



Practical

- Have a go or work on your cooking skills and ask someone about food safety to avoid getting sick.
- Become friends with the washing machine and vacuum cleaner and learn how to use them well. <https://www.trustedreviews.com/news/use-washing-machine-3664248>
- Learn how to peg your washing outside on the washing line to dry - better for clothes and environment.
- Take a bit of time to look at the annual calendar and plan your year (see attached VUW Key Dates if you are attending VUW)
- Pay a visit to your family doctor for a general health check.
- Visit the dentist especially before you turn 18 and it costs you.
- Purchase a first aid kit.
- Put together an emergency grab bag: <https://getprepared.nz/personal-preparedness/how-to/grab-bags/>
- Join the Vic Deals Facebook Page: <https://www.facebook.com/groups/vicdeals/>
- Join the Helen Lowry Hall Group Facebook: HLH 2021 <https://www.facebook.com/groups/290539085710442/about/>
- Share this message with your Mum, Dad or Guardian and get them to take a look at the following site: <https://www.wgtn.ac.nz/students/new-students/getting-ready/parents-whanau>

Financial

- Take control of your bank account now. Learn how to manage your money and understand your spending habits. Tertiary accounts are available to students through many banks and may have reduced fees
- Sit down and draft a weekly budget to include, rent, course costs, social and personal spending, treats and snacks.
- Know how your rent is being paid and put the key instalment dates into your calendar to avoid any late fees.
- Always have some spare \$ for emergencies or contingencies.
- It may be fees free for some of you in the first year but there are course related costs such as text books and online resources that you will have to purchase in your first couple of weeks. Keep an eye on Vic Deals for second hand book sales or the textbook exchange: <https://www.facebook.com/groups/222405718094756/>
- We recommend applying early for Study Link. You don't need to be accepted or enrolled to apply. 0800 889 900 www.studylink.govt.nz. Remember that Study Link doesn't come in until well into the first term so ensure you have enough money to get you through to that point.
- Apply for a Community Services Card to access discounts on healthcare and other services. Up to 90 percent of students qualify, as eligibility is based on their personal income (limit of \$28,322 per annum), not their parents' income. www.workandincome.govt.nz
- Read the VUW Financial Survival Guide: <https://www.victoria.ac.nz/students/money/loans-allowances/financial-survival-guide>

Lifestyle/ Balance/ Wellbeing

- Try to establish good habits now to stay healthy, fit, and positive
- Learn how to prioritise your own health and wellbeing
- Understand what your time management habits are and plan to continue, adapt or change in order to maintain balance
- Self-Motivate yourself to be organised and take initiative. Don't wait to be told or hope that someone else will do something for you. Choices are yours in 2021 and the consequences, good and bad, are the results of the choices and decisions you make. The Hall team are there to offer suggestions and options but you are the one who will make the choice to take them up or try another road
- Get yourself into a daily routine, even if you are on holiday. Aim to go to bed at the same time most nights and get up at the same time the next morning.
- If you struggle or have struggled in the past with life changes, anxiety or depression work through a 'back up plan' with those who supported you just in case you find this next adventure a little bit of a challenge. Remember is it totally normal to experience nerves and anxiety, and we do our best to make you feel at home really quickly through the activities and programs in the first few weeks. It will be up to you to participate and step out of your comfort zone just a little
- Ask for help if needed
- Plan to get involved and engaged in all areas of university life. Check out what services and clubs your institution has available on their websites
- Plan to make informed but independent decisions about courses but don't worry if they are not what you expected when you start. It is not hard to make tweaks and changes
- Start to look into employment opportunities that will balance with your studies if you need to find work

What and What NOT to Bring

What to Bring	What NOT to bring
Pillow, Duvet, Linen (most beds, unless advised, are regular single). There are linen packs for sale. Ask the Hall office.	Mattress protector – you are given one on arrival.
Towels There are bathroom packs for sale at the hall. Ask the Hall office	Incense, candles, Oil burners and steam diffusers
Toiletries	Bar Heaters
First aid kit, torch and emergency supplies	Old or faulty electrical appliances that do not have a current electrical test tag
Coat Hangers	Toasters, toasted sandwich makers, rice cookers, electric fry pans – actually NO COOKING APPLIANCES
Stationery	Popcorn makers, food processors, or Nutri-bullets
Blu-Tack for posters and pictures on the wall and pins for the study board	Any drinking paraphernalia and some types of alcohol – refer to the student handbook. Note there is a full guest and alcohol ban for the first 2 weeks of residency that is strictly enforced
Cup, plate, bowl, cutlery, reusable water bottle	Fridges or fans
Sealed containers for packing lunch and storing food in your room	Loud speakers and sound systems
Computer and headphones	Firearms or weapons (including replicas)
Laundry basket and washing powder Disinfectant wipes or basic cleaning products to keep surfaces clean	Pets – strictly no pets. There are hall pets already here