

Blog 9: Your First 30 Days in Australia — How to Settle Into University Life With Confidence

The First Month Matters

Arriving in Australia as an international student is an exciting milestone.

For many Bangladeshi students, it represents a transition from a familiar home environment to an entirely new academic and social setting.

The first month can feel busy. You may be learning to navigate a new city, meeting people from different countries and adjusting to a university system that places considerable importance on independent learning.

Here is how to approach those first 30 days.

Week 1: Get the Essentials Right

Your immediate priority should be establishing a stable daily routine.

Confirm your accommodation arrangements, learn how to travel to campus and make sure you can access essential services.

Complete any outstanding university enrolment requirements and activate your student accounts.

Attend orientation sessions wherever possible. They can help you understand the campus and connect you with the services you may need throughout your degree.

If you have questions, ask university staff rather than relying on rumours or unverified advice.

Week 2: Understand Your Academic Environment

Australian university study may feel different from your previous education.

Depending on your program, you may attend lectures, tutorials, seminars, laboratories or workshops.

Assessment can include examinations, essays, reports, presentations and collaborative projects.

During your second week, take time to review the course outlines for each subject.

Record assignment deadlines, examination periods and attendance requirements in a calendar.

Most importantly, understand the university's academic integrity rules, including its policies on referencing, collaboration and the use of artificial intelligence.

Week 3: Find Your Community

Living overseas can sometimes feel isolating, particularly when your established friends and family are thousands of kilometres away.

Building a community takes effort.

Consider joining a student society, participating in sporting activities or attending events organised by your residential community.

You may find comfort in meeting other Bangladeshi students, while also benefiting from friendships with people from different backgrounds.

Both experiences can enrich your time at university.

Week 4: Establish Sustainable Habits

By the fourth week, you should have a clearer understanding of your academic workload and living expenses.

Review your budget. Are you spending more than expected on food or transport? Are there more economical alternatives?

Set aside regular time for academic study, physical activity, household responsibilities and rest.

If you plan to work part-time, first consider how employment would fit around your study commitments and visa conditions.

A sustainable routine is more valuable than an excessively ambitious one that quickly becomes difficult to maintain.

What If You Feel Homesick?

Homesickness is a common part of living abroad.

Missing family, familiar food and established routines does not mean that you have made the wrong decision.

Stay connected with people at home while making a conscious effort to participate in your new surroundings.

If the adjustment becomes difficult, universities generally offer wellbeing, counselling and student support services.

Seeking appropriate support early can make a meaningful difference.

Remember Why You Started

During your first month, you may experience moments when your new environment feels unfamiliar or demanding.

Those moments should not define your entire experience.

Studying abroad offers an opportunity to develop academic knowledge, independence, communication skills and relationships that may extend well beyond graduation.

Progress does not need to happen all at once.

The Vitaliah Perspective

Your journey does not end when you receive your visa or arrive on campus.

Settling into university life is an equally important part of the experience.

Your next step: Explore Vitaliah's student life resources and university profiles to prepare for the experience beyond admission.

Further reading: [Study Australia — Living in Australia](#) and your university's student support website.