

UC Tūhura | Explore



Make the most of uni life



UCGO! The
app you need
to succeed

An unforgettable experience

We're excited to welcome you into Te Whare Wānanga o Waitaha | University of Canterbury (UC) community, where you will meet a diverse range of people and enjoy some amazing new and fun experiences while studying towards your qualification.

At UC you have lots of opportunities to get involved and connect with new people who are on the same journey as you. Whether you want to play sport, attend social events, join a student club or explore our vibrant city, you'll find there's something for you.

Against the backdrop of our picturesque and lively campus, you can be who you are and get involved in activities you love or take a risk and try out something new.





**'There's
always
something
exciting
happening.'**

Get involved and meet new people

From fitness classes to mentoring programmes, student clubs to sport competitions, there's a variety of activities you can get involved in when you need to take some time out from study.

1

Te Ratonga Hākinakina UC Rec & Sport

Being physically active is essential to wellbeing and will support your academic success. It will help you stay mentally fit, improve concentration and sleep, and reduce fatigue so you can function well. You don't have to just go the gym, simply find activities that bring you joy, raise your heart rate a little, and you'll be more likely to stay well under times of stress.

Located on Ilam campus, Te Ratonga Hākinakina | UC Rec & Sport has got you covered. The UC RecCentre is more than just a gym – we also offer social sport leagues, sport courts, group fitness, yoga and a climbing wall. Onsite physiotherapy and massage is also available.

Find out more at
www.canterbury.ac.nz/ucreccentre

UC RecCentre – 3 easy steps to get moving

1. Join

Basic membership is already covered by your Student Services Levy.

For quick instructions on how to join, head over to www.canterbury.ac.nz/ucreccentre/memberships/uc-student-membership/

Please remember to bring and scan your Student ID at every visit for entry to the building. To keep you and other RecCentre members and staff safe, you must also bring a gym towel to every workout, including classes.

2. Connect

Download the UC Rec & Sport app from the Apple App Store or Google Play. You'll be able to book your group fitness classes, assign yourself a training programme, and connect to your other health and fitness apps. Karawhiua!



3. Start

We have some great info on our website to help you get underway. You can view short videos on how to use the Rec & Sport app, take a virtual tour of the RecCentre before you head over, and explore our suggested roadmap to find your best activities.

Find out more at
www.canterbury.ac.nz/ucreccentre

Gym opening hours

Monday to Friday, 6am – 9pm

Saturday and Sunday, 9am – 5pm

Hours will vary on public holidays and over the summer holiday period.

'Get amongst clubs on campus, play sport and make use of the free RecCentre membership.'



2

Student Athletes

Hōtaka Whakapakari | Sport Academy

As a student athlete, there are even more demands on your time to fit in study and training. Te Ratonga Hākinakina | UC Rec & Sport offers a comprehensive academy to support your training needs, using the High Performance Training Facility (K1). The Sport Academy provides help with your training, in addition to nutrition advice and skills to improve mental wellbeing and athlete life balance. Applications can be made on our website at any time of the year. Don't delay though, as we have limited numbers each year. The Sport Academy will suit you whether you're an individual athlete or part of a team. UC students receive heavily subsidised rates.

Find out more at www.canterbury.ac.nz/ucreccentre/fitness/sportsacademy

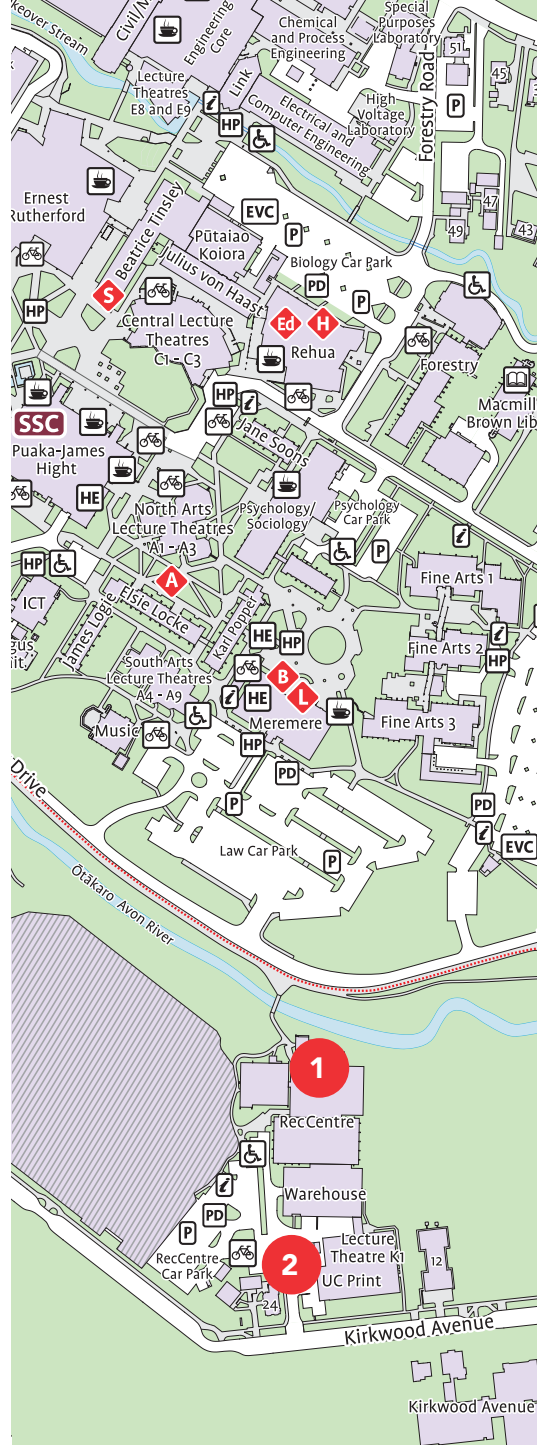
University and Tertiary Sport NZ (UTSNZ)

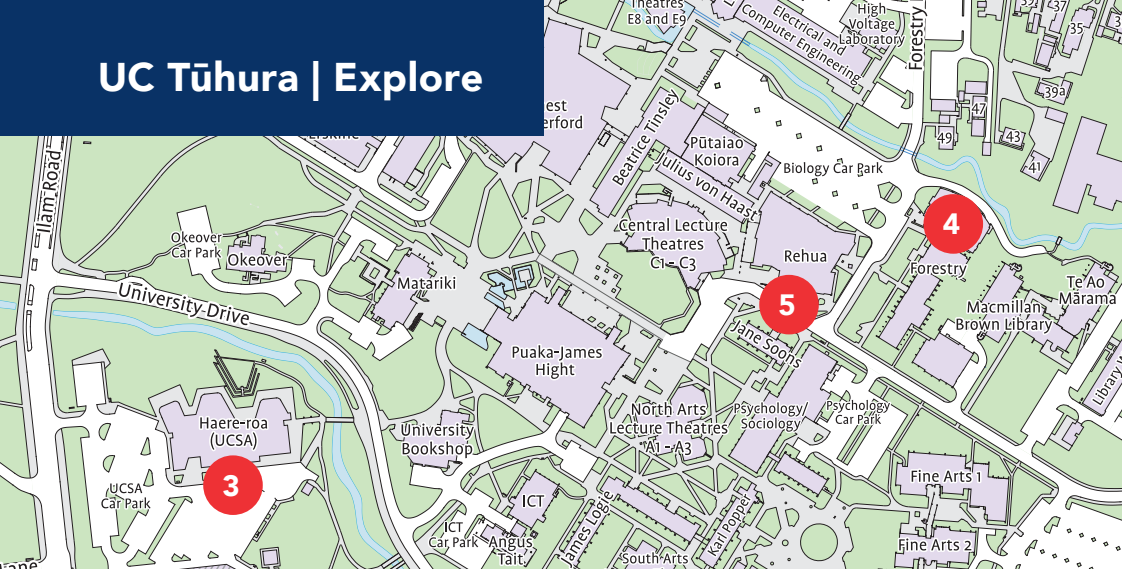
Represent UC with pride against other Aotearoa New Zealand universities, in a series of tournaments held nationwide. Events are professionally run, with some providing an opportunity to be selected to go forward and represent Aotearoa New Zealand universities internationally.

Find out more at www.canterbury.ac.nz/sport

High Performance Training Facility (K1) hours

Hours are scheduled sessions only with a strength and conditioning coach. Typically before 9am and after 4pm.





3 Te Rōpū Ākonga o Te Whare Wānanga o Waitaha | UCSA student support

Te Rōpū Ākonga o Te Whare Wānanga o Waitaha | University of Canterbury Students' Association (UCSA) is all about helping UC ākonga (students) to succeed and belong. It offers everything from support services like advocacy and welfare, to the chance to just have fun at some of the University's best-known events.

The UCSA also provides representation for students, helps you to stay connected and provides opportunities for getting involved in campus life. It's here to help you make the most of who you are and explore and experience something totally new.

Visit www.ucsa.org.nz

Clubs and societies

UC is well known for its clubs culture. With around 160 student-run clubs and societies covering every sporting, recreational, academic and cultural interest imaginable, you have heaps of options when it comes to getting involved.

Meet new people, play a sport, volunteer in the community or try something you haven't done before. From engineering to film, rugby to board games, politics to religion, and acting to motor sport, there's a club for everyone. Make sure you also check out Te Akatoki Māori Students' Association and the range of Pacific and International student clubs.

For more information visit www.ucsa.org.nz/find-a-club/

Clubs Day

Clubs Day is a great event to see what's on offer at UC, find like-minded people and get involved. It's on during Orientation Week at the start of both Semester 1 and Semester 2.



Create your own club

If the club or society you're looking for doesn't already exist, start your own. Check out <https://clubsinfo.ucsa.org.nz/knowledge-base/creating-a-new-club>

4 UniLife

UniLife is a year-long social group mentoring programme, run by students for students who don't live in the halls of residence. We are here to help you find your feet at UC, meet other students, make friends, and have fun exploring together what UC has to offer.

Whether you're fresh out of high school, an international student new to Aotearoa New Zealand, a mature student here for a career change, or embarking on your postgrad journey, UniLife is the place for you!

Get more information and sign up for UniLife at www.canterbury.ac.nz/support/get-support/new/unilife or visit Akiaki Ākonga | Student Experience team.

5 Make your experiences count

If you're thinking about getting actively involved with the UC community by doing things like joining Te Hunga Tūāo | Student Volunteer Army, signing up to be a peer notetaker or being a Class Rep – take the opportunity to sign up to the Co-curricular Record (CCR) as well.

The CCR formally recognises the out-of class activities you participate in while studying at UC, and highlights the extra skills you have learned as a result. For instance if you're involved in Te Hunga Tūāo | Student Volunteer Army, you might be an awesome team player; or if you're a Class Rep, you've probably got pretty good communication skills. These extra skills are the types of strengths employers look for in students and graduates.

The CCR can be used to support scholarship and internship applications in addition to future job applications. It's all about showing your skills and strengths and being work-ready when you've completed your qualification.

Check out the CCR activities and find out more online at www.canterbury.ac.nz/ccr or visit Te Rōpū Rapuara | UC Careers team for advice.

Opening hours

Monday to Friday, 8.30am – 5pm
Location Level 1, Jane Soons Building



**'The UCSA
offers
advice,
support
and fun
events.'**

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Stay in the know

Keep up with what's happening on campus, the latest news and advice, competitions, upcoming events, and student stories. Here are the digital channels and publications you should follow to stay in the know.

UC channels:

- UC student email address – all students are provided with one. Make sure you check your student email at least once a week to ensure you don't miss any important messages. Find out how to access your email address at www.canterbury.ac.nz/its/knowledge-base/email/
- UCGO – a free app that makes organising and managing day-to-day study at UC easier. You can download it on your phone or bookmark it on your desktop. For more information go to www.canterbury.ac.nz/ucgo/
- Tūpono | Insider's Guide to UC blog – this is where you'll find all the essential information from UC, go to <https://blogs.canterbury.ac.nz/tupono>
- Tūpono | Insider's Guide newsletter – emailed to all UC students every fortnight
- Facebook – www.facebook.com/universitycanterbury
- Instagram – www.instagram.com/ucnz
- Snapchat – follow us @uc.nz
- YouTube – www.youtube.com/user/UniversityCanterbury

UC Māori and Pasifika channels:

- Facebook – www.facebook.com/UCMaori
- Facebook – www.facebook.com/UC.Pacific.Development.Team
- Instagram – www.instagram.com/ucmaori
- Instagram – www.instagram.com/uc_pasifika/

For more channels, including Faculty specific ones, visit www.canterbury.ac.nz/about/contacts/social-media-directory

UCSA channels:

- Website – www.ucs.org.nz
- Facebook – www.facebook.com/theUCSA
- Instagram – www.instagram.com/ucsa_nz
- CANTA magazine – the official UCSA magazine, distributed fortnightly during term time and online – www.canta.co.nz

For more channels, including Faculty specific ones, visit www.canterbury.ac.nz/about/contacts/social-media-directory

7 Good One party register

If you're living in a private residence and plan on having a party with your mates, register it online with the Good One party register.

When parties go bad, it's always worst for the hosts. Good One is all about helping you have a great party without things getting too hairy.

Good One provides a method of registering a private party with the police, to ensure a safe and enjoyable time for all those involved. Friendly local police officers will get in touch before the party to

What's on?

With heaps of events happening on campus every year, something exciting is always going on – music concerts, art exhibitions, international food fairs, sport competitions, guest speakers, award ceremonies, film and comedy nights, club events, musical theatre productions and the occasional party.

Keep up with the busy calendar of events at www.canterbury.ac.nz/events/list-events and www.ucs.org.nz/events

Make sure you also check out the range of events for ākonga Māori and Pacific students, they include meet and greets, film screenings, BBQs and social evenings, which provide a chance to catch up and unwind.

Find out more at www.facebook.com/UCMaori and www.canterbury.ac.nz/support/pasifika/events

have a chat about what's planned, and they may also pop by during the party to make sure everything's going okay. And if things do go pear-shaped, you can give them a call and they'll come and help.

Good One is an initiative backed by a number of community and government organisations, as well as UC and the UCSA.

Find out more at www.goodone.org.nz



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Cafés, bars and eateries

E hiakai ana koe? Hungry? Need a break from study? Tikina he ō mō te haere! Grab a snack to refuel, or meet friends for a drink after class at one of the cafés, bars or eateries on campus. Options are available for a range of budgets. Look out for specials advertised on UC and UCSA channels.

**'Join a club or
find a place
you belong.'**



Got a question or need some help? Visit Te Pātaka

Te Pātaka, UC's student services hub, is the first place you should visit if you've got a question or need help with something. The friendly team at Te Pātaka can help with anything, from enrolment queries and IT help to course advice and how to apply for special consideration. Te Pātaka is located on Level 2 in the Puaka James Hight Central Library.

The team at Te Pātaka can help with:

- Enrolment and applying for courses
- Fees and scholarships
- Timetabling
- All 100-level course related matters including advice on changing courses and degree options
- Study and exam advice from Kaitoko and the Academic Skills Centre learning advisors
- Support for Māori and Pasifika students
- Accommodation queries
- Advice for international students
- IT and LEARN support
- Wellbeing support
- Navigating university systems

If in doubt drop into Te Pātaka and someone will be able to help you!

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Tuākana-Taina Mentoring

Starting university is an exciting time when you'll meet new friends and learn new skills. You may also come up against new and unfamiliar challenges – things as basic as making your way around campus can be tough when you're just starting out. In times like these, UC's student mentors make a huge difference.

How mentors can help

Mentors are students who have already completed their first year at UC and understand what it's like when you start studying here. There's no one better to help you settle in and navigate all aspects of life at uni than a UC Mentor.

UC Mentoring Programme

The UC Mentoring Programme matches you with an experienced student studying similar subjects or with similar interests to you. Your mentor can support you to access the services on campus, introduce you to social activities or groups, and be someone you can talk to about your studies and how you're adapting to uni life.

Paihere Mentoring Programme

Paiheretia te muka tangata

Paihere means to unite, bind or unify. In the context of this kaupapa, this whakataukī recognises the bringing together and binding of many strands of support for ākonga Māori who are new to Te Whare Wānanga o Waitaha | University of Canterbury. Through Paihere, our UC Māori

mentoring and leadership programme, ākonga Māori have the opportunity to connect with other more experienced ākonga.

Adopting a Kaupapa Māori framework centred on building a strong sense of whānau for ākonga Māori at UC, Paihere recognises the important role, and valued relationship, of tuākana and tāina - older and younger siblings. From a UC context, Tuākana are senior ākonga leaders who alongside Kaiāwhina, senior ākonga who have a strong record of academic achievement, both provide support and guidance for Tāina. This integrated approach ensures ākonga Māori who are new to UC are engaged, connected and supported as you navigate your first year of study here with us at Te Whare Wānanga o Waitaha.


Pasifika Mentoring Programme

The Pasifika Mentoring Programme provides support for anyone enrolled as a Pacific student who is entering their first year of study. In addition to helping you become more familiar with UC generally, your mentor will introduce you to the support, services and events available for UC Pacific students.

Group Mentoring Programme

Some colleges have group mentoring for first year students, like EngME! and LawMe! Ask the student advisor in your school about what's on offer. Find out more about UC's mentoring programmes at

www.canterbury.ac.nz/support/get-support/new/mentoring-programmes/

A young woman with long, straight blonde hair is smiling warmly at the camera. She is wearing a bright blue short-sleeved t-shirt. Her right hand is raised, with her fingers resting under her chin. She is wearing a ring on her ring finger. The background is a plain, light-colored wall.

**'Find a mentor
or friends you
can turn to –
uni is hard to
do alone.'**

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www.canterbury.ac.nz