

Welcome to Sydney

July 2014



The German International School Sydney enables your child to live a fulfilled life in tomorrow's modern, fast changing and challenging global society.

German International School Sydney

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Accredited German School Abroad
The school is registered with the NSW Board of Studies



This document was compiled by parents of the German International School Sydney (GISS) and is intended to provide guidance for families, who have found a new home in Sydney. The information in this document has been carefully put together. Nevertheless, neither the school nor the authors can guarantee the accuracy of the information.

Our aim is to give you the most current information, but you will soon discover that life in Sydney is quite dynamic. Businesses come and go or the doctor you saw a few weeks ago may no longer be there. Businesses also relocate often, so we Sydney-Siders are always on the search. We hope that you will find this document valuable and that it helps you settle into this wonderful city. We are very happy to receive feedback if any information is missing or has changed.

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1. Living in Sydney

1.1. Where should we live?

Sydney is the oldest and largest city in Australia with over 4.6 million inhabitants. It spans over 12.145 square kilometres.

The majority of families, whose children attend the German International School Sydney, live in a few districts which have easy access to both the CBD as well as to the school. This makes contact between the families and children easier, particularly in the adaptation phase. Moreover, this enables families to car-pool with others living close by, participate together in leisure activities and to build up a social network.

Further information about each district can be found at:

<http://www.suburbguide.com.au/>

1.2. Transport to the school

Students use the following transportation to travel to Terrey Hills: public buses and GISS-private buses. The aim of this very wide range of transportation is to carry 80% of students via bus.

Information about public buses

The state of NSW supports the transportation of students to and from school under the School Student Transport Scheme (SSTS). More than 600,000 students take advantage of this offer, which the state of NSW finances with more than \$400 million annually.

To be eligible for the scheme students must be:

- **A resident of NSW:** To get a free bus pass students must either be an Australian citizen, permanent resident or be in possession of one of the following visas: 309, 310, 444, 445, 448, 449, 450, 580, 785, 820, 826 or 995.
All other visa categories (including the widespread 457) are not entitled to receive a free bus pass, but students can use buses with a normal concession ticket.
- Students must also be 4 years and 6 months of age or older and enrolled as one of the following:
 - an infant student (K-2) regardless of the distance between their home and school
 - primary student (Years 3-6) who lives more than 1.6 kms (radial distance) from school, or 2.3 kms or more by the most direct practical walking route to the nearest entry point to the school
 - secondary student (Year 7-12) who lives more than 2 kms (radial distance) from school, or 2.9 kms or more by the most direct practical walking route to the nearest entry point to the school
 - Due to our remote location of Terrey Hills the only students who do not meet the criteria are students who live in Terrey Hills or live on the northern edge of the neighbouring suburbs. (Belrose, St Ives, Ingleside, Duffys Forest). These are outside the radius and meet the distance criteria.

The bus company which serves the Terrey Hills region is called Forest Coach Lines. One of their bus stops is right in front of our school.

Most of the Forest Coach Lines buses are used exclusively by students. Apart from two exceptions; these are regular buses with other passengers on board (Route 270 in the morning from the Sydney CBD and Route 197 from/to Macquarie University and Mona Vale).

Forest Coach Lines school buses usually have the same driver and after a while the drivers get to know the students.

Free student bus passes are valid only on school days and only for the direct route from home to school and back. If parents are separated and live in different locations, students can have a bus pass for the two areas if required. These buses are also available to overseas students (who must first purchase a concession card). Public buses provide connections to/from Sydney CBD (Route 270), to/from Chatswood (Routes 280, 285), to/from Gordon Station (Route 196) and to/from Mona Vale and Macquarie University (Route 197), and they stop directly outside of our school.

On some routes, school buses will pick students up only at certain stops. This stems from the fact that the buses go over the borders of their own concession area. Within their own concession area, the bus stops at every stop, but beyond that area they can stop only at certain approved points. For example, Route 110 travels from Neutral Bay to Frenchs Forest. The bus travels outside its concession area and picks up students only from/to 4 stops (Neutral Bay, Mosman, Seaforth x2). From Frenchs Forest on, the bus stops at every bus stop. For all coaches it is mandatory that you signal the driver to stop! This means you must hold your hand out so the driver can see that there is someone waiting.

The Sydney Japanese School, also located in Terrey Hills, has organised their own school bus, called Beach Wheels. As and when capacity exists we are able to use their bus. This service comes at the same cost as our own GISS bus service. This bus also stops directly at the front of the school. Beach Wheels depart from Waverton then go to North Sydney, St Leonards and Lane Cove then on to Terrey Hills.

Information about GISS-private buses:

In addition, the school offers private buses. These buses drive primary routes, where Preschool children must be collected (because these children cannot use the publicly funded buses unless they are 4 years and 6 months of age or older) and where there is no appropriate connection with the publicly funded buses. Older students can also use these buses, but the youngest will have priority.

Fares:

Students, who meet the criteria of the publicly funded SSTS and would like to use the public buses, have to fill out an application form and return it to Mrs. Pitcher in the administration office. This form is then confirmed by the school and Forest Coach Lines, who issue the passes and deliver them to the school. These bus passes are free.

Students who do not meet the criteria (such as our overseas students / temporary visa holders) are still eligible to use those buses by either purchasing single tickets (please find detailed information and prices at: www.forestcoachlines.com.au). You can also buy a "my Bus" 10 ride ticket at post offices, newsagents and most supermarkets. A new ticket system is in the process of being implemented. You can find out more at <https://www.opal.com.au/>

The price for the GISS-private buses (including the one organised by the Sydney Japanese School) is \$ 1,705.00 half-yearly. For more information please ask school administration.

Bus routes and Timetables:

Bus routes and timetables can be found on the following webpages:
www.forestcoachlines.com.au/html/school
www.131500.com.au

1.3. How do I find a house or an apartment?

Rental properties in Sydney are usually managed by real estate agents. Lease prices are generally higher than in major German cities. Furnished rental properties in Sydney are not common but white goods are normally provided. Lease contracts can be arranged quickly and properties are usually available right away. High quality rentals are often at a premium therefore a quick decision for a vacant property is advised.

In order to secure a property, you have to pay a deposit (security bond), but it will not be repaid even if you don't take the property.

With the lease, the broker / landlord will also hand over the Renting Guide, which contains your rights and obligations according to the laws in NSW.

When taking over a rental property a condition report must be completed by both the agent and tenant. Please remember to carefully mention any existing damages (even very little ones!!).

The rental bond is managed and administered by The NSW Office of Fair Trading and Renting Services. The landlord/your agent has to forward it within 7 days.

In unfurnished properties the bond may be a maximum amount of 4 weeks rent. For fully furnished properties the bond will depend on the weekly rent. A bond of 6 weeks or more may be required. Other useful information is available at www.fairtrading.nsw.gov.au.

Rental properties in Sydney do not always have central heating and the winter months in Sydney are often cooler than expected.

It is prohibited to mount nails and screws into walls, you have to use existing ones or you need written approval from the landlord.

In order to help you choose a property, here is a selection of the main real estate firms:

- www.ljhooker.com
- www.century21.com.au
- www.raywhite.com
- www.professionals.com.au
- www.elders.com.au
- www.randw.com.au

Or you may also like to try the following websites:

- www.domain.com.au
- www.realestate.com.au

In general, electricity, gas, phone and water are not included in the rent, but have to be set up by the tenant directly with the suppliers. Information about the suppliers and their contacts can be obtained from the agent or landlord. However, the application must be completed by the tenant.

1.4. What should we leave behind?

Kitchens are always included in rental properties. Washing machines and ceiling lamps are also often included. Fridges, however, are not normally included, and tenants must provide their own. Many homes have built-in wardrobes and there is often little space for extra cupboards.

A lot of people may think that winter sporting equipment and bicycles are not needed in Sydney. However, this all depends on your own personal interests. The Snowy Mountains are always in season. You can ski in winter or mountain bike in Summer. If you would prefer to leave your ski gear behind, there are many ski hire facilities available. Cycling and mountain biking as leisure activities are possible in some parks, such as Sydney Olympic Park, Centennial Park, National Parks and on some roads. It is compulsory to wear a helmet.

Please ensure that all equipment that you pack is free from soil and plant material. This is an Australian Quarantine requirement.

1.5. Relocation Services

Relocating is much more than lifting boxes. Especially, if the new residence is located in a foreign country.

What must be packed? Which transportation route is the most favourable? And what about the price, security, insurance and customs clearance?

DB Schenker can solve these problems. Whether it's household effects or office equipment – they assemble, pack, transport and set it up again. Ready to use – so that you feel at home – in no time. <http://www.dbschenker.com.au/products&services/relocations/>

Furthermore, it might be a good idea to engage a relocation agent in Sydney, who provides you with lots of information about the area you want to live and arranges viewing appointments.

They are also able to help you find a serviced apartment which might be an option for the first time, until your furniture arrives from overseas.

1.6. Furniture to lease

You may decide to lease furniture for a limited time until your own household items arrive.

Some of the companies that offer packages (furniture, electrical appliances and kitchen utensils) are:

- www.livingedgerental.com.au
- www.radio-rentals.com.au
- www.valiant.com.au

1.7. Cheap phone calls

A phone card is a cheap option for calls to Germany. Phone cards are sold in many places, such as in newsagents or train stations. Rates vary, if you use a very cheap rate, sometimes the connection fees are higher for each call.

We recommend purchasing a "prepaid" mobile at the beginning of your stay. There are various mobile providers in Australia (Amaysim, Virgin mobile, 3 and Vodaphone just to name a few). Telstra and Optus are the largest land line and mobile companies in Australia.

Phone cards are also sold via the internet, e.g. www.phonecardselector.com.au. We can highly recommend "Hello" and "Day Break" phone cards which are available from all newsagents.

While smaller suppliers often offer cheaper rates, their network is not as widespread. Outside major cities sometimes there is no access to a mobile network, which often only becomes noticeable when on holidays (or in the outback). Also remember that public phones are hard to find and in a lot of cases you can only use credit cards.

SIM cards are available for purchase in newsagents, supermarkets, post offices and in phone stores.

Another inexpensive alternative to calling overseas is by using Skype. For more information go to: www.skype.com

1.8. Opening a bank account

Apart from the internationally operating banks like HSBC, CityBank, there are four major Australian banks:

ANZ Bank (www.anz.com.au)

Commonwealth Bank (www.commbank.com.au)

Westpac (www.westpac.com.au)

Nab (www.nab.com.au)

In order to open a bank account you need to show a prove of identity (passport) and your residential address (rental contract or utility bill).

Because there is no civil registration in Australia, driver licences are a very important document. It includes your address and your signature. As a foreigner you can only apply for a NSW drivers licence after being in Australia 6 months or longer. There is also an ID Card which can be obtained from the RTA.

1.9. Radio and TV

You don't have to register your radio and TV in Australia.

With a special receiver you can watch Free TV in most of the areas. FOXTEL offers various options of pay TV (www.foxtel.com.au).

Transportation in Sydney

1.10. Transportation - without a car

There is much discussion about the transportation system in Sydney and it is often evaluated as insufficient. This, however, also depends on your choice of residence: some areas are very easily accessible by bus, train or ferry.

You can view public transportation schedules by visiting: www.131500.com.au. There is also a route planner available.

1.11. Buying a car

Cars in Australia have a relatively high resale value (this, however, depends greatly on the model). If you consider a private sale, a pre-purchase inspection is recommended. These inspections are offered by the RTA.

We recommend becoming a member of the NRMA or AAMI in order to benefit from their roadside break-down, and other automotive services.

The NRMA offers route planning on their website - www.nrma.com.au or www.travelmate.com.au.

An overview of the new and used car market is obtained under www.drive.com.au - here you can find ads as well as technical data.

1.12. Drivers licence

The national licence in connection with an International driving licence is sufficient for people with a tourist or temporary visa.

If you become a permanent resident, you have to obtain a NSW driver licence within 3 months.

In order to obtain a NSW driver licence, overseas visitors will need to have their licence translated and certified by a NAATI accredited translator. Please contact Bernd Fichtner on 0411 431 851 or by email: bpfich@iimetro.com.au to arrange an appointment.

As there is no obligation to register in Australia, usually a licence is used purely for identification purposes. Therefore, the NSW licence in many situations (such as banking, postal, etc) is used for identification. This is also possible with a German passport, as well as with a telephone-, electricity or gas-invoice (with a residential address), but it's not as easy. Under the circumstances the investment in a NSW licence or ID card is worthwhile if you intend to live longer Australia, even if you only have a temporary visa.

Detailed information is available on the RTA (Roads and Traffic Authority) website: www.rta.nsw.gov.au

1.13. Some driving regulations

In Australia you drive on the left side of the road like in the UK!

To enter a roundabout you need to watch out for the cars coming from your right. The cars in the roundabout have priority.

You have to stop at a zebra crossing to let pedestrians cross.

For the max. speed limits you'll generally find signs along the road, ex. 110km/h on motorways, 60 or 80 km/h in town, 50km/h in residential areas BUT 40km/h in School zones.

Penalties for speeding is quite expensive, especially in school zones and over long weekends (double demerit points). Police check regularly on Mona Vale Road and Forest Way.

1.14. Parking

Watch out for the signs! Very often parking is free for a limited time in the suburbs but it might be regulated how you park (directions).

House owners get free yearly parking stickers for their Council which they might pass on to you. You can also purchase these stickers from the Council. They are very handy for parking at the beaches because this can be very expensive on weekends.

2. School life

General information about the school you'll find on the school webpage www.germanschoolsydney.com .

In the „Gutenberg Post“, our school newsletter you can read further information, dates and news about daily school life.

2.1. Who is my contact person at the school?

School administration is available from 8:00 to 16:00 for general enquiries. For accounting and bus enquiries please also contact the administration staff. Should you wish to contact a teacher regarding your child's development please contact them directly via email or arrange an appointment.

Staff listing:

Principal:	Mr. Erhard Seifert
Business Manager:	Mr. Andreas Schaaf*
Secretary:	Mrs. Isabella Pitcher
	Mrs. Kate Rouvray*
Head of Preschool:	Mrs. Silke Bethke
Head of Primary School:	Mr. Klemens Pedarnig
Head of Secondary School I:	Dr. Horst Giesler
Head of Secondary School II and IB Coordinator:	Mrs. Annie Thomson
Student Counsellor & CAS Coordinator:	Mrs. Ulrike Miehle
Marketing:	Mrs. Antje Eildermann
Gutenberg Post:	Mrs. Svenja Eberhardt
Accounting and IT:	Mr. Scott Lyons
Play group:	Mrs. Simone Keiser (Ph.: 0450 299 231) simonekeiser@gmail.com

After School Care: Due to lack of demand GISS is no longer offering After School Care (ASC). Should you require further assistance for your children after school hours, Terrey Hills Kids Club is a good option.

The Kids Club is situated at Terrey Hills Public school and open to children who do not attend the school. After School Care at Terrey Hills Kids Club costs \$15 per afternoon. Please contact them on 9450 0140 for further details.

*Mrs. Kate Rouvray and Mr. Andreas Schaaf which have both been appointed Justice of Peace under the Justices of the Peace Act 2002, means they are entitled to:

- Administer oath declarations or affidavits, and taking statutory declarations and affirmations principally under the Oaths Act 1900;
- Witness signatures;
- Attest and certify documents. (all of the above take for use in Australia only)

At the beginning of the school year Preschool, Kindergarten and Years 1-12 classes elect two parent representatives for each class. They provide a link between parents and the school. Issues, which concern an entire class or the school as a whole, will be presented and discussed through the parent representatives at the Parents Representative Council meetings (PRC-meetings). Please ask at reception for a current list of PRC members or find the new list published in our Gutenberg Post.

Our school newsletter "Gutenberg Post" is published by email fortnightly on Fridays (during school terms only). We have both a German and an English edition. Should you wish to receive the Gutenberg Post or wish to place an advertisement please contact Mrs Svenja Eberhardt via Email: gp@germanschoolsydney.com!

2.2. What are extra curricular activities?

The German International School Sydney offers a wide range of extra curricular activities twice a week in the areas of: sport, music and art education. These are all adjusted to the needs of the students. Registration takes place at the beginning of the 1st and 2nd half of the year (for students in the English Stream at the beginning of 3rd and 1st term).

2.3. My child needs coaching/private lessons

Several teachers or IB students offer after-school private tutoring. For the IB Students this is actually part of their CAS (Creativity Action Service) programme. Please consult your teacher or Ms. Ulrike Miehle if you require further information. Alternatively GISS parents are welcome to place a free ad in our newsletter (Gutenberg Post). Should you wish to do so, please contact gp@germanschoolsydney.com.

3. Medical Care

In Australia primary health care including immunisations (for your children) is covered by GPs (general practitioners). They treat the entire family from infants to adults. A visit to the specialist is usually only possible with a referral from a GP.

Please contact your local council for the nearest centre.

3.1. Hospitals

The nearest public hospital offers an emergency service. Private hospitals do not usually offer emergency services (except the Sydney Adventist Hospital).

Manly Hospital & Community Health Services
Darley Rd, Manly NSW 2095
Tel.: 9976 9611

Mona Vale Hospital
Coronation Street, Mona Vale
Tel.: 9998 0333

Hornsby Kuring-gai Hospital & Community Health Services
Palmerston Rd., Hornsby
Ph.: 9477 9123

Sydney Children's Hospital Randwick
High Street, Randwick NSW 2031
Ph.: 9382-1111

Childrens Hospital Westmead
Cnr Hawkesbury Rd. & Hainsworth St., Westmead
Ph.: 9845 0000

Royal North Shore Hospital
Pacific Hwy, S.t Leonards
Ph.: 9926 7111

Ryde Hospital
Denistone Rd, Eastwood 2112
Ph.: 9874 0119

Public hospitals often have long waiting periods. In an emergency you can get in touch by phone and receive information about the waiting time via the "triage nurse".

The "Sydney Adventist Hospital" is an exception. It maintains a private emergency room and you will be charged for medical registration. But there are usually only a small number of patients and the waiting times are often shorter. As a private hospital it offers more personalised care to patients by specialists.

Sydney Adventist Hospital
185 Fox Valley Road, Wahroonga 2076
Ph.: 9487 9111

3.2. Medical Centres

Medical centres also offer comprehensive medical services. Most suburbs have their own medical centres. Your family doctor may not always be available after hours so local medical centres may be the answer to providing the care you and your family need in these situations.

There is an afterhour's helpline you can call: 1800 022 222

Avalon Holistic Medical & Dental Centre
1/ 55 Old Barrenjoey Rd, Avalon
Ph.: 9918 2288

Chatswood 24 Hour Medical Centre
270 Victoria Ave, Chatswood
Ph.: 9413 2222

Edgeworth Medical Centre
22-28 Edgeworth David Ave, Hornsby
Ph.: 9482 1500

Manly Medical Centre
2 Wentworth St, Manly
Ph.: 9977 4167

Macquarie Medical Centre
Shop 456 The Loft Macquarie Shopping Centre
197 Herring Road, North Ryde, 2113
Ph.: 9878 6666

St Ives Medical Centre
Level 2, St Ives Shopping Centre
166 Mona Vale Rd, St Ives
Ph.: 9440 5050

Gateway Medical Centre
Level 2, Shop 4, 1 Mona Vale Road, Mona Vale
Ph.: 9998 3400

As medical centres usually do not offer a personal service, it is advised to select a general practitioner.

3.3. General practitioners (GP)

Dr. E. Rust (speaks German)
564 Pennant Hills Rd, West Pennant Hills 2125
Ph.: 9875 1488

Dr. Kardell
St Ives General Medical Practice
341 Mona Vale Rd, St Ives
Ph.: 9449 5999

Dr. Maria Carmody
Suite 1, 379 Sydney Rd
Balgowlah NSW 2093
Ph.: (02) 9907 8588

Dr. Paul Koenig
12-18 Tryon Rd. Suite 16, Lindfield
Ph.: 9416 6466
Dr. Koenig offers emergency home visits.

3.4. Early Childhood Health Centres

Please see below a few early childhood centres within the local vicinity. You can find more information at the following address:

www.bubhub.com.au/servicesclinicsnsw.php

59 Old Barrenjoey Rd, Avalon, 2107 - Ph.: 9918 3741

Suite 5/ 470 Sydney Rd, Balgowlah, 2093 - Ph.: 9948 8061

42 Hercules St, Chatswood, 2067 - Ph.: 9448 3155

Forestway Shopping Cntr, Frenchs Forest, 2086 - Ph.: 9451 7949

6 Pittwater Rd, Gladesville, 2111 - Ph.: 9817 2337

The contact details below for specialists, recreational activities and general services are a broad guide only. You can find more information by visiting the following website: www.whitepages.com.au or alternatively have a look in your local newspaper.

3.5. Ear, nose and throat specialists

Dr. Bill Johnston
Suite 12, 25-29 Hunter Street, Hornsby
Ph.: 9477 3717

Dr. Frank Elsworth (Ear, Nose and Throat Specialist, Nasal Allergy)
Suite 202/20, Bungan Street, Mona Vale
Ph.: 9979 3888

3.6. Specialist for respiratory diseases - asthma (children)

Dr. Penny Field
82-86 Pacific Highway, St Leonards
Ph.: 9439 7300

3.7. ADHD-Specialist

Dr. Mark Selikowitz
Sydney Developmental Clinic
Level 3, 9 Bligh Street, Sydney
Ph.: 9221 4783

3.8. Physiotherapy

Northside Sports Physiotherapy
Suite 602, SAN Clinic
185 Fox Valley Road
Wahroonga NSW 2076
Ph.: 9473 8699; Also in Lindfield and Hornsby

3.9. Paediatric dentist

Mr Kareen Mechertichian
Suite 7, 6 McIntosh Street, Chatswood 2067
Ph.: 9419 8955

Dr. Mechertichian specialises in children under 12 years of age who need special care.

3.10. Orthodontists

North Shore Orthodontics
Drs Vickers, Lewis, Armstrong, Fong, Omar
5 Khartoum Ave, Gordon 2072
Ph.: 9418 1660

Dr. Ronny Marks
55 Grandview St., Suite 5, Level 1
Pymble
Ph.: 9440 2522

3.11. Orthotic Specialist

Lane Cove Foot Clinic
Andrew Scown
Level 1, 90 Longueville Rd, Lane Cove 2066
Ph.: 9428 3000

3.12. Dentists

Dr. Sabine Barford (speaks german)
Suite 1, 364 Barrenjoey Road, Newport Beach 2106
Ph.: 9997 5198

Dr. Leonard Leung
1st floor, 288 Pacific Highway, Lindfield 2070
Ph.: 9416 6288

Dr. Gus Jones
1312 Pittwater Rd, Narrabeen 2101
Ph.: 9913 1466

3.13. Chiropractors

Peak Performance
Dr. Naomi and Dietrich Draeger (speak German)
3/19 Yulong Ave, Terrey Hills 2084
Tel.: 9986 3902
www.peakperformancechiro.com.au

Sydney Health Centre
Chiko Ko Huang
Suite 8, 53-55 Gladesville Road, Hunters Hill 2110
Ph.: 9817 7138

Scott Philipson
Suite 2, 186 Mona Vale Road , St. Ives 2075
Ph.: 9983 0532

3.14. Naturopath

Concept Holistic Health (speaks German)
878, Lvl 1 Military Road, Mosman
Ph.: 9960 6488

3.15. Speech Therapist

Hilke Marcus (Speaks German)
Ph.: 0401 085 751
Email.: Hilke.marcus@yahoo.de

3.16. Optometrist

OPSM Mona Vale
Stephen Mason
Shop2B, Bungan St, Mona Vale 2103
Tel.: 9999 4756

David Evian (good for kids with reading/focusing problems)
Ground Floor, Shop3p7, The Forum
203 Pacific Highway, St Leonards 2065
Tel.: 9436 4395
www.davidevian.com

4. Shopping and Services

4.1. Shopping malls

In regional shopping malls everything can be found from department stores to hardware stores whatever your heart desires.

Pittwater Place Shopping Centre
10 Park Street, Mona Vale
Tel.: 9979 4455

Westfield Chatswood
1 Anderson Street, Chatswood 2067
Ph.: 9412 1555

Chatswood Chase
Cnr Victoria Avenue & Archer Street, Chatswood 2067
Ph.:9411 6376

Castle Towers Shopping Centre
6-14 Castle Street, Castle Hill 2154
Ph.: 8858 9700

Centro Warriwood
Jacksons Road, Warriewood,2102
Ph.:9913 4444

Maquarie Centre
Cnr Herring & Waterloo Roads, North Ryde 2113
Ph.: 9887 0800

Warringah Mall
Cnr Old Pittwater Road & Condamine Street, Brookvale 2100
Ph.: 9905 0633

Westfield Hornsby
Cnr Florence & Hunter Streets, Hornsby 2077
Ph.: 9477 5111

4.2. Where can I purchase German products?

Aldi: locations of the stores can be found under www.aldi.com.au

Aldi carries a small assortment of seasonal German products. You will get German delicacies (especially around the festive seasons like Christmas and Easter).

Meat, Sausages & Smallgoods

Swiss Goodies
Sausages, Meat loaf, Swiss cheese, Bretzel, etc.
Please ask for a complete product list:
bwagner@tpg.co.au (Mob: 0409 081612),
gabywagner@tpg.com.au (Mob: 0408 6287599)

Morgan's Fine Foods
Shop 9/ 9 Bungan St, Mona Vale 2103
Ph.: 9997 4431

Brot und Wurst
1442 Pittwater Rd, North Narrabeen, 2101
Ph.: 0425 368 234

Narrabeen Organic Food Markets are held every Friday at Rat Park, Narrabeen. There is also another Organic Food Market held every Sunday 8am-1pm at 35 Frenchs Forest East, Frenchs Forest. For more information please visit www.organicfoodmarkets.com.au

Biodynamic meat

www.mooralcreek.com.au

The Beaches Market
Pittwater Rugby Park
1472 Pittwater Rd, Warriewood 2102

Biodynamic food

www.organicfood.com.au
www.lettucedeliver.com.au

Bread and bakery products

Lüneburger German Bakery (Bread imported directly from Germany)
Shop 72, Lower Ground, Queen Victoria Building
455 George Street, Sydney 2000
Ph.: 9264 2377

Lüneburger German Bakery
Shop 401, Level 4, Macquarie Centre
Cnr Herring & Waterloo Roads, North Ryde 2113
www.luneburger.com.au

Brot und Wurst
1442 Pittwater Rd, North Narrabeen, 2101
Ph.: 0425 368 234

The Beaches Market – every Friday morning (8:00- 13:00)
Pittwater Rugby Park
1472 Pittwater Rd, Warriewood 2102

Quark

Athena's Deli
213 Mona Vale Rd., St. Ives 2075
Ph.: 9988 4292

Thomas Dux Mona Vale (Quark/Bratwurst)
Park Street, right opposite Mona Vale library.

Forestway Fresh
341 Mona Vale Road, Terrey Hills

And some Woolworth stores.

European footwear for children and adults

The Shoe Shop
25 Tramore Place, Killarney Heights
Tel.: 9453 2409
www.shoeshop.com.au

Flip flops – cool shoes for cool kids
Shop 2, 1761 Pittwater Road, Mona Vale
Ph.: 999905664
www.flipflopskids.com.au

Shoes & Sox
Shop 37 Warringah Mall
Old Pittwater Rd, Brookvale
Ph.: 990507114
www.shoesandsox.com.au

Ecco shoes
Warringah Mall, Chatswood Chase Shopping Centre,
Westfield Hornsby Shopping Centre
www.ecco.com

Blush Shoes
5A The Corso
Manly, NSW, 2095

4.3. I need services...

... also to be found in the „Yellow Pages“

Car Service

Balmain European Car Repairs (Richard Scheurer)
39 Crescent Street, Rozelle 2039
Ph.: 9810 8105

Max Harder Motors(Speaks German)
228 Harbord Rd, Brookvale 2100
Ph.: 9938 3180

Veterinarians

Ku-ring-gai Veterinary Hospital
290 Bobbin Head Road, North Turramurra 2074
Ph.: 9449 4111

Pittwater Animal Hospital
1 Arnotts Crs
Warriewood NSW 2102
Ph.:9913 7979

Handy men

Harald Pommerening
57 Trevitt Road, North Ryde 2113
Ph.: 9888 1830

Roland Leverenz (speaks german)
215 Midson Rd., Epping 2121
Ph.: 9868 2927, Mob.: 0418 648467

Electrician

Enno Wiese (speaks german)
106 Plateau Rd, Bilgola NSW 2107
Mob.: 0423 400 997

Pool Technician

Eberhardt Boldt
74B Glenhaven Road, Glenhaven 2156
Mob.: 0417 042 759

5. Leisure time sports and fun

5.1. Sports and fun

Please see below a selection of sporting/recreational activities:

Swimming Centres and Schools

Terrey Hills Swim School (next to the school)
31 Myoora Road, Terrey Hills 2084
Ph.: 9486 3941

Ryde Aquatic Centre
504 Victoria Road, Ryde
Ph.: 8878 5111

Castle Cove Swim School
2B Holly Street, Castle Cove
Ph.: 9417 2060

Lane Cove Aquatic Centre
2 Little Street, Lane Cove
Ph.: 9418 3288

Warringah Aquatic Centre
Aquatic Drive, Frnchs Forest
Ph.: 9451 8000

Manly Andrew 'Boy' Charlton Swim Centre
Balgowlah Road ,Manly
Ph.: 9976 1495

More information under www.swimaustralia.org.au

Tennis

Chatswood Tennis Club
52 & 120A Fullers Road, Chatswood 2067
Ph.: 9411 1500

Tennis World
Epping Road, Ryde
Ph.: 9888 7466

Balgowlah Tennis Club
Cnr. Balgowlah Rd. & Condamine St., Balgowlah
Ph.: 0413 742 071

Bayview Tennis Club
Pittwater Rd., Bayview (on water's edge, nearest street: King Edward Avenue)
Ph.: 9997 3333
Belrose Tennis Club
Glen St., Glenrose (behind Belrose shops)
Ph.: 9975 4620

Collaroy Tennis Club
Griffith Park, Anzac Ave, Collaroy
Ph.: 9971 1488

Mona Vale Tennis Club
Kitchener Park, Pittwater Road, Mona Vale
Ph.: 9979 6772

*Some of these clubs offer school holiday tennis camps. For further information please visit the following website: www.tennisnorthernbeaches.com.au

Gymnastics

SXL Gymnastics Coaching
UTS Sports Centre
Eton Road, Lindfield 2070
Ph.: 9411 4393

Manly Warringah Gymnastic Club
24 Middelton Rd, Cromer 2099
Tel.: 9972 9222
www.mwgymclub.com

Northern Beaches Gymnastics
c/-Pittwater Sports Centre
1525 Pittwater Rd, North Narabeen 2101
Tel.: 9913 7421
www.nbg.com.au

More information can be found at the following address www.gymnsw.org.au

Ballet

You will find a wide range of ballet schools for each district in the "Yellow Pages".

Dancing

The Performing Arts Academy
PO Box 804, St Ives NSW 2075
Miss Tess (principal) Mob.: 0404 367256
tessacrington@bigpond.com

The North Shore Dance Academy
P.O. Box 509, St. Ives NSW 2075
Ph.: 9413 4027
www.northshoredanceacademy.com.au

McCarthy Studios
101 Cambourne Ave., St. Ives NSE 2075
Ph.: 9449 3530
www.mccarthystudios.com.au

Fitness Centres

Fitness First Mona Vale
Level 1, Pacific Square Shopping Centre 10 Park St
Mona Vale NSW 2103
Ph.: 8401 0800

Fitness First Dee Why
800 Pittwater Rd
Dee Why NSW 2099
Ph.: 1300 557 799

Virgin Active Frenchs Forest
16 Rodborough Road, Frenchs Forest 2086
Ph.: 9975 8600

Horse riding

Samarai Park Riding School
90 Booralie Road, Terry Hills 2084
Ph.: 9450 1745

Palomino Riding School (Manager: Cheryl Ludow)
192 Forest Way, Belrose 2085
Ph.: 9450 1726

Surfing

Manly Surf School
North Steyne Surf Livesaving Club, Manly
(in the middle of Manly Beach, opposite Pine St.
Ph.: 9977 6977
www.manlysurfschool.com

Taekwondo

Spirit Taekwondo (some lessons are held at GISS)
3/13 Dale Street (rear unit)
Brookvale 2100
Tel.: 9938 6466
www.spirittaekwondo.com.au

Football

In the Ku-Ring-gai district: Ku-ring-gai District Soccer (www.kdsa.asn.au)
St. Ives: www.stivesfootball.com.au

Narrabeen: www.footballssg.com

Parents are often the coaches and/or managers of the teams.

Mini Tots Soccer (up to 5 years old)

Warriewood, NSW

Ph.: 9944 7568

www.minitotsoccer.com.au

www.footballssg.com

For children and/or parents wishing to participate in local teams more information can be found at the following address: www.mwfa.com.au

Futsal

Futsal is played a five aside game played on small pitches. There are two 12 minute games with special rules. The ball must be back in the game within 4 seconds after having been out or after a foul. Furtheron there are special rules concerning the involvement of the goalie. Futsal competitions are organised by commercial organisations (the GISS "Under 9s" team is registered with the Pittwater RSL) where a team and player fee has to be paid. This fee covers costs for the field, official referees and insurance. The organisation provides the teams with the infrastructure and fixtures of time tables.

To register please go to www.pittwatersl.com.au and simply click on the Futsal link.

Little athletics

"Little athletics" is offered in most suburbs but only in summer. There are fixed enrollment dates after the winter school holidays.

Nippers

Life Saver programs for children. It is perfect for kids to learn about the correct behaviour at the beach and in the water.

Nippers groups are offered only during summer months and the enrolment takes place on two weekends in September. Nearly all Suburbs on the Northern Beaches offer a nipper program on Sundays.

www.surflifesaving.com.au

Music schools

Belle Music Studio

Susan-Gai Anderson

French Forest 2086

Ph.: 9451 8923, www.bellemusicstudios.com

Recommended for young children: music lessons at Macquarie University

www.access.mq.edu.au

International School of Music (offers programs for infants)

Jay Cooper Warringah Road

Frenchs Forest

Ph.: 9880 8867, www.ismasutralia.com

Forte School of Music (offers programs for infants)
Level 1/785 A Pacific Hwy.
Gordon NSW 2072
Ph.: 9499 5955, www.fortemusic.com.au

Guitar: www.g4guitar.com.au

Violin: www.violins.com.au

Bankstown Academy of Music
Neil Youel
12 Featherstone St. , Bankstown 2200
Ph.: 9707 3111

Barbara Hayward
Elgien St., Gordon
Ph.: 9498 5419

Instrumental teaching in general:

The Learning Lounge (suitable for all age groups, from teenagers preferred)
1a Eastern Rd, Turramurra
Ph.: 9488 9970, www.thelearninglounge.com.au

Chorus and Orchestra:

Chorus of the Protestant Church of Martin Luther, Sydney
Hermann Simon
Ph.: 9451 3423

Youth Orchestra of the Catholic Church
Paul Driessen
Ph.: 9772 2690

www.sydneyphilharmoniachoires.com.au

In addition, you can ice-skate at Macquarie shopping centre, play mini golf in Ermington or Narrabeen (see item 7, just to mention a few). "Sydney's Child" a publication that can be picked up at Preschool or newsagenices also offers an extensive range of leisure activities.

*The NSW government also has a listing of school holiday programes available.

You will find more information at the following address:

www.citysearch.com.au
www.sydneypinkpages.com.au
*www.dsr.nsw.gov.au/camps

5.2. Recreational activities

Please see below a list of websites which show what's on in Sydney:

www.citysearch.com.au
www.timeoutsydney.com.au
www.sydney100.com
www.sydney.com.au
www.discoversydney.com.au

www.thisweekinaustralia.com
www.whats-on-in-sydney.com.au
www.whatsonsydney.com
www.sydneyolympicpark.com.au
www.sydentcent.com.au
www.sydneyhills.com.au
www.cityofsydney.nsw.gov.au
www.infobahnaustralia.com.au (deutschsprachige Internetseite)
www.warringah.nsw.gov.au/services/yoyos.aspx
www.manly.nsw.gov.au
www.pittwater.nsw.gov.au

Music events:

www.mva.org.au
www.seymour.usyd.edu.au
www.spraci.com
www.musicaviva.com.au
www.sydneyoperahouse.com
www.sydneypubguide.net
www.ticketek.com.au (Konzertkarten)
www.ticketmaster.com.au (Konzertkarten)
www.timeoutsydney.com.au

Cinemas:

www.bcl.com.au/sydney/watson/cinema.htm
www.dendy.com.au
www.greaterunion.com.au
www.unitedcinemas.com.au
www.hoyts.ninemsn.com.au
www.stgeorgeopenair.com.au (this is a FANTASTIC event held during the summer but sells out EXTREMELY quickly. Tickets go on sale every year on boxing day.)

Youth Centers

Councils in each district provide activities for young people under 18 years of age, such as YoYo's in Frenchs Forest, a youth center, open two days a week which offers dance parties, movie nights and music evenings.

www.warringah.nsw.gov.au/services/yoyos.aspx

6. Councils and further education

6.1. Local Councils

On each councils website you can find useful information for each district. There is an activities calendar, information on hiking, bike paths and activities for the school holidays. Similarly, the councils offer a free library service and language tuition by volunteers.

www.kmc.nsw.gov.au
www.warringah.nsw.gov.au
www.pittwater.nsw.gov.au

6.2. Further education

TAFE

One of the leading providers of further education is TAFE (Technical and Further Education). TAFE has more than 100 years of experience in education and training, is also operated and financed by the NSW government. TAFE NSW offers over 250 courses for students. International students have the opportunity to study in English courses and advanced courses to prepare for further study at TAFE or at a university. TAFE certificates and diploma certifications are approved by the related industry and are provided with a guarantee by the Government. Many students use the courses as a stepping stone to university study.

TAFE has 11 institutes, 130 colleges and over 500,000 enrolments.

Further informationen: www.tafensw.edu.au

Community Colleges

Community colleges are comparable with the German (Volkshochschule). They offer a broad education, vocational training and are easy to find in most suburbs. Not only do they offer English/German classes for adults (different levels are available) they also offer a broad range of courses from fun activities to courses to enhance professional skills.

Further information available at:

Macquarie CC:	www.macquarie.nsw.edu.au
Sydney CC:	www.sydneycommunitycollege.com.au
North West CC:	www.nwcollege.net
Manly Warringah CC:	www.mwcc.nsw.edu.au
Hornsby Ku-ring-gai CC:	www.hkcc.nsw.edu.au
Mosman CC:	www.mec.nsw.edu.au

7. It's my child's birthday - where can I celebrate?

"Sydney's Child," a free, monthly magazine offers very extensive information regarding activities for children. You will find the magazine at GISS Preschool as well as in all Early Childhood Health Centres, newsagencies and in some toy shops. The website is: www.sydneychild.com.au.

Please see below for more venue ideas:

Ceramic painting activities

Kathryn Hand
Ph.: 9484 3915 (Mob.: 0438 204858)

Climbfit (climbing wall)

Unit 4, 12 Frederick Street
St. Leonards 2065
Ph.: 9436 4600

Northern Beaches Rockhouse

Unit 4E "Winbourne Estate"
9-13 Winbourne Rd, Brookvale
Ph: 9905 620

Fairyland

Fairyland
733 Military Road, Mosman Ph.: 9960 7222

Ice skating

Maquarie Ice Skating Rink (im Maquarie Shopping Centre)
Cnr Waterloo & Herrings Rds, North Ryde 2113
Ph.: 9888 1100

Minigolf

Pirates Mini Golf
1500 Pittwater Road, Narrabeen 2101
Ph.: 9913 7991

Putt Putt
Cnr Victoria & Wharf Rds, Ermington 2115
Ph.: 9858 2190

8. The German-speaking Community in Sydney

8.1. Diplomatic missions

Consulate General of the Federal Republic of Germany

Consul General: Mr. Hans-Dieter Steinbach
13 Trelawney Street, Woollahra 2025
Ph.: 9328 7733;
www.sydney.diplo.de

Consulate General of Switzerland

Consul General: Mr. Markus Meli
Tower 2, Level 23, 101 Grafton Street, Bondi Junction 2022
Ph.: 8383 4000;
www.eda.admin.ch/australia

Honorary Consulate General of the Federal Republic of Austria

Honorary Consul General: Mr. Guido Stock
Level 10, 1 York Street, Sydney 2000,
Ph.: 9251 3363

8.2. German-Australian Chamber of Industry and Commerce

German-Australian Chamber of Industry and Commerce

Head: Mr. Kristian Wolf
Level 10, 39-41 York Street, Sydney 2000
Ph.: 8296 0400;
www.australien.ahk.de/

8.3. Churches

German Protestant Lutheran Church, Sydney

Pastor Michael Petzoldt
Martin Luther Kirche
90 Goulburn Street, Sydney NSW 2000

Gnadenfrei Kirche
10-12 Gurney Road, Chester Hill
Ph.: 9738 5733
www.kirche-sydney.org.au

German-speaking Catholic community Sydney

St Christophorus, Croydon
112 Edwin Street North, Croydon 2132
Ph.: 9716 9021 und 0407 946 986
www.dkg-sydney.com

8.4. Goethe-Institut

Goethe-Institut Sydney

Head: Mr. Dr. Arpad Soelter
90 Ocean Street, Woollahra 2025
Ph.: 8356 8333
www.goethe.de

8.5. German radio and TV

SBS radio has German-language broadcasts:
SBS Radio (97.7 FM)
www.radio.sbs.com.au

SBS televisises the "Deutschen Welle" daily. German films are also shown on SBS from time to time. www.sbs.com.au

9. Miscellaneous

9.1. Underage Drinking

Laws related to serving alcohol to people under 18 years of age are very strict in comparison to Europe. The sale for and to people under the age of 18 is prohibited! This legislation also extends to private consumption: if you host a private party and have alcohol available to young people under 18 years old you may be prosecuted with high penalties (and / or face up to 12 months in prison!). In addition, at a party, the police can demand directly AU\$ 550 for every person under-18-years who has access to alcohol.

9.2. Where can I find a German speaking babysitter?

Students in Years 11 and 12 are usually willing to baby-sit in the evenings. Please contact the administration office for further information or alternatively you are welcome to place an ad in the Gutenberg Post.

9.3. Who offers English courses for adults?

Several community colleges offer adult education. In general, there are various English and German courses, available 1-5 times a week. Courses are offered for different language levels.

Further information available at:

- Goethe Institute offers classes at the GISS (you will find further information in the Gutenberg Post)

- Macquarie Community College, Ph.: 8845 8888 or www.macquarie.nsw.edu.au
- Hornsby Ku-ring-gai Community College, Ph.: 9482 1189 or www.hkcc.nsw.edu.au
- Manly Warringah Community College, Ph.: 9970 1000 www.mwcc.nsw.edu.au
- Mosman Community College, Ph.: 9968 4000 or www.mec.nsw.edu.au

9.4. Life Coaching for Immigrants

Rebecca Wells is specialised on the integration of immigrants. She helps people who need more self-confidence, guidance or want to be successful in their personal and professional life. In order to make a free, no obligation appointment with her, please contact the following address:

Clear Horizon Coaching
Helping expatriates lead successful and fulfilling lives
Ph.: 9130 1498
Mob.: 0432 782 969
Email: rebecca@clearhorizoncoaching.com
www.clearhorizoncoaching.com

9.5. Christmas trees

If you wish to celebrate Christmas with a real tree you have the chance to choose and cut your own at the following address:

Sydney Christmas Tree Farm
Ron & Barbara Junghans
6 Namba Rd., Duffys Forest 2084
Ph.: 9450 2027
www.sydneychristmastreefarm.com.au

9.6. Newspapers

The following newspapers are available online:

www.smh.com.au
www.afr.com.au
www.news.com.au
www.woche.com.au (german newspaper)

There are also a number of local newspapers, according to the district for free home delivery. They provide information about activities and events in their respective areas:

The Manly Daily (www.manly-daily.whereilive.com.au)
North Shore Times (www.north-shore-times.whereilive.com.au)
Pittwater Life (www.pittwaterlife.com.au)
Peninsular Living (www.peninsulaliving.com.au)

9.7. References

White pages www.whitepages.com.au

Yellow pages www.yellowpages.com.au

Road maps www.whereis.com.au

9.8. Venomous spiders and snakes (see appendix)

Venomous snakes and spiders can be a sensitive issue for families from abroad. The main thing to do is stay calm. While you *can* encounter snakes in the bush (which does not mean that there might not be one at sometime in the garden!), spiders are almost everywhere. If you see a spider web, you should generally act with caution.

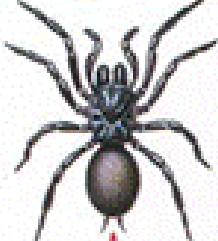
Never leave your clothing (especially shoes) outside overnight, they should always be kept inside the house.

You may like to contact a Pest Control Company who will fumigate the house. You can also purchase effective pesticides/inspect repellants from any hardware stores or supermarkets.

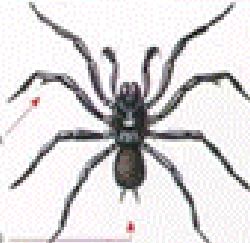


ACTUAL SIZE IDENTIFICATION SPIDER CHART


THE DEADLY & DANGEROUS ONES



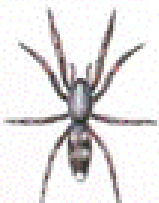
FEMALE SYDNEY FUNNEL-WEB
25 YEAR LIFE-SPAN • GROUND DWELLING • AGGRESSIVE • ONE OF THE WORLD'S DEADLIEST SPIDERS



MALE SYDNEY FUNNEL-WEB
LONG SPINNETS



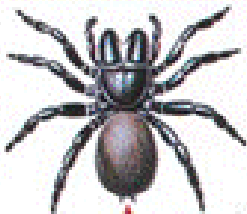
RED-BACK
13 FATALITIES RECORDED
FOUND IN RUBBISH, UNDER HOUSE, ETC.




WHITE-TAIL SPIDER
MAY CAUSE HORRIFIC ULCERATION TO SKIN OF SENSITIVE PEOPLE
FOUND IN THE GARDEN & IndoORS

NOTICE: MALE SPIDERS HAVE A SMALLER ABDOMEN, LONGER LEGS & SWOLLEN PALPS (FOR REPRODUCTION)

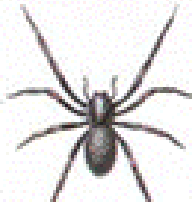
TOXIC (POISONOUS) — PAINFUL BITE



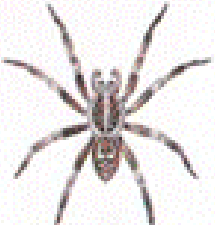
FEMALE MOUSE SPIDER
ENLARGED HEAD & FRONS • DEEP PAINFUL BITE
GROUND DWELLING — OFTEN MISTAKEN FOR FUNNEL-WEB



MALE MOUSE SPIDER
SMALL SPINNETS



Common BLACK HOUSE SPIDER
VENOMOUS • NAUSEA, SWELLING, ETC.
OFTEN FOUND IN THEIR WEBS IN WINDOW FRAMES, EAVES, ETC.




WOLF SPIDER
NON-AGGRESSIVE
GROUND DWELLING

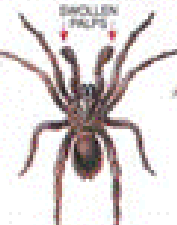
WARNING: MOST OF THESE SPIDERS CAN BE DANGEROUS TO PEOPLE WITH ALLERGIES OR HYPER SENSITIVITIES

THE "LOW RISK" SPIDERS

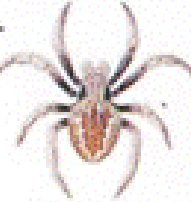
SPIDERS CAN BE BENEFICIAL IN THE CONTROL OF MOSQUITOES & FLIES - BUT IF THEY PRESENT A DANGER - CALL FUMAPEST



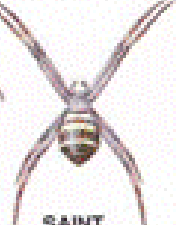
FEMALE TRAP-DOOR
MILKY TOXIC - NON-AGGRESSIVE
GROUND DWELLING (BURROW - OFTEN WITHOUT A LID)



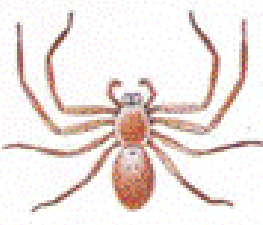
MALE TRAP-DOOR
SWOLLEN PALPS



GARDEN ORB-WEAVING
RELATIVELY HARMLESS • BENEFICIAL
OFTEN SEEN IN A LARGE WEB IN THE GARDEN



SAINT ANDREW'S CROSS



HUNTSMAN
TIMID - RARELY BITES
FOUND UNDER LOOSE BARK
MAY RANDEER IndoORS

FUMAPEST - YOUR LOCAL PEST CONTROL EXPERTS

ALL SYDNEY SUBURBS	NORTH SHORE 9905 7800	SUTHERLAND 9545 3200	CAMPBELLTOWN 4628 2400
9771 2400	EASTERN SUBURBS 9371 7717	WESTERN SUBURBS 9771 2400	PENRITH 4732 2005

FIND OUT HOW TO PROTECT YOUR HOME FROM TERMITES (WHITE ANTS) - REFER INTERNET - www.termite.com