

Living at La Trobe

student life on campus

WELCOME TO 2019





Adam Campbell

Welcome to 2019!

Great to see so many new faces and familiar returners as the campus comes alive after its summer hiatus.

As with any summer period my team took the opportunity to renovate some of our residences. After significant works to Chisholm and Glenn Colleges common spaces over the past few years it was time for Menzies College to

get its turn with Menzies Courtyard, Clubbies and the Eastern courtyard getting a much needed facelift. Also exciting, is the newly refurbished Nancy Long Dining Hall giving Bendigo students a modern, vibrant hub to study, play and socialise. We also see The Artery, our dedicated creative space open in Menzies North (behind the E-Sports Arena) for all our artistic undergraduates. This year also marks the start of the University's major residential build, with 600+ new beds across two buildings to commence behind Glenn College.

This year has some amazing events planned and I encourage all our resses to make the most of it and get involved. Living on campus provides an amazing opportunity to try something new and challenge yourself- so whether its Mountain biking in Bright, skiing

in Queenstown, doing something active like the Mad Cow Mud Run, or joining the group headed to North Queensland make the most of all events planned. Whether sporting, cultural, social or artistic we have a holistic calendar of events to get involved with.

Increasing our resident's security on campus is one of my highest priorities, so it was great to see a \$2m upgrade in external lighting around the residential precinct at Bundoora finalised over summer with over 160 new lights installed. These works complement our increased Security camera coverage, After-hours Coordinator and Accommodation Officer roles as well as LaTrobe University's Glider bus and Security escort services in making our residential precincts safer after hours.

I'd also like to welcome a few new members to the team- Daniel Robinson heading up Regional Operations in Bendigo and Bec Kinross joining the team to oversee Wodonga Campus. Also a big congratulations to staff members Isha Prabhakar and Kathleen Knott who respectively welcomed baby girls into the world.

Finally, a reminder that my team is always here to assist you as you adapt to life living away from home and ensuring this is your best year ever!

So Welcome- and here's to an amazing 2019.

Adam Campbell
Deputy Director, Accommodation Services

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WELCOME... FROM RESIDENTIAL EDUCATION

What an exciting opening to 2019 for the residential precinct - from the first move in day where Alcohol and Drug Education Specialists (ADES), Victoria Police and Carlton Football Club presented, onto community workshops, brunches and lunches and through to the Eyrle Bar theme parties (with numerous events in between), it's been terrific to experience all the areas thriving with activities.

As you settle in to living on-campus, I would like to take a moment to acknowledge and thank our 2019 Student Leaders who have been amazing in supporting your transition into residence - particularly outstanding to have our leaders so engaged in supporting new residents and this last month assisting at events. Heading further into the semester, you'll find your leaders can help you with details about upcoming activities (special note to check out your college balls/formals this year, guest speakers and intrepid Outbound program), give you a helping hand and advise on broader support that's available whilst you are living with us. Also, keep in mind as you connect in with your Student Leaders, that there will be opportunities this year for you to apply to become a Student Leader in 2020 - for this role, we are seeking outstanding

residents who really embody a sense of community spirit, showcase respect for others and themselves and those who want to make a real difference. I would encourage each of you to think about the opportunities that can unfold from becoming a Student Leader.

And a special mention to the Res. Ed. staff team, Jo Wotton, Mandy Kitchener, Sam Fualau, Frank Caminiti, Ryan Forbes, Matthew Margaritis, Daniel Robinson (Manager, Regional Operations) Georgia Irvine, Lauren Proudfoot and Bec Kinross who are all here to support your wellbeing, social engagement and academic advancement during your time in residence.

Lastly, I want you to know that we are here if you need to chat at any stage - I really appreciate learning more about how you are going whilst you are living with us. With an open door policy, you can drop in and see myself and/ the on campus teams at any time.

Oh and remember to follow the latest news through our **Living at LaTrobe** website at www.livingatlatrobe.com

Cas Ballagh, Senior Manager, Residential Education





WELCOME

WELCOME ENCAPSULATES A SERIES OF ICONS TO SIMPLIFY, ENCAPSULATE AND PROMOTE OUR DIVERSE RANGE OF PORTFOLIOS.

WHAT DOES WELCOME MEAN?



WELLBEING

Nurturing holistic wellbeing and healthy and respectful relationships.



EVENTS

Creating incredible experiences for our residents.



LEADERSHIP

Strengthening leadership capability and supporting personal growth.



COMMUNITY

Promoting inclusiveness and connectedness in our communities.



OVERNIGHT

Being on-call to support our residents 24/7.



MIND

Supporting academic and career development, with arts and cultural linkages.



ENGAGEMENT

Promotion and communication to our communities.



With a commitment to the residential experience commencing from pre-arrival, our compulsory induction modules encompass the spectrum of services and support that we offer under our new WELCOME banner – Wellbeing, Events, Leadership, Community, Overnight, Mind and Engagement (WELCOME). As students move further into their residential journey, this theme continues to be embedded in our programming and promotion, ensuring that our residents have an optimal on campus experience. Learn more about the amazing programming and events under **WELCOME** in this edition.

Cas Ballagh, Senior Manager, Residential Education



WELLBEING

YOUR WELLBEING IS A BALANCE BETWEEN PHYSICAL AND MENTAL HEALTH

MOVING AWAY FROM HOME AND TRANSITIONING TO UNIVERSITY CAN BE A CHALLENGING TIME FOR ANYONE.

Recognising the need to maintain and nurture your own personal wellbeing is an important part of your residential experience at La Trobe. We recognise its importance and also aim to create a fun, positive and inclusive environment for all La Trobe residents. Our wellbeing events, activities and initiatives are all designed to support and maintain all aspects of your wellbeing. The Health and Wellbeing Coordinator and Health and Wellbeing Student Leaders are here to provide valuable tools and support, as well as facilitate an environment that promotes healthy living. We have developed the new '6 Ways of Wellbeing' (see more about this on the next page).

The Health and Wellbeing student leaders will develop and facilitate 6 events throughout the year based upon the 6 Ways of Wellbeing. The first event being an 'Amazing Race' with the aim to connect residents to each other and the campus. Residents will be teamed up to complete numerous challenges at different locations around the campus ending with 3 sets of prizes and a food truck.

The other 2 series of events within the Health and Wellbeing portfolio are Wednesday Night Live and Create. See next page for further info and events.



Accommodation Services & Health and Wellbeing Information Table

WELLBEING IN PRACTICE

CREATE!

A BRAND NEW SET OF WORKSHOPS THAT WILL RUN THROUGH THE YEAR TO BRING STUDENTS TOGETHER TO BE CREATIVE, MINDFUL AND LEARN NEW SKILLS.

Being mindful has a vast array of benefits including stress reduction, emotional resilience, increased ability to focus and can generally improve quality of life.

Being creative promotes imagination, problem solving and innovation. These small workshops will also hold a dual purpose of providing an opportunity for residents that may struggle to meet people at larger scale events to develop new friendships in a contained and comfortable environment.



LA TROBE UNIVERSITY

CREATE

SMALL CREATIVE WORKSHOPS

- MAR 19** **MANDALA MINDFULNESS**
TUESDAY 3 PM START, GLENN DINING HALL
- APR 29** **STORYTELLING WORKSHOP**
MONDAY 3 PM START, GLENN DINING HALL
- MAY 21** **COMIC BOOK DRAWING**
TUESDAY 3 PM START, GLENN DINING HALL
- AUG 06** **PHOTOGRAPHY FOR SMARTPHONES**
TUESDAY 3 PM START, GLENN DINING HALL
- SEP 10** **KOKEDAMA BALLS**
TUESDAY 3 PM START, GLENN DINING HALL
- OCT 29** **FLOWER CROWN WORKSHOP**
TUESDAY 3 PM START, GLENN DINING HALL

FOR RESIDENTIAL STUDENTS ONLY! LIMITED TO 20 PEOPLE, FIRST IN FIRST SERVED

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LA TROBE UNIVERSITY

ACTIVE

- AUG 14TH** **BUBBLE SOCCER**
SIMPSON LAWN
- AUG 21ST** **PARKOUR**
MENZIES COURTYARD
- AUG 28TH** **ARCHERY WARZ**
SIMPSON LAWN
- SEP 4TH** **FITNESS CLASS**
AIRPORT LOUNGE
- SEP 11TH** **HUMAN FOOSBALL**
SIMPSON LAWN
- SEP 18TH** **YOGA**
RADFORD HALL

TUESDAY 4-5PM **W**

FREE FOR ALL RESIDENTS. ALL ABILITIES WELCOME!
MORE INFO @ ACCOMMODATION SERVICES BULLETIN PAGE

WEDNESDAY NIGHT LIVE

The Wednesday Night Live series are a set of events running throughout the year to provide an alcohol free event for students to attend and connect in with their community. The goal is to build resilience and community connectedness through positive collaborative experiences, sharing stories and social inclusion. Students can attend events alone or with friends to engage with the wider community, build resilience from sharing stories and connecting with each other.

Mandy Kitchener, Health and Wellbeing Coordinator, Accommodation Services Melbourne

6 WAYS OF WELLBEING



Helping others is associated with higher levels of psychological and emotional wellbeing. When we give to others, it activates the areas of the brain associated with pleasure, social connection and trust. Altruistic behaviour releases endorphins in the brain and boosts happiness for us as well as the people

we help. Scientific studies show that helping others boosts happiness, increases life satisfaction, provides a sense of meaning and improves our mood.



Developing healthy social relationships can increase our feelings of happiness, security, belonging and self-worth. Research has shown that social participation is the most significant difference you can

make towards high levels of wellbeing today.



Nurturing ourselves and our environment. Some of the most important self-care activities are those that tend to the more mundane needs of the body: feeling okay, getting enough sleep, drinking lots of

water, having enough time for ourselves, eating healthy food, and getting exercise. Good self-care reduces stress, improves the immune system, and supports psychological wellbeing. Feeling connected to nature and the environment is an important facet of wellbeing. Being in nature, or even viewing scenes of nature, reduces anger, fear, stress and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones.



Learning new things can be fun, boost our self-confidence, self-esteem, help us to find meaning and purpose in life, and connect us with others. Studies show learning throughout life can help us enjoy life more, and improve our knowledge, thinking skills and ability to cope with stress.



Take time to stop and be aware of your surroundings and the moment you are in, paying attention to your thoughts and feelings. This can increase your ability to keep calm, reduce stress, think clearly, cope better with difficult situations and improve mood. Take

time in your day to appreciate something good that is already present in your life: this is called practicing gratitude. Feelings of gratitude directly activate brain regions associated with the feel good neurotransmitter dopamine.



Being active can increase good moods, keep you at a healthier weight, increase your muscle mass, increase your brain cells, improve your looks and prevent or delay the onset of many illnesses. It can also help

prevent and reduce symptoms of depression, anxiety and stress.

CHISHOLM WELLBEING SPACE 'THE WELLIE'

The Wednesday Night Live series are a set of events running throughout the year to provide an alcohol free event for students to attend and connect in with their community. The goal is to build resilience and community connectedness through positive collaborative experiences, sharing stories and social inclusion. Students can attend events alone or with friends to engage with the wider community, build resilience from sharing stories and connecting with each other.



Mandy Kitchener, Health and Wellbeing Coordinator, Accommodation Services Melbourne

AQUA AEROBICS

To kick off the Health and Wellbeing program for 2019 we took a group of students out to the new Gurri Wanyarra Wellbeing Centre in Kangaroo flat.

This is a recount from Harry Lloyd who is a Student Leader and now part time aqua Aerobics instructor.

“On Tuesday the 12th of February, I and twenty other students partook in an aqua aerobics class at Kangaroo flat’s new fitness centre, Gurri Wanyarra Wellbeing Centre.

As a former aqua aerobics instructor, I knew what to expect from the class. It was great to see my fellow student’s opinion change from thinking that it is a slow-paced workout for old people, to an activity that can be both extremely fun and challenging.

For the final five minutes, I was given the chance to lead the class and show off some of my instructing skills, which provoked a lot of laughter and entertainment. Even though I hadn’t taught a class for six months, it all came straight back to me.

We are excited for the Health and wellbeing in 2019 with sessions on how to improve sustainability on campus, how to keep on top of your health and your finances. Movie Mondays, Toastie Tuesdays and Trivia night are also another hit within semester one.

Lauren Proudfoot, Residential Education Coordinator,
Accommodation Services Bendigo

The staff were so impressed with my skills that they ended up offering me a job.”

– Harry Lloyd, Student Leader, Bendigo Campus





EVENTS

OUR EVENTS ARE ‘MEMORY-MAKERS’

WE CREATE EVENTS THAT PROMOTE FRIENDSHIP, LEARNING AND SPECIAL EXPERIENCES THAT LAST A LIFE TIME.

We want your time at LaTrobe to be the best it can be. By creating memorable experiences through exciting and unique events, we are able to foster memories that can last a lifetime. Whether you are interested in visiting the snow for the first time, swimming with Dolphins and Seals, participating in the famous Tough Mudder Challenge, or any of our other great events – you’ll have access to these incredible opportunities at a discounted rate.

OUR OUTBOUND PROGRAM

Our Outbound Program is an excellent example of the large-scale, ticketed events available to LaTrobe residents. Outbound was created to extend the reach of our events and give residents access to the biggest and best attractions worldwide.

Sam Fualau, Social Engagement Coordinator,
Accommodation Services Melbourne

BIG EVENTS AND GREAT EXPERIENCES

Commonwealth Games 2018



Lake Mountain



OUTBOUND 2019
The biggest and best events for LaTrobe residents

FEB 24	SWIMMING WITH DOLPHINS & SEALS + SNORKELING
MAR 10	MOOMBA FESTIVAL
APR 01	TROPICAL NORTH QUEENSLAND
JUL 22	QUEENSTOWN NEW ZEALAND SKI TRIP
AUG 18	IFLY INDOOR SKYDIVING
OCT 19	TOUGH MUDDER

HEAVILY DISCOUNTED PRICES FOR RESIDENTIAL STUDENTS ONLY
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EVENTS IN PRACTICE

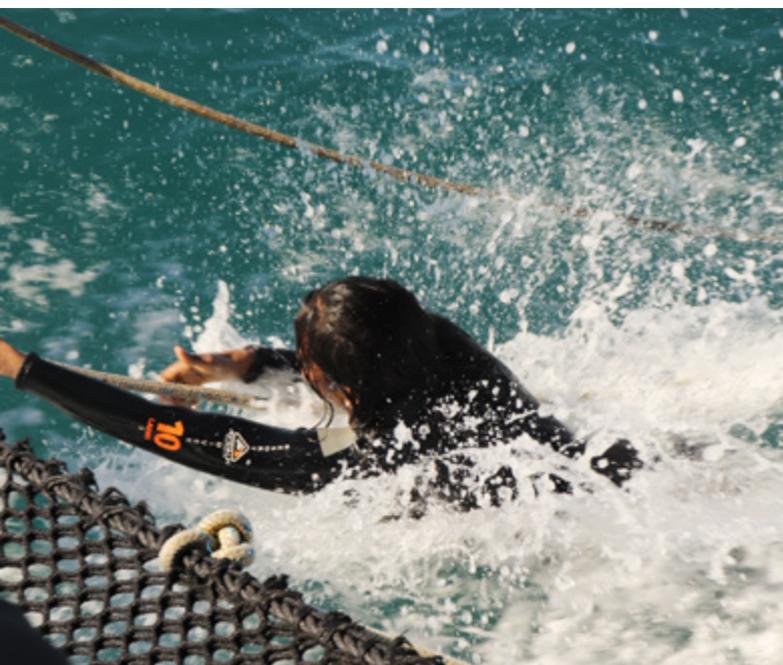


OUTBOUND 2019

SWIMMING WITH DOLPHINS AND SEALS

Swimming with Dolphins and seals was a remarkable experience for me. I enjoyed myself and made new friends whilst on the trip. Snorkelling was an amazing experience as well, you can swim with huge manta rays, enjoy seals fighting for a spot to sleep in and laugh as they fall into the water unexpectedly. You can also choose to cannonball into the cool water or just lay in the hammock on the boat where you are showered with water constantly. Or you could sit at the front and enjoy the waves and have dolphins swim near your feet. It was an incredible day to say the least.

Harini, International Student, Chisholm



EVENTS IN PRACTICE



OUTBOUND 2019 BENDIGO

MAD COW RUN

Students experience an amazing outdoor adventure each month through our Outbound program, which is run exclusively for our residents.

These activities are available to residential students at a discounted rate, giving the chance to get out and explore while having fun with nearly made friends.

Outbound 2019 in Bendigo is shaping up to be a great year for Outbound with the Cable Park Melbourne, Maniax Axe Throwing, Falls Creek and Tree Adventure.



On Saturday 2nd of March we headed to Shepparton to participate in the Mad Cow Mud Run to raise money for the Zaidee Turner foundation, you may recognise this foundation through its rainbow colour shoelaces.

The purpose of the foundation is to inspire discussion about organ and tissue donation, to both improve and save lives.

It was a sweltering 37 degrees, it did not stop the Bendigo students from having a hard crack at the course, taking us 2 hours to complete the 9km of jumping, crawling and weaving in the mud.

Eliza Johnstone added, “The Mad Cow Mud Run was a lot of fun and very muddy. It was great to get out there and run through all the different obstacles with a mixed group of resses. Some of the obstacles were harder than others but we all helped each other to get through the course. Overall it was an extremely fun day, would definitely do it again!!

We encourage you to head to Zaidee.org to read more.

Well done to these students who put their bodies to the test through the mud and heat.

We look forward to a big year ahead of Outbound!

“Although the course was tough and put our physical strength to the test in the heat, it was an awesome experience knowing we were raising money and awareness for such a worthy cause”

– Jade Flynn

Georgia Irvine, Residential Education Coordinator,
Accommodation Services Bendigo

EVENTS IN PRACTICE



RESFEST

2019

OUR EXCLUSIVE ORIENTATION PROGRAM



117

RESFEST EVENTS



25

EVENTS REQUIRING REGISTRATIONS



LEADERSHIP

OUR LEADERSHIP PROGRAM IS AT THE CORE OF OUR RESIDENTIAL COMMUNITY

THROUGH LEADERSHIP, WE HELP BUILD A COMMUNITY THAT FOSTERS LEARNING, ACADEMIC ACHIEVEMENT, AS WELL AS PERSONAL AND SOCIAL DEVELOPMENT.

Our specialised Student Leadership Program has been tailored and refined for the residential experience at LaTrobe. Our Leaders are provided with an extensive array of training and support at the beginning of the year to assist with their professional development, as well as helping them support other residents throughout the year.

Our Leadership program allows our residents to be more informed, create more friendships and be a part of an inclusive and connected community that increases in strength each year.

Matthew Margaritis, Community Standards Coordinator, Accommodation Services Melbourne



OPPORTUNITIES THROUGH LEADERSHIP

Our Student Leaders perform an important role in the residential community, therefore, we make sure they are well equipped with a range of training as well as development opportunities throughout the year.

SNAPSHOT

- **Student Leadership training week** - a full week of training programs, induction modules and team bonding exercises.
- **Leadership, Inspiration and Training (LIT)** - a series of inspirational speakers and educators designed to help with leadership development.
- **'Grilled' morning tea** - each fortnight, a different group of Student Leaders attend a casual morning tea where open discussions and feedback are welcomed.
- **Special Opportunities** - a variety of opportunities are provided throughout their Leadership year, including free invites to events and access to the National Student Leadership Forum.



LEADERSHIP IN PRACTICE



STUDENT LEADERSHIP

Built into the structure of Residential Education and operating at the heart of the 'residential experience' are a committed and passionate team of 'Student Leaders'.

Before our new students moved in we had a week of Student Leadership Training, this is recount from two of our Leaders, Rani Hogan and Jade Flynn.

"As our summer holidays came to a close, the Bendigo Student Leaders began their journey a week before all other residents made the move back. After spending time together before the break began, we were all eagerly anticipating reuniting with our team for 2019 Student Leader Training.

After spending the first day of our training meeting a wide range of support services La Trobe and Accommodation Services provide at the Bendigo campus, we trekked down to Bundoora to spend two jam-packed days with our city campus counterparts. Over the course of our two-day stay, we gained valuable information on how to lead a team, as well as tips and tricks on how to deal with tough situations that our role may bring us, including those surrounding alcohol, drugs and sexual assault. We can all agree that it was certainly an eye-opening experience, yet incredibly valuable and we would personally like to thank the Bundoora staff and leadership team for their hospitality and organisation during this time.

Upon returning to our beloved Bendigo campus, we finished off our week refining our leadership skills relating to our respective roles. We became familiar with the fantastic group 'Red Frogs' and the work they do to keep students safe and well during their time at university.

We spent the final moments preparing our residences for the arrival of the 2019 occupants and put the final details into the Move In Day schedule to ensure it ran smoothly.

We weren't – however – prepared for the ridiculous amount of rain that soaked us all on the day itself, however this was only a minor hiccup in what was overall deemed a successful day.

Whilst the week was nothing short of exhausting yet informative and beneficial, it also provided the opportunity for the 2019 Student Leadership Team to form unbreakable bonds and close friendships that will no doubt help us going forward this year. We feel incredibly blessed to have the opportunity to be involved in bettering the student experience at La Trobe and we cannot wait for what the Accommodation Services team have in store for the year ahead."

Jade Flynn & Rani Hogan, Student Leaders, Bendigo Campus

There is no doubt our Leadership team is an integral part of the student experience. We look forward to what our Student Leaders will bring to the student experience in 2019.



Georgia Irvine, Residential Education Coordinator, Accommodation Services Bendigo



STUDENT LEADERSHIP TRAINING

After enjoying a lengthy summer break, it was finally time for the 2019 Student Leaders to venture back into the halls of their respective residences. Though there was doubt in my mind and butterflies in my stomach, I eagerly waited to meet my fellow peers and begin the jam-packed training week ahead.

The first day, Sunday, was dedicated to getting to know the cohort of staff and students. Though the feelings of trepidation and uneasiness was first obvious in the first stages of meeting one another, this vibe was quickly extinguished. After rigorous and competitive games of bowling, icy poles and constant laughter; we were quickly made to feel right at home. It was an incredible feeling to know that together in our college teams, we were already set for a fantastic year ahead.

The following day was filled with a wide variety of informative sessions to formally kick off the training week. Notable presentations included an introduction by the Residential Education Team, a speech from the Pro-Vice Chancellor and various talks from La Trobe counselling, Speak Up careers and the international student's department. It was a great taste of the experience and expectations required of us as leaders.

Though I was previously feeling worried about the challenges that lay ahead of me in a student leadership position, these two days of meeting people and learning from others reassured me that not only will this year be incredibly rewarding, but that we are one whole team working together to support one another. I know that I, and many other leaders alike, can't wait for the excitement that 2019 will bring; a year full of helping other residents love the culture of La Trobe Accommodation just as much as we do!



Emily, Student Leader, Chisholm College

STUDENT LEADERSHIP TRAINING

We arose early and met in Glenn Davidson room at 8:20AM, in preparation for what would be a very informative, and full-on day. We began the day by discussing the attack plan, with regard to when our breaks would be, then we were off.

After the previous day, a number of the other RAs (myself included) were expected to be a little tired by the end of the day, as it can be difficult to remain focused over a prolonged period of time. This is especially true when there are large quantities of information being processed, much of which can be difficult to retain. However, I think that it is safe to say, that even when compared to the previous day's presenters, the bar has been set even higher.

Today we had the pleasure of being able to listen to Jake Bridges of 'Leading Teams', an organisation which specialises in the development of co-operative interpersonal networks, both inside, and outside the work place. As we got further into the activities, I saw the advantages that there are to establishing ideals as a team, as well as how to best go about reinforcing and spreading the productive behaviours that you would like to encourage within a group. It was certainly what I would call a valuable presentation, and the way in which interaction was encouraged, I'm told, made it more engaging and easier for most RAs to retain.

The last presenter of the day, Glenn Manton, in my opinion, was one of the most impactful presenters that I have worked with throughout my entire education. As far as engaging the group goes, he was an amazing speaker and was able to relate to the group extremely well by using himself as an example. He excelled at taking the spotlight off of everyone else and allowing them to ask their own questions, and provide answers to group questions which they otherwise may not have been comfortable answering. I found myself in a situation where I wanted to share, and I've been told of others that feel the same. I feel as though these are extremely valuable tools when it comes to making people in groups feel comfortable; if I can engage a group as RA even half as well as he could, I'm sure I could serve residents in a better way.

We ended the day with some incredible chicken sausage hotdogs, and ice cream. Needless to say, we had a very rewarding, and productive day.

Benjamin, Student Leader, Glenn College



STUDENT LEADERSHIP TRAINING

Student leader training started off as any other day, waking up at 7am and walking all the way over to Glenn College, which if you're from Chisholm College (like me) it is a long way away.

As we settled into our new-found morning routine of saving seats for the rest of our friends who maybe got an accidental sleep in and discussing how all our nights have been even though we had all seen each other less than 12 hours earlier, we were sorted into groups and sent off to do the daily activities.

Our first activities found us sitting in groups and discussing different health and community scenarios that could happen throughout the year, ranging from how we would handle the drinking culture of residents on College all the way through to how would you deal with a student who continuously decided to cover up their smoke alarms despite the warnings and possible \$200 fine they would receive. The topics discussed created some great discussions and even provoked some debate which is great to share everyone's differing opinions and thoughts on separate topics

After our two scenario sessions it was time for lunch before we moved into our final sessions of the day which was our portfolio training. Portfolio training was a great way to meet the student leaders we would be working closely with and to know a lot more about what we would be doing throughout the year. As I am a Health RA, my team and I began planning our health events that we will be running throughout semesters one and two. I am super excited about the direction that I and the Health RA team are heading.

The last day of student leader training was our shortest day. The day began with an optional yoga class to clear the mind and get ready for the next couple of days. The whole day was straight forward with the health RA's meeting to continue to plan our upcoming event and then moving into meetings about fire safety and maintenance for our colleges. After a quick lunch break we moved into most of our final sessions of training where we discussed our roles for move in day. The last session of the day was for the sports leaders to undergo their final training session while everyone else went back to their colleges to finalise preparations for their new residents.

Brianna, Student Leader, Chisholm College



C

COMMUNITY

A PROUD COMMUNITY

RESIDENTIAL LEADERS ACTIVELY DEMONSTRATE SKILLS THAT HELP TO BUILD A POSITIVE AND INCLUSIVE COMMUNITY.

These skills include effective communication, trustworthiness, honesty and integrity, as well as the ability to be perceptive regarding the needs of fellow residents. Most importantly, our residential education team works tirelessly throughout the year to equip leaders with the necessary training and support in order to be exemplary leaders.

HELPING BUILD OUR COMMUNITY

Learning how to apply these qualities of leadership is not only important whilst living at La Trobe, but they'll be much needed skills in the workplace. For most leaders, having the chance to cultivate these skills before embarking on employment is an exciting and unique opportunity.

Matthew Margaritis, Community Standards Coordinator, Accommodation Services Melbourne



OUR COMMUNITY IN PRACTICE



INTERCOLLEGE SPORT

There are always fantastic opportunities to meet fellow residents and make new friends, and Intercollege Sport is a great example. In conjunction with La Trobe Sport and the College Sports Representatives, Accommodation Services coordinates an extensive Intercollege Sport program.

This year, residents have the opportunity to compete in the Ring Road Relay, Cricket, Basketball, Volleyball, Racquetlon, Futsal, Netball and Football. A healthy rivalry exists amongst colleges, as participants always demonstrate a competitive passion while representing their respective college. Most importantly, Intercollege Sport is a great opportunity for residents to come together to share enjoyment and fun!

Matthew Margaritis, Community Standards Coordinator,
Accommodation Services Melbourne






INTERCOLLEGE SPORT

MENZIES | GLENN | CHISHOLM

MAR 07	RING ROAD RELAY	MAR 07
MAR 27	CRICKET	
	BASKETBALL	APR 11
MAY 07	VOLLEYBALL	
	RACQUETLON <small>TENNIS, BADMINTON, TABLE TENNIS & SQUASH</small>	MAY 24
AUG 08	FUTSAL <small>INDOOR SOCCER</small>	
	NETBALL	AUG 27
SEP 21	FOOTBALL <small>AFL - AUSTRALIAN FOOTBALL LEAGUE</small>	

FOR RESIDENTIAL STUDENTS ONLY!

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LATITUDE AND FOOD TRUCKS



It's just past mid-February and with classes still feeling far away most residents probably began today with a sleep in and then debated whether their first meal would be best classified as breakfast or lunch!

Once our lazy mornings were over, residents from onsite and offsite colleges gathered at Accommodation Services to make the short walk over to Latitude. A place where you can jump, flip, freefall, climb, scale, test your Ninja Warrior prowess or battle for the title of dodge ball champion. As an event Latitude is always highly anticipated and well attended. After bouncing around for two hours, and in the process getting a serious aerobic workout, we all trudged back to our respective colleges for a bit of an afternoon rest.

At 6pm much of the same crowd as well as lots of other residents gathered in the Menzies courtyard for dessert food trucks. We were spoiled for choice with a donut truck, a crepe truck and a slice truck. There were more kinds of toppings and flavours to try than any of us could stomach, but we all ate until we couldn't fit in another bite. In between eating as much as we could, we played the board games spread across the grass; Jumbo Jenga, Snakes and Ladders, Connect Four and croquet. Once everyone had their fill of fun (and sugar!) everyone began to peel off and head home after another exciting day of ResFest.

Rebecca Anderson, Student Leader, Barnes Way

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OVERNIGHT

YOUR WELLBEING IS IMPORTANT DURING THE DAY AND OVERNIGHT

WE ARE ALWAYS ON-CALL, PROVIDING AFTER-HOURS SUPPORT, ASSISTANCE AND PASTORAL CARE TO RESIDENTS LIVING AT LA TROBE.

We understand that maintaining your physical and mental wellbeing and your safety is important at all hours of the day. We have dedicated after-hours staff, including a full-time After-Hours Coordinator, whose role is to ensure you are supported at all times. This includes providing activities and events at night time, as well as security and pastoral care when you need it most.

SUPPORTING YOU OVERNIGHT

Not only do we have a dedicated After-Hours Coordinator, there is also an Accommodation Officer on-call at all times to assist you with any issues you may have that relate to living on-campus. Our Accommodation Officers can assist you when you are locked out of your room, if you are moving on-campus late at night, if there is excessive noise, and even if you are after a chat or would like to discuss something with an Accommodation Services staff member.

Frank Caminiti, After Hours Coordinator, Accommodation Services Melbourne



VALENTINE'S DAY PARTY

Valentine's Day Party is our first event of the year with 200 students attending the event, held at The Foundry in town, our students jumped on the buses and headed into town. We had a band rocking the classics like Bon Jovi and Whitney Houston.

"Valentine's Day party is arguably the most anticipated event held in Res Fest and for good reason, it proves to be a great night in which individuals can put on some nice clothes and head to a place off res where they are able to meet many other students from different residences. Valentine's Day Party is particularly favourable for first year students as they can introduce themselves to their peers from all over the campus in a more sociable and relaxed environment."

– Tom McKerrow, Student Leader, Bendigo Campus

We offer the students a range of non-alcohol events alongside events like Valentine's Day, to offer a diverse range for our students.



BSA DECK NIGHT

Our partnership with the Bendigo Student Association is a big part of the student experience in Bendigo; working alongside the BSA we are able to offer the students discounted prices and amazing events.

Tuesday 19th of February, we held a BSA membership night on the deck at the SU floor, with over 120 first year students in attendance for live music and free pizza!

It was great night for students to sign up to the BSA and meet the BSA Board of Directors.

We worked with the BSA during O week for the 'Food Truck Festival'; we look forward to collaborating more with them in 2019.

Georgia Irvine, Residential Education Coordinator,
Accommodation Services Bendigo





MIND

SUPPORTING YOUR MIND WHILE YOU LIVE AT LA TROBE

Our rich history of academic support, programs and events help assist La Trobe residents in their academic and career development.

When you live at university, there is always something to do, but focusing on your studies can be made a lot easier when there are a range of supports available. We have dedicated Academic Excellence Coordinators who is responsible for ensuring all residents have access to the exclusive resources available, as well as receiving tailored information on study tips, career advice and course guidance.

SUPPORTING YOUR STUDIES

We have a number of initiatives to support you with your studies and make sure you get the most out of your time at La Trobe. These initiatives include:

- 34 specialist subject tutors with 140 hours of tutoring requested by students
- “With my tutor, it was great to have someone that could answer any questions relating to the whole course. If I ever had trouble I knew she would always be available to assist.”
- Every two weeks there are 22 RA Academics facilitating 26 academic mentoring sessions to support 521 first year residents
- “Loved (my Mentors) availability to help us whenever we needed her! It helped me a lot. She was very thorough about reteaching us content which was helpful as she explained things in different ways to help further explain a topic Love the food provided.”



100%

of respondents said their Tutor helped with; understanding their course, interest in subject or course, and understanding subject content



100%

said they would recommend their tutor to another students

MIND AT ACCOMMODATION SERVICES

IGNITE 2019

Established in 2017, the 'IGNITE' program is part of the suite of experiential offerings for those living on campus.

With the international student cohort in mind the program is open to any resident keen to discover, explore and experience the incredibly diverse arts, cultural and live production scene in Melbourne. We have an exciting program planned for 2019 designed to expand horizons, inspire vision, and create a holistic educational experience for our residents.

Jo Wotton, Academic Excellence Coordinator,
Accommodation Services Melbourne

IGNITE 2019
Music, Arts and Culture

APR 18	MURIEL'S WEDDING THE MUSICAL REGISTRATIONS OPEN NOW - https://bit.ly/2C4U1PW
MAY 03	NOCTURNAL AT MELBOURNE MUSEUM REGISTRATIONS OPEN NOW - https://bit.ly/2C4U1PW
JUN 12	ALICE'S ADVENTURES IN WONDERLAND BALLET REGISTRATIONS OPEN NOW - https://bit.ly/2C4U1PW
JUL 19	SOVEREIGN HILL WINTER WONDERLIGHTS REGISTRATIONS OPEN NOW - https://bit.ly/2C4U1PW
SEP 20	TERRACOTTA WARRIORS AT NGV REGISTRATIONS OPEN NOW - https://bit.ly/2C4U1PW
OCT 02	HARRY POTTER AND THE CURSED CHILD REGISTRATIONS OPEN NOW - https://bit.ly/2C4U1PW

HEAVILY DISCOUNTED PRICES! FOR RESIDENTIAL STUDENTS ONLY
Living at La Trobe Website | Facebook | Accommodation Services Bulletin

HOW TO'S BENDIGO

Our 1st of 6 'How to...' Sessions was held on 6th March with close to 300 1st years in attendance.

The session focused on residential life and provided an opportunity for residents to meet people from other courses and residences. Feedback was overwhelmingly positive from residents, and with Student Leaders driving the sessions going forward, these sessions provide a fresh mode of delivery for essential academic, health & wellbeing and social engagement information for 1st years as they start their journey through university life.

The evening finished with \$10 meals at Bendigo's new take on Nancy Long Dining Hall, with meals selling out!

Upcoming sessions will explore academic life with 'How to...' Uni and Party in the next few weeks. We are also recruiting for our Subject Specialist Tutors, with any interested 2nd, 3rd or 4th year residents eligible to tutor residents in the years below.

Please contact **Lauren Proudfoot** on l.proudfoot@latrobe.edu.au for more information.

Lauren Proudfoot, Residential Education Coordinator, Accommodation Services Bendigo

HOW TO.

HOW TO... RES 6PM @ MCKAY LECTURE THEATRE	MAR 6TH
HOW TO... UNI 6PM @ ALLOCATED ROOM	MAR 13TH
HOW TO... PARTY 6PM @ MCKAY LECTURE THEATRE	MAR 20TH
HOW TO... HEALTH 6PM @ MCKAY LECTURE THEATRE	MAR 27TH
HOW TO... MONEY 6PM @ ALLOCATED ROOM	APR 3RD
HOW TO... BENDIGO CHOOSE YOUR OWN ADVENTURE	APR 10TH

THESE ARE COMPULSORY SESSIONS FOR FIRST YEAR STUDENTS. YOU MUST ATTEND TO BE ELIGIBLE FOR A RES BALL TICKET.



ENGAGEMENT

WE USE ENGAGEMENT TO SHARE ALL THAT IS AVAILABLE

THROUGH STUDENT ENGAGEMENT EFFORTS, WE ARE ABLE TO CREATE A HEIGHTENED AWARENESS OF ALL THAT IS AVAILABLE TO LA TROBE RESIDENTS IN THE FORM OF EVENTS, ACTIVITIES, RESOURCES AND SUPPORT.

When we use the term engagement, we are referring to the ways we communicate with LaTrobe residents. We use a variety of channels and methods to make sure our residents are aware of what is available to them. Whether you choose to read our Living at LaTrobe Blog, follow us on Instagram, read our fortnightly bulletins or scroll through our Facebook posts – we've got you covered.

WHY DO WE USE MULTIPLE CHANNELS?

There are 2 main reasons why we use multiple channels to communicate, as well as varying the way we communicate.

1. We know that different residents prefer particular social media platforms, some prefer none at all and others prefer traditional communications channels.
2. We want our messages, unique offers and tailored information to be delivered to you in a way that makes sense and suits the channel you're using.



OUR CHANNELS

 [facebook.com/accommodationserviceslatrobe](https://www.facebook.com/accommodationserviceslatrobe)

 [@accommodationlatrobe](https://www.instagram.com/accommodationlatrobe)

 [livingatlatrobe.com](https://www.livingatlatrobe.com)

 latrobe.edu.au/accommodation

Living at LaTrobe Magazine

<https://www.livingatlatrobe.com/publications>

LIVING AT LA TROBE BLOG

PROMOTING THE RESIDENTIAL EXPERIENCE

Living at LaTrobe Blogs are written by students for students. It's fantastic to see our Student Leaders sharing their experiences with other residents. Visit the blog at <https://www.livingatlatrobe.com/student-blog>

20 MUST HAVES FOR LIVING ON COLLEGE

Moving away from home and on to college is a very daunting experience, because for most of us it's the first time we've looked after ourselves.

There is a lot of items needed for looking after yourself, which you otherwise wouldn't have thought about whilst living at home. This is a list of the 20 must haves for living on college.



1. EARPHONES/HEADPHONES

Convenient when you're in your room watching Netflix or listening to music. Nobody really wants to hear the laughs from your favourite sitcom.



6. NETFLIX OR OTHER STREAMING SERVICE

A good way to entertain yourself when you have free time, but also a good way of winding down at the end of a big day of classes and/or study, without bothering anyone else.



2. DRYING RACK

The clothes dryers in the laundries on res are pretty good however they can damage or shrink delicate clothing. It's just handy to have a little one stored away in the corner for when you're not willing to risk your clothes in the dryer.



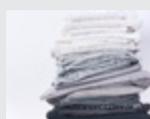
7. POWER BOARD

Most rooms will have one or two power points and you'll most likely have numerous devices requiring power. Just easier than unplugging and plugging in cords in over and over again.



3. LAUNDRY BAG/BASKET

Pretty much a given. It's no fun trying to carry all your clothes from your room to the laundry without a basket or bag.



8. BED LINEN AND BLANKETS

Have a couple of blankets to ensure you never get cold and couple of sets of sheets and pillow cases, just so you have a spare one when you wash and dry the other. Also, as many pillows to your liking.



4. BAR FRIDGE

There are communal fridges and freezers in the kitchens, however it's hard for everyone to fit all the food they need into just a couple of fridges. A bar fridge for your room will just make it easier to keep track of all your food and beverages and most importantly keep it cold.



9. KITCHEN EQUIPMENT

For those who are living in self-catered accommodation. You don't have to be decked out like a commercial kitchen, however just a few essential things just to help keep you nourished. A couple of bowls, plates, coffee mugs and cutlery (knives, forks and spoons), a frying pan, chopping board and maybe even a pot to boil things. Takeaway containers never go amiss.



5. BACKPACK

Living on res, classes are pretty close by. But don't be fooled trying to carry everything to class. Just make it easy on yourself and put everything in a backpack, especially if you have consecutive classes.



10. WATER BOTTLE

Save yourself walking from your room to your kitchen every time you're parched. Comes in handy if you have consecutive classes.

20 MUST HAVES FOR LIVING ON COLLEGE



11. FAN

The start and end of the year can get hot from time to time. Having a fan will give you relief in those trying times. Hint: a fan and a wet towel or face washer makes for adequate cooling.



12. MEDICINE

Just have some basic medicines for when you're sick. Some Paracetamol, cold and flu tablets, multivitamins (boost the immune system), maybe some natural supplements (garlic and vitamin C). No need to go overboard. Basically, just so you can manage a cold.



13. SOMETHING TO REMIND YOU OF HOME

A lot of people will be moving out of home for the first time. A bit of homesickness will most likely occur. Just have some pictures and/or familiar items to remind you that your family and friends aren't too far away.



14. TOWELS AND FACE WASHERS

Just a necessity for washing yourself. Have a couple of each.



15. LAUNDRY DETERGENT OR POWDER

Definitely needed for your regular laundry trips. Just have a reasonably sized one that you're willing to carry along with your laundry. Depending on what part of college you're on, you might have a bit of a walk. The washing machines seem to work better with detergent.



16. COAT HANGERS

Sometimes the last generous soul that occupied your room leaves you some coat hangers but often not. Just come with coat hangers to uni so you don't have to steal a heap from Kmart. P.S. stealing is against the law.



17. TOILETRIES/WASH BAG

A bag to keep your toiletries in is useful, so when you go to use the bathroom/shower you don't have to haul things back and forth.



18. TWEEZERS, SCISSORS AND NAIL CLIPPERS

Just three things that you will never think of but are almost essential for living.



19. LARGE VARIETY OF CLOTHES

Melbourne is known to have 'Four Seasons in One Day', so make sure you have clothes appropriate for all seasons. Temperatures ranging over the year from around 40 degrees in summer to almost freezing (0 degrees) in winter. A rain coat is an item most overlooked.



20. STORAGE CONTAINER/S

Having a small storage container/s is useful for items you won't be using in the immediate future and can't fit on your shelves. Just make sure it's a size that'll fit under your bed (roughly 30cm high).



Creating *COMMUNITIES*



 facebook.com/accommodationserviceslatrobe

 [@accommodationlatrobe](https://instagram.com/@accommodationlatrobe)

 latrobe.edu.au/accommodation

 livingatlatrobe.com