



INTERNATIONAL HOUSE DARWIN



G'day!

Hi all,

How fast is this year going with semester break nearly upon us already! There is a jam-packed week of activities and events for you to join in with, so make sure you check out IHD's events page to find out what is happening – don't miss out!

As exams start to draw closer and assessments keep rolling in, don't forget to look after yourself. It's easy to get caught up in the deadlines and tie yourself to the computer. Research has shown that if you engage yourself socially and physically, that you will be more efficient in your work life and in study. So this a perfect time to break away from the desk and do something to improve your wellbeing. Why not catch up with a friend, head to the gym, get outside in the fresh air or try a new hobby or sport like yoga, meditation, basketball or painting. Your body and mind will thank you for it!

Being a student can also mean that finances are tighter as you focus your efforts on studying rather than working. If you find that you are struggling to make ends meet, AnglicareNT offer free financial counselling services to help you get back on top of your finances and put a money plan together. Check out their free services here: <https://www.anglicare-nt.org.au/service/financial-counselling-services/>.

Enjoy your week off next week and see you around IHD sometime!

Take care,

Kalindi

Kalindi Marnell
Co-ordinator Business & Finance
International House Darwin

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If there's anything you'd like to see in the next edition of iWitness please email elsbeth.redenius@cdu.edu.au



WORKIN' AT THE CAR WASH



Thank you to all those who participated in IHD's Car Wash. Not only did you get to spoil your car, but you helped to raise money which has now been donated to the Royal Flying Doctor Service!



'LAXIN AT LITCHFIELD

Talk about timing! Some of you basked in the sun and cooled off in the falls snuck back in.

the best part about the trip was...

"MY FAVOURITE WAS PROBABLY FLORENCE FALLS. IT WAS STUNNING AND REFRESHING AND PLENTY OF OTHER PEOPLE WERE ALREADY THERE. WAS DEFINITELY FLOWING VERY STRONG WITH ALL THE RAIN. LOTS OF US WENT UNDER THE ACTUAL FALLS WHICH WAS REALLY NICE. LUNCH WAS SUPER YUMMY. I REMEMBER JONAH SAYING THAT IT WAS THE BEST LUNCH HE HAD HAD ALL WEEK! BULEY ROCKS WAS ALSO REALLY NICE. SITTING ON THE ROCKS WHERE THE RAPIDS WERE GAVE SOME OF US A GREAT CORE WORK-OUT, AND A FEW LAUGHS WHEN OUR CORE GAVE IN HAHA!

I'VE BEEN LUCKY ENOUGH TO GET TO KNOW QUITE A FEW OF THE PEOPLE THAT WENT ON THE TRIP SO IT WAS JUST REALLY GOOD TO BE ABLE TO HANG OUT WITH EVERYONE IN A TOP SWIMMING HOLE AND EVEN GET TO KNOW SOME MORE PEOPLE AT THE SAME TIME. OVERALL IT WAS A GREAT, SOCIAL AND FUN DAY. THE WATER WAS GREAT, THE COMPANY WAS GREAT AND REUBEN, LARISSA AND IMRAN WERE GREAT. WE'RE VERY LUCKY THAT IHD RUNS EVENTS LIKE THIS!"

-Meagan



the best part about the trip was...

"FOR ME AS AN INTERNATIONAL STUDENT I ENJOYED THE WEEKEND TRIP TO LITCHFIELD. IT SHOWED ME A SIDE OF AUSTRALIA THAT I HAD NOT SEEN BEFORE, WHICH I FOUND BREATHTAKING. THE HIGHLIGHT OF THE TRIP WAS THE SWIMMING IN THE PRISTINE ENVIRONMENT, ESPECIALLY UNDER THE WATERFALLS. IT'S A TRIP THAT I HIGHLY RECOMMEND TO ANY FUTURE INTERNATIONAL STUDENT."

-Manuel

at Litchfield National Park on the weekend, right before the wet season weather

the best part about the trip was...

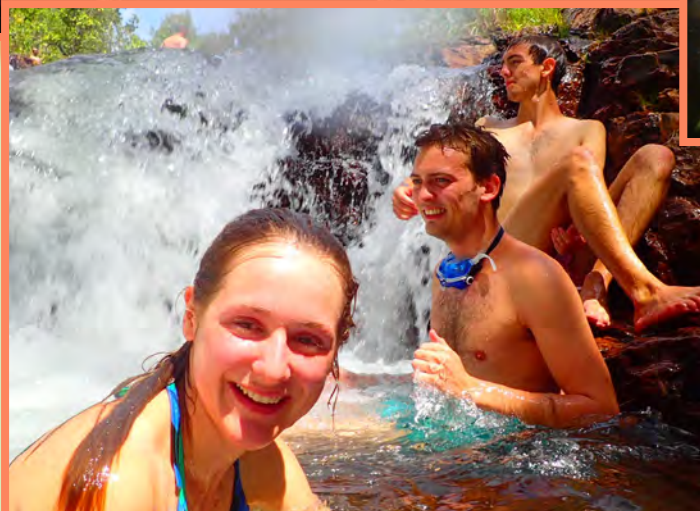
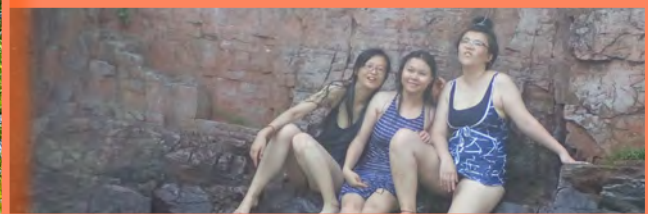
"SPENDING TIME WITH GREAT COMPANY AND EXPLORING THE CLEAR WATERS. THE SWIM AGAINST THE WATERFALL WAS ALSO AN INTERESTING EXPERIENCE."

-Muriel



"YOU CAN GET A LOT OF AMAZING PICTURES OF WATERFALLS AND NATURE BUT THE BEST PART IS OF COURSE SWIMMING AROUND AND HAVE FUN IN THE WATER WITH SO MANY GREAT PEOPLE FROM IHD."

-Rasmus



"THE BEST PART FOR ME? I THINK THE BEAUTIFUL NATURE AND SPENDING TIME WITH FRIENDS. LIKE THE IMPRESSIVE STRUCTURES FROM THE TERMITES TO THE BEAUTIFUL WATERFALLS. AND OFCOURSE SINGING SONGS DURING THE TIME IN THE BUS AND RELAXING IN THE WATER. SO TO BE HONEST I DON'T HAVE A FAVORITE PART. I JUST ENJOYED THE WHOLE DAY."

-Jennifer

SUSHI SUPREME

We had our sushi night on 1st April, which was brought to our residents by the International Events Committee, with a lot of help from our committee members Aiko Shi and Stella Xie on the prep stage.

More than 40 residents joined the event that night to experience DIY sushi, also participating in the wasabi challenge and Japanese Cultural True or False Quiz.

At the start of the event Victor showed residents how to roll sushi and get residents involved in making their own. After everyone enjoyed the food and their experience, we played two games; Wasabi Challenge & Japanese Cultural Quiz

During the Wasabi Challenge, each participant drew a sushi from a sushi plate, three out of the fifty sushi pieces was made with wasabi rather than avocado. The three lucky players then raced to finish eating a whole wasabi roll. Shaun Paul was the winner and the runner-up of this game was Doris Zhao.



Residents who played the Japanese Cultural Quiz were asked to answer a series of Japanese Cultural Related Questions by deciding if the statement given was true or false. After 10 questions, Sarah Luk became the last person standing.

The winner of each game was awarded a movie ticket. The Committee received great feedback from everyone and are busy preparing the next event.



IHD regular weekly events 2017



facebook.com/IHDarwin
facebook.com/groups/IHDEvents



@ihdarwin



@ih_darwin

MONDAY

English Corner

Time: 8pm - 9pm
Location: MC Room



TUESDAY

Toad Busting

Time: 6:30pm - 9pm
Location: Meet @ IHD Office
Dates: April 4, May 5



WEDNESDAY

Volleyball

Time: 5:30pm - 7pm
Location: Building 10



THURSDAY

Coffee and Cake + music jam

Time: 8pm - 9pm
Location: MC Room



FRIDAY

Board Games Night

Time: 8pm-10pm
Location: MC Room

Progressive Dinner
Time: Building decision
Location: Building Kitchen

Dates: March 31, April



SATURDAY



Pancake breakfast

Time: 9am - 10am
Location: Sitzler Court



SUNDAY

Sports Day

Time: 5:30pm - 7pm
Location: Meet @ IHD Office

Market Trips

Time: 9am, 10am & 11am
Location: Meet @ IHD Office

Please note: Any regular events that clash with the time of a special event will be cancelled for that day. Check the events website for more info.

www.cdu.edu.au/ihd/events

These two activities alternate each week. Check the events website for info.

www.cdu.edu.au/ihd/events

YOUR COMMUNITY

Whether you like to lend a hand or explore the local hot spots, get out and amongst the Darwin community. Just click the flags below for more info.

IHD's Environment Committee

Our main goal is to make a sustainable recycling program and develop an environmentally aware culture at IHD. We want to help preserve the beautiful nature and wildlife that resides around us.

We're excited about our upcoming environmentally friendly bike rally in May, and are looking forward to the new recycle bins that will be kept outside the MC room. It's a great start to getting recycling up and running, and if this works out, it will be extended to a larger scale. The Environment committee, currently has a really nice crew working together, but we are always ready to welcome new people and ideas on board. If you want to preserve IHD's environment or make a difference, please do not hesitate to contact any of the environment committee members.

events

Don't miss the 2017 opening night of Darwin's Mindil Beach Sunset Markets on Thursday, 27 April. As the sun dips into the Arafura Sea every Thursday and Sunday evening, most of Darwin descends on Mindil Beach; tables, chairs, rugs and eskies in tow. Food is the main attraction – Thai, Sri Lankan, Indian, Chinese and Malaysian to Brazilian, Greek, Portuguese and more. Colourful arts and crafts vendors peddle their wares - handmade jewellery, natural remedies, artistic creations and unique fashion statements. Shop till you drop, catch a fire show, stop for a massage or be entertained by buskers, bands and talented performers as you wind your way through the palm lined boulevards of Mindil Beach Sunset Markets.



Between Friday, 21 April and Saturday, 6 May, Darwin Visual Arts Assoc. is showcasing Darwinism. Inspired by a shared love of colour and design, the work of Heather Whybrow and Amber Reid explores the unique and quirky elements of Darwin life and the beauty of the tropical landscape. Bright, vivid colours reflect a vision of the people and environment and, just as Charles Darwin discovered in his theory of evolution, their ability to survive despite the odds.

FAST 5

This edition's Fast 5 facts are based on: **Easter**

The art of painting eggs is called pysanka, which originated in Ukraine. It involves using wax and dyes to colour the egg.

The exchange or giving of Easter eggs actually dates back to before Easter and the giving of eggs is actually considered a symbol of rebirth in many cultures.

The tallest Easter egg chocolate was made in Italy in 2011. It stood at 10.39 meters and weighed an astounding 7,200 kg.

Are you an ears, arms or tail person? 76% of people eat the ears on the chocolate bunny first, 5% go for the feet and 4% for the tail.

Easter is the celebration of the resurrection of Christ; it is the oldest Christian holiday and one of the most important days of the year.



COMING UP...

Please remember there will be no shuttle bus to Casuarina Square Friday, 14 April for the Good Friday holiday.

Friday, 14 April

**Good Friday
with the Red Frogs!**

Meet the crew from the Red Frogs. They'll be putting on a nice hearty meal for you to enjoy on Good Friday.

Saturday, 22 April

IHD's Got Talent

Show us what you've got! This is your chance to take the stage and win the title of IHD Star. There's a range of prizes for all contestants.

Make sure you follow our Facebook page, closed group and Instagram to share the memories!

Sunday, 23 April

**Basketball
Comp**

Get a Green Crocs, Red Frogs, Yellow Fillys or Blue Curlews team together for the basketball competition. Don't have a team? Don't worry! Get in touch with Imran Nadeem to register your interest. We will find you a team. All participants and spectators should meet at the IHD Office at 4:45pm.

Don't forget to use **#IHDarwin** when you upload your photos!

Tuesday, 25 April

ANZAC Day

Come down to the MC Room to bake ANZAC biscuits. Then munch on them during a screening of Gallipoli.



HEALTH AND WELL-BEING

Cooking on a budget, peace of mind and the importance of well-being - look after yourselves and others.



HOT CROSS BUN ICE-CREAM SANDWICHES

Ingredients:

- 4 cups vanilla ice-cream
- 2x 125g packets of mini chocolate eggs
- 250ml pouring cream
- 100g brown sugar
- 20g butter
- 200g milk chocolate
- 2 teaspoons vanilla extract
- 6x hot cross buns, split & toasted

Method:

1. Place ice-cream in a large bowl and set aside for 10 minutes to soften. Grease a 16 x 26cm (base measurement) baking pan and line the base and sides with plastic wrap.
2. Reserve a few mini eggs for decorating. Use a meat mallet or rolling pin to coarsely crush the remaining mini eggs. Add the crushed mini eggs to the ice-cream and stir to combine. Transfer the ice-cream to the prepared pan and smooth the surface. Cover with baking paper and place in freezer overnight or until firm.
3. Place the cream, sugar and butter in a saucepan over medium heat. Cook, stirring often, for 2-3 minutes or until the sugar dissolves. Bring to the boil. Reduce heat to low and simmer for 3 minutes or until thickened slightly. Set aside for 2 minutes to cool slightly. Add the chocolate and vanilla and stir until chocolate melts and a smooth sauce forms.
4. Divide hot cross bun bases among serving plates. Top each base with a large scoop of ice-cream. Drizzle with chocolate sauce. Top with remaining hot cross bun. Decorate with reserved mini eggs.

Take care of yourself and...

limit screen time

Enforce a rule where you don't look at your phone during your morning commute, or switch off your phone each night to avoid reading emails or checking social media in bed.

Take care of yourself and...

take 5 minutes to exercise!

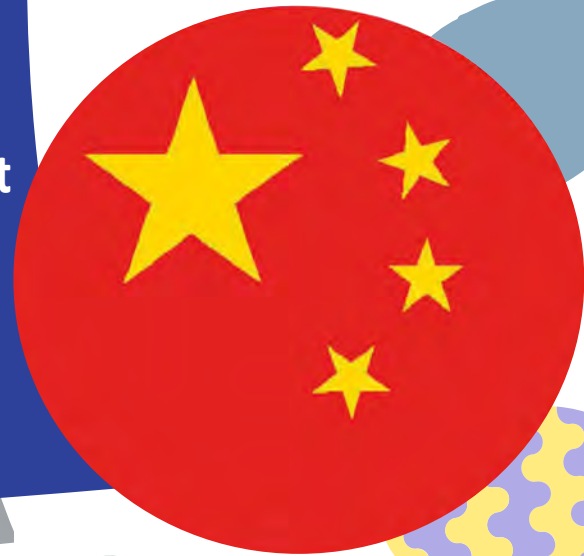


The Yothu Yindi Foundation invites applications from hard-working volunteers with the enthusiasm and energy to help stage Garma 2017 – Australia's premier Indigenous cultural exchange event. The 19th annual Garma will take place from 4th – 7th August 2017, at the Gulkula ceremonial grounds in North East Arnhem Land, 40 kilometres from the township of Gove, Northern Territory. [Click here for more info.](#)

GENERAL NOTICES

Confucius Institute Chinese language course and Taichi course (Term 2) is open for enrolment now. These courses are free for current CDU staff and students.

If you would like to enrol, please contact joey.zhou@cdu.edu.au for enrolment form or for more information go to www.cdu.edu.au/confucius-institute/programs-courses



Cyclone season is not yet over. Keep your emergency kits packed.



CULTURAL TIP

In Australia & at IHD, every room has its purpose. **Your kitchen is for your food preparation & to wash your dishes only. Your bathroom is for you to wash yourself, including your teeth. Your laundry is for you to wash your clothes & linen.** Please be considerate. Don't carry out these activities in the wrong space as your actions can offend some of your fellow residents.

IT'S CYCLONE SEASON PREPARE YOUR EVACUATION KIT NOW!



In the event of an emergency every resident must have an Evacuation Kit that can sustain you for 72 hours.

Your Evacuation kit should take up no more room than a small backpack.

Your evacuation kit must contain:

- Comfortable clothing, change of clothes and shirt with long sleeves
- Sturdy shoes (for walking around after the event)
- Blanket, pillow and towel
- Torch and batteries
- Any personal medication
- Mobile phone, iPod (with chargers), portable radio and playing cards
- Simple food like muesli bars, canned food (to sustain you for 72 hours)
- Tooth brush, deodorant, wet wipes, soap and personal hygiene items.

You will also need to have 10 litres of drinking water which should be in your supplied container.

WHAT YOU'VE BEEN UP TO...

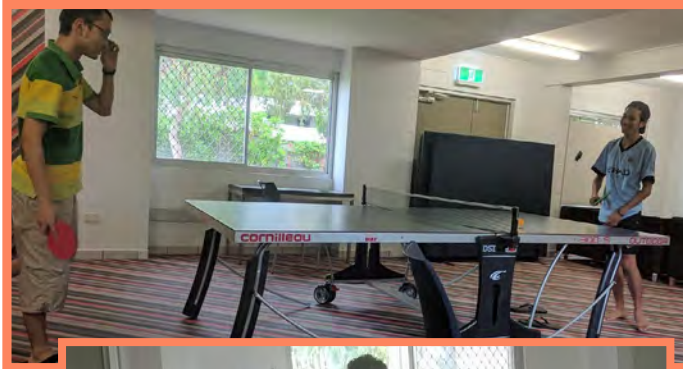
COFFEE & CAKE



BUILDING 10 & 12 DINNER



TABLE TENNIS



BOARD GAMES





INTERNATIONAL HOUSE DARWIN