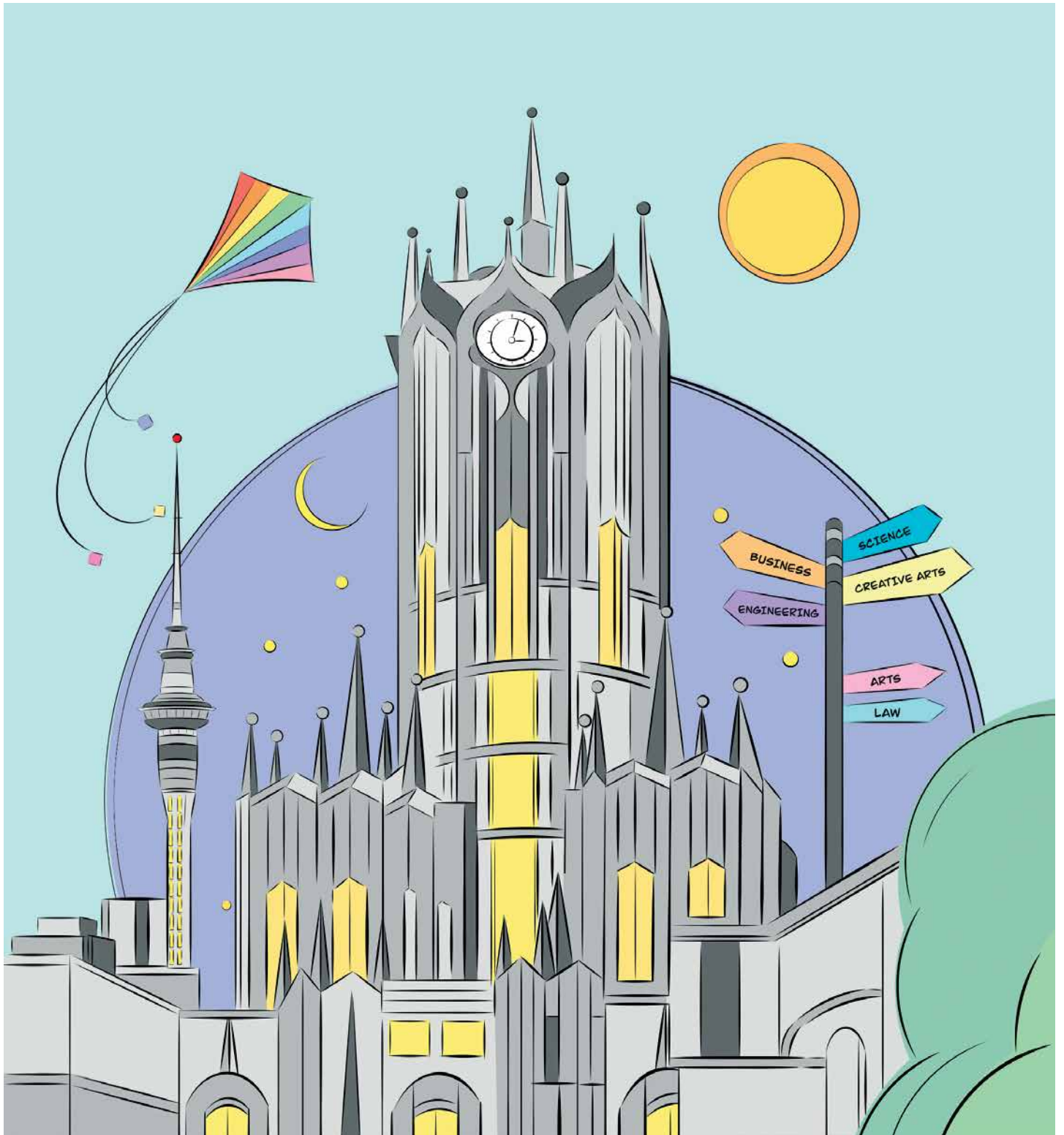


2019

people · trends · sports · clubs · events · awards





2019

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Kia Kaha

March 15th not only took the Muslim community by storm; but also shook the very fabric that this land is bound together by. "Tolerance, inclusivity and acceptance" ... these are the very ideals that Aotearoa - our home - is known for.

The attacks, despicable to say the least, became the impetus for humanity to show its weeping face. Unity manifested, and compassion widespread - we say Aroha (love), Atawhai (kindness) and Whakaute (respect) will ALWAYS be in the heart of all true New Zealanders.

And when the flowers have wilted; and we traverse this insurmountable grief - we remember the Kia Kahas, We remember the support, and We remember the way which Aotearoa stood up for us!

Our hearts go out to the victims, and their families - but also, to every single person who has been affected in any way by the tragedy which took place. New Zealand - Aotearoa has no room for hatred, bigotry and disunity! We are one nation, and we will not let this divide us.

Inna lillahi wa inna ilayhi raji'un

"Indeed, to God we belong and to Him we shall return" (Qur'an 2:156)

NGĀ MIHI NUI,

Omar Khan

MUSLIM STUDENTS' ASSOCIATION PRESIDENT 2019

Family isn't always blood. It's the people in your life who want you in theirs; the ones who accept you for who you are. The ones who would do anything to see you smile and who LOVE YOU NO MATTER WHAT.

- Kia Kaha
#Spread Love Not Hate
#this is not us

I'm so sorry that this happen to you and your family. Just know that we love and support you all the way. We know about you, and you will always be in our hearts. We love you. ONE Big Family NZ

SO MUCH LOVE FOR YOU GUYS. HOPE WE CAN REMAIN STRONG IN THIS CHAOTIC PERIOD. WILL PRAY.



MUCH LOVE FROM SOLOMON ISLANDS!!

Stay strong... LOVE always WINS

All my love goes out to our Muslim brothers & sisters in Christchurch and all over New Zealand. Sending prayers to you all, we are all human and should spread love, not hate.

Kia Kaha! Sending love + wrapping our arms around each + all affected. We are better than this. #TheyAreUs

This is your home and we will forever protect you

We love you Please stand st

Keep on keeping on. May you all continue to show love, regardless.

United, we will walk with you

WE WILL GET THROUGH THIS AS A WHANAU

I HOPE YOU FEEL ALL THE LOVE THE COUNTRY HAS YOU ARE IN OUR HEARTS YOU ARE LOVED WELCOME TO ALL OUR MUSLIM BROTHERS & SISTERS. you're not alone, never were & never will be we all love you, this is your home.

ALOFAAGAS IA TAGATA UMA - LOVE, LIGHT, LIFE

KIA KAHIA WHANAU ONE LOVE WE ARE WITH YOU ALL WE'RE HERE

LOVE WINS LOTU MOE OFA ATU KIA MOU TU

Thinking of all our Muslim families in NZ and around the world. All our love and prayers go out to you. May Gods Peace be with you all during this time. Love & Prayers from your Fijian Sister

LOVE OVER HATE. THIS IS YOUR HOME

Rest in peace to all 50 victims and sending love to all the friends and family of those that lost someone, it was unacceptable. Sending love to those recovering as well. We are all so very sorry that this happened, we are ONE! KIA KAHIA! R.I.P Love and prayers to all affected

My heart. I have a whole lot of 'ofa for each and every precious one who is affected. I will be comforted + strengthened. May you be filled with person God bless.

No matter how much it hurts now, Someday you will look back and realize your struggles changed your life for the better

There are no words to express our sorrow and nothing we can offer but our support, our love.

How do you measure a year in the life In five hundred twenty-five thousand six hundred minutes.

How about love. You are safe here. We love you

Thoughts & prayers to you all Christchurch Love conquers all. God bless

Undergoing & senseless loss of lives. Let's come together to bring ZERO TOLERANCE to discrimination. Share love & peace with each other

We are all a part of a great land called New Zealand. Our hearts goes out to everyone! KIA KAHIA! STAY STRONG MY HEART GOES WITH YOU

Spread love. Be kind to one another. May all the innocent souls rest in paradise.

Stay strong Christchurch I stand with muslim community

LOVE YOU CHRISTCHURCH

YOUR LIFE IS GIFT TO THE WORLD WORRY THAT WE DIDN'T LOOK AFTER IT. WE WILL DO BETTER. LOVE AND RESPECT

To anyone who's being mistreated, discriminated against - please tell us. We are sorry we haven't done enough, but we will do more & better from now. We will stand by your side and fight for & with you. We love you

A life is a life no matter the beliefs, religion, skin colour, ethnicity. Your life has value & meaning. KIA KAHIA R.I.P

Love wins! Together we are stronger! We stand with you

Love wins! Together we are stronger! We stand with you

Try this! Not proud of you safe zone. Love and prayers sent out to those affected

Praying for peace for all! Love and prayers sent out to those affected

talofa lava and warm pacific greetings,

IT HAS BEEN A VERY REAL PRIVILEGE BEING ABLE TO SERVE YOU AT AUSA THIS YEAR, FIRST AS EDUCATION VICE-PRESIDENT AND NOW AS ACTING-PRESIDENT OF AUSA.

It is equally a privilege to be able to reflect, on behalf of all of us, on what a year 2019 has been. For those among us who will be finished towards the end of the year – congratulations. 2019 will go down as the year that you finally graduated, a year of closing one chapter and opening up another. For those who, like me, will still be here at this University for next year, this year will have its own meanings for all of us. A year of devoted study, of getting involved with some club or group on campus perhaps, a year of meeting new people and making new friends, maybe even discovering what it is you want to do for the rest of your life – a year of real moment in some way for all of us.

For me, this year has been characterised by being part of AUSA, your students' association here at our University.



Like so many I'm sure, this year didn't exactly pan out as I expected.

I began this year as Education Vice-President, keen to make serious reform to the way that we represented our students. I now finish the year as your acting President, given the elected 2019 President's resignation. Throughout my time at AUSA this year though, I have been fortunate enough to work alongside some of the most devoted and passionate people I know – people who believe there shouldn't be decisions about students without students, who want to help with the struggles that accompany studying and who want to genuinely make our University the best it can be. I am enormously proud to have served as EVP and as Acting-President at AUSA with such a passionate and devoted team and I want to give you a flavour of some of the things we've done this year:

- we've created the Student Council of Faculty, School and Representative Associations so that when AUSA speaks on behalf of the student body, we can be confident we're actually speaking on behalf of everyone;
- we've delivered AUSA's first ever free exam seminars for major first year papers, helping put an end to corporate tutoring companies ripping off students with sub-par advice for lots of money;
- we've been working hard to ensure Shadows continues to serve your favourite jugs by working with the University to secure its relocation;
- we've stopped competing with Clubs and Student Groups and have started working with them by funding them to deliver events during our AUSA Weeks (such as Politics Week, Pride Week etc);
- we've heard from students about what UoA is really like for them and presented a report to the University that there needs to be a serious review of our complaints/investigation system and proper enforcement of its zero tolerance aspiration;
- we've demanded the Uni take genuine action on the Climate Crisis by bringing our student community together and writing to the VC;
- we've got major wins through the University decision-making labyrinth – from universal lecture recordings to a new Student Charter, enshrining the rights of all students to a University that

provides high quality facilities, a safe, inclusive and equitable environment and that provides for everyone's wellbeing; and

- we've enrolled 100s of students for this year's local body elections campaign, helping make sure the youth vote is heard loud and clear in this year's local body elections.

For us, it has been an incredibly busy and rewarding year being able to serve you. To my fellow executive members, to our AUSA staff and in particular to those who have supported me in my roles this year – thank you for everything you've done and that you do for students.

It would be remiss of me not to acknowledge that our Vice-Chancellor, Professor McCutcheon, will also be leaving us and to thank him for the 15 years of service that he has given this University. As students, we have not always seen eye to eye with the Vice-Chancellor – certainly I know that AUSA has disagreed with him from time to time on several issues throughout the years. It is without any doubt though, as I've had the opportunity to see first hand for myself, that Professor McCutcheon cares very much for this University and for ensuring that it continues to deliver a world-class (and first ranked within NZ) educational experience. Professor McCutcheon, thank you for the years of service that you have given to this University. It is a testament to your leadership that this University is New Zealand's leading institution, offering so many world-class programmes.

Finally, for those of you who are leaving us at the end of this year – all the very best. Transitioning away from the work of late night cramming, digesting last minute lecture recordings and Shads in the afternoon will be as difficult as it will be exciting. Go well into whatever the future holds for you.

NGĀ MIHI,

George Barton

YOUR 2019 ACTING-PRESIDENT

top 10 films

2019, what a year for films! This year has had some great flicks so far with even more to come. Naturally, a top ten list had to be made. The ranking of this list is purely subjective, and it's ranked based on how much I enjoyed watching the movie!

BY **LUKE PARK, FILM SOCIETY MEMBER**

10 **Alita: Battle Angel**

Objectively, this movie isn't that great, but it was still so much fun to watch, so *Battle Angel* takes the bottom slot for delivering an easy to watch sci-fi action flick. While this flick does have many flaws, such as its extremely unsatisfying ending and wooden love interest, it is one of the better live-action manga adaptations that has come out in recent years.

The action set pieces are great fun to watch, since the action is choreographed well and easy to follow. Overall, if you ever feel like switching your brain off and watching some fantastic CGI work, this is definitely one to watch!

5 **Ad Astra**

Ad Astra brings out possibly one of Brad Pitt's greatest performances. It is less of an action sci-fi and more of a philosophical space epic.

I place this film at number five due to James Gray's ability to showcase Pitt's great performance. While many directors would have strayed towards the spectacle of an established movie star lost in space, Gray shows finesse in his directing capabilities by lingering on shots of Pitt's face.

This film doesn't shy away from the spectacle and grandeur of space travel and is shot beautifully with the Moon and Mars sequences showing excellent use of colour.

9 **Us**

Coming in at number nine is Jordan's Peele second film, *Us*. Riding off the humongous success of *Get Out*, Peele brings yet again another culturally relevant piece. This film's social commentary is mainly aimed towards American society with its main points being discrimination, inequality and government intervention. Basically, 'we are our own worst enemy'.

In terms of the horror elements, it is definitely not as scary as it was expected to be. It is safe to say that it is more of a thriller; much like *Get Out*. Peele's comedy background does get to shine in this film with the entire fight scene inside the family friends' house creeping towards borderline slapstick comedy.

4 **Midsommar**

Ari Aster's *Midsommar* is a psychedelic thriller that will for sure make you want to never see people in white linen dancing on open pastoral fields. The trailer definitely does not prepare you for what you will see in this film and if that excites you in any way, go see it!

The film successfully captures that feeling of being stuck somewhere, with no possible hope of escape. Aster's ability to create this sense of dread in a seemingly peaceful setting is what makes this film so unique. Daytime horror is typically very hard to pull off, but Aster excels in it which is why this film takes the fourth spot.

8 **Once Upon a Time in Hollywood**

Once Upon a Time in Hollywood is a fairy tale based on the true events of the Manson murders, directed by Quentin Tarantino.

If you've ever read up on the real Manson murders, it is safe to assume that you would find great fun in watching those horrible people get the justice they deserve – especially when the justice is served by an acid-tripping Brad Pitt.

This movie could have taken a higher spot if the pacing wasn't quite so slow, and it didn't have so many shots of bare feet. At times, it felt like I was watching Tarantino's foot fetish reel.

3 **John Wick: Chapter 3 – Parabellum**

The third instalment in the *John Wick* series is just balls to the wall pure entertainment. The fight choreography is beyond good in this film, which is insane because after *John Wick 2* you almost think: how can they make it any better?

Everyone who fights in this movie is a total badass: Halle Berry and her dogs, Keanu Reeves, the hotel concierge, Laurence Fishburne. Every important character in this movie gets at least one shining moment of action. This film takes the third spot on this list for its innovative action sequences (John Wick slaps horses to kill people) and it cements the trilogy as one of the greatest action trilogies of all time.

7 **Toy Story 4**

Despite *Toy Story 3* being a great bookend for the franchise, this fourth instalment once again manages to tug at the heartstrings and deliver one final adventure with Woody and the gang. It doesn't matter how old you are, this is truly a film for all ages and one of the more 'artistic' Pixar films.

The animation is really at its peak here. With each film they make, it seems as though Pixar is pushing 3D animation technology to its limit. Combined with the beautiful animation, nostalgic voice acting, and tear-jerking story, *Toy Story 4* takes the number seven spot.

2 **The Farewell**

Not many films can carry so much emotional weight while being light enough to not depress you. *The Farewell* is one that is able to balance the two while delivering a powerfully intimate story.

The film beautifully explores the cultural differences between West and East and the greatest part is that it does it without any pronouncement as to which culture is better or 'correct'. It gives great insight into the struggle between generational differences.

By the end of this film, you will come to appreciate family so much more which I think is an extremely powerful emotion for a film to evoke.

6 **Avengers: Endgame**

Over a decade of 22 interwoven movies, *Avengers: Endgame* caps off Marvel Studios' Phase 3 in the most fanservice-y and satisfying way possible.

This movie rewards those who have watched all 22 films through a series of call-backs and references to previous movies and it also ties up some loose ends that have lingered from the other films. *Endgame* takes the number six spot based on the sheer amount of fun it is to watch!

1 **Parasite**

The winner of the number one spot is also the winner of the Palme d'Or. Bong Joon-ho's *Parasite* is one of the most bizarre cinematic rides you will get to experience. Just when you think the film is starting to slow down, it picks up again and takes it to an even zanier direction.

I would have to class this film as a dark comedy. What makes this film so fun and interesting to watch are the reactions that the characters have in response to being placed in the most ridiculous, far-fetched and dark situations. The unpredictability of the film is one of its core strengths as it will legitimately keep you guessing as to what's going to happen next.

Parasite easily takes the number one spot on this list for being a film that keeps your eyes stuck to the screen for its entire runtime. Go do yourself a favour and watch this movie as soon as you finish reading this article!

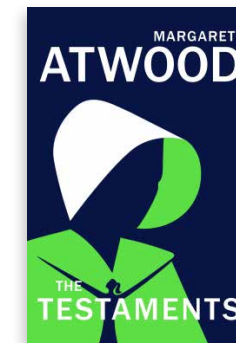
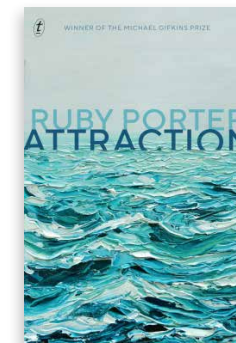
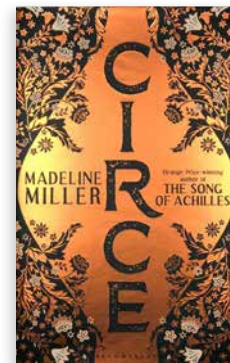
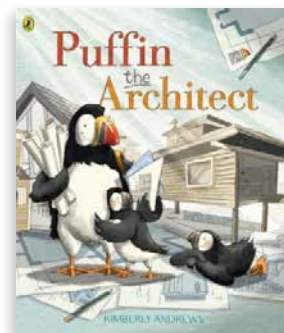
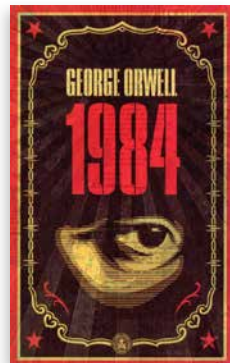
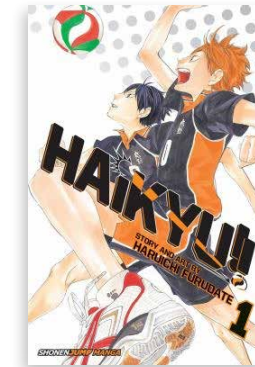
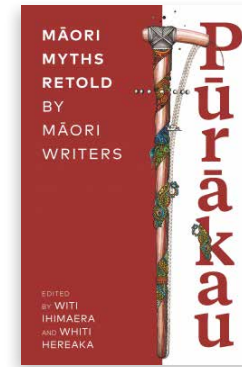
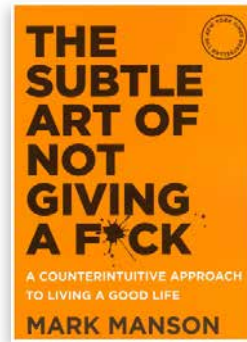
top 10 tracks

95bFM Top Ten Tracks of 2019

- 1 DIGEBASSE (ENOUGH) **CHAI!**
- 2 GREENSMOKE **IMUGI 이무기**
- 3 CALL FAILURE **IMPORTANT**
- 4 THE BARREL **ALDOUS HARDING**
- 5 LOUD AS HELL **CHURCH & AP**
- 6 NANNY'S HOUSE FEAT. TYNA **TIPENE**
- 7 GIVE ME SPACE FEAT. JUNNY **AMAMELIA**
- 8 CROCODILE **OUNCE**
- 9 BUMPY FEAT. PĪKI TANGURU **DBLDBL x TRAPJAW KELPIE**
- 10 SIGNAL ME IN THE MIRROR **MILK**

top 10 books

According to UBIQ



1984
GEORGE ORWELL

Puffin the Architect
KIMBERLY ANDREWS

Circe
MADELINE MILLER

Attraction
RUBY PORTER

The Testaments
MARGARET ATWOOD

The Subtle Art of Not Giving a F*ck
MARK MANSON

Island Time: New Zealand's Pacific Futures
DAMON SALESA

14 Days to Exam Success
LUCINDA BECKER

Pūrākau: Māori Myths Retold by Māori Writers
EDITED BY WITI IHIMAERA AND WHITI HEREKA

Haikyuu!!, Vol 1
HARUICHI FURUDATE

top campus eats

Check out campus outlets' most popular orders

- HAIPOKE
- TERIYAKI BOWL WITH CHICKEN**
- GOT PASTA
- PASTA BOLOGNESE BUDGIE MEAL**
- JEWEL OF INDIA
- SAMOSAS**
- BARILLA
- PORK AND CHIVE DUMPLINGS**
- HELLO CHINESE
- SWEET AND SOUR PORK WITH FRIED RICE**
- GONG CHA
- PEARL MILK TEA**
- ESPRESSO ALLEY
- FLAT WHITE**
- EPSOM CAFÉ
- FLAT WHITE**
- THE QUAD CAFÉ
- STUDENT STARTER COMBO**
- UNI SUSHI
- TERIYAKI CHICKEN AND SALMON AND AVOCADO SUSHI**
- SHAKY ISLES
- CHICKEN BURGER**
- THE DELI
- BEEF BURGER**
- EFTPOS VENDING
- 600ML H2GO WATER**





Eminem and Queen + Bowie (returns and pressure)

AN EXCERPT FROM THE INSIDE WORD BLOG

BY TATE FOUNTAIN

Well, folks, I'm back again. Good ol' Tate, the wizened, the ancient. You've got a year-long backlog of content with which to get to know me (check out the Inside Word blog online!), if you're so inclined, so I won't take up time with that here – instead, let's talk what's changed since then.

I spent last year in Dublin at Trinity College on a 360 International Exchange, and I blogged about the first half of it for their platform. It's one of those experiences that I don't think you can quite fully process until you're well past it and looking back, and I've had that time now, and I really appreciate having gone. I was fortunate in that the university I ended up at perfectly catered to my degree and to my majors – it also helped me to transition from a European Studies major (doubled with English) to a Classical Studies & Ancient History one (doubled, once again, with English, because we luv 2 read). Dublin's a great city for literary history, and I just spent the whole time I was there soaking up old and new history like a sponge.

But, oh! Yes! The majors have changed. And the degree, really. No more Law! (Apologies to those who might've surged back in for that juicy Part 2+ content.) Changes to the Part 1 requirements essentially meant my life path was either "go overseas" or "stay and do Law", and the undisclosed – now disclosed – third option would've majorly thrown out my conjoint, and therefore my scholarships, so after some back and forth and academic emailing I decided I'd rather go to Dublin, and that I'd convince people I was smart in some other way than by waving an LLB in their faces. (Or I could just stop caring what other people think? It is of no consequence?)

Fortunately, the scheduling of classes at Trinity was such that I could manageably take five papers a semester, and transfer a 75 point course-load back home to the University of Auckland – which, in less exhausting language, means I knocked out 150 points last year. That, plus two Summer School papers upon my return, means I have managed to cut a semester out of my degree! If all goes to plan, I'll be starting my BA (Hons) in only a few short months. I tell ya, lads (or whichever camaraderie-engendering term you prefer), I'm thrilled. Loving that for me. I also got to go on a majorly brilliant Mediterranean holiday, and spent the rest of the summer in the UK, and worked on an archaeological dig, and got

a bunch of prose and poems published (including a lil extended chapbook? #cheekypromo?), and finished a manuscript for a novel. So, like, productive times.

All of the above means I am walking into this semester, and this time back at university, with open arms. I'm noticing things I would have previously taken for granted, and things I enjoyed about Trinity that are actually true of UoA, too. The class sizes, for example. This could be by virtue of my departments shrinking – and it's at this moment I mourn so many of the classes I looked forward to when I was a prospective student, which I never took as they weren't on offer – but it's nice to be able to see familiar faces and form some kind of cohort as 'English Students' and 'Classical Studies & Ancient History Students' (admittedly, the second one's still quite a broad swathe). And even if there are classes I've missed out on, I still really enjoy the ones I've chosen to take. I had to deal with a lot of timetable clashes – and one of them didn't quite get ironed out – but I'm very glad to be doing the learning I'm doing. It's diverse yet coherent, and common points emerge which inform each class with the perspectives of the others. I'm glad of that.

I guess it all rolls back to the start of this post: not forcing yourself to move a certain way, and taking opportunities to explore with the confidence it'll all work out in the end.

(Lily James's rendition of "I Wonder" from 2018 smash hit Mamma Mia! Here We Go Again just started playing, which feels like someone orchestrated this moment.) That's how I'm trying to approach this semester, and this year, and it's also how I try to approach my life. Side note: I'm doing all kinds of extra stuff at the moment which is also enriching, as the uni experience is so much wider than academia! Auckland truly is a city of opportunity if you're willing to look! So is everywhere, I guess. But hey. Gotta keep a focus.

CREATIVE ARTS & INDUSTRIES

katie stephens

If Katie Stephens could have one thing in the world, it would be a dog. This is a noble aspiration (dogs are, after all, a person's best friend) much like her goal to become an urban designer after she graduates. Katie wants to shake up housing as we know it, injecting a little individuality into new developments. This is a lofty goal, and we don't doubt her bachelor's degree will get her there. When she's not hanging out in the CAI Courtyard, you'll find Katie hitting Muriwai beach for a chicken sammie at sunset, or scheduling in a self-care day – potentially one that involves puppy planning and big dreams. We'll let Katie fill you in on the rest....

Where are you from?

Okaihau, Northland

What do you want to be when you grow up?

Urban Designer

What are you studying?

Bachelor of Urban Planning (Honours)

Why did you choose this degree?

I have always been interested in the way cities work at such a large scale along with both the physical and human aspects of geography which lead me to planning. Plus, I also really hated seeing houses that all looked the same in new developments and wanted to change that.

What was the best course that you took this year?

203 Urban Infrastructure

What was the most interesting lecture?

One of our Transport Lectures. Miguel Menezes from AT gave us a lecture all about public transport and how AT is managing traffic congestion with new methods and technologies.

Who was your academic inspiration this year?

Dushko Bogunovich, our studio lecturer. He has a wealth of refreshing perspectives on Planning and Landscape Architecture.

**What are your hot wellbeing tips?**

As someone that struggles with chronic pain the best thing to do is listen to your body. Tired? Have a nap. Sore? Stretch. Not feeling great mentally? Have a self-care day.

**What 2019 current event/s had the biggest impact on you?**

The Christchurch shootings. I worked that night up in Ponsonby where it was oddly quiet and with the news of suspected bombs in the CBD I felt incredibility unsafe. It changed my perspective on New Zealand and that we aren't always safe.

What is the funniest thing that has happened to you on campus?

Emilia (Studio Lecturer) constantly yelling at us to use butter paper.

What's your favourite Instagram account to follow?

@lovingelliesbelly Realest hun around

Can you describe your life using film titles?

Dumb and Dumber

What's your best song of 2019?

Rising Sun, Goosetaf

Where's the best place to get food/drink on campus, and what do you get?

Munchy for a spinach and ricotta roll. The Standing Room for a caffeine fix.

ENGINEERING

alex de guzman

Alexandra de Guzman likes to just be called Alex. While she likes a shorter name, if you were to ask Alex to describe her life in movie titles, the story is a little longer.

"Sometimes, it feels like we're *Frozen* in a *Mission Impossible* life – all we want to do is *Get Out*. But with some *Good Will Hunting*, and some *Coco*, I looked *Up* on the brighter side of things and realised that *Life is Beautiful*. We're all out here on *The Pursuit of Happiness*."

You may have already met Alex if she's said "hi" to you on the street because she thought she knew you. Now is your chance to get to know her...

Where are you from?

I was born in the Philippines, but I've lived just over half of my life in Auckland.

What do you want to be when you grow up?

When I grow up, no matter what I do for work, I want to be able to say confidently that I'm making a positive change in people's lives.

What are you studying?

A BA/BE conjoint in Environmental Engineering and French. Dabbling in other language papers like Te Reo Māori and Mandarin Chinese.

Why did you choose this degree?

I've always liked maths and science because there is always a definite answer. I picked up French in high school because I enjoy learning about languages and cultures. I hope to take the cultural combination and communication I learn in my BA, and apply it in engineering settings, to ensure more efficient engineering work.

What was the best course that you took this year?

The best course that I took this year was a filler paper for my BA – Chinese 100. Learning a language from the very basics reminded me how fun and rewarding it is to learn a new language. It was really fun, interactive, and insightful – I didn't even mind the fortnightly tests.

What was the most interesting lecture?

Almost all of my Chinese 100 lectures started with Tik Tok videos. Best way to start 9am Monday lectures.

Who was your academic inspiration this year?

All my friends in my Civil Engineering 2018 cohort –

they've graduated now, and I can't wait to join them working in the industry.

What are your hot wellbeing tips?

Sit outside – sit in the sun, breathe the fresh air, don't use your phone. Just breathe. Can be done with friends, can be done alone. Just don't hole yourself up in the library or labs the whole day.

Be active – I released group work frustration physically by playing a round of badminton. Smashing that shuttle was ten times more satisfying because I was so mad. Taking regular walks while studying also helps – walks to Munchy Mart count too!

Where's the best place to hang out between lectures?

The patch of grass outside the Arts Student Centre.

What is the funniest thing that has happened to you on campus?

Happens on the daily – saying hi to people because I thought I knew them, but it turns out we're complete strangers. Funny experience every time, but definitely met some friends this way!

What's your favourite Instagram account to follow?

Food accounts to inspire me where to eat next – these days I'm exploring Auckland food places with inspiration from my friend's account @lovcavore.eats

What's your favourite emoji?

At the moment, it has to be this one: 🙄 Because I'm slowly learning how to be more like her and understand that I shouldn't care all that much about other people's opinions of me.

What's your best song of 2019?

Bobby McFerrin's Don't Worry Be Happy.

Where's the best place to get food/drink on campus, and what do you get?

I've gotten more moustache cookies this year than the past 4 years combined. Definitely been treating myself with the fudgy, overly sweet Oreo cookie.

If you could have one thing in the world, what would it be?

If I could, I want to have the ability to speak every language and learn / understand everyone's culture so that I can communicate super effectively. I would also want everyone to have a bit more of this ability.



happenings

ON AND OFF CAMPUS,
YOU GOT UP TO A BUNCH
OF COOL STUFF THIS YEAR.



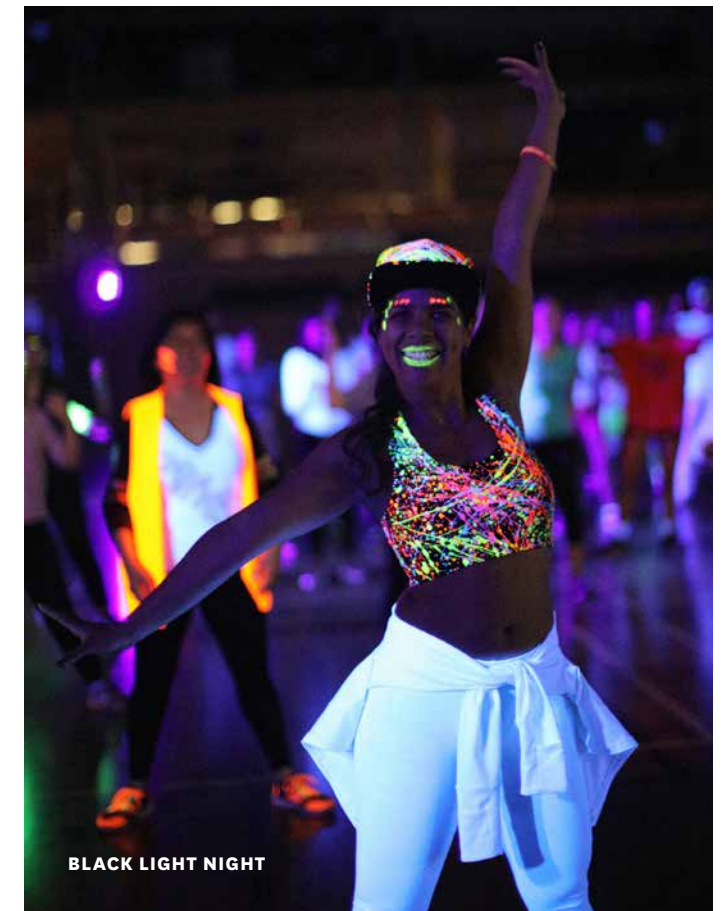
METROGAÎNE



O'WEEK CHALLENGE / AUT vs UOA



BEACH DAY OUT



BLACK LIGHT NIGHT



TOGA PARTY

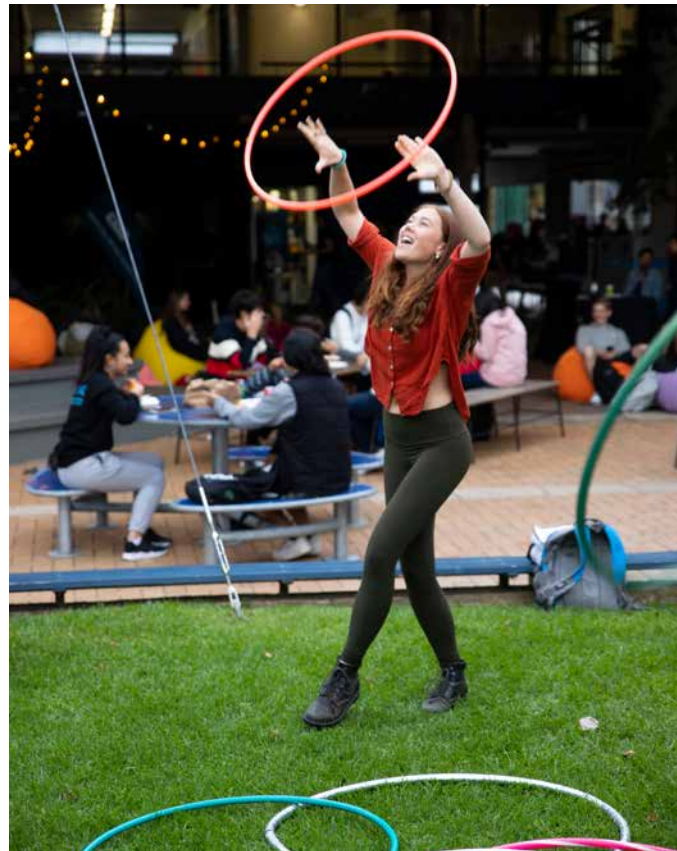


WAKA AMA RACE





UNIVERSITY MENTAL HEALTH DAY



CLUBS EXPO



PARTY IN THE PARK





ORIENTATION



UNIVERSITY HALL BALLS



BUSINESS

josiah tomkins

Aspiring poet and golden retriever enthusiast, Josiah Tomkins is not afraid to dream big. If he could have one thing in the world, he would choose a thick Glaswegian accent. This dream is fitting given his passion for languages, which he is able to pursue in his conjoint Bachelor of Commerce and Arts.

Having lived in the Halls of Residence, and worked as a Resident Adviser, he has had the full University experience. When he's not studying, you can find him walking around Wynyard Quarter enjoying the sea views and sunshine that Auckland has to offer. Tell us more Josiah...

Where are you from?

I was born in the UK but have lived in NZ for the past 12 years.

What do you want to be when you grow up?

I would like to be a teacher, consultant, and poet.

What are you studying?

Conjoint Bachelor of Commerce / Bachelor of Arts (English, History, Innovation & Entrepreneurship)

Why did you choose this degree?

I am fascinated by language and the amazing things you can do with it, but I also have a heart for New Zealand business. I want to see the future of New Zealand innovation thrive.

What was the best course that you took this year?

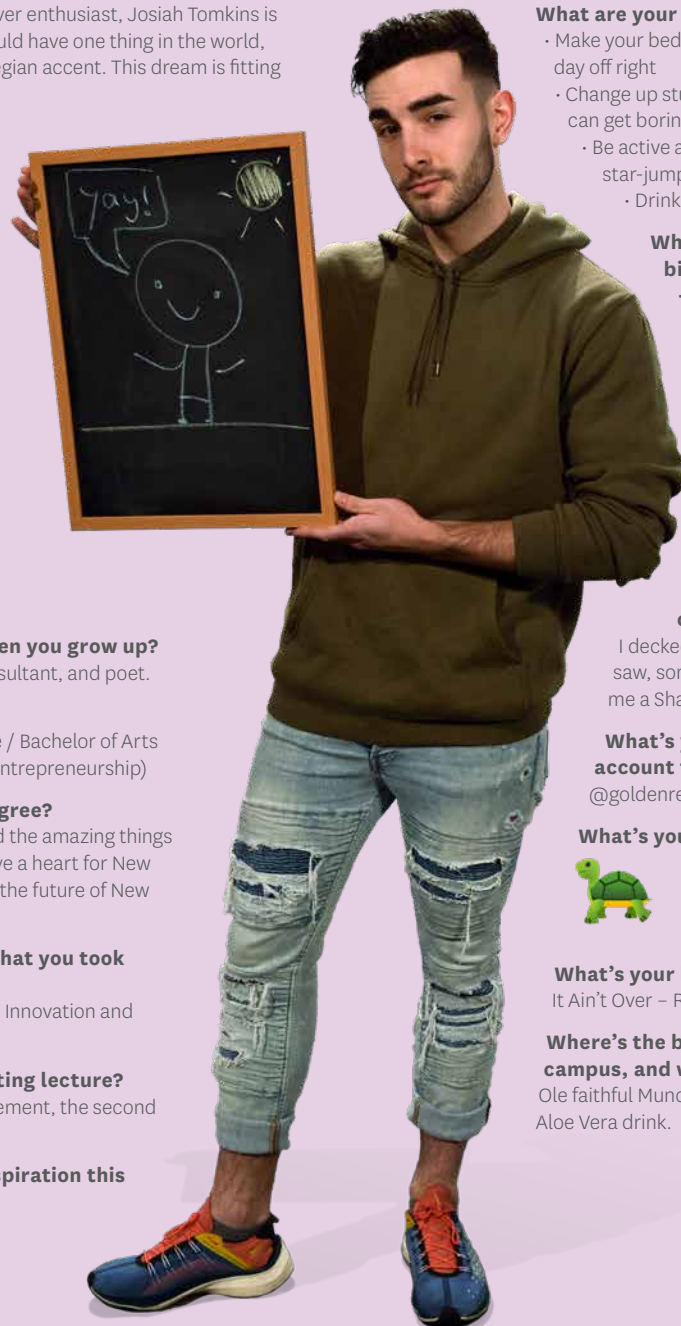
Innovation 307: Ecosystems for Innovation and Entrepreneurship

What was the most interesting lecture?

Business 304: Strategic Management, the second lecture on integrative thinking.

Who was your academic inspiration this year?

Sam Wiffen – Young(ish) NZ Entrepreneur

**What are your hot wellbeing tips?**

- Make your bed in the morning, it'll start the day off right
- Change up study spots, try out new places, routine can get boring
- Be active at least once a day, walk, or sport, or star-jumps, just get moving
- Drink tea

What 2019 current event/s had the biggest impact on you?

- Release of the wellness budget, awesome step in the right direction
- Aston Villa promoted to the premier league

Where's the best place to hang out between lectures?

Unleash Space! Get amongst the creativity!

What is the funniest thing that has happened to you on campus?

I decked it riding a lime in the quad, everyone saw, someone took pity and offered to buy me a Shadz jug.

What's your favourite Instagram account to follow?

@goldenretrievers

What's your favourite emoji?**What's your best song of 2019?**

It Ain't Over – Ragged

Where's the best place to get food/drink on campus, and what do you get?

Ole faithful Munchy Mart, Steak and Cheese pie and an Aloe Vera drink.

SCIENCE

mena welford

When she's not sharing memes or jamming out to Lizzo, Mena Welford is working hard to realise her long term goal of becoming a scientist and an academic. It's no surprise then that she's the type of student to put in an appearance at most lectures (they're all interesting), and to be inspired by a diverse array of academics. Mena's a local lass, so knows what's what here in Auckland. When she's not studying, you'll find her scoping out top spots for great food and good vibes, or hitting up the Quad Café for a triple shot mocha. We'll hand you over to Mena to find out more...

What's your name?

Mena Welford

Where are you from?

Auckland, New Zealand

What do you want to be when you grow up?

At the moment a scientist and an academic.

What are you studying?

BSc majoring in Biological and Marine Sciences.

Why did you choose this degree?

I loved science at school, and enrolling into a BSc naturally felt like the next step. My majors came with a bit of trial and error. Everything I study is a well-balanced combination of a keen interest in the intricacies of life.

What were the best course(s) that you took this year?

MARINE 303, BIOSCI 351, and BIOSCI 355

What was the most interesting lecture?

They're all interesting – I wouldn't show up, otherwise. The most interesting part is seeing just how much further inquiry can be done. Its insane realising, in postgrad I'll get the opportunity to investigate some knowledge gap and hopefully contribute information that currently isn't available.

Who was your academic inspiration this year?

Each year I encounter an incredible diversity and calibre of academics. Singling out one is impossible. This year Austen Ganley, Brendon Dunphy, and Kathryn Jones were prominent sources of inspiration. In their own way, they've helped me grow as an



aspiring scientist, providing opportunities and insights that have allowed me to gain perspective on how best to make the most of my time here.

What are your hot wellbeing tips?

Make friends inside and out of your discipline(s), know when you need a break (then actually take it), and get comfortable with not having the answers for everything. With the last one, once that sits well, get comfortable with asking for help.

Where's the best place to hang out between lectures?

Anywhere with coffee.

What is the funniest thing that has happened to you on campus?

Less funny, more careless, but walking into glass and lecture doors because I've prioritised sharing memes no one connected to me on social media wants to see.

What are your favourite Instagram accounts to follow?

@_retroalph and @beaniedoodle

What's your favourite thing to do in Auckland?

Eat. Anywhere with good food, drinks, and a decent vibe, I can get behind.

Can you describe your life using film titles?

An Education: Are we done yet?

What's your favourite emoji?**What's your best song of 2019?**

It's been a long year, but right now 'Good as Hell' by Lizzo is on heavy rotation.

Where's the best place to get food/drink on campus, and what do you get?

The Quad Café serves wicked triple shot mochas. Otherwise, Munchy for the largest chocolate danish available.

If you could have one thing in the world, what would it be?

A lifetime supply of BIC Clic Fine pens. For every one I lend out, it then wouldn't matter if it was returned.

join the club

There are more than 200 clubs, societies and associations here at the University of Auckland, so it's not that much of a stretch to say...there's a club for everyone! We've hand-picked four friendly club members to tell us a bit about what their student groups are about and what they got up to in 2019.

art history society



TOSHIKO FREDRIKSENS, PRESIDENT
ART HISTORY & ANTHROPOLOGY

Why did you join the club?

Because I love art history and it seemed like a great way to get involved in activities that could not only extend my learning but allow me to meet other people with a shared love for the subject (some of the people I have met through this society are my closest friends today).

Sum the club up in a sentence:

Enjoys art history, often accompanied by snacks and lots of art chat!

A typical club gathering looks like:

A bunch of art history lovers getting together to look at visual media (whether this be a movie, a pub quiz, or a curator's tour of an exhibition) often over food and sometimes a glass of wine!

The 2019 club highlight was:

Our annual symposium. We had 14 amazing speakers coming in to discuss employability, accessibility and future opportunities in the art world, including a designer, contemporary craft practitioner, lecturer at ELAM, librarian, and a conservator. We also had 12 metres of pizza delivered and free kombucha alongside goody bags for all guests so everyone walked out with some free items and knowledge about the art industry from experienced professionals.

Plans for 2020?

To use feedback from our attendees and society members from 2019 to tailor our events to the wants and needs of our society members. We want to make sure that the events we are putting on are in demand and are something that people are really interested in being a part of, rather than just having our exec team coming up with events that we think people will like. A more meaningful relationship with our society members is key!

feel good period club



RIA KAPOOR, PRESIDENT
COMMERCE & LAW

Why did you join the club?

After hearing about the struggles some homeless women face and realising many women in Auckland feel ashamed to talk about their period, I wanted to help and change the outlook on this issue. I wanted to help create a club that took a unique approach to solve this problem in our society. This club aims to celebrate being human and hosts a variety of exciting fundraising events to increase discussion, normalise the topic of menstruation and provide donations of sanitary items around Auckland.

Sum the club up in a sentence:

Our club aims to eliminate the stigma associated with menstruation, provide sanitary items free of charge by hosting fundraising events and make everyone feel good.

A typical club gathering looks like:

We have weekly meetings where we discuss ideas and map out a plan of action. We try to host one key event every month. So far, we have hosted movie nights, quiz events, and fundraising breakfasts. We have also held DIY wheat-bag-making sessions and discussion tea-parties. All our events are gender-neutral and open for everyone to attend!

The 2019 club highlight was:

Working with a group of talented and passionate individuals and hosting our second 'Childhood Throwback Quiz Night'! This was a highlight because we celebrated our childhood and reminisced time spent watching cartoons. The money we raised was used to provide free sanitary products in restrooms/ offices around campus.

Plans for 2020?

We have had a successful year and are super excited for 2020. We plan to re-host our popular events, launch some new ones and raise more funds so that we can provide more sanitary items on campus for free.

athletes in action



MARK MCLEISH, MEMBER
GEOGRAPHY & EARTH SCIENCE

Why did you join the club?

To integrate faith into my sports and to find out how I can improve my relationship with God.

Sum the club up in a sentence:

Athletes in Action loves faith, sports and community.

A typical club gathering looks like:

Starting off with a bit of a feed and some yarns with people new and old. Then we would get into an awesome icebreaker game activity which never fails to bring barrels of laughs. We would then begin to dive into the word led by either a guest speaker or one of our own leaders. Afterward, we would likely finish off the delicious meal and make new friends before heading home with a smile on our faces.

The 2019 club highlight was:

Athletes in Action sent 20 members to Samoa for the 2019 Pacific Games. We were sports chaplains and minister to athletes and staff members by praying for them and sharing our faith. We worked in partnership with the team at Cru ministries in Samoa to share our faith at campuses, sporting events and mealtime, where everyone would eat in a large room hosting nearly 1000 people at a time. On this trip we witnessed 23 people give their lives to Christ and made many more friends along the way.

Plans for 2020?

We are planning to send 30 students from NZ to the 2020 Voyagers conference in Fiji over the semester break. Here we will join students from all across the Pacific in a conference which will help grow our faith and ability to live through Christ.

eastern students association



JEREMY SAN JUAN, PRESIDENT
LAW & CIVIL AND ENVIRONMENTAL ENGINEERING

Why did you join the club?

I joined the club as a member in 2015 (on my first year of university) and joined the committee as an events coordinator in 2018. I joined the club because I enjoyed the vibe and I got along with the friends I met through ESA events. I didn't expect to lead the club eventually, but it has been a great experience overall and it's definitely one of my highlights at University!

Sum the club up in a sentence:

ESA brings students of different backgrounds together and promotes different cultures through our socio-cultural events.

A typical club gathering looks like:

We are all about having fun and we try to be unique for each of our events. We usually showcase different cultures at every ESA event, while at the same time keeping it fun and social. Our events range from small events like Hotpot Night and Muay Thai to big events like camp and our annual Singles Night.

The 2019 club highlight was:

The 2019 club highlight was our ESA events. We decided to try something new this year and incorporate cultural aspects to our events, showcasing different cultures in a fun, social setting. Our membership engagement and participation has significantly increased this year and this can be seen through all our sold-out events so far!

Plans for 2020?

ESA's long-term goal is to be more culturally diverse and show that we welcome anyone regardless of race, and gender. We want to continue promoting different cultures and provide a safe place for everyone to meet new friends and make University life more fun.



PHOTO CHARLA PHOTOGRAPHY

the waka ama diaries

The competition at the Great Waka Ama Race was fiercer than ever this year, with a record of 12 teams taking on the challenge. The 5km paddle to Rangitoto, 8km run to the summit, and the 5km paddle back to Takapuna beach was no sweat for the FMHS Seabass, who were the first UoA team to cross the finish line in a speedy 1:40.35. This win came with the opportunity to represent UoA in the Queen Lili'uokalani Memorial Race in Hawaii.

The FMHS team filled us in on their experience in Hawaii and what it was like competing on the world stage.

BY THE 2019 FMHS WAKA AMA TEAM



meet the team

It's apt that we are named the FMHS Seabass, as clearly, we were made for the water. However, this year we are so much more, we are the University of Auckland Tertiary Waka Ama Team. Here we are:

GRACE JARVIS

Her technique is second to none. This Picasso of the Seas is studying a Conjoint in Nursing and Chemistry.

BILLIE HARENAPE

Our resident Ironwoman and elite athlete is in her 3rd year of medicine.

LAUREN HARTRIDGE

No stranger to the Tertiary sport scene, Lauren is studying a conjoint in Health Science and Science majoring in Exercise Science.

LEILANI IOELU

The true Moana of the Hauraki. Our specialist steerer is in her 3rd year of medicine.

JORDAN TEAUKURA

The most enthusiastic hype man in the boat is in his 3rd year of medicine.

JOE SCARROW

He is nothing if not committed, in his 3rd year of medicine

LIAM GILHEANY-BLACK

The powerhouse of all powerhouses is also in his 3rd year of medicine

LOUKAS BANKS

Team captain, in his third year studying a conjoint of Nursing and Physiology.



preparation

The countdown is on and our team is fighting ready for the Queen Lili'oukalani Canoe Race in Hawaii!

It seems like an eternity ago that we were getting taught the ropes on how to haul ourselves and our Waka around the safe little bay in Okahu – fast forward 5 months and we can now confidently say we know how to hold the paddle around the right way and even string together a couple of long distance paddles to Rangitoto and Browns Island to name a few!

The true harshness of winter training has now set in, and it is fair to say the thermals and beanies are being well used on those fresh 5:45am morning trainings. The dedication of sitting and paddling in a boat on the ocean for 2 hours while your hands become more and more numb, demonstrates the commitment this team has.

aloha hawaii!

We touched down in Hawaii and could instantly feel the little jump between winter and summer, boy was it hot. We

filled up two trusty minivans, popped into Sack n Save so Loukas could live out his wildest childhood dreams and then checked into the Kona Seaside Hotel. We spent the afternoon swimming down at the beach and familiarising ourselves with the local township.

The next morning we were up early for breakfast, then straight on the water for our first training in Hawaii. We'd gone swimming the day before but being out in the open water was different, looking into the deep blue was amazing. To be honest, it led to a couple sets of paddling that fell out of time, but being there taking it all in was next level.

racing

First up was the OC4 race. This race consisted of two teams of four, one team went around the course then they jump out, next crew jumps in and goes around the course to finish the race. The catch was we had to perform a manoeuvre called the "huli" – which had us having to complete flip the waka then flipping it back upright so the next crew of the relay could jump in. This led to a couple

of great races, with one of them having us actually sink the boat, which to us was a bit of a surprise, but nonetheless a great little warmup before the big kahuna on Saturday.

Saturday morning was filled with checking and double-checking that everything was in place for the 29km iron paddle that was set to start at 11:45am. Emotions were ranging from pure excitable energy with a splash of nerves, to the stone-faced grit determination. But we all had the same goal of going out and making ourselves known on the course amongst the 120 odd boats.

When crossing the finish line we were met with pure jubilation from the bystanders, and we were all being congratulated by, what seemed like, hundreds of people for taking out 6th place in their category.

Sunday morning was relatively similar, with the whole team including Toby Batchelor and Tiwai Wilson (our university assigned babysitters), preparing for the 8km Double Hull race later that day. In which our team did incredibly well, coming in 6th overall!

Travelling to Hawaii was such an incredible experience. Thank you to the University of Auckland for giving us the opportunity to represent and compete on the world stage!

Half of our team had never paddled waka before training for the university's Great Waka Ama Race, so I encourage everyone to give it a go no matter your experience level.

LOUKAS BANKS

relaxing

The following day was one of utter relaxation, with the morning spent having breakfast and chilling by the hotel pool before jumping in the cars to go visit Mauna Kea and the protectors that are based there. As a group we were treated to their tribute to Queen Lili'oukalani, then as a showing of our respect and support for their efforts, the Seabass performed the waiata and haka for the Kupuna who have gathered on Mauna Kea for the last 52 days. We all then treated ourselves to a few hours of snorkelling at a beach just out of Kona, with a few of us getting substantially pinker and Jordan annoying a sunbathing seal, it was one of the better ways to end our time in Kona.





UNIM8S

UNIM8S social sports leagues were more popular than ever this year, with a record of 164 teams involved over the course of 2019.

New friends were made, new sports were learnt and lots of fun was had!

Teams competed against each other in a range of sports, including Indoor Netball, Basketball, Futsal, Ultimate Frisbee, Volleyball and for the first time ever, Ki o Rahi!



marine sports

This year Sport and Recreation introduced Marine Sports to their programme.

This included three different sailing courses (Try Sailing, Learn to Sail and Learn to Race), as well as Waka Ama paddling sessions. Ranging from beginner level to more advanced levels, there was something for everyone!

Held at the picturesque Okahu Bay, students had hands on experience learning the fundamentals of sailing and paddling.

About 200 students got out on the water this year, which was a great success!

interfaculty sports

Each year, Sport and Recreation run the Interfaculty Sports Championship, which gives students the opportunity to represent their faculty across a range of sports.

This year, faculties competed against each other across 13 different sports in the hope of taking home the Sir Colin Maiden Shield, along with the title of Interfaculty Sports Champions.

This year history was made! Not only because there were more sports than ever in the championship, but also because a completely new sport was introduced, Ki o Rahi!

Ki o Rahi is a traditional Māori game that has been handed down over centuries. This fast paced ball sport is a combination of Netball, Handball and Tag Rugby.



tertiary sports

The University of Auckland claimed the most prestigious sports shield for the fourth consecutive year.

This shield is presented annually to the tertiary provider with the greatest combined points from University and Tertiary Sport New Zealand (UTSNZ) sporting events and championships held throughout the year.

After a year of fierce competition against universities from all over New Zealand, the University of Auckland came out on top and were crowned the UTSNZ National Tertiary Champions for 2019!

Another successful year of tertiary sport. Well done to all athletes!

results:

RUGBY SEVENS: 6TH (W)

3X3 BASKETBALL: 2ND (M), 2ND (W)

FUTSAL: 1ST (M), 3RD (W)

TABLE TENNIS: 1ST (M), 1ST (W)

HOCKEY: 4TH (M), 2ND (W)

VOLLEYBALL: 2ND (M), 2ND (W)

ULTIMATE FRISBEE: 1ST (MIXED)

BADMINTON: 3RD (MIXED)

BASKETBALL: 6TH (M), 1ST (W)

NETBALL: 1ST (W)



interRes sports

2019 was another year of tough competition in the Inter Res Sports League. Students from the University's Halls of Residences battled it out across a range of sports, with the following residences taking out the top spots:

BASKETBALL
CARLAW PARK STUDENT VILLAGE

FUTSAL
UNIVERSITY HALL

KI O RAHI
O'RORKE HALL

ULTIMATE FRISBEE
CARLAW PARK STUDENT VILLAGE

VOLLEYBALL
GRAFTON HALL

DEBATING
O'RORKE HALL

FILM FESTIVAL
GRAFTON HALL

QUIZ
HUIA RESIDENCE AND GRAFTON STUDENT FLATS

NETBALL
UNIVERSITY HALL

LAW

imogen little

Imogen Little is studying law, but don't ask her what she wants to be when she grows up, she's keeping her options open and just taking each day as it comes! When she's not hanging out at the chapel taking in their awesome views, peaceful vibes, and free tea and coffee, you'll probably find her at the dairy below the Law School chowing down on a huge, homemade samosa – which she can confirm are a GREAT time. There are a lot of other great things about Imogen, but we'll let her tell you about those...

Where are you from?
Mt Eden, Auckland

Why did you choose your degree?
Hmm mostly a process of elimination, and maybe because I enjoy a good debate.

What was the best course that you took this year?
Evidence Law – our lecturer was a crack up and outrageously enthusiastic, and we got to analyse famous murder trials like David Bain, Mark Lundy, OJ Simpson.

What was the most interesting lecture?
Every lecture I actually made it to :(

Who was your academic inspiration this year?
Anna Hood, my supervisor for my dissertation this semester. Anna is filled with endless kindness, wisdom, support and enthusiasm. I couldn't do it without her!

What are your hot wellbeing tips?
Don't study alone, drag your friends to the library with you! And have long food breaks.



What 2019 current event/s had the biggest impact on you?

I've spent some time camping out at Ihumātao over the past couple of months. Getting to meet some of the mana whenua and witness their love and passion for such a beautiful and significant piece of land, and being invited to participate in that, has been really special.

What is the funniest thing that has happened to you on campus?

Probably just me embarrassing myself around hordes of other students by some pretty spectacular falls due to lack of coordination.

What's your favourite Instagram account to follow?

I don't have insta, but if I did it would be Upper Room Youth.

What's your favourite thing to do in Auckland?

Going out west to the beaches, walks and waterfalls.

Can you describe your life using film titles?

Spirited Away

What's your favourite emoji?



What's your best song of 2019?

Draw Me After by Curate

If you could have one thing in the world, what would it be?

Oosh that's deep. Maybe a photographic memory?

ARTS

zak devey

Zak Devey has big dreams – spreading universal empathy, changing lives through creative arts and, one day, finding enough cocaine on Bethells Beach to clear his student loan. (He's joking, the most exciting thing he does at the beach is sit in trees and watch the waves).

For Zak, his double major in Psychology and Sociology goes beyond writing essays – it's about placing himself in other's shoes; creating a warmer, more equitable society for everyone and learning how to change the world while walking in your own stride. Walking in his own stride also involves hanging out at Shaky Isles and occasionally proposing to a random passer-by. (They accepted, so Zak better get cracking with wedding planning. And learning his fiancé's name.)

We chat to Zak to find out more.

Where are you from?

I was born and raised in Ranui, West Auckland

What do you want to be when you grow up?

Creative and innovative. I want to continue to affect systemic change within my community, increasing the access all youth have to the creative arts. I'd also love to spend my days exploring the role creativity has in nourishing the mental wellbeing of our Rangatahi.

Why did you choose your degree?

I chose Psychology and Sociology because both majors equip me with powerful lenses to observe my social surroundings. Psychology sets out to offer students an in-depth understanding of the individual, while Sociology speaks to the social structures which embed themselves within our day-to-day lives. I believe these disciplines can come together and communicate, offering a more holistic understanding of how positive societal change can take shape.

What was the best course that you took this year?

Sociology 229: Environmental Sociology was life-changing – shout-out to Manuel Vallee!

What was the most interesting lecture?

Our final lectures flipped the script, sharing solutions to the otherwise daunting environmental issues that we'd been discussing throughout the semester. Topics we discussed included the steps we can take to realise

agrobiodiversity, and how to affect gradual ideological change. These conversations gave the class tools to take home, so that we might facilitate fresh thinking within our local communities. I've never felt so sad to conclude a course, nor so empowered. Months on, my friends and I still talk about the concepts Manuel taught us.

Who was your academic inspiration this year?

Gabriella Brayne, without a doubt. A fellow undergrad student, Gabriella is making waves as a young feminist aiming to bring the kaupapa of equity to the forefront of young people's minds. Gabriella reminds me that affecting systemic change begins with passionate discussion and fearless action. Check out Consent Club and Auckland Young Feminists!

What 2019 current event/s had the biggest impact on you?

The tragedy in Christchurch. It has long gone without saying that New Zealand's race ideology is in need of change – but this terrible event drove the reality of racism and white supremacy home.

Can you describe your life using film titles?

Whiplash? Braveheart? Mission Impossible? A Quiet Place.

What's your favourite emoji?



What's your best song of 2019?

Sacrifices, Dreamville.

Where's the best place to get food/drink on campus, and what do you get?

Shaky Isles! Ask for Chase and give him a hug – Shaky Isles is family.

What are your hot wellbeing tips?

Wellbeing is a concept only you can understand. Personally, I locate wellbeing in the practise of gratitude. Even when I might not feel like it, I'm looking for a reason to feel lucky. There's always something to smile for; even when our lives make spotting things smile-worthy an immense challenge. Psychology has taught me happiness has more to do with how we frame things than our circumstances – let's help each other to see the world in full colour, gently and kindly.





we're all baby dolphins really

BY ELOISE YOUNG

So...you're probably going to hate me for saying this, but your degree doesn't mean shit. Just kidding. Your degree means a lot in terms of further education, but to the big wide world and your future boss, it's not just a fancy piece of paper that's going to land you the job – it's experience.

For a while I thought everything would be sweet; I'd finish my degree, put on the cap and gown, shake hands with whomever you shake hands with and walk off into the sunset to my dream job. But then I had an epiphany, one that felt great because it was like I cracked the code, but also one that made me die a little inside because I knew so much more work was coming my way.

I realised that I had to do more than just study; I had to get involved with companies, use the university clubs and media outlets to my advantage and put myself out there in order to gain experience for myself. So I did.

I volunteered for Greenpeace and worked in their media section of the office here in Auckland. I'm not going to lie, I had to contain my fangirling over the fact that I was actually there, at Greenpeace,

Right now, we are all baby dolphins swimming along with our big, secure pod called university. There's a choice to be made, and it's more important than you may think.

sitting at a desk (trying not to spin in the swivel chair), logged into their computer and writing a blog post, for their website! It was so strange and cool all at the same time. But once I managed to get out of my fangirling fit I realised that it was just me, the swivel chair, the sticker coated desk and the computer screen blaring blankly at me. It was terrifying and for a moment I felt like I couldn't do it, like I was a lost baby dolphin that had strayed too far from the pod.

After about five minutes of looking around at open water and feeling like a downright idiot, I came to the conclusion that I am just a baby dolphin. I don't know too much (more like nothing) about baby dolphins but I think in moments like this they use some initiative. So I told myself that this is an opportunity to just try and to learn from a real workplace and if I mess up, then I mess up and I'll just try again another time. After that lil' pep talk I cracked into it and completely forgot that I was a fresh little volunteer.

Everything was going great. I was getting the work done, I was really enjoying writing and editing the blog post, talking to Jenny and Bob (totally not their real names and I just pretended I was talking to them) until something bizarre happened. Something whizzed past me all black and white and blurry, I had no idea what it was. I started looking around, leaning back in my chair trying to see all angles of the office. Had I been staring at photos of fish, birds and whales for too long? Then it flew past me again, this time with a green shirt flapping behind. What the heck was happening, was this normal? Then someone yelled out 'Russel' and the flying, blurry figure stopped. And there stood Russel Norman (former co-leader of the Green Party), one foot on a scooter, green shirt loose and still but something was wrong, his head was missing. In its place, was a penguin's!

It's safe to say that I had quite the learning experience at the Greenpeace office. I think the most important thing to take away from that experience isn't that Russel Norman is a ¼ penguin, though that is quite the jaw-dropping discovery, it's that volunteer work teaches you so many things. No matter who you volunteer with you will always gain new skills or improve ones you already have. For me, this experience showed what it feels like to be left at a desk and get a job done. I could have asked for help and guidance at any time, but in that moment, when I was really nervous and didn't know what to do, it was a reminder that in the real world no one is there to hold your hand.

Uni is really hard. You're stressed and tired, you have no time for both your friends and eight hours of sleep. But if you manage to squeeze in some extra circulars: a club, volunteering or better yet, an internship, the benefits of those things will reveal themselves in the future when you are applying for jobs. The reality is thousands

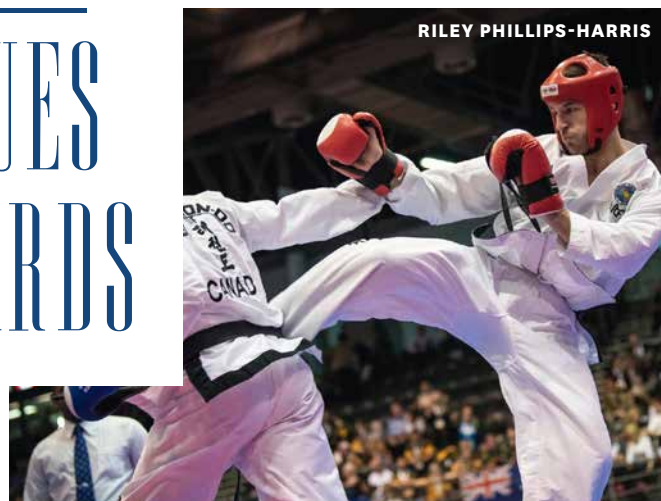
of people go to university; they get the degree, shake their hand, wear the cap and gown and walk out into the world. For some it turns out ok and that fancy certificate conjures up some magic, for others... not so much. But if you can bring more to the table than just the certificate, if you can bring multiple examples of volunteering, experience in a workplace, involvement in events, research, whatever, then you will have a lot more to hold to your name.

There are loads of places you can go to volunteer and it's really important that you choose ones that are going to add more experience to the job you're looking for. If you want to be in public relations, volunteer at an office, you'll get asked to do the really boring stuff but you'll gain experience of actually being in that environment. If you want to be a nurse/doctor, volunteer at an old folks home. Not what you were thinking I know, but it will give you experience with helping and caring for people.

Right now, we are all baby dolphins swimming along with our big, secure pod called university. There's a choice to be made, and it's more important than you may think. We can either keep swimming in the pod until it's our time to leave, left in open water to figure it all out with no going back, or we can swim out into open water during our time in the pod, get a little lost and scared and learn from those experiences, so that when it's time to leave, the open water doesn't seem so terrifying.

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THE 2019
BLUES
AWARDS

MAJOR AWARD WINNERS

REBECCA JELLEY

AWARD FOR THE MOST OUTSTANDING CONTRIBUTION (INNOVATION)

Rebecca co-founded the Ultimate Bowls Championship as a way to revitalise the sport of lawn bowls. She introduced a new format that allowed scoring off every bowl and increased the speed of the game. She also made technological improvements through the use of LED screens, and tablets for umpires. The company's first event this year attracted over 1 million television viewers from around the world.

CLOVIS MCEVOY

AWARD FOR THE MOST MERITORIOUS PERFORMANCE (ARTS AND CULTURAL)

Clovis was selected to present on the subject of compositional practice for visual music at the highly selective Electroacoustic Music Studies Network conference in Florence. His 'A Study in Virtual Reality – Active Observation' was presented at the International Computer Music Conference in South Korea. The prestigious conference has been running for 44 years and is the preeminent annual gathering for computer music researchers and practitioners from around the world. Clovis was also selected to exhibit at the MusInfo Conference in Bourges and the Diffrazioni Music Festival in Florence.

TURUHIRA HOTENE

MAJOR MĀORI AWARD

Turuhira performed alongside her rōpū Ngā Tumanako at Te Matatini ki te Ao (the biennial national kapa haka championship). This year, Wellington hosted 48 teams from New Zealand and Australia in a five-day competition. Ngā Tumanako made the final and went on to be crowned World Champions of Kapa Haka for 2019. As a result of winning, Ngā Tumanako were invited to fly to China in September and Hawaii in June to perform at the World Polynesian Festival.

SIVENDRA MICHAEL

AWARD FOR THE MOST OUTSTANDING CONTRIBUTION (SERVICE AND LEADERSHIP) AND MAJOR PASIFIKA AWARD

Sivendra delivers social leadership training across communities in New Zealand and the Pacific as one of only eight master facilitators for the Active Citizens global programme. He works with local youth organisations on building trust and understanding around issues that concern their communities. In 2018, he secured more than \$NZ 50,000 in grants for the programme. Sivendra is a young leader who is passionate about meaningful participation and has represented young Pasifika people at many international events. He has been shortlisted for the Young Global Leaders 2020 and the One Young World Queen Fellow. He prioritises serving his community, despite the challenging schedule involved with pursuing PhD studies.

RILEY PHILLIPS-HARRIS

AWARD FOR THE MOST MERITORIOUS PERFORMANCE (SPORT) FOR TAEKWONDO AND SPORTSMAN OF THE YEAR

Riley competed in the ITF Taekwondo World Cup in 2018 and came away as a gold medallist and World Cup Champion in 78kg sparring. He was ranked number one in the world in 2018. In 2019, Riley competed in the ITF Taekwondo World Championships in Germany, making it to the quarter finals. Riley is currently ranked eighth in the world.

ISLA NORMAN-BELL

SPORTSWOMAN OF THE YEAR

Isla has competed in touch football and rugby sevens. She was a member of the NZ Touch Blacks Open Women's Team that competed at the Touch World Cup in Malaysia. In 2019, she also played in the NZ Warriors NRL Touch Premiership Open Women's Team and the NZ Black Ferns 7s Development Team, which competed in Japan and New Zealand.

SPORTS BLUES

| | |
|------------------------------|--------------------------|
| Abby Murphy | Logan Dunning Beck |
| Altaaf Ali | Loran Parker |
| Amy Roberston | Mariana Winiana |
| Andi Shen Liu | Max McLachlan |
| Anna Crosby | Maxine Cooper |
| Anna Dolan | Millar Mercer |
| Annamarie Holst | Naji Ghamri |
| Bradlee Wong | Natasha Eady |
| Brianna Stephenson | Nicholas Kazunari Rowsby |
| Britney Ford | Nicholas Stankovich |
| Bruce Ng | Oscar Guo |
| Catherine Layburn | Oscar Williams |
| Chantelle Conroy | Paige Grant-Huggett |
| Christine Chen | Peter Vodanovich |
| Daniel Keleghan | Rebecca Cole |
| Dylan Schmidt | Reece Leite |
| Ela Hyatt Brown | Riley Phillips-Harris |
| Emily Cavell | Ryan Pike |
| Erena Wikaire | Ryan Smith |
| Gabriella MacDonald | Saachi Shahri |
| Gabrielle Milicich | Sam Barnett |
| Imogen Ayris | Samuel Hudson |
| Imogen Skelton | Sarah Morton |
| Isla Grace Moana Norman-Bell | Shehnaz Hussain |
| Jacey Elizabeth Cropp | Shivanthi Anthony |
| James Steyn | Sunny Zhou |
| Jamie Hume | Tariel Lamb |
| Jenny Ling | Te Ariki Te Puni |
| Jordan Stevenson | Tessa Leong |
| Kim Thompson | Tyla Grafas |
| Kristopher Ato Middleton | Vaughan Somerville |
| Lara Molloy | William McKenzie |
| Lillian Parker | |



ARTS & CULTURAL BLUES

| | |
|------------------------|-----------------------|
| Benjamin Seto | Kun Ding |
| Clovis McEvoy | Louis Norton |
| Diana Qiu | Madison Hughes |
| Diane Huh | Maggie Mengzhi Zhang |
| Emily Hildesheim Young | Marianna (Naeun) Kang |
| Emma Richardson | Matthew Bennett |
| Enoka Wehi | Max Ashmore |
| Finn Forstner | Michael Greatrex |
| Frank Chen | Naushyn Janah |
| Grace Leehan | Rachel Buckman |
| Isabelle Kwek | Rachel Thomas |
| Jack Potaka | Sharuka Wikramanayake |
| Jae Jun Kim | Susie McCluskey |
| Jeremy Priest | Tui Kaumoana |
| Jillin Yan | Turuhira Hotene |
| Jireh Lalotoa Peniata | Umbar Kaur Sandhu |
| Jodie Llewellyn | Yao Dong |
| Karan Kalsi | Zachary Chambers |
| Kerira Tapene | |

SERVICE & LEADERSHIP BLUES

| | |
|------------------|--------------|
| Lexie Qiao | Tristan Pang |
| Lucy Cowie | Yue Lin |
| Naomi Grey | Zak Devey |
| Sivendra Michael | |



INNOVATION BLUES

| | |
|------------------------|--------------------|
| Amaan Merchant | Matthew Canham |
| Anzel Singh | Noel D'Souza |
| Arash Tayebi | Patrin Illenberger |
| Arianna Bacic | Rebecca Jelley |
| Benjamin Jonathan Seto | Sara Marsden |
| Christopher Walker | Sarah Mwashomah |
| Connor Talbot | Sulin Phee |
| Emma Kerr | Winnie Chau |
| Henry Frear | Yan Li (Jenny) Liu |
| Kendall Wu | Ziyi (Jacky) Zheng |

Ihumātao: A War Without End

BY OMNI ARONA

You'd be excused for thinking that the industrial area by the side of Auckland's State Highway 20A contained little more than warehouses. But if you follow the coastal line far enough south-west, you'll begin to see coastal farmland, built upon fertile volcanic soil that nourished the first arrival of Māori people to Aotearoa after the great migration. "When people hear Ihumātao, they don't even think it's in Auckland". I certainly didn't. But the fact is this piece of land is situated in Mangere – at the heart of Auckland – a 23-minute drive from the Sky Tower and a 13-minute bus ride from Manukau. If you catch the train towards Manukau, you might even pass Ōrākei, the site of the infamous Invasion of Bastion Point on May 1978 by 600 police officers and members of the armed forces leading to the arrest of 222 protestors. A disheartening sight as people ride on towards Ihumātao to fight the same battles they did 41 years ago.

A BRIEF HISTORY OF IHUMĀTAO

CIRCA 12TH CENTURY Waka that carried the ancestors of New Zealand's indigenous Māori arrive in New Zealand. During the early 19th century, the land at Ihumātao, farmed by Māori, would nourish and feed the growing population of colonial Auckland.

1863 The land at Ihumātao was seized by the crown "by proclamation" thus breaching the 1840 Treaty of Waitangi agreement. This was done because the iwi and the people of Ihumātao would not pledge their allegiance to the crown.

JANUARY 30TH, 1865 Proclamations under the act were issued for the seizure of the East Wairoa and West Pukekohe blocks for settlement and colonisation, followed by the Central Waikato district and the Mangere, Pukaki, Ihumata and Kerikeri blocks on May 16th 1865. As occupants were evicted from their land, their belongings were looted by colonial forces and neighbouring settlers. Houses were ransacked, cattle were seized, and their horses were transported for sale in Auckland.

1869 The land at Ihumātao was sold to European farmers, Gavin Wallace and the Wallace family, whose descendants have privately owned the area since. Once the Māori returned after the Waikato wars, the land they had tended for 800 years was now in Pākehā hands.

The volcanic cone of Ōtuataua, site of the first pā (village) on the southern side of the stone fields, is an ancestral maunga (mountain) viewed by the iwi as both a defining landmark and the physical embodiment of their connection to the land. In the 1950s,

it was quarried until nothing but a hole remained. The same fate befell Maungataketake to the west.

1960 The Manukau Harbour, where the people of Ihumātao got their fish and kai, was closed by the Auckland drainage board to build oxidation ponds for the city's new wastewater-management system. Sewage was pumped through the Manukau basin, which meant the closing of the iwi's ancestral river, Ōruarangi.

1990s Efforts were made to rejuvenate the waters surrounding Ihumātao that saw results but in 2013, freight company Jenners Worldwide spilt more than 1000 litres of methyl violet industrial dye into the stormwater system. It turned the creek purple and killed the life within it.

2008 An encroachment to the south side of the airport was approved despite protests from iwi that there were urupā (burial sites) on the land. Earthworks in 2008 unearthed about 90 kōiwi, skeletal remains of their ancestors.

SOUL

This became too much for the Mana Whenua residing in Ihumātao. "I will die for this land," says Pania Newton, one of six cousins who formed the SOUL campaign (Save our unique landscape) The protectors say

**The real Mana Whenua are here!
95% of real Mana Whenua are out here doing the real Mahi!**

The disagreement stems from a divide in the iwi who are split in their approach to the development of the land. Te Wharena Taua, a spokesperson for Te Kawerau a Maki Iwi Authority, shifted his focus from opposing urban development on Ihumātao land once he learned that the area was selected as a Special Housing Area (SHA). Those at Ihumātao believe these to be of selfish intentions as more than a quarter of the 480 houses being built will be given away. Fletchers have not decided who this land will be given to, but those protesting see this quarter of returned land as "not good enough!" Pania and the SOUL movement were angered when they learned they had immediately agreed to terms instead of fighting for more than just 25% of the land they once held.

National MP Judith Collins said it was a "private dispute" as the land has been "privately-owned" for 150 years, and backed the



“Mana Whenua’s decision to sell. She maintains no sympathy for those arrested on the site and refers to those protesting as “excited white kids”. Speaking with those protecting the land from Fletcher, it is evident that the crowd is one of the most diverse gatherings anyone can witness, including Māori elders and their tamariki, from Joe Hawke, a former Labour MP who also led the Bastion Point protests, to Green Party MP Chlöe Swarbrick. Those on the other side of SOUL’s campaign? Don Brash probably. David Seymour made his thoughts public: “The protestors need to leave the site and let Fletcher Building exercise their property rights” and “This is why we can’t have nice things”. Surprisingly, or perhaps not, Jacinda Ardern said that the government would not intervene.

Remarkably, Ardern and Seymour share the same stance when it comes to who they initially sided with. Both initially sided with the “local iwi” who support the housing development. But the fact is that only one iwi rūnanga (Te Kawerau a Maki Iwi Authority) supported the housing development. But the crown’s own Treaty settlement legislation acknowledges at least three iwi that whakapapa back to Ihumātao. Apparently, these are not “the local iwi”. “The Mana Whenua are not the ones protesting,” says Ardern. But the fact is that they ARE the Mana Whenua, just not the Mana Whenua who agreed to have their land built on. Since then, Jacinda has stated the government would halt housing development until a mutual resolution can be reached.

Few are denying that the confiscation of this land in 1863 was justified or right in any way, but the language used to describe the situation at Ihumātao becomes increasingly dismissive of what SOUL is fighting for.

“Privately owned” is a loaded definition that dismisses and ignores the immoral seizure of land.

It hides someone’s bias behind legal definitions and ignores every bit of history before the area became “privately owned”.

There has been much criticism with people saying this is not another Bastion Point and that “they were very much different situations”. The main difference being that the land at Bastion Point was confiscated by the New Zealand government for public works (health and safety, employment, and recreational infrastructure) while Ihumātao was seized and sold into “private ownership”.

WHERE WE ARE TODAY

On the night of July 25th, 2019, after waiata and kai of all cultures, a modest man approaches the front line of a police barricade at Ihumātao with the eyes of Mana Whenua slowly taking notice to his presence. The crowd slowly begins to hush, and the man starts to speak.

“Whanau I have come here today to share some of my thoughts on this issue.”

“I’ve seen what this has done to our people.”

“This is what colonisation does to our people.”

It is evident that the situation at Ihumātao speaks to more than just Māori land rights issues but the effects of colonisation on indigenous people all over the world. “Why do Māori, who make up 15% of New Zealand’s population, also make up 50% of our prison population? Are we just messed up? Or is there a reason, whanau? This is what colonisation does to our people,” the man says. Undoubtedly, despite the efforts of many that try and tell you otherwise, the issue resides in the environments Māori and Pā are raised in and the after-effects of colonisation on Māori that are still felt today. In present-day Aotearoa, it is not uncommon to hear the “pick yourself up by your bootstraps”. Notions of Māori being where they are today because of their characteristics are still prevalent in the mentalities of many New Zealanders. Unfortunately, people don’t see classism and colonisation as legitimate forms of violence because they still believe being poor is indicative of a person’s character rather than being because of the effects of systematic oppression.

The unassuming yet powerful man who spoke touched all the themes of the day better than anybody else. He was full with the symbolism of Mana Whenua, and the cadence of a modern Māori leader. He was both militant and sad, and he sent the crowd away feeling that the long journey had been worthwhile.

Fires burn at night with the flags of every Pacific nation planted into the ground in solidarity with Pania and her Whanau. For it is not only the land at Ihumātao that these people are fighting for. Mauna Kea, a mountain on the island of Hawaii, has become subject to the same development issues as Ihumātao, and when measured from its oceanic base, Mauna Kea becomes the tallest mountain in the world. The peaks of the island of Hawaii are sacred in Hawaiian mythology.

If you have the chance to visit, Ihumātao transports you into a different decade. A glimpse into the possible future of Pacific unity. Speaking with people there, it is evident they are not here in self-interest but in support. “All Pacific Islanders have a home outside NZ, but for Māori this is it. This is their fanua, their whenua.” All sorts of magic are happening at Ihumātao. Rival gangs arrive and share the same space in solidarity against the events and conditions that placed them there in the first place. “I fucking hate Destiny church but if you come here to tautoko (support) then ka pai,” the young protectors say as they chuckle.

Go there. Go place your feet on the land. Go cast your eyes on the Maunga and Moana. Go drive through into this peaceful secluded, unspoilt, green oasis on the fringes of Tamaki Makaurau. Go listen to the pleas, the laughter, the waiata, the anguish of rangatahi and tamariki, of pakeke and kaumatua of Te Akitai Waiohau, Te Ahiwaru, Ngati Rori, Ngati Mahuta, Ngati Naho and others who can trace direct descent to families who have occupied the land for 800 years or more, as you decide if the theft of our culture is worth .5 of a GPA consideration. As you decide if a quarter of this small piece of land and 40 houses is a good enough of a deal to settle for. There can never really be justice on stolen land.

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EDUCATION & SOCIAL WORK

daniel kelly

Trading the beautiful rolling hills, wineries and local Kmart of Hawke’s Bay was an easy choice for Daniel, who loves the Tamaki Makaurau malls and admittedly may be addicted to Dress Smart. When he’s not shopping or studying with friends, you can probably find Daniel listening to Six60 or on a pursuit of happiness at the ice cream vending machine in N Block on Epsom Campus. He’s working towards a Bachelor of Education (Teaching) in the hopes of one day being an amazing teacher. Shaping our future generations is an admirable goal, but it’s not the only thing on Daniel’s mind...

Where are you from?

Flaxmere, Hawke’s Bay

Why did you choose your degree?

I wanted a job where I could make the most difference in the world. To be a teacher and help shape young minds to be the best of the best is a job I’d take any day.

What was the best course that you took this year?

EDUC119 has been a fan favourite for pretty much any education student on Epsom. It’s our educational psychology paper and it’s way more interesting than most people think. Jason (Lecturer) is pretty much famous around campus because of his unique delivery of lectures.

What was the most interesting lecture?

Any lecture with Rochai, is a lecture worth attending! Who knew that laughing for three quarters of a lecture was possible? Rochai could spin a yarn that had the deepest meaning but delivered in the funniest way ever imagined.

Who was your academic inspiration this year?

It would definitely go to our Program Leader, Jill Murray. She has been an amazing lecturer throughout our first semester and continues to support us students academically, even when she and Sandra Chandler took on the Program Leader roles. To just sit and listen to Jill talk about relationships with



students, and each other as colleagues, has shown us all that we have a very important job and responsibility as teachers. You know it’s a ‘Jill Lecture’ when it ends with “To infinity... and beyond!”

What are your hot wellbeing tips?

SLEEP! I cannot recommend it enough! Instead of staying up all night on that reading, go to sleep and get up early with a fresh and rested mind. Enjoy your ‘off’ time!

Where’s the best place to hang out between lectures?

As the common rooms at Epsom can get really busy at times, I find the ESSA break out space (N Block) the best place to just chill or have a korero with whoever’s there.

What’s your favourite Instagram account to follow?

I’m barely on Instagram but when I do have a quick geez, @lafoodieguy has decent kai on their profile. They pretty much go to every junk food joint in Los Angeles and take photos of their top selling items. As you can tell...I like food!

Can you describe your life using film titles?

Pursuit of Happiness

What’s your best song of 2019?

The Greatest by Six60 – who doesn’t love it?

Where’s the best place to get food/drink on campus, and what do you get?

The ice cream vending machine in N Block! No doubt, the best food joint on campus! It’s the one vending machine on campus where I actually leave feeling happy.

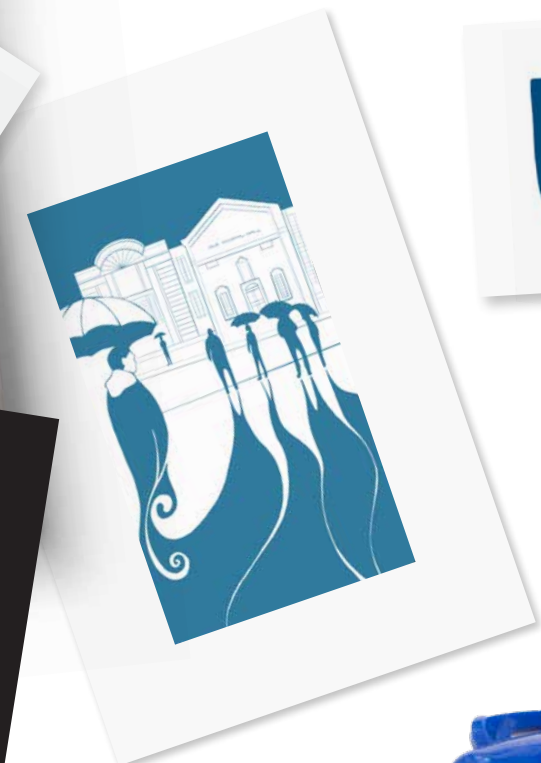
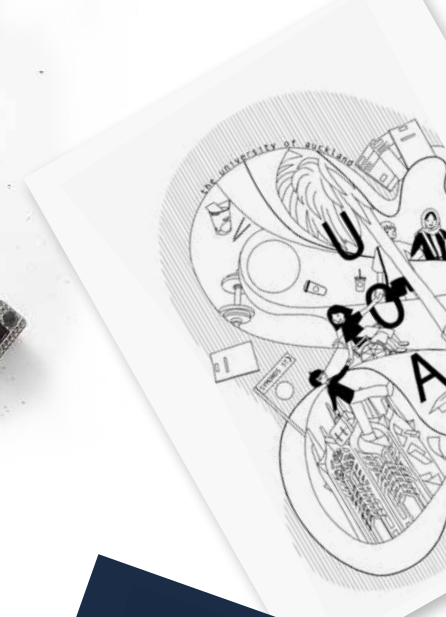
If you could have one thing in the world, what would it be?

A dog! I was never allowed pets as a kid so my first pet would def be a golden retriever named Peralta (Brooklyn Nine-Nine).

DESIGN A TEE 2019

Design a Tee is an annual competition open to all students, with the winning design released as a limited edition Campus Store t-shirt. This year had a record number of 46 entries.

CONGRATS TO THIS YEAR'S WINNERS **AMANDEEP KAUR** AND **SAHAJMUN MAHAL**.



the centre for innovation and entrepreneurship

In 2019 over 2,000 University of Auckland students decided they were ready to unleash their potential with the support of the Business School's Centre for Innovation and Entrepreneurship. Ventures were started, ideas explored, inventions created, skills gained, global competitions entered, friendships made, money won and so much more.



I love how much technology we have access to and how we can combine different equipment in a million different ways to make new things.

HAYDEN MOORE

unleash space

Unleash Space is the University of Auckland's innovation and entrepreneurship hub with a state-of-the-art maker space. Everyone at the University is invited to create, play, make, experiment and do in a fun and supportive environment.

Shwoop is an experiential marketing start-up initiated by Business, Music and Engineering students. They used the equipment in Unleash Space to create a portable ultrasonic installation that was used to transform stairs in the Sir Owen G Glenn building into musical stairs. Shwoop recorded 25,314 steps on the piano staircase over the course of 12 hours.

"Unleash Space has been instrumental in our ability to make projects like this," said Hayden Moore. "The staff are always interested in what we are doing and happy to help out. We primarily used the 3D printers, laser cutter and soldering station in this project. I love how much technology we have access to and how we can combine different equipment in a million different ways to make new things."



velocity

Velocity is the University's student-led, globally renowned entrepreneurship development programme. There are many ways to become involved. You may choose to attend seminars or workshops, enter competitions with incredible prizes on offer, or develop your project management or leadership skills by joining the student committee.



NEIL BIRRELL

Neil Birrell previously won the social entrepreneurship category of the Velocity \$100k Challenge. This year he is working on his PhD while also running a business in India – Hexacycle. Neil's venture uses maggots to process waste into fertiliser and chicken feed. His idea to use the larvae from Black Soldier Fly to reduce organic waste in landfill was first developed when he participated in the Centre for Innovation and Entrepreneurship's Summer Lab programme. Since then Hexacycle has received mentoring and support from Velocity to scale up the concept, taking it from a prototype fly hatchery in Neil's back garden to India's first black soldier fly treatment plant in less than three years. The treatment plant, in the south-western coastal state of Kerala, enables Hexacycle to refine and develop this technology, before introducing it to other waste processing plants, particularly in developing countries.

It has been brilliant to work with other like-minded people and make use of business resources and mentors.

REBECCA JELLY



REBECCA JELLY

Rebecca Jelly is a PhD chemistry student. She is also a lawn bowls enthusiast who developed a new format of the game and turned it into a business with the mentorship and support of the Centre for Innovation and Entrepreneurship. The trans-Tasman Ultimate Bowls Championship (UBC) competition is now a televised event, its first event attracting more than one million viewers. It boasts the most prize money in the sport of lawn bowls, an incredible \$500,000 AUD annually, and is broadcast in 22 countries on channels including FOX Sports Australia and Sky Sport NZ. The UBC held its first tournament in New South Wales in April, attracting some of the best players in the sport, who competed in 24 teams from New Zealand, Australia and China.

"I really had no experience or even interest in the world of business before going through the Velocity Challenge. But it was while I was in this programme that I developed the necessary skills and passion for commercialisation...It has been brilliant to work with other like-minded people and make use of business resources and mentors."

www.cie.auckland.ac.nz

invest in a keep cup

No more plastic-coated disposables – buy a handy Keep Cup (or two) for all your coffee needs. Plus heaps of campus retailers offer discounts for reusable cups.

**go a step further and byo container as well**

Expand your reusable kit and bring containers for your takeaways and lunches. Once that's sorted, swap your plastic water bottle for a glass or stainless steel one. Now you're all set!

**refuse single-serve condiments in packets**

And say goodbye to those ketchup sachets sitting at the bottom of the bag.

**reduce meat**

Find what works for you, whether it's signing up for Meatless Mondays, cutting out red meats or going full vegetarian. If you're super keen, reduce dairy as well and give Vegan Wednesdays a go.

**buy local produce and eat seasonal veggies and fruits**

Bonus – seasonal produce is cheaper too.

**board the beeswax wraps wagon**

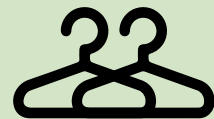
Swap your clingfilm for beeswax wraps – they can be used multiple times and when they finally wear out, you can throw them in the compost!

**walk, bike or jump on public transport**

All more sustainable than taking the car. If you really need to drive, car-pool with mates.

**shop second hand**

Hit the op-shops or hold a clothes swap with your friends. You get a whole new wardrobe without killing your wallet or the planet!

**ditch paper notes**

Taking digital notes cuts down on paper waste and scraps. If you need to print something, make sure you do it double-sided.

**join a sustainability club**

Take your pick from a range of groups on campus, and become part of an awesome environmental community.



top 10 ways to be a sustainable student

2019 HAS BEEN THE YEAR OF SAYING NO TO STRAWS AND YES TO THE REUSABLE LIFE.

CHECK OUT THESE TEN TIPS ON HOW TO BE A SUSTAINABLE STUDENT ON AND OFF CAMPUS.

FACULTY OF MEDICAL & HEALTH SCIENCES

chloe fergusson-tibble

Chloe Fergusson-Tibble (Te Hikutu/Ngāpuhi, Ngāti Hinemihī/Ngāti Kahungunu) has a few ideas on how to stay well, which is not much of a surprise considering she is studying a Bachelor of Medicine and Surgery! This formidable wahine recommends getting up early, setting your intentions and loving your whānau. Wise words from a student who was inspired to pursue a medical career after witnessing a friend use her position to strive towards creating equitable health outcomes for Māori. It's clear Chloe's got the drive, but there's more to this med maven than just study. She's a hiker, a cookie lover and a romantic soul who would love to be able to reconnect with people who have left the natural world (Te Ao Marama). We'll let Chloe fill you in on all the rest....

What are you studying?

Bachelor of Medicine and Surgery

Why did you choose this degree?

I was inspired to pursue medicine by a friend after believing for a long time that I couldn't be a doctor. I observed her using the power that doctors have to create equitable health outcomes for Māori. It really resonated with me. I wanted in.

What was the best course that you took this year?

Clinical methods – being able to go into the hospital and spend time with patients and whānau.

What was the most interesting lecture?

Anaesthesiology lecture where an anecdote was shared about using medicine and personal skills to provide solutions in practice.

Who was your academic inspiration this year?

Hinemoa Elder – she is now putting her work out in Te Reo Māori – autaiā!

What are your hot wellbeing tips?

Get up early, set your intentions, run, eat clean, hydrate, love your whānau, rest, repeat.

What 2019 current event/s had the biggest impact on you?

The Christchurch Mosque terror attack.

Where's the best place to hang out between lectures?

Cafe, Grafton campus, in the corner in the sun.

What's your favourite Instagram account to follow?

@anikaaro – she is an awesome moko artist who is reviving our moko kauae up North.

What's your favourite thing to do in Auckland?

Discovering new walking tracks with my whānau.

Can you describe your life using film titles?

White Lies, The Dark Horse, The Scent of a Woman, Bad Moms

What's your best song of 2019?

High on Ingoingo by Pere Wihongi

Where's the best place to get food/drink on campus, and what do you get?

For a treat I love Moustache Cookies on city campus, the Nutella cookie.

If you could have one thing in the world, what would it be?

An ability to go back and forth to Rarohenga to visit with those who have gone from Te Ao Marama.



where are they now?

THE CLASS OF 2004, 15 YEARS LATER...



Alexei Dunayev

"One of my biggest influencers while I was at university was Geoff Whitcher at the Business School who was responsible for introducing what was then the Spark Challenge (now known as Velocity). He really inspired and supported me in reaching my goal of founding and growing TranscribeMe, a technology company that truly connects New Zealand to the world."

DEGREE: BCom/BSc Conjoint

MAJORS: Management and Employee Relations / Information Systems

FIRST JOB: Lead Web Application Developer, St. John Ambulance (designing and developing their National Events Management System)

CURRENT JOB: Co-founder & CEO, TranscribeMe

CITY OF RESIDENCE: San Francisco



Anna Smaill

"My biggest learning curve came at the age of 19 when I changed my academic focus from performance music to English and creative writing. This taught me the value of uncertainty. Though painful at times, I realised that doubt, questioning and waiting were necessary and fertile states. This holds true for me still, in both academic and creative work."

DEGREE: MA

MAJOR: English

FIRST JOB: Poet & Novelist (Her first collection, *The Violinist in Spring* was listed as one of the best books of 2006 by the NZ Listener)

CURRENT JOB: Lecturer, New Zealand Literature, Victoria University of Wellington

CITY OF RESIDENCE: Wellington



Jason Myers

"My time at university taught me many things, but above all it honed my critical thinking skills. It taught me to ask questions rather than take things at face value. It also opened my eyes to a world of injustice and inequity as I learnt that all the things that make us different were also the things that those with power use to divide us. Whether it was class, gender, religion, age, race or sexuality, I came to appreciate that the marginalisation of difference was at the root of so much that was wrong in the world and that the privileged few were in the driving seat."

DEGREE: BA

MAJORS: Geography and Ethics

FIRST JOB: Lecturer, Geography and Sociology, the University of Auckland (while completing his PhD researching the diverse experiences of gay men living with HIV in Auckland)

CURRENT JOB: Chief Executive, New Zealand AIDS Foundation

CITY OF RESIDENCE: Auckland



Leilani Tamu

"The late Prof. Hugh Laracy in the History Department was hands down the best teacher I've ever had – not so much because of what he taught me but rather because of the many, many disagreements we had. I remember he once gave me an incredibly valuable book on Pacific history telling me to only give it back if I wanted to. He was a gifted teacher with a deep sense of commitment to his students – his door was always open. He gave me the space to stand on my own feet and respectfully challenge academia when it comes to Pacific history."

DEGREE: BA

MAJOR: History

FIRST JOB: NZ Diplomat and Foreign Policy Analyst, Ministry of Foreign Affairs & Trade (assigned to the Mexican desk which was a challenge as a non-Spanish speaker)

CURRENT JOB: Manager Pacific Policy, Ministry of Business Innovation & Employment

CITY OF RESIDENCE: Auckland



Nishika De Rosairo

"The University of Auckland has certainly been instrumental to my success. I literally would not be living and working in the U.S. if it were not for one of the most significant influencers and mentors in my life – Dr Darl Kolb. I took Darl's management paper in my third year and little did I know that being part of this class and getting to know Darl would offer me an opportunity to change the course of my life. He encouraged me to participate in a case competition in Seattle which in turn led to a scholarship to study in the U.S. I felt so invigorated at that point in my life. It really helped propel me forward."

DEGREE: BCom(Hons)

MAJORS: Management and Employee Relations

FIRST JOB: Consultant, Deloitte

CURRENT JOB: Founder & CEO, Experiential Insight

CITY OF RESIDENCE: San Francisco



Robyn Scott

"Ever since I was about seven, I've lost sleep over a fear of not using my life well. For me, this means, most of all, making a contribution towards tackling the big global challenges of our time that cause so much suffering to people and the environment. So I've always been attracted to mission-driven start-ups which offer a way to work together with brilliant, like-minded people to forge new ground and, if you're smart and lucky, to leverage resources very efficiently and make real headway against a hard problem."

DEGREE: BSc

MAJOR: Bioinformatics

FIRST JOB: Performance Analyst, BP

CURRENT JOB: Co-founder & CEO, Apolitical

CITY OF RESIDENCE: London

To learn more about the University of Auckland's 40 under 40 and these graduates of 2004, visit

auckland.ac.nz/40-Under-40

social life

YOUR 2019 SOCIAL MEDIA HIGHLIGHT REEL

Auckland: In celebration of being half way through my exams, I treated myself to @moustachenz Nutella cookie pie!



@EATSWITHELLE_



@LARISSA_OGORMAN



#owekthrowback

A place where anybody can create what they imagine, design for today, and prototype for tomorrow. @unleashspace



#metrogaine



@021HIRO



@ANNISANH



@UOACREATIVES

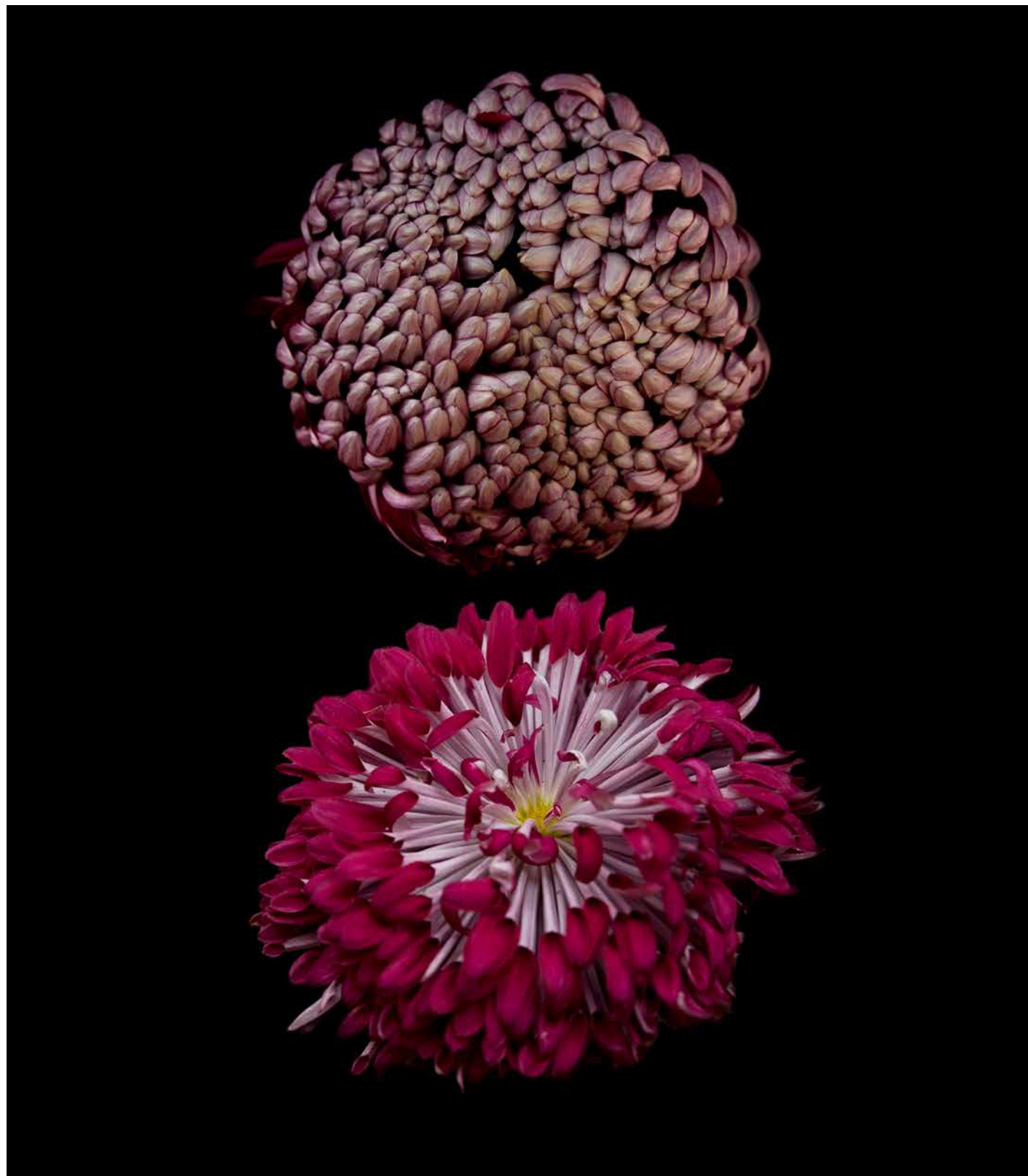


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@ORI_FOLLAS





lasting impression

Metamorphosis

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LASTING IMPRESSION

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