



First Few Days in Ōtautahi Christchurch

Guide for UOC Students



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Welcome to the University of Otago, Christchurch

Kia Ora and welcome to the University of Otago, Christchurch (UOC) campus. We are excited to have you join our UOC whānau here at *Te whenua o te Pōtiki-Tautahi* (later shortened to Ōtautahi). We acknowledge mana whenaua, Ngāi Tūāhuriri, and their guardianship, leadership and ongoing support of the mahi we undertake at UOC. We also acknowledge the whānau from Ōnuku, Wairewa, Rāpaki, Koukourarata, Taumutu and Kaikoura runaka within the CDHB region, and are grateful for our relationships and collaborations alongside them.

Ōtautahi has always been a hub of industry, learning and resources. I hope that the time you spend with us at UOC will be industrious, provide opportunities for extended learning, and enable you to develop resources that will support your future career, goals and ambitions.

As part of our UOC whānau we are committed to provide you with a high level of support. UOC has amazing people who will be here to assist you with your academic pursuits, please access and talk to them - they will enhance your learning journey. We will work to ensure you have a culturally safe space to flourish. I also want to encourage you to take advantage of not just seeing Ōtautahi, but also exploring the beauty of Te Waipounamu (the landscape is truly breathtaking).

Ngā mihi mahana,

Professor Suzanne Pitama
Dean and Head of Campus



I-Hīkoi Introduction

A Walking Tour of UOC

Ngāi Tahu is a large iwi (tribe), which is spread over much of Te Wai Pounamu (the South Island of Aotearoa). This iwi descends from a common ancestor, Tahu Potiki. Ngāi Tuahuriri is the hapu that centred themselves at Tuahiwi, about 6km north of Kaiapoi, which was a main centre for Ngāi Tahu and the pounamu trade.

In 1848, a man named Henry Tacy Kemp brokered a deal with Ngāi Tahu leaders, resulting in the sale of most of the South Island – 20 million acres – for 2000 pounds, which included the land you stand on today.

This purchase was made using underhanded tactics, such as threats that if Ngāi Tahu did not sell the land to him he would buy it off another tribe, and they would lose the land without getting anything in return. The terms of the contract were deliberately misinterpreted, and Ngāi Tahu were forced off lands they believed they never sold, and denied rights to mahinga kai (food gathering sites) and wahi tapu (sacred sites).

The personal impact of colonisation, and specifically the impacts of the Kemp purchase have been difficult for many to perceive, but recent events in Ōtautahi may aid us in our quest to make the continued relevance of this history known.

In Ōtautahi, there was massive upheaval, with the loss of homes and livelihoods following the numerous earthquakes from September 4th 2010 and throughout 2011. The evidence will be forever written across the city, in the architecture of the buildings that rose from the rubble, and the memorials to those loved ones who lost their lives in the course of these devastating natural events. The seismic unrest in the region translated into unstable homes, and uncertain futures. People were permanently disabled through physical injury, and the mental health of Cantabrians was tested, while health services were under-prepared for the impact of the cumulative stress these earthquakes triggered.

The ripple effects of both of these events have significantly changed the course of countless lives, and caused a dramatic shift in the way we view the past, experience the present, and hope for the future.

This i-hīkoi acknowledges the role of Ngāi Tahu in the past, present and future of Ōtautahi-Christchurch. You will navigate this i-hīkoi self-guided tour through 5 further locations around the University of Otago, Christchurch campus. We invite you to now begin the hīkoi, by exiting the building, and walking along Riccarton Avenue heading West. Your next destination will be on the path inside the gates to Hagley Park North and the Botanic Gardens.

Follow the tour electronically [here](#)

Christchurch Campus Contacts

Services and Support on Campus

For Pastoral support your Department staff are a good first point of contact. Some departments have a Postgraduate Advisory Committee that can provide support for anyone experiencing problems, needing advice or information.

Outside of your department, Amanda Clifford and Fran Cox (Student Experience) are a good first point of call and can be contacted by email: postgrad.uoc@otago.ac.nz

Within the Christchurch campus there many avenues to receive pastoral support:

- Associate Professor Margaret Currie, offers support to all postgraduate students studying through Christchurch campus: margaret.currie@otago.ac.nz

"As Associate Dean of Postgraduate Studies, one of my main goals is to promote excellence in postgraduate health science teaching and supervision at UOC. We aim to provide outstanding resources to make all postgraduate students feel valued and supported while carrying out their health science studies. We want you to have the best possible experience during your time with us – so, if there is anything I can do to help you settle in and enjoy your time at UOC, I would love to hear from you!"

- Carolyn Jenkins offers a free and confidential service as our Graduate Wellbeing Coach. Click [here](#) for more information and to book a zoom appointment.
- Learning support is offered to students at the Christchurch campus by Carole Acheson (carole.acheson@otago.ac.nz). Carole provides workshops and one-on-one learning assistance for students on study skills, assignments, presentations and theses.
- The International Office in Dunedin is also available and can be contacted by email at international.support@otago.ac.nz
- puawaitanga.nz/ - phone and web-based service to support Kiwis to improve their emotional wellbeing – their hauora. The service is an alternative to face to face counselling for Kiwis who are struggling but face challenges in accessing traditional counselling. All staff are trained professionals and counselling sessions are private, confidential and free.

Student Health Service

Full-time domestic postgraduate students living in Christchurch have access to a local health and counselling scheme. This has been put in place as part of enrolment, and full-time domestic postgraduate students will be charged a compulsory student services levy.

The service is offered via:
The Christchurch Doctors
148 Hereford Street
Christchurch
Tel 366 3391
thechristchurchdoctors.co.nz

When making an appointment, it is important that you indicate that you are a University of Otago, Christchurch student.

House calls are available if you are too unwell to travel to the practice. There is a charge for community services cardholders with a larger charge for non-cardholders. We are unable to subsidise visits to the After-Hours Surgery in Madras Street.

The following services will not be subsidised by the UOC but are available from the health centre:

- diving medical assessment
- insurance report
- immigration medical
- insurance medical
- well person checks
- Depo Provera injection
- IUD insertion
- wart removal.

International students are not eligible for the scheme as they have insurance. They should request a receipt from their GP and lodge a claim with their health insurer.

Counselling is also available via referral from The Christchurch Doctors and is subsidised up to \$600 per annum per student. This counselling is confidential, i.e. your privacy will be maintained. Please ensure you cancel any appointments you are not going to attend; most counsellors charge full rates for missed appointments and require 24 hours' notice of cancellation. Students will be required to pay for any appointments they do not attend. Other private specialist referrals are not covered under the levy.

Inquiries about the scheme to: katrina.hogg@otago.ac.nz

Other General Practitioners

Other General Practitioners may be used by full-time postgraduates located in Christchurch on a case-by-case basis with approval by the Associate Dean (Postgraduate Studies).

To organise this, please contact: postgrad.uoc@otago.ac.nz

International Student Advisers

Where to go for Help and Advice

The International Office is based in Dunedin and has a team of International Student Advisers. Our team enables internationally mobile students to integrate into university study and promotes short-term international study opportunities by:

- providing briefing and orientation programmes
- facilitating integration into the university and wider community
- providing a focal point for special communication and support
- linking Otago students with overseas universities
- enabling students from overseas universities to study at Otago
- strengthening relationships with international partner institutions

Advisers can refer students to other specialised services as required.

To contact an adviser please email international.support@otago.ac.nz

A staff member from the International Student Support (ISS) visits Christchurch, usually twice a year in March and July. ISS typically emails international students in advance of their visit to schedule appointments with students. However, students are encouraged to email international.support@otago.ac.nz at any time when they would like to talk with an adviser.

Life in New Zealand

If it's your first time in Ōtautahi Christchurch, some things might be new to you, like the public transport system and finding your way around the city. This can be exciting, but don't worry if you feel a little homesick. That's natural, especially in the first 12 months of living overseas. For more information on life in New Zealand, see [NauMai NZ](#)

Student Visas

The Compliance Team at the International Office in Dunedin is available for assist with any student visa enquires.

Contact Information

03 479 8344

student.visa@otago.ac.nz

otago.ac.nz/international/visas

Graduate Research School

The [Graduate Research School](#) (GRS) is based in Dunedin and has responsibility for leadership, oversight and policy advice in relation to doctoral degrees, as well as responsibility for providing appropriate support and guidance to graduate research candidates and their supervisors. The Doctoral and Scholarships Office, within the Graduate Research School, manages and administers the doctoral and scholarships.

GRS also conducts workshops for postgraduate thesis students at the Christchurch campus throughout the year. Workshops provide postgraduate students with relevant information they need as they move through their programme. You will receive emails and notices via email and [Blackboard](#).

For general information regarding your PhD, see the [PhD handbook](#)

eVision Student Portal

The [eVision](#) student portal is the main way in which the University will communicate with you. You will receive an email with a link to the eVision student portal when an alert is waiting for you. Alerts contain official information and letters from the University to you. Please check your alerts when you receive these emails. You will also be required to upload documents such as a self-evaluation and a supervisor agreement form at each progress meeting.

Social Life

Postgraduate Students of Otago Christchurch (PSOC)

PSOC association represents over 600 postgraduate students who are enrolled in Honours, Postgraduate Diplomas and Certificates, Masters, and PhD degrees at Otago Christchurch campus.

PSOC provides:

- social events (Paint n Sip, beach days, quiz night etc.)
- academic events (seminars, workshops & lecture series)
- networking opportunities
- support and advocacy (any issues or concerns)

PSOC is run by volunteering postgraduate students with elections for the PSOC Executive committee held annually.

To be sure you are on PSOC's mailing list, send an email to: psoc.uoc@otago.ac.nz

To keep up to date with events, follow the Facebook page:



@PSOC.UOC



Living in Ōtautahi Christchurch

Ōtautahi Christchurch is a diverse city with a population of approximately 380,000. The city offers a good student lifestyle, it is close to the sea and mountains, has a temperate climate, an international airport, and a variety of international food options. Currently there is significant rebuilding of the city with the aim of making Ōtautahi a modern and sustainable city.



christchurchnz.com

Biking

Ōtautahi Christchurch is mostly situated on flat land making it ideal for getting around by bike. There are cycle lanes on the major roads and through Hagley Park (near the UOC campus). In New Zealand the wearing of cycle helmets is compulsory by law. For secure bike lockup on the UOC campus, see AskOtago.

Public Transport

It is very easy to get around the campus and to the city centre on foot. To travel further afield, information on public bus timetables is available at metroinfo.co.nz.

You can pay your bus fare to the driver in cash however it is strongly recommended to purchase a *Metro Card*, available at the Bus Interchange. The price of a trip is reduced at least by 30% and you gain access to unlimited transfers within 2 hours.

The *Metro Card* can be topped up on the bus (cash only), at the Bus Interchange or online.

Explore your new backyard

Ōtautahi Christchurch is perfectly situated to try all nature has to offer. Located in a region with rolling hills, mountains and beaches, there is something to suit everyone.

- [Mountain Biking](#)
- [Skiing](#)
- [Short Walks Around Christchurch](#)
- [Beaches](#)
- [Tramping \(Hiking\)](#), Join the Canterbury tramping club: ctc.org.nz/
- [Bouldering](#) and [Rock climbing](#)
- Check out christchurchnz.com to explore all that Ōtautahi has to offer



Food

The food scene in Christchurch is on par with the best in the country.

[Riverside market](#) is a bustling food centre, only 10mins from the main UOC campus by foot. There you can find cafes, bakeries, vegetable stores, restaurants, and bars to suit all tastes.

Or, jump on a bus out to Lyttelton for the best fried chicken and cauliflower in Christchurch at [Civil and Naval](#).



neatplaces.co.nz is a great source of local hotspots

Follow [#explorechc](#) on Instagram for local inspiration

