





# CONTENTS





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old girl who discovers a camera  
whilst playing in her local  
playground. She has been told  
by her Mother not to tell anyone  
about her home life so

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# SNAPSHOT

## So how does it feel to go downhill that fast?

You're feeling a tremendous rush in many ways, you're feeling the power of the wind as it hits your body, feeling scared, you've gotta feel 100% committed to what you're doing and that comes through and constantly gets reinforced and repeated in my mind down a speed skiing run.

## How do you deal with the fear?

There are certain types of people in this world who like being frightened, that's why there's an entire industry of roller coasters; people like the kind of fear that keeps them awake. I can't say I'm addicted to fear but I do enjoy a challenge and part of that challenge is overcoming my own demons inside my head and overcoming that fear.

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## What does this role mean to you?

This means that I can help promote people with disabilities throughout different areas of the world. Australia has a fantastic attitude towards people with disabilities and in many ways that's evidenced by our sporting culture for people with disabilities. The

attitudes in different cultures and countries are often different; people with disabilities can get ostracised from their community when they acquire a disability. That's why Austcare have put in place an ambassador M V Y W L V W S L ^ P [ O K P Z H I P S P [ P L such a unique group in developing nations.

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Firstly to make people aware of landmines and the impact and issues related to landmines. Most people think of landmines and think of clearing landmines but landmine action is so much more than just clearing; it's working with communities that are affected by landmines, securing areas where landmines have been placed, supporting people who have been injured by landmines and supporting their carers and families. Also, to clear the landmines so the land can IL \ZLK M V Y N Y V ^ P U N M V V K V Y N

## How can students get involved?

Austcare is doing some fantastic work in the landmine action area. They can be contacted via their website.  
[www.austcare.org.au](http://www.austcare.org.au)











# Om

12 - 1 pm



# Public Speakin Made Easy

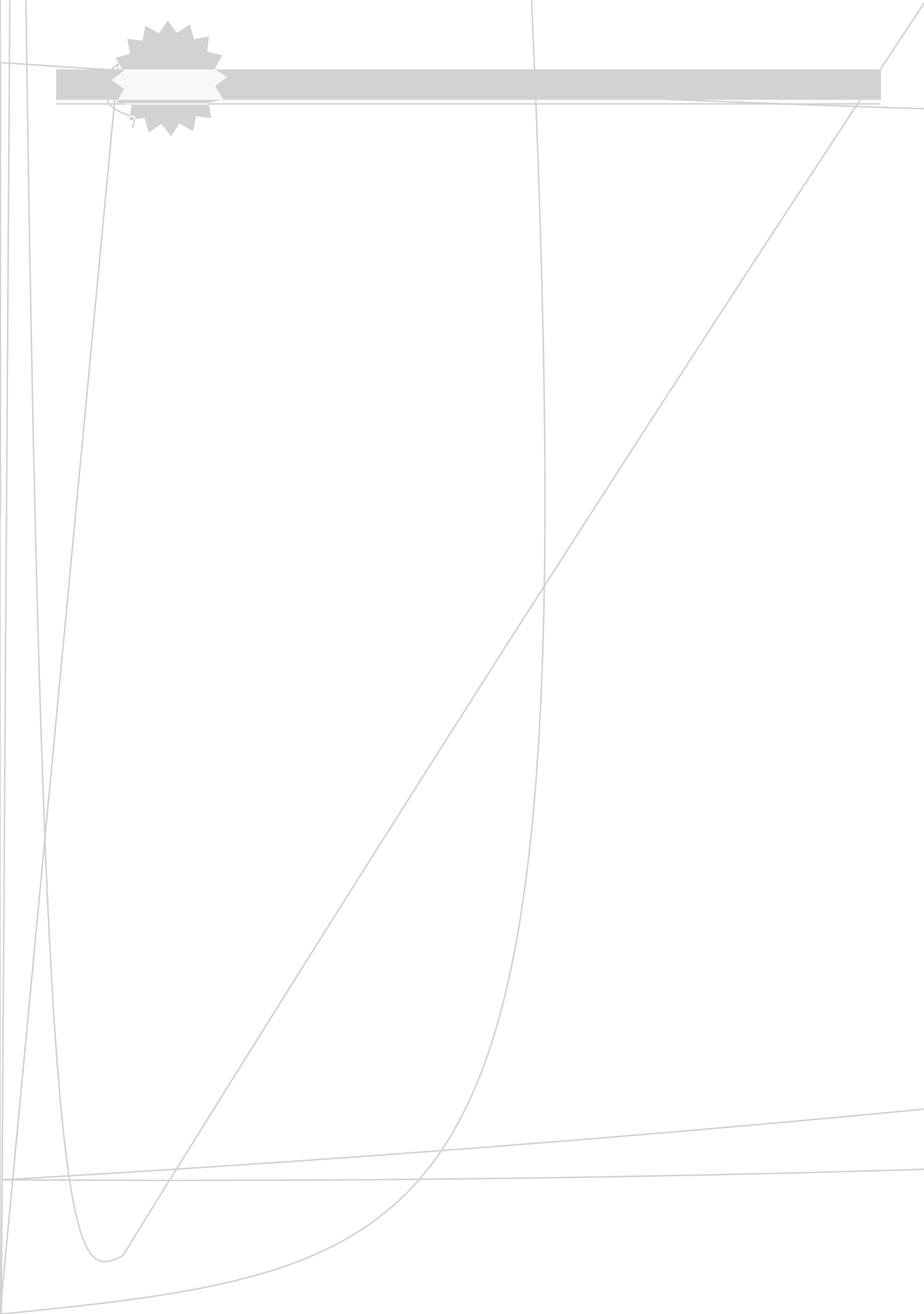
**5 week workshop**

STARTS WED 31 May

6:30pm - 8:45pm

Cost: \$198

Bookings 9385 4881







For many of us, travel, be it overseas or around Australia, is an integral step in personal experience, self-exploration and education. But how the hell do students manage to gain these life-altering experiences on their shoestring budget? It is a ridiculous situation. This is the one time in our lives in which we are given the most time-rich holidays, yet we are at our least a bitch! On the upside, being a bitch can also provide you with unique adventures and great stories for the pub when you get home!

Don't lose heart. Travel is possible for students. It just requires a little research, some planning and a bit of strategy.

where you want to go. Check out student travel deals with travel agents. A lot of them have

special student travel packages budget conscious.

The key to a successful trip is research. For example, if you are travelling to Japan and you are planning to travel via train – which is really the only option if you want to see more than one city - there is a special travel pass you can buy before you leave Australia. Train travel in Japan is some of the most expensive in the world and as long as you enter the country as a visitor (ie not on a work or education visa) you are eligible for the pass. To give you some idea of the saving you will make, a 7-day ordinary Japan Rail Pass is \$473. Sound steep? Sure thing, but not when you consider the average cost of a one-way ordinary ticket from Tokyo to Kyoto is \$220. This means that, if you make one trip each day for seven days, you will save \$1300!

You might also want to consider what time of year you are visiting. High and low tourist seasons are something you should consider before you book the trip of your dreams. Travel during the low season has its advantages. Airlines, hotels and tourist companies are always eager to attract tourists during this time so you are likely to pick up a bargain or two. But before you start packing your bags, remember that there is generally a reason why it's a low season. A European winter can be cold and dark and T1 1 Tf8 0 0 8 452k0.[eETBp2477

frenzy, then perhaps you should consider exploring the land of beer and sausages some other time!

So, once you've got a destination in mind you need to start thinking about the practicalities. Accommodation is a good place to start as arriving in a country without a pre-planned bed is not

By Alex Serpo

I asked a graduating friend recently about her most memorable experience at UNSW. "Train trips" she replied, "I've spent about three hours of every university day on a train".

Another friend of mine who lived in Berowra until recently, lamented that he spent more years of university than he had spent in class. Everyone who has made such epic journeys knows that strange things happen on trains. They're a regular twilight zone. After spending much of my travelling life on trains, let me tell you a few tales from twilight zone of trains.

If you catch trains at night you will know that a lot of homeless people sleep on trains; late at night it can be the warmest, most comfortable and safest WSHJLVILOMVAKVYZSM on a train at 1am, you might end up having a conversation with one of these people. Often they are insane, sometimes they are intensely strange, and occasionally they are incredibly interesting.

I once met a homeless man who spoke seven languages; French, Spanish, Italian, Swiss, Dutch, English, and Hungarian. He spoke to me in each language to prove it. I asked why he was homeless if he was such a talented linguist. 'Because I have no money' he replied. I met

another man who told me he was part of God's advertising agency, and that he had a movie idea that was going to change history. It was somewhere between Dracula, Mission Impossible and The Art of War.

I also met a homeless man who was missing two front teeth. He recites how, one day he asked a man for spare change on an empty train and then woke up with his face covered in blood. He told me that man had punched him so hard he had knocked out his teeth and put him out cold. I term these late night commuters 'train prophets' - vessels of wisdom and experience.

