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**VICTORIA
UNIVERSITY**

Learn and grow with VU at the Wyndham Learning Festival

1–7 September 2026

VU is proud to sponsor the Wyndham Learning Festival – a week-long, community-led celebration of lifelong learning. Join us at one of our events or explore 100+ learning activities across Wyndham.

Events hosted by VU

Tuesday 1 September

Mindful crafting with headspace

headspace Werribee, 235 Hoppers Lane

4.00–5.30pm

Join a mindful craft session and pick up practical tools for looking after your mental health. For young people aged 16–25 only.

Wednesday 2 September

Ready to respond: CPR essentials

Jamieson Way Community Centre,

59 Jamieson Way, Point Cook

1.00–2.00pm

Learn to recognise and respond to adult cardiac emergencies with confidence. This hands-on session covers hands-only CPR, defibrillator use and the key actions that improve survival while waiting for help.

Ready to respond: childhood emergencies

Jamieson Way Community Centre,

59 Jamieson Way, Point Cook

2.30–3.30pm

Build confidence to respond to emergencies involving babies and children. This hands-on session covers anaphylaxis, choking, age-appropriate CPR, defibrillator use and essential care while waiting for help.

VU Skills on Wheels pop-up barbershop

Youth Services Hoppers Crossing, 86 Derrimut Road

4.00–7.00pm

Drop in for a free haircut from VU's barbering students and help them build hands-on experience. Delivered with Wyndham Youth Services, for young people aged 12–25 from diverse cultural backgrounds.

Thursday 3 September

Getting started at the gym

VU Health and Fitness Centre –

Werribee, 7 Hoppers Lane

11.00–11.45am OR 12.00–12.45pm

This guided, small-group session introduces you to gym equipment and beginner-friendly exercises so you can feel confident in the gym. Suitable for all fitness levels, ages 16+.