

Australian Cultural Orientation Program

ACTIVITY BOOK





Delivered by International Organization for Migration on behalf of the Australian Department of Social Services



${f AUSCO}$ Australian Cultural Orientation Program — ${f Activity\ Book}$

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Getting started

Welcome to the Australian Cultural Orientation (AUSCO) Program. The aim of AUSCO is to give you information for your journey to Australia and to answer as many of your questions about Australia as possible.

Let's start by finding out what YOU want to know. Use the column below to write down your questions. When you hear an answer to one of your questions during AUSCO, write the answer down. AUSCO gives you lots of information and it can be hard to remember it all!

At the end of the program, look at your questions again and check to see if you have all the answers you need. Sometimes your questions will be hard to answer until you actually arrive in Australia. Take your AUSCO pack with you to Australia so you can continue getting answers to the questions that are important to you.

What are your questions about Australia and your settlement there?

Questions	Answers

Unit 1 Australia – an overview

Australia is a country full of opportunities and new experiences.

It is also a very large country, the sixth largest in the world. This means each area of Australia is different. In the north of Australia the climate is tropical, and in the south it is quite cool.

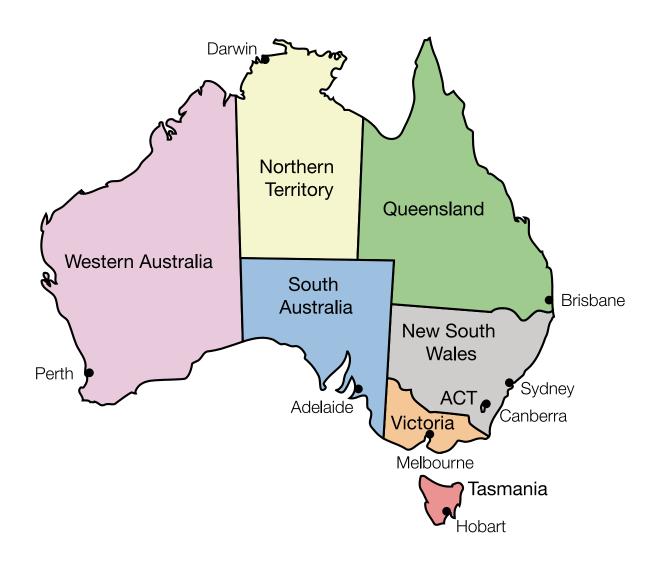
Although it is a large country, Australia does not have a large population – about 23 million people. Most of the people live in cities on the coast, but there are also inland farming towns. Australia's capital city, Canberra, is also inland.

As you settle into your new life in Australia you will learn more about all the different regions in Australia. For now, you are going to be most interested in the city or town that you will first settle in. Your information pack contains pamphlets on different regions of Australia.



Comparing Australia to other countries

Use the map below to show where you will be settled when you arrive in Australia. How big is your home country compared to Australia? Can you draw it onto the map?



have lived before?

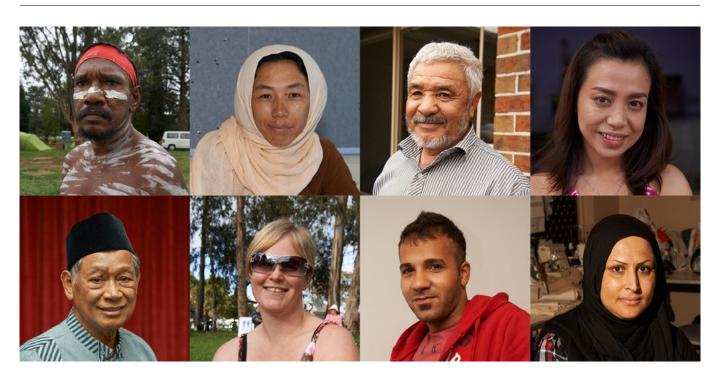
The climate?

The population?

The industries?

The landscape?

In what ways is the area you are moving to the same or different from where you live now, or where you



Australians come from all over the world. Forty six per cent of Australians were born overseas or have a parent who was born overseas. They have brought different customs with them, which they are free to practice as long as they do not break Australian law.

What behaviours, customs or traditions have you seen that are different from what you are accustomed to?			
	la accidation and alliffactors and O		
How do you feel a	bout those differences?		

Unit 2 Settling in

The quickest way to settle in to Australia is to find work and learn English but because you are arriving in a new country this can take some time. When you arrive the government may provide some important supports to help you adjust to your new life.

A caseworker or your proposer will help you access these services.



Prior to beginning this topic note down what supports you think you will be offered on arrival in Australia. For each idea also note down where you got this information from.

At the end of the topic we will revisit your notes to see if you need to make any changes.

I think I will receive this support when I arrive in Australia	Where did you get this information from?	Were you right?
At the airport		
Housing		
Money		
Education		
Health		
Household goods		
Benefits		
Food		
Employment		
Child care		



Can you match the service with the provider?

Caseworker

Payments for child care and living support

Centrelink

Classes for learning English

Medicare

Books, newspapers and magazines in different languages to borrow

Adult Migrant English Program (AMEP)

Person to help you settle in and access services

Translating and Interpreting Service (TIS National)

Offers support in paying for medical expenses

Special Broadcasting Service (SBS) Interpreting information so you can hear it in your own language

Public library

Radio and TV news in many languages

Unit 3 Housing

There are many different kinds of accommodation in Australia. Housing in the cities is different from the suburbs, and different from the regional towns. The houses are probably different from what you know from your own experiences.

The cost of renting and buying houses in Australia is very high. When you first arrive you will need to rent.



Let's compare where you live now with where you might live in Australia. The third column is for you to fill in when you get to Australia!

NOW	NOW	IN 2 MONTHS
How much do you pay to live in your accommodation now?	How much do you think you will pay to live in accommodation in Australia?	How much DO you pay?
How many rooms does your current accommodation have?	How many rooms do you think your Australian accommodation will have?	How many rooms DO you have?
What facilities does your accommodation have now?	What facilities do you think your Australian accommodation will have?	What facilities DO you have?
Do you expect your accommodation will be better, the same or worse than where you live now? In what ways?		Does your Australian accommodation fulfill your expectations?



There are some important legal words you should learn to help you feel in control of the rental process. Translate these key words into your language so you have a useful reference list when you arrive in Australia. The information pamphlet on Housing will give you some clues.

Lease	
Landlord	
Tenant	
Real estate agent	
Bond	
Utilities	
Condition report	
Inspection	
Accommodation	

Unit 4 Health

Australia has a good health care system but it may operate in ways that are different from what you have been used to.

You will have free or subsidised basic health care through a system called Medicare. However, some services like the dentist and getting eye glasses are not free.

You will visit a General Practitioner (GP) or doctor for most of your medical problems. If your problems need more specialist attention they will refer you to a Specialist.

Here is a flowchart which describes the different steps that may happen when visiting a doctor.

Follow the steps and identify when they are different from your own experiences of visiting a doctor.

When you feel sick, or you have a medical concern your first step is to visit your GP.

Phone your GP to make an appointment



The GP can usually help fix your problem or answer your concern. They may give you a prescription for some medicine.



Take your prescription to the chemist. You may have to wait 15 minutes or so for the chemist to prepare your medicine.

The instructions for taking your medicine will be printed on the bottle or box.



If the GP wants more information about your illness she or he will send you to a pathology clinic for tests, for example, to collect and test blood. The GP will give you a referral to the pathology clinic.



Take your referral to the pathology clinic and do the tests.

The pathology clinic will send your test results to your GP.



Depending upon your results you may need to visit your GP again.



If the GP cannot fix your problem she or he may refer you to a Specialist doctor.
They will give you a referral letter.



Phone the specialist to make an appointment and take your referral letter with you.



Write these key health terms in your language. The information pamphlet on Health will give you some clues.

General Practitioner/doctor	
The health care system	
Specialist	
Chemist	
Prescription	
Hospital	
Emergency	
Dentist	
Appointment	
Medicine	

Unit 5 Money

Your first step in Australia will include opening a bank account and organising temporary financial assistance from Centrelink. You are then on the way to handling the dollars and cents of the Australian currency and making decisions about how to manage your income.



Learn a few English words about banking and the Australian currency. Find the English word for these common banking terms. The information pamphlet on Money will give you some clues.

This account protects your money from theft or loss.	
Password for Automatic Teller Machine (ATM) and EFTPOS purchases. It is important to keep this password safe from strangers.	
A card which allows you to pay for goods and services with borrowed money.	
A machine which allows you to make cash withdrawals from your bank account using your Personal Identification Number (PIN).	
Allows users to pay for goods with available funds using their ATM card instead of cash, at most retailers.	

Australian currency

Whose image is on the front of the Australian \$5.00 note? ___



Name the animals on the Australian \$1.00 coin _____



Your caseworker or proposer will assist you in settling into Australia, but you will be responsible for how you manage your income to meet your needs and dreams for the future. The cost of living in Australia can be high and living within a budget will assist you in meeting your immediate needs and planning for the future.

What do you think you would like to buy when you first arrive in Australia?				
	_			



Budgeting

Here is a way to think about budgeting. List a few items in each section. In two months it might be different so try it again once you have settled into your new home.

NOW	IN 2 MONTHS
Fixed expenses – These are expenses which you must pay or problems can occur for you or your family. • • •	
Flexible expenses –These are expenses over which you have some control. You need the product or service but you can decide how much you buy or how much you use the service. • • •	
Extras – These are expenses over which you have total control. You do not have to buy them but you might like to have them. • • •	

Unit 6 Education

As you make plans to move to your new home in Australia, you may have thoughts about the type of life you will lead, the type of job you may have or how your family will settle into a new community. Your personal commitment to learning English and taking advantage of educational opportunities will assist your settlement into Australia.



The information pamphlet on School Education will give you some clues.

The Australian school education structure

Level	Age (approx.)	Grade
Pre-school	3-5	N/A
Kindergarten	5-6	N/A
Primary school	6-12	1-6
High school/secondary school	12-18	7-12
Note: In some states primary school ends at Year 7 and high school starts in Year 8. Ask your proposer or caseworker for more information.		

In what ways is the education system in Australia the same or different from where you live now, or where you have lived before?

Free government education for children

Preschool for four year old children

Compulsory education for children between the ages of five and 17

Girls and boys attending school together

Expecting parents to get involved with school events and their child's education

In Australia, education and employment opportunities are closely linked. As you get ready to live in Australia, what plans do you have for meeting your educational needs?



Planning for your future learning and employment

The information pamphlet on Adult Education will assist you with this activity.

How important are these services to you?

Service	Very important	A bit important	Not very important
Attending an AMEP course			
Completing a high school certificate at a Technical and Further Education (TAFE) college			
Completing a trade or skills course at TAFE			
Enrolling in an undergraduate university course			
Enrolling in a post graduate university course			
Attending a community education course			

education course			
While your caseworker or provider w make to help with the process? What		=	es, what plans can you
•			
•			
•			
•			
What questions do you have about •	education that you want	to follow up when you a	urrive in Australia?
•			
•			
•			
•			

Unit 7 Employment

The job market in Australia is competitive, with jobs awarded on merit to those with relevant experience and qualifications. English language skills are highly valued. Many tradesmen and professionals may have to spend time working at unskilled jobs until they learn English and get their qualifications recognised or upgraded. **Remember:** this takes time and there are government services helping people to learn English and find work or training.



The information pamphlet on Employment will assist you with this activity.

Read the statement and mark if it is true or false.

True	False
True	False
	True True True True True True True True



Learn some English words

These are some words you should learn to help you understand some of the requirements or expectations about employment in Australia. Translate these key words into your language so you have a useful reference list when you arrive in Australia.

Tax File Number		
Bank account		
Work experience		
Interview		
Reference		
Qualifications		
Volunteer		



Planning for a job in Australia

What type of job would you like to have in Australia?

Make a plan for how you can achieve this job.

Do I have these?	Yes	No
English language skills		
Qualifications for this type of work		
Experience in this work area		
References		
Resume		
Interview skills		
A willingness to accept challenges and set-backs		
Information on how to achieve this job		

Make any notes about what you wish to follow-up in Australia.				

Unit 8 Law

People's beliefs and cultures provide them with a way of seeing and interacting with the world. As you settle into Australia, you will be faced with different ways of living and believing. This can be challenging, especially if the values and beliefs are in opposition to your personal values and beliefs. It is important to remember that Australia has a secular legal system which provides for a safe and equitable society; a society which expects people to take responsibility for personal actions and behaviours.



Laws in Australia may be different from those in your country or other countries you have lived in. Mark the chart below to show if Australian laws are the same or different. Mark those that are challenging to your culture and beliefs. The information pamphlet on Australian Law will assist you with this activity.

Laws	Same	Different	Challenging to my culture and beliefs
Laws about giving money to government officials			
Laws about the role of police			
Secular laws, not religious laws			
Laws about domestic and family violence and violence as a form of punishment			
Laws about carrying knives or other weapons in public places			
Marriage laws			
Laws about the age of consent			
Laws about alcohol and smoking			
Laws about drugs			
Laws about equal rights for women			
Laws about driving a car			

Make any notes about what you would like to know more about when you arrive in Australia. For example:

•	The nearest	police	station	and the	phone	number to	o pho	ne in a	an emergenc	V

- More information about laws and driving a car
- More information about how to discipline children within the laws of Australia.

Settlement stories

Australia has been settling refugees since World War 2, in the middle of last century. They have made an important contribution to the social, cultural and economic lives of all Australians. Each one of these settlers has a story to tell of their journey.

Activity
Read the story provided to you by your AUSCO trainer and discuss their journey with your classmates.
What are the challenges they have faced?
What did they do to help themselves overcome these challenges?
What do you share in common with the person in the settlement story?
What will your settlement story sound like?

Attainment record

How confident do you feel about each of the following.

- If you feel very confident put a cross in the box X
- If you feel you have some understanding but need more information put a slash in the box
- If you know little or nothing leave the box blank.

You are not expected to cross every box. AUSCO is an introductory program so many of these learning outcomes will be achieved after you have had experience of living in Australia and attending further orientation programs there.

Overview of Australia

	Can you:	Can you do these:
Australia's national language recognise Australia is a very large continent with different climatic zones understand Australia is a multicultural society with a large migrant population know the values underpinning Australia's parliamentary democracy	 □ ask general knowledge questions about life in Australia □ identify Australia's states and territories including capital cities □ identify Australia's historical waves of settlement □ name some of the different behaviours you might see in Australia □ explain your democratic rights and responsibilities, and how the election process works □ name the key political parties in Australia □ name Australia's key public holidays and explain why they 	□ complete the citizenship test □ enrol to vote □ access information on political parties and their platforms

Settlement services

Do you:	Can you:	Can you do these:
 understand resettlement is a long-term process recognise there are challenges during the initial stages of resettlement recognise the importance of asking for help when needed understand that there are government and community service organisations available to help with resettlement understand you will be assigned a caseworker understand there are several important tasks you must complete upon arrival in Australia 	 □ identify the key tasks you must complete within the first few weeks of arrival in Australia □ describe the role of caseworkers and proposers □ identify government and community service organisations available to assist with resettlement □ identify other basic services which may be available in the local community, for example, sports clubs, social groups 	 access translating and interpreting services fill in basic information on official forms use public transport open a bank account register with Centrelink register with Medicare enrol in an English program

Housing

Health

Do you:	Can you:	Can you do these:
 □ understand there are health checks you must undertake prior to and on arrival in Australia □ understand that it is highly recommended that your children receive immunisations □ know that some schools need a record of a child's immunisation status to be presented when they start day care or school □ understand there is free or subsidised basic health care through a system called Medicare □ understand that not all health services are free, for example dentistry and optometry □ understand health includes mental health and there are free counselling services to support you □ know to bring your medical documents with you to Australia 	 explain where to go for health assessment requirements on resettlement to Australia explain what Medicare does and does not cover describe the differences between public and private health services including the role of private health insurance outline different health services including when and how to access them explain the value of preventive health measures including immunisation identify the mental health and counselling services available in your settlement region 	 complete your health assessment requirements on arrival in Australia register for Medicare take personal responsibility for the health and wellbeing of yourself and your family phone emergency services if required to do so access the appropriate health services for your needs communicate your health needs yourself or through the interpreter service

Education

Do you:	Can you:	Can you do these:
□ understand the role of the AMEP	use key vocabulary about education terms	□ attend parent teacher interviews with TIS support
 appreciate the importance of learning English to access higher education and employment understand the education system consists of a public and private sector 	 compare and contrast the Australian education system with your own experiences make decisions about schooling of children describe possible pathways to tertiary and further education 	 research, select and enrol in an appropriate tertiary course enrol children in a local school and complete the necessary paperwork understand that school
 understand the difference between public and private schooling understand that government 	☐ identify support services available to people wanting to study	absences must be approved by the parent in written form to the school understand when school
education is free		holidays are, and be able to
understand the responsibilities of parents in their children's education		make arrangements for the care of school aged children during school holidays
understand there are pathways to tertiary and further education		
 know that you can have qualifications translated into English free of charge 		

Law

 □ understand all people are equal under the law in Australia □ understand the freedoms that underpin the laws of Australia □ understand that police are to be respected and not feared □ understand that all forms of domestic and family violence □ understand all people are equal under the law in illegal in Australia □ identify the agencies you can contact if you need legal support □ contact agencies of legal	Do you:	Can you:	Can you do these:
and sexual assault are against the law and these laws are enforced without exception understand that Australian government officials including police officers are unable to accept gifts or bribes recognise there are laws about owning and operating a private vehicle, sexuality, alcohol, tobacco, and violence understand that religious law is not enforceable if it is in	equal under the law in Australia understand the freedoms that underpin the laws of Australia understand that police are to be respected and not feared understand that all forms of domestic and family violence and sexual assault are against the law and these laws are enforced without exception understand that Australian government officials including police officers are unable to accept gifts or bribes recognise there are laws about owning and operating a private vehicle, sexuality, alcohol, tobacco, and violence understand that religious law	illegal in Australia identify the agencies you can contact if you need legal support describe forms of domestic violence and what can be done to deal with domestic	trouble contact agencies if you need legal support contact agencies if you need assistance with managing

Employment

Do you:	Can you:	Can you do these:
 understand the job market is competitive understand that overseas qualifications can be recognised in Australia understand the importance of learning English to gain employment appreciate that jobs are awarded on merit to those with relevant experience and qualifications understand the rights and responsibilities of employees in Australia understand job application and interview processes know that you can have qualifications translated into English free of charge 	 use key vocabulary about employment identify various job opportunities in Australia describe ways to find employment develop verbal and non-verbal communication skills for interviews 	 complete personal details on job applications write a résumé and cover letter research employment opportunities online pursue the recognition of overseas qualifications

Money

□ understand that internet banking is a common □ identify Australian currency and understand its value in □ use an ATM and EFTPOS facilities to withdraw money
Australian banking practice appreciate the high cost of living in Australia understand the role of credit in Australian society and recognise the potential dangers involved with going into debt understand various Centrelink payments and their approximate amount understand common Australian banking institutions and practices and make purchases put together a basic household budget put together a basic household budget

Travel

Do you:	Can you:	Can you do these:
 understand the flight to Australia is very long, and you may have a transit stop understand what facilities and services you will be offered on the plane understand you will be met at the airport on arrival in Australia understand what you can/ cannot take with you to Australia 	 understand information on travel documents describe details about your flight information describe departure airport procedures including check-in, security, and immigration describe arrival airport procedures including immigration, quarantine and baggage pickup 	 complete an Australian incoming passenger card pack luggage that is compatible with airport/airline regulations and Australian customs and quarantine

Extra notes	

