International students

STUDENTS WITH SPOUSE AND/OR CHILDREN

latrobe.edu.au/international
This guide identifies many of the resources and support services useful for students with a spouse and or family. We welcome your feedback at any time on how it could be improved.

La Trobe International Office,
Level 2, Peribolos East, Melbourne Campus,
Monday – Friday, 9.00 am to 5.00 pm (AEST)
T +61 3 9479 1199
T 1800 758 360 (24-hour helpline)
E studentsupport@latrobe.edu.au
Students who bring their spouses and/or children with them have different needs to students who come here alone.

There are a range of services available at La Trobe University and in the community, especially through your local council.

If you have decided to settle into academic life before your family joins you, make sure you check the information on visa requirements in the *My Life at La Trobe Guide* as this contains information on how to apply to have your family join you as dependants.

Download a copy of the *My Life at La Trobe Guide* for 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 on arrival: [latrobe.edu.au/international/predeparture/leaving/guide](latrobe.edu.au/international/predeparture/leaving/guide)

**We are here to help!**

Staff at La Trobe International can assist you with the transition to life in Australia. Make an appointment and come see us so we can help you and your family adjust and get the most out of your Australian experience. [latrobe.edu.au/international](latrobe.edu.au/international)
When in a new country it is important to get settled in the community in which you are living. There are organisations that can help you make connections with community, cultural and religious groups, as well as with the broader Australian community. In addition, many of these organisations offer opportunities for skills development.

LOCAL COUNCILS

In Australia we have three tiers of government – federal (or national), state, and local. The local government comprises a series of councils or municipalities that provide services and facilities to local residents. It’s a good idea to check which council or shire you are living in.

You can contact the council for a new resident’s information pack, visit a customer service centre, or check online what services and resources are available to you as a parent.

To find out what council area you live in, type in the name of your suburb or postcode at the website below: dpcd.vic.gov.au/localgovernment/find-your-local-council

Councils offer a wide range of information for families, such as:

- community childcare and family day care
- maternal and child health services
- preschool dental care
- book and toy libraries
- school holiday programs
- parks, gardens, and playgrounds
- festivals and events.

Information is usually available in different languages and translation is often provided over the phone or in person free of charge.

The council areas closest to La Trobe University campuses are:

Melbourne Campus
Darebin, Banyule, Whittlesea and Moreland

Bendigo Campus
Greater Bendigo City Council

Shepparton Campus
Greater Shepparton City Council

Mildura Campus
Mildura Rural City Council

Albury-Wodonga Campus
City of Wodonga (Victoria) and Albury City Council (New South Wales)
Suburbs include: Alphington, Bundoora, Fairfield, Kingsbury, Northcote, Preston, Reservoir, Thornbury.

Council Customer Service Centres are located at:

**Preston**
274 Gower Street, Preston

**Reservoir**
23 Edwardes Street, Reservoir

**Northcote**
32–38 Separation Street, Northcote

**Northland Shopping Centre**
Next to the Medicare entrance
Murray Road, Preston
T 8470 8888
T 8470 8470 (multilingual)
E mailbox@darebin.vic.gov.au
darebin.vic.gov.au

Suburbs include: Beveridge, Bundoora, Donnybrook, Doreen, Eden Park, Epping, Humevale, Kinglake West, Lalor, Mernda, Mill Park, South Morang, Thomastown, Whittlesea, Wollert, Woodstock, Yan Yean.

Council Customer Service Centres are located at:

**Whittlesea**
25 Ferres Boulevard, South Morang
(enter from McDonalds Road)

**Epping**
68–96 Houston Street, Epping
T 9217 2170
E info@whittlesea.vic.gov.au
whittlesea.vic.gov.au


Council Customer Service Centres are located at:

**Greensborough**
9–13 Flintonoff Street, Greensborough

**Ivanhoe**
275 Upper Heidelberg Road, Ivanhoe

**Rosanna**
44 Turnham Avenue, Rosanna
T 9490 4222
E enquiries@banyule.vic.gov.au
banyule.vic.gov.au

Suburbs include: Brunswick, Brunswick East, Brunswick West, Coburg, Coburg North, Fawkner, Glenroy, Hadfield, Gowanbrae, Oak Park, Pascoe Vale, Pascoe Vale South.

Council Customer Service Centres are located at:

**Moreland**
90 Bell Street (near the corner of Sydney Road)
Coburg

**Brunswick**
233 Sydney Road, Brunswick

**Glenroy**
796 Pascoe Vale Road, Glenroy
T 9240 1111
E info@moreland.vic.gov.au
moreland.vic.gov.au
Areas include: Axedale, Bendigo, Elmore, Goornong, Heathcote, Marong, Redesdale.

Council Customer Service Centres are located at:

**Bendigo**
195–229 Lyttleton Terrace, Bendigo

**Heathcote**
125 High Street, Heathcote
T 5434 6000
E enquiries@bendigo.vic.gov.au
bendigo.vic.gov.au

Areas include: Shepparton, Dookie, Mooroopna, Murchison, Tatura.

A Council Customer Service Centre is located at:

**Shepparton**
90 Welsford Street, Shepparton
T 5832 9700
E council@shepparton.vic.gov.au
greatershepparton.com.au

Areas include: Mildura, Red Cliffs, Merbein, Irymple, Ouyen, Murrayville.

Council Customer Service Centres are located at:

**Mildura**
108–116 Madden Avenue, Mildura
(between 9th and 10th Streets)

76–84 Deakin Avenue, Mildura
(corner of 9th Street)

**Ouyen**
70 Oke Street, Ouyen (corner of Cooper Street)
T 5018 8100
E mrcc@mildura.vic.gov.au
mildura.vic.gov.au

Areas include: Wodonga, Albury, Bonegilla, Baranduda, Castle Creek, Bandiana, Ebden, Gateway Island.

A Council Customer Service Centre is located at:

**Wodonga**
104 Hovell Street, Wodonga
T 6022 9300
E info@wodonga.vic.gov.au
wodonga.vic.gov.au

Albury-Wodonga is on the border between Victoria and New South Wales.
alburycity.nsw.gov.au
NEIGHBOURHOOD HOUSES

Neighbourhood Houses are known by many different names including Living and Learning Centres, Community Houses, Neighbourhood Centres, or Learning Centres.

They are local organisations that provide social, educational and recreational activities for their communities in a welcoming and supportive environment. There are approximately 360 Neighbourhood Houses across Victoria. To find your local Neighbourhood House go to: anhlc.asn.au/about_nh

Activities are generally run at low or no cost and often include: English as a Second Language (ESL), men’s health and wellbeing, singing, gardening, introduction to computers, internet and email access, car mechanics for women, and loads more! They are a great way to gain skills, make friends and get connected with the local community.

MULTICULTURAL ORGANISATIONS

Office of Multicultural Affairs and Citizenship (OMAC)

OMAC is the main link between Victoria’s Culturally and Linguistically Diverse (CALD) communities and the government, conducting more than 50 community consultations each year. There are a number of projects, grants, and resources available from OMAC.
T 9651 0651
E info@omac.vic.gov.au
multicultural.vic.gov.au

Ethnic Communities’ Council of Victoria Inc. (ECCV)

ECCV is a liaison organisation between ethnic communities, government and the wider community in Victoria.
T 9349 4122
E eccv@eccv.org.au
eccv.org.au

MULTICULTURAL HUB

This is a friendly place, where people from Melbourne’s many different cultures can get together to work, share and learn in a safe and supportive environment. Download a free cultural diversity map of Melbourne from the AMES website.
T 9092 1500
E enquiries@multiculturalhub.com.au
ames.net.au/multicultural-hub
There are generally five types of childcare available.

**Community childcare**
You need to register with your local council. Fees and waiting lists usually apply so register early.

**Private childcare**
You need to register with each service individually. Search online or in the Yellow Pages for listings. Fees and waiting lists apply.

**Family day care**
You can place your child in someone’s home who is a registered carer of children, usually organised through your local council. Fees and waiting lists usually apply so register early.

**Occasional care**
Neighbourhood Houses often offer short-term occasional care for small children, usually just for a few hours on an impromptu basis. Occasional care is useful if you have an appointment or need to do some shopping etc. See Neighbourhood Houses in this booklet on page 5.

**Before and after school care**
Provided by your child’s primary school to enable you to drop off your children and pick them up outside school hours. Each school administers their own program so check with the school where you intend to enrol your child.

Some childcare centres have multilingual staff, provide halal food and offer other forms of religious or cultural support.

There is a dedicated childcare service on the Melbourne Campus. Fees and waiting lists apply so contact them as early as you can.

T 9479 2122
E children@latrobe.edu.au
latrobe.edu.au/child

**PLAYGROUPS**
Playgroups are for babies, toddlers and preschoolers and their parents or caregivers. Playgroups are usually held at community venues such as maternal and child health centres, kindergartens, halls, community centres, primary schools and aged care facilities.

They are informal, low cost and run by parents and caregivers. Some playgroups are for specific cultures, religions, or language groups. Check with your local maternal and child health nurse or local council for a playgroup that caters to your specific needs. AusAID students may be eligible for a child care rebate.

playgroup.org.au

**KINDERGARTENS**
Kindergarten is offered to three and four year-old children to help prepare them for primary school. It is not compulsory but does provide children with an active social and learning environment.

Some kindergartens are run through local councils so ask your council for more information.

education.vic.gov.au/findaservices

Some childcare centres offer a kindergarten program as part of long day care.
SCHOOLS

If you have school-aged dependants with you in Australia, it is a visa requirement that you enrol them in primary or secondary school. Unless you are the recipient of an Australian government scholarship, you will be required to pay school fees. More information can be found in the *My Life at La Trobe Guide* or online: latrobe.edu.au/international/publications


Primary schools

Primary school starts from age five (Prep) to Grade six (approximately age 11). Children who are five years old before 30 April are eligible to start primary school. Visit: study.vic.gov.au

Secondary schools

Secondary school or high school starts with Year 7 (approximately age 12) to Year 12 or VCE (Victorian Certificate of Education, age 17 – 18). Visit: education.vic.gov.au/about/publications/newsinfo/secondaryschool.htm

Your child is exempt from school fees at a government school if you are:
- the recipient of an Australian Government scholarship
- hold a 576 (AusAID or Defence scholarship)
- hold a 574 (Postgraduate Research) visa
- receiving an Endeavour Postgraduate Award that covers the entire cost of your tuition fees.

SCHOOL HOLIDAYS

The school year runs from late January/early February, to the third week of December. Be aware that your children’s school holidays may impact on your study time. Local councils, community groups and some schools offer low-cost school holiday programs for children of varying ages.

PROTECTION OF CHILDREN

In Australia anyone who works with children in a paid or voluntary capacity is required to have a Working with Children (WWC) Check. This ensures people working with children do not pose a risk to the safety and wellbeing of children. You can apply for a WWC at your local post office and will need a passport photo. The card is free for voluntary work but for paid work you will need to pay a fee. justice.vic.gov.au/workingwithchildren
The estimated cost of living for international students can be found in the My Life at La Trobe Guide. Based on the Department of Immigration and Border Protection (DIBP), if you have a family you should allow at least AUD$6515 per year for your spouse and AUD$3720 for each child. These amounts exclude tuition fees for your dependants. It is important to plan for and consider extra costs of living, especially if you have school aged children or intend to send your child to kindergarten or childcare.

latrobe.edu.au/international/publications

EXTRA COSTS TO CONSIDER

- If you have small children (aged 0 to five years) you will need to purchase an appropriate car seat (see page 15).
- Kindergarten is not compulsory but it can provide your child with an active social and learning environment. education.vic.gov.au/childhood/parents/kindergarten
- If you need more hours for work or study, then you may need to consider child care. This is expensive and waiting lists apply. education.vic.gov.au/childhood/parents/childcare
- If you have a child who needs to attend primary school (five to twelve years) or secondary school (twelve to eighteen years), you will need to carefully consider school fees and application fees, and associated costs such as uniforms, books, stationery, excursions, laptop or ipad, public transport, before and after school care etc. study.vic.gov.au
- Your overall household cost of living will increase as you will likely need a larger house or apartment and your household bills will also be larger.
- You will also need to purchase the appropriate family health insurance. latrobe.edu.au/students/new-students/international/visa/oshc
There are plenty of great things to do with children in Victoria. See the *Cheap and Free Guide* for recreation ideas, available at La Trobe International reception.

**LOCAL LIBRARIES**

As well as being free to join and free to borrow books for all ages, local libraries often offer free children's story and rhyme sessions. See your council website for details.

The La Trobe University Library has great children’s sections that include books and DVDs to borrow for students.

**PARKS, GARDENS AND PLAYGROUNDS**

Victoria has lovely parks and gardens with free playgrounds and often free barbecue facilities. Here are just a few examples:

**Bundoora Park**

Located on Plenty Road, Bundoora - near the Melbourne Campus. The park has a children's farm, a playground and an Australian native wildlife reserve featuring kangaroos and emus.

**Malahang Reserve**

Located at the corner of Oriel and Southern roads, West Heidleberg - near the Melbourne Campus. The park has an excellent large playground, skate/bike ramps and free barbeque facilities.
All Nations Park
Located in Separation Street, Northcote - next to Northcote Plaza Shopping Centre. The park has playgrounds, free barbeque facilities and lovely gardens.

The Quarries Park
Located at the end of Ramsden Street, Clifton Hill. The park features an excellent adventure playground and free barbeque facilities.

Wombat Bend Play Space
Located in Duncan Street, Lower Templestowe. The playground is fully fenced in, so children can run around safely, and has lots of excellent equipment, including free barbeque facilities.

Children’s Garden in The Royal Botanic Gardens
Located at Birdwood Drive, South Yarra. This is a wonderful garden where children can play in water in summer.

Hay’s Paddock
Located at Longstaff Street, East Kew. Features a wonderful adventure playground suitable for kids of all ages.

Bendigo

Rosalind Park
Located near La Trobe University’s Bendigo Campus, this park features a children’s playground and nature walks.

Lake Weerona
This fabulous lake features a children’s playground. For a full list of playgrounds in the Bendigo area check:
bendigo.vic.gov.au

MOovie theatres AND CINEMA
Many cinemas offer sessions for parents and small children (where children can make noise). Look for ‘Mums and Bubs’ or ‘Cry Baby’ sessions. Movie tickets are half price at many cinemas on Tuesdays.

Melbourne
Hoyts Cinema – Northland Shopping Centre
Hoyts Cinema – Greensborough Shopping Centre
hoys.com.au

The Westgarth Cinema Theatre
Tram 86, stop 28 High Street, Northcote
palacecinemas.com.au

Bendigo

Village Cinemas
107–109 Queens Street
villagecinemas.com.au

Shepparton

Village Cinemas
9–13 Stewart Street
villagecinemas.com.au

Albury-Wodonga

Village Cinemas
456 Dean Street
villagecinemas.com.au
**MELBOURNE CITY WITH CHILDREN**

**Federation Square**
Go to the Visitor’s Information Booth (opposite Flinders Street Station) for ideas on what to do and where to go.
melbourne.vic.gov.au
thatsmelbourne.com.au

**State Library of Victoria**
A wonderfully old and charming building in the city (corner of Swanston and La Trobe streets, opposite Melbourne Central), it has a free children’s space that includes a Playstation and other games. It’s also free to join the library.
slv.vic.gov.au

**Birrarung Marr**
This is a beautiful inner-city park, behind Federation Square, next to the Yarra River with an all-abilities playground.

**Melbourne Museum**
Free entry for international students and children (3–16 years old). It displays great exhibitions, and has indoor and outdoor children’s playspaces. A great option on a rainy day.
museumvictoria.com.au/melournemuseum

**ART GALLERIES**

**NGV Kids**
The National Gallery of Victoria is free if you only visit the permanent collection (entry to special exhibitions costs a fee). NGV Kids at Federation Square is free, created especially for children to experience the NGV Collection in a fun and dynamic way.
ngv.vic.gov.au

**Bendigo Art Gallery**
Excellent collections and often touring exhibitions that don’t make it to Melbourne.
42 View Street, Bendigo
bendigoartgallery.com.au

**ANIMALS**

**Melbourne Zoo**
Free for children under three. On weekends children aged 4–15 have free entry. Adults’ tickets are $26.80 (2013 fee, subject to change). You can easily reach the Melbourne Zoo by public transport.
zoo.org.au

**Collingwood Children’s Farm**
A small charming farm in the inner city. Open everyday from 9am to 5pm. Children’s tickets are $4, adults, $8.
farm.org.au

**Bundoora Park**
Located just a short walk from the Melbourne Campus, here you can see kangaroos and emus up close.

**La Trobe Wildlife Sanctuary**
Part of the Melbourne Campus, you can roam around the La Trobe Wildlife Sanctuary and spot kangaroos and other wildlife. Staff are happy to show you around.

**NEED MORE IDEAS?**

kidspot.com.au
raisingchildren.net.au
bendigotourism.com/things-to-do/
family-friendly
thatsmelbourne.com.au/whatson/forthekids/
pages/forthekids.aspx
visitvictoria.com/activities-and-attractions/
family-activities.aspx
childfriendlycity.com.au
melbourneforkids.com.au
In Australia, if you are unwell, you should see a doctor or GP (General Practitioner) in the local community for medical care, unless it’s an emergency.

**MEDICAL CARE FOR CHILDREN**

Many local GPs offer pediatric or children’s health services. You should familiarise yourself with local GPs and their opening hours in the event that you or your child needs to see a doctor quickly.

The OSHC by Allianz Global Assistance website has a ‘find a doctor’ search engine to locate medical practitioners close to home. oshcallianzassistance.com.au

**DOCTORS**

The below medical centres are located close to La Trobe University’s campuses.

**Melbourne Campus**

**Mill Park Super Clinic**
250 Childs Road, Mill Park
T 9436 4155 (Open 24 hours)

**Reservoir Medical Group**
Corner of Plenty and Gremel roads, Reservoir
T 9478 2255
If you are here with your spouse or children then you must have family health cover. It is important to ensure you are all covered. For assistance or health insurance information call OSHC by Allianz Global Assistance. T 13 6742 (13 OSHC) oshcallianzassistance.com.au

EMERGENCY HEALTHCARE

If you have an urgent need for healthcare, dial ‘000’ (triple-zero) for an ambulance – this is a free call and can be made from any phone at any time. The ambulance will take you to the Accident and Emergency Department in your nearest hospital.

Ambulances do not carry doctors, but paramedics, and are for emergencies to save someone from death or serious injury rather than for general illness. Call an ambulance if the problem is too urgent to wait (e.g. someone is having difficulty breathing) or the injury is too severe to transport safely by taxi or car (e.g. broken limbs). If it’s not urgent or life-threatening and you are unsure if you need an ambulance, either call OSHC Allianz on 1800 814 781, or Nurse on Call on 1300 60 60 24. We strongly recommend you buy an Ambulance Victoria (AV) membership: this provides you with ambulance cover right throughout Australia. The AV membership is only available if your visa is granted for 12 months or more. Visit this website for more advice on when to call an ambulance: betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/medical_emergencies_when_to_call_an_ambulance

TRANSPORT ACCIDENTS

If you have been injured in a transport accident (any accident involving a tram, train, car or motorbike), you do not have to pay for an ambulance. The Transport Accident Commission (TAC) will pay for the ambulance service once you have made a successful claim to the commission. tac.vic.gov.au

VACCINATIONS AND IMMUNISATIONS

Most kindergartens, childcare centres and schools require children to be fully immunised. Vaccinations are available from your local GP or from your local council at a cost. A list of required immunisations in Victoria can be found here: health.vic.gov.au
HOSPITALS FOR EMERGENCIES ONLY

The Royal Children’s Hospital is located in Parkville, approximately 20km from Bundoora and should be used for emergencies only. Their website has useful information for families in many languages.
rch.org.au

Closer to the Melbourne Campus, there is the Austin Hospital located on Burgundy Street, Heidelberg, it also has an emergency room. See page 13.

MATERNAL AND CHILD HEALTH CENTRES

Each municipality area offers a free maternal and child health service for local residents. Parents can make appointments to have their child’s health and growth reviewed, to discuss any issues, get advice, and obtain referrals to other services. Your local council will give you more details.

Note: this is not a medical service. Call your local council to get the phone number for the maternal and child health centre closest to you.

Got a question related to children's health?

Maternal and Child Health Line
T 13 22 29 (After hours advice and support)

Nurse on Call
T 1300 60 60 24 (call within Australia)
(24 hours a day, seven days a week)

PREGNANCY

If you or your spouse expect to give birth while in Australia you should contact OSHC to discuss maternal health issues and birthing arrangements. While you are likely to be eligible for public hospital cover and maternal and child health services, your baby will not be eligible for free vaccinations.

If you are studying, pregnancy is not considered a valid condition for taking time off from your studies unless there are medical concerns. Please seek advice from International Student Services or contact DIAC. For more information, advice and referrals visit:
pregnancysupport.com.au

Women’s Information Referral Exchange
T 1300 134 130 (call within Australia)
wire.org.au

Multicultural Centre for Women’s Health
Information is available online in different languages:
T +61 3 9418 0999
mcwh.com.au

Victorian Immigrant Women’s Refugee Coalition
T +61 3 9654 1243
virwc.org.au
**TRAVELLING WITH CHILDREN**

**CAR**

All children under the age of seven must be properly restrained in a car seat with a seat belt when travelling in Victoria.

Children less than seven years of age are not permitted to travel in the front seat of a car. All passengers must wear seat belts at all times.

Children under six months must use a backward-facing child restraint and travel only in the rear seat of a motor vehicle. Baby capsules (from birth to six months of age) can be hired from your local council for a small fee.

Children under four years of age can use a forward-facing car restraint or booster seat but must still travel only in the rear seat of a car. If your car has more than two back seat rows, your child must travel in the back row.

Children from four to seven years of age still need to be in a car seat or booster seat relevant to their size, and with a seat belt, but still cannot use the front seat of the car.

Children’s car seats need to be in good condition so be careful if you are buying second-hand seats. Fines and demerit points apply if you do not comply with the law. For more information visit the VicRoads website: T 131 171

vicroads.vic.gov.au/home/safetyandrules/safervehicles/childrestraint

**TRAIN, TRAM AND BUS**

Children under the age of three travel for free on public transport in Victoria. Make sure you supervise children at all times, especially on train station platforms, and secure your pram so that it does not roll on to the train or tram tracks.

For more information on tickets and travelling safely with children, visit Public Transport Victoria website:


**FLIGHTS**

Children under the age of two fly for free on domestic airlines within Australia. Children over the age of two fly at a discounted rate. Always check with the airline for baggage allowance, special meals, etc.
HOUSEHOLD SHOPPING FOR FAMILIES

FURNITURE
La Trobe University Melbourne Campus Furniture Shed
Open once a month, the Furniture Shed offers free office furniture no longer needed by the University. Items often include desks, cupboards, chairs etc. Get on the ‘First Fridays Furniture’ mailing list to receive email alerts.
E recycling@latrobe.edu.au

MULTIPURPOSE
Op Shops
Short for ‘Opportunity Shop’, these shops are great for buying secondhand clothes (both adult and kids), toys, household goods, furniture, books and more. Proceeds from sales go to charity.

St Vincent de Paul (Vinnies)
The closest store to the Melbourne Campus is on the corner of Wood Street and Plenty Road, Preston.
vinnies.org.au

Salvation Army (Salvos)
The closest store to the Melbourne Campus is in High Street, Preston.
salvosstores.org.au

Savers Superstores
Located in Brunswick and Greensborough. Look out for their half-price days.
savers.com.au

Thursday Market, Melbourne Campus
Garage sales
These are private sales where people sell items out the front of their house, or from their garage. Look for listings in the local paper or see signs posted up in streets throughout your neighbourhood. Also visit: egaragesales.com.au

Freecycle
Freecycle is where you can give away and receive things for free! You need to register online and usually you need to give something away first in order to start receiving (but this can be as small as a book or a cup). To collect items from someone you will most likely need to go their house. It is a great source of children’s clothes and toys. my.freecycle.org

Coburg Trash and Treasure Market
Coburg Drive-In, Newlands Road (off Murray Road), every Sunday 8.00 am – 2.00 pm. Second hand bargains.

Darebin Resource Recovery Centre
Kurnai Avenue, Reservoir. Cheap recycled household goods, bikes, furniture etc. outlookvic.org.au

Second-hand goods online

gumtree.com.au
tradingpost.com.au

Cheap stores
For cheap stores try discount chains like The Reject Shop, NQR (Not Quite Right).

CLOTHES
Factory outlets are stores where samples are sold directly by the manufacturers at a discount. Streets with lots of factory outlets include – Smith Street in Collingwood; Darebin Road in Northcote; and DFO (Direct Factory Outlets).

School uniforms
Most schools have a second-hand uniform shop and some have free unclaimed lost property, often in good condition. Check if your child’s school will allow generic colour uniforms that can be bought from chain stores like Best & Less or Target, which are often much cheaper than the official school issue uniforms.

Check Freecycle for donations of uniforms for your local school. Check Op Shops close to the school as well.

BICYCLES
CERES Bike Shed, Brunswick
thebikeshed.org.au

Bicycle Recycle, Moorabbin
bicyclerecycle.com.au

Note: It is the law in Australia to wear a helmet when riding a bicycle or scooter.

BABY AND CHILDREN’S MARKETS
These markets are often held at local town halls, and include great bargains from people selling their used and unwanted children’s clothes and toys. Check local newspapers and local council websites for details.

COMMUNITY AND FARMERS MARKETS
Farmers markets offer high-quality farm produce, free entertainment and are great places to meet other local residents.

Melbourne Campus Thursday Market
Held on the Melbourne Campus every Thursday during semester, around the ground floor of the Eastern Lecture Theatre.

Bundoora Farmers Market
Held on the first Saturday of every month between 8am and 1pm at Bundoora Park, off Plenty Road.

Kingsbury Community Market
Held on the Melbourne Campus every sunday in car parks 1 and 2. Contains cheap fruit, vegetables, clothes and other household items. latrobe.edu.au/community/events/community-market

Bendigo Community Farmers Market
Held on the second Saturday of each month, from 9.00 am to 1.00 pm, right in the middle of town at the Rosalind Park end of Williamson Street, Bendigo. bcfm.org.au

Hume Murray Farmers Market
Held on the second Saturday of each month, Gateway Village, Lincoln Causeway, Wodonga. hmfb.org
ENGLISH AND OTHER LITERACY CLASSES

Neighbourhood Houses
Many Neighbourhood Houses run English and other literacy classes. See page 5 for more details.

Migrant Resource Centres
A number of Migrant Resource Centres are located throughout Melbourne. These centres offer English classes and other support.
spectrumvic.org.au

Meetup
Search for free English conversation classes or groups.
australia.meetup.com

VOLUNTEERING
Volunteering organisations have opportunities for you to get involved in your local community, meet people, gain skills and experience.

Darebin Information, Volunteer and Resource Service (DIVRS)
There are many volunteering opportunities available in the City of Darebin.
T 9480 8200
divrs.org.au
Whittlesea Community Connections
Drop into the office at Shop 111, Epping Plaza (Corner Cooper and High streets), Epping
T +61 3 9401 6666
whittleseacommunityconnections.org.au/content/whittlesea-volunteer-resource-service

Bendigo Volunteers
T 5441 1404
bgovolunteers.org.au

Bendigo Volunteering Resources Centre Outpost
Room 1.04 Student Union Floor, Bendigo Campus up the stairs past the bookshop.
T 5444 7817
E l.moulden@latrobe.edu.au
bsabendigo.com.au

FOR WOMEN

Women’s Information and Referral Exchange (WIRE)
A free information service to help connect women in Victoria to organisations and resources. Drop in to their office in the Queen Victoria Women’s Centre at Level 1, 210 Lonsdale Street, Melbourne.
T 1300 134 130
wire.org.au

Victorian Immigrant Women’s Refugee Coalition (VIWRC)
A phone and drop-in service for women with culturally and linguistically diverse backgrounds, offering support and advice with a particular focus on female international students.
Also located in the Queen Victoria Women’s Centre, Level 1, 210 Lonsdale Street, Melbourne.
T 9654 1243
virwc.org.au

FOR MEN

MensLine Australia
A unique telephone and online support service offering information and referrals.
T 1300 78 9978 (24 hours)
mensline.org.au

LEARN TO DRIVE

Darebin Information, Volunteer and Resource Service (DIVRS)
The DIVRS has a program to help people learn to drive. It’s called the ‘L to P’ program.
To find out more visit:
T 9480 8200
divrs.org.au

MEET OTHER INTERNATIONAL STUDENTS AND FAMILIES

Ozone Lounge
A free social lounge at Northland Youth Centre open on Thursday evenings and Sunday afternoons. Run by Darebin Overseas Students Association (DOSA), it’s open to international students and families. There are free activities, games, pizza, and often free workshops. Join the DOSA Facebook page for more information.
E dosa@divrs.org.au
divrs.org.au/dosa

The Couch
A free international student social lounge in the city run by the City of Melbourne and the Salvation Army.
salvationarmy.org.au/thecouch

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IMPORTANT
TELEPHONE NUMBERS

FOR ALL EMERGENCIES REQUIRING
AMBULANCE, FIRE OR POLICE, CALL 000

Parent Line
A telephone counselling service providing information and assistance on a wide range of parental issues.
T 13 22 89

Maternal and Child Health Line
Qualified maternal and child health nurses provide information, support and advice to families with young children (up to school age). Open 24 hours a day.
T 13 22 29

Nurse on Call
Providing immediate, expert health advice from a registered nurse, 24 hours a day, seven days a week.
T 1300 60 60 24

Poisons Information Centre
Available 24 hours a day, seven days a week, this service gives advice on poisoning, suspected poisoning, mistakes with medicine, bites and stings etc.
T 13 11 26

La Trobe 24-hour helpline for international students
T 1800 758 360

Kids Help Line
Free, confidential phone support for children and young people, aged 12 to 25 years, who may need to talk to someone.
T 1800 55 1800

La Trobe Security Emergency
T 1800 800 613
T +61 3 9479 2222

La Trobe Security Escort (Melbourne Campus)
T +61 3 9479 2012

Taxi
T 13 10 08

Police Station, Preston
T +61 3 9479 6111

Police Station, Reservoir
T +61 3 9460 6744

Police Station, Bendigo
T +61 3 5448 1300

Police Station, Albury-Wodonga
T +61 2 6049 6200

OSHC 24-hour Emergency Assistance
T 1800 814 781

International Student Care Service
T 1800 056 449
Want to know more?

Contacts

International Student Services
Melbourne, Franklin Street  
and City campuses
Level 2, Peribolos East Building  
Melbourne Campus
T 03 9479 1199  
F 03 9479 3660  
E studentsupport@latrobe.edu.au

Bendigo Campus
Engineering Building
T 03 5444 7924  
F 03 5444 7926  
E campussupport@latrobe.edu.au

Albury-Wodonga Campus
Room 4239, Level 2, Building 4
T 02 6024 9847  
F 02 6024 9777  
E studentservicesaw@latrobe.edu.au

Mildura Campus
Room 109, Mildura Office Annex (MOA)
T 03 5051 4000  
E studentservicesmildura@latrobe.edu.au

Shepparton Campus
T 03 5820 8600  
E campussupport@latrobe.edu.au