Student Health

Good health is not only about treating illnesses, but also about taking care of yourself. This includes:

- eating properly,
- regular exercise, and
- getting enough sleep.

Your Overseas Student Health Cover (OSHC) takes care of most of your health care, but you do need to read the OSHC brochure to make sure you understand exactly what it pays for.

You can choose your own doctor in Australia, and it is important that you find someone with whom you feel comfortable and who is conveniently located.

Many students at Trinity use the University of Melbourne Student Health Service. The Student Health doctors, both male and female, have a lot of experience in dealing with student medical problems, including those of international students.

You can make an appointment by phoning 8344 6904 or 8344 6905 or dropping in to 138-146 Gardigan Street, Carlton. The Service is open from 8.45am-5.00pm, Monday to Friday.

If it is an emergency, especially after hours, you should go to the casualty department of the hospital nearest to where you live. The doctors and nurses there will look after you.

Absences and Illnesses

The Student Welfare Office will help you with any issues relating to absences and illnesses. It is located in Rooms 11 and 12 in the Lower Ground Floor, 715 Swanston Street. There is a Sick Bay nearby where students who are unwell can rest until they are well enough to return to classes or are taken to the doctor or their homes. Please phone 9348 7525 if you are feeling unwell between the hours of 9.00am and 5.30pm and need assistance.

Sexual Harassment

Part of the overall Pastoral Care of Foundation Studies is to ensure that all students and staff feel safe from sexual harassment, which has been defined as:

‘an unwelcome sexual advance, unwelcome request for sexual favours or other unwelcome conduct of a sexual nature which makes a person feel offended, humiliated or intimidated, and where their reaction is reasonable in the circumstances.’

In Australia, sexual harassment is against the law.

It is important to understand that sexual harassment is often unintentional – the result of a lack of awareness on the part of one person or a group of people. However, part of the focus of the Sexual Harassment Policy is to provide students and staff with information so that we all learn to:

- treat each other with respect, and
- avoid doing things that make others feel uncomfortable and intimidated.

Many kinds of behaviour can be called sexual harassment when they offend, intimidate, or are not reciprocated.

- jokes
- pictures
- gestures
- email and telephone messages
- touching

Harassment, however, does not arise in the context of choice and mutual consent.

What can you do?

Talking about issues of a sexual nature is often difficult, but it is more important to speak to someone if you are having problems. Trinity provides specially trained people who will treat all communications seriously, sensitively and in strict confidence. The Foundation Studies Sexual Harassment Advisers are:

- Felicity Fallon
  Swanston St
- Neralie Hoadley
  FSC
- Glen Jennings
  FSC
- Janusz Sysak
  FSC
- Anita Krautschneider
  Swanston St

Studying in Australia can be a great experience for everyone when we all take responsibility for our actions, value and respect others and ourselves.
To make the most of your educational experience whilst at Trinity, a full-time Counsellor Psychologist is available for consultation. You may need help with:

- Homesickness and adjustment,
- Personal and family relationships,
- Stress or anxiety management,
- Study or motivation concerns, or
- any other difficulties that may affect you personally or academically, and that you would like to discuss confidentially.

If anything is worrying you, the Student Counsellor is there to help you find the best pathway and make the right choice. All conversations are kept completely confidential. This means that whatever you talk about will not be told to anyone else without your permission. It is important to seek help before the problem affects your health, happiness and your studies.

Please contact the Student Counsellor on 9348 7507, email or stop by for an appointment in Room 9, Lower Ground Floor, 715 Swanston Street.

You may also use the Melbourne University Counselling Service. However, you will need to make an appointment first on 8344 6927 / 6928. The address is 278 Faraday Street, Carlton.

Remember speaking with the Counsellor at Trinity or at the University of Melbourne is a free service.

**Mentors**

To help you with any problems that you might have, large or small, and to make sure that you are given every opportunity to do your best in your studies at Trinity, a staff member is assigned to you as your ‘mentor’. If you are having any problems with relation to your mentor, please speak to the Director of Student Welfare in Room 12, Lower Ground Floor, 715 Swanston Street, telephone her on 9348 7525 or email her on fallon@trinity.unimelb.edu.au.

**Activities**

Getting involved and making friends is important for your happiness and well-being at Trinity. If you are interested in:

- joining a TCFS club,
- playing sports,
- becoming a Student Committee member, or
- getting information on just about anything,

...talk to the Director of Student Services who is located at 199 Grattan Street or you can phone 9348 7040.

**Accommodation**

The Accommodation Office can help you find a place to live, or assist you with issues related to your accommodation. The Accommodation office is located in Wynne Cottage or you can phone on 9348 7144.

**Emergency Resource Team**

When you need help in an emergency after normal business hours and don’t know what to do, you can contact the Trinity College Foundation Studies Emergency Resource Team on 0408 556 776. A Trinity staff member will give you the appropriate assistance to help you with your problem.

**Academic Support**

Do you need:

- extra tutoring,
- a new timetable, or
- special consideration?

The Deputy Director (Academic) or the Director of Academic Advice are the best people, after talking with your lecturer, to discuss academic concerns. The Deputy Director (Academic) is located in Wynne Cottage, whilst the Director of Academic Advice is located in Room 10 FSC and either can organise extra tutoring for you or change your timetable. The phone number for the Deputy Director (Academic) is 9348 713S and for the Director of Academic Advice is 9348 7510.

**Academic and Career Advice**

The Director of Academic and Career Advice can help you best decide what course to study at university and is located at Wynne Cottage or you can phone 9348 713S.

**Chaplain**

The Chaplain is available for people of all faiths or none – all students and staff. Feel welcome to come and chat, pray, discuss or just be.

**Looking for a local place to pray?**

The Chaplain will help you link up with your faith community (church, mosque, temple), and will support you and your community during your time in College. Groups meet regularly with the Chaplain, and individuals are always welcome to drop in at any time. The Chaplain is Rev. Kim Cruickshank and is located in Room 10, Lower Ground Floor, 715 Swanston Street.

**The Space**

The Space is located beside the Chaplain’s office, in Swanston St. It is a place set aside for individuals, or groups, to be quiet, reflect and/or pray. Christian students meet regularly for fellowship and worship*. Muslim students meet regularly for fellowship, and use the room for prayer during the day. The direction of Qebla (direction for Muslim prayer) is identified in The Space. Newly arrived students gather there to discuss their new discoveries and learn more about one another. All students make use of the room, and are always welcome.

* Check The Space for details.

**Financial Queries**

Do you have questions or concerns about:

- your fees payments,
- your financial status?

The best place to go is Wynne Cottage. Staff there can keep you informed and assist you with any concerns you may have regarding fees payments. The phone number is 9348 7437.