



MEDIA LAB PROGRAM

An inclusive, creative program to build digital skills, confidence, and social connection through media





PROGRAM OVERVIEW

Media Lab is a creative, inclusive program designed to support people with disability to build digital confidence, communication skills, and social connection through media.

Across the week, participants can explore everyday digital skills, photography, storytelling, podcasting, music, and film in a supportive, hands-on environment. The program focuses on choice, creativity, and capacity building, enabling participants to express themselves, work collaboratively, and develop skills they can use in everyday life and the wider community.

Participants can engage in a range of activities including digital basics, photography projects, contributing to the Vivid newsletter, podcast or radio segments, and exploring music, TV, and film through the ages. Clients may choose on-air or behind-the-scenes roles, work independently or in groups, and participate at their own pace.

Activities are adaptable to different support needs, communication styles, and sensory preferences, ensuring everyone can take part meaningfully and build confidence while having fun.

Programs are subject to a program fee. All reasonable efforts have been made to ensure fees remain minimal.



PROGRAM THEMES & GOALS

Digital Essentials & Online Safety

Participants will build confidence using everyday digital technology in a supportive, guided environment. Sessions focus on basic device use, navigating apps, internet safety, email, and simple digital tools that support daily living, communication, and independence.

A strong emphasis is placed on online safety and digital wellbeing, including recognising scams, protecting personal information, setting privacy controls, and understanding respectful online behaviour. Sessions are paced to individual needs, helping participants feel comfortable and capable with technology they use at home and in the community.

Daily Program Fee: \$6.00

Digital Photography

This creative day invites participants to explore the world through photography using phones or tablets. Participants will learn simple techniques such as framing, light, and composition, before taking their own photos and editing them using easy-to-use tools.

Basic photo editing is explored, alongside discussions about image consent, privacy, and safe sharing online. The focus is on self-expression, creativity, and building confidence.

Daily Program Fee: \$7.00

PROGRAM THEMES & GOALS

Newsletter, Social Media & Digital Storytelling

Participants contribute to the Vivid newsletter and create short digital stories that reflect their interests, experiences, and ideas. The day will include learning about positive and responsible social media use, such as choosing content, creating posts, understanding what is safe to share online, and setting personal boundaries in digital spaces.

Participants express themselves through writing, dictation, photos, audio recordings, or short videos, supporting communication skills, self-expression, teamwork, choice and control, and self-advocacy in ways that suit them best.

Daily Program Fee: \$6.00

Vivid Podcast/Radio

Participants take part in a fun and inclusive podcast/radio program. Participants explore a range of roles from on-air speaking and interviews to music selection and behind-the-scenes support.

Sessions build confidence, listening and turn-taking skills, and social connection, while giving participants the opportunity to be part of a real media project in a safe and encouraging environment.

Daily Program Fee: \$6.00

PROGRAM THEMES & GOALS

Music, TV & Film Through the Ages

This social and interactive day explores music, television, and film from different decades. Participants listen, watch, and share favourites, memories, and opinions, creating strong opportunities for connection and conversation. Creative options such as playlist creation, simple media projects, or visual designs support engagement while celebrating shared experiences and personal interests.

Daily Program Fee: \$6.00



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