



**TAS**  
THE ARMIDALE  
SCHOOL

# Round Square

INCOMING EXCHANGE HANDBOOK 2023





# About The Armidale School

The Armidale School (TAS) is an independent, Anglican coeducational boarding and day school located in Armidale on the New England tablelands of northern New South Wales, Australia. Armidale is approximately half way between Sydney and Brisbane, and two hours inland.

Sitting at an altitude of approximately 1000m, Armidale has a population of around 25,000, a university (University of New England) and is known as an education centre for the region.

TAS currently caters for approximately 650 students, including 250 boarders from Years 6-12.

Focussed individual education has been a key feature and strength of The Armidale School throughout its history. We remain committed to a broad, liberal education that promotes self-esteem and gives students the confidence to tackle new challenges.

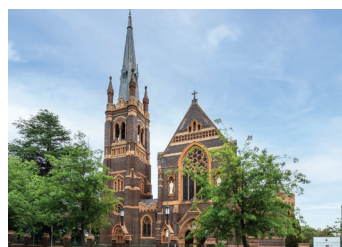
Whether it be creative arts, sport, service or adventure activities or international exchange, the school supports each students involvement in all their endeavours.

The boarding environment reinforces our belief in the importance of the secure family unit by creating a home away from home. TAS continues to regard the boarding experience as an educational and social advantage where students learn independence, responsibility and consideration for others as well as developing a strong spirit.

Our Middle School boy boarders share a boarding house, while boy boarders in Years 9-12 are in either Abbott, Croft or Tyrrell Houses. Our Middle School girl boarders share Dangar house, with Year 9's in Moyes house and 10-12 in the Girls Boarding House. As an exchange student, you will be accommodated in either a boarding house where there is also the opportunity to take weekend leave on invitation from host families. Homestays are an option if boarding spaces are full.



Dr Rachel Horton  
Principal



## Round Square

The Round Square IDEALS are part of the everyday life of a TAS student with a broad outdoor education program including cadets, surf lifesaving, bushfire fighting, responsible environmental stewardship, active exchange and GAP student program along with community service.

You will be expected to participate in our activities program as part of your exchange.





# About Armidale

Armidale is a centre of educational excellence and is home to Australia’s oldest regional university, the University of New England. Armidale also has two independent girls’ boarding schools and the New England Institute of TAFE.

The district has a cool temperate climate with four distinct seasons – pleasant warm summers, extended spring and autumn seasons, and cool to cold winters with some frosty nights.

Armidale has easy access to major cities. Sydney is only an hour away by air, and there are four flights every day with Qantas and Rex Airlines. A daily train service to Sydney also operates, as well as coach services to Sydney, Melbourne, Brisbane and to Coffs Harbour on the coast.

# How do I get to Armidale

You should arrange to fly into Sydney International Airport and then transfer to a domestic flight to Armidale (Qantaslink or Rex Airlines). There are currently four flights per day to and from Sydney and you should ensure that the connection avoids an overnight stay in Sydney.

Alternatively, you could catch the train from Sydney to Armidale but it is unlikely that your arrival timings will allow you to catch the daily train that leaves at 9.30am each day and arrives in Armidale at 6.20pm.



# Armidale Climate

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
<b>Record high °C (°F)</b>	35.7 (96.3)	35.3 (95.5)	32.0 (89.6)	26.8 (80.2)	22.8 (73)	21.7 (71.1)	18.1 (64.6)	26.8 (80.2)	27.5 (81.5)	31.0 (87.8)	33.5 (92.3)	33.5 (92.3)	35.7 (96.3)
<b>Average high °C (°F)</b>	26.0 (78.8)	25.1 (77.2)	22.9 (73.2)	19.7 (67.5)	15.6 (60.1)	12.7 (54.9)	12.0 (53.6)	13.8 (56.8)	17.6 (63.7)	20.2 (68.4)	22.2 (72)	24.4 (75.9)	19.3 (66.7)
<b>Average low °C (°F)</b>	13.1 (55.6)	13.0 (55.4)	11.1 (52)	7.6 (45.7)	4.2 (39.6)	2.2 (36)	1.2 (34.2)	1.6 (34.9)	4.8 (40.6)	7.1 (44.8)	9.9 (49.8)	11.8 (53.2)	7.3 (45.1)
<b>Record low °C (°F)</b>	5.0 (41)	4.1 (39.4)	1.1 (34)	-3.3 (26.1)	-5.1 (22.8)	-6.0 (21.2)	-7.4 (18.7)	-7.1 (19.2)	-6.0 (21.2)	-3.1 (26.4)	-1.6 (29.1)	1.3 (34.3)	-7.4 (18.7)





## Do I need a Visa and Passport (Overseas Exchange Students Only)

You will need to check with the Australian Department of Immigration: <https://www.australia.gov.au/information-and-services/immigration-and-visas>

To begin you will also need a passport that has 6 months validity post your return date.

You will have already received your formal letter of invitation from us and it is important to recognise that this is a 'cultural' exchange where a tourist visa is adequate. The exchange must remain within a 90 day period. A 'student visa' is only required for full-time overseas students.

## Register personal details online

This should be completed as per the paperwork that we will send to you. This will include any dietary, medical, cultural or religious observances. In addition we would like to hear more about you and your interest so we can support your involvement in these areas of the school.

## Bond

*(Applicable to Year 10 Exchanges Only)*

There is a \$AUD 700 bond payable to TAS. You may be involved in school trips, private excursions, incur medical costs or purchase items from our Uniform and Book Shop. These expenses will be deducted from your bond. The balance will be refunded once all costs have been accounted for.

The bond is payable by credit card. Specific instructions for paying this will be emailed to you upon a successful application.

## Spending money while you are here

Make sure you have a cash card with international access - you should carry limited cash and withdraw funds as you need them. You may visit the shopping centre two or three times a week after school to buy personal items. This is only a four block walk from TAS. Excess cash, passport and other valuables will be kept in the safe in the Business Office. These are accessible by you any day of the working week. It is also a good idea to bring a couple of padlocks for your boarding house cupboard and locker in the main campus (or you may purchase padlocks on arrival).

We will never leave you in a position where you are compromised by a lack of funds at any time. The understanding is that all families entering into the exchange program do so with a commitment to make good any legitimate costs over and above the bond.

## Medical Insurance

You must have medical/health insurance prior to arriving at TAS. Usually funds will be used from the bond to pay for unexpected medical charges and receipts provided for claiming the insurance in your home country upon your return. A copy of your medical insurance must be provided before, or upon, arrival.

- » Coeducational boarding school
- » Founded 1894
- » Internationally recognised
- » English Language Centre
- » Christian values
- » Safe, healthy environment
- » Excellent facilities
- » Strong pastoral care
- » Wireless campus
- » Links with universities
- » Boarding an academic advantage
- » Small class sizes
- » Music and sport programs





## What Uniform will I wear

We like you to wear your own uniform so that our students and staff know that you are a visitor and will look out for you throughout your stay.

In winter, boys wear grey pants and white shirts and in the summer khaki shirt and shorts are worn with jumper and blazer as required. Girls uniform is a white and blue striped dress in the summer with either a grey skirt or pants with a white shirt in winter.

Girls and boys uniform will be provided on a loan basis from our Uniform Shop where necessary and, if returned in the same condition, you will not incur a cost. All clothes should be clearly named (except socks and underwear which may be placed in a separate, named washbag for laundering) so that the school's laundry can identify your clothes and return them to the correct boarding house.

## Laptop and Mobile Phone

TAS is able to lease a laptop (Apple Mac) to an exchange student for a small fee or we welcome BYOD in accordance with the School's IT policies.

The IT Department will facilitate connection to the school network. It is important that you understand that if the computer is damaged in any way, you will be liable to pay the excess insurance fee of \$250.00.

If you bring your mobile phone, ensure that you have looked into the costs of global roaming but preferably you should purchase a sim card on arrival to minimise phone costs. Remember to bring a power adaptor to charge your phone.

Mobile phone use is not permitted between 8.45 and 3.30pm, Monday to Friday.

It is important to consider the impact of too much contact with home. A large part of the experience of going on exchange is to test your resilience and your ability to manage a new and sometimes foreign environment. We recommend weekly contact as being reasonable and expect you to approach your Head of House or Round Square Representative to solve any homesickness issues you may face.





## Co-Curricular Activities

At TAS, education is seen as more than just striving for academic excellence. It is about the training and skill development needed for life. Our co-curricular program is designed to engage, challenge and broaden the experience of all students. We have a strong music and drama program with choirs and ensembles and instrument hire available. Please see our website for more information.

## Sport

TAS offers a broad range of sports and more detail on these can be found on the website: [www.as.edu.au/life-at-tas/co-curricular/sport/co-curricular-life/](http://www.as.edu.au/life-at-tas/co-curricular/sport/co-curricular-life/)

You should bring your own running shoes and some training gear. Team uniforms will be provided on a 'loan' basis.

### Summer Sport - Terms 4 and 1

Including; Basketball, Rowing, Tennis, Indoor Hockey, and Shooting

### Winter Sport - Terms 2 and 3

Including; Rugby, Football, Netball, Hockey, Volleyball, and Shooting.

Should you play a sport that requires protective equipment, you might consider bringing along the smaller items, ie. shin pads for soccer, mouthguard etc. Larger Kit may be loaned if available.

## Cultural

Music, visual arts and drama play an important role in the life of TAS students. Students are able to join a range of music ensembles including bands, jazz, guitar, brass ensembles, the TAS Singers and Chapel Choir.

A 240 seat performing arts theatre, specialised art rooms (including a potter's kiln) and music centre with recording studio enrich our offering to students.

## Activities Program

Depending on the time of year you visit TAS you may be able to participate in the Activities program. This consists of 4 different opportunities: Army Cadets, Rural Fire Service, Surf Life Saving, or Service, most of these being run on nearby locations or along the coast.

The Cadet program consists of learning and developing skills in the bush, including; Navigation, Water Safety, outback cooking and Abseiling.

The Rural Fire Service Program teaches students fire skills on both a small and large scale.

During the Surf Life Saving activities students will develop their water safety skills and knowledge of the beach currents and safety signs.

Finally, the Service program consists of a variety of activities around Armidale at local primary schools, nursing homes, or within TAS.



» Performing arts theatre

» Gymnasium

» Six sporting ovals

» Indoor swim centre

» Eight all-weather tennis courts

» Communal Dining Hall

» 24 hour Medical Centre

» Music Centre and recording studio

» Five quality boarding houses



## Academic Program

Alongside the regular curriculum subjects such as English and Mathematics TAS has a thriving STEM, Design and technology and agriculture departments.

If you select one of these classes as an elective you could find yourself out at the school's agriculture plot learning the best methods to care for livestock and crops in different climates.

The trade and training centre space off campus offers woodworking, metal working and learning spaces for mechanics. This gives the opportunity for students to use tools and new technology to both design and craft their own pieces.

## Accommodation

Unless negotiated otherwise, our exchange students will be accommodated in a boarding house. The Head of House is your guardian throughout your stay at TAS and, along with the Round Square Representative. They will be your first point of contact for day to day queries or concerns.

We aim to make your exchange as positive and enjoyable as possible which will necessarily involve a similar effort by you to immerse yourself in the school, make new friends and engage in as many new activities as you can.

Weekend outings are encouraged and usually involves an invitation from your 'buddy' or another family.

## Medical Centre and Pastoral Care

A well appointed Medical Centre offers care and comfort to students seven days a week. A fully qualified nursing Sister is on duty 24/7 and the school doctor visits regularly. External medical and dental appointments can be arranged where necessary. Charges will be deducted from your bond.

Every student is assigned to an Advisor. This person is a member of staff and is responsible for monitoring progress, wellbeing and dealing with day to day issues.

The Welfare Team is coordinated by the Director of Pastoral Care, Year Level Coordinators, Chaplain, School Sister and School Counsellor, all of whom are available to all students..





# Routines and Timetables - operates on a 10 day cycle

## Daily Routine

7.15–8.00am

Boarders' breakfast, Inspection and Roll Call is by internal arrangement by Houses. All students must attend.

8.40am	Period 1
9.25am	Advisor Group
9.45am	Period 2
10.30am	Period 3
11.15am	Recess
11.30am	Period 4
12.15pm	Period 5
1.00pm	Lunch (first half)
1.30pm	Lunch (second half)
2.00pm	Period 6
2.45pm	Period 7
3.30pm	Period 8 (some senior classes only)
3.45pm	Sports practices/Detentions
6.00pm	Boarders' Dinner
6.55pm	Roll Calls (in Houses)
7.00pm	Prep

## Notes

- Advisor Groups will take place from 9.25 - 9.45am each day, Monday - Friday.
- Year level coordinators will call year level meetings when required during these times.
- Senior & Middle School Assembly/Activities Briefings will be held on Tuesdays Period 1
- Chapel is held on Wednesdays at 6.30pm in the Chapel

## Academic Timetable

On arrival you will meet your 'buddy' in the boarding house, who will help you settle in and find your way around.

One of the first interviews you will have is with the Director of Studies to negotiate your timetable. There may be some small time allocation for some of your own studies but, generally, you are expected to be fully involved in the day to day classroom learning and activities.

You will also be allocated to an Advisor Group, Activities program and sport.

Outside of the school routine, you will be able to visit the town at least a couple of times per week. It is only a short walk and students may take 'town leave' from the boarding house as per house rules.

## Meals

Meals are taken in the Dining Hall with supper provided in the boarding houses following prep. You must advise of any special dietary requirements on your application form.





## School Rules and Regulations

All exchange students are expected to abide by the School Rules. House rules will be explained to you and your 'buddy' will assist you with all the settling in processes.

Please familiarise yourself with the School Rules and Regulations policy on the TAS website.

## Health and Safety

You should ensure you follow all school guidelines including national health advice which will be communicated within the school should there be changes.

In the event of an emergency or an occasion in school in which you feel unsafe you should immediately talk to your Head of House in boarding or one of the Round Square representatives.

## Emergency Network and Support

At TAS we have a strong support network for our students. In the case of challenges or emergencies in the Boarding House, outside of school hours, the Head of House is the first port of call.

In the day school students are be assigned to an Advisor group and it will be the teacher of that group who will be available to support you.

In addition to this network you will also have a Year Level Coordinator and access to the Round Square Representatives for support.

If you are ever unsure of who to seek guidance from or where to go in an emergency the Round Square Representatives will help guide you in the right direction.

## Round Square Exchange Packing List

This is a guide to assist with packing for your exchange, but it is not conclusive:

### Uniform

The Armidale School has a uniform that we are able to loan you for the duration of your exchange. However, it is common practice for exchange students to wear their own uniform whilst on exchange – should you not wear a uniform at your school, we will supply ours.

If you have any of the items included in the photos of uniform at the link below, please bring them (ie white shirt and grey pants for boys; black shoes, sport shoes, grey skirt for girls).

Sporting uniform will be provided for the sport you choose.

### Bedding / Towels

All bedding will be provided in the boarding house.  
Please bring your own towels (2)

### Casual clothes

Outside of school hours you will be able to wear casual clothes. These must be of a suitable standard – jeans, t-shirts, collared shirts, jumpers/sweatshirts and a nice warm coat for the winter months.

ALL CLOTHES MUST BE NAMED – if your clothes are not named they will not be able to be sorted from the school laundry back to your boarding house. A washing bag will be provided for smalls (socks, underwear).

### Accessories

You will need to bring a power adaptor to charge mobile phones and laptops etc. Australian power voltage is 230V.

### Toiletries

You will need to bring all of your own toiletries or buy what you need when you arrive.

If you bring more than 30kg of luggage, then you have probably overpacked!



# School Map



## School Policies

For additional information please see the following documents on the TAS Website:

- » Safekeeping Policy
- » Boarding Policy

*Round Square's role in student exchanges is one of facilitator, enabling Round Square Candidate and Member Schools to connect and organise exchanges for the benefit of the students taking part. Round Square does not organise any exchanges itself and is not, therefore, responsible for individual exchange arrangements. It is important for students and parents to note that Round Square does not vet or monitor the arrangements made by the school and does not have any contact with or role in selecting host families. Round Square provides schools with best practice protocols but you must satisfy yourselves that the arrangements made by the individual school you are considering allowing your child to visit are appropriate. Round Square, therefore, accepts no legal responsibility for liability for student exchanges whatsoever.*



## Contact Information



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EXPERIENCE  
EXCEL

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