%**

How many migrants: **7.7 million migrants from 200 countries**

Nationalities represented in Australia: **270**

Languages and dialects: about **300**

Biggest religion: **Christians - 44%;**

Non-Christian - 39%



There are a number of simple 'rules' that Australian people try to use to live their lives and to be happy. Perhaps the most important one is what Australians call, '**A Fair Go**'. 'A Fair Go' means that every person has a good chance to be successful at trying something and that everyone is treated the same and in a fair way. It does not matter if you are male for female, rich or poor young or old or where you come from; everyone is equal.

The Australian Government believes in a multi-cultural Australia. The Government has four principles or simple rules that it wants every Australian to follow to help make Australia a harmonious multicultural society. These are:



1. **Responsibility of all** – everybody has a duty to help Australia to become a successful multicultural society.
2. **Respect for each person** – all Australians have the right to express their own culture and beliefs and also should respect the right of others to do the same.
3. **Fairness for each person** – all Australians should be treated fairly and in the same way.
4. **Benefits for all** – all Australians gain a lot from the cultural, social and economic benefits that we get from the cultural diversity of our population.

Australia is not a perfect country and there are some people that do not believe in this. They may make other people feel unwelcome or say nasty things like, 'Go home'. If this happens to you, remember that most Australian people do not feel this way towards you. Most Australian people welcome you and want you to have 'a Fair Go' when you are here in Australia or if you plan to stay in Australia in the future.

When we move into a new apartment or neighbourhood or we move to a new country like Australia, there are things we need to do to 'fit in'. It is not about changing your culture or your lifestyle, it is about changing little things that will make it easier for you to live with other people. We can only change the world around us very little, so it is usually easier for us to change a little. If you are used to hot weather in your home country, and it is cold during the winter in Australia, you cannot change the weather. So, you should change the way that you dress so that you can keep warm.

If it is common for people in your home country to eat goat meat, but it is not easily available or is quite expensive here in Australia, you may need to change the meat that you eat. If you smoke, you may be able to do so in a café, restaurant or bar in your native country, but it is illegal to do so in Australia. These are just three simple examples of how we may have to change in small ways when we live in a different country and become part of a different culture.

Many Australian customs are based on English, European and North American social behaviours and attitudes. If you understand some of the common customs, you will adapt better and feel more at home.

Some Simple Tips

Because there are people from so many cultures living in Australia, there is no such thing as a 'typical Australian'. During your time studying and living here, you will notice many different social customs, attitudes and a general openness to talk about most things. These things may be very different from your own culture.

Should I be formal or informal ?

You will be studying with people who are around the same age as you. Australians greet people the same age or younger by their first names. Indeed, many Australians have nicknames or short versions of their real name, and it is more common to use these especially if people are friends; 'Joseph' is called 'Joe', 'Catherine' is 'Cath' and 'Robert' is 'Bob'!

If the person you are speaking to is older than you, it is polite to call them 'Mr', 'Mrs' or 'Miss' until you get to know them. It is then common to call them by their first names when you know them.



Your teachers will insist that you call them by their first name, and this may be very unusual for you because teachers have high status in many cultures. Younger students still call their teachers 'Sir' or 'Miss' when going to primary or high school, however, adult students have a much more informal relationship with their teachers.

How do I greet people?

You will quickly see that Australia is usually a relaxed informal society. You will hear people greet each other by saying 'Hello,' 'Hi' or 'Hey, how's it going?', 'G'day' or 'G'day Mate'. 'G'day Mate' is short for 'Good Day, Mate', and it is a very common greeting in Australia.

In more formal situations it is usual to shake hands with those you meet, especially for the first time or if you haven't seen them for a while. A formal greeting would be 'Good morning', 'Good afternoon' or 'Good evening'. Using physical contact like shaking hands may not be acceptable in your culture. If this is true, it is important for you to tell the other person so that they can learn about and understand your culture.

It is also common for people, especially males and females, to kiss each other on the cheek once or twice when they meet. They may also hug or embrace if they have not seen each other for a long time. Some cultures may find this form of physical contact offensive. If this is the case for you, it is important that you let others know about your culture.

Saying Goodbye

People generally say, 'See ya later,' 'See you around', 'See ya', 'Catch ya later'. In a more formal setting or when you have met someone for the first time, you would say: 'It was a pleasure to meet you,' or 'It was nice to meet you.'

Please and thank you

When you want something, it is polite to say 'please'. It is also very important to say 'thank you' or just 'thanks'. It is really important for that you always say 'please' and 'thank you'.

Australian Slang

When Australians speak to each other, they use a lot of made-up words. Australians also make many of their words shorter. These made-up words and short words are called Australian slang. Your own language also has some slang language.

Here are some common Australian slang words and phrases that you will hear:

- Arvo = Afternoon, e.g. 'He's coming this arvo'.
- Ambo = ambulance e.g. 'The ambo was here in 3 minutes after I called 000'. Barbie = barbeque, e.g. 'Let's have a barbie this evening'.
- Beaut/ Beauty = great/ fantastic e.g. 'Your new car is a beaut!'
Bathers = swim suit e.g. 'I bought new bathers for my holiday'.
- Bingle = car accident e.g. 'The traffic was very slow because there was a bingle on the motorway'. Bloke = man e.g. 'He's a handsome bloke.'
- Bottle shop/ Bottle-o = shop where you buy alcohol.
- Brickie - = bricklayer - someone whose job is to build with bricks.
- The Bush = rough countryside outside the city e.g. 'I would not like to live in the bush'.
Chook = chicken e.g. 'We had a roast chook for dinner'.
- Crook = feeling sick e.g. 'I feel a little crook today'.
- Digger = a soldier e.g. 'An Australian digger was killed in Afghanistan'
Dunny = toilet e.g. 'Where's the dunny?'
- Fair Dinkum = if something is Fair Dinkum, then it is real, true or honest.
e.g. "He's a fair dinkum Australian.'
- A fair go = a good chance e.g. 'Every Australian should get a fair go'
Footy = sports game called rugby
- Good Onya/ Good Onya Mate = Well Done
- Grog = alcohol e.g. 'I gave up the grog for New Year'.
Hotel = pub
- Kiwi = someone who is from New Zealand
- Mozzie = mosquito e.g. 'The mozzies are out this evening.'
- On special = something selling at a low price e.g. 'Wine is on special this week at the bottle shop'.
Outback = the remote parts of Australia e.g. 'Uluru is in the Outback'.
- Postie = postman e.g. 'The postie was late today'.
Sheila = woman e.g. 'She's a pretty sheila'



- Servo = petrol station e.g. 'I met Joe when I was filling up at the servo'. Sickie/ to pull a sickie = to take a day off work because you are sick Sparkie = electrician—some who works with electricity/ wires
- Sunnies = sunglasses e.g. 'I can't find my sunnies. Did anyone see them?'.
Snag = sausage e.g. 'Put another snag on the barbie'.

Eye Contact

When speaking to another person, it is usual to use eye contact with the other person. In some cultures, eye-to-eye contact may be disrespectful. Australians, however, will make direct eye contact with others they are speaking to, but it is seen as a sign of interest in the other person and what they are saying. This is true regardless of the age of people who are engaged in the conversation. This is also the case in other English-speaking countries. If this is not part of your culture, you may find it difficult in the beginning, especially with people who you see as being in positions of authority like your teachers. Using eye contact will get easier for you the more you use it.

Personal space

Personal space means the space around your body that you think is 'yours'. If someone moves into that space, you may feel uncomfortable. The amount of personal space a person needs varies from culture to culture. AS an example, people of the same sex in the Middle East stand much closer together than Europeans or North Americans while people of opposite gender stand much further apart. Japanese man will stand perhaps 1 - 2 metres apart when having a conversation while this would be unusual for Europeans.

Australians like their personal space. When talking to someone an 'arm's length' is a good measure of the distance between people so that the other person does not feel uncomfortable.

Physical contact

Physical contact means touching another person. Once again, different cultures have different attitudes to physical contact. For example, the attitude to physical contact, especially amongst the opposite sexes in Asian cultures, is usually very conservative yet some European cultures are much more 'physical'.

Harassment : It is easy for others to misunderstand physical contact from you, especially between opposite genders. You need to be aware of laws that exist in Australia that protect people from harassment. Harassment is any form of behaviour that a person does not want or offends or upsets them. Sexual harassment is unwanted sexual advances or requests of a sexual nature. Unwelcome physical contact can be viewed as sexual harassment. Some forms of physical touch may be acceptable in your culture, however, they may be unacceptable in Australia. The simple rule to follow is, do not touch another person unless you know them well enough to know that your physical contact will be welcome.

EQUALITY - VERY IMPORANT

The laws of Australia say that everyone is equal. It does not matter if you are male or female, young or old, rich or poor, your race, religion or the language you speak. There are clear examples in other cultures that appear to treat people differently because of, for example, their gender. There may be historical or religious reasons for this making such practices acceptable in other cultures. **This is not acceptable in Australia.** Australians strongly believe that everyone should have 'a Fair Go' and they can become angry if they see others being treated unfairly because of their gender, race or religion.



Dress

Australians love to dress informally. It is to do with the warm climate and the 'laid-back' nature of Australian culture. T-shirts, shorts and thongs are typical clothes for a warm day. Primary and high school children, however, all wear school uniforms. Adult students do not have to wear a uniform and dress casually. Workplaces usually require their employees to dress in a certain way, maybe a uniform or business wear. If your culture requires you to dress in a certain way, for example to wear a head scarf or a hijab, it is fully acceptable in a workplace or when studying. The only time when dress may be a problem is in a situation where it may cause a danger to your health and safety or the health and safety of other people around you.



Social Invitations

If you receive an invitation to an event, it is usual and polite to 'Repondez Sil Vous Plait' (RSVP). These are the French words for, 'please reply', i.e. you should let the person who invited you know if you will come or not.

If invited to a friend's house for a meal, it is polite to ask if you should bring something. Your friend may ask you to bring some food or to 'bring a plate', for example, a desert, some meat or may ask you to 'BYO'. 'BYO' means 'Bring Your Own' and it usually means alcohol because alcohol is more expensive than food.

Visiting other people's homes for food or a barbecue is very popular in Australia. Because the climate is mild, people can eat outdoors most of the year and it is, of course, cheaper to eat at home than to go to a restaurant. Going to a barbecue is a very good way to meet people and to see how Australian people socialise and enjoy themselves.

How do I respond to a dinner invitation where pork or alcohol would be served?

If your culture or religion does not allow you to consume pork products or alcohol, you need to be honest with your host. Many people are aware of the different dietary requirements for religious or health reasons, such as vegetarianism and halal meats.

Should I be on time?



We have already said that Australia is a laid-back and relaxed country. If you are going to a barbecue with many other people, being on time is not very important although if you arrive later, you may miss the food! If you are the only guest at someone's home and you are late, it is polite to call to say that you will be late. At work and in business, people are expected to be punctual. Again, you should call if you are going to be late and apologise when you arrive if you are late.

Personal hygiene

We all have to live, work, socialise, study and travel with others. Australia has a mild climate. Summers can be very hot and humid. Personal hygiene is therefore very important. In Australia, standards of personal hygiene are high, and people shower every day and change clothes regularly. Australians tend to find it offensive when they can smell other people's body odour. Poor personal hygiene makes it difficult for you to fit into a new environment and to make new friends.

Out and About? Some more tips

Waiting for a bus or taxi?

We all have to wait; we wait for the bus, we wait in the bank, we wait for the train, we wait in the supermarket. If you are waiting for a taxi, train or bus, you should wait your turn. It does not matter who you are. Do not push to get in front of other people who were there before you. Australians can get very annoyed with other people who do not wait their turn.

Helping others

There are seats on buses and trains for old or disabled people. If you are using one of these seats, you should give it to an old or disabled person if they get on the bus or train. It is also polite to offer your seat to someone older than you or someone who clearly needs to sit down, for example, a pregnant woman.

Smoking

More and more Australians are giving up smoking. As the years pass, smoking is becoming less and less socially acceptable and there are fewer and fewer places where people can smoke outside their own homes. It is illegal to smoke in government buildings, on public transport, all domestic and international flights, theatres, shopping centres, pubs, and restaurants, and in indoor and outdoor public meeting places. Always ask permission to smoke. Never smoke inside someone else's home unless you are given permission to do so.



Litter

If you throw litter on the street, you may be fined. It is illegal to do so in Australia. Local government provides facilities for all residents to get rid of rubbish and litter and to recycle glass, paper and metals.

Spitting

It is against the law to spit in a public place. Australians also find it very offensive.

Table manners

Australians use cutlery (knife, fork, spoon) when having a meal either in a restaurant or at home. Of course, people may choose to use chopsticks. Asian food is very popular in Australia. If you are at a barbecue or picnic where it is usually informal, people may eat with their fingers, however, they will take the food they want from a larger plate with a spoon or tongs and put it on their own plate before using their fingers. If you are a guest in someone's home for dinner, it is polite to offer to help clean up after the meal.



Australians eat three meals a day; Breakfast (6-8 am); Lunch (12 - 2 pm); Dinner (6-7 pm). People may also have Supper late in the evening and before bed. Supper is a light snack. If you are invited to lunch or dinner, your host will give you a time. It is important to be on time.

Information for our Muslim Students

Sydney and its neighbouring suburbs have a vibrant Muslim community. There are over 55,000 people of the Islamic religion Sydney and its surrounding suburbs in surrounding suburbs.

Surry Hills Mosque is located at, 175-177 Commonwealth St, Surry Hills, about 15 minutes' walk from Sunshine Coast international College on Castlereagh Street While SCIC does not have a payer room on campus, the close proximity of Surry Hills Mosque allows easy access for Muslim students.

Other Mosques and prayer centres in the Sydney region

Surry Hills Mosque	175-177 Commonwealth St, Surry Hills NSW 2010 Phone:(02) 9281 0440
Redfern Mosque	328-330 Cleveland St, Surry Hills NSW 2010 Phone (02) 9698 4149
Blacktown Mosque	Corner Patrick & Alpha Street Blacktown 2148 Ph: 9823 4126
Blacktown Musallah	Corner Patrick & Alpha Street Blacktown 2148 Ph: 9823 4126 <i>Only Friday prayer—Arabic/ English</i>
Burwood Masallah	Unit 3, No. 20 George Street Burwood 2134 <i>Open for all 5 Salat/ Namaz but no Jummah</i>
Cabramatta Mosque	22 Water Street Cabramatta West 2166 <i>Khutbah in Arabic</i>
Granville Masallah	23-25 South Street Granville 2142 Ph: 02-9788 3367 <i>5 daily prayers except Jummah</i>
Strathfield Masallah	13 Albert Road Strathfield 2135 <i>Daily 5 prayers</i>

Islamic Societies in the Sydney Area

Redfern Islamic Society	328-330 Cleveland Street, Surry Hills NSW 2010 Phone:(02) 9698 4149
The Islamic Council of NSW	405 Waterloo Rd, Chullora NSW 2190 Phone:(02) 9742 5752
AL-Jaafaria Society Inc.	60A Gray St, Kogarah NSW 2217 Phone:(02) 9587 6999
Lebanese Muslim Association	71-75 Wangee Rd, Lakemba NSW 2195 Phone:(02) 9750 6833
Muslims Australia – Head Office	932 Bourke Street, Zetland, NSW 2017
Australian Federation of Islamic Councils – AFIC	Telephone:02 8303 2100
MUSLIM STUDENTS' ASSOCIATION	Club Contact Details: info@sumsa.org.au
Islamic Association Western Suburbs Sydney	33-Headcorn Street Mt Druitt, Sydney, NSW 2770 Ph: 02 96756246
Islamic Friendship Association of Australia	http://islamicfriendshipevents.blogspot.com.au/

Halal Food

You will quickly notice a wide range of food available in supermarkets and speciality food shops. There are also a wide range of restaurants in Sydney and its suburbs that cater for every for taste.

Sydney and its nearby suburbs also offer many Halal restaurants, cafes and take-away shops.

Here is a list of such eateries. **Restaurants may change status without notice. You should always ask directly before you eat at a restaurant, café or take away.**

[Delima Restaurant, 69/1 Dixon St, Sydney NSW 2000](#)

[Mamak \(Haymarket\), 15 Goulburn St, Sydney NSW 2000](#)

[Masala Bowl, 382A Pitt St, Sydney NSW 2000](#)

[Ipoh On York, 2/89 York St, Sydney NSW 2000](#)

[Malacca Straits, 5/66 Mountain St, Ultimo NSW 2007](#)

[Neptune Palace Restaurant Pitt St, Sydney NSW 2000](#)

[Almustafa Lebanese Restaurant, 23 Glebe Point Rd, Glebe NSW 2037](#)

[Karachi Inn Halal Restaurant, 276 The Boulevarde, Punchbowl NSW 2196](#)

[Mamak Village, Metcentre Building, T 18/273 George St, Sydney NSW 2000](#)

[Shalom, 3/299-305 Sussex St, Sydney NSW 2000](#)

[Aah Sedap, 229 Oxford St, Darlinghurst NSW 2010](#)

[Xing Jiang Halal Restaurant, 105 Rawson St, Auburn NSW 2144](#)

[Fogo Brazilia Churrasco, Level 5 Food court, Westfield, Parramatta 2150](#)

[Haji Baba Kebabs, Shop 2, 463 Church Street, Parramatta 2150](#)

[Sicilian Parramatta, 292 Church Street, Parramatta 2150](#)

[Anatolian Restaurant, Cnr. Civic Road and Kerr Pde. Auburn 2144](#)

Halal Food Stores

[TJ Jalal Meats, 789 Anzac Parade, Maroubra NSW 2035](#)

[Afghani Bakery, 1 Beatrice Road, Auburn, 2144](#)

[Ali Baba Butcher, Shop 1, 55 Marion Street, Harris Park, NSW 2150](#)

[Alreda Butchery, 44 Water Street, Auburn 2124](#)

[Alwafa Halal Butchery, 344 Blaxcell Street, Granville 2124](#)

[Auburn Halal Meats, 57 RAWSON Street, Auburn 2144](#)

[Blacktown Halal Meats, Shop 2/8 Sunnyholt Road, Blacktown 2148](#)

Halal Helpline

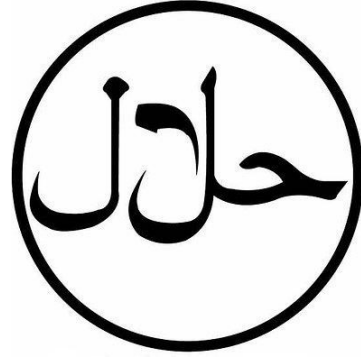
701, 90 Pitt Street,
Sydney 2000

Phone: 1300 307 337

Fax: 02– 9223 8596

Email: info@halalhelpline.org

Web: www.halalhelpline.org



Look for this symbol on the packaging of food products.

Health Services

To visit a doctor, counsellor or other health care professional, it is customary in Australia to call to make an appointment beforehand. If you wish to use a large medical centre, it is not necessary to make an appointment, however, you may have to wait some time before a doctor or other professional can see you.

Female doctors in the Sydney area	Male doctors in the Sydney area
<p>Dr Michele Jacobs CBD Women's Health Suite 401 - 403, Level 4 46 Market Street, Sydney 2000</p> <p>Phone: 02 9299 7777</p>	<p>Dr Ali Pierzad World Square Medical Centre Shop 9.09c World Square Shopping Centre, Sydney NSW 2000</p> <p>Phone: (02) 9777 0024</p>
<p>Dr Billur Sedefoglu Sydney City Womens Health Clinic Suite 203, Level 2 / 135 Macquarie Street Sydney, NSW 2000</p> <p>Phone: 02 8095 8968</p>	<p>Dr. David Wai Sydney CBD Medical Centre 242 Castlereagh Street Sydney NSW 2000</p> <p>Phone: (02) 9268 0133</p>
<p>Dr Caroline West East Sydney Doctors 102 Burton Street, Darlinghurst 2010</p> <p>Phone 02 9332 2531</p>	<p>Dr. Subhash Verma Sydney CBD Medical Centre 309 Pitt Street, Sydney NSW 2000</p> <p>Phone: 02 8964 8677</p>
<p>Dr. Ruchika Verma Sydney Premier Centre 309 Pitt Street Sydney NSW 2000</p> <p>Phone: 02 8964 8677</p>	<p>Dr. Joseph Santos Hyde Park Medical Centre 175 Liverpool St, Sydney NSW 2000</p> <p>Phone:(02) 9283 1234</p>
<p>Dr Elsa Liu World Square Medical Centre 644 George Street, Shop 9.09c World Square Shopping Centre, Sydney NSW 2000</p> <p>Phone: (02) 9777 0024</p>	<p>Dr Richard Au Myhealth Sydney CBD Shop 8, Ground, Floor 151 Castlereagh Street Sydney, 2000</p> <p>(02) 8197 3388</p>

Useful Muslim Websites

www.irca.org.au

The Islamic Association of Australia (IAA) is a non-profit, charitable organisation dedicated to the promotion of Islamic religion, culture and social welfare. IAA Promotes the Islamic religion and encourages the understanding of Islam among other faiths and fosters better relations with other sections of Australia and the worldwide society.

www.icnsw.org.au

The Islamic Council of NSW 's aims are to support, assist and develop the Muslim communities of NSW, organise humanitarian relief efforts and to promote cooperation between Muslims and others.

www.afic.com.au

The Australian Federation of Islamic Councils (AFIC) is an umbrella organisation for various Islamic groups and is now considered Australia's most important Islamic organisation.

www.usmaa.org.au

The United Sri Lankan Muslim Association of Australia is a non-profit religious and humanitarian society dedicated to the promotion of the Islamic religion, culture, principles and the welfare of Sri Lanka-Australian Muslims

www.ifew.com

The Islamic Foundation for Education & Welfare aims to address cultural issues through education, information dissemination and welfare projects.

www.islamicbookstore.com.au

The Islamic bookstore stocks over 10,000 different Islamic titles in English, Arabic and other selected languages in print and digital formats featuring the latest releases for the world's top Muslim publishers and producers.

www.abcshopping.com.au

Islamic Books and Clothing is dedicated to ensuring that Islam is promoted through its on-line sale of Islamic clothing and books.

Information for Hindu Students

Over 95,000 people or approximately 2% of Sydney's five million population select Hinduism as their religion. Most of these residents come from India, Nepal and Sri Lanka.

There are many Indian restaurants in the Sydney area that cater for the tastes and religious traditions of Hindu residents. Here is a short list:

Sydney CBD:

The Spice Room
2 Phillip St. Circular Quay
Ground Floor The Quay Building,
Sydney, New South Wales 2000,
Phone: 02 9251 7722

Malibar South Indian Restaurant
274 Victoria Street
Darlinghurst 2010
Phone: 02 9332 1755

Maya Da Dhaba
431 Cleveland Street,
Surry Hills, Sydney, NSW
02 8317 4922

Lal Qila
351-353 Cleveland Street,
Redfern, Sydney, NSW
Phone: 02 9319 1988

Delhi 'O' Delh
3 Erskineville Road,
Newtown, Sydney, NSW
Phone 02 9557 4455

The Muglan Nepalese & Indian Restaurant
116 Liverpool St,
Sydney NSW 2000
Phone: 02 8068 2759

Masala Bowl Sydney
382A Pitt St,
Sydney NSW 2000
Phone: 02 8041 7988

The Suburbs

Taj Indian Masala
Westfield Parramatta Shopping Centre
159-175 church Street
Parramatta 2150
Phone: 02-9633 3233

Taj Mahal Indian Restaurant
20 Macquarie Street
Parramatta 2150
Phone: 02-9891 2311

The India Affair
29 Macquarie Street
Parramatta 2150
Phone: 02-9635 9476

Vrindavan Restaurant
54-56 Cnr Philip & Smith Street
Parramatta 2150
Phone: 02-9891 1794

Billu's Indian Restaurant
62-64 Wigram Street
Harris Park 2150
Phone: 02-9687 0222

Greeshma Spice and Life
77 Wigram Street
Harris Park 2150
Phone: 02-9687 7785

Amma Restaurant
3/ 108 Station Street
Wentworthville 2145
Phone: 02-9636 5222

Hindu Places of Worship

Shri Swaminarayan Hindi (B.A.P.S.)

40 Emeanor Street
Rosehill 2142

Phone: 02-9897 2776

Fax: 02-9837 4470

Web: www.swaminarayan.org

Service description: Hindu Temple—this temple is mainly frequented by people from Gujarat, a state in Northern India who follow the Vishnava branch of Hinduism.

Languages spoken: English and Gujarati

Sydney Murugan Temple 217 Great Western Highway Marys Hill 2145

Phone: 02-9687 1695

Fax: 02 - 9687 8907

Web: www.sydneymurugan.org.au

This is a Hindu Temple that includes worship, prayer, teachings and other related religious and philosophical activities that are based on Saivism and the Tamil language.

Indian and Hindu Organisations

Hindu Council of Australia

17 The Crescent

Homebush 2140

Phone: 02– 9746 7789

Email: hinducouncil@hinducouncil.com.au

Web: www.hinducouncil.com.au

Federation of Indian Students of Australia (FISA)

Suite 72

Seabridge House

377 Kent Street

Sydney 2000

Phone: 1300 FISA4U

Email: contact@fisa.com.au

Web: www.fisa.com.au

Sikh Places of Worship

The website www.sikh.com.au has lots of information that newly arrived new Sikh students may find helpful including a calendar of events, a list of Gurdwaras and a free classified advertisement section.

The **Sikh Council of Australia** represents the interest of Sikhs in Australia.

**Sikh Council of
Australia 170
Ninth Avenue
Austral NSW 2179**

The **Sikh Mission Centre** is also located at this

address: Phone/Fax: 02-4737 7058
Email:
info@sikhcouncil.com.au
Web:
www.sikhcouncil.org.au

The Australian Sikh Association Inc. (ASA) is the largest registered body of Sikhs in the Southern Hemisphere. It manages the Sikh Centre and serves the Sikh communities in the Greater Western and North West regions of the Sydney Metro Area.

Australian Sikh Association Inc
8 Meurants Lane
Glenwood NSW 2768

Phone: 02-9622 6994
Web: www.asainc.org.au

The website www.singh.com.au lists all the Indian businesses in Australia. It is a free directory for all Indian businesses.

Places of worship

Guadwara Sahib Parklea
8 Meurants Lane
Glenwood NSW 2768
Phone: 02-9622 6994

Sikh Temple Guru Nanak 81
kissing Point Road Turramurra
2074
Phone: 02-9449 8253

Sri Guru Singh Sabha
14 River Road
Reversby 2212
Phone: 02-9792 3501

Information for Buddhist Students

In NSW 2.2% of the population is Buddhist, and in the Sydney suburb of Fairfield, about 20% of the population are Buddhists. These residents are predominantly Vietnamese and Thai.

Sydney Buddhist Centre

24 Enmore Rd, Newtown, NSW 2042,
Phone: 02-9893 9390
Phone; 02 9519 0440
Email: info@sydneybuddhistcentre.org.au

Service description: The Sydney Buddhist Centre in Newtown offers courses in Buddhism and Meditation in a friendly, supportive environment. Our teachers are practising Buddhists who strive to incorporate the ideals and practice of Buddhism into daily life. Our meditation techniques can be used by anyone regardless of religious beliefs.

The Newtown centre is part of a worldwide movement - the Triratna Buddhist Community (formerly the Friends of the Western Buddhist Order or FWBO) which was founded in 1967 by the Venerable Sang- harakshita. The Triratna Buddhist Community draws upon the entire Buddhist tradition and expresses itself in a fresh and dynamic way. The Sydney Buddhist Centre has run activities in various locations since 1981. Join us for classes and retreats and meet people with similar interests.

Nan Tien Temple

180 Berkeley Road
Berkeley 2506
Phone: 02-4272 0600
Fax: 02-4272 0601
Email:
nantien@fqu.org.au
Web:
www.nantien.org.au

Nan Tien Temple known as 'Southern Paradise' is the largest Buddhist temple in the Southern Hemisphere. The Temple focuses on the exchange of eastern and western cultures, the interchange of the traditional and the modern and also the adaptation with local communities.

**Mahamakut Temple (Wat
Buddharangsee) 8 Stanmore
Road, Stanmore 2048
Phone 02-9557 2039**

For more information on Buddhist places of worship, you can also check the following website:
The Buddhist Centre of NSW: <http://www.buddhistcouncil.org>

Sunshine Coast International College

A trading name of

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