



‘The Fresh Program, creates the foundations for change in young people’s lives’

The Western Bulldogs pride themselves on being the Community Club of the AFL.

The Western Bulldogs deliver a range of education and training programs in partnership with the western region’s education leader Victoria University. The aim being to develop relevant pathways for people to ultimately strengthen our community.



MAJOR PARTNER OF THE WESTERN BULLDOGS



The **Fresh Program** is a **community education service** aimed at **young people** who are **experiencing difficulties** with **mainstream education** and face the risk of becoming disconnected from education and training altogether.

Through the Victorian Certificate of Applied Learning (VCAL), Fresh provides students with learning opportunities that look to develop personal and group competencies and provide access to on-going pathways in education, training and employment. This includes an embedded career development program that builds skills in learning and workplace decision making, developing resilience, networking and managing your own career.

Recognised in Victoria as one of the best alternative education services, Fresh offers youth aged 15 to 20 another chance to achieve senior secondary school leaving certificates in a flexible, supportive environment.

Projects which form part of VCAL curriculum at Fresh include:

- **Macquarie Sports:** Students participate in weekly sports activities that promote personal wellbeing and team building, including rock climbing, horse riding and canoeing.
- **The Arts:** Students participate in a range of activities that promote self-expression through the arts, including photography, music and short-film making.
- **Vocational Education:** TAFE certificate programs are integral to young people developing a vocational pathway.
- **Structured Workplace Learning:** Students are given the chance to undertake work experience in different occupations.
- **Camps:** These include hiking, abseiling and high ropes courses.
- **Community Service:** To better facilitate the connection between youth and the community, students are required to undertake voluntary work as part of their VCAL programs.

For further information on the Fresh Program email: education@westernbulldogs.com.au or contact the Fresh Program Centre on: (03) 9689 9722

These programs are made possible through the generous support of partners Victoria University, Nexans Olex, Macquarie Sports, Jemena and Qenos, and are kindly supported by organisations including Odyssey House Victoria, Lions Club of Footscray, Altona Rotary, Stolthaven Terminals, Village Cinemas Sunshine, Victoria Police and Bendigo Community Bank Seddon Branch.



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VCAL OUTLINE

VCAL courses have a minimum of 1000 nominal hours of class time and independent study

Literacy and Numeracy Skills Strand	Work Related Skills Strand	Personal Development Skills Strand	Industry Specific Skills Strand
Literacy Skills – Reading & Writing Literacy Skills – Oral Communication (Foundation and Intermediate level) (2 Credits)	Work Related Skills Unit 1 (Foundation and Intermediate level) (1 Credit)	Personal Development Skills Unit 1 (Foundation and Intermediate level) (1 Credit)	VET* Certificates (Foundation and Intermediate level) (3 Credits)
Numeracy Skills (Foundation and Intermediate level) (1 Credit)	Work Related Skills Unit 2 (Foundation and Intermediate level) (1 Credit)	Personal Development Skills Unit 2 (Foundation and Intermediate level) (1 Credit)	
Total Possible: 3 Credits	Total Possible: 2 Credits	Total Possible: 2 Credits	Total Possible: 3 Credits

Students must successfully complete a minimum of 10 credits (equal to 100 hours each) from the 4 VCAL strands

* Vocational Education and Training