

# 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 [AACE](#))
- Visit LinkedIn for job opportunities
- Register on employment websites

## 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