


Visual story: MPavilion Parkville

All School LAB is happening in Naarm/Melbourne on 24th and 25th May 2024.

There are 2 events at MPavilion Parkville:

- **Taking Stock** — Friday 24th May and Saturday 25th May
- **Past Life Regression Deep Soul Sweats** — Saturday 25th May

You can use this Visual Story to help plan your visit to MPavilion Parkville.



Next Wave,
Staff

Next Wave staff will also be there to help.

They will be wearing bright stickers that say: “Next Wave, Staff”.

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MPavilion Parkville

MPavilion Parkville is a step-free venue located on the University of Melbourne campus.

Address: MPavilion Parkville, University Square, Grattan St, Parkville VIC 3010



MPavilion Parkville is in the middle of a grassed area of University Square.

At night, the venue will be brightly lit.



The venue is an open structure with no walls.

Depending on the weather the blinds may be closed.

There will be heaters and a variety of seating options.

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There is a large concrete area surrounding University Square.

There are lots of tables and seating.



The pathway to MPavilion is a mixed surface.

There is smooth concrete.

Followed by a 4m section of loose gravel covered in a plastic matting.

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There is a thick mesh pathway over the grassed section.

The threshold access to the venue is step free and sealed with concrete.

The perimeter of the venue has large loose rocks.

Event: Taking Stock

Taking Stock will be in a purpose-built sauna inside the venue.

The sauna is wheelchair accessible. It can fit up to 8 people, including space for a wheelchair.

There are multiple sessions happening. Each session lasts for about 15 minutes.

- Friday 24th May, 5pm - 10pm
- Saturday 25th May, 10:30am - 12pm

Taking Stock has been designed to engage all your senses:

- **Touch** — you will feel the steam from the cooking broth.
- **Taste** — you will be given a cup of vegetarian broth to taste.
- **Listen** — there will be some music and sounds playing.
- **See** — there will be some flashing lights from a projector.
- **Smell** — there will be a strong smell of the cooking broth.

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Heat

This is a sauna experience. The heat can raise your skin temperature and cause heavy sweating.

Temperatures may reach 60 degrees. You can leave at any time if you feel uncomfortable.

If you are pregnant, claustrophobic or concerned about excess heat, please reach out to nextwave@nextwave.org.au before booking tickets.

Food

The broth will be vegetarian and gluten free. You can let us know your dietary requirements when booking tickets.

Broth ingredients are currently being developed, and will be listed on a sign before entering the sauna.

After the Sauna

We suggest bringing something warm to wear after you leave the sauna.

Event: Past Life Regression, Deep Soul Sweats

Ease into the weekend with gentle stretches, movement and dancing to music.

The event starts at 8am on Saturday 25 May.

It goes for 1 hour.

You will be divided into groups and taught dance movements.

We suggest wearing clothes that you feel comfortable moving in.

No dance or performance experience is required.

How to find the bathrooms

There are no bathrooms inside MPavilion Parkville. The nearest bathrooms are in the **Alan Gilbert Building (B104)**, which is approximately 150m away.

The Alan Gilbert Building is located at: **161 Barry St, Carlton.**

The building is open from 8am to 9pm.



The Alan Gilbert Building (B104) is on Barry Street.

Due to construction work, there is a pedestrian walkway to cross Barry Street.

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The pedestrian walkway is wide.

The walls are covered in blue signage.

The ground is covered in concrete. It has a slight downwards sloping gradient.



Go to the other side of the walkway.

You will be on Barry Street.

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Turn right and continue along Barry Street for approximately 70m.

The pavement is uneven in places.



There is a small blue sign pointing to the entrance of the Alan Gilbert Building (B104).

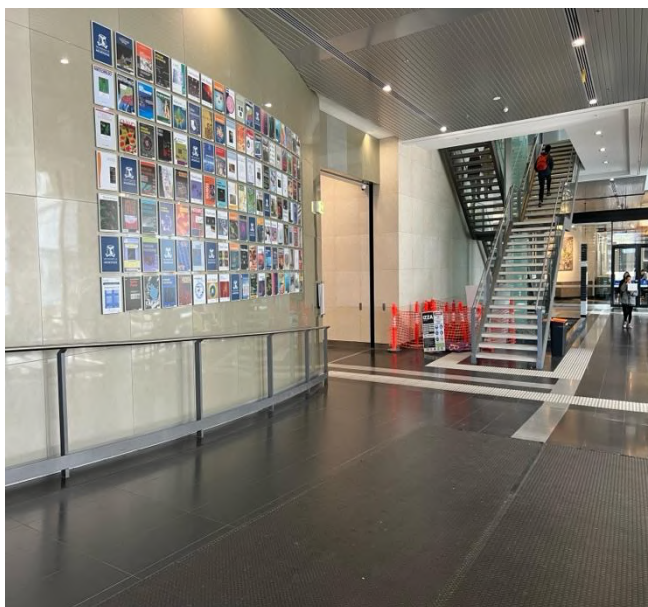
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The front of the Alan Gilbert Building (B104) is glass.



Enter the building through the automatic doors.



The foyer is a large open space.

There is a handrail along the wall.

Take the first left.

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Go up the corridor, past the lifts.



The entrance to the toilets is marked with a big blue sign.

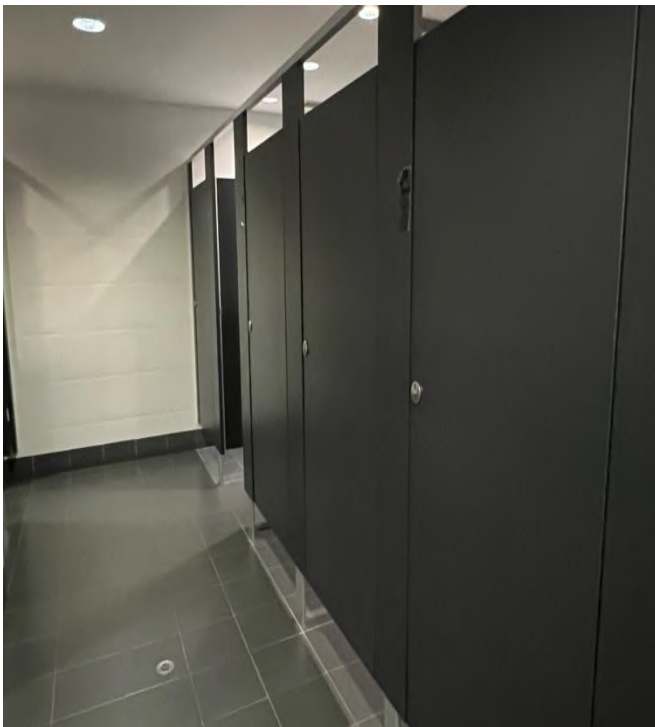
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There are:

- Male bathrooms
- Female bathrooms
- An all-gender, accessible bathroom

Each bathroom is marked with a sign. The accessible bathroom sign has braille.



The male and female bathrooms have multiple stalls.

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One stall is an ambulant toilet.

It has a handrail.



The all-gender, accessible bathroom is a large room.

There are handrails next to the toilet.

There is a fold down bench seat.