



Kia ora

How are things going? Starting university can be a challenging and exciting time, a time for personal growth and development. We want to share some resources you can access to look after your wellbeing and to help you thrive at the University of Auckland, both academically and socially.

Don't forget to look after yourself, and if you need anything, we're here to help.

Levelling the playing field

Kia ora, Talofa lava, and welcome. The University is committed to providing a safe, inclusive and equitable place to study and work. Learn more about the University's support for Māori and equity groups.

[Learn more](#)



Haere mai Rainbow students

Former Queer rights officer Lavi Abitbol talks about [support for Rainbow students](#), including the Rainbow Student Network, an inclusive student network run collaboratively with AUSA and student clubs, Queerspace, Trans on Campus, legal name-change funding, unisex toilets and policies.

[Hear from Lavi](#)



Welcome refugee-background students

If you come from a refugee background, welcome. Find out how scholarships and the [Students from refugee backgrounds webpages](#) have helped medical student Tai-iba Hassanian.

[Read Tai-iba's story](#)



Free to be you at university

University is an exciting time for personal and academic growth. Here at the University of Auckland, we work hard to provide a safe place for you to explore what makes you unique. This means that any form of discrimination – racism, sexism, ableism, ageism, homophobia and transphobia – has no place on any of our campuses.

[Learn more](#)

Code of conduct

The purpose of the Code is to develop and maintain a standard of behaviour that supports and enables the University's commitment to being a safe, inclusive, equitable and respectful community; both in-person and online.

[Find out more](#)



Creating Cultures of Consent and Respect

The University's Wellbeing Team has been working on a great series of videos centered around healthy sexual behaviours and creating a culture of caring and consent. Recognising and respecting other people's boundaries is a great way to ensure your behaviour isn't making anyone feel uncomfortable or pressured.

[Learn more](#)



Take a tour of Student Disability Services

Take a video tour to learn how to access our disability services. Hear from students how support from disability and mental health advisers has made all the difference.

[Take a tour](#)

[Make an appointment](#)

Te Papa Manaaki | Campus Care

If you need help, or are worried about another student, we encourage you to use this safe, confidential and free service that supports the health, wellbeing and safety of everyone at University

[Find out more](#)

Things to do this week

- Enrol in [University Health and Counselling](#).
- Check out the [Sport and Rec Centre](#).
- Coming on to campus? Find your way around, including buildings, rooms and parking with [Campus Maps](#) or download the [Kāhu app](#).
- Don't know your ID from your UPI? Terms at Uni can feel like a whole new language. [Learn the lingo](#).
- [Discover all the tools](#) you need to develop your research and study skills online. If you need more faculty-specific information, find it at the new [Study and Research Skills Hub](#) for your faculty.
- Take the [MyCareer Check employability quiz](#) to get pointers as you begin your studies.

Stay in the loop

Keep an eye on your University inbox for the What's On newsletter to know about all the latest events, news and more at the University of Auckland. Get amongst it and connect with us on [Instagram](#), [TikTok](#) and [Facebook](#) to stay on top of the latest happenings.

We're here to help every step of the way. For all general enquiries, including admission, enrolment, and course advice, contact our student support team.

Email: studentinfo@auckland.ac.nz

Phone: 0800 61 62 63



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