



THE UNIVERSITY OF
AUCKLAND
Te Whare Wānanga o Tāmaki Makaurau
NEW ZEALAND

University Services

- 360 International
- English Language Enrichment
- Accommodation solutions
- AUSA Advocacy
- CDES
- DELNA
- Health & Counselling
- Library & Learning Services
- Sports & Recreation

You can still take yourself global.

**Explore our global study opportunities
at auckland.ac.nz/360**

360international@auckland.ac.nz



Start your journey with 360 International



Our global opportunities include:

- Semester exchange
- Virtual programmes
- Summer/winter schools
- Global internships and more!

Financial assistance available!

Our top tips:

- Explore now and plan early
- Check our website
- Get in touch with the team



Like and follow us on social media



360 International



360international
(#360international)



360internationalblog.com



Social Media QR Code

WHAT IS SASS?

STUDENT-RUN CLUB FOR
DOMESTIC AND PAST, PRESENT
AND PROSPECTIVE
EXCHANGE STUDENTS TO CREATE
LIFELONG FRIENDSHIPS



**STUDY ABROAD
STUDENTS' SOCIETY**

UNIVERSITY OF AUCKLAND



WHY JOIN?

- MEET STUDENTS FROM DIFFERENT COUNTRIES
- FUN SOCIAL EVENTS, PARTIES, AND MORE!
- LEARN MORE ABOUT STUDY ABROAD FROM STUDENTS

Join SASS, a student club!

Come meet the team

360 International Advisers:



Raewyn Tan



Isabella River

Office hours:

Monday-Friday, 10am-12pm
iSpace, Level 4,
Kate Edger Information Commons

Information sessions:

Every Thursday 2pm, iSpace

Email:

360international@auckland.ac.nz



360 International team:

Peer Advisers:

Ashley Pearce
Thomas Kim

Follow us on social media:



360 International



360international
(#360international)



360internationalblog.com



LinkedIn

www.auckland.ac.nz/360

A background image showing a group of students in a classroom or library setting. They are sitting at tables, engaged in conversation and study. A young woman with long dark hair is in the foreground, smiling and looking towards the right. Other students are visible in the background, some working on papers. The scene is brightly lit with natural light from large windows.

English Language Enrichment

**“Let’s Talk to
locals” speaking
groups**

**“Writing in
English”
workshops**

**Individual
Language
Advice**

**Online
Language
Resources**

www.library.auckland.ac.nz/ele



THE UNIVERSITY OF
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Accommodation Solutions

- **University Accommodation**
- **Private Accommodation**

University Accommodation

With room for more than 4,400 students in our catered and self-catered communities, we are the largest provider of student accommodation in Aotearoa.

Applications for accommodation are made online, and open 1 August for Semester One intake and 1 April for Semester Two each year.

Spaces are still available in self-catered accommodation for Semester One 2021, contact the team today for more information:
accom@auckland.ac.nz





Private Accommodation

There are a number of options available to students around Auckland and our advisory service team can explain what's available and what to expect. We offer a wide range of services and can provide advice on:

- Types of private accommodation
- Costs
- What to look for when visiting a property
- How to apply
- Contracts
- Bonds
- Tenancy disputes
- Any and all of your questions





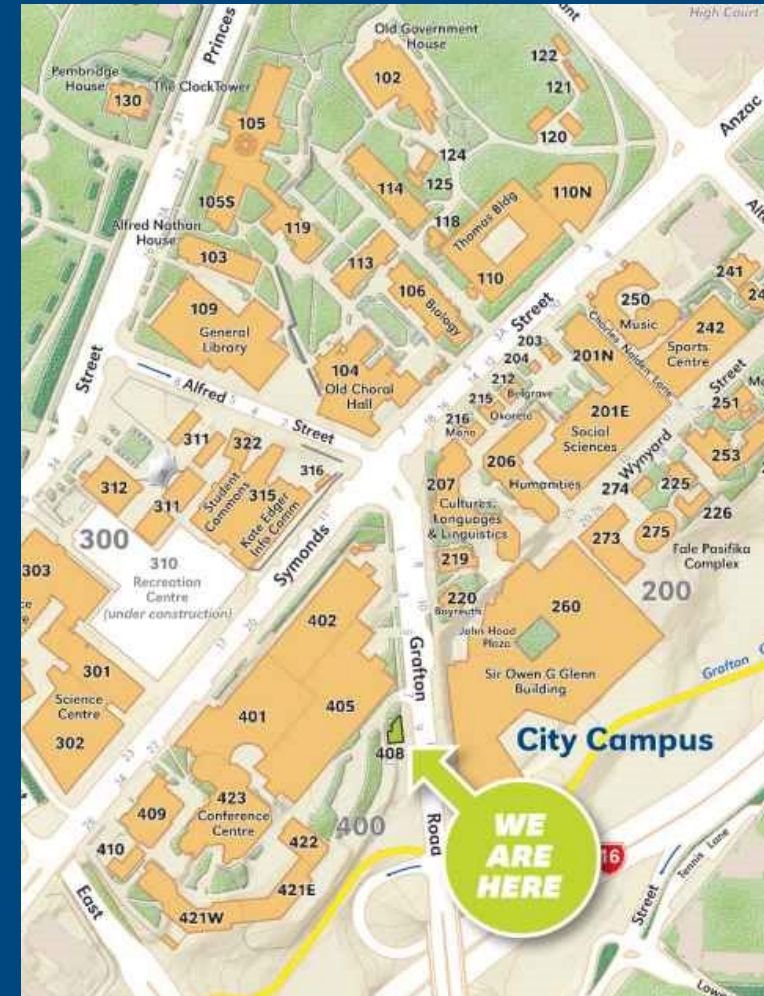
Contact us

Email: advisoryaccom@auckland.ac.nz

Visit us:

Building 408, 9 Grafton Road
(down the hill from Engineering and
across from OGGB)

8:30am – 5pm, Monday to Friday.





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NEW ZEALAND

AUSA Advocacy



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NEW ZEALAND





create your future
kei ōu ringaringa te ao



THE UNIVERSITY OF
AUCKLAND
Te Whare Wānanga o Tāmaki Makaurau
NEW ZEALAND

Career Development and Employability Services (CDES)

www.cdes.auckland.ac.nz



create your future
kei ōu ringaringa te ao



**THE UNIVERSITY OF
AUCKLAND**
Te Whare Wānanga o Tāmaki Makaurau
NEW ZEALAND



165

Employers on
campus



40

Employer
recruitment events



3

Large Scale
Career Expos

22,445

Students who accessed our
range of services



Voted 2020's Best careers
service at New Zealand
Association of Graduate
Employers Awards

Voted

81st



Global Employability
University Ranking 2020



10

Career Development
Consultants to support you!

Over

250

pizzas eaten at
all of our
events



DELNA



THE UNIVERSITY OF
AUCKLAND
Te Whare Wānanga o Tāmaki Makaurau
NEW ZEALAND

Diagnostic English Language Needs Assessment

[DELNA YouTube Clip](#)
- click to play



DELNA is for everyone



**FIRST YEAR
UNDERGRADUATES**



POSTGRADUATES



PHD STUDENTS

DELNA *assesses* students' academic English skills to help them succeed at university.



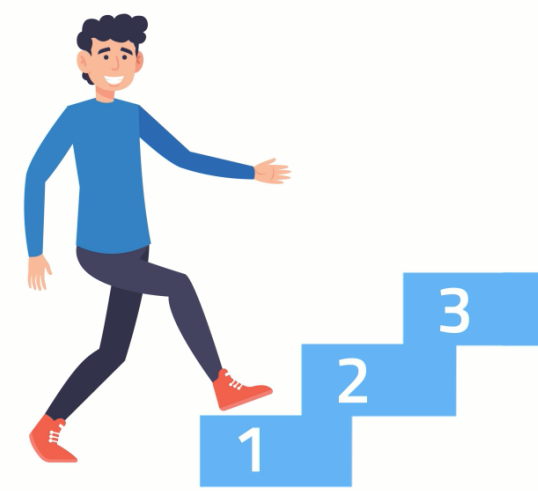
DELNA's 3-step programme

Everyone starts with the Screening

1 The Screening
A quick check of your
vocabulary and speed
reading

2 The Diagnosis
Thorough assessment of your
listening, reading and writing

3 DELNA Language Adviser Meeting
Friendly 1-to-1 talk about what you need
to improve and how to do so



For more information, visit delna@auckland.ac.nz or email
delna@auckland.ac.nz

Make a booking at
delnatask.com/booking



◀ Scan to book
your **DELNA**
SCREENING

*Book now for
your 30 minute
DELNA Screening*

DELNA Session Booking

[Book a 30 Minute DELNA Screening](#) ➔

University Health and Counselling Services

City Campus

- ▶ We are located in the Kate Edger Information Commons, on the University's City Campus.
- ▶ Level 3, Kate Edger Information Commons
2 Alfred Street
City Campus
- ▶ Standard hours:
Monday: 8.30am to 5pm
Tuesday: 8.30am to 5pm (see note below)
Wednesday: 8.30am to 5pm
Thursday: 8.30am to 5pm
Friday: 8.30am to 4.30pm
- ▶ *Hours may vary during semester breaks.
- ▶ Note: We open at 10.30am on the first Tuesday of the month due to staff meetings.
- ▶ For after-hours services, call 0800 698 427 - 0800 MY UHCS

Epsom, Grafton and Tai Tokerau campus

- ▶ These clinics have variable opening hours throughout the semester, and occasionally close during holidays.
- ▶ To confirm opening hours, call 0800 698 427 - 0800 MY UHCS.
- ▶ To find out about counselling at Tai Tokerau campus through Family Works, call 0800 698 427 - 0800 MY UHCS.

Epsom clinic:

Building 6ER Gate 4, 60 Epsom Ave
Epsom
Auckland 1023.

Grafton clinic:

Building 505 Rm 325, Level 3
85 Park Rd
Grafton
Auckland 1023.

Benefits of enrolling

- ▶ If you enrol with University Health and Counselling as your PHO, you will receive low-cost health and medical services.
- ▶ You will also pay less for prescriptions.
- ▶ Note: Counselling services are available free of charge to all domestic students.
- ▶ A Community Services Card can reduce the cost of your medical visits, after-hours clinics and emergency dental care.
- ▶ Community Services Cards are administered by Work and Income New Zealand (WINZ) on behalf of the Ministry of Health. You may be eligible for a card, based on your income. Check out the [WINZ website](#) to see if you meet the criteria.

Eligibility

▶ Domestic Students

- ▶ Primary Healthcare Organisation (PHO) enrolment is only available to those who are New Zealand permanent residents or citizens, and those who are considered "domestic students". To enrol with University Health and Counselling, you must be a current student at the University.
- ▶ To enable a safe transfer of care of patients, UHCS allows a small grace period for ex-students to transition to a new health care provider. It is important that once you are no longer a student, you enrol to a alternative health care provider in the community as soon as you can.
- ▶ If the person has re-enrolled in a course of study at the University, their details will remain on the system, and they will continue to be an enrolled patient in UHCS.
- ▶ For more information about PHO enrolment, visit [Procare](#).
- ▶ Please note that once you stop being a student it is up to you to find an alternative medical centre as soon as possible.

If you are an international student

- ▶ If you have an insurance policy with our preferred insurer Allianz, we will look after all the paperwork for you. In some cases, some services may not be covered by your insurance but we will let you know about this or any other extra costs that you might need to pay for.
- ▶ If you have an insurance policy with another insurance provider, you will need to pay for your visit and then liaise with your insurer so that you can be reimbursed for the cost.
- ▶ To register, download and print the International Student Registration Form. Once you've completed and signed the form, please return it to us at our City, Grafton or Epsom campus. (please visit [University of Auckland Website](#))

How to enrol

- ▶ Visit University of Auckland website and type in the search engine - Student Health and Counselling Services
- ▶ Register the University Health and Counselling Service as your Primary Health Organisation.
- ▶ Enrol via the online form (please visit the website)
- ▶ Fill out and submit the online form below.
- ▶ Enrolment form
- ▶ Please note that online enrolment is currently only available for students on the City Campus. If you're a student at Grafton or Epsom, please download, complete and email the UHCS Domestic Patient Enrolment Form available (please visit the website)
- ▶ Enrol by email
- ▶ Download the form and email it to uhsinfo@auckland.ac.nz. We will take care of the process from there. (please visit the website)

Fees for University Health and Counselling

- ▶ Fees will depend on whether you are enrolled with University Health and Counselling as your Primary Health Organisation. Fees are also displayed in our reception area.
- ▶ Note: All consultations must be paid on the day. Some services require a non-refundable deposit, such as dive medicals and specialist appointments.
- ▶ If you are a student in significant financial hardship do get in touch so we can help you access the healthcare you need.

Domestic Students Fees

Service	PHO enrolled	Non-enrolled (casual)
GP onsultation (15 mins)	\$14	\$65
GP consultation (30 mins)	\$28	\$65
GP ACC surcharge	\$14	\$35
Nurse consultation (15 mins)	\$10	\$40
Nurse consultation (30 mins)	\$20	\$40
Nurse ACC consultation	\$10	\$27
Counselling	No charge	No charge

International students Fees

If you're covered by Allianz's Studentsafe policy, we will process your claim on your behalf. If you have coverage with another insurer, you will need to pay for your consultation and provide the paperwork to your insurer for reimbursement.

Note: Some services may not be covered by your policy - check with reception. Extended consultations will incur an additional charge.

Health and counselling fees for international students		
	with Allianz	with another insurer or not eligible for bulk-billing
GP consultation	Bulk-billed	\$75
GP ACC surcharge	Bulk-billed	\$55
Nurse consultation	Bulk-billed	\$35
Nurse ACC consultation	Bulk-billed	\$25
Counselling	Bulk-billed	\$90

Cancelling appointments

- ▶ If you can't make or need to change an appointment, you need to let us know as soon as possible.
- ▶ Medical and health appointments can be cancelled/changed up to 2 hours before your appointment.
- ▶ Counselling appointments can be cancelled/changed up to 24 hours before your appointment.
- ▶ You can cancel your appointment in person or by phone on 09 923 7681.

Missed appointments

- ▶ If you miss an appointment or do not cancel within the timeframe, you will be charged a fee of \$10. This must be paid at the time it is charged or before your next appointment.
- ▶ We are a student service and we need to make sure that any available appointment slots are filled by students who need help.
- ▶ If you have exceptional circumstances for missing an appointment, please let our reception staff know.

Additional charges

- ▶ There may be a charge for any additional materials that may be used in treatments or consultations.

Counselling Services

- ▶ Here at University Health and Counselling we provide short-term counselling support for students, for any issues that are impacting on their studies (e.g. life challenges, relationships, family, sexuality, depression, anxiety, stress, alcohol/drug issues).
- ▶ Often 2 to 3 sessions is enough to help to manage things better and get back on track but if you need more sessions, we can discuss this with you and work together to develop a plan or offer referrals if appropriate.
- ▶ In order to best fit your needs, we ask you to complete the questionnaire below. All information you provide will be treated with the utmost confidentiality.
- ▶ Complete the [questionnaire](#). (please see website)

Puāwaitanga - Individual counselling, easy access, where you are

- ▶ Get support with feelings of anxiety, low mood, relationships, grief, addictions, low self-esteem or low confidence.
- ▶ A free phone and online support service to help strengthen your hauora (wellbeing)
- ▶ Counselling sessions held over the phone and using a web-based program.
- ▶ Sessions can be held anytime between 9.00am - 9.00pm, 7 days a week
- ▶ Independent, confidential, free
- ▶ Enrol [online](#) (please see website) or call 0800 782 999
- ▶ (You will be asked for your student ID number to confirm you are a enrolled student).

Counselling Services

Attending an appointment

- ▶ You must bring your student ID card to all appointments - this is a safety requirement. A lot of our services are free to domestic students and for international students who have the right insurance plan.
- ▶ Changing or missing appointments:
- ▶ We require 24 hours notice of a change or cancellation of an appointment. If we do not receive notice, you will be charged a fee.
- ▶ We do this to ensure that we have time to fill cancelled slots with students who may require our help and resources.
- ▶ To change or cancel an appointment, call 0800 698 427 - 0800 MY UHCS

Health Improvement Practitioner

- ▶ Would you like to learn new skills to improve your health, wellbeing and quality of life?
- ▶ It is FREE to see the HIP if you are enrolled at University Health and Counselling Services
- ▶ Appointments take less than 30 minutes and you can probably be seen on the day.
- ▶ FOR APPOINTMENTS: Your doctor or practice nurse can introduce you to see the HIP.
- ▶ At your first session you will get a plan to start making positive changes right away.

Health Coach

- ▶ Keen to improve your health and wellbeing?
- ▶ Visit our Health Coach at the practice, It's FREE for enrolled patients.
- ▶ A Health Coach can help you with your long term health condition as well as creating an individualized self management plan.
- ▶ Also: Reducing or quitting smoking Connecting you with the right social service, community group or charity to help you with housing, food or social connection.
- ▶ Ask your doctor or nurse and they will introduce you to the Health Coach.

Te Tumu Herenga | Libraries and Learning Services

Supporting students



Whāia te mātauranga hei oranga mō koutou

Seek after learning for the sake of your wellbeing

Library essentials

Your Campus Card is your library card.

Collections

- Short loan collection for textbooks
- Books, ebooks and journal collections
- TV and movie collections
- Special Collections

You can search the collections through the library website.



Library spaces

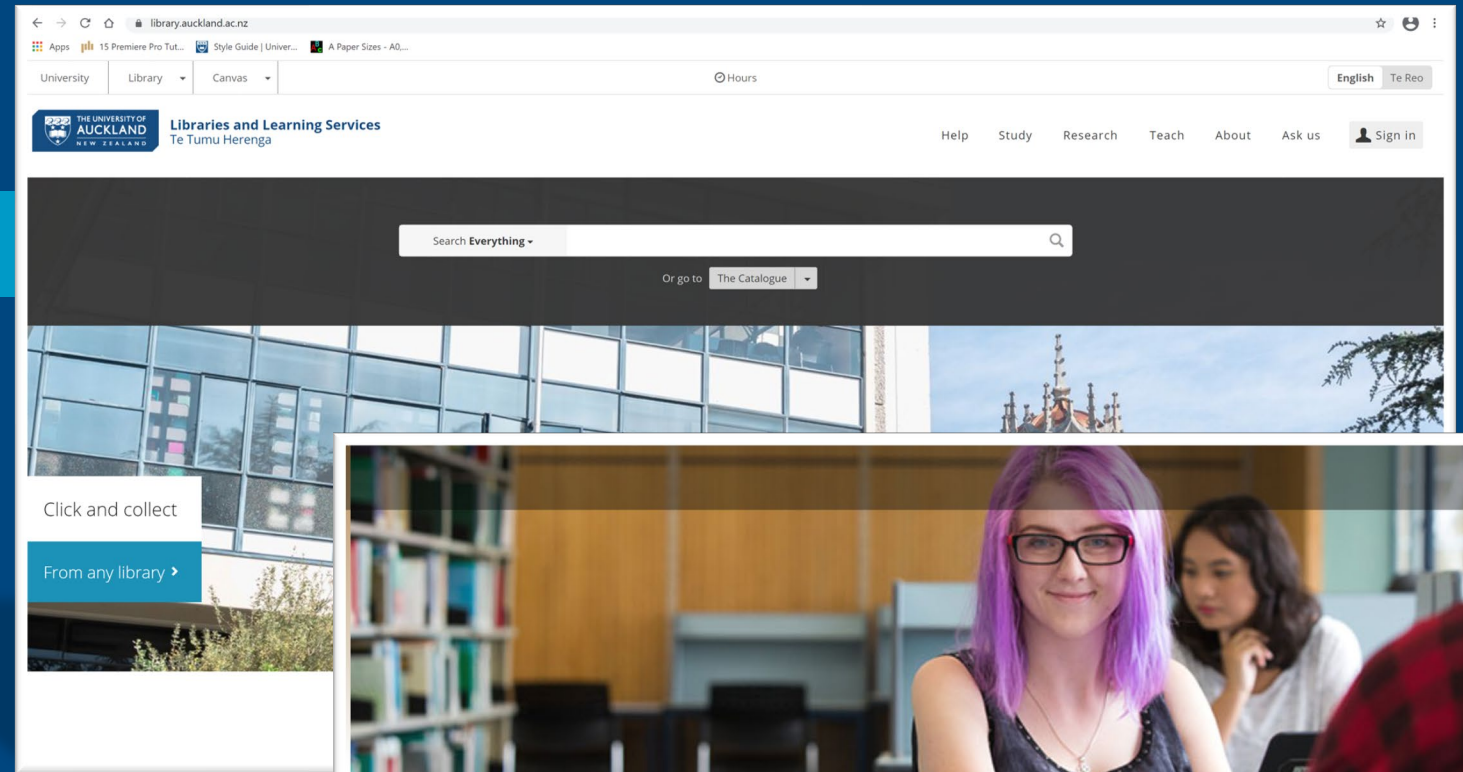
The background image shows a library setting. On the left, there are tall bookshelves filled with books. In the center, a young woman with dark hair and glasses is smiling and talking to a young man. The man is holding a book and looking at the woman. To the right, another woman with glasses and a blue polka-dot shirt is looking towards the other two. In the foreground, there is a round white table with a laptop, a smartphone, and some papers on it.

All libraries, information commons and student commons have:

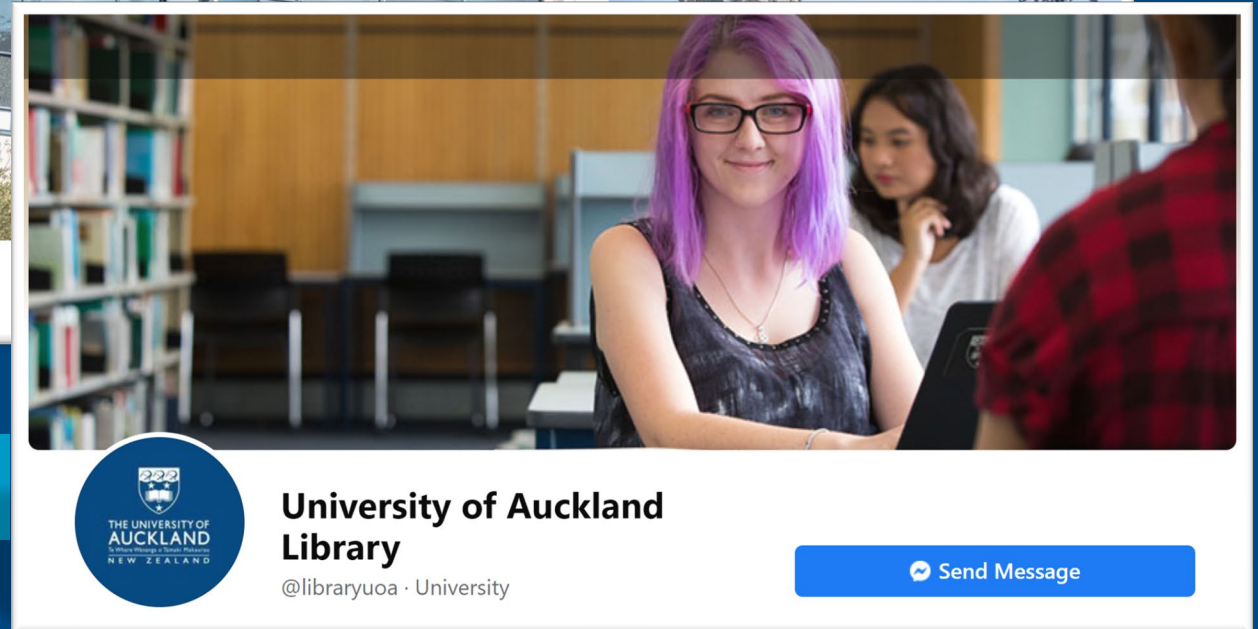
- Group study areas
- Quiet study areas
- A Helpdesk for face-to-face support

Online spaces

library.auckland.ac.nz



facebook.com/libraryuoa



IT essentials

- Access to electronic resources
- Computer facilities
- Copying and printing
- File saving and sharing
- Software Google Apps
- Internet and wireless
- Logging in
- Student email
- Safe computing

library.auckland.ac.nz/it-essentials





Learning essentials

Develop your research and study skills

SEARCH



learningessentials.ac.nz

Research skills for postgraduates



- Finding information
- Getting started with your literature review
- Setting up your research profile
- Workshops
- Online resources

Contact a Research Services Adviser on
library.auckland.ac.nz/ask-us

What's on in Semester One?



General Library and Kate Edger Tours

Tours

- Available at Alert Levels 1 and 2
- Monday-Friday, 1-5 March
- 11:30am and 1:30pm (30 min.)
- Meet at the General Library Helpdesk

Workshops

- library.auckland.ac.nz/workshops

Online support

- learningessentials.ac.nz
- library.auckland.ac.nz/ask-us



Te Fale Pouāwhina

Drop in or Zoom:
Monday, Wednesday, Friday
11am - 1pm

Undergraduate

- Ngā māramatanga study skills
- Tuhia ki te rangi essay writing

Postgraduate

- Talanoa Indigenous methodology
- Reading and Writing Group



Leadership Through Learning



A transformative 12-week programme for Māori and Pacific students

Normalises leadership and learning success

library.auckland.ac.nz/leadership-through-learning

English Language Enrichment

- Let's Talk speaking groups
- Writing in English workshops
- Individual language advice
- Online language resources

library.auckland.ac.nz/ele

Inclusive Learning

For students with invisible disabilities

- A specific learning disability (e.g. dyslexia, dyspraxia)
- An attention deficit disorder (e.g. ADD, ADHD)
- An autism spectrum disorder (e.g. Aspergers)
- Other significant learning difficulties
- Kate Edger Information Commons, Level 3

library.auckland.ac.nz/inclusive-learning

Contact us

For Māori and Pacific learners

Te Fale Pouāwhina
tfp@auckland.ac.nz

Leadership Through Learning
ltl@auckland.ac.nz

For English language support
ele@auckland.ac.nz

For Inclusive Learning support
inclusivelearning@auckland.ac.nz



Contact us

For everyone and for any
questions
library.auckland.ac.nz/ask-us

Nau mai, haere mai
Ki Te Tumu Herenga





Sports & Recreation

Sport

UNIM8S Social Sports Leagues

UNIM8S Social Sports Leagues are the perfect way to have fun and get fit while hanging out with your friends, classmates and workmates.



Sports on offer include:

- Basketball
- Volleyball
- Futsal
- Indoor Netball
- Ultimate Frisbee
- Ki o Rahi



Interfaculty sport

Faculties compete against each other in 13 different sports with the overall winner being awarded the Shield at the end of the year.

Sports include:

- Mixed Indoor Cricket
- Mixed Indoor Netball
- Mixed Touch
- Men's and Women's Basketball
- Mixed Badminton
- Mixed Ultimate Frisbee
- Women's Netball
- Men's Rugby
- Mixed Volleyball
- Men's and Women's Futsal
- Mixed Ki O Rahi
- Mixed Waka Ama
- Mixed Hockey



Sport

Tertiary sport

The University of Auckland compete in a calendar of events throughout the year hosted by UTSNZ (University Tertiary Sport New Zealand) and sport NSO's (National sports organisations). Tournaments are held across NZ where each University sends their top team in each sport.

We provide national level coaches and subsidise the cost of travel for students.

Sports include:

- Futsal
- 3x3 basketball
- 5x5 basketball
- Badminton
- Hockey (5's)
- Netball
- Table Tennis
- Ultimate Frisbee
- Volleyball





High performance Support Programme

The High Performance Support Programme helps with the challenges of balancing tertiary study and elite sport or performance commitments and activities.

Support services:

- Rec Centre membership for athletes
- Strength & conditioning support
- High Performance Support Fund
- Development opportunities
- Attendance and assessment flexibility
- Alternative exam arrangements
- Transition and career planning support
- And more!



A group of people are gathered on a paved pier next to a white sailboat. The sailboat has a large white sail with green text that reads 'Quest' and 'RS'. The boat is on a trailer with red wheels. In the background, there is a body of water with several sailboats, a green hill, and a blue sky with white clouds. A person in a black shirt and cap is standing on the pier, looking towards the boat. Another person in a white shirt and black shorts is standing next to the boat, holding a water bottle. A third person in a blue cap and black shirt is also visible. The boat has a blue sticker on the side that says 'THE UNIVERSITY OF AUCKLAND' and 'NEW ZEALAND'. The overall scene is bright and sunny.

Marine Sports

Sailing, Waka Ama, Stand up paddle boarding, Kitesurfing club, Underwater club

Sports and Rec Events

- The Great Waka Ama Race
- Metrogaine
- Black Light Night
- Powerlifting
- And more



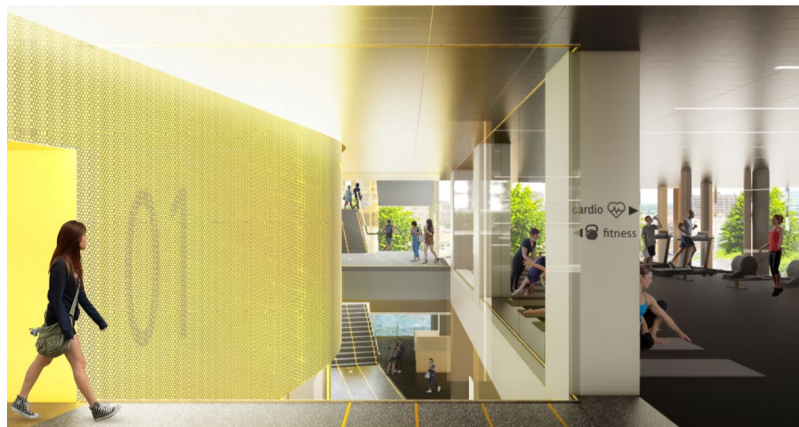
Recreation Centre

- Currently located at 70 Stanley Street
- Inexpensive memberships
- Group fitness classes
- Small group training – Boxfit, Self-defense, Women's fitness
- Fitness assessments and personal training
- And more!

www.universitysport.auckland.ac.nz







Recreation and Wellness Centre

Due to open in 2024!

Connect with us on social media to stay up to date



Scan me!

Rec FB: UoARecreationCentre

Sport FB: UofASport

Sport and Rec insta: uoasportandrec

Website: www.universitysport.auckland.ac.nz