

Living at La Trobe

student life on campus

Creating
experiences
for 50 years



LA TROBE
UNIVERSITY



ULURU TRIP

Outbound was created to extend the reach of La Trobe’s residential events and improve the student experience.

This year we have taken Outbound to a whole new level, as we venture to Uluru on an immersive, 4-day trip of a lifetime in August. Uluru is an internationally recognised landmark, a massive sandstone monolith in the heart of Northern Territory’s arid “Red Centre”. Uluru is sacred to Indigenous Australian’s and formed millions of years ago.

This is a once in a lifetime experience that we are thrilled to offer our residents. As with all our Outbound events, this is subsidised to make it accessible to more of our residents. We can’t wait to hear our resident’s accounts of the trip once they return, and hope they have a truly memorable experience.

Included in this trip are:

- Return flights
- Airport shuttle service
- 3 nights’ accommodation (resort includes: café, restaurant, tennis courts, 4 swimming pools, 24 hour reception, dry cleaning, laundry, internet access, look outs and much more!)
- Breakfast x3
- Australian BBQ dinner under the stars
- Lunch x3
- Uluru base walk – 8km to 10km
- Camel ride over sand dunes
- Field of Lights
- Valley of Winds – The Olgas (8km walk)
- Aboriginal Cultural Centre
- Bush tucker, cultural dot paintings, 2 hour cultural walk with indigenous guide.

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GREETINGS ALL AND WELCOME (OR WELCOME BACK) FOR 2017.

This year is a special year for La Trobe University as we celebrate our 50 year Anniversary.

Some of our residential buildings were the earliest built onsite at the Melbourne Campus and feature prominently in the memories of alumni with Glenn Dining Hall being the original place many of our earlier students had their graduation ceremonies.

Melbourne Campus undergraduate students will have seen in communications that many of our common rooms (and some bedrooms) were flooded by the torrential rain experienced on December 29, 2016. Whilst an inconvenience, with adversity comes opportunity and this has proven a catalyst to give many of our common spaces a much needed renovation. Thank you all for your patience whilst works have been happening, and we hope you like our new and improved common areas. Thank you to our colleagues in the University Infrastructure and Operations team for prioritising these works.

Increasing our resident's security on campus consistently ranks as some of the top feedback I receive from our student population, so it is great to see a major upgrade in the number of security cameras in the Bundoora Residential precincts completed over summer. These complement our After-hours Coordinator and Accommodation Officer roles as well as our Glider bus services, making our residential precincts safer after hours.

This year also saw over one hundred Bendigo students attend Responsible Service of Alcohol and Barista training during Orientation. This great initiative will assist these students to find local employment whilst living on-campus.

A big thank you to my team in Accommodation Services who have worked tirelessly over the summer to put together what intends to be the best year ever! And it seems that we are well on track, as I have seen a huge array of great events during ResFest 2017 – Fluoro parties, Paddle Boarding, Funfields trips, Zoo trips, Queen Victoria Market excursions, Moonlight Cinema nights, Escape rooms, Reptile shows, Outrigging Canoe racing, Torquay learn-to-surf trips and even a night at the Royal Botanical Garden's theatre to see Shakespeare's Twelfth Night!

With all this going on, and now with classes firmly underway, we understand that the transition to university life can be hectic and sometimes even a little overwhelming. Your Student Leaders and my team are here to support you every step of the way.

Here's to an amazing 2017!

Adam Campbell, Senior Manager, Accommodation Services





CISAustralia is dedicated to providing Australian students with innovative, high quality overseas study, intern and volunteering experiences whilst promoting global awareness, inspiring personal growth and developing world citizens.

Working in partnership with CIS Australia, Accommodation Services continue to embrace and advance the many global opportunities on offer for our residents – whether that be travelling to Thailand, Cambodia, Cost Rica, Spain, South Africa or Nepal (to name a few)!

RECENT ACCOMMODATION GLOBAL ADVENTURES

During the summer break, some of our adventurous residents travelled abroad to remote destinations as part of the CIS Australia Accommodation Services Global Programs.

Packing their bags and heading intrepid, five students travelled to Nepal – undertaking community development and fieldwork, two students participated in our Cambodia program, supporting English in a local village outside of Phnom Penh, two students travelled to Thailand on a leadership and cultural development journey and one student engaged in the Big Five wildlife management and conservation program in South Africa.

In this edition of Living at La Trobe we feature two reflections of the CIS experience from our residents, Olivia and Zoe – who travelled to Nepal and Thailand.



For more information or to find out more about applying for a Global Program:

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who spoke absolutely no English, and you can really feel like you are getting to know the other person/people, even without speaking the same language.

COMMUNITY DEVELOPMENT

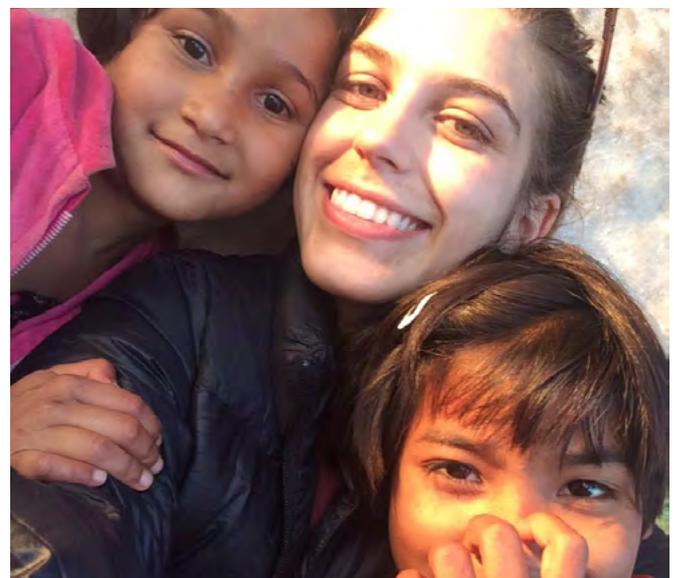
In terms of community development, the other volunteers and I were given the task of assisting with the building of a goat shed, which was to allow the farm to house more goats and provide a safer home for the current goats on the farm. The work we were involved in consisted of moving and placing rocks, digging trenches to run pipes through brick laying and cementing. While unable to finish the goat shed in the two weeks we were on the farm for, we believe as a team that our efforts won't have gone unnoticed and that we were able to successfully contribute to the continual development of the farm. Another activity in which we engaged in was helping out in the classroom in the mornings with the children as they had upcoming exams. In Nepal in this day and age, it is essential for all children attending school to learn English, as when it comes to their exams, they are entirely in English and not Nepalese. As volunteers, we would go down to the classroom for two hours in the morning before the kids went to school and help out with reading and writing in English, and sometimes with basic maths. This task proved more difficult than I anticipated, as English is quite a hard language to learn when it isn't your first language.

NEPALESE WEDDING

Throughout our two week stay in Nepal, we were lucky enough to be able to observe and also participate in a Nepalese wedding ceremony, as one of the women on the farm was just married the weekend before we arrived. The ceremony consisted of a lot of people and a lot of food! Family and friends from all over made their way to the farm, which is about an hour hike up a very steep hill (only large four-wheel drive cars are able to make it up the hill, so otherwise the only option is to walk), and the women on the farm who work as the cooks were cooking the most delicious and exotic food I have ever tasted! After all of the food was consumed, the music and dancing began, and the Nepalese women tried their best to teach us the traditional Nepalese dance, however this proved harder than it sounds.

MY SECOND FAMILY

My stay in Nepal was definitely not long enough, however the two weeks I did spend there were an absolutely amazing way to really get to know the culture and experience life the same way that the Nepalese women do every single day. Living in the homestay with the women was a truly enriching experience, and I consider the women a second family to me now. The experiences in which I had over in Nepal can sometimes be hard to explain to those who have never had the opportunity to travel there, as they are so unique and different from anything you would experience in Australia, however this factor just makes me cherish my time over there that much more.



TRIP TO NEPAL

Olivia Sciarrone – Chisholm College
Rural Community Development in
Nepal. November/December 2016

FIRST IMPRESSIONS

In late November last year, I was lucky enough to have the opportunity to travel to rural Nepal to volunteer at a Women's Farm for 2 weeks. The lead up to my travels were very exciting as I had never previously travelled to Nepal, so it was all new territory for me. Upon arrival in Nepal, I was with a friend from Melbourne as we had travelled over together and had known each other previously before commencing our travels. We met with our supervisor, Scott, and began the long car trip from the airport through the busy Nepalese traffic. My first impression of Kathmandu was that although it is considered a poor city in terms of the way in which people live, every single person is always smiling, always happy and always wanting to help out in any way they can. Kathmandu compared to Melbourne is quite different, for example, in Kathmandu they don't have proper waste management systems, so when disposing of rubbish and other items, they are literally thrown onto the street and then burned as a pile, compared to in Melbourne where rubbish bins are placed at almost every corner and used for disposal of items. After a night's stay in Kathmandu and once all five of us volunteers arrived, we set off for the farm in which we were to volunteer on, which was referred to as "Her Farm".

HER FARM

"Her Farm" was set up several years ago by the supervisor Scott and his Nepalese wife, Sunita. Their main objective in setting up the farm was to provide a refuge for women who come from violent or unsafe backgrounds, such as domestic violence and other related situations, or simply for women to get away for a few days and find peace and solidarity. When the farm was established, there was only a minute number of women living there and the facilities and buildings that they had were very limited. However, when I travelled over to the farm, there is now more than 30 women and a large handful of children, and they have become one big family, as they all work together and for each other to provide food and clothing for all the children, especially the many babies. The women on the farm are all given jobs, such as cooks, teachers, builders, etc. as a way to give them the independence and rights in which they deserve in society. My experience on the farm allowed me to get to know most of the women individually as well as interact with the children in a unique way. I found it quite amazing that it can be so easy to interact with people from different cultures, some



TRIP TO THAILAND

Zoe Croucher – Chisholm College
Leadership and Cultural Development
in Thailand. January 2017

FIRST IMPRESSIONS

The introduction to Thai culture begins as soon as you arrive at Bangkok airport. It appears to be chaos with no order or structure, yet somehow you are through customs within 20 minutes. This quality of functional chaos is a signature trait throughout the entirety of Thailand and you soon begin to appreciate how incredible it is. Our first day in Thailand began with a supposedly one-and-a-half-hour bus trip which quickly turned to three hours, courtesy of that famous Bangkok traffic. We journeyed towards the Myanmar border and spent our day attempting a zip line course. Most of that day was spent laughing as it turns out, none of us were natural zip liners.

CULTURE

Our first immersive experience into Thai culture was our two night homestay in a small community run village. We opened the carved timber doors to a huge room with mattresses spread all over the floor. This was our first experience living as the locals did. We had our first traditional Thai dinner, which consisted of rice, curry, tom yum soup and two dishes which I still couldn't tell you what they were. Our next morning was the highlight of the trip as we woke up at 6am to give alms to monks. The monk pulled up to our small dock on the river in his traditional Thai boat as the local Thai people tried to explain to us (with no English) that we needed to sit as we prayed. We sat and listened to the monk pray and even with no understanding of the language, this was by far the best way to start the day. We presented the monk with the alms and he drifted off down the river.

Our next adventure was a traditional Thai cooking class. We were each given the name of an ingredient in Thai and then dropped off at the local market to find it. The difference between this market and an Australian market is that it is set up on train tracks and the entire market has to rush to move everything every time a train comes through. Despite this, we were assured there was at least an hour before the next train. As we traipsed around we saw an unusual amount of seafood that was still moving and upon further investigation, discovered that the vendors would not kill the seafood as they did not want the bad karma that came from killing. Attempting to find our assigned vegetable was our first experience in learning to communicate without language and a few stalls later, we were pretty sure we had the right one.

Learning to communicate without language has become one of the most valuable lessons that I have taken from this trip. This skill is not exclusive to a language barrier, but can be applied when there are differing opinions and you feel as though someone else may not be understanding you. Having the tools to communicate in different contexts is inherently valuable.

LEADERSHIP

My perception of leadership was fairly vague prior to my participation in the program, and has changed considerably since my return. A common theme that appeared in almost all lectures and site visits was that leadership requires adaptability. While events may be planned a year in advance, circumstances cannot. Things often change, and a person who embraces leadership and not authority will recognise this and use their position to allow for alterations. The significant differences between Thai and Western culture require you to be adaptable from the start. Our schedule changed about six times before we had even arrived and almost once a day following our arrival. In Australia, this would drive almost anyone to insanity as we are taught to plan ahead and follow through. Despite the Western perception that this Thai system is dysfunctional and chaotic, our entire trip ran smoothly purely due to the Thai people's ability to stay calm and pull everything together no matter how late. This quality is one that I hope I will use consistently throughout the year as using the Western thought of planning ahead and following through combined with the Thai thought of staying calm and looking for alternative options provides a much more cohesive understanding of the requirements of leadership. As someone who studies an interdisciplinary degree (Politics, Philosophy and Economics) it has been incredibly rewarding to be able to implement the practice of combining different schools of thought into a real world context.

VOLUNTEERING

Our final days were spent in a remote village approximately one and a half hours outside of Chiang Mai in the north of Thailand. We were once again thrown into the depths of Thai culture as the English language returned to being a foreign concept to everyone around us. After having been in Thailand for over two weeks, by this point we were much more adjusted to communicating without language and didn't see this as a challenge anymore. What followed this was a new challenge that proved to be even more difficult. Throughout our lectures and site visits over the previous two weeks we had heard the term 'indirect communication' used a countless amount of times, but had never had the opportunity to experience it for ourselves. This 'indirect communication' is a common theme throughout Asia. It is all about saving face and never making anyone else feel embarrassed. In theory this seems like an extremely positive concept, but we soon learnt that it often became negative.

TRIP TO THAILAND CONT.

The nature of our volunteering was construction work in the morning and teaching English in the afternoon. Our construction project was to build a canteen, so on the first day we were shown to some bags of cement, some sand, gravel and a hose and told to start mixing so that we could pour the floor. Not one of us had ever made cement from hand before yet somehow, between the nine of us by the end of the day we had a floor. What followed the next day was the school maintenance worker complaining of a sore back, which is the Thai way of telling us that we had not mixed the cement well enough and it had been hurting his back every time he had to pour it. From a Western point of view, we could not understand why he had not mentioned this the previous day while we were mixing the first tub but instead went on to pour about 15 tubs without telling us. In Thai culture this is the right thing to do as he in no way wanted to ever make us feel as though we were doing the wrong thing, even though we would have been happy to receive any advice possible.

...following my return I am actually astounded at the skills that I have been able to bring back with me.

The next day we were shown to some bricks and told to start building the walls. Once again, indirect communication got in the way. Every time we would look at the school worker he would smile and give us a thumbs up, yet as soon as we'd finish a row he would start tearing bricks down and do it all again. We soon learnt that we needed to do two bricks at a time and walk away for long enough that if it was wrong he would fix it, we could watch and then understand how to do it the right way. Cross-cultural communication is an instrumental tool as we live in such a globalised world. It is not always about trying to force people to adapt to your culture, but learning how to adapt yourself so that you can communicate across many cultures.

Prior to my global program in Thailand I had no expectations of what it would be, but following my return I am actually astounded at the skills that I have been able to bring back with me. These skills are not limited to Asian culture or leadership, but can be applied in every aspect of life. Cross-cultural communication is particularly esteemed by employers and governments currently as we live in such a globalised world, and more specifically to the Asian region as the Australian government moves toward being a more Asia-literate society. Taking on many schools of thought when in a position of leadership allows you to become more adaptable and take unforeseen circumstances and turn them into something even better. I am extremely appreciative that I have had the opportunity to take on this experience and hope to participate in many more like it in the future.

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EXPERIENCE GLOBAL PROGRAMS

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– Zoe



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– Olivia



2017 GLOBAL PROGRAMS

- Cambodia – Teaching and Community Development
- England – January in London
- Fiji – Community Development
- Nepal – Rural Community Development
- South Africa – Big Five Wildlife Management and Conservation
- New Zealand – January in Dunedin
- Thailand – Leadership and Cultural Development



Student leaders

At the beginning of 2017, we had the privilege of welcoming our student leadership groups back onto campus for a dynamic week of training, one week before our new residents arrived.

During an interactive and engaging schedule, 127 Residential Assistants (RAs) across the portfolios of Health, Social, Academic and Ambassadors, participated in a workshop program to prepare them for their respective roles as 2017 Student Leaders.

Across the campuses, our Student Leaders completed a range of training sessions – some highlights; drug and alcohol education sessions (AlcoCups and Red Frogs), adaptive leadership development workshops (Polykala), consent training (CASA) and training with our Residential Education Team (community standards, disclosure, confidentiality, health and wellbeing, group leadership and events management, social media – just a few of the topics covered).

Following leadership training and as a pioneer program at La Trobe, our leaders then delved into an extended three week Orientation/ResFest program. ResFest 2017, which covered off in excess of 65 separate events, was hugely successful and a testament to the commitment and dedication of our Student Leaders – a massive thank you to our leaders for going the extra mile and really making a difference for our commencing residents.

For the remainder of the year, our leaders will continue to have an integral role in supporting those living on-campus, whilst also building upon their leadership skills through targeted personal and professional development opportunities.

As we head towards August, we will also be promoting our many student leadership opportunities for 2018. Connect into our *Living at La Trobe* Blog for more details.

– Cas

Carolyn Ballagh, Manager, Residential Education



TUSHAR SINGH – BEING A STUDENT LEADER

Being a Student Leader has provided me with a myriad of opportunities to help create a positive and substantive impact on the lives of other students.

The role has also contributed towards my personal development by giving me the opportunity to not only help others, but also build relationships. I have been given the privilege of representing the student residents at many events and meeting many distinguished academics like Professor John Dewar, the Vice-Chancellor of La Trobe, at La Trobe's 50th Anniversary Lawn Lunch.



Tushar Singh

Being a Student Leader has also made a promising impact on my employability prospects and academic life.

My role as a Student Leader has taught me that the best way to find yourself is to truly lose yourself in the service of others.

– Tushar, Glenn College (Melbourne)

RESFEST 2017

A GATEWAY TO THE RESIDENTIAL EXPERIENCE

ResFest 2017 was one of the largest Orientation Programs Accommodation Services has ever held for its residents. There were in excess of 65 tailored activities and events held for La Trobe residents across our campuses over a period of 3 weeks – providing the perfect opportunity for our residents to develop new friendships, create memorable experiences and become comfortable in their new home.

With 2017 marking La Trobe University's 50 Year Anniversary, ResFest also presented a great opportunity for us to ramp up the energy with as many fun and engaging activities as possible.

An incredible amount of effort was put in to ResFest 2017, and the results speak for themselves – watch the video below from our Melbourne Campus to get a glimpse of how good it was.

– Cas

Carolyn Ballagh, Manager, Residential Education

EXPERIENCE RESFEST 2017

We asked our 2017 residents what they enjoyed most about some of our ResFest 2017 events and activities, and this is what they said...

“The music artists, the cartoonists, the food was amazing! It was all amazing, especially the slushies!”

“Getting together with people and engaging with an array of different cultures.”

“The diverse music has been beautiful and fun! I love how it's brought a lot of people together.”

“The very comfortable and welcoming attitude of all RA's and staff.”

“The bus, the nap, the donuts, the shopping, the sun, the vibes, the music.”

“The very comfortable and welcoming attitude of all RA's and staff.”



CREATING EXPERIENCES



‘Outbound’ was created by Accommodation Services to give our La Trobe residents access to the biggest and best attractions Victoria has to offer, at heavily discounted prices – and this year we are extending our reach to the centre of Australia, with a 4 day trip to Uluru!

On Sunday 26th March we kicked off the year with our first Outbound event – Outrigging canoe.

Outrigging Canoeing and sailing is an important part of Polynesian heritage, as for thousands of years they have been amazing voyagers and explorers. These Outrigging Canoes were also used for transporting goods and people, as well as fishing. I have been a keen Outrigger for 20+ years and have been involved in clubs in NZ and in Melbourne. It was an honour to be able to share my Polynesian cultural roots with our residents!

Here’s what one of our Student Leaders, Cass Perkins, had to say about Outrigging:

“When I first heard about ‘Outrigging Canoeing’, I wasn’t entirely sure what to expect. And, despite being sore the following day, it was such a good day and it was fantastic to experience the traditional Polynesian mode of transport.

After an initial ‘warm up’, I say warm up lightly, as it was much more of a boot camp – ha ha! But nonetheless we were warmed up and ready to go. Eager to learn, we practiced on the beach before trying our luck in the water, where we paddled in sync

with each other and went through a few basic techniques to practice both control and speed of the canoes. Before long it was time to race! Which involved starting in our canoe in shallow water, jumping out and running along the beach towards a flag and back, then paddling out and around a marker in the water, before doing one final running leg.

To finish off a great morning in the canoes, it was only fitting to experience a traditional Polynesian ‘’, essentially, we, as the paddlers were tipped out of the boat and had to swim underneath to the other side. At first a few of us were quite nervous by the idea, but it was all very safe and it was a great excuse to have a swim afterwards! Following this we were provided with an amazing feast to refuel after an enjoyable but tiring morning on the water and had a chance to soak up some sun before coming back to campus. And I am sure like me, we all felt it the next morning – what a great work out!”

Sam Fualau, Social Engagement Coordinator



Outrigging Canoeing

The year ahead

GREAT OCEAN ROAD

The Great Ocean Road is an iconic Victorian tourist destination that provides a breathtaking view of the ocean and an incredible scenic drive. 'Outbound' has featured this activity multiple times as it offers such great value to La Trobe residents and undoubtedly creates memorable experiences. As with all Outbound events and activities, this trip is substantially discounted and will only cost \$20 for residents – incredible value for all residents, especially those who are new to Victoria or Australia.



Twelve Apostles

MT HOTHAM SKI CAMP

Visiting the snow for the first time is always a special experience as it offers such a unique contrast to the everyday landscapes most of us are used to. Accommodation Services has made a 2-day trip to the snow easy and affordable to La Trobe residents, by subsidising and organising this type of activity. Residents are provided with access to accommodation, skiing/snowboarding lessons, equipment hire, lift passes and more for under \$220 – a bargain for anyone who has visited the snow before.



ULURU

'Outbound' has spread its reach in 2017, as La Trobe Accommodation Services continues to explore ways to further improve the residential experience. This is the first Outbound trip to venture outside Victoria and will be a memorable experience for all the lucky residents who take part in this trip. This trip offers incredible value to both domestic and international students, with the trip including return air fares, resort accommodation, meals, Uluru base walk, Olgas walk, a visit to the Aboriginal Culture Centre and much more – all for \$1320.



Field of Lights – Uluru

OTHER OUTBOUND EVENTS TO COME IN 2017

- Swimming with Dolphins and Seals + Snorkelling
– March 25, April 2
- Fishing Expedition – May 6
- Lake Mountain Snow Trip
– June 16
- Dandenong Ranges Trip
– September 16
- Healesville Sanctuary and Yarra Valley Chocolatier
– October 7

SOCIAL ENGAGEMENT

2017 is looking to be an exciting year for Accommodation Service's residential events!

As part of the Social Engagement Portfolio, I aim to help residents create as many positive experiences as they can while living at LaTrobe. Whether this happens when they are enjoying their first Moonlight Cinema during orientation, going to the Dandenong Ranges, or seeing the Great Ocean Road for the first time – we are always offering new and exciting activities for our residents. Each and every year we have so many students experience Victoria's great attractions for the first time, and it's so exciting to be able to provide these opportunities, especially to those who are new to Australia. We also host a range of social activities on-college, to ensure their greatest experiences are a range of on and off-campus memories, and that friendships are always being made.



Our Wednesday Night Live events this year are a collaboration across all portfolios to provide some fun, engaging, fresh new events which include: Parkour, Responsible Services of Alcohol (RSA) short courses, self-defence classes, short food handling course, hip hop dance classes, rock climbing, Pearls of Wisdom and much more!

In the month of May we look to have all our Residential College Ball events which are always a highlight of the year for residents; a great chance to dress up, enjoy great food, an abundance of entertainment, student leadership dance, live DJ, band, roving performers and much more.

Sam Fualau, Social Engagement Coordinator



*Check out the date of your
College Ball event and don't
forget to register online!*

Chisholm Ball – 4th May

Registrations close 5th April, 11.00AM

[register here](#)

Glenn Ball – 11th May

Registrations close 12th April, 10.00AM

[register here](#)

Menzies Ball – 18 May

Registrations close 24th April, 10.00AM

[register here](#)

Offsite Ball – 25 May

Registrations close 26th April, 10.00AM

[register here](#)

ACADEMIC EXCELLENCE

Attending university can be a whirlwind of excitement, nerves and anticipation – not to mention getting in to the swing of studying independently and attending lectures and tutorials.

As an Academic Excellence Coordinator, I'm here to provide that extra bit of support that can make a huge difference to a student's studies, especially for our first-year residents. Aside from providing year-round support, there are a variety of tailored initiatives designed to assist each and every resident in achieving their academic potential.

It has been great to see our dedicated Academic Mentors working with our first-year students to ensure that everyone has a study specific mentoring group to be a part of. These sessions are compulsory for our first-years, just to give them that little bit of extra help while getting used to university. We have over 800 first-year residents and 24 academic mentors who will support them throughout the year to enhance their study skills and enrich their student experience.

Accommodation Services currently stocks over 500 textbooks – all of which are purchased exclusively for our residents, most of which are on required reading lists of LTU degree courses. We are seeing books fly off the shelves and I'm so happy to see our residents taking advantage of what we offer!

Recently we held our first 'Pearls of Wisdom'. The night provided second-years and above with inspirational and motivational speakers, as well as valuable networking opportunities. Our three speakers all discussed events that motivated them to strive higher and achieve great things through adversity.

We are continuously seeking innovative ways to improve our academic programs available for our residential students to ensure they achieve their potential academically and are career ready. Watch this space!

Kath Knott, Academic Excellence Coordinator

ACADEMIC EXCELLENCE PROGRAMS

- Textbook Borrowing Scheme
- Specialist Subject Tutors
- Academic Mentoring Sessions
- Motivational Guest Speakers
- SWOT Vac



Pearls of Wisdom - Shawn Walker, Rebecca Bailey, Georgia Atkin-Smith and Kath Knott.

HEALTH AND WELLBEING

After an incredible few weeks of ResFest 2017 that saw students having a blast engaging with the residential community, we have now launched into first semester.

The RA-Health teams have already delivered their first college-wide events for the year with over 500 residents participating in events focussing on the Empowerment and Respect dimension of wellness. Students learnt about respect, sexual consent, and LGBTIQ support services while enjoying games of bingo, trivia questions, guest speakers, free food and giveaways.

“A Queer Peer representative provided information to the students regarding counselling and other support services available at the university. The above information along with personal stories and statistics shared by the speaker facilitated student empowerment. Moreover, the drag queen bingo was an amazing way of bringing people together in a fun-filled and light-hearted way helping students to rejuvenate after the first week of university.”

Tushar Singh – RA Health, Glenn College

Our Wednesday Night Live program has kicked-off with residents jumping, vaulting and climbing through a Parkour session around campus. With Yoga, Hip Hop, Scuba and our extended Boot Camp program on the horizon make sure you check out the Living at La Trobe blog to keep up-to-date with all the activities and events on offer.

By now you've probably seen our weekly health and wellbeing publication – *The Dunny Dispatch*. The first five issues have already ready seen a variety of topics covered including sexual consent, hazing, and academic programs. If you've missed any of the issues so far you can find them at the Living at La Trobe blog, under Health and Wellbeing.

Don't forget my door is always open if you feel you are struggling and need someone to talk to. I can offer advice and guide you in the direction of the numerous support services available to get you back on-track.

With so much on offer I'm looking forward to sharing the year with you.

Jo Wotton, Health and Wellbeing Coordinator.

The Dunny Dispatch



CON - SENT [VERB]

Consent means to freely and voluntarily agree to sexual activity. It also means taking responsibility to ensure that the person you are attracted to is comfortable and agrees to go further. If someone is manipulated, threatened or forced into sex, or if they are so intoxicated that they don't know what is going on, then they are not consenting. Each and every time you do anything sexual, ranging from touching and kissing, to having sex, you must always have the other person's consent, from beginning to end. Never assume that a person is consenting because they have said "yes" at other times, or because of their reputation, or the way they act or dress.



COMMUNITY STANDARDS

La Trobe Accommodation Services believe in creating an inclusive, supportive community that fosters engagement, rewards and recognises individual contributions and promotes safety.

Each year we increase our efforts to achieve a high community standard that all our residents can be proud of. We have kicked-off the year in tremendous fashion and we want all our residents to know that their safety and wellbeing are our number one priority as we progress through the year.

During ResFest 2017 we saw some very successful 'Community Living Sessions' where first-year residents were provided with real-life tips on living out of home and how to do it best. This included lessons on meal-preparation, changing car tyres – and mid-lesson we actually did change a resident's flat tyre! – and how to operate a washing machine.

IT'S BEEN A GREAT START TO THE YEAR AND HERE ARE A FEW SUGGESTIONS:

Important contacts

- Ensure you have the contact numbers of our After Hours Coordinator, Accommodation Officers (Night) as well as Security saved in your phone
- Visit the Accommodation Services Office for a copy of all important contacts

Attend your tower and floor meetings

- Tower and floor meetings are conducted on a bi-weekly basis during semester. Get in touch with Caroline Vong and your Student Leaders if you have any questions or would like to raise any issues or concerns
- We encourage you to attend most, if not all, floor meetings – it is a fantastic opportunity to learn about the Rules of Residence, as well as hear about upcoming inbound and outbound events!

Rules of Residence

- Be familiar with the Rules of Residence which is designed to ensure all residents have a safe and enjoyable living and learning experience
- Rules of Residence can be accessed on the blog, Accommodation Services webpage or you can request a copy at the Accommodation Services reception

Say hello

- Never be afraid to step in and say hello!
- Located behind the Accommodation Services reception (and our newly installed fish tank!), come in and have a chat

Get involved in sustainability

- We have great initiatives planned for the year ahead which include tree planting, recycling of mobile phones and library books
- This is a great opportunity for residents to get involved and make a meaningful contribution to and remain connected with your environment

UniCAN alcohol accreditation

- We invest in our residents to ensure all residents have the opportunity to be involved in and participate in alcohol education activities
- We have forged strong relationships with AlcoCups and are working toward maintaining and increasing La Trobe University's alcohol accreditation levels

Caroline Vong, Community Standards Coordinator.



SOCIAL ENGAGEMENT & ACADEMIC EXCELLENCE

OUR 2017 RESIDENTS HAVE MOVED-IN!

300 new first year students moved into residence on the 4th of February – a very hot day full of Zooper Doopers! Our full team of amazing Student Leaders and Accommodation Services staff were on hand to help new and returning students check in for the exciting year ahead. Students from Units, Hillside, Terraces, Villas and Orde House were greeted by their student leaders and shown to their rooms in preparation for a busy ResFest 2017 and year ahead.

AMAZING RACE

We headed into Bendigo's CBD with our first years to introduce them to Bendigo life! 200 students set out on foot from The Marketplace and ventured through town to check out some of Bendigo's essential services (Centrelink and headspace), and an opportunity to check out some of Bendigo's historical sites at the Town Hall and the Chinese Gardens. The event finished with an ice-cream and some fun in Rosalind Park. This gave students from all residences an opportunity to hang out off-campus and get to know each other, and Bendigo, a little better.

SURF TRIP

Our first year residents got a whole new experience at ResFest 2017 as they were able to head to Torquay for a Surf Trip! Residents were able to test their skills with two surf lessons hosted by Torquay Surf Academy! It was a fantastic trip!

I wish all of our 2017 residents a fantastic year full of exciting memories and great academic achievements.

Georgia Irvine – Residential Education Coordinator –
Social Engagement and Academic Excellence



HEALTH AND WELLBEING & COMMUNITY STANDARDS

WHAT A GREAT START WE HAVE HAD TO 2017!

The Health and Wellbeing team hosted a range of events throughout ResFest 2017 that were designed to get our new (and returning) residents out and active in the local community and beyond, while building skills around how to navigate uni life.

Residents had the opportunity to engage with Sonya Karras (Drug and Alcohol Educator) and Vanessa Bates (Proactive Policing Unit, Victoria Police – Bendigo) about how to stay safe, whether on or off campus. Both presentations were full of great information and are an essential part of our orientation.

Some of the other ResFest 2017 activities included a trip to Funfields in Whittlesea to beat the heat, and enjoy an opportunity to meet some fellow resses from the Melbourne Campus. Our residents also headed to The Mill precinct to try Castlemaine's finest locally roasted coffee at the Austrian-themed Das Kaffeehaus, they searched for vintage wares at the Vintage Bizzare and also sampled Castlemaine's craft beer at The Taproom.

We also had 30 resses and Student Leaders go to Queenscliff in the hope of swimming with dolphins. While several dolphins were spotted they weren't in the mood for a swim en-masse, however a group of 40+ Australian Fur Seals certainly made

the day worthwhile with resses having the chance to swim with them in the middle of Port Phillip Bay. The weather was perfect and everyone had a great time hanging out on the boat while cruising the bay.

Check out the video highlights from the day below.

Lauren Proudfoot – Residential Education Coordinator
– Health and Wellbeing and Community Standards



Swimming with Dolphins



WELCOME TO 2017!

Our East End Residence and McFarlane's Hill Residence welcomed new and returning residents from across the country. Thank you to our team of Residential Assistants for assisting during the transition, and for making everyone feel welcome. Residents have enjoyed a variety of activities during their orientation, including a Welcome to Uni Party at the Hanger, Movie Night (Rango and Gone Girl), Summer Splash at Albury Pool, Picnic Lunch on the Lawn, Flip-out, Self Defence Class, FreeFit Classes, Sports Games, Community Breakfasts, and a Mexican Themed Dinner Party at the Quad – what a great start to the year!

We have some great activities coming up for all residents, including a mystery bus trip, petting zoo, yoga classes, aqua aerobics, tai chi, trivia, breakfast club, movie nights, and more.

WHAT'S NEXT? RESIDENTIAL ACTIVITIES COMING SOON

1. Laser Tag: April
2. AFL Trip, Melbourne Trip: May/June
3. Ski Trip – with WSA: June/July
4. Outbound Program

*A leader's attitude is caught
by his/her followers more
quickly than his/her actions*
(John C. Maxwell).

Enjoy, learn, and lead well!

Melissa McFarlane – Residential Experience Coordinator
– Albury-Wodonga Campus



Albury-Wodonga

AN EVENTFUL SUMMER BREAK

The La Trobe Melbourne Campus had an eventful end to 2016, with extreme weather conditions experienced on December 29. With flash flooding across much of the metropolitan region, three of our undergraduate housing colleges were affected by water damage. The following areas received substantial damage to the floors and furniture:

- Chisholm Common room
- Menzies South Common Room
- Menzies Gym
- Glenn Common Room

With a lot of work to be undertaken before our 2017 residents arrived in February, we encountered a particularly busy start to the year. Although challenging, with adversity came opportunity as we worked daily with our insurers and the La Trobe Infrastructure and Operations Department to re-open the damaged areas.

REFURBISHMENTS COMPLETED

All refurbishments have now been completed with the advantage of brand new furniture being installed. The Glenn Common rooms have also had their walls knocked down to widen the space – now providing an enhanced area for our Glenn residents. The Menzies Gym has been moved and

improved, with a new workout space being allocated for residents. Beyond these efforts, we have plans to convert the old Menzies gym area into a new common space/lounge area.

As part of a separate project over the summer break, the Menzies Conference Centre also had a major refurbishment completed as part of the Theatre and Drama relocation project.

MOVING FORWARD

With so much happening within the Accommodation Services space in Bundoora, there is much to be excited about. 2017 is shaping up to be the best year yet for our residents, with improvements in facilities taking place all over the colleges, and existing areas being utilised and enjoyed by all. Accommodation Services continues to be a catalyst for a positive student experience. Our efforts will continue to be tireless as we look ahead with enthusiasm and endeavour.

Lenin Manirajah, Senior Facilities Coordinator



WELCOME

Bendigo Campus welcomed students returning to residence on Saturday 4th February. Over the next few weeks residents were able to experience a fun range of activities to get out and about. As you can see from the photos, it has been an awesome first few weeks on-campus.

Late last year we received approval for \$2m worth of capital works to upgrade the drainage and lighting of The Terraces. This project will soon be underway and whilst there will be some small disruptions, the new facilities will be a welcomed improvement. The Terraces also had a face lift, with painting of the outside trim also taking place. Orde house received new air-conditioning (\$50,000) and a new Shade Sail. Hillside kitchens have had additional cupboards installed and there has also been some new facilities added to the common room. With all these works helping improve our facilities, we are showing our commitment to providing a positive student experience for students living at La Trobe.

Tracey Langdon, Manager, Regional Operations

THERE HAVE BEEN SOME STAFFING CHANGES IN BENDIGO...

Georgia Irvine has been successful as the new Residential Coordinator of Social and Academic portfolios.

Lauren Proudfoot is the new Residential Coordinator for Health and Wellbeing and Community Standard portfolios.

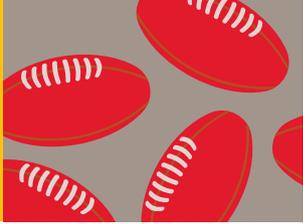
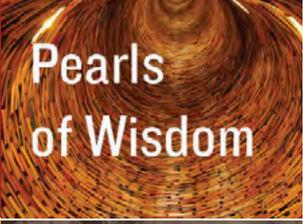
And we have welcomed **5 new ASA casual staff** to the Bendigo team.



RESIDENTIAL EVENTS AND ACTIVITIES

APRIL/MAY

Melbourne Bendigo Albury-Wodonga

<p>Great Ocean Rd Trip (Outbound) April 1 - Melbourne</p>		<p>AFL Trip May (AW)</p>	
<p>Evening in the Courty April 4 - Melbourne</p>		<p>Pearls of Wisdom May 3 (Bendigo)</p>	
<p>Chisholm Trivia Night April 4 - Melbourne</p>		<p>Chisholm College Ball May 4 - Melbourne</p>	
<p>Laser tag April (AW)</p>		<p>Fishing Expedition (Outbound) May 6 - Melbourne</p>	
<p>Swimming with Dolphins and Seals + Snorkelling April 7 (Bendigo)</p>		<p>Glenn College Ball May 11 - Melbourne</p>	
<p>Menzies ABC Party April 11 - Melbourne</p>		<p>Menzies College Ball May 18 - Melbourne</p>	
<p>Otway Ziplining April 28 (Bendigo)</p>		<p>Offsite College Ball May 25 - Melbourne</p>	

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

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 9-5pm, 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.

SCHOLARSHIP RECIPIENTS

*Through scholarships,
we are increasing opportunities
and creating experiences
that can last a lifetime.*

FIRST-YEAR SCHOLARSHIP RECIPIENTS

Maddison Dvorsky
Elizabeth Williams
Georgia Lee
San-Hui Leow
Sigrid Lee

RETURNING SCHOLARSHIP RECIPIENTS

Emma Ferguson
Tamandra D’Ombrain

ALUMNI AND ADVANCEMENT ACCOMMODATION SCHOLARSHIP

Sahar Dad Khodaie

SPORTS SCHOLARSHIP

Anna Kelly

LIVING AT LATROBE *Blog*

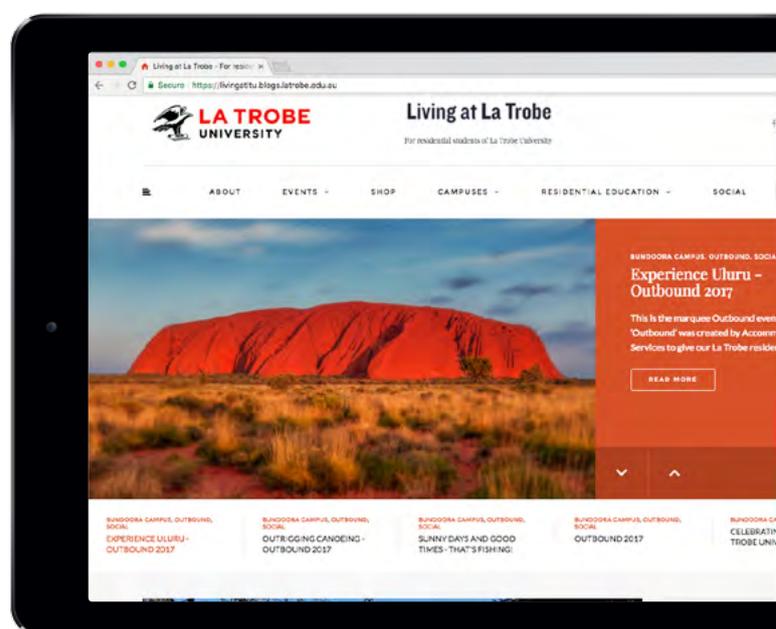
FOR RESIDENTIAL STUDENTS OF LA TROBE UNIVERSITY

Living at La Trobe is more than just a place to live. Any La Trobe student who has been lucky enough to live on-campus will know that there is always a lot happening for our residents.

For this very reason, we have created a ‘Living at La Trobe’ Blog, for residents of La Trobe University. 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 1 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 having over 400 residential events, we were definitely in need of a place to showcase them all. The blog also allows us to host an online store with hoodies, linen packs and a lot more to come. We regularly post about exciting events, residential offers, health and wellbeing, academic support and a lot more – we are always on the look-out for keen bloggers, so get in contact if you would like to contribute!

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.

For more details about the blog contact Daniel Potenza at d.potenza@latrobe.edu.au



CREATING INCREDIBLE *Memories*



 facebook.com/accommodationserviceslatrobe

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

 latrobe.edu.au/livingatlatrobe