ISSUE NO.

03





# college Gazette

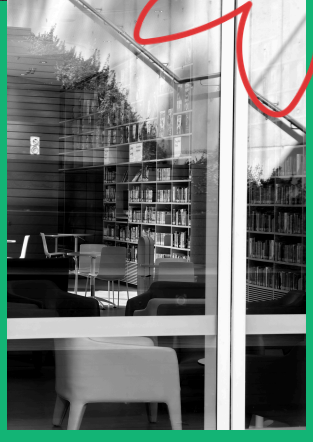


OCTOBER 2026











# College Gazette

Issue No.3 - Oct 2026


One 04
**College OOTD - October**

Two 12
**Add a Bit of Pilates into Your Routine**

Three 16
**Traveller's Notes - Between Continents, Between Centuries Part 2**

Four 26
**SRC Profiles**

Five 30
**SRC Comics**

Six 34
**Touch Some Grass! A Perfect Spring Picnic**

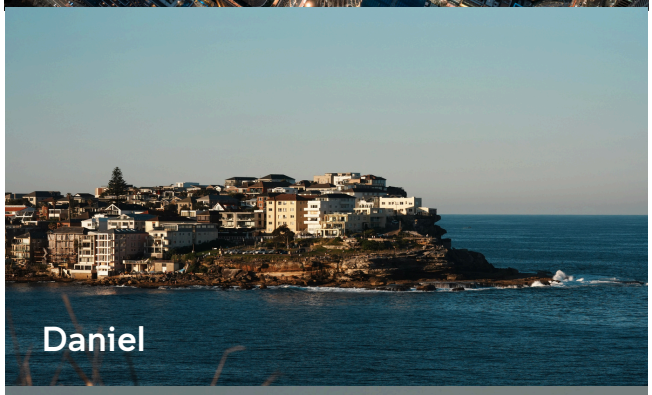
Seven 40
**Beginning as a Volunteer**

Eight 44
**Photography Club**

Nine 54
**Editor's Choice: Put a Spring in Your Step with These Drink Orders**


Alvin


Yuheng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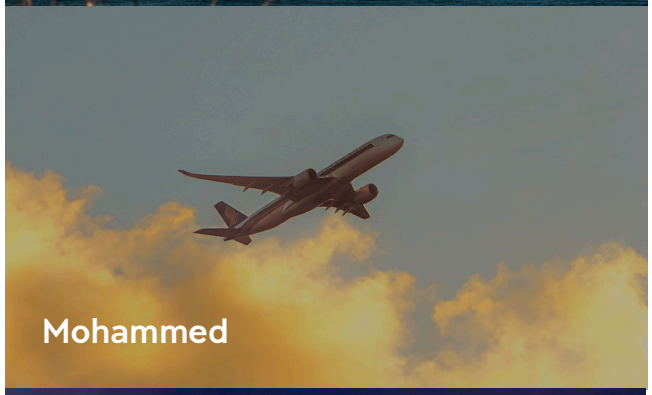
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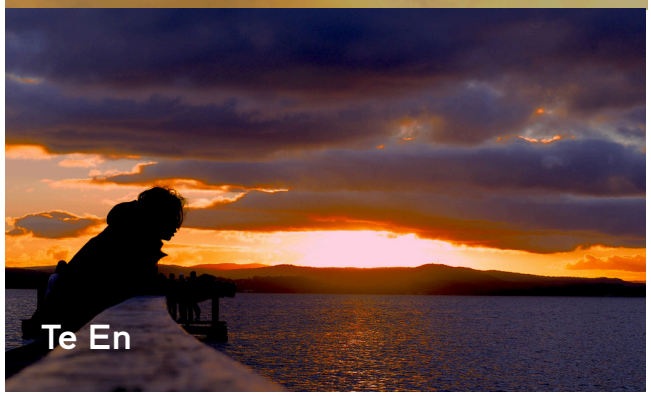
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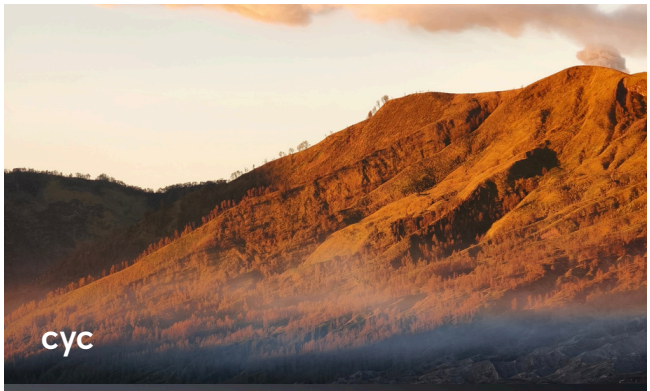
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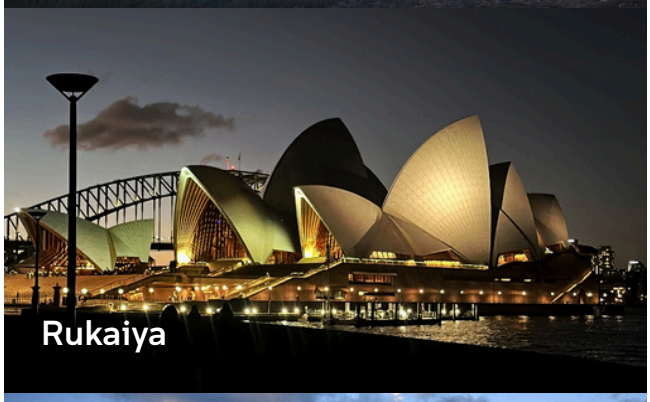
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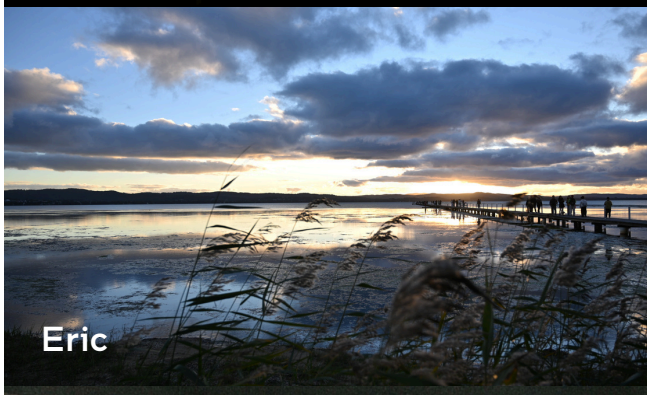

Eric


O.Z


Yiran




The clothes and accessories we wear are a great tool for self-expression without needing to utter one word. Check out the unique and fashionable fits from our students, who also give us some insight on why they chose that specific outfit!

Check out more shots of their outfits here!

# Tony



**Tell us about your outfit:**
My outfit consists of a jacket, a turtleneck, and a shirt layered above it, and carpenter pants, and shoes.

**What's your fave part of your outfit?**
This jacket – it's blue and I think it goes really well with my face colour.

**What/who is your fashion inspo?**
I actually get inspired by architecture, because I like to visualise my body as a building. And the clothes I put on can be like the façade of the building.

**What's one accessory you can't live without?**
I can't live without my clothes, for obvious reasons (laughs).

# Yebin

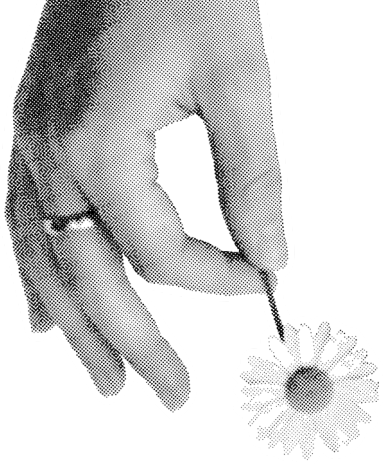


**Tell us about your outfit:**
I wore this big knit, and then I wore short pants. And then I have this hairpin and then this necklace I bought at Winter Art Market in Sydney like few weeks ago. So like, I really like them. It's like it has some warmth inside it so it gives me a winter vibe I guess.

**What's your fave part of your outfit?**
Yeah, so I would say my hair today cause I got the perm on holidays and then it still has a nice curl.

**What/who is your fashion inspo?**
When I usually buy clothes, I think I just search up for what models wear for those clothes. So like, that might be most of my inspirations.

**What's one accessory you can't live without?**
I would say my earrings at home cause I have two pairs of earrings where like it looks like a flower (like a half flower on each side) and it's really pretty.







# Andrew



**Tell us about your outfit:**
My outfit today, it's mostly in a shade of blue, which is my favourite colour. The jacket was my father's jacket and he just lets me wear it these days.

**What's your fave part of your outfit?**
My favourite part of the outfit is probably the pants. Because I went swimming in these with my friends, and I just didn't bring swimmers and I wanted to go in the water.

**What/who is your fashion inspo?**
I don't really have a fashion inspiration. I just wore whatever my friends told me looked good and felt comfortable.

**What's one accessory you can't live without?**
The accessory I can't live without is my necklace. I got it from my grandparents the last time I went back to China.

# Una

**Tell us about your outfit:**
Today I'm wearing a pink dress. I think it's perfect for taking photos at Bondi or Coogee Beach because the pink looks really beautiful against the blue sky and white clouds. So it's very fitting for Australia's good weather.

**What's your fave part of your outfit?**
My favourite part is definitely the colour of the dress. I also really love the little crystals on my heels, they are really delicate and elegant.

**What/who is your fashion inspo?**
I love looking at new collections and fashion shows from brands like Chanel and Dior, which are my favourite brands. They help me discover the latest fashion trends and I often use these ideas as inspirations for my own outfits.

**What's one accessory you can't live without?**
Definitely high heels. I have a lot of high heels at home. I think they can really make my outfits look better. And when I am wearing heels, it also makes me feel more confident.





# Mouri

**Tell us about your outfit:**
My outfit is like, everyday wear. Today's a little bit cold, so I wore this jacket, and it has this cow-print on it, and I really like the cow-print. And I love this bag, because it holds a lot of things even though it's small. So this is just an everyday wear outfit.

**What's your fave part of your outfit?**
My favourite part of my outfit are my shoes. They are my favourite colour, they're maroon. And my boyfriend gifted them to me, so I really like them. And they're just really comfortable to wear every day.



**What/who is your fashion inspo?**
My fashion inspirations are Bella Hadid and also Adriana Lima. But I cannot follow them all of the time, because I have to dress according to the weather.

**What's one accessory you can't live without?**
One accessory I cannot live without are my glasses, because I'm basically blind without them.

# Mohammed

**Tell us about your outfit:**
My style moves between eras. I love Victorian and royal elegance, as well as the iconic fashion of the '60s–'80s. I also love blending modern fashion with vintage pieces. At uni, I usually keep it casual, sporty and oversized I absolutely love oversized pieces. On formal days, I switch to suits, elegance and matched colours. My Palestinian friends have incredible taste, and their influence has definitely found its way into my style.

**What's your fave part of your outfit?**
The harmony. I love when colours, accessories and little details come together. A Ferrari or Maserati watch, a McLaren bracelet, or a few rings can really complete an outfit and give it that extra touch of elegance. To me, an outfit should feel effortless, but still tell a story.

**What/who is your fashion inspo?**
Definitely my family. They're artists known in the Middle East for their art and refined taste, so I grew up surrounded by creativity. Music inspires me too, that mixture of nostalgia and old-world glamour.

**What's one accessory you can't live without?**
My earphones turn Sydney's construction noise and those very loud birds into my own soundtrack, while sunglasses are essential under our Middle Eastern sun, and for hiding my mysterious morning rays.



# Umyth

**Tell us about your outfit:**
My outfit is a bit casual today. I went with a red sweater with some pants, like usual; nothing much actually.

**What's your fave part of your outfit?**
My sweater, my mum gifted it to me. So, I'm just wearing it on a very sunny day, and it feels good.

**What/who is your fashion inspo?**
My fashion inspo would be my girlfriend, she always pushes me to wear good clothes, and she always mix-matches my style and everything I wear actually.

**What's one accessory you can't live without?**
That would be my watch, but I didn't bring that today because I was in a hurry. That's way too funny actually.



# Add a Bit of Pilates into Your Routine



It's the word on everyone's mouth, and not surprising seeing as how at one point, it was the keyword with the most global search volume within the fitness industry. Many A-list celebrities also talk about how they include it into their workout routine. The number of studios that have opened which offer these classes has grown exponentially within the past few years. Many gyms have also jumped onto including it as part of their lineup.

Though it has been around for more than a century with a strong, constant and dedicated following, social media has pushed Pilates to take the world by storm with no signs of stopping any time soon.

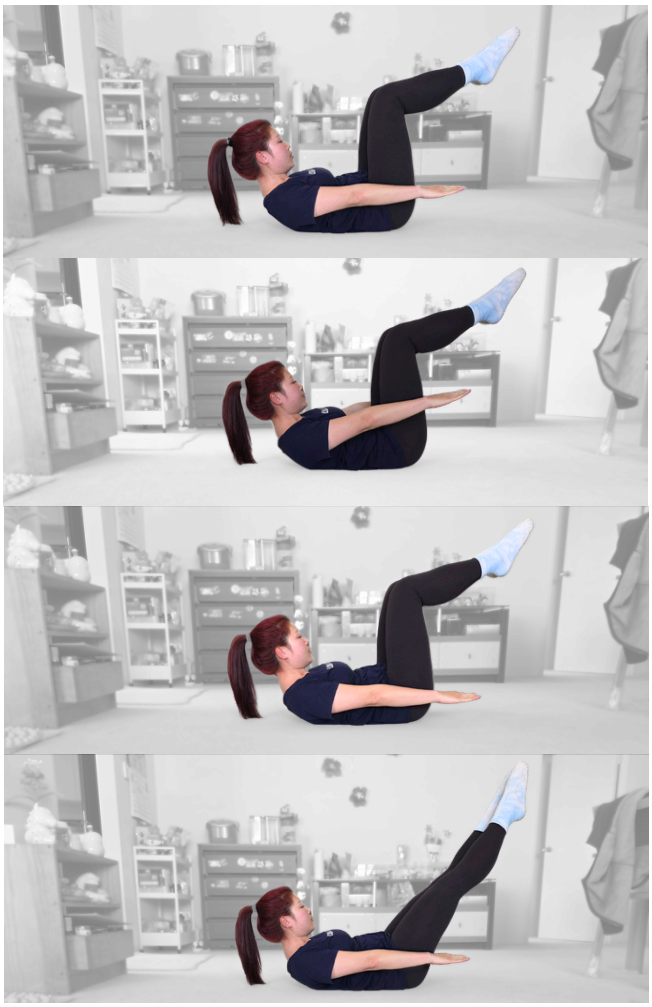
There's a lot of discourse surrounding Pilates and many have used it to start trends or turn it into an internet aesthetic ("pilates princess" comes to mind). But if we take away all the glitz and glamour that the digital citizens has buried it in, Pilates is actually a wonderful exercise movement that has benefits for almost everyone.

If you've taken a Pilates class before, then you may have heard some variation of the phrase "engage your core". That's because Pilates works wonders for core strength and stability as it targets the deep muscles across your middle and lower torso to support the spine. Many exercises are low impact, and a range of modifications can be provided to accommodate any injuries or discomfort. Muscle imbalances can slowly be corrected which improves posture, and coordination challenges are often incorporated to build up your spatial awareness and improve balance. All of these are very important to upkeep as we get older (though we may not like to think about it, yes, we are getting older and sooner or later you'll come to realise how significant it is to maintain your mobility).

As a person who has done Pilates for several years, I can truly attest to the benefits of this exercise. Best of all? You can do it anywhere without paying a single dollar. Thanks to being connected to the world wide web, there are so many free resources you can take advantage of. Just hop onto YouTube and look up "Pilates" to bring up thousands of videos that you can follow along with.

If it's a little overwhelming to begin with, check out some of the following exercises for a quick intro into the world of Pilates.





**The Hundred**

Start lying on your back and bring your legs into tabletop position (legs are bent with shins in line with the floor and knees above the hips to create a 90-degree angle). Lift your head and shoulders off the mat, and straighten the arms next to your hips.

Start pumping your arms up and down as you inhale for 5 counts and exhale for 5 counts. The combined 10 counts will equal 1 set. Complete 10 sets to complete "The Hundred".

*Want to make it harder?*

Extend your legs to a diagonal line to complete the exercise. The lower your legs are, the harder it will be to maintain control.

**Bridges**

Start lying on your back with knees bent, feet planted on the floor hip distance apart. As you exhale, roll your hips up using your glutes until there is a straight line from your knees to your hips to your shoulders. Stay for an inhale, then slowly roll back down as your exhale.

*Want to make it harder?*

Complete the exercise with your heels lifted and supported on the balls of your feet (imagine you're wearing high heels) and straight your arms pointing fingers towards the sky. You will have a smaller base of support and therefore need to engage more muscles.





**Rolling Like A Ball**

Sit with your knees pulled to your chest and hold either your shins or ankles. Curl your back into a C-shape and balance behind your sit bone, so your feet are not touching the ground. Tuck your chin towards your chest and inhale as you roll back onto the tips of your shoulder blades (very important to not roll onto your neck or head). Exhale to roll back up to the starting position without letting the feet touch the floor.

*Want to make it harder?*

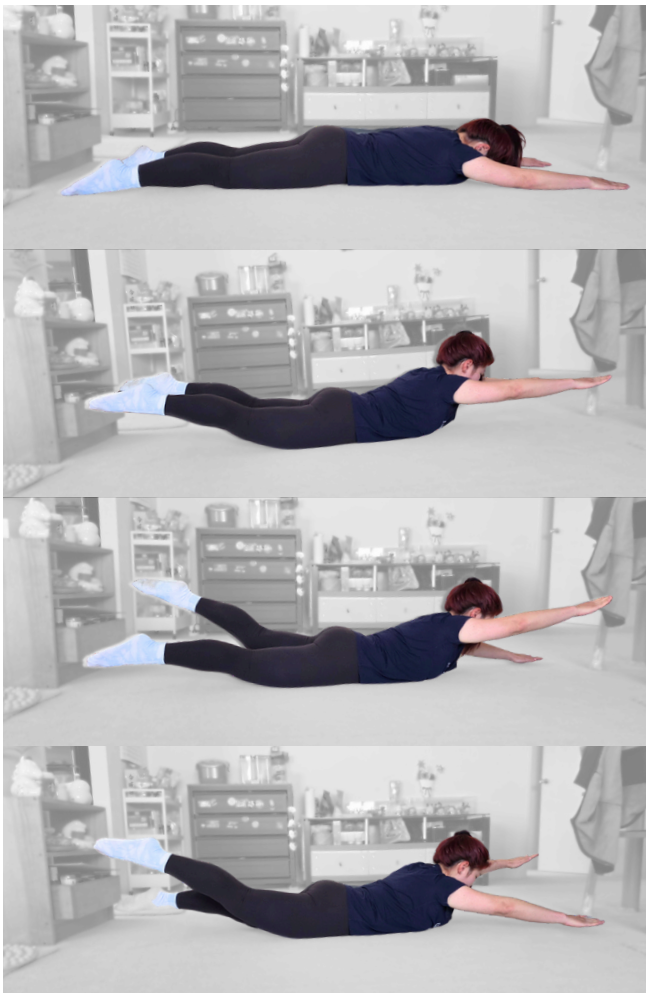
Don't use momentum to rock back and forth like a boat on rough seas. Use your abdominals to make the movement a lot more intentional and slow, trying to pause for a second after each roll.

**Swimming**

Lie on your stomach with your arms and legs outstretched; arms are shoulder-distance apart and legs hip-distance apart. As you exhale lift your arms and legs off the ground, lift the left arm and right leg, and keep alternating so it gives off the feeling like you're swimming.

*Want to make it harder?*

Try increasing the tempo, but don't let your torso rock side to side as you want to maintain the control. Alternatively, you can slow it down and really take your time between raising the opposing arm and leg.



Like with all exercises, consistency is key. Even 10-15 minutes of Pilates every day will gradually build the strength from within. Pilates also compliments other physical activity really well, so if you're already going to the gym or doing sports, try incorporating a bit of Pilates into your routine. Your older self with thank you for it.

# TRAVELLER'S NOTES

## BETWEEN CONTINENTS, BETWEEN CENTURIES

*Written and photos by Vivien Lin*



I was still taking shelter from the abrupt assault of rain in a stone chamber, which, for all I knew, might have been a wealthy merchant's storage room two thousand years ago. An umbrella was technically in my possession, though it had proved itself entirely useless against the storm.

A vast portion of Perge remained unexplored, but after two hours of caving, waiting, and occasional praying, the rain still displayed no intention of stopping. The moment it weakened from a storm to something resembling ordinary rain, I began my march towards the front gate.

There was at least one small reward for my surrender: fragments of mosaic on the Roman avenue began to reveal themselves beneath my feet after being washed by the storm, as though centuries of dust had been lifted for an afternoon. However, I was not in the mood to admire the new discovery, as what begun as a leisurely exploration had become a long and muddy campaign simply to get out. I was quite prepared to abandon Ancient Rome and return to the comforts of the twenty-first century when I encountered a middle-aged couple, a dog trotting cheerfully beside them, heading in precisely the opposite direction form mine. Dressed in outdoor jackets – more sensible than depending on umbrellas, they walked with such casual resolve that my two hours of caving and praying began to seem faintly ridiculous.

I began to wonder, what could possibly bring two people and their dog into a Roman ruin in weather from which I had just spent two hours hiding? Was Perge an indispensable chapter of their journey, for which a storm was considered a trivial inconvenience? Or were they locals, so accustomed to the ill temper of the Turkish weather that resistance to it had become almost physiological?

They disappeared calmly into the rain before I could decide.

It turned out I was not quite ready to return to the twenty-first century just yet. Having finally escaped the muddy remains of Perge, I set off for Aspendos Theatre, where the Romans once gathered to indulge in the more civilised entertainment.



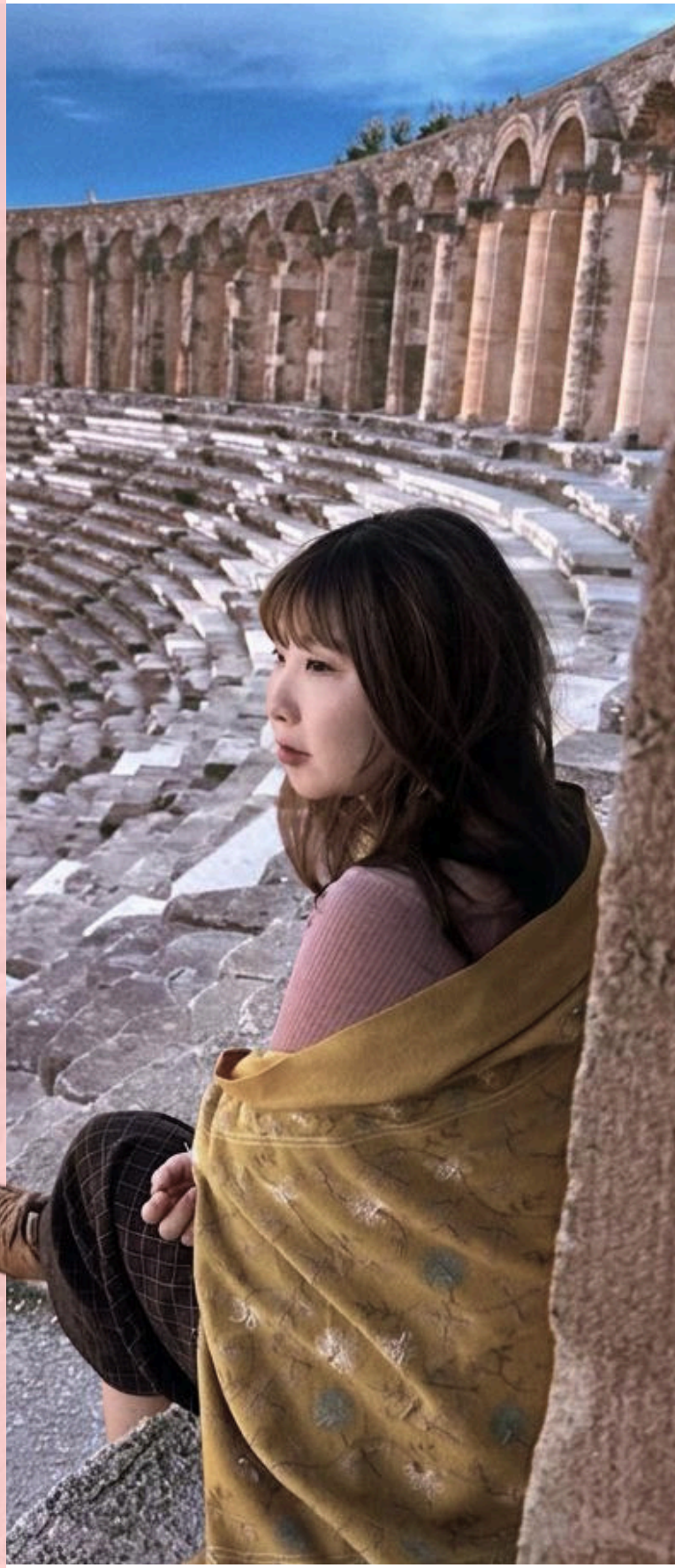
Built in the second century AD during the reign of Emperor Marcus Aurelius, Aspendos once welcomed thousands of spectators who gathered in ascending rows of stone to enjoy plays, musical, and theatrical performances. The Romans had a particular appetite for theatre and its power to arouse the most violent of human emotions. Tragedy was especially fashionable, so much so that theatrical masks, with their gaping mouths and faces contorted by unbearable sorrow, became fashionable ornaments in the homes of the wealthy, traces of which can still be found among the ruins of Pompeii – the peculiar pleasure in decorating their walls with somebody else's despair.

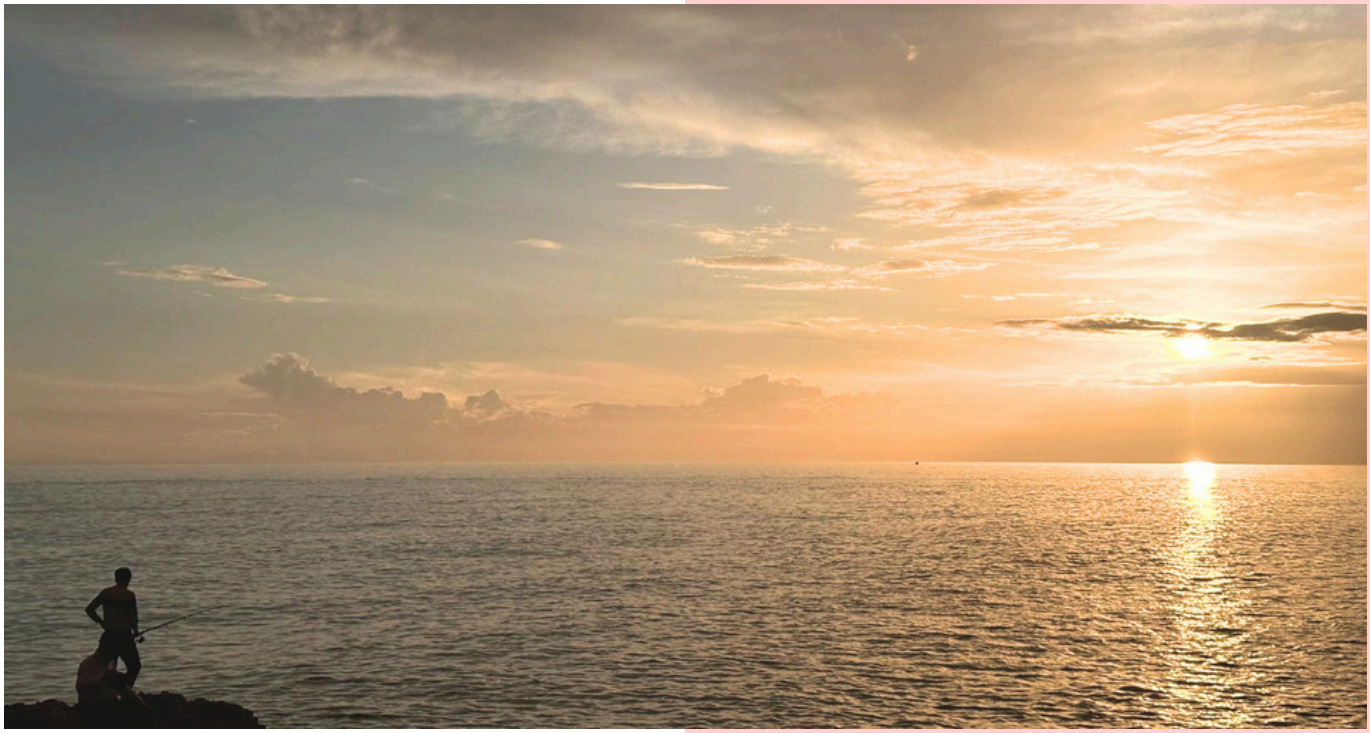
Theatre offered a more agreeable means of escape in the age when distant travel was an undertaking of considerable danger, and the world beyond one's immediate surroundings remained largely a matter of imagination. Within the realm of theatre, however, one could fall passionately in love, suffer the cruelty of fate, witness the ruin of kings, and indulge in the most extravagant grief, all of which without having to make the adventure nor facing unforeseen consequences.

Unlike Perge, where one must employ imagination to restore the vanished city in mind, Aspendos required almost none as it had surrendered very little to the tyranny of time. The great semicircle of stone seating still rose towards the sky, while the towering stage stood in the air of stubborn permanence, so much so that one might almost expect to see Roman actors appear at any moment, only to be annoyed and discover that their audience had arrived two thousand years late.

The theatre had, in fact, enjoyed a second career as a palace under the Seljuks in the thirteenth century, which helped preserve it from being burnt to the ground. Empires may disagree on matters of religion, government, and conquest, but they appear perfectly capable of recognising a fine piece of architecture when they see one.

Having admired Aspendos to my satisfaction, and entertained myself by comparing the view enjoyed by the nobles near the stage with that of the commoners, and perhaps slaves, condemned to the uppermost rows, I considered my acquaintance with Roman entertainment sufficiently complete and set off further east towards Side, hoping to arrive at the Temple of Apollo before sunset.





Side is an ancient port town once was a prosperous centre of maritime trade. It has survived the Greeks, the Romans, the Byzantines, and a succession of conquerors, now occupied by tourists in linen shirts and restaurants offering menus in six languages.

Neither the cries of merchants nor the persistent invitations of restaurant owners could delay me as I walked briskly towards the temples of Apollo at the edge of the old harbour, erected during the Roman period in honour of the god of light. The Temple of Apollo stood facing the Mediterranean, as though awaiting the first rays of dawn to announce the arrival of its god. At sunset, the surviving columns were bathed in the golden glow of dusk, presenting a theatrical conclusion to the day, as though Apollo himself had taken a final bow before the curtain of night was drawn.

I could not help imagining myself a Roman citizen, standing before the temple some two thousand years ago. How could one possibly deny oneself the transcendent emotion stirred by such a spectacle, when the sun and the temple of light appeared to be engaged in some divine conversation beyond the comprehension of ordinary men? In those days, themysteries of the world carried a weight upon the human imagination in the form of gods presiding over the fortunes and misfortunes of mankind with an authority that admitted little argument.

These enormous temples were never intended to accommodate the comfort of men as they were built for gods, before whom the smallness of human existence was just a fact of life. Today, with science, technology, and now AI at our disposal, we have grown rather accustomed to explaining away the mysteries that once inspired such reverence. We look upon these temples as monuments, admiring the precision of their architecture and the ambition of those who built them. The ancients, I suspect, looked upon them with a mixture of awe, submission, and perhaps a little terror — though the Romans, with their particular fondness for tragedy, were hardly strangers to the pleasures of being terrified.



That I no longer believe Apollo personally escorts the sun has done remarkably little to diminish my satisfaction, or that peculiar sensation of having my soul cleansed by the spectacle. Time has dealt rather severely with the temple, leaving scattered fragments of stone and five columns standing against the Mediterranean sky, now occupied by creatures who have always considered themselves the rightful rulers of the world — cats.



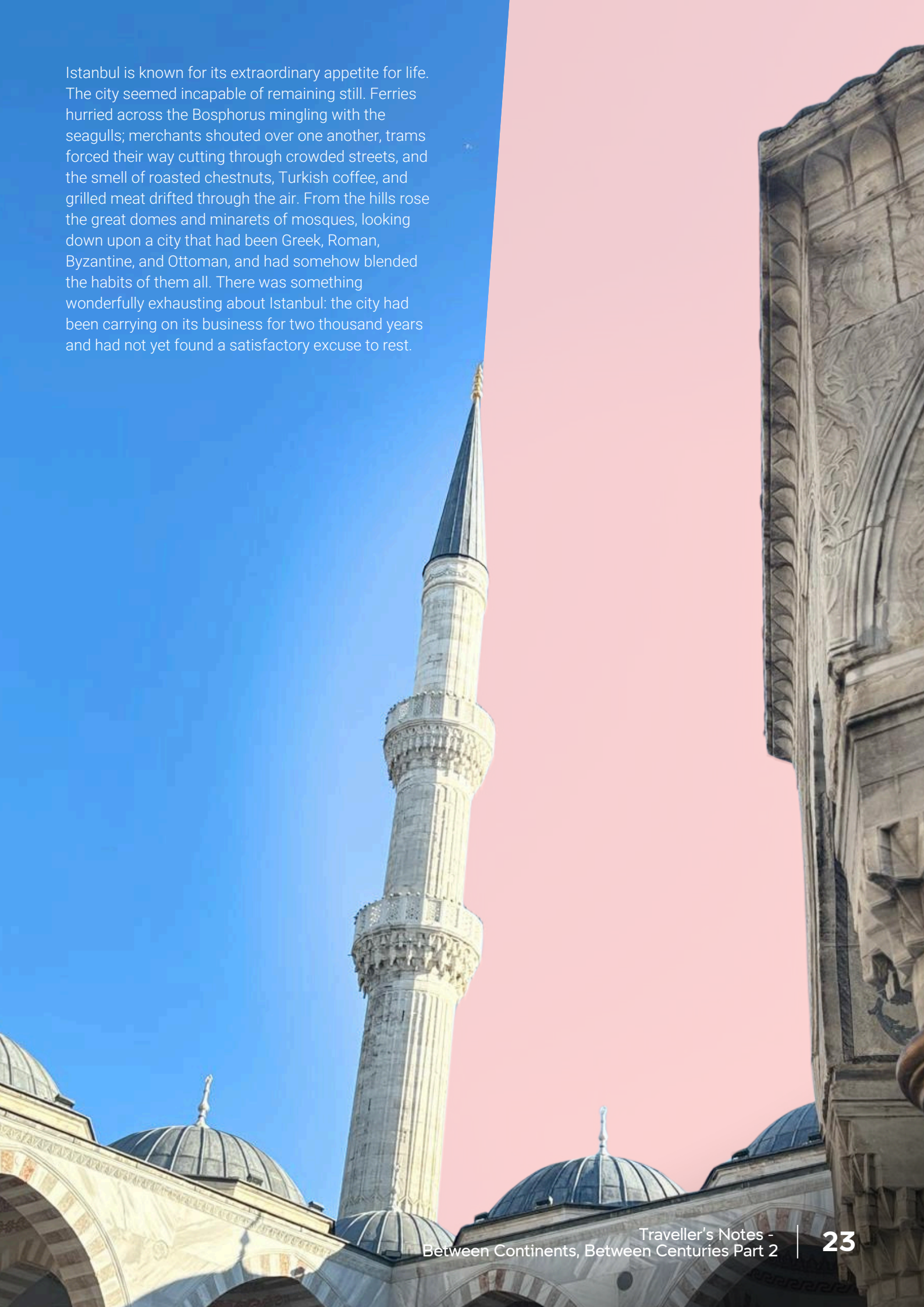


Cats. I wonder if anyone has ever attempted to count how many cats live in Turkey. I certainly encountered them everywhere throughout my journey: sitting solemnly atop ancient temples as though guarding the gods themselves, occupying the most comfortable chairs in cafés, observing the interior of a bank with what I could only suspect was the intention of plotting a grand robbery, or slipping into shops behind unsuspecting customers with a complete disregard for the notion of private property.

Istanbul, of all the cities I visited, appeared to have surrendered every inch of its land to two species — humans and cats. The city itself looked as though it had been squeezed out of the Bosphorus Strait, its buildings pressed shoulder to shoulder, climbing steep hillsides in such disorderly abundance that one wondered whether the architects had ever considered leaving some space between them.



Istanbul is known for its extraordinary appetite for life. The city seemed incapable of remaining still. Ferries hurried across the Bosphorus mingling with the seagulls; merchants shouted over one another, trams forced their way cutting through crowded streets, and the smell of roasted chestnuts, Turkish coffee, and grilled meat drifted through the air. From the hills rose the great domes and minarets of mosques, looking down upon a city that had been Greek, Roman, Byzantine, and Ottoman, and had somehow blended the habits of them all. There was something wonderfully exhausting about Istanbul: the city had been carrying on its business for two thousand years and had not yet found a satisfactory excuse to rest.





Amid two thousand years of hustle and bustle, there lies a sanctuary of solemn tranquillity beneath the restless streets of Istanbul — the Basilica Cistern.

Built in the sixth century under the Byzantine Emperor Justinian I, this enormous underground reservoir once supplied water to the imperial palace and the surrounding city of Constantinople. It was constructed for an entirely practical purpose – water. Though the Byzantines, it seemed, were incapable of building even the most ordinary of everyday facilities without a certain degree of magnificence.

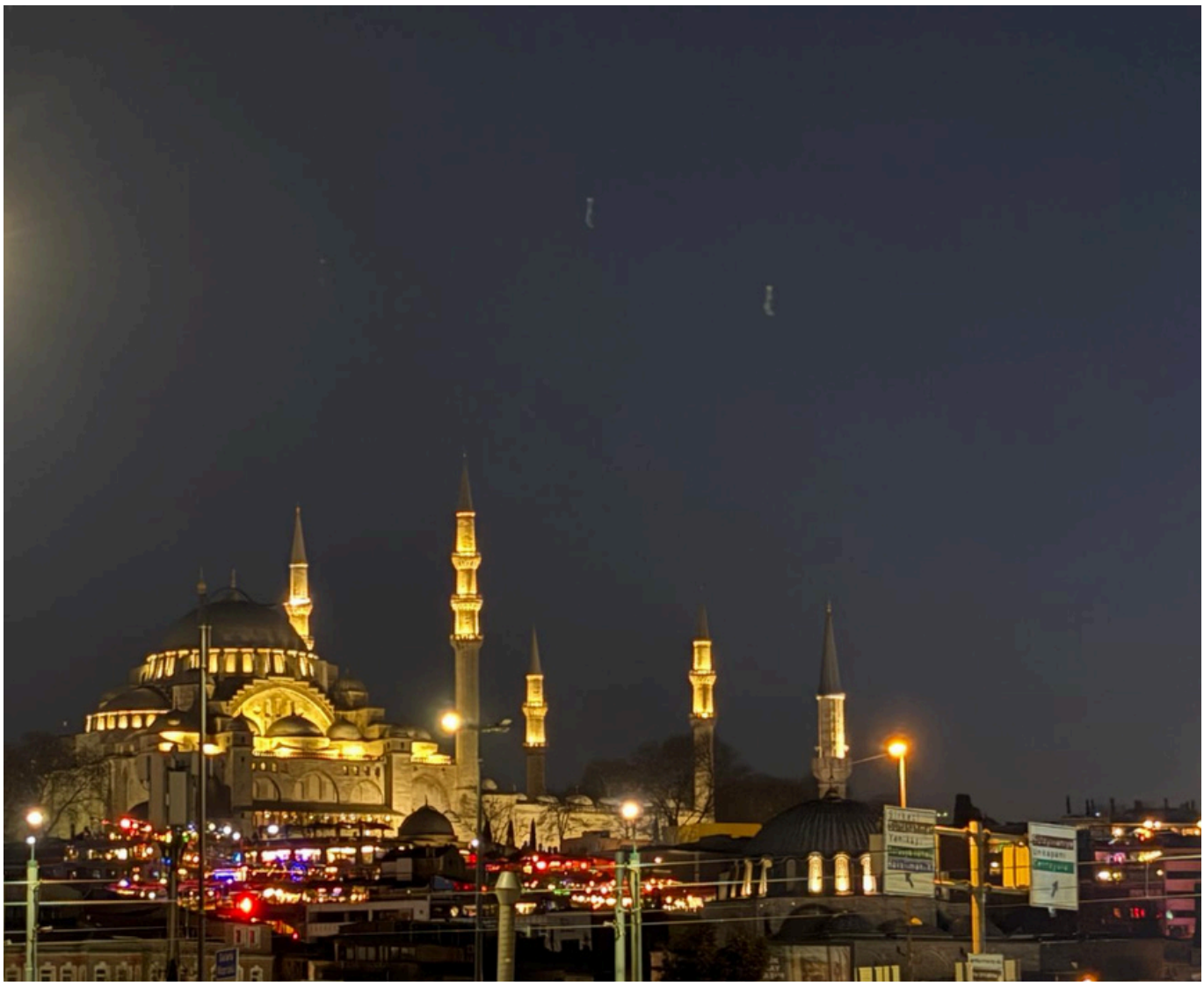
Descending beneath the streets, I found myself standing in what appeared to be a submerged palace, where 336 marble columns rose from the shallow water with their reflections stretched into the darkness as if there was another world below. The air was cool and still, disturbed only by the occasional dripping of water. Yet only a few metres above my head, Istanbul continued its noisy business of selling, bargaining, eating, praying, and arguing, entirely indifferent to the existence of this magnificent silence beneath its feet.

The columns themselves were gathered from various ancient structures, a rather economical arrangement for an emperor who had an empire to maintain. Among them stood two enormous stone heads of Medusa, condemned to the rather undignified occupation of supporting the weight of the ceiling. The reason for their peculiar positions remains uncertain.

Above ground, empires had risen and fallen, religions had replaced one another, and the city had changed its name, its rulers, and much of its character. Yet beneath the ground, these ancient columns continued their silent duty. I wondered whether the builders of Constantinople would have been amused to learn that their reservoir now served chiefly to entertain curious travellers like myself, who paid admission to admirewhat was constructed in its time merely to store water. I thought of poor Orpheus as I climbed out of the Basilica Cistern and returned to the noisy streets of Istanbul as it was my turn to return to the present, to the familiar world from which I had so eagerly escaped. I looked back, of course. Unlike Orpheus, I had neither a wife to rescue nor a divine command to obey - I was merely a traveller.

Perhaps that is the peculiar charm of travelling: we are permitted to disappear into another world, knowing all along that we must eventually return to our own.

-----THE END.





# SRC Profiles

## Xinhan



**A sentence about yourself?**
"Easy to approach." I will listen to students' problems and help them out.

**What are you studying?**
Foundation Studies A Standard.

**What is your MBTI?**
INTP – The Logician.

**What is your coffee order?**
Latte.

**Song currently on repeat?**
Lemon.

**Favourite way to procrastinate?**
Walk around.

**Why did you join the SRC?**
To help students communicate issues to staff and improve the College environment.

**One thing you're really excited about this year?**
Meeting new people.

**What do you hope students think of when they think of SRC?**
A trustworthy, approachable and supportive student body.



# Nawsheen

**A sentence about yourself?**
An international engineering student trying to navigate her life in a foreign country by being as active as possible!

**What are you studying?**
Diploma of Engineering.

**What is your MBTI?**
INFJ – The Advocate.

**What is your coffee order?**
More of a chai person :)

**Song currently on repeat?**
It's Not Living (If It's Not With You) by The 1975.

**Favourite way to procrastinate?**
Netflix and bed rot.

**Why did you join the SRC?**
A good opportunity to gain skills and build connections.

**One thing you're really excited about this year?**
Finishing my Diploma program!

**What do you hope students think of when they think of SRC?**
An advocate for the students; to deliver their needs and be a voice for them so that they don't have to spend energy and time trying to fix problems themselves.

# Tony

**A sentence about yourself?**
I like water, the sea, and fish. I have an aquarium while simultaneously going fishing, I will advocate for the students.

**What are you studying?**
Architecture.

**What is Your MBTI?**
ENFP – The Campaigner.

**What is your coffee order?**
Oolong tea, especially 岩茶 (rock tea) 🫖

**Song currently on repeat?**
Chrysanthemum Terrace (**菊花台**) by Jay Chou.

**Favourite way to procrastinate?**
Going fishing 🐟🐟🐟

**Why did you join the SRC?**
I joined the SRC as I want to be someone who helps make UNSW College a better place, and to enable a better student experience.

**One thing you're really excited about this year?**
Architecture final project (sarcastic c: ).

**What do you hope students think of when they think of SRC?**
I want students to think that we are their voice in the College. In essence, a team which voices and solves the students' problems, from the students, for the students.



# Nishika



**A sentence about yourself?**
Hi! I am passionate about building a supportive and inclusive student community. Through the SRC, I want to bring students together, organise engaging events, and help create a campus where everyone feels welcome and valued.

**What are you studying?**
Diploma of Engineering.

**What is your MBTI?**
INTP – The Logician.

**What is your coffee order?**
Flat white with loads of sugar.

**Song currently on repeat?**
Sunsetz – CAS.

**Favourite way to procrastinate?**
Doomscrolling.

**Why did you join the SRC?**
As an international student, I understand how important it is to feel welcomed and connected. I joined the SRC to help build a supportive community where students can make friends, have fun, and feel like they belong.

**One thing you're really excited about this year?**
I'm really excited to experience life in a new country, meet people from different cultures, travel around the globe, and make unforgettable memories while growing both personally and academically.

**What do you hope students think of when they think of SRC?**
I hope students think of the SRC as a welcoming, approachable, and supportive community that truly listens to their ideas.

I want the SRC to be known for creating fun events, bringing people together, and making every student feel included and valued.

# SRC COMICS

**Bad days happen...**

You're NOT alone – here's a peek into the end of an "ordinary" day...5pm...




Student A: "The course conveyor sent WHAT at 4:58pm"



FREE AT LAST!




Student C & D: "5pm! Time to go home!"




Student B: “Just wanted something to eat after a long day...”




Student D: Overloaded with stuff




Student B: Elevator door is closing...







Light rail is here...



6




All students got in the elevator and are heading to Ground Floor




All students missed the light rail...

9

"WAIT FOR USSSS!!"

NOOO... It just left...

Sooo... next time your day feels like a mess, just know:

**Someone else's did too, so let's laugh about it together.**



# TOUCH some GRASS!

## A Perfect Spring Picnic

Written and sketched by: Pamella Layode

Spring is finally here, and honestly – what's more perfect than stepping outside, enjoying the sun, and admiring the beautiful flowers that are just beginning to bloom? Books and laptops down. Shoes on. The weather is showing off and it'd be rude not to look!

One of my most favourite spring activities is definitely having a picnic with friends at a nearby park. There's just something special about laying out a picnic blanket under a shade of a tree, sharing delicious food, and enjoying one another's company while being one with nature. You sit down for an hour and suddenly, it's that view of golden hour.

Never done a picnic before? Or it's been so long you've forgotten how? Perfect – you're exactly who I wrote this for. Picnics don't have to be complicated, and over the next few pages I'll walk you through the whole thing: best spots in Sydney, what to pack, and how to make it look good!

Picture by: Daniel J. Lee



# Choose your best picnic spot!

You can picnic pretty much anywhere you like (as long as you're not on anyone's private property!), whether it's a grassy hill, a short walk from your area or at the beach. But if you want a guaranteed good afternoon with a view, these five are local favourites for a reason.

## OBSERVATORY HILL

Definitely a classic and a must go. It's a small hill with a wonderful view of the Harbour Bridge front on and fig trees for some shade. Make sure to get there early as it's definitely the whole city's favourite.



Photo by: City of Sydney, 2023



Photo by: Wikipedia

## CREMORNE RESERVE

An underrated spot you've probably seen somewhere online. Pick a patch of grass with the skyline sitting right across the water – boom, you have a perfect location for your next Instagram post.

## BRADLEY'S HEAD

Best spot for golden hour with a view of harbour on three sides and grassy slope that's definitely perfect for pictures. Make sure to stay for sunset!



Photo by: Sydney.com



Photo by: Wikipedia

## CENTENNIAL PARK

Acres of lawn and ponds around with ducks, perfect for big groups and long afternoons! There's a coffee shop on site - just in case you need more food or drinks!

## ROYAL BOTANICAL GARDEN

A perfect spot to have your cheese platter while looking at Australia's native flowers in season. They have 5 iconic picnic areas which you can check in their website!

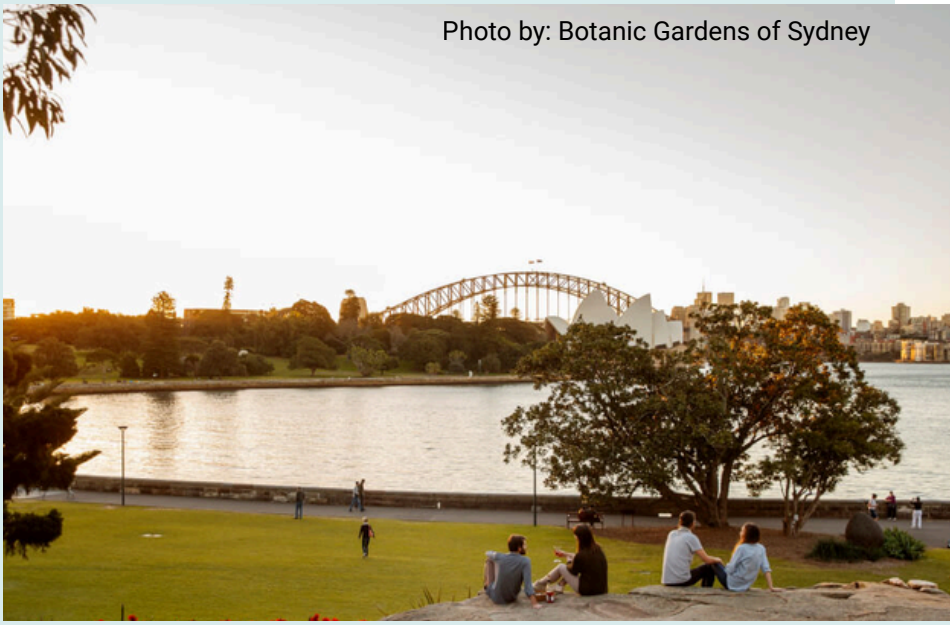


Photo by: Botanic Gardens of Sydney

# Make it Aesthetic!

Nobody ***needs*** a picnic to look good. But it's ending up on someone's camera roll regardless, so you may as well plan for it, right?

## DRESS FOR THE GRASS

Spring picnics call for effortless and comfortable outfits. You can wear flowy dresses, linen shirts, denim, soft colours, gingham, or anything with floral prints. Finish it off with sunglasses, a tote bag, and comfortable shoes - you would probably end up wandering around the picnic spot as well!





## SET THE SCENES

Your picnic doesn't need to look perfect. Start with a cute blanket, add a basket, plates, flowers, and arrange your snacks. Most importantly, take a tidy wide shot before anyone eats the snacks (and before the flies attack you!).

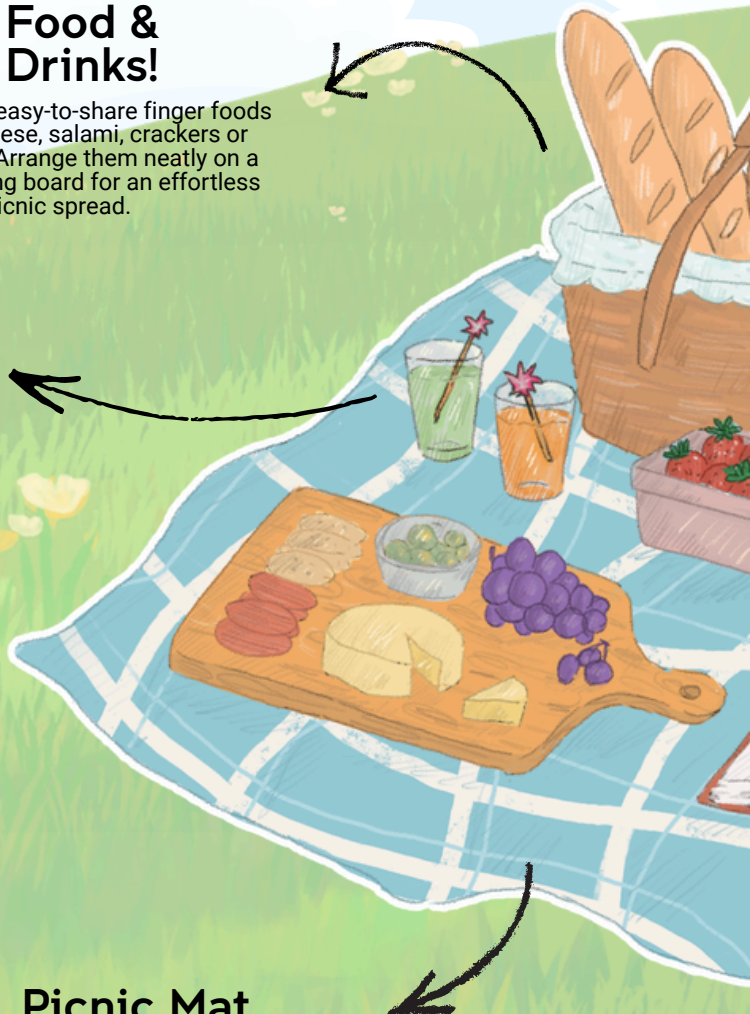
Natural light will do most of the work for you. Golden hour is especially dreamy if you're staying until late afternoon.

# Picnic Essentials

## Food & Drinks!

Bring a mix of easy-to-share finger foods like fruit, cheese, salami, crackers or sandwiches. Arrange them neatly on a plate or serving board for an effortless picnic spread.

## Glassware & Dishes



## Picnic Mat

Bring a picnic mat just in case the grass is damp or dirty. If you don't own one, a blanket or bedsheet you already have at home works just as well.

## Flowers

Pick up a fresh bouquet from your local florist or even a supermarket around Sydney. Choose blooms that complement your picnic palette and keep the arrangement light and easy to carry. Do not to pick flowers from national parks and public reserves, though, as they are illegal in Sydney!

## Basket

How to decorate your basket? Think in layers. Line it with a cloth (a tea towel counts), let the bread and flowers poke out the top, and hide the boring stuff like cutlery, napkins, bag of ice underneath. Tie a ribbon or a scarf to the handle to make it cuter.




## Books

Bring along a favourite book to read, or simply add one to your setup for a cosy touch. It's also the perfect excuse to switch off and take a break from your screens.

### THE SPRING PICNIC PALETTE

# Beginning as a Volunteer

Written by: Brayton Tiong



# Finding My Place at UNSW College

When I first arrived at UNSW College as an international student, I was just trying to adjust. Like many students arriving in a new country, everything felt unfamiliar.

There were new people, a new culture, a new city to get used to and a completely different way of life. Most of my days were simple: attend classes, complete assignments, go home and slowly figure out how to navigate life in Sydney.

As I became more comfortable in Sydney, I started looking for ways to get more involved outside the classroom. I wanted to meet new people, try something different and make my College experience more than just lectures and assignments.

That was when I came across the UNSW College Buddy Program and decided to apply as a Peer Mentor.

I never expected that one small decision would shape the rest of my journey at UNSW College. Through the Buddy Program, I became more involved in orientation activities and student life events, gradually finding my place within the UNSW College community. At the time, I thought I was just signing up for a volunteering role. Looking back now, it ended up leading to some of the most memorable experiences of my College life.



# Becoming an Events Intern – Art Festival

Being an Events Intern showed me a completely different side of College life. Before joining the team, I had only ever experienced events from the perspective of a student attending them. I never really thought how much planning, preparation and teamwork happened behind the scenes until I became part of the team myself.

I still remember my very first event as an Events Intern – the UNSW College Art Festival. As a freshman, I honestly had no idea what to expect. I felt nervous, excited and slightly overwhelmed all at the same time. The team had briefed us beforehand, but everything was happening just so quickly once the event started. Everyone else seemed to know exactly where to go and what to do, while I was trying my best not to get lost or accidentally mess something up on my first day. There were decorations to set up, artworks to display, performers preparing backstage and countless small details that needed attention.

I was learning from scratch, trying to understand how events worked behind the scenes while figuring out my own role within the team.

I still remember one minute I was helping with setup and the next minute I was dressed like a waiter wearing a yellow tie, carrying snacks around and trying to look like I knew what I was doing.

What made the night truly special was the atmosphere. Students dressed up, enjoyed the performances, explored the artwork, and spent time with friends. The entire building felt alive. Watching everyone laugh and enjoy themselves, I started to realise the impact that student life events can have and it made all the preparation behind the scenes feel worthwhile.






## Intern of the Year 2025

Over the following months, I had the chance to support orientation programs, graduation ceremonies, club activities and many other student events. With every event, I became a little more confident and learned something new. I loved that every event was different. There was always a new theme, new ideas and something different to prepare for which made every event feel fresh and exciting. It made me felt like being part of something fun and meaningful.

Looking back, I never imagined that signing up as a Peer Mentor would eventually lead me here. From volunteering to becoming an Events Intern and later receiving the Intern of the Year Award, every opportunity helped shape my college experience in ways I never expected. More than the award itself, I'm more grateful for the friendships, experiences and opportunities this journey gave me.

I still remember when I was first offered the Events Intern role, I had no idea where it would lead, but I tried to approach every opportunity with a willingness to learn and a can-do spirit. If you're thinking about getting involved but feel a little nervous or unsure, I'd simply encourage you to give it a go.

***Sometimes, all it takes is saying yes to one opportunity.***

October 2026

# Photography Club






# Alvin











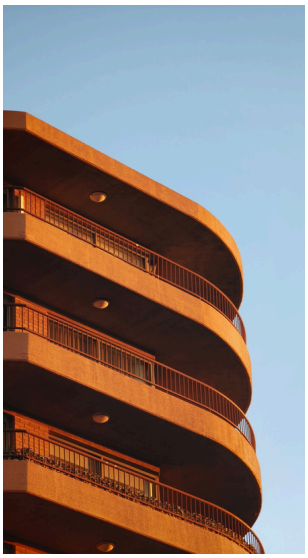


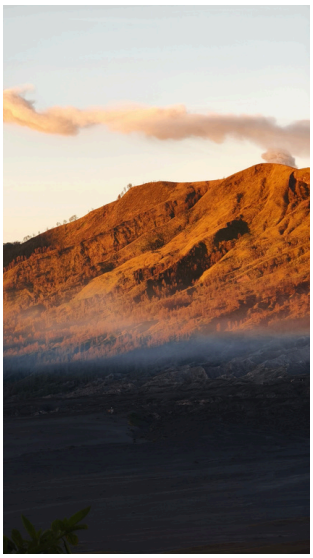


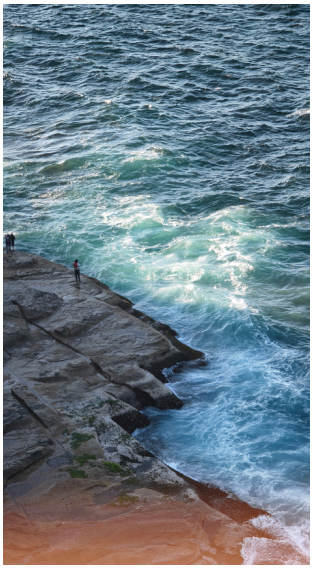



# Cyc















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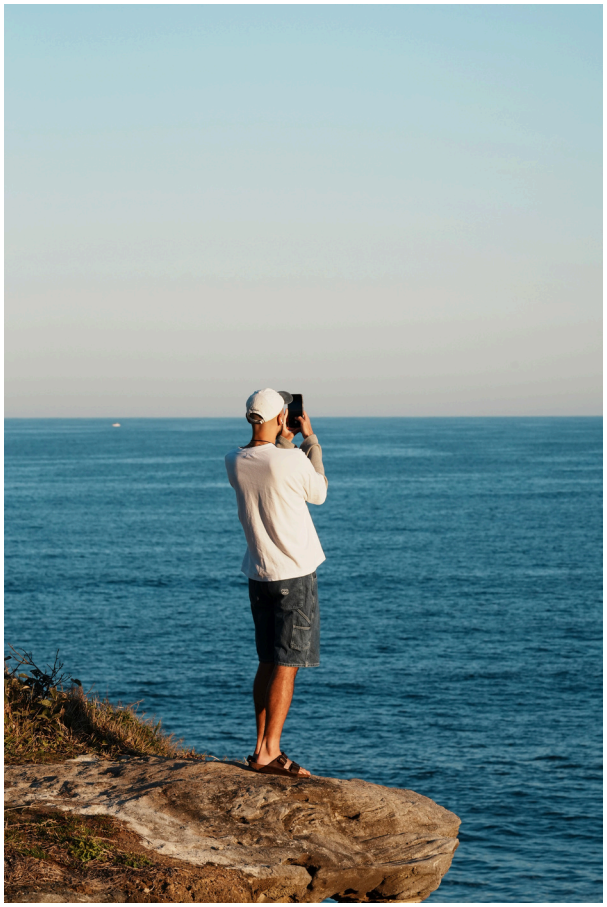
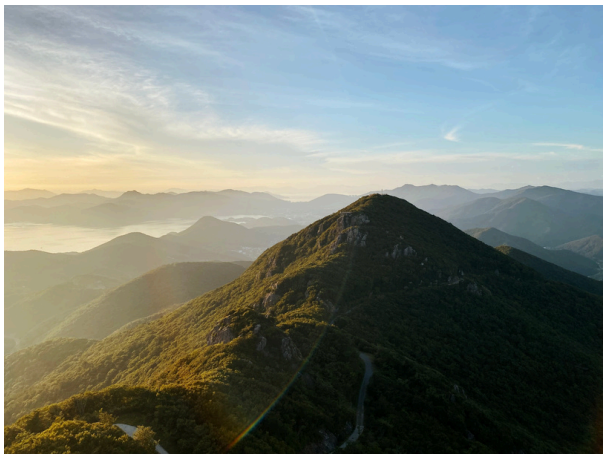
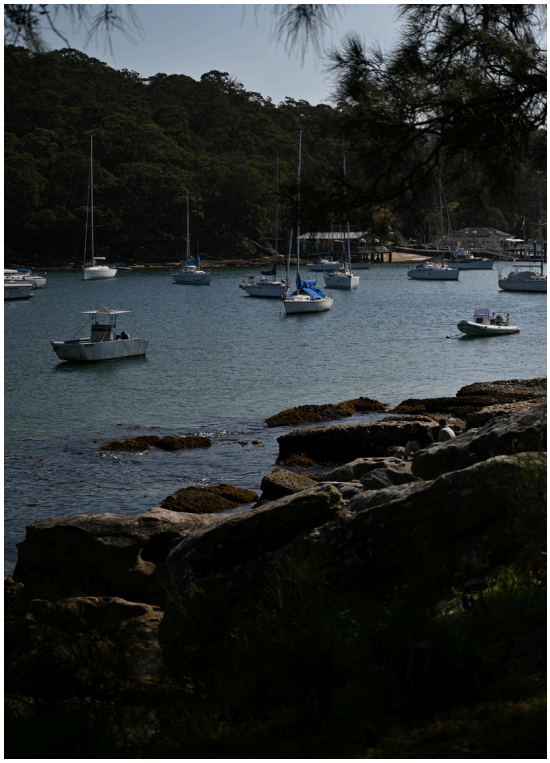




# Daniel

# Eric











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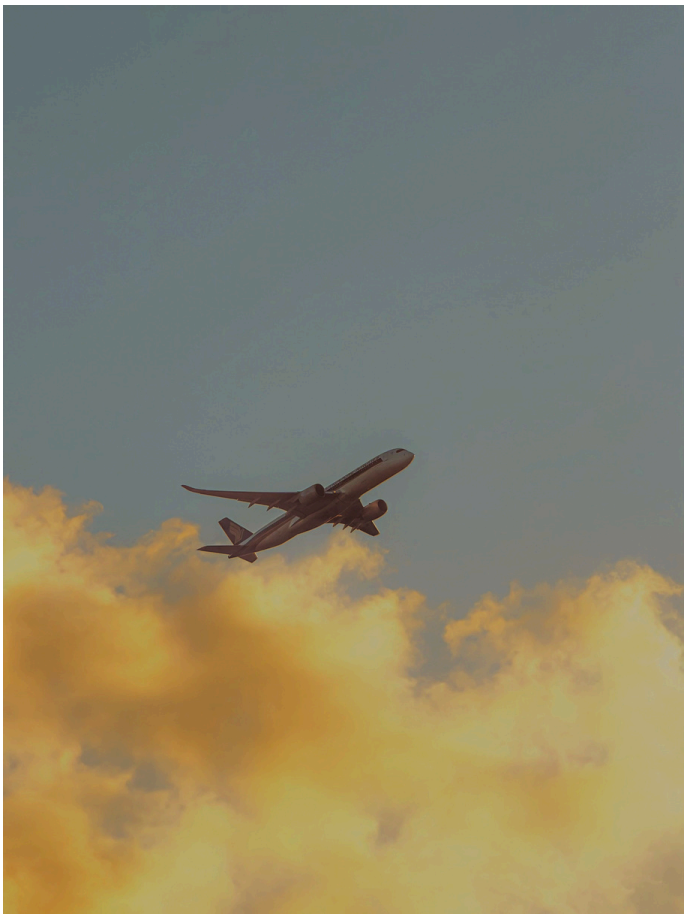







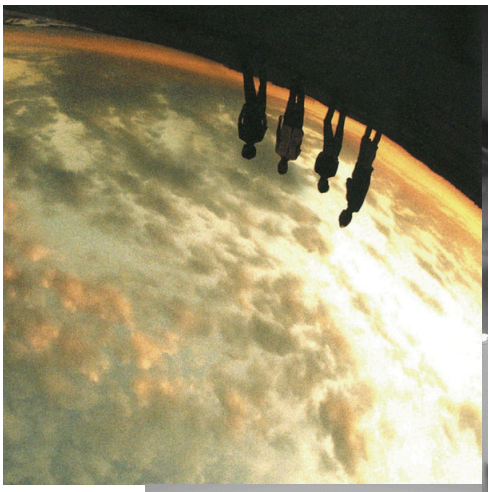



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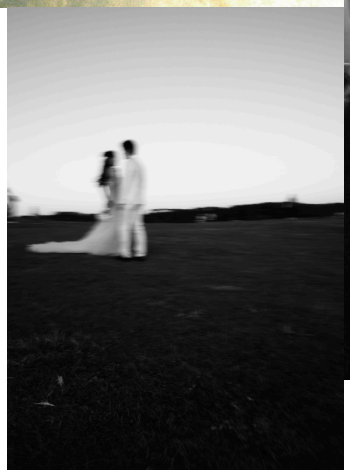
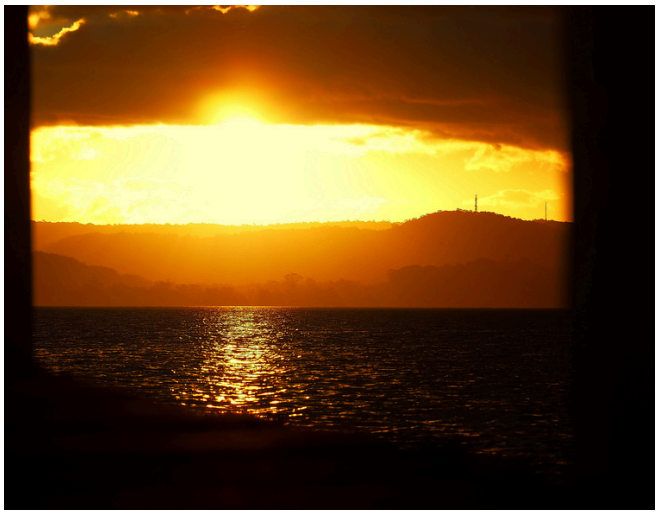






Te En










# Yiran





# Editor's Choice: Put a Spring in Your Step with These Drink Orders



Ahhhh, we do love when spring is here. It means warmer weather, longer days, and that summer is on its way. Well, if we ignore the crazy Sydney spring where hail, rain, strong winds and sunshine can all happen within a single hour. What is that about?

A different season also means different menus that cafes offer, and the next time you're on your way for your daily coffee ritual, why not jazz it up with a new drink order? We have scoured the menus across Sydney for interesting and Instagram-worthy drinks for you to order as a little pick-me-up!

# a3 Cafe

A3 always brings fun and exciting ingredients into their drinks – and it seems that they have special drinks very often, so you're never left bored! Persimmon is their latest obsession so why not get yourself a butter persimmon (whaaaat?) or even just one of their regular menu items. You're spoilt for choice!







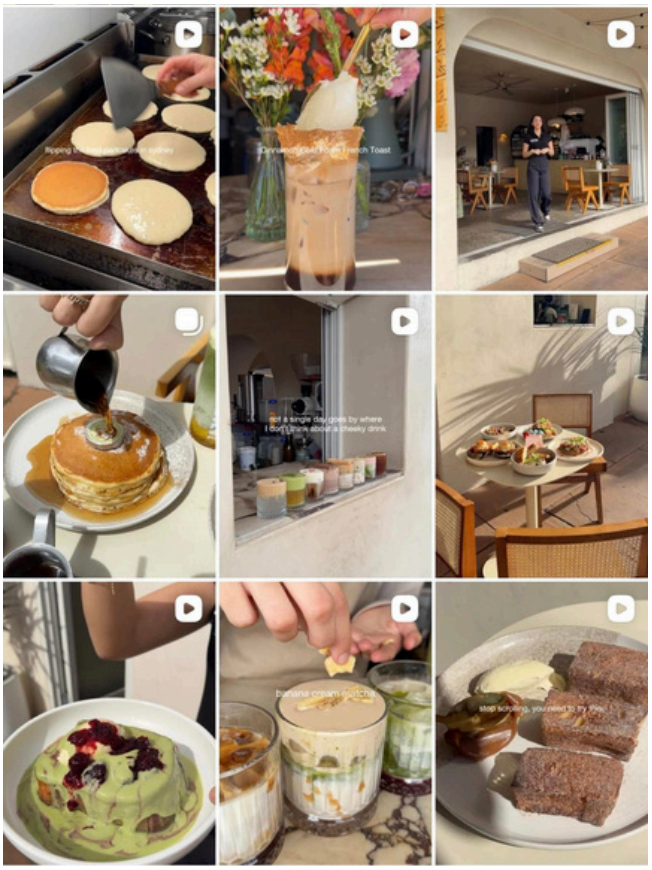
# Yolo Yolo

Consider yourself a bit of a health nut? Get your protein intake by ordering the tofu matcha from Yolo Yolo. If you're a little more peckish, you can also order a doughnut to go with your drink, or a Hokkaido vanilla ice cream for $2.50 which is a steal in this economy.

# Aroishi

The newest matcha spot to hit Haymarket, come to Aroishi for your green caffeine fix. Not only do they serve matchas, but they have Thai-inspired food as well such as pandan pancake bites! With mango season coming up, we're eyeing the mango matcha.



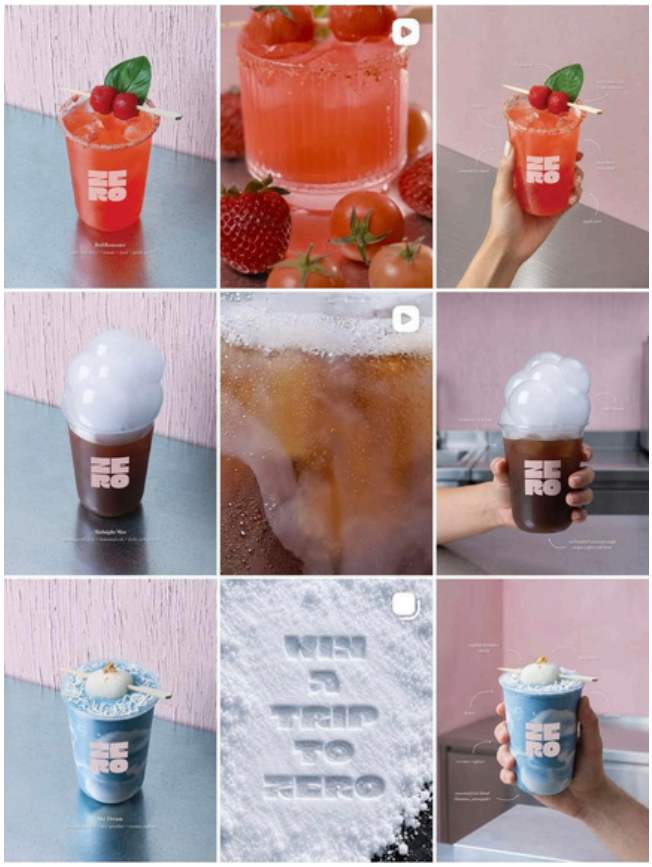


# Sabah

What's better than eating your dessert? Drinking it, of course! You can get your hands on a lamington latte – talk about having your cake and eating it too. Another notable mention is their cinnamon cold foam french toast. Guess there's no excuse to not have breakfast anymore now that you can take it away in a cup!

# Zero Speciality

As you can tell from the name, expect unique drink infusions. Some drinks also come with aromatic bubbles, where you're supposed to pop it with your nose and enjoy the scent before taking a sip. Um, we'll take 3 cups please.





# College Gazette

UNSW College