

Because you've got support when you need it

Being away from home can sometimes feel isolating, but Bupa's here to support you this holiday season with great tips and resources on what you can do to keep yourself busy. Plus, a guide on what to

How you can keep busy this holiday season

It can be difficult to think of activities to do while you are away from home, here are a few tips and ideas to get you started.



Go for a hike with this beginners hiking guide.

[Read guide](#)



The best things to see on an Aussie road-trip.

[See more](#)



Make some new friends online - follow these tips.

[Read tips](#)



A guide to having a safe and healthy summer break.

[Read guide](#)



Your Visa conditions

Please remember you need to keep your Overseas Student Health Cover (OSHC) for the length of your student visa, both during semester and in the holidays. Contact Bupa for help.

What to do if you get sick in Australia



If it is an emergency

In Australia, if you need urgent medical assistance, dial 000. An ambulance will come to you as soon as possible and provide you with urgent care.



If you are sick

If you are sick, but it is not an emergency, please visit a doctor. If your symptoms aren't too serious like a cold or cough, you can also visit a pharmacy for

If you are a Bupa customer, you can reduce the amount you need to pay by visiting a Bupa-friendly doctor. To find one click [here](#). Or, you can call the 24/7 Student Health and Support Line to speak to a



What to do if you feel unhappy or anxious

You are never alone. Help is Available 24/7 on the phone, email and webchat on topics relevant to students.

- Kid's Helpline: 1800 55 1800 or click [here](#)
- Beyond Blue: 1300 224 636 or click [here](#)
- Headspace: to visit their website click [here](#)

What else does Bupa offer?

All Bupa customers have access to these great offers and more through Bupa Plus.



Up to 25% off movie vouchers purchased online

[Redeem offer](#)



6% cashback on accommodation bookings

[Book now](#)



10% off car rentals

[Hire a car](#)



Australia's local bookstore

10% off books from Booktopia

[Redeem offer](#)

If you would like to join Bupa, it's easy. Simply contact us below and we'll help you make the move



WhatsApp



Click to Call



Web Messaging

This email was sent on behalf of Bupa HI Pty Ltd ABN 81 000 057 590 - 33 Exhibition Street, Melbourne, VIC, 3000, Australia (Bupa). This email has been sent, because you have previously provided consent to receive marketing material from us.

[Privacy & Security](#)

