



Go Waitaha Canterbury Welcome

Remember that time when we went to uni during a global pandemic? GWC does... what a start to the year!

Navigating COVID restrictions and learning how to be a university student; it was a lot of change happening! Out of that change blossomed forever friends and warm memories, which lead to a year of fun.





Sumner Beach Surfing Trip

Nothing beats a day with sun, surf, and ice cream!

We pushed ourselves outside our comfort zone as most of us were trying something new. It's always easier giving new things a go when you're doing it with other people who haven't done it before either! A chance to get out in nature, have a laugh, have a splash, and do something fun with new friends. Definitely rate this trip!

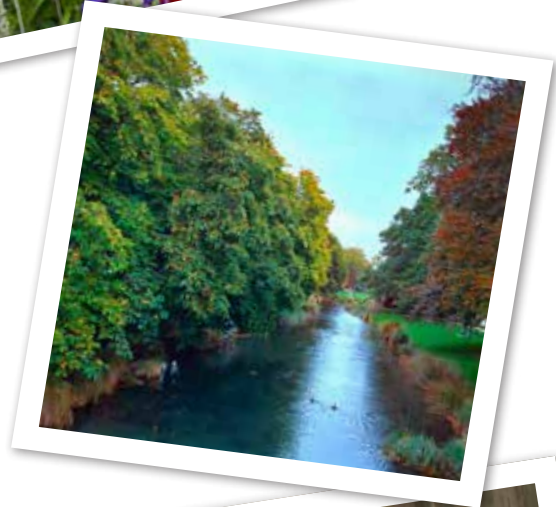




Explore Ōtautahi Christchurch

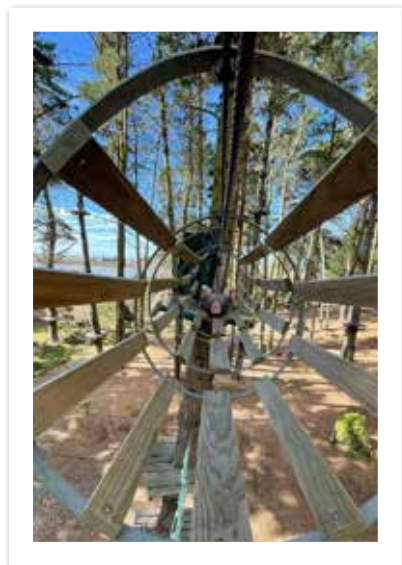
New city, new things to explore! The campus at UC is so unique as it feels like an educational oasis with a close community of students living on (and off) campus.

Actually, it can be easy to forget how close the City Centre really is! The beautiful Hagley Park is just under 15 minutes away from campus by bicycle, and then it's just another 5-7 minutes to loads of great spots in town like Riverside Market, New Regent Street, or Tūranga Library. And it's definitely worth the visit if Rollickin' Gelato is involved. Lucky for GWC, we had Rollickin' not once, but TWICE this year and it never disappoints! There were many happy bellies on the day we explored the city, and no one fell into the river when we went kayaking so it was a win!



Adrenaline Forest Adventure

GWC has a habit of getting people out there doing things they haven't done before. This trip most certainly embodied that spirit of adventure! Many of us were TERRIFIED at the start, but we managed to unlock loads of courage and determination and fun times were had all around! It was inspiring seeing people work through their fears and be supported by everyone around them.

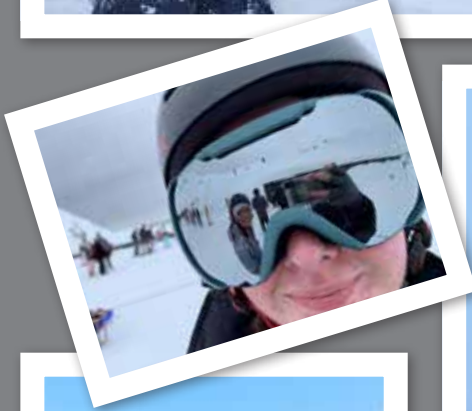




Hanmer Springs Overnight Trip

Wasn't this an outing to remember! There was so much bonding time on this trip through enjoying the hot pools, being on meal prep (woah nanny!), going for walks, and playing mini golf. There was something for everyone on this trip. Even just walking around the accommodation at night you could find people giggling playing a variety of games, and others stargazing at night sky unpolluted by big city lights. Living the dream!





Mt Hutt Ski Trip

The joy of watching snow fall from the sky is a feeling you can't get anywhere else, and our ski trip delivered!

We were lucky and got a mix of sunshine and snow, and many of us got to experience snow fall for the first time! It warms my heart. As did watching some people ski and snowboard for the first time. The instructors were AMAZING and made everyone feel like we belonged, regardless of ability. It was a grand time, even that spicy moment when the bus got stuck in the snow... but we don't talk about Bruno.



Port Hills and Lyttleton Harbour Trip

The Port Hills are the gems of Ōtautahi Christchurch. They offer so much beauty and tranquillity – all good things when we need a bit of rejuvenation!

It was a fun gondola ride up with a misty walk down into Lyttleton Harbour where we enjoyed Glamour Cake donuts (world famous in Christchurch). The Lyttleton Farmers Market showed us all sorts of things that the Waitaha Canterbury community has to offer. I definitely almost got a tarot reading done by that man dressed as a wizard...





The Ball

People were living their best lives at the Akiaki Ākonga Student Experience ball!

It was fun getting to mingle with people from all the different student experience programmes, and of course, GWC slayed! Good beats, good chips, good vibes we were lovin' it!



Farewell Kai

There never was a chiller GWC event than the farewell celebration. Just about everyone from the programme came out!

This one was focused on friends and food, with all the Ōtautahi staples! Bacon Brothers burgers coming in hot and Rollickin' Gelato finishing strong! It was a delight seeing so many GWC people hanging out and relaxing together – it was definitely needed during study week! And it was a great way to round out the year after so much excitement!



Let's not forget the workshops (and some tips!)

Study 101

Create a plan of action!
Allocate your time

- > Create rough blocks around realisations.
- > To do lists. Add dates to tasks to prevent psychological advantage of ticking something off.
- > Schedule for week. Make studying a daily routine!

Blocking your time.
Goal is to be productive, not busy

- > Interval your time. Inherent lack of focus making too long.
- > Breaks allow for assimilation of new information.
- > Try Pomodoro: 25 on, 5 off
- > End of day, don't underestimate time for Uni. Fall into job!

Prioritizing
Eat the frog

- > Identify the hardest/absolute worst/most important task.
- > Make it the first task you do (e.g., do it in the morning, not letting yourself put it off until later).
- > Started by 'eating' the ugliest frog, tackled worst thing already, now can multiply your results.

Flatting 101

What to do at a viewing

First impressions count!

- > Introduce yourself to the property manager, creates an impression and therefore they will be more likely to remember you when going over applications.

If you have the chance ask the current tenants, they know better than anyone what the flat is like

Check out all of the rooms

- > Are the bedrooms equal sized? Will you have to stagger the bed?
- > How many buff rooms? Really important!
- > Is the flat warm? Does it have double glazing or single glazing? Is the flat insulated?
- > What will you have to buy/obtain once you move in?
- > **Is there any Mould!**

Wellbeing 101

GIVE

KEEP LEARNING

BE ACTIVE

TAKE NOTICE

CONNECT

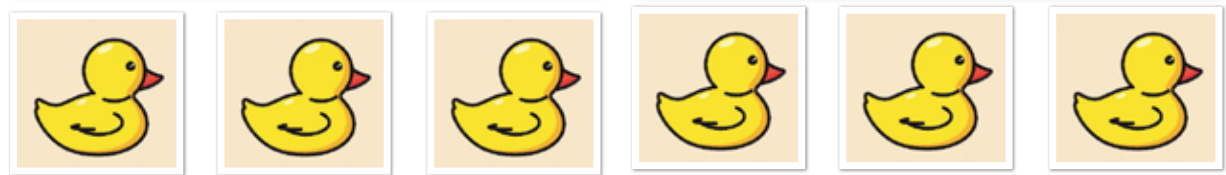
CV and Cover Letters

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Message from the Coordinator

Kia ora koutou GWC!

What a year! We had so much fun through and through, survived COVID, and came out the other side in one piece. It was a pleasure putting on GWC 2022 with you all and I loved watching friendships blossom, seeing personal growth, and witnessing all the good laughter! Big mihi to the Kaitaki Ākonga / Student Leaders who worked hard to make this year special; I know I couldn't have done it without you. My wish for everyone on GWC is that you take the learnings from 2022 and keep building on those. For all the hard times, the fails, the sleepless nights, and also the wins, the fun, the comradery – it's the learnings in there that will make the difference in your future. Those moments will shine the light on what you truly value and need in life, and it will lead you towards finding a stability and wellbeing that is right for you. GWC has your back, and we look forward to seeing where you go in the future!

Noho ora mai rā,
Emily Stankaitis

*Top row left to right:
Lydia Ainsworth, Finn Seeds,
Joel Cutler, Madz Anderson
Bottom row left to right:
Hannah Malden, Keely O'Grady,
Lucas Redding, Ella Amos,
Arsh Kazi, Julian Lampen*

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