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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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SEE MORE

See More 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.

It is good to see more

Sydney is a big city with a lot of beautiful and interesting places to visit. From the city, beaches, mountains and countryside, there are many wonderful and amazing things to see without travelling too far. The good thing is, many attractions are easy to get to on public transport.

Getting out and seeing more of your new city, is a good way of building your confidence and feeling more positive about life. You will soon realise you are capable of much more than you think you are!



Tips for getting out and seeing more



Learn how to use an Opal Card

To use public transport, you need to have an Opal Card. They are easy to use and it means you can see more of Sydney and be more active. Go to your newsagent or nearest train station to find out more or visit www.transportnsw.info/tickets-opal



Plan your day ahead

Plan your transport route the day before, so you know where to catch a train or bus and where to get on and off. If you're going out for the day, you might want to pack lunch. There are a number of different apps or websites you can use to assist you with planning. Try transport NSW website for more information



Ask for directions

If you get lost, don't be afraid to ask someone for directions. Remember, most people are very helpful and are glad to help you.



Easy access

Mobility aids including wheelchairs, scooters, walking frames, prams and strollers can safely board and travel on most trains, buses, ferries and all light rail vehicles. Assistance animals are permitted on all public transport in NSW.



See more with a friend

If you don't feel confident yet getting out by yourself, ask a friend to come along. It is sometimes better to share new experiences with a friend and have someone to talk to along the way.

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