

Your Student Guide



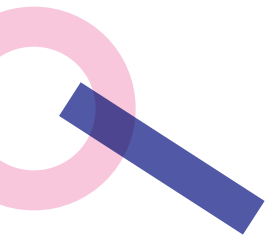
Acknowledgement of Country

We respectfully acknowledge the Kurna, Boandik and Barngarla First Nations Peoples and their Elders past and present, who are the First Nations' traditional owners of the land that are now home to the University of South Australia's campuses in Adelaide, Mount Gambier and Whyalla.

We are honoured to recognise our connection to the Kurna, the Boandik and the Barngarla lands, and their history, culture and spirituality through these locations, and we strive to ensure that we operate in a manner which respects their Elders and ancestors. We also acknowledge the other First Nations of lands across Australia with which we conduct business, their Elders, ancestors, cultures and heritage.

What should you know

All information and links contained in this guide were up to date at the time of printing. While this booklet is designed to assist students, USASA accepts no responsibility for actions taken on the basis of information provided in this booklet. In addition, USASA does not endorse or accept responsibility for the content of any linked site contained in this booklet.





University of South Australia
Student Association

empowering
you

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Welcome to the UniSA Community

Congratulations and welcome to the UniSA community!

UniSA is a melting pot of cultures and curriculums and this little guide from the University of South Australia Student Association (USASA) has everything to help you get started. You'll find ways to get involved in the UniSA community, how to access all of USASA's services, how to receive support, where you can get creative, and how you can meet new friends!

What exactly is USASA?

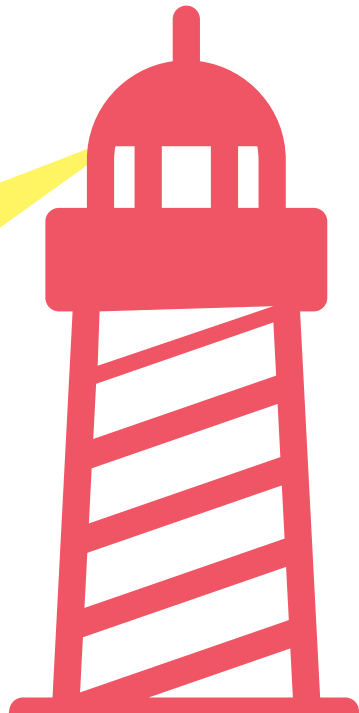
We are the University of South Australia Student Association.

USASA's ethos is pretty straightforward - we exist to empower you to shape your own university journey. USASA provides tools and services which enable you to thrive and become a well-rounded individual. As a UniSA student, all of USASA's services are free and available to you. Established in 1994, we are a not-for-profit organisation led by a student Board (elected each year by you!). We are the engine which provides vibrancy outside of lectures, exams and assessments. USASA give students a voice, supports over 90 clubs, delivers fun events, provides academic support, helps you navigate your finances, fosters your creativity and constantly improves student services and spaces.

How do I become a member?

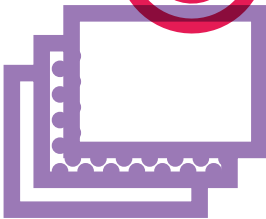
You are automatically a member of USASA by enrolling as a UniSA student - how good is that? All of USASA services are paid for by your Student Services and Amenities Fee (SSAF). This is the fee charged to all university students for non-academic services and amenities. This includes employment and career services, student clubs, sport and recreational activities, counselling and subsidised food services. Read more about how your SSAF is spent on USASA's website.

[USASA.sa.edu.au/SSAF](https://usasa.sa.edu.au/SSAF)





How can you access USASA's services?



Where do you start?

A good place to get started is USASA's website.

USASA.sa.edu.au

Registration is easy, and although it's not a necessity, it's a good way to ensure you stay connected with the wider UniSA community.

When you register, you'll be added to our mailing list, which will ensure you never miss a beat. You can also connect with USASA via social media, where you'll receive daily updates, important announcements, lol-worthy memes, student discounts, and free stuff!

Simply follow USASA on Facebook and Instagram **@USASAadelaide**

The best part is, you can start enjoying the benefits of being a UniSA student right now.

USASA Student Spaces

You can find USASA staff and spaces on all six UniSA campuses. The USASA spaces are an ever-changing hub of activity. They are your go-to location for key information to keep you in the loop and stocked up on useful items.

Our staff are available for face-to-face queries, support, directions, freebies or just to have a chat.

Other essentials include:

- \$1 cup noodles
- Freebies (think: student diaries, pens and wall planners)
- Personal health items like sanitary items & condoms
- Verse Magazines
- Friendly staff who are also UniSA students
- Some spaces offer a student kitchen with access to tea, coffee and a microwave (other campuses have access to a student lounge)

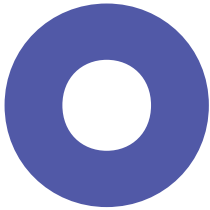
All USASA locations and campus maps can be found on the website.

[USASA.sa.edu.au/FindUs](https://www.usasa.sa.edu.au/FindUs)





Get Involved



Get out what you put in

One of the best pieces of advice USASA can give you is *'get involved'*!

Your university experience is only as good as you make it and USASA's aim is to empower you with the tools to ensure you have a great experience! As a UniSA student, you are automatically given access to all of USASA's services like clubs and societies, grants for creative ideas and personal development, various jolly-good events, volunteering and paid opportunities, running for the student Board, receiving advocacy support and financial counselling, as well as writing and creative input for Verse Magazine (the UniSA student publication).

Everything is yours for the taking, you just need to take the first step.

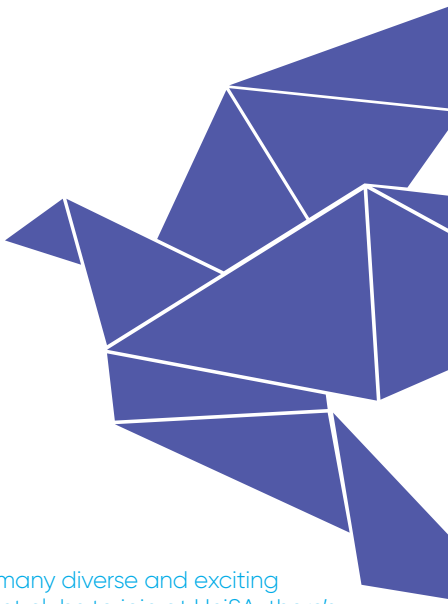


Find your flock.

Clubs & Societies

USASA funds and supports over 90 clubs and societies. One of USASA's key objectives is to empower you to drive a campus culture where you have fun, make friends and take pride in your University. What better way to do this than by supporting student clubs? But, why should you join or start a USASA Club? There's a bunch of reasons:

- Make friends with like-minded people
- Enhance campus vibrancy
- Boost your resume
- Run your own events
- Expand your university experience
- Learn about different cultures



With many diverse and exciting student clubs to join at UniSA, there's bound to be something for you! Can't find a club that interests you? Be a trail-blazer, and start a new club.

USASA Clubs are the largest contributor to student events and campus culture at UniSA, running up to 1000 events per year, and providing a network of students to make friends and create connections with.

USASA supports clubs in a variety of ways including resourcing and mentorship, with the aim of empowering students to engage each other, peer-to-peer.

For info, the full list of clubs and events visit the website.

USASA.sa.edu.au/AboutClubs



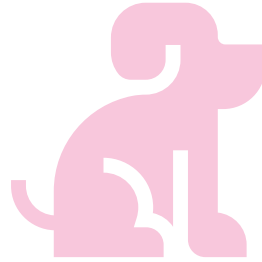
Campus Culture



Balance your study with the fun stuff.

A spirited university community is always at the forefront of everything USASA does. USASA hosts a fantastic variety of events and activities each semester to help cultivate community, capture moments and help you look after your health and wellbeing.

USASA also helps our eclectic mix of student clubs to throw weekly events - that's around 1000 events each year! There is always something to do, see, eat and learn.



UniTopia

UniTopia is USASA's flagship wellbeing event for all UniSA students. It's designed to encourage you to take a study-break and nurture your wellness. You'll find all sorts of tactile activities to help you relax, move, create, connect, nourish your soul and mind. Grab a friend or even make a new one in a relaxing, stress-free environment.

USASA.sa.edu.au/UniTopia

Campus Fair

Campus Fair is UniSA & USASA's main orientation event. The multi-campus event is full of freebies, festivities and fun, which aims to immerse you into university life, bring together people from all over campus and make lifelong mates. Campus Fair connects you with all USASA and UniSA services, including social and sport student clubs, events, wellbeing, career and volunteer opportunities, leadership to name a few.

USASA.sa.edu.au/CampusFair

Art on Campus

Art on Campus is the perfect opportunity for you to express your creativity, beautify the campuses and be showcased in the SALA Festival. The project unites aspiring artists, designers, and creatives from all disciplines across the university. Entries open mid-year, so keep an eye out for the launch!

USASA.sa.edu.au/ArtonCampus



Student Board

USASA is led by the Student Board and they are the peak decision-making committee of the organisation. The Board is made up of 14 elected students, who are passionate about representing all UniSA students.

They have an overarching responsibility to manage the conduct of USASA's business and affairs. They are also responsible for the management and control of USASA's funds and property. The board gives a voice to all UniSA students, and you can also voice your concerns and enact change by contacting any of the reps. You can contact the Board and also see what they've been up to by visiting their website.

USASA.sa.edu.au/StudentBoard

Perhaps you'd like to be a student leader and represent your peers?

You can challenge and empower yourself by nominating to be a student leader in the annual election for the USASA Board. Being a student representative enables you to develop confidence & leadership, build networks with staff and students, increase your employability and receive personal development.

Nominations for positions and the election usually runs from September to October each year, find out more by visiting the website and social media.

USASA.sa.edu.au/Elections



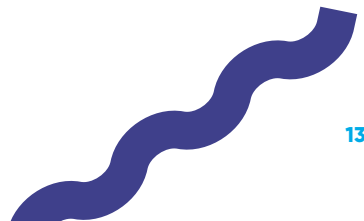
Verse Magazine

Funded and supported by USASA, Verse Magazine is your go-to independent student publication.

The award-winning magazine is completely student-run, with all the content curated by the UniSA community. The meticulously-designed mag includes anything from think-pieces, poetry, reviews, to hand-crafted masterpieces and university projects.

The magazine releases six editions every year, with over 12,000 printed copies distributed across the six campuses. Each year, USASA recruits a new editorial team who are able to tap into a loyal following of talented contributors who report on what's happening in and around the current student zeitgeist. You can connect, submit, get involved or even apply for the team by heading to the website and following on social media.

VerseMag.com.au
[@VerseMagazine](https://www.instagram.com/VerseMagazine)





Receive Support

Advocacy Service

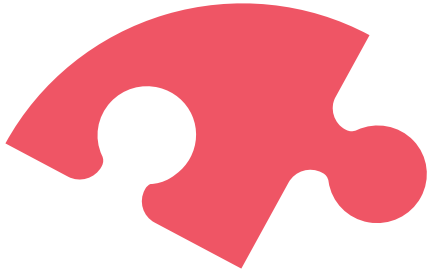
Being a university student comes with academic policies and procedures which you must adhere to. This aspect of university can be overwhelming or confusing to understand.

If you run into academic integrity issues, the USASA advocacy service exists to help you navigate the system and depressurize your situation. Student Advocates can help you with the procedures for remarking, resubmissions and appeals against your final grades.

The USASA Advocates can help you understand academic policies and procedures, advise you as to what is happening with your situation and what to do next. Their expert advice and knowledge of university processes will help you pursue your student rights. To read more about the service visit the website.

USASA.sa.edu.au/AdvocateHelp





Financial Counselling



Being a university student is a huge financial commitment, especially if you are supporting yourself.

USASA offers a Financial Counselling service, who can help you manage your finances and assist in making the pieces of the puzzle fit. On your university journey, you may find you have stress related to issues such as debt, rent, utility costs and budgeting problems. This is where a Financial Counsellor may be about to help identify your options and help you plan a course of action.

The service provides access to emergency food support, help with applications for grants, dealing with bad financial standing with the University, and developing a budget to stabilise your finances.

To find out more about the service, visit the website.

**[USASA.sa.edu.au/
FinancialCounselling](https://USASA.sa.edu.au/FinancialCounselling)**

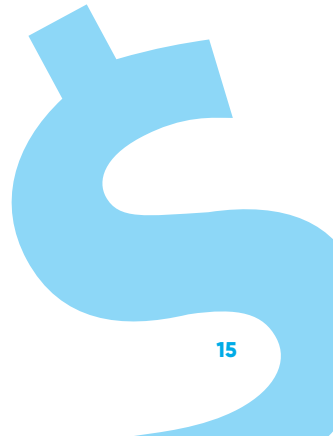


Tax Help

Taxes are a yearly thing that you need to stay on top of.

USASA offers students free help with your tax return, with appointments open from July until October. To make sure you are eligible and to book an appointment visit the website.

USASA.sa.edu.au/TaxHelp



The background features three paper airplanes: a purple one in the top left, a large orange one in the top right, and a purple one in the bottom center. Dashed lines in purple, blue, and orange trail behind the airplanes, creating a sense of movement and flight. The word "Grants" is written in a large, bold, blue font, with the letter 'a' in green.

Grants

Let USASA help you launch your ideas

Do you have an exciting idea for your personal development or club, and it just needs a little kick-start?

USASA's Grants program might just be able to help! The program aims to support initiatives that enhance your student experience, such as enhancing campus vibrancy, running original and engaging events and supporting innovative personal development programs.

Successful grant applicants can receive between \$500 and \$2500. If you want to explore how a USASA Grant can launch your idea.

USASA.sa.edu.au/Grants



Let's talk about sex!

Sexual health, wellbeing and responsibility.

UniSA is home to over 32,000 students from all walks of life – where a vibrant mix of genders, cultures and disciplines exist in close proximity to each other.

Being respectful to each and every student is everyone's responsibility and one way we can do this by staying educated and informed about sexuality, consent and respect.

USASA's '*Uncensored: Let's Talk About Sex!*' publication is available to help answer questions about gender & sexual diversity, consent, contraception, sexually transmitted infections and more.

USASA.sa.edu.au/Uncensored



Responsible Party

When the Party Squad arrives, the party starts!

In 2019 USASA started a pilot of the Responsible Party program; a peer-to-peer prevention program to tackle binge drinking and create awareness about the risks of excessive alcohol consumption amongst the UniSA student cohort.

Are you organising a student party? Invite the Responsible Party Squad of student ambassadors to join the party with some fun games, contests, freebies and simple tips that help you and your friends be smart about alcohol consumption and avoid situations you will regret the next morning. But no worries: the Party Squad will not lecture you on abstaining from drinking whatsoever! Want to find out how to join or invite the Party Squad?

USASA.sa.edu.au/ResponsibleParty

Second-hand books

USASA has teamed up with Zookal to ensure you can buy and sell new, second-hand and rent textbooks in a snap! You'll love the prices too - with up to 70% below the RRP.

USASA.sa.edu.au/Books

Other support

There are a number of useful support services available to students, both internal and external to the University.

USASA.sa.edu.au/SupportLinks





Jobs, Volunteering & Internships

Need some experience or extra cash?

USASA has a range of opportunities available, from professional internships to event volunteers, designed to fit in with your academic timetable. You can find graduate employment opportunities, internships and heaps more on the website.

USASA.sa.edu.au/Careers

We are constantly on the lookout for people who are passionate, positive and driven team players, who have a 'can-do' attitude and can also be an ambassador for USASA.

USASA loves connecting students with opportunities, which is why we have a dedicated 'Jobs & Internships' section in each and every edition of USASA's e-newsletter. You can make sure you are always in the know by subscribing.

USASA.sa.edu.au/Mail





Healthy Food on Campus



Recharge the right way, with great food options on campus!

A healthy diet is important for a healthy mind and body. Eating a variety of foods every day along side regular meals improves cognitive performance, memory and stamina to set you up for a productive day of study!

Looking for something to fill your tummy, here's what you can find on and around your campus.



Food & Drinks on Campus

City West:

- Abbots & Kinney
- West Oak Hotel
- Honki Tonki
- Food Lore
- Espresso Room

City East:

- A Pot Called Kettle
- Mr. Wuhu

Magill:

- Since I Met Harry
- Phat Buddha Rolls

Mawson Lakes:

- Brightside Deli
- Frankie's Diner
- Zambrero

Whyalla:

- Mint Cafe

Mt Gambier:

- Canteen at TAFE

For more great deals on food, drinks and good times check out the USASA Discounts page.

USASA.sa.edu.au/Discounts



Nutritious & Delicious Recipes

Looking for something to make with the leftovers in the fridge? Or simply have no idea what to have for breakfast? Let us help you with a couple of really simple, really quick, and really cheap recipes.

Breakfast

Egg-cellent

Ingredients

- 1 slice whole-grain bread, cubed
- 2 tbsp finely chopped ham
- 2 tbsp seeded and diced tomato
- 2 tbsp shredded cheese
- 1 tbsp finely chopped onion
- 1 egg, beaten
- 2 tbsp milk

Instructions

1. Toss bread with ham, tomato, cheese and onion, then transfer to a microwave-safe mug.
2. Whisk egg with milk and pour over filling.
3. Microwave on High (100%) for 60 seconds; let stand for 10 seconds. Microwave on High (100%) for an additional 60 seconds or until set.

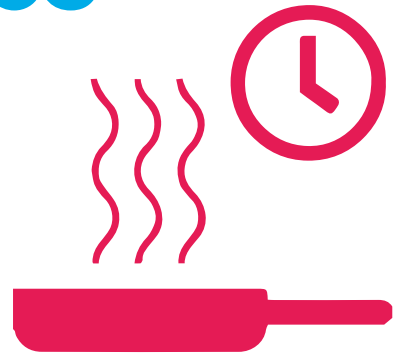
Serves 1

Lunch/Dinner

Veggie Slice

Ingredients

- 2 cups of grated vegetables (zucchini, carrot, pumpkin, broccoli or cauliflower stems, capsicum, corn)
- 1 cup grated cheese
- 1 onion chopped finely
- 4 eggs (free range best)
- 1/2 cup oil
- 1 cup SR Flour
- Optional other stuff
 - 3 rashers of bacon
 - 50-100 grams feta cheese
 - olives (pipped of course)
- Season with salt and pepper & some fresh or dried herbs to your taste



Instructions

1. Combine all ingredients in a bowl, (you can beat or whip the eggs a bit before to combine).
2. Grease (or line with baking paper), a baking tray approx 300x300mm or slightly larger. Pour in mixture and spread evenly.
3. Bake at 180°C in a preheated oven for 30 mins or until firm. If you don't have an oven you can pan fry as veg fritters.
4. If you wish to get fancy you can put thinly sliced tomato or grated cheese on top before baking.
5. Slice and serve. Can be served hot or cold with a salad or veggies.

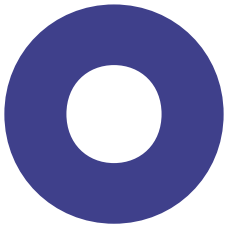
Serves about 3-4



University of South Australia
Student Association

empowering you through...

- **Student Representation**
- **Academic Advocacy**
- **Student Clubs**
- **Social Events & Campus Culture**
- **Club & Leadership Grants**
- **Verse Magazine**
- **Financial Counselling**
- **USASA Student Spaces**



USASA.sa.edu.au

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