iWitness
Hi all

What a fortnight it's been! The office team and Resident Leaders have been busy doing their best to make sure your questions are answered, maintenance requests actioned and all events and activities are running smoothly.

It’s been great getting to meet residents over the past month. I still have a lot more to meet and I’m sure we’ll bump into each other in the not too distant future.

I hope you’re enjoying your stay at IHD and like the variety of events and activities we’re offering this semester. Make sure you like our Facebook page and check the IHD website regularly for lists of upcoming events and registration links.

Kind regards

Dean Preddy
Manager
International House Darwin
The Litchfield National Park day trip held on Saturday, 14 March 2015 definitely caught residents’ interest. IHD had originally booked one bus for the day trip but due to increasing interest this quickly increased to 3 buses made up of 50 residents!

The day started like any other day; residents got up early to board the bus to go to Litchfield National Park which is approximately 116km away. The 3 places we visited at the park were the Magnetic Termite Mounds for morning tea, Florence Falls and Buley Rockhole.

The Magnetic Termite Mounds were the first stop. These mounds were built by termites in specific way. This was very educational as the residents learnt that the mounds are aligned north to south to minimise the exposure to sunlight. This keeps the mounds cool for the magnetic termites inside.

The second stop was Florence Falls which is a spectacular water fall cascading into a plunge pool perfect for swimming. The walk down to the plunge pool is extremely scenic with the beautiful surrounds of the fauna and flora.

This walk also leads to a viewing platform high above the falls which has a breathtaking view of the open valley and the waterhole below.

Last but not least was Buley Rockhole, which is a series of waterfalls and rock holes. Here you can find your own spot to swim, relax and, if you are feeling adventurous, jump into them as most of the residents did! This was the highlight of the day and we did not know how time flew by so fast!

On the whole the residents enjoyed themselves and came back to IHD with unforgettable memories.
IHD event registrations and cancellation rules

IHD offers many opportunities for residents to get involved in various events and activities. Some of these events require registration due to a limit on places available for any given trip. With this in mind please note the following rules:

• If you register for a trip and cannot make it, you must email Kim Jennings at kim.jennings@cdu.edu.au at least 24 hours in advance.

• Kim Jennings works Monday to Friday from 9 am to 5 pm. If you have an emergency on the weekend and cannot go, you must notify the RL in charge of the trip or the RL on duty.

• If you cancel your attendance after registration closes, you will be financially liable for the trip.

• If you do not notify IHD that you will not be attending when registered, you will receive a warning for the first offence, a one week ban for the second offence, a one term ban for the third offence and a one semester ban for the fourth offence.

These rules have been set to ensure everyone has a fair chance to attend events. Please contact Kim during business hours if you would like further information regarding this.

IHD bus stop

As you have probably noticed, work has commenced on the IHD bus stop. Once completed all IHD shuttles and/or events where transport is required will leave from this location. It will of course be called the “IHD bus stop”. So keep an eye out for events departing from our brand new location which is due to open soon.
Katherine and Mataranka camping trip

9-11 April 2015. $100 per IHD resident.

Itinerary
Detailed itinerary available on the IHD website.

Thursday, 9 April
• Depart IHD at 8.30 am, travel to Katherine
• Lunch at Katherine (own cost)
• Afternoon swim at Katherine Hot Springs (weather dependent)
• Set up camp at Katherine Gorge campground
• Sunset walk to lookout
• BBQ dinner.

Friday, 10 April
• Breakfast
• Katherine Gorge Cruise
• Visit Nitmiluk & cultural centres
• Lunch at Katherine (own cost)
• Travel to Mataranka
• Afternoon swim at Mataranka Hot Springs
• Set up camp at Territory Manor campground
• Dinner in Mataranka (own cost).

Saturday, 11 April
• Breakfast
• Travel to Edith Falls
• Walk 1km to Upper Pool for swimming
• Lunch
• Return to IHD by 5.30 pm.

Inclusions
• Transport, 2 breakfasts, 1 lunch, 1 dinner, 2 nights’ camping fees
• Katherine Gorge Cruise ticket.
Total value exceeds $150

At own cost:
• 2 lunches, 1 dinner, snacks
• BYO tent and sleeping bag (IHD office has 5 sets for loan).

Limited availability. Register online by 31 March 2015.
Prepayment of full amount due by 31 March 2015.

Logging a maintenance request with IHD

Do you need to advise IHD of a maintenance issue? If so, make sure you go onto IHD's website to log an instant maintenance request!

Residents can report damage to their room and common rooms through the IHD Housing Portal. Should a maintenance issue arise during your stay, please log a maintenance report online so that repairs can be arranged. If maintenance work is required in your room this will necessitate entry to the room by an employee of IHD or subcontracted tradesman. Your acceptance of this is implied when you request a maintenance job.

Maintenance reports are checked daily by IHD and depending on the damage it may take a few days to fix. You can track the progress of your maintenance report through IHD's Housing Portal too.

So next time you come across a maintenance issue be sure to go to the IHD website, click on the blue Maintenance Requests button and follow the instructions to log your maintenance request.
Suicide safeTALK

IHD has secured the opportunity for 30 residents to be trained in the 3 hour Suicide safeTALK program.

This is an excellent opportunity for those hoping to enter teaching, health or social work careers to add the first level training in suicide awareness to their resumes. It is also a way of building the safety of our own community.

Suicide safeTALK is an established program from Living Works which will be presented at IHD by qualified Anglicare trainers.

The program prepares participants to identify someone with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these invitations to support that desire for safety.

The safeTALK program helps participants learn steps that contribute to saving lives through discussion and practice.

As a safeTALK-trained suicide alert helper, you should be better able to:
• move beyond common tendencies to miss, dismiss or avoid invitations to discuss suicide
• identify people who have thoughts of suicide
• apply the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person with suicidal thoughts to suicide first aid intervention caregivers.

Date: Friday, 27 March 2015
Start Time: Arrive 1.20pm for 1.30pm start
Finish time: 4.30 pm
Venue: IHD Multicultural Room

30 places available. Register online.
W: cdu.edu.au/ihd/events    F: facebook.com/EventsIHD
Careers and Employment
The Careers & Employment team can assist current CDU students and recent graduates with: career counselling, career development programs, job search strategies, written job applications, preparing for job interviews and general career planning.

Website: www.cdu.edu.au/careers

Careers & Employment also manages CareerHub
Website: https://careerhub.cdu.edu.au/Login

Student Counselling
For students experiencing personal difficulties that may be affecting their studies, the counsellor provides a free, confidential counselling service for students. The issues discussed could include: balancing study, work and family, life challenges, time management, trauma, grief and loss, improving relationships or identifying skills and strategies to enhance life experiences. Appointments may be either face to face or via telephone.

Freecall number: 1800 122 702
Email: counselling@cdu.edu.au
Out-of-hours telephone crisis support
Phone: 1300 900 939

Disability Support
The Disability Liaison Officer is available to prospective and current CDU students who have a disability. The service provides advice to students accessing facilities and programs at CDU including any reasonable adjustments necessary to address the effects of the disability on a student’s ability to undertake their study. The Disability Liaison Officer liaises with the University’s academic and administrative staff to ensure the student’s adjustments are reasonable and can be accommodated. The Disability Liaison Officer is a resource for staff and students with issues and concerns relating to students or staff with disabilities.

Email: disability@cdu.edu.au

Off-Campus Accommodation Officer
The Off-Campus Accommodation Officer can assist staff and students with information and advice about finding appropriate accommodation while studying or working at CDU. The Off-Campus Accommodation Officer provides free and confidential information and advice on housing options, accommodation problems and tenancy issues.

Email: accommodation.assistance@cdu.edu.au

Equity Services Contact
Phone: 8946 6288
Email: equity@cdu.edu.au
Location: Charles Darwin University, Casuarina Campus, Blue 1.1.21
You can now book online by going to: www.cdu.edu.au/equity-services
Event reviews

Exchange Coffee and Cake
Written by Rangga

On Tuesday, 3 March 2015 IHD hosted a Coffee and Cake event to informally welcome new residents and provide an opportunity for them to get to know their environment as well as other residents living in IHD.

Most participants brought traditional desserts from their home country, which provided a good opportunity to share and experience the taste of different traditional cuisines. More than 50 residents attended the event, with almost half of them being new residents to IHD.

“I had a fantastic night, and I look forward to participating in the next Coffee and Cake event,” described Marty Sison, one of the participants. He also added that the Coffee and Cake event helped create a positive vibe among the new residents which he hoped would make IHD a friendlier and safer place to live in.

Charles Darwin University (CDU) International office also used the event as an opportunity to promote their student exchange program. This session attracted the attention of many new students living in IHD, particularly the local students. With six previous exchange students talking about their experience studying abroad, the session sparked healthy discussion as well as a highly informative question and answer session.

Red Frogs Café Crawl
Event reviewed by Robert

The biannual Red Frogs Café Crawl was held on Tuesday, 10 March 2015. This is always a great event to get to know the Red Frogs at the same time as experiencing a few cafés around Darwin.

The first stop was to Cullen Bay’s La Beach fish and chips café. Here we sat on the lawn and enjoyed some hot chips while watching the beautiful sunset.

The second stop was the Fannie Bay’s Cool Spot café. This café is renowned for their desserts and milkshakes and everyone enjoyed the milkshake a lot!

We were all really full by the time we reached our final stop, Crepe Escape, but the pancakes there were so delicious that it kept the knife and fork in our hands to devour the pancakes! The chocolate flavour was impressive, you must try it! And of course the scenery at the Waterfront was amazing.
**Holi**

*Written by Yesh and MK*

Holi is a Hindu festival of colours and fun. Though there are many religious motives to celebrate Holi, the major reason is the departure of winter and arrival of spring, which increases the harvest and brings happiness to people. It is basically a festival celebrating joy.

The idea of having this event was initiated by Anuj, an IHD resident. Followed by that, other residents helped MK and I make the environmentally friendly colours, from corn starch and permitted food colours, and the water balloons for this event. This made the event more special as it had residents contributing throughout.

The event started out by splitting people into diverse teams and assigning a specific colour to each team. Then the fun started; people were asked to colour other team members with their team’s colour. The residents were very enthusiastic and they splashed the hot Saturday afternoon with bright colours of yellow, pink, blue and so on. This was followed by a water balloon activity in which the residents had fun and in a way cleaned themselves of colours.

In the next activity, the teams competed against each other in a game of Tug-of-War. There was some very stiff competition amongst the different teams and none of them gave up easily. It was a very tough task for the winning team to beat the rest of the teams. Prizes were distributed at the end for the winning team.

In the end it was a successful event. We thank everyone in our community who came to this event and helped us and the other resident leaders who also helped us achieve our objective of spreading happiness.
Burgers are better at IHD (we heard many people say this)
Written by Roojan and Marty

On a thundery Thursday night on 12 March, the residents of IHD got together to enjoy some special home-made turkey burgers. The rain stopped at the presence of the smiles made by the residents as they enjoyed their healthy burgers.

There was a huge turnout from the IHD community which made it a great avenue for multicultural collaboration. There were few words going around about how burgers are prepared in their own backyards. Different eating styles were shared during the event, for example, some people liked it with bread and some liked it with rice.

Everyone enjoyed the taste of the burgers but most noteworthy of all was not the taste but that they were healthier than your average take-away burgers. People even asked about the recipe and how it was made. We demonstrated how the burgers were crafted into patties and then chucked on the BBQ.

For the benefit of those interested in crafting their own “healthy” burgers, below is the list of ingredients used:

- Minced turkey meat
- Bread crumbs
- Eggs
- Ketchup
- Chopped onions
- Dijon mustard
- Coriander leaves
- Garlic paste
- Salt and pepper
- IHD love

Note: The ingredients weren’t actually measured but they were mixed to taste so every burger was unique.

Public transport

CDU students are entitled to a concession fare which is $1 for unlimited bus travel for three hours on any scheduled public bus service from the time validation.

Residents wishing to access the Parap Market (Saturday mornings), Nightcliff Market (Sunday mornings), Rapid Creek Market (Sunday Mornings) or Mindil Market (Thursday and Sunday nights in the dry season) may do so using the number 4 public bus which departs from the CDU campus and passes each market. This bus service also continues onto the Darwin city precinct.

Timetables for public buses may be found on the NT Transport website:


IHD Casuarina shuttle bus

To help you with your shopping, IHD runs a FREE shuttle service to Casuarina Square Shopping Centre every Friday during semester.

The shuttle bus departs from IHD Reception. The drop off/return pickup is from the same point at your destination.

Details:
- IHD to and from Casuarina Square
- Every Friday night
- First bus leaves IHD @ 5.30pm
- Last bus leaves Casuarina @ 9pm.

NOTE: The shuttle will not operate on Good Friday, 3 April 2015 as the shopping centre will be closed.
Parties at IHD
Residents who wish to have gatherings at IHD must host them in IHD’s Multicultural room and/or Sitzler Court. These areas are designated for social gatherings as any noise created is away from residents’ rooms. If you wish to host a large event, please confirm the arrangements with the IHD office, including availability of the venue. Residents must not host gatherings in their room or in building kitchens/dining areas.

After 10pm, please have consideration for your fellow residents who may be trying to sleep.

Clean up after yourself
Residents are reminded that at all times when using kitchens and common areas you are expected to clean up after yourself. This means wiping down ovens, microwaves, benches and tables after use, washing and putting away dishes after use and placing all rubbish in bins.

IHD operates as an adult community. Mature attitudes to cleanliness and use of shared spaces are expected at all times whilst living at IHD. Please consider the impact of your actions on others.

Kitchen drawer padlocks
Each resident living at IHD has been issued with a kitchen drawer. It is the responsibility of the resident to obtain their own padlock for this drawer to secure their items.

IHD can take no responsibility for items taken from kitchen drawers. If you would like to purchase a padlock, they are available from the IHD office or local shops.

IHD parking permits
Are you keeping your car or motorcycle at IHD? Have you obtained your parking permit from the IHD Office? Parking officers have now commenced fining cars parked without a valid parking permit across CDU and IHD.

Residents are reminded that they may obtain a parking permit to park vehicles on the grounds of IHD. Permits are available from IHD Reception at the commencement of each semester. The IHD parking permit is issued free of charge to residents only. It must be displayed in the car windscreen. It allows the car to be parked in designated IHD spaces only and ensures that you will not get a fine for parking on IHD grounds.

Please do not park along yellow lines. These are not parking areas regardless of your permit status.

NOTICES
IHD TUTORIAL PROGRAM

All tutorials will be held in the IHD Tutorial room (07.1.01). Tutorials will commence the week beginning 2 March and will cease on at the end of revision week, 6 June 2015.

Anatomy and physiology    Tuesdays 4:30pm – 5:30pm
Math and statistics         Wednesdays    6pm  – 7pm
Accounting           Thursdays        5pm  – 6pm
Engineering          Fridays            6pm  – 7pm

Be sure to take advantage of this program, this is a free service to all IHD residents.

www.cdu.edu.au/ihd
FB: Events at International House Darwin
## IHD Events & Activities
### 23 – 25 March 2015

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td><strong>Pakistan Day</strong>&lt;br&gt;Date: 23/03/2015&lt;br&gt;Time: 7 pm&lt;br&gt;Location: Multicultural room, Brown Building 13</td>
<td><strong>Anatomy &amp; physiology tutoring</strong>&lt;br&gt;Date: 24/03/2015&lt;br&gt;Time: 4.30 pm&lt;br&gt;Location: Tutorial room, Brown Building 7</td>
<td><strong>ESL Speaking</strong>&lt;br&gt;Date: 25/03/2015&lt;br&gt;Time: 9 am - 10 am&lt;br&gt;Location: Multicultural room, Brown Building 13</td>
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<tr>
<td><strong>Beach volleyball</strong>&lt;br&gt;Date: 24/03/2015&lt;br&gt;Time: Bus departs IHD Reception at 4 pm&lt;br&gt;Location: A World of Fun sports centre&lt;br&gt;What to bring: Outdoor clothes, water bottle, sunscreen&lt;br&gt;Cost: $5 per person</td>
<td><strong>Basketball</strong>&lt;br&gt;Date: 25/03/2015&lt;br&gt;Time: 5 pm - 8 pm&lt;br&gt;Location: Meet at IHD Reception then walk to the CDU basketball court together</td>
<td><strong>Math &amp; statistics tutoring</strong>&lt;br&gt;Date: 25/03/2015&lt;br&gt;Time: 6 pm&lt;br&gt;Location: Tutorial room, Brown Building 7</td>
</tr>
<tr>
<td><strong>Register Online</strong></td>
<td><strong>General computer systems assistance e.g. Adobe, Excel</strong>&lt;br&gt;Date: 25/03/2015&lt;br&gt;Time: 7 pm&lt;br&gt;Location: Tutorial room Brown Building 7&lt;br&gt;What to bring: Own laptop if you have one</td>
<td><strong>Register Online</strong></td>
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### 26 – 29 March 2015

<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Accounting tutoring</strong>&lt;br&gt;Date: 26/03/2015&lt;br&gt;Time: 5 pm&lt;br&gt;Location: Tutorial room, Brown Building 7</td>
<td><strong>Suicide Safe Talk</strong>&lt;br&gt;Date: 27/03/2015&lt;br&gt;Time: 1.30 pm&lt;br&gt;Location: Multicultural room, Brown Building 13</td>
<td><strong>Darwin Military Museum</strong>&lt;br&gt;Date: 28/03/2015&lt;br&gt;Time: Bus departs IHD Reception at 9 am&lt;br&gt;Location: Darwin Military Museum&lt;br&gt;What to bring: Student ID card and water bottle&lt;br&gt;*Attendees must bring their student ID card</td>
<td><strong>Crocodile Park</strong>&lt;br&gt;Date: 29/03/2015&lt;br&gt;Time: Bus departs IHD Reception at 2 pm&lt;br&gt;Location: Crocodile Park&lt;br&gt;What to bring: A water bottle, sunblock, sunglasses and sports shoes&lt;br&gt;Cost: $20 per person</td>
</tr>
<tr>
<td><strong>Cooking demonstration of vegetable puff, chicken puff and egg puff</strong>&lt;br&gt;Date: 26/03/2015&lt;br&gt;Time: 7 pm&lt;br&gt;Location: Building 5 kitchen&lt;br&gt;Information: Eat dinner first! This is just a demonstration.</td>
<td><strong>Casuarina Shopping Centre shuttle</strong>&lt;br&gt;Date: Every Friday&lt;br&gt;Time: 5.30 pm - 9 pm&lt;br&gt;Location: Shuttle bus leaves regularly from IHD Reception.</td>
<td><strong>Earth Hour</strong>&lt;br&gt;Date: 28/03/2015&lt;br&gt;Time: 8.30 pm&lt;br&gt;Location: Sitzler Court&lt;br&gt;What to bring: Flashlights/torches</td>
<td><strong>Table tennis tournament</strong>&lt;br&gt;Date: 29/03/2015&lt;br&gt;Time: 2 pm&lt;br&gt;Location: IHD games room, Brown Building 12</td>
</tr>
<tr>
<td><strong>Register Online</strong></td>
<td><strong>Engineering tutoring</strong>&lt;br&gt;Date: 27/03/2015&lt;br&gt;Time: 6 pm&lt;br&gt;Location: Tutorial room, Brown Building 7</td>
<td><strong>Register Online</strong></td>
<td><strong>Register Online</strong></td>
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<tr>
<td><strong>Games night</strong>&lt;br&gt;Date: 27/03/2015&lt;br&gt;Time: 8 pm&lt;br&gt;Location: Multicultural room, Brown Building 13</td>
<td><strong>Register Online</strong></td>
<td><strong>Register Online</strong></td>
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# IHD Events & Activities

### 30 March – 1 April 2015

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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</table>
| Late afternoon walk on beach  
**Date:** 30/03/2015  
**Time:** Meet at IHD Reception at 5.30 pm then walk to the beach together  
**Location:** Dripstone beach  
**What to wear:** Outdoor clothes and water bottle | Anatomy & physiology tutoring  
**Date:** 31/03/2015  
**Time:** 4:30 pm  
**Location:** Tutorial room, Brown Building 7 | ESL Speaking  
**Date:** 01/04/2015  
**Time:** 9 am - 10 am  
**Location:** Multicultural room, Brown Building 13 |
| Badminton  
**Date:** 31/03/2015  
**Time:** Meet at IHD reception at 2.45 pm then walk to CDU Basketball Courts together  
**Location:** CDU Basketball Courts  
**What to bring:** Outdoor clothes, water bottle | Math & statistics tutoring  
**Date:** 01/04/2015  
**Time:** 6 pm  
**Location:** Tutorial room, Brown Building 7 | General computer systems assistance e.g. Adobe, Excel  
**Date:** 01/04/2015  
**Time:** 7 pm  
**Location:** Tutorial room Brown Building 7  
**What to bring:** Own laptop if you have one |
| Coffee and cake: American  
**Date:** 31/03/2015  
**Time:** 8 pm  
**Location:** Multicultural room, Brown Building 13  
**What to bring:** Your own mug | Origami  
**Date:** 01/04/2015  
**Time:** 8 pm  
**Location:** Multicultural room, Brown Building 13 |

**REGISTER ONLINE:**  
W: cdu.edu.au/ihd  
FB: facebook.com/EventsIHD

### 2 – 5 April 2015

<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
</table>
| Accounting tutoring  
**Date:** 02/04/2015  
**Time:** 5 pm  
**Location:** Tutorial room, Brown Building 7 | Casuarina Shopping Centre shuttle  
GOOD FRIDAY - SHUTTLE NOT OPERATING DUE TO THE SHOPPING CENTRE BEING CLOSED | Cricket Tournament  
**Date:** Saturdays 4, 11 and (possibly) 18 April 2015  
**Time:** 4 pm  
**Location:** The Strand (between the Purple and Yellow Precincts)  
**What to bring:** A water bottle, sunblock, sunglasses and sports shoes | Easter Egg Hunt  
**Date:** 05/04/2015  
**Time:** 10 am  
**Location:** Multicultural room, Brown Building 13 |
| Beach games  
**Date:** 02/04/2015  
**Time:** Meet at IHD Reception at 5 pm then walk to the beach together  
**Location:** Dripstone beach | Engineering tutoring  
**Date:** 03/04/2015  
**Time:** 6 pm  
**Location:** Tutorial room, Brown Building 7 |  |  |
| Movie marathon: The Hobbit  
**Date:** 03/04/2015  
**Time:** 7 pm  
**Location:** Multicultural room, Brown Building 13 |  |  |  |

**REGISTER ONLINE:**  
W: cdu.edu.au/ihd  
FB: facebook.com/EventsIHD