

# Living at La Trobe

*student life on campus*



EXTENDING  
POSSIBILITIES



**LA TROBE**  
UNIVERSITY



## ACCOMMODATION SERVICES PRESENTS INTER-RES BALL 2017

# WINTER IS COMING

Immerse yourself in our winter themed extravaganza as you navigate your way through frozen living statues, shivering photo booths and an ice-cold entertainment show.

Throughout the night you will be treated to an array of exciting entertainment, live music and quality food. All of this is to be enjoyed while mingling with residents of all colleges, allowing new friendships to be made and more stories to be told.

The Inter-Res Ball is incredibly unique and a highlight of the residential experience – don't miss out on this great night!

**REGISTRATIONS OPEN NOW!**

[Click here to buy tickets](#)



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Second Quarter 2017

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# MESSAGE FROM MANAGEMENT



**Adam Campbell**, Senior Manager, Accommodation Services

## Welcome to our second edition of Living at La Trobe for 2017.

The year is well and truly underway and as I pen this, students are filling their bellies with coffee and bacon and egg rolls in the courtyard as part of our SWOT-Vac program. It has been great to meet so many of our residential students at the recent Melbourne Campus College balls and the amazing New York themed cocktail ball held at Ulumbarra in Bendigo.

In this age of information, our team at Accommodation Services often grapple with the question of how best to communicate with all of our students living in our residential precincts across Victoria. Email, text messaging, Facebook, Instagram, Twitter, and our Living at La Trobe blog sometimes compete or complement more established mediums of communication such as phone calls, flyers under bedroom doors and posters on notice boards.

While we all have preferred means of communication, we ask you all to keep an eye on our Living at La Trobe blog as we promote our most up to date information about events, past and future. This medium aims to be a 'one-stop shop' for everything going on in our residential space for all campuses.

A huge thank-you to my amazing team for all their hard work in making the first half of the year so eventful. It seems that every weekend a group of students was either out Deep sea fishing, swimming with dolphins and seals or learning to surf. And it only gets better in second semester: there will be three snow trips, hiking the Grampians, Otway's Zip lining and Tuff Mudder and 2017 will also be the first time a group of Residents will be visiting the top end with our inaugural trip to Uluru. 2017 also sees the return of the Melbourne campus Inter-Res ball for its third year, this year with a frosty Winter Theme. I firmly believe that our Inter-Res ball is the best University ball in Australia - always packed with great food, amazing entertainment and a few surprises. Tickets will be strictly limited to the first 400 students and always sell out fast, so keep an eye on the blog for release dates.

I wish you all success in your first semester exams and final coursework and hope you have a relaxing mid-year break before coming back refreshed for a jam-packed second semester. As always my team and I are here to support you whilst you live with us on residence. We thrive on feedback, so feel free to email me at [A.Campbell@latrobe.edu.au](mailto:A.Campbell@latrobe.edu.au)





# CITY VS COUNTRY CUP 2017



## CREATING OPPORTUNITIES

La Trobe Accommodation Services has a proud history of creating exciting sporting competitions, facilitating in the development and excellence among already talented young residents.

Throughout the residential year, there are multiple opportunities for La Trobe residents to participate in a variety of sports, to either nurture existing skills or assist in creating new ones. Whether a seasoned veteran or a keen beginner, living at La Trobe provides opportunities for all skill levels.



## SUPPORTING HEALTHY RIVALRIES

The City Vs Country Cup is a marquee event in the residential calendar, giving residents the opportunity to compete in a high-intensity, passion-evoking sporting cup against other La Trobe Campuses.

Traditionally, the Melbourne residents have had their work cut-out when taking on the competitive Bendigo and Albury-Wodonga residents, who's might and determination cause an inter-campus, 'tug-of-war' each year. This rivalry between campuses has provided an excellent opportunity to create cross-campus friendships and yearly reunions, with a great deal of respect being shown amongst residential students.





The Men's Footy

## YOUR COLLEGE. YOUR CAMPUS. THIS IS CITY VS COUNTRY.

This year, the City Vs Country Cup was held at the Melbourne Campus, creating a great deal of anticipation as our Country residents from Bendigo made the trip down in 3 excited buses. Unfortunately, the residents from Albury-Wodonga weren't able to make it this year, but were there in spirit.



City Vs Country

### THE WOMEN'S NETBALL

This game was epic beyond all proportions – kicking-off the City Vs Country Cup in emphatic style.

It was a quality performance by both sides, as the leader board swung back and forth, providing a tantalising end to a terrific game. As the final siren sounded, the Bendigo Women triumphed by a single point and set the stage for a fantastic contest as the Women and Men's Footy was to follow.

### THE MEN'S FOOTY

With the stage set for a hotly contested match, the La Trobe Men were eager to show their skills and do their part to bring home the cup.

It was a competitive showing from both teams, resulting in nail-biting moments as both sides pushed for a win in the dying minutes of the game. As with the Netball, the Bendigo side were victorious, with both teams already awaiting next year's match.

### THE WOMEN'S FOOTY

After a heart-stopping netball encounter, the Women's Football was expected to be another tight affair.

There were plenty of excellent moments, with skill, determination and moments of pure genius being shown. After a tough game, the Melbourne Women reigned victorious and redeemed themselves after the heartbreak of the netball.

# CREATING LEADERS 2017



Living at La Trobe presents an abundance of opportunities for professional development and personal growth through the Accommodation Services Student Leadership Program.

The first quarter of 2017 saw Student Leaders prepared for the residential year ahead, with a full-week of training in topics such as drug and alcohol education, adaptive leadership development, consent training, events management and developing community standards. This provided our Student Leaders with the necessary skills to provide support and extra assistance to the 2300+ residents living at La Trobe.

The next step in a Student Leaders journey is to attend the array of development evenings, provided with the aim of inspiring, motivating and creating a platform for our residents to extend their own possibilities.

## STUDENT LEADERS FOR 2018

Residential students who demonstrate leadership qualities, along with creativity and innovation, and feel they can set a positive example for other students, by role modelling appropriate behaviours are encouraged to apply to become Student Leaders for 2018.

Please note, Student Leadership Applications will open 9am, Friday 4th August and close 5pm, Friday 18th August, with all applicants being notified of results by Thursday 24th August. For further details about the information sessions and 2018 leadership opportunities, please contact Carolyn Ballagh [c.ballagh@latrobe.edu.au](mailto:c.ballagh@latrobe.edu.au)

**Carolyn Ballagh**, Residential Education Manager, Accommodation Services

### STUDENT LEADER INFORMATION SESSIONS:

- Tuesday 1 August 5pm – 6pm
  - Wednesday 2 August 12pm – 1pm
  - Thursday 3 August 4pm – 5pm
- Location to be confirmed.

### OUTCOMES – INSPIRATION AND MOTIVATION



**Tristan Miller** spent many years working in Sales, where he was retrenched from Google due to the Global Financial Crisis.

Instead of looking for a new job he decided to push his own boundaries and take on a truly remarkable challenge. Tristan made global headlines as he achieved his goal of running 52

international marathons in 52 weeks, in 2010. His lessons of resilience, motivation and misfortune made him a powerful speaker and an excellent point of reference for developing Student Leaders. He managed to capture the resident's attention and explain how anything can be achieved with motivation and inspiration.

### OUTCOMES – FULFILLING POTENTIAL, ACHIEVING GOALS



**A leading presenter, writer, educator, high performance and personal transformation expert, Craig has been an integral part of the Australian fitness industry since 1982.**

His wealth of knowledge, broad experience and unique motivating style provided an excellent method of capturing our resident's attention. He was able to provide real, tangible tips for fulfilling potential, maximising output and achieving goals. Through observation, staff were able to see the epiphanies taking place in the room while Craig spoke.



CRITICAL THINKING

POTENTIAL MOTIVATION

INSPIRATION

GOALS

RESILIENCE

RESPECT

COMMUNITY

## OUTCOMES – RESILIENCE, COMMUNITY WELFARE



Anyone who has played 282 games of AFL will have a valuable story to tell.

Wayne Schwass told us about his personal journey of struggle, depression and recovery – an

extremely beneficial story for any young adult to hear.

He was able to communicate the importance of resilience as well as maintaining your health and wellbeing, even when faced with adversity. His story also highlighted the importance of an inclusive and supportive community, providing a great platform for our Student Leaders to support the residential community they live in.

## OUTCOMES – CRITICAL THINKING, RESPECT



Accommodation Services, Bendigo were thrilled to have Jason Ball speak to students during Pride Week celebrations.

Jason Ball is best known as the pioneering LGBTI advocate who in 2012 became the first male Aussie Rules footballer at any level of the game to publicly come out as gay in the national

media. Jason used this platform to launch a campaign to challenge homophobia in sport and drive cultural change within the AFL.

Since taking that stand, Jason has become a national figurehead on combating homophobia in sport and highlighting the damaging impact of discrimination on the mental health and wellbeing of the LGBTI community. As an ambassador for beyondblue he has shared his story with thousands of people in schools, workplaces and sporting clubs across the country and was named '2017 Young Australian of the Year' for Victoria.

Jason credits his rural upbringing for fostering an interest in protecting the environment, and a high school exchange to Kansas for awakening an interest in critical thinking and philosophy.

The students appreciated Jason's ability to empower students to take action to make positive change.



James Jansz, Academic RA

## MENTORING AND EXAM PREPARATION

Being an Academic RA means more than just teaching to me.

I focus my mentoring sessions on valuable skills such as how to reference, time manage and effective studying. I try to incorporate skills in my mentoring sessions that will set my mentees apart from other students who do not have the privileges and support that comes from living on residence at La Trobe. Aside from academic skills, I have taught my physiotherapy students taping techniques for sport specific injuries and how to recognise pathologies in functional movements.

This position has provided me with immense opportunities to grow as a leader and as an individual. I have learnt how to not only teach in an effective way but also how to engage others and encourage social connectedness. As an individual, being a Student Leader has enabled me to gain confidence in my public speaking, further develop my time management and organisational skills and build a greater rapport with my peers.

I have also run a college wide revision seminar for Physiology, a compulsory subject for every student studying health science degrees from all disciplines. Extending from this, I am a Specialist Subject Tutor and have also donated numerous hours of my time to support students with their academic goals. Most recently, I completed a **blog post for the Living at La Trobe blog** where I provided support and tips for first year students going into their first ever university exam period.

As a leader, mentees look up to you. Students come to you for help in all facets of their lives. Sometimes my role requires me to be a teacher, psychologist and friend all at the same time. In this way, being a Student Leader has taught me that there is nothing people appreciate more than feeling valued.

My goal is to inspire the next generation of Academic RAs to go beyond the line of call and influence others through their benevolence and altruism. I want all students on residence to feel valued and know that there is someone there to help them reach their goals.

Overall, my role as a Student Leader has taught me that I want to create a culture focused on helping and inspiring others to reach their greatest potential in all aspects of life.

James Jansz, Menzies College



‘Outbound’ was created by Accommodation Services to give our La Trobe residents access to the biggest and best attractions Australia has to offer.

## SWIMMING WITH DOLPHINS AND SEALS

Outbound has been an incredibly successful program because of its ability to embody so much of the iconic Australian landscape – Sunshine, beautiful beaches and amazing wildlife.

The Swimming and snorkelling with Dolphins and Seals trip was incredibly popular, so much so that a multiple events were organised to cater for the extreme interest shown by residents. In total, there have been 4 of these trips in 2017, with incredible memories being made for our domestic and international residents.



Swimming with dolphins



Photography by Eva de Feber



Photography by Eva de Feber

## GREAT OCEAN ROAD

Outbound is about providing memorable experiences that will appeal to a wide audience.

The Great Ocean Road Trip is a popular activity that allows many residents to tick-off a ‘must see’ Victorian landmark. On this Outbound trip, residents were thrilled to visit an array of famous landmarks such as the Twelve Apostles, Loch Ard Gorge and the London Bridge. What an excellent way for our residents to discover Victoria with their new college friends!





All smiles at the Chisholm Ball

## COLLEGE FORMAL BALLS

The College Formal Balls are standout events and a highlight of the residential calendar.

These nights create a surreal atmosphere for residents, allowing for a truly unique experience. Residents are treated to a luxury venue with quality catering, live entertainment and performances to enjoy.

**Sam Fualau**, Residential Education Coordinator, Social Engagement

## CHISHOLM COLLEGE BALL

College Balls are always a highlight of the year, and the Chis Ball was no exception.

On behalf of the social team, we want to say a HUGE thank you to every resident who attended and made the night fabulous, and to Accommodation Services for all their support in creating the best night!

Upon arrival to Leonda, residents were greeted with a cocktail and the acoustic sounds of Like This. When the ball room was revealed a short 30 minutes after arrival, a resounding WOW went throughout the Marble Bar as everyone saw the stunning room, including the large 'Chisholm' white letter lights (a great photo op!).

Throughout the night, we were entertained by the impressive MC and percussionist skills of Samuel Gazis, and the amazing tunes from one of Melbourne's best bands – Like This! And you can't forget the spectacular leader dance, which is always a great chance for our residents to laugh at us.

A sugar rush occurred at 8.30pm when our delicious lolly buffet opened, giving everyone the burst of energy they needed to stay on the dance floor all night long, even creating a conga line!

Fortunately, every moment was captured by our friendly photographers at Happy Medium and our videographer, showcasing the 'Chishome' feeling of Chisholm, and creating memories for our residents to keep for a lifetime.

**From the Chisholm Social Leaders** – Cass Perkins, Zoe Croucher, Alicia Kruske, Alex Nguyen.



Chisholm College Ball



A student's first semester at university can be a steep learning curve, as the need for independence and self-motivation become increasingly important.

Our residents have the added pressure of being away from home, but with our academic programs and support services, they are equipped to succeed and we anticipate a strong showing from La Trobe residents in semester 1.

**Academic Mentoring Sessions** are well underway for 2017. These mentoring sessions are purposefully formulated to provide first-year residents with a variety of skills that promote a healthy academic routine while at La Trobe. These sessions will:

- Support first-year residents transition to university and La Trobe
- Develop good study and career skills to achieve their best academically and ensure they are 'career ready' upon the completion of a degree
- Foster meaningful relationships within their course and college.

*"The most helpful thing about mentoring is being able to clarify the expectations of facilitators and whether I was meeting these. Our Mentor brings her own food along every week to feed us and keep us interacting positively. This is really cool".*

First-year resident

## PART-TIME WORK WEBINAR

Accommodation Services has also partnered with the Careers and Employability Team to facilitate a 'Part Time Work' webinar for 143 residents to enhance the careers skills of first year residents by explaining the benefits of getting a part time job, what employers look for in a CV and helpful websites.

**Specialist Subject Tutors** (SSTs) are predominantly residential students of excellent academic standing, who have applied to be on-call to provide extra support for residents.

Our SSTs have been busy so far this semester, with 104 hours of tutoring being requested, and 33 contracts allocated to assist 60 students.

*"I'm understanding more about my classes with the help of a tutor. My tutor is very nice and makes sure that I understand what I am doing before continuing."*

First-year resident



Hanqin' with Hughes

Some of La Trobe's residential students took advantage of Melbourne's thriving arts and culture scene on Friday 7 April by visiting The International Comedy Festival Melbourne with Dave Hughes. This annual festival showcases hundreds of comedians performing at venues throughout Melbourne. Our residents were thrilled to see a favourite Australian comedian and take a break from their studies.

## EXAM TIME HAS ARRIVED

**SWOT Vac** is an important time of the year as it represents the study period leading up to exams.

All residents are revising the information they have learnt throughout the semester. We know that studying for exams can be quite stressful, so to assist and support residents throughout this worrying time we provided 7 activities including yoga classes, meditation classes, a visit from Border Collies, Bike N Blend, Zumba classes, and plenty of free food – pizza for dinner, donuts for morning tea, and fuel vouchers for breakfast.

**Kath Knott**, Residential Education Coordinator, Academic Excellence

24

**ACADEMIC MENTORS**  
of tutoring requested

=

224

**MENTORING SESSIONS**  
for first year residents

104

**HOURS**  
of tutoring requested

33

**CONTRACTS**  
allocated

60

**STUDENTS**  
assisted



## CREATING A COMMUNITY TO BE PROUD OF THROUGH EDUCATION, REWARD AND INNOVATION.



“It was cool to see that beer making is a science. Alcohol percentage can be calculated and predetermined based on the yeast to sugar ratio.”

Maddie, Chisholm College

### ICONIC MELBOURNE CULTURE – ‘BEER EDUCATION’ BY ACCOMMODATION SERVICES

An educative experience for residents on the safe and responsible consumption of alcohol outside the typical classroom.

Residents were taken on an educative tour of a local Melbourne Brewery, Tallboy and Moose, hand-picked by Concrete Playground as one of 30 outstanding Melbourne ventures for originality, innovation, creativity and sustainability. Students were provided with a private presentation on the fermentation process, the composition of beer, the calculation of alcohol content based on the yeast to sugar ratio. This was a great initiative to educate our residents on the safe and responsible consumption of beer whilst supporting local business. Residents thoroughly enjoyed the opportunity to explore Melbourne’s diverse and popular culture.

### ENHANCING RELATIONSHIPS

We continue to build and enhance relationships with external professional bodies including AlcoCups, Australia’s largest Alcohol and Drug Training, Information Session, Education and Resource Provider.

With each resident required to complete the AlcoCups online module prior to living on residence and our Level 2 UniCAN Accreditation, we continue to ensure our residents are updated and provided with the resources and strategies to implement a change in alcohol norms and reduce alcohol related incidents.

**Caroline Vong**, Residential Education Coordinator, Community Standards

### A COMMUNITY TO BE PROUD OF

I have been very pleased to see and hear of residents taking the initiative to reach out and assist one another.

A big focus of my portfolio is to improve community connectedness and engagement and seeing our residents and Student Leaders assist and take on that role is fantastic! We have Community Gift Bags that we give out to residents each year for acts that go above and beyond to assist the residential community...and you could be the next recipient!



#mymorningsmatter is a campaign about increasing our wellbeing and changing alcohol culture. It is designed to highlight how we can use our mornings in a productive and positive way, promoting a healthy lifestyle.





## INVESTING IN YOURSELF AND THOSE AROUND YOU

We were thrilled to be involved in LTU Pride on 21 March in support of our GLBTIQ students and staff with over 200 residents attending the Pride Day Comedy Showcase.

MC Dolly Diamond kicked off the night in style with students singing along from her opening cabaret number before Joel Creasey, Kirsty Webeck and Bobby Macumber treated us to some first class comedy. There were plenty of laughs on what was a wonderful night.



### BOOT CAMP – PHYSICAL WELLBEING

Recently, a number of residents set their alarms a little earlier to join our Boot Camp sessions.

Twice a week over four weeks, residents enjoyed the benefits of group fitness, enjoying a variety of workouts to improve their health. Due to its success, we will be looking to replicate the program in second semester, so keep an eye out for upcoming dates!

### HEALTHY RELATIONSHIPS

Student Leaders in the Health portfolio delivered their second Health and Wellbeing event within the colleges based on the theme of Healthy Relationships.

- Former AFL player and White Ribbon Ambassador Luke Ablett treated Glenn College to a presentation exploring themes of gender equity, sexual assault, and negotiating consent, which included interactive scenarios and discussions
- Chisholm College explored issues of sexuality and relationships with a Pride movie night and Queer Peer speaker, and
- Menzies residents worked together in teams to undertake Bubble Sports activities.

## THE ISSUE OF ‘CONSENT’

We have recently launched an exciting new initiative designed to educate residents all about sexual consent and positive intervention.

Consent Matters: Boundaries, Respect and Positive Intervention is an engaging online course that will help residents understand sexual consent and how to recognise situations when consent can and can't be given. The course can support residents in thinking about their own boundaries and how to talk about them. It also demonstrates different ways to step in if they see or hear something they're uncomfortable with.

**Jo Wotton**, Residential Education Coordinator, Health and Wellbeing





## A SUPPORTIVE COMMUNITY THAT ALLOWS RESIDENTS TO FEEL THEIR BEST

### HEALTHY RELATIONSHIPS

We kicked off the 1st Wellness Wheel event for the year with a 2 hour workshop facilitated by 2 well-respected, sex-positive educators from Growing Up Human.

Residents were invited to come along to, and take part in, a skills-based workshop about developing good relationships and having effective communication. Approximately 60 residents attended the sessions and walked away with a better understanding about how to negotiate healthy relationships, including sex and consent.

### CONSENT

To make a mutual, voluntary, informed decision between clear-minded, of age participants before ANY and EVERY sexual act.

### BIG CHILL

Partnering with the Bendigo Students Association, about 100 resses came along to enjoy a bunch of free stuff (students love free) to welcome winter with a smile.

Gourmet platters, massages, circus skills and some fab live music were enjoyed by all. Anglicare and Bendigo Legal Service were around also to offer students information and advice about any financial or legal issues they may be facing.

**Lauren Proudfoot**, Residential Coordinator,  
Health and Wellbeing and Community Standards

### #MYRESRULES

We went even bigger and better with the 2nd Wellness Wheel of the year. Residents were offered the opportunity to work in a team to create and produce a 'My Kitchen Rules' style cooking video.

Residents were required to adhere to a \$5/person budget and use the local shopping precinct and cooking facilities on campus.

### #MYRESRULES SCREENING

150 residents registered and attended the free dinner and #myresrules screening.

60 residents engaged with the Kahoot financial fitness live quiz at the event, and financial information was available from Accommodation Services, Anglicare, MoneySmart and #myresrules cookbooks were given out to attendees.

As a bonus Student Leaders got to taste a variety of dishes and it was a tough choice to come up with the winners. Taking home the Grand Prize on the night, creating a surprising dish of Goon Chicken and Deconstructed Toffee Apple, were: Larni, McKenzie, Joe, Alex and Anita from Hillside enjoyed a 3-course lunch at The Woodhouse Restaurant, along with a \$50 Woolworths voucher each.

### RANDOM ACTS OF KINDNESS

Rounding off the 2nd quarter of res life at LTU Bendigo we are acknowledging students' Random Acts of Kindness towards their fellow resses with weekly prize pack of movie tickets and study snacks.

All of this work is designed to give life on res that extra warm and fuzzy feeling, and to remind our residents that there is a wide range of support and assistance out there if needed.





It has been an exciting first twelve weeks on-campus, we've been thrilled with the eagerness and positivity shown by our new and existing residents.

With a variety of engaging events taking place, it's no surprise that residents are loving every minute!

## **TOGA PARTY**

Our Social team in Bendigo hosted the first major event for the year – Toga!

300 students came to 'Taphouse Bendigo' for a night of colourful Togas and dancing! It was the first time we have used Taphouse as location for a big event like this and wow did they make the place come to life with fairy lights everywhere!

## **HORSE RIDING**

**We were keen to show our residents a great activity Bendigo has to offer and were aiming for something a little different... so we went horse riding!**

Many residents had never been on this type of activity and most thoroughly enjoyed it! Ironically some of the horse's names were "Buck" and "Buster", which the trainers proceeded to tell us was just a joke, though this left many of us feeling a little uneasy – luckily we made it through scar-free! We had mostly first time riders on this trip and they loved it! We spent some time practising in a yard and then we were off on a trail ride. We spent around 3 hours on the horses, enjoying the serenity and relaxation this type of activity has to offer.

Our academic mentoring team have been working extremely hard to engage residents and celebrate the important transition to university, with a major focus on adaptation.



New York Mid Year ball

## **ACADEMIC MENTORING SESSIONS**

Our mentoring sessions have been extremely successful in Bendigo with the Mentors averaging an 80% attendance rate to their sessions.

They are working extremely hard with their community to create fun and engaging sessions for their first-year residents – especially as we approach the examination period.

**Georgia Irvine**, Residential Coordinator, Social Engagement and Academic Excellence

## **SO MUCH TO LOOK FORWARD TO...**

- Otways Zip lining Trip
- Student Leadership Training
- Open Mic Night PJ Edition
- Charity Event
- Ressies Got Talent





## WELCOMING RESIDENTS

McFarlane's Hill Residence and East End Residence have welcomed permanent and short-term residents into life on-campus.

Commencing with over 50 visiting students from across campuses for the 'Student Leadership Conference' in February, followed by the inter-campus 'Gone Bush' history program in March, and the 'Indigenous' history program in April. This has provided students from across campuses with the experience of living on-campus in Victoria's great North East. Residents have enjoyed learning from each other and making new friendships from varied backgrounds.

East End Residence also continues to accommodate students from Wodonga TAFE's highly sought after Motor Sports Course, while McFarlane's Hill Residence houses many placement students from the Bendigo Dentistry Program. In addition to these students, residents are enrolled in varied courses within La Trobe, Wodonga TAFE, and other external educational providers.

## A SUPPORTIVE COMMUNITY

To ensure the community is well informed, prepared, and inclusive, residents have attended educational workshops and activities, supporting their well-being.

Residents have participated in a variety of activities and are building on knowledge to support their academic success, social cohesiveness, and making new friendships.

Some of these include the Mexican Dinner Party and Dress-up, Hawaiian Dinner and Dress-up, Games Nights, Swim Party, weekly Free Fit Class, Self-defence class, Yoga, Bush Walking, Laser Tag, Petting Zoo, Eddies Team Building Dinner, and Monthly Birthday Gatherings.

Coming up we have 'Roast Meat and Gravy Roll Dinner' with Exam Preparation Workshop (23 May), Dinner and Dress Up at MHR - 'Onesies' Night (6 June), and 'When I Grow Up' Party (23 June).

**PREPARE WELL, STAY ORGANISED, STRIVE FOR SUCCESS, AND ACHIEVE YOUR DREAMS!**

Melissa McFarlane, Residential Experience Coordinator



Swimming with dolphins and seals



## MUG SHOT CAFÉ

Bendigo campus has a vibrant new addition with the launch of Mug Shot café now serving up coffees, snacks and grab-and-go convenience meal options like sandwiches, gourmet rolls and fresh salad bowls – located on the Student Union floor.

## SEMESTER 1 EXAMS

Students have settled into their new home and study at Bendigo La Trobe Campus.

It's amazing how times flies as we near the semester 1 exam period and the mid-year break.

There have been lots of entertaining adventures and exciting times on campus. Some of the fun activities have included a trip to Melbourne to see the new musical Aladdin, a Student Leader day-escape to Echuca, another fantastic swim with the dolphins and day out in Bendigo horse riding.

Our Residential Coordinators have been busy promoting cooking skills with our 'Ressie Rules' competition and also invited footballer Jason Ball to address students as part of the Pride week celebrations and many students commented on the time and effort Jason took to engage with the students present.

Tracey Langdon, Manager, Regional Operations





## LEADERSHIP AND CULTURAL DEVELOPMENT IN THAILAND

### THE PROGRAM

The program starts in Bangkok, Thailand's capital city, where you will attend lectures at the Mahidol University International College, go on site visits, and engage in team building activities.

Chiang Mai, to the north of Bangkok, will be visited towards the end of the program. A historic city that dates back to 1296, Chiang Mai sits beautifully amongst the highest mountains in the country and has over 300 Buddhist temples. A volunteer project at a small local village will include assisting with community development, such as small construction projects and education for local school children. This will be combined with informal discussions with local leaders whom are not only involved with the growing tourism industry of the area, but are also working closely with local and national NGOs.

### EXCURSIONS

Students will attend several site visits to both local and international organisations. These visits are designed to complement the topics discussed during lectures. Adventure and culture-focused excursions may include trekking, rafting, or other outdoor pursuits. Some excursions and business visits will be as per the itinerary. Possible examples include: Community based tourism organisations, social enterprises, hotels or hospitality organisations, Australian Embassy, Thai Government offices, NGOs, World Bank, Austrade, larger international firms, the UN.



"This experience has been one of the greatest of my life so far and I am so happy that I have come home with life skills and a better ability to communicate with other cultures."

Zoe, Chisholm College

### PROGRAM DATES

12 – 28 January 2018



## TEACHING AND COMMUNITY DEVELOPMENT IN CAMBODIA

### THE PROJECT

As a volunteer and a native English speaker your skills and capabilities will be incredibly beneficial to the children.

The time you give as a volunteer will not only provide short-term care but it will also have long-term benefits. Students will be asked to focus on teaching English. All students will assist in community development activities at the local village – distributing water supplies and much needed second-hand clothing. Students will also rotate at the computer station and assist children to learn basic but valuable computer and IT literacy skills. Local staff need assistance in delivering basic education – to ultimately improve the opportunities and lives of young Khmer children and families.

### PROGRAM DATES

26 November to 16 December 2017 (3 weeks)

“Ascend to the realm of the gods, Angkor Wat. Thanks to a history both inspiring and depressing, Cambodia delivers an intoxicating present for adventurous visitors.”

Lonely Planet



## COMMUNITY DEVELOPMENT IN FIJI

### THE PROJECT

This community development project has been established in Sote Village, about two hours from Fiji's capital, Suva.

Volunteers are needed to help the people of the Sote Village community in a variety of ways. You may partake in a number of different activities, some of which may be building and renovation projects, creative activities with children, general community outreach/education, and other activities based on needs at the time.

### PROGRAM DATES

25 November to 9 December 2017





Kathmandu, Nepal

## RURAL COMMUNITY DEVELOPMENT IN NEPAL

### THE PROJECT

Located 35km from the capital city of Kathmandu (1½ – 2 hour drive), the project team manages a women's farm cooperative, which also provides English Classes to local children in the mornings and a medical clinic, as the surrounding village is a considerable hike from the nearest town.

Through this project, you have the privilege to work alongside these inspirational young women and learn about the realities of gender roles in Nepal while being part of a truly progressive project within its culture.

### PROGRAM DATES

26 November to 9 December 2017

“Wedged between the high wall of the Himalaya and the steamy jungles of the Indian plains, Nepal is a land of snow peaks and Sherpas, yaks and yetis, monasteries and mantras.”

Lonely Planet



## JANUARY IN DUNEDIN, NZ

### THE PROJECT

During your January in New Zealand program you will be a student at the University of Otago – one of the country's oldest universities in the cultural capital of New Zealand's South Island, Dunedin.

Courses are available to you in business, economics, geography, art history, modern languages, Maori studies, science and more during this six-week short course.

### HIGHLIGHTS OF DUNEDIN

- Beaches, mountains and wilderness right on your doorstep
- Located in the heart of Lord of the Rings country
- New Zealand's oldest University
- 6 week program with equivalent 1-2 standard course credit

### PROGRAM DATES

7 January to 22 February 2018



## JANUARY IN LONDON

### THE PROJECT

Unique, eccentric, attractive and intriguing – are just a few words to describe the cities of London.

Study in England's bustling urban capital, London, at the only parkland campus in a central London borough: The University of Roehampton – ranked as the 'best modern university in London'.

Enjoy both the feel of a traditional university campus, with the culture of one of the greatest cities in the world. From Trafalgar Square to Notting Hill, and Big Ben to Buckingham Palace, this city has so much to see and do.

This summer program was developed to allow a unique range of courses to be studied, aligning with the Australian University summer break.

### PROGRAM DATES

4 to 20 January 2018

"A tireless innovator of art and culture, London is a city of ideas and the imagination."  
Lonely Planet



## BIG 5 WILDLIFE MANAGEMENT AND CONSERVATION IN SOUTH AFRICA

### THE PROJECT

This incredibly rewarding ecotourism project involves working at a game reserve where you'll have the opportunity to work with South Africa's Big 5: the rhino, lion, cape buffalo, leopard and African elephant.

Volunteering on this project will give you an amazing experience whilst learning about the local animals, breeding patterns, wildlife management and the environment. This project is designed for those volunteers who are keen as mustard to have an African experience and learn from the Game Rangers.

### PROGRAM DATES

27 November to 16 December 2017



# UPCOMING EVENTS

**JUNE/JULY 2017**

## RESIDENTIAL EVENTS AND ACTIVITIES

**MEL**



### NESTING BOX WORKSHOP

June 6

**BEN**



### BENDIGO SNOW TRIP

August 8

**MEL**



### LAKE MOUNTAIN TRIP

June 16 and July 21

**BEN**



### SOCIAL DAY – THE ZONE

June 1

**MEL**



### TWILIGHT TOUR AT THE WILDLIFE SANCTUARY

July 7

**A-W**



### ONESIES NIGHT

June 6

**MEL**



### CHRISTMAS IN JULY

July 27

**A-W**



### 'WHEN I GROW UP' PARTY

June 23

**MEL**

**MELBOURNE**

**BEN**

**BENDIGO**

**A-W**

**ALBURY-WODONGA**

# HEALTH AND WELLBEING IMPORTANT CONTACTS

## MELBOURNE

### EMERGENCY

000*	EMERGENCY SERVICES	The Triple Zero service is used to contact Police, Fire or Ambulance services in life threatening or emergency situations.
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### SECURITY

1800 800 613 9479 2222	LA TROBE SECURITY	Campus wide security 24 hours a day, 7 days a week.
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### ACCOMMODATION SERVICES

9479 1071	ACCOMMODATION SERVICES OFFICE	For general assistance during business hours.
0418 541 953	NIGHT MANAGER	For general assistance after hours.
9479 2987	RESIDENTIAL EDUCATION COORDINATOR - HEALTH AND WELLBEING	For health and wellbeing assistance during business hours.
0438 145 321	AFTER HOURS COORDINATOR	For health and wellbeing assistance after hours.

### MEDICAL

9473 8885	LA TROBE MEDICAL CENTRE	The GP Clinic at La Trobe provides bulk billing for La Trobe University students and staff. International students with Overseas Health Cover (OSHC) card may also access these services at no additional cost.
13 SICK* (13 7425)	HOME DOCTOR	Large network of home visiting doctors available for after-hours consultations on weeknights, weekends and public holidays.
1300 606 024	NURSE-ON-CALL	If you or someone you're caring for is feeling unwell or you are not sure if you should seek medical help you can call Nurse-on-Call for immediate, expert health advice from a registered nurse, 24 hours a day, 7 days a week.

### SUPPORT SERVICES

9479 2956	LA TROBE COUNSELLING SERVICE	Free and confidential short-term counselling for La Trobe University students.
1300 687 327	LA TROBE COUNSELLING SERVICE (AFTER-HOURS)	Phone consultation available from 5pm – 9am weekdays, 24 hours weekends, and public holidays.
13 11 14	LIFELINE	Confidential telephone crisis support service available 24 hours a day, 7 days a week, for anyone experiencing a personal crisis or thinking about suicide.
1800 RESPECT (1800 737 732)	NATIONAL SEXUAL ASSAULT, DOMESTIC AND FAMILY VIOLENCE COUNSELLING SERVICE	Counselling helpline providing information and support for those experiencing sexual assault or domestic and family violence, 24 hours a day, 7 days a week.

\* If emergency services or medical practitioner are required on site please contact the Night Manager/Security for access assistance.

[latrobe.edu.au/livingatlatrobe](http://latrobe.edu.au/livingatlatrobe)



# HEALTH AND WELLBEING IMPORTANT CONTACTS

## BENDIGO

### SECURITY

1800 077 043    LA TROBE SECURITY    Campus-wide security 24 hours a day, 7 days a week

### ACCOMMODATION SERVICES

5444 7525    ACCOMMODATION SERVICES OFFICE    General assistance during business hours

0457 824 993    NIGHT ACCOMMODATION OFFICER    Residential assistance after-hours

5444 7999    ON-CAMPUS EMERGENCIES    When in urgent assistance on-campus

### MEDICAL

5444 7770    MEDICAL CLINIC    Operates by appointment only, with consultations available between 9am – 5pm, Tuesday – Friday

5454 8100    AFTER HOURS HEALTH CARE    Urgent after-hours medical assistance

## ALBURY-WODONGA

### SECURITY

1800 800 613    LA TROBE SECURITY    Campus-wide security 24 hours a day, 7 days a week

### ACCOMMODATION SERVICES

9602 4984    ACCOMMODATION SERVICES OFFICE    General assistance during business hours

0429 410 781    NIGHT MANAGER    Residential assistance after-hours

### SUPPORT SERVICES

02 6024 9627    COUNSELLING SERVICE    Counselling for La Trobe students  
0400 583 779

02 6024 9628    DISABILITY AND EQUITY    Providing support and assistance, and fostering an environment free of discrimination

0428 059 946    INDIGENOUS STUDENT SERVICES    Support for Aboriginal and Torres Strait Islander students

\* If emergency services or medical practitioner are required on site please contact the Night Manager/Security for access assistance.

# LIVING AT LA TROBE *Blog*

## FOR RESIDENTIAL STUDENTS OF LA TROBE UNIVERSITY

Life on-campus is full of exciting events and activities, important updates, community achievements and helpful advice – the Living at La Trobe Blog provides one platform where residents can access all this important information.

We are using this as a platform to communicate all there is to know about residential life and what you can be involved with while you are living at La Trobe.

**PHASE I** of the blog has seen the introduction of an all-encompassing events calendar for our 3 residential campuses that is used to list events and activities only on-offer to La Trobe residents. With 2016 encompassing over 400 residential events, we were in critical need of a place to showcase them all.

**THE ONLINE STORE** also allows us to showcase all our hoodies and linen packs – with a lot more to come. Future plans will see this evolve to a targeted residential store with a range of products designed to further improve the residential experience and create more memories.

**REGULAR POSTS** allow residents to engage with their community and stay in-touch with everything related to life at La Trobe. Residents can hear about exciting events, residential offers, health and wellbeing resources, academic support and a lot more.

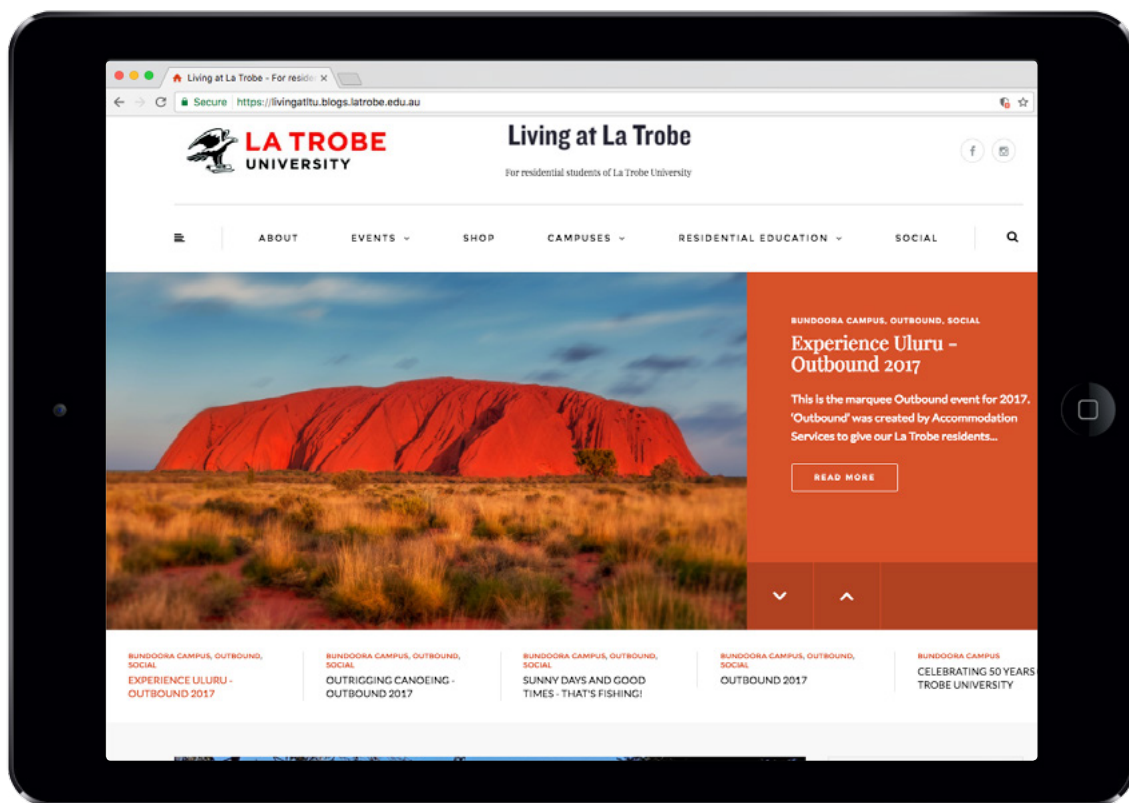
**RESIDENTIAL BLOGGERS** have been a key showcase of the Living at La Trobe Blog in 2017. Residents have been able to add another layer to the blog by providing a user-oriented point of view. This has resulted in fantastic articles and increased viewership with a wider variety of content being shown.

Make sure to regularly check the blog to see all your residential news, and in the coming months we will be rolling out extra features to further improve the residential experience.

**VISIT** [livingatltu.blogs.latrobe.edu.au](https://livingatltu.blogs.latrobe.edu.au)

### FOR MORE DETAILS ABOUT THE BLOG:

Contact **Dan Potenza** at [d.potenza@latrobe.edu.au](mailto:d.potenza@latrobe.edu.au)







Mt Hotham

## MT HOTHAM OVERNIGHT CAMP

SEPTEMBER 2017

‘Outbound’ adventures and activities reach all over Victoria and Australia, showcasing an array of exciting opportunities.

A popular annual event is the Mt Hotham Overnight Camp, providing incredible memories and value.

For those residents who are yet to experience the joy of fresh ‘pow’ (snow) or the breathtaking views of snow-capped mountains.

This trip provides the chance to experience 2 exciting days of ‘carving up the slopes’, with lessons being included in the trip.

Whether our residents are a seasoned veteran or a keen beginner, this trip exuberates value and is bound to create special memories.

We eagerly await our resident’s memories and stories, hoping they will recount this trip as a highlight of their time living at La Trobe.

**REGISTRATIONS OPEN NOW!**

[Click here to register](#)





# Supporting Clever Minds through

## Amazing Experiences



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