

Living at La Trobe

student life on campus

OUR BIGGEST ONE YET





Adam Campbell

Welcome to the third edition of Living at La Trobe for 2019 and what a bumper edition we have for you.

Exciting news as planning is underway for 600 new beds over two new buildings on the Bundoora campus. Located behind Glenn College and anticipated to

be completed in mid-2020 these buildings will be a great addition to our existing colleges and residences and will surely provide increased competition for our Inter-College Sports competition.

Accommodation Services is also proud to announce our partnership with Melbourne Rooftop Honey. Menzies College South rooftop will soon be getting 6 beehives sitting high above the treetops. This new initiative will also provide budding residential apiarists with informative sessions about beekeeping and the importance of bees to our native environment. The eventual aim is for any honey collected to be sold raising money for a charity of our resident's choosing.

Our Outbound program continues to go from strength to strength and this edition has some great imagery from the trip to Canberra and other events. I even managed to join some of our students at the recent Falls Creek ski trip. Barring some minor transport issues on our trip up to the snow (which made the Channel 9 news) a great time was had by all and you can read more from Joe's great article on page 9.

As always a huge thank you to our amazing Student Leaders who continue to care for their communities and congratulations to our incoming 2019 Student Leaders who have now been selected. Also congratulations on the great results our residential student achieved in Semester 1 with 88.21% of students passing all subjects.

Finally a huge thank you and au revoir to Tracey Langdon who has resigned from her role as Bendigo based Regional Manager. Tracey has done a great job in her time heading up the regional campuses and we wish her all the best for the future.

Adam Campbell
Senior Manager, Accommodation Services

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WELCOME

RECENTLY, RESIDENTIAL EDUCATION INTRODUCED WELCOME AS 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, we have also expanded our compulsory induction modules to 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. In this edition, we roll out more details about **WELCOME** at La Trobe.

Cas Ballagh, Manager, Residential Education, Accommodation Services



WELLBEING

YOUR WELLBEING IS A BALANCE BETWEEN PHYSICAL AND MENTAL HEALTH

SPRING IS FINALLY HERE! A PERFECT TIME TO GET OUTSIDE, ENJOY THE GOOD WEATHER AND JOIN IN THE NEW ACTIVE SERIES.

As the second semester starts to wrap up, a reminder to reach out for support if things become overwhelming.

With all the challenges and responsibilities of moving out of home and for some inter-state, trying to balance studies, relationships, responsibilities and work on top can be extremely difficult and overwhelming. We all need a bit of help sometimes and there are a whole bunch of supports that students can link in with ranging from financial and academic to emotional support.

For more information speak to your RA or come in and have a chat with me.

Mandy Kitchener, Health and Wellbeing Coordinator, Accommodation Services



WELLBEING IN PRACTICE



RUOK? DAY

RUOK? Day, a national fundraising initiative for suicide prevention, was held at Bendigo on Thursday 13th September and saw a day of activities enjoyed across campus. During lunch, Accommodation Services staff and our star Student Leader, Laura Vincent, served 300 students fresh, healthy Buddha Bowls.

The evening saw the Health & Wellbeing team host a variety of activities at the Common Room, ranging from puppies, silent disco and tai chi. Inside there were a vox pops from

RUOK? playing on the big screen, positivity wall and photo/video booth. Resgies were treated to delicious loaded spuds and tacos at the end of the night, and it was great to see so many people get together in support of mental health awareness in the most important event in the res calendar.

Lauren Proudfoot, Residential Education Coordinator, Accommodation Services Bendigo



PHYSICAL WELLBEING

On a cold Melbourne day this was the perfect location for the students to burn off some energy. There is a huge variety of activities that allows each student to challenge and enjoy themselves to a level at which they feel comfortable. With oodles of free-jump trampolines, a comprehensive range of climbing challenges and a dedicated sky-high obstacle course.

WELLBEING IN PRACTICE

ACTIVE



PROMOTING WELLBEING THROUGH UNIQUE EVENTS

An entire series based upon physical activity, fun and play. Each event can be attended solo or with friends and is an excellent way to connect in with the wider residential community.

Play is an essential aspect of maintaining emotional wellbeing, it improves brain functionality, stimulates creativity and can trigger the release of endorphins which can help manage stress.



“Archery Warz is a really fun and interactive game! It gives you the feeling of going into a war (and gives you so much adrenaline!) To dodge the arrows, you can go behind the protective foam or quickly evade with your amazing reflexes. To attack, you can fire behind the protective foam or get close to your opponent. The tip of the arrow is made of foam.”

– Nova, Health RA



Mandy Kitchener, Health and Wellbeing Coordinator, Accommodation Services



EVENTS

CONTINUING OUR '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 in Victoria and Australia.

Sam Fualau, Social Engagement Coordinator,
Accommodation Services Melbourne

BIG EVENTS AND GREAT EXPERIENCES

Commonwealth Games 2018



Lake Mountain



Sunset Dinner Cruise



ENCHANTED GARDENS

OUR EVENTS ARE DESIGNED TO CREATE NEW AND EXCITING EXPERIENCES THAT APPEAL TO A RANGE OF RESIDENTS.

Surfing always sounded like fun to me, but when I found out about the opportunity to visit the Enchanted Adventure Gardens, with the opportunity to try tree surfing and zip lining I was truly excited.

In a group of twenty people and we reached our destination by 10.30 am. Our first activity entailed plenty of fun on the unlimited tube slides, which had four different slides to choose from. This activity is a major attraction of the garden.

We then moved on to the enchanted maze. We formed two teams and went on to discover the Japanese garden within the bush maze. There are mazes of different kinds at every corner and one can spend hours within them. Among the giant trees of Arthurs seat was tree surfing, which requires at least 3 hours in order to go through various obstacles. As a result, we decided to skip that activity and moved onto the canopy walk, which consisted of walking along five different bridges amongst the trees. It was a great alternative to tree surfing. The experience of walking between trees was incredible and picturesque. The garden has an enchanting combination of natural and artificial lifelike sculptures, and

we were continually in awe at how real the sculptures looked and the kind of story each one conveyed.

Next on our agenda, was a visit to a spooky house, as you can never get bored of visiting scary places. The house contained amazing 3D effects, even though this experience is not for the faint hearted.

The surprise of the day was the BIG ZIP, courtesy of Accommodation Services. This activity is spread across three hundred meters and one can do zip lining between two trees, which oversee the entire garden. It's normal to feel a little scared during your first Zip lining experience, but going with a whole group made the activity easier to undertake and even more enjoyable. We zip lined twenty meters above the lake. Personally, I loved the feeling of being high off the ground, but tightly strapped in at the same time, whilst shouting with excitement.

As an international student, this was a novel experience for me, as I have only visited sanctuaries and beaches during my time in Melbourne. I met new friends on the trip and it was a great way to start the new semester. It was truly like journeying back into my childhood. The memories of the trip are close to my heart and I hope to visit the place again soon. I'm extremely grateful that accommodation service organized this event, as it gives residents like myself new insights into the great city of Melbourne.

“Great day at Enchanted Gardens with our residents”

– Cas Ballagh (Manager)

Vaishali Gangwar, Resident Graduate House



EVENTS IN PRACTICE



SNOW TRIP 2018

EXPERIENCE FALLS CREEK

Our snow trip this year took us to Falls Creek where we had 3 days on the slopes! It was a fantastic trip where we were lucky to have blue skies every day, check out our video of students hitting the mountain!

Hear from one of our Third Year Residents, on her experience:

“My name is Joe, and I’m a third year resident living in Units, as well as a second year Residential Assistant. I was one of the residents lucky enough to be a part of the awesome experience that was this year’s snow trip from August 25th-27th.

An incredible trip from start to finish, we boarded buses to leave Bendigo at 8:00 AM with the excitement building. With a bit of music, a competition to see who was the first to spot snow, and some twisty mountain roads we arrived at Falls Creek later in the day. With a couple hours to spare before we could hit the slopes, we checked into our hotel, collected our lift passes and got hire gear. We were staying at the amazing QT Falls Creek, with incredible views over the mountain and a hot tub for every room. At 3:00 our lift passes started and we got the chairlift from the heart of the village (20 seconds from our front door) up the mountain to get a few runs in.

The weather could not have been better that day, the sun was shining and there was no wind. It was a great day to explore the mountain, and for a few people among the group to have their first crack at snowboarding or skiing.

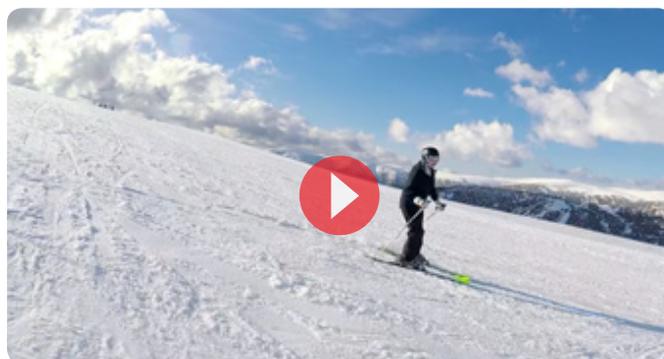
After a couple hours out on the snow we came back into our accommodation to meet up with the Bundoora group that was joining us, get changed, and all head out to dinner together. Dinner that night was pizzas, and there was a great vibe going around as we all sat down to discuss our days.

The next day we were up early for breakfast. The breakfast at the hotel was an incredible buffet, all covered in the cost of the trip. We all sat around planning our day and which runs we wanted to try before it was off to a lesson at 9:00. The lesson was a great chance to get some helpful pointers, or for those who had never been to the snow before to get shown the ropes of skiing or snowboarding. The weather on this day was excellent again,

with the sun beaming down on us, and after our lesson, a few of us needed to duck back into the hotel to shed a couple layers before getting back out to shred some more. It was a long day out on the snow, with the weather being incredible, we were out there from 9:00 till 4:30, and didn’t want to stop until we had to. Later, feeling a little sore and very exhausted, but very happy, it was off to dinner. Another night of discussing our performance on the slopes before, exhausted, we all headed to bed early.

On our final day, we were up early again, ready to make the most of it. We packed our bags, tidied our rooms, and headed out onto the slopes. The weather wasn’t quite so nice, and the snow was a little icy, but it didn’t keep anyone inside that day, we were all determined not to waste any time. After squeezing in as much as we possibly could before we had to, it was time to return the hire gear, pick up our bags and board our busses. After saying goodbye to the Bundoora group, we were off. The drive back was a little quieter than the one there, and we got off in Bendigo exhausted and sore, but thrilled to have had such an incredible weekend.

The whole trip was amazing, from the accommodation to the food and even the uncontrollable elements like the snow and the weather was awesome. The staff at Accommodation Services did an awesome job getting this whole trip organised and it was spectacular the whole time.”



Joe, Bendigo Student Leader



LEADERSHIP

LEADERSHIP PROGRAM AT THE CORE OF OUR RESIDENTIAL COMMUNITY

THROUGH LEADERSHIP IN 2018, OUR COMMUNITY FOSTERED LEARNING, ACADEMIC ACHIEVEMENT, AS WELL AS PERSONAL AND SOCIAL DEVELOPMENT.

Our specialised Student Leadership Program was tailored and refined for the residential experiences at La Trobe. Our leaders were 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 allowed our residents to be more informed, create friendships and be a part of an inclusive and connected community.

Kath Knott, Academic Excellence Coordinator,
Accommodation Services Melbourne

“The gala awards was a fantastic opportunity to bring together our leaders and staff from across all campus”

– Kath Knott

YEAR IN REVIEW

Student Leaders performed an important role in the residential community, the leaders were well equipped with a range of training as well as development opportunities.

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 CAMP

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

This year, we took our leadership team to Halls Gap for a few days away before semester two kicked off. Our student leaders had a further opportunity to develop communication, teamwork, problem solving, self-management, planning, and learning. Our schedule, while we were away, was packed – we visited the Aboriginal Culture Centre, Climbed the Pinnacle, rock climbing and abseiling. We had Stefan Bramble visit us for a second session where we focused on setting goals and strategies for semester two.

“Our student leadership camp was a fantastic bonding opportunity, for us to re-focus and re-develop our mindset for semester two”.

– Evie Jennings (RA)

Lauren Proudfoot, Residential Education Coordinator, Accommodation Services Bendigo



LEADERSHIP IN PRACTICE



“Great opportunity to celebrate the achievements of our residents”
– Cas Ballagh



GALA AWARDS EVENING

CELEBRATING ACADEMIC, LEADERSHIP AND COMMUNITY ACHIEVEMENT

Whilst each and every resident is worthy of commendation, we highlight the following categories of accomplishment—academic achievement, community involvement, leadership, sport and alcohol and drug education.

In the category of Leadership, from Chisholm College at Bundoora, Lexi Savage has been an exemplary leader this year always going above and beyond to support others. Lexi was particularly outstanding in her role as social RA supporting residents during a time of need and has been described by her peers as being welcoming, inclusive and passionate.



ONGOING DEVELOPMENT; LEADERSHIP, INSPIRATION AND TRAINING EVENINGS

Student Leaders were provided with ongoing training and networking opportunities throughout the year to ensure they continued to develop their employability and leadership skills.

JAKE BRIDGES, PARTNER, LEADING TEAMS

Leading Teams develops high performing teams and leaders. Jake facilitated an interactive and engaging three part training program on leadership, culture and team development. Jake spoke with our leaders on the topics of how to build strong professional relationships, have genuine conversations, social vs professional relationships, and how to handle conflict and challenge behaviours that are not productive to team or organisational goals.



TOM DOWNIE, ALCOCUPS

Tom spoke about his experience playing AFL football and suffering from mental health issues.

In 2011 Tom was drafted by the GWS Giants in the AFL and was on the GWS Giants list between 2011 & 2017 where he played 9 senior games & kicked 2 goals. In 2017 Tom received the 2017 GWS Giants Community Award for his volunteer work in Western Sydney. In the middle of the 2017 AFL season Tom retired from football due to mental health issues with anxiety and depression.

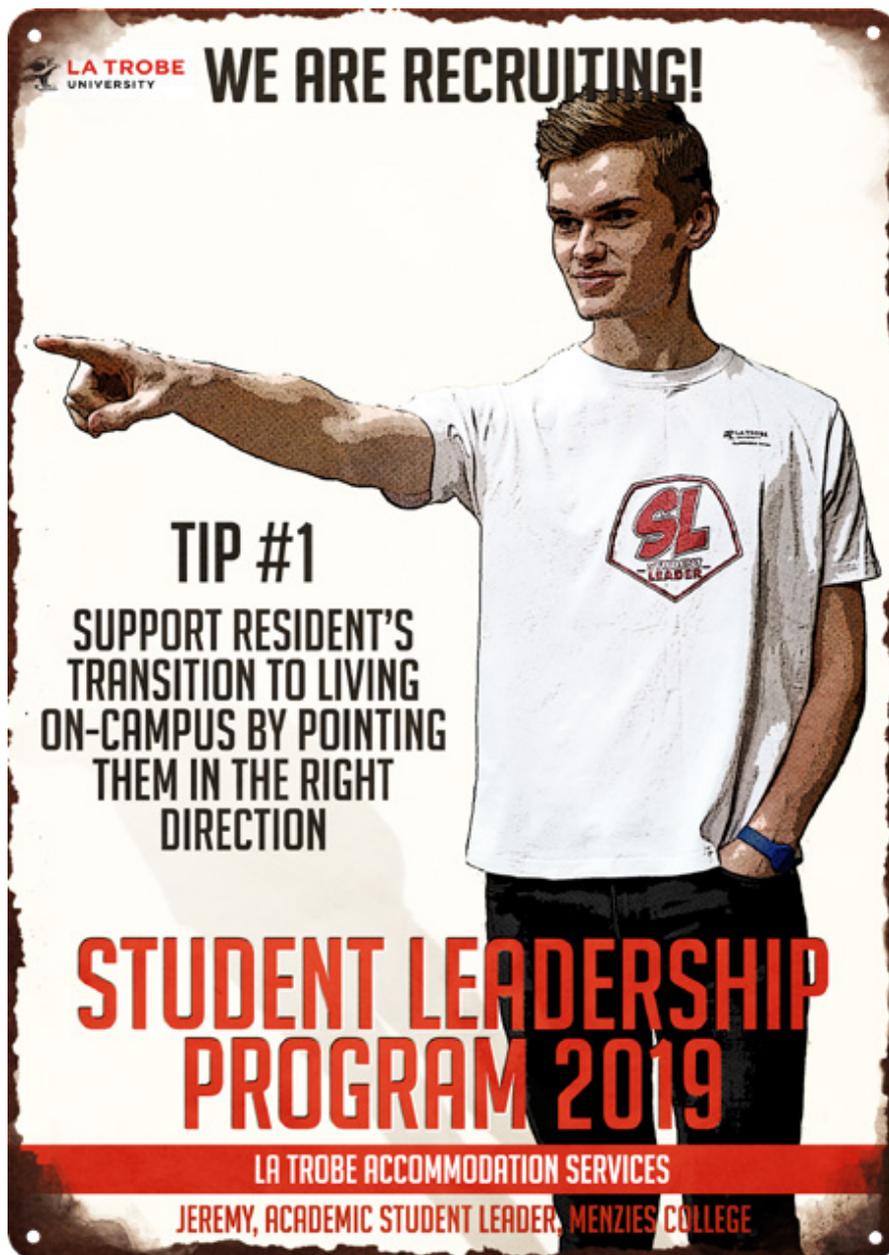


PEARLS OF WISDOM

An event designed to provide inspiration and motivation to our student leaders, and second year and above residential students, our second Pearls of Wisdom for 2018 had some very informative and heart felt messages. We heard from Joanna Shaw, Manager of International Student Services

at La Trobe University, and recent La Trobe University graduate and former Careers Team volunteer, Hayden Grigg. We heard their stories of leadership, career pathways and the importance of "choosing a job you love and you will never work a day in your life".

LEADERSHIP IN PRACTICE



2019 STUDENT LEADERSHIP

NOT JUST STUDENT LEADERS BUT HEROES

Each year, we recruit a new cohort of Student Leaders, who display outstanding qualities.

We first launched Student Leader Heroes, a recruitment campaign designed to communicate the incredible impact they can have on our residential community. With the help of some Student Leaders, we took photos, made fantastic posters and digital images, blog posts and used personal anecdotes, to explain the numerous benefits of being a Student Leader for residents living at La Trobe. We continue to grow our Student Leadership Program.

“2019 Student Leadership is going to be huge with over 200 applications, congratulations to our incoming leaders. Looking forward to an exciting year ahead.”

– Cas Ballagh, Manager

LIFE AS A LEADER IN 2018

BY RILEY



I've been in leadership roles for as long as I can remember and have spent countless hours in training days and seminars to improve my skills. However, none of it could have prepared me for my role as an RA on college this year. It's been the most challenging, trying, rewarding, enjoyable experience – and I couldn't imagine my second year on college any other way.

It began with an intense week of training; full of sessions that taught us how to deal with a range of situations from medical emergencies to instances of sexual assault. It was a great way for leaders from all colleges and campuses to bond and get to know each other and we certainly became much closer as a result. I can confidently say the week equipped me for my role in ensuring life for residents is comfortable, safe and fun.

Throughout the year we've heard from ex-AFL players, world explorers and even a woman who has worked with the Dali Lama. It's been truly inspiring and empowering to hear their stories and has definitely aided in leadership development. The food and socialising with other RA's was a bonus too!

On top of leadership skills, I've learnt much about myself and have grown a lot since this time 12 months ago. I've never been an overly extroverted person. There are still residents now (after 9 months) that don't realise I'm in my second year – let alone an RA. My role has given me the opportunity to come out of my shell, socialise and become more confident.

In saying this, the biggest lesson that this year has taught me is that leaders aren't always the ones that everyone know and follow. In fact, they may not even have an official title or role!

College is scary. You're thrown into a new place, probably hours away from home, often with an entirely new group of people. My main aim this year has been to make the college experience as enjoyable and comfortable for everyone. Residents should feel like it's their home away from home!

It's for this reason that I believe leadership on college isn't exclusive to those in official roles and I see it demonstrated in a range of people every day. Whether it's introducing residents to each other, being a shoulder to cry on or encouraging people to get out of their comfort zones shaping life on college goes beyond the student leadership team.

I feel so blessed to have been given the opportunity to be an RA on college this year. I've learnt so much about leadership and myself and recommend all residents to apply for student leader roles in the future. I also encourage everyone (leader or not) to embrace the college experience and make it memorable for others.

A quote that has stuck with me through my student leader journey is from Maya Angelou:

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."



COMMUNITY

A PROUD COMMUNITY

THIS YEAR OUR RESIDENTIAL LEADERS ACTIVELY DEMONSTRATED SKILLS THAT HELPED TO BUILD A POSITIVE AND INCLUSIVE COMMUNITY.

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

HELPING BUILD OUR COMMUNITY

Learning how to apply these qualities of leadership is not only important whilst living at La Trobe, but they will be utilised in the workplace. For our 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. So far this semester, residents have enjoyed playing Badminton, Futsal and Volleyball. 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



OUR COMMUNITY IN PRACTICE



ANNUAL RESIDENTIAL BALL

Our Annual Residential Ball was one to remember, Wednesday the 5th of September 350 Bendigo students frocked up for a night at All Seasons Hotel.



Georgia Irvine, Residential Education Coordinator, Accommodation Services Bendigo

WELCOME TO A WHOLE NEW WORLD

SONYA KARRAS

Sonya Karras, creator of Whole New World, presents to tens of thousands of young people, parents, teachers and organisations per year with her informative and highly amusing safe partying, drugs and alcohol seminar. We were lucky enough to have Sonya in Bendigo in August to spread her message.





OVERNIGHT

YOUR WELLBEING IS IMPORTANT

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 Bundoora, 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

AFTER-HOURS COORDINATOR, BUNDOORA CAMPUS.

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



INTER-RES BALL 2018

DINNER EN NOIR

Hear from one of our Student Leaders, Rhiannon, on one of the year's most popular event held on college.

"Inter-res ball is one of the most anticipated events in the college calendar. All residents are invited by Accommodation Services to attend a themed ball, with this year's theme being Dinner en Noir. All the attendees donned black attire and gathered at Union hall for an evening of food, music and entertainment.

Union hall was decorated beautifully in black which made a magnificent backdrop to the evening's proceedings. The night began with canapés and a DJ which was followed by black themed main meals and desserts with live entertainment between that got the whole crown on their feet. We saw

some memorable dance moves from the entertainers as well as crowd participants.

Between the meals and dancing we were able to take photos in the photo booth. The instant prints are always a crowd pleaser and a great way to remember the night.

Inter-res ball is always an amazing night to spend time with your friends and also a great way to meet new people from across the colleges. This year's ball has been one of my favourite college memories so far."

Rhiannon, Menzies College Student Leader



OVERNIGHT IN PRACTICE



PYJAMA NIGHT

Being a student can be stressful with all the challenges and responsibilities of studies, work life and relationships. So what a better to realise all that built up stress than a pj and karaoke night! Sing star to be exact.

When it comes to karaoke, there are two types of people in this world. There are those who embrace the spotlight with open arms (and lungs) regardless of tune or talent. And then there are those who whine and insist that karaoke is not for them. This alcohol free night is one to remember.



BBQ AND FOOD TRUCK FUNDRAISER



F*CK UP NIGHT STORIES OF FAILURE AND RESILIENCE



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 a dedicated Academic Excellence Coordinators who's 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."



87.16%
the number of all first year subjects passed

Sem 1, 2018



88.21%
of all subjects passed by residential students

Sem 1, 2018

MIND AT ACCOMMODATION SERVICES



SWOT VAC

We know that studying for exams can be quite stressful, so to assist and support residents throughout this worrying time, Accommodation Services provides a range of different activities, resources and free food for all the residents to access and take full advantage of. Semester One SWOT Vac included animal therapy with rabbits and border collies, dodgeball, neck massages, pancakes, bacon and eggs, comedy movie night and pizza!!

Kath Knott, Academic Excellence Coordinator,
Accommodation Services Melbourne



“The food helped provide a set time/motivator to get up and study” and “We could all interact and enjoy each other’s company in different ways through a stressful time, preparing for exams.”

DEVELOPMENT IN BENDIGO

The Academic Mentoring sessions have been revamped this semester to incorporate sessions on Stress Management (which included a PJ & milo study session), subject specialist support with the Peer Learning Advisors (PLAs), How to Adult and get control of your finances, as well as highlighting further educational supports at Bendigo. A great addition to the academic offerings at LTUB is Studiosity, a new online-study

tool that provides on-demand study help with academic literacy skills and core subject support, as well as a Writing Feedback service for assignments.

Alongside this, Academic Mentors have been busy promoting the new wellbeing space within Terrace House, a dedicated study space on res, complete a state of the art, fully-reclining massage chair!

Lauren Proudfoot, Residential Education Coordinator,
Accommodation Services Bendigo



IGNITE! CANBERRA

THERE'S SOMETHING CAPTIVATING ABOUT SPENDING FOUR DAYS IN THE NATION'S POLITICAL CAPITAL. EVEN IF POLITICS ISN'T YOUR THING, YOU CANNOT DENY THE ARCHITECTURAL BEAUTY THAT IS CANBERRA, AND THE HISTORY HELD WITHIN THE WALLS.

TUESDAY

It's after an exhausting long trip, starting at 0630 with not enough sleep to be a functioning adult for the day that we arrive in Australia's Capital Territory and head straight to the Australian Institute of Sport. The institution was established after the Australian Olympic team failed to win a gold medal in the Montreal Olympics, and opened in 1981 by Prime Minister the Right Honourable Malcolm Fraser.

During a tour of the facilities used by aspiring Olympic athletes we learn about hidden underground rooms beside training pools, used by old-school swim coaches to watch athlete's performance in training sessions. The walls of the gyms are lined with the names of those who won Commonwealth Games or Olympic Medals for Australia as part of AIS programs. We were given the opportunity to see the female gymnasts in their element during training sessions, of which the only occur at the AIS over a six-week



period so it was truly an almost once-in-a-lifetime opportunity. Their hard work truly paid off, and they were able to do things I could only imagine doing – thanks Mum for not continuing me in gymnastics, there's no way I'm that agile.

MIND AT ACCOMMODATION SERVICES



WEDNESDAY

I can guarantee that a visit to the Australian Royal Mint may stir some thoughts of bank heists, especially when they have approximately \$50,000 on display in gold coins in the entrance. And while the tour showed us the incredible history of Australian currency, it was a dancing robot named Titan that definitely stole the show.

It's not very often that our education on Indigenous Australian's allows us to see first-hand the sort of thinking that was required for them to live from the land. A tour through one of Canberra's hiking trails showed us the way the Indigenous people put incredible thought into where they would stay, to keep close to water and sources of food, and how plants that we would think of as ugly nuisances in our back gardens could be used for soap or to attract food.

The army-brat in me makes me incredibly biased in regards to the Australian War Memorial, and I truly believe that despite the sad memories it holds it is the most beautiful building in Canberra. Inside are the memories of every Australian soldier who has been deployed or fought for our ability to be free, and most importantly those who died doing so. There are photos of my own Pop, in the Battle of Long Tan during the Vietnam War, something he doesn't talk about much and this place gives me an opportunity to learn more about his experience. The changing of the guards in front of the Tomb of the Unknown Australian Soldier shows the extreme discipline of those men and women who enlist.

IGNITE PROGRAM

The IGNITE Program gives residents a change to explore culture and arts in ways you wouldn't normally experience. Its events are open to all residents, and I honestly recommend trying to go to a few. The next event is IGNITE 'Mama Mia!' and this is on the 22nd of August, giving residents an opportunity to see the Mama Mia! Musical before it closes.

THURSDAY

You cannot go to our nation's political capital without going to the building where it all happens. And like I said, even if politics are not your thing, still go. The building itself is gorgeous, with design quirks meant to make a person truly think about Australia's history. One thing in particular is the way the building faces the Australian War Memorial, and that should our Prime Minister be contemplating sending Australia soldiers to war, the doors leading to their office can be opened and from there they can see the memorial built for those who lost their lives.

The National Museum Australia is a must-see simply for its gallery on the First Australians. Their collection of Indigenous artefacts is incredibly large, and shows how the needs of the Indigenous people evolved and what they did to adapt to those changes. Their collections don't only just show the evolution of the Indigenous people, but also the heartbreak of the Stolen Generations as it was occurring, and now. This gallery shows you the incredible contribution of Indigenous people to today's society, and the ways they had to truly fight to get to this position.

FRIDAY

At the time of our trip, the National Gallery of Australia is appealing to the princess in every girl with the Cartier exhibition. On display were incredible diamonds that had made their debut on red carpets and the movie screens. Most incredibly are the pieces curated for the Royal Family, including the tiara worn by Her Royal Highness the Duchess of Cambridge during her extravagant wedding in 2011. But just because this exhibit is over, does not mean that there isn't still extraordinary piece of work to be seen.

The Australian Impressionism exhibit showcases incredible artworks from incredible Australian artists, and shows the development of art over years of hard work.

MIND AT ACCOMMODATION SERVICES



“Beautiful lights at night”

Sovereign Hill Winter Wonderlights



“Loved the chance to be a tourist at Melbourne Aquarium and enjoy a behind-the-scenes look at the MCG.”

Melbourne Aquarium and Melbourne Museum



“It was AMAZING!! The show was unreal, dinner was delicious and it was great to get out and socialize with residents from other colleges.”

Mamma Mia

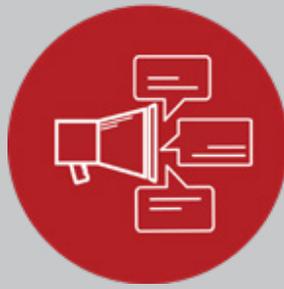
IGNITE! SNAPSHOT



“Learning about the Australia’s history. Also, I met new friends and we shared experiences and had fun”

“I really enjoyed all the activities, my favourite was the Dharwra Aboriginal Cultural tour, I learned more about aboriginal culture and way of life how they use the land.”

Canberra



ENGAGEMENT

WE USE ENGAGEMENT TO SHARE ALL THAT IS AVAILABLE

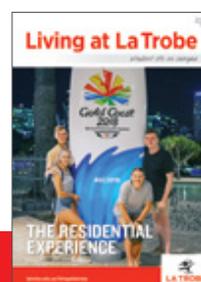
THROUGH STUDENT ENGAGEMENT EFFORTS, WE ARE ABLE TO CREATE A HEIGHTENED AWARENESS OF ALL THAT IS AVAILABLE TO LA TROBE RESIDENTS IN THE FORM OF EVENTS, ACTIVITIES, RESOURCES AND SUPPORT.

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 La Trobe* 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
- [@accommodationlatrobe](https://www.instagram.com/accommodationlatrobe)
- latrobe.edu.au/livingatlatrobe
- latrobe.edu.au/accommodation

Living at La Trobe Magazine

<https://livingatltu.blogs.latrobe.edu.au/residential-publications/>

Email Bulletins

<https://livingatltu.blogs.latrobe.edu.au/residential-publications/>

LIVING AT LA TROBE BLOG

PROMOTING THE RESIDENTIAL EXPERIENCE

Living at La Trobe 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 www.latrobe.edu.au/livingatlatrobe.



SWOT VAC ON-RES

BY JEREMY

As the end of semester one is rapidly approaching, so is our one week SWOT-VAC program, enriched with countless activities and food to provide a balance from general studies. This cessation in

classes is a one-week revision period where you are given time to appraise the key concepts in your studies.

Luckily, the Accommodation Services team, paired with your residential leaders, have prepared a week's worth of luxuries to ensure you're well prepared for the upcoming exam period.

MONDAY 4th of June

Wake up to a well-earned, hearty pancake breakfast prepared by your student leaders in the Menzies courtyard from 9:30am - 11:30am...

THEN

At 8:30pm that evening, sit back and relax to a classic comedy movie in the Glenn dining hall with plenty of popcorn to indulge into.

TUESDAY 5th of June

Begin your day right once again with a yoga session at the La Trobe Sports Centre at 8am, with a bacon and egg roll breakfast from 10am - 12pm, which is combined with neck massages in the Menzies courtyard to relieve the built up stress from semester one.

WEDNESDAY 6th of June

Throughout the afternoon, residents will be given the opportunity to meet border collies in the courtyard from 2:00pm - 4:00pm, which will be followed by a provided pizza dinner for all college and offsite students at 6:00pm.

THURSDAY 7th June

Put your competitive nature to the test in a fun filled tournament of Dodgeball held at the La Trobe Sports Center from 4:00pm - 6:00pm, which is then trailed by a BBQ dinner at 6:30pm.

Maintaining a life balance will defuse the stress built up around exams, so make sure to get around each of our amazing events throughout the SWOT-VAC period. Best of luck to everyone with their mid-year exams!



MELBOURNE AQUARIUM, MCG AND SPORTS MUSEUM TRIP

BY CLARE

"What a day! I've just come back from a great day out. I and about twenty others went with Sam and Mandy

to see the Melbourne Aquarium, the MCG and National Sports Museum today.

We left on a bus at 09:00 to arrive at Melbourne Aquarium just before 10. Inside, we had photos taken in front of the green screen before moving into the exhibits. We had just under two hours to spend wandering around and we certainly made the most of it! Cameras snapped away as we explored, looking at the tanks full of different fish, Moray eels, sharks, even an octopus, a crab and turtles! I loved going through the tunnel, where the marine wildlife swim over you as well as beside you. It was pretty cool.

We even got to see the saltwater crocodile and then the penguins being fed. The saltwater croc, we heard, only needs to be fed once a week as he's a slow mover. He originally came from up north. At the penguin feeding, there were two types of penguins - Emperor penguins (think *Happy Feet!*) and Gentoo penguins. They crowded around the door as they waited for the penguin caretakers to come out and give them lunch, when they weren't posing for photos. The caretakers use feeding time as training time, to reinforce good behaviour.

After the Melbourne Aquarium, we went straight back on the bus to the Melbourne Cricket Ground (MCG). The first stop was Trumble café for lunch - yum! Then we went into the MCG proper and were met by our lovely tour guide, a volunteer from the Melbourne Cricket Club (MCC). The MCC manage the MCG in partnership with the Victorian Government. The MCG was first built 165 years ago and has seen many firsts and significant events - the first Test cricket match and the 1956 Olympics (as well as the 2006 Commonwealth Games) were held there. Aussie Rules was first played there in 1858.

I found the tour really interesting - as a Victorian local (I grew up a couple of hours drive from Melbourne) from family who liked sport, I'd gone to "the 'G" (as it's known) for cricket matches and footy (Australian Football League/ Aussie Rules) growing up. But I had never had the chance to go on a tour of the grounds before! We got to step onto the edge of the pitch, sit in the MCC seats and see the corporate boxes (very swish!) - Not forgetting the club changing rooms! I can now say I've walking down the "race" (walkway) from the ground to the club rooms. If I closed my eyes while our guide was talking, I could pretend we were in the rooms after a successful game, waiting for the team to enter to sing their team song in victory. :)

At the end of the day we had a short amount of time to explore the National Sports Museum. We tried out games in the Game On section and then looked at other exhibits. I'd have liked to spend more time there, but before I knew it, it was time to head back to the bus and back to La Trobe. A very fun day!"



MID-YEAR SCHOLARSHIPS



**CONGRATULATIONS TO
KAITLYN RITCHIE
AND MADDISON
SCHLEIFER**

For our semester two scholarships

Previous Scholarship Recipients
tell us about their experiences...

“The Accommodation Services Merit Scholarship, will assist my family and me greatly. It will help relieve some of the financial and emotional pressure because I am fully dependent on my parents. Since starting university, I have been focusing on working hard to achieve the best results and also gaining as much volunteer experience possible. My parents fully support me with my volunteer experiences and cover all expenses incurred to ensure that I stand myself in a good position for prospective employers in the future, when I graduate at the end of 2018.”

Scholarship Recipient

ALCOHOL EDUCATION AWARD 2018

Awarded by the Alcohol and Drug Education Specialists to the Residential Education Team at Accommodation Services Melbourne.



Making unforgettable *MEMORIES*



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