

堪培拉大学及学院 行前指导

Updated April 2025





UNIVERSITY OF **CANBERRA**

The University of Canberra acknowledges the Ngunnawal people, traditional custodians of the lands where Bruce Campus is situated. We wish to acknowledge and respect their continuing culture and the contribution they make to the life of Canberra and the region. We also acknowledge all other First Nations Peoples on whose lands we gather.



welcome

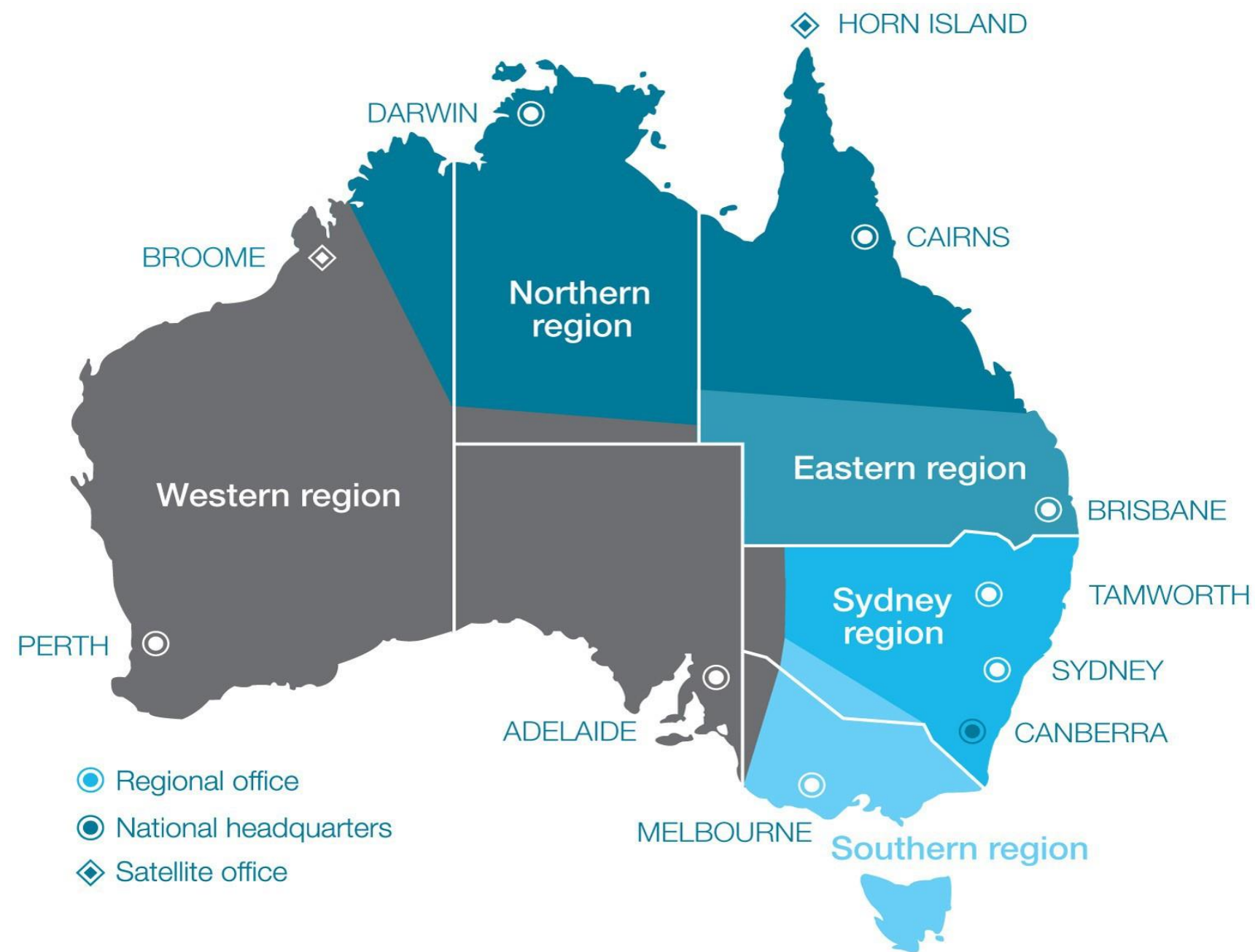
相关事项

- 本次行前指导会完整录音将会发送至您的邮箱。
- 会议期间请保持静音。
- 如果您有任何问题请在聊天对话框内输入，我们将为您解答。

会议议程&会议内容

- 团队介绍
- 行前指导
 - 接受OFFER
 - 国际旅行准备
 - 抵达堪培拉
 - 开启大学生活
 - 迎新、晚报到
 - 学生服务与支持
- Q & A 提问
 - 如果有问题请在对话框内留言

Canberra



堪培拉生活 lifestyle

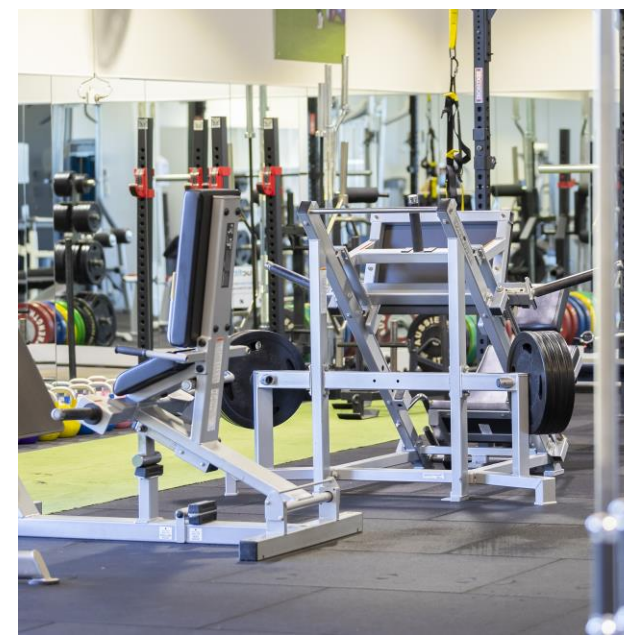
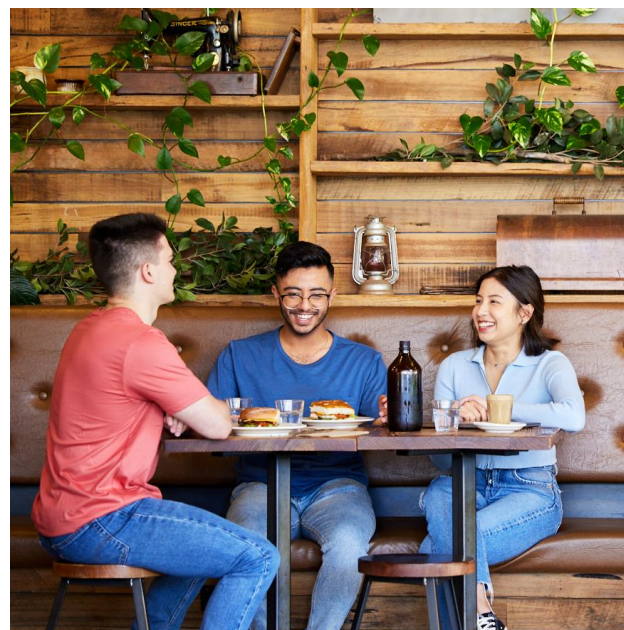
地理位置：

- 花园首都城市-安全，高学历，生活节奏
- 偏远地区，额外一年工作签证
- 人均就业机会多，起薪高，连续多年毕业生就业率及起薪ACT第一（GUG，2023）
- 紧缺职业多样



高性价比：

- 100%保证校内住宿
- 最高30%奖学金
- 最低20w-26w/年



BEFORE ARRIVAL

出发前

- 接受OFFER
- 申请学生签证
- 安排住宿
- 安排国际旅行
- 准备‘启动资金’
- 打包行李（必需品）



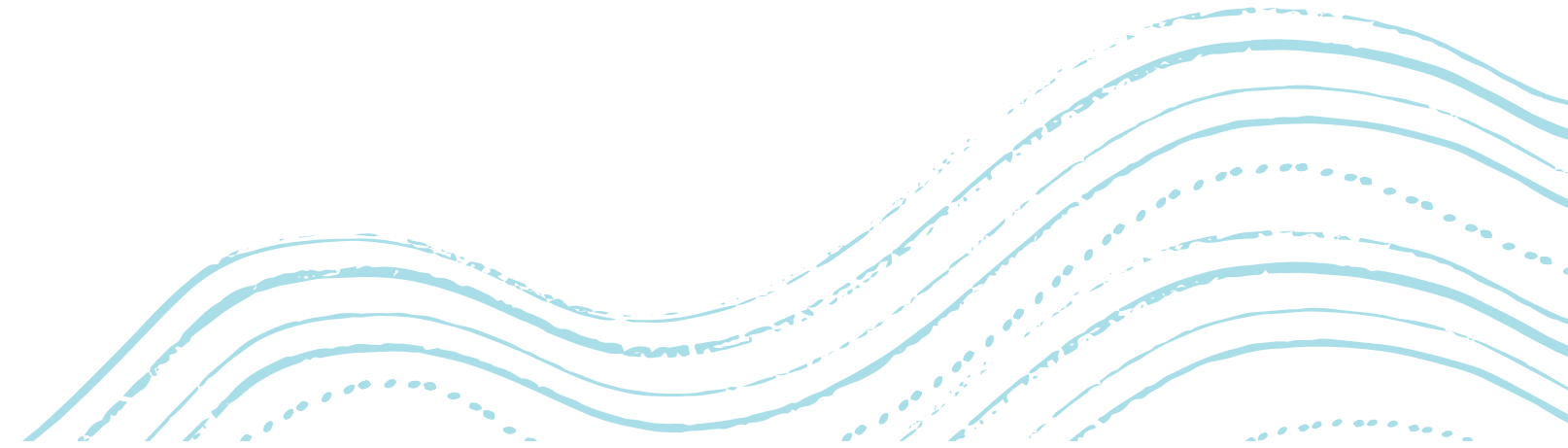
接受你的录取通知

UNCONDITIONAL OFFER 无条件录取通知书

- 如何接受OFFER？通过我们的 Online portal 或者联系你的代理通过 Agent portal 接受。
- 接受OFFER后，你将收到如何缴费的邮件，请按照OFFER上的支付方式支付第一笔费用。
- 学校系统接收到学费后，你的 *electronic Confirmation of Enrolment (CoE)* 将于48小时内发出。

CONDITIONAL OFFER 有条件录取通知书

- 你需要满足有条件录取通知书上列明的条件才能够接受OFFER。请确保在截止日期前上传相应文件。

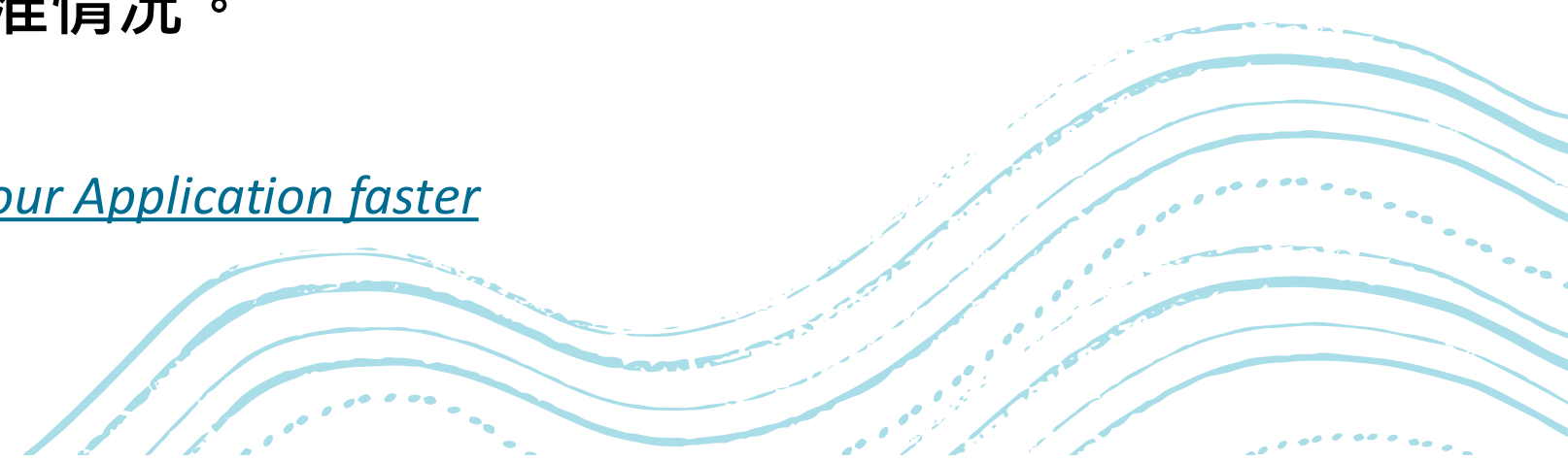


A yellow train nose, likely a Shinkansen, is displayed outdoors on a black metal stand. The train has large, rounded windows and is positioned in front of a building with concrete pillars. The ground is paved with grey tiles.

申请获得学生签证

- **申请学生签证 (签证类别 500)**
 - 请参考澳大利亚内政部官网了解详细信息 [Department of Home Affairs \(DHA\)](#)
 - 通过 ([ImmiAccount](#)) 线上递交申请或者联系你的代理机构
 - 澳大利亚内政部建议提早6-8周递交你的学生签证申请。请检查你的申请材料。了解申请步骤请参考[Student Visa Application Process](#)
 - 材料清单- [Document Checklist Tool](#)
 - 真实学生要求 [Genuine Student requirement \(homeaffairs.gov.au\)](#)
 - 海外学生保险 [Overseas Student Health Cover \(OSHC\)](#)
- 参阅健康检查要求 [Health \(homeaffairs.gov.au\)](#)
- 理解学生签证申请条件 [Student Visa Conditions](#)
- 请告知我们你的签证获准情况。

参考网站: [DHA - How to Process your Application faster](#)

Decorative blue wavy lines with varying line styles (solid, dashed, dotted) in the bottom right corner of the slide.



学生签证条款

理解并遵守学生签证条款 [student visa conditions](#), 包含:

- **OSHC – 海外学生医疗保险**应覆盖整个学时
- **Course Enrolment – 确保注册学习**
- **Academic Performance and Progress - 确保学习进度**
- **Changes in Address or Contact details - 个人居住地址和联系方式的更改**
 - 请在抵达堪培拉后的7日内通知学校你的居住地址和联系方式，如居住地址和联系方式更改，也需要在7日内通知学校
- **Working Restrictions - 工作权限**
- **[Welfare Arrangements](#) 未满18周岁的学生**
- 提供监护人和住宿证明 evidence of Guardianship and Accommodation, 或者 [CAAW Letter](#) 由学校签发，需先通过 [ISA Guardian and Welfare Service](#), [Australian Homestay Network \(AHN\)](#) 申请

Read: [Education Services for Overseas Students \(ESOS\) framework](#)

工作权限

学生签证持有者

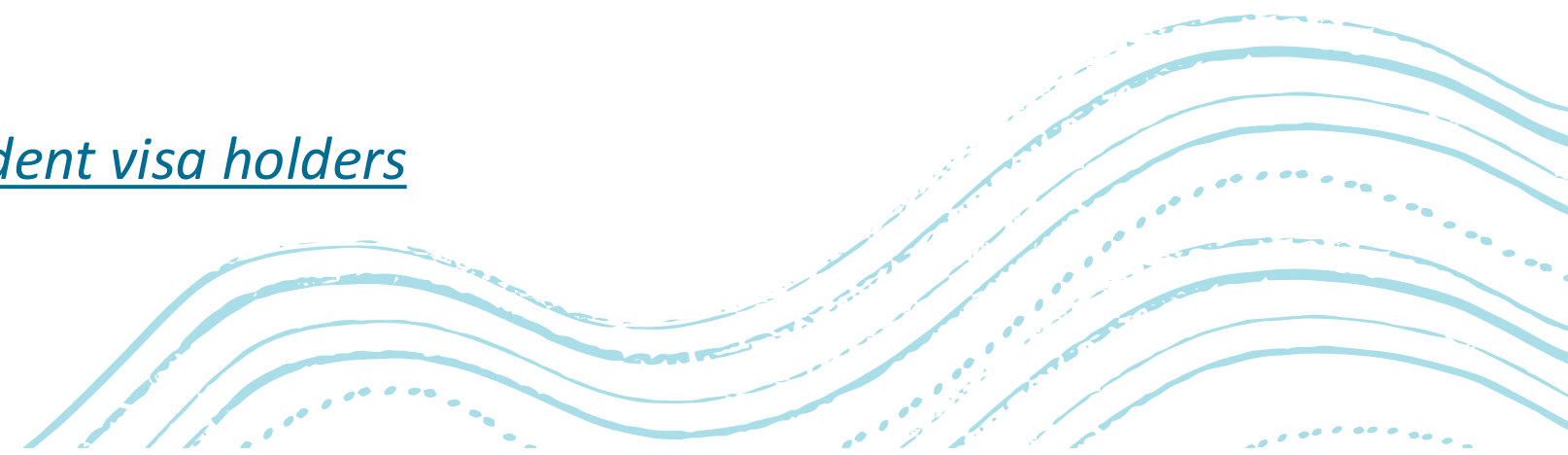
在2023年7月1日起，标准教学期间每两周可以工作48小时（或每周24小时）

- 两周指从星期一开始的14天时间
- 大学放假期间或课程不在进行时，可以无限制工作时间
- 您或您的家属在课程开始之前不能开始工作

学生签证持有者的家属

- 硕士和博士 – 可以工作无限制时间
- 学士 – 始终每两周可以工作48小时

参考: [Work restrictions for student visa holders](#)





住宿保障

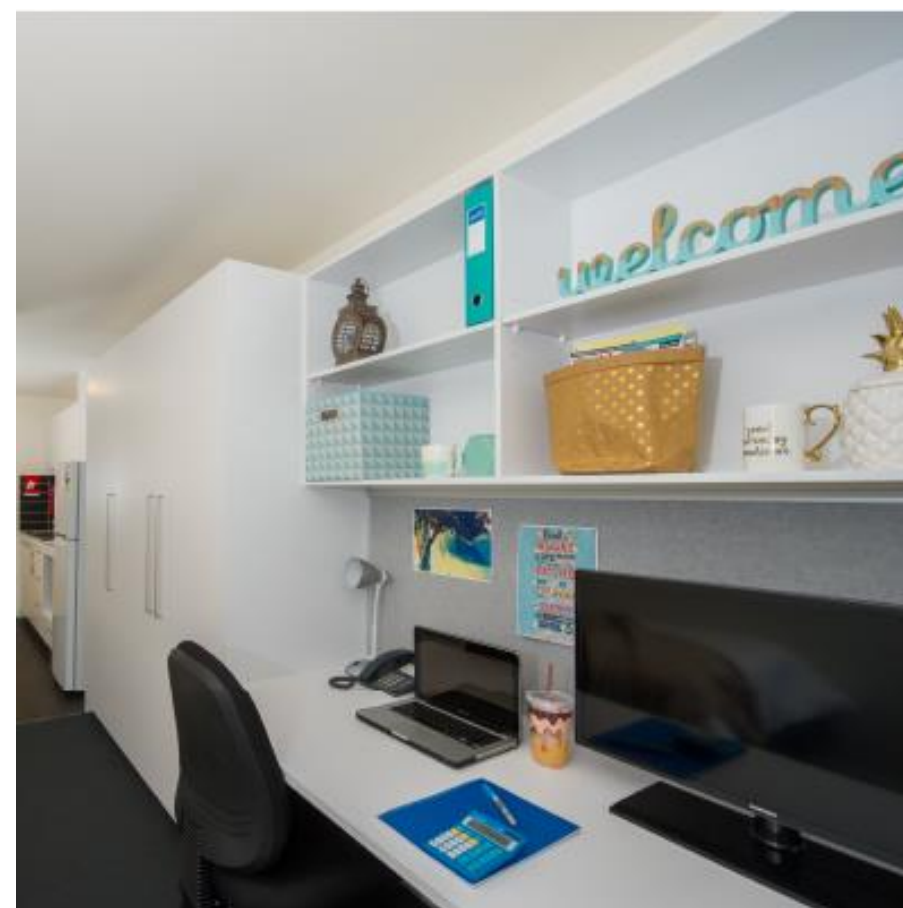
Bruce campus超过2500个床位
提供给国际留学生，点击
[https://www.canberra.edu.au/
future-students/life-at-
uc/accommodation](https://www.canberra.edu.au/future-students/life-at-uc/accommodation) 查看详情。



性价比高

由UniLodge提供，多种房型可
供选择。

价位 **每周\$196起**



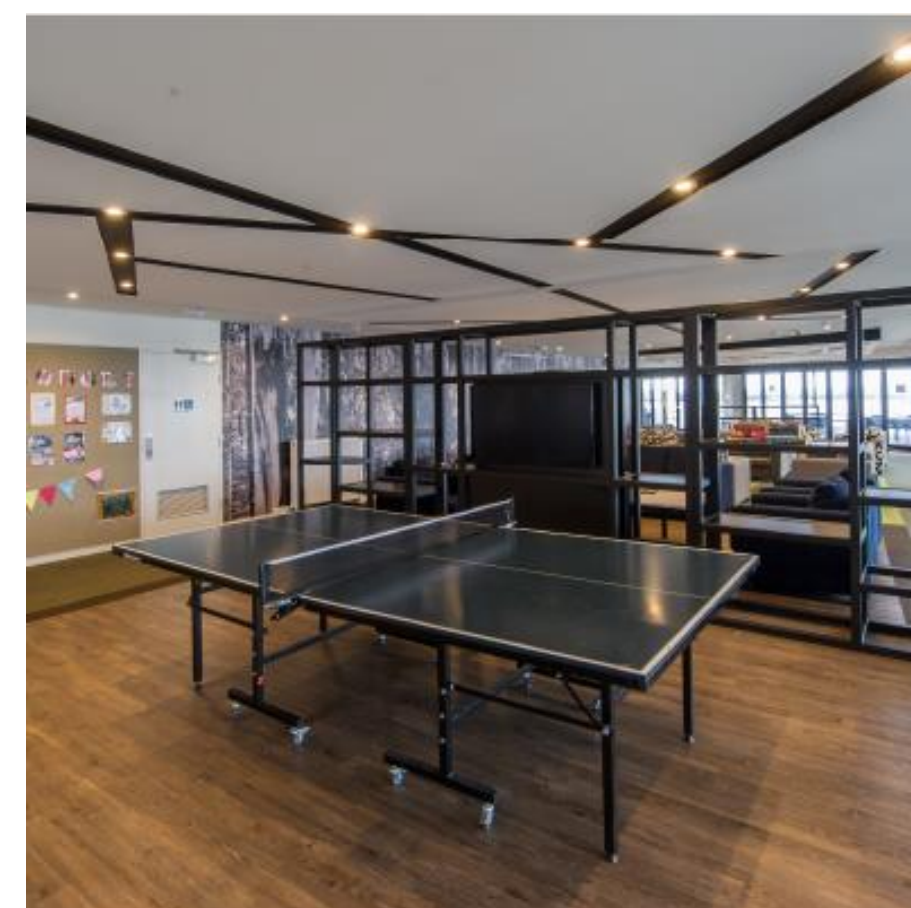
多种房型选择

单间公寓，豪华单间公寓，
1室公寓，双人间，3-4室公寓，
7室公寓，12室公寓

申请截止

12月31号 (S1)

6月30 (S2)



设施完备

带家具，拎包入住，Wi-Fi，
公共娱乐设施

Accommodation

校外住宿

UniGardens 为在堪培拉的大学生提供多种合租或整租选择。

- 合租
 - [Flatmates](#)
 - [Canberra Student Housing Cooperative](#) (North side)
- 租公寓或独栋
 - [Gumtree](#)
 - [All homes](#) (Canberra-focused)
 - [Domain](#) and [Real Estate](#) (National)
- 与亲属居住或寄宿家庭
 - [Australian Homestay Network](#)

有关住宿及租赁, 相关网站:

- [ACT Civil and Administrative Tribunal](#) (disputes)
- [Tenants' Union ACT](#) (education and advocacy)



For any other *Accommodation support*, connect with:
Wellbeing@canberra.edu.au





初始资金准备

作为国际留学生，你必须确保你有足够的资金用以支付你的学费，你和你的附带家属的生活费。

自2024年5月10日起, 学生签证要求的最低资金要求 [Financial Capacity Requirement for Student Visa](#) :

- 学生本人- 澳币29,710
- 配偶- 澳元10,394
- 随行的孩子- 澳元4,449

小提示：你的真实生活费用取决你的生活方式和消费方式。切记合理规划，不要透支学费。

一些实用的网站和小工具:

- [Education and Living Costs in Australia](#)
- [Living Costs Calculator](#)

货币

海外转账通常需要时间，所以请确保你携带足够的资金足够支付初始阶段的花费。提前兑换澳币或者在国际机场兑换。



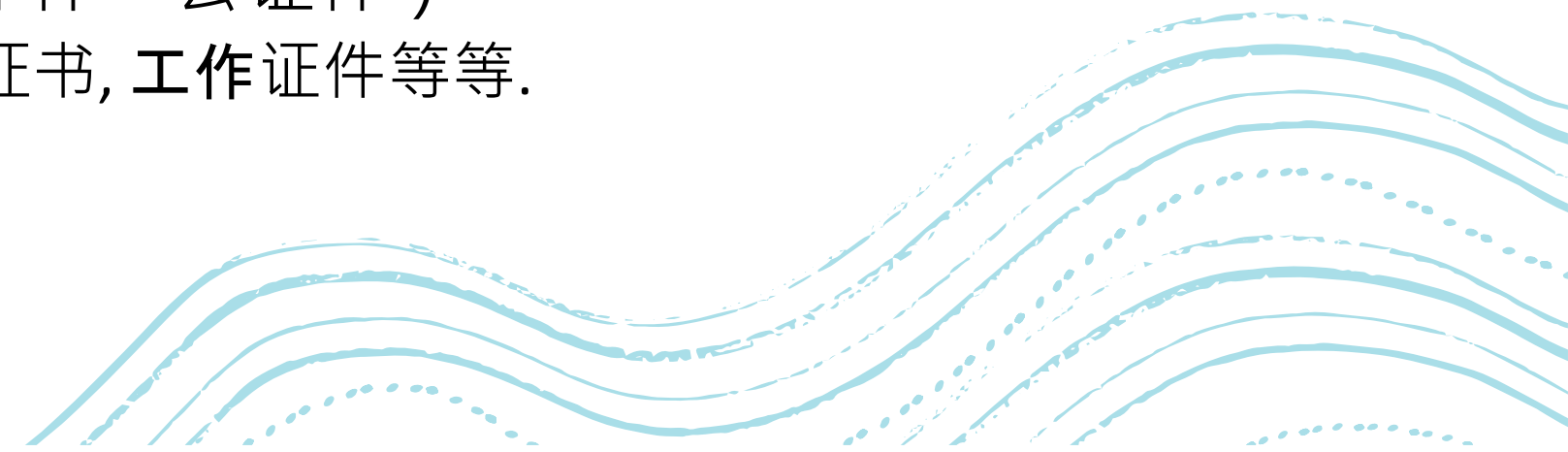
What To Bring 行李

必需品 - 手提行李

- ✓ 护照 (有效期6个月以上)
- ✓ 学生签证获准信附件以及CoE附件
- ✓ 电子机票行程单
- ✓ 药品
- ✓ 未满18周岁的学生的住宿安排确认信
- ✓ 少量现金 – (澳币\$500)
- ✓ 洗漱用品
- ✓ 充电宝

其他

- ✓ 电子设备 – 手提电脑，转换插座
- ✓ 外套，冲锋衣
- ✓ 个人证件 (翻译件、公证件)
身份证, 银行卡, 证书, 工作证件等等.



- ❑ 乳制品、蛋类、干种子和坚果
- ❑ 任何食品、植物性和动物性产品
- ❑ 等值于澳元10,000澳元的货币金额
- ❑ 部分药品

◆	Flight number or name of ship		
▶	Intended address in Australia		
		State	
▶	Do you intend to live in Australia for the next 12 months?	Yes	No
▶	If you are NOT an Australian citizen:		
	Do you have tuberculosis?	Yes	No
	Do you have any criminal conviction/s?	Yes	No
DECLARATION		YOUR SIGNATURE	

抵达澳大利亚

- 抵达堪培拉
- 安顿好堪培拉生活
- 生活费用
- 开启堪培拉大学学习生活
- 实用联系方式



堪培拉市没有直达国际航班
你可以选择在悉尼（距堪培拉286公里）或者
墨尔本（距堪培拉680公里）进行中转。

如何抵达堪培拉

乘坐飞机 – 1小时国内航线飞行

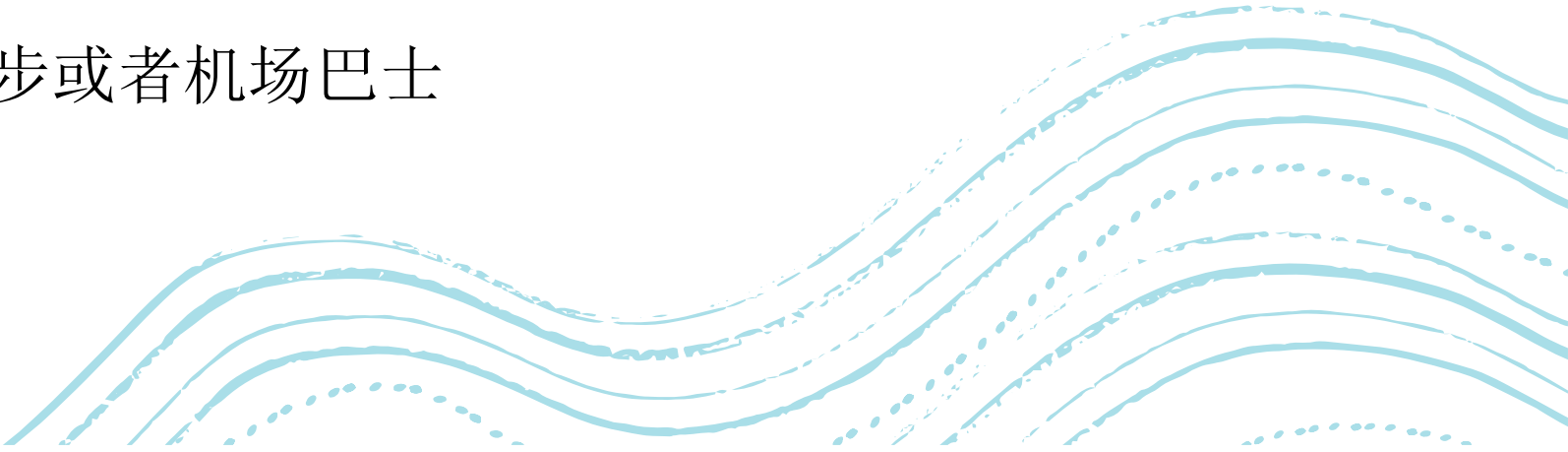
- 接驳航班 - 落地机场完成海关检查，提取行李和通关手续后请前往国内航班登记手续办理处。
- 悉尼机场比较大，你可以乘坐机场免费接驳巴士，墨尔本机场相对较小，可以步行前往国内航站楼。

乘坐大巴

- 乘坐大巴从悉尼到堪培拉需要3个小时，从墨尔本到堪培拉需要7.5个小时。大巴站就在国际到达航站楼外，你只需要跟着机场指示牌前往即可。
- 预定大巴车票，悉尼落地 [Murrays](#)，墨尔本落地 [Greyhound](#)。大巴一般每间隔一小时发车，到达堪培拉市中心Jolimont Centre站，只距离堪培拉大学15分钟车程。

堪培拉市内交通

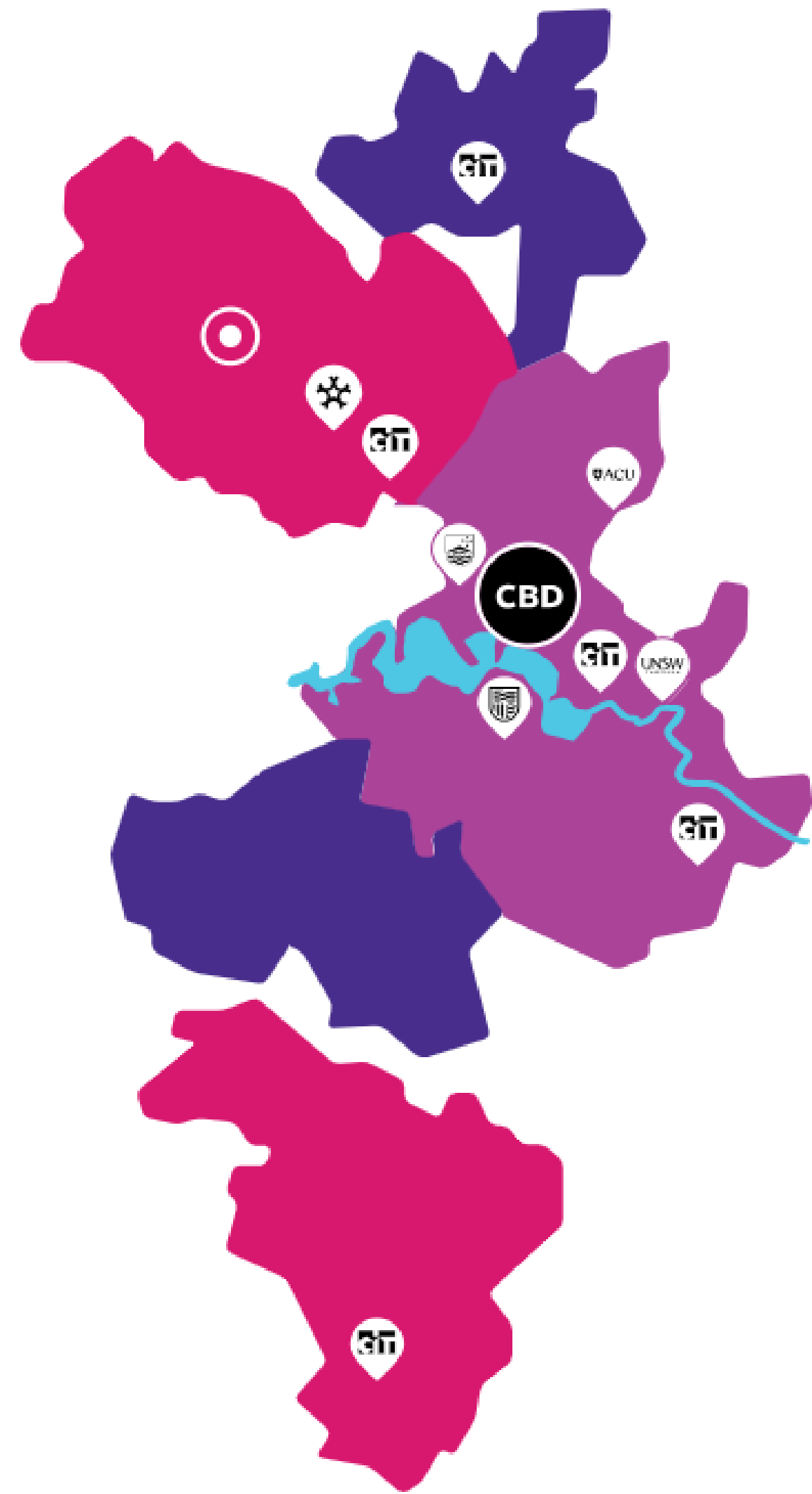
- 可以乘坐出租车，优步或者机场巴士



开始你的堪培拉生活

- 设置手机及网络
 - 和家人朋友保持联系，告知你已经顺利到达！
 - 堪培拉市中心和大部分公共区域都有免费无线网络
 - 上网可以在堪培拉中心选择 - *Vodafone, Telstra, Optus*
- 开通澳大利亚银行账号
 - 澳洲四大银行： *Commonwealth Bank, Westpac, ANZ, NAB*
 - 在ATO网站申请税号 [Tax File Number \(TFN\)](#)
 - 开通账号需要携带你的个人材料包括：CoE, 护照, 录取信和其他形式的ID
- 办理堪培拉交通卡 [MyWay card](#)
- 熟悉堪培拉市
- 熟知紧急联系电话
- 参加迎新周活动

[Explore the Canberra Student Guide](#) – a toolkit created by experts about how to organize and enjoy your student life in Canberra.



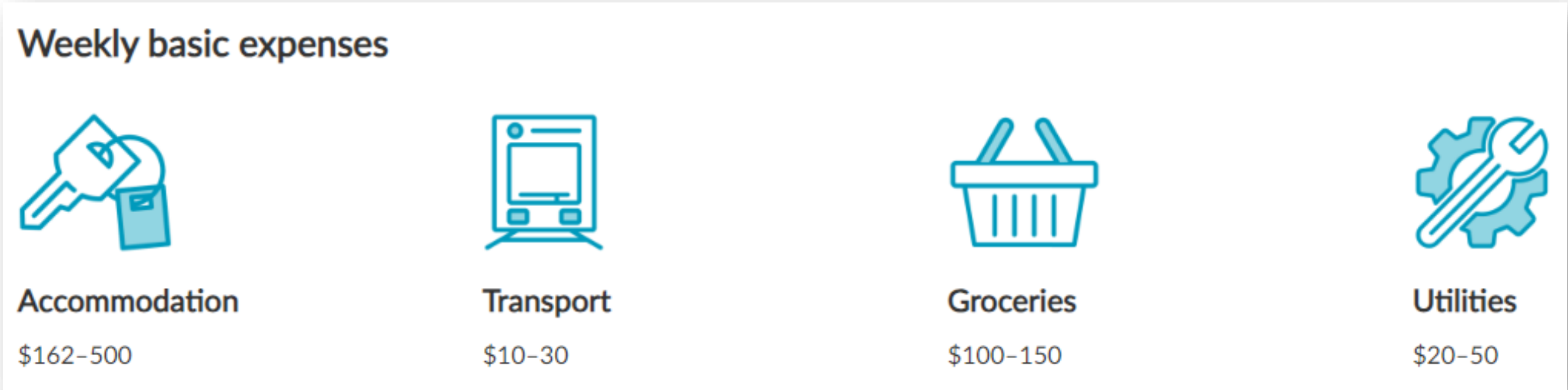
堪培拉生活成本

初始成本

- 临时住所（如需要）
- 租赁保证金（4周租金）
- 预支租金（2-4周租金）
- 水电费和网络安装
- 手机网络费和交通卡

后续花费

- 租金/住宿费
- 水电费，手机和网络
- 饮食及生活用品
- 交通费
- 教材，培训及娱乐活动
- 育儿及学费（家属）



详情请登录 [Cost of Living in Canberra](#), [UC's childcare centres](#), or [Moving to Canberra Living Costs](#)

堪培拉生活

参考: [Living in Canberra 指南](#) & [Canberra Events Calendar](#).

- 澳大利亚首都城市-全球最宜居及最适合留学城市之一!
- 多文化之城, 人口47万, 25%的堪培拉人出生在海外。
- 澳大利亚文化素质最高, 发展最迅速的城市。
- 世界最安全及最健康的城市之一。
- 多元就业市场及强势就业增长之城。
- 澳大利亚超高人均收入及就业率之城。
- 相较其他澳大利亚城市, 堪培拉生活成本低, 便利度高。当天往返海滩, 山林, 和悉尼都很方便。
- 城市充满活力和美食。
- 享受高品质生活, 花园般自然环境和惬意生活方式。

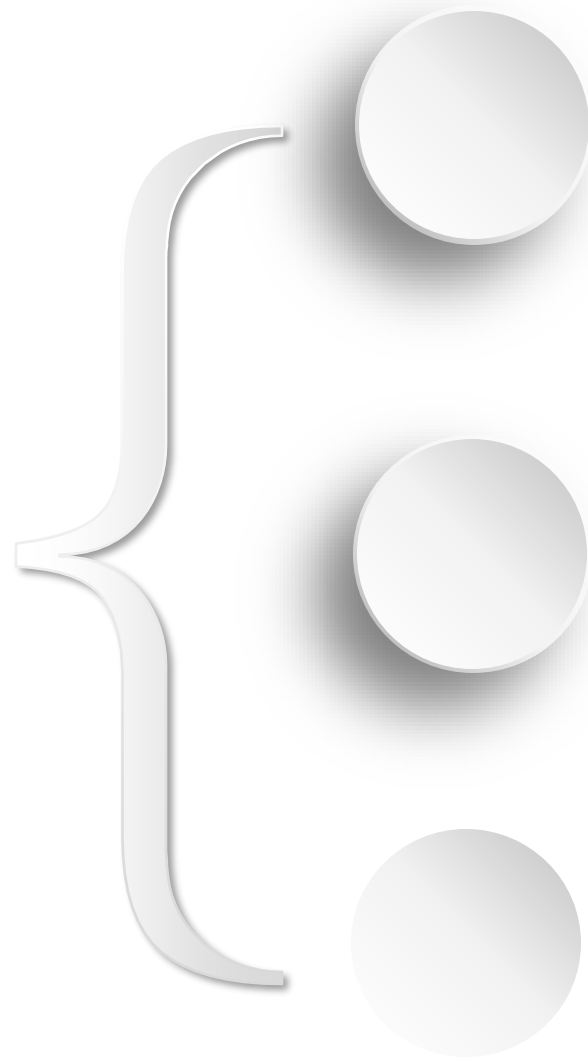


安全及紧急联系方式

拨打紧急联系电话

拨打三个零 (000) 或者 112 (手机端) - 是最快获得帮助的方式!

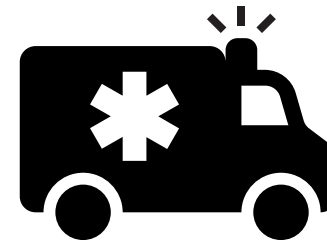
000



警察局



救护车



火警



堪培拉大学校内保安

任意大学电话拨打校园紧急号码

Ph: 6201 2222 Ext. 2222

日常问询

Ph: 6201 2050

其他

州紧急电话 (SES) - 132 500

生命救援 - 13 11 14

中毒信息热线 - 131 126

健康热线 - 1800 022 222

开始你的校园生活 & 新生报到

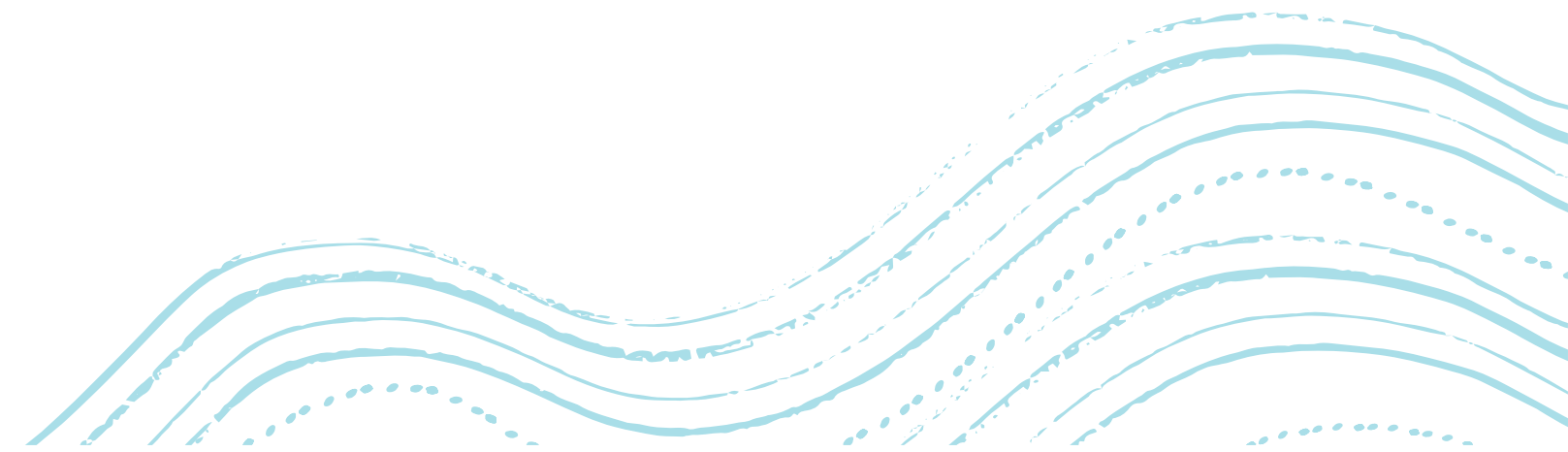
下一步：设置学生账号 (MyUC)

- 新生报到，会收到大学的邮件指导你如何在接受录取通知书后创建你的密码。请注意，邮件只会发到你注册的时候填写的个人邮箱里。
- 创建用户账号需要24小时，并自动生成在开课前6个月的有效期。
- 你的MyUC用户名是你的大学邮箱地址，包含你的学生ID前面加一个“u” – 例如
u3255077@uni.canberra.edu.au
- 有任何问题，请联系大学服务中心邮箱
servicedesk@canberra.edu.au 或者致电 (02) 6201 5500 寻求帮助。



为你的大学生活做好准备

- 参加国际新生报到周（开课前一周）。
- 参加新生报到周的学院课程咨询活动，活动将提供关于课程的重要信息！
- 激活你的学生邮箱。在新生报到周上你将学会如何使用你的学生端口 [MyUC](#)，MyUC可以：
 - 更新你的联系方式和紧急联系人
 - 创建你的 [USI](#)（需要到达澳大利亚以后创建）
 - 选课 [Enrol in units](#)
 - 创建你的课程表
- 注册海外学生保险和安联国际协助电子账户 [Register your OSHC Policy](#)（如果你选择由大学来安排你的海外学生保险）。
- 学生管理协助，请到访学生中心（位于1号楼B层）。



MyUC

The screenshot shows the MyUC student portal homepage. At the top is a navigation bar with links for Accessibility and language options, My email, UCLearn, Account settings, Contact us, and a prominent yellow 'Report an incident' button. Below this is a dark blue header with the 'myUC' logo and menu items: My studies, Enrolment and timetable, Fees and scholarships, Learning resources, Careers, internships, placements, and Student support. The main content area features a large blue section titled 'What's new in myUC' with a sub-header 'Big changes have arrived in myUC! Here's a quick summary of what's changed in our refreshed student portal.' and a button for a 'Quick guide to myUC changes'. To the right is a promotional banner for the 'Academic Integrity Policy' with a red 'IT'S HERE!' banner and a photo of students. Below the banner are three service tiles: 'I would like to...' with links to find online forms, order/replace ID cards, arrange parking, and order transcripts; 'Timetable' with 'Allocate+' for managing class timetables; and 'Contact us' with the 'Student Centre' for administrative help.

canberra.edu.au/content/myuc/home.html

CRM UC Home - Universi... Staff Portal - Univer... Regular UC sites SMH&WF READINGS ISSS PhysiApp® AASW IS Support Plan 2024 Login | University of... Web Team - MyUC...

Accessibility and language options My email UCLearn Account settings Contact us Report an incident

myUC My studies Enrolment and timetable Fees and scholarships Learning resources Careers, internships, placements Student support

What's new in myUC

Big changes have arrived in myUC! Here's a quick summary of what's changed in our refreshed student portal.

Quick guide to myUC changes

IT'S HERE!

Academic Integrity Policy

Access the new policy

I would like to...

- Find an online form
- Order or replace my Student ID card
- Arrange parking on campus
- Order an academic transcript

Timetable

Allocate+

Manage your current class timetable through Allocate+. Your timetable includes all the lectures, tutes, and labs you need to attend for enrolled units.

Open Allocate+

Contact us

Student Centre

The Student Centre can help with all your administrative questions and point you in the right direction for other support.

Contact Student Centre

I would like to...

Find an online form

Order or replace my Student ID card

Timetable

Allocate+

Manage your current class timetable through

Contact us

Student Centre

The Student Centre can help with all your

www.canberra.edu.au/content/myuc



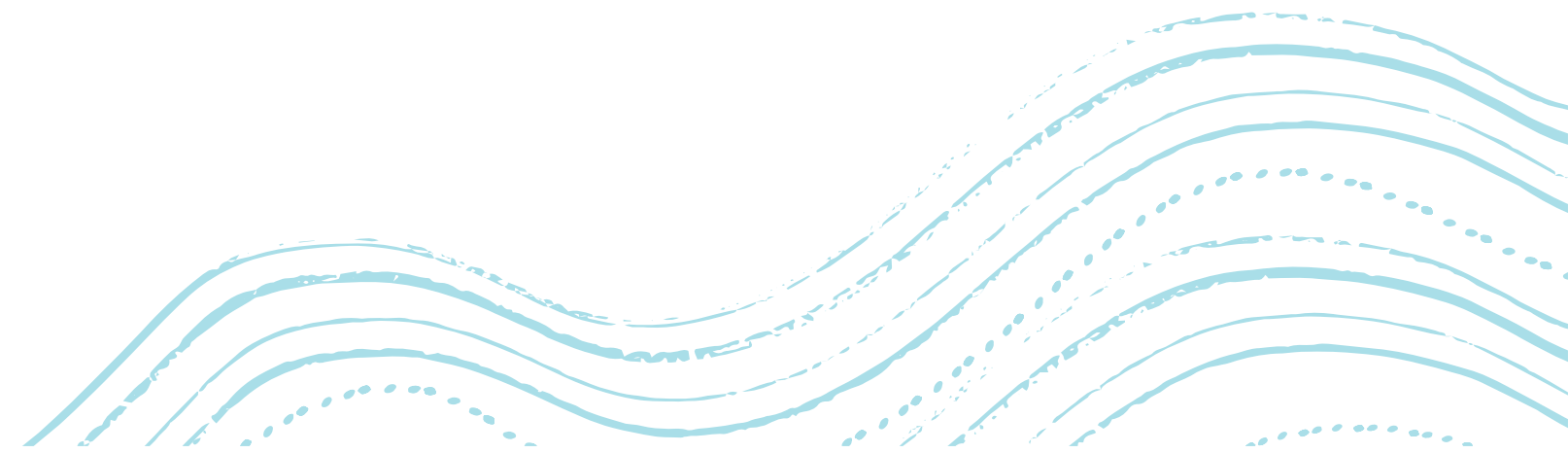
迎新周 (O-Week)

- 新生报到周是融入大学社区，认识新朋友的绝佳机会！
- 在开始学习前了解课程信息，校园，建立社交圈。
- 免费的美食及活动：
 - ☐ 国际新生报到
 - ☐ 欢迎仪式
 - ☐ 国际生欢迎庆典
 - ☐ 快速交友
 - ☐ 图书馆校园游览
 - ☐ 学生福祉欢迎区
 - ☐ 学院活动/课程信息活动
 - ☐ 领取学生证
- 堪培拉大学学生支持服务 [UC's Student Support Services](#)



新生报到 – 堪培拉大学学院

- 堪培拉大学学院新生报道安排将会以邮件形式在开课前发给学生本人或代理。更多信息请联系：
 - T: +61 2 6201 2961
 - E: ucc.studentservices@canberra.edu.au
- 请携带护照/照片ID， 录取通知书， COE复印件。
- 堪培拉大学学院前台位于5号楼B层。
- 迎新活动： 19May (6月入学的新生)， 21 July (7月入学的新生)， 注册， 欢迎仪式， 学生心理健康支持， 学习技巧支持， 课程信息， 免费午餐， 游览校园。



Key contacts @ UC 重要通讯录

入读后：在读学生
- 行政事宜：例如办理学生卡，注册

Student.centre@canberra.edu.au
Ph: 1300 301 727
Building 1, Level B

课程相关问题

联系相关课程负责人

学院联系方式

- BGL商政法 - BGLStudent@canberra.edu.au
- FAD 人文设计 - fad.student@canberra.edu.au
- SciTech 科学技术 - SciTech-studentenquiries@canberra.edu.au
- Health健康 - health.student@canberra.edu.au
- Education教育 - Education.student@canberra.edu.au

招生文案组/晚报到

联系您的代理顾问老师或者在申请系统Studylink直接回复我们的邮件admissions@canberra.edu.au

晚报到- internationalstudent@canberra.edu.au

Questions?

UC International Website:

www.canberra.edu.au/future-students/study-at-uc/international

Email:

UCinternational@canberra.edu.au

A decorative graphic at the top of the page consisting of a grid of white lines on a blue background. The grid is composed of both solid and dotted lines, and the overall pattern is slightly wavy.

堪培拉大学及学院欢迎你

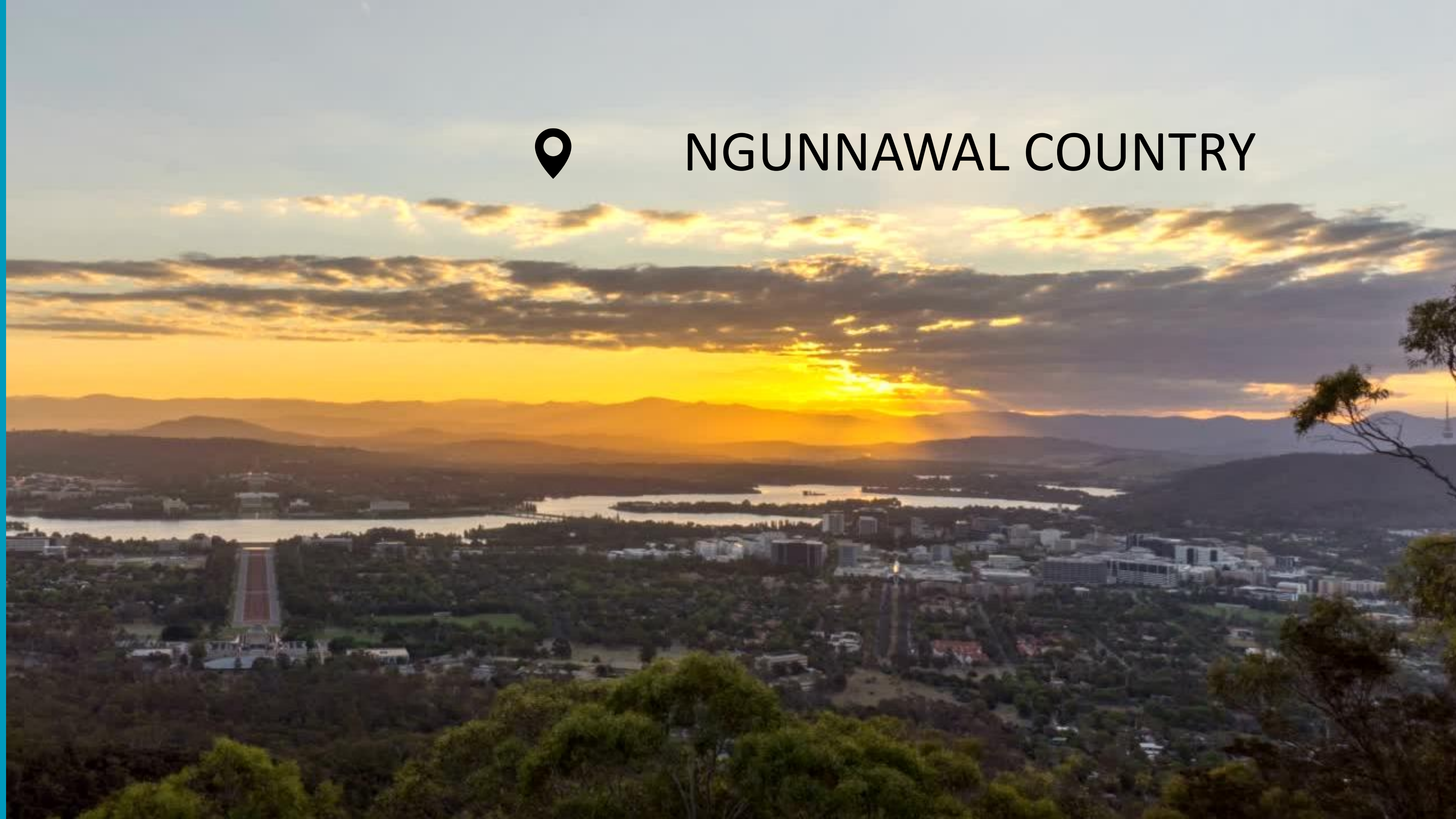
#UniCBR #WeAreUC

Student Wellbeing and Support

wellbeing@canberra.edu.au



NGUNNAWAL COUNTRY





Your wellbeing, success
and safety are our priority.

We are here to support you.
Please connect with us.

Student Wellbeing & Support

We are your number one point of contact for:

- Wellbeing support
- Orientation and transition support
- Activities and events for international students
- Customised, holistic support for international students
- Or any other concerns or challenges that you may face throughout your entire degree at UC
- Support for Australia Awards scholarship holders
- Support for Under-18 international students

We provide individualised support and information to help you navigate your journey at UC in the best way possible.

wellbeing@canberra.edu.au





Student Centre

Your point of contact for:

- Advice about your unit enrolment
- Managing your studies
- Fees
- Navigating changes to your study plan
- Applying for
 - an extension of your COE
 - a study load variation
 - intermission
 - release request
 - discontinuation

The Student Centre team are available for students to access support via drop-in, phone call or email Monday-Friday 10am-4pm.

internationalstudent@canberra.edu.au

Safety in Australia



call 000

- Police
- Fire
- Ambulance

UC Campus Security
Emergency contact on campus from
any University phone.
Ph: 6201 2222 Ext. 2222

There are a lot of support services
available all day and night to
support students:

- Lifeline 13 11 44
- Poisons Info Line - 131 126
- Health direct - 1800 022 222



Wellbeing activities

Throughout the semester, Student Wellbeing and Support delivers a wide range of activities for students to support you to connect with your peers, with the UC community and with Canberra and the region.

Join us!

- Support Pop Ups and Events
- Targeted Orientation Activities
- General information, advice and guidance to ensure a successful transition to UC
- Thrive Together: Wellbeing Weekly activities
- Free International Student Monthly Lunches
- Wellbeing excursions!



UC Student Mentor Program

The UC Student Mentor Program involves current university students providing support and connection for fellow students for the duration of a semester.

Student Mentors facilitate structured weekly Mentoring sessions and are available to answer questions, provide guidance as required and connect with relevant support services at UC.

"As a new student on campus, this program helped me feel like I had someone that could help me out when I needed it. I felt really supported and had a really great time meeting up with my mentor."



Study Skills

Supporting your study help needs on-campus and online

Planning your time

Using online sites e.g. MyUC, UCLearn

Assessment writing

Researching & note-taking

Language skills development

Academic Integrity

Referencing and more

Timetables and access information on the

Study Help site: www.canberra.edu.au/studyhelp

E: studyskills@canberra.edu.au

Ph: 6201 2205

Study Skills Services

ASK Advisors – general study and Library help

Study Skills Drop-In – specialist study, referencing and English language help

PALS (Peer Assisted Learning Sessions) – group study sessions for many core units in SciTech, BGL and Health

MASH – specialist Maths, Statistics and IT Help

Studiosity

Online 24/7 study help:

Writing Feedback

Connect Live

Available via the left menu of your unit teaching sites or the Study Help site

Study Skills Courses

Self paced:

Academic Integrity Module (AIM)

Study Skills for Success

Workshops:

English for Uni

Study Skills for Success

The Study Help site has over 200 self-paced online resources. It is available 24/7 via the Student Support Hub.



Inclusion UC

InclusionUC provides a range of free and confidential services to improve the participation, retention and success of students with ongoing health conditions and/or disabilities.

Reasonable adjustments

Exam modifications

Faculty liaison and support

Scan the QR Code (or follow this link: [InclusionUC](#)) for information on us, how to apply, support we offer and to book an appointment.

Email: inclusion@canberra.edu.au, phone: 6201 5233.



Careers UC

Whether you need careers advice or help securing a casual job, internship or placement, or a graduate job, our dedicated careers team – Careers UC – will work with you to plan your career.

You can access a wide variety of support services through Careers UC. From workshops about resume development and interview techniques, you'll have all the support you need with our experienced careers team.

Careers UC offers drop-in sessions for students, two hours every day. We do not take bookings so you can drop in whenever during these times at our office on 1C42 above UC refectory:

- Monday 12pm - 2pm
- Tuesday 11am - 1pm
- Wednesday 11am - 1pm
- Thursday 2pm - 4pm
- Friday 10am - 12pm

Phone: +61 2 6201 2660

Email: careers@canberra.edu.au





Facilities & Resources

The University has a rich variety of facilities for students, staff and the community to engage with. We also seek to maximise and strengthen opportunities for participation in sports, cultural and social activities, creating a vibrant campus life.

Explore what's on offer and make the most of your time with us:

- **Student Spaces** - Interesting collaborative spaces for living and learning - Library, Building 1 and 2 etc.
- **Laboratories** - Our laboratories provide specialist teaching in science, health, art and design.
- **Sporting Facilities** - An international centre of excellence in sport and home to the ACT Brumbies and UC Capitals.



Faculty contacts

Your Faculty (or UC College/Graduate Research) will help you with issuing Study Plan, enrolment options and academic enquiries specific to your course and units

- **Business, Government & Law - BGLStudent@canberra.edu.au**
- **Science & Technology - SciTech-StudentEnquiries@canberra.edu.au**
- **Education - Education.Student@canberra.edu.au**
- **Health - Health.Student@canberra.edu.au**
- **Arts & Design - FAD.Student@canberra.edu.au**

- **UC College - UCC.StudentServices@canberra.edu.au**
- **Graduate Research (Higher Degree by Research (HDR) students) – GraduateResearch@canberra.edu.au**

Connect with us

Student Wellbeing and Support

Phone - 02 6206 8841

Email - wellbeing@canberra.edu.au

Drop-in - Student Centre, Building 1 - 10:00am-4:00pm,
Monday-Friday (excluding public holidays)

After-hours support - UC Crisis Line 1300 271 790 | text
0488 884 227

Find out more and book appointment:

