



LA TROBE
UNIVERSITY • AUSTRALIA

People, Possibilities, & Partnerships

International Students & Their Australian Experience

Joanna Shaw - La Trobe International

International Student Volunteering in the Australian Community



Why Volunteer?

Volunteer to Feel Good & Fight Depression!

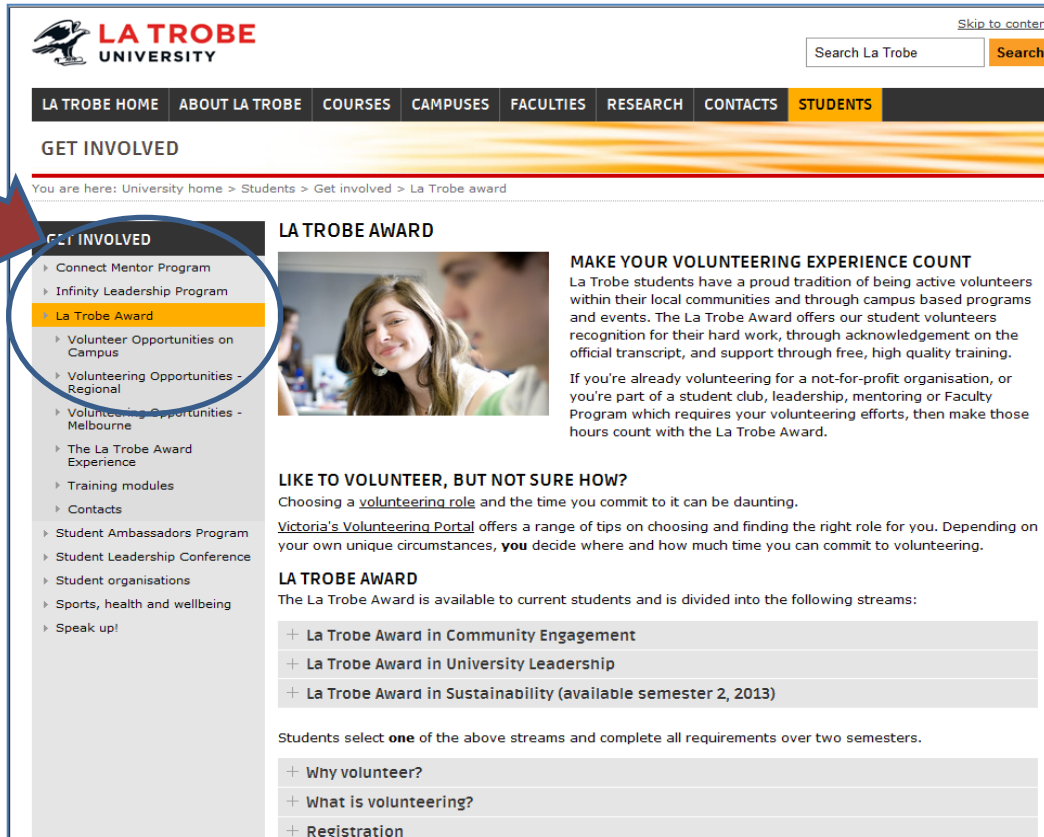
Volunteering promotes self-esteem, fosters resilience and tackles isolation

Benefits to International Students

- ✓ Builds resilience, cultural competence, friendship and peer networks
 - ✓ Improves knowledge and language
 - ✓ Promotes access to services
- = Equips students with skills to assist with their adaptation to life in Australia**

MAKE YOUR VOLUNTEERING EXPERIENCE COUNT

| Name of Award | Hours Required | Training Modules |
|--|--|--|
| <p>La Trobe Award in University Leadership volunteering on campus</p> | <p>Minimum 40 hours over two semesters</p> | <p>2 online training modules + reflective exercise</p> |
| <p>La Trobe Award in Community Engagement volunteering in the community</p> | <p>Minimum 50 hours over two semesters</p> | <p>Reflective exercise</p> |
| <p>La Trobe Award in Sustainability volunteering to create a sustainable future</p> | <p>Minimum 40 hours over two semesters</p> | <p>2 training modules required + reflective exercise</p> |



LA TROBE UNIVERSITY

Search La Trobe

LA TROBE HOME ABOUT LA TROBE COURSES CAMPUSES FACULTIES RESEARCH CONTACTS **STUDENTS**


GET INVOLVED

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GET INVOLVED

- Connect Mentor Program
- Infinity Leadership Program
- La Trobe Award**
- Volunteer Opportunities on Campus
- Volunteering Opportunities - Regional
- Volunteering Opportunities - Melbourne
- The La Trobe Award Experience
- Training modules
- Contacts
- Student Ambassadors Program
- Student Leadership Conference
- Student organisations
- Sports, health and wellbeing
- Speak up!

LA TROBE AWARD



MAKE YOUR VOLUNTEERING EXPERIENCE COUNT

La Trobe students have a proud tradition of being active volunteers within their local communities and through campus based programs and events. The La Trobe Award offers our student volunteers recognition for their hard work, through acknowledgement on the official transcript, and support through free, high quality training.

If you're already volunteering for a not-for-profit organisation, or you're part of a student club, leadership, mentoring or Faculty Program which requires your volunteering efforts, then make those hours count with the La Trobe Award.

LIKE TO VOLUNTEER, BUT NOT SURE HOW?

Choosing a [volunteering role](#) and the time you commit to it can be daunting. [Victoria's Volunteering Portal](#) offers a range of tips on choosing and finding the right role for you. Depending on your own unique circumstances, **you** decide where and how much time you can commit to volunteering.

LA TROBE AWARD

The La Trobe Award is available to current students and is divided into the following streams:

- + La Trobe Award in Community Engagement
- + La Trobe Award in University Leadership
- + La Trobe Award in Sustainability (available semester 2, 2013)

Students select **one** of the above streams and complete all requirements over two semesters.

- + Why volunteer?
- + What is volunteering?
- + Registration

Students can self identify opportunities or choose from those advertised on Career Hub

Volunteering activities must NOT:

- be paid \$\$\$
- count for academic subject credit
- or count towards paid work or work experience

Student Process

LA TROBE UNIVERSITY **LA TROBE AWARD**

MAKE YOUR VOLUNTEERING EXPERIENCE COUNT

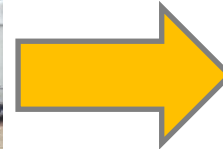
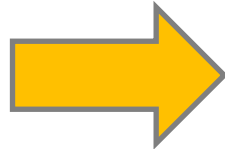
Confirmation of Volunteer Activity for La Trobe Award

Name of volunteer organisation/ student club/ society: Cultural Festival
 Name of student applying for the La Trobe Award: Jo Shaw
 Student Number: 1234567
 Volunteer position: General Helper
 Duration of volunteer position: all day
 Average hours per week (if applicable): two
 Duties include: Helping, putting up posters, handing out information, cleaning up etc

Volunteer Supervisor /Co-ordinator

Name of volunteer supervisor / co-ordinator: Jenny Alytha
 Signature of volunteer supervisor: [Signature]
 Position in the Organisation: Manager
 Contact info: 9239 1701
 Date: 23.5.13

This volunteer confirmation letter confirms your volunteering activity with your volunteer organisation. You will need to upload this form when you register for the La Trobe Award and 9239 1701 you have a 9239 volunteer activity. If you have any questions or concerns please email volunteers@latrobe.edu.au. For further information on the Award go to: www.latrobe.edu.au/students/awards/latrobeaward



LA TROBE UNIVERSITY **LA TROBE AWARD**

La Trobe Award - Volunteer Log Book

Name: Jo Shaw Student Number: 1234567 Volunteer Activity: Cultural Festival

| Date | Activity | Hours |
|---------------------|--------------------|-----------|
| 27.5 | General Helping | 7 |
| 28.5 | Cleaning up | 2 |
| 29.5 | Handing out fliers | 2 |
| TOTAL HOURS: | | 11 |

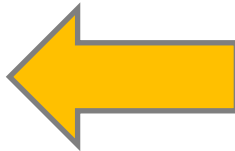
Supervisor's signature: [Signature] Date: 28.5.13

Students must upload this log book to their La Trobe Award profile: www.latrobe.edu.au/students/awards/latrobeaward at the completion of your volunteering duties. You must also be registered with the La Trobe Award. For further information, please contact the La Trobe Award team at volunteers@latrobe.edu.au

1. Confirmation letter from organization

2. Do the volunteering & online training

3. Log book signed/activity verified by the event supervisor



5. Repeat as needed to get Award

4. Student uploads to their online portal via the Career Hub

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LA TROBE AWARD

MAKE YOUR VOLUNTEERING EXPERIENCE COUNT

The La Trobe Award offers you recognition for your hard work as a volunteer. As part of the program you'll get:

- official recognition on your academic transcripts,
- the opportunity to develop your professional and personal skills,
- the chance to take on new challenges and make new friends.

We recognise volunteers who work with student clubs, non-for-profit organisations, and mentoring/faculty programs. Make your volunteering hours count!

WANT TO VOLUNTEER BUT NOT SURE HOW?

We have [developed a volunteering role](#) and making time to commit to it can be daunting. If you want to be a part of the La Trobe Award program but haven't signed up to volunteer yet, start by completing our [Expression of Interest Form](#). (You'll need your student username and password to submit.)

Express your interest

Once you complete this form, we'll keep you updated with events and volunteering opportunities (on or off campus).

Other ways to get started

- [Victoria's Volunteering Portal](#) offers tips on finding the right role for you.
- La Trobe's [CareerHub](#) displays current available volunteering positions for you to browse and select from.

LA TROBE AWARD IN COMMUNITY ENGAGEMENT
 LA TROBE AWARD IN UNIVERSITY LEADERSHIP
 LA TROBE AWARD IN SUSTAINABILITY (AVAILABLE IN SEMESTER 2, 2013)

Success Factors

- **Targeted Partnerships** – actively identify opportunities that would be easy for international students to get involved in eg: not a long time commitment, can get to on public transport, not ongoing, local, meaningful
- **Managing Expectations** – on both sides. Good communication, clear instructions
- **Communication** – targeted information campaign to international students to demystify the process

Success Factors continued ...

- **Information Sessions** – on campus, lunchtime, free, invite host organizations to participate
- **Inclusion in Orientation** – start the process early!
New sessions on volunteering in Orientation
- **Site Visits** – to maximise participation and build confidence
- **Resourcing** – keeping it real!

Benefits to the University

- ✓ **Marketing** edge = positive student experience; positive Australian experience
- ✓ Helps **ISS** = students build resilience, cultural competency, confidence, gain skills, networks, friendship, and experience
- ✓ Builds **Partnerships** = Victoria Police, Local Councils, State Governments, Neighbourhood Houses, community groups, Rotary = enhances our university reputation
- ✓ Fosters good **collaboration with local community** = students get to learn about resources and services available to them outside campus gates + local communities see the value in international students
- ✓ **Win – Win!**

What's Next?

Domestic / International Student Collaboration

- Orientation & Host Program
- Academic Culture – improving classroom interaction
- Engagement Champions – IR students and residential leaders
- Staff Champions

Volunteering



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Questions?

j.shaw@latrobe.edu.au



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