

Episode 4: Conversations about Health and Etiquette

The aim of this video is to gently remind you about common social expectations in Australia while promoting positive community relationships and inclusion.

We will start with a true story

A family had to pay \$2000 at the end of their lease because they didn't keep the house clean. Its very important as it may cost you money and it is part of our religion to stay clean and hygienic.

Hygiene and cleanliness

- It is best to wash and shower daily with soap to remove body odour smell
- Brush your teeth and hair
- In Brisbane climate best to use deodorant daily
- And clothes should be changed and washed daily
- The toilet is different here so make sure you use it appropriately and clean it flush it and properly after you use it.
- Use the correct toilet based on your gender. Look at the signs - Men use the men's toilet and women use the female.

Rubbish

- After eating, please do not throw rubbish on the ground. All rubbish goes in the bin. There are fines for littering but the main reason is that it keeps the environment clean and beautiful. Put your personal rubbish like tissues in the bin.

Etiquette/Manners

- The importance of lining up and waiting your turn when accessing services, shopping, or attending events.
- Understanding that "not pushing in" is a valued social norm in Australia.

Betel nut

- It is best not to chew betel nut for your health and not doing it saves you money. But if you do, then don't spit on the road or in public, chew it at home. It is uncommon for Australian people to see this in public and especially at health appointments so don't do it in the street as it is considered rude.

Sharing Food at Community Events

- When you are at a community event take only what they need when food is provided for you. Be mindful that others are also sharing the meal and you need to make sure everyone has an opportunity to enjoy the food.

- We know some people are struggling with the cost of living and this can be stressful. There are some support places in the community that provide cheap food.
- Check the [Ask Izzy](#) website – you need to put in your postcode and you can find links to things like cheap groceries or meals or housing, near where you live house

Being Respectful on Public Transport and in Shared Spaces

Public transport and other community spaces are shared by everyone, and small acts of consideration help create a positive environment.

- Keep feet off seats.
- Use headphones when listening to music or videos.
- Help keep public spaces clean and comfortable for everyone.

In conclusion, doing these things will help you not only to stay healthy and clean but also the younger generation will learn from our role modelling.

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This video was created by the [Refugee Health Network Queensland](#) (2026) with the Rohingya community. Thanks to Mohib from the [Refugee Health Advisory Group - Refugee Health Network Queensland](#)

More info: info@refugeehealthnetworkqld.org.au