





"We don't really hang out with the locals. In the first few years I tried to get along with them, but it's kind of difficult. In the third year I just hung out with international students."

(Das & Jensen, 23 July, *Sydney Morning Herald*).

'unconnected and stressed student ...a pattern which, in an extreme form, means that students experience their university life as unpleasant, even painful, and possibly achieve well below their capacity.'



(Rosenthal, Russell and Thomson, 2006: 116)

### Weekend Break Program – Institution



Olivia Reid

Better understanding of International Student Experience

Students rely less on International Office

### Weekend Break Program – Student Benefits



Student Connections

"Not explore the local area, meet people, and make friends with local people!"

### Risk and Legal Implications

- Adults choosing to participate
- Informed consent
- On-call support
- Disclosure – police records, medical information
- Excursion Declaration Form

### Weekend Break Program – Host Benefits

Long Lasting Friendship



### Surprises and challenges

- Uneven student application – most from Melbourne
- Program sustainability – mutual contribution and benefit
- Sufficient information vs unframed experience
- Manage student expectations
- Negotiate the unexpected

You can access the program flow chart and documents at this address:

<http://www.latrobe.edu.au/international/supportservices/weekendbreak.html>

Or go to La Trobe University website and type *Weekendbreak* into the search engine



