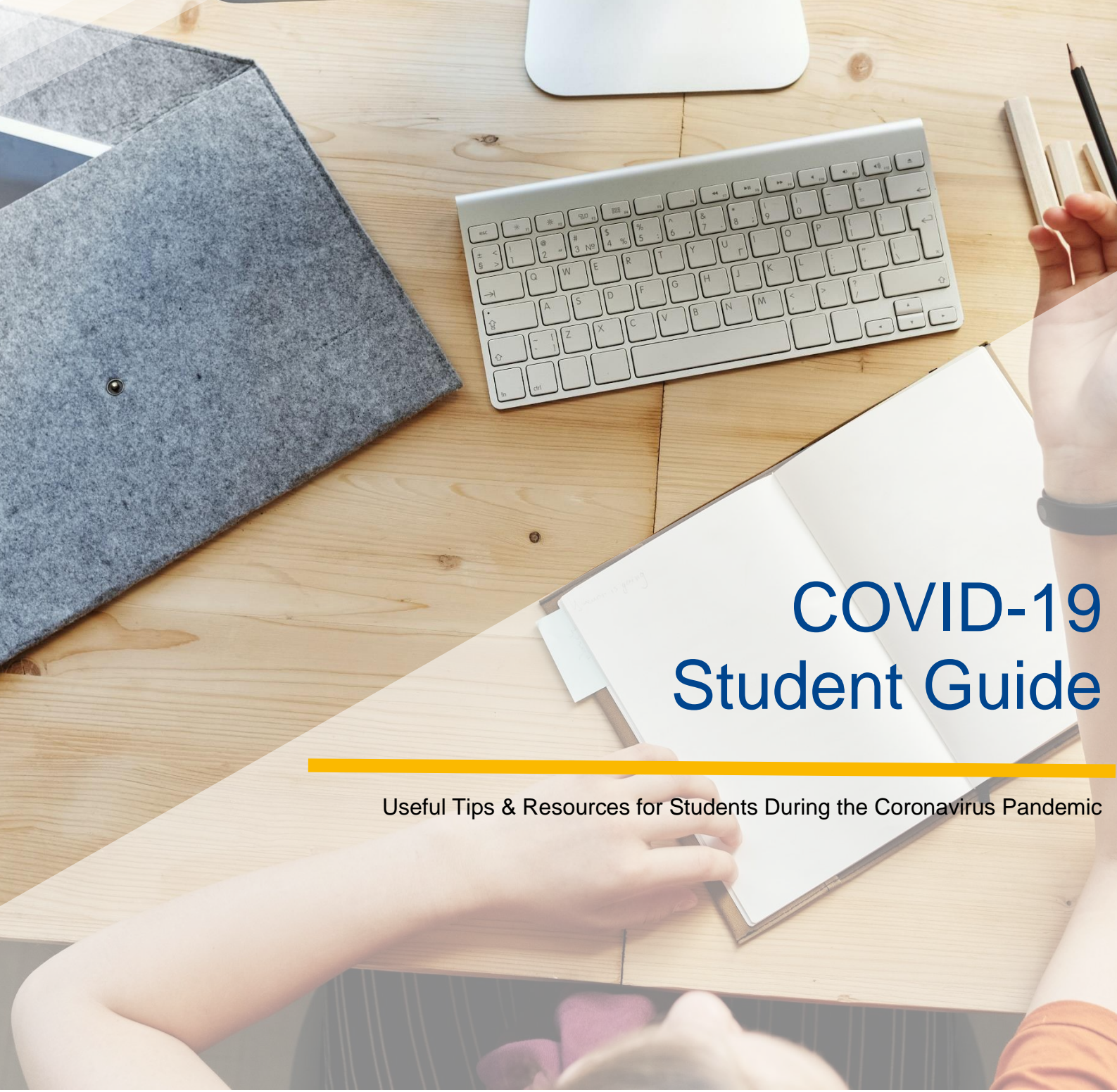




**EYNESBURY**  
**COLLEGE**



# COVID-19 Student Guide

Useful Tips & Resources for Students During the Coronavirus Pandemic

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## General Tips

### Keep updated at Eynesbury College

- Check your student email and Moodle every day.
- Email your teachers with specific course questions.
- Contact Student Services on [studentservices@eynesbury.sa.edu.au](mailto:studentservices@eynesbury.sa.edu.au) if you have questions about your study, how to pay your fees, or how to update your address and contact details.
- Follow Eynesbury International on Facebook and Instagram.

### Useful Information for Students

#### Study Adelaide

Study Adelaide is a great resource for not only newly arrived students but all international students in South Australia. They organise a range of online events for international students, including social events, job search workshops and mentor programs. Make sure to subscribe to their [newsletter](#) and follow them on [Facebook](#) to stay up to date with their events and activities.

You can find more information on their website [www.studyadelaide.com](http://www.studyadelaide.com)

#### Insider Guides

Insider Guides provides local advice for international students in Australia. You can visit their website to find information about getting setup in Australia on their website or check out their local city guide specifically tailored to getting setup in Adelaide [here](#).

Insider Guide have also created a Covid-19 Resource Hub where you can find useful links and suggestions to things to do while studying from home as well as read more about news updates about the corona virus outbreak. You can read more [here](#).

You can find more information on their website [www.insiderguides.com.au](http://www.insiderguides.com.au)

### Stay connected

- Call and text your family and friends regularly. Try to keep in touch with them as often as you can and keep them updated on your wellbeing.
- Find communities of your interest through social networks and other social-oriented apps, such as Facebook, Instagram and WhatsApp.
- Use the free resources that Eynesbury College offers to students:
  - Join online student events as advertised in the Student Experience Calendar sent to your Eynesbury email.
  - Receive support and counselling from the Student Counsellor, Ann Sherwell. E: [asherwell@eynesbury.sa.edu.au](mailto:asherwell@eynesbury.sa.edu.au) – P: +61 448 878 943. Ann is available from 9am-5pm on Mondays, Tuesdays and Thursdays and 9am -1pm on Wednesdays and Fridays, as well as out of hours in emergencies.

## Practice self-care

- Clean your hands regularly with sanitiser or soap and water for at least 20 seconds (works well if you sing the Happy Birthday To You song twice!)
- Maintain a safe distance from anyone who is coughing or sneezing.
- Don't touch your eyes, nose or mouth.
- Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
- Stay home if you feel unwell.
- If you have a fever, a cough, and difficulty breathing, seek medical attention. Call your health care provider in advance to let them know.
- While staying at home ensure to open windows to regulate the air in your room.
- Exercise and eat healthy meals regularly – make sure to get lots of fruit and vegetables!

## Stay Informed

Stay up to date with official information and advice about the coronavirus (COVID-19) situation. Below are several websites and resources where you can find official information:

### Government of South Australia's Official COVID-19 Webpage

Here you can find official data about cases in South Australia, health advice, information about financial support and what restrictions are in place in South Australia.

You can find more information on their website [www.covid-19.sa.gov.au](http://www.covid-19.sa.gov.au)

### Coronavirus Australia App and the COVIDSafe App

The Australian Government has released two helpful apps to keep people informed and safe during the pandemic. They can be downloaded for free from your app store.

- **The Coronavirus Australia App** contains all the updated information and advice you can find on the Government's website but easily accessible from your phone. It also gives you easy access to important contact numbers such as the Coronavirus Health Information Line and local General Practitioners.
- **The COVIDSafe App** helps keep you safe by registering if you have been close to someone with Coronavirus. It uses Bluetooth technology to locate others with the app installed who have registered themselves as diagnosed with COVID-19. You will be advised immediately if you need to go see a healthcare provider to get tested.

### Australian Government – Department of Health – Translated Resources

The Department of Health has put together Coronavirus (COVID-19) resources in various languages which include fact sheet, guidelines and other resources.

You can access the resources [here](#)

### World Health Organization

The World Health Organization monitors global public health. They have created a webpage with useful information about country-specific data and advice on the COVID-19 outbreak.

You can find more information [here](#).

## Important Phone Numbers

### 000 - Emergency Police, Fire, and Ambulance

- The general rule: Dial 000 any time there's an immediate threat to life or property — such as an accident, a crime, a fire or a medical emergency.
- Serious medical emergencies warrant a 000 call, so don't hesitate if you witness a heart attack, stroke, anaphylaxis, broken limbs, choking, drug overdose, drowning, a psychotic episode, or uncontrolled bleeding.
- You can make a report to the South Australian Police (SAPOL) on their website, including traffic incidents, lost or stolen property, suspicious activity, and missing persons. Click [here](#).

### 13 SICK (13 7425) – National Home Doctor Service

- For any non-emergency medical concerns experienced after-hours when your regular GP has closed (after 6pm).

### Lifeline – 13 11 14

- 24-hour service providing crisis support and suicide prevention services.

### Headspace 1800 650 890

- Free online and telephone service that supports young people aged between 12 and 25 and their families going through a tough time.

### Beyond Blue - 1800 512 348

- Free Coronavirus mental health and wellbeing online and telephone support. You can also find useful information about anxiety and depression on their [website](#).

### COVID-19 Mental Health Support Line - 1800 632 753

- Provides mental health support for people living in South Australia. Available from 8am to 8pm, seven days a week.

### 1800 RESPECT (1800 737 732)

- Open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.

### Eynesbury Student Counsellor: Ann Sherwell

- E: [asherwell@eynesbury.sa.edu.au](mailto:asherwell@eynesbury.sa.edu.au) – Tel: +61 448 878 943  
Ann is available from 9am-5pm on Mondays, Tuesdays and Thursdays and 9am -1pm on Wednesdays and Fridays, as well as out of hours in emergencies.

## Financial Support for International Students

### International Student Support Package





The South Australian Government has announced that they will be assisting the international student community through financial hardship. The Support Package is for international students residing in South Australia who are currently facing financial hardship. You can read more on Study Adelaide's webpage, as well as register for updates on how to apply, via this [link](#).

## Food and Groceries

### Online Food Shopping

There are several supermarkets that offer online food shopping to make your life easier, so you don't have to go to a store yourself. You can either select delivery or click and collect.

Below are some of the most popular supermarkets that offer this in Adelaide:

			
Large supermarket chain located all over Australia.	Large supermarket chain located all over Australia.	Large supermarket chain located in South Australia only.	Supermarket located in near CBD in Adelaide
Need to create online account			
Offer both delivery and Click & Collect. Delivery Fee depends on spend. Max \$15 (for orders under \$99) Minimum spend is \$50 See website <a href="#">here</a>	Offer both delivery and Click & Collect. Delivery fee is \$12 Minimum spend is \$50 See website <a href="#">here</a>	Offer both delivery and Click & Collect. Delivery fee is max \$10 Minimum spend is \$50 See website <a href="#">here</a>	Offer both delivery and Click & Collect. Delivery fee is max \$10 Minimum spend is \$50 See website <a href="#">here</a>
Shopping via app is available			No shopping via app

## **Meal Kit Delivery**

Several companies deliver meal kits to Adelaide-based homes. These kits come as ready-made meals, or with all the ingredients and recipes to help you make the meal yourself. Most companies are subscription-based with varying costs per meal that can be tailored specifically to your dietary preferences.

Below is a list of some of the services readily available in Adelaide. Click on the heading to read more information on their websites.

### **HelloFresh**

Subscription based meal kits focusing on fresh and healthy ingredients. Delivered to your door for you to cook at home. Choose which meals you like - all you then have to do is follow the recipe!

### **Marley Spoon**

Similar to HelloFresh, Marley-Spoon is a subscription-based service with delicious meal kits to cook at home. Delivered straight to your door!

### **Thomas Farms**

Meal bags delivered to your door. They deliver meat and produce as well.

### **Youfoodz**

Ready-made meals and fruit and vegetable boxes delivered to your door.

### **Lite n' Easy**

Subscription-based ready-made meal plans tailored to your liking and delivered to your door.

### **Fast and Fresh Meal Kits**

Adelaide-based meal-kit options to be collected from Bagster Community Centre in Salisbury North. Feeds up to four people per kit. \$8.50 per kit. Menu changes based on seasonality.

## **Fruit and Vegetables**

We all need to stay healthy and eat our fruit and vegetables. Many vendors around Adelaide are offering a pre-order and collect service. If you have a car you can make use of the Adelaide Central Market Drive-Through service by placing a telephone order with your favourite trader in the Central Markets. The collection point is on Gouger Street between 2pm – 6pm every Tuesday and Fridays. See more [here](#).

Below is a list of specific vendors around Adelaide that offer pre-order and collect services.

**Fred McMahon** – Adelaide Central Market – Call and place your order 8231 2127

**Asian Green Grocer** - Adelaide Central Market – Call and place your order 0423 709 536

**House of Organics** - Adelaide Central Market - Pre-order online [here](#)

**Goodwood Fresh** – Goodwood Road - Pre-order online [here](#)

**Metro Fresh** - Norwood and North Adelaide – Call and place your order 8267 5596

### Halal Butchers in Adelaide

If you are looking for halal butchers, below you can find contact details for some of the most popular ones in Adelaide:

#### **Day2day Butcher**

Tel: 8211 7728  
27/25 George Street  
ADELAIDE SA 5000

#### **Khurasan Supermarket (KSM)**

Tel: 8359 8560  
371 Prospect Road  
BLAIR ATHOL SA 5084  
[www.facebook.com/IGAKurasan](http://www.facebook.com/IGAKurasan)

### Apps for Food Delivery and Pick-up

There are several apps on the market which you can use to order your favourite takeaway meals all over Adelaide and the surrounding suburbs. Delivery costs vary but are usually between \$5-10.

If the service offers delivery a driver will pick up your food from a restaurant of your choice and deliver straight to your door. You can leave instructions to the driver to leave it at your doorstep or knock on your door when they have arrived. You pay for your food and delivery via credit card on the app.

The following apps are the most popular in Adelaide and they can all be downloaded from your app store:

- **UberEats**
- **Deliveroo**
- **MenuLog**
- **Bopple**



## Food Relief

If you are struggling to afford meals and daily necessities, there are several options around Adelaide where you can get free or cheap meals or food supplies to help you get by.

- [Baptist Care SA Food Hub](#) – Supporting the disadvantaged in South Australia. Their Food Hub is located at 216 Wright Street in Adelaide where you can purchase food and essential items at reduced cost.
- [FoodBank SA](#) – Non-for-profit organisation, supporting community food relief all over Adelaide. Find referral centres on their website.
- [Affordable SA](#) – Helpline service for South Australians, struggling with affordability issues whether it's food, rent, utilities or education.
- [Loveon Café](#) – Offers free meals for international students during pandemic at 39 Gladstone Road in Mile End.

## Medical and Overseas Student Health Cover

Healthcare is very different in each country. If you are sick and require medical attention, where you go for help in Australia might not be the same as in your home country. So, as an international student, it's important that you understand how the system works in Australia as well as how and where to access medical treatment.

For a guide on how the Australian health system works, check Insider Guides' webpage [here](#).

### Overseas Student Health Cover (OSHC)

Overseas student health cover (OSHC) is a compulsory student visa insurance that provides cover for the costs of medical and hospital care which international students may need while in Australia and is mandatory for international student visa holders.

You may have been asked for an OSHC payment in the Eynesbury offer package you received and when you arrived. Unless this has been organised by your agent/sponsor, Eynesbury will organise your OSHC Allianz Global Assistance card with your enrolment. Take note of the expiry date and make sure you extend the OSHC when the cover ends. If you come to Australia on a visa other than a student visa and undertake a short course of study of three months duration or less (for example an ELICOS course) you will not be eligible for OSHC. It is wise to purchase travel or private medical insurance in this case.

OSHC gives you access to:

- 24-hour emergency helpline (for emergency medical, interpreting and legal assistance) 1800 814 781.
- Renewals or general enquiries – 13 67 42.
- Claim enquiries – 1800 651 349.
- Direct billing providers across Australia, that means no paperwork for you when claiming.
- Visit [www.oshcallianzassistance.com.au](http://www.oshcallianzassistance.com.au) for more information.
- OSHC will also cover the cost of emergency ambulance transport and most prescription drugs.

## Clinics, Pharmacies and Local Emergency Departments

### Health Engine

Health Engine is a great tool for finding a pharmacy or a local practitioner close to where you live, whether it be a general practitioner, telehealth GP, dentist, physiotherapist or podiatrist. You can go to [www.healthengine.com.au](http://www.healthengine.com.au) or download their app from your app store.

### National Home Doctor Service – After-hours medical care

The National Home Doctor Service is a network of doctors that provide after-hours medical care to patients in their homes. They provide medical care from 6pm to 8am Monday to Friday, from 12pm (noon) on Saturdays to 8am on Mondays.

Unless you require emergency treatment, this is the preferred after-hours option in Australia in order to relieve the burden on hospital Emergency Departments where you will often incur hours of waiting for minor medical concerns.

The most popular way to access the service is to call **13 SICK (13 7425)** or book an appointment via their app which can be downloaded through your app store. You will then be assessed by a medical professional and placed in a queue to receive a visit in your own home from a doctor. If a matter is routine, you may be advised to see your regular General Practitioner the next day.

### Doctors On Demand

Doctors On Demand is another Australian Telehealth Service providing online doctors' appointments, medical certificates and prescriptions. They provide 24/7 instant access to online doctors via phone or video consultations. Register online and book an appointment on their website <https://www.doctorsondemand.com.au>.

### After Hours Pharmacy

If you need to access a pharmacy after hours, below is located in the CBD:

#### Midnight Pharmacy

Corner of Wakefield St & Frome Road Adelaide SA 5000

Phone number: 8232 4445

Monday – Saturday: 8.00 am – Midnight

Sunday & Public Holiday: 9.00 am – Midnight

### Local Hospital Emergency Departments

- **Royal Adelaide Hospital**  
Port Road, Adelaide South Australia. Tel: (08) 7074 0000
- **The Queen Elizabeth Hospital**  
28 Woodville Road Woodville South, South Australia. Phone (08)8222 6000
- **Flinders Medical Centre**  
Flinders Drive, Bedford Park South Australia. Tel: (08) 8204 5511
- **Modbury Hospital**  
Smart Road Modbury South Australia. Tel: (08) 8161 2000

- **Lyell McEwin Hospital**  
Haydown Road Elizabeth Vale South Australia. Tel: (08) 8182 9000
- **Women's and Children's Hospital**  
72 King William Road North Adelaide South Australia. Tel: (08) 8161 7000

## **Mental Health**

Adapting to life during a pandemic and practising self-isolation may be stressful and can impact our mental health and wellbeing. It's perfectly natural to feel a range of emotions during these times, such as stress, worry, anxiety, boredom or low mood. If you are experiencing any of these feelings, you might want access mental health support to get you through. You can always reach out the Student Counsellor, Ann Sherwell, if you need to speak to someone. Below is a list of resources that you can access online.

### **Head to Health**

The Australian Government has put together a webpage where you can access digital support during the COVID-19 pandemic. You can find useful tips for maintaining good mental health as well as links to access different types of mental health support. Click [here](#) for more information.

### **Beyond Blue**

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. They provide 24/7 Coronavirus mental health and wellbeing support. Click [here](#) for more information or call 1800 512 348.

### **Be Well Plan**

Pay-what-you-want service that is tailored to COVID-19 conditions in order to build resilience and increase your wellbeing. You can access pre-recorded sessions anytime for free, or you can access expert facilitated service and only pay what you can spare. Click [here](#) for more information.

### **SAHMRI Wellbeing Measurement**

The South Australian Health and Medical Research Institute provides an online tool to assess your personal levels of wellbeing, resilience, mood, stress and anxiety. You will receive an in-depth report on your personal wellbeing that will point you to areas you are doing well in and areas you can improve, or areas you should consider seeking support in. Click [here](#) for more information.

### **Black Dog Institute**

The Black Dog Institute has put together a list of tools and resources to deal with anxiety and uncertainty about the COVID-19 pandemic. Click [here](#) for more information

### **Embrace Multicultural Mental Health**

A national platform for multicultural communities and Australian mental health services to access resources, services and information in a culturally accessible format.

## Health and Wellness Resources

### Online Fitness

There are several fitness providers available in Adelaide and beyond that offer online classes. Some are free to join in order to keep you healthy and fit while staying home.

#### **#TeamUniSA HOME HUSTLE**

Free fitness classes provided via Zoom by qualified trainers from UniSA Sport. Classes include HIIT, Core and Postural Strength, Yoga and Body Weight Strength. Check out the timetable [here](#).

#### **Nike**

Nike has a range of free workouts, training programs, fitness tips and nutritional guidance available online. Its free apps include the [Nike Running Club](#) and the [Nike Training Club](#) apps. They also offer a free podcast, Trained, featuring conversations with trainers and athletes.

#### **Keep it Cleaner**

Join free gym classes on Mondays, Wednesdays and Fridays from your own home. No equipment needed. Check their Facebook page for their schedule [here](#).

#### **The Lockdown Challenge with Nadine Maman**

Join online High-Intensity-Interval Training (HIIT) sessions with Adelaide-local personal trainer and health coach, Nadine Maman. 6 classes per week live streamed training from the comfort of your own home, either before or after class. Normal price is \$30 per week but Eynesbury students can now join for only \$20 per week, including a free health consultation! Sign up today before the offer ends 15<sup>th</sup> May by clicking [here](#).

#### **Power Living Yoga**

Live streaming from their studio on Halifax Street in Adelaide, you can buy e-membership and join yoga classes for \$9 per class throughout the day, every single day. They also have an online platform, Yogaholics, that offers 24-hour access to yoga and meditation classes for only \$12 per month. See more about Yogaholics [here](#) or book your live-streamed classes [here](#).

### Mental Health Apps

There are many free-to-download mental health and wellbeing apps on the market that can help calm your mind and increase your mental focus during the pandemic. Find them in your app store.

#### **Headspace**

Get a personal guide to mental health and happiness by downloading the Headspace from your Appstore. You will have instant access to free guided meditations to help you breathe, focus and sleep better.

## Calm

Calm teaches you how to meditate and offers personalised nature scenes and music tracks. The meditations are designed to enhance your focus, creativity, energy, confidence, sleep and more. Can be downloaded from your Appstore.

## Smiling Mind

This Australian-made app offers free mindfulness and meditation programs for kids and adults that are focused on increasing clarity, calm and contentment and reducing stress via mindfulness instruction and encouragement.

## Jobs and Work Rights

Many students are looking for casual or part-time job while studying in Australia, either during the pandemic or preparing to find a job afterwards. No matter what it is important that you know your rights in the workplace. There are also certain visa requirements that you must follow, such as not working more than 40 hours per fortnight. You can however work more during holiday periods. For more information regarding working and visa requirements, go to Department of Home Affairs [website](#).

## Information and Advice about Australia's Workplace Rights and Rules

In Australia, all people have basic rights and protections in the workplace, including minimum pay and conditions. These entitlements are outlined in the National Employment Standards (NES) which can be found on the Fair Work Ombudsman webpage.

[www.fairwork.gov.au](http://www.fairwork.gov.au)

The Fair Work Ombudsman also provides free advice and information about Australian workplace rights and rules as outlined in the Fair Work Act. They can be contacted during business hours via their hotline: **13 13 94**

Specific information relating to international students' work rights can be found [here](#).

If you require translating and interpreting services when contacting Fair Work Ombudsman, please contact: 13 14 50.

Specific work-related information regarding the Covid-19 outbreak for visa holders can be found in different languages [here](#).

## Job Search Engines

Most jobs in Adelaide are advertised on job sites. Below you will find the most common job sites used in Australia:

[www.seek.com.au](http://www.seek.com.au)

[www.indeed.com.au](http://www.indeed.com.au)

[www.careerone.com.au](http://www.careerone.com.au)

## Life skills and Education

### Language Learning Tools

#### DuLingo

Duolingo provides quick, daily lessons that are adapted to your learning style. You can select from a variety of languages and skill levels and stay motivated with rewards and new levels as you learn. Download the free App or visit the DuLingo website [here](#) to get started.

#### HelloTalk

Chat with native speakers around the world to learn a new language! HelloTalk is a language exchange, where a native speaker teaches you their language, while you teach them yours! Chat with language partners via text, voice recordings, voice calls and doodles. Download the free App or visit the HelloTalk website [here](#) to get started.

#### YouTube

YouTube also has many options for support with practicing your English. Here are some helpful channels below:

- [English Class 101](#)- explore various audio and video lessons with topics such as “how to express problems in English” and “1200 words every English beginner must know.”
- [Rachel’s English](#)- practicing your conversational English and pronunciation with topics such as “English phone conversations and “how to increase your English vocabulary”
- [BBC Learning](#)- learn how to speak English with BBC – they post a new video every day to support your learning, with topics such as “4 uses of quite” and “good vs well”

## Online Entertainment

### Social Networks

Facebook, Instagram, Twitter, WhatsApp and Tik Tok are all apps that you can download to your smart phone which allows you to stay connected with friends and family. Find them in your app store.

### Online Streaming Services

Below is a list of the most commonly used streaming services in Australia.

#### [Netflix](#)

Enjoy movies, tv series and documentaries on your computer, tablet or phone. Plans start from \$9.99 per month.

#### [Stan](#)

Stan offer streaming of movies, tv series and documentaries on your computer, tablet or phone. Plans start from \$10 per month.

### [Foxtel Now](#)

Stream live sport, tv series and movies from home. Over 50 sports, including the best of U.S. sport including NBA, NFL, NHL and MLB. Plans start from \$25 per month

### [Amazon Prime Video](#)

Prime Video is another streaming service offering movies, tv series and documentaries on your laptop, phone or tablet. You can also rent or buy movies. Plans start from \$12.99 per month.

### [Disney+](#)

Enjoy the worlds of Disney, Marvel, Pixar, Star Wars and National Geographic from your home. Plans start from \$8.99 per month

### [SBS On Demand](#) and [ABC iView](#)

TV broadcasting networks offering free streaming of series, movies and episodes of popular shows on tv. Can be watched on your laptop or smartphone. All you have to do is create an account and download their apps!