COVID-19 and Beyond for International Students

We know this is a difficult time for many international students. Here are some ways you can manage through the crisis and set yourself up for the future.

Future proof your career

Boost your employability
- Develop skills of the future with free online courses
- Visit Study in Australia's Future Learn page for free courses

Plan for your career
- Research your chosen industries in Australia and offshore
- Build a career profile plan
- Develop online professional networks
- Reach out to a careers counsellor
- Identify your key employability skills

Develop your job application
- Contact your provider's career services for advice
- Review and develop your CV or resume
- Practice your job interview technique – online and face-to-face
- Practice answering job application questions and criteria

Develop your online professional profile
- Create a professional profile on LinkedIn
- Review and consider your online profile – Google yourself to see what comes up

Keep yourself healthy and engaged

Maintain social connections
- Virtual chats and small group catch ups
- International student networks
- Online community groups
- Provider or institution social clubs

Keep yourself healthy
- Maintain a balanced diet
- Exercise regularly
- Get quality sleep

Find YOU time
- Make time for activities and hobbies
- Learn a new skill

Keep Safe
- Download the COVIDSafe app
- Report and deal with racism
- Seek welfare support if you need it
- Speak with your institution's international student contact person if you need advice or help

Keep yourself mentally fit

Know the facts
Limit dramatised media coverage and learn the facts

Practise self-care
Be kind to yourself and don't underestimate your ability to cope

Be Mindful
Practice relaxation and mindfulness - help your body settle and be calm

Ask for help
Seek mental health support if needed

Develop your workplace skills

Finding work
- Seek legitimate work (not cash in hand) to ensure you receive Government protection and the same rights as all Australian workers
- Volunteer with your institution's clubs and societies, with local community groups or not-for-profit charities
- Seek out internships and talk to your careers counsellor or advisor about options to do internships as part of your course (also visit AAGE)
- Visit LinkedIn for job opportunities
- Register on employment websites
- Visit the Australian Government's COVID-19 Jobs Hub

Be inspired

There are beautiful happenings in the world
- Beautiful News
- Our beautiful world
- Our wonderful international students

Join the movement. We are all #InThisTogether

Australian Government

studyinaustralia.gov.au

CISA Council of International Students Australia

ISANA International Education Association Inc.