

WELLNESS WEEK

Ensuring you get the **balance** you need while studying at UNE



Program for First Year Residents

Sunday 17 February: Move in Day

Time	Session	Location	Leaders assisting event
10:00am-5:00pm	All colleges open for check in	Individual college receptions	All leaders at their College
2:00pm-3:00pm	Parents' information session	Duval Conference Centre	Not required
7:00pm-9:00pm	JCR event - alcohol free	Individual colleges	JCR Leaders at their College

NOTE: Colleges will be open from 10am for student drop off. When you arrive at your college, ensure you check in at your college reception with staff and student leaders to receive your keys and room allocation.

Monday 18 February: Day 1

Time	Session	Location	Leaders assisting event
6:45am-7:30am	Optional morning walk/run	St Albert's College carpark meet 6:45am	All leaders welcome
8:30am-9:00am	Walk 'up top' with leaders	Lazenby Hall	All leaders
9:00am-9:05am	Welcome to Country	Lazenby Hall	All leaders
9:05am-9:10am	The week ahead - Georgia Pearlman	Lazenby Hall	All leaders
9:10am-9:20am	UNE Operations - Mark Creagan	Lazenby Hall	All leaders
9:20am-9:50am	Be A Better Human - Ben Bible	Lazenby Hall	All leaders
9:50am-10:20am	Guest Speaker - Mary McMillan	Lazenby Hall	All leaders
10:20am-10:30am	Director of Residential System - Ashwin Bhutani	Lazenby Hall	All leaders
10:30am-11:00am	Morning tea (provided)	Fountain Courtyard	
11:00am-12:00pm	Stress Less - Matthew Johnstone	Lazenby Hall	All leaders
12:00pm-1:00pm	Lunch (provided)	The 'Stro	
1:00pm-2:30pm	Counselling and Psychological Services	Lazenby Hall	All leaders
2:30pm-5:30pm	Free time	Armidale	
7:00pm-9:00pm	JCR event	Individual colleges	JCR
From 5:30pm	IT support staff available in each college	Each individual college	
	5:30pm - 6:30pm: Earle Page Dining Hall	5:30pm - 6:30pm: Mary White Computer Room	
	5:30pm - 6:30pm: Duval College Dining Hall	6:45pm - 7:45pm: Robb Dining Hall	
	6:45pm - 7:45pm: Austin Dining Hall	7:00pm - 8:00pm: Wright- College Boardroom	

Tuesday 19 February: Day 2

Time	Session	Session	Leaders assisting event
6:45am-7:30am	Optional morning walk/run	Wright College Office meet 6:45am	All leaders welcome
8:00am-8:30am	Walk to EBL with leaders (prior to 8:30am)	Walk to SportUNE with leaders at 8:15am	RF/RT/RA Teams
8:30am-10:30am	Group One: Robb/Austin/Earle Page/ Duval Location: Business/Law Lecture Theatre 1 Topic: Driver Awareness by PCYC	Group Two: St Albert's/Mary White/Wright Location: SportUNE Topic: SportUNE Taster Session	JCR Exec training with Graham Watson
10:30-11:00am	Walk to EBL with leaders (prior to 11:00m)	Walk to SportUNE	RF/RT/RA Teams
11:00am-1:00pm	Group Two: St Albert's/Mary White/Wright Location: Business/Law Lecture Theatre 1 Topic: Driver Awareness by PCYC	Group One: Robb/Austin/Earle Page/ Duval Location: SportUNE Topic: SportUNE Taster Session	
1:00pm-2:30pm	Lunch at Summer (provided)	SportUNE	
1:00pm-5:00pm	Summer Dress Theme: "Aussie Summer" - Dress up! Bring: Clothes that can get wet + sunscreen/hat/water bottle/towel	SportUNE	All leaders welcome

Wednesday 20 February: Day 3

Time	Session	Location	Leaders assisting event
6:45am-7:30am	Optional morning walk/run	Earle Page College office meet 6:45am	All leaders welcome
Pre 10:00am	Free Time	Colleges	
10:00am-10:30am	Walk to your First Session as stated below	Lazenby Hall	
CONCURRENT SESSIONS - SPLIT INTO COLLEGE GROUPS			
10:30am-12:00pm	Group One: Robb/Austin/Earle Page/ Duval Session: Alcohol and Drug Education Location: Education Lecture Theatre 1 - Room 133	Group Two: St Albert's/Mary White/Wright Session: HAZE Education Session St Alberts: In your own Dining Hall Mary White: In your own Dining Hall Wright: Lewis Lecture Theatre	RF/RT/RA JCR Teams
12:00pm-1:00pm	Lunch (provided)	The 'Stro	
1:00pm-2:30pm	Group One: Robb/Austin/Earle Page/ Duval Session: HAZE Education Session Robb and Duval - Back to your own college Austin: Arts Lecture Theatre 3 EPC: Orala Lecture Theatre	Group Two: St Albert's/Mary White/Wright Session: Alcohol and Drug Education Location: Education Lecture Theatre 1 - Room 133	RF/RT/RA JCR Teams
2:30pm-5:30pm	Free time	Armidale	
7:00pm-9:00pm	Wright/Mary White/Duval(non-drinkers)	Trivia @ the Stro'	Any leaders welcome
7:00pm-9:00pm	EPC/Robb/Albies/Austin/Duval	See your JCR for evening activities	

Thursday 21 February: Day 4

Time	Session	Location	Leaders assisting event
6:45am-7:30am	Optional morning walk/run	Robb College Office (near flag) meet 6:45am	All leaders welcome
<p>Brent Saunders presentation "Sexual Harassment and Sexual Crime" will be divided by gender: FEMALE PRESENTATION: 10:30am - 12:30pm MALE PRESENTATION: 1:30pm - 3:00pm <i>For any individual who does not identify with a certain gender please feel free to reach out to your Head of College to discuss which session you may wish to attend.</i></p>			
10:00am-10:30am	Females walk 'up top' with leaders	Education Building	
10:30am-12:45pm	Female Presentation - Sexual Harassment and Sexual Crime - Brent Sanders 15min post presentation survey (Males - free time)	Lecture Theatre 1 - Room 133	Female RF/RT/RA Leaders to walk up - however not required to stay for session
1:00pm-1:30pm	Males walk 'up top' with leaders	Education Building	
1:30pm-3:15pm	Male Presentation - Sexual Harassment and Sexual Crime - Brent Sanders 15min post presentation survey (Females - free time)	Lecture Theatre 1 - Room 133	Male RF/RT/RA Leaders to walk up - however not required to stay for session
3:15pm-5:30pm	Free time	Armidale	
9:00pm Onwards	Fresher 'Stro Night (18+ event) Theme/dress: Graffiti Party Wear a white shirt that can be written on	The 'Stro	All leaders encouraged
7:00pm-9:00pm	Granny Bingo (U18 and non-drinkers) Dress: 'Granny and Grandpa'	Magwick Hall	All leaders encouraged

Friday 21 February: Day 5

Time	Session	Location	Leaders assisting event
7:30am-8:00am	Free Yoga	Lawns in front of Duval College	All welcome
8:00am-11:00am	Free BBQ Breakfast	Lawns in front of Duval College	All leaders
11:00am onwards	See your JCR for activities	Individual colleges	

Saturday 22 February: Optional Activity

Time	Session	Location	Leaders assisting event
8:00am	Armidale Parkrun (Every Saturday 8am) 5km Run/Walk. This is a FREE community event for all ages and levels, you just need to register online before your first run/walk. Don't forget to bring a printed copy of your barcode to your first run/walk.	SportUNE Register here https://www.parkrun.com.au/register/form/	Anyone welcome

Please note:

Your college leaders will communicate any last minute changes to timetabling due to wet weather or any other unforeseen circumstances.

If a presentation contains sensitive information, a trigger warning will be given at the beginning of the session.

We also encourage you to bring your own drink bottle to each session.