What is health and wellbeing?
Health and wellbeing is about feeling well and being happy with life. It includes your physical wellbeing (body), emotional wellbeing (feelings) and spiritual wellbeing (religion, faith, spirituality). General wellbeing is effected by your lifestyle, what you eat and drink, as well as how much you study, work, sleep, exercise and socialise with others.

How do I know if my health is at risk?
To stay healthy, you need to make healthy choices every day. That means thinking about things that can affect your health, including:
• Being inactive;
• Unhealthy eating;
• Not getting enough sleep;
• Sun exposure and beach safety;
• Drinking alcohol or taking recreational drugs (legal /illegal); or
• Smoking.

Being physically active
Why should I be active?
Being active and exercising every day can lead to a longer and healthier life. It will also strengthen your bones and muscles, improve mood and sleep, relieve stress and lower your risk of heart disease, diabetes and some cancers.

Being active also helps you to pay attention and focus, which will benefit your studies.

How can I get active?
You should try to exercise for at least 60 minutes every day. You can break this time up into 15 minute or 30 minute intervals to fit into your daily routine.

Walking is a good way to maintain your emotional wellbeing and fitness. There are plenty of great places to walk in Perth, including around the Crawley campus, along the Swan River, local parks and ovals, Kings Park and our beautiful Western Australian beaches. Most are just 20 minutes or less from central Perth.

Healthy eating
Why should I eat a healthy diet?
To maintain a healthy weight and reduce the chance of developing serious health problems, it is important to eat a balanced diet.

The Australian Guide to Healthy Eating lists the foods we need to eat every day to be healthy.

There are 5 basic food groups:
• Bread, cereals, rice, pasta and noodles;
• Vegetables;
• Fruit;
• Milk, yoghurt, cheese;
• Meat, fish, poultry, eggs, nuts and legumes.

There are also “extra” foods that are not included in the 5 food groups. These include biscuits, cakes, desserts, pastries, soft drink and high-fat foods like pies, sausage rolls, potato chips and takeaway meals. These should only be eaten occasionally and in small amounts. Too much salt, sugar and unhealthy fats and oils are not good for your health.

Where can I buy Halal food?
UWA Student Guild cafes provide a range of Halal food and microwave facilities on campus. Ask the Guild Cafe staff to show you where.
Getting enough sleep

Why is sleep important?
Rest and regular sleep routines are essential for developing good study habits. A good night’s sleep can help you to be productive, mentally sharp, mentally balanced and full of energy all day long.

If you are having trouble sleeping, ask your doctor or counsellor for advice.

Sun exposure and beach safety

How do I protect myself from the Australian sun?
The Australian summer can be extreme with long periods of very high temperatures. During the summer months it is important to drink lots of fluids, particularly water, and keep your skin protected from the sun. Sunburn can affect your health but extreme sunburn can require medical treatment.

Australia has some of the highest rates of skin cancer in the world. In summer (December - February), the sun can damage your skin within 15 minutes. In summer, you should stay out of the sun between 10:00am and 3:00pm because this is when the most damage can be done to your skin.

When you are in the sun, especially in summer, you should:
• Wear a shirt;
• Put on sunscreen (SPF 30 or more);
• Wear a wide-brimmed hat;
• Wear sunglasses; and
• Sit in the shade where possible.

A little bit of sunshine on your skin each day is important to stop Vitamin D deficiency. If you generally wear a veil or long clothes it is good to take some time (about 15 minutes) in the morning to get some sun exposure. Vitamin D deficiency is more common in people who wear long garments all year round.

How do I stay safe at the beach?
The beach is a great place to relax and stay cool in summer but the sea can have unpredictable and hidden dangers so it is important to know how to be safe.

When you are at the beach, it is important to:
• Always swim between the yellow and red flags where lifeguards are watching;
• Read safety signs;
• Swim with a friend and never alone;
• Avoid swimming near rips or currents;
• Ask lifeguards for advice where it is best to swim;
• Stay out of the water if you have been drinking alcohol; and
• Be sun smart by wearing sun protection at all times.

Alcohol
Alcohol is a drug that can affect the way your body functions and make you more likely to take risks that you usually wouldn’t.

In Australia, drinking alcohol is commonly accepted and legal for those over 18 years. However, people who drink too much alcohol can put their health at risk and effect their relationships with others.

What do I need to think about if I plan to drink alcohol?
There are ways you can limit the health and safety risks when drinking alcohol.

Some tips are:
• Set a limit of the number of drinks you will have and stick to it;
• Eat before or while you are drinking;
• Drink water and non-alcoholic drinks in between your alcoholic drinks;
• Don’t mix alcohol with other drugs;
• Keep an eye on your drink - don’t leave your glass unattended;
• Plan how you will get home safely before you go out whether it is by taxi, public transport or with a friend who has not been drinking; and
• Always stay with your friends when you are drinking and don’t leave anyone on their own.

Recreational drugs
Recreational drugs can be legal (such as alcohol, caffeine, tobacco) or illegal (such as cannabis/weed, amphetamines, ecstasy, cocaine or heroin). These drugs can change the way your body functions and how you think, feel and behave.

What are some of the risks?
There is no safe way to use illegal recreational drugs because you can never be sure what you are taking or how it will effect you.

All drugs have the potential to cause harm. As drug use increases, the potential harm to your health also increases. This may affect your university experience in the long term.

If you are caught with illegal recreational drugs, you may be charged with an offence and have to go to court. Any drug-related offences might also impact your student visa.

If you think that your alcohol or other drug use is affecting your physical or mental health, you should get help. There are many support services available at UWA to help you, these are listed later in this fact sheet.

Tobacco
It is well-accepted fact that smoking is bad for your health and can cause a range of problems including emphysema, high blood pressure, heart disease and lung cancer.

UWA is 'smoke free'- what does this mean?
The UWA campus is smoke free. You are not allowed to smoke in, or around, all of the University’s buildings, properties and workplaces, including open spaces.

Quitting cigarettes at any time, even if you have smoked for years, will help your health. There are several
services offered at UWA to help you quit smoking, these are listed on the back of this fact sheet.

Keeping safe in vehicles

Alcohol and other drugs can impair your ability to drive safely. In Australia, it is illegal to drive with a blood alcohol concentration (BAC) of 0.05mg or more or if you have taken illegal drugs. If you are on your ‘L’ (learner permit) or ‘P’ (probation permit) plates, the legal BAC limit is zero (0).

It is also illegal to drink alcohol while you are driving. If you are stopped by the police you may be breath tested. If you are found to be under the influence of alcohol or drugs, you may be charged with an offence and have to go to court. Any offences might also impact your student visa.

While you are studying in Western Australia (WA), you can only drive vehicles that you are already authorised to drive using your overseas licence. If your overseas licence expires while you are in WA, you will have to apply for a WA licence if you wish to continue driving.

If your overseas licence is not in English, you must carry an international driving permit or an approved English translation of your licence when you drive.

How can I stay safe while driving?

To reduce the risk of harm to yourself and others while in a vehicle:

• Do not drink alcohol or take recreational drugs before or while you’re driving;
• Always wear your seatbelt;
• Keep your driver’s license (and English translation if needed) on you at all times while driving;
• Obey speed limits and road rules;
• Remove any valuables from your car in case of theft.

Need more information?

These external services offer more information on health and wellbeing.

Study Perth

The official government website for studying in Western Australia. Provides information on studying, living and working in Perth.

www.studypерт.com.au

Clubs Online

An online list of sporting or interest clubs to join in your local area.

www.clubsonline.dsr.wa.gov.au

Department of Transport

The official government website for vehicles and transport in Western Australia. Find more information on vehicle registration, driver’s licences and pay bills and fines online.

www.transport.wa.gov.au

HealthDirect Australia

A free 24-hour telephone health advice line staffed by registered nurses.

Telephone: 1800 022 222

www.healthdirect.org.au

Live Lighter

A resource for information on how to eat well, be physically active and maintain a healthy weight.

www.livelighter.com.au

Quit Now

Information and support to quit smoking.

www.quitnow.gov.au

SunSmart

Information on preventing and treating sunburn and skin cancer.

www.sunsmart.com.au

Surf Life Saving Western Australia

Information on beaches, beach safety and surf clubs.

www.surflifesavingwa.com.au

Trails Western Australia

For information on walking trails in the Perth hills and across Western Australia.

www.trailswa.com.au
Getting involved and active

UWA Student Guild
An on-campus student service made up of elected student representatives and support staff. They provide assistance for students such as free food, tax help, representation and social events. There are also over 100 Guild-affiliated clubs and societies that run activities for students covering everything from religious and spiritual events to disco dancing and medievil culture.

Telephone: (+61 8) 6488 2295
Email: hello@guild.uwa.edu.au
www.uwastudentguild.com

UWA Sport and Recreation
Offer a variety of social and competitive sports, martial arts, aquatics and group fitness classes. There is also a fully equipped fitness centre on campus with discounted student memberships.

Telephone: (+61 8) 6488 2286
www.sport.uwa.edu.au

Getting connected

International Student Support
Provide support and assistance for a range of international student issues including: support with academic issues, taking leave, grievances and appeals.
Telephone: (+61 8) 6488 2428
www.international.uwa.edu.au

UniAccess
Provide free services and support to students who want to disclose a disability or condition and request assistance.
Telephone: (+61 8) 6488 2423
www.uniaccess.uwa.edu.au

UniMentor
A university-wide program that aims to help you to adjust to university life by pairing you with a later year student studying a similar course as you, who can answer your questions.
Telephone: (+61 8) 6488 3028
www.unimentor.uwa.edu.au

Language And Cultural Exchange
A friendship program open to postgraduate students. They run free events giving local and international students a chance to make friends.
Telephone: (+61 8) 6488 2404
www.lace.uwa.edu.au

Who can I speak to at UWA for more help?
There are many groups and services here on campus to help you to get the most out of your UWA study experience.

General health & wellbeing

UWA Medical Centre
Provide health check-ups and medical assistance from a team of doctors and nurses at no additional cost to students. Doctors can also provide information on therapies such as Nicotine Replacement Therapy for those trying to stop smoking.
Telephone: (+61 8) 6488 2118
www.uwa.edu.au/medical-centre

UWA Alcohol and Other Drug Counselling Service
A free and confidential counselling service for UWA students and staff. You can seek treatment for your own use or if you are concerned about use by a family member or friend.
Telephone: (+61 8) 6488 2118

UWA Counselling and Psychological Services
Contact to arrange a free and confidential appointment with a qualified Counsellor. Daily triage sessions available.
Telephone: (+61 8) 6488 2423
www.counselling.uwa.edu.au

Robin Winkler Clinic
Offer psychological treatment for a range of issues such as depression, anxiety, gambling, sleeping problems or eating disorders. There is also a Smoking Cessation Group for those trying to quit smoking. There is a cost for services.
Telephone: (+61 8) 6488 2644
Email: clinic-psy@uwa.edu.au
www.psychology.uwa.edu.au

UWA Health Promotion Unit
Provide education and training for students on the topics of mental health, sexual health and alcohol and other drugs. Students can also get involved as health peer educators through the Fit for Study Program.
Telephone: (+61 8) 6488 3173
Email: healthpromotion@uwa.edu.au
www.fitforstudy.uwa.edu.au

UWA Student Guild Volunteering
Volunteering is another way to stay active, meet new people and help out your community. Contact Guild Volunteering to find out how to become a volunteer on campus or around Perth.
Telephone: (+61 8) 6488 5891
Email: volunteering@guild.uwa.edu.au
www.volunteering.guild.uwa.edu.au

UWA Counselling and Psychological Services
Contact to arrange a free and confidential appointment with a qualified Counsellor. Daily triage sessions available.
Telephone: (+61 8) 6488 2423
www.counselling.uwa.edu.au

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fitforstudy.uwa.edu.au
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