



Free Issue 1, 2014

INSIDE:
Things that may
make your life
easier.

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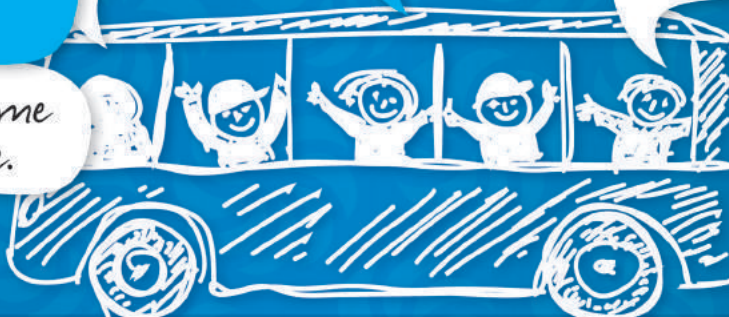
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PRESIDENTS' ADDRESS

Ahoy hoy! Firstly a huge welcome to the new students taking on the challenge of tertiary study this year and welcome back to the returning students here to battle on with another one.

We are underway with another ace year here at SANITI, we have been moved from our epic old pre fab over by the trades block and put back into the Student Centre at the heart of Nelson Campus trying to get it beating again. SANITI actually started off life at here in the Student Centre back in 2002 so we have come full circle, while we do miss our old pre fab it feels good to be back here where it all began!

This issue of VOS is about DIY, the give anything a crack good ol' Kiwi number 8 wire she will be right attitude of getting involved and doing it yourself! I'm not a big fan of paying some other person to do it if I can! Haha!

Anyhoo I hope you all have a fantastic year and crush the study side of things! It is important to find a good study/life balance so remember to walk away from the books every once in a while and do something that you find fun. As always I do rate a good natter so if you see me wandering about campus feel free to stop me for a chat or if you want to fire through an email to me about stuff and/or things do it!

Cheers,
Scott



CONTRIBUTORS

Ben Penketh: Meet the Exec, DIY Desk, Campus Culture, DIY Tyre Change, International Student Happenings, DIY Good Sort Student, 'Hello' Internationally.

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Presidents' Address

Toni Baigent: DIY Guide to Stress Reduction

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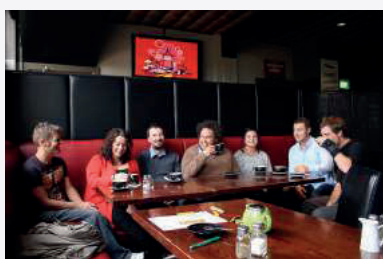
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Disclaimer:

VOS is produced by SANITI, the Student's Association at NMIT. The views and opinions expressed in VOS are not necessarily those of SANITI. All information was correct at the time of printing and some things may be subject to change without notice.

WHAT YOU'LL FIND IN THIS ISSUE.



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International Student Happenings

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MEET YOUR EXECUTIVE



Left to right: Nick Wilder; Bach Counseling, Lisa Hatton; Bcom, Gabriel Cote; Grad Dip Mgmt, Scott Tambisari; Bcom, Abbey Paterson; BusAdmin, Josh Reti; Bcom, Morgan Hunon; Art/Media Design. Absent: Tessa Donald, Rene Cocker

1. Who is your favourite Short-land Street character?

NW - Ha ha the doctor fella
LH - TK Samuals
GC - HA!
ST - No comment
AP - Vinnie - he's pretty hot!
JR - Chris Warner
MH - The one who is the hottest.
TD - None, I don't watch soaps - but I guess Chris because he has had to marry everyone.

3. What was the first thing you did when you got up this morning?

NW - Made coffee!
LH - Watched an episode of Breaking Bad (Season 4)
GC - Wee + made coffee (multi-tasking like a boss)

ST - Ate me some Special K - win
AP - Gave my dog a cuddle!
JR - Made my bed
MH - Made love :>
TD - Cuddled my gorgeous wee baby (who burped in my ear and threw up on my top)

4. You have \$10 for the week what do you spend it on?

NW - Blow it all at the beach!
LH - Wine
GC - Something I haven't bought yet >>
ST - Bank it - savings yo
AP - Probably Yogis - that frozen yogurt is so good!
JR - Coffee
MH - Get some good PIZZA, FISH, BREAD
TD - Depends - is the world about

to end? if so BEER, if not BEER

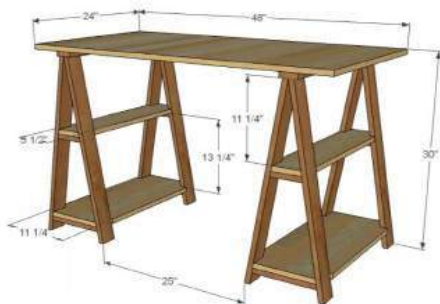
5. How do you get to 'Tech'?

NW - Walk/Car
LH - Car
GC - Walk/Bike/Car
ST - Drove the mighty J-Beags
AP - Walk
JR - Walk
MH - Bike
TD - Walk

6. What's your coffee order?

NW - Cappachino
LH - Americano
GC - Flat white
ST - It's situational son
AP - Nothing for me!
JR - Cappachino hold the ice
MH - Chai!
TD - Flat white as big as I can get!

DIY GUIDE TO: BUILDING A STUDY DESK

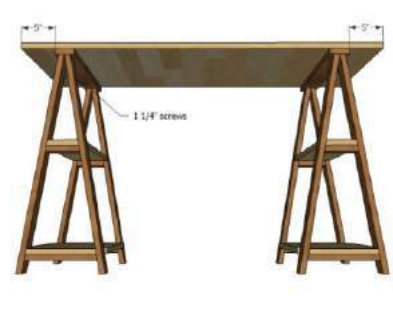
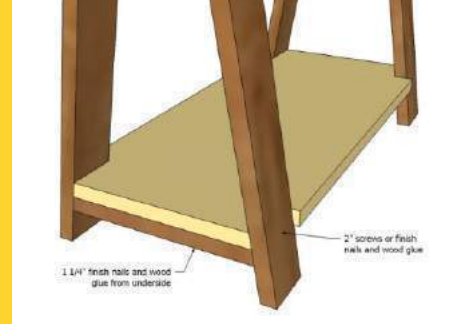
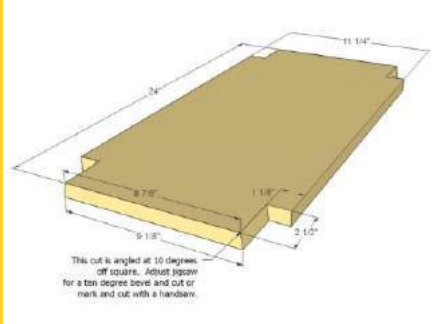
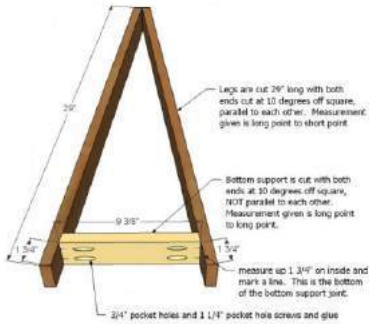


Materials:

4 - 1x3 @ 8 feet long
1 - 1x6 @ 4 feet long
1 - 1x12 @ 4 feet long
1 - 24" x 48" wood panel
1 1/4 inch finish nails
2 inch finish nails
1 1/4 inch pocket hole screws

Tools:

- Measuring tape
- Square
- Pencil
- Safety glasses
- Hearing protection
- Drill, Jigsaw, Mitre saw, Sander, Level and a Drill



WHO ARE WE KIDDING?!

why build it when you can win a study desk.

Simply fill out the form below and drop it by the SANITI office before the 30th of May to be in the draw.

WIN A STUDY DESK!

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Course:

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STRESS REDUCTION KIT

By Toni Baigent

Stressed, starved, and grumpy students TAKE NOTICE!

Today the word 'stress' seems to be applied to just about every facet of life. If you want this word out of your vocab – it may be a good to apply one or two of these tips.

1. Adopt a growth mindset; it is said that when you believe you can improve, you will improve.

2. Sleep well; this one is deceptively simple. Today the world moves fast and even Arnie recommends we sleep faster. But, the world would be a far sight better if people slept more. Imagine a world with less rage.

3. Quiz yourself; not only will it help you make more friends (plugging Ben's article), but it will help you earn the status – 'quiz master'. Remember knowledge/learning doesn't just take place in the classroom. Get out and get learning!

4. Forgive yourself for procrastinating; sometimes it's hard to start an assignment, workout and clean that messy room of yours – but hey that's fine. Forgive yourself for past sins and you will be able to perform better in the future and ultimately procrastinate less!

Directions:

1. Place kit on a FIRM surface.
2. Follow directions in circle
3. Repeat step 2 as necessary, or until headache insues.
4. Cease stress reduction activity.

Bang
Head
Here

5. Take naps! Life is a journey that should be run more like a marathon than a sprint race. Everyone rates a good nap – even Google. They are sleep pods for their employees to take a rest and refresh their minds! Enjoy.

6. Avoid pompous jerks wherever possible; they not only make you feel bad about yourself, you will probably end up acting just like them – and no one likes a jerk! Surround yourself with people that help you improve and bring the best out in you.

7. Finally, Hug more; the gentle pressure of a hug can stimulate nerve endings under the skin which send calming messages to the brain and slow the release of cortisol. Cortisol makes blood pressure and blood sugar levels rise. Effectively managing stress may also help keep cortisol levels down and protect the immune system.

“

It doesn't take much to make a difference to your busy life.

”

CAMPUS CULTURE

Events you may have been at. Otherwise, see you at the next one



A selection of photos from events that have been run by SANITI over the past

few months. No you cannot tag your mates on this page, but you can tell them they are in the VOS publication! brownie points for spotting SANITI staff members.

There are plenty more events in store for the rest of the year; but we are always open to suggestions, so if you have any, come let us know. Hopefully, we can get the ZM team on board with the next few events! their support is always appreciated. **Role**

on good weather, good time and great mates! see you soon.

YOUR FEEDBACK!

Delivering goodies and giving you a good time on campus is one of the things we do here at SANITI!

Let us know how you are enjoying the events/campus lifestyle.

ZM 96.8

HOW TO GET YOURSELF A GREEN THUMB

{tips on plant selection from the master himself - Jaycob Brown}

Recently, due to an unfortunate series of events, I played my part in the tragic death of very expensive and much loved house plant. It's one of those moments when too much love is a bad thing, too much love and too much water, apparently.

Much like the gold fish which died ten minutes after you put it in the fish bowl; the caring of plants can be difficult and costly, especially if you have the touch of death. And if like me, you have no one to blame, choosing the type of plant and the care it gets when your away can be the difference between house plant glory or plant killer failure. With that in mind here's a list of hard to kill plants and care tips. You may recognize them from your grans house.

Kentia Palm –

Classy looking plant which grows naturally in temperate climates, prominent in malls

Rubber plant –

A mainstay of indoor plants, thick attractive thick foliage, on NASA's top plant list.

Arrowhead Vine –

Prolific, quick grower comes back from almost dead or at least dead looking.

Spider Plant –

One of the easiest plants to grow and is proven to combat household pollutants

Norfolk Island Pine –

Can grown to big size, not much water needed.

Snake plant/mother in-laws tongue –

Doesn't need much light or water, on NASA's list of pollution removing plants.

Succulent Anything –

The succulent family are generally plants which naturally grow in arid or harsh conditions, such as deserts and mountain ranges. They are thicker, hardier and sometimes covered in spines. Meaning that like the less than ideal conditions they grow in, the plant may well survive your lack of attention, the long wait between watering and your touch of death.

Aloe –

We'll know cactus, great for treating burns and general health and well being

Kalanchoe thyrsiflora –

Popular indoor plant, is also called flapjack plant because that's what it looks like. Oddly.

Echeverias –

Another attractive succulent which is highly self seeding.

Zebra haworthia –

Striking indoor succulent with fleshy emerald green leaves that you guessed it striped like a zebra

Ox tongue/cows tongue –

Closely related Haworthia, like other plants in this genus you can get away with watering it twice a month.

Ghost plant –

Comes in pale green also and an almost blue colour.

Jade plant –

Closely related to Ghost plant, an ever green it has thick branches and thick shiny green leaves which are a rich jade colour thus its name. Also called money tree.

TIPS TO MAKE YOUR PLANTS FLOURISH!

Now that you've chosen your plant, and are preparing it to receive your love and attention. Or not as the case may be. How do you ensure it doesn't move towards the light in your absence? Here are some handy inexpensive ideas to help you out.

1. Succulents or Cacti –

Move plant into shade and if possible, pinch out flowers and buds as the plant uses more water producing those. Should be good for a couple of months.

2. Make a mini glass house

Using bamboo skewers (or sticks depending on how big your plant is), push into soil around plant ensuring that they are taller than your plant. Now take a plastic shopping bag, making sure it has no holes and put over plant and sticks. Seal tightly with rubber band. Make sure plant is not touching plastic. Boom. one mini glasshouse.

3. Tray of rocks

Line a tray with pebbles and rocks, fill up with water till just very tops of rocks are out of water. Place potted on top.

4. Simple wet towel

Saturate a towel with water and place in sink or bath. Put plants on top. Too easy.

5. Damp Newspaper

For very large plants in large pots, saturate sheets of newspaper in water and place on top of soil in pots. Do at least seven layers.

6. Diapers - not just a baby thing

Just before you go away and if your plant is small enough, repot your beloved plant into a disposable diaper. Then place back into pot. If it fits. The diaper will retain the water keeping your plant moist longer.

7. DIY watering system

Fill a large vase or bucket with water, take a ¼ inch braided nylon cord place one end at the very bottom of your container and the other end straight across to your plant pushing

the other end at least 3 inches below soil level. Place far enough apart so cord doesn't drag or touch ground. Now the water will slowly travelling along the cord, watering the plant while you're away.

GET PLANT - ING

CAEF COURSE GRADUATION {Certificate of Aeronautical Engineering Fundamentals}



On the 16th of April students on the CAEF course graduated!
Special mention to Tyler Da Silva, who was awarded the RNZAF Excellence Trophy.

NMIT LEARNER SERVICES

Email: studentsupporthelp@nmit.ac.nz Phone: 0800 422 733 Ext 655

Nelson Campus - Swing by the Student Help Desk in M Block and one of the team will help you.

Marlborough Campus - Paulette and Shelly are your Advisors, based in J Block. They also make regular visits to the Woodbourne.

NELSON CAMPUS:

Phone 546 9175, EXT655

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OK?

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- Beginning Research
- Evaluating Web Resources

LEARNING ADVISORS

Tukuna kia rere - Believe in yourself and let your dreams take flight! Learning Advisors offer free learning and study support, working alongside you to help you to succeed in your studies.

International

Student Happenings



Above is a collection of photos from the international activities that have run to date - this includes the international evening, Golden Bay and Kaikoura trips, and a Kiwi-ana evening. The international evenings are open to all students and are a great way to meet some of the international students we have on campus. Please see our facebook page for more details on these international events, we are always keen to have more people on the trips, and if you would like to be involved in running them just let us know! (looks good on the CV).

UNEMIG: Union Network of Migrants



UNEMIG is a network of migrant workers within FIRST Union.

We give employment advice through our union's Member Support Centre or migrant advocates, and work on other issues such as immigration and settlement support.

A small weekly membership fee helps us organise and provide services to migrant workers.

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UNEMIG
Union Network of Migrants

POPULARITY CONTEST; A GUIDE TO BEING SOCIAL & MAKING FRIENDS AT 'TECH.

A yarn by Ben Penketh



Tertiary education, higher learning, or even the golden years – however you want to call it. These are the years where lifelong friendships form as you work closely with one another to achieve your educational successes. Close friendships are the key to getting through study. They are there when you need them. When you're on a high, they celebrate with you; when you fall, they help you up again. They enrich our lives, but to create true friendship takes a lot of effort and dedication. Here is my guide to being social and making friends at 'TECH.

Volunteer, It seems like a no-brainer, but, seriously making friends is easy when you're all prepared to help out a good cause and there is also that feel good factor associated with helping the greater good.

Go online, Tinder! There I said it. Imagine how hard it was for your parents to meet people, to do make friends they actually had to meet people. These days we are lucky enough to run a 'pre-qualifying' process before we meet them. Be careful using internet chat rooms, and always be considerate and nice to those you meet on Facebook, Tinder, Twitter, and so on.

Take a night class, This is where you can supposedly meet people if you find yourself in need of people who share the same interests as you. By taking a class in something that you are interested in, you're very likely to find potential friends with similar hobbies.

Steal friends from friends, While this technique is frowned upon at primary school and

those that got involved were labelled as a 'friend-stealer' but many (not all) students in tertiary education have loosened up a bit.

Carpool to Tech, Remember taking the bus to school every morning? I do, and I remember meeting some of my best buddies on the bus. This worked for two reasons, 1) they lived nearby, making befriending them very convenient and 2) they were on the same schedule as me.

Not only is this technique great for the environment, it also reduces the number of car parks that are needed – ultimately saving you all that stress and heartache of parking off-site or wondering whether that sketchy park you took will lead to a ticket, or worse.

Talk to strangers, I know your parents told you not to do this, but you're grown up kids now. The beauty of 'tech is that everyone is in the same position as you are. They are looking to make friends and you can always bore them senseless with your subjects topic matter

when you are close mates!

If all of the above are not your cup of tea then why not think about getting a dog. Dogs are great not just for their unconditional love and companionship but also for meeting people! Take a friends dog to the park or dog beach and you'll know what I mean!

Here at Tech we have a fantastic melting pot of cultures, interests, and talents so get out of your comfort zone and try some of the friendship making tips - you never know, you might find your BFF.

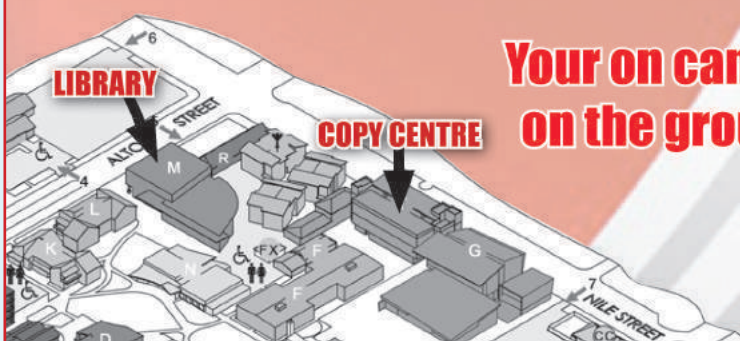
Stay awesome you tech-heads!



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Jo and Neville are the friendly Fuji Xerox team!



How to say hello in different...

LANGUAGES

We're a diverse bunch here in Nelson, but what puzzled me was that for many of us one language is all we can speak. This got me thinking - why don't we try learn?

Here is a start on your journey to becoming bilingual - Goodluck :)

English: Hello, how are you?

Māori: Kia ora, kei te pēhea koe?

Dutch: Hallo, hoe gaat het?

Filipino: Kamusta Ka?

Telugu: Ele unnaru

Punjabi: Kidda, ki haal hai tuhada?

Brazilian Portuguese: Oi, tudo bem?

Italian: Ciao, Come stai?

Now go out and greet someone in another language!

WE WANT YOUR INPUT!

If you have some thing that you think all the students will benefit from hearing, why not have it published in the student magazine! Our magazine comes out in three issues a year - which gives you plenty of time to whip up an article or three.

Here are a few ideas to get you started!

Chat about something that interests you:

Sports/Beer/Fashion/Tech/
Pop Culture

Boost your departments cred:

Adventure Tourism/Beauty/
Commerce/

Trades/Information Tech

Things that grind your gears:

Parking/Smoking/Drinking/
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Your Top Movie Picks of ALL TIME

(and some from the now)

“

Lets get down to brass tacks.
How much for the ape?

”



Tom Baanders

Course of Study: AVT Student

1. Fear and Loathing in Las Vegas
2. American History X
3. True Romance
4. Lego Movie
5. The Great Gatsby



Mark Baccay

Course of Study: CAP Student

1. Avatar
2. Clueless
3. Juror
4. Batman (series)
5. Basic Instinct

“

Put 'em on the table and
leave!

”

“

They're gonna need to send
in the National Guard to take
me out, cos I ain't going no-
where

”



Josh Reti

Course of Study: Bcom Student

1. Training Day
2. Wolf of Wall Street
3. Remember the Titans
4. Ali
5. Power of One



Marama Bevan

Course of Study: Bcom Student

1. 300
2. Avatar
3. Beautiful Creatures
4. The Princess Bride
5. Boy

“

Hey, Chardonnay! Wanna see
some Michael Jackson dance
moves?

”

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