



SOUTHERN CROSS
INSTITUTE

PRE-ARRIVAL GUIDE

for International Students



Southern Cross Institute (SCI)

Level 2, 1-3 Fitzwilliam Street, PARRAMATTA NSW 2150 & Level 6, 31-39 Macquarie Street, PARRAMATTA NSW 2150

Tel: +61 2 9066 6902 Website: www.sci.edu.au TEQSA Provider No: PRV14353 CRICOS Provider No: 04078A



Your Journey Starts Here

Welcome to Southern Cross Institute (SCI)

We look forward to welcoming you to SCI and to the community you will be part of during your studies. Starting higher education in another country brings new opportunities, new routines and plenty of questions. This guide will help you take the next steps with confidence.

Keep it handy while travelling and return to it during your first weeks in Australia. You will find practical advice for the decisions that matter before departure, along with links to more detailed information when you need it.

What's inside your guide?

This guide is designed to help you prepare for your journey to Australia and get ready for life and study at SCI. It provides practical information about:

- | | |
|--|--|
|  Preparing for your arrival |  Transport and settling into Parramatta |
|  Accommodation and living costs |  Starting your studies and accessing support |
|  Health and wellbeing |  Safety and essential contacts |
|  Visa and Australian border requirements |  Quick links to SCI policies, forms and student support services |

Campus Map

Finding your way to SCI

SCI has two campuses in Parramatta. Check your Orientation email and class timetable to confirm which campus you need to attend.

📍 Level 2, 1-3 Fitzwilliam Street, PARRAMATTA NSW 2150

📍 Level 6, 31-39 Macquarie Street, PARRAMATTA NSW 2150

OUR CAMPUSES

Find your way to SCI in Parramatta.

1 FITZWILLIAM STREET CAMPUS

Level 2, 1-3 Fitzwilliam Street
Parramatta NSW 2150

2 MACQUARIE STREET CAMPUS

Level 6, 31-39 Macquarie Street
Parramatta NSW 2150

MAP KEY

- T Parramatta Station
- B Bus interchange



Before your first visit

- ✔ Plan your route using the Transport for NSW Trip Planner.
- ✔ Allow extra time to find the building, correct floor and classroom.
- ✔ Keep your Orientation instructions and SCI contact details accessible.
- ✔ When you arrive, speak with reception if you need directions.

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Before you leave

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

Please bring the following documents with you to Australia:

- 1 Current and valid passport
- 2 Student visa grant letter
- 3 Confirmation of Enrolment (CoE) issued by SCI
- 4 SCI Letter of Offer and enrolment documents
- 5 Overseas Student Health Cover (OSHC) certificate and policy details
- 6 Flight itinerary and airport transfer details
- 7 Confirmation of your accommodation and Australian address
- 8 Original or certified copies of relevant academic transcripts and qualifications
- 9 Marriage certificate (if applicable)
- 10 Other identification documents, such as a birth certificate or driver's licence
- 11 Work experience certificates and an updated resume (if applicable)
- 12 Prescription or doctor's letter for any medication you are carrying
- 13 Emergency contact details and SCI contact information

TRAVEL TIPS ✈️

Do not place original documents in checked baggage. Keep them easily accessible during your journey and store secure digital copies in a location you can access if your phone or luggage is lost.



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Look after your health



Most Student visa holders must maintain Overseas Student Health Cover (OSHC) throughout their stay in Australia. Knowing how to access care before you need it can make settling into a new country easier. Arrange your health cover before travelling, prepare any regular medication and keep your policy details and medical documents accessible. Students should check the latest Department of Home Affairs requirements before making travel or relocation plans, as family members can only be included in limited circumstances.

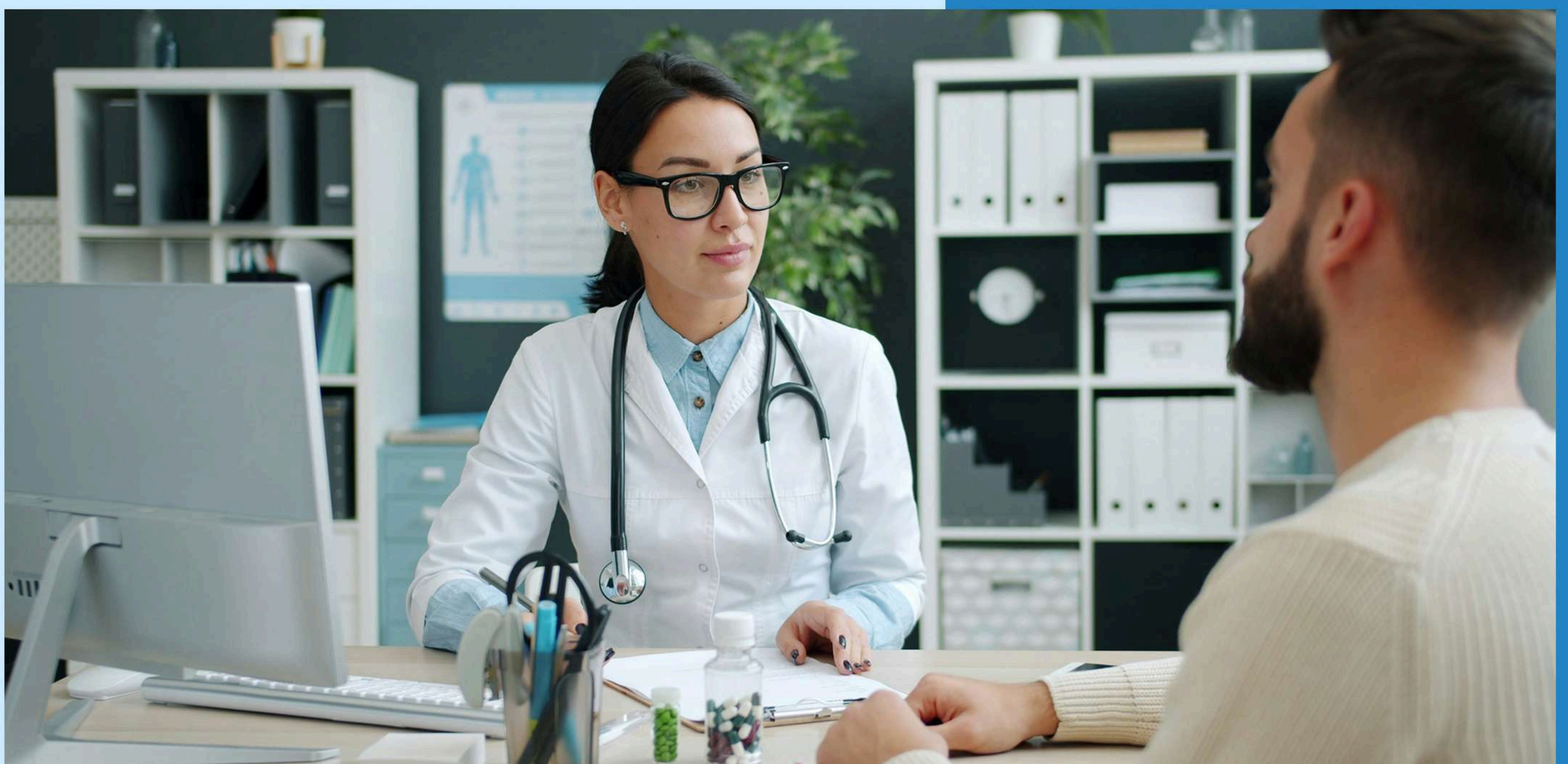
Understand your Overseas Student Health Cover (OSHC)

Before you travel, make sure you can easily access your OSHC information:

- Keep your OSHC certificate, policy number and membership details accessible.
- Register or activate your cover as instructed by your insurer.
- Save your insurer's app or digital membership card, if available.
- Check what your policy covers. Basic OSHC may not cover every service or the full cost of treatment, so understand any exclusions, waiting periods and out-of-pocket costs before you need care.

Know where to go if you need medical help

- **Routine care:** Book a General Practitioner (GP) or medical centre appointment. Ask about fees and OSHC billing when booking.
- **Health advice:** Call healthdirect on 1800 022 222 for advice from a registered nurse, or use healthdirect to find services.
- **Life-threatening emergency:** Call 000 for an ambulance.



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Find a place to stay

Your accommodation will shape your daily routine. Think about the journey to campus, the space you need to study and the total cost of living.

SCI does not provide on-campus accommodation. You are responsible for arranging your housing. Book a confirmed place for your arrival, then allow time to inspect longer-term options and explore the area before making a commitment.

Choose an option that suits you

- **SHORT-TERM ACCOMMODATION:** A hotel, hostel or serviced apartment can provide a starting point while you look for a longer-term home.
- **SHARED ACCOMMODATION:** Rent a room and share facilities with other residents. Clarify house rules, privacy arrangements and how bills are divided. It may help you share costs.
- **HOMESTAY:** Living with a local host or family can offer a household setting. Confirm arrangements for meals, internet, laundry and visitors.
- **MANAGED STUDENT ACCOMMODATION:** Furnished rooms and shared facilities can simplify moving in. Check the location, contract length and all charges.
- **PRIVATE RENTAL:** A house or apartment offers more independence, but you may need to arrange furniture, utilities and internet yourself.

Before you commit to a rental

Check the property's location and travel time to your SCI campus using the [Transport for NSW Trip Planner](#).

To avoid scams, verify the property and provider before sending any money. For further information, visit [NSW Government renting guidance](#).

Plan your Budget

Moving to Australia involves more than tuition fees. Planning your budget before you travel will help you manage your first few weeks with confidence and avoid unexpected financial pressure. Set aside an emergency fund to cover unexpected expenses while you settle into life in Australia.

Plan for these costs

-  **Tuition fees**
Check your SCI offer, CoE and payment schedule. Keep funds available for future instalments.
-  **Accommodation**
Plan for rent, a bond and rent in advance. Check whether electricity, water, gas and internet are included, and budget for any extra costs.
-  **Health cover**
Include your Overseas Student Health Cover (OSHC) and any medical costs not covered by your policy.
-  **Daily living**
Allow for groceries, transport, phone and internet, study materials, clothing and personal expenses.
-  **Arrival costs**
Set aside money for airport transport, temporary accommodation, food and essential purchases during your first days.
-  **Emergency funds**
Keep a separate reserve for unexpected travel, medical or personal expenses.

Indicative Weekly Living Costs in Sydney

Expenses	Estimated Weekly Cost (AUD)
Shared accommodation	\$240–\$550
Electricity, gas and water	\$30–\$50
Food and groceries	\$100–\$160
Public transport	\$40–\$60
Phone and internet	\$20–\$45
Personal expenses and entertainment	\$80–\$170
Estimated weekly total	\$510–\$1,035

* These figures are indicative weekly estimates only and are subject to change.

For an estimate tailored to your lifestyle and accommodation choices, use the [Study Australia Cost of Living Calculator](#).



What to Pack

Pack for everyday study and the first few days of settling in. You can buy most household essentials after arrival, so leave room for what you need immediately and a few familiar items that help you feel at home.



Clothing and everyday essentials

- Lightweight, breathable clothing for warm weather
- Jumper, cardigan or light jacket for cooler days
- Warm jacket and long pants for winter
- Comfortable walking shoes and closed shoes for wet or cooler weather
- Waterproof jacket or compact umbrella
- Sun hat, sunglasses and swimwear
- One smart or formal outfit for presentations, interviews or events
- Traditional or cultural clothing, if desired



Other useful items

- A suitable laptop if required for your course
- Australian Type I travel adaptor for your devices
- Prescription or doctor's letter for medicines you are carrying
- A small supply of essential personal items for your first few days
- Copies of important documents in both paper and secure digital form



Know what is in your luggage

Australia has strict biosecurity rules. Pack your own bags and check gifts or food packed by others.

- ✓ Check restrictions on food, spices, herbal remedies, seeds, plant and animal products, and wooden items.
- ✓ Clean soil and plant material from shoes and outdoor equipment.
- ✓ Complete your arrival declaration accurately.

Before packing, check the [biosecurity guide for international students](#) to learn what you can bring into Australia. If you are unsure about any item, declare it on arrival.

Check [Australian entry requirements](#) before travelling.



A person with a backpack is walking through an airport terminal. In the background, there is a sign for taxi pick-up that says "Mobility App - TAXI Radio Taxi" and "Pick up point".

Australian Customs and Biosecurity

When arriving in Australia, students must complete immigration, customs and biosecurity checks before leaving the airport. You may be required to complete an Incoming Passenger Card or an approved digital declaration. Australia has strict rules about what can be brought into the country. Declare food, plant material, animal products, medicines or other restricted items. If you are unsure, declare the item or ask an officer for advice.

At the airport

- ✔ **Passport control:** Follow instructions for immigration and passport processing.
- ✔ **Baggage collection:** Collect your checked luggage and check that you have all your belongings.
- ✔ **Customs and biosecurity:** Declare any restricted items or items you are unsure about, including food, plant material, animal products and medicines.
- ✔ **Onward travel:** Follow signs to your chosen transport or confirmed meeting point.

Before leaving the airport

- ✔ Check you have your passport, phone, wallet, documents and luggage.
- ✔ Connect to Wi-Fi or mobile data to let family know you have arrived and contact your accommodation provider.
- ✔ Confirm your accommodation address and check-in arrangements.
- ✔ Use official taxi ranks, designated rideshare pick-up areas or your pre-booked transfer.



Travelling in NSW



From Sydney Airport to Parramatta

Choose the transport option that suits your destination, budget and luggage. Options from Sydney Airport to Parramatta include train, taxi, rideshare or a pre-booked transfer. Travel times and fares may change, so check current information before you leave the airport.

For detailed information, explore [Sydney Airport transport options](#).



Using public transport

Getting to campus and exploring Sydney is easy with trains, metro, buses, ferries and light rail. You can pay using an Adult Opal card or an accepted contactless debit or credit card, including one linked to your phone or watch.

An Opal card is reusable. Simply add money to your balance before travelling. If you use a contactless bank card or device, your fare is charged automatically.

Tap on at the start of each trip and tap off at the end using the same card or device.

Plan your route and check travel times using the [Transport for NSW Trip Planner](#).

For details on Opal cards, fares and payment options, visit opal.com.au.



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Your first week in Australia

During your first week in Australia, use this checklist to organise everyday essentials, settle into your new surroundings and prepare for your studies at SCI.

- ✔ **Set up your phone**
Get an Australian SIM or eSIM. Compare data allowances, costs and coverage, and check that your phone is unlocked.
- ✔ **Organise your banking**
Open an Australian bank account if needed. Compare fees and international transfer charges. Check the bank's identification requirements before applying.
- ✔ **Access your health cover**
Follow your OSHC insurer's instructions to activate or register your membership. Save your policy details and find out how to locate a doctor and make a claim.
- ✔ **Prepare for everyday travel**
Have your Opal card or contactless payment ready. Try the journey to your SCI campus before classes begin.
- ✔ **Apply for a Tax File Number (TFN)**
If you plan to work, apply for a TFN directly through the [Australian Taxation Office](#). Applications are free. Keep your TFN secure.
- ✔ **Create your Unique Student Identifier (USI)**
After arriving, create your [USI](#) using your passport and Australian visa, then provide it to SCI. If you already have one, use your existing USI.
- ✔ **Update your details with SCI**
Provide your Australian residential address within seven days of arrival, along with your current mobile number and emergency contact details.
- ✔ **Get ready to start at SCI**
Access your SCI email and student learning systems. Confirm your Orientation date, time and campus, and check your timetable before your first class.



Starting at SCI

Attend New Student Orientation

Your first day at SCI is an opportunity to meet people, find your way around and build the habits that will support your studies. Meet staff and fellow students, learn about study expectations and discover the services available to help you succeed. Orientation also introduces student systems, library resources and campus safety.

Check your Orientation email for the date, time, campus and what to bring. If you cannot attend, contact Student Support as early as possible for advice.

Get ready for your first class

-  Check your timetable in [Meshed Higher Ed](#). Confirm your class times, campus and room.
-  Log in to [OASIS \(Moodle\)](#), SCI's Learning Management System, and [Liberty \(Softlink\)](#), SCI's Library Management System, to access learning materials, assessment information and library resources.
-  Check your SCI email regularly. Read important updates and contact Student Support if you need login assistance.
-  Arrange your Student ID. Ask Student Support how to obtain your card.
-  Plan your study time. Note assessment dates and allow time for preparation and

Know where to get help

Contact Student Support for practical or enrolment questions. Ask Library & Learning Support for help with academic English, referencing and study skills. Discuss any disability or health-related support needs early.

For counselling and other support options, visit SCI's [Wellbeing Support](#) service.

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Support and Life at SCI

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.



Student Support

Get help with enrolment, settling into student life and accessing the services you need.



Academic Support

Build your skills in academic English, assignment writing, referencing and exam preparation.



Wellbeing Support

Access counselling and referrals for support with personal difficulties, stress and wellbeing.



Career Preparation

Explore career advice, workshops and resources to help you prepare for employment.

Campus facilities

SCI's Parramatta campuses offer classrooms, computer laboratories and library resources to support your learning. Explore [SCI's campuses and facilities](#) for more information.

Connect with your student community

The Southern Cross Institute Student Association (SCISA) brings students together through social activities and events. It is a great way to meet people, share experiences and feel part of life at SCI. Find out at Orientation how to join upcoming activities and take part in the SCI student community.

Need assistance?

Contact SCI Student Support on +61 2 9066 6902 or info@sci.edu.au, or speak with staff on campus.



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Working while you study and staying safe

Make time for study, new friendships and life beyond campus. Knowing your work rights and a few safety essentials will help you settle in with confidence.

Working while you study

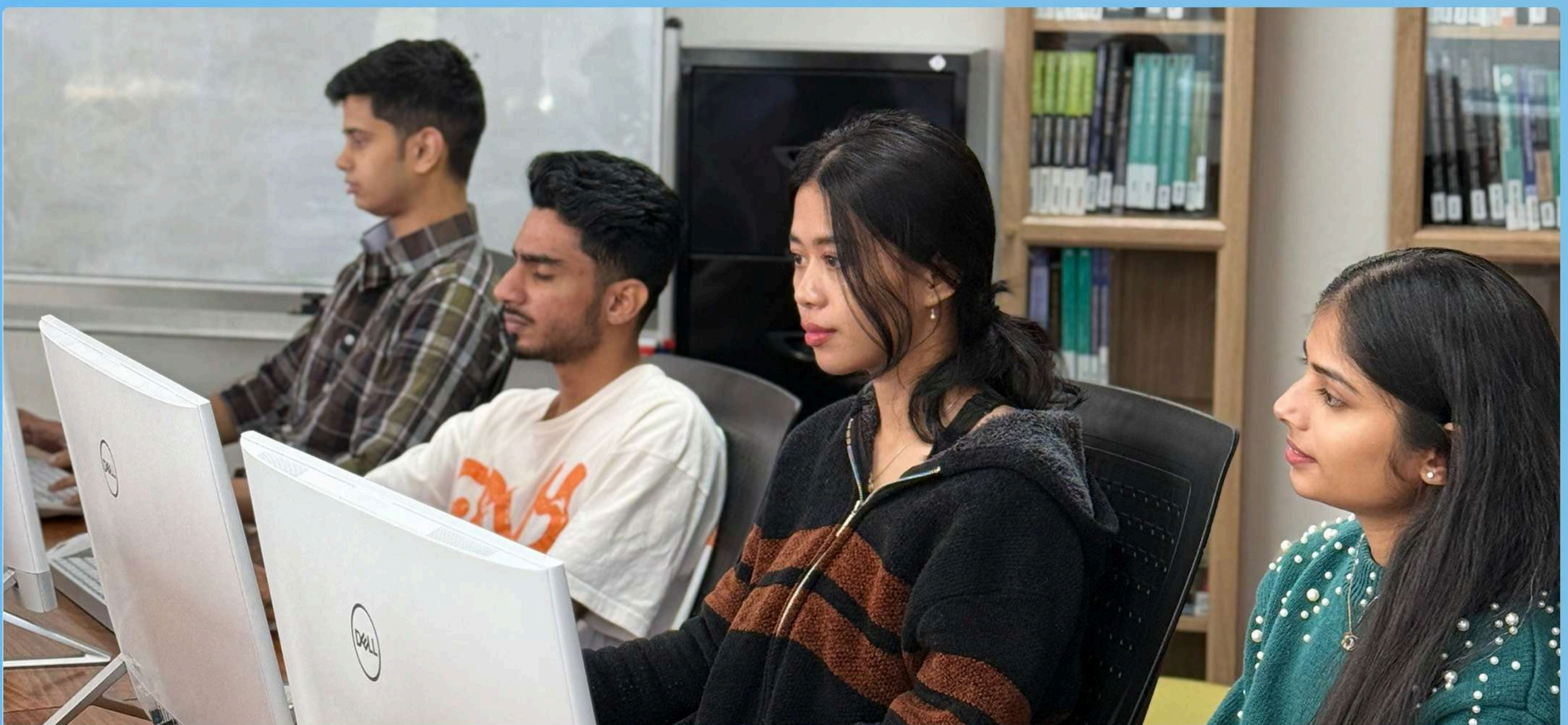
Most Student visa holders can work up to 48 hours per fortnight while their course is in session and unlimited hours during scheduled breaks. You generally cannot work before your course starts. Conditions can differ, so always check your own visa in [VEVO](#) before accepting work.

- ✔ Do not rely on employment income to pay essential living costs.
- ✔ Your work commitments should not interfere with classes, assessments or academic progress.
- ✔ Visa holders and migrant workers have workplace rights in Australia. Visit the [Fair Work Ombudsman](#) for information about pay, conditions and workplace problems.

Stay safe

A few simple precautions can help you feel confident as you explore Australia.

- ✔ For police, fire or ambulance emergencies, call 000.
- ✔ For non-urgent police assistance, call 131 444.
- ✔ Never share passwords, banking details or verification codes with unexpected callers or messages.
- ✔ At beaches, swim between the red and yellow flags at patrolled beaches and follow lifeguard instructions.
- ✔ Check weather and UV conditions before outdoor activities and use sun protection.
- ✔ If you feel unsafe contact SCI Student Support.



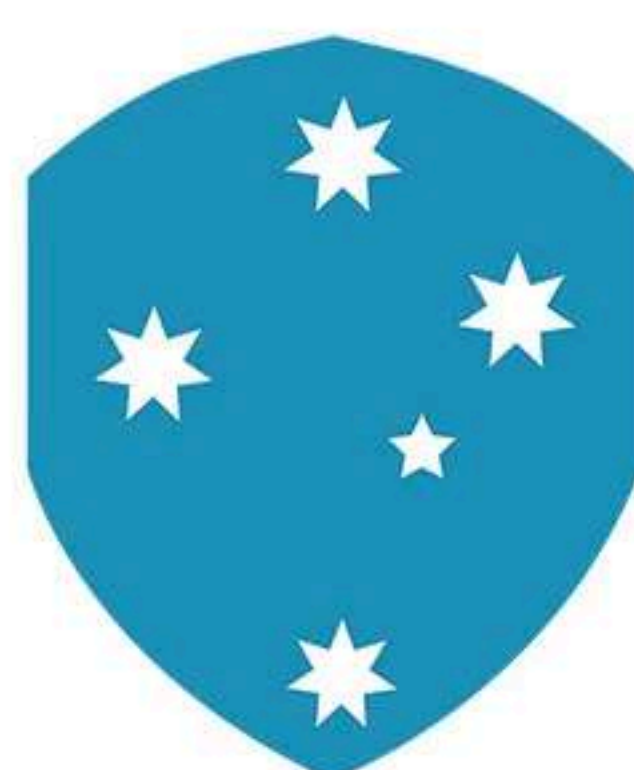
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Quick links

I need help with	Where to go?
Learning materials and assessments	OASIS (Moodle)
My timetable and student records	Meshed Higher Ed
Student information and requirements	Student Handbook Policies and Procedures
Submitting a student request	SCI student forms
Wellbeing and counselling support	SCI wellbeing support
Checking my visa conditions	Home Affairs -VEVO
What I can bring into Australia	Biosecurity guide for students
Getting around	Trip Planner Opal Airport transport
Housing and living costs	Renting in NSW Budget calculator
Workplace rights and pay	Fair Work Ombudsman
Applying for a TFN	Tax File Number
Creating USI	Unique Student Identifier



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