Feeling a little overwhelmed?

That's ok! During Orientation week you will have new social, sensory and emotional experiences such as:

Crowded areas



Chatter



•Smells from the kitchen and food stalls



Bright lights



Loud noises from games such as air hockey



Music playing from speakers or a DJ





What to do:

•Talk to a Collarts staff member or ambassador. Look for name tags and Collarts T-shirts



•Go to the kitchen and have a glass of water



•Go outside for a short walk



Access our Wellbeing rooms





Wellbeing rooms

There will be dedicated Wellbeing rooms available on each campus during Orientation week. The Wellbeing room is a quiet place where anyone can go if they're feeling

overwhelmed or needing a break.

In the Wellbeing room you will find:

- Couches and table
- Dim lighting
- Sensory tools
- Drawing and colouring supplies
- Water bottles





COLLARTS AUSTRALIAN COLLEGE OF THE ARTS

Maps

Wellington street

COLLARTS AUSTRALIAN COLLEGE OF THE ARTS

→ First Floor



Maps

Cromwell street

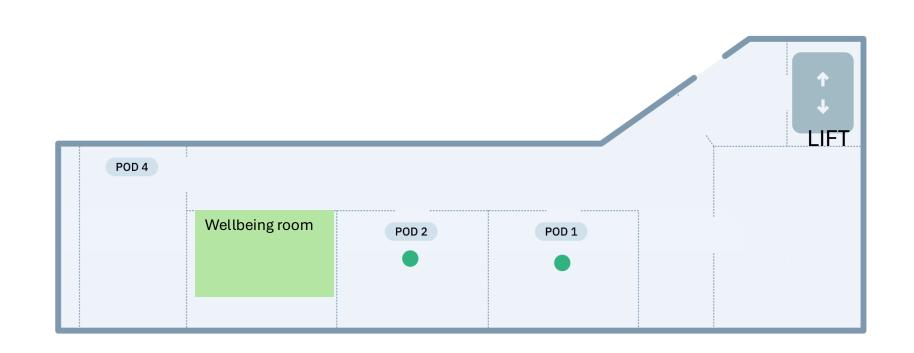
COLLARTS AUSTRALIAN COLLEGE OF THE ARTS



Maps

George street Basement

(Go down using the lift)



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