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For more information about 2 Worlds, 2 Words
contact Western Sydney MRC on 8778 1200 or visit our website.

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KEEP LEARNING

“Keep learning” are two words of advice and encouragement, shared by refugees like yourself, who are making a new home in Australia. Hopefully, these words will offer some guidance and inspiration to help you live a happier and healthier life.

Why keep learning?

Having an active mind and learning new skills is good for your mental health and can help build your confidence. Doing things to improve yourself, can give you back some independence and make you feel more positive about things.

Being more involved in educational activities in your community can create new opportunities for you. You will meet different people, make new friends and develop skills to help you build your new life.



Four things you can do to keep learning



Enrol in English classes

Learning to speak English is very important. It will make life easier for you, allow you to do things for yourself and give you a cultural understanding of your new world. Speaking English is the foundation to a better future for you in Australia.



Join your local library

Your local library can give you access to many free services like internet, DVDs, international newspapers and magazines and of course books. Libraries also offer various activities, educational classes and information for refugees.



Learn to drive

Getting your driver's license is very rewarding. It will give you the freedom and independence to get out and be more active, without relying on others or public transport. You will be able to do things for yourself and see more of Sydney.



Get active within your community

Participating in your community can give you a sense of purpose and belonging. It can keep you in touch with your local neighbourhood and allow you to support and help others by organising events, sharing experiences and making new comers feel welcomed.



Get online

Internet access is not only available through your phone but also at the library and community centres. There is so much to learn and explore online, and can even give you tips on how to stay active, learn english or learn to drive.

For more information visit your local MRC, Library or Community Centre.