



Pacific Handbook

ara.ac.nz



Te Pūkenga



A fia vave o’o
lou va’a, alo na
o’oe. Ae a fia
tuli mamao le
taunu’uga, tatou
‘alo’alo fa’atasi.

If you want to go
fast, go alone; if you
want to go far, go
together.

Cover artwork:
“Never forget where you came from”
Silivelio Fasi

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Welcome

Talofa lava, Fakaalofa lahi atu, Kia orana, Bula Vinaka, Mālō e lelei,



Mālō nī, warm Pacific greetings.

Welcome to Ara | Te Pūkenga. We're thrilled that you've chosen to study here.

Ara | Te Pūkenga has a strong Pacific presence of students, staff, industry and community. Connection and collaboration with each other is key as we all want to help each other to succeed.

I'm excited that your own study journey will open up more opportunities to you, and to our wider Pacific community. While completing your qualification you especially have the chance to meet other amazing students and develop lifelong friendships, so I encourage you to get involved in student life as much as possible.

This handbook is a great resource for you to learn more about the support and connections available during your study. Our Ara | Te Pūkenga team is here for you and you'll meet us at various events. Please reach out whenever we can support you.

Sua Tauti
Director Pacific Achievement

Pacific Advisory Group (PAG)



The Pacific Advisory Group (PAG) provides leadership and influence to Ara | Te Pūkenga in its endeavours to support the participation, success and progression of students and their whānau as Pacific within Ara | Te Pūkenga.

PAG brings forward ideas and points of view from community and other stakeholder discussions. It isn't operational, but it does contribute to forums and give feedback to networks.

Patricia Siataga
Chairperson

The Pacific Island Students of Ara | Te Pūkenga (PISA)

Warm Pacific greetings!

The Pacific Island Students of Ara | Te Pūkenga (PISA) was established in July 2017 and we'd love you to join us.

Our vision is to see a stronger Pacific presence at Ara | Te Pūkenga, and to empower and inspire our Pacific people. We aim to do this through motivating Pacific students to do their absolute best by bringing our culture into campus life.

PISA hopes that by making our people feel more at home and celebrating Pacific culture, they will feel supported enough to achieve whatever they set their mind to.

Search "Pacific Island Students of Ara | Te Pūkenga - PISA" on Facebook for more information and regular updates of our meetings.

Manuia le aso,
PISA Executive Team



Pacific Peer Mentoring

The Pacific peer mentoring programme pairs a second- or third-year Pacific student (the mentor) with a first-year Pacific student (the mentee). Mentors provide connection and relevant guidance to mentees as they navigate their first year of study. This occurs through regular catch-ups and student activities.

From the pilot programme, mentors have identified their key values in working with mentees as:

- Connection
- Open-mindedness
- Empathy and compassion
- Trust, honesty and respect

- Approachability, kindness and equality
- Effective listening and communicating
- Academic, social and cultural awareness

If you'd like to get involved in the programme as a mentor or mentee, please get in touch.

Contact:



Racheal Taula
Pacific Projects Team
Leader
021 226 1398
racheal.taula@ara.ac.nz



Pacific Peer Tutoring

This is an opportunity for first-year students to receive peer tutoring in a course from a past student who has achieved highly in that course. Peer tutors can support students to succeed in their study by sharing “how to learn” and “what to learn” based on their own experiences of study success. They work with students individually or in small groups.

Peer tutors may provide advice on:

- Organisation: where, when and how to study
- Time management: development and commitment to a study timetable for the course through forward planning
- Managing lectures, tutors and course expectations
- How and where to get help

- Keeping motivated and focused
- Participating in class: how to contribute, ask questions, and become involved in discussions
- Managing and learning course content

If you're a first-year student and you'd like to receive peer tutoring, please get in touch and we will work with the tutor to identify and bring on board a peer tutor for you.

Contact:



Racheal Taula
Pacific Projects Team
Leader
021 226 1398
racheal.taula@ara.ac.nz



Pacific Cultural Home

Cultural Home provides our Pacific families with a direct line of contact and support through a Pacific education navigator, while their family member is enrolled at Ara | Te Pūkenga.

A navigator will visit with you and your family throughout each semester and can help with:

- Support with scheduling your semester - how to meet family, community, church and study commitments throughout the semester
- Access to support for your family - what other support is available for you and your family at Ara | Te Pūkenga and in your local community.
- Understanding tertiary study and how to achieve your goals - working together with you and your family to access the right tools to better provide the right support to you as the learner.
- Any communication or knowledge barriers between you, Ara | Te Pūkenga and your family.

The main idea is to understand the different barriers our Pacific Island students face and provide a solution focus that brings your family on the tertiary journey with you, to create a family partnership.

If you are interested in being part of Cultural Home or finding out more about what we do, please contact the Pacific education navigators, Jahan Miller or Mere Kikau.

Contact:



Jahan Miller
Senior Cultural Home
Navigator
021 516 004
jahan.miller@ara.ac.nz



Mere Kikau
Cultural Home Navigator
021 240 1764
mere.kikau@ara.ac.nz



Paying for your studies

StudyLink

One of the ways to fund your studies is to apply for either a student loan and/or a student allowance. A student loan can help pay for:

- **Compulsory fees**
- **Course-related costs**
- **Living costs**

You will have to pay this back once you start working. A student allowance is a weekly payment that will help you with your living expenses while you're studying. You don't have to pay the money back. Please note: if you're under 24, your parents' income is taken into consideration.

To apply for a student loan and/or allowance, you'll need to have a RealMe account. If you don't have one, you can create one at www.realme.govt.nz

After creating your RealMe account, follow StudyLink's 'Seven Steps to your Student Finances'.

Scholarships

Ara | Te Pūkenga offers a range of scholarships each year. We encourage you to apply if you think you might be eligible. If you have any questions, or you need some support, contact your Pacific advisor or email scholarships@ara.ac.nz

External scholarships

These are provided by industry and community donors. They're open to any Ara | Te Pūkenga student who meets the specific eligibility criteria.

For up-to-date information about the scholarships we have available visit: www.ara.ac.nz/student-services/supporting-your-study/scholarships/

Fees free

Getting your first year of study paid for as a first-time learner. There is an eligibility criterion as well as your course or programme must be eligible. Checking your eligibility for this funding can be done by entering your National Student Number (NSN) on their website: www.feesfree.govt.nz

Student support

To ensure your success, our Pacific advisors are here to help you through the hurdles of studies.

Their role includes:

- Assistance with StudyLink applications
- Assistance with enrolments/ applications
- Cultural support
- Pastoral support
- Learning support
- Course and programme information
- Scholarship and hardship information
- Childcare scholarships
- Advice on study and exam preparations
- Assistance with change of programme, withdrawal and compassionate withdrawal applications
- Referral to internal and external services

Contact:

studentsupport@ara.ac.nz

pacificsupport@ara.ac.nz

Visit:

- Rakaia Centre, City campus, Christchurch
- Student Services Building, Woolston campus, Christchurch
- Timaru campus, Arthur Street
- Oamaru campus, Humber Street

Student Advisors:



Ariana Letiu
Student Support Team
Leader - Māori & Pacific
021 830 383
ariana.letiu@ara.ac.nz



Alex Faimalo
Student Support Team
Leader - Youth
021 571 437
alex.faimalo@ara.ac.nz



Reverend Fitifiti Luatua
Fautua ma So'oupu Pasifika
& Pasifika Student Advisor
fitifiti.luatua@ara.ac.nz



La Kidwell
Student Advisor (level 5
to 7)
021 975 059
la.kidwell@ara.ac.nz



Janice Sanft
Student Advisor (level 5
to 7)
021 421 069
janice.sanft@ara.ac.nz



Tara-Lee Taukiri
Pacific Navigator (level 3
to 4)
021 280 8704
tara-lee.taukiri@ara.ac.nz

Student voice

Have you ever had an incredible idea and no one to share it with? Do you lie awake in bed and ponder over problems that you're facing? Do you ever feel like a plastic bag drifting through the wind, wanting to start again? Are you (or someone you know) a current student at Ara | Te Pūkenga? If you answered 'yes' to any of these questions, then I'd like to know you and hear what you have to say.

My name is Ari Dewar and I'm Ara | Te Pūkenga's Student Voice Advisor for students from Oamaru to Christchurch and everywhere in between. I look after the representation of students throughout the organisation and do my best to make things better.

Within Ara | Te Pūkenga, the Student Voice is a powerful tool to create change and we have lots of ways for that voice to be heard including:

- Student representatives
- Student groups (PISA)
- Comment boxes
- Online feedback tools
- Focus groups
- Face-to-face testimonials
- Student Council

Everyone at Ara | Te Pūkenga is seeking positive change to better support student success and wellbeing and we need your input to make that happen.



Contact:

Ari Dewar
Student Advisor
ari.dewar@ara.ac.nz



Student council

The Student Council is made up of 11 students from across Ara | Te Pūkenga who meet regularly to discuss solutions to issues that arise within their departments and communities. The Student Council provides advice to the Chief Executive, and gives a student's perspective on a range of matters. It is a great opportunity to serve your community and to learn a lot from a diverse group of leaders.

If you're interested in giving it a go, feel free to get in touch or come and visit me in C135.

Contact:

Ezra Taulamana
Co-chairperson
studentcouncil@ara.ac.nz

Joshua Roughan
Co-chairperson
studentcouncil@ara.ac.nz

"The history of innovation is the story of ideas that seemed dumb at the time." – Andy Dunn

Student advocacy

Student Advocacy is a free service for all students. The Student Advocate is here to assist students facing difficulties inside or outside Ara | Te Pūkenga that are affecting their studies and their ability to achieve their academic goals. Listed below are some examples.

For issues within Ara | Te Pūkenga, the Student Advocate can:

- Provide support with academic contracts and other related academic policies
- Provide support concerning relationship issues with either Ara | Te Pūkenga staff or fellow students
- Liaise with tutors or heads of schools regarding concerns you may have
- Inform you of Ara | Te Pūkenga policies and procedures
- Advocate for the rights of an individual student, class or the entire student body

For issues outside Ara | Te Pūkenga, the Student Advocate can:

- Assist with problem-solving
- Provide advocacy and support with government and non-government agencies, e.g. StudyLink, Work & Income NZ

- Provide support with everyday life issues
- Provide support and referrals to address alcohol and drug issues, mental health issues, family violence, Court proceedings, housing issues and counselling

In summary, the Student Advocate will assist with anything that interferes with your study while at Ara | Te Pūkenga.

The Student Advocate is a registered counsellor and a full member of the New Zealand Association of Counsellors. They are bound by the Code of Ethics, Bicultural Code of Practice and Complaints Procedure of these organisations.

All records are kept in a locked office in a secure holding facility. All meetings between you and the advocate are confidential unless there are safety issues involved or permission has been granted by you.

Contact:



Duncan Dunbar
P: 03 940 8518
M: 027 273 6246
duncan.dunbar@ara.ac.nz



Pacific Study Space

The Pacific Study Space is a dedicated learning space available for you to use seven days a week. It's a hub for you to connect with each other and get into a regular study routine.

The Study Space includes computers and is intended for individual or group study as well as fono. You may like to drop in before, between or after classes to meet other students, check your emails, complete your assignments, and prepare for tests and exams.

The Study Space also gives students access to Learning Services Support to help you succeed in your study. A Pacific Learning Advisor is available to help you develop your academic study skills. They are present on Tuesdays and Thursdays from 3pm to 4pm during term time.

The Pacific Study Space demonstrates Ara | Te Pūkenga's commitment to celebrating and supporting Pacific students. It fosters stronger learning connections and a friendly support network between students.

Location:

Currently X302, Rakaia Centre, City campus. This location may change during the year.

Hours:

7am to midnight, Monday to Sunday

Learning Services

Learning Services is a free service that offers learning and study advice to Ara | Te Pūkenga students. We focus on supporting you to manage your study and to develop the academic skills required to complete coursework successfully.

Learning Services provides the following:

- **Online and print resources:** these are available electronically and in print format from the Library or on Ara | Te Pūkenga
- **Study and writing workshops:** our workshops are held throughout the year and include topics such as getting started with your study, introduction to academic writing, essay writing and APA referencing

- **Lunchtime QQ sessions:** a great opportunity to get advice from a learning advisor on writing and referencing questions
- **Maths support:** we offer daily appointments with a learning advisor, plus maths Q&A sessions (Monday-Friday, 12pm-1pm), and you can access electronic resources through the Maths Room Online via Moodle and **MyAra**
- **PASS groups:** run by senior students who provide help with course content, these are weekly one-hour study groups set up to help you succeed in core first-year courses

For more information see **MyAra**



Learning Services Pacific student support

- Learning and study advice is available from our Pacific Learning Advisor
- Connect with peers and learn collaboratively in the Pacific Study Space X302
- Come along to Pacific QQ Sessions in the Pacific Study Space (3pm to 4pm, Tuesdays and Thursdays during term time) to get support with your assignments, exam preparation and general study strategies. We also hold Pacific QQ sessions at lunchtime in the City campus Library 11am to 1pm, Wednesday and Friday.

Contacts:



Georgie Archibald
Pasifika Learning Advisor
03 940 8119
georgie.archibald@ara.ac.nz



Solomona Paraki
Pasifika Learning Advisor
03 940 8317
solomona.paraki@ara.ac.nz



Library

The Library offers an extensive range of resources:

- If you have a question about library resources, referencing, or any other academic study questions, connect online during opening hours using:
- Ask Live – our live chat
- The Ara | Te Pūkenga Zoom Library Desk
- Search for books, ebooks, CDs, DVDs and journal articles by entering keywords into Primo Library Search
- Make use of our helpful online Subject Guides and “How Do I” guides
- If you can't find the book or journal article you're looking for, email the APA reference citation for the article or book to the library. If we don't own it, we can usually get it for you from another library. This is called an interloan and is a free service which can take a week or more to supply.
- If you're a distance student, you can have library books posted to you using the off-campus request system
- You can book a group study room in the library or Learning Commons at the City and Timaru campus.
- Study rooms are available at Manawa campus that are not available for booking

The Library has a Pacific collection at the City and Timaru campuses and an online Pacific Study Guide you may use of for your study or personal reading. You can



also like Ara | Te Pūkenga Library on Facebook to keep up with what's new in the Library and follow our Library blog.

For more information see *MyAra*

Contact:

03 940 8089 | library@ara.ac.nz

Visit:

- Rakaia Centre, City campus, Christchurch
- Student Services Building, Woolston campus, Christchurch
- Ground floor, Manawa campus, Christchurch
- Timaru campus, Arthur Street



Disability Services

Do you need help to make study work for you? Do you have a disability, long-term mental health difficulty or Specific Learning Difficulty? If so, Disability Services can provide information, advice, support and equipment to help you study effectively alongside your peers. You may be eligible for services such as:

- Note-taking support in class
- Alternative exam arrangements
- Exam reader/writer
- NZ Sign language interpreter
- Course materials in alternative formats such as enlarged text
- Specialised equipment and furniture
- Software

If you have any questions, we hold QQ sessions in the city campus Library 12-1pm, Monday, Wednesday and Friday

For more information see *MyAra*

Contact:
disability@ara.ac.nz

Recreation Centre

A healthy body can help to have a healthy mind. The Sport and Recreation Centre at our City campus is available for you to get fit or just unwind and have fun with your fellow students with gym, social sports and free fitness classes.

For more serious athletes or people with specific needs (such as nutrition or training requirements), The Zone has state-of-the-art facilities to help you understand your health and fitness, how to improve and get the results you want to achieve.

For more information see *MyAra*

Contact:

03 940 8352

reccentre@ara.ac.nz





Health Centre

Our Health Centre Te Whāre Hauora offers a range of discounted health services for students. These include consultations with nurses, a doctor and counsellors. Students can access three free counselling sessions a year. We take Community Service cards and offer ACC appointments.

All services are available at the City campus, while nurse consultations are available at the Woolston campus on Wednesdays and Fridays, and counselling is available at the Timaru campus by appointment.

If you're a New Zealand resident enrolled at the Health Centre, you can receive cheaper doctor visits and reduced costs for prescription medicines.

For more information see *MyAra*

Contact:

03 940 7566

healthcentre@ara.ac.nz



Career Services

Warm Pacific greetings from the Careers and Employment team at Ara | Te Pūkenga. We provide free advice to current and prospective students, as well as our graduates.

We can help you with exploring your career options.

You may be looking for part-time work while you study as well as employment when you finish your studies. We can help you with job search, CVs, interviews and more.

If you're a current Ara | Te Pūkenga student you can find work opportunities and full details of our services on **MyAra**. These services are available regardless of where you study, and you can access our helpful online resources at any time, even after you finish your studies.

We have drop-in times at the City campus between 11.30am and 1pm daily for quick CV checks etc (no appointment necessary) or if you need more time or want to chat with one of the team, then pop in or contact us for an appointment. We look forward to working with you.

Contact:

P: 03 940 8720
careers@ara.ac.nz

Employment and transitions

The role of the Transitions team is to prepare you for work and may include help with work experience placement, part-time employment whilst studying, full-time employment or an apprenticeship.

The support provided is ongoing and extends beyond the duration of study. We also encourage you to pursue further studies.

- Industry insight – covers the in-depth knowledge of industry cultures and expectations once offered employment
- Careers – provides interview tactics, curriculum vitae and job search skills/ mock interviews
- ADT (alcohol, drugs testing) which takes place at work
- May include a visit to Christchurch museum or other cultural experience
- Budgeting - presentation by finance team covering how to prepare a budget and a session by our hospitality team teaching you how to prepare a tasty meal on a tight budget
- Team building – complete tasks as a group and improve communication skills
- Community law – presentation from experts to provide information on legal support



Contact:



Martin Yeki
Pasifika Employment
Transition
03 940 6089
021 277 8360
martin.yeki@ara.ac.nz



Tony Greenwood
Coordinator - Employment
Apprenticeships
03 940 6089
021 539 823
tony.greenwood@ara.ac.nz

Engagement team

The Engagement team is responsible for engaging with industry, community, iwi and secondary schools throughout the wider Canterbury region and nationally.

Youth and Community Development Representatives:

- Engage with school and community groups for youth under 25
- Implement and facilitate programmes to better engage students
- Work with communities, including the Pacific community, to simplify what Ara | Te Pūkenga has to offer

Workforce Development Representatives:

- Connect with community, church groups and organisations
- Assist businesses to grow staff capability through professional development
- Focus on Māori and Pacific Trades Training
- Create employment or work experience for Ara | Te Pūkenga students

Contact:



Sefa Faletanoai
Business Development
Representative
021 804 697
sefa.faletanoai@ara.ac.nz



Simo Faitaua
Business Development
Representative
03 940 8067
021 278 8182
simo.faitaua@ara.ac.nz



Sam Latu
Pacific Youth &
Development
Representative
021 228 3802
sam.latu@ara.ac.nz



Student profiles



I feel very fortunate being a Pacific student because of the services provided to us.



Ateca Sher — Fiji Bachelor of Nursing

After a lot of contemplation, I decided to further my education to become a Registered Nurse.

First I did a one-year course at Hagley College, then a pre-health qualification at Ara | Te Pūkenga. It wasn't easy transitioning back into student life; I was intimidated at first because I was a mature student and hadn't studied science at high school. However, in that pre-health course I enjoyed my biology and chemistry classes and made an awesome circle of friends.

I started the Bachelor of Nursing in 2018. It was a major step up requiring immense commitment, dedication and focus. Ara | Te Pūkenga offers a strong learning environment, combining nursing theory with application during clinical practice. I'm now about to complete my second year of the degree and I've developed my nursing skills by improving the therapeutic relationship and increasing

my understanding of anatomy and pathophysiology.

I've faced many challenges as a nursing student, especially losing my father and both of my parents-in-law within a year. However, through perseverance and motivation from my supportive family I was able to pick myself up, move forward and focus on succeeding. I'm grateful that the nursing tutors and staff assist students when in need. I recommend Ara | Te Pūkenga as the best tertiary institution for the Bachelor of Nursing because of these supportive staff.

I feel very fortunate being a Pacific student because of the services provided to us, for example our own Pacific support staff and the Pacific Study Space. I'm also grateful that Georgie Archibald (Pacific Learning Advisor) is able to assist me to improve my assignments at Ara | Te Pūkenga.

My main career focus is to become a Registered Nurse in the Canterbury region so that I can help improve the health of our Pacific community and Canterbury as a whole. I thank my husband for his endless support, and my children, parents, families and the Kikau family for being there for me and my family in times of need, especially during clinical placement.

Vinaka saka.



Believe in yourself.



Dianne Williams — Cook Islands Diploma in Enrolled Nursing

Since childhood, I've always envisioned myself working in the medical sector. My journey began this year in March when I was accepted into the Diploma in Enrolled Nursing programme. Within a week I went from a stay-at-home mum to a full-time student.

The reason I chose Ara | Te Pūkenga was because I'd seen how supportive and encouraging the staff were and, most importantly, the high success rate of students studying enrolled nursing.

It's been an amazing experience studying at the Manawa campus, with state-of-the-art technology and tools available for us to succeed in our learning.

The thing I've enjoyed most about the programme is my clinical placements. I've not only been able to get a glimpse of what it's like working in the field but I've been able to apply what I've learned in the classroom.

I feel so lucky to have been given the opportunity to study at Ara | Te Pūkenga. I've loved every part of my course and have felt so supported by my lecturers and peers. I can't wait to graduate and begin my future career as an Enrolled Nurse, where I have the option of changing pathways and doing more study at Ara | Te Pūkenga to become a Registered Nurse.

Dedication, motivation and support play a major part in tertiary studies. As I have no family here in Christchurch, I've had to make big sacrifices and meticulously prioritise my studies at home. Although it's been challenging at times, what's pulled me through is knowing that I'm gathering the knowledge and tools that will greatly benefit me once I enter the workforce.

My advice for our Pacific people wanting to study at Ara | Te Pūkenga is to believe in yourself and know that you will be supported every step of the way by the amazing staff and support services at Ara | Te Pūkenga. They'll help you make that dream career of yours a reality. All you have to do is take that first step and apply.

I would like to say a huge thank you to my husband and son for being my greatest supporters and motivation.



Keep the faith, hang in there and persevere.



Joshua Vaifale — Samoa New Zealand Certificate in Construction Trade Skills Level 3

As a high school student, I made a plan for my future. An Ara | Te Pūkenga staff member assisted me in taking the first step and at age 19 I completed my Level 3 carpentry qualification at Ara | Te Pūkenga..

During my studies at the Woolston campus I grew my knowledge base, gained new skills and tried new things. I was honoured to lead the Woolston students' haka group for Kapa Haka and pick up an apprenticeship before my study year finished.

The carpentry course is a highlight of my life. I'm grateful for all the support and guidance I was given from my tutor and the student advisors. The staff are genuine and very welcoming which created a fanau-based environment - this was the point of difference for me to succeed.

My main motivation to continue and complete my studies is my mother. She was diagnosed with cancer earlier this year and I would like to give back to my parents for all the sacrifices they have made for me and my siblings.

My future plans consist of completing my apprenticeship with Metro Construction and returning to Ara | Te Pūkenga to study a Bachelor of Construction Management. This will hopefully lead me to my goal of starting my own business and eventually taking this back to Samoa. I'd like to start up a technology school so I can share with the people of my culture new skills and knowledge to better themselves, their homes and their country.

If there's any advice I could offer new Pacific students it would be to keep the faith, hang in there and persevere through the moments you feel like you want to give up. Keep it in the back of your mind that you're creating a pathway for your own future, your children and future generations to come.

For more information:



0800 24 24 76



ara.ac.nz
