



# WEEKEND SURVIVAL GUIDE



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## FOR INTERNATIONAL STUDENTS ARRIVING DURING OUT OF OFFICE HOURS

### Melbourne campus

(Saturday, Sunday, or public holidays)

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# WELCOME TO MELBOURNE



This guide is designed to help you settle in during the first few days of arriving at La Trobe University's Melbourne campus when the La Trobe International office and University are closed.

Download a copy of the comprehensive *My Life at La Trobe Guide* for detailed information on services and everything you need to know about living and studying at La Trobe University. Hard copies are available from La Trobe International Reception when you register.

[latrobe.edu.au/international/publications](http://latrobe.edu.au/international/publications)

Come and visit La Trobe International as soon as we are next open:

**La Trobe International**

Corner of Plenty Road and Kingsbury Drive,  
Bundoora 3086

Level 2, Peribolos East Building,  
La Trobe University

Office hours  
Monday to Friday, 9.00 am – 5.00 pm  
T 03 9479 1199

E [studentsupport@latrobe.edu.au](mailto:studentsupport@latrobe.edu.au)

After hours hotline  
for international students  
T 1800 758 360

# ACCOMMODATION



We strongly recommend you book short term accommodation before you arrive in Melbourne. However, if you arrive without any accommodation booked, please consider the following options.

## RESIDENTIAL SERVICES

You may already have organised your on-campus student accommodation, in which case you will be met by a Residential Adviser, no matter what time you arrive. If not, you can email them to see if they have any temporary vacancies. Contact or visit:

E [living@latrobe.edu.au](mailto:living@latrobe.edu.au)  
[latrobe.edu.au/accommodation/options/melbourne](http://latrobe.edu.au/accommodation/options/melbourne)

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## OTHER ACCOMODATION OPTIONS

### Le Student 8 (Bell City Complex)

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Free regular shuttle bus to La Trobe University.

205 Bell Street  
Preston  
T 03 9485 0086  
[lestudent8.com](http://lestudent8.com)

### The Parkside Inn Motel

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Walking distance from La Trobe University

1045 Plenty Road  
Bundoora / Kingsbury  
T 03 9467 3344  
[parksideinn.com.au](http://parksideinn.com.au)

### Greensborough Motor Inn

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245 Greensborough Highway  
Macleod  
T 03 9434 7000  
[greensboroughmotorinn.com.au](http://greensboroughmotorinn.com.au)

### Jika International Motel

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551 Heidelberg Road  
Fairfield  
T 1800 035 650  
[jika.com.au](http://jika.com.au)

# CONTACTING FRIENDS AND FAMILY



## CALLING HOME

**Staying in touch with loved ones back home is important.**

Public phones can be found in shopping centres, train stations or in various locations on campus (the Agora, outside Chisholm College and at the bus stops on campus). Public telephones take coins and/or phone cards. You can reverse charge to the United States and United Kingdom by calling 1800 REVERSE.

We strongly recommend you buy an international phone card. You can purchase one from many shops off campus (convenience stores, newsagents, post offices and some pharmacies) as it's significantly cheaper. You should also consider buying Skype credit to call home. For more information, visit: [skype.com](http://skype.com)

## INTERNET ACCESS

Internet access is available at most temporary accommodation facilities, but there could be a small charge. Ask if they offer free internet facilities for students.

On campus you can access the internet at the Borchardt Library even before you enrol. The guest computers are on Level 1, on the right side of the Inquiry Desk. The login and password are made available on the desk. There is also information on how to print.

On Saturday and Sunday you can access the Library between 9.30am and 5pm. Enquire at the information counter or visit:

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

# MONEY



## MONEY EXCHANGE / CURRENCY CONVERSION

### TRAVELEX World Wide Money

#### Melbourne Airport

International Terminal Tullamarine  
Victoria

#### Northland Shopping Centre

2 – 50 Murray Road  
East Preston  
Shop WO25  
T 03 9470 4900  
[travelex.com.au](http://travelex.com.au)

## ATMS ON CAMPUS

- Commonwealth Bank
- National Australia Bank (NAB)
- Westpac
- ANZ
- Bendigo Bank

## BANKS NEARBY TO CAMPUS

### Commonwealth Bank

55 Main Street  
Greensborough  
T 13 2221  
Open Saturdays 9.30 am – 1.00 pm  
[commbank.com.au](http://commbank.com.au)

### Bendigo Bank

380 High Street  
Preston  
T 03 9478 1741  
Open Saturdays 9.00 am – 12.00 pm  
[bendigobank.com.au](http://bendigobank.com.au)

### Westpac

65 – 67 Main St  
Greensborough  
T 03 9404 7200  
Open Saturdays 9.30 am – 1.00 pm  
[westpac.com.au](http://westpac.com.au)

## BANKS AT NORTHLAND SHOPPING CENTRE OPEN ON SATURDAY

To get to Northland Shopping Centre, take bus 550 from the front of the David Myers Building on campus.

- National Australia Bank (NAB)
- Commonwealth Bank
- ANZ
- Westpac

# GETTING AROUND MELBOURNE

To get around on a weekend or public holiday using local public transport (buses, trams and trains), you need to have a valid full fare ticket. If you travel without a valid ticket you can be fined by inspectors.

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## TICKETING

Myki is a reusable smart card on which you store money to pay your public transport fares. You can store ('top up') money on your myki card online or by using a myki machine at train stations. You can buy myki cards from premium train stations, 7-Eleven, convenience stores or retail outlets displaying a myki sign and at the two PTV Hubs, which are located on the corner of Swanston and Little Collins Streets and at Southern Cross Station.

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## TRAVEL ZONES

Melbourne's public transport network is divided into two fare zones, Zone 1 and Zone 2. La Trobe University's Melbourne campus is in the Zone 1 and 2 overlap area. If you're travelling from the city, you will be charged for a Zone 1 ticket, with the exception of Macleod train station, which is in Zone 2. If you're travelling from South Morang or Hurstbridge to University, you will be charged for a Zone 2 ticket.

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## To get to the city from La Trobe University

- Catch the number 86 tram along Plenty Road towards the city. The journey takes approximately fifty minutes.
- Catch bus number 250 or 340 from outside the David Myers Building. The journey takes approximately forty minutes.
- Catch the train from a premium station that sells myki cards. Premium stations closest to La Trobe University are Macleod, Preston, Reservoir, Heidelberg, and Ivanhoe.

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## To get to Northland Shopping Centre from La Trobe University

Catch bus number 550 from outside the David Myers Building.

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## To get to Greensborough Shopping Plaza from La Trobe University

Catch bus 563 from outside the David Myers Building.

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## TRAMTRACKER

There is a tramTRACKER (electronic sign/timetable) in the Library that shows what time the next 86 number tram arrives at tram stop 60 (on Plenty Road). The tramTRACKER provides information for both directions – going into the city and going north towards Bundoora. Students can also scan the public transport information grid that is provided on the sign. If you have a smart phone, you can also download the Tramtracker app for free.



**X** The Agora (A)  
Library (L)  
David Myers bus loop (DMBL)

**■** La Trobe  
International

AB	Centre for AgriBioScience	J9
AE	Agora Theatre	G6
AT	Animal and Glass Houses	G6
AGH	Agora West	F3
BG	Bern Gleason	F7
BS1	Biological Sciences 1	F4
BS2	Biological Sciences 2	F4
DNC	Christon Bigg	H9
DME	David Myers Bldg - Centre	G7
DMW	David Myers Bldg - East	G7
DMV	David Myers Bldg - West	G5
ED1	Donald Whitehead Bldg	H7
ED2	Education 1	H7
ED3	Education 2	H7
ELT	East lecture Theatre	G6
GH	Garthouse	P9
GC	George Singer Bldg	F4
GS	Glenn College	F4
HS1	Health Sciences 1	E5
HS2	Health Sciences 2	E5
HS3	Health Sciences 3	E4
HSC	Health Sciences Clinic	E4
HUE	Humanities 2	G7
HU2	Hu/Ed Lecture Theatre	H7
H5Z	Hooper + Szemial Theatres	F7
HU3	Humanities 3	F6
JSM	John Scott Meeting House	L5
L	Library	G5
LIMS	Lalorbe Institute of Molecular Science	F5
LMC	La Trobe Medical Centre	D2
LTM	La Trobe Melbourne	G12
MAR	Marrin Building	H5
MC	Menzies College	I7
MCA	Menzies College Annex	I8
PE	Peribolos East	G7
PW	Peribolos West	F7
PS1	Physical Sciences 1	F7
PS2	Physical Sciences 2	F7
PS3	Physical Sciences 3	F6
PS4	Physical Sciences 4	E5
RLR	R.L. Reid Bldg	F5
ISC	Sports Centre	J5
SFP	Sports Field Pavilion	B8
SH	Student Hub	F6
SS	Social Sciences	G5
TC	Thomas Cherry Building	F6
U	Union	G8
WLT	West Lecture Theatres	D5
A	Agora (University centre)	G6
AL	Academic Lawn	F8
FL	Flagpole Lawn	F9
HSL	Health Sciences Lawn	E5
MT	Moat Theatre	H8
SHC	Student Hub Courtyard	F6
SL	Simpson Lawn	H6
CP1--9	Carpark	E6
CP10--6	Carpark Gravel	
VCP	Visitors Carpark	

Carpark Lawns Buildings

# PUBLIC TRANSPORT MAPS

For more information about public transport:  
T 131 638 6.00 am – 12.00 midnight daily.  
[ptv.vic.gov.au](http://ptv.vic.gov.au)

For information on public transport to and from  
La Trobe University's Melbourne campus, visit:  
[latrobe.edu.au/international/living/transport](http://latrobe.edu.au/international/living/transport)



# FOOD SHOPPING

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## **PRESTON MARKET (OPEN WEDNESDAY TO SATURDAY)**

Preston Market has an excellent selection of fresh produce. It is a short walk from tram number 86, stop 49 (going south, city bound) down Murray Road.

[prestonmarket.com.au](http://prestonmarket.com.au)

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## **KINGSBURY MARKET (OPEN EVERY SUNDAY)**

Cheap and fresh produce is available for purchase in car parks 1 and 2 on La Trobe University's Melbourne campus.

[latrobe.edu.au/community/  
events/community-market](http://latrobe.edu.au/community/events/community-market)

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## **ALDI SUPERMARKET**

### **Plenty Road**

Opposite Bundoora Square  
Tram 86, stop 67

### **Preston Market**

Gower Street, next to Preston train station  
[aldi.com.au](http://aldi.com.au)

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## **CONVENIENCE STORES**

Within walking distance of La Trobe University

### **BP Petrol Station**

Plenty Road  
Tram 86, stop 59

### **BP Petrol Station**

1050 Plenty Road  
Tram 86, stop 61

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## **COLES AND WOOLWORTHS (SAFEWAY) SUPERMARKETS**

Check websites for opening hours.

### **Woolworths**

Polaris complex  
Corner of Plenty Road and Main Drive, Bundoora  
Tram 86, stop 61  
(behind car park 8)

### **Coles and Woolworths**

**Bundoora Square**  
Plenty Road, Bundoora  
Tram 86, stop 67

### **Coles and Woolworths Northland Shopping Centre**

2-50 Murray Road, East Preston  
Bus 550 to Northland Shopping Centre

### **Woolworths**

330-336 Murray Road, Preston  
Tram 86, stop 49

[woolworths.com.au](http://woolworths.com.au)

[coles.com.au](http://coles.com.au)

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## **ORGANIC, VEGETARIAN, KOSHER AND HALAL**

### **Preston Market**

Preston market has a wide range of fresh and high quality fruit and vegetables, halal meat, and organic produce.

### **Preston Halal Meat**

425 High St, Preston

For more information on halal food, see the La Trobe Muslim Students Guide.

[latrobe.edu.au/international/life/  
supportservices/muslim-students](http://latrobe.edu.au/international/life/supportservices/muslim-students)

For more information on kosher food, see:  
[jewishaustralia.com/food](http://jewishaustralia.com/food)

# SHOPPING CENTRES



## **NORTHLAND**

Hundreds of retail and food outlets, banks, a Post Office, pharmacies and cinema. Northland is twenty minutes from La Trobe University by bus. Open seven days.

2–50 Murray Road  
East Preston  
T 03 9478 1399  
[northlandshopping.com.au](http://northlandshopping.com.au)

## **GREENSBOROUGH PLAZA**

Hundreds of retail and food outlets and cinema. Open seven days a week.

25 Main Street  
Greensborough  
T 03 9435 4000  
[greensboroughplaza.com.au](http://greensboroughplaza.com.au)

## **BUNDOORA SQUARE**

A range of cafes, supermarkets and a Post Office. Ten minutes from La Trobe University (heading north), at tram stop 67.  
[bundoorasquare.com.au](http://bundoorasquare.com.au)

## **UNIVERSITY HILL FACTORY OUTLETS**

A range of cafes, restaurants and outlet stores. Ten minutes from Bundoora Square at tram stop 70 (heading north).  
T 03 9467 9165  
[uhfo.com.au](http://uhfo.com.au)

## **HIGH STREET PRESTON**

Vibrant shopping strip next to Preston market.

## **NORTHCOTE PLAZA SHOPPING CENTRE**

A range of retail stores, cafes, restaurants and supermarkets. Thirty minutes from La Trobe University at tram stop 33 (heading south).

2 Separation Street  
Northcote  
T 03 9489 8162  
[northcoteplaza.com](http://northcoteplaza.com)

# THINGS TO DO ON THE WEEKEND



## MOVIE THEATRES/CINEMA

### Hoyts Cinema

Northland Shopping Centre (bus 550) or  
Greensborough Plaza (bus 563)

[hoyts.com.au](http://hoyts.com.au)

### The Westgarth Cinema Theatre

Tram 86, stop 28

[palacecinemas.com.au](http://palacecinemas.com.au)

## PARKS

### Bundoora Park

Parklands, a tractor ride, and kangaroos and emus. A few minutes walk from La Trobe University, tram number 86, stop 61.

## MELBOURNE CITY

- Federation Square opposite Flinders Street train station has a good visitor information booth
- Take the free city circle tram around the city to get your bearings
- The National Gallery of Victoria's (NGV) permanent collection is free to visit

For more information on what to do, visit:

[melbourne.vic.gov.au](http://melbourne.vic.gov.au)

[thatsmelbourne.com.au](http://thatsmelbourne.com.au)

## DAREBIN OVERSEAS STUDENTS LOUNGE SUNDAYS

On Sunday afternoons Northland Youth Centre is open to all international students for fun free activities. Located next to the bus stop at Northland Shopping Centre:

[divrs.org.au/dosa](http://divrs.org.au/dosa)

# MEDICAL CENTRES AND HOSPITAL CARE



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## MEDICAL CENTRES

If you feel unwell or need to see a doctor.

### Mill Park Super Clinic

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250 Childs Road  
Mill Park  
T 03 9436 4155

**Open 24 hours**

### Reservoir Medical Group

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Plenty Road (corner of Gremel Road)  
Reservoir  
T 03 9478 2255

### Complete Care

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190 Albert Street  
Reservoir  
T 03 9471 0022

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### Northland Medical and Dental Centre

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Northland Shopping Centre  
East Preston  
T 03 9471 9987

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## NEAREST HOSPITAL WITH EMERGENCY ROOM

The Austin Hospital  
Burgundy Street  
Heidelberg  
T 03 9496 5000

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### For assistance or health insurance information

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#### OSHC

T 13 67 42 (13 OS HC)  
E [oshc@worldcare.com.au](mailto:oshc@worldcare.com.au)  
[oshcallianzassistance.com.au](http://oshcallianzassistance.com.au)

#### Emergency helpline (24-hour)

T 1800 814 781

# IMPORTANT NUMBERS



## Emergencies

For all emergencies requiring ambulance, fire or police call 000 (triple zero).

## La Trobe University security/emergency

T 1800 800 613  
T 03 9479 2222

## La Trobe University security escort

T 03 9479 2012

## Taxi companies

T 131 008  
T 132 227

## Police Station

Preston  
T 03 9479 6111  
Reservoir  
T 03 9460 6744

## OHSC Emergency Assistance (24-hour)

T 1800 814 781

## After hours hotline for international students

T 1800 758 360

## DON'T FORGET!

Download and read *My Life at La Trobe Guide*  
[latrobe.edu.au/international/publications](http://latrobe.edu.au/international/publications)

Come see us at La Trobe International as soon as possible to register and get your Welcome Pack.

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## **Want to know more?**

### **International Student Services**

T 03 9479 1199

E [studentsupport@latrobe.edu.au](mailto:studentsupport@latrobe.edu.au)

### **After hours hotline (nights and weekends)**

T 1800 758 360