

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
- Fan



Maps

Wellington street

→ First Floor



Maps

Cromwell street



Maps

George street Basement
(Go down
using the lift)

