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Intern Newsletter

WORD FROM MANAGEMENT

Greetings to all our interns and friends!

Happy New Year to you – lots of health, happiness, new exciting adventures and success!

To all new interns - we would like to welcome you to Australia and wish you the best of success with your internships. Please ensure you keep in contact with your Internship Program Supervisor on a regular basis as we, at AI, love to hear your interesting stories and fascinating tales.

We would like to encourage you to experience the Australian culture and enjoy the summer sun. Australia has some of the most beautiful beaches in the world. There is no better way to enjoy a weekend afternoon other than to have a barbecue or outing at the beach!

There are some great activities on during the summer months, many of them free. We have included some of the best, however please do some of your own research to see what is on in your city!

Enjoy the Australian Internships experience and keep up the good work.

Warmest wishes from all at AI,



STAFF CORNER — Maria Bitzova



Maria, originally from Bulgaria, has joined the Australian Internships team as an Internship Program Supervisor. She has a Bachelor of Science in Business Administration as well as a Master of Business from the University of Queensland. Maria has completed three internships herself during her studies and is thus well-equipped for assisting our international interns throughout their internships. As a true people's person, Maria is dedicated to fairness and achieving outstanding results for her clients.

How would you describe your work and what do you like most?

As an Internship Program Supervisor, my day is always very dynamic, full with a variety of tasks and very rewarding. I am assisting my interns with document preparation, interview tips, program advice and with anything else related to their internship program. The most enjoyable part of my job is when I hear the success stories of my interns. This fulfils me and makes me truly happy, enjoying what I do even more.

Your message to the interns?

An internship is one of the most enjoyable experiences in life. It is the stepping stone for your future career development. Approach it with an open mind and thirst for knowledge. Make the most of your internship, be responsible, dedicated and show your personality. Learn from every small pitfall and take pride in your achievements.

INTERN OF THE MONTH — Paulene Gracielle Gupana

Age: 21 years old
Field: Culinary Arts
City: Alice Springs
Nationality: Filipino



Paulene is an ambitious young woman who is currently nearing the end of her internship in food production. She is committed to completing her internship and is excelling in her current position. At her host organisation's Christmas party Paulene was awarded employee of the month which is a credit to her efforts. The team at AI are very happy with Paulene's performance and we would like to congratulate her on all her hard work throughout her internship.

Why did you choose your particular destination/program?
I chose this program to expose myself to an environment that I am not familiar with. In addition I wanted to see the differences and similarities between Australia and the Philippines in terms of work culture, professionalism and quality of results.

Briefly explain what you are doing during your program:
My main responsibility is the breakfast buffet which includes all hot food items, room service, special orders and prep for the next day. I also cook the staff food every day and do a la carte lunch orders when the lobby bar opens.

What would you advise to students who have recently started their internship?
Try your hardest to love what you're doing. At the end of the day it's not the money but it's the experience and memories that you can look back to when you're back to your homeland.

Well done Paulene, and all the best for your future!!

Choose three words to describe your Internship Experience in Australia:

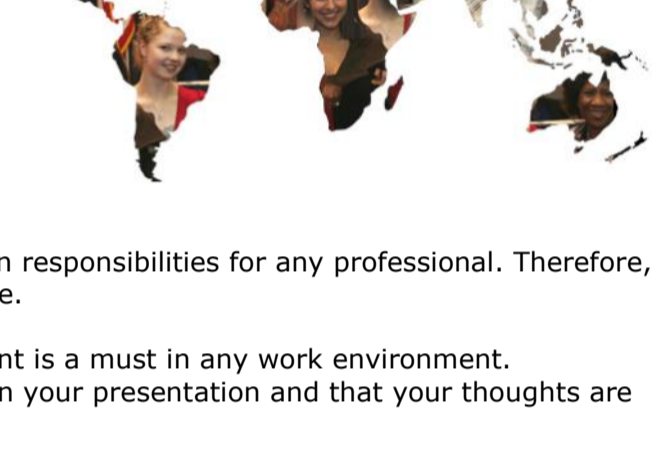
- Hard
- Love (found prince charming along the way)
- Fulfilling

Three things that you have missed most from home:

- Really big Shopping centres
- Family
- 24 hour McDonalds Delivery

TOP 5 REASONS WHY SPEAKING ENGLISH IN THE WORKPLACE IS VITAL

1. Professional development in an organisation requires a strong grasp of spoken and written English. This enables you to gain valuable knowledge which would otherwise not be developed.
2. Smooth communication and an intercultural view can get you one step closer to establishing positive relationships within your host organisation
3. A professional command of the English language opens doors. The more English you speak the better able you are to network which in the long run will fast track career opportunities.
4. E-mail communications and report writing are common responsibilities for any professional. Therefore, exceptional written skills are a necessary tool of the trade.
5. Giving presentations/ communicating with management is a must in any work environment. It is important that your key message does not get lost in your presentation and that your thoughts are delivered in a clear and consistent manner.



What's On

BRISBANE

Chinese New Year Festival in the Valley
When: 20th-22 January 2012
Time: Friday & Saturday 6pm -10pm
Sunday 12 Noon-5pm
Where: Chinatown Mall, off Wickham Street, Fortitude Valley

Presented by Brisbane City Council, the annual street festival of music, dance, song and cuisine is one of the most important celebrations in the Lunar Chinese Calendar.

There will be a Chinese lion dance, dragon parade complemented with the drum music and firecracker; and also Chinese cuisine, cultural dance and song, Chinese Opera, Kung Fu, competitions and many more activities. Every year the festival attracts as much as 40,000 people to celebrate this event. This is a definite must see event!!



MELBOURNE

Sunset Series Movie Moves
Date: Saturday 28th January
Time: 5pm-7pm
Location: Waterfront City Piazza, 429-437 Docklands Drive Docklands

Warm weather and good friends. Add some fun dance lessons to this balmy mix and you've got the perfect evening.

Sunset Series Movie Moves is for those who love to move their hips and for those who just like to relax in pleasant surrounds.

Learn the dance moves inspired by your favourite movies.



SYDNEY

Ferrython
Thursday, January 26th
Where: Sydney Harbour
Time: 11am-2pm

Come on down to Sydney Harbour with your picnic basket and cheer on your favourite ferry as they carve up the harbour and make their final dash to the finishing line under the Harbour Bridge. Dressed and decorated to the nines, Sydney's beloved Lady Class ferries line up for one of Australia's most popular and iconic free events.

Nothing quite compares to **Australia Day** on Sydney Harbour, with that cavalcade of colour and craft! With the famous *Ferrython* vessels streaking to line honours, it's really the perfect playground for



New Year's Goal Setting Tips

- **Be honest about what you really want.**
The first rule of goal setting is to make sure you are truly passionate about achieving the goals you're setting. If, instead, you're setting goals because you think you *should* travel more or your parents think you *should* do something then you aren't going to be as motivated
- **Don't be afraid to think big.**
One of the biggest mistakes individuals make is not dreaming big enough. There's nothing wrong with being realistic, but when you are setting goals, why not start by going after what you really want and then, if necessary, tweaking as you go along? As recommended by inspirational posters and greeting cards everywhere, start by asking yourself, "What would you do if you knew you could not fail?"
- **Mark dates on your calendar.**
Months go by very quickly, but days are long. Similarly, big goals can be daunting, but small tasks are relatively easy. As you're goal setting, start to think through the small tasks that add up to achieving your biggest dreams.
- **Get some help.**
There are some great, inexpensive books and tools to help you with goal setting large and small. Some handy resources are *Your Best Year Yet: Ten Questions for Making the Next Twelve Months Your Most Successful Ever* and an app called Things. Encourage someone close to you check on your progress this way you're more likely to stay on track.



CELEBRATING AUSTRALIA DAY 26 JANUARY 2012!!!

Brief history of Australia

- ◆ In 1788 Captain Arthur Philip declared British sovereignty of Australia's east coast
- ◆ 1817- Governor Macquarie recommends the name Australia for the entire continent instead of New Holland
- ◆ 1901- Federation of Australia (all colonies unite to become Australia as one country)
- ◆ 1946- All states and Territories recognize 26 January as Australia Day
- ◆ 1994- All states and territories celebrate Australia Day on the actual day (26 January) for the first time



What can you expect on Australia Day?

On Australia Day everyone gets together as a nation to celebrate what's great about Australia and being Australian. It's the day to reflect on what Australia has achieved and to be proud of in this nation. It's the day for Australians to recommit to making Australia an even better place for the future!!

How to get involved:

Don't celebrate alone, get out there and enjoy it with lots of other people, this is a great opportunity to meet new people and learn more about the Aussie Culture. Consider partaking/attending the following:

- official events (concerts, parades, award ceremonies)
- Local events (musical events, regattas and pubs)
- Community barbecues/ social barbecues
- Fireworks displays (most major cities/towns)
- Spending time at the beach or pool cooling down
- Dress up in Australian colors (blue/red or green/yellow)
- Sports competitions (cricket, tennis etc..)



Top Tips

- ◆ Wear loads of sunscreen, protective clothing and a hat if outdoors
- ◆ Drink responsibly
- ◆ Understand the risks of whatever activity you partake in (e.g. beaches—rips, jellyfish)

Tell us what you got up to on Australia Day! Send in pictures or stories of your experiences!



Celebrate Australia Day
Australia Day - 26 January

