

你好! नमस्ते!
Xin chào! Hello! Hola!
అలలలలలలలలలల! مرحبا!
Bonjour!



Dr Stacey Farroway
Pro Vice-Chancellor (International)

I am delighted that Australia's borders have reopened and excited to be able to welcome you back to our Campuses.

We understand that studying in Australia is about more than just the course you choose, it's about a life changing experience. Here at La Trobe, we're proud to offer you a wide range of opportunities to develop your global networks by engaging in leadership development, participating in volunteering programs and becoming a member of the many clubs and societies that are a core part of life at all seven of our vibrant campus locations.

To assist in your preparation, we are providing you with this guide for all you need to know when you arrive on campus. Please be assured that La Trobe University is here to support you on your journey back. I look forward to seeing you at one of our beautiful campuses.

COVID-19 PCR TESTING REQUIREMENTS

Fully vaccinated eligible visa holders, including student visa holders, can travel to Victoria without the need to apply for an exemption from 15 December.

You are required to get a **COVID-19 PCR or rapid antigen test within 24 hours of your arrival.**

You will need to keep a copy of your test results with you for 14 days after your arrival to provide if requested.

Find information for arriving travelers, including testing and isolation requirements

[now.latrobe/arrivingtravelers](https://www.latrobe.edu.au/arrivingtravelers)

GETTING TESTED

Find a testing location

[now.latrobe/wheretotested](https://www.latrobe.edu.au/wheretotested)

Nearest walk through service to Bundoora campus

Austin Repatriation Hospital

**Level 3, Lance Townsend Building, Burgundy Street,
Heidelberg**

Access is via the pedestrian footbridge over Martin Street.

See map at [now.latrobe/AustinCOVIDTest](https://www.latrobe.edu.au/AustinCOVIDTest)

VACCINATION EVIDENCE

La Trobe requires all students to upload evidence of your **vaccination status to StudentOnLine.**

[now.latrobe/vaccinationstudentonline](https://www.latrobe.edu.au/vaccinationstudentonline)

As an international student you will also need to carry a hard copy of your vaccination certificate with you at all times along with your passport.

If you need assistance to upload your certificate please contact staff at ASK La Trobe

[now.latrobe/ASKLaTrobe](https://www.latrobe.edu.au/ASKLaTrobe)

OUR COVIDSafe PLAN

The health and safety of our staff, students and communities is our first priority.

Our COVIDSafe Plan, including frequently asked questions, is available online

[now.latrobe/COVIDSafe](https://www.latrobe.edu.au/COVIDSafe)

HELPFUL RESOURCES

Advice and support for international students

[now.latrobe/COVIDinternationalstudents](https://www.latrobe.edu.au/COVIDinternationalstudents)

Information for overseas travellers

www.coronavirus.vic.gov.au/information-overseas-travellers

Access services in the community, free and confidential information, support and practical help

[now.latrobe/StudyMelbourneStudentCentre](https://www.latrobe.edu.au/StudyMelbourneStudentCentre)

CHECK IN WITH ASK LA TROBE

Once you are settled and have completed your testing and isolation requirements, contact us at ASK La Trobe to get advice and support about next steps.

We can help with queries about enrolment, studies, getting around, class times and more.

Find contact and location information at now.latrobe/ASKLaTrobe

24-HOUR MEDIBANK STUDENT HEALTH AND SUPPORT LINE

A dedicated Medibank student health and support line is available for all La Trobe University international students.

If you need help at night or on the weekends call **1800 758 360**.

This is a free call from landlines anywhere in Australia. Standard call rates apply from mobile phones.

GETTING AROUND

Once you have completed your testing and isolation requirements, you can travel around freely and enjoy being here!

You will need to buy a Myki card to travel on public transport in Victoria.

now.latrobe/transportation

Find how to get to La Trobe University by bus, train or tram.

now.latrobe/publictransport

SHOPPING - FOOD, GROCERIES, HOUSEHOLD

Polaris Shopping Centre

Plenty Road Bundoora - walking distance

- Woolworths Supermarket
- Chemist Warehouse
- assorted cafes and restaurants

SummerHill Village

Plenty Road Reservoir - a short tram ride, Tram #86 towards City

- Coles Supermarket
- ALDI Supermarket
- Kmart
- other variety stores, cafe and bakery

Preston Central

Murray Road Preston - a short tram ride, Tram 86 towards City - get off at Murray Road and walk towards Preston Train Station

- Preston Fresh Food Market (meats, vegetable, fruit, cheese, cafes, coffee, bread, grains)
- Woolworths Supermarket
- Banks
- Chemist
- assorted cafes and restaurants

TAKEAWAY & DELIVERY

A number of local food delivery services are available in Australia and deliver to students on campus:

- UberEats, Doordash, Menulog, Deliveroo

HELPFUL CONTACTS

La Trobe Security

For emergencies call 9479 2222

International student after hours help line

1800 887 283

ASK La Trobe

now.latrobe/ASKLaTrobe

Wellbeing Information

now.latrobe/WellbeingContact

WHAT TO DO IF YOU FEEL UNWELL

1. **GET TESTED** immediately and isolate until you receive your result. Find a testing location at now.latrobe/wheretoggettested
2. **ISOLATE/STAY HOME**. Most people with COVID-19 have mild illness and can recover at home without medical care.
3. **TAKE CARE** of yourself. Get rest and stay hydrated.
4. **AVOID** public transportation, ride-sharing, or taxis.

NEED HEALTH ADVICE? Contact the 24/7 Medibank Student Health and Support Line on 1800 887 283.

Services include a registered nurse, counselling services, interpreter service and more.