

thrive*



WARNING
SHALLOW WATER
2m

DEEP WATER
2m

thrive*
VICTORIA
UNIVERSITY



What is thrive*?

- Active Living, Social Connection, Engagement, Creativity & Wellbeing
- Open to both VU Staff and Students
- A broad selection of activities - something for everyone
- Genuine support from VU's Executive, creating a ripple effect across staff and students alike



Evolution of thrive*

Many years of development, stints of delivery prior to:



Staff 1 Month Pilot - Oct 2023

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Staff Program - March 2024

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Staff 1 Month Pilot - Oct 2023



Staff Program - March 2024



Student Program - April 2024

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Staff 1 Month Pilot - Oct 2023



Staff Program - March 2024



Student Program - April 2024



Student & Staff Program - 2025



thrive* Activities

Amazing
Races

Pickleball

Draw to
De-Stress

Subsidised
Gym, Swim &
Group
Fitness

Virtual
Reality

½ price
Lunch - Mix
& Meet

Self
Defence

Environmental
Activities

Lego
Robotics

Bare Foot
Bowls

Stacking
Stones

Self Care
Workshops

Retro
Sports
Carnival

Tie Dye
Socks

Ceramics

Pride
March

Salsa
Dancing

Coffee
Conversations

Tennis

AI Drones

Orientation
Activities

Nutrition
Workshops

Charity
Walks, Runs
& Rides

Table
Tennis

Clothes
Swap

Volunteering

Campus
Picnics

Olympic
Sports
Pop-Ups

Pebble Art

Corn Hole

Walking &
Running
Groups

Volleyball

Embroidery

Trivia

Meditation

Cricket

Brushes &
Banter

Cooking

Resuscitate
a Mate

Pop-Up
Sport &
Craft

Team
Challenges

Indigenous
Activities

Plant Swap

Swim
Lessons

Speed
Puzzling

Rep Sport

Crocheting

Wellbeing
Workshops

Cyber
Escape
Room

Group
Exercise

Beach Days

Silent Disco

Team
Training

Sleep
Hygiene

Basketball

Tree
Planting

Music
Performance

Engagement
Activities

Line
Dancing

Frisbee
Golf

Impact of thrive*



Impact of thrive*



Impact of thrive*



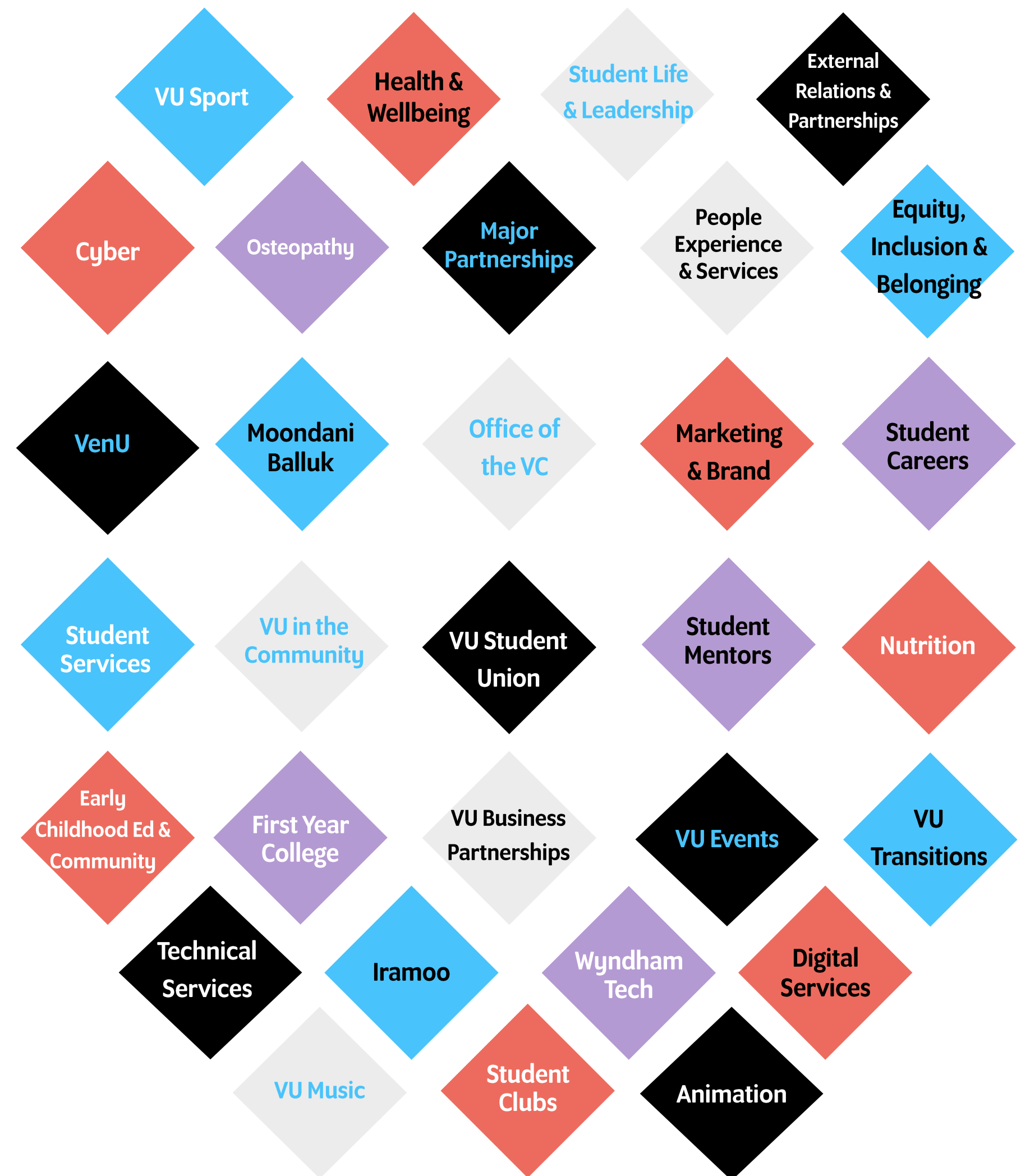
Impact of thrive*



Collaboration

Activity Leads

- Departments
- Individual Staff
- Individual Students
- Collaboration between Departments

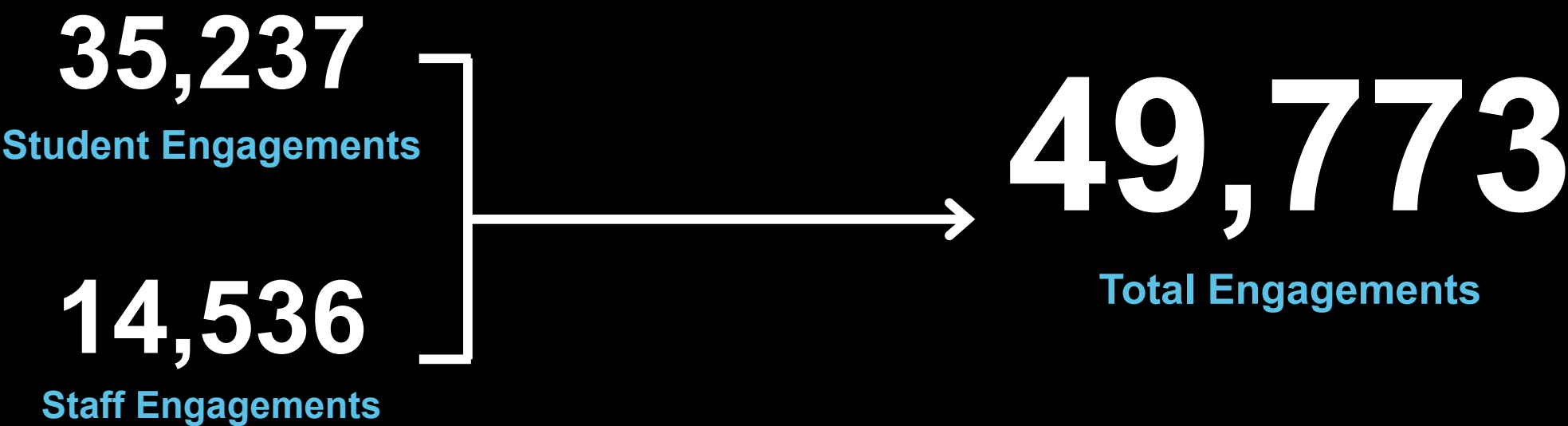
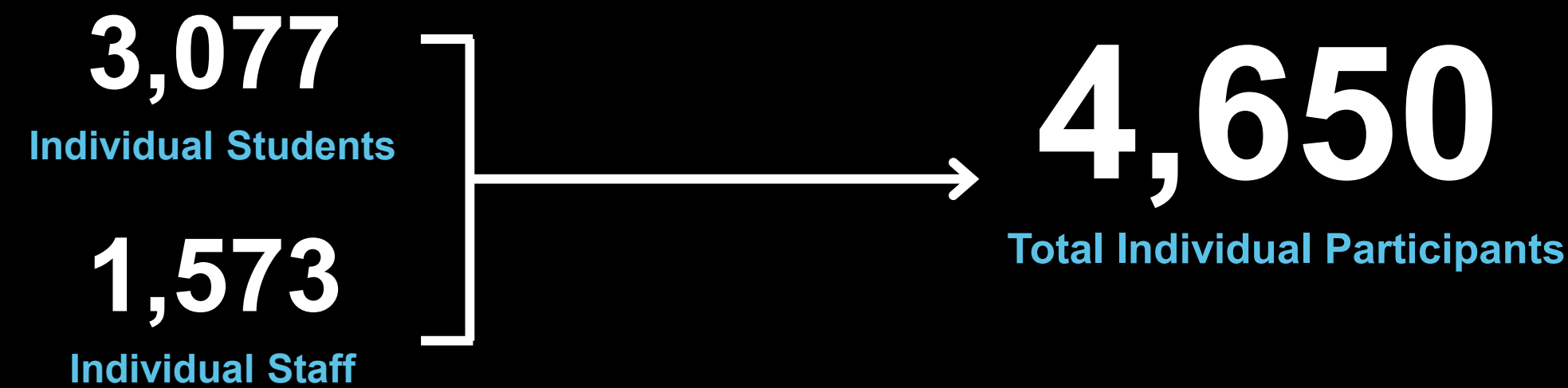


Team Experience

- Uniform - Clark Kent/Superman Concept
- Sense of Belonging & Community
- Camaraderie & Friendship
- Teamwork & Collaboration
- Conversation starter

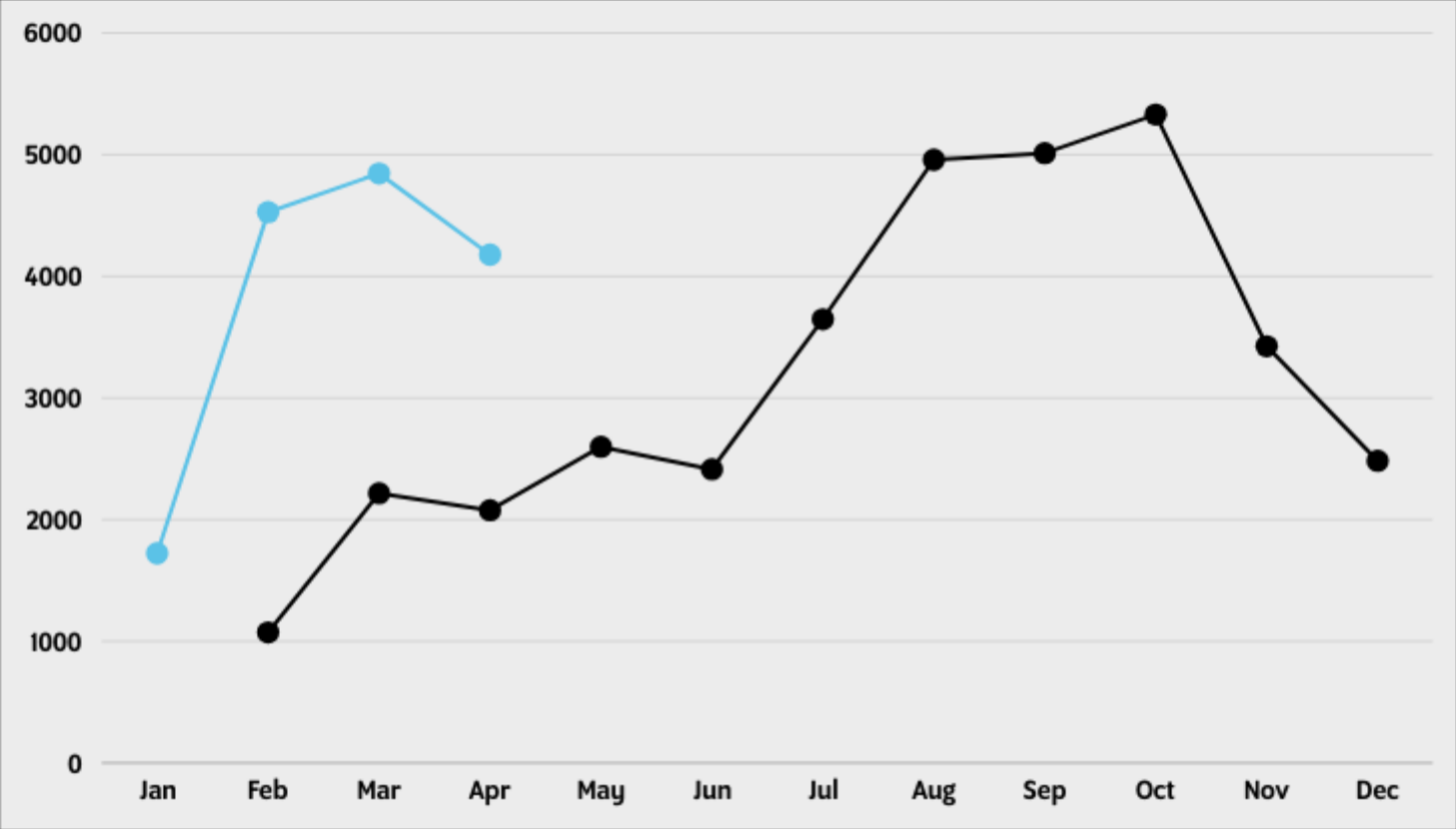


Outcomes - 2024

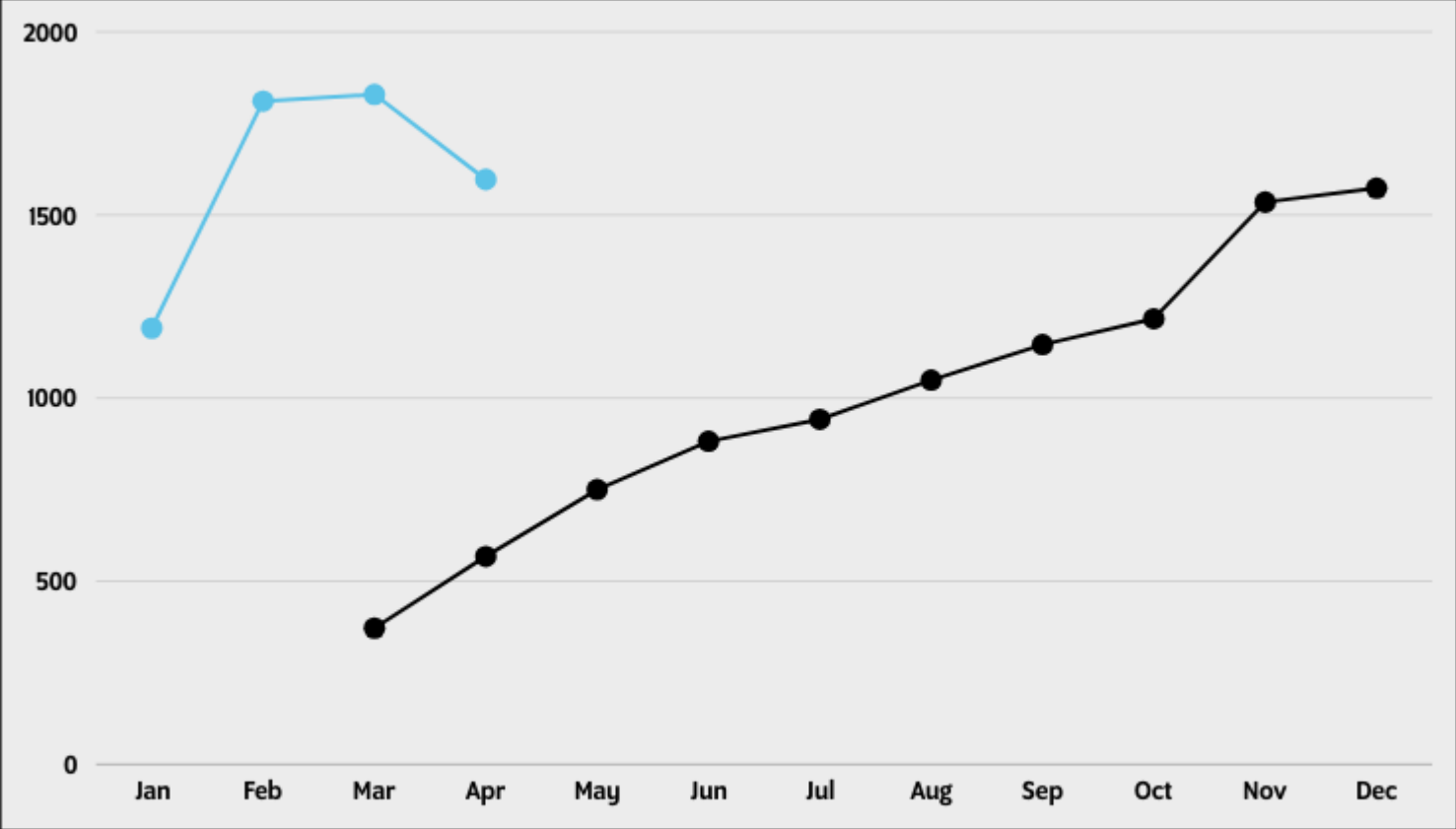


Outcomes to April 2025

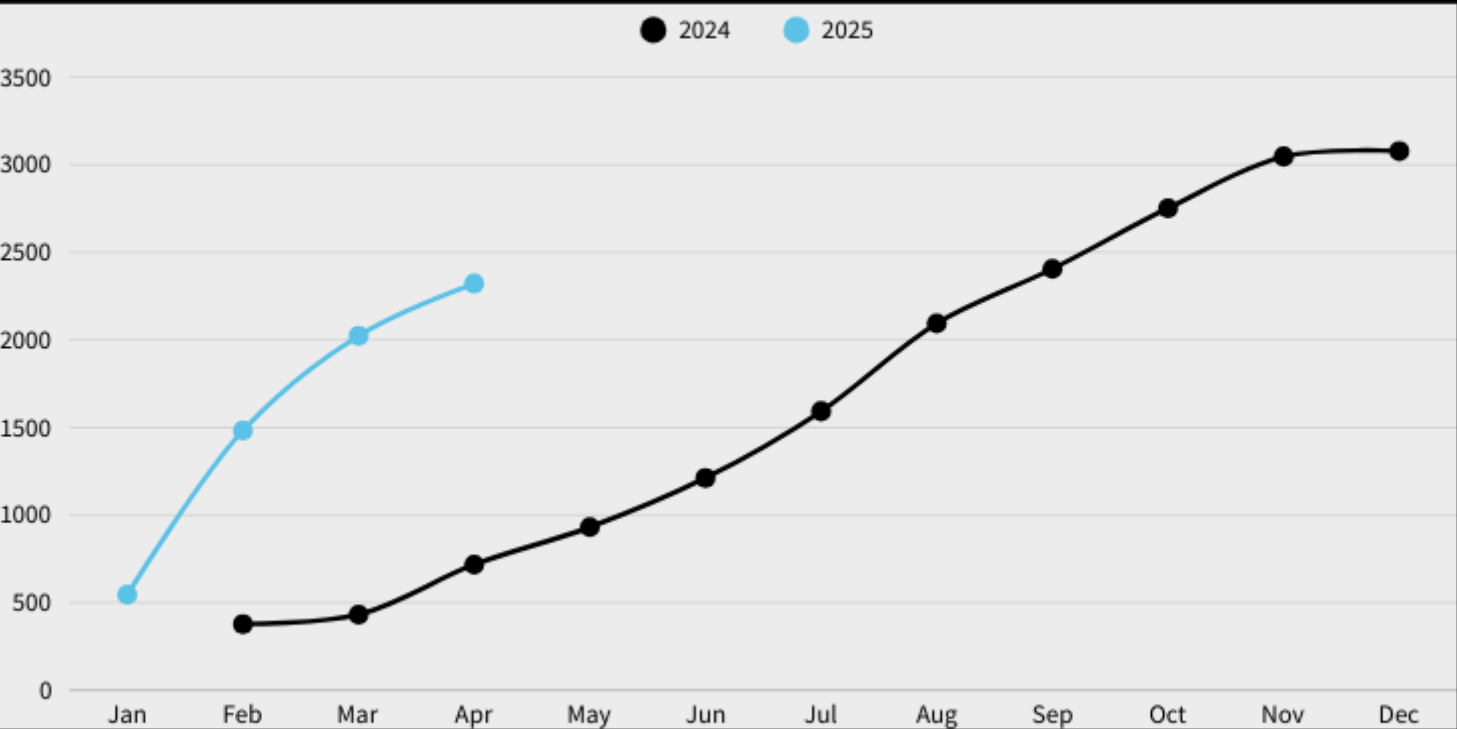
Student Engagements



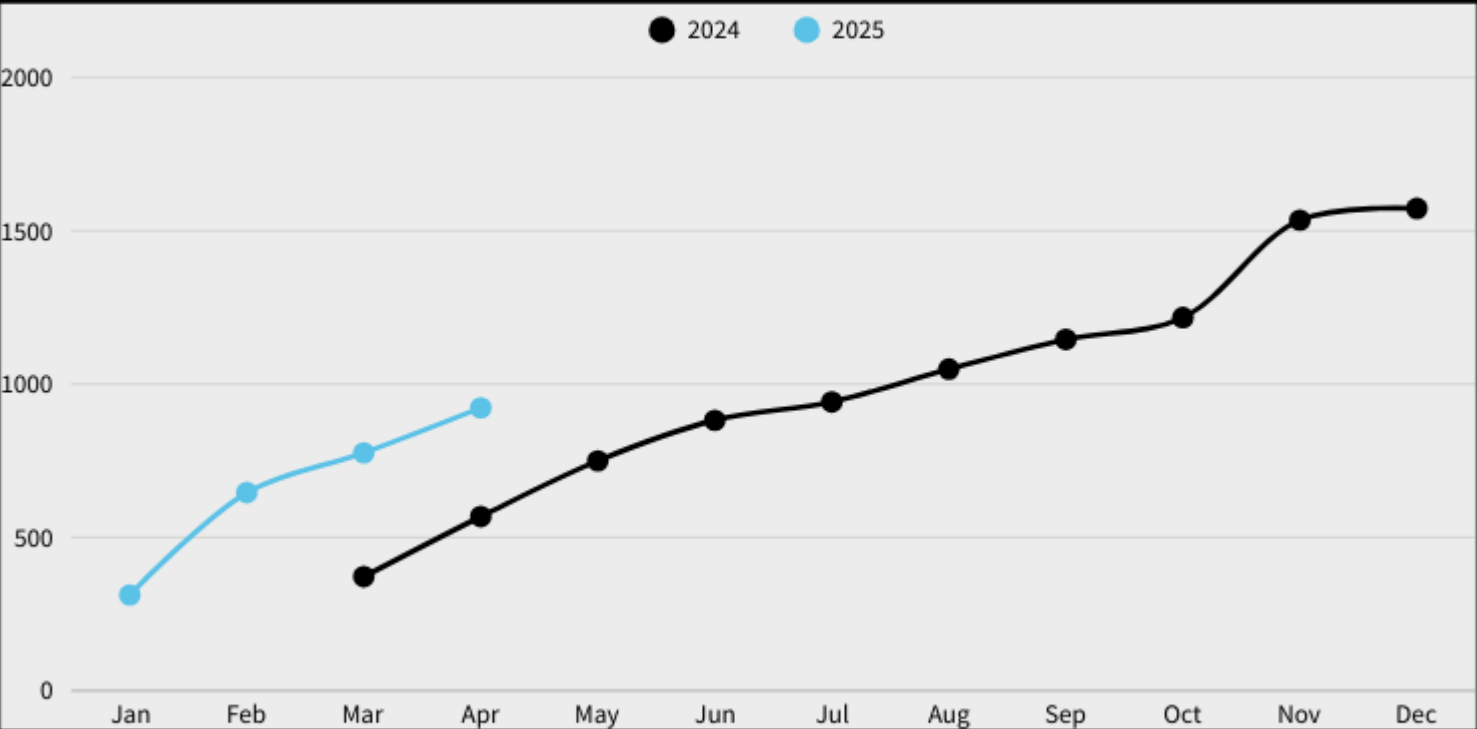
Staff Engagements



Individual Student Growth



Individual Staff Growth



One VU



One VU



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Music track: Sunlight by Luke Bergs
Source: <https://freetouse.com/music>
Free To Use Music for Video

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