

I Need to Talk to Someone

OUSA Queer Support offers one-on-one support to students from confidential chats about gender identity and sexual orientation, to navigating transitioning, advocacy for students facing discrimination and more.

If you need **flatting support**, from issues with your flat mate and flat hunting, to the legal stuff, OUSA Student Support has your back, make an appointment and have chat.

Just in general feeling down, maybe your course isn't what you thought it would be, you're missing home or your relationship isn't working out? Our **OUSA Student Support advocates** are here for the big and the small stuff - nothing is off limits.

The ousasupporthub.org.nz is there for you if you want to start online and get more information!

Are you fed up with Uni policies? Chat to the exec about what processes are in place for students and how to access them, and how to make a change.

If you don't want to talk, but just need a cuddle - our OUSA **Student Support dog José** is available for love and hugs Mondays and Wednesdays when you just want some quiet space or are missing your dogs at home.

Let's Keep in Touch!

OUSA

Student executive, events and more!

📍 640 Cumberland Street, Dunedin

🌐 ousa.org.nz

📘 OtagoUniversityStudentsAssociation

📷 ousanz

OUSA Exec

📷 ousaexec

Student Support

📍 262 Leith Walk, Dunedin

🌐 ousasupporthub.org.nz

✉ help@ousa.org.nz

☎ 0800 12 10 23

☎ 03 777 3910

📷 ousastudentsupport

OUSA Queer Support

✉ q.support@ousa.org.nz

Clubs & Socs

Clubs, Services and Recreation Programme

📍 84 Albany Street, Dunedin

🌐 ousa.org.nz/clubsandsocs

✉ clubsandsocs@ousa.org.nz

📘 ousaclubsandsocs

📷 ousaclubsandsocs

Critic Te Ārohi

🌐 critic.co.nz 📘 [critictearoahi](https://critic.co.nz) 📷 [criticmag](https://critic.co.nz)

Radio One

🌐 r1.co.nz 📘 radioone91fm 📷 radioone91fm

Mon 6th - Sat 11th Oct '25
Top Up Together



Ways to Wellbeing

Clubs
& Socs
ousa

Headstrong

ousa *student* support

I'd Like to Find my People

We know how hard it is to find likeminded people and make friends, here are some suggestions that might help you to find your people.

We have **150+ clubs and societies** - from academic, to arts, sports, social and cultural clubs, whatever your interest is you can find a club for you.

From events to rec programme at Clubs & Socs and everything in between, we have lots of opportunities for you to come along and meet new people.

Check out what's on at ousa.org.nz

Did you know that the **OUSA sauna** is a hidden gem for meeting great people? We've got a friendly community of regulars who are always keen for a chat, and some have even formed lasting friendships. If you're into wellness, it's the perfect place to connect with like-minded folks.

Monday Mingle - the second Monday of every month during semester. 1-2pm at the OUSA Student Support Hub. Run by your friendly Peer Support team.

I Just Need a Break

Looking to relax? Try out our sauna, at **\$6** it's a deal not to miss.

OUSA **yoga** is a great way to de-stress, we've got session almost every week day, starting from **\$5**.

Read **Critic Te Ārohi**, find them all over campus or read online - critic.co.nz

Throw on some headphones and listen to **Radio One 91FM** - r1.co.nz

Book a room at OUSA Clubs & Societies for free, whether you just need to chill, get away from your flat, dance, exercise, grab a guitar from reception and have a play, borrow a sewing machine, or practice the piano - we have it all.

Living in a hall or somewhere without a kitchen? Grab your friends and **book the kitchen** at OUSA Clubs & Socs. There's no excuse to not have a dinner party.

Head over to Student Support to cuddle our **OUSA doggo José**.

Check out **OUSA Student Support's Mauri Tau room** for a relaxed place to unwind and take a breather.

There are various shared spaces in the link including a **Women's room**, **Parent's room** and a **Queer space**.

I Want to Give Back

Interested in the music life? Join the **Radio One volunteer team** to get involved in everything music related and maybe learn a few new things - r1.co.nz/volunteer

Got a passion or skill and want to share this? **Start your own club or society**.

Are you already a member of a club? Why not give back by becoming next year's exec?

If you're passionate about writing and student life, join the team of **student journalists** at Critic by reaching out to critic@critic.co.nz.

Become a **peer supporter** through OUSA Student Support.

Join the Are You OK? team - our safety team provides students with a non-judgmental, approachable, and friendly source of support, so come along to events and help your peers.

ousasupporthub.org.nz/about-us/are-you-ok

I'm Broke

Come grab breakfast on us - we offer **Free Breakfast Monday** to Friday from 8-10am at Clubs & Socs.

\$5 Dinner - with the Bowling Club: *Mondays - Thursdays* we offer Bowling Clubs meals for pick up at Clubs & Socs. Order online at thebowlingclub.co.nz before noon the day of and pick up at C&S between 4:15 & 5:30pm. If you're super broke they'll hook you up with a free meal! Just reach out to them!

Struggling to pay for groceries this week? Get in touch with Student Support for a **food bag** or **veggie voucher** to keep you going.

Keep an eye out on the Clubs & Socs instagram '[ousaclubsandsocs](https://www.instagram.com/ousaclubsandsocs/)' for our freebie Fridays - we give away free stuff all the time - pasta, beanies, bread and more.

Our **rec programme** at Clubs & Socs offers some **free workshops** from 'managing your money' to cooking classes, it's constantly updating so be sure to check back.

The ousasupporthub.org.nz has a load of content to help you out including budget templates.

\$4 Lunch - the cheapest lunch you can get on campus! Just pop in to Clubs & Socs *Monday - Friday 12-2pm*, bring your container and buy dinner too!

Did you know? **Free condoms** available at OUSA buildings.

Free clean and hot showers at OUSA Clubs & Socs!

I Will Embrace New Experiences

Try out something new like salsa, sewing, kickboxing or pottery - we have a wide variety of courses and workshops from cheap as chips to free as part of our **rec programme** at Clubs & Socs.

Check out our upcoming **events** like Market Day, gigs and comedy nights. We always have something going on (some even alcohol free). Head to OUSA for all details!

Get involved with exec and help on a campaign or a university committee.

Get new insights by listening to **Radio One 91FM** or reading **The Critic**.

Leave your comfort zone and join a club or society.

Effect change in the quality of learning and teaching for you and your class by becoming a **Class Rep** through Student Support.

Looking to embrace your creative side? Our brand-new **craft room** is open anytime - bring along your project, sip on a hot chocolate, and enjoy a cozy space to craft, create, and unwind.

