



GLOBAL COLLEGE AUSTRALASIA

HEALTH AND WELLBEING

STUDENT INFORMATION BOOKLET



RTO No: 45088 | CRICOS Code: 03564F



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SAFETY AND WELLNESS AT GLOBAL COLLEGE AUSTRALASIA

Perth is celebrated for its low crime rates and healthcare structure, ensuring that all visitors feel safe and well supported throughout their studies.

While you're here, it is still important to take care and look after yourself so your time in Perth is memorable for all the right reasons.

HEALTHCARE SERVICES IN PERTH

For international students, Overseas Student Health Cover (OSHC) is a requirement to utilise healthcare services in Australia.

Healthcare services covered by OSHC

OSHC providers allow you to claim 100 per cent of the government-set fee for a standard medical consultation.

OSHC covers:

- Doctor's visits
- Stay in a public hospital
- Ambulance services (when hospital admission is necessary)
- Some prescription medicines



OSHC does not cover:

- Dental
- Optical
- Physiotherapy

To cover these additional services, we strongly recommend that you take out additional private health insurance.

STAYING SAFE ON CAMPUS

There are always fun and exciting things to do on campus but it's important to make sure you're safe. Here are some simple tips to ensure a safe and enjoyable experience on GCA campuses.

Familiarise yourself with emergency procedures: Take some time to learn about the emergency procedures on our campuses. Find out where Emergency Exits, and First Aid stations are located. If you feel unsafe at any time on campus come and tell us or alert your trainer.

Keep your friends and family updated: Let your friends and family know your schedule, especially if you're planning to stay out late or travel around WA. Consider using a tracking app to share your location with trusted contacts.

Avoid walking alone at night: If you must walk alone at night, try to stick to well-lit and well-travelled areas.

Stay aware of your surroundings and avoid wearing headphones or using your phone.



SAFETY TIPS FOR USING TAXIS, UBER OR RIDESHARES

When traveling by taxi, Uber or rideshare, it's advisable to sit in the backseat for safety. Always check that the car has a functional meter, and that the driver's identification card or badge is displayed prominently. If you're using a rideshare service, ensure that the driver has the corresponding app open and visible on the dashboard.

For added safety, especially at night or if you have been drinking, consider sharing your ride with a friend. This simple step can enhance your security and peace of mind while traveling.

ONLINE SAFETY TIPS

As technology becomes increasingly integral to education, safeguarding your personal and academic information online is essential. Here are key practices to enhance your cybersecurity and protect yourself from scams:

1. **Strong Passwords and Safe Browsing:** Educate yourself on creating robust passwords and maintaining secure browsing habits. Regularly update your software to protect against new threats.
2. **Beware of Scams:** Students are often targets for scams. Be cautious and avoid sharing personal details with unverified sources.
3. **Email and Website Safety:** Always be alert to suspicious emails. Before entering any personal information, confirm the legitimacy of websites to ensure they are secure and trustworthy.

EMERGENCY: ABOUT CALLING 000 AND 131 444



Press '1' if you require a police officer to attend an incident now.

Press '2' to report an incident that does not require immediate police attendance or for general information.

When do I call 000?

Only call 000 in an emergency or life-threatening situation, when urgent police assistance is needed, for example:

- a serious crime is in progress, being witnessed or just committed.
- any situation where life or serious injury is threatened.
- a car accident where people are trapped or seriously injured.
- a serious air, rail or water incident.
- any incident which poses an immediate threat of danger to people or property; or
- an explosion or bomb incident or threat.



Under Commonwealth and State laws, it is an offence to misuse the 000-emergency services number.

Action will be taken against those who misuse or make nuisance calls on the 000 line.

When do I call 131 444?

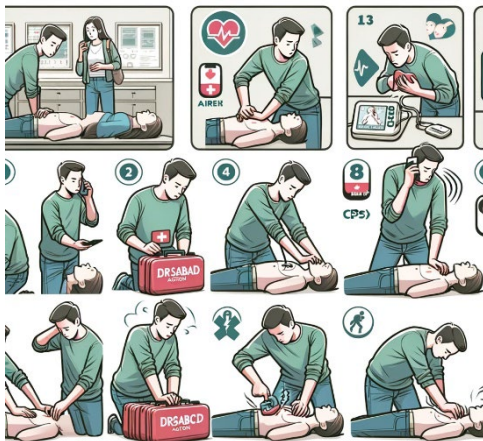
Call 131 444 for police assistance or attendance and when it is not an emergency, for example:

- reporting a disturbance or breach of the peace (antisocial behaviour).
- reporting something which has happened in the past.
- reporting a property-related incident for insurance purposes; or
- making a complaint against police or another individual.

Callers to 131444 will be asked to press '1' on their phones if they require a Police Officer to attend an incident now. If you need to report an incident that does not require immediate Police attendance or for general information you will be asked to press '2'.

Calls to 131 444 from most regional areas are automatically directed to the nearest police station.

FIRST AID A GUIDE TO THE DRISABCD ACTION PLAN



THE DRISABCD ACTION PLAN is a critical sequence of steps that can be used in emergency situations to potentially save lives. here's a brief guide to help you understand and apply each step effectively:

D: Danger - Always check the area for any potential dangers to yourself or others before approaching to assist.

R: Response - Check if the person is responding to your questions or touch. Ask simple questions like, "Can you hear me?" or gently tap their shoulder.

S: Send for help - If there is no response, immediately call for emergency assistance.

A: Airway - Ensure that the person's airway is clear. If there are obstructions, carefully remove them if possible.

B: Breathing - Look, listen, and feel for breathing. If the person is not breathing normally, prepare to commence CPR.

C: CPR (Cardiopulmonary Resuscitation) - Place the heel of your hand on the center of the person's chest and push down firmly and quickly, followed by giving two rescue breaths if you are trained to do so.

D: Defibrillation - If a defibrillator is available, apply it following the device's spoken instructions.

This plan provides a structured approach for handling emergencies, ensuring immediate and appropriate actions are taken to assist an individual in need. Always remember to stay calm and follow these steps until professional help arrives.



BEACH AND SUN SAFETY IN PERTH

Perth is famous for its stunning beaches, making them a popular spot during the warmer months. To ensure a safe and enjoyable beach experience, consider these safety guidelines:

1. **Swim Safely:** Always choose beaches that are patrolled by Western Australian Surf Lifesavers. Make sure to swim between the red and yellow flags, which indicate areas supervised by lifeguards.
2. **Beach Signs:** Pay attention to the signs at the beach entrance. These provide important information and warnings about beach conditions.
3. **Swim Responsibly:** Always swim with a friend and avoid swimming alone. It's risky to swim under the influence of alcohol or right after a big meal.
4. **Sun Protection:** The Australian sun can be particularly harsh. Protect your skin by applying sunscreen regularly, available at local supermarkets, convenience stores, and pharmacies. Also, wear sun-smart clothing such as a hat and sunglasses to shield yourself from UV rays.

Surf Life Saving: We've got safety covered...

<https://www.mybeach.com.au/coastal-safety/beach-safety/>

COLLEGE LIFE: EMBRACING DIVERSITY AND PROFESSIONALISM

Navigating college life is an enriching experience that extends beyond your studies to include building relationships and embracing cultural diversity. As you embark on this journey, it's important to recognise that while not everyone you meet will become a close friend, each person you encounter brings a unique story and background. These diverse perspectives contribute to the rich, communal tapestry of college life.



Getting along with others in such a diverse environment requires a level of professionalism and an open mind.

It's essential to respect that everyone you meet may have different experiences and viewpoints that can enhance your own understanding of the world.

Furthermore, **using English as an international language** plays a crucial role in this integration. It allows students from around the globe to communicate effectively and share their experiences. Emphasising English not only facilitates academic and social interactions but also fosters an inclusive environment where everyone can feel understood and valued.

Remember, the ability to work and get along with a wide array of individuals is not just a part of college life; it's a vital skill that will serve you well in your future career and personal life. Embrace the opportunity to learn from others and use these experiences to grow both personally and professionally.



MANAGING MENTAL HEALTH DURING YOUR STUDIES

Maintaining your mental health is crucial while you pursue your studies. It's important to establish a balanced routine that includes regular breaks and self-care activities. Make sure to incorporate exercise into your daily schedule and ensure you get sufficient rest to enhance your concentration and overall well-being.

Set realistic goals and manage your time effectively to prevent feeling overwhelmed. When challenges arise, don't hesitate to seek support from friends, family, or professional counseling services. Additionally, make time for hobbies, practice mindfulness, and maintain connections with others to keep your mental health in check.

OVERSEAS STUDENT SUPPORT (MENTAL HEALTH) CONTACT INFORMATION

Where can I go for support? I need to find a doctor/accessing mental health support through OSHC.

Allianz: <https://allianzassistancehealth.com.au/en/find-doctor>

Bupa: www.bupa.com.au/health-insurance/oshc/members-help-guide/find-a-doctor

Refer to your provider and policy for mental health coverage.

Here is a link to the Australian government Overseas Student Health Cover (OSHC). This site includes information and a list of registered health insurers that offer OSHC.

URGENT CARE

Beyond Blue

Beyond Blue is an organisation that provides a free online and telephone helpline for people with depression, anxiety or other mental health issues. You can talk to trained mental health professionals who can give you support and advice. Beyond Blue can also help you find mental health services near you.

Website: www.beyondblue.org.au

phone number: 1300 224 636

Lifeline

Lifeline provides a hotline with a suicide prevention service. Lifeline is there for anyone in Australia who may be experiencing a personal crisis with access to 24-hour crisis support.

Website: www.lifeline.org.au

phone number: 13 11 14

Kids Helpline (age 5-25)

Kids Helpline is free, private, and confidential 24/7 phone and online counselling service for young people aged 5 to 25. Counselling is currently offered by phone and webchat.

Website: <https://kidshelpline.com.au>

phone number: 1800 551800



ROAD TRIP SAFETY FOR INTERNATIONAL STUDENTS IN WESTERN AUSTRALIA

Western Australia is expansive and beautiful, but it can also present challenges, especially for those unfamiliar with the region. As an international student, it's important to be well-prepared when planning a road trip here. Here are some crucial safety tips to keep in mind:

1. CAR MAINTENANCE

Before you start your journey, whether it's in a car you've just bought or one you've been using daily, make sure to get it serviced. Ensuring your vehicle is in top condition is crucial. Learn the basics about your car, like the necessary tire pressure, the best oil for your vehicle, and your fuel range on a full tank. Your car is critical to your safety on the road.

2. HYDRATION

The Australian climate can be extremely hot, so carrying adequate water is essential. Bring at least 20 liters of water and remember to refill at every opportunity, especially after spending time outdoors or consuming alcohol. Staying hydrated can be lifesaving.

3. FUEL MANAGEMENT

Understand how far your car can travel on a full tank and plan your refueling stops accordingly. Road conditions and additional weight like luggage or equipment can affect your fuel efficiency. Use apps like Fuel Map to help plan where you can refuel along your route.

4. FIRST AID KIT

Invest in a high-quality first aid kit tailored for Australian conditions, which should include treatments for snake bites and other local hazards. Familiarise yourself with the kit's contents before you leave; knowing what's inside can be invaluable in an emergency.

5. COMMUNICATIONS EQUIPMENT

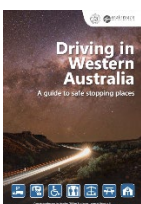
In many parts of Western Australia, mobile phone coverage is not reliable. Equip yourself with alternative communication tools such as a UHF radio, a satellite phone, or a personal locator beacon to ensure you can contact help if needed.

6. WHAT TO DO IF YOU BREAK DOWN

If your car breaks down, move it off the road, turn on your hazard lights, and turn off the engine. Stay calm and contact roadside assistance. If you're in an area without phone reception, stay with your vehicle until help arrives. If absolutely necessary, use your emergency beacon or satellite phone to call for help. Staying near your vehicle makes it easier for rescuers to find you, and it can provide some shelter and resources until help arrives.

ROAD ETIQUETTE

Remember to follow basic road etiquette to ensure a smoother journey for yourself and others. Maintain the speed limit when it's safe, and if you notice a line of cars forming behind you, find a safe place to let them pass. Keeping these tips in mind can help make your road trip in western Australia a safe and enjoyable experience.



[DRIVING IN WESTERN AUSTRALIA A GUIDE TO SAFE STOPPING PLACES](#)