



# e-Newsletter

March is a bustling month in Melbourne, with various events and activities taking place. The Melbourne Food and Wine Festival is a significant highlight, offering diverse culinary experiences across the city. The festival spans over two weeks and features events such as wine tastings, cooking classes, and food tours.

Other exciting events in March include the Moomba Festival, which offers free activities and events along the Yarra River, and the Melbourne Fashion Festival, showcasing the latest trends and designs from both local and international designers.

Additionally, March is a favoured month among sports enthusiasts as Melbourne hosts the Australian Grand Prix during this time. This event is part of the Formula One World Championship and attracts visitors from all around the world.

## What makes Australia a great place to work as an international student?

- Workplace protections
- Minimum rate of pay per hour
- Can work up to 40 hours every 2 weeks while studying and unlimited hours during holiday breaks
- Help is always available from government and education providers to support you at every step of your journey as a student worker.

## Ready Tech's 2023 Voice of VET report

Ready Tech's 5<sup>th</sup> annual "Voice of VET Australia RTO Industry Report" – a premier survey of private RTOs.

- Over 54% of RTOs are expecting a huge increase in their student intakes in by the end of 2023
- Over 48% RTOs are planning to spend more on their training staff and facilities to improve the quality of education provided
- For over 62% of RTOs digital transformation remains on the agenda for 2023.

## Change in Student Visa work terms

During the pandemic, the work restrictions for student visa holders were relaxed and even lifted in January 2022. However, this temporary arrangement will expire on 30 June 2023. Starting from 1 July 2023, student visa holders will be allowed to work up to 48 hours per fortnight during study terms and semesters. This change is aimed at enabling student visa holders to concentrate on their studies while also benefiting from paid employment and gaining practical work experience in Australia. You must continue to balance your study and work commitments even though there is flexibility in the number of hours you can work.

## How to defeat procrastination as a student

Procrastination is a common challenge faced by many people, from students to professionals. Whether it's putting off a difficult task or simply struggling to stay focused, procrastination can lead to stress, anxiety, and a sense of being overwhelmed. Fortunately, there are many strategies that can help you overcome procrastination and take control of your time and productivity. In this article, we'll explore some of the most effective tips and techniques for stopping procrastination in its tracks. By following these strategies, you can increase your motivation, reduce stress, and achieve your goals more efficiently and effectively.

1. Break down tasks into smaller, manageable steps: Large assignments or projects can be overwhelming and contribute to procrastination. Try breaking them down into smaller, more manageable steps, and focus on completing one step at a time.
2. Set specific goals and deadlines: Set clear and specific goals for what you want to achieve, and establish realistic deadlines to keep yourself on track. This can help you stay focused and motivated.
3. Create a study schedule: Develop a study schedule that works for you, and stick to it as much as possible. By creating a routine, you can establish good study habits and reduce the urge to procrastinate.
4. Eliminate distractions: Identify and eliminate any distractions that may be keeping you from studying or completing tasks. This could include turning off your phone, using website blockers, or finding a quiet study space.
5. Practice self-care: Take care of yourself by getting enough sleep, eating healthy foods, and exercising regularly. When you're feeling good physically and mentally, you're more likely to stay motivated and avoid procrastination.

# Events And Activities

## Open Innovation Competition Launch Event

An Open Innovation Competition – to make Melbourne a more inclusive city for international students. This years theme is 'an inclusive city for international students and alumni'.

Date: March 20th

Time: 5:30pm – 7:30pm

Location: Forum 1&2, Melbourne Connect, 700 Swanston St, Carlton.



## Holi event

Date : March 11-12

Time: 12pm - 11pm

Location: Ron Barassi Snr Park ( west), Docklands Dr, 3008

Prices: free event

