

# VOS

The Voice of SANITI

Issue 1 • 2011  
Free



**Affordable Exercise**

**Meet the New Exec**

**The Future of Learning**

**...and much more!**

# Voice of SANITI

Magazine of the Student  
Association of NMIT

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da  
prez  
sez

## Greetings, fellow students!

I hope you're all enjoying your studies at NMIT and making the most of your tertiary education. It's been great getting to know a new intake of students and help many of you get settled in and find your feet.

The Christchurch earthquake on 22 February has affected us all, and many students have also been impacted by the earthquake and Tsunami in Japan. Our thoughts go out to those students who have lost friends, family, homes and jobs. We know that many students will be feeling unsettled, so please pop in to the office or call us if you need some support. Remember that NMIT provides free counselling sessions for all NMIT Students through OCP. Call them on 0800 377 990.

It was great to see so many students putting their hands up to help and provide support for their fellow students. Our English Language students gave their Japanese counterparts a thoughtful and caring send off prior to their return to Japan with pictures and gifts to remind them of home. And our students based in Marlborough, Nelson and Motueka, together with NMIT Staff, raised over \$1000 for the Red Cross Earthquake Appeal. We should all feel proud of the Student Volunteer Army that helped many homes, businesses and

individuals with the massive clean-up. The Volunteer Army was a wonderful example of kiwi ingenuity and sacrifice, and it was great to see students in the media for a positive reason.

The earthquakes were a timely reminder of the need to keep connected to our communities and to keep an eye out for the needs and thoughts of those around us. In the fast-paced, technology-driven world that we now live in, it was heartening to see people reaching out to others, offering food, money, transport, or just a hug and a cuppa.

In this issue of VOS you'll find some of the latest news happening here at SANITI and in Tertiary Education, along with informative articles on getting fit, studying online and of course, everyone's favourite SANITI columnist, the Ticket Slappa.

We've got lots of great events coming up too – soup days, morning teas, Mataraki, and the Student Pilot Conference, just to name a few! Remember; if you want to help us out, or you need a hand with something get in touch via phone, text or email.

Happy Studying!

Cheers,

*Rachel*

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# Meet the 2011 Student Executive

## Arvin Pitt

1. **What are you Studying at NMIT?** Diploma of Aviation Science (ATPL) or DipAvSci(ATPL)
2. **Why did you choose it?** I've always wanted to be a Pilot
3. **Future ambition – what would you like to do in the future?** One day I would like to be a Captain of a long haul airliner.
4. **What's your favourite TV Programme?** House
5. **You could invite any 2 people (dead, alive or fictional) to dinner – who would you choose?** Not that fussed, good looking, casual conversation.

## Joel Luscombe

1. **What are you Studying at NMIT?** Bachelor of Information Technology
2. **Why did you choose it?** Because I'm too young to be a sage and too old to be a rock star; IT seems like a good middle ground.
3. **Future ambition – what would you like to do in the future?** Finish my final report and eat cheesecake.
4. **What's your favourite TV Programme?** Deadwood or The Wire, depending on my mood
5. **You could invite any 2 people (dead, alive or fictional) to dinner – who would you choose?** Peter Jackson and Fran Walsh: so I could casually pitch them my script about an IT student who fights dinosaurs

## Taya Haldane

1. **What are you Studying at NMIT?** BCOM
2. **Why did you choose it?** For the half a degree for free and the high likelihood of making a lot of money when I have finished.
3. **Future ambition – what would you like to do in the future?** Become a partner of a large accounting firm and then spend my days painting
4. **What's your favourite TV Programme?** Desperate Housewives
5. **You could invite any 2 people (dead, alive or fictional) to dinner – who would you choose?** Bree Van De Kamp to cook for the Mad Hatter and I

## Richard Whiting

1. **What are you Studying at NMIT?** B.com - marketing and professional accounting
2. **Why did you choose it?** Because business and trade are the heartbeat of the world, so its a sensible degree to do.
3. **Future ambition – what would you like to do in the future?** Ultimately get work for a multi-national marketing firm
4. **What's your favourite TV Programme?** I only like the ad breaks
5. **You could invite any 2 people (dead, alive or fictional) to dinner – who would you choose?** Jesus and Hitler

## Scott Tambisari

1. **What are you Studying at NMIT?** Bachelor of Commerce.
2. **Why did you choose it?** To get the piece of paper to go with what I had been doing overseas for the past few years.
3. **Future ambition – what would you like to do in the future?** Establish a vineyard
4. **What's your favourite TV Programme?** Big Bang Theory
5. **You could invite any 2 people (dead, alive or fictional) to dinner – who would you choose?** Peter Griffin, Winston Churchill

## Rachel Boyack

1. **What are you Studying at NMIT?** Bachelor of Commerce
2. **Why did you choose it?** To finish off the degree I started ages ago at the University of Auckland. Might do a Graduate Diploma too.
3. **Future ambition – what would you like to do in the future?** Go on a big looooooooong holiday somewhere warm.
4. **What's your favourite TV Programme?** Criminal Minds
5. **You could invite any 2 people (dead, alive or fictional) to dinner – who would you choose?** Michael Joseph Savage and my Pop (Grandfather) who passed when I was 2 years old.

## Hayden Lowe

1. **What are you Studying at NMIT?** Diploma in Aviation Science Currently completing the Online Business Papers
2. **Why did you choose it?** I've heard Pilots get the girls but that was soon proven wrong
3. **Future ambition – what would you like to do in the future?** When i grow up i would like to fly tourists out of the South Island like Wanaka or Queenstown with the dream of one day starting my own Business
4. **What's your favourite TV Programme?** Family guy, South park or anything made by Seth MacFarlane
5. **You could invite any 2 people (dead, alive or fictional) to dinner – who would you choose?** I would have to say Ron Burgundy and maybe someone like Olivia Wild or Katherine Heigl.



## Becky Duncan

1. **What are you Studying at NMIT?** Contemporary Music
2. **Why did you choose it?** Music is in my bones...and i love to sing...How cool to be studying it full time!
3. **Future ambition – what would you like to do in the future?** Anything to do with music is 'a'- ok with me...will just see what opens up...I am a big one on living for the now and in the present rather than worrying about the future...anything can happen no matter what plans or ambitions you have.
4. **What's your favourite TV Programme?** Ahhhh hmmm dare I admit to being a Vampire Diaries fan...lol
5. **You could invite any 2 people (dead, alive or fictional) to dinner – who would you choose?** Mr Darcy (Pride and Prejudice-he is every woman's dream guy)... & Barack Obama would love a good argument with him...lol

## Aaron Fisk

1. **What are you Studying at NMIT?** I am studying at NMIT because I wanted to stay in Nelson. After doing volunteer work abroad in 2009, I just wanted to learn something but still be in an environment that I was familiar with and like.
2. **Why did you choose it?** See above
3. **Future ambition – what would you like to do in the future?** I'll probably end up as a Computer Programmer. I would love to write fiction or music though.
4. **What's your favourite TV Programme?** Top Gear
5. **You could invite any 2 people (dead, alive or fictional) to dinner – who would you choose?** There are so many to choose from but I might have to go with J.R.R Tolkien and Peter Kreeft

## Linda Dimitrievski

1. **What are you Studying at NMIT?** Bachelor of Arts and Media
2. **Why did you choose it?** It seemed better than packing fish... And I've always been curious about art, but was too scared to pursue it
3. **Future ambition – what would you like to do in the future?** Become a professor, puff away on a pipe carved out of bone and hold the odd lecture. A lecture that's odd, that is.
4. **What's your favourite TV Programme?** Dr Who, how awesome is the Tardis????!!
5. **You could invite any 2 people (dead, alive or fictional) to dinner – who would you choose?** Terry Pratchett and Douglas Adams, word wizards' extraordinaire!

## Blair Jamieson

1. **What are you Studying at NMIT?** BCOM in Management and Marketing
2. **Why did you choose it?** The course as it allowed transfer from Massey and I wanted to get out of Auckland for a bit.
3. **Future ambition – what would you like to do in the future?** Fish (Food) Exporting and Aquaponics.
4. **What's your favourite TV Programme?** Eastbound & Down
5. **You could invite any 2 people (dead, alive or fictional) to dinner – who would you choose?** Charlie Sheen & Jesus

## Deone Greer

1. **What are you Studying at NMIT?** Bachelor of Arts and Media
2. **Why did you choose it?** Because always been self taught artist and it is mainly to learn techniques and to be in classroom and make connections with people. Gain qualification.
3. **Future ambition – what would you like to do in the future?** Carry on being professional artist. And plan b work with kids.
4. **What's your favourite TV Programme?** Two and half Men...but gone a bit bizarre. I don't really have one more into music.
5. **You could invite any 2 people (dead, alive or fictional) to dinner – who would you choose?** Pablo Picasso and Jay S F Parker (Marlborough artist).

## Maggie Koopu

(Maggie wasn't available to answer her Vox Pop, so Jaycob did it on behalf)

1. **What are you Studying at NMIT?** Foundation Studies
2. **Why did you choose it?** With the aim of doing Nursing and my Sister made me.
3. **Future ambition – what would you like to do in the future?** Do what my Sister tells me.
4. **What's your favourite TV Programme?** I don't know what Maggie likes, but I love America's Next Top Model.
5. **You could invite any 2 people (dead, alive or fictional) to dinner – who would you choose?** Have no idea who Maggie would choose, but I would invite George Clooney and who more could you need if George is there?

## Student Loan Changes Signalled

Students will be relieved to hear that the National Government is planning to keep Student Loans interest free, following an interview on TVNZ's Q and A Programme with Minister for Tertiary Education Steven Joyce. However, changes to the scheme have been signalled, in particular, for those aged over 55 and those who are based overseas. The Student loan scheme is currently sitting at 11 billion dollars; of this three billion dollars is held by people who are overseas. Overseas loans account for 15 per cent of all student loans but 55 per cent of the overdue debt. Government has been following up outstanding loans in Australia and is now moving the recovery scheme to the UK.

Options the government are looking at:

- Recall of the whole loan
- Reducing the three year repayment holiday

## Students Over the Age of 55

Students aged over 55 are being targeted and may have access to Tertiary Education limited as a result. The government currently writes off 70 per cent of the student loan debt for students aged over 55.

Options the government are looking at:

- Not funding living costs for over 55 students
- Funding course fee costs only

SANITI Student President Rachel Boyack is concerned that some mature students may not be able to complete their degrees or up skill for a future career. "We have a number of students studying at NMIT in the over 55 age bracket who still have significant careers left ahead of them. Changes for these students would be inequitable", she said.

The good news is that the government has stated it is committed to maintaining 'interest free' student loans at this time and is looking at other options to reduce the cost of the student loan scheme.

But keep an eye on this year's Budget because this is 'politics' after all!

## Pilot Training in NZ

The government currently lends 30 million dollars a year to fund pilot training, many of whom study with NMIT, which is the largest provider of commercial pilot training in New Zealand.

At the same time Government is writing off 60 per cent of the student loan debt of past students with many students finding it difficult to gain work as a commercial pilot.

Options the government are looking at:

- Not funding PPL
- Not funding solo instructor hours

SANITI is monitoring this and will report back next issue.

## SANITI Exec Training

The newly elected SANITI Executive met for training on the 8th and 9th of April at NMIT's Nelson Campus. Included in the training were meetings with NMIT Chief Executive Tony Gray and local members of parliament; Nick Smith (National), Maryan Street (Labour) and Kevin Hague (Green). The Student Executive is responsible for the Governance of SANITI and representing the voice of students to NMIT and the wider community. They are currently lobbying both NMIT and local MPs on issues that relate to tertiary education funding and the impact on students. The Executive are also advocating for wider access to student allowances and better financial support for students.

## Programme Reps Off to a Great Start

The shared NMIT and SANITI Programme Rep initiative is off to a great start this year, with over 60 student reps involved from both Nelson and Marlborough campuses. Nelson reps met twice in March for training and to discuss issues for students, including IT niggles, car parking and the privacy of Individual Learning Plans. In Marlborough, the reps met in April for a tasty lunch and a quick chat about issues, ranging from the state of the campus bathrooms to Video linking between campuses. SANITI and the reps will be following these issues up over the coming weeks.

## NMIT Arts and Media Building Opened



The brand spanking new Arts and Media Building was officially opened on Thursday 31 March by the Minister for Tertiary Education Steven Joyce. Official guests, students and staff were treated to art displays, food from the NMIT cheffing students, beverages, and musical performances, including local band 'Recommended by your Mom'. VOS was there to snap pics of the exciting occasion!



## Introducing NMIT's Newest Group, UniQ!

We are a queer straight alliance. In case you don't know, queer is a reclaimed word that includes gay, lesbian, bisexual, transgendered, intersex, fa'afafine & takataapui identities, as well as everyone in between & not sure.

Why have a queer straight alliance? Unlike most minorities, you can't just look at someone and know that they are queer, it is an invisible minority. A queer straight alliance is a place that people can feel a little less invisible.

Why would a straight person want to join a queer straight alliance? Why not? You don't have to be a member of the LGBTQ community to support it. The more people that show their true colors as members of the community or supporters of the community, the stronger it becomes.

What does a queer straight alliance do? It all depends on the members of the group: some queer straight alliances are politically active, some throw huge Pride Week celebrations, some have

lunch together, some put on and attend conferences, some host educational lectures, but above all, they provide a safe place for people to be themselves. In the beginning of April, in accordance with Pink Shirt Day, our newly formed group assisted those at Q-Youth with a letter writing campaign to Prime Minister John Key to help end homophobic bullying in schools. What a queer straight alliance does depends on its members, it depends on the people it serves to shape what it accomplishes.

**Our meetings are Wednesdays,  
12pm - 1pm in F209.  
Don't be afraid to stop by!**



## Got An IT Query? 0800 POLYIT

From the 9th May all NMIT Students can free phone 0800 POLYIT (0800 765948) to get assistance with NMIT IT issues from our Otago Polytechnic student support desk partners. Available from 8am – 8pm weekdays AND 10am – 2pm weekends during term time, they can help you with loads of stuff from general login, password or PC queries, to using applications like NMIT Online, (Moodle), Windows live@nmit email and Microsoft Office. If you've got a really tricky issue, they can even take remote control of the PC you're on anywhere in the world to help sort you out, (providing it's connected to the Internet...so probably not from the beach). The number is free to call from all mobiles in New Zealand. Fixed phones will be introduced in Nelson & Marlborough Library Learning Hubs—have your NMIT ID card ready when you call. This service is in addition to the existing 'face-to-face' IT Helpdesk on ground floor, A block, Nelson, which is relocating to M block library reception, later in the first half of term 2.

## SANITI Launches New Website

Visit the SANITI website [www.saniti.org.nz](http://www.saniti.org.nz) to see the cleaner and friendlier to navigate homepage. It is now easier for you to find what you're after from the website. The tabs are clearer and there is more relevant and up to date information.

The new and improved website contains:

- Website Redesign – easier to navigate
- Up-to-date and timely information
- Current and previous VOS (Voice of SANITI) Magazine issues
- Resources
- Helpful Links
- Access to the SANITI Facebook page.

## SANITI Facebook Page

### Need another excuse not to do an assignment or study?

Join the SANITI Facebook page today! Our Facebook page is the place to get the latest information on events and competitions being held around the campuses. With loads of photos and videos, our facebook page is an interactive way for you to get up to date with what's going on in your campus and to voice your opinion.

SANITI and Tasman Makos are currently launching a Facebook challenge - be in to win a season pass!

JOIN OUR FACEBOOK PAGE TODAY!

[www.facebook.com/sanitinz](http://www.facebook.com/sanitinz)

## Student Pilot Facebook Page

We also have a Student Pilot Facebook page for all you Aviation Students out there! This fantastic page provides Student Pilot Conference information, photos and resources such as the Aviation C.V Guide. So if you're an Aviation Student and feeling a bit out of the loop, then join the NMIT Student Pilots Facebook Page today!

[www.facebook.com/studentpilots](http://www.facebook.com/studentpilots)





# Orientation 2011

Over a fortnight of fun greeted new and returning students to Nelson and Marlborough Campuses at the start of this year. This year had it all: handbag throwing, sack races, prizes and heaps of food!

Thanks to all of the sponsors who helped make Orientation what it is!

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<b>Gizmos</b>	<b>BNZ</b>
<b>Shark Club</b>	<b>Westpac</b>
<b>Fashion Island</b>	<b>NMIT</b>
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# International Festival

The International Festival is a favourite of many on the SANITI event calendar. The event is a time for international students to show off their culture in song and dance and food. Thanks to every one who helped out and made it the great time that it was.



# Tattoo Winner



The winner of the 'Win A Tattoo Competition' held over Orientation was \_\_\_\_\_.

Thanks to Tim and the Gizmos team for sponsoring the prize.

# St Patrick's Day



Sack races, potato and spoon races, green bread... it can only be St Patricks Day. Green prizes, including \_\_\_\_\_ and \_\_\_\_\_ were handed out to those brave souls who entered.

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by, for and about the Top of the South

**ON AIR**



# Marlborough Quiz



The last Marlborough orientation event was held at Fairweathers pub in Blenheim.

A great time was had by all, especially the RNZAF boys. Thank you to the Marlborough Campus Contingency for their intelligent and witty answers. All those who attended really enjoyed themselves.

Fairweathers hosted an amazing night and even provided cool t-shirts to the winning team!

Fairweathers pub provided special discount cards for all Students in their orientation packs. Head over to Fairweathers pub to redeem your discounts today!

SANITI MARLBOROUGH CAMPUS VISITS

## WANT TO TALK TO YOUR STUDENT PRESIDENT?



Rachel Boyack  
SANITI Student President

- A friendly ear to hear any issues you're facing
- Independent advocacy and support
- StudyLink and WINZ issues
- Academic and enrolment issues
- Complaint procedures
- Programme Reps and the SANITI Executive
- Tenancy and Employment
- International Student support
- Student Job Search
- Referrals to the SANITI Advocate and agencies that can help
- Or just a general chat chat!

To book an appointment email:

[pres.saniti@xtra.co.nz](mailto:pres.saniti@xtra.co.nz) or text 027 545 7491

or just rock up to the Marlborough Campus Learning Hub!

May: Tues 2 & Wed 3  
Tues 17 & Wed 18  
Tues 31 & Wed 1 June  
June Tues 14 & Wed 15

Tuesday times are 11am-5pm  
Wednesday times are 9am-10am & 12pm-3pm



**SANITI: Your Student Association**

# FUJI XEROX



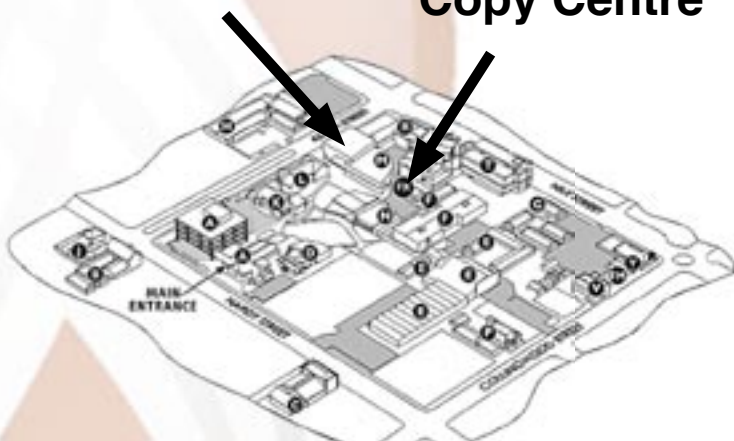
**Your on campus Copy Centre is located in the centre of NMIT Nelson Campus between the library and the Nursing School**



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## NMIT STUDENT SUPPORT SERVICES

☎ 0800 422 733 Ext 655  
studentsupporthelp@nmit.ac.nz

### Student Advisor - International

Marie is a member of the Nelson Student Support Team who is here to assist and support students at NMIT. Marie's role is to work with all students but she is first point of contact for all International students. Welcoming these students on arrival; organising their first Homestay accommodation; providing orientation and information to assist students to adjust and settle into NMIT and the Nelson area. Marie has experience of travelling around the world, so understands what it is like to be new to a country.

### Student Advisor – Helpdesk

For many students Kerrie is the first person in the Nelson Student Support Team that they meet. Kerrie looks after the front desk in the Student Centre; answering questions; giving directions; making appointments; loaning sports equipment and generally offering support and help to all students. The Helpdesk can provide information on local sport and recreation; help you find a Doctor or Dentist if you are new to the area; as well as helping you get in touch with the 'right' person to assist your particular inquiry. Say 'Hi' the next time you pass by the Helpdesk.



**Marie and Kerrie at the  
Student Services Help Desk**

## WANT TO IMPROVE YOUR GRADES?



### COME TO LEARNING & STUDY SUPPORT!

We will give you one-to-one assistance with your study, and offer support if you have a specific learning need. We work with individuals, groups or classes and, along with the Library staff, can help you find information, search the databases and reference your work.

**NELSON CAMPUS**  
THE LIBRARY LEARNING CENTRE,  
M BLOCK  
546 9175, EXT 672

**MARLBOROUGH CAMPUS**  
J BLOCK  
578 0215 EXT 560

**email: [learning.support@nmit.ac.nz](mailto:learning.support@nmit.ac.nz)**

*Don't wait until you're in a panic.  
Make an appointment today!*

# The Future of Learning

Technology is developing faster than students can get in the queue for a SANITI sausage! At SANITI we have held concerns at times for its integration into the learning environment as we needed assurance that this direction was about what was best for students and their education, and not about bottom lines!



NMIT's Flexible Learning Team Leader David Sturrock states NMIT is, like other institutions, in a transitional phase integrating technology into the Learner Journey. "There is no mould", he says, "it's a fluid thing based on what's appropriate for each discipline and the staff skills and comfort. NMIT are focusing on building capacity for ALL in the system – students, teaching and support staff. The focus is on continual improvement and course reviews to identify moves and shifts are crucial. Given that technology is constantly advancing one imagines that we will always be in transition so I guess learners need to prepare to change with it."

## Definitions... Background... Rationale

- Blended Learning. NMIT refer to the Ministry of Education definition which is: "Courses with a blend of online and classroom learning activities with compulsory components in each mode. Online activities extend class work and support significant independent student work on both individual and group tasks. May also make use of significant non-web technologies to enrich learning and support independent student activity (e.g. simulations, virtual environments, media recording/creation etc.). Blended courses require management approval and must follow a formal course design process."
- The Rationale for the move to this style of education is of course the proliferation of technology in and across all sectors of society and industry.
- Online Learning. The Ministry of Education definition is: "As for blended mode, but emphasis is on full distance delivery using online provision of resources and mediation of the learning environment. Require management and possibly external approval and must follow a formal course design process." In a way this speaks for itself and is primarily for those who are distance learners but also taken up by those who require more flexible options than fixed class times.

## Does it have the ability to suit all learning styles?

Blended learning certainly does but for an online learner you do need the qualities of any good distance learner and be a self motivated independent student. One of the benefits is that you can find some really great stuff out there on your learning styles – see [www.vark-learn.com](http://www.vark-learn.com) for a good start. However some learners will struggle with complete online learning given that their personal learning style may be more kinesthetic. Bear in mind that online media is always advancing, as are links into other sources to broaden connections for different learning styles.

## Is this the way of the future for learning?

Yes indeed it seems that the future is going to include greater and greater use of the various technologies available. The parameters are as boundless as the minds of the teaching staff and their students. We certainly hear that some staff at NMIT are particularly innovative at integrating technology in an effective and stimulating way. Instead of group work with your classmates alone you can network with peers across the globe, and draw on international expertise. There is also potential to conduct joint projects with other students in global institutions.

## What are some of the benefits of this style of learning?

See above but additionally for some learners the utilization and integration of technology encourages motivation and engagement with the material and each other to enhance learning. It also has the benefit of meaning that learning can be personalized and you can work independently and be self paced. Remedial and extension work can be designed for you. There are many tools, quizzes and tests you can access. Students can really benefit from the availability of so much and therefore develop "multiliteracies" which can assist in developing critical thinking skills and deeper understanding of concepts and issues.

## What are the cautions of this type of learning?

As stated above those that learn more kinesthetically may struggle with online learning if it is not used creatively to link to hands-on or physical action or activity. The other concerns highlighted in research appear to mainly centre on teaching staff being supported to move forward with the technological age and integrate it into their work in a creative, student-centered and facilitative manner.

The greatest tool we have in this learning age is our imagination and creativity. Learning today and in the future is not so much about the hunting and gathering of information but the analysis and synthesis of the plethora available to you. The possibilities are truly endless for expanding our learning, looking backwards into history and forwards to our future.

"Education is what survives when what has been learned has been forgotten."

B. F. Skinner

Where the technology is augmenting our education and encouraging it being embedded in us— it's a good thing.

# YES!

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# Aviation Study Online

## The Challenges of a Student Pilot in Studying Remotely by Arvin Pitt and Hayden Lowe.

As some of you may know you should be automatically signed up to do at least one online business paper during the start of your course. Talk to your provider to find out their plans. NMIT aviation students Arvin Pitt and Hayden Lowe give their take on remote study and the importance of completing business papers for aviation students.

Studying to be a pilot is not as glamorous as you may think; it doesn't merely involve floating above the clouds week in and week out. Pilots are required to have excellent aviation skills as well as strong business know-how due to their multi-functioning role. Arvin recently spoke with Hannah and Ben who are students taking NMIT's 'Organisation and Management' paper through the online learning service. Hannah and Ben fly in and out of Hamilton Airport daily, and when they can find time, they work on their management paper. Both of them are enjoying studying the paper and are managing the additional workload above their flight hours, as they see the relevance of this discipline. Hannah and Ben agree communication is a key factor for remote campus students, who need to take ownership for their study in some cases and actively pursue communication.

Hayden Lowe reckons logging on to NMIT online has proved to be difficult for most of the students he has talked to. The suggestions Hayden can give to people are **READ THE INSTRUCTIONS!** Problems he has often seen involve students not reading the instructions properly or not even attempting to log on because it's 'too hard'.

Hayden says students frequently have a rant to him that the online papers are rubbish because they believe they aren't relevant to flying an aircraft. Most pilots will at some point in their career be working in a GA environment, which involves more than just the flying. It requires all hands on deck to keep the place running at low costs as well as some form of management knowledge which goes a long way (in all areas of life).

Hayden has heard from most air operators, that they become interested in (and often employ) pilots who jump off the page and stand out. So when there are two people going for the same job and one has a diploma and if you are the one who doesn't, then guess who is more likely to get the job? It also gives you some knowledge to move into other areas of aviation.

The main problem with online study is motivation! I personally find it hard to find the time to sit down in front of a computer and read notes and slides etc as things just seem to pop up of 'higher importance.' There aren't many tips I can give you on how to be motivated you just need to force yourself to sit down and do them. I can assure you that leaving things till the last minute is not the best idea.

Some papers that Hayden has done have block courses in Nelson that are well worth the cost to get to. Hayden says he found the courses to be rather informative and an opportunity to have a discussion with the tutors and class mates. Chances are the other students doing the course will have the same problems as you and they will be talked about and explained. Another piece of advice Hayden gives is that you read the course outline to know what you're up against. Some marks on some courses can be easy to get and may mean the difference between passing and failing. Participation marks for instance, some papers give you easy marks for just logging onto the forums and contributing, it can't be any easier to get at least 10%.

If anyone has problems feel free to contact SANITI and they can put you in touch with Hayden. You can also contact your tutor or the IT department at NMIT.



## All you need to know about enrolling in the Diploma in Aviation Business Papers

SANITI asked NMIT's Nicole Hook a few questions about the enrolment process

1. Diploma in Aviation students should be enrolling through the Aviation school not the business school.

They only enrol straight through the business school if they don't make our requirements with their school results..if they do make our requirements then they enrol through our Provider who then sends it to us to enrol.

2. It is cheaper per paper (about \$100) if they enrol through the Aviation school?

Yes it is a little bit...about \$114.

3. If they enrol through the Aviation school students can sit the exams at their Providers rather than having to come into Nelson?

Yes they sit at their Providers if enrolled through the Provider and not directly at NMIT Nelson.

4. The following papers available 2nd Semester 2011

530 Organisation and Management

560 Business Communication

630 Leadership (prerequisite 530)

Yes both those papers are available.

5. What electives are available 2nd Semester?

520-The Economic Environment, 633- Human Resource Management, 541-Fundamentals of Marketing.

6. Are any of the subjects being offered over Summer School?

We are not sure what will be in summer school as yet but there will be a summer school as far as we are aware.

7. While the papers are not compulsory for students who started prior to January 2011, they are available for them to undertake and can be charged to their student loans as they are enrolled in the Diploma course?

Yes any student can enrol on these papers, its just the 2011 onwards students that are required to enrol with their first enrolment but all can do them.

For more information contact Nicole on [nicole.hook@nmit.ac.nz](mailto:nicole.hook@nmit.ac.nz)

## Student Pilot Conference 2011

Student Pilot Conference is back! Do you want to be amongst and listen to key Industry leaders? Industry Speakers such as Air New Zealand Group and Rotary will be there.

The conference is being held on the 12th to the 14th July at NMIT

Nelson Campus and is open for all aviation students and enthusiasts.

Register for the student pilot conference by contacting Lucy Funaki at SANITI via email [marketing.saniti@xtra.co.nz](mailto:marketing.saniti@xtra.co.nz) or phone 03 546 2425.



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# Pip's Tips: Online Study

Pip Bowler is the SANITI Advocate, contact her through the SANITI office.

I'm a bit of an IT dunce, a Luddite, a Gen X not Y. I know what I need to know and circle w i d e l y around anything extra. However we gather through the SANITI Advocacy service that even - YES EVEN - Gen Y's are struggling to get on board with some aspects of online learning. So let's get some background, some tips, pitfalls and more...

NMIT's online information states: 'Online learning can provide benefits through opportunities for student-centered learning. Online, learners are empowered to learn by themselves and to teach each other. Online, you have the opportunity to share, collaborate and critique each other's work.' See the feature in this edition on 'Blended and Online Learning' for more.

NMIT's Flexible Learning and Moodle team suggest the following for learning online. Here's what they advise makes a good eLearner:

- Practice and self confidence. Online learning can be quite frightening at first.
- Getting to know your other class members, either by attending any face-to-face sessions or by communicating with them online.
- Contacting your tutor when you feel the need or as negotiated with your tutor.
- Using technology to share, collaborate, discuss and practice.
- Breaking your work into meaningful chunks and rewarding yourself when you have finished.

It seems too that one of the great benefits of being an eLearner is the ability to work with others so readily. Below are the sharing and collaborating tips that NMIT's Moodle team offer and they seem worth using.

How do I share and collaborate on my course?

Your tutor will provide opportunities for 'meaningful learning,' through chat rooms, email links and discussion boards and internet searches. These opportunities offer guidance through carefully constructed activities that lead you from the known to the less well known. This is called 'scaffolding.'

In order to use these activities effectively, consider the skills you may develop:

language/content skills, negotiation, problem solving, reaching consensus, synthesizing/ summarizing, observation/analysis, identifying, giving feedback

We encourage you to use every opportunity to share and collaborate, so that you begin to construct a body of skills, information and knowledge that you develop, hone and share with your classmates.

## How do I do this?

- the discussion board - paste updated word processed documents, allocate someone to synthesise your work, share URLs, share and comment on readings, new information, opinions. Your tutor can set up private discussion groups.

- email - send each other your updated word processed documents, allocate someone to synthesise your work. Use the email to set up chat sessions.

Your tutor can set up an email group for you.

- chat rooms - note the rooms that are private. Use these to discuss your work, plans and to allocate tasks.

- student presentations - this allows you to access shared folders, and to upload files.

Your tutor will set you up in a group. (Note: not all courses use this feature.)

- the Internet - use the Internet to search for information, making sure you carefully evaluate sites and avoid plagiarising.

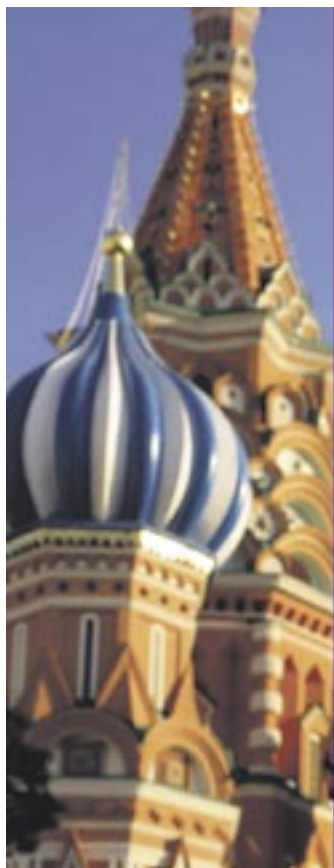
Reference: Jonassen, D.H., Peck, K.L., & Wilson, B.G. (1999). Learning with Technology: A Constructivist Perspective. Upper Saddle River, NJ: Prentice Hall.

However if you are having initial set up problems, technical hassles such as just getting your course materials and getting started then try [www.nmit.ac.nz](http://www.nmit.ac.nz) and go to NMIT Online in top right corner OR phone 0800 422 733. ALSO always remember to utilise support from the Library Learning Centre, the Moodle Team or your On-Line Course Tutor or Administrator. They are all there to help. Also please contact us at SANITI for support of any sort.

Remember get help early and engage with the course early to ensure you are up to speed. This style of learning can be very challenging for some learners so get your teeth into it and ask for help if you are unsure.

It seems to me having read all this that to be a successful online learner you have to have the qualities of any good distance learner. You need good self motivation, organisation and discipline. You need to really engage with the mode of learning and do this early and proactively.

Acknowledgements go to David Sturrock and NMIT Online for their tips for online learning. Many more help sections are on the NMIT website. Hunt around.



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### House of Travel Nelson



From left-right: Fiona Burns, Talei Ramsey, Brendon Maguire, Alex Chisnall, Amy Parlane

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# Student Issues: Accommodation

**Yo' Mama don't live here no more!**



Do you remember your first flat? I do, and it's not for good reasons.

Saying I was unprepared would be putting mildly. It wasn't like your favourite soap-opera 'Friends'. Not even close.

So if you can't heat water without setting something on fire, and if for the last few years, your Mum/Dad/Girlfriend/Boyfriend/Brother/Sister/Cat/Dog has been doing all the cooking, cleaning and washing in your house, now is the time to learn about looking after yourself and flatting!

Sadly if the above paragraph is true of you in any way, you're in for a number of shocks.

Foremost among these will be the sudden and sometimes unwelcome realisation that the afore mentioned group (Mum/Dad etc) will not be there to do what they usually do. Sad but true. It's now down to you to wash your clothes, keep the place clean and make meals.

Here are a few helpful hints to make life sweeter and hopefully so much easier.

## **Work out a budget and stick to it!**

No one wants to slum it with baked beans or noodles every night, so a budget is key to making sure you can afford to pay the power bill and buy decent groceries.

Figure out what your fixed costs will be (rent, power, internet etc), how much you can afford and what you are left with once you have paid all the fixed costs.

And be realistic. There's no point in living in a swanky apartment if you are unable to buy food or pay bills. And nothing will make your new flatmates angrier than having to pay for themselves and you. On the other side of it, living in something that says "early crack den" and is likely to be condemned by the local council, just to save a couple of bucks might be, I don't know, well, in a word: Insane.

## **Flatting with you BFF isn't always the best idea.**

Don't automatically assume your best friend will be the best person to live with, remember sometimes the best friendships have suffered the kiss of death, because you see each other all the time and live together. Different attitudes to cleanliness or incompatible social routines will have a big impact on the harmony of your house and can lead to ruined friendships and far too much drama. Look for like minded people who you're comfortable being around. Be ready to do your share of work...and payments.

A case in point was my first flatmate and my best friend at the time, we'll call him Rex. Tragically Rex and I are no longer friends, the reasons for which will become obvious.

Having been the apple of his Mother's eye, Rex had never had to do anything for himself (right up to moving out of home and gracing our lives) frankly if she'd have chewed the man's food for him if she thought she could have got away with it.

Admittedly, before he'd lived with me I'd found this hilarious. That was until I realised he still expected for this to magically keep happening. Yes I also was disbelieving. It boiled down to one simple fact really. Rex was a spoiled child. From dirty dishes being left in the kitchen for weeks and wet towels left in the bathroom for an equally long time to music being played till three am the day of my final exams. The final killer was his mum coming around to tell us off for being too hard on her boy, although on the up side once I got a chance to share a piece of my mind with her on modern parenting skills or lack thereof and strangely after our wee talk she and her son left our place. Who says you can't get your cake and eat it too?!

## **Share Responsibility**

Whether its dishes or bills – make sure the load is even. (Remember Rex?)

Have different accounts in different flatmates' names so one person doesn't have all the responsibility (and the liability!). Have one person do the power, another the phone etc, that way you're all responsible for making sure those bills are paid. It's also a good idea to have a flat account that money for rent, bills and cleaning products.

Just make sure everyone is contributing the same amount and paying when they should. Nothing and I mean nothing makes people go postal faster than always having to pay for others. Have an agreement on what's paid when and stick to it.

## **Insure yourself**

You probably don't think this is necessary as you don't own a lot and frankly it comes down the list after eating, living inside and paying the bills. But for a measly fourteen bucks every couple of months you can have your contents insured. Most banks have some kind of package and maybe will do you a deal. Most of us regardless of our income have a cellphone, ipod or mp3 player and maybe a laptop. Add to that the cost of your clothing, shoes bits and pieces.

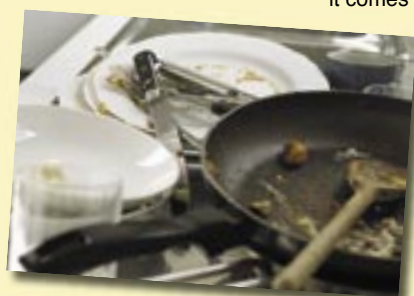
And lastly and most importantly...

## **Be considerate**

Living with flatmates could see you forming some friendships that will last you the rest of your life, just remember it's not only your space it's theirs too. Keep things tidy, if you make a mess clean it up, properly. Wiping the mess around doesn't count.

Depending on what your flat agreement is, don't come home with company at 3 in the morning, making lots of noise and expect your flatties to shower you in smiles. If you have a problem, be polite and be an adult. Talk directly to the person concerned not everyone else.

And just remember everyone is different, that's part of what makes flatting fun! Just because you're used to doing things one way at home doesn't mean you can't do things differently.



**Handy links to information about tenancy and flatting, and finding flatmates**

[www.dbh.govt.nz/flatting-101-moving-in](http://www.dbh.govt.nz/flatting-101-moving-in)

[www.easyroommate.co.nz](http://www.easyroommate.co.nz)

[www.goingflatting.co.nz/](http://www.goingflatting.co.nz/)

[www.sorted.org.nz/life-stages/starting-out/going-flatting](http://www.sorted.org.nz/life-stages/starting-out/going-flatting)

# Affordable Exercise

No more excuses that exercise is too expensive! The team at SANITI has suffered blood, sweat and tears to find fun, affordable and local exercise options for all NMIT students! Trace Perry an NMIT Applied Fitness Student provides her expert advice on what exercise option is right for you and looks at the benefits of exercise.

## Lucy Funaki tried Waka Ama (Outrigger Canoe Paddling).

Waka Ama (Māori), Va'a (Tahitian), Wa'a (Hawaiian) or Outrigger Canoe Paddling—call it what you will, but paddling is the ultimate individual or team sport (according to me). I first got involved when I was at high school and riddled with fat rolls...and have never stopped paddling since! Waka ama is an outdoor activity which helps to develop a strong mind and body, as it is both physically and mentally demanding. With six paddlers in a waka, teams usually train together three times a week all year round—rain, hail or shine (depending on how tough you are).

Canoes range from single to two to four to six man (person) canoes, so if you don't like people or being part of a team or if like me, you love people and teamwork then there is a paddling form for you.

Not only can paddling be a great physical and mental workout, but you can feed your competitive streak too, summer months see the sprint season with racing distances from 500m to 1500m and the winter months focusing on marathon distances from 10km up to 42km.

The first time I went paddling I fell out of the waka and smacked myself in the face with the paddle but after that my attitude was bring it on...and I haven't stopped since. After a lot of training and coaching I went on to compete overseas representing New Zealand at the 2004 World Sprint Championships in Hawaii, and also in Tahiti and Rarotonga, as well as competing in various races all over New Zealand.

I met my husband and best friends through paddling; it is more than just a sport but a way of life. If you want to be part of a whānau, where you get fit whilst meeting new friends, travel and take advantage of the many opportunities paddling presents, then check out your local club.

Maitahi is a local Nelson club located at Akersten Street, with a full year student membership at \$30. For further information see [www.maitahi-outrigging.org.nz](http://www.maitahi-outrigging.org.nz). Whakatū Marae also has a club, email Susan Tawaka [tawakaz01@hotmail.com](mailto:tawakaz01@hotmail.com) for further information or see their website [www.whakatumarae.co.nz](http://www.whakatumarae.co.nz).



## Lucy Funaki from SANITI tried Kung Fu

Kung Fu is a fun and challenging way to build both muscle and cardiovascular fitness. After my first Kung Fu class I realised very quickly that I was no Jackie Chan but rather Kung Fu Panda...at the beginning of the movie. I have come to the conclusion that this sport is for people who need both a physical and mental challenge and are patient enough to persevere and perfect the complex craft that is Kung Fu! This was obviously not me. Oh well.

Chan's Martial Arts School are located in Blenheim at the school hall at Bohally Intermediate School (is the first entrance doors 36 McLauchlan Street, Blenheim). Training times Tuesday and Thursday evening 6:30 till 7:40pm.

Chan's Martial Arts School is also located in Nelson at Old gym, at Nelson Boys College, Waimea Road, Nelson. Entrance to the old gym is located off Franklyn Street. Training times are Wednesday evening 6:30 till 7:50pm.

## Pip Bowler from SANITI describes Yoga

Looking for that extra bit of flexibility in your life? Then yoga is the answer for you! Not only is it affordable but it is also a healthy way to relieve stress. The idea of yoga appealed to me as I thought, what better way to lose weight than lying around and stretching every now and then? How easy could it be? How wrong I was... I didn't realize how long you have to pose hailing the sun and how staying in one position for such a long time can impact on and build your muscles. I'm a huge yoga fan now; a week doesn't pass by when I haven't had my fix at least three times. Yoga is my de-stress tool and helps keep me young and nimble.

The Yoga Space is \$8.50 per class and runs from the Central Arcade on Trafalgar Street, Nelson, Monday and Wednesday from 7:15pm to 8:30pm.

Kathy's Yoga —this is a blissful class with lots of core on the floor work and a guided meditation at the end. Nice! These classes are \$7 and are held at Auckland Point

School, Mondays at 5:30pm.

NMIT—Yoga with Sue Hallas. Originally established to offer NMIT Staff an opportunity to de-stress after work hours, it has grown and is now frequented by staff, students and others. Classes are \$7, plus bring a mat and a belt. Every Tuesday and Thursday, 5:15 to 6:15pm, N Block, Student Centre, NMIT Nelson Campus.

## Pip Bowler from SANITI looks at dance classes.

Now dancing is definitely an affordable and fun way to exercise, without even feeling like you are exercising. Not only do you reap the physical and healthy benefits but dance classes definitely improve your moves on a Saturday night in the clubs!

There are so many dance classes around from Zumba to Kani Kani or you could even dance it up in the clubs...maybe I shouldn't be encouraging this. How about dancing it up in front of the mirror in your bedroom? Maybe not?!

Zumba with Marcio Molinari – this class is a hoot! A bare-chested Brazilian man shaking his tail feather and you follow along. It's an exercise and a floor show all in one! Student rates are \$6 per class or \$50 for ten sessions. Classes are every day of the week at different times and venues in Central Nelson.

Monday: 9:30am – Age Concern Hall, 5:45pm – Stoke Hall, Tuesday: 9:30am and 6:00pm – Wakapuaka and 8:00pm –67 Trafalgar St and Thursday: 6:00pm – Wakapuaka and 7:45pm The Hub.

Contact Marcio on 021 02721840 or email [Marciomolinari7@hotmail.com](mailto:Marciomolinari7@hotmail.com)

Zumba classes also run at Victory Square. This class is fun and not too hardcore. Get to check yourself in HUGE mirrors – not cutely cutely after an hour of booty shaking! Classes are \$5 every Wednesday 7 pm, Victory Square Community Centre.

## Alison Hart examines Mountain Biking

So I have been asked to write an article about cheap exercise options. Isn't it ironic that doing no exercise is free, (yeah I know

think of all the health issues). But it's a bit like the good food/bad food argument. Good food is more expensive so we eat less of it; maybe the fact that is hard to find cheap exercise options is why we are doing less of it.



After a bit of thought I decided to take on biking as I periodically take on the challenge of riding some of the mountain bike tracks, often walking quite a bit of the way. But under \$10 how do you do it! Much to my surprise a quick check on 'trademe' produced a list of more than a dozen bikes that current bids were sitting at under \$10 (how much they will go for is another question). So maybe you can get a bike for under

\$10 and for good measure a helmet thrown in. My preferred option is to borrow, as I know several people with pretty flash gear who will lend me their 'hand-me-downs'. So all kitted out where do you go?

Nice flat track – Railway reserve. Runs between Nelson and Richmond and means you can always stop for a coffee along the way.

Beginner mountain bike tracks – I love the new Kaiteretera Mountain Bike Park. They have rides for all levels and their 'easy' tracks are great fun.

Intermediate mountain bike tracks – Atmore – Codgers Track. A bit more work but doable for the technically challenged (unbalanced and of little ability). Felt great when I got back and was followed by going out for breakfast as a reward!

Highly technical (only for experts) – Coppermine – Maitai. Now I haven't actually ridden this track as that would just be suicide but I did support someone for the "Coppermine Classic" race so I feel qualified to talk about it. There are actually several tracks you can ride up the Coppermine that take from 4 to 12 hours (I would be packing my overnight bag for that one).

Anyway if you are keen to give biking a go, check out trademe or borrow a bike and helmet off a mate and check out the Nelson Mountain Bike website [www.nelsonmountainbikeclub.org.nz](http://www.nelsonmountainbikeclub.org.nz). Marlborough and Distant Campus students maybe you can send me some bike track suggestions for the next issue. If they are nice and gentle and include wine visits I might take them on!



## Jaycob Brown - Thoughts of a couch potato on affordable exercise

In my place of work, I am the lowest common denominator.

Everyone, with maybe one exception (the last bastion of sanity) is exercise mad. Apart from said bastion, everyone in my office is either running somewhere, paddling something or zumbaing with an attractive Brazilian man, whose adversity to shirts has made him a bit of a hit. And then there's me.

If couch potatoing (wow I just made up a word) was an Olympic sport I would be a shoo-in for the silver at least. I have a black belt in procrastination, hard won through many, many hours of doing nothing. So saying I'm adverse to exercise is a bit of an understatement, frankly I think twice about changing the channel if I can't reach the TV remote.

After some not so gentle persuasion from my colleagues I will be reviewing the easiest and cheapest of exercises. Walking.

So I started out earphones in, good music going and I'm off. In Nelson where I live there's lots of choice, I could go along the water front (most notably, not up the centre of New Zealand), so out to the Japanese garden it is. Hmmmm at the speed I walk that's about an hour half round trip.

According to something I read on the net, if I have breath to sing the song I'm listening to then I'm not going fast enough. So crank it up and off we go. About an hour into it I realised a couple of things. This must be what people call chaffing and a mostly inactive lifestyle doesn't lend itself to immediate rapid exercise. A couple people I passed on the way look worried, I can only take this as a sign of how terrible I look. Oh well no pain no gain is that how that goes?

So here I am lying face down on my bed, I haven't even taken off my new shoes! The next day, I really was feeling the burn, mostly in my butt. This is strange because I wasn't walking on that. Oh well.

At least with walking you can pretty much do it anytime anywhere.



Trace Perry, pictured, is currently studying towards a Degree in Applied Fitness with the aim of training Para-athletes in the future - integrating aspects of management, testing, training and rehabilitation.



### Benefits of exercise on study:

We all know the health benefits that can be realised by simply ceasing to sit and starting to move. The Ministry of Health in New Zealand recommends a minimum "of 30 minutes of moderate intensity physical activity on most if not all days of the week". Such activities prevent diabetes, heart disease and high blood pressure. Controlling weight and decreasing the risk of osteoporosis.

Exercise has also been linked to increased 'memory recall' due to better blood vessel development in the brain; allowing an individual to be more alert. It can also alleviate anxiety, stress, depression and frustration when done on a regular basis.

### Advice for students:

- Exercise should be fun, because the more you enjoy it the more likely you are to do it regularly – so find something you enjoy doing, and have fun!
- If you can't find 30 minutes in your day to complete some form of exercise, break it up in to 10 or 15 minute achievable slots throughout the day.

Around campus:

- Take the stairs, do it a few times and turn it in to your workout
- Bike to class
- Park further away and walk
- Take a walk during the break – it's the easiest exercise you can do, with minimum expense

I think the biggest challenge when it comes to exercise is 'our own mind' - which creates laziness and lack of motivation – so get a group of like minded people together, set a realistic goal, and go about achieving it

- But remember when you first start out, self manage your body. Pay attention to the aches and pains. Allow time for the muscles to repair and recuperate, therefore allowing them to become stronger.

### Benefits of doing:

**ZUMBA:** Is a great all over body workout using a range of muscle groups:

- Arms/shoulders: constant movement and require holding up
  - Legs, including inner and outer thighs with cross over movements
  - Great for core because of twisting requirements

A good cardiovascular workout which increases your heart rate for a sustained period of time, burning calories and conditioning the heart.

**WALKING:** Works the heart if done with increased intensity, thus burning calories

Arm and shoulder muscles are used when you pump your arms up to your chest or shoulders. It shapes, tones and builds muscles of the legs, hips and buttocks.

To increase strength and muscle tone in the upper body, you may need to do extra exercises such as push-ups, or pulling a something heavy such as a bucket full of sand and attached to a rope toward you.

**MOUNTAIN BIKING:** Greater predominance on the use of the leg and buttock muscles i.e., quadriceps (front of thighs), hamstrings (back of thighs), gluteals (bum) and calf muscles (lower leg). When standing to get uphill the glutes are engaged, we also pull up on the handle bars to increase our power, therefore also using our arm muscles. We stabilize our bodies by using our core and back muscles.

If done frequently and with enough intensity it will not only burn calories and help the cardiovascular system, but your muscles will respond by getting stronger, resulting in a leaner, fitter body with greater stamina.

**WAKA AMA, OUTRIGGER CANOE PADDLING:** Is very reliant upon using all your upper body strength not just the arms. These individuals use their entire core, shoulder, back and arm muscles. Whilst the muscles in their legs are used to a lesser extent for stabilization.

This sport not only improves the condition of the heart and muscles, but also calls upon balance, co-ordination and flexibility.

**KUNG FU:** Requires the use of all the muscles in the body in a very controlled format. There is strong use of the core; these muscles offer the base of a strong stance, enabling individuals to complete fast, powerful movements with dynamic explosiveness.

It encourages strength, flexibility, endurance and discipline.

# Course Profile: Hairdressing

As part of the new qualification in advanced hairdressing, students must work in a professionally run hair salon (Headzone) where they practice the skills of their trade, providing colours, cuts and blow waves to clients. VOS writer Lucy Funaki visited the salon and observed the students in action.

Stepping into the hairdressing school on a Friday evening is like taking a trip down to my local hairdresser. There is a hive of activity as students cut, blow dry, colour and style clients' hair all under the watchful eye and guidance of their experienced lecturer Cherie McIntyre. The hairdressing lecture room, which is called, 'Headzone Hair Salon' is set up as a fully functioning salon. There is a friendly receptionist, a range of high quality hair products for purchase as well as the trade mark washing stations, blow dryers and most importantly— skilled and enthusiastic student hairdressers. The only difference between Headzone and a 'commercial' hair salon are the various mannequin heads with wigs for students to practice cutting on.

Cherie has developed the new Advanced Hairdressing Certificate with the aim of increasing students' employability. The main focus of the course is to ensure that students have more skills than an untrained or unskilled apprentice.

'By having graduates enter the workforce they will generate money as soon as they start, this means the industry will not need to spend any further money on training,' Cherie says. 'Therefore, the industry will merely need to be a guide and continue to motivate and encourage the graduate.'

This is the first year the course has been running and is made up of both theory and practical components. Students have to learn about the chemicals which they will be using and how chemicals react on different hair types and what effects they could produce. Once the theory is mastered, students then learn practically how to apply and treat the chemicals on clients.

Cherie says that the overall focus of a hairdresser is the hair quality and the quality to which the clients' hair is left at, once they have finished treating or cutting it. Cherie's quality focus is demonstrated as she methodically makes her way from student to student providing advice and encouragement, as well as ensuring that all clients' needs are being met.

I talked to budding hairdressing student Louise about course life. Louise decided to do the course, as at school she was into art and liked being creative and the thought of being desk-bound made her weep. Last year Louise did the first year certificate in hairdressing apprenticeship and discovered that this was the career for her. She built up her skills and founded a base skill set for herself, which in turn helped her confidence grow. Her next step was to enroll in the advanced certificate course.

Louise advises that anyone considering enrolling in this course should have a really hard think about it, making certain that hairdressing is the right career for them. The course is a lot of money and it is not as easy to get a job once you have graduated as you may think. It is a really competitive industry to find a job. You've got to be passionate about hairdressing. She says it's also a good idea to get a little experience in a salon prior to enrolling, as there is nothing worse than getting a job after completing the course and realizing that you don't like hairdressing.

The salon is open to all members of the public and is a very affordable and professional service. If you have some spare time on your hands and need a hair cut or if you're after a new look then book a time at Headzone the hair salon at NMIT.

Headzone is located on the second floor, T Block, 71 Nile Street, Nelson.

Prices range from \$7 for a haircut to \$50 for a full set of foils. For further information or to book a time, phone 03 546 9175 ext 706 or email [hairandbeauty@nmit.ac.nz](mailto:hairandbeauty@nmit.ac.nz).



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# The Ticket Slappa

It's been a while since I've seen anything at the movies, during winter months leaving the house in anything skimpy or revealing is really like having a death wish. So after

donning something sensible for a change, on a blustery chilly afternoon, I made my way down to the local cinema to see what was on offer.

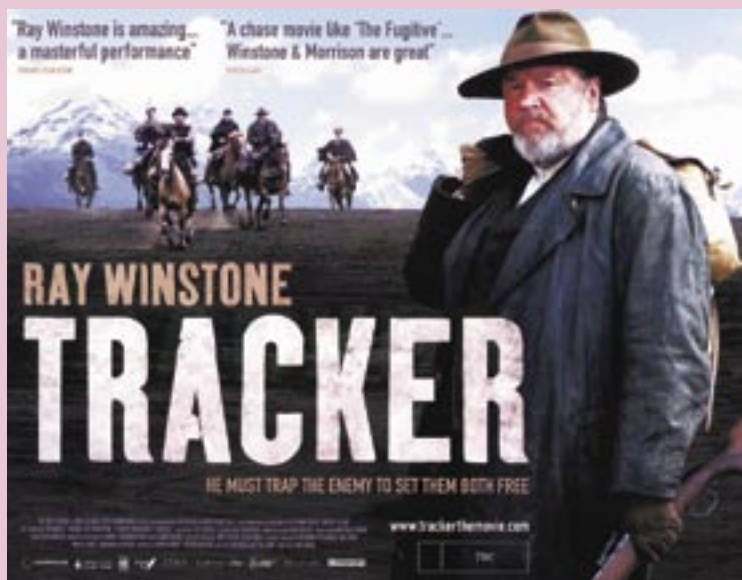
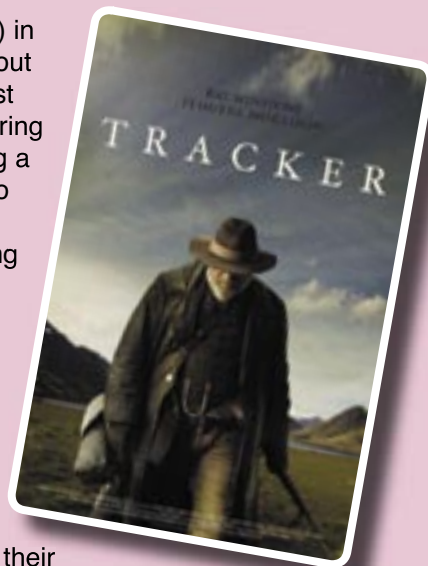
Having seen the number of movies I have, I like to believe (rightly or wrongly,) that I'm able to decide what will be good or not. For those of you who have read any of my articles, you'll know I make decisions at a whim. I haven't seen any kiwi movies since the fantastic *Second Hand Wedding* (2008). So seeing the movie *Tracker* (2011) was on offer pretty much decided me.

*Tracker* starring English actor Ray Winstone (most notably memorable for his outstanding performance in *Sexy Beast*) and Temuera Morrison (your not in Guatemala now doctor Ropata!) and is set in early colonial New Zealand.

An ex-Boer war guerrilla (Winstone) in New Zealand (was surprised to find out this also is the name of a war, not just feathered accessory) is sent out to bring back a Maori (Tem) accused of killing a British soldier. Gradually they grow to know and respect one another but a posse, led by the British Commanding officer is close behind and his sole intention is to see the Maori hang.

This movie reminded me of enemy mine the 1985 classic, the meeting of two opposing people who when it all boils down to it share some very basic similarities which provide the basis for an understanding. Both actors bring depth and movement to their parts. Sometimes it's easy to forget our history as a people hasn't been that long in the making.

This movie has some fantastic scenery it's easy to see why film producers come to New Zealand; as a canvas, NZ has some breath stealing scenery. This is a movie everyone should see.



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# Student Life: Cieran Semaine

VOS writer Lucy Funaki caught up with NMIT Student Cieran Semaine, a Trampoline professional and successful coach.

## What are you studying?

Mechanics – Automotive Engineering

## How did you get involved with Trapolining and what motivated you to start?

I grew up in Christchurch and got my first trampoline when I was three years old. I really really loved it and thought to myself I want to take this further. I talked to one of my school friends who was involved with trampolining and found out about a club and joined the club through him. I haven't stopped since! I started off with a kind of social aspect but then became really competitive.

## How long have you been doing it for?

I've been doing trampolining all my life, but have been coaching for 2 1/2 years.

## What aspects of trampolining do you enjoy?

I love the adrenalin you get when you master new tricks. The adrenalin is really addictive. I also really like the social aspect of it; I have made heaps of really good friends through it. I also really like the fact that there is always something to learn especially when learning new tricks.

The best trick I can do is called the full in, half out; it involves a double front flip and a one and a half twist.

## Have you had any injuries?

I have broken my arm three times in three consecutive years.

## What training is involved with trampolining and what do you do?

A minimum of six hours a week on the tramp and a minimum of two hours on the double mini tramp. Also do additional muscle conditioning sessions in the gym.

## What competitions and achievements have you been involved with?

I won the most improved trampolinist of the year in 2007 for my club, Impact Alfa and last year I won all round Sportsmanship for my club, Impact Alfa.

I have competed in a huge number of regional and national competitions.

## What advice do you have for people wanting to get involved?

Just do it, it is great fun. But the best piece of advice I could give is no your limits and stay within your limits. It can be a dangerous sport if you don't stay within your limits and this can cause serious injury.

## How did you get into coaching it?

Through my club and I also did two coaching course in Christchurch through Gym Sport New Zealand. After I had completed the courses I then shadowed a coach for a term at Gym Sport, Nelson. I am currently coaching recreation groups and individuals under Gym Sport, Nelson.

## What is one tip you can give on improving your trampolining?

Look at where you are, no point doing a flip if you can't see what you are doing.

## What are your ambitions for the future?

Love to have my own competitive pre-comp children to train from novice to competitive. I would love to coach a team to compete at the Trampoline worlds.





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