IHD
iWitness
Hi Everyone

The end of the year approaching rapidly and I know that most of you have your head in the books preparing for exams or finishing assignments. If you are one of the lucky ones free from these pressures, please show consideration for the fact that this is a stressful time of year for most residents.

In view of the needs of residents to study between now and the end of exams IHD is under a noise curfew, which means that noise from social activity, music etc should be kept to a low level so that those trying to study or sleep are not disturbed. This is regardless of the time of day. Please contact the IHD Office or Resident Leader on duty if you have any concerns with unreasonable noise levels.

As the semester draws to a close, many people are packing up and leaving. The expected departure time is Monday 9 November by 9am unless you have extended your booking beyond this date. Please speak to Kim or Jaimie in the office urgently if you are planning to stay on and have overlooked extending your booking.

Bookings for 2016 are also open and already the standard twin share rooms are fully booked with a waitlist!! If you want a certain room or room type, please make your booking as early as possible to avoid disappointment.

I hope you all have success with your studies in the coming weeks.

Best wishes
Penny
The primary function of the Resident Leader team is to assist the management and staff of IHD in the establishment and maintenance of an environment within IHD which is friendly, safe, socially cohesive, vibrant and conducive to the academic achievement and personal welfare of all residents.

All Resident Leaders are to share the load of weekly duty tasks and organisation of a range of iGrow events which aim to enhance the experience and welfare of IHD residents. All members of the team are to promote and show positive regard for the activities and values held at IHD.

Resident Leaders will have the opportunity to bring their personal strengths and interests to play in assisting with event creation, coordination and leadership for the whole community of activities. Resident Leaders are expected to role model behaviour which encourages a positive, friendly, respectful and caring atmosphere at IHD. Social maturity and intercultural tolerance are essential qualities for a Resident Leader, as is an enthusiasm for IHD activities.

Applications must be submitted by 5.00pm on Monday, 9 November 2016.

For further information about this position, please contact Penny Biddle, Coordinator Resident Services, IHD, on (08) 8946 7326 or email penny.biddle@cdu.edu.au

It’s been a great year.
The IHD Yearbook is on sale now. Get your copy from Reception or at the smoothies week for $10. The book features lots of photos and stories, questions and answers, special awards and many memories for you to take home and show your friends and family. If you haven’t yet seen it, be sure to check out the IHD happy dance! Another great memory. Search for Happy IHD style on youtube.com.

Are you a leader in your community?

Resident Leader positions now open 2016

- Leadership
- On call duties
- Be part of a team
- Liaison and Communication
- Engagement
- Knowledge and professionalism

Applications close on Monday, 9 November
More information available cdu.edu.au/ihd/employment-vacancies
Concentration and Distraction
Most students have problems with concentration – either getting into their study or maintaining efficiency.

First, minimise external distractions. Consider:

**Environment** – *take a look at where you are studying:*
1. **Lighting** – Is it adequate? Is the light shining in your face? – cause of eyestrain!
2. **Ventilation** – Is there air circulating around you – lack of air makes you sleepy! Do you work better with the door open or closed?
3. **Climate** – Too warm makes you sleepy! Too cold makes you sleepy!
4. **Space** – You need a clear desk space so you can focus! Check is there other clutter in your view to distract you?
5. **Comfort** – You need to be comfortable so you can focus.
6. **Music** – Does it help you or actually cause distraction? Does the type of music affect your concentration?

**Friends** – *can help or hinder your concentration. Consider:*
1. Do your friends distract you?
2. Do you need to study somewhere away from friends?
3. Do you need to ask friends to give you some space for certain study times? Be firm if you do. And be understanding if a friend needs space for their study.
4. Do you need to form a study group to learn some of your work together?

Second, maximize internal performance. Consider:

**Routine** – *form a regular routine of eat, sleep, exercise and study. To concentrate your body needs:*
1. adequate sleep
2. proper nutrition
3. stimulation from exercise

Students who maintain this balance generally achieve higher marks!!

**Remember** – you can’t study 100% of the time and refusing to accept this fact only limits your potential.

**Interest and Purpose** – *humans get bored by what is not relevant to them! So create relevance and purpose in your tasks. How? Try:*
1. Discussion groups
2. Relating material to experiences you have had or expect to have
3. Relating material to other areas of interest
4. Set goals for each study session/task

**Now is not the time to worry about the past or the future. Study requires your focus now – in the present. Try:**
1. Write worries in a “worry book” – this may help to diminish them or set them aside for later. Set a time to deal with problems and a time for study.
2. Seek support (including counselling help) if you can not manage your worries.
Exams are here

As exams are now here, there is a need for IHD to implement a noise curfew. Please be considerate of those studying at different times to you at all times. IHD’s usual ‘quiet time’ during the exam period will be enforced. Fines of $149 will be issued to offenders. Be respectful of others.

Noise curfew

From 19 October to 6 November 2015

Noise which disturbs others will not be tolerated during study week and the exam period at IHD.

Fines of $149 will be issued to offenders.
Recycling!

If you are departing IHD in the coming weeks, you will, no doubt be cleaning out your room and discarding unwanted items. Please do not forget to recycle. These items are easily recycled:

- Paper, cardboard in paper recycling bins (these will be provided in houses and apartments, building 1, 3 and 11)
- Waste in big blue skips (don’t leave mountains in your room or building for others to remove)
- Donations for charity (eg good clothing or reusable household items – deliver to IHD office for donation in a batch)
- Unwanted fresh food – donate to other residents/friends staying at IHD over summer.

Bins are available for recycling your items.

Welcome to the Waders

As winter in the Northern hemisphere starts to take a hold, migratory birds in Siberia and North Eastern China start making their way south in a bid to stay warm and soak up a tropical lifestyle. Thousands of them gather each year around Darwin including East Point. The migratory birds frequent the intertidal zones as these are prime feeding areas and highlight Northern Australia is part of the great East Asian Australasian flyway an important route for many migratory bird species. The most abundant species at East Point Reserve are Great Knot, Greater Sand Plover, Grey-tailed Tattler, Lesser Sand Plover and Ruddy Turnstone.

Hear from local researchers and see some of the shorebirds visiting Darwin.

When: 5 - 6:30 pm Friday, 23 October
Where: Sunset Park - Nightcliff Foreshore (between the jetty and the end of Aralia Street).
Presenter: Amanda Lilleyman

One team involved in the World Solar Challenge is out of the race after a fire on Monday. The Malaysian team Eco Photon were about five kilometres south of the Batchelor turn off when the battery in their car ‘Stingray’ caught alight. NT Police said the Batchelor Fire Emergency and Rescue Group went out, but by then the blaze was extinguished by the teams pit crew. A World Solar Challenge spokesperson said no one in the team was injured. The team can still be part of the event, but due to competition rules, they are no longer in the race. “Other teams stopped by the side of the road and helped.” The World Solar Challenge attracted people from all over the world to Darwin last week, when they departed for Adelaide.
Author talk: ‘Big Blue Sky’ a memoir by Peter Garrett

Peter Garrett is founding member of Midnight Oil, president of the Australian Conservation Foundation, Member of Parliament and Minister, and also has a longstanding connection with the Northern Territory. In his new memoir ‘Big Blue Sky’ Peter writes about his lifelong mission to protect the environment and his connection with Aboriginal people, about his love for his family and his passion for our country.

Peter will give a talk on his memoir, with book sales and signing available at the event.

**Presenter:** Peter Garrett  
**Date:** Nov 02, 2015  
**Time:** 10:30am to 11:30am  
**Contact person:** Melissa Royle  
**T:** 08 8946 6773  
**E:** melissa.royle@cdu.edu.au

**Location:** Mal Nairn Auditorium, Casuarina campus  
This event is open to the public.  
Registrations: Please register your attendance by email to rsvp.opvcl@cdu.edu.au.
NOTICES

Kitchens
Do not empty food scraps in the kitchen sinks, they will cause blockage, please use the bins provided.

Smokers
Smokers please put cigarette butts in the bins and do not throw on the pavers and garden beds.

Plant sale
Upcoming plant sale
CDU Horticulture/Aquaculture
PLANT SALE
When: Thursday 22 October 2015
Where: Hort/Aqua Building, Pink 3
Time: 10.30am - 3.30pm

For further information, please contact Hort/Aqua on 8946 7513

Congratulations
Congratulations to past and present residents from IHD who recently graduated! Wishing you all the best for your futures.
Event reviews

Mooncake night at IHD

By Helen

27 September 2015 was the Chinese Mid-Autumn Day, which was very special and meaningful in Chinese culture. Traditionally, all family members should be reunited and celebrate together for the night of full moon, and this is why people who cannot go back home may suffer extra homesickness.

In this evening, more than 20 residents from different countries came to the Multicultural room to celebrate this festival. They were impressed by the stories and traditions behind it. People cheered and whistled when they saw the two boxes of mooncakes. It was the expensive surprise Penny prepared for us.

It was a great evening that all of us enjoyed because of the time being together and sharing together. Friendship brought to us pleasure and we felt more belongingness in this new place.

The IHD master chef

By Helen

Great news! Congratulations to Liam Hunter, the final winner of iChef. Thanks to all participants of this event.

The iChef competition was held on the five Sundays since 13 September. Participants have shown their talent in chicken dishes, pasta and noodles and talent of making dessert in the first three heats. Unique and colorful presenting, wonderful taste and different culture provided to judges and tasters provided a fantastic food culture experience.

The grand final was carried out between Jordan Bennet and Liam Hunter on 11 October at 4pm in the kitchen of Building 3. Two competitors prepared special chicken dishes and dessert in one hour and fifteen minutes. More than ten tasters had the chance to try their works and made very difficult choices. Both desserts were fabulous, and Liam won though his brilliant chicken pasta finally.
Botanic Gardens visit

By Kat

It was the end of the semester break and week 8 was about to start when 8 residents left IHD to spend the afternoon at the George Brown Darwin Botanic Garden. The Botanical Garden is one of Darwin’s hidden treasures. It is just outside the city centre and is famous for its collection of north Australian and other tropical plant species which are spread out over 42 hectares and various themes. We were really lucky and chose the right time to visit the gardens as there was a pop up market with many stores that sold food or arts and craft. Also at the same time a cricket match was hosted right opposite the gardens, which really excited the residents. During lunchtime we stopped at Eva’s cafe for a bite to eat or an iced coffee. Eva’s is a colonial style cafe located right in the Botanic garden. It’s beautiful and you feel going back in time when visiting it. The whole afternoon was really relaxing and nice break from the end of semester stress. And as Chen Chen said quite a few time: “It’s so nice here”.

Crab Claw Island

By Kat

On Saturday, 3 October 2015 it was time for IHD’s very first mystery bus tour. As we have never done something like that before we wanted it to be special. The task was to find a place that is cheap, where the residents usually would not go and that is special. This was indeed not easy. In the end we decided to take the residents to Crab Claw Island to spend the day at the Crab Claw resort. Crab Claw Island is a small place in the Bynoe Harbour about 135km south-west of Darwin. When leaving IHD and upon arrival the residents had no clue where the trip was taking them. I guess the goal of a mystery bus tour was achieved. Crab Claw Island is a beautiful spot and as Julia said it looks like Bali. The resort contains hut style bungalows that are elevated on stilts. There is also a restaurant which aired the AFL grand finals and two pools. The first thing we did after arrival was going down to the beach, at that point we knew why it is called Crab Claw Island. There were crab claws everywhere. After taking some pictures we went to the restaurant to enjoy sandwiches for lunch. The residents ended the day by cooling down in one of the pools. The drive there and back was also a highlight as it is quite a scenic drive that also includes a short distance of dirt road.
On 21 September, a bunch of enthusiastic residents headed to the Adelaide River to see some jumping crocodiles. As usual, it wasn’t a disappointment with plenty of our big reptile friends propelling themselves out of the water for a bite to eat. It’s a Top End must-do!
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.

CASUARINA SHUTTLE BUS: New pick up / drop off location.
The shuttle bus will now pick up and drop off at the bus station on Bradshaw terrace. It is near the ticket box where the number 4 public bus leaves from. This is until construction works are complete at the usual drop off/pick up location.

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: W: transport.nt.gov.au/public/bus/darwin

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.
Free smoothies 19 - 23 October

Don’t forget there are smoothies available at Sitzler court this week so you can get some brain food during your study! 3 pm each day.

Take a break
Help is never too far away! If you are struggling with your studies, personal life or looking for career guidance – Equity Services is the place for you!

CDU’s Equity Services is free and 100% confidential. Even better, you can now book an appointment online: www.cdu.edu.au/equity-services.

Don’t wait until it’s too late. Equity Services are experts in their field and are here to support you! Equity Services have experts to assist in the following areas:

**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.


**Careers & Employment also manages**
**CareerHub**
*Website:* [https://careerhub.cdu.edu.au/Login](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](mailto: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](mailto: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](mailto:accommodation.assistance@cdu.edu.au)

**Equity Services Contact**
*Phone:* 8946 6288
*Email:* [equity@cdu.edu.au](mailto: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](http://www.cdu.edu.au/equity-services)
What does your future hold?

Celebrate the End of Semester at the party that will take you into the future!

Date: Friday, 6 November 2015
Time: 8 pm
Location: Multicultural room
Good food and prizes for best dressed

www.cdu.edu.au/ihd
facebook.com/EventsIHD