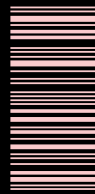


KAM

2020



Your
Student
Magazine

Orientation Issue

Issue One/February

Student Exec

Meet your
2020 student
executive

O'Week Tips

For a great
O'Week
experience

Flatting

Surviving the
honeymoon
period



ENROL NOW TO VOTE IN THIS YEAR'S ELECTION AND REFERENDUMS



Visit us at O-Week or enrol online at **vote.nz**





Letter from the Editor.

Hey Team! Welcome back or, if you are new, welcome to Uni! We here at LUSA hope you had a fantastic summer and are excited to have you on campus.

I am your RAM editor for 2020 and let me tell you, your contributions to RAM are what make it great, so I want to hear from you, whatever you have to share. There are loads of ways to get involved in RAM from writing about your experiences, submitting short stories, poems, your artwork, club events, Flat of the Month, honestly the opportunities are endless.

So go forth, study hard, party responsibly and have a fantastic time at uni!

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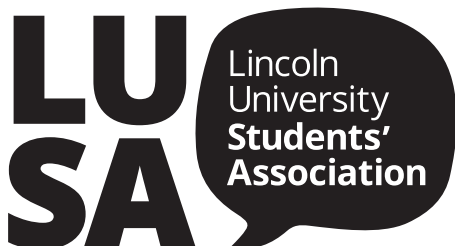
lusa.org.nz



lusa.nz



studentsatlincoln



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Sam Blackmore

Kia ora! Hello! Here we go for semester one!

For some of you, welcome to Lincoln University — and the rest welcome back!

For those that know me — feel free to skip to the next paragraph — but for those that don't, I'll do a quick intro. I'm Sam Blackmore, your LUSA President for 2020. I finished my Bachelors in Sport and Rec Management last year, and this year my full time job is to represent you, the students, and to make sure your voice is part of every discussion on campus. I'm also the Chairperson of the LUSA Student Executive, who will be introducing themselves in the next few pages, and will be helping to lead them throughout the year in their different portfolio areas. So who's my boss? YOU, the students are my boss!

What do we do? LUSA is all about ensuring you have the best student experience possible while at Lincoln Uni. We run events, support clubs, sell some cool LU merch, help advocate and support students who are having an issue, and make sure your voice is heard. We are currently in a cosy Portacom beside the library, so come say hello!

Speaking of student experience... hopefully none of you have been living under a rock for the last few months and you have all heard about the awesome LUSA O'Week that is kicking off this week! If, by chance you have only just stumbled onto finding out about O'Week, ITS NOT TOO LATE! Events are happening right through the week! So get onto it, tickets are cheap as chips and are bloody great value!

You may have also noticed, or you will soon become aware of a ton of construction and demolition around campus. Union building is well on its way to becoming a grassy piece of flat land and Science South is well on its way to turning the first sod. More updates will be coming through the RAM this year with how the buildings are coming along.

Finally, this is YOUR student magazine. If you've got something to praise, or bitch and moan about, feel like sharing an experience, want to try your hand at writing a column, then get in touch! We want the RAM to be 100% student generated content, and we can't do that without your help!

Please drop in to say hi and meet the team, and have a great year!

**Westfield Riccarton, 129 Riccarton Rd
Ph: 341 4940**

YOUR 2020 STUDENT EXECUTIVE



Max Liechtenstein

Vice-President

Kia Ora koutou katoa

My name is Max Lichtenstein and I am the 2020 Vice-president of LUSA. The job of the Student Executive team this year is to represent you as the students of Lincoln University and our goal is to create the greatest student experience for everyone.

As VP, my aim is to be connected with you as students and by working with Sam and the team, build an environment that makes Lincoln a comfortable place for you!

A little bit about me: I'm in my fourth year at Lincoln and working towards my Honours in Environmental Policy and Planning. This is my second term on the LUSA exec, I was the Secretary last year so I know the system and have a solid understanding of what a good exec needs to do in order to achieve our goals. I've just spent the summer kicking back over in Europe and making the most of a nice cold Winter! It When I'm not at uni I ski, fish, climb and hunt, which tends to keep me busy enough!

Look out for me on Campus, I'm the long-haired guy with an ugly mo... but I'm always up for a yarn and a chance to catch up or to answer any questions!

Have a safe and fun O'week and make the most of your time here at Lincoln. I'll see ya round!

Ngā mihi nui
Max



Gregory Flemming

Secretary

Kia Ora all! 2020 here we come! Hope you all had a fabulous holiday and didn't work too hard!

I have the privilege of being your Secretary for LUSA this year! I am in my third year here, studying Accounting and Finance. My role as Secretary will involve taking minutes at LUSA meetings, and keeping information in LUSA's documents and policies up to date so that any member (that's you!) can access these and be fully informed. However, ultimately I serve you to help make Lincoln an enjoyable and safe place to live and learn at.

If you see me hanging around campus, please don't hesitate to say hello!

Nga Mihi Nui,
Gregory



Zoe Arts

Postgrad Rep

Hi guys, my name is Zoe Arts and I'm your Postgrad Rep for 2020.

So far this year the Postgrad Society has become an affiliated club, if you wish to join or have any questions/suggestions we encourage you to get in touch with us.

Cont. Next Page

Continued. From Previous Page

Throughout the year in conjunction with LUSA and Postgrad Society, Postgrad students will have the opportunity to attend a variety of events and catch ups aimed at creating a tighter Postgrad community. We will be having regular coffee and chat sessions, make sure to come along and grab your free drink!



Sarah Visser

General Rep

Kia ora e te whānau, ko Sarah tōku ingoa!
Hey fam, I'm Sarah!

One thing you've got to know about me is that I'm ENTHUSIASTIC about people and God's creation. I like to be active on campus so you've probably already met me last year at the Christian Fellowship, Te Awhioraki, Ecological Society, PASS, or at the library.

This is my final year of studying Conservation & Ecology, plus Parks and Outdoor Recreation, so I feel super blessed that you elected me to represent you on LUSA to make a difference for student life on campus.

My portfolio focuses on improving student engagement in the environment, recreation and sustainability, so please pass on your incredible ideas!

P.S. Let me share a little secret... it is my personal goal by the end of the year to have swings on campus!

Mā te wā, see you later :)



Barbera Forster

General Rep

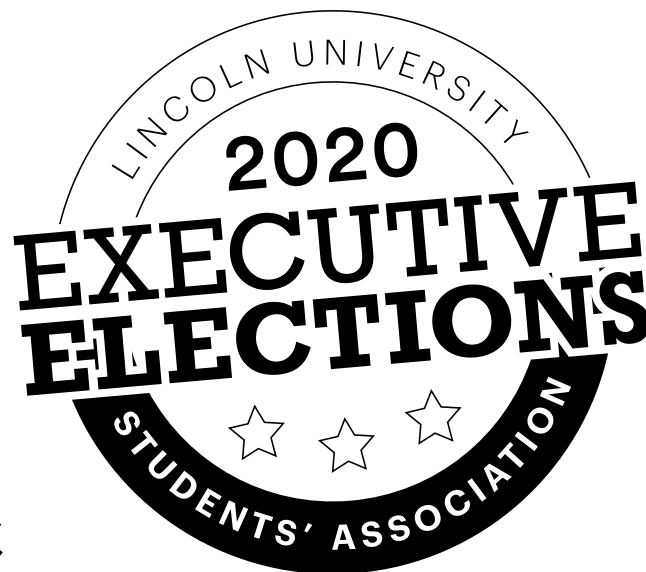
Welcome back Lincoln students!

It's a new decade and its time to start the year off right. My name is Barbera and I will be a general rep for this year, I study a Bachelor of Agriculture Science am in my third year and can confidently say I have no idea what I'm doing but winging it has got me this far so why not keep going. I decided to be a part of LUSA because I want to see positive change around Lincoln as there is many things about the student experience that I want to see improved. I grew up in Ashburton, nothing to brag about really and I recently spent the summer in Gore on a sheep and beef farm, so I went from the 2nd worst rated town of NZ, to the first. And I loved it. No hate to the south from me, there is heaps to do.

I look forward to meeting you all sober on
O week, Yeet Barb

The Exec is elected by the student body and each member represents a group of students.

Each year nine students are elected to form the LUSA Executive. This group of students sit on every single committee possible within the University. They also know the big-wigs, so they know who to talk to get things happening. Get in touch with them for any issue, big or small, and work with them to make change happen.



LUSA 2020 Exec By-Election

**Want to be on the LUSA Exec?
Now's your chance!**

General Rep

10 Hours a Week

\$3,412.50 Salary

One Position

The General Reps are as grass roots as it gets. They listen to you, work with the Student Reps and pass this information on to those at the coal face to make some quick wins to change the not-so-flash things and make sure the really good bits aren't lost.

International Rep

10 Hours a Week

\$3,412.50 Salary

One Position

The International Representative is responsible for representing and advocating for international students on all matters that impact their university experiences. They also support student engagement to foster their wellbeing and apply to connect with campus life.

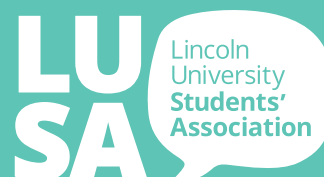
Nominations open:
9th March

Nominations close:
16th March

Voting period:
23rd–27th March

↓ DOWNLOAD YOUR APPLICATION FORM FROM
OUR WEBSITE HERE: lusa.org.nz/2020-elections

For more info visit lusa.org.nz/2020-elections
OR email president@lusa.org.nz



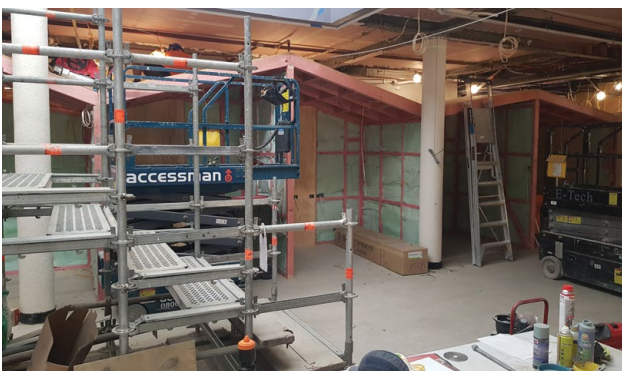
Campus Development



Before: The Terraces



After: The Terraces



Before: Study Pods

You have possibly noticed that there is a TON of construction, demolition and renovation happening on campus! So what's actually happening??

So much has already been completed! Mrs O's has solar panels, teaching spaces have been upgraded, landscaping the biodiversity patch and accommodation heating upgrades are done!

The goal is to have a modern campus that gives students a top class experience while they study and research, so student spaces is top of the list! Forbes Phase 2 will be finished by semester 2, a space to meet, eat and relax. Also, this will be LUSA's new home office!

The Rec Centre (which as a student you get free membership to!) is also getting a revamp because it was a totally outdated facility.

The Union Building demolition is well under way, and will open up a completely new space which will be part of the landscape masterplan for the campus. The opportunities for this space are huge!

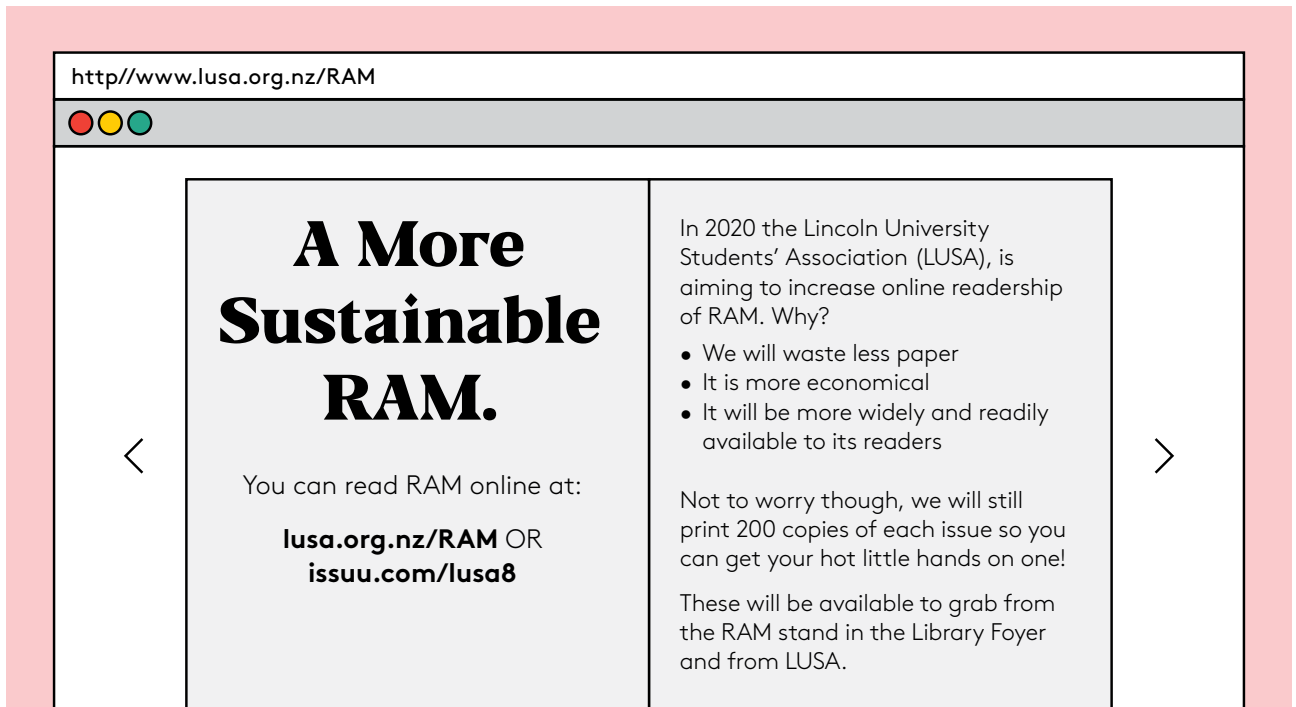
New science buildings and student accommodation are also going to be coming in the next year or so along with ongoing upgrades to the power and heat/cool the buildings. And of course the plan to close the coal burner!

So keep an eye out on all the projects that are happening, as it is all happening RIGHT NOW!



Study Lounge

NEWS



http://www.lusa.org.nz/RAM

A More Sustainable RAM.

You can read RAM online at:

lusa.org.nz/RAM OR issuu.com/lusa8

In 2020 the Lincoln University Students' Association (LUSA), is aiming to increase online readership of RAM. Why?

- We will waste less paper
- It is more economical
- It will be more widely and readily available to its readers

Not to worry though, we will still print 200 copies of each issue so you can get your hot little hands on one!

These will be available to grab from the RAM stand in the Library Foyer and from LUSA.

Meningitis Vaccine

The NZ Ministry of Health are now funding one FREE meningitis vaccine for NZ Students under the age of 25 years who are living in the Halls of Residence.

Both Student Health and Lincoln University support this and encourage students to get their vaccine before moving into their accommodation.

www.immune.org.nz/hot-topic/pharmac-announces-extension-menactra-eligibility

Please contact your GP or student Health for more information.



Make sure you have joined the **LUSA Noticeboard** on Facebook!



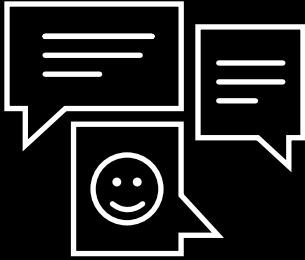
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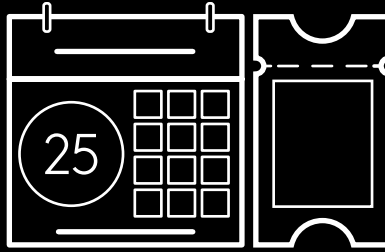
 

What does LUSA do?



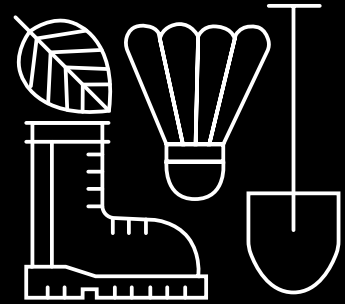
Advice & Support

At some point, we all need support. We specialise in academic, financial and personal support. And if we don't know, we will point you in the right direction.



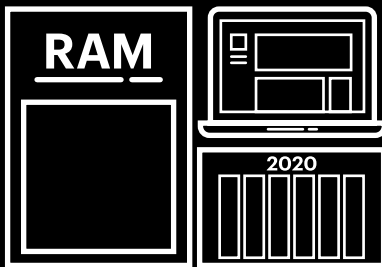
Events

We are committed to bringing you awesome, all inclusive events. From Garden Party to specific events for Postgrads, there is something for every student.



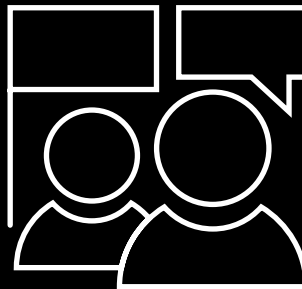
Clubs & Societies

We love our Clubs and Societies. They are an excellent way to make friends, get involved in activities and events, network with industry people and learn.



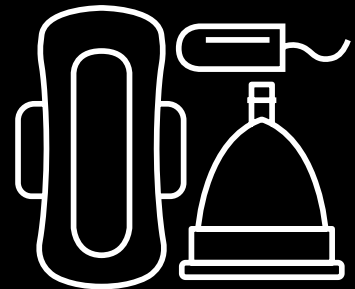
Media

We make sure the information you need to know is easily accessible. We also provide RAM magazine, a platform for you to share your opinions and experiences.



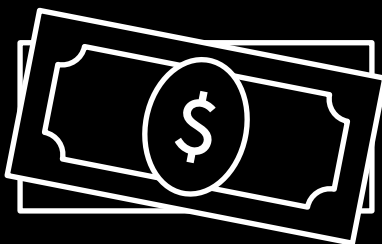
Representation

From the Student Exec to Class and Halls Reps, we are all about making sure the student voice is heard.



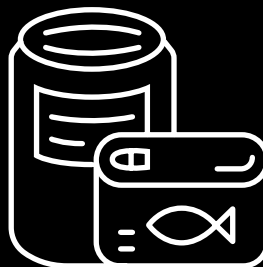
Menstrual Bank

LUSA provides a FREE emergency menstrual bank. So if you are ever caught short, pop into LUSA and we will get you sorted!



Hardship Fund

We understand that sometimes things happen unexpectedly, so LUSA has got some savings to help you back on your feet.



Community Pantry

If you are finding it hard fill your pantry, we can help you out with some free food!



Merchandise

Pop into LUSA and kit yourself out in LU gear. Our collection is always growing!



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*Terms & Conditions apply.

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Chill12 Chill6 + Rainbow, Mt Lyford, Hanmer Springs, Fox Peak, Dobson & Awakino *until 29th Feb 2020.

HOT TIPS SO YOU HAVE THE

O'WEEK

Starting uni can be really overwhelming — a new campus that feels like another world, new faces everywhere, new classes, and a new sense of autonomy around your studies. Chances are, you're feeling like a small fish in a very big pond!

O'Week (Orientation Week) can get you off to a good start on making the most out of the next few years.

Here's some O'Week tips:

Tip One

Just Say 'Hi'

Orientation is a great opportunity to make friends, since everyone around you is just as new to this whole uni thing as you are. Step out of your comfort zone and say "hi" to those around you! If you're nervous, start with one of these all-purpose openers:

- I love your (hair, t-shirt, cat earrings, limited edition Star Wars travel mug).
- What did you do over summer?
- Do you play any sports?
- What high school are you from?

Trust me, it works!

Hi!

Tip Two

Stay Safe

When you're meeting a whole bunch of new, exciting people and going to parties, it can be easy to get swept up in the moment.

Here's some tips for safer partying:

- Don't let others top up your drinks.
- Have a glass of water between drinks.
- Have a designated driver, or put aside money for an Uber.

Tip Three

Take Lots of Pictures

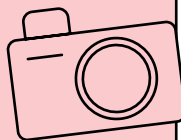
Just like every other milestone in your life, you'll definitely want to capture a few memories of your first glimpse of what uni life will be like.

You're going to want to remember this week and look back on how much fun you had, so make sure you take heaps of pictures! *And share them!*



Get your tickets to:
Bogan Bingo 17/02
Ivey Dreams 19/02

iTicket.co.nz 🔍 lusa



Tip Four**It's Okay to Say No.**

When you're meeting a whole bunch of new, exciting people, it can be easy to get swept up in the moment.

You might feel that, to fit in, you need to binge drink, do drugs or have sex. Remember that it's your choice whether you join in, not someone else's. You ALWAYS have the right to say 'no' if you're not into any particular activity.

Tip Five**Join Some Clubs and Societies**

If you're nervous about meeting new people, check out the stalls around campus during O'Week for info about the clubs and societies. You can have a chat with other students there about what's what. Our website also has a list of what's available.

Having stuff in common with other people is the best icebreaker, so you won't be stuck trying to think of awkward conversation starters. There's a club for everything!

**The Five Most Common Emotions Students
Experience in Their First Week at Uni:**
**Excited**

Parties! New Friends! Freedom! Breakfast at midnight! PJs 24/7!

**Nervous**

Did I pick the right classes? Am I going to fit in?

**Insecure**

First impressions. What if I'm not my best self? What if I fail?

**Motivated**

This will be the best year ever! I'm going to get good grades!

**Overwhelmed**

New info, new faces. Deadlines, assignments. Wait, I have to do my own washing?!

Need to talk? Contact Kate at students@lusa.org.nz


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WITH LUSA'S RANGE OF
LINCOLN UNI MERCH!**

Get yours now:
lusa.org.nz/shop
Or pop into LUSA's Office



TE AWHIORAKI EXECUTIVE

Te Awhioraki is an organisation which represents all Māori students on-campus and is managed and run by Māori students themselves.

Te Awhioraki provides social, cultural and academic support to students during their stay at Lincoln. It also organises social events, kapa haka, wananga and workshops which enhance and promote a Māori identity within the University.

Te Awhioraki works alongside the Lincoln University Student Association (LUSA) advocating for students and providing all students with an independent student voice. Te Awhioraki has a seat on the University Council, Māori Development Task Force and LUSA Executive therefore providing a strong voice for Māori student issues. Te Awhioraki is also a member of Te Mana Akonga (National Māori Student Association).



**Charlotte
Parry**
Tumukaki



Maia Wylie
Kaimahi



Fiona Pahl
Te Kaitiaki
Putea



**Mishael
Coulter**
Kaituhithui





Winter Social League Organisers

Lincoln Uni Winter Social Futsal League

I am Srijith, studying Masters in Sports Management at Lincoln University. Last semester we organised an indoor football (Futsal) event at the LU Recreation Centre. It lasted for two months and it was a successful event. It kicked off on August 7th and lasted till November 10th.

Myself and couple of other players who belong to Lincoln University Social Football Club organised this event. It has been said by the Recreation Centre and the sports coordinator, that our Futsal event was the one of the major social tournaments to happen at our university last year (2019). It was an intra-university tournament.

Almost 50 to 60 players participated in our inaugural tournament. On the day of finals, it was jam packed by over 70 spectators.

It was a successful event and who ever participated in the tournament didn't go home empty handed. Everyone received certificates and top players who showed excellent performance received individual awards and of course the winning team received a rolling trophy.

The main organisers: Srijith, Fernan, Randel, Korain, Fraser and Borworn.

Venue: Lincoln Uni Recreation Centre

Our volunteers: Sarang Phalke

Our photographer: Vineet Perla

Written by Srijith Madhusoodanan

THE GREAT WALK

Two of my American Friends, Molly and Stephen and I decided to do something exciting that would challenge our body, mind and spirit. We were almost heading into Mid Semester Break for first Semester, and were just scouting of options, doing something thrilling.

Then one of my American Friend stumbled upon an idea of doing the Great Walk. This is one of the most challenging and hardest walks for trekking enthusiasts.

" Kepler Track" is a 60 km loop walk located in the south island, Lake Manapouri Area and Lake The Anau Area in the Fiordland Region. Our journey started from Christchurch as we headed out as early as 6: 00 am. My close friend took the wheel and we drove from Christchurch to Queenstown, stopping midway in beautiful Lake Tekapo for some refreshments. It was amazing to have light lunch overlooking mesmerizing Lake Tekapo. After filling our bellies, we restarted our journey looking at amazing landscapes along the way, and finally reached Queenstown after almost 12 hr road journey. Before we started our walking, we were wanting to taste the famous "Ferg Burger" which has a serious reputation for some amazing burgers, trust me we were not at all disappointed, a real treat for burger lovers and a must visit. We were very excited to start our walking experience together.

It was almost late evening with sun kissing us goodbye, when we drove to Kepler from Queenstown, we reached the place after 1 hr. We decided to plan out our trekking in a way, not to get stranded in the dark.

We started in the late evening walking from the Kepler's parking lot to Broad Bay Shelter and Campsite, which is 5.6 km ,about 1.30 min hr walk. We reached Broad Bay area and tented for a night. The tenting experience was truly amazing and brought back my school scout memories again. We had a campfire, and met some cool German friends who agreed to share the fireplace with us, and talked for good couple of hrs after which we retired in our tents and called out night.

Next Morning we were welcomed by the sound of birds chirping and some peaceful water gushing. We started off at around 8;30 am and our plan was to reach the Luxmore Hut as early as possible, since we had to reach Iris Burns hut before night.

The walk from Broad Bay Shelter to Luxmore Hut is a challenging walk, which has relatively steep climb with valleys and Rocky Mountains. The walk is about 8.2 km, it took us about 4 hrs to reach the hut. The views as you reach towards the Luxmore Hut is something to die for, as it gives you exhilarating views of the Fiords and lake along with some clouds. As we reached Luxmore Hut, it was time to relax for a bit, appreciate the beauty of what nature has to offer.

We had a nice quick lunch, after which we started our journey towards Iris Burns hut. Iris Burns hut is a good 15.6km walk through valleys and hills, and has multiple ascends and descends as it takes you through along some dense forests as well as some narrow width pathways through the mountains. We finally reached Iris Burns Hut, after walking for 2 hrs in the night. We were really tired, but immensely satisfied and rested in the tent for a night after having some packed dinner.

The next morning we started from Iris Burns Hut to Moturau Hut, which is a relatively easy 16.2 km walk as we began the descent. The walk from Iris Burns Hut to Moturau Hut comprises of medium terrains and mostly flatter routes with occasional hilly areas to climb. It has an amazing flora with ferns, mushrooms and gives us a feeling of sub-tropical rain forests, a treat for Biologists and Plant Science Enthusiasts.

We reached Moturao Hut in around late afternoon, and simply were amazed by the views of the shallow bay, (river bay) .It definitely brought a soothing effect to our mind, body and soul, and realised that the gifts of nature are so precious and need to be preserved at all times.

Our walking journey was about to end, as we started our final walk towards the Rainbow Reach Centre and Car Park. The distance from Moturao Hut to

Rainbow Reach is about 4 km and took us about 25 min to reach. We finished our walking journey and took good selfies to cherish those memories in years to come. A sense of great achievement was felt for all three of us, and the bond that we made during the walking journey am sure, none of us will ever forget.

We drove then from Rainbow Reach Centre to Kepler's car park, which is about 30 min drive.

From Kepler's Car Park, we drove back to Queenstown, where amazing night drinking out had and having amazing food, after which we stayed at a hotel.

While one of my friend had a flight to Fiji, My other friend and myself then took a bus back to Christchurch the next morning, and thus marked the end of our journey.

From this experience, I would like to mention that it was one of the most memorable moments with my American friends, which we all felt and i am sure going to see my mates in the near future.

I truly recommend this track for all trekking enthusiasts, and this is something which no one should miss out.

Submitted by Tushar Phatak



Clubs Noticeboard

Joining a club is one of the best ways to enjoy your time at Uni.

Clubs are an excellent way to make friends, enjoy activities, and learn things you won't learn in a lecture theatre. Employers often look at extracurricular activities as an important gauge of a student's interpersonal, organisational, problem-solving, and time-management skills.

Check out our affiliated clubs here:
lusa.org.nz/clubs-directory

Promote Your Club Here!

This space is for your club to share information about your upcoming events or to promote your club to get more members!

Fancy Starting a Club?

If you can't find a club you want to join, you can start one!

Visit **lusa.org.nz/clubs** for more info or pop into LUSA.



LUSA'S CLUB HOUSE

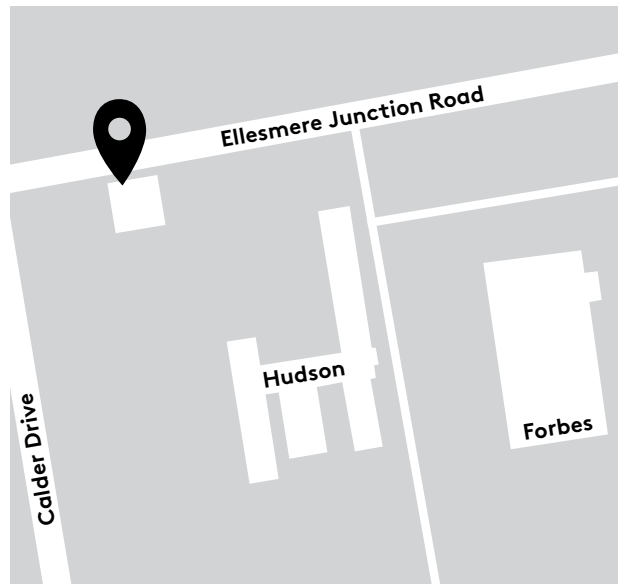
Have you heard? We have a house!!

The LUSA club house is open and ready for bookings. It's got meeting space, cooking facilities, and beaut yard for some Back Yard Cricket! It's right beside the corner of Calder Drive and Ellesmere Junction Road.

So, who can use it?? Clubs! Want to do a pot luck? Got a meeting? Want to host an event? COME SEE US. The space is for the students, so let's use it!

But why have we got a house? Because of the constructions, demolitions and renovations around campus – we needed a space for the clubs. So we have revamped it, got a whole load of kitchenware and she's all ready to go.

To book, or to have a look, just get in touch with LUSA at students@lusa.org.nz



Flatting For Beginners

surviving the honeymoon period

1

COMMUNICATE

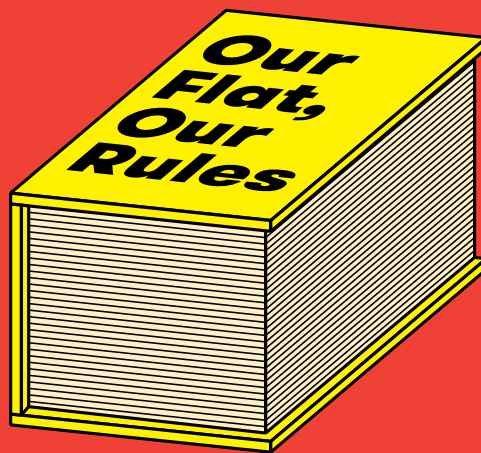
Communication is key! You need to make sure that everybody is heard and feels understood.

Even when you're making a simple request, be mindful of how it could be taken by the rest of the group and take the care to phrase it properly. This is the best way to avoid disputes that could come to bite you in the ass later if someone is questioning their "rights as a flatmate".



So you've decided to go flatting? Fabulous! You are about to embark on the best time of your life!

Here are a few tips to make your experience a really good one!



2

EXPECT TO BE SURPRISED BY YOUR FLATMATE LIVING HABITS

Maybe you think morning showers are the only way to go? Maybe people who don't take re-usable bags to the supermarket offend you, or maybe you can't believe someone could need so many bottles of shampoo... Whatever it is, there will definitely be instances when what you thought was the 'only way' to do something is ruthlessly challenged. Some of these may matter to you, many will not, and many are human differences you will never resolve. Pick your battles, or you'll spend all your time arguing.

3

FLAT RULES

Being clear on responsibilities and the consequences of not meeting them might seem unnecessary during your flat's honeymoon period. It's only when the wheels start falling off that you'll wish you laid down some ground rules. To guard against confusion and hurt feelings, write rules down. Do this sooner rather than later, because it's a whole lot easier to have these conversations while it's still hypothetical and emotions aren't involved. Make sure everyone in the flat is involved in the discussions.

4

START A MEAL PLAN

Having at least a hint of a routine regarding what and when you eat will prevent you from demolishing a week's shopping in a day or two, and save you a fair wad of cash. Don't forget to factor in a few snacks too, and some emergency hangover supplies!

We'd also recommend trying the supermarket downshift — don't waste money on overpriced food, and don't be fooled by any of the supermarket's sneaky tricks they use to get you to spend more.

5

KNOW WHO TO CONTACT IF THINGS GO WRONG

Sometimes things can get a bit much — just don't wait until a small problem becomes a big one.

Sometimes the person you thought would be a great flatmate turns out to be a bossy control freak, and the situation can turn unexpectedly toxic. You don't have to stay, seriously. There is always a way out of a lease, and it's better for your health (and maybe your friendships) just to get out of there.

Problem with the landlord? Visit Tenancy Services helpline on 0800 83 62 62 (0800 TENANCY) for general advice, or call 0800 737 666 for bond-related information.



Have a **GOOD ONE**


Less drama, more party

6 quick tips for a **Good One**



“Before this year I wouldn’t even talk to a policeman, let alone tell them there was going to be a party happening at my place. My whole thinking/ impression of the police has completely changed now. You guys are here to help rather than clamp down and ruin people’s fun.”

Mike — Student

1. Register
2. Put on a spread 
3. Know who’s at your party
4. Think about your neighbours
5. Look after your mates
6. **Don’t hesitate** to call the cops if things are getting hairy



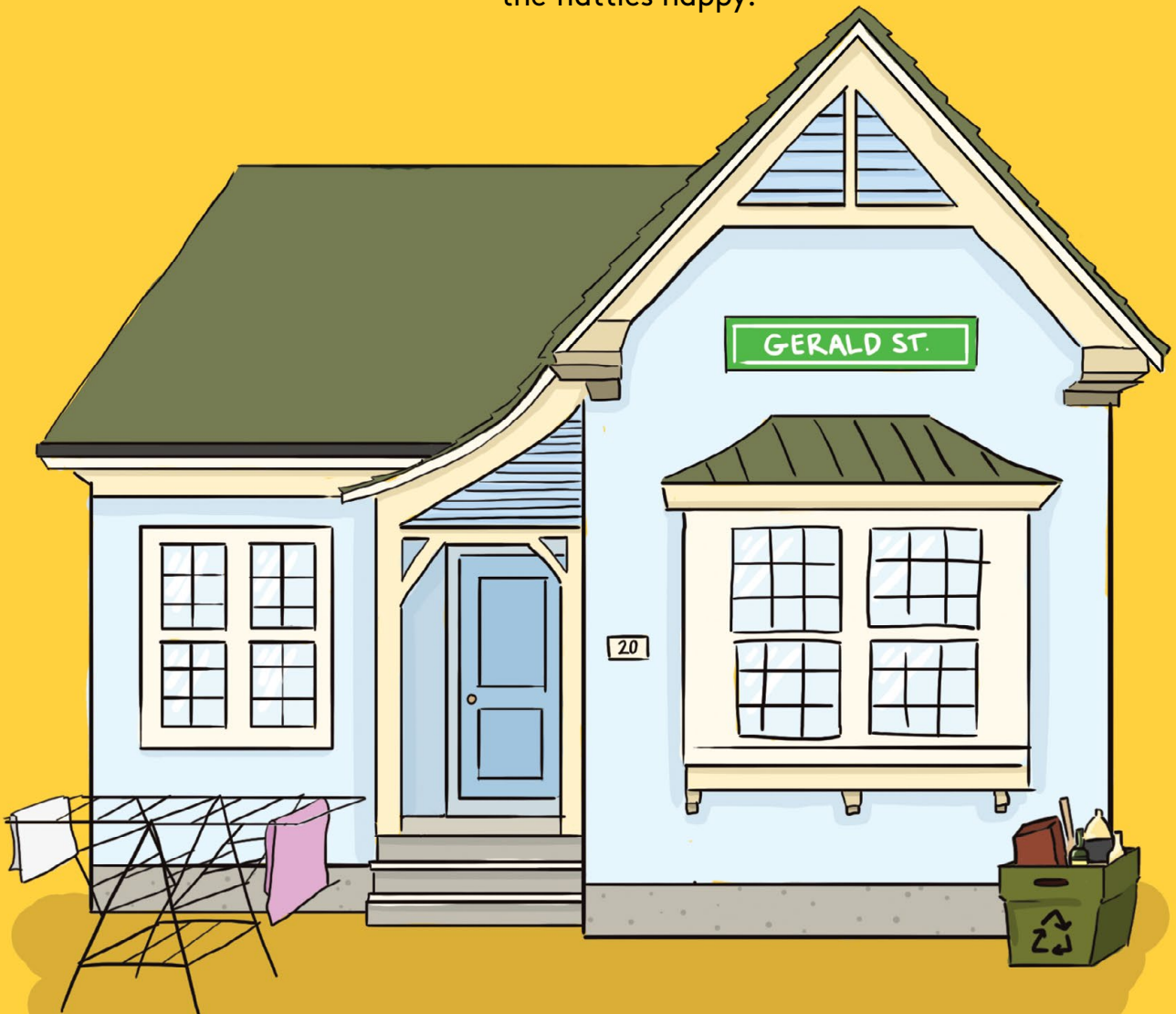
 **Register Your Party**
goodone.org.nz

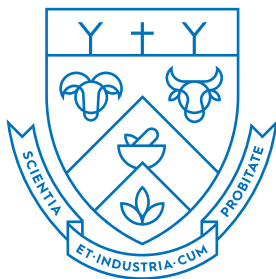


FLAT of the month

Reckon you've got the best flat on the scene?
Want to go down in RAM history?

Submit your flat to Flat of the Month at
lusa.org.nz/flat-of-the-month
and your flat might get a feature in the
next RAM, plus some wicked prizes to make all
the flatties happy!





LINCOLN UNIVERSITY RECREATION CENTRE

REC CENTRE

**40+ Group Exercises Classes per/week
(Les Mills licensed)**

Sports Hall

Main Gym (Cardio & Weights)

Squash Courts

**Follow us on FB & Instagram
(Rec Centre and LU Sport)**

LU SPORT CLUB

Rugby

Netball

Basketball

Rowing

Social

**To join a team contact:
kathy.baxendale@lincoln.co.nz**

**Rec Centre membership is inclusive in all
LU student fees**



**LINCOLN
UNIVERSITY**
TE WHARE WĀNAKA O AORAKI



Student Health and Support

Who are we?

Student Health and Support are a team of doctors, nurses, counsellors, chaplains and dieticians supported by a group of administrative staff. As a Foundation* accredited practice, Student Health is here to assist students to improve their health and wellbeing by diagnosis, treatment and prevention of illness in a quality, caring, reassuring and supportive environment, providing the same confidential services as your health provider at home.

Contact us

Phone 03 325 3835

After hours 03 325 3835 –

Your call will be answered by after hours clinical staff

Where are we?

We are located at the road end of Hudson Hall, Ellesmere Junction Road. NO 18 on the campus map.

Open hours

Term Time 08.30 – 4.30

Summer school & Holiday

- hours may vary according to demand

Cost

Doctor/Nurse **FREE**

(Practice enrolled domestic students with community Services Card)

Doctor/Nurse \$15

(Practice enrolled domestic students without Community Services Card)

Counselling - FREE

Dietician – FREE

Chaplaincy service – FREE

FREE international support with insurance approval

Services

Illness

Injury

Counselling and mental health

Sexual health and contraception

Travel advice and vaccines

Flu vaccination

Immunisations

Asthma

Minor surgery

Employment medicals aegrotat assessment

Aegrotat assessment

* The Foundation Standard represents what is considered to be the legal, professional, and regulatory requirements for general practice by the Royal New Zealand College of General Practitioners.

PRO-crastinator

SUDOKU:

5			6		1			
	3			7	5		4	9
			9	4	8			
1	5	7						
	9	6				2		8
2			1	6	9		5	
4	1		3		7		6	
	1		5	1		3	7	
7		3	4			1	8	

3		8		6	2		1	5
4							6	
	6			7				8
8		2	4			1		7
					8	3		
				5	3	2	8	
			5			6	7	
2								
	1			2		5	4	

STEPS:

P	L	A	N	K
B	R	E	E	D

SO YOU THINK YOU CAN RIDDLE

There is a word in the English language in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?

WORD-BUILDER

How many words of three or more letters, including plurals, can you make from the five letters, using each letter only once? No foreign words or words beginning with a capital are allowed. There's at least one five letter word.



Goals:

Meh, Alright—6 Bloody Excellent—10 Outta This World—13+



THE ADULTHOOD INSTITUTE

**Official Commendation
for Outstanding Achievement**
in Doing the Dishes at Least One Time

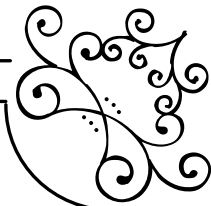
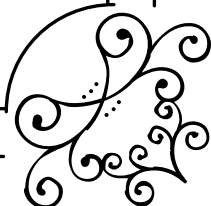
This document certifies that

(ADULTS NAME)

*had been awarded a special recognition for
successfully doing what pretty much every
roommate on the planet does all the time
and it's not even a big deal. Congrats!*

ISSUER'S SIGNATURE

DATE





Lincoln University Campus Map

Accommodation

Accommodation Office
Centennial Hall
Colombo Hall
Crescent Flats
Farm Road Flats
Hudson Hall
Lowrie Hall
NZ Cricket Accommodation
The Annex
The Junction
The Quarters
Sims Flats
Southland Hall
Stevens Hall

Cafés

Mrs O's Cafe and Bar
Grounded

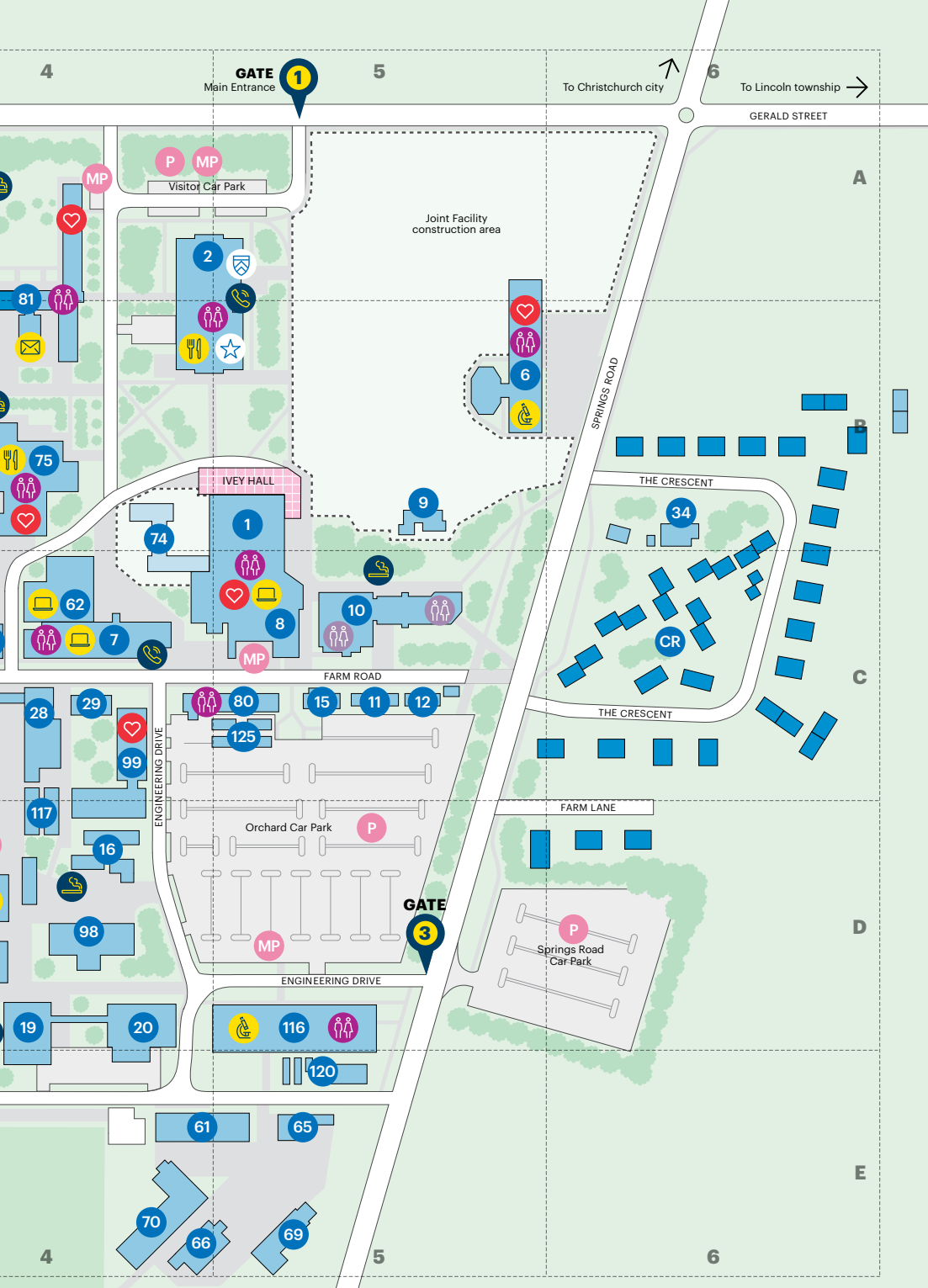
Campus Buildings

AER Building

H82 C2	Annex A	30 C4	Riddolls Building	21 D4	Commercial Tenants	
85-89 C3	Annex B	29 C4	RFH Building	116 D5	Agribusiness Group	29 C4
83 C3	Annex C	31 C4	Stewart Building	62 C4	Asurequality	18 D4
CR C6	APFA	112 A1	The Lodge	9 B5	ANZCO	116 D5
FR C1	Arts Workshop	28 C4	Young Farmers' Club Hall	15 C5	Blinic Innovation Centre	28 C4
81 B4	Boiler House	26 C3	Water Tower	60 C3	FoodSouth	120 D5
84 D3	Burns Wing	6 B5			New Zealand College of Business	19 D4
84 D3	Commerce Building	10 C5				
107-9 D3	George Forbes Memorial Building	2 A5	Car Parks			
76 B4	Hudson Hall	81 B4	Halls Car Park	D3	Computer Suites	
126-131A1/3	Hurunui Building	16 D4	John Burton Car Park	D4	C4	10 C5
132 D3	Ivey Hall (Library, Teaching & Learning)	1 B5	Orchard Car Park	D5	L131 and L206	1 B5
SF A1	John Burton Building	22 D4	Springs Road Car Park	D6	D1, D2, D3, D4 and D5	7 C4
93-94 D3	Landscape Architecture Building	7 C4	Recreation Centre Car Park	C3		
82 C3	Memorial Hall	74 B4	Riddolls Car Park	D4		
	NRE Building	19 D4	Union Car Park	C4	Corporate Services	
	Teaching Workshops	18 D4	Visitor Car Park	A4	Alumni	H61 A3
75 B4	Orchard Hall	80 C5			APX Travel	2 B5
2 B4	Poplars	11 C5	Childcare Centres		Bookshop	76 B4
	Portacoms	125 C5	Lincoln Childcare and Preschool	111 A1	Catering Services	75 B4
	Te Kete Ika – Food and Function Centre	75 B4	Lincoln University Early Childhood Centre	34 B6	Conference & Event Management	H61 A3

Corporate Services

Alumni
APX Travel
Bookshop
Catering Services
Conference & Event Management
Finance
Lincoln Store/Courier Deliveries
Human Resources



LINCOLN
UNIVERSITY
TE WHARE WĀNAKA O AORAKI

Reception

- Main Reception (A5)
- LUSA Reception (B5)

Services

- Eateries
- Bookshop
- Postshop/Printery

Public Safety

- Security
- Emergency Phone
- Defibrillators
- Smoking Zones

Buildings

- Occupied
- Residential Accommodation
- Unoccupied
- Construction Area

Facilities

- Computer Suites
- Laboratory
- Toilets (including wheelchair accessible toilets)
- Toilets (ground floor)

Car Parks

- Public Parking
- Mobility Parking
- Residential Parking

Lincoln Hospitality Ltd
Lincoln Agritech
Lincoln Agritech Workshop
Lincworks Property Services
Main Reception
Postal Services and Printery
Security Office
Vice-Chancellors Office

75 B4
99 C4
98 D4
32 C3
2 A5
81 B4
32 C3
2 A4
Johnstone Memorial Laboratory
Research Management Office
SIDDC
University Studies and
English Language Division
Vineyard
Winery

IT

IT, The Old Printery
IT Help Desk

Lecture Rooms

AER002, 007, 008, 009
B2-B5, B310, B330, and B740
C1-C6 and C123
D6
69 E5
65 E5
70 E4
54 C2
20 D4
61 E4
69 E5
65 E5
70 E4
54 C2

58 A1
2 A4
2 A4
81 A4
C1
53 C1
8 C5
1 B5

Religious Facilities

Chaplains
Muslim Prayer Room (Musalla)

Science Laboratories

B132, B133 and B233
Riddolls
RFH 011, 035, 036 and 041
Structures Laboratory
Laboratories 029 and 030

Sporting Facilities

Bert Sutcliffe Pavilion and Oval
NZ Cricket High Performance Centre
Lincoln University Recreation Centre
NZCA Turf Maintenance Facility

Student Facilities

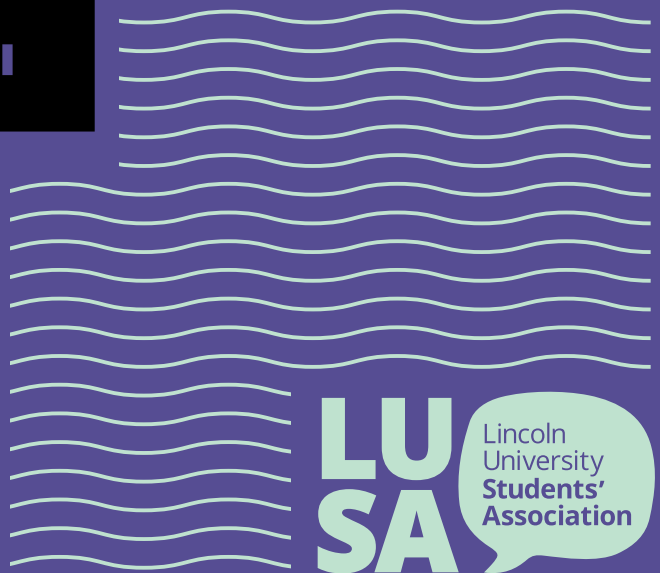
Alpine Club (Musalla)
Library, Teaching and Learning
LUSA Reception
Outside Security Phone/Intercom

61 B4
12 C5
6 B5
21 D4
116 D5
18 D4
18 D4
106 E2
97 D3
35 C3
38 C2
2 A5
2 A5
81 A4
81 B4
2 B4
2 B4
73 A3

Lincoln University Te Waihora Campus

0800 10 60 10 (New Zealand)
+64 3 423 0000 (International)
lincoln.ac.nz

IVEY DREAMS. IVEY DREAMS. IVEY DREAMS. IVEY DREAMS. 2020



studentsatlincoln



lusa.nz



Wednesday 19th February



7.00pm-11.30pm



Mrs Os Bar

iTicket.co.nz  **ivey dreams**