



LA TROBE
UNIVERSITY • AUSTRALIA

**International
Students**

THE CHEAP AND FREE GUIDE



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We recognise that student life can be expensive and most students live on a limited income while they are studying.

Here are some tips to help you save money and enjoy inexpensive things to do near the Melbourne Campus.

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YOUR STUDENT CARD



STUDENT DISCOUNT

Always ask for a student discount. This applies to some stores on campus, as well as at cinemas, restaurants, travel agents, clubs, theatres and many other venues.

DISCOUNTS, OFFERS AND ONLINE DEALS

Make sure you keep your La Trobe student card with you for proof of your student status. Some websites also provide further discounts, offers and online deals for students.

studentedge.com.au

studentvip.com.au

CULTURE CARD

The Culture Card offers great discounts for international students. Get your free card when you enrol or you can get one from La Trobe International reception, Level 2, Peribolos East, Melbourne Campus.

culturecardvictoria.com.au

FOOD SHOPPING

We encourage you to share cooking with friends or housemates. By sharing the cost you save money, time, and you have fun. Can't cook? Talk to us at La Trobe International. We organise cooking classes during the International Welcome Festival and we can suggest free cooking classes in the local community. Fresh food such as fruit and vegetables is excluded from the Goods and Services Tax (GST), and therefore is often cheaper than processed food.

GENERAL TIPS

- Make a shopping list based on your needs and a weekly menu plan.
- Buy and cook in bulk rather than visiting the supermarket often.
- Pack any extra food into containers and freeze it for another day.
- Do your research if you want to eat out. There are many cheap places to eat out in Melbourne (see page 3).

FRESH FOOD MARKETS

Shop at markets – not only is the food much more fresh, it's cheaper too.

Preston Market

An excellent selection of quality, fresh produce. Open Wednesday to Saturday. Located at Preston train station and a short walk from tram 86, stop 49 (going south, city-bound) on Murray Road. Produce is heavily discounted around closing time at 3pm on Saturdays.
prestonmarket.com.au

Kingsbury Drive Community Market

Every Sunday on the Melbourne Campus in car park two.
latrobe.edu.au/community/events/community-market

BUDGET BITES FOOD GUIDE

A good source for cheap food, produce and shopping in the northern suburbs. Get your free copy at La Trobe International reception or from Darebin City Council.
darebin.vic.gov.au

ALDI SUPERMARKET

Aldi offers discounted groceries.

Plenty Road

Opposite Bundoora Square, Bundoora.
You can take tram 86 and get off at stop 66.

Preston Market

Gower Street, Preston.
Next to the Preston train station.

HALAL, ORGANIC, VEGETARIAN AND KOSHER

Preston Market

A wide range of fresh and high-quality fruit and vegetables, halal meat, and organic produce.

Preston Halal Meats

425 High Street, Preston
T 9471 8281

See the halal food directory in our Muslim Student Guide. Get a hard copy from La Trobe International reception or check it out online at:
latrobe.edu.au/international/publications

More information

For more information on where to get kosher food visit:
jewishaustralia.com/food.htm



CHEAP PLACES TO EAT OUT



In Melbourne, it's easy to find good quality food to suit your budget. Some places current students recommend include:

High Street, Preston

Asian food and noodle restaurants.

Preston Market, Preston

Vietnamese and Chinese restaurants and cafés.

Victoria Street, Richmond

Vietnamese food.

Sydney Road, Brunswick

Middle Eastern food.

Chinatown, Melbourne City

Good lunch deals.

Crossways Food for Life

Wholesome, hearty vegetarian lunches run by the Melbourne Hare Krishna Temple.

Level 1, 123 Swanston Street, Melbourne

Monday to Saturday

11.30am – 3.30pm

iskcon.net.au/food/crossways

Enjoy the outdoors

Use the free barbecue facilities in parks.

Where to find out more?

The Age Cheap Eats Guide

Borrow it from the library for good tips on cheap restaurants.

Epicure, The Age newspaper

Every Tuesday the Epicure section of The Age profiles a new cheap (under \$30) place to eat in Melbourne.

The International Student Guide to Australia insiderguides.com.au

Online Cheap Eats Directory eatstreets.com.au

How to eat out on a budget?

- Ask at the restaurants if they have student specials.
- On weeknights, restaurants often have cheaper 'meal deals'.
- Some restaurants also offer early-bird specials when you dine before 6.00 pm.
- Limit your drinks as they are expensive.
- Follow the Facebook page or Twitter feed of your favourite restaurants for exclusive deals and coupons.

CLOTHES AND HOUSEHOLD GOODS

MARKETS

Queen Victoria Market

As well as fresh food, there are lots of cheap clothes, shoes, belts, bags and more.

qvm.com.au

The Thursday market

Held on the Melbourne Campus every Thursday during semester, around the ground floor of the Eastern Lecture Theatre, there are cheap books, clothes and other items.

FACTORY OUTLETS

Factory outlets sell samples of clothes at very reduced prices. Streets with lots of factory outlets include Smith Street in Collingwood; Darebin Road in Fairfield and DFO stores (Direct Factory Outlets).

OP SHOPS

Op shops sometimes have great adult's and children's clothing, toys, household goods, furniture, books and more. Proceeds go to charity:

- **St Vincent de Paul ('Vinnies')**
Corner of Wood Street and Plenty Road, Preston.
vinnies.org.au
- **Salvation Army ('Salvos')**
High Street, Preston.
salvosstores.org.au
- **Savers Superstores**
Brunswick and Greensborough.
Look out for their half-price sales.
savers.com.au
- **UnitingCare Bargain Centre**
284 Broadway, Reservoir.

FREE ONLINE

People give things away for free at these websites.

Freecycle

You first need to register online and usually need to give something away first to start receiving (but this

can be as small as a book or a cup). You need to be able to go to the person's house and pick up the item. It's a great source of children's clothes and toys.

my.freecycle.org

Zilich

Simply sign-up and list an item you want to give away or request your interest in an item from other members. You can arrange a mutually convenient time for the collection.

au.zilich.com

CHEAP AND SECONDHAND GOODS

- **Coburg Trash and Treasure Market**
Coburg Drive In, Newlands Road, Coburg (off Murray Road).
Secondhand bargains every Sunday 8am to 2pm.
- **Value City**
1 Newman Street, Preston.
Clothes, linen and much more.
valuecitysupersavers.com.au
- **Darebin Resource Recovery Centre**
Kurnai Avenue, Reservoir.
Cheap, recycled household goods including bikes etc.
outlookmarket.org.au
- **Gum Tree classifieds**
Online classifieds and community website.
gumtree.com.au
- **First Friday Furniture shed**
Open once a month on the Melbourne Campus, it offers free office furniture no longer needed by La Trobe. Get on the furniture mailing list at: recycling@latrobe.edu.au
- **Garage sales**
People selling things from their home, on display in their garage and garden. Get in early! Look out for listings in the local newspaper or watch out for garage sale signs posted in the neighbourhood.
egaragesales.com.au

BICYCLES



INEXPENSIVE BICYCLES

Online

Look in the online Trading Post, second-hand shops, eBay, newsletters distributed on your campus or visit:

humanpowered.com.au

bikeexchange.com.au

tradingpost.com.au

Darebin Resource Recovery Centre

outlookmarket.org.au

Gum Tree classifieds

gumtree.com.au

CERES Bike shed, Brunswick

thebikeshed.org.au

Bicycle Recycle, Moorabbin

bicyclerecycle.com.au

CYCLIST ACTIVITIES

Bike Share Program

There is no need to buy your own bike. At the Melbourne Campus, you can enjoy the convenience and joy of cruising campus on a shared bicycle.

Join LaTrobe's Bike Share program for a fun, free and efficient way to get around campus.

latrobe.edu.au/transport-central/cycling

Bikers Brekkie

A monthly event that offers a free breakfast for students who cycle to the Melbourne Campus.

You need to bring your helmet as proof of your ride.

Every third Tuesday of every month at 8.00 am to 10.00 am at LifeSkills Cafe, in the Agora.

You can find easy riverside paths, trails that take you to classic landmarks in the city and longer rural routes. Join other people in the area for a community ride.

bicyclenetwork.com.au

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

BOOKS



Student Union second hand bookshop

Located in the Upper Agora, Melbourne Campus.
latrobesu.org.au

Co-op Bookshop

For only a \$20 membership fee, you will save hundreds of dollars when buying things. Not only during your time at university but for the rest of your life.
coop-bookshop.com.au

The Thursday market

Around the Eastern Lecture Theatre, Melbourne Campus, during semester.

Also check campus notice boards around the campus for used books sale posted by other students.

Textbook Exchange

A second hand student-to-student textbook site.

textbookexchange.com.au

Op Shops

(Salvos, Vinnies, Savers) – see Clothes and household goods on page 4.

Social Club Books

scb.com.au

Online

Compare prices and postage of online bookstores.
booko.com.au

GETTING AROUND



PUBLIC TRANSPORT

Tram

Free City Circle tram in the Melbourne CBD only.

Bus

The Melbourne Visitor Shuttle costs \$5.00 for an all day ticket.

thatsmelbourne.com.au

Myki pass

Buy a Myki pass for a week, month, or a year if you travel often on public transport. On Saturdays and Sundays travel around Melbourne only costs \$3.30 per day.

BICYCLE

Get a cheap bicycle (see Bicycles on page 5).

CAR

Car pool

Need a free lift to uni? Register your interest with the University's car pool register.

latrobe.edu.au/carpool

Want occasional car hire to get around town?

flexicar.com.au

goget.com.au

greensharecar.com.au

Car share Program (Flexicar)

This is a great option if you don't need a car every day. Save money on buying a car and paying for insurance and registration. You can join Flexicar at a very low cost.

latrobe.edu.au/transport-central/carshare

CHEAP AND FREE THINGS TO DO

MOVIES AND THEATRE

Most commercial cinemas have half-price Tuesdays. Independent cinemas usually have cheaper tickets on Mondays. At Cinema Nova and Palace Cinemas you can buy a membership that allows you to buy cheaper tickets everyday.

Cheap Arts Guide

A list of galleries, theatre and music shows, all under \$25 in Melbourne. You can grab a copy at La Trobe International reception or visit: arts.vic.gov.au/Arts_in_Victoria/Cheap_Arts_Guide

Half Tix

Last minute cheap theatre tickets. They also sell cheap weekend bus tours. halfitix.com.au

MUSEUMS AND GALLERIES

National Gallery of Victoria

180 St Kilda Road, Melbourne.
Free entry to visit the permanent collection. ngv.vic.gov.au

Melbourne Museum

Nicholson Street, Carlton.
Free entry for international students. museumvictoria.com.au

Immigration Museum

400 Flinders Street, Melbourne.
Free entry for international students. museumvictoria.com.au/immigrationmuseum

SIGHTS AROUND TOWN

White Hat website

Find activities under \$10. whitehat.com.au

St Kilda foreshore

Acland Street, St Kilda.
Stroll along the waterfront, enjoy the Sunday market.

Abbotsford Convent

1 St Heliers Street, Abbotsford.
Old historic premises with artists' studios, a farmers market, and the Collingwood Children's Farm. abbotsfordconvent.com.au

CERES Environmental Park

Corner of Roberts and Stewart Streets, Brunswick East. Permaculture and bushfood nursery, farm, cafe, market and food co-op. There's an organic market every Wednesday and Saturday from 9.00 am to 1.00 pm. ceres.org.au

EVENTS, CONCERTS AND EXHIBITIONS

City of Melbourne

Free events, concerts in the City including free tours of Parliament House and the Melbourne Town Hall. thatmelbourne.com.au

Federation Square

Free events, exhibitions. fedsquare.com

Sidney Myer Music Bowl

Alexandra Gardens, Melbourne.
Free concerts throughout the year. thatmelbourne.com.au

State Library

Swanston Street, Melbourne.
Free exhibitions and it's free to join the library. slv.vic.gov.au

The Wheeler Centre

176 Little Lonsdale Street, Melbourne.
Free book forums and talks. wheelercentre.com

MEET-UP GROUPS

Search for meet-up groups in Melbourne, try something new and make new friends with shared interests. meetup.com

WHAT'S ON IN YOUR NEIGHBOURHOOD



Your local council is a great resource for free activities and events, local festivals and more. Check their websites for regular information, check your local newspaper and call for a free resident pack including a community directory. To find your local council visit:

[dpcd.vic.gov.au/localgovernment/
find-your-local-council](http://dpcd.vic.gov.au/localgovernment/find-your-local-council)

CITY OF DAREBIN

Preston, Thornbury, Northcote, Fairfield, Reservoir, Kingsbury and Bundoora.

T 8470 8888

E mailbox@darebin.vic.gov.au
darebin.vic.gov.au

CITY OF BANYULE

Bundoora, Heidelberg, Ivanhoe, Greensborough, Rosanna, Watsonia, Macleod.

T 9490 4222

E enquiries@banyule.vic.gov.au
banyule.vic.gov.au

CITY OF WHITTLESEA

Epping, Keon Park, Lalor, Mill Park, South Morang.

T 9217 2170

E info@whittlesea.vic.gov.au
whittlesea.vic.gov.au

CITY OF MORELAND

Brunswick, Coburg, Fawkner, Glenroy, Pascoe Vale, Oak Park, Hadfield, Gowanbrae.

T 9240 1111

E info@moreland.vic.gov.au
moreland.vic.gov.au

You can also check these websites for free things to do on the weekend in your area.

weekendnotes.com/melbourne
whitehat.com.au
kidspot.com.au/thingstodo

INTERNATIONAL STUDENT LOUNGES



These are free spaces for international students to interact, make new friends, access services and referrals, and more.

THE COUCH

69 Bourke Street, Melbourne
Monday to Thursday, 5.00 pm to 9.00 pm.

A lounge for international students offering computers, free internet access, meals, free hot drinks and information about Melbourne and its services.

salvationarmy.org.au/thecouch

THE OZONE LOUNGE

Northland Shopping Centre, Preston.
Thursdays, 6.00 pm to 9.00 pm
and Sundays, 12.00 pm to 5.00 pm.

A drop-in space for local and international students to relax, have fun and get peer support. Join the Darebin Overseas Students Association (DOSA) Facebook page for regular updates or email:

E dosa@divrs.org.au
divrs.org.au/dosa

PARKS AND GARDENS

Enjoy the great outdoors in some of the fabulous parks and gardens in Victoria.

parkweb.vic.gov.au

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.

latrobe.edu.au/wildlife

Bundoora Park

Plenty Road, Bundoora.

This is the highest point in metropolitan Melbourne, and you can see kangaroos and emus, take a tractor ride, use the free barbecue facilities and visit the historic Bundoora Homestead.

bundoorapark.com.au

Gresswell Forest

Located about a 30 minute walk north-east of the Melbourne Campus, the native Australian Gresswell Forest, Habitat Link and Cascades will have you feeling like you are far away from the city.

latrobe.edu.au/wildlife/land-management/gresswell-forest-ncr

Three golf courses

Strathallan Golf Course, Bundoora.

The public golf course and Latrobe Golf Park driving range are all about a 25 minute walk from the Melbourne Campus. Students pay only \$13 for access to the Strathallan Golf Course.

strathallangolf.com.au

All Nations Park

Separation Street, Northcote.

This park has lovely walks, open spaces to kick a ball and free barbecue facilities.

Edwardes Lake Park

Edwardes Street, Reservoir.

There's an old steam train, a walking track, free BBQ facilities, and lots of birdlife.



Royal Botanic Gardens

Birdwood Avenue, South Yarra.

With a reputation as one of the world's finest gardens, this is a beautiful place for a picnic, home of the Melbourne Observatory, walking trails, lakes, more than 50 000 plants, plus ducks, swans and more! There is also an outdoor cinema in summer.

rbg.vic.gov.au

Coburg Lake Reserve

Lake Grove, off Murray Road, Coburg.

There is a picturesque picnic spot next to the lake.

Fairfield Park and Boathouse

Heidelberg Road, Fairfield.

There are tea rooms, boats and canoes to hire, as well as lovely walks through bushland along the Yarra River.

Need more ideas?

For more ideas on cheap and free things to do search for the Social Outings Guide.

nepcp.org.au

OTHER TIPS TO SAVE MONEY

DOWNLOAD FREE SOFTWARE

Instead of buying expensive software for your computer, see what is out there for free. La Trobe IT Support offer free downloads for students.

latrobe.edu.au/students/it/resources/free-downloads

Some websites also offer genuine-free reviews and downloads.

download.com

SIGN UP TO SAVE

Search for deal websites and sign up for discounts, vouchers, and bargains on everyday necessities and luxury items.

scoopon.com.au
catchoftheday.com.au
groupon.com.au
dealsdirect.com.au
cudo.com.au

You can also find free products and services.

shopfree.com.au

DOWNLOAD FREE AND USEFUL APPS

‘Australia-Student Guide’

If you have a smart phone and want to experience Melbourne's city, download this app to find the best budget eats, free activities and much more.

‘Money Smart Budget Planner’

The Australian Securities and Investments Commission (ASIC) Money Smart program has a great Budget Planner that can be used online or downloaded and edited offline. There's also a great smart phone app for iPhone and Android.

Track My Spend

This app will let you track your spending to make sure you can pay your rent and still have money left to enjoy your life as a student.

moneysmart.gov.au/tools-and-resources/calculators-and-tools/budget-planner

PRACTICE AT-HOME FITNESS

Instead of joining a gym, go for a jog or try an at-home gym circuit. If a gym is the only way you find motivation to workout, join the

La Trobe Sports Centre at:

latrobe.edu.au/sport/facilities

Membership discounts apply for La Trobe students. You will also receive discounts on group classes, court and studio hire and swimming pool rates.

For a very low annual membership fee, you can join many sports clubs run by students. It is also a great way to meet people and make friends.

latrobe.edu.au/unisport/clubs

NEED MORE IDEAS?

Get your free service guide for international students from La Trobe International reception or from Darebin City Council.

You can also subscribe to La Trobe Times, our online newspaper. There are often articles on cheap and free things to do around Melbourne.

Subscribe at:

latrobe.edu.au/international-news

Got another cheap and free idea?

E studentsupport@latrobe.edu.au

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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