



Staying healthy for study success



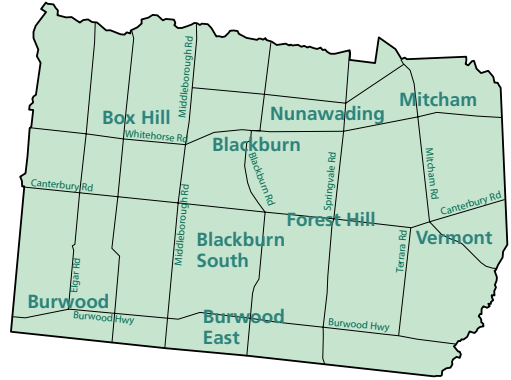
WHITEHORSE
CITY COUNCIL

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Staying Healthy for Study Success

Leaving your country to study abroad is an amazing experience, but it is a major life transition that comes with certain challenges. Use these ideas to stay physically, mentally and emotionally healthy to achieve the best results and to make the most of your experience of studying in Melbourne and living in the City of Whitehorse.

Melbourne is divided into several local government areas or municipalities. If you live in the area shown in this map, you are living



within the Whitehorse City Council municipality. There are many Council resources to support your health and wellbeing while studying and living here. To find out more: www.whitehorse.vic.gov.au



Healthy body, healthy mind Have mental and physical breaks

Taking regular study breaks helps prevent brain fatigue and improves focus and creativity. Spending time in nature also helps reduce stress and boosts general health. There are many wonderful parks in Whitehorse where you can go to simply relax surrounded by nature or to do some exercise.

Scan the QR code to download our Parks and Walking Guide



Move your body

It is no secret that getting active improves physical and mental health, with the added benefit of increasing your chance to meet like-minded people.

In the City of Whitehorse, Aqualink (*Box Hill and Nunawading*) are modern sports and leisure centres providing accessible and affordable swimming pools, gyms and group fitness classes. More information: www.aqualink.com.au

Eat a diet rich in nutritious foods

Finding the same variety of foods that you would normally eat back home can be a challenge while studying abroad. But don't get in a habit of eating two-minute noodles every day! There are places where you can find a range of fresh and affordable foods, such as the Box Hill Fresh Food Market and the Whitehorse Farmers Market.

To find out more visit: whitehorsefarmersmarket.com.au

One option for eating healthy food on a budget can be buying in bulk and sharing with your fellow students. Or you can even grow your own food! Community gardens in Whitehorse provide an opportunity for you to do that in a communal space.

To find out more visit: www.whitehorse.vic.gov.au/community-gardens

Make connections

Joining a local group can help you feel more connected to and supported by other people, and help you feel like you belong. Whitehorse City Council has a Community Directory with a range of different activities, including groups where people speak languages other than English.

Find out more: www.whitehorse.vic.gov.au/community-directory



Healthy relationships

As an international student you may not be familiar with the law in Australia about consent and violence in relationships, which could be different from your home country. It is best for everyone if you understand what respectful relationships mean in Australia and what behaviours are not accepted under Australian law.

Consent

Consent is an essential aspect of every sexual interaction. Having consent ensures the safety of everyone involved and shows mutual respect. Consenting means to freely and voluntarily agreeing to participate in sexual activity. This cannot happen if someone is under the effect of alcohol or drugs, unconscious or asleep, or if they have been pressured, intimidated or manipulated into doing so.

Violence in relationships

It is against the law in Australia to hurt someone you are seeing or in a relationship with. Partner violence takes many forms. While physical violence may be the most visible one, other forms of violence and abuse can be just as harmful to a person's mental health and wellbeing. These may include:

- Controlling behaviours
- Verbal abuse
- Emotional abuse
- Sexual assault
- Controlling access to money
- Not allowing access to passport or visa documents

If you have been affected by violence or abuse, be reassured that international students are protected by Australian law and your visa will not be affected if you seek help.

Where to go for help

Eastern Community Legal Centre

Provides free legal advice and assistance in a range of matters.

Phone: **1300 32 52 00**

Website: <https://eclc.org.au>

The Orange Door

Helps victims of relationship violence get the support they need quickly and easily.

Phone: **1800 354 322**

Website: www.orangedoor.vic.gov.au