Allianz



# Building connections in Australia

## A guide for international students

Moving to a new country is an exciting opportunity to meet new people, explore different perspectives and build meaningful connections.

While everyone's experience is different, becoming involved in campus and community activities can help you feel more confident, supported and connected during your time in Australia.

## Building connections takes time

Creating a new social network doesn't happen overnight.

It's normal to need time to adjust to a new environment, culture and routine.

Building meaningful relationships often starts with small interactions and shared experiences.



## Where to meet people

Many education providers offer opportunities to meet other students through:

- Orientation activities
- Student clubs and societies
- Cultural groups
- Sporting and recreation programs
- Volunteer opportunities
- Academic workshops and study groups

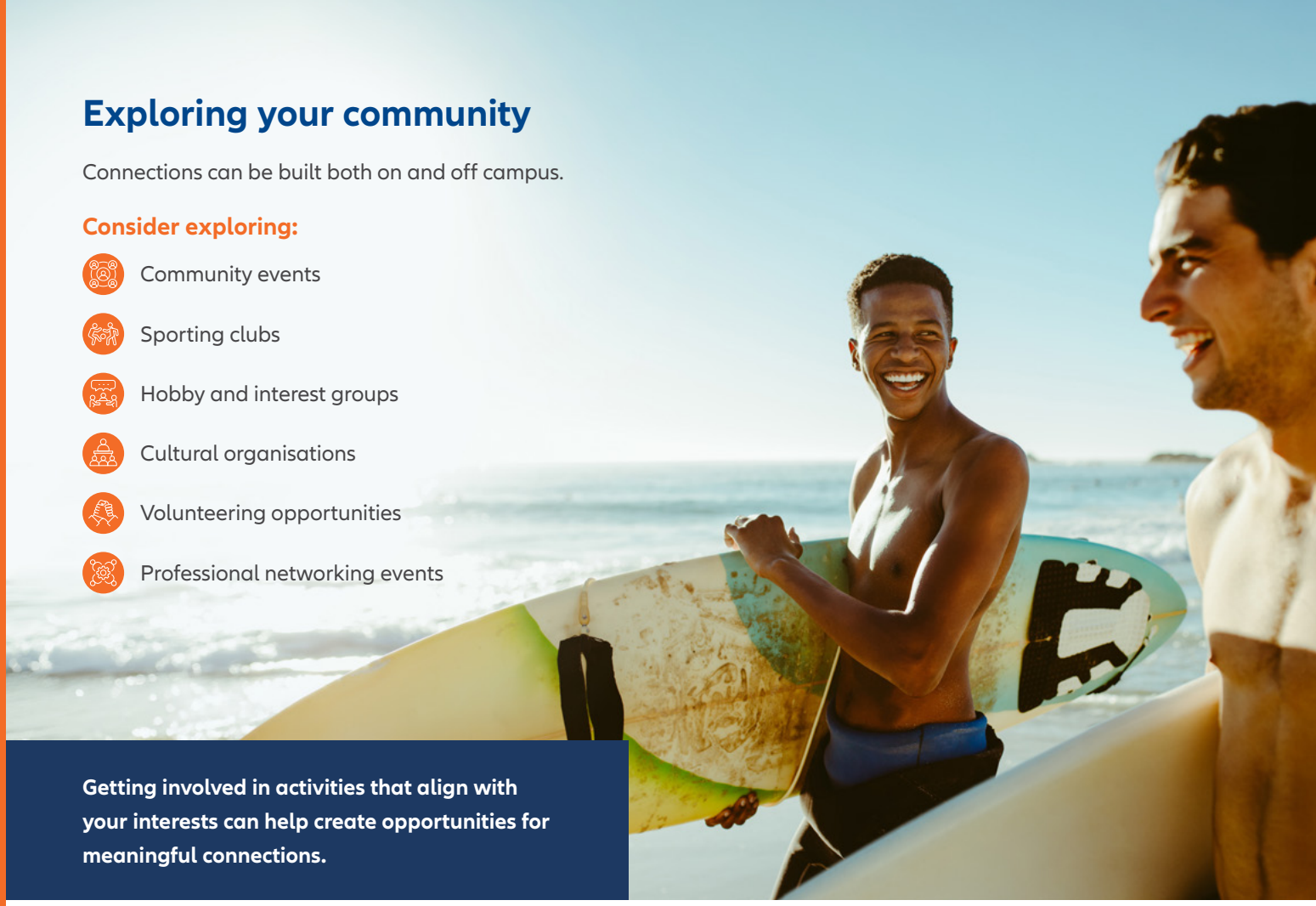
Participating in these activities can help you meet people with similar interests and experiences.

## Exploring your community

Connections can be built both on and off campus.

### Consider exploring:

- Community events
- Sporting clubs
- Hobby and interest groups
- Cultural organisations
- Volunteering opportunities
- Professional networking events



**Getting involved in activities that align with your interests can help create opportunities for meaningful connections.**

## Tips for building connections

### Attend Orientation activities

Orientation events provide opportunities to meet other students and learn about available support services.

### Join a club or society

Clubs and societies can help you connect with people who share similar interests.

### Participate in study groups

Study groups can support both your academic success and your social connections.

### Explore new experiences

Trying new activities and attending events can help expand your social network.

### Stay consistent

Building relationships often happens through regular participation and shared experiences over time.

## Looking after your wellbeing

Adjusting to life in a new country can sometimes feel challenging.

If you are feeling isolated, overwhelmed or struggling to settle in, support is available through your education provider.

### Many institutions offer:

- ✓ Student wellbeing services
- ✓ Counselling services
- ✓ Peer mentoring programs
- ✓ International student support services

**Seeking support is a normal part of adjusting to a new environment. There are also mental health inclusions with your OSHC policy, learn more at Mental health support pathways.**



## Questions to ask yourself

- [ ] Have I attended orientation activities?
- [ ] Have I explored any student clubs or societies?
- [ ] Are there cultural or community groups I would like to join?
- [ ] Have I looked into volunteering opportunities?
- [ ] Have I participated in any campus events?
- [ ] Do I know what wellbeing support is available through my education provider?

There is no right or wrong way to build a social network.

Focus on finding activities, communities and experiences that align with your interests and goals.

Meaningful connections are often built through small interactions and shared experiences over time.

## Related resources

- Student help directory | Allianz Care Australia
- Mental health support pathways
- Student Hub | Allianz Care Australia

**24/7 Emergency helpline 1800 814 781**

**allianzcare.com.au**

The information provided is general in nature and intended as a guide only. It does not take into account your individual circumstances, financial situation, or needs. You should undertake your own independent research and consider your personal goals and circumstances before making any decisions. Where appropriate, you should seek independent professional advice (for example, financial or legal advice).