IHD
iWitness

FOGG DAM
CONSERVATION RESERVE

CHARLES DARWIN UNIVERSITY
International House Darwin
Welcome

Hi all

First of all I would like to wish each and every one of you the best for your exams! Believe it or not but I know exactly how you feel, I too am studying. I understand this can be a stressful time of the year but the best thing you can do is be prepared and look after yourself, this means taking the time to eat, sleep, study and take some time out for yourself until the big day arrives. I trust in all of you and believe you will excel!

On another note, this past week has seen our Finance Coordinator leave IHD for another position outside of the university. It has been an absolute pleasure working with Patience over the past six years, I’ve watched her grow and develop herself and although it’s sad to see Patience leave, I’m excited for her future ahead.

Preparation are full steam ahead for semester 2 orientation! Keep an eye out in the coming weeks for the event timetable.

Once again, all the best for your exams!

Dean Preddy
Manager
International House Darwin

Features

Jumping Crocodile Cruise 3
Guide to exam success 4-5
Resident Leaders, sem 2 2014 6
Quiet time during exam period 6
Public transport 6
IHD Casuarina shuttle bus 6
Farewell Patience 7
Soccer – Round 2 7
Litchfield National Park day trip 10

Regulars

Up to Date 8
Notices 9
Event Calendar 11

Cover

IHD residents stopped at Fogg Dam on the way to see the Jumping Crocodile Cruise.

IHD Reception

Office Hours:
9.00am - 5.00pm

Residents Leaders:
Ph. 8946 6591

iWitness Resident Input:
If you would like to include anything in the next issue of iWitness please email nicole.ryan@cdu.edu.au
W: cdu.edu.au/ihd
FB: facebook.com/EventsIHD
What’s more Australian, actually what’s more Territorian than seeing crocodiles in the wild? Seeing a crocodile in the wild leap out of the water in front of your eyes to get that tasty chunk of meat that’s what! And that’s exactly what a group of residents snapped up (pun intended) the opportunity to do!

On Saturday, 31 May 2014 13 IHD residents piled into the bus manned by our new Coordinator Resident Services, Penny Biddle, to have a true Territory experience.

They stopped off at Fogg Dam on the way to check out some wildlife from the lookout. From there they headed to no other than the infamous Jumping Crocodile Cruise.

With so many people excited to see the jumping crocs, residents had to be split amongst two boats. Each boat set off and as promised the crocs jumped to snap up their feed. Although the crocs were the main highlight there was also an array of wildlife, especially birds, on show.

From there we left with quite an appetite so it was great to stop off at the Windows on the Wetlands to take in the breathtaking views and eat lunch.

This truly is a fantastic experience; if you missed out this time don’t worry, we’ll be sure to organise another trip in the not too distant future!
Guide to exam success

Don’t let the examination process lead you to neglect your health. Staying healthy is important for everyone but when you are stressed it is easy to let the basics such as eating, sleeping and keeping active slip. This is mostly because students believe they need to adjust their lifestyle to cram in as much study as possible before the big day.

Exam success relies upon a balance of lifestyle and learning factors. It’s important to keep yourself energized by maintaining sensible eating, sleeping, exercise, and study habits in the lead up to your exams.

Sleep
Maintaining your usual sleep pattern as you approach exam day is very important.

Sleep is important for our bodies to recover and recharge. Without it, it can be hard to concentrate and remember things. Without sleep you will also have problems with your energy levels.

Make sure you develop a sleep routine and wind down period so your body starts to associate this routine with sleep time.

Healthy diet
What you eat not only affects your physical health; it affects your energy levels and the way you think and feel about yourself.

Try to eat regular healthy meals, limit fatty, sugary treats and drink lots of water.

Remember – A healthy diet energises you and enhances your study efforts!

WHEN YOU DON’T DO AS WELL AS EXPECTED
Falling or not performing as well as expected at school, uni or TAFE can be very stressful, especially if you’ve previously averaged higher marks, or are depending on high results to get into a particular course or profession. Rather than feeling bad about it, try to take some positive action.

• Talk to your teachers – If they know you are having problems, they will be more likely to organise extra help, extra time to complete tasks or special consideration when marking.

• Don’t be hard on yourself – Getting lower marks than you hoped for doesn’t mean you are a failure or that you won’t achieve your goals, but rather that you might benefit from improved study habits or reassessing your choices.

• Get help when you need it – If you feel so anxious or depressed about your results that you’re no longer able to enjoy things you used to, it’s a good idea to talk to a trusted adult, like a school counsellor or family friend.

Regular breaks are also important. Getting up, moving around and away from your desk at least every 50 minutes for 10 minutes makes you concentrate and learn better.

Visit: www.youthbeyondblue.com
Info line: 1300 22 4636

beyondblue: the national depression initiative
Study
It can be tiring focusing on one volume of work for long periods of time. Concentration and comprehension of subject matter quickly depletes.

Why not consider shorter bursts of study time on each subject?

Some people are only effective reading for 20 minutes – most for less than an hour!

So next time try changing tasks every hour, this keeps your brain active thereby improving your learning! Spread the workload out, but dip into each task more frequently.

Keep active
Regular exercise and movement is essential for good health and should be part of your study routine.

When you exercise, whatever the activity, you give your mind a chance to re-focus, thereby resting it from the intense concentration of studying and exams.

The choice of exercise is up to you but for the most part a brisk walk is considered adequate exercise. The most important thing is that you do something every day!

KEY POINTS TO REMEMBER
- Having a balance of activities in your life can help you to avoid burning out.
- It’s a good idea to find time each day for relaxing, being active and hanging out with friends.
- Even though you might not feel like you have time, exercising, eating well and plenty of sleep are also important.
- If you are finding it hard to stay on top of your study, it’s a good idea to talk to someone about it. A parent or adult friend can help you get things in perspective or offer advice on better ways to manage.
- Alcohol or other drugs (including lots of caffeine or other energy boosting drinks) won’t take away the pressure of study and the after-effects often make you feel even worse.
- Being organised will help you to make sure that you don’t leave everything to the last minute, and will also make you feel more in control.

MORE INFORMATION AND SUPPORT
You can speak to trained counsellors by phoning these 24-hour telephone counselling services:
- Lifeline 13 11 14 (cost of a local call)
- Kids Help Line 1800 55 1800 (tollfree)

Information and support is also available from the following websites:
- beyondblue www.youthbeyondblue.com
- www.beyondblue.org.au

Information on depression, anxiety and how to help a friend
- headspace www.headspace.org.au
- Information, support and help near you
- ReachOut.com www.reachout.com
- Information and support for young people going through tough times

The websites below can help you to find health services in your area. They list services that are either free of charge or low cost:
- Kids Help Line www.kidshelp.com.au
- Lifeline Service Finder www.lifeline.org.au/service_finder

If you or a friend want to communicate with someone via email or online, Kids Help Line offers confidential, non-judgemental, emotional support 24 hours a day, 7 days a week.

SOURCES
This fact sheet is based on the following sources:
- ReachOut.com www.reachout.com
- beyondblue www.youthbeyondblue.com and www.beyondblue.org.au

Visit: www.youthbeyondblue.com
Info line: 1300 22 4636

10/09
Resident Leaders
Semester 2, 2014

Applications have closed and interviews complete for the semester 2, 2014 IHD Resident Leaders (RL).

IHD is now delighted to announce that we have 3 new RLs to add to our fabulous team: Tim Howarth, Robert Dongchen Zhang and Pavan Sehmi.

They join our existing 6 RLs and will be pivotal in rolling out the exciting new programs and vision IHD has planned for its future.

Quiet time during exam period

As exams are now here, please be considerate of those studying at different times to you.

IHDs usual ‘quiet time’ during the exam period will be enforced.

Fines of $130 will be issued to offenders.

Be respectful of others.

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: www.transport.nt.gov.au/transport/public

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
• 30 minute loop
• First bus leaves IHD @ 5.30pm
• Last bus leaves Casuarina @ 9pm.
Farewell Patience

Friday, 6 June 2014 marked the end of an era for IHD. After almost 6 years of service our Finance Coordinator, Patience Mutasa, said her final goodbyes.

Patience has been an integral part of the team and has helped IHD grow and develop to what it is today.

Patience will be sorely missed but we wish her well on her next adventure!

Soccer – Round 2
Written by Trever Chibweza

The final round of the soccer tournament was due to be played on Sunday, 18 May 2014 between three of the winning teams from the previous round. However as only two teams showed up, it went straight to the final with competitors JFF and Brace Yourself.

Both teams were strong in defending goals for the entire game, however JFF won with a golden goal in the last 5 minutes of extra time!

From there celebrations popped as they couldn’t wait to be awarded with their prize! Everyone else’s efforts were rewarded with a sizzling BBQ afterwards which was great.

Thanks again to all who participated in this semester’s soccer tournament!
Red Frogs Cafe Crawl
Written by Katharina Dittmer

On 30 May 2014 IHD Residents and Red Frogs went on the first Cafe Crawl of the year.

First stop was at Cullen Bay to enjoy a beautiful yet obscured sunset on the grassy strand, while eating chips and drinking assorted cool drinks.

From there we moved onto Trampoline at the Waterfront, where everyone indulged their sweet tooth with some delicious ice cream. Upon returning to the bus it appeared one resident had disappeared, but never fear, after a quick look the person was reacquainted with the group!

The night was finished with some really nice coffee and hot chocolate at Donut King in Casuarina Square. We are all eagerly anticipating the next cafe crawl with the ever lovely Red Frogs crew.

Study Week Smoothies

Some traditions are best kept as is, and one of those is Study Week Smoothies!

As always IHD Resident Leaders and staff juiced and blended away to provide residents with a healthy boost to help keep residents minds active.

Each day presented a new surprise, some with not so smooth smoothies and others with milkshakes – much to the delight of residents.

Smoothies may seem like a simple idea but it has its purpose. As you all lock yourselves in your room to study for exams, many forget to look after themselves. This is IHDs small way to get you moving and provide you with a fresh and healthy boost of energy.

Good luck one and all for your upcoming exams!
NOTICES

Fire alarms
Evacuation is compulsory for all residents when a fire alarm is signalling. Please respect the efforts of staff and RLs who are trying to help you and do their job.

Failure to evacuate a building during a fire alarm can result in a hefty fine imposed by the NT Fire Department.

Resident Leaders (RL) or IHD staff are required by law to enter rooms during fire alarms to ensure that all residents have been safely evacuated. The privacy of residents is respected wherever possible, but safety is a priority in an emergency situation.

Do not return to an evacuated room until instructed to do so by a RL or staff member.

False alarms
Where the fire service is called out on a false alarm caused by use of candles, incense, oil burners, pest/bug control bombs, toasters, cooking equipment, cigarettes in a resident's room, or where deemed the fault of the resident's action, that resident will be responsible for the cost of the call out charged to IHD by the fire service.

Please note that where residents tamper with fire safety equipment in their room in the hope of hiding such activities, the resident will be fined for misconduct.

Room/personal security
Residents should ensure that their room is always locked, especially when left unattended (even if only to make a quick trip to the bathroom or kitchen).

Likewise, to ensure security of your food and property, residents should ensure that they relock kitchen drawers and communal freezers after use.

Please do not leave valuables such as laptops, wallets, keys and bicycles unsecured or unattended at any time.

Room access
Please be advised that IHD staff and Resident Leaders can only give access to resident's own room.

If you want to allow someone else to have access to your room, you must provide IHD Reception or the RL on duty with written consent (either via email or in person).

Access will be updated as soon as consent has been received and verified.
Take a day trip to the picturesque

Litchfield National Park

Visit the magnetic termite mounds, Florence Falls and Buley Rockhole all for FREE!

Morning tea and lunch provided.

Date: Sunday, 22 June 2014
Time: Bus departs IHD Reception at 8.30am. Bus returns to IHD by 4.30pm
Where: Litchfield National Park
What to bring: Sunblock, hat, towel, sunglasses, camera, swimwear, and walking shoes

Register your place via link on IHD Facebook or IHD website. Participants must complete a medical registration form for participation in IHD trips to remote locations. By registering your details, you guarantee your attendance.

www.cdu.edu.au/ihd
facebook.com/EventsIHD
# Event Calendar

## June 2014

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>Revision Week</strong> Smoothies all week 12pm–1pm</td>
<td></td>
<td>7 Greek Gleni Shuttle</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Exams</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Exams</td>
<td></td>
<td></td>
<td>India at Mindil Shuttle</td>
<td>Litchfield Park Day Trip</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>Semester Break</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**IHD EVENTS**

For more information and updates check out

IHD website: cdu.edu.au/ihd

and

IHD Facebook: facebook.com/EventsIHDAU

---

*Image of people enjoying a picnic by the beach, a group photo, and individuals holding smoothies.*