



## Coronavirus response - Federation University Australia

Wednesday 8 July 2020

Dear Student,

The following is an important update following recent changes to restrictions in Victoria. The university is continuing to work to ensure that our pathway forward to on-campus learning is safe and in line with government health and safety requirements. We are finalising a three-stage plan for our transition to on campus learning, which we look forward to sharing with you in the following week.

We also remind you of the importance of having current contact details in your [My Student Centre](#) account – email, telephone **and** your physical address – especially important now so we can ensure we do not send students from, or into, restricted areas. Learn how to update these [here](#).

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### Stage three restrictions reintroduced for metropolitan Melbourne and Mitchell Shire

Late yesterday, the Victorian Government announced the reintroduction of stage three restrictions across metropolitan Melbourne and the Mitchell Shire.

This may come as a shock to many but the reintroduction of the tougher restrictions is in direct response to significant increases in new COVID-19 cases across the city and is designed to stop the spread of the virus.

The following is a summary of the restriction levels.

You will also find links below to provide help and advice if you are struggling with the challenges – emotional and practical – that the pandemic may be creating.

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## **Restriction levels**

For our staff and students, there are now different rules in place depending on where you live. You can find comprehensive information on [Victoria's restriction levels](https://www.dhhs.vic.gov.au/victoria-restriction-levels) via [dhhs.vic.gov.au](https://www.dhhs.vic.gov.au)

### **In metropolitan Melbourne and the Mitchell Shire (including Broadford, Kilmore, Seymour, Tallarook, Pyalong and Wallan)**

For six weeks from 9 July, there will be only four reasons to leave your home: Shopping for food and essential items. Care and caregiving. Daily exercise but without leaving or entering restricted areas. Work and study — if you can't do it from home. Otherwise: stay home. Recreational travel to regional Victoria will also not be allowed.

Primary and secondary schools will have an extra week of school holidays but there is no decision yet on whether home schooling will occur again. VCE students (years 11 and 12 and some year 10s) will return as normal though.

Again there are no visitors at home, no more than two people gathering in public, cafes, restaurants and other similar business must return to takeaway only, and food courts, cinemas, community sport and recreation centres will close, There will be no new holidays and you can't visit a second residence outside the restricted areas.

### **In regional Victoria including Ballarat, Gippsland and Horsham**

Regional Victoria (aside from Mitchell Shire) remains at the current restriction levels with no change.

The rules allow gatherings of up to five visitors in your home plus your own household and outdoors activities are limited to groups of 10 people, with 1.5m physical distancing in place. There is a restricted reopening of cafes, restaurants, pools, gyms, cinemas and places of worship. Schools will return as normal for all students. The government recommends testing for people with even the mildest symptoms. Travel is allowed within regional Victoria.

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## **On campus**

The Victorian Government advice remains the same, if you can work or study from home, you must continue to do so. However, we have also been inviting small groups of students and researchers onto campus, and the staff to support them, to complete specific activities relevant to completion of their courses in TAFE, undergraduate, postgraduate and HDR studies.

We understand that the increased number of COVID-19 cases may cause some of you involved in these activities to experience a heightened sense of anxiety.

If you are in a position where you are approved to be on campus, but simply do not feel comfortable coming in, we encourage you to speak to your School about alternative options.

However, there are some courses where the completion of practical work must take place to meet your course requirements. We want to assure you that if you are on campus, there are significant safety measures in place including concentrated and touch point cleaning, and risk assessment of all activities before any activities take place.

We do not want any students compromising their mental health or wellbeing unnecessarily.

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## **Your health and wellbeing**

The university continues to provide all of its support services to students during semester break as it does during semester. A full list of services can be found at COVID-19 Support for Students [https://federation.edu.au/news/articles/federation-university-australias-response-to-the-coronavirus#Students\\_support\\_services](https://federation.edu.au/news/articles/federation-university-australias-response-to-the-coronavirus#Students_support_services). We encourage you to make this link a favourite on your internet search engine so you can readily access support as you need it.

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## **Student counselling**

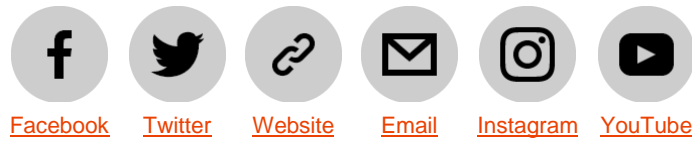
If you are feeling anxious or distressed about the impacts of COVID-19 on you, or your studies, you can talk with a Federation University counsellor free of charge,

via phone or online. Get emergency contacts and learn how to [make an appointment here](#).

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Please stay safe and check in on each other as we continue to adjust our lives to deal with our journey through the COVID-19 pandemic.

**On behalf of the COVID-19 Transition Control Group**



**Federation.edu.au**

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