DEPARTMENT OF RURAL HEALTH;

Living and Working in Cobram, Victoria.

INFORMATION PACK.
This information booklet has been developed to provide you with relevant information about your living and working arrangements within Cobram Australia. We acknowledge that re-locating to a new region is a daunting yet exciting experience, and there are many logistical aspects to consider. Therefore the ‘Going Rural Health’ team wish to make this transition as easy for you as possible.

Please consider the information in this booklet as a general guide to living and working in Cobram, Victoria. Our information booklet contains general information and is to be used as a guide only.

This activity has been supported by the Australian Government Department of Health through the Rural Health Multidisciplinary Training Program programme. The Department of Rural Health takes no responsibility or liability of the accuracy of the information provided in this document or information provided on the listed websites. This booklet does not endorse the products/services listed throughout.
LIVING IN COBRAM:

Cobram is situated in heart of Victoria’s ‘Food Bowl’, home to some of the most picturesque sections of the Murray River. Located on the VIC / NSW border around 260km from Melbourne. It is home to approximately 5,061 people.

The natural environment captivates visitors, with wide sandy beaches, towering gums and native bushland blended together.

The land around Cobram is part of a rich pastoral, dairy, fruit and wine-growing district, thanks to the irrigated water supplied by the Murray River and the warm climate.

ATTRACTIONS, CULTURE AND CLIMATE:

Cobram’s chief attraction is the Murray River, which turns through thick state forest. This provides many walking tracks through native bushland and wetland. It’s sandy beaches are ideal for swimming, picnics and camping.
The Mill End precinct, named after the sawmills that operated in the area in 1886, includes Cobram’s oldest hotel, the Royal Victoria Hotel, a local shopping area and an established residential area. Cobram is also home to the Murray Goulburn – Devondale dairy brand.

The Cobram region has a temperate climate. Summers are hot and dry, spring and autumn are typically warm, whilst winter mornings that are cold and frosty turn in to bright sunny days.

<table>
<thead>
<tr>
<th>Season</th>
<th>Average maximum</th>
<th>Average minimum</th>
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</thead>
<tbody>
<tr>
<td>Summer</td>
<td>30.9 °C</td>
<td>15.3 °C</td>
</tr>
<tr>
<td>Autumn</td>
<td>23.1 °C</td>
<td>9.9 °C</td>
</tr>
<tr>
<td>Winter</td>
<td>14.8 °C</td>
<td>3.9 °C</td>
</tr>
<tr>
<td>Spring</td>
<td>22.5 °C</td>
<td>9.0 °C</td>
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Cobram’s Thompson’s Beach is easily accessible from the centre of town, and is the perfect spot to hike out from to explore Quinn Island.

The old Cobram railway station is set within parklands featuring a small lake, rose gardens, a gallery and a reassembled log cabin dating back to 1874. Other notable attractions include: Barooga; Cobram Barooga Golf Course; and the Farm Gate Trail

**GETTING AROUND COBRAM:**

Getting around Cobram is easy, roads are well signposted and easy to navigate.

**Public Transport.**


If travelling by train, both V/Line and Country Link offer services to Cobram. For detailed information on time tables please call V/Line on 136 196 or visit:  

Myki is your ticket to travel on trains and buses in the region. For more information on the myki card, please visit: [https://www.ptv.vic.gov.au/tickets/myki](https://www.ptv.vic.gov.au/tickets/myki)
Driving Yourself.

Given the nature of the weather patterns in the area, there may be road closures at particular times of the year that may affect your journey. For up to date emergency information and warnings, please see the VicEmergency website (www.emergency.vic.gov.au), or the VicEmergency app.

LOCAL FACILITIES:

Shopping:

Entertainment:
- Thompson’s Beach and Kennedy Park: Access via Mookarii Street

Medical facilities:
- Alpha Medical Centre: 24 William St, Ph: (03) 5871 2366
- Cobram Medical Clinic: Charles St, Ph: (03) 5871 1433
- Mivo Park Medical Clinic: 18 Hay Ave, Ph: (03) 5872 2166
- Cobram District Hospital: 24-32 Broadway St

Health / leisure:
**Banks:**

See the links below for bank locations, opening hours and ATMs. The postcode for Shepparton is 3644.


**Child care facilities:**


**Supermarkets:**

- Woolworths / Safeway; 54/58 Punt Rd
- IGA; 47 Bank St, Cobram

**EATING OUT IN COBRAM:**

Cobram has a range of places to dine out, catering for a variety of cuisines, diets and budgets. Some of the more popular facilities are listed below, including their price range.

**Cafes:**

- Ambience Bakery Café; 46 High St  $ - $$
- Cobram Bakery Café; 71 High St  $ - $$

**Take-away:**

- Riverside Kebabs and takeaway; Crn William and Punt Rd  $
- PaPa's Rich Noodles; 34a Bank St  $
- Cobram Fasta Pasta & Pizza; 4 Mookarii St  $$ - $$$$

**Pubs:**

- Cobram Hotel; 8 Station St  $$ - $$$$
- The Grand Central Hotel; 36 Punt Road  $$ - $$$$
- Bottom Pub; 1 Mookarii St  $$ - $$$$

**Restaurants’ and wine bars:**

- Jack’s; 22 William St  $$ - $$$$
- Malabar Hill Restaurant; 11 Bank St  $$ - $$$$

Only a small number of the many restaurants in the area are listed. Find more on Trip advisor at: [https://www.tripadvisor.com.au/Restaurants-g552152-Cobram_Moira_Shire_Victoria.html](https://www.tripadvisor.com.au/Restaurants-g552152-Cobram_Moira_Shire_Victoria.html)
GOING RURAL HEALTH STUDENT SUPPORT TEAM:

‘Going Rural Health’ is a Commonwealth funded initiative run by the University Department of Rural Health (UDRH), as part of the University of Melbourne. Our programs have been developed to support Nursing and Allied Health students undertaking placements in a rural setting throughout the broader Shepparton, Wangaratta, and Ballarat regions. Our team actively works with health services and education providers, along with students directly to assist and improve the learning and experiences that students gain during their rural clinical placements. All of our programs and initiatives are targeted towards developing our future rural health workforce.

Some of the ways we are assist are:
- Accommodation
- Promote other local accommodation options for students
- Clinical supervisor support & training
- Work with local organisations to develop pathways in the health workforce
- Financial assistance through student support schemes
- Training in Cultural Competency in Aboriginal Health
- Online Introduction to Rural Health Training

Team Members:

Shepparton Campus:
- Keryn Bolte (Student Placement Manager)
- Renee McCance (Education Support Co-ordinator)
- Cath Cosgrave (Research Fellow – Nursing and Allied Health Rural Workforce)
- Ash Sloan (Community Placement Co-ordinator)

Wangaratta Campus:
- Kirrian Steer (Education Co-ordinator/Simulation Co-ordinator)
- Ben Flanigan (Community Placement Co-ordinator)
- Joelene Mitchell (Student Placement Project Officer)

Ballarat Campus:
- Trish Thorpe (Education Support Co-ordinator)
- Charmaine Swanson (Community Placement Co-ordinator)

For more information, see our website:
ACCOMODATION:

The University of Melbourne’s UDRH has accommodation to support health professional student’s clinical placements within our region. The accommodation is available to both undergraduate and post graduate health professional students.

Residents are allocated a bedroom, while the kitchen, laundry and bathroom facilities are shared. (Rural health students also have access to accommodation managed by health service partners.)

All bedrooms in Department of Rural Health accommodation have a bed (either single or double), a desk with chair, bookcase, wardrobe, drawers and bedside table. A mattress and mattress protector are also provided.

You should bring your own bed linen, including:

- Sheets and pillow case
- Pillow
- Doona/quilt/blankets

You may also wish to bring a:

- Study lamp
- Stereo with headphones
- Computer and TV with you

To make an accommodation enquiry for the Cobram region, please visit the following website, and follow instructions:

MORE INFORMATION ABOUT COBRAM:

For more information on the region, and what it has to offer, please visit the web links below.

**Cobram Barooga Tourism:**
http://www.cobrambarooga.org.au/

**The Murray – Cobram-Barooga:**
http://www.visitmelbourne.com/Regions/The-Murray/Destinations/Cobram-Barooga

**Explore Australia:**

More links have been provided in the relevant information sections above.

CONTACT US:

Should you have any further questions, queries or concerns about placement in the Shepparton region, please don’t hesitate to contact the ‘Going Rural Health’ team on the following details:

**General enquiries**


Phone: (03) 5823 4500

Email: going-ruralhealth@unimelb.edu.au

**Specific enquiries:**


Phone: (03) 58234549

Email: renee.mccance@unimelb.edu.au