

Adventure at La Trobe

For the more adventurous or just the more curious, there are many ways to experience the Australian outdoors lifestyle! Here are just some of the exciting clubs and activities available to you when you choose to study at La Trobe University.

What's on offer at the Sports Centre?

The La Trobe University Sports Centre offers a gateway to activities and sports for all tastes.

- Fully equipped gymnasium
- Indoor heated swimming pool
- Group exercise classes
- Tennis and squash courts
- A field house for volleyball, badminton, netball and indoor soccer
- An 'Active on campus' program that offers swimming for adults, yoga, pilates and dance programs

Anyone can become a member! As a student of the University, all you need to do is bring your student ID card to the Sports Centre reception desk and apply for your membership.

T (+61 3) 9479 2973

E sport@latrobe.edu.au

➤ latrobe.edu.au/sara



La Trobe University Rowing Club

Like to be outdoors and have a competitive spirit? Try rowing!

La Trobe University Rowing Club (LURC) is one of the University's oldest sporting clubs, having been formed in 1968. The Club now has one of the newest and most extensive range of boats of any club in Melbourne. They provide opportunities for all levels of competitors from those that want to learn how to row, to people who are aiming to win state or Intersvarsity championships.

E contact@latroberowing.net.au

Surf Club (S@It)

Why surf? Why not?

Learn how to surf, meet new people and experience Australia's coastal beauty and wildlife. The Surf Club offers great weekend trips to locations such as the spectacular Great Ocean Road, Phillip Island and Wilson's Promontory. Get professional surf lessons in beautiful surroundings and enjoy getting to know other students. On these trips you may even spot koalas, kangaroos, a huddle of penguins, a colony of seals, or a pod of dolphins! The Surf Club welcomes everyone from beginners to experienced surfers.

E surfing@latrobe.edu.au

Snowsports Team

Prefer winter sports? Try Australia's alpine resorts!

The La Trobe University Snowsports Team (LUST) organises discount priced snow sports for students at Alpine Resorts. Enjoy skiing, snowboarding, telemarking, or cross-country skiing in one of Australia's alpine resorts. Become a member of the Snow Sports Team and experience great snow trips while you enjoy all the Australian environment has to offer. Join us at one of our social events off the mountain, like a BBQ in the sun or the end of season Snowball. From beginners to experienced skiers, we cater to all! This is a great way to enjoy the snow, meet like-minded people and generate new and lasting friendships.

E lust@latrobe.edu.au

➤ latrobe.edu.au/sara/lust

Mountaineering Club

Love to explore? See Australia from a different perspective!

There are many ways to experience Australia, but only the La Trobe Mountaineering Club (LUMC) will provide you with the real wilderness experience. See Australia through activities such as rock climbing, white-water kayaking/rafting, bushwalking, caving, mountain bike riding, and cross-country skiing. Access to our club's equipment and experience will allow you to do all of this on a student budget. Come along and join the outdoor adventure club that has welcomed many international students before you.

E committee@lumc.org.au

➤ lumc.org.au

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Reef – Scuba and Snorkel at La Trobe

Diving down under? Come and see Australia's living marine treasures.

Grab your bathers and get ready to encounter Australia's living marine treasures. We will take you on an underwater adventure to the incredible Great Barrier Reef. Snorkel and scuba dive among spectacular fish and colourful coral as you and your friends sail around the Whitsunday Islands. Hang out on the pure white sands of Whitehaven Beach, one of the most beautiful beaches in the world. Trips are also made to great beach locations closer to Melbourne, where you can snorkel, dive, and even swim with seals!

E reef@latrobe.edu.au

Water Ski and Wakeboard Club

Need to speed? Try water skiing or wake-boarding!

The La Trobe University Water Ski and Wakeboard Club invites you to join in our water ski activities. Everyone is welcome and all necessary equipment is provided. During summer, regular ski camps are run on weekends and holidays. We also run day-trips during winter, to a warm-water ski location east of Melbourne. Each March we run a New Members' Camp.

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Centre for Excellence in Outdoor and Environmental Education

La Trobe University's Centre for Excellence in Outdoor and Environmental Education offers Australia's most diverse collection of outdoor professional courses.

Our courses allow students considerable flexibility to select specialisations that best fit their skills, aptitude, interest and employment goals.

Practical experience is often held in locations such as the Australian Alps, the Murray River, Port Phillip Bay, South-West Tasmanian wilderness, or the Whitsunday Islands. A strong emphasis is placed on environmental knowledge and practical experience. Students can focus on outdoor skills or specialise in natural history or education for sustainability.

Below is a list of the current courses we offer:

Undergraduate

- Bachelor of Arts (Nature Tourism)
- Bachelor of Arts (Natural Resources Education)
- Bachelor of Arts (Outdoor Education)
- Bachelor of Arts (Outdoor Environmental Education)
- Bachelor of Arts (Outdoor Recreation Education)
- Bachelor of Physical and Outdoor Education

Postgraduate (Coursework)

- Graduate Diploma in Outdoor and Environmental Education
- Graduate Certificate in Outdoor and Environmental Education
- Master of Outdoor and Environmental Education

For more information see ➤ latrobe.edu.au/coursefinder or visit the Centre's website: ➤ latrobe.edu.au/oent