



**LA TROBE**  
UNIVERSITY

latrobe.edu.au

# ACTIVITY GUIDE

# FOR SCHOOLS



# VCE PRESENTATION

Get them ready for their next big step. As your students near the end of their high school journey, it's normal for them to have lots of questions about what comes next – especially when it comes to university.

Let's help your students kickstart their uni journey with all the info they need. This session briefs students on everything La Trobe has to offer, from exciting programs and campus life to key details like prerequisites, VTAC applications, scholarships and much more.

**Delivery modes:**

On campus

In person at your school

On campus plus guided tour

Video conference



# YEAR 10 PRESENTATION

Time to start dreaming about the future. Year 10 students are just beginning to think about what life after high school might look like. Let's make sure they're ready to take the next step with confidence.

This is the perfect time to spark their curiosity and get them excited about their future studies!

We'll chat about what university life is really like, explore different study areas and help them figure out which courses might align with their interests.

We'll also break down key things like prerequisites, ATARs, subject selection, VTAC and more, to give them a clear idea of what lies ahead.

**Delivery modes:**

On campus

In person at your school

On campus plus guided tour

Video conference



“Obviously Year 12 is stressful as is, but getting an Aspire offer definitely reduced my anxiety. I knew there was a spot for me at La Trobe doing the degree that I had dreamed of doing.”

## ANJALI

**Aspire Student**  
Bachelor of Laws (Honours)/  
Bachelor of Biomedicine



# ASPIRE EARLY OFFER PROGRAM

**Discover Aspire: Your path to an early La Trobe uni offer**

Aspire is all about rewarding students who make a difference, and recognises school achievement with an early conditional offer to La Trobe.

Whether they're coaching, leading at school, volunteering or giving back to their community, Aspire could be their ticket to an early La Trobe uni conditional offer with amazing perks along the way.

**In this session, students will find out:**

- what Aspire is all about
- if they're eligible to apply
- the awesome benefits that come with it
- how to apply to Aspire and get ahead.

Let's help your students take the stress out of Year 12.

**Delivery modes:**

On campus

In person at your school

Video conference

INTERESTED  
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OUT MORE?  
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# CAMPUS TOURS

The best way to imagine your future? See and experience La Trobe through a guided campus tour.

Led by one of our Student Ambassadors, this interactive tour gives students a real feel for uni life, showcasing state-of-the-art facilities like our:

- Sports Park
- nursing simulation labs
- science labs
- Business School
- La Trobe Law School, including the Moot Court

### Regional Campus Tours

With a guided tour at any of our regional campuses, students can experience all the benefits of studying regionally. Each tour highlights the facilities that are relevant to the courses offered at each of our campuses such as the La Trobe Rural Health School's clinical teaching labs and nursing simulation labs, and the state-of-the-art engineering building.

### Delivery modes:

Walk through our vibrant campus with an on-campus tour

Get the full La Trobe experience with a tour and presentation



# ON-CAMPUS WORKSHOPS

At La Trobe we offer over 80 undergraduate degrees. Our team can coordinate a range of workshops for any program offered across our Bundoora and regional campuses.

Looking for a more interactive visit? We can arrange engaging workshops with our academics, giving students the chance to experience what a day in the life of a uni student is really like. Do you have students with a particular passion? We can organise custom workshops\* with our academics. Some examples of the sessions on offer include:

- Engineering: An escape room where students see the practical application of engineering.
- Anatomy labs: Students see what health students study in both the wet and dry labs.
- Nursing: We showcase our nursing practical mannequins that can simulate breathing, bleeding and more.
- Wildlife Sanctuary: Students interested in animal and plant studies can tour the Wildlife Sanctuary at our Bundoora Campus.

- Archaeology: Students take part in a box dig where they excavate and uncover the mystery of their site.
- Business: We guide students through a session in our simulated financial trading room.

\*As the academics generously donate their time to running these sessions, being able to offer workshops will be subject to availability of academics and teaching spaces. Please note that we may not always be able to accommodate your requests.



### Delivery modes:

On campus



# SPORT AT LA TROBE

La Trobe Sport offers high performance facilities at both our Bundoora and Bendigo campuses, including:

### INDOOR SPORTS CENTRE

The Centre at the Melbourne (Bundoora) Campus offers a wide variety of active recreation facilities including a fully equipped gym, pool, training zone, reformer Pilates studio, yoga, rock climbing wall and more.



### SPORTS PERFORMANCE HUB

The Hub includes an exercise physiology lab, biomechanics lab, heat and altitude chambers, and services for athlete testing.



### LA TROBE SPORT PARK PRECINCT

This Precinct is not only a unique learning hub for students, it also hosts some incredible sports events and recreation opportunities throughout the year.



# SPORTS PERFORMANCE PROGRAMS



**ATHLETE TESTING (YEARS 7-12)**



**ELITE ATHLETE PRESENTATION**



**MAXIMISING ATHLETE HEALTH AND MENTAL WELLBEING (YEARS 7-12)**



**TOUR OF THE SPORTS PARK**

**TAKE A VIRTUAL TOUR OF OUR SPORT FACILITIES**



**FIND OUT MORE OR BOOK YOUR VISIT**

[latrobe.edu.au/sport/facilities/enquiry-form](https://latrobe.edu.au/sport/facilities/enquiry-form)



# VCE PHYSICAL EDUCATION LABORATORIES

Give your Year 11 and 12 students a real-life experience in our world-class sport and exercise labs.

Teachers and students will be supported by our expert industry-leading academics in a safe and engaging environment. Workbooks will be provided to enhance the learning experience, offering both hands-on activities and valuable resources that can be used to reinforce key concepts back in the classroom.

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These laboratories include:



EXERCISE PHYSIOLOGY



STRENGTH AND POWER



BIOMECHANICAL PRINCIPLES



THERMOREGULATION AND HEAT TRAINING



# HOME OF THE MATILDAS

The CommBank Matildas have their very own purpose-built, high-performance base at the La Trobe Sports Park.

Your school has the opportunity to use the same facilities available to the Matildas, where they can experience an elite training environment that caters to the needs and requirements of one of the nation's most iconic sports teams.

Delivery modes:

Home of the Matildas Tour

Home of the Matildas/Football Victoria Gym

Wet recovery area



FIND OUT MORE  
OR COMPLETE  
THE SCHOOL  
PROGRAM  
ENQUIRY FORM



# SHORT STAY ACCOMMODATION

## SHORT STAY ACCOMMODATION

Whether you're planning a school camp, sports competition, school tour or conference, we offer a range of short-term accommodation options to make your trip a memorable one.

## ACCOMMODATION AND AMENITIES

Our accommodation rooms are spacious and conveniently located just a short walk from amenities, including the car park, dining hall and sports centre.

## CATERING SERVICES

We offer on-campus catering facilities to accommodate all dietary needs, ensuring everyone is well taken care of during their stay. Our catering services are comprehensive and tailored to meet a variety of preferences.

"As the organiser of a sports education program for secondary schools in Hong Kong, I selected La Trobe University for collaboration because of its outstanding sports science curriculum. We stayed in a newly renovated dormitory with single-room accommodation on campus for a week, giving the students a valuable glimpse into university life. Overall, our learning journey at La Trobe was an unforgettable experience."

## WENDY LEE

Former Programs Manager  
Asian Academy for Sports  
and Fitness Professionals



## WANT TO KNOW MORE, OR READY TO BOOK AN ACTIVITY?

### GET IN TOUCH

**Phone enquiries**

1300 135 045

**Online chat**

[latrobe.edu.au/chat](https://latrobe.edu.au/chat)

**School activity booking form**

[latrobe.edu.au/contact/cp-consultation](https://latrobe.edu.au/contact/cp-consultation)

**Ask us a question**

[latrobe.edu.au/ask-us](https://latrobe.edu.au/ask-us)

**Meet the team**

## STAY CONNECTED

**Email**

[undergrad@latrobe.edu.au](mailto:undergrad@latrobe.edu.au)

**Instagram**

[@latrobeuni](https://www.instagram.com/latrobeuni)

**Facebook**

[La Trobe University](https://www.facebook.com/LaTrobeUniversity)

**TikTok**

[@latrobeuni](https://www.tiktok.com/@latrobeuni)

**LinkedIn**

[La Trobe University](https://www.linkedin.com/company/LaTrobeUniversity)