

# Life in Melbourne



**Carey**  
Baptist Grammar School



Carey Baptist Grammar School is situated in Kew, one of the inner eastern suburbs of Melbourne, only eight kilometres from the central business district (CBD). Beautiful views of the city skyline, including the one above, can be seen from a number of places around Carey's Kew campus.

Kew is a leafy, predominantly middle class suburb that is well serviced by public transport and includes several major shopping precincts.

## Welcome to Melbourne

Melbourne is the capital city of the State of Victoria and is the second-largest city in Australia, with a population of nearly 5 million.

It is a relatively safe, clean and tolerant city, which is home to communities of immigrants and visitors from all parts of the world, including a large number of overseas students studying at schools and universities.

Melbourne is renowned throughout Australia for the richness of its intellectual and cultural life and for its excellent food options, offering cuisines from around the world. The arts play a major role in the community. There are several prominent public art galleries and many small commercial art galleries, as well as an energetic and diverse range of theatre, music and arts festivals. Melbourne is also known for several major sporting events including the Melbourne Cup (horse racing), the Australian Formula One Grand Prix (motor racing), the Australian Open (tennis), the AFL Grand Final (Australian Rules football) and the MotoGP Motorcycle Grand Prix.

Melbourne is also home to a number of internationally respected universities such as the University of Melbourne and Monash University.



## Australian social etiquette and culture

### Courtesy

'Good morning/afternoon', 'hello', 'g'day' and 'how are you?' are common greetings even among strangers. It is usual for a person to say 'excuse me' to attract someone's attention, join a conversation or be excused from a conversation or meal. It is also considered impolite if you do not say 'please' when asking for something or 'thank you' when something is done for you or given to you.

### Dress code

People tend to dress casually, especially during summer. If more formal clothing is expected, you will be advised in advance. Please note that it is acceptable for women in Australia to wear short skirts, shorts and brief tops without being considered provocative or immoral.

### Names

Australian people often use first (given) names even with respected elders; however, if the person you are meeting for the first time is older than you are, use a title before their family name, for example: Mr Brown, Mrs Liu, Dr Smith or Professor Nguyen, until you are invited by that person to use their first name. Carey students always use their teachers' titles when speaking to them.

### Opening of gifts

While in some cultures opening a gift/present in front of the person is considered rude, it is just the opposite in Australia. When accepting a gift, it is polite to open it immediately and express your appreciation.

### Physical contact

Handshakes are commonly used to greet each other or say goodbye, especially among men. Women often display greater physical contact with friends and family by greeting each other with a hug and a kiss on the cheek, but shake hands when meeting new people in a formal or professional setting. Displays of affection between friends and loved ones in public is common – such as hugging, kissing and holding hands.

### Queues

People often form queues to buy food, to wait for a bank teller or to get on a bus. It is impolite and is not tolerated to push ahead of someone who is in a queue before you. Australians also value their personal space and privacy so it is a good idea not to stand too close to another person when queuing.



## **Rubbish**

Place rubbish in rubbish bins. If there are no rubbish bins you should carry the rubbish until you find a bin to put it in. You can be fined for throwing rubbish on the ground or leaving it behind in public places. You often also find recycling bins near a general rubbish bin. Use these to dispose of paper, glass and recyclable plastic products.

## **Smoking**

Carey is a strictly non-smoking environment, which means that no-one is permitted to smoke anywhere on school property. Smoking at school is considered a serious misdemeanour and students will be suspended from school for doing so. Under Victorian law, it is illegal to buy or provide cigarettes for anyone under the age of 18.

In the public domain, smoking is prohibited almost everywhere indoors and you can be fined for doing so. Smoking is also prohibited in some outdoor places such as train stations, bus shelters and restaurants.

## **Spitting**

It is considered extremely impolite to spit in the street or to make loud throat and nose clearing noises.

## **Alcohol**

The legal age for buying alcohol in Australia is 18. For adults, alcohol is commonly served at social events, including some in the workplace. Saying no to an offer of an alcoholic drink will not offend your host, just politely decline and ask for a soft drink (non-alcoholic drink).

There are many laws concerning supplying alcohol to people under 18 years of age in Australia, including providing alcohol to minors in private homes. Illegally providing alcohol to those under 18 is taken very seriously by the Police. Carey is committed to ensuring that it meets its obligations in relation to alcohol provision, and has appropriate processes and systems in place to assist with this. For current laws and information about alcohol and minors visit [vcglr.vic.gov.au](http://vcglr.vic.gov.au) and go to Community › Young People.

## Communications

Australia has many different telephone and internet service providers, offering different packages, so make sure you research what each company can offer and find a plan that best suits your needs. Some companies will also offer discounts or free/unlimited calls if you connect your landline, internet and mobile all with their company. The largest two providers of telecommunications in Australia are Telstra and Optus.

### Internet access

Free internet access is available in a growing number of public spaces and cafés in Australia, but you may find that it is not as freely available as in some other countries. Public libraries usually offer free internet access. You will find some internet cafés where you can pay for access. Mobile phone plans will also include an allowance for data download through the phone network. Internet connections need to be arranged with a service provider. Download speeds and data limits will vary depending on your plan, connection and location.

### Telephones

#### Mobile phones

Mobile phones are easily available from many retail outlets and networks are extensive. Phone plans can be either for a fixed-term contract with a monthly minimum cost and set services during that period or on a pre-paid basis, for which you buy the phone handset outright and pay for call and data credits as required. Pre-pay mobiles may have higher call rates, but you are not locked in to a contract. All mobile phone numbers in Australia begin with 04.

#### Local calls

Local calls (calls to landlines in your area code) within Australia at the time of printing cost 50 cents from a public telephone and 30 cents from private telephones, although many providers have deals that include free local calls. Local calls on landlines are untimed. Calls to interstate, international and mobile phones are timed and charged at a higher rate.

### **Calling interstate**

Australia has four different area codes for landline phone numbers. If you are making a call to a different zone, you need to include the area code before the number. The area codes are:

- Victoria and Tasmania (including Melbourne and Hobart): 03
- New South Wales and the ACT (including Sydney and Canberra): 02
- Queensland (including Brisbane): 07
- South Australia, Northern Territory and Western Australia (including Perth, Adelaide and Darwin): 08

### **Calling overseas**

If you are using a private landline or a public telephone to call to a number overseas, dial 0011, then the code for the country you are calling, then the local number. So, for example, to call a number in Denpasar, Indonesia, you would dial 0011 (to get out of Australia) 62 (country code for Indonesia) 361 (for Denpasar) 123 456 (local number): 0011 62 361 123 456. To call overseas from a mobile, as in other countries, use the + symbol before the country code.

### **Public telephones**

Many public telephones only accept Phone Cards which are widely available for purchase at Post Offices, convenience and corner stores (called 'milk bars' in Victoria), supermarkets, newsagents and some petrol stations. The cards can be purchased for as little as \$5 or as much as \$50. You can also make collect/reverse charge calls by dialling 12550. The cost for a local call at most pay phones is 50 cents.

### **Telephone directory assistance**

Search for residential phone numbers at [whitepages.com.au](http://whitepages.com.au) and business and government phone numbers at [yellowpages.com.au](http://yellowpages.com.au)

For directory assistance from any phone, call 1223 (Australian numbers) or 1225 (International numbers). These calls are generally free, but charges may apply from some phones (e.g. mobiles/cell phones).

If you do not wish to be listed in the phone directory, you can request to have your number made private through your phone service provider.

## Driving

### Driving in Australia

If you hold an overseas driver's licence and want to drive a vehicle in Victoria, you can do so for six months if you have a permanent visa – recorded from the date you first entered Australia if the permanent visa was issued before you entered, or from the date the permanent visa was issued if that was while you were in Australia. If you hold a temporary visa you can drive using your current overseas driver licence for the length of your stay.

Anyone driving in Australia must carry their licence with them at all times while driving, as well as an official English translation if the overseas licence is not written in English.

You must be at least 18 years of age to obtain a Victorian probationary driver's licence or if you have held an overseas driver's licence for less than three years. You must be at least 16 years of age to obtain a Victorian learner's permit (at least 18 years for a motorcycle).

Road rules and regulations about licences vary slightly from state to state, but for more information about driver's licences, permits or road rules in Victoria go to: [vicroads.vic.gov.au](https://vicroads.vic.gov.au)

### Important driving laws

In Victoria, it is illegal to drive with a blood alcohol content of 0.05% or over. Police conduct random alcohol and drug tests of drivers very regularly. Penalties are immediate and serious. If you are driving on a probationary licence or learner's permit, you are required by law to have zero (0.00%) blood alcohol content.

Australian law also requires that all passengers and drivers of cars wear properly fitted seat belts or restraints (car seats etc. for children and babies). The rules regarding seat belts and child restraints are strictly enforced and penalties apply.

There are a number of laws unique to Melbourne regarding drivers and trams. Most importantly, you must stop behind a tram when it is letting passengers on or off until it starts moving again. You can read about the road laws on the VicRoads website mentioned above.

There are also intersections in the Melbourne CBD (central business district) where you will be required to do a 'hook turn' (turning right from the far left lane). Hook turns often confuse visitors to Melbourne and can be dangerous if you turn too early, so it's important to know how to do a hook turn properly. For instructions see the VicRoads website.





## Electrical/power points

Australia operates on 240/250 volts at 50Hz.

Adaptors and can be purchased at most supermarkets, pharmacies and specialist travel and hardware shops.

Points on plugs are in this configuration:



## Emergencies

The emergency number for the fire brigade, police or ambulance is 000.

This is a free call and a 24-hour service.

Remember to state the service you require and give your location. You can make emergency calls from all pay phones and mobile phones, even if you don't have any money or credit available.

The international standard mobile emergency number 112 will also connect you to the emergency services in Australia, but only from mobile phones. This number will work on your mobile even if you do not have credit or a SIM card in your phone. You can always call the School on the 24 hour contact number displayed on your Student Safety Card if you feel like you are in danger or require immediate assistance.

## Health care

### Ambulance Services

If someone requires emergency medical treatment and you need an ambulance, dial 000. In Australia, ambulance services are not free, you will eventually be charged for the ambulance service unless you have ambulance cover through your health insurance or you join Ambulance Victoria.

Most health insurance automatically covers ambulance services, but it is important to check your coverage. If your health insurance does not cover ambulance services, joining Ambulance Victoria costs around \$97 a year for a whole family, and will cover you for ambulance fees anywhere in Australia. Membership can be organised online at [ambulance.vic.gov.au](https://ambulance.vic.gov.au)

### Medicare

Medicare is an Australian Government funded health care scheme that allows Australians to claim back the cost of some of their medical and pharmaceutical expenses. More information about Medicare is available at [humanservices.gov.au](https://humanservices.gov.au) with translation into many different languages.

### Health Insurance

Students who enter Australia on a student visa 500 must be covered by an overseas health provider. For those students that don't have OSHC, Carey can arrange this for the duration of the students visa. Carey's preferred provider is BUPA (see [bupa.com.au](https://bupa.com.au)). This is at the cost of the student and is paid prior to commencement at school. Students may claim some of their medical expenses at their local health insurance provider office or online. For more information, contact the Admissions department at Carey on (03) 9816 1242 or [admissions@carey.com.au](mailto:admissions@carey.com.au)

### Illness and hospitals

In an event that you become unwell, please see your local General Practitioner doctor for treatment in the first instance. For more serious illnesses, you can be treated in a hospital Emergency Department no matter whether you have insurance or not. However, if you don't have insurance your visit could be costly. Please note that not all hospitals have Emergency Departments.

Some of the largest 24 Hour Emergency Departments near Kew are:

- The Royal Melbourne Hospital, Grattan Street Parkville
- The Alfred Hospital, Commercial Road Prahran
- St Vincent's Hospital, 41 Victoria Parade Fitzroy
- The Austin Hospital, 145 Studley Road Heidelberg

## Money and Banking

Australia has a decimal system with 100 cents to the dollar (AUD\$). Coins have values of 5, 10, 20 and 50 cents, and AUD\$1 and AUD\$2; notes have values of AUD\$5, AUD\$10, AUD\$20, AUD\$50 and AUD\$100. Prices are rounded up or rounded down to the nearest five cents of the total bill when you pay by cash.

Melbourne's banking hours are generally Monday to Thursday 9.00am-4.00pm and Friday 9.00am-5.00pm. Some banks in major shopping centres are also open on Saturdays but check before you go. All major banks are equipped to exchange foreign currency, but depending on the currency and the size of the bank branch, it may need to be arranged in advance. Several international banks have branches in Melbourne. Major credit cards – Visa, MasterCard, American Express, Bankcard, Diners Club and their affiliates – are widely accepted throughout Victoria. Automated Teller Machines (ATMs) are found in many convenient locations like banks, along main shopping streets and in malls and allow you to withdraw money at any time, day or night. You will need to check with your bank to confirm which kinds of ATM you can use without being charged fees.

For your safety, you should use caution when accessing funds at night or in isolated locations. Always protect your Personal Identification Number (PIN) when using an ATM.

## Goods and Services Tax (GST)

Australia has a Goods and Services Tax (GST) of 10 per cent on most goods and services. Marked prices on goods in shops include the GST and details of the amount that has been charged as GST must always be shown on an invoice. A Tourist Refund Scheme (TRS) is available in order to claim back the GST paid on items purchased while in Australia. More information on this scheme can be found at [customs.gov.au](https://www.customs.gov.au)

## Tipping

Tipping does not function the same way in Australia as it does in other places like the United States. In Australia, tipping is at your discretion, and usually only given when paying for restaurant meals and in some service industries. If you choose to tip, the most common amount is 10–15% of the total bill for excellent service. Some approximate costs of typical activities in Australia are: Ticket to the movies \$20, Travel on public transport \$4, Eating out \$30, Coffee \$4.

## Newspapers

The two main newspapers for Melbourne are *The Age* and the *Herald Sun*, both of which cover local, national and international news. *The Australian* newspaper covers national and international news. They are sold in convenience stores, corner stores (milk bars), most supermarkets and newsagents, which are located in most shopping precincts. *The Age*, *Herald Sun* and *The Australian* also have online editions, but access to some stories may require payment or subscription. You can also arrange home delivery of some newspapers for a small fee, either through your newsagent or by contacting the subscriptions department of the newspaper you wish to have delivered. Print copies of overseas and local language newspapers are readily available in many larger newsagencies.

## Postage and mail

At a Post Office you can post letters, send faxes, transfer money overseas, and buy a variety of postage and packaging products and basic stationery. Opening hours are generally Monday to Friday from 9.00am to 5.00pm. Some Post Offices in major centres are also open on Saturday mornings. Australia Post delivers Monday to Friday.

## Public transport

Melbourne's extensive transport network is an integrated system called Public Transport Victoria (PTV), comprising trains, trams and buses that run across two fare zones. The buses, trains and trams are run by a variety of different private companies, but you do not need separate tickets for different types of transport. Trams are the main form of transport throughout the CBD and run up and down most main streets. Trains are the main mode of transport throughout the greater Melbourne metropolitan area and all lines start in the CBD. Buses mainly service the suburbs locally.

A comprehensive guide to the public transport in Victoria, including timetables, is available at [ptv.vic.gov.au](http://ptv.vic.gov.au). Information is also provided in other languages by phone:

- Arabic (03) 9321 5440
- Cantonese (03) 9321 5441
- Mandarin (03) 9321 5454
- Vietnamese (03) 9321 5449
- Other languages (03) 9321 5450

There are also several useful free mobile phone and tablet apps, particularly:

- **PTV:** provides up-to-date timetables and maps
- **Tramtracker:** allows you to track tram arrival times by GPS

There is a bus shuttle service, called the Skybus, that runs express from Tullamarine Airport to Southern Cross Station in the CBD. It runs 24 hours a day, seven days a week and at the time of printing costs AUD\$19.75 one way. For more information go to [skybus.com.au](http://skybus.com.au)

### **When do the trains, trams and buses run?**

Train and tram services run between 5am and midnight, Monday to Thursday. On Friday and Saturday nights, public transport runs all night for trains and selected trams and buses. There is also a 2.00am coach service to regional centres. On Sunday, trains and trams run from 7.00am to 11.00pm. Many of Melbourne's bus routes run from 6.00am to 9.00pm Monday to Friday, 8.00am to 9.00pm Saturday and 9.00am to 9.00pm Sunday.

### **How do I get to Carey on Public Transport?**

Carey is in Zone 1. Auburn Railway Station is well within walking distance to Carey. It is on the Belgrave and Lilydale train lines, but be aware that many express trains do not stop at Auburn Station. There are three tram lines within short walking distance: Route 72 travels along Burke Road, Route 16 travels along Glenferrie Road and Route 109 travels along Cotham/Whitehorse Road. The 624 bus service stops right outside the School and runs between Kew and Oakleigh and the 548 bus from Ivanhoe Station stops nearby on Cotham Road.

### **What types of tickets are there?**

Tickets are an electronic smartcard called myki that stores funds like a debit card. Information about myki can be found at [myki.com.au](http://myki.com.au). Cards can be purchased or the balance topped-up at:

- Customer Service Centres at premium railway stations
- Myki machines at train stations and at selected tram and bus stops (a map of these can be found on the myki website)
- Retail outlets throughout Melbourne displaying the myki sign
- The PTV Hub at Melbourne Town Hall and the myki Discovery Centre at Southern Cross Station

You can also top up your card on the website or by calling 1800 800 007.

### **Travel zones**

Melbourne is divided up into two public transport zones. Zone 1 covers the CBD and suburbs within about 25km of the CBD. Zone 2 is for outer suburbs. Your myki will automatically be charged appropriately for the zones in which you travelled. Maps showing each zone's boundaries are on display at all train stations, tram stops and on all trains, trams and buses.

Always remember to touch on and off at a myki reader every time you use public transport.

### **What myki cards are available?**

Each time you travel using the myki money cards the system calculates the best available fare for the journey.

A myki pass is stored travel days for specified zones, valid for a certain period of at least seven days. You specify the zone/s of travel and the exact duration of your pass.

For more information go to the myki website or [ptv.vic.gov.au](http://ptv.vic.gov.au), or call 1800 800 007.

### **What if I don't have a ticket or forget to swipe when I board?**

If you are caught travelling on public transport without a validated ticket, you will be fined. If you are in doubt, ask for advice about what ticket to buy and how to validate it for your trip. On a bus and at the train station, you swipe your myki card on entry and exit. On a tram, you touch on as you enter, but do not need to touch off on exit, unless your journey is entirely within Zone 2.

### **Can I buy a concession ticket?**

International students are not eligible for concession/student tickets on Melbourne's public transport system and must buy a full fare ticket even if they are still at high school. If you are caught travelling with a concession ticket but do not have an authorised concession card you will be fined. If you are a permanent resident, you can check if you are eligible for a Concession Card at: [ptv.vic.gov.au](http://ptv.vic.gov.au)

If you are eligible for a Concession Card, you may find that a yearly or six-monthly Student Pass is also a good idea. You can only buy a Student Pass at the PTV Hub in the CBD or at premium stations (Camberwell is the closest to Carey).



## Safety

Melbourne is a relatively safe city but you should take precautions to ensure your own safety, just as you would in your own home city.

- Whenever you can, travel with at least one other person. If you are travelling alone after dark, consider travelling by taxi or have someone meet you so that you don't have to walk alone.
- Be alert at all times. If you feel uncomfortable in any situation, find a way to leave safely. Seek out the nearest safe public place such as a restaurant or café, or find the nearest security guard/police officer.
- Plan your trips carefully and tell someone when you expect to return home, especially if you are travelling to unfamiliar places or after dark.
- Stay in areas that are well lit, especially when waiting for public transport. At train stations, there is always a marked safety zone with an emergency call button.
- If you travel at night on a train, sit in the first carriage and sit by the emergency call button; on trams and buses sit close to the driver.
- At night, always stay in well lit streets and busy areas as much as possible.
- Keep your mobile phone close. Always carry coins or a phone card so you can use a pay phone if your mobile runs out of battery or loses service. Memorise a few phone numbers (a relative or Local Support Person) in case your mobile is lost/stolen. Remember that 000 is the free emergency number for Police, Fire and Ambulance services.
- Keep handbags, purses or wallets on or close to your body.
- Do not carry your valuable possessions such as iPads or laptops so that they are visible. Make sure that your valuable possessions are insured or, whenever you can, leave them at home.
- Be aware of who is around you. Be as quick as you can at ATMs/ticket machines and make sure no one can see you entering your PIN.

## Swimming and Beaches

Melbourne is excellent for water-lovers. There is the choice of the relatively protected waters of Port Phillip Bay and Westernport Bay or the many surf beaches of Bass Strait.

Though at times these waters may seem sedate and user-friendly for just about anyone, the potential for disaster is ever present and swimmers/surfers need to be aware of the dangers. The golden rule for anyone going to any surf beach is to attend a patrolled beach and only enter the water between the yellow and red patrol flags that mean trained surf lifesavers are monitoring the swimming area. Surf Life Saving Victoria is a community organisation and does not operate these patrols all year, only in warmer months. If you must enter the water at any time outside this season, make sure you have someone with you who is not swimming and can raise the alarm in the event you get into difficulty.

Most importantly, know your own ability in any type of water. Victorian beaches are beautiful but are also some of the most dangerous. Being able to easily swim laps in a swimming pool does not mean you will be able to swim against a strong swell or other hidden dangers such as rips (rips are very strong currents under the surface of the water that are very difficult to spot. They can occur even at beaches that seem to be quite calm). Many Australian rivers also have strong currents running underneath the surface of the water. Objects such as fallen trees under the water can also make swimming very unsafe. Often language barriers contribute to a lack of understanding which can lead to people drowning. Always think 'safety first' around water.

Most Australian children learn to swim from quite a young age, so you might find that your children are invited to social events at the beach or swimming pools. If you or your children are not strong swimmers, you might consider professional swimming lessons. Your local council will be able to provide details of your nearest pool that offers lessons for children and adults. If your child can not swim very well, it might be helpful to make sure that the Local Support Person knows this.

To find your nearest surf lifesaving patrolled swimming beach or for more information about water safety go to [lifesavingvictoria.com.au](https://lifesavingvictoria.com.au)

To learn more about rip currents go to [ripcurrents.com.au](https://ripcurrents.com.au)

Remember to swim between the flags at the beach!



## Taxis

All registered Victorian taxis are yellow or silver and clearly marked. Victorian taxi drivers must wear a uniform and have their Taxi Driver ID on display in the taxi at all times. You should also be able to see the meter, which should always be turned on. For information about taxis, including bookings, go to [taxi.vic.gov.au](http://taxi.vic.gov.au)

You can hail taxis on the street; wait at a designated taxi rank; or call one of the taxi companies: Yellow Cabs 132 227 or Silver Top Taxis 131 008. There is also a booking service available with a free phone app called 13CABS. Most taxis accept cash, EFTPOS and credit cards.

In Melbourne, you must prepay for all taxi trips between 10.00pm and 5.00am, but you should still make sure the meter is running. If the amount you pay at the beginning is different to the metered when you arrive, you pay the extra amount or are refunded the excess. Taxis often attract additional charges like a late night surcharge, a fee for phone bookings, using a tolled freeway and a fee for taxis waiting at the airport rank.

## Time zones

### Time zones in Australia

Australia has three time zones:

- Australian Eastern Standard Time (AEST) is GMT +10 hours and covers the eastern states of Queensland, New South Wales (with the exception of the town of Broken Hill), Victoria, Tasmania and the Australian Capital Territory.
- Australian Central Standard Time (ACST) is GMT +9.5 hours and covers the state of South Australia, the town of Broken Hill in western New South Wales and the Northern Territory.
- Australian Western Standard Time (AWST) is GMT +8 hours and covers Western Australia.

### Daylight Saving Time (AEDT)

In Victoria, Daylight Saving runs from the first Sunday in October to the first Sunday in April. Clocks are moved forward one hour in October to allow the daylight to last longer into the evening and back again in April.

Daylight saving time changes are well advertised in the mainstream media.

- Normal time in Victoria (AEST) is GMT +10.00
- Victorian Daylight Saving time (AEDT) is GMT +11.00

Not all states in Australia change their clocks for summer. You can check Australian timezones at [australia.gov.au](http://australia.gov.au) by going to About Australia › Facts and Figures.

## Weather

Melbourne's weather can be very hard to predict and it is not unusual for the temperature to change dramatically over the course of a single day.

### Melbourne weather during the year

Season	Months	Average Minimum	Average Maximum
Autumn mild, can be windy	March, April, May	11°C	20°C
Winter often cold and wet	June, July, August	6°C (below 0°C in some outer areas)	14°C
Spring mild, and wet, but can be windy	September, October, November	10°C	20°C
Summer hot	December, January, February	14°C	26°C but can be as high as 40°C

The UV danger in Australia is very high. The Cancer Council of Australia suggest that when you go outside you should always wear clothing that shields your skin from the sun as much as practical; wear a broad spectrum Sun Protection Factor (SPF) 30+ (or higher) sunscreen, and reapply it every two hours; wear a wide-brimmed hat; stay in the shade as much as possible; and wear UV protection sunglasses.

### Daily weather information

The Australian Bureau of Meteorology (BOM) provides detailed weather forecasts and updates for all areas of Australia online. The BOM also has an app available that will enable you to access this information on your phone. Hourly weather updates and weather warnings for Melbourne can be found at [bom.gov.au](http://bom.gov.au)





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