Waha Korero

Student Magazine



Issue 39: **Winter Edition**

4 Slaying Winter Style as a Student

16 The Ick: (and when it goes beyond that)

22 Waha Watch: Winter Film Guide



Words By:
Jazlyn Whales

Letter from the Editor:



Hi there!

Hope you are all well despite it being the midst of Winter. As I write this, I'm battling quite the cold - but I hope you are staying away from the awful bugs of Winter!

Another bug that seems to linger in the Winter months is the Winter blues - luckily this issue of Waha Kōrero has just what you need to get through the duller days of the year!

We have a hot drink guide, indoor winter activities, another playlist of the season - combine the three and you have your rainy days in sorted!

But most importantly - I hope this issue gives you something to be excited about, while the Winter months may linger, I hope that we can give you an exciting break!

Until next time,

Jazlyn!

Contents:

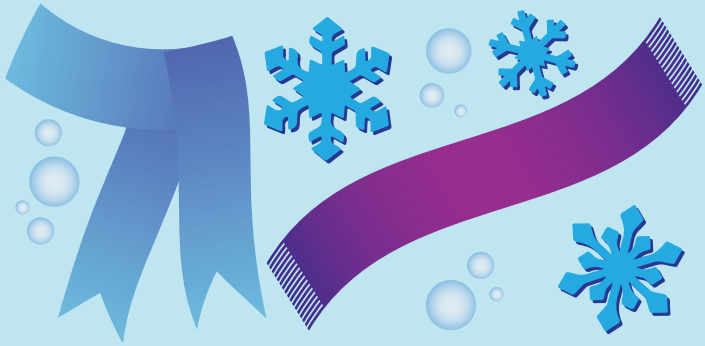
3 Tour De Scarf
4 Slaying Winter Style as a Student
5 Layering for Winter
6 Open Day Spotlight
7 Wacky Olympics
8 Mens Health Week
9 Attachment Styles
10 Winter Wellness
11 Melissa's Much-Needed Winter Dinner Guide
12 Conquering Kiwi Chills as an International Student
13 Matariki in Review
14 Art Competition
16 The Ick (and when it goes beyond that)
17 Winter Waiata
18 Hibernation Station
19 (Digital) Crafty Corner
20 Hot Drink Guide
21 What Water Bottle Are You?
22 Waha Watch: Winter Film Guide
23 Album Review: The Smile-Wall of Eyes
24 Student Council
25 Whats on at Ara
26 Tuakana Teina Programme
27 O House Exclusive Ask Auntie



Words By:
Isabella Inglis

Tour De Scarf

Aristotle once said that 'Scarf is Lyf', but I say nay, 'Tis a lifeline. The oversized scarf is a statement and a multi-functional icon. Hiding a hickey? Day 3 hair greasy enough to cook the whole flat's Sunday fry-up in? Need a pop of colour to hide the winter blues? It's so much more than a piece of fabric. If you reckon a scarf could solve your life's problems, Waha is here to steer you and your wallet in the right direction. Below is the rundown on the city's selection, with the disclaimer that fashion is subjective and fast-moving - we can barely keep up. Good luck!



Kmart Riccarton
For 14 of your hard-earned study-link dollars is an oversized scarf that gets it. Good width, great length, and with five options it's enough to wrap up all the flatmates against their will. Buy for the budget and fun colours.

Glassons High St
At the time of writing (fashion is fast), Glassons is kind of serving? Blues and reds rule the oversized scene here, sitting at $25 a pop. The tartan and stripes are cute, with a couple of colour-blocked options too. They aren't super long either - Glassons gets it.

Pharmacy Madras St
Tucked behind the Viagra ads is the best collection yet. Brilliant selection of patterns including dogs, mushrooms, ropes, you-name-it-it's-there kinda thing. Sure, they aren't oversized, but does size matter? See them for yourself on the sweet treat run.

Farmers Riccarton
For $30-$40 you're bumped up to business class with added width, and thicker fabrics. There's more tassel action and a darker colour theme too. If anyone can style the brown one with orange tassels, get in contact! I'm concerned - for it, not you.

Ballantynes Cashel St
Expenny, with the same polyester blend and colours as the others. Sitting at $50, budget-wise this is not the way to go. If by chance you are feeling very fancy, wind your way to the far wall for wool and $250 price tags.

Cotton On South City
Purples, browns, and blues here for twice the price of Kmart. Blue tartan is giving high school? Do what you will with that information. Five lighter colours are up for grabs, which poses the question: Kmart or CottonOn - which came first? It's all looking suspiciously similar...

Second-hand
Facebook Marketplace, TradeMe, Depop, and thrift stores are our final three victims. The unpredictability of the genre leads me to recommend this option for the bravest only. It's hit or miss in this world, but then so is Tinder and you've survived those encounters just fine.

Online
Swandri has some raving reviews - 'Fantastic noise cancelling scarf. Wife loves it, and the size means I can pull it up when she's rambling. Thanks for saving our marriage, Swanndri!'. If you're a millionaire, Acne Studios looks sick but their website is terrifying so is it worth it? You're on your own for online shopping fam, Waha can't handle that jandal.

Broke
For those on a slimmer budget, I'd suggest nicking one of those delightful woollen blankets from home and taking to it with the kitchen scissors. By my calculations you'll get nine scarves, and nine neck rashes, enough to deck out all your friends for only the small cost of your caregiver's anger.





Words By:
Violeta Avila

Slaying Winter Style as a Student

Let's face it - Winter fashion can be a tricky beast. You want to look stylish, but staying warm is non-negotiable.
As a student, budget also plays a major role. But fear not, fashionistas! Winter doesn't have to mean sacrificing style for warmth. This guide is here to help you with the knowledge to conquer the season and rock the Ara halls with your winter wardrobe.

Accessories for the Win

Level up your winter wardrobe from "meh" to "wow" with some killer accessories! Scarves are your best friend, not just for warmth, but for unleashing your inner fashion icon. Think chunky knits that would make your grandma jealous, or bold colours that would put a traffic light to shame. Beanies and hats? They're not going anywhere. Now, about your hands: mittens are adorable and all, but fingerless gloves are where it's at. Texting, grabbing a coffee, reaching for your student ID card...they've got you covered,literally!.

Level Up Your Shoe Game

Forget the glass slippers, Cinderella! Winter in New Zealand requires footwear fit for a warrior princess. Ditch the flip-flops and invest in a pair of boots with the grip of a mountain goat. Ankle boots are the chameleon of the shoe world, rocking both jeans and skirts with effortless cool. Craving extra warmth? Think knee-high boots, they'll be your winter shield against the elements. Don't underestimate the power of sneakers either! Choose a pair with great traction and you'll be conquering slippery sidewalks like a pro.

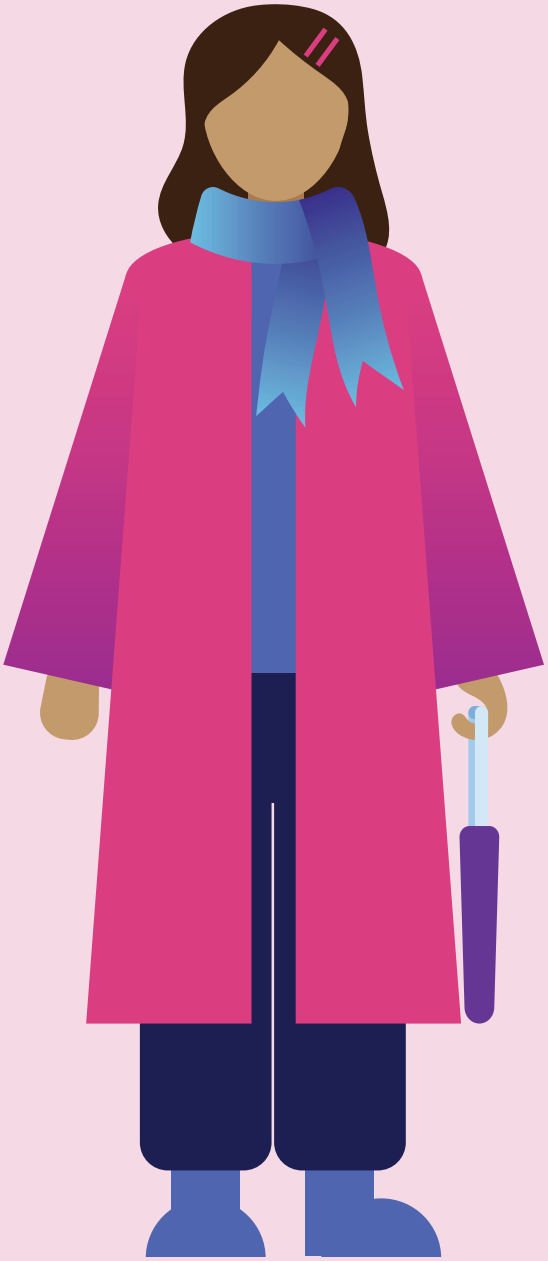
Budget-Friendly Fashion Fun

Being a student doesn't mean sacrificing style. Here are some tips to stretch your winter wardrobe budget: Thrifting: Second-hand stores are a treasure for unique and affordable winter wear. You might just score that perfect vintage coat or a cosy sweater for a fraction of the retail price. Clothing Swaps: Organise a clothing swap with friends! It's a fun and sustainable way to refresh your wardrobe without spending a dime. Sales: Keep an eye out for end-of-season sales to snag winter essentials at discounted prices. DIY: Feeling crafty? Learn to knit or crochet and create your own unique winter accessories.

Express Yourself

Winter isn't a fashion funeral and winter fashion doesn't have to be a monochrome tale! Neutrals are your trusty companions, but don't let them be your only story. Embrace the spirit of a winter kaleidoscope! Splash on some colour with bold accessories or rock a pattern that makes a statement. These are the accents that turn your winter look from "blah" to "brilliant".

So ditch the hibernation plans, embrace the cosy vibes, and conquer this Kiwi winter with style! Remember, confidence is your ultimate fashion accessory. Now get out there, strut your stuff and show everyone how students can do winter fashion.





Words By:
Jesse Devonshire

Layering for Winter

How to look hot when it's cold outside

Now that you have mastered the basics, we can move onto the deeper layers of fashion! Winter is upon us again (sadly), meaning it's time to bring out the warm coats and layers that've been gathering dust in the back of our wardrobes all summer. However, keeping warm while also being stylish can be a difficult task during the colder months. So, if you're looking to throw a few items together (but don't want to look as if you're wearing too much, or shiver away from wearing too little), here's just a few neat tricks which may get you to that sweet in-between.

Base Layers

Firstly, let's dive a bit deeper into the essentials. An average winters day in Ōtautahi lies around 12°C, but we all know thats generous. To ensure your safety in all types of conditions, a simple 3-base layer can go a long way.Start with a long sleeve base, just a standard thermal should suffice. However, to make things even more fashionable, consider a nice long sleeve white shirt. It'll both keep you warm and ensure you can mix with a wide variety of colour for your second base.

Knitwear

Now this is where things get a little bit more playful. Think knitwear, sweaters and cardigans, or even just a favourite 'throw over' shirt. This is your rare time of year to snuggle yourself through the day in something warm, while also showing off just how damn good you can make a sweater look. It's also another perfect excuse to go down to a local op-shop or mall and try something new, a time to see what kind of colours you want to work with.

Coats

You'll already be looking stunning, but here's where we can think smart. Think of this third layer as your ultimate protector, as it'll be what you'll need to brave the elements and the people of the wider outside world. You could go for a warm puffer, which can look good in both vest and jacket form. It's also prime time of year to show off a classy coat, showing people just how sophisticated you can be. The possibilities here are endless, but at the end of the day, it's all about what's going to keep you warm.

Let's Accessorise

Fashion is the silver lining of what is otherwise a very depressing season. Think of all the cute little accessories you can play around with. If you haven't got any pockets to put your hands in, you should seriously consider getting some gloves to keep them toasty warm. If you're a cyclist you can keep them sleek and sporty, or if you're eager for bit morestyle you can find a lovely, knitted pair. Don't forget about scarves either! Why must your neck suffer? Think of all the different kinds out there, both soft, lightweight, and colourful too. A scarf is a smart way to add a pop of colour to your outfit as well.

Words of wisdom

There's so much I still haven't mentioned. Beanies, hoodies, turtlenecks, boots, fingerless gloves (never understood these tbh) or even an immaculate trench coat. But the most important thing to remember this winter is, you can do no wrong. As long as you're opting for something that's keeping you warm and lifting your spirits, you'll always be in the right. Winter is that special time of year where you can really let your taste for fashion run wild. Because in all honesty, you've got so much you can work with. And to be even more honest, you'll need all the warmth you can get.





Words By:
Connor Ure

Open Day Spotlight

Who of us enjoys Ara Open Day? I know that going into Ara to make one of the biggest decisions of my life was not an easy step. Thankfully there was free coffee and a packet of chips to lift my spirits (I was perhaps tempted to don the fake mustache and wig I carry with me at all times to snag another free hit of caffeine).

There were over 1000 pre registrations for the event - so basically a small town. All of them bright, hopeful and excited about their tertiary endeavours. Okay, that's not true. Existential crisis bound individuals (me) also have to figure out what we are doing with ourselves too.

Now, let's talk about aesthetics. Ara really hit it out of the park with this one. I have always been a fan of the violet-blue 'vapor-wave' colour scheme that defines Ara - and it was on full display here. Along with an almost nautical vibe. Bubbles and waves burst into life on the walls and before them the fantastic tutors and staff of the campus, all ready to pitch the fantastic courses on offer. From Engineering, Architecture and Interior Design (which is almost worth the enrolment to get to study in the coolest looking building on campus) to ICT, hospitality and tourism (which helps run arguably the best cafe/restaurant in Christchurch (I'm not biased. You're biased!)

The air is thick with anticipation as the prospective students fill Te Whareora (the Science and Wellbeing block). All of them wondering if this is the day that will mark the beginning of a new chapter in their lives. They are met with an unparalleled level of professionalism from a gorgeous body of staff and student ambassadors (well, except for me. You can expect me to approach you with the grace and decorum of a creature crawling out of the swamp - but I promise you some good banter and an almost steady sense of direction; I can probably tell you what way the Rakaia building is from anywhere on the campus).

There are helpful shuttles to and from main campus to Manawa where one can study Nursing, Midwifery and Medical Imaging (you guys are all heroes. Thank you for your hard mahi in studying these vital subjects).

And then there are the tours - apologies if you get me as your tour guide. We will try and navigate, with bravery and maybe some improvisation, the key landmarks of the main campus and probably try and pitch some of the cool features of studying at Ara (cheap Gym Membership so you don't have to feel as bad when you don't go for an entire semester).

Overall, Open Day was a smashing success. It is a real testament to the amazing team we have here at Ara who support us on the long road towards building our dream lives, becoming self-actualised and living to our highest potential.





Words By:
Campbell McPherson

Wacky Olympics



A torch will soon be lit and on Friday the 26th of July the Olympics will begin. An event that calls the best of the best to represent their nations in sports including swimming, wrestling and gymnastics. Sports that everyone is familiar with and are what you expect to see at the Olympics. But what about the 'weird' and lesser-known sports that people still give their everything to? I took a look through the sports list to see how many sports there really are. In total, 32 sports. Some well-known and some, well not so much.

One of the first sports I saw when looking through the list was breaking. Was I stupid and first thought this meant breaking things like with hammers and stuff? Yes, yes I was. However, it is a new sport being introduced to the Olumpics this year - break dancing. Now if you're thinking that break dancing isn't a sport. Well, let me tell you it most definitely is classed as one. The amount of improvisation a dancer has to be able to have to compete such a high level is crazy. They have to adapt to whatever the DJ decides to play next - I personally couldn't do that. If you're confident and think you could do it, then power to you - but also stop lying to yourself. The flexibility and strength a dancer needs as well is insane. To be able to complete those moves as quickly as they need to is another insane aspect of the sport. They even spin on their heads for some of the required moves. A move that would take a lot of skill and one I won't be trying out anytime soon.

Another sport that surprisingly takes on the Olympics is skateboarding. When someone says to me that skateboarding isn't an Olympic worthy sport - I tell them they're wrong! The amount of skill and precision in professional skateboarding is not something to laugh about. I remember watching the previous Olympics when it was first introduced. I first thought it was a silly sport to have in such a prestigious competition. Then I watched it and my mind changed fast. You have two different styles the athletes have to compete in, street and park. They have to be able to chain multiple tricks together and be creative with how they do it to get a good score from the judges. Being judged on how difficult the tricks are, how quickly you complete them, and how many tricks you do in a run all contributes. It gives credit to the sport and shows that it's not just some teen on a skateboard doing an ollie. Putting something like skateboarding on such a big stage like the Olympics is also great as it inspires the younger generations to stick with something. Particularly as skateboarding has had negative connotations in the past.

The Olympics are just around the corner and all the sports have earned their spot. Even if you don't think so - put yourself in the athlete's shoes. Those shoes could be on a skateboard or in the air while you're spinning on your head. But what matters is that the athletes have put in blood sweat and tears into these sports and are getting ready to give it their all!



Words By:
Alex Davies

Mens Health Week

Why it Matters & How You Can Get Involved

Men's Health Week (10th-16th June) is a big deal in New Zealand, and this year, Ara pulled out all the stops to make it awesome. They hosted some cool events like a HIIT workout and a pop-up barber to get everyone thinking about the importance of men's health.

Why it matters?

Let's face it, we're all going to have health issues at some point. We won't be chipper young lads forever. But the more we know about our bodies, the better we can deal with health issues —or even avoid them. Too many Kiwi men die from stuff that could've been prevented. It's a tough pill to swallow, but a lot of men lives unhealthy lives and die younger than they should because of it.

Kiwi men are more likely to face heart disease, diabetes, and mental health problems than women, and it's often because of lifestyle choices and not seeking help when they need it.

How Ara got involved!

This year, Ara put it all on across the Madras and Woolston campuses. They organised a HIIT workout, a super intense exercise session that's great for your heart, mental health, and overall fitness. Exercise is key to keeping a lot of health problems at bay, like obesity and diabetes. Plus, it's a fantastic way to blow off steam and improve your mood.

Then there was the pop-up barber event, which was more than just getting a fresh trim. It created a chill space where guys could talk about their health without feeling awkward. Let's be real, guys tend to open up more when they're relaxed, and what better place than a barber shop? It's about creating environments where men feel comfortable enough to talk about stuff they might otherwise keep to themselves.

Main messages of MHW

Men's Health Week has two main messages: "Prevention is way better than a cure," and "Small steps can make a big difference." This basically means it's better to stop health problems before they start, but even if you miss that boat, it's never too late to make changes. Prevention can be as simple as eating better, exercising regularly, and ditching bad habits like smoking and heavy drinking. These lifestyle choices can make a huge difference in reducing the risk of chronic diseases. But if you've already got some health issues, don't stress. Even small changes like regular check-ups and managing stress can make a huge difference. For example, getting your blood pressure checked regularly can catch issues early before they become serious problems.

You can start by taking a health survey at menshealthweek.co.nz to see where you stand. It's a great way to get a snapshot of your health and figure out what you need to work on. Knowing your health score can be a real eye-opener and motivate you to make those necessary changes.

Taking care of your health isn't just about you. When you're healthy, you can be a better partner, dad, mate, and worker. It helps build stronger families and communities. So, taking these small steps not only helps you but everyone around you too. Healthier men mean less strain on the healthcare system and a more productive society overall.

Ara and Student Life's initiatives didn't stop at just the workout and barber. They also had information booths set up to provide resources on various health topics. These booths offered pamphlets and one-on-one consultations about nutrition, mental health, and the importance of regular medical check-ups. It was all about making health information accessible and easy to understand.

The events were also a great way to connect with others who are on the same journey towards better health. Sharing experiences and tips can be incredibly motivating and make the process feel less daunting.

Men's Health Week is a crucial reminder to take care of ourselves. Ara Canterbury's events have shown that focusing on health can be fun and engaging.

The bottom line? Take that health survey, know your score, and start making those changes. Your future self will thank you! So lets step up and take control of our healthy - one step at a time.





Words By:
Connor Ure

Attachment Styles

Have you ever been in a relationship (or currently are in a relationship) where one of you seems a bit more invested than the other? Or a bit more interested in discussing feelings? And the other seems to be the complete opposite? They don't want to talk about feelings, in fact any attempt to do this seems to actually have them running for the hills. Or this person only wants to talk about feelings and seems like they only want to hangout with you and oh my god you are suffocating in their presence. You know that it's getting out of hand because now you can't even text them back. Or even when they send you the funniest meme that only someone who knows you well would send you and you can't even reply because that feeling over being so suffocated is overwhelming. One of you is more pointy and the other is more squishy right? And the more squishy one gets the pointier the other gets in equal measure.

Why is this?

Well, there is no answer. We are infinitely different, changing moment to moment at incalculable rates. There is no way to really measure the human heart. But there is a framework that seems to at least capture this dichotomy of too hot- too cold relationships. The kind of relationship your best friend has been trapped in for the last century (or at least that's how it feels after the 70th facetime over 'why he seems distant because he didn't reply for 45 minutes' and 'this is at least 3.7 minutes later than usual').

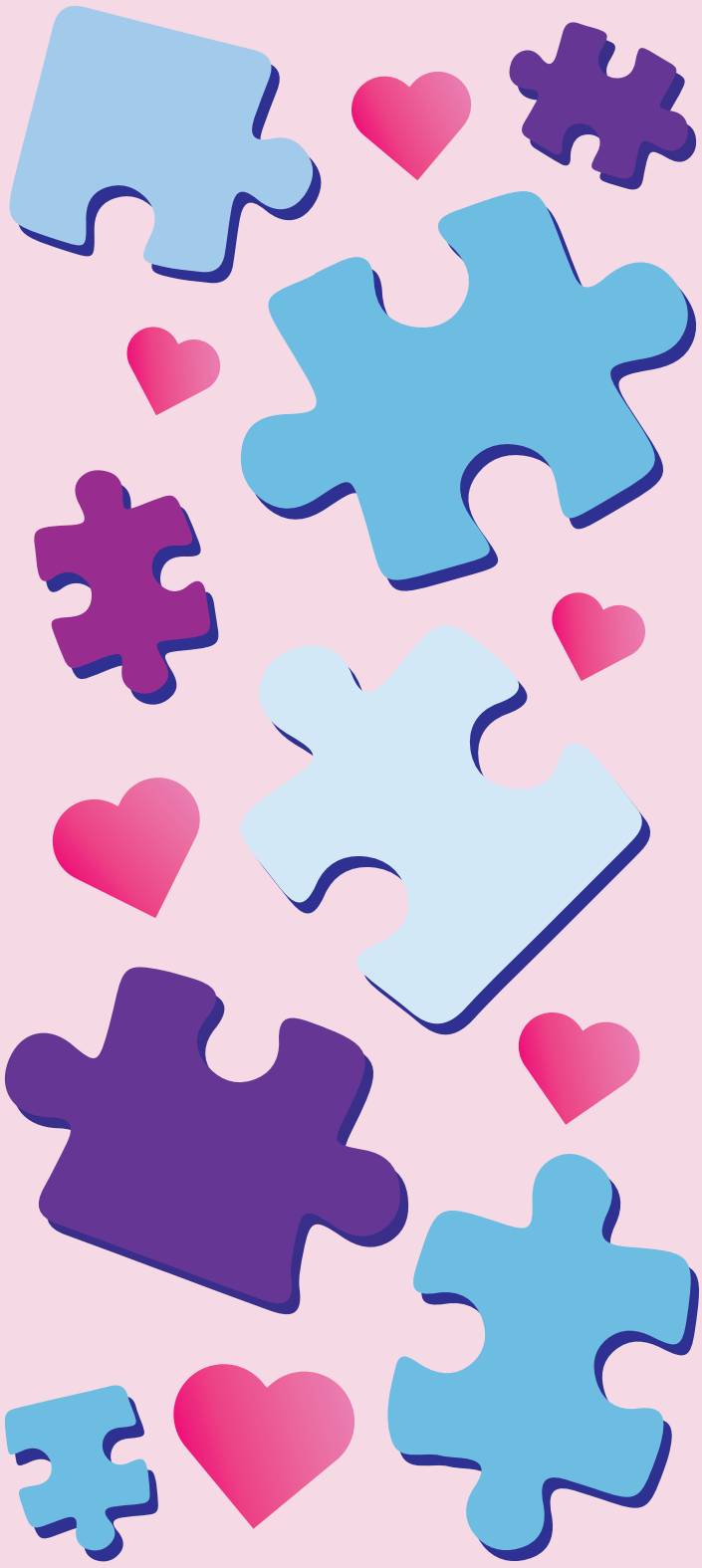
And that way of measurement is: Attachment styles. Avoidant personality types tend to be distant and anxiously attached people tend to be anything BUT distract. Then there is fearful avoidant (god have mercy on you if you are dating someone who falls into this category) and lastly the securely attached (I'm okay and you're okay type of people).

Chances are, if you are reading this, you are the anxiously attached type because the avoidant will probably have turned the page after the first sentence.

The key takeaway is that this is a dynamic that happens to people and the sooner you recognise you are in this dynamic the sooner you can work to find yourself in a more secure attachment style. When you feel someone pull away and your gut instinct is telling you to immediately send that text message, put the phone down! Or call a friend. Go for a walk. Do not engage.

Or, if you are an avoidant type of person, you may feel the ICK whenever your significant other even looks in your direction. You feel that you need all the space in the world. Perhaps what you do need is to actually tell them what you are feeling. Perhaps you need to spend sometime getting to know what you're feeling.

You are too hot but they are too cold. Their needs are too huge and yours too small. The hotter you get the colder they go. The smaller your needs are, the bigger theirs get! Can we not just be the right temperature, the right size, the right fit together? The main thing is that we have to be alright within ourselves and make sure we are giving our partners the respect and intimacy they (and ourselves) deserve.





Words By:
Jovi Harrison-Taylor

Winter Wellness

The Winter Blues are upon us! With winter's arrival, so too, are the shorter days and far colder temperatures. For some students, this may be their first winter in Christchurch or the South Island! While some people absolutely love curling up with a warm blanket, the winter landscape, the thrill of winter sports, or simply feasting on their favourite winter comfort foods... Some people also find winter a hard season to get out of the house. If anything, it really, truly makes you feel more like hibernating.

But these next 3 winter months before spring don't have to be a time of gloom! So, here's your motivation to prioritise socialisation over isolation:

First: The importance of social interactions. We humans are social creatures. So, it's important that we keep connected with our friends and family as best as possible, whether through calls or meetings! This is because it can help us reduce the risks of depression and anxiety, and connecting with those in your life generally helps boost your mood and provides that extra emotional support during tough winter times. Plus, it's a great idea to keep a friend around who might just share the same sentiment towards winter as you or want to motivate you to get out and about and make the winter worthwhile!

Second: The easiest way to tackle winter is by embracing it! The first step is to get out of the house! Then after that, you can decide whether you'd like to go to a local winter market, or maybe go for a *crisp* morning stroll or you could even about ice skating or skiing. I'd recommend making your own snow man but Christchurch isn't that cold..... Anyways!

"But what if I don't want to go out of my way to do something like that?" Well, if you're already on campus, there's plenty of options for social sports through the Ara Recreation Centre.



MONDAY

Badminton from 12pm-2pm in the gym (W133)

TUESDAY

Basketball from 12pm-2pm in the gym (W133)

Yoga from 12.10pm-12.50pm in the fitness studio (W224)

WEDNESDAY

Volleyball from 12pm-2pm in the gym (W133)

Boxing from 12.10pm-12.50pm in the boxing studio (W223)

Tai Chi from 5.15pm-6.15pm in the fitness studio (W224)

THURSDAY

Futsal from 12pm-2pm in the gym (W133)

Zumba from 4pm-5pm in the fitness studio (W224)

FRIDAY

Free court time from 12pm-2pm in the gym (W133)

Boxing from 12.10pm-12.50pm in the boxing studio (W223)

Of course, sports aren't everyone's thing, so, I'd recommend visiting the campus cafes (Visions or The Pantry) for a hot drink and a treat. Spending time in a cosy café, not too far from campus, enjoying a drink or food and or chatting with friends can be a great way to enjoy the season and still stay socially connected.

But what's important is that while winter can sometimes feel daunting with its cold and darker days, it doesn't have to be a season of isolation. Embrace the opportunities it presents by staying socially active and engaged. As well as diligently paying attention to the weather and being prepared for the worst of winter!

Whether it's meeting up with friends, trying out winter sports, participating in campus activities, or simply enjoying a hot drink at a campus café, there are plenty of ways to make the most of these winter months. Remember, staying connected and active is key to maintaining your mental and emotional well-being. So, get out there, embrace the season, and make the winter months a time of connection, fun, and new experiences!



Words By:
Melissa Arnold

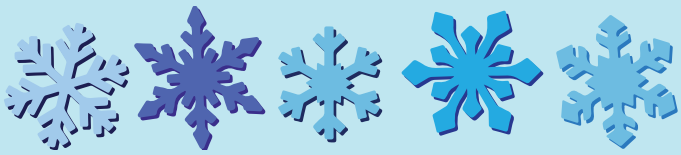
Melissa's Much-Needed Winter Dinner Guide

Winter can be tough, it brings so many more aspects to everyday life such as shorter days, colder temperatures, and increased academic pressures. Don't even get me started on seasonal depression, aka Seasonal Affective Disorder, aka SAD. Mood, motivation, colds and flu all kick in when we need them the least. Balancing school and self-care becomes more challenging yet essential.

What can help us? Good winter meals. They're important for maintaining overall well-being over these colder months. Nutrient-rich foods provide the energy and nutrients necessary to combat the physical and mental challenges of winter.

Warm, hearty meals also provide comfort and can have a positive psychological effect, promoting a sense of well-being and contentment. It's also cute being able to get something comforting while it's super cold outside, or the ability to cook something to share with friends/flatmates is a wholesome experience.

Recipes like the couples I'll be sharing are not only nutritious but also offer warmth and satisfaction, which are so needed during the cold season.



Shakshuka Eggs

Serves 2-3. This one is hearty and warm, just the thing you need during the winter.

Ingredients:

- 1 Large Onion, Cut into Thin Wedges
- 1 Large Red Pepper, Thinly Sliced
- 3 Tbsp Garlic, Minced
- 1 x 400g Cannellini/ Butter Beans (Not traditional, but I like it to bulk out the meal)
- 1 Tsp Smoked Paprika
- 1 Tsp Ground Cumin
- 1 x 400g Canned Crushed Tomatoes
- 1 Tsp Dried Parsley (Optional) Pinch of Salt and Pepper, to Taste
- 4-6 eggs
- 2 Tbsp Water
- Bread, to Serve (Optional)

Pumpkin Soup

Serves 6 (kind of a lot but it lasts for 2 weeks in the fridge and is crazy convenient for freezing).

NOTE: You'll also need a blender of some sort for this, preferably a stick blender.

Also, I know not many of you will have miso paste but I highly recommend investing in it. You can use it in so many things - such as soup and stir fry, even pasta and baking! You've just got to trust me on this.

Ingredients:

- Splash of Oil
- 1/2 Large Pumpkin
- 1 Large Onion
- 1 Tbsp Curry Powder
- 1 L Water
- 1 x 400g Tin Coconut Cream
- 3 Tbsp Miso Paste
- Pinch of Salt and Pepper, to Taste

Method:

Preheat the oven to 200°C. De-seed the pumpkin and cut it into small chunks- leaving the skin on.

Place on a baking tray and drizzle oil over top, toss them around until fully coated.

Then roast in the oven for 20-25 mins until soft. Put pumpkin aside and heat a soup pot (or very large pot) over medium heat.

Add oil and then onion, and cook until translucent. Chuck in the curry powder with water, roasted pumpkin and coconut cream. Stir and bring to a boil.

Once the soup is at a boil, take it off the heat and add the miso paste. Once this is all done, use a blender to blend the soup until a silky consistency. It's now ready to serve, add salt and pepper to taste.



Method:

Heat your pan on a medium heat and add oil. Once heated add the onion and peppers, and cook until soft but not brown.

Throw in the garlic and spices, and continue to cook for 1-2 minutes. Now add in the tomatoes, and cannellini beans, simmer until reduced and lightly thickened.

Add parsley, salt and pepper, stir to combine. Make wells in the mixture and crack an egg into each. Put water in eggs, cover with a lid and then simmer until eggs are set to preference. Serve with bread and enjoy!



Words By:
Violeta Avila

Words By:
Arsenie Semiento



Conquering Kiwi Chills as an International Student:

Things I Wish I'd Known

Congratulations, you've landed in stunning New Zealand to embark on your academic journey! But wait, there's a slight twist, IT'S WINTER! There is a lot of adjusting that you have to make. From acclimatising to the fickle NZ weather to hunting the cost-saving shops for your student wallet. With that being said, here are a few things I wish I had known sooner that may have saved me a handful of challenges as an international student. These insights could be the key to a smoother transition for you.

Watch out for your skin!

Coming from a tropical country, I did not account for the extreme dryness experienced during winter. With the temperature dropping, your face, lips, and hands get so dry they start to peel or crack. Little did I know, a good moisturizer and lip conditioner would become my winter lifesavers! Also, wear sunscreen even on cloudy days, given that UV radiation is far stronger in NZ.

Expanding horizons

Ever been stuck in group conversations where you're dead quiet because you know absolutely nothing about the topic? Worse, when they asked you about your thoughts, you were left scrambling for words. Yup, been there. Engaging with various interests—be it gardening, cars, cafes, rugby (heavy on this), or films—can help you form opinions and even make decisions, like knowing the best coffee spots or top pie joints. Join workshops, meet new people (and possibly new friends) and learn Kiwi ways more efficiently. Quick morning reads on the news or magazines every morning can also boost your understanding of local life.

Be more involved

Stepping into a new environment where everything seems fast-paced and difficult, it is so easy to get trapped in a workaholic lifestyle, fearing that you might fall behind. Until you realise that's all your life revolves around. Looking back, it would have been beneficial to join an organisation or volunteer even in year 1. It takes you out of autopilot mode and frames your mind that you have something to contribute. If you're someone like me who struggles with confidence, it is a great reminder that you can be as capable as anyone else. After all, you've come a long way to be here. It can also do a tad bit of tailoring to your soft skills and spice up your CV!

Embrace the Early Evenings

New Zealand experiences a dramatic shift in daylight hours during winter. Be prepared for the sun to set as early as 4:30 pm. This was a shock coming from a sun-drenched country. The key is to adjust your expectations and embrace the cosy evenings. Plan your after-class activities accordingly, join clubs with evening meetings, or stock up on movies and board games for fun nights in.

Be Weather-Ready, Always

Christchurch's winter boasts crisp mornings, brisk afternoons, and occasional bursts of rain. Pack layers! Invest in a good quality raincoat, warm clothes like thermals and a puffer jacket, and sturdy boots with good grip. Don't underestimate the power of a beanie and gloves for those extra chilly days. Remember, there's no such thing as bad weather, just bad clothing choices!

There are No Stupid Questions

Adjusting to a new culture and climate can be overwhelming. Don't be afraid to ask "silly" questions about anything - from how to use public transport to proper winter clothing recommendations. Locals, ARA staff, and fellow students are generally friendly and happy to help. Embrace your curiosity and ask away!

Remember, Winter in New Zealand is a unique and beautiful experience. With a little preparation and the right attitude, you can not only survive but thrive during this season. With a little planning and resourcefulness, your Kiwi winter will be an unforgettable adventure!





Words By:
Campbell McPherson

Matariki in Review

Matariki is the sign that the Māori New Year is upon us and this year, it happened on June 28th. Matariki is the name of the cluster of stars which appear over New Zealand in the middle of winter. It heralds a time of remembrance, joy and peace and is a time for communities to come together and celebrate the Māori new year. Matariki was made a public holiday in 2022 due to the importance and significance it holds for New Zealand's people. With it being a public holiday, there are more opportunities to celebrate the Māori New Year around the country.

One of the major ones that happened in Canterbury is the Matariki celebrations in Kaiapoi om June 28th, from 4pm-8pm. The event last year was one of the largest in the region with over 10,000 people attending the celebrations. Organisers encourage the public to learn about the history and Tikanga of Matariki in fun and unique ways. The celebrations will feature a fairground, Kapa Haka, a wide range of kai from different vendors as well as live performers. The purpose of the event is to bring whānau together to be able to celebrate the meaning of Matariki.

Christchurch Central isn't going to be left behind though, with the city celebrating with a light festival throughout the city centre. Many light and culture displays can be found across the city this week. Mainly in the art centre, along Worcester Boulevard and Riverside Market, and at Te Pae. The city council is also giving away 1000 native trees for free to those attending the light festival. This year's festival will feature new pieces that haven't been seen yet by the public but crowd favourites will be making a return. The festival is happening up until the 30th of June.

Māori tradition sees the cluster of stars as the God of the Wind's eyes. Tāwhirimātea was so angry when his siblings separated their parents, that he tore out his eyes and threw them into the heavens. Their eyes created the star cluster that is known as Matariki and heralds the New Year.

Historically, celebrating Matariki has always been important, but by the 1940s celebrations were not happening community wide. Thankfully, in the 2000s, they came back into full swing. The celebrations coming back prompted the Māori party to put forth a bill in Government to have Matariki be a public holiday. This was put forward in 2009. It wasn't until 2022 though where it actually came into effect. Many around New Zealand were happy with this as it gave whānau more time to put more effort into the celebrations for Matariki.

It's important for New Zealand to celebrate due to the history and meaning behind Matariki. It's a time to remember those that have passed and to release their spirits so that they may become stars in our skies. Matariki is a time for family and to remember loved ones who we have lost in the year that has passed.

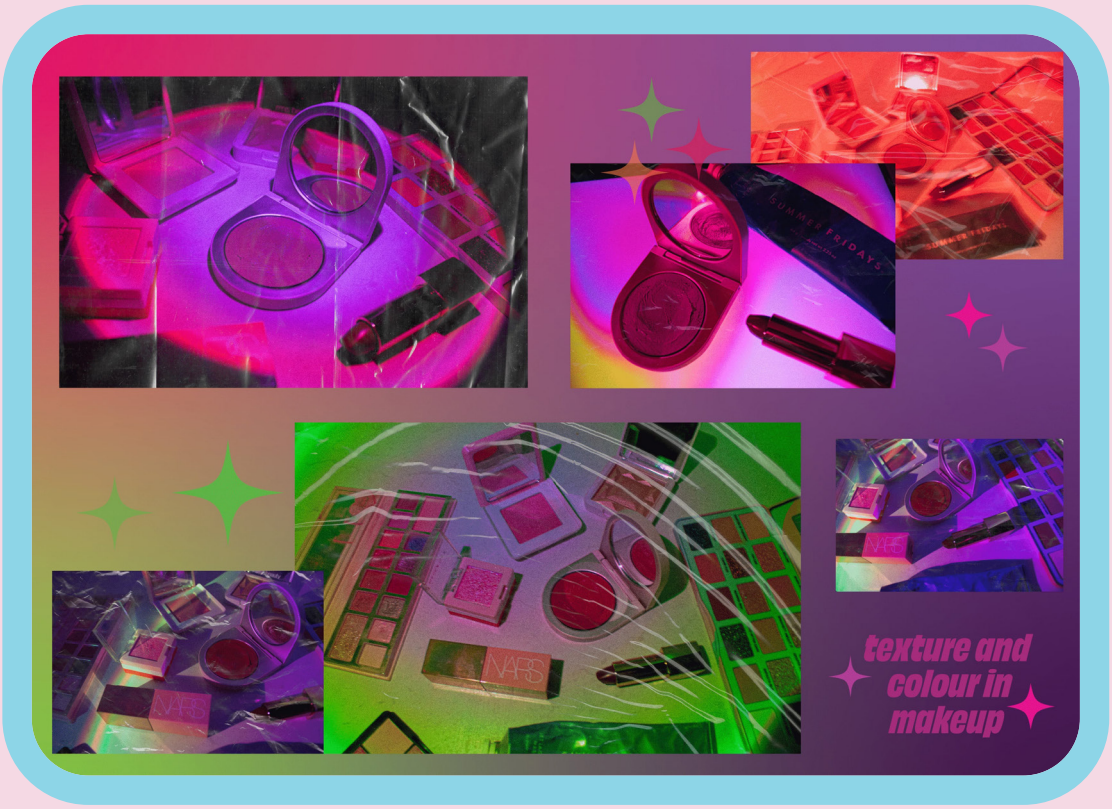


Winter Art Competition Winners!



Zoe van Klink

Bachelor of Design (Visual Communication)





Haylee Scott

Bachelor of Design (Visual Communication)



Words By:
Jazlyn Whales

The Ick
(and when it goes beyond that)

Icks - regardless of its the thought of them being rude to a waiter at a restaraunt, or imagining them in a barbershop quartet, we all have things that make us cringe a bit inside. But where is the line of 'ick' and 'ICK!!!'.

Although we may cringe sometimes, many of the 'icks' we experience aren't dealbreakers. But, on the other hand, its important to know when someones behaviour goes from one extreme to the other.

And 'icks' aren't always a bad thing, they can help us understand our own boundaries and preferences - and when we are willing to put our foot down.

Sometimes when we imagine someone we like tripping over, it can be hard to forget - and even by some would be considered quite the ick. But there is a difference between something that makes us 'ick' a bit, and something that crosses personal values or goes against our morals.

If someone is putting you in an uncomfortable situation, pressuring you into things, or making you feel unsafe, then it is important to recognise that it has gone beyond an 'ick'.

While laughing with your friends about funny icks is great fun (I would know) - it is important to recognise when yourself or someone you know is experiencing something far more serious.

When recognising an ick, an easy way to gaige if it is a dealbreaker is to think about how it makes you feel. While someone you like doing something embarrassing may make you ick out a bit, chances are them stumbling over while walking isn't a complete dealbreaker.

However - if somebody is making you question your own values or making you feel uncomfortable, then that is no longer just 'the ick'.

I encourage you to take this into account as you venture through the world, where unfortunately you will experience many of the less serious icks, such as someone talking with food in their mouth.

If this article has brought up anything for you, I encourage you to reach out to the free Ara Counselling Staff, available in the Health Centre on the Madras Street Campus.

More info: https://www.ara.ac.nz/student-services/health-and-wellbeing/health-centre/

Scan to visit the Ara Health Centre Page





Words By:
Alex Davies

Winter Waiata

I have a love/hate relationship with winter. The fashion, is top notch, layering that scarf that's been sitting in the back of your wardrobe, but that's about it, the rest is pretty gloomy and especially if you're living in the city, it can be a bluesy season. But it doesn't have to be all doom and gloom! (I think I said that last season, oh well.)

Here are some cozy tunes to romanticise the heart shape in your morning coffee to.

The first 10 tracks are "Songs from winters long past." Featuring tracks from The Beatles, Bon Iver + St. Vincent (Twilight anyone?), and another warm one from Mac DeMarco 'Moonlight on the River.'

The final 10 are some "Songs to defrost the windshield to." A mix of warm songs, danceable ones, and somber ones, because good music isn't limited to a season, just good weather. Includes a new one from Fontaines D.C.





Words By:
Aleksandra Bogdanova

Hibernation Station

The colder it gets; the fewer activities are available for us to enjoy. Fear not! Because I have Aleks's Declassified Winter Survival Guide here to help you get through Ōtautahi's coldest months while staying indoors.

Get Crafty!

Recently I've picked up crocheting to keep my hands busy. I've found it to be an awesome alternative to mindlessly scrolling while I watch movies! But, there are so many other craft activities other than crocheting if that doesn't tickle your fancy:

- Sewing/embroidery - for if you're tired of your wardrobe but don't have the money to spice it up.
- Painting - tons of YouTube tutorials (including Bob Ross) but painting by numbers is always just as fun for beginners.
- Pottery - not everyone can afford a kiln, but polymer clay can be just as good. Chuck it in the oven to make some decorations for your room.
- Beadwork - Spotlight is always having a bead sale, so why not make some new accessories?

No excuses...

Even though I love to convince myself that the cold weather excuses me from any exercise, it's a better time than ever to pick up a new sport.

- Yoga - can be done solo or in groups at local gyms. It's an easy way to practice spiritual, emotional and physical mindfulness all at once.
- Ice Skating - who even created a sport where you strap blades to your feet and try not to fall over? Regardless, an awesome weekend activity to do with friends.
- Indoor Climbing - my personal favourite! This sport is community-based, which will encourage you to return more often.

Play hard, snack harder.

With all being said, I know there's nothing better than getting together with your friends and family under cozy blankets and just rotting together.

- Reviewing movies and books - As you watch movies or read books, why not record your thoughts for future you? Goodreads and Letterboxd are excellent sites for this, you can even follow and read other people's reviews.
- Board games - old reliable for indoor activities. Cluedo for a rainy night, Cranium to test your general knowledge and, of course, Monopoly to fracture your relationships.
- Video games - if board games are making you bored, I get it. Video games like Stardew Valley, Minecraft, Terraria and Overcooked 2 are great multiplayer games to bring the friend group together while still being apart. The Sims 4 is even free now on Steam if you want some solo gaming time!





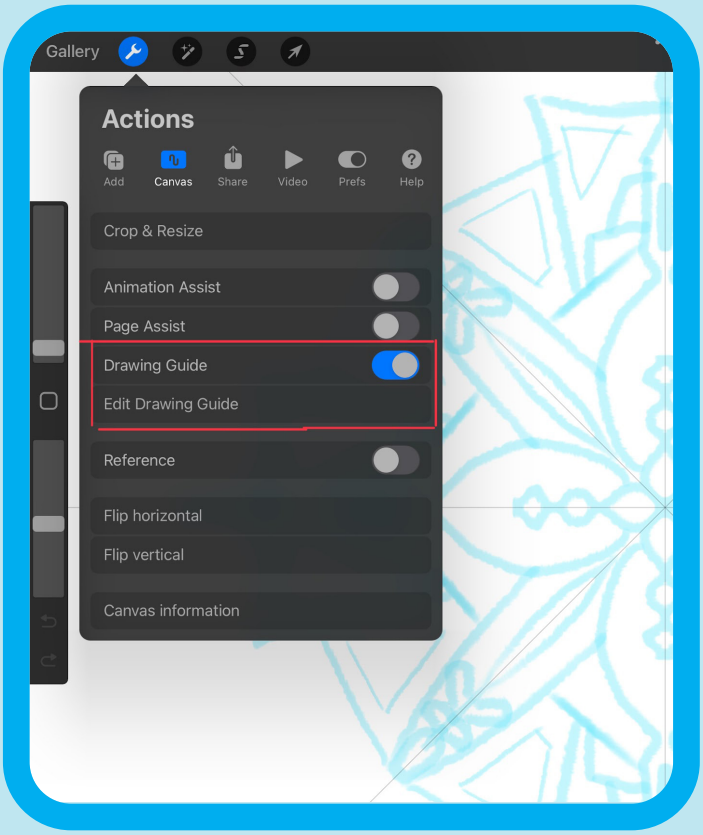
Words By:
Connor Ure

(Digital) Crafty Corner:
Creating your own virtual snowflake

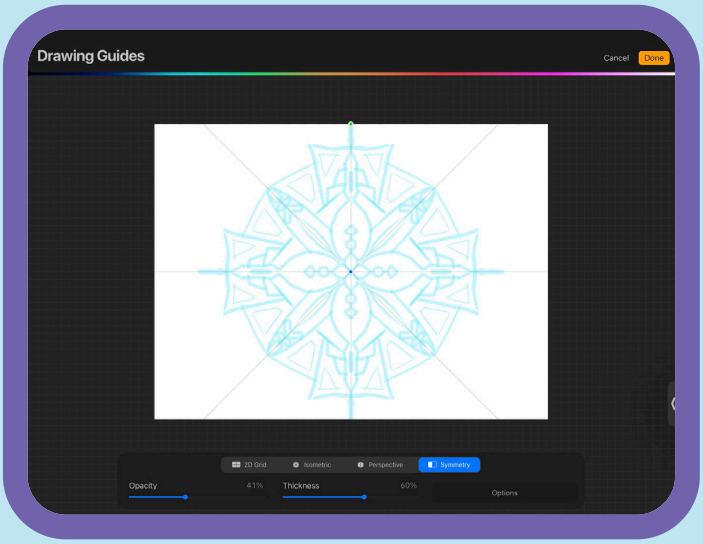
Shake off your winter blues and get into creative spirits with this easy guide on making your own special digital snowflake.

Now, I am going to explain how to do this on Procreate, which is an app for the iPad. But you can actually do this on Microsoft paint or photoshop.

First of all you need to open a new file, click on the wrench icon and then click on drawing guide.



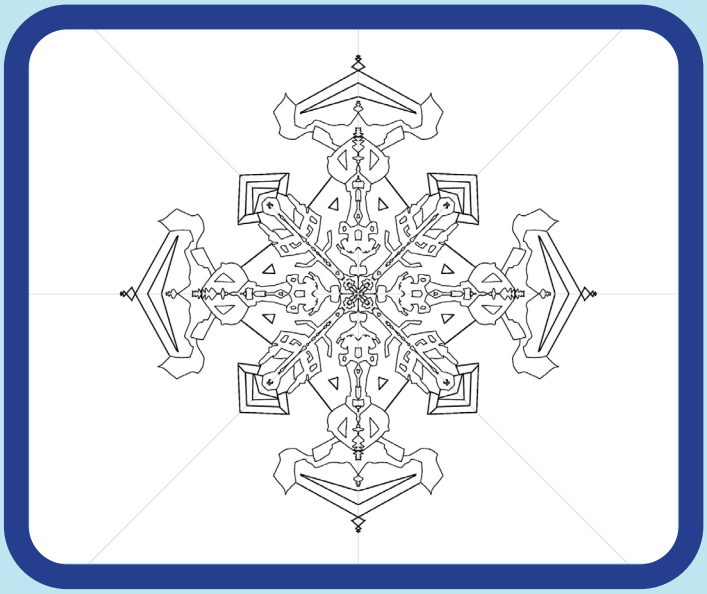
Once you are in the drawing guide settings you will need to toggle symmetry to on.



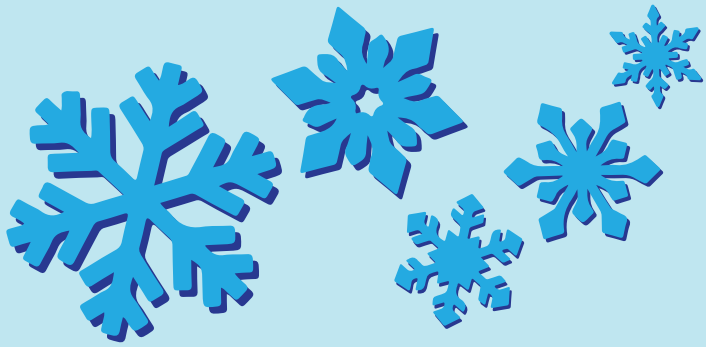
You can then play around with the options. I would recommend choosing radial. Basically, this setting will take what are drawing and repeat that pattern perfectly (think of a mandala, or a snowflake!)

If you cannot access procreate, you can do this on photoshop and use the symmetry settings. On Microsoft paint you just need to focus on one segment of the snowflake and then copy and paste this segment to create a symmetrical pattern.

Now you can let loose and play around and see what comes up. You really cannot go wrong because the symmetry will be doing most of the work. We love symmetry, we love patterns. Patterns seem deliberate, even when they aren't. So go nuts and see what happens.



This does not have to be digital, either. Grab a bit of paper, pencil and ruler. Find your middle point and then rule out 8 lines from the center, just like the image above. Now you have to a bit more patient with this method, but you can still create a beautiful snowflake and I think there will be a huge mindfulness benefit to this task.





Words By:
Adriana Tobin

Hot Drink Guide

As the days grow colder, here's some cozy drinks to help keep the chill at bay!

The Winter weather in New Zealand is like me choosing what I want to eat for dinner, it can't make up its mind. Sadly we can't control the weather but we can control how we bring in the warmth during these winter months. Here is a hot drink guide made up of my favourite hot drinks to have you feeling warm inside and out! You can find the full length in detail recipes with quick google search. If you haven't tried these drinks before, make sure to give them a sip!



French Hot Chocolate

First on this list is hot chocolate with a twist! The exuberant amounts of creamy rich chocolate in this drink is perfect for any sweet tooth lover. Make a hot chocolate as you usually would but add a healthy serving of melted dark chocolate and excessive amounts of whipped cream on top. This drink will make you feel like you're wrapped in a warm hug.

Hot water

Yes you're reading this right, hot water. Undeniably the easiest drink to make on this list but in my opinion one of the best. Hot water has proven to have many health benefits including improving metabolism, digestion, and blood circulation, and i can even relieve menstrual cramps. You can add lemon juice or a slice of lemon for more flavour turning it into a hot lemonade of sorts. It's quick and easy to make and doesn't cost a thing!

Spiced hot apple juice

An Autumn drink but one that is sure to warm the body during this chilly winter. The rich flavour of the apple mixed with the assortment of spices will easily become a go to hot drink. Juice your apple and pour into a saucepan to heat. Add your cinnamon stick and thin strips of orange zest and let simmer before adding maple syrup to taste. Serve this delicious juice in either a mug, or if you're feeling fancy, a hollowed out apple!

Mulled wine

Mulled wine, an unusual drink but definitely one to try! The rich blend of spices makes this drink full of cosy flavours, and the wine element does a fantastic job of relaxing the body. First, the most exciting and important step, pick your favourite red wine. Next squeeze in some fresh orange juice and slice up the rest of the orange to make rounds. Add your whole spices such as cinnamon, star anise, and cloves, and maple syrup or honey to taste.

Hot milk with honey and vanilla

An easy drink to make at home with ingredients you likely already have! Hot milk is a staple of many childhoods. A glass before bed and a glass in the morning to warm our tums. But now it's time to take this classic drink to the next level. First heat up your milk as you would, either on a stove or in the microwave. Then all you have to do is add honey and vanilla to your liking. Simple and easy but warm and tasty!



Words By:
Aimee Stanton

What Waterbottle are you?

The rise of the water bottle has taken the world by storm. Everyone has their go-to emotional support water bottle, but the real question is what water bottle truly embodies you as a person. Answer a selection of questions and follow the map to find out!!!

Start Here:

Do you drink water?

Yes — **Do you go to the gym?**

- Of course! — **Do you prefer leg day or deadlifting?**
  - Leg Day → **Nike Bottle**
  - Deadlifts → **Sports Jug**
- Nah — **Do you have more than a 3-step skincare routine?**
  - Yes → **Glass Bottle**
  - No, I use a crusty bar of soap — **Would you consider yourself to be a clumsy person?**
    - Yes, I'm always tripping over my own feet → **Stainless Steel**
    - Nah not really → **Pump**

No — **Do you prefer hugs or kisses?**

- Hugs — **Do you prefer gold or silver jewellery?**
  - Gold — **Minimalist or Maximalist?**
    - Definitely a Maximalist → **Stanley Cup**
    - Minimalist, I like it simple → **Frank Green**
  - Silver → **Hydro Flask**
- Kisses → **No Water Bottle**



Hydro Flask
You have always been a big advocate for turtles' lives but also just appreciate a nice cold drink of water. You are super down-to-earth and are always ready to have a good time.

Stainless Steel
This bottle goes everywhere with you although you are only seen refilling it never drinking out of it. You are a loyal friend who always stands up for what you believe is right.

Pump
This water bottle has been your go-to for years, despite being told over and over to throw it out. You're not a materialist and don't need anything except the good people in your life to make you happy.

Sports Jug
You are the one friend who always needs a toilet stop on the road trip. You have a great sense of humour that will make anyone laugh.

Nike Bottle
You are super comfortable in your own skin. You pride yourself on your self-care. While you put yourself first you would do the same at the drop of a hat for your friends.

Stanley Cup
You are sick and tired of cup holders being too small for your bottle. It is your signature accessory. You are the go-to person for a great time full of fun!

Glass Bottle
You've got your shit together. Unlike this water bottle, you won't shatter with one hit: your resilience is admirable.

Frank Green
You most likely also own a frank green coffee cup. You are an extremely loyal friend who loves to spend quality time with those who matter!

No Water Bottle
You must be severely dehydrated. DRINK SOME WATER! You are always very calm and collected. A great person to go to for advice!



Words By:
Arsenie Semiento

Waha Watch:
Winter Film Guide

Frosty season has come, time to cuddle in with your hot chocolate in hand and enjoy the break while it last. Here is a selection of films, ranging from peculiar tales to poignant sappy tragedies that will leave you pondering or shedding some tears.



Eternal Sunshine of the Spotless Mind (2004)

A classic film about the process of forgetting after a harsh breakup presented in a quirky way. It left me wondering if ignorance was really a bliss. Like realising and facing the absurdity that is love. How it turns out it can be disappointing, exhausting, embarrassing, and confusing. It is about loving anyway, perhaps a flaw of human condition.



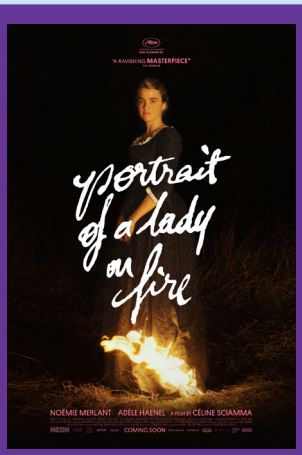
A Monster Calls (2016)

A didactic film that offers solace to those who lost someone they love; to someone who feel powerless in the midst of a hard, inescapable reality. It is about being a child, who's been deflecting the pain they felt at such young age. It is about learning to let go and hold strong.



Pan's Labyrinth (2006)

Watching this at 7 was not one of my best life-decisions, but it did help me enhance my imaginations. It is deeply metaphorical with political undertones, chilling to watch, and has a similar eerie tone to 'Miss Peregrine's Home for Peculiar Children'.



Portrait of a Lady on Fire (2019)

If you're someone like me who has a slight internet brain rot, you may have read about an ongoing debate that alludes to the myth of Orpheus and Eurydice: if you love someone that much, would you look back like Orpheus did? And then there is this one sentence in the film that just gave me a complete paradigm shift: Perhaps she was the one who said, "turn around." Now, it's your turn to ponder and give this film a peak. The cinematography is painting-like and immaculate.



Words By:
Alex Davies

Album Review

The Smile–Wall Of Eyes

In light of Radiohead frontman Thom Yorke, announcing his exciting new international 'Everything' tour, kicking off with it's first date in Christchurch on the 23rd of October on which he will be performing music from across his career. I thought it only fitting to review his most recent body of work. So, if you'll let me, I'm gonna nerd out for about 500 words.



Review:

The Smile, comprising Thom Yorke and Jonny Greenwood of Radiohead, and Tom Skinner from Sons Of Kemet, return with their second album Wall of Eyes. Released only 20 months after their debut, A Light for Attracting Attention, this album showcases a matured and refined sound, transforming the weaker aspects of their previous work into strengths. As time passes since A Moon Shaped Pool, I see The Smile evolving from a vanity project to a unique musical endeavor, bolstered by Skinner's fantastic drumming and Zappa-esque mastery of complex yet groovy rhythms.

While the debut album was an extraordinary advancement of the Radiohead genes with jazzy elements, Wall of Eyes demonstrates newfound serenity and cohesion among the band members. Produced by Sam Petts-Davies, the album stands as a testament to the band's evolution, marked by sophisticated and varied compositions.

The album opens with "Wall of Eyes" and "Teleharmonic," ten minutes of highly produced, dream- like music. These tracks set a tranquil tone with lush instrumentation and intricate soundscapes, creating a surreal auditory experience. However, they almost glide by too quickly, leaving me wanting more.

"Read The Room" bursts onto the scene with a more aggressive tone, driven by sharp guitar riffs and dynamic rhythms. It's a standout track, highlighting the band's ability to shift gears seamlessly. "Under Our Pillows," reminiscent of the previous album's "Thin Thing," combines eerie melodies with a driving beat. While enjoyable, it feels more like a sequel than a standalone masterpiece.

The second half of the album shines brighter. "Friend Of A Friend" features a piano-centric approach with punchy, jazz-influenced percussion from Skinner, whose drumming throughout the album is exceptional. The song's layered composition and emotive delivery make it a highlight. These straightforward tracks are some of my favorites on the album.

"I Quit" showcases the band's jazz and classical influences, with complex arrangements and fluid interplay between instruments, adding depth to the album.

"Bending Hectic" is particularly beautiful, starting with a haunting guitar and slowly building orchestral arrangement by Greenwood. I find it to be Thom Yorke's most captivating track since "Dawn Chorus," despite a somewhat overblown final arc.

The album closes with "You Know Me!," a hauntingly hopeful piano ballad that encapsulates the band's matured sound. Yorke's poignant lyrics and heartfelt delivery, combined with subtle yet powerful instrumentation, leave a lasting impression.

Wall of Eyes is a sophisticated and varied album, finely crafted and beautifully recorded. Its contemporary sound and high production value make it a significant art rock release. The band members' chemistry is palpable, and their musical talents are on full display, resulting in a cohesive and immersive listening experience.

However, the album's subtlety might not appeal to everyone. It requires multiple listens to fully appreciate the nuances, and some may find it less immediate or not "rock" enough. Additionally, the album's serenity might come across as too subdued for those seeking more intensity. There are moments reminiscent of weaker Radiohead records, with occasional drab and boring stretches. Nonetheless, I find the album holds together some great tracks and provides a satisfying overall listen.

Wall of Eyes represents a bold step forward for The Smile, transforming the weaker aspects of their debut into strengths. With its sophisticated compositions and refined sound, this album solidifies The Smile's place in the art rock genre. Despite its subtleties, it stands as a milestone in contemporary rock music and is certainly worth a listen, especially for fans of the band and genre. Even if it doesn't always work for everyone, I appreciate the band's never-ending desire to push the limits of their sound.

Overall, Wall of Eyes earns its 8/10 for its artistic ambition, beautiful production, and the band's evolved musical synergy.

Words By:
Ari Dewar

What You Told Us:
Student Voice Feedback at Ara

Kia ora e te whānau! In June we hit up all the campuses, collected your feedback, and shared some kai during the Student Voice Roadshow! Here's what you had to say about your experiences and what you want to see improved.

Cultural Vibes and Challenges

Your cultural backgrounds are a huge part of your journey here. Many of you find strength and support from friends who share your culture, but some face language barriers and high expectations from your families. You love seeing Te Reo Māori and other cultural perspectives in your studies, making Ara feel more like home.

Diverse Identities, Diverse Needs

You belong to various groups - from LGBTQIA+ and Māori to Pasifika, international students, and those with disabilities. This diversity shows just how important it is for Ara to offer a wide range of support services.

What You're Using

You're making good use of the Health Centre, Student Support, Disability Services as well as Learning and Library Services. These services are your go-to, but we know there's more you need. You spoke up about concerns about parking which we heard loud and clear and rectified at our Madras campus carparks by re-introducing parking stickers.

What You Want More Of

You expressed the necessity for better learning support, especially at Manawa, and more social events to connect with your peers. Practical services like budget advisors and dental care are high on your wish list, along with more mental health support, and practical amenities like vending machines, free coffee, and better study spaces.

The Bottom Line

You appreciate the support services we have, but enhancing these services and meeting your diverse needs will make Ara an even better place to study, connect, and thrive. We hear you, and we're on it!

Have More to Say? Let Us Know! We want to keep hearing from you! If you've got more ideas, thoughts, or suggestions, head over to MyAra and fill out the "Have Your Say" feedback form!



Student Council:

Have your say:



Words By:
Jazlyn Whales

Whats on at ARA

With Ara being such a buzzing environment, it can be hard to know what's going on and when! Luckily, I have the how to guide for what's on at Ara over the next few weeks.

Ara Beauty School

Did you know you are able to get discounted treatments from our awesome Ara Beauty Therapy team?! I can say after having had services done by the amazing team there - that your confidence will be on a high leaving the building.

If you have an event coming up, or just want to look and feel amazing, they have you covered with a variety of treatments, including facials, waxing, and beauty treatments.

Keep an eye out on the Ara page for when they are hosting clients, or enquire on the Madras Street Campus.

Clubs & Groups

There are a range of clubs and groups at Ara (and you can even register your own) to keep you entertained. There is truly something for everybody!

To check out what clubs Ara has to offer, go into MyAra and select the 'Groups and Clubs' tab.

Ara Student Life Instagram

@arastudentlife on Instagram is a great way to keep up with whats happening around Ara on a day to day basis. There are often activities to get involved in, and many of them even include some free kai! So turn on those post notifications so you don't miss a sausage sizzle or a chance to make a new friend!





Words By:
Jazlyn Whales

Tuakana Teina Programme

The Tuakana Teina initiative at Ara is a peer tutoring programme for konga Māori in programmes with high numbers of konga Māori. The aim is to build positive relationships, a sense of belonging and a cultural experience that enhances the study experience and outcomes for konga Māori at Ara.

Tuakana-Teina refers to a key aspect of Māori society in which the elder sibling provides support to the younger sibling. Tuakana-Teina recognizes that knowledge and skills can be shared between people of different ages and experiences with benefits for both Tuakana and Teina.

How it works:

Akonga Māori who have completed a programme are employed as Tuakana to support Teina who would like support with their study.

Tuakana help Teina to set learning goals and meet about 8-10 times during the semester to support their progress to achieving those goals.

The programme is supervised by a dedicated Learning Advisor Māori, who ensures the safety, wellbeing and effectiveness of the programme by supporting both Tuakana and Teina throughout the semester.

What are the potential benefits of being a Teina?

- Feeling part of the wider Ara Māori whanau
- Increased confidence in your learning pathway
- Better results in courses
- Feeling confident in your studies and feeling supported and heard





Words By:
Jovi Harrison-Taylor

The O-House Exclusive!!!

Welcome back to your go-to-guide for fun, friends and fantastic O House events.

There's Battle Chips where you can taste test different chips. If you can match the chip to it's correct flavour and brand then there's a chance to win a prize! This is happening on Tuesday, July 16th at 1pm.

Relax and unwind with the next O House Exclusive... a visit to the New Brighton Hot Pools on Wednesday, July 31st at 8pm where you can soak up the warm waters as you get to enjoy a tranquil mid-week escape!

And after that there's a few other events (not fully confirmed) but expected to happen sometime (so keep an eye out) from August and onwards for events including:

- Quiz Night on August 9th - challenge your knowledge and compete for prizes,
- Pancakes for breakfast on August the 26th so you can start your day right!
- The end of term BBQ dinner is happening September the 20th where you can celebrate the end of another term!

And introducing a new monthly event, there's Spill the Tea. Letting you join the staff in the office kitchen on the last Tuesday of each month from 4pm onwards to chat and socialise. It's the perfect opportunity to unwind and get to know your fellow residents better.

In between these events there's the opportunity to visit the O-House office for a variety of card and board games available for you and your friends to enjoy, including:

- Cards Against Humanity
- One Night Werewolf
- UNO

If you're more interested in sports, then it's free to use the O-House sports and games equipment in the courtyard like:

- Footballs and goals
- Volleyballs and a net
- Frisbee

You'll just have to check the shed out for yourself by simply asking a staff member to unlock the shed for you and your mates to enjoy some outdoor fun.



Words By:
Melissa Arnold

Ask Auntie

Question:

When moving back home because the cost of living crisis has crushed you, how do you find the balance of spending enough time with your family to show love, but not so much that you want to fly to a different country?

Answer:

This question is so real. At first, going back home is fun and definitely cheaper. No need to worry about groceries or dealing with flatmates. Until the novelty wears off when your parents start asking where you're going and when you'll be back every time you step out. To be honest I think this is a question everyone asks during the summer break.

Start by having a conversation with your family about boundaries. Be realistic and understand that there are certain things your family may not be willing to change.

Instead of fighting these non-negotiables, find ways to appease them. Doing this can often lead to a more *harmonious* living situation, allowing you more freedom faster and for longer. This might be through setting specific times for family activities, such as meals or outings, and making sure to carve out time for yourself as well.



Try to get into spaces that aren't your home or Ara. This could be setting a time for 'hot girl walks' hanging out with friends, or joining a club. Not only do these outlets give you space, but also add to social life and personal growth, making your time at home more bearable.

Hopefully, this has helped you, dear reader, all families are different and have their own dynamics so you'll know what will work for yours. Use this advice as something you can take inspiration from.

Love, Auntie

Scan to submit your questions!



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