



SOUTHERN CROSS
INSTITUTE

2025 Student Pre-Arrival Guide



Southern Cross Institute (SCI) Pty Ltd
CRICOS Provider Code: 04078A, TEQSA ID: PRV14353

Table of Contents

Chair's Welcome Note
Campus Map
Transport in New South Wales
Pre-Departure Checklist
Things to Organise Before Leaving Your Home Country
Climate in Australia
Cost of Living in Australia
Medical Insurance
Information on Accommodation Options in Sydney
Australian Airport Regulations (Customs and Quarantine)
Transport from Sydney Airport
Student Safety and Consumer Protection
Student Visa Issues
Dependents
Deferral, Leave of Absence and Suspension of Studies
SCI Student Support Services
Emergency
Campus Facilities
Indicative Cost of Living
Cost of Different Types of Accommodation
Student Accommodation Association
General Safety and Awareness
New Student Orientation Program Details
Southern Cross Institute Student Association (SCISA)

A vertical photograph on the left side of the page shows a woman in a white blazer standing at the front of a lecture hall, gesturing towards a whiteboard. Several students are seated in the foreground, seen from behind, looking towards the presenter. The entire image has a blue color overlay.

Welcome to Southern Cross Institute (SCI)

A very warm welcome to SCI. We are a dynamic institute offering an innovative and exciting course delivered by enthusiastic, dedicated and highly qualified staff.

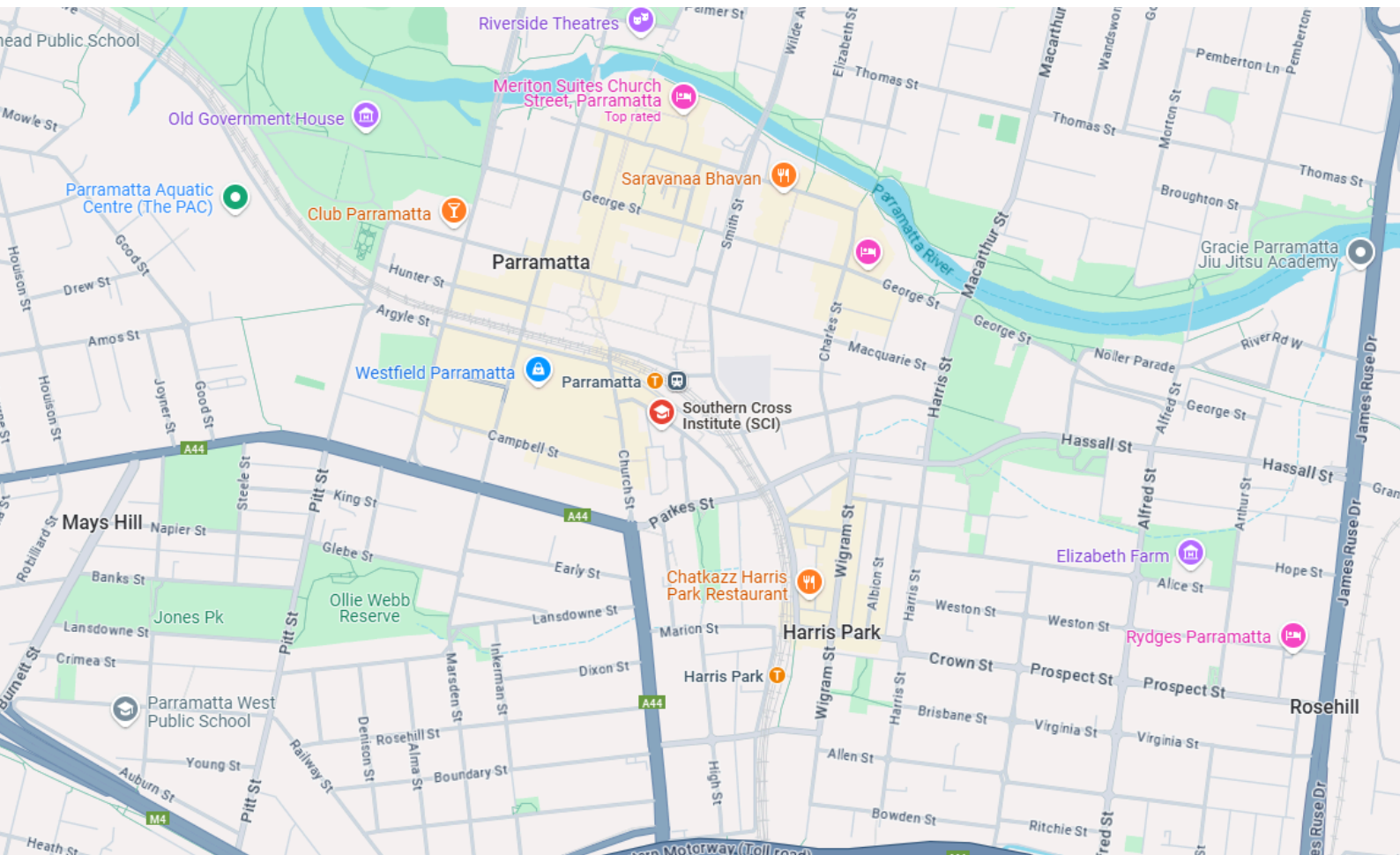
Education is the most valuable investment we can make in the quality and success of our lives and the life and progress of our wider society. Proper education is much more than just information transfer. It provides us with skills in thinking, reasoning, analysing and evaluating ideas, policies, processes and actions. It also teaches us the basic skills necessary for our professional lives after graduation. Such education occurs best when there is personal contact with highly qualified and engaged staff, in company with fellow students and access to relevant experiences.

As an SCI graduate, you will emerge as a competent and confident practitioner in your chosen profession, committed to continued learning throughout your career.

Our very best wishes for your studies with Southern Cross Institute (SCI)!

Professor Brian English
Chair of the Governing Council

Campus Map



- Level 2, 1-3 Fitzwilliam Street, PARRAMATTA NSW 2150 Australia
- Level 1, 37 George Street, PARRAMATTA NSW 2150 Australia



+61 2 9066 6902



info@sci.edu.au



www.sci.edu.au

Transport In NSW

The Southern Cross Institute (SCI) located approximately 20 kilometers from Sydney's city centre and is conveniently accessible via train station and several bus routes, providing ease of travel for students and visitors.

Sydney's public transport network primarily includes buses, trains, taxis, ferries, and light rail services. While taxi services are readily available, they are typically more expensive than other modes of transport.

For more information regarding bus fares and routes, please refer to:
<https://transportnsw.info/tickets-opal/regional-tickets-fares/regional-bus-tickets-fares>

For more information regarding train fares and routes, please check:
<https://transportnsw.info/tickets-opal/opal/fares-payments>



Pre-Departure Checklist

As you prepare for your departure to pursue further studies at SCI, this checklist is designed to help ensure you are fully prepared for your journey.

Please ensure that you bring the following essential documents with you to Australia:

- Current and valid Passport;
- Current Student Visa or another valid Australian Visa;
- Passport-size photographs;
- Exit visa/permit (from your home country, if required);
- ID card (Driver's license, birth certificate);
- Transcripts, certificates, and course syllabi for any prior studies you have completed;
- Credit card, traveler's cheques, and approximately AUD \$1,000 in cash for initial expenses;
- Medical records, vaccination history, and a doctor's prescription for any current medications, as well as prescriptions for glasses;
- Marriage certificate, if you are bringing your spouse with you or plan to do so in the future;
- Confirmation of Enrolment (COE) that you have received from SCI;
- Work experience certificates and an updated resume;
- Receipt/s of payment made to SCI;
- If applicable, birth certificates and academic certificates for your children.



Checklist of Clothing To Bring With You

In the summer, light cotton clothing is typically worn, while in the winter, individuals often wear slacks, sweaters or coats, and closed shoes. It is recommended that you bring appropriate clothing for both seasons.

For the winter months, please ensure you bring warm clothing, such as thermal wear designed to retain body heat, a winter jacket for protection against cold and wind, wool socks, wool scarf, sweatshirts, and slacks.



Shoes



Bed linen & a light blanket (quilt)



Umbrella & raincoat

What You Need To Organise Before Leaving Your Home Country?

1



Apply

Apply for and obtain a valid Australian Student Visa.

2



Book

Book your flight and plan to arrive in Sydney at least one week before classes begin to take part in the [New Student Orientation Program](#).

3



Complete

Complete all necessary medical examinations, including eye and dental checks.

Please note, dental treatment is not covered by [Overseas Student Health Cover \(OSHC\)](#) and can be costly in Australia.

4



Arrange

Arrange for temporary accommodation in Sydney prior to your arrival.

Climate In Australia



Sydney typically experiences a temperate climate, with an average of 240 days of sunshine annually. Winters are cool and mild, while summers are warm.

- **Summer** is from December to February
- **Autumn** is from March to May
- **Winter** is from June to August
- **Spring** is from September to November

Rain can occur at any time throughout the year in Sydney, ranging from light showers to occasional thunderstorms. During the summer months, daily temperatures can exceed 35°C, while in winter (June/July), the average daytime temperature is approximately 16°C.

For additional information on Sydney's climate, please refer to the [Sydney Forecast](#).

Cost Of Living In Sydney



It is highly recommended that you arrange sufficient funds to support yourself and any dependents during your studies in Australia.

According to the guidelines set by the [Department of Home Affairs](#), the financial requirements for each year are outlined in the table below:

Expenses	Per Person	Amount Required (AUD)
Travel	Applicant	Return airfare to Australia
	Family Members	One return airfare to Australia per person
Tuition	Applicant	Course fees
	School-age children (Aged 5-18)	\$13,502 AUD per year
Living	Applicant	\$29,710 AUD per year
	Partner	\$10,394 AUD per year
	Child	\$4,449 AUD per year

To convert to your own currency, visit [XE website](#).

To estimate your potential costs, visit [Study Australia website](#).

Medical Insurance

In accordance with student visa compliance requirements, all students and their dependents must have health cover for the duration of their visa. For further information regarding additional fees and charges, please consult with SCI staff on campus.

Overseas Student Health Cover (OSHC)

All international students are required to have a valid [Overseas Student Health Cover \(OSHC\)](#) policy for the duration of their stay in Australia. OSHC will cover medical costs in the event of illness or injury, including hospital care, certain prescription medications, and emergency ambulance services. Your OSHC provider will assist you in navigating Australia's healthcare system and offer resources to support your health and wellbeing while studying.

It is essential to arrange OSHC prior to your arrival in Australia and maintain it throughout your studies.

SCI offers OSHC coverage through a [Medibank](#). If you choose to purchase your own health insurance, you must ensure that the policy covers the entire length of your visa. A copy of your health insurance policy must be provided to SCI upon acceptance of your Letter of Offer.

Please note that OSHC does not cover pre-existing illnesses or disabilities, nor does it cover optical or dental care. It is advisable to consult your regular doctor, dentist, and optometrist for a check-up before departing for Australia, ensuring that your medications and vaccinations are up to date, and bringing any necessary prescriptions with you.

If you are accompanied by a spouse and/or dependent children, you will be required to pay a family premium. For more information on Medibank OSHC*, please visit the [Medibank](#) website.

() Please note that fees are subject to change. For additional details on other OSHC providers, please refer to the [Private Health](#) website.*



Information On Accommodation Options In Sydney

SCI does not have on-campus accommodation facilities for International students. The following is a list of private hotels/ hostels that you may contact to organise temporary accommodation when you arrive in Sydney.

For further information on Sydney city and accommodation please refer to [Sydney](#) website.

Homestay

Homestay offers students the opportunity to reside with a host family, providing a unique and supportive living arrangement. The accommodation facilities may vary depending on the organisation.

Below is a list of several reputable Homestay providers:



**AUZZIE FAMILIES
HOMESTAY CARE**

Auzzie Families Homestay Care

Suite 4, Rear 795 New South Head Road,
ROSE BAY NSW 2029, Australia

- Ph: (02) 9301 0900
- Fax: (02) 9301 0999

www.auzziefamilies.com



**ALL ABOUT
HOMESTAY**

Homestay Network

- Ph: (02) 9412 3100
- Fax: (02)9012 0392
- Mobile: +61 404 077 457

www.homestaynetwork.com.au

studentagency

Student Agency Sydney Australia

7 Regent Street, WOLLONGONG
NSW 2500, Australia

- Ph: +61 452 181 547
- info@studentagency.com.au

www.studentagency.com.au

Long Term Accommodation

For long term rental options and share accommodation, please refer to the [Domain](#) website.

Self-Care

Students residing in shared accommodation are expected to contribute to household tasks, such as cleaning and cooking.

If you are not familiar with cooking, it is recommended to bring simple recipes with you and take the time to learn how to prepare basic meals prior to your arrival in Sydney.

Australian Airport Regulations (Customs And Quarantine)



Australian Customs

Upon arrival at an Australian airport, you will be required to present your passport and completed *Incoming Passenger Card* to the Customs Officer. Afterward, proceed to collect your luggage and follow either the green or red channel.

- If you have no goods to declare, proceed through the **Green Channel**.
- If you have goods to declare or are unsure, proceed through the **Red Channel**.

Please note, if you are carrying AUD \$10,000 or more (or its equivalent in other currencies), you must declare the amount on your incoming passenger card and inform Australian Customs officials upon arrival.

Failure to declare such funds may result in legal action. While bringing money into Australia is legal, it is essential that it be declared.

For further information regarding duty-free allowances and restricted imports, please refer to the [Australian Border Force](#) website.

Australian Quarantine

The Australian Quarantine Service enforces strict regulations regarding the items that may or may not be brought into the country. It is essential to declare the following items on your *Incoming Passenger Card*:

- Food;
- Plant Material – including any wooden items;
- Animal products

Prohibited items must be placed in the designated quarantine bins before baggage collection at the airport. Your baggage will be inspected using X-ray machines and trained sniffer dogs. To avoid on-the-spot fines starting at AUD \$200, it is crucial to declare all items, even if you are unsure. For more detailed information, please visit the [Australian Border Force](#) website.

Once you have cleared Immigration Control and Customs, if you require further assistance with accommodation or transport, please visit the Tourism Information Counter (i), where staff will be available to assist you.

Transport From Sydney Airport

Upon arrival at Sydney Airport, you may choose from several transportation options to reach the campus:

- **Taxi:** Approximately AUD \$35 - \$50 to the campus;
- **Train:** Approximately AUD \$16 to Parramatta Station;
- **Shuttle Bus:** Approximately AUD \$15 - \$20 to Parramatta.
(Please note: Shuttle buses must be pre-booked)

For further information on transport facilities at Sydney Airport, please visit the [Sydney Airport](#) website.

Student Safety And Consumer Protection



For important safety information, please refer to the [Study Australia](#) website.

Additionally, for details regarding students' rights and responsibilities in New South Wales, please consult the [NSW Fair Trading - International Student Consumer Guide](#).

Student Visa Issues

Australian Student Visa

- The Australian Government's Overseas Student program enables individuals who are not Australian citizens or permanent residents to study in Australia. To study in Australia, you must first obtain a valid student visa;
- The authority to approve student visas for studying in Australia rests solely with the Australian Government, which sets the criteria and requirements for issuing student visas;
- To be eligible for a student visa, you must be accepted for full-time study for the duration or part of the educational program at SCI. Additionally, you must meet a range of assessment factors and general requirements established by the Australian Government;
- For detailed information and guidance on applying for your student visa, please consult SCI's representative or contact your nearest Australian Embassy, Consulate, or High Commission. For the latest updates and general information, visit the [Department of Home Affairs](#) website;
- **Australian Student Visa information** – Explore visa options for studying in Australia via the [Department of Home Affairs](#) website;
- **Working in Australia and Studying:** Subclass 500 Student Visa via the [Department of Home Affairs](#) website;
- Remember to update your address and contact details within seven days of arriving in Australia or if you change your address;
- Please note that non-compliance with your visa conditions may result in the cancellation of your student visa. For further details regarding your visa conditions, refer to the **Check Visa Details & Conditions** page on the [Department of Home Affairs](#) website.

Dependents

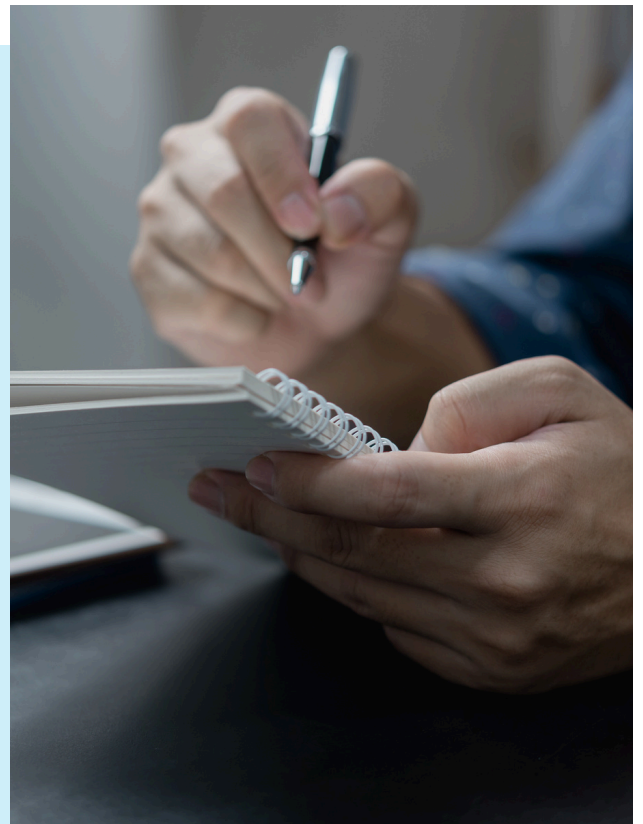
If you have dependents accompanying you to Australia, it is essential to include them in your student visa application. School-aged dependents who are enrolled in either government or non-government schools will be required to pay full tuition fees.

For further details, please visit the [Department of Home Affairs](#) website.

For information regarding schools in New South Wales, please refer to [DE International](#) and [Board of Studies](#).

Deferral, Leave of Absence and Suspension of Studies

- Students who wish to defer their studies or apply for a leave of absence due to compassionate reasons (such as serious illness, bereavement, or being a victim or witness to a serious crime) during the semester must submit a request to the Student Support Manager. In addition, students must provide supporting documentation to demonstrate the genuine nature of their circumstances;
- Students granted a deferral are expected to leave Australia for the duration of their deferral period, unless exceptional circumstances prevent them from doing so. SCI will notify the [Department of Home Affairs](#) on behalf of the student to ensure compliance with visa regulations;
- Students who wish to defer the commencement date of their course must submit a written request to the Institute by completing the [Deferment, Suspension or Cancellation Form](#). This request must be accompanied by documentation that clearly outlines the compassionate or compelling reasons for the deferment;
- For detailed information, please refer to the [Deferral, Suspension and Cancellation Policy and Procedure](#) on the [SCI website](#);
- Student enrolment may be suspended or cancelled due to poor academic progress or academic misconduct. For further guidance on academic integrity, please consult the [Academic Integrity Policy and Procedure](#) on the [SCI website](#);
- For more information regarding the assessment of compassionate and compelling circumstances, please visit [SCI website](#).



SCI Student Support Services



SCI provides a range of resources and dedicated staff to support students facing challenges. Should you require assistance, we encourage you to reach out to our Student Support team. Our trained professionals are available to offer guidance and help.

We highly recommend utilising these support services early in your academic journey to ensure a positive and fulfilling experience while studying in Sydney.



SCI Student Support Services

Orientation Program

SCI's [New Student Orientation Program](#) is conducted at the beginning of each semester to welcome all new students. The program offers peer support through a mentor system, an introduction to Australian culture and study styles, and essential information on accommodation, student visa conditions, work permits, overseas health cover, and IT facilities. Additionally, students are provided with a campus tour and introduced to key staff members.

The [SCI New Student Orientation Program](#) is held on campus at Level 2, 1-3 Fitzwilliam Street, PARRAMATTA NSW 2150 Australia.

English Language Support

SCI provides continuous, timely English language support through structured Learning Support Sessions, designed to help students strengthen their learning skills and improve English proficiency.

These sessions, facilitated by the Library & Learning Support Manager, are available on weekdays to ensure consistent academic progress.

Academic Support

In addition to regular lectures and tutorials, SCI offers a range of supplementary academic support to enhance students' learning experiences. This includes revision tutorials, peer-assisted learning, and referencing workshops to assist with assignment writing. Furthermore, specialised workshops focusing on study skills and exam preparation are available for students encountering academic challenges.

For further academic support and assistance, please contact the respective Academic Director via Reception at Level 2, 1-3 Fitzwilliam Street, PARRAMATTA NSW 2150 Australia.

Counselling Services

SCI provides free, confidential counselling and crisis support through its Student Support Team and Student Liaison Officer (SLO), with referrals to external professionals when needed. Support services also include skills workshops, employment assistance, and online mental health resources. International students receive a Pre-Arrival Guide, orientation, and ongoing help with accommodation, health, safety, visa requirements, and English language support to aid their adjustment and success in Australia.

For assistance in scheduling a counselling appointment, students are encouraged to contact the Student Support Manager at Level 2, 1-3 Fitzwilliam Street, PARRAMATTA NSW 2150 Australia.

For additional information on Student Support, services please refer to the Student Handbook or Student Support Policy available on the SCI website.

Emergency

In the event of an emergency requiring an ambulance, fire department, or police assistance, please dial **000** immediately.



URGENCY



MEDICAL



SAFETY



AMBULANCE



HOSPITAL



RESCUE



WARNING



SOS

Medical and Emergency Facilities

To check the closest available medical and emergency services, please refer to SCI Student Handbook.

Campus Facilities

Use of Computer Labs and Classrooms

SCI provides a well-equipped two computer laboratories with complimentary internet access, located at Level 2, 1-3 Fitzwilliam Street, PARRAMATTA NSW 2150 and, Level 1, 37 George Street, PARRAMATTA NSW 2150.

To uphold a respectful and professional academic environment, students are expected to:

- Maintain cleanliness in classrooms and the computer laboratory;
- Remove all litter, work papers, bags, and personal belongings at the end of each class or upon leaving the area;
- Dispose of litter in the designated bins;
- Return desks, chairs, and other furniture to their proper positions after each session.

Classroom equipment, such as overhead projectors, computers, televisions, and video players, may only be moved with the lecturer's permission and must be returned promptly after use.

Campus Operating Hours

- **Monday to Friday:** 8:30 AM to 5:30 PM
- **Saturday to Sunday:** 9:00 AM to 5:00 PM
- Campus facilities may remain open until 9:30 PM, subject to the timetable or schedule.

Please note: Operating hours are subject to change.



Resource and Library Facilities

SCI provides students with access to a well-resourced library for borrowing books to support their referencing and study needs. Additionally, students have access to the [SCI online library](#), offering a comprehensive range of academic resources.

For assistance with accessing the library or online resources, please contact the Library & Learning Support Manager on campus at Level 2, 1-3 Fitzwilliam Street, PARRAMATTA NSW 2150, Australia.

Indicative Cost of Living

Accommodation Options

Sydney offers a variety of accommodation options to suit different needs and preferences. Many international students initially opt for temporary accommodation upon arrival and later transition to longer-term housing.

To explore accommodation options, visit [Accommodation - Study NSW](#).

Estimated Monthly Cost of Living*	
Shared Accommodation	\$800
Transport	\$200
Food & Groceries	\$500
Clothing	\$100
Entertainment	\$150
Insurance	\$50
Emergency	\$200

** This approximate figure is based on the [Insider Guides Cost of Living](#).

ESOS Framework

The Education Services for Overseas Students (ESOS) Act regulates education delivery for overseas students studying on a student visa in Australia. It ensures compliance with nationally consistent standards outlined in the National Code, which protects international students and governs course delivery.

Local Accommodation Near Campus

The Parramatta area offers affordable apartments and share-house options close to campus. Apartments are typically managed by real estate agents, while shared accommodations are often arranged by individuals or students. Shared accommodation provides an excellent opportunity to meet new people and share living expenses in a vibrant, multicultural city.

If you require accommodation support or advice, please contact the Institute's administration staff at admin@sci.edu.au or call +61 2 9066 6902.

Cost of Different Types of Accommodation

Useful Housing and Accommodation Resources

Explore the following websites to find a range of housing and accommodation options:

- domain.com.au
- realestate.com.au
- sydney.property.com.au
- flatmates.com.au
- rent.com.au
- welcomemat.com.au
- tradingpost.com.au
- gumtree.com.au

Understand Your Legal Rights as a Tenant

Familiarise yourself with your rights and responsibilities as a tenant by exploring the following resources:

- [Share Housing Survival Guide](#): Essential tips for navigating shared accommodation;
- [Fair Trading NSW](#): Comprehensive information on rental laws and tenant protections;
- [Tenants NSW](#): Guidance and support for tenants across New South Wales;
- [Residential Tenancies Act 2010](#): Detailed legislation governing rental agreements and rights in NSW;
- [SRC's Legal Advice for Undergraduate Students](#): Legal support specifically tailored for undergraduate students;
- [SUPRA's Legal Advice for Postgraduate Students](#): Legal assistance designed for postgraduate students.

Please be advised that these websites are external to the Institute. We strongly recommend that all students inspect accommodation in person before making any rental payments or providing a deposit.

Accommodation Rental Overview

Homestay	Up to \$510 (inclusive of all meals and private bathroom)
Global Experience	\$305 (self-catered single room)
Oz Homestay	\$320
Flatmates/ Gumtrees	\$185 to \$400 (inclusive of bills)

**These are indicative costs based on weekly estimates.*

In the Sydney city centre, private rooms typically start at approximately AUD \$70 per night, while dormitory rooms are available from around AUD \$30 per night per person.

For youth hostel accommodation, [YHA Australia](#) and [Getaroom](#) are excellent platforms to begin your search.

Student Accommodation Association

The Student Accommodation Association (SAA) is a national organisation representing education providers and student accommodation operators who manage a variety of student housing options, including university accommodation, residential colleges, and student hostels.

The SAA advocates for the importance of high-quality accommodation designed specifically for students, aimed at enriching the Australian education experience.

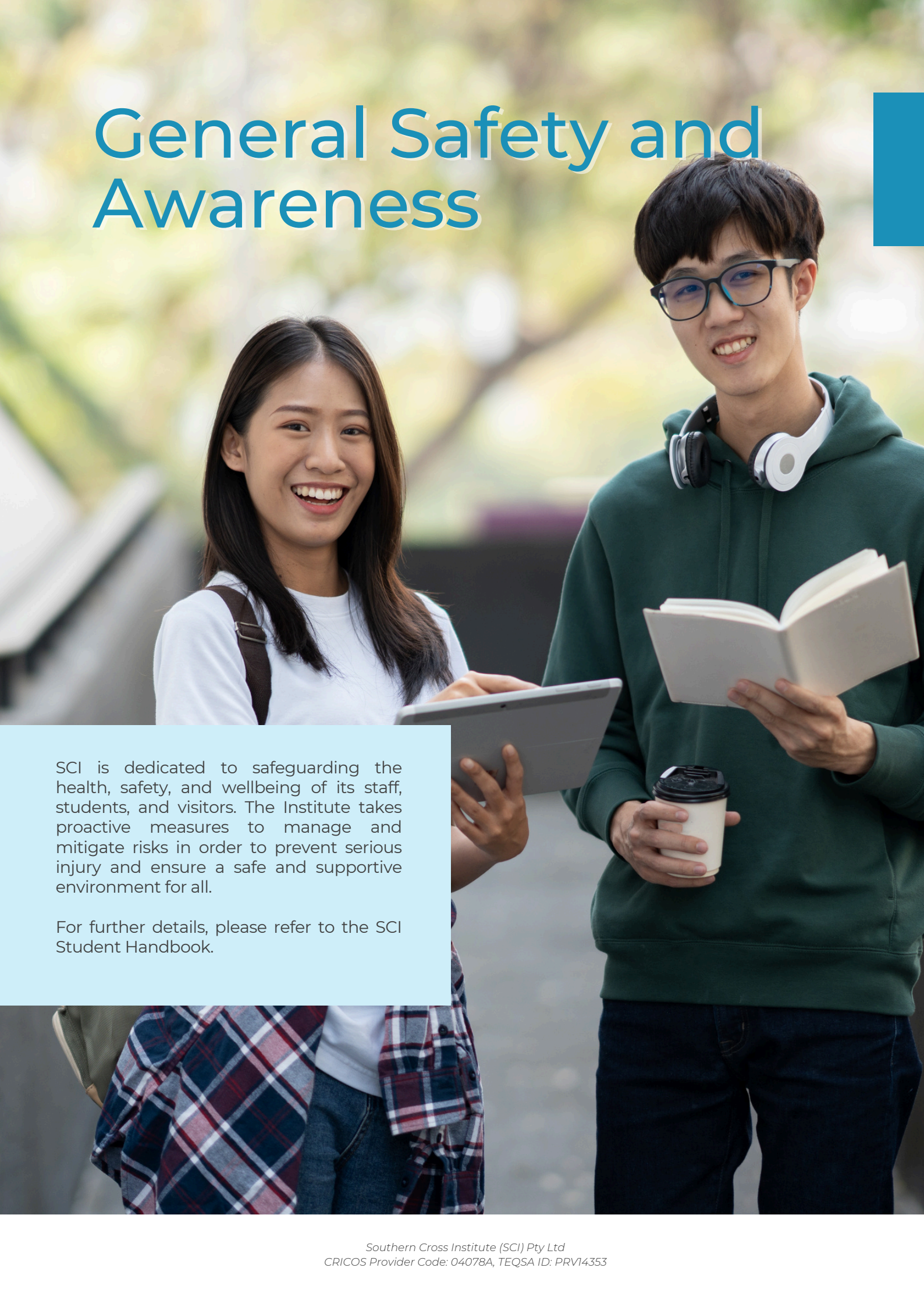
SAA member properties offer the following benefits:

- An exclusive residential environment tailored for students;
- 24/7 access to professional accommodation management teams;
- Fully furnished housing options;
- Accommodation contracts that adhere to local laws and regulations.

For the most current information on accredited properties, please visit the [National Property Accreditation Scheme](#) website.



General Safety and Awareness



SCI is dedicated to safeguarding the health, safety, and wellbeing of its staff, students, and visitors. The Institute takes proactive measures to manage and mitigate risks in order to prevent serious injury and ensure a safe and supportive environment for all.

For further details, please refer to the SCI Student Handbook.

New Student Orientation Program Details

Orientation Information

As an international student commencing your studies, it is essential to plan your arrival to ensure a smooth and successful transition into your academic journey.

Our Student Support Team will send you detailed Orientation Information via email one week prior to your course start date.

What To Expect

Please note that some sessions listed in the orientation program may be subject to change based on student needs and speaker availability.

Time	Program
9:30 AM	Welcome message from the Dean and study plan information
10:00am – 10:30 AM	Student support services Information on academic/welfare services for students
10:30am – 11:00 AM	Safety in a new environment information on safety and accessing support in case of an emergency
11:00am – 11:15 AM	Library information on how to access books for referencing from SCI Library, borrowing facilities, using the online library
11:15am – 11:45 AM	Course Information and study plans
11:45am – 12:30 PM	Study planning sessions with Academic Directors
12:30 PM	LUNCH – Light lunch provided
1:15pm – 2:00 PM	Official welcome from SCI
2:00pm – 2:15 PM	Demonstration on using student online system to access learning resources, completing online tests and submitting assignments
2:30pm – 3:30 PM	Registration + Timetables + Student Card + Unit Materials
3:30 PM	Evaluation / Feedback Forms conclude
3:30pm – 4:30 PM	Information for new students accommodation, TFN, Banking, OSHC, etc

If you are unable to attend the orientation program due to unavoidable circumstances, please contact SCI Reception at Level 2, 1-3 Fitzwilliam Street, PARRAMATTA NSW 2150, Australia or call +61 2 9066 6902.

You may request information regarding an alternative briefing of the orientation program.

For detailed information regarding placements, field education, and practical learning requirements in the Master of Social Work (Qualifying) course, please refer to the Work Integrated Learning Handbook.



Southern Cross Institute Student Association (SCISA)

The Southern Cross Institute Student Association (SCISA), an autonomous body formally endorsed by the Governing Council, was established with the core objective of fostering student engagement beyond the academic realm. Its key purposes include:

- Promoting active student participation in institutional decision-making through representation on Committees and Advisory Groups;
- Advocating for student interests and spearheading initiatives to enhance cultural, sporting, and educational experiences;
- Cultivating a positive and enriching student experience through active involvement within the student community;
- Supporting the orientation, integration, and social inclusion of new students;
- Celebrating and showcasing the diverse cultural makeup of the student body at SCI, by creating platforms to support and recognise multiculturalism;
- Assisting with other student-related roles as determined by the Dean and Academic Directors.

SCISA representatives ensure the effective communication of student perspectives, guaranteeing that their voices are considered in both academic and administrative decisions. SCISA also organises a variety of student-focused programs throughout the year to enhance academic success, student well-being, and campus engagement. For example, in Semester 2, 2024, SCISA ran a Mentoring Program, and in Semester 1, 2025, SCISA is planning to introduce a Learning Support Week. Other key SCISA initiatives include Ethnic Day, Sports Day, Resume Workshop, and future networking events, skill-building sessions, and peer support activities.

SCI is dedicated to the continuous improvement of the student experience, with student representatives playing a central role in conveying feedback. The Academic Director of Human Services Management supervises all SCISA activities.



SOUTHERN CROSS INSTITUTE



- Level 2, 1-3 Fitzwilliam Street, PARRAMATTA NSW 2150 Australia
- Level 1, 37 George Street, PARRAMATTA NSW 2150 Australia



+61 2 9066 6902



info@sci.edu.au



www.sci.edu.au

Southern Cross Institute (SCI) Pty Ltd
ACN 635 065 280 | ABN 90 635 065 280,
CRICOS Provider Code: 04078A, TEQSA ID: PRV14353

