



LIFE *between* LECTURES POSTGRAD EDITION



A Letter from the Authors

Life between Lectures is a comprehensive guide aimed to help you in making the most of your postgrad life at UQ - where to go, what to eat, how to stay sane, and the things nobody tells you (but probably should). This guide is full of lived experiences, friendly advice, and tiny details that make a big difference. Designed with postgrads in mind, this isn't just about surviving - it's about thriving. If there's anything that goes wrong at any point of time, you've always got the **Association of Postgraduate Students (APS)** to lean on. Just reach out and we've got your back !



Aadhya Babu
President(Coursework)



Derek Joel George
Secretary (Sem 1 2025)



Nidhi Meshram
Wellbeing Officer



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Introduction

WelcometoUQ, fellowpostgrad!

Starting your postgrad journey can feel overwhelming, especially when everything - from academic expectations to navigating the campus - feels unfamiliar. But you're not alone. Every student starts somewhere, and the little things you figure out in your first few weeks can set the tone for the entire semester.



About APS



APS is a student-led organisation. We welcome all UQ postgraduates, across coursework and research programs, regardless of school or area of interest. We work with university and national bodies to improve the postgrad experience. We appoint reps to university committees to ensure postgrad voices are included in decision-making. We also provide funding and support to UQ postgrad clubs, UQ schools and other departments.

O-week events

Orientation might feel optional, but don't skip it - that's where you'll find community, support, and free goodies. Ask questions often. Everyone remembers being new.

Here are some of the O-week events that we are hosting for postgrads at UQ



QR Code to Register!

Semester 1 events at St Lucia:



Satellite Campuses

DUTTON PARK CAMPUS



GATTON CAMPUS



HERSTON CAMPUS



 **2000+**
Students reached at satellite campuses


 **500+**
Coffees at coffee catch-ups

 **30+**
Events & Activities

 **125+**
pots of honey handed out

Campus Bus Routes



 **St Lucia**

UQ Lakes station: M2, RM2 (weekends until August) 169, 209, 192, 29, 139
Chancellor's Place: 412, 411, 428, 432, 402
Ferry: CityCat F1



 **Herston**

M2, RM2 (weekends until August), 333, 340, 330



 **Dutton Park**

M2, 209, 192, 29 across Eleanor Schonell Bridge



 **Gatton**

UQ Bus: Free intercampus bus (4x daily, booking required, check website for more details)
Route 539 via Gatton station & UQ campus
Train: Greyhound & Queensland Rail from Brisbane to Gatton

Survival Guide for Semester 1



To get started, here are some things you need to get sorted if you are new to UQ!

ID Cards:

Apply via the **UQ website** and collect it from **Student Central** at your campus. You can select your campus from the drop-down menu when submitting your required documents for the ID card.

Course Enrolments:

Make sure you are **enrolled in your required courses** for the semester via SI-net, accessible through your **UQ portal**.

For further queries, you can contact Student Central or your respective faculty, either in person or via email.

Library Access:

Main libraries across each campus: **St Lucia - Central, Duhig, Law, Bio Science Herston - Health sciences Library (a little away from the main campus) Gatton - JK Murray Library**

You can access all UQ libraries with your student ID card, including after hours and weekends. Libraries offer **24/7 study spaces**, bookable group rooms, Wi-Fi, printing, and computer labs. You can also borrow books, laptops, and **access online journals, databases, and academic support workshops via the UQ Library website**.

Networking: O-Week is packed with *networking events hosted by each faculty*, giving

you the chance to connect with mentors from your field.

Another great way to *expand your network is by joining APS* - either as an attendee or by volunteering with us!

Reach out to us on Instagram or meet us in person to sign up and get more information.

Financial Help:

If you're struggling financially and need support, reach out to the **UQ**

Financial Support Team or apply for *APS bursaries*. The websites have more information.

Improve your academic writing:

UQ offers various *one-on-one and group sessions* to help improve your academic writing and tackle assignments. These are free resources and especially helpful if you're new to an assignment-based education system. Check out <https://my.uq.edu.au/student-support> for more details.

Expand your skills beyond the classroom

- **UQ Ventures** offers workshops, hackathons, and entrepreneurship programs to help you develop innovative thinking and entrepreneurial skills. Great for anyone curious about startups or creative problem-solving! **The Summer & Winter Research Program** gives you the chance to
- work with leading researchers on real projects - a perfect way to build research experience and academic connections.

2026 Summer Research Program Applications open between 22 Sep -12 October 2025.

- Through **UQ Exchange Programs**, you can study abroad for a semester or year at one of UQ's many partner universities worldwide, while earning credit towards your degree.

Part-time jobs: Various websites like **Indeed and SEEK** regularly post part-time job openings.

Handing out resumes in person at local stores can also help with the recruitment process.

If you're looking for jobs within the university, don't forget to check **UQ CareerHub** for on-campus opportunities.

Digital & IT Support

Whether your course requires statistical software or just Microsoft Word, UQ IT Services has you covered. It's quick and easy to download the necessary software and access them on your personal laptop. You can also reach out to the IT team - either in person or online - if you need help troubleshooting software issues or accessing any university platforms.

Mental Health Services:

If you're struggling with your mental health, adjusting to life away from home, facing financial stress or just feeling the pressure of deadlines, please don't hesitate to seek help.

UQ Counselling offers **10 free counselling sessions** per year for all currently enrolled UQ students.

Accommodation:

If you're looking to live on campus or off campus - whether in student accommodation or a shared house - check out the **UQ Living** and **UQ Rentals** websites for more information and options.

Transport:

If you're new to Brisbane, **Go Cards** are used for public transport - including buses, trains, and ferries - and can be purchased or topped up at bus station machines or 7-Eleven stores.

You can also tap on and off directly using your **debit or credit card** or via your phone wallet.

Each trip (except to the airport via AirTrain) costs only **50 cents!**

Final Checklist before you start the semester:

- Attend O-week events
- Get your ID card
- Connect to UQ wifi
- Get Blackboard (Learn. UQ) access via my.UQ
- Download class timetable via my.UQ
- Getting a GoCard & checking out bus routes
- Check your student email ID regularly.



Food and Drinks on Campus

Hungry and want to grab a bite?

Here are some of our favourite spots and some of our postgrads' top picks on the St Lucia Campus.



Best Coffee spots in St Lucia:

Merlo - Near Duhig Library
On a Roll - Level 3, UQ Union Complex
Ezy Mart - if you're on a budget (4, 4 Staff House Rd)
Belltop Cafe - Blair Dr, St Lucia
Bookmark Cafe - inside Central library

Good food & snacks:

Free food:

Morning Marmalade - 8:00–9:30 AM (Mon–Fri)

Kampus Kitchen: 5:00–6:00 PM (Mon–Fri)

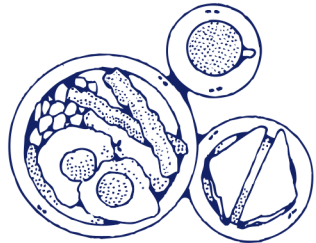
St Lucy's - next to Tennis Courts

Pizza Cafe - Near Biological Sciences Library

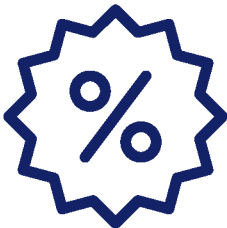
Kenko - Level 3, Union Complex

Main Course - Level 3, Union Complex

Phizz Food Court - Building 63 (near the Biological Sciences Library and Duhig Tower)



Discounts:



Food Co Op (Union Complex Building 21a) - for discounted groceries

Op - Shop (located next to food co op) - for thrifted clothes, shoes & accessories

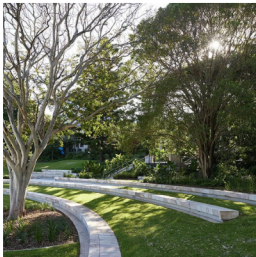
Mates Rates - for discounts in cafes, restaurants and op shops across the campus

Best places to visit on campus



Favorite study spots

Quiet Study: Central Library 3rd & 4th Floors
(Postgrad exclusive study space)
The Atrium (Brisbane City) - available only for UQ postgrads and alumni (they have free coffee & tea too)



Chill zone

Best Lake View: UQ Amphitheatre at Sunset
Mini Picnic Zones: Grassy Knoll, Great Court
Piano Vibes: Kingham Room
Nap Pods: Bioscience Library (First Floor), APS Lounge, Central Library chill zones



Museums on campus

UQ Art Museum
Anthropology Museum
Geology Museum
Physics Demo Lab
R.D. Milns Antiquities Museum



Fitness & sports

Visit UQ Sport for gym, pool, and recreation activities.
Look out for social sports (volleyball, badminton etc) hosted by APS.

Your Postgrad Buddy - Tips from our team

Our Postgrad Buddy program was launched last semester through two sessions featuring experiences shared by UQ postgrads, PhD candidates, and UQ alumni who are now industry experts.

Here are some blurbs from our Session 1 panelists:



Derek Joel George (Secretary, Sem 1 2025)

Master of Interaction Design

“When I first came to UQ, I was an introvert. But over time, I realised the importance of connecting with people and participating in events (especially hosted by APS) - that’s what helped shape me into the person I am today”.

Ichsana Widya (Secretary, Sem 2 2025)

Master of Pharmaceutical Industry Practice

“It’s important to stay organised - that’s what has helped me balance multiple deadlines and also being a part of APS. I’m always ticking off to-do lists and starting assignments early so I don’t feel pressured at the last minute.”



Second edition:

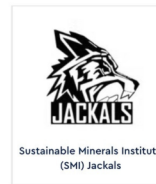
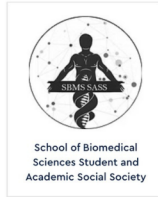
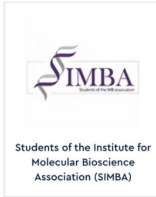
Session 1 (14/08/25): Navigating student life at UQ - tips from our current postgrad community.

Session 2 (11/09/25): Life after graduation - a talk with PhD candidates & UQ alumni industry experts.
(more details will be up on our instagram page soon)



Our affiliated postgrad clubs

Market Day is around the corner - which means it's the perfect time to join some amazing clubs! Don't forget to check out our affiliated postgrad clubs to find your community, build new skills, or simply have some fun!



Brisbane City Guide



Brisbane is the capital of Queensland and was founded as a penal colony in 1824. Originally home to the Turrbal and Jagera peoples, the area grew rapidly after the penal settlement closed in the 1840s. Today, Brisbane is known for its vibrant arts scene, outdoor lifestyle, and warm climate, making it one of Australia's fastest-growing cities.

Must visit spots if you are new to Brissy!



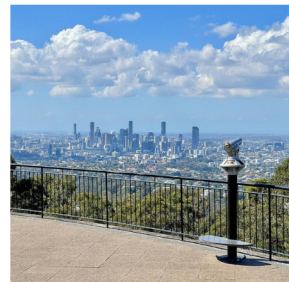
South Bank Parklands: A riverside precinct with cafes, skyscrapers and cultural venues like QAGOMA (Queensland Art Gallery & Gallery of Modern Art).

Brisbane City Botanic Gardens: A relaxing spot near the CBD, perfect for picnics or quiet study.



Queen Street Mall: The main shopping district in the city centre.

Mount Coot-tha Lookout: Offers panoramic views of Brisbane - ideal for sunset!





We hope this new journey of yours is successful, fulfilling, and full of happiness. Make sure to take sufficient breaks and keep yourself energised as you begin your postgrad life at UQ. And if you ever need help, we're here to support you!

— APS Executive Team (Sem 1, 2025)

Follow us on our socials and sign up to volunteer with us today.



@aps.uniqld



www.uqaps.org

BRING IDEAS ALIVE

GET FUNDING FOR YOUR EVENT

Whether it's social, networking, academic, or welfare - we want to hear it!

Pitch your idea and you could receive up to \$2,000 to bring it to life.

Examples:

- Guest speaker or industry Q&A
- Wellness workshops or yoga sessions
- Trivia or themed social nights
- Outdoor picnics or cultural food gatherings
- Mini symposiums or research showcases

Conditions:

- Must target UQ postgrad students
- Must demonstrate value for money
- Must be free to attend
- Must take place in 2025
- No high-risk activities
- You must be willing to lead the event

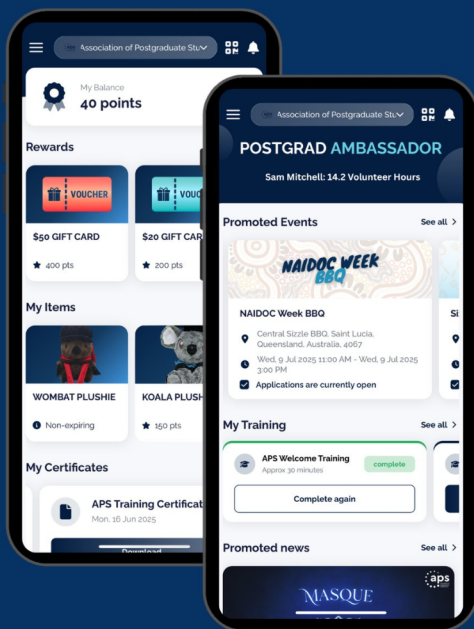
Apply now and bring your postgrad community together!





POSTGRAD AMBASSADORS CREATE CHANGE WITH APS

- ✓ Volunteering
- ✓ Rewards
- ✓ Events
- ✓ Certificates
- ✓ Community



VOLUNTEER AT APS



The heart of postgrad life at UniQld.

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