Video 3 – A Holistic Approach to Wellbeing

I chose Queensland as my study destination because I auditioned for the Queensland Ballet Academy and I got accepted. A place called the Sunshine State was like really alluring. Kelvin Grove happened to have a tennis program, so I chose Queensland as my study destination. The day of my arrival, God, it’s a bit of a blur. I just remember noticing really small details like differences. When I first arrived in Queensland, I just felt that the environment was very clean. For me I was really overwhelmed because it was totally different from what I thought. I don’t know how I can live here, how I can communicate with people and for the first few weeks, I felt very homesick every night and I wanted to go back home and how I missed them and how I wanted to go back. I was very nervous and I was kind of dreading homestay, but surprisingly they were super, super, nice and I loved it.

When I first met my homestay, she was really friendly and she knows how to comfort me and make me feel like at home so it was a relief for me. The night before my first day of school, I was feeling quite nervous. I had like butterflies in my stomach and I was just thinking about how to make friends and how to talk to new people because I’ve never experienced something like this before. I didn’t make any friends, so it was really sad at the end, but yeah, how was yours? No, very similar actually. I remember being very stressed out the night before and then the day after it didn’t really go super well. I didn’t make any friends – it took a bit of time, but I think that if you keep going at it, you’re going to make friends because Australian’s are very friendly.

Before I got here, I think I had a lot of information provided to me, and of course there’s a lot of information on the internet. So, my agent sent me a lot of information about my homestay, about the school. The information we send to the students in the homestay profile, we cover not only tips on how to assimilate into homestay lifestyle, but also into academic lifestyle, so as a team, we present a lot of information to them. I’d say it was pretty helpful, yeah, it helps you destress about the whole thing, you know, knowing about the things that are going to happen when you get there, knowing about your family, it helps you, you know, calm down before the trip.

For other students going to Queensland, I’d say you know, do it and go for it and don’t be scared. The message for me I think is just one word – be confident. If you’re confident about yourself, you can do anything. My hope for international students is that they have a positive experience that they learn from this experience and don’t be afraid. Take chances, be curious and just have a good time while you’re here. The people here are just so friendly, just come and I think it’ll be a good experience.