

UC Student Life

Getting involved at UC



**Information about
student life at UC**

UC  **UNIVERSITY OF
CANTERBURY**
Te Whare Wananga o Waitaha

An unforgettable experience

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

UC offers so many opportunities to get involved and make the most of student life. Whether you want to play sport, attend social events, join a club or get involved with the wider community, you'll find there's something for you.

Against the backdrop of our picturesque and lively campus, you can be who you are and do what you love.



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



Activities you can get involved in

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. UC Rec & Sport

If you're keen to get active and unwind after study, be it at the gym or playing sport, the UC Rec & Sport team offers you some great opportunities to get involved.

The RecCentre facilities include a gym with cardio and weight equipment, as well as a boxing training area, climbing wall, and squash and other sport courts. Membership includes an extensive group fitness programme, with everything from yoga and pump to spin and circuit classes.

Free introductory sessions for the gym are available, as well as low-cost personalised gym programmes and small-group training options from UC Rec & Sport's expert team of qualified fitness consultants.

UC RecCentre – your student gym

Group fitness

The UC RecCentre offers a fantastic selection of classes for all members to enjoy including Zumba, Pilates, HIIT training, Step

and more. Whatever your fitness level, there is a class for you. Just turn up and join in – it's free with your membership (with some exceptions where a small fee applies). View class descriptions and live timetables online at www.canterbury.ac.nz/ucreccentre/group-fitness/timetables or visit the RecCentre reception.

START Me – beginner sessions

New to the gym and not sure how to use the equipment? No problem – the UC RecCentre offers free 45-minute fitness starter sessions to teach you how to use the machines and equipment and basic techniques to keep you safe.

Sessions include core strengthening, foam rolling, suspension training, kettlebells and fitness testing. Bookings are essential. Find out more at www.canterbury.ac.nz/ucreccentre/train-me/start-me or drop in to reception.

TRAIN Me – fitness programmes

Whatever your goal, a tailored fitness programme can help you reach it faster.

Whether you want to get fit, increase your strength, enhance your sporting performance or improve your overall health and sense of wellbeing, the UC RecCentre can help you choose a fitness plan to suit your goals, experience and budget. Check out www.canterbury.ac.nz/ucreccentre/train-me or visit reception.

Court bookings

Feel like a game of squash, badminton, volleyball or basketball with your mates? The RecCentre has two large court spaces and two squash courts available for use. Just drop-in and if it's available, it's free. If you'd like to book a spot and lock it in, then a small booking fee applies. See more information at www.canterbury.ac.nz/ucreccentre/court-and-ilam-fields-hire

Find out more about the services and facilities available from the UC RecCentre at www.canterbury.ac.nz/ucreccentre or visit reception.

Join now

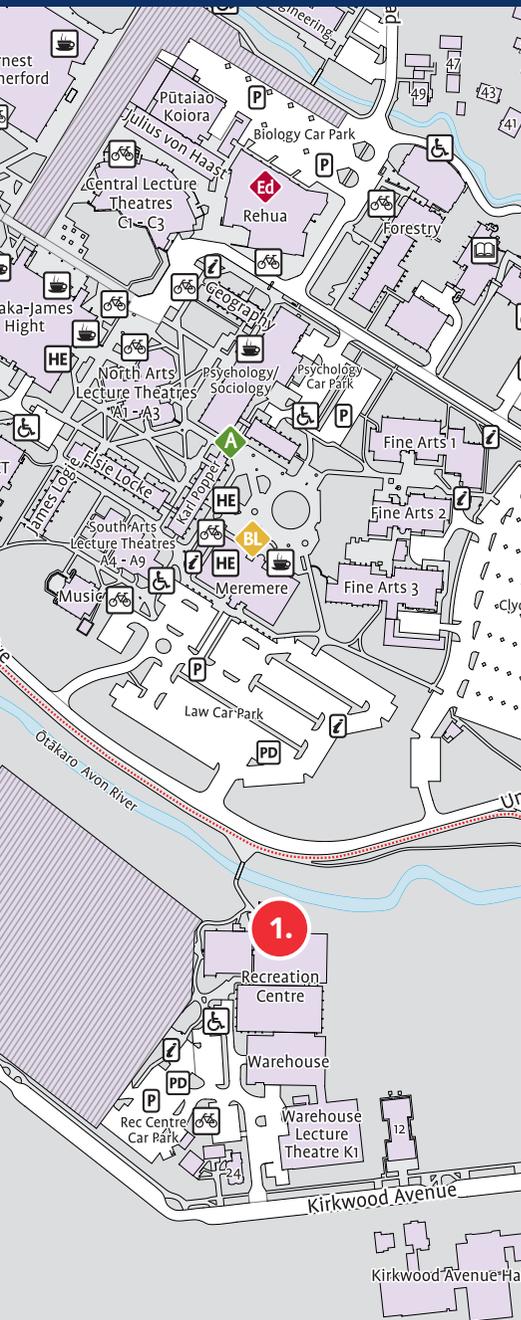
Membership is covered by your student services levy.* All you need to do is sign up online at www.canterbury.ac.nz/ucreccentre and remember to bring your student ID card every time you visit.

* Most classes are at no extra cost if you are registered with the RecCentre. Some classes involve an additional charge.

Opening hours Monday to Friday, 6am – 10pm and Saturday and Sunday, 9am – 9pm (Hours may vary on public holidays and over the summer holiday period.)



UC Student Life



UC Sport

Have some fun and enjoy an awesome sporting experience with UC Sport. There's more than 30 sport clubs here at UC and you can get involved at the level you want, either social or competitive. View all of UC's sport and recreation clubs at www.canterbury.ac.nz/sport/clubs

Check out what else UC Sport offers and how you can get involved at www.canterbury.ac.nz/sport

Social sport

Get involved in social sport competitions held on campus during term time in afternoons, evenings and weekends. The choice of sports varies but generally includes basketball, indoor cricket, futsal, netball and volleyball.

Get a group of mates together, or UC Rec & Sport can place you in a team if you prefer. Social sport is a great way to stay fit while meeting people and having fun. Register online at www.canterbury.ac.nz/sport/competitions/social-sport-competitions

Interhall sports competition

UC Sport hosts the annual Interhall Competition contested by each of our residential halls. Students living in Bishop Julius, College House, Rochester and Rutherford, and Campus Living Villages, along with students in the UniLife programme (see page 9), compete in different sporting events each year to determine the Overall Champion hall.

There are plenty of participation events and activities as well, and the hall with the highest participation rate wins prizes.

Contact the residential advisor at your hall to get involved – participating is free. All sports are scheduled during term time and held on campus, except for swimming, which is held at Jellie Park.

Run Canterbury

Are you a keen runner? Take your running to the next level and join the Run Canterbury training group to prepare for a 10km run, half marathon or full marathon. The Run Canterbury coaching programme includes:

- a comprehensive training and support package
- two group runs each week
- a t-shirt
- a tailored online training plan for your choice of running event that you can access on any device
- access to an active social media community to support you towards your goals.

Beginner, intermediate and experienced runners are all welcome – there is a small fee to join. Find out more and register online at www.canterbury.ac.nz/sport/runcanterbury or visit the UC Sport office.

UTSNZ Championships

The annual University and Tertiary Sport New Zealand (UTSNZ) Championship sees universities and other tertiary institutions

from around New Zealand compete in a range of national tournaments. Our top athletes are selected to represent UC in badminton, basketball, futsal, hockey, netball, sevens rugby, table tennis, ultimate frisbee and volleyball. Points are given at each event based on final placings, from which an overall champion tertiary institution is awarded. Further details about the calendar of events and registration process are available at www.canterbury.ac.nz/sport/utsnz

Sport and Fitness Academy

The UC Sport and Fitness Academy is designed to increase performance and enjoyment in all areas of sport and fitness. The Academy is suitable for elite athletes training with a specific goal in mind, through to those wanting to challenge themselves and take their performance to the next level.

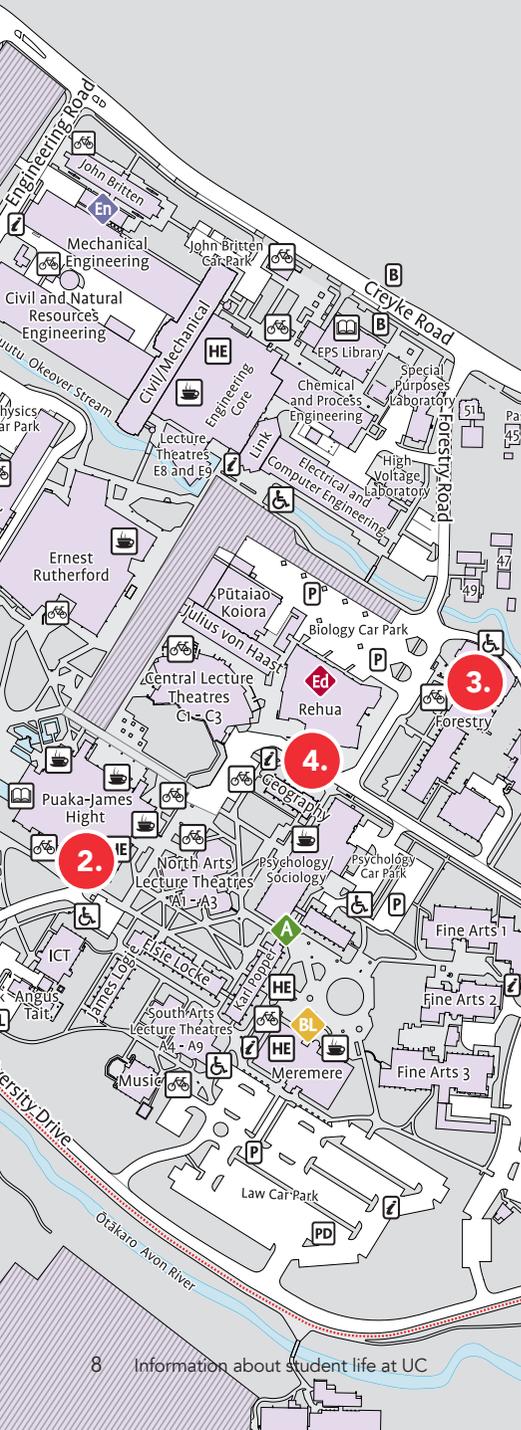
Sport and Fitness Academy members get:

- individualised training programmes
- supervision by qualified coaches for every training session
- education around sports psychology, nutrition, recovery and athlete life
- group fitness sessions
- invites to Academy social events.

For more information and application details, head to www.canterbury.ac.nz/sport/sportsacademy/

Office hours Monday to Friday, 8am – 5pm

UC Student Life



2. UCSA

The University of Canterbury Students' Association (UCSA) is all about helping UC students to succeed and belong. It is 100 percent owned and operated by students for students. It offers everything from general advice and support, welfare and advocacy to the chance to just have fun at some of the University's best-known events.

The UCSA also helps you to stay connected and provides great 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 140 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. For more information visit www.ucsa.org.nz/clubs/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 first and second semesters.

Create your own club

If the club or society you're looking for doesn't already exist, start your own. Contact the Clubs Coordinator or check out www.ucsa.org.nz/clubs/start-your-own-club

Opening hours Monday to Thursday, 8.30am – 5pm and Friday, 8.30am – 4.30pm

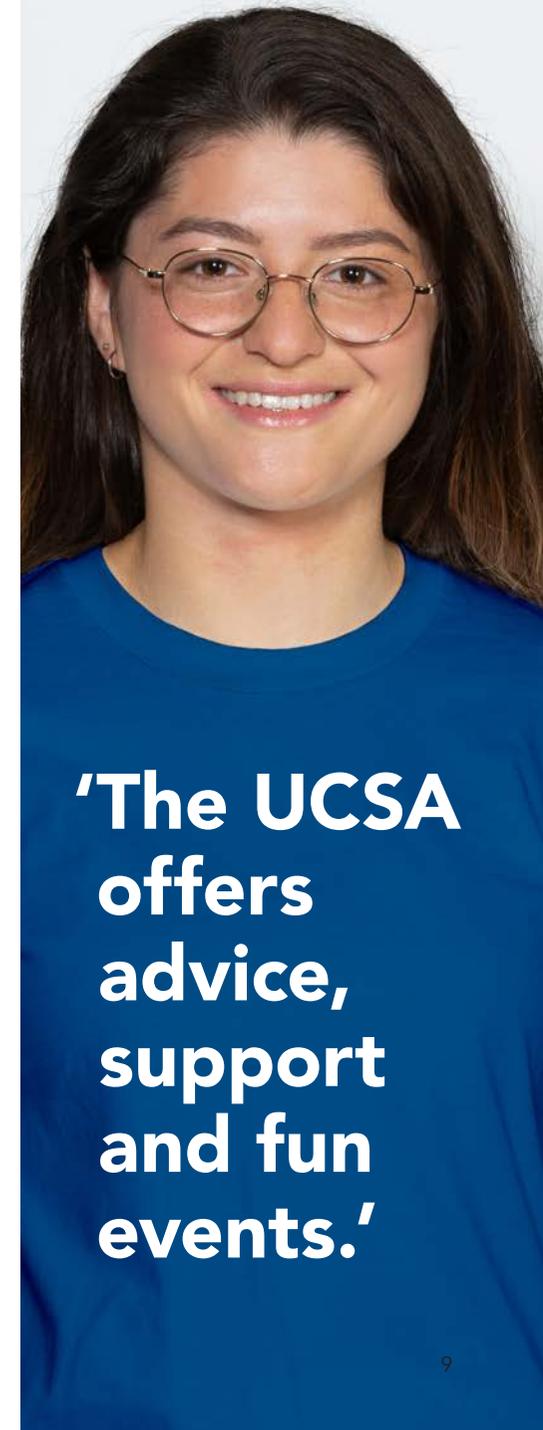
3. UniLife

If you're a first-year student and you board, flat or live with family rather than in a residential hall, UniLife is for you.

Run by students for students, UniLife connects you with like-minded people so you can socialise and navigate common challenges at uni together. UniLife is referred to as UC's non-residential hall programme – it creates a social environment similar to living in a residential hall for students who are not actually living in one.

Socialise and get connected

Quiz nights, community speakers and 'have-a-go' sessions are just some of the regular UniLife social events held throughout the year.



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



UniLife also helps you to connect with the clubs and societies that are right for you, and guides you on how to seek help if the going gets tough.

Set goals and attend free workshops

Your UniLife student leader will help you set goals and will check in on your progress throughout the year.

Free workshops are also held throughout the year to give you a head start on how to manage your time at UC, how to prepare for exams and assignments, how to manage stress, and understanding your learning style.

Find out more

Get more information and register for UniLife at www.canterbury.ac.nz/support/get-support/new/unilife

Or visit the Student Experience team.

Opening hours Monday to Friday,
9.30am – 4pm
(Including study and term breaks)

4. Make your experiences count

If you're thinking about getting actively involved with the UC community by doing things like joining the 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 the 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 the Careers team for advice.

Opening hours Monday to Friday
8.30am – 5pm
Location Level 1, Geography – see map on page 8.



5. 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:

- Insider's Guide to UC | Tūpono blog – this is where you'll find all the essential information from UC <https://blogs.canterbury.ac.nz/insiders>
- Insider's Guide | Tūpono newsletter – emailed out to all UC students every Sunday evening
- Facebook – www.facebook.com/universitycanterbury
- Instagram – www.instagram.com/ucnz
- Snapchat – follow us @uc.nz
- YouTube – www.youtube.com/user/UniversityCanterbury

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

UCSA channels:

- CANTA magazine – the official UCSA magazine, distributed fortnightly during term time
- Facebook – www.facebook.com/theUCSA
- Instagram – www.instagram.com/ucsa_nz
- Snapchat – follow us @UCSAchat
- YouTube – www.youtube.com/user/UCSAAwesome

See more social media channels online at www.ucsa.org.nz/media/social-media

6. 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.

Get off to a great start with Orientation, which involves two weeks of events, fun and all the information you need to settle in. UC Orientation Day | Herea tō waka is a great launch pad for your time at UC.

Then keep up with the busy calendar of events at www.canterbury.ac.nz/events/list-events and www.facebook.com/theUCSA

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 have a chat about what's planned, and they may also pop around 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.ucsa.org.nz/student-support/good-one-party-register

8. Cafés, bars and eateries

Hungry? Need a break from study? Grab a snack to refuel, or meet friends for a drink after class at one of the 11 cafés, bars and eateries on campus.

Options are available for a range of budgets. Look out for specials advertised on UC and UCSA channels.



9. 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. So there's no one better to help you settle in and navigate all aspects of UC life than a mentor. They can answer your questions, give you tips on anything from study to the best place to eat, and provide advice on where to go if you need support.

UC Mentoring Programme

The UC Mentoring Programme matches you with a student studying similar subjects or with similar interests to you. Your mentor will tell you how you can 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.

Tuākana Tāina Mentoring Programme

The tuākana-tāina relationship is an integral part of traditional Māori society and is the basis of the Tuākana Tāina Mentoring

'UC is all about belonging.'

Programme. Tuākana are experienced students who help and guide less experienced ākonga (students), known as tāina.

Te Tari o te Amokapua Māori recognises the value of ako, which is complementary learning. Tuākana and tāina have opportunities to share their knowledge and experience with each other. You don't need to speak te reo Māori or be studying Māori courses to take up this opportunity.

Learn more at www.canterbury.ac.nz/support/akonga-maori

Pacific Mentoring Programme

The Pacific 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.

Find out more about UC's mentoring programmes at www.canterbury.ac.nz/support/get-support/new/mentoring-programmes



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