

Australia Awards and Alumni Engagement Program - Philippines

ostralia

A Guide for DEPENDENTS of FILLOPINO SCHOLARS

MAP OF AUSTRALIA



A Guide for Dependents of Filipino Scholars

www.australiaawardsphilippines.org

Message from the Ambassador

It is my pleasure to welcome you to the beautiful land down under. Australia is a country of diverse culture and lush nature. We pride ourselves on providing mechanisms that support Filipino families during their stay in Australia, paired with the best living experience.

This guidebook contains information that will assist the dependents of Filipino scholars in preparing for a meaningful Australian life. Sharing this journey with your loved ones and receiving their support will surely be memorable.

My best wishes to all of you, and I hope that you will enjoy your stay. Your great Australian adventure will soon begin!

Steven J. Robinson AO

A Guide for Dependents of Filipino Scholars

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About this Guide



This guide is meant to provide important information for dependents who will be accompanying an Australia Awards scholar to Australia. It combines recommendations from the Australian Government and advice from dependents of Australia Awards alumni.

While this guide is generally designed for dependents, it also contains key instructions for scholars to take note of should they decide to bring dependents to Australia. Notes for scholars and dependents are marked with icons shown below.





II. The Dependents



A. Allowable dependents for Student Visa

Qualified dependents of Australia Awards Scholars are as follows:

- 1. Unmarried children (below and not turning 18 years old); and/or
- 2. Spouse or de facto partner.



B. Declaration of dependents

The scholar is responsible for the visa application of his/her dependents. For this purpose, scholars will need to do the following:

- **1.** Declare their dependent family members in their visa application.
- 2. Include the details of their dependents in their Australia Awards Scholarship (AAS) – Online Australia Scholarship Information System (OASIS) application form.
- Apply for a No Objection Letter (NOL) for dependents (whose names were declared in the visa application) at <u>www.australiaawardsphilippines.org</u>. Request should be sent **14 days prior to lodging their family/own Australian** visa application at the Department of Home Affairs (DHA). You also need to submit a Letter of Support or Endorsement letter from the institution/university's Student Contact Officer (SCO).

NOTE: If not declared during the application process, dependents may not be eligible to travel to Australia as Student visa dependant. Subsequent marriage/birth of a child after the Student visa has been granted are excluded from this condition, provided that the scholar's visa is still valid.





In order to grant Student visa dependent requirements, you need to submit the following documents to the Australian Embassy at least 2 months before the scholar leaves the Philippines:

- Form 919 (Nomination of student dependents) You can download the document from this <u>link</u>.
- 2. Create an account and apply for a Student Visa Subclass 500 using this <u>link</u>.
- **3.** Form 1229 Consent to grant an Australian visa to a child under the age of 18 years You can download the document from this <u>link</u>.

- **4.** An original letter from the education provider stating:
 - a. The course the scholar is studying
 - **b.** The duration of the course and the expected date of completion
 - c. If the scholar satisfies all course requirements
- **5.** Evidence of having enough money to support your dependents in Australia

Sufficient funds required to support dependents would typically cover:

- a. Travel costs to Australia
- **b.** Living expenses for 12 months
- **c.** Tuition and other course-related disbursements for yourself and your school-aged dependents (ages 4 years old and above)
- d. The course you are studying

The suggested 12-month living costs of each family member are:

- a. Partner or spouse AUD 7,100
- **b.** Dependent Child AUD 3,040

*Please note that these costs are subject to change

- 6. Evidence of your relationship with your partner in the form of officially issued birth certificate and/or marriage certificate (see <u>page 11</u> for detail requirements). Australia fosters an inclusive society and welcomes partners of scholars of any gender.
- **7.** Evidence of school enrolment in the Philippines for your school-aged dependents (ages 4 years old and above)
- 8. Evidence of health insurance for each dependent
- **9.** Visa application fees for AAS student dependants are waived.

Note: Visa validity of the dependents is the same as that of the scholar. Depedents are advised to read the information on visa requirements for all dependent family members on Home Affairs website.

C. The 3-Month restriction

You will be allowed to join your partner in Australia after a 3-month settlement period following your arrival. This is to provide the scholars with ample time to familiarise themselves with life in Australia before having their dependents with them.

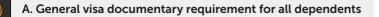
During this 3-month period, you are encouraged to prepare yourselves as well for life in Australia. Here are some things you can do during the waiting period:

- 1. Watch videos and read publications that describe life in Australia, particularly those for the state where you will be staying;
- 2. Conduct online research on "what to do" and "where to go" for different public services in the state where you will be living, e.g. schooling for your children, transportation options, etc. Official websites of the state where you will be staying provide useful information on the different public services provided in the state.
 - Australian Capital Territory: https://www.act.gov.au/
 - New South Wales: https://www.nsw.gov.au/
 - Northern Territory: https://nt.gov.au/
 - Queensland: https://www.qld.gov.au/
 - Tasmania: https://www.tas.gov.au/
 - Victoria: https://www.vic.gov.au/
 - Western Australia: https://www.wa.gov.au/
- **3.** If you are bringing children under 18 years old and you wished to enroll them in school, it is advisable to research the school schedules to prepare your children in advance about the shifting school calendar.
- **4.** Conduct online research for networking purposes such as Filipino associations and other recreation/hobby groups you can join while in Australia;
- **5.** Continue communication with your scholar in Australia and ask questions about their life in Australia so far.



III. Preparing the Dependents





The dependents are strongly advised to start preparing the documentary requirements for dependents prior to the former's uplift to Australia, at least 2-3 months prior to the scholar leaving the Philippines. It is also advised that multiple copies of the documents be prepared.

1. General requirements

The general requirements for the dependent's visa are as follows:

- a. Passport
- **b.** Visa Application: Family Visa DFAT Subclass 500 dependent visa application (Please see <u>link</u>)
- c. Medical Examination
- d. Police Clearance and National Bureau of Investigation (NBI) record
- e. Travel Documents and Itinerary
- f. Scholar's Letter from the University (Offer Letter)
- g. Government Documents
- h. Government-issued Identification cards

2. Unmarried children under 18 years old

Here are additional requirements specifically for dependent children:

- **a.** School Records (eg. report cards, evaluation of special education, etc.)
- **b.** School diplomas or certificates
- c. Transcript of Records
- d. Vaccination History
- **e.** Medical Records especially if children have pre-existing medical conditions

Also, please note that school-aged children (from 4 years old to under 18 years old) will be required to attend school while in Australia.



3. The married spouse

Here are additional requirements specifically for the scholar's spouse:

- a. Educational Certificates and Diploma
- b. Transcript of Records of study
- **c.** Certificate of Employment from previous employers for the past 5 years.
- **d.** Documents for long-term leave (if taking a leave)
- **e.** Letter from the Ombudsman and Travel Authority for government employees
- f. Driver's License (if driving in Australia)

4. De Facto partner

If the dependent is a De Facto partner of the scholar, the following additional requirements are:

- **a.** Evidence photos consistent to DHA requirements
 - Photos of emails and letters of the dependents to/from the partner for the past year
 - Photos together as a couple that help others recognise your relationship such as social media interaction with friends and family occasions for the past year
 - Holiday photos and social ticket receipts booked
 - Social activity photos as couple participating in sports, cultural, or club activities

It is generally advisable to show as much evidence as you can. You may check these links for more information (<u>Link 1</u> and <u>Link 2</u>).

- **b.** Affidavit that states that you and your partner are living together for the last 12 months (see <u>link</u>)
- **c.** Financial statements or joint bank accounts
- d. Documentation of shared property or asset ownership
- **e.** Proof that you share the same residential address (eg. household bills, postal correspondence addressed to both partners, etc.)

B. Related expenses for processing of documents and travel to Australia

On average, the estimated cost for the processing of requirements for dependents is about AUD 5,000.00 per dependent (as of December 2019). This amount covers expenses for:

- a. Passport Application Fees
- Overseas Student Health Cover (Insurance) (Please note that insurance costs may vary depending on your preferred and/or necessary coverage add-ons such as those for pregnancy, dental services, eye care and/or sportsrelated injuries.)
- c. Roundtrip Airfare and Travel taxes
- d. Medical Examinations
- **e.** Vaccines especially for children (note: some are covered by the insurance)
- f. Allowance per dependent

TOP TIP: Prior to leaving for Australia, you may wish to have all your treatment services, dental check-ups, optometric services, even salon, and spa treatments, in the Philippines as these services can be significantly more expensive in Australia.

Dependents who will <u>not</u> stay with the scholar as Student Visa dependant but will only go to Australia for a short visit will be required to have a visitor visa. Visitor visa fees are not waived even if the visitors were declared as dependents. For details on the requirements for a visitor visa, please see this <u>website</u>.

C. Airlines with direct flights to Australia

Many airlines operate direct flights from the Philippines to and from Australia. Australia's flag carrier, Qantas, plies through major international airports in the Philippines. Other international carriers that provide the same include, Philippine Airlines, Cebu Pacific, Singapore Airlines, Qatar Airways, Emirates, Japan Airlines, Air China, United Airlines and, Jetstar, among others.

Please note that Australia implements strict prohibitions on some items that travelers cannot bring inside Australia. <u>Section VII-F</u> of these documents provides a list of these prohibited items and additional information related to these prohibitions.

As most items that you will need can be readily purchased in Australia, you are advised to pack light for more convenient travel and settling in. Please see section VII-E of this packet for additional details and tips on traveling light (page 51).





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D. Preparing the accommodation for dependents

The cost of living and the availability of rental accommodation differs between regions. Think about factors including cost, location, transport, and safety. Most institutions also provide accommodation support services that help guide scholars and their families to which suburbs or areas are nearby and recommended for students with dependents. Scholars and their dependents are advised to take caution in selecting accommodation to ensure that the needs of their families are met.

- Scholars who would transfer to another accommodation when their dependents arrive should ensure to first settle and terminate their existing lease contract before moving to the new accommodation.
- Consider the type of accommodation appropriate to your family's needs. Important factors to consider when selecting housing for your family include:
- Tenant rights tend to vary in each state. Take time to understand your rights as a renter in the state where you are staying. For guidance on the different tenant rights in each Australian state, check out <u>Real</u> <u>Estate</u> and <u>Global Property Guide</u> websites.

1. Type of House

The following are the common types of housing facilities in Australia:

- a. Single-detached house
- **b.** Semi-detached duplex house
- c. Unit (or flat) common in suburbs
- d. Apartment (Condominium or Studio)

Type of Property	Weekly Rent (AUD)
Studio unit/apartment	250 – 350
1-bedroom unit/apartment	350 – 450
2-bedroom unit/apartment	500 – 600
3-bedroom unit/apartment	700 – 1000
2-bedroom house	500 – 750
3-bedroom house	800 – 1200

*These are the rental rates as of November 2019. You can check the current rates in this \underline{link} .



2. Proximity to Amenities

Distance and accessibility to establishments providing daily goods and services such as the grocery, bank, hospital, gym, library, religious establishment, etc., should also be considered.

3. Proximity to Children's School/s

Distance, routes, travel time and accessibility of accommodation to children's schools should also be considered.

4. Accessibility to public transportation

Whilst Australia has a very efficient public transportation system, it is important to ensure that the housing you select is accessible to the public transportation system.

5. Quality and Number of Rooms

Check to see if the different rooms in the house such as bedrooms, living room, toilets and garage (if needed) fit your family's daily needs.

6. Cost

It is important for scholars and dependents to ensure that their family can maintain the rental costs and other accommodation-related expenses while living in Australia. Note: Indicative costs for property rental are provided on page <u>15</u>, while indicative costs for other daily and household expenses are provided on page <u>28</u>.

7. Inclusion of utilities

Inclusion of utility application, installation, and payments (e.g. for electricity, water, gas, internet connection, and maintenance) may vary. In this regard, ensure that you understand correctly the details on utilities in any housing agreement you sign.



8. Lease legitimacy and permits

Whilst Australia is generally a safe country to live in, take precautions in ensuring the legitimacy of lease and permits issued to you. Further guidance on how to check the legitimacy of lease offers are found in <u>Scam Watch</u>, <u>Scam Net</u>, and <u>Home Guide SF Gate</u> websites.

9. Contract Permissions and Restrictions

It is important to ensure the permissions before entering into any housing contracts, e.g. permission to have children and pets in the accommodation.

10. Rental Payments

Ensure that you understand the payment scheme provided in any lease or rental agreement you would be entering into.

11. Establishment and Security Deposits

Most, if not all, rental properties in Australia would require some establishment fees and security deposits prior to moving in. Ensure to prepare for these expenses accordingly and review the lease contract for appropriate refunds and deductions.

12. Reviewing Lease

Before signing, make a detailed review of the lease contract and don't hesitate to ask questions for items in need of clarification.



TOP TIP: Scholars could ask help from the Student Contact Officer (SCO) in their university for assistance in reviewing any housing agreement they would like to enter into.

Dependents who are staying with other scholars but would like to have their dependents stay with them as well must ensure agreement with other scholars and set terms to ensure fair arrangements, such as, but not limited to:

- Percent sharing of rental payments,
- Percent sharing of utility expenses,
- Household do's and don'ts,
- Privacy issues,
- Security issues,
- Scheduling, e.g. quiet hours, etc.

Dependents should understand and comply with the arrangements set with the other scholars in the same accommodation. Ensure that all members of the household in the shared accommodation are aware of the tenant's rights and responsibilities, as previously detailed in section D (page 14) of this packet.



E. Dependents with disabilities

Australia is a very inclusive country and provides accessibility and assistance to persons with disabilities. Dependents with disabilities are advised to prepare early on the abiliation aids or needs of their dependents prior to their reunion. Below are some special considerations to be noted for dependents with disabilities. These are:

- **1.** Bring supporting documentation such as a PWD ID (Person with Disability Identification Card), if available.
 - **2.** Should a PWD dependent require professional care, the carer responsible for the PWD must also apply for a visa and submit a proof of employment and legitimacy as a caregiver to the PWD dependent.
 - **3.** Bring the special equipment needed by the PWD dependent such as dentures, hearing aids and accessories, wheelchair and mobility aids, navigation canes, etc.

A reminder on wheelchairs: upon arrival in Australia, the PWD dependent will need to have his/her wheelchair replaced with a motorised wheelchair or mobility scooter, and have it registered at the nearest government agent program, Magistrates court or selected police stations.

Foldable, non-motorised wheelchairs range from 300 to 600 AUD while motorized wheelchairs and other mobility scooters are priced from 2,000 AUD up (as of February 2020). You may want to visit <u>Disability</u>, <u>Wheelchair Australia</u>, <u>Active Mobility</u> websites to know more information on where to acquire new wheelchairs/mobility scooters.



IV. Arrival of Dependents





A. Preparing Australian currency for immediate expenses upon arrival

Dependents are advised to prepare pocket money for immediate expenses upon arrival. The Australian currency is Australian dollars (AUD) An initial allowance of AUD 500 is advised for each dependant.

B. Reunion of scholar and family at the airport

Dependents should make sure that they arrive at least three hours before their flight at their port of departure and consider the many stations they will have to go through for check-in including immigration.

The scholar will have to arrange transportation for his/her reunion with the family at their port of entry. Most ports of entry in Australia areaccessible by public transportation, however, limitations may apply for flights arriving very early or very late in the day. In these cases, the scholar will have to arrange for alternative modes of transport such as a private car, Uber or taxi.



C. Purchasing a mobile SIM card

1. How to buy a SIM card

It is important to have your own mobile phone in Australia as most transactions and other conveniences may be processed online. SIM cards are available at the most port of entries, and options vary from prepaid to postpaid services. For postpaid services, however, it is recommended that you get a mobile SIM card at the commercial establishments so you can have more time to evaluate the different services they provide and choose the best services for your needs.

2. Most mobile telecom providers require the following for mobile postpaid application:

- a. Identification Cards (Passport and other government-issued IDs, etc.)
- **b.** Proof of source of funds (bank statement, scholarship contract, employment certification, etc.)
- c. Proof of Residency (billing statement, lease contract, etc.)

Alternatively, you can purchase prepaid cards from convenient stores or their online portal. Packages may vary depending on your mobile provider.

3. List of popular mobile providers

Below are some of the more popular mobile and telecom providers in Australia:

- a. Optus
- b. Telstra
- c. Vodafone
- **d.** Others that use O/T/V network (Woolworths, Aldi, Coles, Virgin, etc.)



D. Opening a bank account

Spouses/De facto partners are advised to open an Australian bank account. Daily household transactions (e.g. purchases) and other business transactions will be easier and more convenient with an Australian bank account. Below are some guidance notes for reference.

1. List of Banks

The list of banks in Australia includes the following:

- a. Australia and New Zealand Banking Group Limited (ANZ)
- b. Commonwealth Bank of Australia
- c. National Australia Bank (NAB)
- d. Westpac Banking Corporation

Bank opening hours vary, but are usually 9 am to 5 pm. Some open later or close earlier, and some branches are open on Saturdays. Alternatively, you can do banking transactions or e-commerce through their website or mobile applications.

2. Bank Account Requirements

When opening a bank account, you will typically be required to submit the following documents:

- a. Passport
- b. Visa documents
- c. Initial deposit



Once your account is set-up, you can register for internet banking and withdraw cash from automatic teller machines (ATMs) 24 hours a day, as well as from some convenience stores. Specific steps for internet banking are detailed in every bank's official website.

3. Using the Electronic funds transfer at point of sale (EFTPOS)

In almost all Australian stores, debit or credit cards are more commonly used instead of cash. This system is commonly known as EFTPOS. You will be asked to either tap, swipe or insert your card into their EFTPOS machines for payments of goods and/or services. Some smart devices can also be used as a mode of payment.



V. Living in Australia



A. Standard living expenses (per person)

The cost of living varies from state to state. Below are indicative costs¹ of some items and expenses for your guidance.

The average weekly cost of living for a single person is:

- Groceries and eating out AUD80 to AUD280 per week
- Gas, electricity- AUD35 to AUD140 per week
- Phone and internet- AUD20 to AUD55 per week
- Public transport- AUD15 to AUD55 per week
- Car running costs (after purchase)- AUD150 to AUD260
 per week
- Entertainment- AUD80 to AUD150 per week

The suggested yearly cost of living for various households is:

- Single AUD 19,830
- Couple add another AUD 6,940
- Each child add another AUD 2,970

*These are the cost of living rates as of November 2019. You can check the current rates in this <u>link</u>.



¹Source: <u>www.studyinaustralia.gov.au/english/live-in-australia/living-costs</u>



For budget purposes, you may consider the following as part of your regular household expenses per month:

- a. Food and Groceries
- **b.** Housing Rent and Utilities (electricity, water, gas, internet connection)
- c. Mobile and/or Telecom Services
- **d.** Health Insurance While basic health insurance may have been paid prior to moving to Australia, some additional coverage may be needed for special cases such as pregnancies and other medical conditions.
- e. Clothing
- f. Transportation
- g. Recreation

TOP TIP: Food and Groceries Cook your own food and save up on some food expenses. Subscribe to newsletters by different supermarkets as they offer discounts and promotions frequently.

Recreation Plan your recreational trips in advance to avail of discounts in registration and other fees. Also, take advantage of discounted annual membership fees for recreational facilities such as gyms, swimming pools, amusement parks, museums, etc.)



B. Childcare and Education

Australian law provides strict policies for the welfare and protection of children. The dependents and their partner must ensure that they comply with Australian policies on child protection and education.

1. Child Protection Law

One of the most important child protection policies, for example is that parents in Australia must remember is to never leave their children below 15 years old at home without adult supervision. Children younger than 16 years old are also not allowed to wander in the streets from 6 pm to 6 am unless accompanied by an adult. More information about Australia's child protection policies is detailed in this link.

2. Education

Dependent children under 18 years old are required to attend school while living in Australia. For this reason, the dependent and their partner must ensure that requirements for children's schooling are prepared in advance and ready for submission to educational institutions in Australia.

a. Enrolment

Enrolment requirements for dependent children typically include:

- School records from home country (e.g. transcript of records, report cards, diplomas, and certificates)
- Vaccination history
- Medical records

Note: The child's school or nursery must be informed of any allergy or other preexisting medical conditions of the student.

English Proficiency requirement

Note: This may take a separate application especially for nonnative speakers of English. You can also seek assistance by visiting the school personally or by online chat or email. While public school education for children is generally free in Australia, enrolling a dependent would typically incur additional expenses on such as:

- School uniform
- Books
- School Supplies

b. Factors to consider when looking for a school for your dependent child

Here are some factors to consider in finding a school for a dependent child:

Cost

School tuition costs vary from state to state. Most government schools provide primary and secondary education without compulsory tuition fees, although there might be voluntary payments for some expenses. The voluntary contribution could vary from about 100 AUD to as high as 1,000 AUD per year. Overall costs for public primary or secondary education could total to 3,000 AUD to 4,500 AUD per year. Private education would typically be significantly more costly than public education. Private schooling can cost from 9000 AUD to as high as 40,000 AUD per year. Catholic schools mostly require lower tuition fees compared to other independent private institutions.²

- Proximity to residence
- Access to public transportation and clinics
- Nursery schedules



² The average school tuition cost was referenced in January 2019. Source: <u>https://www.news.com.au/lifestyle/</u> parenting/school-life/estimated-total-cost-of-a-government-catholic-and-independent-education-revealed/newsstory/d6b75abed1328a206deaddaf70f07a9a

3. Daycare Services

Daycare services for infants and toddlers can be expensive in Australia. Exact fees vary from state to state and range from AUD 50 to AUD 150 per day (as of December 2019). You may visit <u>Child Care Finder</u>, <u>Care for Kids</u>, and <u>eChild Care</u> websites for further guidance on how to find daycare facilities in Australia.

C. Employment opportunities for dependents

This section provides some helpful guidelines for dependents who wish to work while living in Australia.

1. Limited working hours for dependents.

The partner (dependent) is allowed to work in Australia and are allowed a maximum of 40 working hours per fortnight (or 14 days).

2. English Proficiency requirements

Dependents who wish to secure corporate positions but are non-native English speakers may be required by some companies to complete a short course in English first or obtain a satisfactory score on an English proficiency exam (e.g. IELTS, TOEFL, PTE) prior to starting employment.

3. Documents needed to apply for a job

The following documents are typically required when applying for employment:

- a. Curriculum Vitae
- **b.** You may also need a copy of your visa.
- c. Certificate of Employment (employment history)
- d. Police clearance and NBI clearance
- e. Transcript of Records
- f. Certifications and Diplomas



4. Applying for a Tax File Number³

All workers in Australia pay tax to the government for their income. To receive an income in Australia, you need a Tax File Number (TFN). A TFN is a unique number issued to individuals and businesses to help the government administer taxation and other government programs. Income includes wages or salary from a job, payments from the government, and money earned from investments including interest on savings accounts. You can apply for a tax file number on the <u>Australian</u> <u>Taxation Office (ATO) website</u>.

Please be reminded that the minimum wage is subject to change. Youth may also get paid less than the minimum wage. To check the updated minimum wage threshold, you can visit this <u>link</u>.

a. Income Tax Filing every end of Financial Year

All workers in Australia including employed dependents are required to file their income tax returns every end of the financial year (June 30). You may also file your taxes online on the <u>ATO</u> website.

b. Tax refunds

Every worker in Australia with an annual total income of less than AUD 18,200 by end of the financial year is entitled to a tax refund. All details related to income tax filing and refunds are found on the <u>ATO</u> website and are subject to change.



³ The Australian Government – Department of Immigration and Citizenship, "Beginning a Life in Australia" handbook.

5. Looking for a job: listings and ads

Employment opportunities in Australia are often published online and in daily newspapers. University newsletters and websites are also likely sources of information for some job openings. Here's a list of some websites that provide job ads in Australia:

- a. Seek.com.au
- **b.** Gumtree
- c. Indeed
- **d.** Jora
- e. Glassdoor



6. Factors to consider in getting a job

Here are some factors to consider for dependents who wish to get a job while living in Australia:

a. Salary and Minimum Wage

As of July 2020, the Fair Work Commission announced a 1.75% increase to minimum wages following its 2020 Annual Wage Review. The current national minimum wage in Australia is 19.48AUD per hour or 740.80AUD per 38-hour workweek (before tax). Further guidance on fair wages is provided by the Australian Government through the Fair Work Ombudsman (see <u>link</u>). Please note, however, that the minimum wage is subject to change and may vary from state to state. In this regard, it is advised to conduct research on wages for your state/city before taking a job, to ensure that a fair salary is being offered to you.

Please be advised that the youth workers may get paid less than the minimum wage.

b. Scope of work and insurance coverage for accidents

Some employment opportunities may entail activities and environments that are risky and hazardous. For such jobs, you are advised to clarify the scope and work and applicable insurance coverage, especially for workrelated accidents and emergencies.

c. Work location and accessibility to public transportation

Dependents who wish to work in Australia must consider the job proximity, distance, travel time, and schedule of public transportation for the job they wish to take.



d. Work Scheduling

Please be mindful of ensuring that your casual work schedule (part-time, full-time, or night shifts) is harmonised with the members of the family and does not compromise the other responsibilities in the household.



e. Issuance of payslips

The issuance of payslips is mandatory for all establishments and offices in Australia. Remember to check your payslip regularly to ensure that proper wages, taxes, and other benefits are aptly included.

Note: Some jobs will require a licence or certification, e.g. work related to road and construction safety, and work related to working with alcohol RSA and vulnerable people. The government agencies in your city will help you get these licenses when you are qualified. You can also inquire about paid and free training sessions in the mandated government offices in your city.

More details and tips on living in Australia are provided in this guidebook.

More details and tips on living in Australia are provided in <u>Section VII</u> of this guidebook.

TOP TIP: For your protection, look for jobs in legitimate companies. Conduct research to check the legitimacy of the company you are applying to be sure to also take a good review of your contract before signing any employment agreement.





It is important to note that the validity of the dependent's visa is the same as the validity of the scholar's



A. Paper works

Please ensure that all paper work needed for your return are taken care of. Below are some guidelines for your reference:

- 1. Secure travel documents such as your passports and airline tickets.
 - 2. Before terminating and vacating your accommodation, ensure that you settle outstanding rental fees, utility payments, penalties, security refunds, and other similar lease-related items.
 - **3.** Purchase excess baggage allowance in advance (if needed).
 - 4. If your family has several items to bring back to the Philippines, sending additional sea cargo shipment (particularly for non-perishable items) will be more economical than bringing it all in your luggage. There are many registered cargo services that can deliver and pick up Balikbayan boxes to your address. Be sure to comply with the standard container dimensions and declare the content of your parcel and its estimated cost
 - **5.** Secure school documents and records for children.



- **6.** Secure medical records for all members of the family especially for conditions in need of continuing management.
- 7. You are advised to close your bank account. However, you may also choose to maintain your Australian bank account but be mindful of accompanying maintenance charges and overseas transaction fees if you do so.
- 8. If you are expecting to receive tax refunds and other benefits such as your superannuation upon return to the Philippines, you may still close your Australian bank account, but ensure that you apply for a tax return ahead of time. The tax refunds and superannuation can also be deposited in a foreign bank, i.e. your bank in the Philippines, subject to some additional fees. For more details on tax refunds and related items for workers leaving Australia, see tax back and TFN forms links.

- **9.** Settle any outstanding payments and penalties for your mobile/data plan and close it.
- **10.** Settle all other subscriptions and close your regular subscriptions such as magazines and newsletters.
- **11.** Secure all unsettled payments in the library, if any, such as damage fees or late return fees.
- **12.** Settle and terminate other memberships you enrolled in, e.g. gym, seminars, etc.
- **13.** Pay any other outstanding penalties (if any) such as fees for driving violations, etc.



B. Disposal of items

- 1. It is advisable to dispose of items that you will not bring to the Philippines. You can sell them online ahead of time through reselling websites such as the Facebook Marketplace and Gumtree. You may also opt to give them away for free to new scholars and families who just arrived in Australia.
- **2.** Remember that, under the law, large scale disposal of appliances, furniture, or bicycles will require additional fees for garbage collection.
- **3.** Reselling a car/motorcycle will require you to surrender the registration, insurance, and roadworthiness accreditation to the new owner.

TOP TIP: You can participate in rummage sales where you can resell preloved items to locals. Some rummage spaces require an application and a small fee to set up your own rummage sale.



C. Leaving work in Australia

Please ensure to leave your work in Australia in proper fashion. Some guidance notes are provided for your reference below:

- 1. Submit proper resignation ahead of time. Inform your employer that you will be leaving Australia at least 2 weeks before your last day of reporting for work.
- 2. Remember to apply for a tax refund before leaving Australia. Guidance from the Australian Taxation Office for application for tax refunds is found in the <u>Australian</u> <u>Taxation Office website (www.ato.gov.au)</u>.
- **3.** To apply for a refund, you will need to submit online copies of your payslips for the current financial year. Should you have some missing payslips, you may forward your enquiries to a taxation agent or request a PAYG summary from your employer. More details are provided on <u>Tax Back</u> <u>Australia</u> and <u>Stay at Base</u> websites.



D. Coping with reverse culture shock

It is normal to feel a reverse culture shock when you return to your home country especially for dependents who stayed for longer periods in Australia. Here are some tips on how you can prepare to fight the blues of reverse culture shock:

- 1. Reconnect with family, friends, and former officemates in the Philippines at least one month before your return.
- **2.** For dependents who resigned from their work in the Philippines to temporarily move to Australia, you may need to prepare yourself to reapply for a job in the Philippines ahead of time.
- **3.** For dependents who are returning to their organisations prior to uplift, help yourself prepare to relearn and re-adapt to the working environment in the Philippines by being more open-minded and patient.
- **4.** Parents who brought their children with them in Australia should prepare for the re-enrollment of their children in the Philippines and be mindful of the different school calendar in some schools in the Philippines. There may be a need to contact your child's school in the Philippines ahead of time.
- **5.** Dependents and their partner should continuously guide their children during the readjustment process in the Philippines.



WI. More about living in Australia

A. Australia as a country

Australia is a stable, democratic and culturally diverse nation with a highly skilled workforce and one of the strongest performing economies in the world.

With spectacular landscapes and rich ancient culture, Australia is a land like no other. It is the earth's sixth-largest country in land area and is the only nation to govern an entire continent.

Download the "Australia in Brief" publication by the Australian Government for more details. See <u>https://dfat.gov.au/about-us/ publications/</u> <u>Documents/australia-in-brief.pdf.</u>

B. Life in Australia

Australia is known for its relaxed and spacious environment. Life in Australia is fairly easy-going with the main cities offering all kinds of services, work, and leisure activities. Towns and cities are also often surrounded by the impressive beauty of Australian nature whilst being hosted by an interesting mix of different cultures and ethnicities.

Read the "Life in Australia" packet of the Australian Government for guidance on the values upheld in Australia. See Life in Australia Publication.



C. Weather in Australia⁴

1. General information about the climate in Australia

Australia is in the southern hemisphere, hence, the seasons are opposite to the northern hemisphere. This means that Christmas (December) in Australia is in summer when it's hot, and winter starts in the middle of the year from June.

Seasons in Australia:

Summer – December to February Autumn – March to May Winter – June to August Spring – September to November

The table below provides information on the average temperatures per season in the different Australian states.

State	Summer	Autumn	Winter	Spring
Canberra	12 °C - 29 °C	4 °C - 25 °C	1 °C - 14 °C	4 °C - 24 °C
New South Wales	12 °C - 33 °C	10 °C - 26 °C	0 °C - 18 °C	10 °C - 25 °C
Northern Territory	20 °C - 35 °C	12 °C - 27 °C	0 °C - 20 °C	14 °C - 31 °C
Queensland	19 °C - 38 °C	13 °C - 30 °C	5 °C - 22 °C	12 °C - 34 °C
South Australia	14 °C - 38 °C	12 °C - 30 °C	7 °C - 20 °C	8 °C - 29 °C
Tasmania	10 °C - 22 °C	8 °C - 24 °C	4 °C - 14 °C	7 °C - 15 °C
Victoria	12 °C - 31 °C	8 °C - 25 °C	4 °C - 15 °C	6 °C - 27 °C
Western Australia	14 °C - 36 °C	11 °C - 30 °C	5 °C - 29 °C	10 °C - 26 °C

The Australian Bureau of Meteorology has information about Australis's climate and weather as well as handy weather tools for your laptop or mobile phone. See <u>www.bom.gov.au</u> and <u>Bureau of Meteorology climate data.</u>

⁴ The Australian Government – Bureau of Meteorology. <u>http://www.bom.gov.au/climate/</u> and Climate-Data.org <u>https://en.climate-data.org/oceania/australia</u>



2. Natural Disaster

Australia's natural beauty also comes with a number of natural hazards that people living in Australia must be aware of and be prepared for. These are:

- a. Hurricanes and Rainfall
- b. Heatwaves and Forest fire
- **c.** Dust Storms
- d. Pollen and Hay fever

The Australian Government's Health Direct Service provides quality, approved health information and advice on how to prepare and cope with natural disasters and emergencies in Australia. See <u>Health Direct website of Australia</u>.

D. Safety in Australia

Australia is a safe country with very low crime rates. While there is some risk of petty theft (mostly pickpocketing) in big city areas, taking the usual precautions for staying safe will most likely help you not encounter any crime at all.

For emergency services where police, fire or ambulance assistance is immediately needed, call the hotline Triple Zero (000).

The Department of Home Affairs is Australia's lead agency for disaster and emergency management response. Learn more about them and their services at www.homeaffairs.gov.au/about-us/our-portfolios/emergency-management.

E. Travelling light

- 1. What to pack?
 - a. A week worth of clothing
 - **b.** First aid kit
 - **c.** 3 months' worth of prescribed medicines (Please ensure to bring a prescription document for your purchase of medicines after 3 months.)
 - d. Sewing Kit
 - e. Jacket
 - f. A pair of shades
 - g. Toiletries for the first few days
 - h. Sunscreen for the first few days
 - i. Umbrella
 - j. Slippers and shoes
 - **k.** Towel
 - I. 3 prong power plug adaptor and extension cords 220-240volts



2. Check out tutorials on smart ways to pack your luggage. (See this video on Youtube: www.youtube.com/watch?v=Llk8v_Osm8.)



F. What NOT to bring in Australia

Australia has strict quarantine laws to protect its native plants, animals, and agriculture against pests and diseases. When you arrive in Australia, you must declare all food and other plant and animal material as many of these are banned. If you are carrying food or plant items, declare them even if you think they are allowed. The airline staff will give you an incoming passenger card, which you must use to an incoming passenger card, which you must use to declare these items before your aircraft lands. If you don't, you could be given an on-the-spot fine or face prosecution.

Other items you should declare include medicines and large amounts of cash in foreign currency. There are also strict limits on the number of cigarettes and the amount of alcohol you can bring into Australia.

TOP TIP: If you want to save money, reduce your cigarette consumption. Smoking items such as cigarettes and vapes are expensive in Australia. You can bring up to three months' worth of prescribed medicine with you – you will have to keep it in the original packaging, declare it when you arrive and make sure you have your prescription with you to prove that the medicine is yours. Make sure that the medicine is allowed in Australia – you can find a list of restricted medicines at the Therapeutic Goods Administration website (www.tga.gov.au). You are not allowed to bring in prescribed medicines for family members.

The Department of Agriculture is responsible for managing quarantine laws and its officers are located at every international port in Australia. Officers review and assess each incoming passenger card and X-ray and inspect baggage. They also have dogs at baggage carousels that are trained to sniff luggage and detect prohibited items. Australia is a multicultural society, and the specialty shops mean nearly all the food or ingredients you want can be purchased are available.

Hence, make sure to check your luggage for items that should not be brought in to the country. Among these are:

- 1. Any raw plant or animal products
- 2. Any currency over USD 10,000.00
- 3. Illegal Drugs
- 4. Cigarette items over 50g per person of legal age
- 5. Alcoholic beverages over 2.25 litres per person of legal age
- 6. Deadly weapons, explosives, and firearms

TOP TIP: Check out the Australian Border Force's website (<u>https://</u> www.abf.gov. au/entering-and-leaving-australia/can-you-bring-it-in/ <u>list-of-items</u>) for further guidance on prohibited items and other related restrictions and allowances.



G. Coping with culture shock

After the initial excitement felt because of the new environment, people who newly moved to Australia (including scholars and their dependents) typically experience "culture shock" - an emotional turmoil as they adjust to life in Australia. This is a normal feeling, however, and many institutions are aware of this reaction and can help you manage it. While on-campus counselling services are accessible only to students, a number of counselling groups provide low-cost, (sometimes even free) counselling services to non-students. The Australian Health Direct Service website (https://www.healthdirect.gov.au/lowcost-or-free-mental-health-services) provides information on how to access these services

There are plenty of activities that you and your family can enjoy. Visit your local community and join social media groups to make new friends.



H. Adapting to a Multicultural Environment⁵

Australia is one of the world's most multicultural countries. It is rich in both Indigenous and immigrant cultures and home to one of the world's oldest living cultures, with Aboriginal communities established nearly 60,000 years before European settlement. It is also home to Australians with more than 270 ancentries. Approximately one-quarter of Australia's population (6.7 million people) was born overseas and approximately half have an overseas-born parent.

1. Language, Accent, and Slang

The Australian language is unique and includes terms and slang which many people from overseas (including some native speakers of English) find challenging to understand. In Australia, you'll hear words that are new or unusual as well as lots of abbreviations and shortened forms of words and phrases. Australians also have a habit of shortening words or making them less formal, even people's names.



⁵The Australian Government – Department of Foreign Affairs and Trade, "Australia in Brief" handbook.

For this purpose, prior to departure to Australia, dependents are encouraged to purchase an Australian slang dictionary or access a free one online. Some Aussie (Australian) Slang are listed below:

Slang	Meaning	Slang	Meaning
Aussie	Australian	Are you 'right?	Do you need some help?
Awesome	Terrific	Hard yakka	Hard work
Barbie	Barbecue	How are you going?	How are you?
Bloke	A man	In a nutshell	Brief and concise
Bludger	A lazy person	Journo	Journalist
Bender	A big alcoholic drinking session	Knock	Criticise
Bro	A male friend	Knockback	Refuse
BYO	Bring your own	No drama or no worries	No problem or You're welcome
Сирра	A cup of coffee or tea	Nut out	Work something out
Cactus	Not functioning	Offsider	Helper, assistant
Chockers	Full	Oldies	Parents
Crikey	A term used to express surprise	OS	Overseas
I will shout you	I will pay for you	Plonk or Goon	Cheap wine
Cop out	Not facing an issue	Postie	Postman
Dag	A person who takes little pride in their appearance	Pull someone's leg	Play a joke on someone
Dunno	l don't know	l'm rapt	Really pleased
Dummy spit	Getting angry about something	Rip off	Expensive

Slang	Meaning	Slang	Meaning
Esky	Portable insulated food cooler box	Ripper	Really good
Ear bashing	Non-stop chatter	Sanga	Sandwich
Fair go	A chance	Slam	Insult someone
Footy	Football-Aussie rules, rugby league or rugby union, not soccer	Spunk	Good looking
Furphy	A lie or exaggeration	Stubbie	A small bottle of beer
Gʻday	Good day/hello	Take a hike	Go away
Geek	A social inept person	This arvo	This afternoon
Grog	Alcohol	The Mrs	Someone's wife or girlfriend
Hammered	Drunk	Uni	University
Hectic	Busy	Unreal	Really good
Heaps	A lot	What's up?	What is happening or going on?
Hit the road	To leave	Zonked	Very tired



2. Honorifics (How to address people)

Australian culture is generally informal. People usually call acquaintances by their first names. However, formal titles such as Mr, Mrs, Miss, Ms, Doctor, and Professor are often used when addressing someone unfamiliar or older for the first time.

3. Religion

Australia is a diverse society and everyone is free to follow and celebrate their cultural and religious traditions. Most institutions have places of worship, including chapels, mosques and prayer rooms. Places of worship in the local area can typically be searched online.

According to the 2016 Census, Christians (of varied sectors) comprise more than 45% of the Australian population (about half of which or more than 22% are catholic). About 30% of the population has 'no religion'. Other religions being practiced include Islam, Buddhism, Hinduism, Sikhism, Judaism, and Jehovah's Witnesses, among others. For more information on religious practices in Australia, you may visit the <u>Cultural Atlas</u> and <u>ABS.gov.au</u> websites.

4. Food

Australia has a unique blend of culinary contributions and adaptations from various cultures around the world, including Indigenous Australians, Asians, Europeans, and Pacific Islanders. Staple meals include fish and chips, grilled meat, barbecue, bread, and cereals.



Food shops in many big cities provide a variety of choices from every continent. With the considerable number of Filipinos in Australia, a number of restaurants in the different states also serve Filipino dishes. There are also Asian markets in some states where Filipinos and other Asian products are available. While in Australia make sure to taste (and enjoy) Australian delicacies such as vegemite, fairy bread, lamingtons, etc.

5. Clothing/Dress Codes

Dress codes in Australia vary widely. Many workplaces and venues have high standards for fashion, while at other times, casual clothing is the common standard as most Australians also enjoy the outdoors.

In Australia's multicultural communities, many people from different backgrounds dress according to their cultural requirements. Generally, dependents are also encouraged to bring at least one set of a formal traditional dress for formal and traditional events they would most likely attend while in Australia.

6. Sports

Australians are generally very active and enjoy a lot of sports. A lot of the world's sports are played somewhere in Australia. The Australian "footie" (football/soccer) and netball are the biggest team sports in Australia. Cricket, tennis, golf, swimming, and field hockey are also popular. Dependents are encouraged to take part in sports activities as part of the healthy Australian lifestyle. Most residential areas also have access to public parks (with outdoor gyms) to encourage healthy outdoor activities.

7. Shopping

Many outlets and shopping areas are found in cities across Australia. However, shops typically close earlier than those in other countries. Regulated trading hours vary across states but most shops close between 5 pm to 7 pm. While a few convenience shops may operate for 24 hours or at least until midnight, there are very few establishments that do so. Online retail shopping is also popular in Australia.

> TOP TIP: There is no need to buy everything you will need to start up your household in Australia. You can go to online sites such as the Facebook Marketplace or Gumtree to check items that are being disposed of for free by other people leaving Australia. However, practice the usual precaution of being mindful of the legitimacy of the person disposing of it and the quality of the items before you take or use any of them.



8. Networking with Filipino Community

Australia is also host to a number of Filipino communities spread across the different regions. You are encouraged to network with these communities who will help you feel "at home" and adapt to the new environment you have whilst keeping abreast of your Filipino roots.

> TOP TIP: You are encouraged to network with these communities who will help you feel "at home" and adapt to the new environment you have whilst keeping abreast of your Filipino roots. Filipinos permanently residing in Australia can also help you look for job opportunities and referrals.

9. Club Memberships

Club memberships for different hobbies and activities are also popular in Australia. You are encouraged to make productive use of your spare time to join club memberships, meet new friends and learn new things.

You will find more information about the different clubs in the region of your temporary residence in this website: <u>www.clubsaustralia.com.au/aboutus/ clubs-australia</u>.



10. Events and Holidays

Get to know more and celebrate with the Australian community by joining public events and activities especially during holidays. Watch the festival of lights during the Vivid Sydney, Enlighten Canberra and White Night Melbourne celebrations, among others. Marvel at the rich history of relations between Australia and New Zealand during ANZAC day. Celebrate and shop till you drop during the Queen's birthday.

TOP TIP: Schedule time for travel and leisure activities during the holidays to make the most of Australia's public holidays. Please see the link for the Australian Government's official list of national and state holidays: Australian Special Dates and Events.

National Holidays in Australia

Date	Holiday	
January 1	New Year's Day	
January 26	Australia Day	
January 27	Day off for Australia Day	
April 25	Anzac Day	
December 25	Christmas Day	

Please note that Good Friday is a national holiday during April. There are some regional holidays recognised by most territories such as the Holy Week, Queen's Birthday, Labour Day, Christmas Eve, and Boxing Day. In lieu, some holidays are celebrated on a different date yearly.



I. Getting Around Australia: Public Transportation

Australia has an efficient and affordable public transportation system, hence, public commuting is accepted as the common mode of travel within a state. Every state in Australia has its own "transportation card" for public transportation. These cards can be purchased and "reloaded" with credits at most public transport stations and some convenience stores.

TOP TIP: Make sure to always bring your transportation card and school/valid IDs with you when you go out and familiarise yourself with the scheduled trips of the nearest bus/tram/train stations with you.

Regular fares apply for working dependents while dependents who are enrolled in any educational institution in Australia can apply for student discounts. Every state has a convenient process for registering student discounts on transportation cards. Most bus/tram/ train stations and convenience stores can process discounts and "reloading" of credits to your transportation cards. Transportation cards can also be "reloaded" through online banking methods. While paying with cash is still accepted, getting a transportation card gets you away from additional queueing in purchasing tickets for routine commute within a state.

Listed below are the different modes of public transportation in Australia:

1. Bus / Train / Tram

Bus / Train / Tram trips are regularly scheduled so make sure you are familiar with the number, routes, and departure/arrival time. Please come on time as these trips are almost always prompt and do not have significant waiting time. For travel within the same state, all you need is your transportation card to take the bus/train/ tram. For inter-state travel, it is best to book your bus tickets early to ensure your seat.

2. Ferry

Taking the ferry is an alternative for inter-state and/or inter-island travel. It is best to book ferry trips earlier than your scheduled trip because while travel on the same day may be allowed, the availability of seats is not guaranteed.

3. Plane

Taking the plane is the fastest option to travel to inter-state Australia. As holders of a temporary stay visa, scholars and dependents are advised to always bring their passport and a copy of their visa even for domestic flights.

4. Bicycle

Riding a bicycle is also a common mode of transportation in Australia. Most roads and routes in Australia are bike-friendly, providing a cheaper but safe alternative for commuters. You can choose to buy or rent a bicycle for your daily commute. However, please ensure to follow the rules when riding a bicycle, i.e. (1) always wear a helmet when riding a bicycle, and (2) install and use bicycle lights for your safety and the safety of other road users.

5. Taxi and cab-hailing applications

You can also choose to hire a taxi or hail one through mobile applications like Uber. However, please be reminded that you will need to specify in the mobile app that you need a child car seat. You can also request for a Maxi Taxi (van-type), which always carry a child car seat or baby capsule. Rental cars including those hired from mobile applications are not allowed to board a child under seven years old without a child car restraint that meets Australian standards. On the other hand, children are able to travel in a taxi without an appropriate child restraint, if there are none available, but these additional rules apply:

- children under one year must travel in the back row and sit on an adult passenger's lap, without sharing the seatbelt; and
- children from one year to under seven years must sit in the back row of seats in taxis unless these seats are already occupied by other children under seven years. They must be restrained by a seatbelt that is properly adjusted and fastened as best as possible if no appropriate child restraint is available.

Note – Exception: In New South Wales, children under one year must use a child restraint or booster seat even in a taxi.

TOP TIP: **GoogleMaps** is a reliable tool you can use to help you navigate through the Australian public transport system. Some territories have their own web and mobile applications showing the schedules of public transportation in real-time.



J. Purchasing or owning a car/motorcycle

You could also opt to buy a car or a motorcycle. However, please ensure that you familiarise yourself with Australian policies on driving and requirements for owning a vehicle. Important items to note are as follows:

1. Policies on Driving

Australian roads are for right-hand driving. You would have to adjust your left-hand driving orientation from the Philippines. Driving licences issued in other countries are allowed as long as the documentation is in English. Dependents holding a foreign driver's licence that is not written in English will need to get a certified translation of his/her driving licence from the consulate office in Australia to be permitted to drive.

Once you have your permit to drive, you need to take in mind that Australia follows a no-contact policy in enforcing the law. Penalties for traffic regulations will be sent directly to your registered home address. More details on Australia's policies on driving are provided in the following websites:

a. For information on driving licenses: <u>https://www.goget.com.au/blog/driving-in-australia-overseas-license/.</u>
b. Do's and Don'ts in driving: <u>https://www.tripsavvy.com/australian-traffic-rules-1462595</u>

2. Road Worthiness of vehicle

It is the policy of the Australian government to inspect and approve the condition of your car or motorcycle before you can drive it. For this, you must apply for car and/or motor registration and must be accredited to Road Worthiness. Research the licensing website because each state has its own Road Worthiness Inspection and Certification and application process.

Remember as well that traveling with infants/children in your car requires the use of a child car seat. The child car seat you will be using must have an installation permit and must comply with Australian Standard AS 1754.





K. Healthcare system

Australia ranks as one of the best healthcare providers in the world. The healthcare services in Australia has many different types and levels to assist you during your stay. Choosing the right health services is important for your health needs.

1. General practice and primary healthcare

Most residents visit General Practitioners (GP) for consultation (approximately AUD 50 to AUD 150) that are often reclaimable from your insurance (as of July 2020). Some insurance coverage also offers house call doctors and nurses as long as you make appointments. Allied health is trained health practitioners who are not doctors but can provide medical services such as diagnosis, treatment, and rehabilitation. You may visit the <u>Department of Health</u> website for more information.

2. After-hours general practitioner services

TGP is only available during business hours. You can phone governmentfunded helpline services (1800 022 222) for after- hour medical services. A registered nurse will assist your case and GP will call you back within 15 minutes to 1 hour depending on the urgency of your health issues.

3. Emergency Departments (EDs) and ambulance callout

For life-threatening or urgent surgical or medical emergencies, call the helpline (1800 022 222) or dial triple zero (000) for advice. Most EDs are operated by public hospitals with an ambulance callout. Some states fund ambulances through an annual levy, though others charge AUD 300 to AUD 2,000 (as of January 2019). For more information visit the <u>Health Direct</u> website.

4. Specialist services

For specialists, most practitioners work in private hospitals and their services are covered by your insurance, either partially or completely.

Note: You must review insurance and health coverage policy regarding specialist services.

5. Public and private hospitals

Medical services in Australia are provided by both the public and private sectors. Research the hospitals near you for any emergency concerns. It is also important to revisit your insurance policy to know the accredited hospitals for your health needs.

6. Medicine and prescriptions

Prescriptions are affordable in Australia (about AUD 30 as of January 2019) though some insurance coverage can subsidise the cost including concession rates for medicines. For scholars, there are free consultations and prescriptions from your university clinics..

7. Primary Health Networks (PHNs)

PHNs are independent organisations funded by the government. They provide healthcare services for the disadvantaged groups. You can view the directory of registered PHNs in this site: <u>www.healthdirect.</u> <u>gov.au/primary-health-networks-phns</u>.

8. Local Health Networks (LHNs)

LHNs links local hospitals and individual hospitals within a region and provides community-based health services. You can view the list of PHNs allying with LHNs in this link: <u>www1.health.gov.au/internet/main/</u> <u>publishing.nsf/Content/PHN-Boundaries</u>.

9. HIV Testing HIV Testing Hospitals

Australia's healthcare system provides considerable assistance to the prevention, diagnosis, and treatment of HIV. Sexual health centres in different states provide services for HIV testing. For more information, please see: <u>https://www.afao.org.au/</u>

It is advised to research the nearest sexual health clinic in your state or territory. HIV Testing and treatment is generally free and discreet.

L. Pregnancy and giving birth in Australia

1. During pregnancy

In the event that the scholar or his/her dependent gets pregnant while temporarily residing in Australia, couples are advised to coordinate with their Health Insurance provider and update their insurance coverage to include medical check-ups and pregnancy care services. Pregnancy/ birthing/after birth medical services can be very costly and it would be wiser to get your insurance coverage expanded in advance. Insurance add-ons also include coverage of related medical expenses for the baby after birth, such as routine check-ups and vaccination.

2. When giving birth

Scholars/dependents can take advantage of the complete and quality healthcare facilities in Australia, including those for gynecological and pediatric services.

3. After giving birth

After giving birth, couples must ensure to comply with birth registration requirements as prescribed in the hospitals where they would give birth. After this, the parents should also ensure to submit a "Report of Birth" to the embassy/consular office of their home country. For Filipinos, reporting of a child's birth to the embassy/consular office requires the submission of the following supporting documents:

- Accomplished Report of Birth Form
- Child's Birth Certificate
- Marriage Certificate of Parents
- Date page of both parents' passport
- Documentation Fees
- A self-addressed stamped envelope

Associated fees for the "report of birth" and related services are as follows:

Forms and Documents	Cost
Report of Birth	AUD 45.00
The Legalisation of Affidavit of Admission Paternity or Personal Handwritten Instrument	AUD 45.00
The Legalisation of Affidavit to Use Surname of Father	AUD 45.00
Certificate of the Registration fee	AUD 45.00
Passport Fee	AUD 108.00
Self-addressed Stamped Envelope	May vary depending on location

*Updated last October 2017

It should also be noted that a "report of birth" also comes with the requirement of securing a passport for the child, hence, a passport application. Passport application is currently priced at AUD108.

For further guidance on report of birth, passport application and other related embassy/consular services for Filipinos in Australia, please access the Philippine embassy's website at <u>www.philembassy.org.au</u>.



M. Anti-discrimination policies

Australia has strong policies against discrimination and all residents, even those staying temporarily, are expected to uphold the values of equality and equal opportunities. Below are some related provisions, for your guidance:

- Any age, racial, gender, indigence, or disability discrimination is prohibited by the Australian Human Rights law. For more details,please see <u>www.humanrights.gov.au/our-work/employers/</u> <u>quickguide-australian-discrimination-laws</u>.
- **2.** Federal protection on job security, education, provision of goods, superannuation and insurance, club membership, use of amenities and public spaces and transportation applies to all regardless of age, race, gender, indigence, and disability.
- **3.** If you experienced discrimination or harassment, you can visit this website to file your complaint or report related incidences to the Australian Human Rights Commission: <u>www.humanrights.gov.au/</u> <u>complaints/make-complaint</u>.



N. Availing library services

1. Libraries in Australia

There are many libraries in Australia that are open to the public. Aside from libraries in the universities, most cities have a public library where both students and non-students can stay to read book sand/or borrow books for their personal use for free.

2. Optional library services

Some libraries even provide free English Training for migrants and temporary residents. You are encouraged to avail of such services if you need help to enhance your English language proficiency. Some libraries also provide nursery sessions for children and parents. Make sure to explore these learning opportunities while living in Australia.

3. Borrowing books, newspapers, magazines, games, and videos in the public or city libraries

To borrow books and other resources from the public libraries, you will need to apply for a library card. Some states also allow borrowers to use their Residence card to borrow materials from their public or city libraries, scan or print documents, or computer rentals. While requirements to get a library card may vary from state to state, below are the typical requirements for application:

- A Valid ID; and
- A copy of the lease contract where you are currently staying or proof of address



Australians are known for their active lifestyles and love for the outdoors. You are encouraged to experience and enjoy the same while living in the country.

1. Parks and playgrounds

Most parks and playgrounds have outdoor gyms and seating areas where you can stay to exercise, bond with friends or just enjoy the sun. Barbecue areas and access to drinking water is also common in most parks and playground areas.

2. Cycling and running lanes

Cycling and running lanes are also common in most roads and highways in Australia. This is to encourage everyone to ditch the usual sedentary lifestyle sometimes and do some healthy cycling and running/ jogging/walking around the neighbourhood.

3. Public fishing activities and expeditions

Public fishing activities and expedition are free in permitted fishing areas except in New South Wales, Tasmania, Australian Capital Territory, and Victoria where they require an inexpensive recreational fishing licence for both locals and visitors. For further guidance on public fishing activities in Australia, please see <u>www.fishingbooker.com/charters</u> <u>search/au</u>

<u>Below are the average fishing registration fees excluding boat trips (as of October 2019):</u>

- AUD 7 for three days
- AUD 14 for one month
- AUD 35 for one year
- AUD 85 for three years

Additional cost may vary per state. Payments can be done online (Visa or Mastercard) or you may phone your local government office.



We would like to thank the Australia Awards alumni and their dependents for sharing their time, experiences and insights during the content development of this guidebook.

IX. Online Resources

For further information, you may visit the following websites:

- https://dfat.gov.au/about-us/ publications/Documents/australia-inbrief.pdf.
- https://immi.homeaffairs.gov.au/ support-subsite/files/life-in-australia/ lia_english_full.pdf.
- www.bom.gov.au.
- https://www.healthdirect. gov.au/naturaldisasters#targetText=Natural%20 disasters%20in%20Australia%20 can,%2C%20earthquakes%2C%20 tsunamis%20and%20landslides.
- https://www.homeaffairs.gov.au/ about-us/our-portfolios/emergencymanagement.
- https://immi.homeaffairs.gov.au/ visas/getting-a-visa/visa-listing/ student-500
- https://www.acacia-au.com/de-factorelationships-for-partner-visas.php.)
- https://www.youtube.com/ watch?v=Llk8v__Osm8.)
- www.tga.gov.au
- https://www.abf.gov.au/entering-andleaving-australia/can-you-bring-it-in/ list-of-items
- https://www.healthdirect.gov.au/lowcost-or-free-mental-health-services

- https://www.tripsavvy.com/australiantraffic-rules-1462595
- https://www.gov.im/media/29177/ application-for-a-statutoryroadworthiness-inspection-2015-v2. pdf
- www.studyinaustralia.gov.au/english/ live-in-australia/living-costs
- www.parentlink.act.gov.au.
- https://www.ato.gov.au/.
- https://www.humanrights.gov.au/ our-work/employers/quick-guideaustralian-discrimination-laws.
- https://www.humanrights.gov.au/
 complaints/make-complaint
- https://fishingbooker.com.
- https://www.philembassy.org.au.
- https://www.stayatbase.com/australia/ tax-back-australia/
- https://www.ato.gov.au/Forms/ Australian-resident-investor---refundfor-TFN-amounts-deducted/
- https://www.ato.gov.au/ uploadedFiles/Content/MEI/ downloads/ind21299n1846022013. pdf.
- https://www.taxback.com/en/ australia/?utm_ref=base-backpackerssydney-hq
- https://www.stayatbase.com/australia/ tax-back-australia/

Feedback

We would like to know your insights about this guidebook. You can suggest new topics or recommend changes in the content. Your feedback will help us improve our future content for Filipino dependents.

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