

Kete Magazine

Health and Welfare for New International Students

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Credits

Compiled by Anna McMartin & Amy Prebble

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Information for students new to New Zealand

ABORTION

An abortion is a medical procedure to end a pregnancy by removing the foetus (the beginnings of a baby) from a woman's uterus.

If you think you might be pregnant see a nurse at Student Health to talk about your options.

In New Zealand abortion is legal until you are 12 weeks pregnant and in some special situations up to 20 weeks of pregnancy.

Women who live in Dunedin go to the Dunedin Hospital for this procedure. If you are not a New Zealand resident it costs between \$850 and \$1050. Your medical insurance will probably not cover this.

If you do not have enough money but need an abortion please discuss this with Student Health as there may be financial support available (or see OUSA Student Support Centre).

Having an abortion is a difficult decision; you might want to talk about your feelings with a counsellor at Student Health or the Dunedin Hospital.

No one can make you have an abortion, not your boyfriend, your friends or your parents, it is your decision. All health care in New Zealand is totally confidential, so you can choose who you want to know.

ACCOMMODATION

The University Accommodation Office has a variety of short term and long term accommodation solutions. Visit them at; www.otago.ac.nz/about/accommodation/index.html

Flatting

Before you go flat hunting it is imperative you know your rights and responsibilities according to the New Zealand law.

Most tenancy agreements last for 1 year, from January 1st to December 31st. Usually rent for your flat must be paid for the whole year, unless you can find someone else to take over your room (this is called assignment).

Tenants in a flat together are usually 'jointly and severally liable'. This means that if your flatmate does not pay rent or breaks something, you might have to pay for it.

Usually the cost of electricity is not included in your rent. You will be sent a bill every month for the electricity you use.

Electricity can be expensive; students often get surprised at the cost of this.

It is important to pay your rent to your landlord. Do not give it to a flatmate to pass



onto the landlord.

It is your landlord's job to fix any problems around the flat not caused by the tenants. You don't have to pay for this unless you have caused damage to the flat. A small number of landlords do not treat international students well. If this happens to you, contact your students' association. If you think a landlord is asking for too much rent, don't sign the tenancy agreement. Get some advice from your students' association first. Do not verbally agree either. In New Zealand verbal agreements can be binding.

Studio Rooms

This is a furnished room for 1 tenant. Usually there are several studio rooms grouped together in one building. All studio room tenants share a common area and a large kitchen. Usually a house phone, cleaning of common areas and some or all of the electricity you use are covered by the rent for your studio room. Before you sign a tenancy agreement (lease, or the contract between a landlord and tenant), make sure the landlord writes what services you will get on the agreement.

If you have an accommodation problem visit your students' association. If you have a home stay problem, you could try talking to an international advisor first. If you are living in a flat or a studio room, the following contacts will also be useful.

<http://www.flatting101.co.nz>

This website will let you know what your rights and responsibilities are as a tenant. It is an extremely useful website. If you would rather talk to somebody on the phone for tenancy advice and information;

Call 0800 TENANCY (0800 83 62 62)

From overseas: +64 4 238 4695

Hours of operation: 8.00 am to 5.30 pm NZT Monday - Friday

Email: info@dbh.govt.nz

<http://www.ousa.org.nz/flatting.php>

This website is useful for more tenancy information and also about sharing a house (or flat) with others (flatmates).

If flatting is not an option you would like to explore there is also the option of living with a host family (home stay).

The University of Otago Language Centre and Foundation Year organises 300 host families. There are a variety of different situations so that each student's preferences can be accommodated. For example if you prefer to live with a family with or without pets, young or older couples, vegetarians, farm stays etc.

Home stay students are provided with breakfast and dinner Monday to Friday and 3 meals a day during the weekend. The student's bedroom is private and fully furnished. This includes a study desk and chair. Independence is ensured by giving the student their own house key.

All homes are on a regular bus route to the University area and are within a 25 minute bus ride. Foundation studies strongly recommend home stays to international students under 18 years of age. This is because they meet the requirements of the Code of Practice for the Pastoral Care of International Students. For more information contact



Email uofs.accommodation@otago.ac.nz
www. otago.ac.nz/foundationstudies
Tel 64 3 4795710
Fax 6434795251

Living with a host (Home stay)
Otago Polytechnic Students

Students using the Otago Polytechnic service are required to stay a minimum of 4 weeks. After this time their contracts can be cancelled with 14 days notice. Many students stay in a home stay for a short time while they look for a flat.

It is around \$224 a week for home stay accommodation. Three meals a day are provided with a private fully furnished bedroom.

To find out more visit
www.otagopolytechnic.ac.nz/students/international-students/accommodation.html

ALCOHOL AND DRUGS

Alcohol and drugs alter your consciousness. People feel differently after having ingested them. Often people find they make decisions they wouldn't normally make. One of these decisions may be to have sex. Later, when they're sober, people often wish that they had not done this.

Drinking can also cause people to have accidents and hurt themselves. It is important to stop and think; "Would I make these decisions if I had not ingested alcohol or drugs?"

Some international students are surprised by the binge drinking culture common amongst NZ students. It can be annoying to make friends with NZ students when they are drunk only to find the next day they don't remember you! There are many fun alcohol free things to do and many NZ students that do not binge drink.

Visit <http://www.ousa.org.nz/recreation.php>. for some ideas on how to make friends. Or look at the section entitled Cultures on Campus.

In New Zealand many drugs are illegal. If you get caught, you will have to go to court and pay a fine. If you want more information on this please visit the following website.

www.nzdf.org.nz

Drink Spiking:

The New Zealand police provide information about drink spiking on their website;
www.police.govt.nz/safety/publicplaces.spikeddrinks.html

To spike a drink is when someone puts a drug in your drink without you being aware of this. Their intention maybe drug assisted rape or sexual assault. Drink spiking is a crime. Remember you are not to blame - the perpetrator is always 100% responsible. Rape and sexual assault are crimes. To reduce the risk of this, do not leave your drinks unattended.

Evaluate whether it is safe to accept a drink from a stranger.

Where To Get Help

- Drug Rape Trust NZ.
- Rape Crisis - can support you and it may help to talk to someone even if you are not sure what happened to you.
- Local hospital emergency centre - staff are used to dealing with all types of physical assault. New Zealand Police - there are police officers specially trained to work with sexual assault situations.
- Alcohol Drug Helpline 0800 787 797 (10 am to 10 pm, seven days a week).
- Sexual Abuse HELP Foundation 24 hour Support line.

In any emergency situation remember to ring 111.

CULTURES ON CAMPUS

Otago University Students' Association has a building devoted to providing space for student clubs, societies and short courses. For more information and a description on what the following clubs and societies do, go to;
<http://www.ousa.org.nz/recreation.php>.

Sports Clubs

Alpine Sports

Basketball – Men's

Basketball – Women's

Canoe Club

Capoiera

Cricket -

Cycling

Debating Club

Dive

Fire Performance and Juggling Club

Football Club

Harriers and Multisport

Hockey

ITF Taekwon-Do (ITFNZ)

Karate

Mountain Biking

Netball

Rowing

Rugby Union

Squash

Swords

Fencing

Volleyball

WTF Taekwondo

Societies

ACT

AFROTAGO-African Students' Association

Amnesty International

Anthropology

Anthroposophical Society
 Applied Science Students' Association
 Baha'i Society
 Beiwang Literature Society
 Brunei Students' Association
 Cambodian Culture Club (CCC)
 Campus Greens
 Cantores
 CathSoc
 Community Support Youths
 Duke of Edinburgh Award Club
 Dunedin Chinese Methodist Youth Fellowship
 Dunedin Overseas Christian Fellowship
 Fiji Club
 History, Art history and Theory Students' Association
 Indian Students' Association (ISA)
 Indonesian Community Association
 International Socialists Organisation
 Jack Frost Morris
 Killing As Organised Sport
 Korean Students' Association
 Latter Day Saints
 Litsoc
 Malaysian Students' Association
 Maori Dental Students' Association (Nga Mokai o Nga Whetu)
 Meditation Club
 Muslim University Student Association (MUSA)
 Nations Cityside Club
 NORML Dunedin
 OCOM
 Omani Association (OUOA):
 OUPERSADA
 PIHPSA – Pacific Island Health Professional Students' Association
 Red Cross
 Roleplaying Society
 Sai Youth
 St Kessog, SCA
 Samoan Students' Association
 Saudi Student Club (SSC)
 Seed Fellowship
 Shamanic Circle
 Singapore Club
 Society of Otago University Law Students (SOULS)
 Spanish Conversation Society
 Sri Lankan Students Association
 Student Documentary Film Making
 Students For Christ
 Students for Environmental Action
 Students for a Free Tibet
 Student Life

Taiwanese Student Association (OUTSA)
Thai Society
Theatresports
Tongan Students' Association
Varsity Christian Fellowship
Vision
YALCA
Young Nats

DIVERSION

Not all people that have been charged with a criminal offence enter the court system in New Zealand. The Police Adult Diversion Scheme is offered to some. This is where the police and the offender enter into an agreement where the offender must carry out work set by an agency in agreement with the police. If this takes place the prosecutor will seek to have the charge withdrawn, if successful the conviction is not recorded.

Getting help in your own language

Visit your International Student Advisor who can refer you to an appropriate person to

- a) Help you understand official documents and letters
- b) Proofread things you write
- c) Help you learn English

The Citizens Advice Bureau can connect you to the Multi-lingual Information Service where 26 languages are spoken. They have information about tax, employment, health, your rights, immigration and more.

Phone (03) 4716166

Or visit

www.ethicaffairs.govt.nz and click 'language line'.

Home Sickness and Mental Health

Leaving home can be exciting and challenging. At some point students tend to experience that the novelty wears off and they begin to miss the familiarity of being at home. It is helpful to express these feelings. The chaplains at University and Polytechnic, nurses at student health, are all approachable people and can often help. Sadness and low mood are quite common feelings. It is normal to want some time on your own.

If these feelings persist, or you have had them in the past, getting help is important. Your Student Health service offers counselling to support you during these times. The thought of attending counselling might feel scary for some, or perhaps in your culture receiving counselling may be seen as a failure. Counselling staff understand these feelings, and are very approachable and highly skilled to understand you as an individual. Look at the 'health services' section of this booklet for contact details of your Student Health service.

International Student Mentor Programme for University Students

Many students new to New Zealand find it helpful to be teamed up with a student who has been at university for some time. The International Centre provides a mentoring

program to coordinate such pairings. If you are a new student who would like to access support and advice on settling into Dunedin and University life, contact the International Centre.

INSURANCE

The University of Otago, Otago Polytechnic and Foundation Studies and Language Year have all agreed to follow the Code of Practice for the Pastoral Care of International Students. This means that they are obliged to follow guidelines in the care of international students.

The Code says that international students who come to NZ must have health and travel insurance. For example if you get sick, lose your luggage, or have something you own stolen, you will be able to claim back expenses under your insurance policy.

The University has a preferred insurance provider called Studentsafe-University. This means the University has negotiated the best insurance package at the lowest price. If you choose to get Studentsafe-University insurance, the cost is included with your tuition fees invoice from the University. If you need to claim something from Studentsafe-University, you can get a claim form from the International office at the University.

Studentsafe-University will pay for you to have one appointment to get sexual health advice. They will not pay the costs of contraception, STI testing, abortions or pregnancy care. If you don't have enough money to pay for your medical costs, see your international adviser or the OUSA Student Support Centre.

Other insurance options that are acceptable to the University are Uni-Care Premier and Premier Plus Plan and Southern Cross international student insurance.

MAKING FRIENDS

What will you do in between classes? Are you going to continue with your interests, hobbies or passions? Perhaps you don't know what they are yet? Extra curricula activities are vital to develop when you arrive. They ward off feeling lonesome in the crowd.

Some tips when trying to make NZ friends –

Introduce yourself - smile and say something like “ Hi, my name's _____”. See if this starts a conversation where they will then introduce themselves. From here NZ people start to talk about some neutral or safe topic e.g., the weather. They do this because they don't want to offend you by being asking you too personal questions. Or they may in fact ask “How are you” or “How is it going?” They are being polite and not expecting an in depth reply. Perhaps you could try turning this into the start of conversation about some topic you are both interested in.

MONEY

Banks

You may open an account at any bank however when choosing which bank, compare the services they offer to students. Generally to attract student customers, they will offer special accounts for students that have lower or no fees.

The National bank, Westpac, Kiwi bank and ASB are names of some banks in New

Zealand that have special packages for students.

Don't respond to any emails which ask for your bank account details or ask you to send money. These emails are likely to be spam, or schemes to trick people out of their money.

Money Problems

If you don't have enough money pay for your living/study costs, see your international adviser or your students' association. They may be able to help. All students can get free food from the OUSA food bank if they need it as well as free budget advice, visit 5 Ethel Benjamin Place.

Getting a job

All students can access SJS (Student Job Search). It is a free service that helps students find work. Check with your international advisor to see how many hours your visa allows you to work. Take your student ID card with you when enrolling with SJS.

Gambling or over spending

Some students get into trouble because they spend too much money on gambling or substances like alcohol. If you think you are spending too much money and you feel unwell, you can get help from;

New Zealand Problem Gambling Foundation ph 0800664 262 or

Oasis Centre

160 Crawford Street Dunedin,
Ph: 03 477 9852
email: oasis-dunedinsalarmy@extra.co.nz

Alternatively visit Student Health on Albany Street and speak with a counsellor.

<http://www.otago.ac.nz/studenthealth/>

NEW ZEALAND LAW

Terms of contracts are likely to be different in New Zealand. It is helpful to visit the Community Law Centre for free legal advice before committing to any agreement.

Find the Dunedin Community Law Centre at 52 Filleul Street
Or 300 King Edward Street. No appointment is necessary.

www.communitylaw.org.nz/Dunedin.106.0.html

Did you know...

Tasting food stuffs in a NZ supermarket before paying for them is considered theft?

In New Zealand verbal agreements are generally binding?

If you signal your acceptance for accommodation over the internet to a rental agency, they are able to enforce you paying for the rent (even if you change your mind on arrival).

The Proctor and Campus Watch

The Proctor deals with student misconduct. He may issue fines and assign hours to be worked off. More serious complaints are passed on to the Provost, who ultimately can have a student discharged. You can also appeal the Proctor's decision to the Provost.

Campus Watch are the Proctor's eyes and ears. They are able to ask to see your student identification, record the details and pass it on to the Proctor. There are however 4 Campus Watch staff that are employed by the Dunedin City Council as litter officers. They are able to issue a \$100 fine if the sited rubbish is not removed within the given notice period.

There is a police person on campus find them at www.campuscop.co.nz his name is Max Holt. Email campus.cop@otago.ac.nz

Proctor's Office
Security Centre
St David Street
Dunedin
Tel 64 3 479 4883
Fax 64 3 479 4881
Cell 027 230 4814

NZ police do not carry firearms. They are here to ensure your safety. Police misconduct is treated very seriously in New Zealand, and they are accountable to 'The police complaints authority' which is a civilian body. Contact them if you feel police have neglected their duty or you have been mistreated on 0800503728 or visit www.pca.govt.nz

Possession of Marijuana is illegal in New Zealand. For more information on legal status of drugs and the penalties for possession go to;
www.police.govt.nz/service/drugs/faq.html

Txt and phone cell phone bullying is considered very serious, calls are traced and penalties are issued.

OUR BODIES

Men

There are two parts to the male reproductive system; the penis, and the testes. Both of these organs are outside of the abdomen. The penis is flaccid while the man is not sexually aroused. It becomes turgid (or hard) when he is interested in having sex.

Sperm is produced in the testes. These are very small organisms that when met with a woman's egg conception occurs.

Semen is the fluid that sperm travel in. When a man ejaculates (cums), semen comes out of his penis. To ensure this fluid does not come into contact with their sexual partner, it is safest to wear a condom. This latex barrier is put onto the penis when it is hard. It is then carefully removed and disposed of after ejaculation. Wearing a condom usually stops female partners from getting pregnant and makes it less likely for female/ male partners

to contract an STI (Sexually Transmitted Infection).

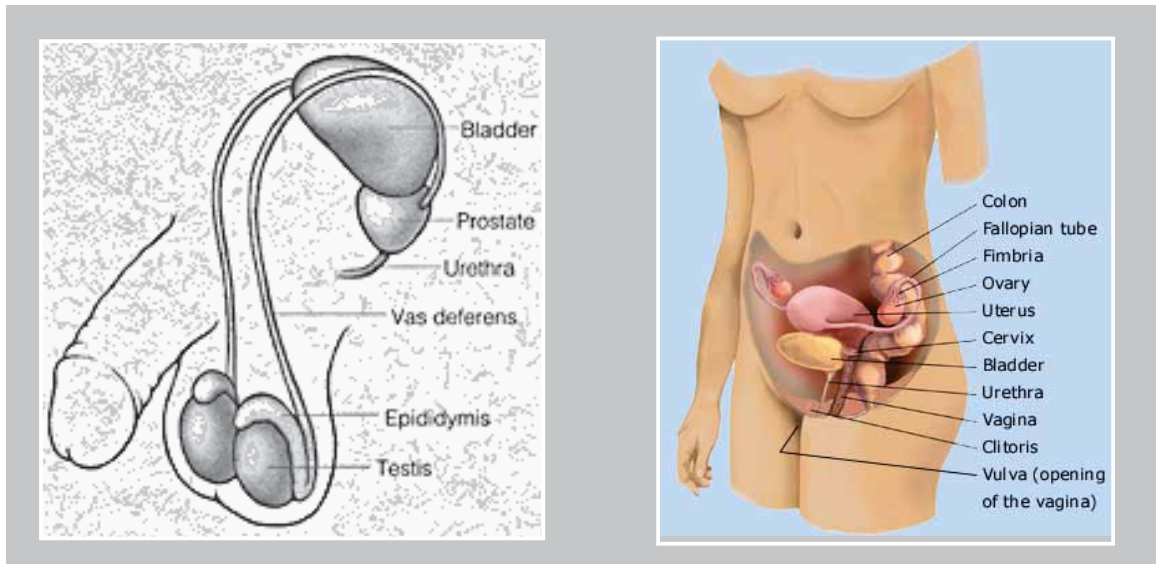
Women

Most of the reproductive system of women is inside the lower abdominal cavity. The external genital area is called the vulva. This is from the pubic area downward to the rectum. There are two folds of fleshy tissue that surround the entrance to the vagina and the urinary opening. These are called the outer labia. The inner labia are found beneath these. The clitoris, which function is pleasure, is shielded by a hood of flesh. When stimulated sexually, the clitoris can become erect like a man's penis. The hymen is a thin protective membrane that for many women disintegrates during adolescence.

About once a month, one of the ovaries releases an egg.

Conception occurs when sperm travels up the vagina, past the cervix and into the uterus to penetrate the egg. The uterus (or womb) is the place where the baby will grow.

If conception does not occur, the egg will be washed out along with the uterus lining. This is called menstruation or 'having your period'. The old eggs and lining get washed



out through the vaginal canal as blood.

Hetero SEX

If the woman has vaginal sex with a man, the man puts his penis into her vagina. If he is not wearing a condom, his sperm will travel up the vaginal canal to meet her egg.

COMING OUT TO PLAY: BEING QUEER ON CAMPUS

In New Zealand some people choose to label themselves as queer. They do this to distinguish themselves from NZ society's dominant assumption; that all women are sexually attracted to men and that all men are sexually attracted to women. Outside of this assumed sexual orientation, being 'queer' can mean women loving women (lesbian), men loving men (gay), men loving both women and men (bisexual) or women loving both men and women (also bi-sexual). People whose gender/sex identity does not fit the nation's governing definitions of male or female also at times identify as queer.

It can be confusing, scary, and fun coming to terms with your identity but overall it is a positive experience. Coming to University can be the first step to finding out who you are. University is a great place to meet other queer and queer-friendly students. You may want to contact UNIQ. This is a network of Out n' friendly students who run social events and have an email newsletter. Contact uniq.otago@gmail.com to sign up or find out more.

OUSA Student Support Centre provides a queer support service. It offers: Confidential support for students that are questioning their sexuality, gender and/or sex identity, coming out, or struggling with their gender, sexuality or sex related issues in some way. They offer;

- Confidential queer peer support with trained peer supporters for questioning and out students
- Opportunities for meeting questioning and not 'out' students
- Information/resources on identity and safer sex with an endless supply of free condoms and lube
- A free queer multimedia library with over 40 DVDs and 100s of books, magazines and comics
- Queer awareness training for professional courses and Residential Assistants

Queer Support is a service of the OUSA Student Support Centre at 5 Ethel Benjamin Street. The Queer Support Coordinator is available to answer any other questions you or a friend might have via:

021 4 QINFO

E: q.support@ousa.org.nz

P: 021 4 QINFO/(03) 479 5445

W: www.ousa.org.nz > student support > queer support

: OUSA Student Support Centre,

All enquiries are totally confidential and treated with discretion.

Student Experiences

Nadia's experience being out at a residential college was "really positive". She'd been a bit unsure what to expect. Nadia came out at the age of 14, and the mixed response she got from classmates at her rural Canterbury school made her wary if she'd be accepted in her college. Nadia feels lucky that her college encouraged an environment of respect and caring. When she broke up with her girlfriend during her first year, being in a supportive environment made it easier to get through.

Liam, in a small post-graduate class, got some well-meaning but strange comments from his classmates when they found out he was queer: "You're gay? I thought you were just a really nice person!".

Sam came to university questioning gender identity. Sam was born female but had struggled with living as a woman and felt more comfortable being seen as male. Sam started exploring gender identity and decided to start living as a man bringing his body into alignment with how he saw himself. The university provided a supportive environment. "It was a difficult decision to make but people I worked and studied with were really supportive and respected my male identity. I am proud to be seen as a transgendered man and have a wonderful and positive life."

For further information:
www.ousa.org.nz/queer.php
www.gaynz.com
www.nzaf.org.nz
www.agender.org.nz
www.geocities.com/otagogaily/home.htm

MAKING CHOICES

Coming to study in NZ may illicit strong emotions. You may feel excited, scared, happy or homesick. There will be many new experiences. Whether having sex is one of them, only you decide!

When is the right time to have sex?

People have sex for a variety of reasons; curiosity, for fun or to express love for a partner. Sex can be great. There are many people who choose not to have sex for religious or cultural reasons. Some may choose to wait until they are older while others choose to wait until they are married. Many students do not feel ready to have sex.

Sometimes, people feel pressured into having sex, although they would rather not and then feel sad afterwards. New students might think having sex will alleviate feelings of homesickness or loneliness. Or they may think their partner won't want to be with them if they do not agree to have sex. Some people think they have to have sex to fit into New Zealand Society. However the only time to have sex is when you as an individual feel ready.

If you do choose to have sex find out information about pregnancy prevention and protection against Sexually Transmitted Infections (STI's). Contact your Student Health service for more information and see the relevant sections in this booklet.

Rape and sexual assault

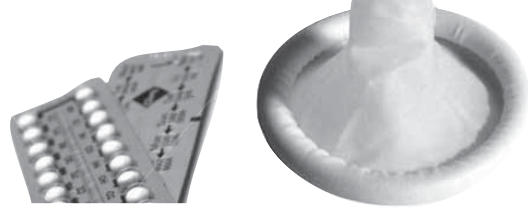
This is using force or pressuring a person to have sex, or take part in sexual activities, when they don't want to. This is against the law in New Zealand. If this happens to you talk to the Police or one of the other service providers in this booklet. A person who has been raped is likely to feel scared, upset, confused, depressed or angry. If you experience rape or sexual assault you can talk about your feelings confidentially to a Rape Crisis counsellor or a counsellor at your Student Health service. The OUSA Student Support Centre is a confidential place where you can get other support you might need.

STIS

Having sex with out protection in the form of a condom puts both people at risk of contracting a Sexually Transmitted Infection (STI). There are many types of infections. Some of them have no symptoms and left untreated will result in sterility.

Some infections may include symptoms like:

- A change or increase in fluids from the vagina, penis or anus
- A female with an STI might not notice that the normal fluids and smell from her vagina



have changed

- Feeling pain or burning when urinating
- New or unusual lumps, blisters, sores or rashes on or around the vagina, penis or anus
- Feeling pain or bleeding when you have sex, or after sex
- Feeling itchy in or around the groin, vagina, penis or anus
- Pain in the low part of your abdomen (stomach area)
- If you are a woman, you might have bleeding between your periods

If you have any questions ask the nurses at your Student Health service
Or for more information online go to;
www.phsouth.co.nz/sex_infections.html

Contact the OUSA Student Support Centre to find out where you can get a free STI check. Or visit the Student Health Sexual Health Clinic Ph 4798212 to make an appointment.

Condoms are the only contraception that also stops people from getting Sexually Transmitted Infections (STIs).

Latex sheets

Otherwise known as a dental dam, this small square of latex fits over the vagina, clitoris or anal area. It prevents vaginal fluids, which can carry STIs, from coming into contact another's body (male or female). If you are 'rimming' (oral anal sex) use this sheet. If you do not have one handy, split a condom.

Source them from: A Doctor at Student Health or visit Family Planning, Peaches and Cream, or The Prostitutes Collective.

CONTRACEPTION

If you choose to have sex, find out about contraception. This is the medication you take, or devices you use, that stop you or your partner from getting pregnant.

Contraception Myths

Some students have beliefs about sex that are not true.

A woman can get pregnant the first time she has sex.

A woman can get pregnant when she has her period (is menstruating).

A woman can get pregnant if her partner withdraws (takes his penis out of her vagina before he ejaculates or cums).

If you don't have a condom, it is not safe to have unprotected anal sex

If you don't have a condom, it is not safe to have unprotected vaginal sex.

If one person has HIV or AIDS, there is a high chance it could be passed to the other partner by unprotected anal or vaginal sex. If you choose to have sex, the only way to be safe from pregnancy and STIs is to always use a condom. You can get free condoms from Student Health or from the OUSA Student Support Centre. You can buy condoms from any supermarket or pharmacy.

To find out which kind of contraception is right for you, make an appointment with a nurse at your student health service.

For more information online go to

http://www.phsouth.co.nz/sex_contra.html

Otherwise visit Student Health Cnr Walsh & Albany Streets

PO Box 56,
Dunedin
Tel 64 3 479 8212
Fax 64 3 479 8106
Email student-health@otago.ac.nz

HOW TO USE CONDOMS.

EMERGENCY CONTRACEPTION PILL

How to use condoms: You must use a condom every time you have sex, and every time you take part in a sexual activity where you might touch another person's sexual fluids. Sexual fluids mean semen for a man, and vaginal fluids for a woman. Sexually Transmitted Diseases can be passed on through sexual fluids, and can make you very sick.

You must use a condom whether you are having vaginal sex (where the penis goes into a woman's vagina), or whether you are having anal sex (where the penis

goes into the anus of a woman or a man).

Condoms are made out of very thin rubber. When a man wears a condom, his semen gets caught in the condom when he ejaculates (cums). Condoms can stop a person's sexual fluids from touching his or her partner, so STIs aren't passed on.

You can get free condoms from your Student Health service or the OUSA Student Support Centre. You can buy them from any supermarket or pharmacy.

1. Handle with care: carefully open the package so the condom does not tear. Do not use teeth or a sharp object to open the package. Do not unroll the condom before putting it on.



2. Put it on: if you are not circumcised, pull back the foreskin. Put the condom on the end of the hard penis. If the condom is initially placed on the penis backwards it will not roll on. Do not turn it around. Throw it away and start with a new one.

3. Pinch & Roll: pinching the tip of the condom to squeeze out air, roll on the condom until it reaches the base of the penis. If there is no tip, leave a couple of centimetres space before you roll on.



4. Take a look: check to make sure there is space at the tip and that the condom is not broken.



5. Lubricate: one of the problems with condoms is the risk of tearing. Lubrication greatly reduces this risk. But only use latex-safe water based lubricants. (e.g.: K.Y. Jelly). Never use oil-based lubricants like vasaline or baby oil. with condom on, insert the penis for intercourse.

6. After intercourse: after ejaculation, hold onto the condom at the base of the penis. Keeping the condom on pull the penis out before it gets soft.



7. The End: slide the condom off without spilling the liquid (semen) inside. Make sure the penis is away from your partner's body before removing the condom. Never use a condom more than once.

If you have sex without contraception, or if you use a condom and it breaks, you can use the Emergency Contraceptive Pill (ECP). It reduces your chance of getting pregnant. You can take it up to 72 hours after having sex but it works best if you take it in the first 24 hours. If you think you need the ECP, or have any contraception questions, come and see a nurse at Student Health, it will cost \$6.50. The ECP can be purchased from the Urgent Doctors and some pharmacies/chemists for about \$30.00. Your medical insurance will probably not cover this. If you need the ECP but don't have enough money, talk to the OUSA Student Support Centre, your Students' Association or your International Adviser.

PLAGIARISM

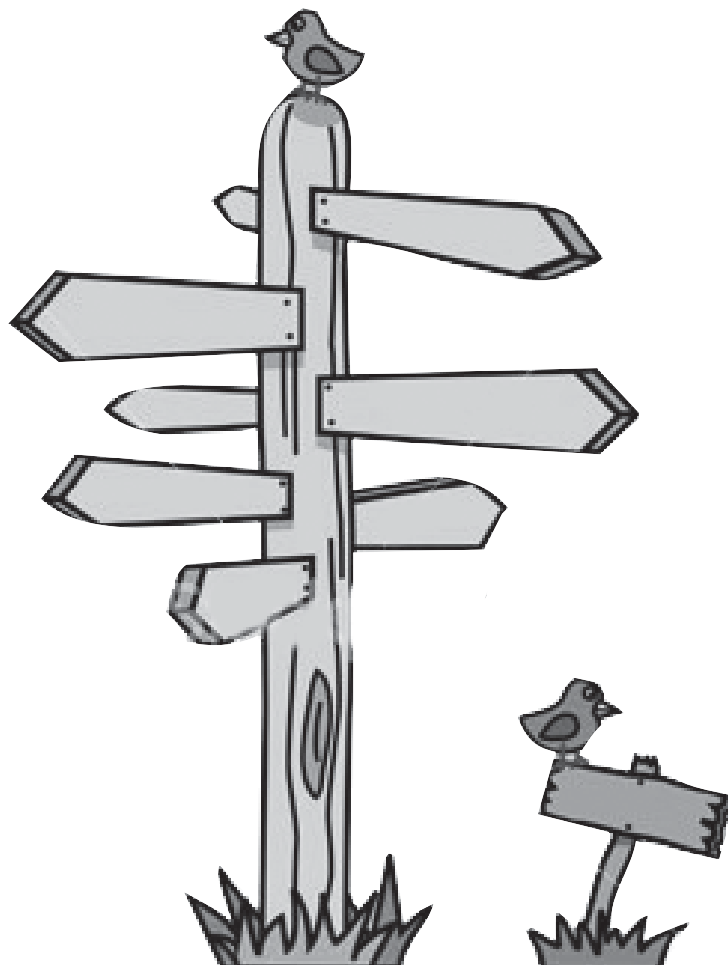
When submitting work for assessment it is imperative that the work has been done by you. Other people's work must be acknowledged. The University enforces the regulations made about dishonest practice, they take it very seriously. It doesn't matter whether or not using other people's work without correctly citing them was intentional or not. The University will take action against the students concerned.

Action may consist of downgrading the assessment, giving a zero grade for the paper, or exclusion from the University. Across different departments at the university there will be variation around how to acknowledge other people's work. It is important to find out what your department expects of you. The Student Learning Centre can also help with workshops on how to reference appropriately. Visit them at www.hedc.otago.ac.nz/hedc/sld.html

For more information about dishonest practice visit www.otago.ac.nz/study/plagiarism.html

Privacy and Confidentiality

In New Zealand doctors, nurses, and counsellors can be trusted to keep your personal information confidential. They are bound by law and it would be a serious breach for them to give out information about you without first obtaining your permission.





Holy Name Catholic Church, 420 Great King Street



Elim Church 6
7 Harrow Street



All Saints Anglican Church
786 Cumberland Street



Jewish Congregation Synagogue. Corner of Dundas and George Streets



Al-Huda Mosque
Dunedin Islamic Centre,
21 Clyde St



For more places of worship or ethnic services visit;
Chaplain website www.otago.ac.nz/chaplain

The chaplains welcome students from any religion or denomination. Find them on the top floor of the University Union building and at the Student Centre at the Otago Polytechnic.

HALAL FOOD

Orient Express in the Union building

The Mosque at 21 Clyde Street

Poppa's Pizza has Halal chicken pizzas

The Muslim University Students Association recommends the Turkish Kebab House on George St

SUPPORT SERVICES

The OUSA Student Support Centre
Otago University and Foundation and Language studies students can access this centre. They offer confidential help with any problem. Some of the common issues we deal with are;

- Academic
- Tenancy
- Employment
- Ethical behaviour

This is a confidential service. The staff are friendly and discreet. They have extensive knowledge of student issues, University procedures and appropriate courses of action. If they can't help they will know who can

A food bank is also available here.

Note: This service is independent of the University. OUSA is your students' association.

Contact:

help@ousa.org.nz

Phone: 4795448

Find the Student Support Centre at 5 Ethel Benjamin Street
(behind OUSA Clubs and Socs building)

www.ousa.org.nz

International Student Advisors (University)

Cultural Adjustment

Homesickness

Family Support

General Health and Wellbeing

Academic Issues

Immigration

Preparing Official Documentation Confirming a Student's Status at the University of Otago

Flatting and Accommodation

Contact:

rebecca.burnip@otago.ac.nz

sian.scott@otago.ac.nz

4795777 or 4795921

Dunedin Asian Services

This service offers information in different Asian languages about the things like finding a doctor or a counsellor, and getting help with gambling problems. Ph 4716173

Community House, 283-301 Moray Place

Urgent Doctors & Accident Centre

This service is at 95 Hanover St. It is open between 8am and 11:30 pm. You can use the service if you need to see a doctor urgently, or if Student Health is closed. When you go in you will be asked to wait until a doctor can see you. If you live in a Residential College, it is a good idea to tell your Head of College if there is an urgent problem.

Emergency Psychiatric Services

If you or a friend needs to talk about a mental health problem urgently you can ring Dunedin Public Hospital on 4740999 and ask for Emergency Psychiatric Services, or

EPS. You can see a nurse or doctor and these services without an appointment, by going to the hospital. If you live in a Residential College, it is a good idea to tell your Head of College if there is an urgent problem.

The Family Planning Clinic

For everyone to use

This service is at 95 Hanover Street. Family Planning only helps people with sexual health issues. This service is more expensive than to use Student Health service. You can phone the clinic on 477 5850 or you can go and make an appointment.

Student Health (Albany Street)

For University and Foundation Year and Language Studies students

This is a doctors/nursing and counselling clinic. Health issues include sexual health issues and alcohol and drug issues. Ring 4798212 or go and make an appointment, www.otago.ac.nz/student-health

Student Health (student Centre, Harbour Terrace)

For Polytechnic students

This is a doctor and counselling clinic. You can also get advice on nutrition. Make an appointment with a doctor, nurse or counsellor Ph 4796082 or go to go to the reception area.

Polytechnic International Student Advisors can be found at the International Centre. This is located on Otago Polytechnic's Dunedin Campus, on the 1st floor of H Block, Forth Street, Dunedin.

Ph 64 3 474 8469 Fax: +64 3 474 7285

Email: international@tekotago.ac.nz

TRANSPORT

If you are here longer than 1 year and you intend driving a car, you will need a New Zealand driver's licence. Contact your international student advisor for information about driving in New Zealand;

www.otago.ac.nz/international/needhelp.html

Or visit

www.ltsa.govt.nz/licensing/

Before buying a car consider getting advice first;

www.consumeraffairs.govt.nz/consumerinfo/motorvehicles/buying-vehicles/index.html

Purchasing car insurance in New Zealand is vital. If an accident occurs, the person who caused the damage must pay for the damage. Visit; www.consumeraffairs.govt.nz/consumerinfo/insurance.html

Catching a bus is the public transport option in Dunedin. It is a pay as you go service. Pick up a bus timetable at OUSA or visit;

www.orc.govt.nz/portal.asp?categoryid

Campus Watch Patrol

If you are leaving the campus area late at night you can be escorted home by a member of the Proctor's team.

www.otago.ac.nz/proctor/safety.html

VARIATIONS TO EXAMINATIONS

If because of a disability, you have difficulty sitting examinations under 'conventional circumstances' you may apply for alternative arrangements for final examinations. To do this, pick up a request form from Disability Information and Support. Return the completed form to them by the closing date. Late applications (other than in the case of accidents or the onset of a new condition) will not be accepted.

Deadlines for applying for alternative exam arrangements are generally earlier than one might think. Contact Disability Information and Support immediately if you intend to apply.

Contact;

Tel 64 3 479 8235

Fax 64 3 479 5873

Email disabilities@otago.ac.nz

Your Rights at University, Polytechnic or Foundation Year and Language Studies

Your institution will have its own rules, regulations and complaints procedures. At the University of Otago visit, <http://oupolicy.otago.ac.nz/policies/FMPro>

If you have concerns about your treatment by the University, visit an International Student Advisor from the International Centre or an OUSA Student Advocate. You are automatically a member of your students' association when you pay your fees. OUSA is independent of the University and will provide as much support and assistance as possible to you. Email help@ousa.org.nz or visit www.ousa.org.nz/studentsupport.

If the internal University grievance processes have been exhausted and you consider the outcome unsatisfactory, you may wish to read the New Zealand Ministry of Education's Code of Practice for International Students. The Code is established under section 238F of the Education Act 1989. All educational providers are bound by this.

The Code sets out the minimum standards of advice and care that are expected of educational providers for international students. It applies to pastoral care and provision of information only and not to academic standards.

To read the code visit the Ministry of Education website;

[www. Minedu.govt.nz](http://www.Minedu.govt.nz)

A summary of the Code of Practice for the Pastoral Care of International Students

1. Students must be given accurate information about the place they will study before they enrol.
2. Students must be told how they can make a complaint if they are not happy with the way they are being treated in their place of study.
3. They must make sure that students have information about services which help them with health and welfare.

The Code also establishes the International Education Appeal Authority (IEAA) and the

Review Panel to receive and adjudicate on student complaints.
Contact the IEAA;
International Education Appeal Authority
c/- Ministry of Education
Private Bag 47-911
Ponsonby
Auckland
NEW ZEALAND
Phone (09) 374 5481
Fax (09) 374 5403
Email infor.ieaa@minedu.govt.nz



Kete magazine: Health and Welfare for New International Students

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