

ACTIVITY GUIDE

A photograph of three students in a sunny outdoor setting. In the foreground, a young man with dark curly hair and a beard, wearing a light blue t-shirt, is smiling and gesturing with his hands. Behind him, another young man with dreadlocks and a nose ring, wearing a black jacket over a white hoodie, is also smiling. To the right, the back of a young woman with long brown hair is visible. They appear to be engaged in a conversation or activity. A red vertical line is positioned between the two men. In the background, there are trees and a modern building with a glass facade.

FOR SCHOOLS

PRESENTATIONS & EXPOS AT YOUR SCHOOL

Let us come to you! This is the perfect time to spark curiosity about university. We'll discuss campus life, study options, and help match courses to interests. Plus, we'll cover prerequisites, ATARs, subject choices, VTAC, and what's ahead.

**INTERESTED
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OUT MORE?
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QR CODE**



Presentations include:

VCE Presentation

Year 10 Presentation

Aspire Early Offer Program

Delivery modes:

In person at your school

Virtual presentation

Careers Expo delivered at your school

CAMPUS TOURS AND WORKSHOPS

Campus Tours

Our campus tours are led by friendly and knowledgeable student ambassadors, providing your students with an authentic experience of life at La Trobe University. During the tour, students will have the chance to explore our clinical and learning laboratories, get acquainted with teaching and study spaces, and visit our sport facilities. These guided tours allow students to immerse themselves in the vibrant atmosphere of our campuses, seeing first-hand where learning, connection and community come together.

Tours are available at Albury-Wodonga, Bendigo, Bundoora, Mildura and Shepparton campuses.



Workshops

We offer a range of interactive and engaging workshops, facilitated by our experienced academics. These are designed to give students insights into different fields of study at La Trobe University.¹

Delivery modes:

Campus tour – guided walk through your chosen campus

Campus talk and tour – combine your tour with a presentation

On-campus workshops at Bundoora



1. 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.

SPORT AT LA TROBE

Sport plays a vibrant and integral role at La Trobe University, offering students and the community access to exceptional, high-performance facilities across both the Bundoora and Bendigo campuses. These state-of-the-art venues provide opportunities for training, competition, and recreation, supporting athletes of all levels, from beginners to elite performers. Facilities include:

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)



VCE PHYSICAL EDUCATION LABORATORIES

TAKE A VIRTUAL TOUR OF OUR SPORT FACILITIES



FIND OUT MORE OR BOOK YOUR SCHOOL PROGRAM

latrobe.edu.au/sport/schools

THE NANGAK TAMBOREE WILDLIFE SANCTUARY



The Nangak Tamboree Wildlife Sanctuary is a natural environment that has evolved over fifty years to become one of Victoria's most unique educational resources.

The Sanctuary offers hands-on, curriculum-based programs that raise awareness about conservation. Enjoy a fun, educational excursion designed with modern teaching approaches.

FIND OUT MORE



Excursion Opportunities:

CATCH ME IF YOU CAN (Years 7-10)

- Wetland Investigation: Dip net sampling & habitat assessment.
- Wetland Assessment: Identify invertebrates, score habitat health, and discuss findings.
- Wilderness Wander: Guided walk to connect learning with the broader Sanctuary.
- Nest Box Game: Hands-on activity exploring habitat diversity and restoration.

RESTORATION REVOLUTION (VCE)

(Designed for Unit 1 Environmental Science AoS 1, 2 and 3)

- Wetland Investigation: Students collect water and habitat samples—one uses a dip net in waders, others test abiotic factors and assess habitat.
- Wetland Assessment: Using microscopes and keys, students identify invertebrates, calculate habitat and signal scores, and discuss biotic/abiotic interactions.
- Sanctuary Tour: Guided walk exploring the site's history, ecology, and land management challenges.

ACCOMMODATION

FIND OUT MORE



SHORT STAY ACCOMMODATION

Perfect for school camps, sports events, tours, or conferences. Choose from our flexible short-term options for a great stay.

ACCOMMODATION AND AMENITIES

Spacious rooms just steps from the car park, dining hall, and sports centre.

CATERING SERVICES

On-campus catering tailored to all dietary needs, keeping everyone well-fed and happy.

"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

ASPIRE EARLY OFFER PROGRAM

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

Aspire celebrates students who make a positive impact, rewarding their achievements with an early conditional offer to La Trobe University.

Whether it's excelling academically, showing leadership at school, coaching a team, volunteering, or contributing to the community, Aspire recognises students who go above and beyond. It's an opportunity for them to be acknowledged for their efforts and gain early entry to La Trobe, along with some fantastic benefits 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

Virtual presentation

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WANT TO LEARN MORE, BOOK AN ACTIVITY, OR HAVE SPECIFIC IDEAS IN MIND, OUR FRIENDLY TEAM ARE HERE TO HELP!

GET IN TOUCH

Email
undergrad@latrobe.edu.au

Career Practitioners' Portal
career-practitioner.blogs.latrobe.edu.au/

School Activity Booking Form
latrobe.edu.au/contact/cp-consultation

STAY CONNECTED

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)

CONTACT THE TEAM



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