



UNSW Student Life

Student Survival Guide

The background of the title area is decorated with several abstract geometric shapes: a large pink-to-yellow gradient starburst, a white outline of a cloud, a purple-to-red gradient oval, a yellow-to-blue gradient triangle, a white outline of a starburst, a pink-to-brown gradient hexagon, and a black zigzag line.

arc.unsw.edu.au

Arc would like to acknowledge the Bedegal, Gadigal and Ngunnawal people who are the traditional custodians of the lands and waters where we operate and we pay our respects to Elders past, present and future.




What is Arc?


Arc is here to make your student experience rewarding, exciting and better than you can find at literally any other uni. With 300 Clubs, 30 projects and programs, heaps of events and so much more, the opportunities for fun, growth and creativity are endless.

Stay in the loop

 ArcUNSW

 ArcUNSW

 reception@arc.unsw.edu.au

 (02) 9065 0900

arc.unsw.edu.au





YOUR ULTIMATE CHECKLIST FOR GETTING STARTED AT UNI DURING O-WEEK!

JOIN Arc!

The first step to getting involved in the fun side of uni (Plus, a bag of free goodies).

GET YOUR STUDENT ID

Head to the Nucleus Hub and get ready to smile for the camera!

GO STALL HOPPING

It's a lot, but you won't regret it. Find your faculty Club, new favourite hobby, cultural groups, arts & crafts activities and so much more!

JOIN THE CLUB

The best way to make friends at uni? Find the people who share your passion — anything from bad movies to basketball.

HIT UP EVERY EVENT

From day to night, chill vibes to party party party — rock up and have fun!

ATTEND YOUR FACULTY WELCOME

Meet the people you'll be sitting next to for the next few years and suss out your lecturers.

GO ON A CAMPUS TOUR

It's easy to get lost at UNSW. Join the Yellow Shirts to find your way and learn a few fun facts about uni.

GRAB ALL THE FREEBIES

Free food, free stationery, free bottle openers, free bags, and most importantly, free friendship. Kidding — friendship takes work! But grab that food.

For more information about what's on at O-week,
head online. arc.unsw.edu.au/oweeek





Date with a Mate

PICNIC ON ALUMNI LAWN

Library Lawn may be the better known lawn on campus, but Alumni Lawn is an awesome alternative. It's near a tonne of cheap food options, and it's got that elite combination of sun and shade appropriate for avid tanners and the sun safe, alike.

SCIENTIA SUNSET

Staying back late? This hidden, exclusive spot has arguably the best view on campus. Located on top of Scientia building (under the Book of Knowledge), the Scientia balcony will give you and your special someone an amazing view of the sunset over Main Walkway and beyond.

Swipe right on campus romance, or super-like if you agree that friendship dates are an absolute vibe. Whether you're looking for a chill hang with a mate or a memorable day with that special someone, here are 5 fun date ideas to try on campus!

STUDY DATES IN THE LIBRARY

Have you been stealing glances at a cutie across the library? Take charge and set up a study date already! Head to the Main Library or Law Library and if you want a little more privacy to chat, try booking a room or finding a booth to cosy up in.

ATTEND A CLUB EVENT

Campus is back, baby! That means speed-friending, dancing, board games, movie nights, free food and a million more things that will make your next hang out fun and cheap. Plus, you might pick up a new shared hobby and even more mates.

GET ACTIVE WITH Arc SPORT

Wanna bond with your boo? Get on the same team at Social Sport, try a Club event (underwater rugby, anyone?) or go all out at Day of Play.



Clubs Clash

Clubs are run by students, for students, which means there's gotta be one to suit your style. The question is...which one?

ADVENTURE SOCIETY VS TEA & COFFEE SOCIETY

When we say that there's something for everyone at Arc Clubs, we mean it, and these two are the ultimate proof. Adventure Society will have you exploring Sydney and trying new things, while the brewers over at Tea & Coffee Society will take your tastebuds on a wild ride. They're both super chill, but only one requires sensible footwear.

	AdSoc	TACSoc
Outdoors	✓	✗
Discord	✗	✓
Adventure	✓	✓

	HotSoc	WiT
Being your best self	✓	✓
STEM	✗	✓
Women-only	✗	✗

HOT GIRL SUMMER VS WOMEN IN TECHNOLOGY

Ladies leave your man at home. Jk — both of these awesome Clubs are open to anyone. Hot Girl Summer, or HotSoc as they're affectionately known, is one of the newest societies at uni and they're committed to affirming everyone's journey to embrace their best self. Women in Tech is known (wittily) as WiT and they're similar, but with a special STEM twist.

LAW REVUE VS MED REVUE VS CSE REVUE

Joining a revue should be at the top of your uni bucket list. What is a revue you ask? The Oxford English Dictionary defines it as "a light theatrical entertainment consisting of a series of short sketches, songs, and dances, typically dealing satirically with topical issues". But Urban Dictionary defines it as a "freaking fun way to get involved at uni". You don't even have to be from the associated Club to get involved!

	Law Revue	Med Revue	CSE Revue
Singing	✓	✓	✓
Dancing	✓	✓	✓
Sketch	✓	✓	✓
Crew	✓	✓	✓
Faculty Students Only	✗	✗	✗

There's a Club for every niche interest so check out the full list and find your people. arc.unsw.edu.au/clubs



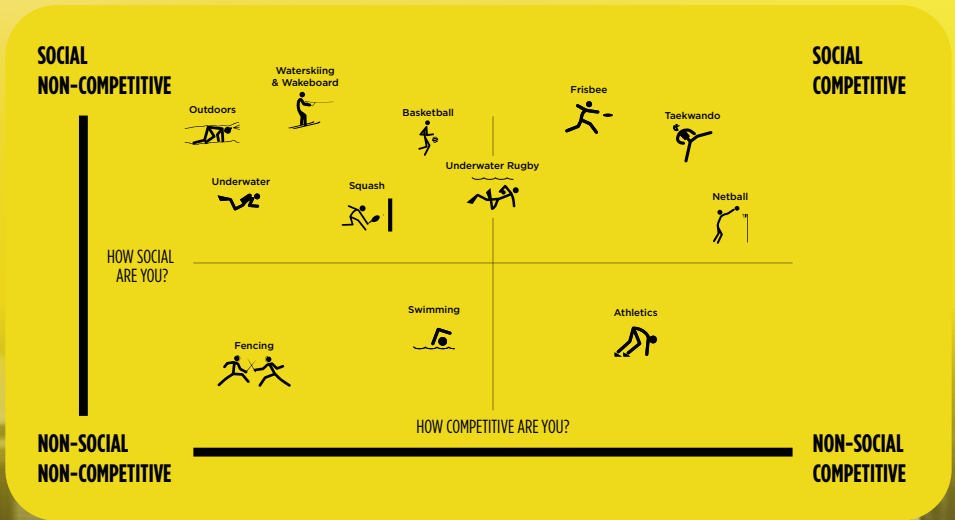
Sport

101

Move aside swole dudes and athletic hotties, this one's not for you.

This guide is for those of you who don't necessarily know all the rules or techniques, but are still keen to get involved, get fit, make some friends and try something new.

Whether you're a social butterfly or total introvert, competitive to a fault or mellow as heck, use the guide below to find your perfect Arc Sport Club.



Check out all Sport Clubs, teams, classes and heaps more opportunities for fitness and fun online. arc.unsw.edu.au/sport





Starting uni can have you feeling all the feelings — excited, nervous, hungry, and everything in between. It can be hard to tell university fact from fiction, so let's bust some myths you may have heard about what the student experience is really like.

So, put a finger down if...



YOU THINK YOU NEED TO DRESS UP TO GO TO CLASS

Graduating from high school dress codes means you get to express yourself and treat the main walkway like your personal catwalk! But don't worry — on laundry day, a UNSW hoodie and trackies will always be in style.



YOU'RE ALREADY WORRYING ABOUT YOUR NEXT STEPS

Feeling the pressure to land an internship, be an adult, and start your career? It's great to start thinking about that stuff but you have time, so take a deep breath and just focus on uni for a while!

YOU THINK YOU NEED TO PULL ALL-NIGHTERS TO FINISH YOUR ASSIGNMENTS

The uni grind is a reality but sleep deprivation doesn't have to be! Some people may stay up to 2AM on the reg, but if you're organised and motivated it doesn't have to be that way.



YOU'RE INTIMIDATED BY OLDER UNI STUDENTS

What year you're in is way less important at uni than it is at high school. There are so many future BFFs out there, don't be afraid to get outside your degree and year and meet new friends at Clubs, events or in line at the Roundhouse.

YOU'RE PREPARING TO LIVE OFF MI GORENG

Balancing uni fees with part-time work is tough, but there's a whole lot of resources that can make life easier without breaking the bank. Find second-hand textbooks online, re-purposed stationery at our Stationery Reuse Centre, and find nutritious and delicious groceries for free every week at Food Hub.



If you put all five fingers down, don't worry about it. Uni is a huge change for everyone so take it day by day, look out for yourself, and you'll find your own rhythm in no time.

Work Hard Play Hard

Deadlines, work shifts, socialising...how are you meant to balance it all?! Uni is a crash course in time management so get ahead of that steep learning curve and make the most of your schedule with these tips on how to work around the clock, not against it.



MAKE A TO-DO LIST

Whether it's for your week, day or study session, have a clear idea of what needs to get done before you do it so that you can prioritise where to start.

ORGANISE YOUR CALENDAR

Respectfully, your brain can't do it all. Start logging every deadline, class and coffee date so that you don't find yourself overbooked or overworked.



POMODORO TECHNIQUE

Unfortunately, this isn't a pizza topping. Follow this technique by breaking down your work into 25-minute chunks and 5-minute breaks to give yourself some structure and feel rewarded for your productivity.

TAKE MEANINGFUL BREAKS

Put DOWN the TikTok. Make the most of your breaks by doing something that you enjoy, getting some space from the screen and resting your mind.



Find more tips on looking after yourself and hacking student life at arc.unsw.edu.au/wellness



BIG TRIVIA



BIG TRIVIA, BIG PRIZES.

What's On!



STRESS LESS WEEK



TAKE A DEEP BREATH,
PAT A PUPPY AND RELAX.

MOVING! DAY OF PLAY

GET YOUR HEAD IN THE GAME
AND YOUR BODY MOVING.

BOARDGAMES BONANZA

ALL THE BOARDGAMES,
ALL AT ONCE.



Scan to see the live list!

arc.unsw.edu.au/events



Good Times Good Vibes

Roundhouse is the home away from home for all UNSW students. From bedroom to bathroom, day time to night time, we have got you covered!

KITCHEN

Grab a snack at Thirsty Burger. There's cheap eats, plenty to share and vegan options galore.

BACKYARD

Beergarden is where the fun really happens. From bingo to bands there's always something on stage and plenty of sun to soak up.

UNSWRoundhouse.com

[f](#) [@UNSWroundhouse](#)

PARTY ROOM

Kick-ons have been booked and they're exclusively under the halo of the Roundhouse Main Stage. With room for 2000 party-goers, we host the biggest student events in Australia. Chur.

STUDY

Down to chill? Hit up the Roundy Collab Space to study, work on group projects or just relax while you charge your phone.





Cheap Eats 101



Studying takes a lot of brain power and by Week 4, it's inevitable that you don't always have time to make lunch at home.

Don't stress, there are plenty of affordable, delicious options on campus to fuel you between classes. Other than chowing down on a burger at the Roundhouse (our go-to), try these spots for a quick and tasty feed.

GUZMAN Y GOMEZ

MEXICAN | UNIVERSITY TERRACES

Fast food with none of the regret. Offering up affordable Mexican faves like burritos, quesadillas and nachos and staying open until 10PM, GYG is a student's dream.

STOCK MARKET

SALAD AND SOUP | MATHEWS FOOD COURT

Set yourself up for success with a truly balanced meal. Stock Market brings students the healthy goods with soups, pasta and a mildly stressful but totally rewarding build-your-own-salad station.

STELLINI PASTA BAR

PASTA | UNIVERSITY TERRACES

Big portions for a decent price, if you're feeling hangry and looking to fill the tank, this is your place.

YALLAH EAT

MIDDLE EASTERN | UNIVERSITY TERRACES

For those late-night study sessions, the Yallah Eat snack pack is your best friend. Plus, don't miss out on trying their signature pitas!

TROPICAL GREEN (PHO HOUSE)

VIETNAMESE | MATHEWS FOOD COURT

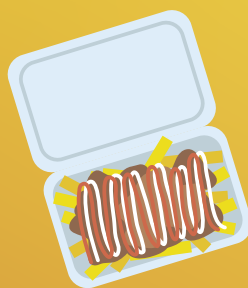
Authentic, delicious, and cheap, Tropical Green is a family-owned business serving up huge, hearty bowls of pho and the freshest bánh mì. P.S. It's also a great spot to study, with charging ports at each table.


CAFÉ BRIOSO

(AKA LIBRARY LAWN COFFEE CART)

COFFEE | UPPER CAMPUS

This one is for the caffeine fiends who have coffee for breakfast. The morning queue is daunting but it's worth it for their signature Café Primo (4 espresso shots!) and a cinnamon scroll.





So, You're an Adult Now

Uh oh! Who told you that was a good idea? Sure, adulthood and uni life bring you freedom, opportunities, self-discovery — all of that good stuff. But it also means wrapping your brain around things like budgeting, bills and taxes?!

Don't worry. You may not have it all figured out right now but you will soon enough. Let's start with some of the budgeting basics.

BYO LUNCH

There is so much good food on campus — just look at the previous page. It can be tempting to spend all that hard earned cash on coffees and chips but home-cooked doesn't have to mean subpar! Make use of the microwaves available across campus and have fun growing your skills in the kitchen.

arc.unsw.edu.au/cookbook

FOODIE FREEBIES

Pressed for time and money? Whether it's a Club BBQ or an Arc Street Team event, you can find free food on campus almost every day of the week. Keep an eye out on Facebook Group UNSW Free Food find free groceries at the Arc Food Hub throughout the week.

arc.unsw.edu.au/food-hub

DI\$COUNT\$ GALORE!

Never pay full price again. Joining Arc means discounts and special deals at dozens of places around campus and beyond.

arc.unsw.edu.au/benefits

PRE-LOVED PENS

Stationery Reuse is the place to find all of your stationery needs, including pens, rulers, calculators, binders, folders and even the odd textbook.

arc.unsw.edu.au/stationery-reuse-centre

RENTAL RIGHTS

Feeling suss about your living situation? Read more about your rights as a renter and book a meeting with Arc Legal & Advocacy if you need to talk through your options.

arc.unsw.edu.au/help



CLOTHING DONATION BIN



HIGH STREET

UNSW VILLAGE

AQUATIC CENTRE

GYM

FOOD COURT
PHYSIO



Pool Lawn

INTERNATIONAL HOUSE

ESME BUILDING

ALUMNI LAWN WEST

ALUMNI LAWN EAST

THE WHITEHOUSE

SQUARE HOUSE

ROUNDHOUSE

SEB

HILMER BUILDING

BUSINESS SCHOOL



DENTIST

LIGHT RAIL
BEST VEGAN BROWNIES
THOUGHTFUL FOODS

BLOCKHOUSE

LAW

CHEMICAL SCIENCES

SAFE SPACE

SCIENCE THEATRE

CHEMIST

MAIN WALKWAY

Arc SPORT

FREE SPORT EQUIPMENT

VILLAGE GREEN

STUDENT RESIDENCE

RED CE

PHYSICS THEATRE

OLD MAIN BUILD

PHYSICS LAWN

BARKER STR

M MACCAS
THIS WAY

ANZAC PDE

THIS WAY
DUMPLINGS &
BUBBLE TEA

STAY REU

DENTIST

CHEMIST

RED CE

PHYSICS THEATRE

PHYSICS LAWN

STUDENT RESIDENCE

BARKER STR

M MACCAS

THIS WAY

STATIONERY
USE CENTRE

UNSWAD
SHUTTLE
GATE 8

COOGEE BEACH 15 MINS →

LIGHT RAIL



	Accessible bathroom		Charging point
	Elevator		Study spaces
	Emergency Help Point		Microwaves
	Water fountain		Safe Space
	Accessibility Route		UNSW Gate Numer



GET INVOLVED

Did you know? Community involvement has been shown to increase health, happiness and life expectancy! Sounds like a win-win to us.

So, dive in, give it a go and get involved.

arc.unsw.edu.au/get-involved



GET INVOLVED IN...



COMMUNITY

Bring campus to life with pop-up events and free food or give back to our extended communities by tutoring high schoolers or working with Indigenous communities on long-term projects.

Street Team • Food Hub • Phil' • Shack Tutoring • Walama Muru • Great Mates • Culture Cafe • Arc Goes To...

arc.unsw.edu.au/community

CREATIVITY

Share your talent with the world! Put your skills to use by volunteering at the creative campus, exhibiting your art, publishing your writing, and working on video and radio shows.

Kudos • AD Space • Framework • Art Start • Tharunka • Blitz • UNSweetened Literary Journal

arc.unsw.edu.au/creative



SUSTAINABILITY

Keen to get green? Celebrate nature at our campus garden, spread sustainable habits and reduce waste by fixing up and passing on cool stuff.

The Producers • eReuse • Stationery Reuse • Bike-ology

arc.unsw.edu.au/sustainability



WELLNESS

You can't pour from an empty cup. And neither can anyone else! Spread mental health awareness and support student wellbeing by working on Wellness content, events or meet-ups.

Wellness Warriors • OneStep Walking Group

arc.unsw.edu.au/community



EXPERIENCE IT ALL

VOLUNTEERS UNITED

Not sure where to start? Join UNSW's biggest group of volunteers to work with non-profit organisations, try a little bit of everything and find a cause you care about.

arc.unsw.edu.au/volunteering



SEXUAL ASSAULT AND SEXUAL HARASSMENT

Have you experienced sexual assault or harassment on campus? Or felt uncomfortable with an interaction or situation?

Find the support you need and talk to someone who can help at the contacts below.

- Report any incident of sexual violence on campus, or on public transport to campus, to UNSW Equity, Diversity & Inclusion
 - Speak to a UNSW counsellor
- Speak to a counsellor for free 24/7 at 1800RESPECT
- Get legal and program advice from Arc Legal & Advocacy

Scan the link below to access these services and more.



What is Volunteering Really Like?

Volunteering really is the gift that gives back! Nervous about getting started? Hear from current students about why you should jump in, get involved and feel good.



Kerisha Parkes
Bachelor of Commerce/Media

“Volunteering with Arc has honestly been the biggest highlight of my time at university and I’m so glad I joined. After spending my first year at uni not knowing anyone on campus and not getting involved in any events and societies, joining Yellow Shirts and meeting so many new and friendly people was a very welcome change.

It was also super rewarding being able to help the new first years at O-Week and to use my experiences to give them advice. In my second year I then joined Blitz and as a Media student, it was really great being able to learn all these new skills in filming, editing and writing.

Everything about volunteering at uni is so different to what I thought it would be at first.

It’s really just an opportunity for you to have fun, meet new people and help others while developing yourself in something you are passionate about! There’s also so many different programs available so I would definitely say anyone can get involved.”

“Getting involved with extracurriculars will likely be one of, if not the most fun and rewarding aspect of your university experience. Personally, some of the best memories and closest friends from my time at UNSW has been through volunteering at Arc, and the various programs were all really great environments to meet people, develop new skills and make a positive impact.

What really sets it apart from other opportunities is the flexibility, warmth and diversity of the Arc groups and communities. Whether you have specific interests in sustainability, wellbeing, arts and publications, or you just want to help students out and pay it forward, there are programs and niches for everyone.

The time commitment is super flexible and chill, which really helped with maintaining my grades while getting involved in as much as I could. Honestly, I would highly recommend joining an Arc volunteering program and giving it a go — it will change the way you view and approach your uni experience and you will be forever thankful for that.”



Yuta Ito
Bachelor of Commerce/Media

arc.unsw.edu.au/volunteering



WELLNESS



Life as a student can be super hectic and it's easy to become overwhelmed, exhausted, and burnt out. Remember that before good grades, your wellness comes first.

Get ahead of the stress this term by setting yourself key goals and giving yourself room to slip up every now and then.

HOW TO SET AN EFFECTIVE GOAL

- Write it down
- Display your goals where you can see them every day
- Determine WHY you want to achieve these goals
- Tell people about it
- Visualise success — believe in yourself!
- Don't be afraid to fail — it's the first step towards success
- Avoid comparison! Focus on yourself and your goals
- Be kind to yourself

GET SMART

S Specific

M Measurable

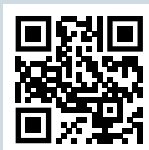
A Attainable

R Relevant

T Time-bound

Head online to find more ways to look after your academic, social, mental and physical wellbeing at uni and to find the support you need.

arc.unsw.edu.au/wellness



Food Hacks

BROUGHT TO YOU BY



You cook, you eat, you do the dishes and... and you do it all again?! No, it's not some sick joke — this is adulthood! But don't worry, there are heaps of ways to make sure your time in the kitchen is enjoyable, speedy and results in nutritious and delicious meals. Equip yourself with these top tier hacks and have fun!

1. THE EGG TEST



Can't remember how old your eggs are? Simply pop them in a bowl full of water! Very fresh eggs will sink to the bottom and lay on their sides, medium fresh eggs (still totally fine to eat!) will sit vertically at the bottom and eggs that are too old will float to the surface.

3. THE MAGIC WOODEN SPOON

We know the chokehold that pasta has on uni students. Avoid a stovetop disaster by placing a wooden spoon over your boiling pot. It prevents water from bubbling over — just like magic!



Nutrition is such an important part of staying healthy and engaged while at uni. Stop by Food Hub three times a week to pick up free groceries, including fresh fruit and vegetables, pantry essentials and menstrual products.

arc.unsw.edu.au/food-hub



2. KEEPING YOUR VEGGIES FRESH

We've all been guilty of ignoring our veggies for UberEats every now and then. Make your groceries last much longer by storing them correctly! Top tip: Try storing veggies like carrots and celery standing in a few inches of ice water to keep them crispy.

4. TUPPERWARETOK

This tip comes straight from the geniuses over on TikTok. Take a greasy, stained plastic container, add some dish soap, warm water, and a scrap of paper towel and shake. Tada! Stains are gone. You have to see it to believe it.





GUIDE FOR A BONES DAY

These are the days where you wake up and you are full of energy, you have that spring to your step and sparkle in your eye. You could take on the world. What do you do?

DO THAT THING

You know, the thing you are thinking about. The thing you have been wanting to do for a while now but have been waiting for the right time. Ask that person out on a date, apply for that job and tell your dad you love him. Take yourself a bit out of your comfort zone and the rewards could be tremendous.

FEEL GOOD, LOOK GOOD

Dress up a little, show the world how good you are feeling by looking good. Confidence is attractive.

BE GOOD TO YOUR BODY

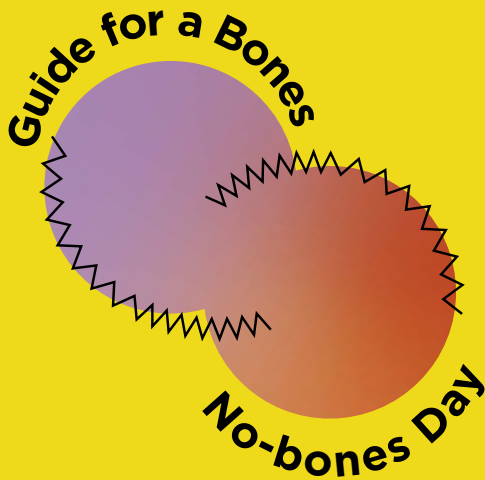
Another great way to keep up the positive energy is to do something good for yourself and your body — this could be going for a walk, doing a workout, or eating a nutritious meal.

KARAOKE AND DANCE TO YOUR FAVOURITE PLAYLIST

Have a little fun! Let loose and enjoy the little things. Let your music be the soundtrack to your life.

DO SOMETHING NICE FOR SOMEONE ELSE

Share the bones energy and help a friend, acquaintance or a stranger who might not be feeling as great.



SELF-CARE ACCORDING TO ONE FAMOUS PUG

MEET NOODLE

For those who don't already know him, Noodle is a 13-Year-Old, TikTok famous pug, whose ability to use his bones and stand up (or not) acts as a horoscope for the kind of energy the day will bring. Here's how to set yourself up for success, whichever kind of day Noodle decides.

GUIDE FOR A NO-BONES DAY

These are the days where you wake up and just want to crawl back into bed. The days where everything exhausts you and you just need a break. What do you do?

SLEEP THAT EXTRA 15 MINUTES

Whether that be in the morning as a sleep-in or in the afternoon as a nap, give yourself this break to recuperate and recharge.

TURN OFF YOUR SOCIAL MEDIA AND ALERTS

This may be a day where you just need to focus on yourself — you don't need to be social if you don't want to. Don't let the notifications and group chats tire you out.

TALK TO A FRIEND

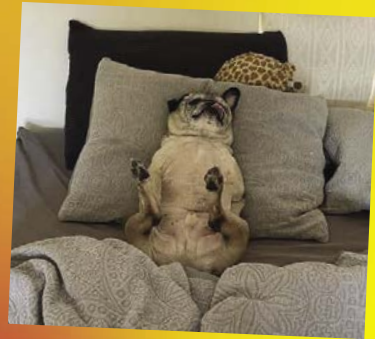
Reach out to a friend and talk about how you are feeling. Having someone support you can make all the difference.

DRINK THAT TEA OR COFFEE

When you feel warm inside physically you feel a bit warmer inside spiritually. Plus, it's great to enjoy something yummy.

STAY IN YOUR COMFY CLOTHES

If you don't have the energy there's no need to dress up. Stay in comfy clothes if you are going out and if you're staying home, why get out of your PJs?



UNSW Goes Virtual

While most of us can agree that we can't wait to get back on campus, hybrid learning is here to stay. But have no fear, we're bringing you our top tips on how to manifest your best virtual reality while learning from home.

GOOD VIBES ONLY

Don't underestimate the power of an elite setup. When learning from home, you'll probably find yourself at your desk for good amount of time. Having a clean, aesthetic, and calming environment can do wonders for your mindset and motivation.

VIRTUAL STUDY SESSIONS

Being online doesn't mean being alone. Hop on Zoom or Discord to find heaps of ways to stay in touch, embellished with cute backgrounds, filters, stickers, gifs, emojis and more.

NO SKIPS

While it may be tempting to miss a lecture or two, especially from the comfort of your own home, don't rob yourself! Attending your lectures and tutorials is all part of the uni experience. It gives you the opportunity to ask questions, actively participate in class and most importantly, meet new people.

STUDENT LIFE ONLINE

We're still here! Heaps of Arc, Roundhouse and Club events will now be hybrid or totally online. Stay tuned to make sure you don't miss out and we'll see you on the interwebs.

arc.unsw.edu.au/online



Get Social

The good, the bad and the spicy. Like any community of 50,000 people, you can find pockets of UNSW socialising, study groups, hot takes and premium content all over the internet. Plug in and get connected to stay in the know.

FACEBOOK GROUPS

Ah, old faithful. Facebook groups are still one of the most effective ways to get connected quickly to heaps of other uni students whether you need advice, want to lurk before joining a Club or program, or are just in it for the memes.

Our picks:

- UNSW Discussion Group
- UNSW First Years 2022
- Culture Café
- Volunteers United
- UNSW Free Food

FACEBOOK PAGES

After our website, this is your go-to source of upcoming events, recent news, and student media.

Our picks:

- UNSW Love Letters
- Tharunka UNSW
- Blitz UNSW
- UNSW SRC
- UNSW PGC

INSTAGRAM

Get a taste of student life by finding your favourite Clubs, representative bodies and campus pups on the 'gram.

Our picks:

- Jasper.samoyed (UNSW's fave dog)
- BlitzUNSW
- UNSWPhotoClub
- TharunkaUNSW
- UNSWPGC
- UNSWSRC
- ArcWellnessUNSW

TIKTOK

If you see us dancing around campus with a smartphone, no you didn't. Join UNSWTok and see students and faculties alike being silly and goofy.

Our picks:

- BlitzUNSW
- ArcUNSW (of course)
- UNSW
- aprsunsw

DISCORD

Not just for gamers! Discord is the hottest new virtual spot for online events. If you're keen on joining a Club, chances are you'll find them here.

Our picks:

- ArcUNSW
- BlitzUNSW

AND OF COURSE, DON'T FORGET TO FOLLOW US TO STAY UP TO DATE WITH ALL EVENTS, OPPORTUNITIES AND FUN.

- @ArcUNSW
- @ArcSportUNSW
- @ArcCreativeUNSW
- @UNSWRoundhouse



Important Contacts

Legal & Advocacy

Need advice on academic, legal or visa issues? The Arc Legal & Advocacy team is here to help. Send an e-mail or book an appointment online.

☎ (02) 9065 0900

✉ advice@arc.unsw.edu.au

arc.unsw.edu.au/help

Food Hub

Register online to receive your free food hamper or stop by the 24/7 Food Hub Cupboard at any time to pick up packaged goods.

arc.unsw.edu.au/food-hub

The Nucleus: Student Hub

Located inside UNSW Main Library, The Nucleus is the place to go for all your enrolment, class and student ID queries.

☎ (02) 8936 7005

nucleus.unsw.edu.au

Mental Health Connect

Contact Mental Health Connect to find mental health support at UNSW including making an appointment with a psychologist.

☎ (02) 9348 0084

☎ 1300 787 026

✉ counselling@unsw.edu.au

student.unsw.edu.au/mhc

IMMEDIATE HELP

DO YOU NEED HELP NOW?

Head to our full list of external resources, organisations and services or call one of the crisis numbers at

arc.unsw.edu.au/immediate-help

If you or someone you know is in an emergency situation, call Emergency Services at 000.

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