

ARISTEA

PRIVATE STUDENT ORGANISATION



WELCOMING GUIDE 2021

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ABOUT ARISTEA

Aristea PSO is one of the eleven Private Student Organisations at Stellenbosch University. A PSO is a Private Student Organisation, which is a community for students who do not live in a SU Residence. Aristea was established in 1973, which not only means we are the oldest womxn's Private Student Organisation, but it also means that we are the biggest womxn's PSO at Stellenbosch University.



Aristea welcomes a new generation!

Aristea PSO hold its members to high esteem. We do all we can to make sure everyone feels welcome and proud to be a member of this house. Everything we do is rooted within our values: Approachability, Respect, Responsibility, Individuality and Integrity ("ARRII" as an acronym). Aristea is not a place for members to fit into a mould or into a box of any sort. We encourage each other's individuality, celebrate each other's differences and do our best to support each other's endeavours as best as we can.

Aristea is well rounded in the activities we offer, we take part in hockey and netball tournaments, as well as fun sports such a table tennis tournaments too. We excel in the cultural activities as well, such as debating and Toneelfees. We also hold the 2019 SU A cappella winner for the Women's category and even stole hearts as the campus favourites of the competition. We also love to have fun with our members during events like the Senior Events, House Dance, First Years Dance and many more!

WHAT WE OFFER

CULTURE

- Molassesêr
- A capella
- Debating
- Toneelfees
- Culture Evenings



SPORT

- Hockey
- Netball
- Tennis
- Table Tennis

In 1980 Aristeia decided to join the hockey league...



LEADERSHIP DEVELOPMENT

- House Committee
- First Years Committee
- Second Years Committee
- Seniors Committee
- Mentor
- Social Impact Committee
- Aristeia Communication Committee
- House Dance Committee
- FVZS Leadership Short Courses
- Societies at Stellenbosch



Today, we carry on that legacy!

ACADEMICS

- Mentor Sessions
- Cluster study groups

WELCOMING WEEK

To help make you feel at home, Stellenbosch University has put together a ten day welcoming programme that covers all aspects of life at Stellenbosch University. Our welcoming programme is curated to help all Aristeia newcomers kickstart what will hopefully be a memorable journey as Matie. The program is packed with exciting activities to make sure that by the time classes begin, you are clued up on how to get to the places you need to get to, get a head start in making friends and to aid newcomers make the transition from high school or pre-university to university, as smooth as possible.

Even though things might be a little different due to the Covid-19 pandemic, we fully intend to make the most of Welcoming in a safe manner, while having the most fun. The Welcoming programme will commence on Thursday, the 4th of March and end on the 13th of March. We will send you a detailed day-by-day programme closer to the time.



SIMONERVEA

Our Connect partners for 2021 are Simonsberg Residence and Minerva Residence. “Simonervea” is our combined name and embodies the synergy and union that has been created over time of connecting. We will be performing in the long awaited “Vensters” production together. Since we prioritise safety above all, Vensters will be produced different this year. It is a wonderful opportunity for all of you to partake in the celebration of starting your new adventure here at Stellenbosch University. The viewers can expect to see a Vensters like no other, with a lot of innovation, creative storylines, and original dances, as we will take you on a journey through the imaginary world of students, with each world being unique. This year’s theme is “The masks we wear” and we are so excited for you to get started.

MESSAGE FROM YOUR PRIMARIA



Dear Arrie

As your Primaria I would like to start off by congratulating you on your acceptance to Stellenbosch University. There is a world that is waiting here for you and I am so excited to experience it with you. We are so excited that you have been placed in our Private Student Organisation, Aristeia. It is an absolute honour for us to welcome you into our home away from home. Although we don't offer accommodation, we promise you this is the start of a new chapter in your life filled with personal growth, challenges, and enriching experiences. This is but the first of many new chapters that you will embark on and Aristeia aims to provide you with the platform to not only set your personal goals but to achieve them.

2020 was indeed a very daunting year and the obstacles you have overcome in the past 12 months will set you up to succeed in the coming year. Seize every opportunity that comes your way whether it be taking part in Aristeia events or becoming part of a university society. We invite you to play an active role in the legacy of Aristeia. It is my honour to lead you in these uncertain times. Extraordinary times call for extraordinary people, and that is exactly what Aristeia strives towards.

My hope for the years to come as an Arrie, is that you will learn to love it just as much as I do. That it will become your home and safe haven and that its roots will wrap around your heart, there to be remembered. I am so excited to meet you and show you all that Aristeia has shared with me.

See you very soon!

Arrie love,

Carli Benade



061 418 1738



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HOUSE COMMITTEE

Every community in Stellenbosch has a House Committee, students often refer to it as HC or HK. The committee is elected by the members of Aristeia in July or August every year. In August 2020, we had our first virtual elections! Everyone in the committee is responsible for a specific set of portfolios and you will spend a lot of time with them during Welcoming.

You have already met our Primaria, Carli. The rest of our committee exists of our Vice-Primaria, Head Mentor, Financial Manager and General members. If there is ever an emergency, you can approach any of our 9 members, sporting our maroon blazers, and we will be happy to assist.



Jos van der Linden

Vice-Primaria

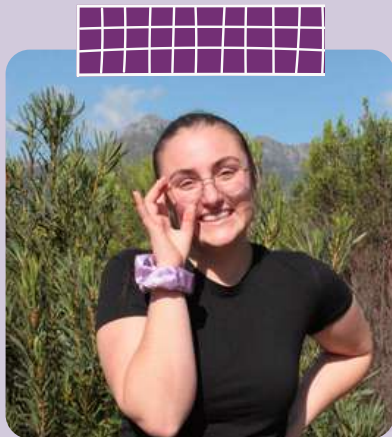
Hello everyone! I am Jos, your Vice-Primaria for 2021, and it is both an honour and a privilege to welcome you into our Aristeia family. Coming from Durban, this community has truly become my home away from home where I have met some of my best friends. I am currently in my final year of a BSc and when I am not studying, my favorite past times are long walks in the suburbs, spending time in nature checking out my bug buddies and grabbing a coffee on campus with friends. My goal is to see each of you grow while keeping a firm hold of who you are and what you stand for in the process. I am super excited for your Welcoming experience to begin and am so looking forward to meeting you!

Dear newly welcomed Arries! I am Marichen Vlok, your Head Mentor. It is such an exciting yet uncertain time lying ahead, but with all that's going on I'm super excited to get to know your faces, stories and hearts. I love having a coffee date whether it be in the Neelsie or over video call. My role will be to introduce you to your mentors and help them help you. Within the year ahead I hope you grow as much as possible while surrounding yourselves with people only lifting you up. I cannot wait to meet you. Excited Arrie love!



Marichen Vlok

Head Mentor



Sarah Kleynhans

Hello new Arrie! My Name is Sarah Kleynhans, and I am the Financial Manager for Aristeia. Along with that, I am heading what we call “Courageous Conversations,” where we discuss and inform our community about important issues. This chapter of your lives is an exciting one and we hope to create a space for you to feel welcome and accepted. I believe that university offers an amazing opportunity for growth and hopefully our Arrie community can guide you through this journey. I cannot wait to meet you all, stay happy and healthy!

Hey dear Arries! I am Jö Grobler and words can’t describe how excited I am to be working with all your new faces! I am your Social Impact, Culture and Aristeia Week 1 HC member for this year. Being part of Aristeia gave me a community that I could only have dreamt of and allowed me to forge the best relationships with my fellow Arries. The secret to making your time in Aristeia count is to try and get involved wherever you can. In my first year I joined Crescendo (our A capella group) and felt right at home. I hope you all find some of your dearest friends in our family because I know I did. I can't wait to meet you all!



Jö Grobler



Margra Wevell

Hey soon to be Arrie! Welcome to Aristeia, your new home away from home. This community will be a safe space for you to make friends, attend events, play sport, sing, or act and grow into the you you’ve always wanted to be. By being a member of Aristeia, you will have all of the opportunities a member of a residence has (so please don't stress about that). Although the transition from high school to university might be a little scary, be assured that our House Committee and leadership structure has been working around the clock to make sure everything is ready for your arrival. We will help, support, and do our part to see you through the time ahead!

Hello there future Arries, I am Maryke D'Alton and I would just like to welcome you to your new home away from home. My portfolios entail Seniors Committee, Sport and House Dance. I am so excited to meet you and for our family here at Aristeia to meet all the new faces. I love dogs, salt and vinegar chips and I have an unbeatable party trick where I can wiggle my nose like a bunny (yes, you read that right). I hope you are ready for an amazing new experience and I cannot wait to share those memories with you. As you go through this new journey just be reminded of how wildly capable you are and to seize the moment. All of my Arrie Love!



Maryke D'Alton



Masimange Sesanti

WHAT IS GOOD ALL MY ARRIES! My name is Masimange (Mah-cee-mah-ngeh) Sesanti, but please feel free to call me Masi! I am your Welcoming Leader for 2021 and to say I am actually bouncing off the walls excited, is an understatement. My Welcoming week was one of the best Uni experiences to date and the team and I will do all we can to make sure you can say the exact same thing. At Aristeia, we grow together, laugh together, cry together and back each other till the very end. Just to avoid shock when we finally meet face to face, I most definitely am one of the loudest people you'll meet, I sing ALL the time and I always look angry which is never that case so PLEASE come chat with me! I'm counting the days until I get to meet you all. xx

This is it, you've made it! Congratulations on making it to the beginning of your new journey in life. My name is Phoka Tlali, I am part of the Aristeia House Committee of 2020/2021 as the Strategic Advisor. As tricky as the year is, I want to strategically advise you to take it on with the most positive attitude you have and what better way to do it than to be a part of the Aristeia community. I can assure you that here you will develop yourself, build long lasting relationships and definitely have fun while doing it. Super amped to meet you all this year!



Phoka Tlali

PSO COORDINATOR

Dear Aristeia Member,

Congratulations with your acceptance at Stellenbosch University and a warm welcome to Aristeia. Being able to study at a tertiary institution is a wonderful opportunity and I wish you all the best as you enter this challenging, yet exciting, phase of your life.



At Aristeia we celebrate individuality, and we look forward to meeting you, get to know you and learn from your experience. We welcome you with friendliness, hospitality and human dignity and we hope to make your journey a wonderful experience. We strive to be approachable and undertake to listen with compassion and respect and to embrace your individuality. We promote innovation through future-focused thought leadership. Aristeia believes in a value-driven system. We consider these values in everything we do, all activities that we host and everything we participate in. This also means that we keep one another accountable for our decisions and actions, based on our values.

We want to encourage you to participate in as many ways as you possibly can, to build purposeful partnerships and inclusive networks, so that after your journey at Stellenbosch University and Aristeia PSO, you will leave as a well-rounded citizen. As PSO Coordinator, I am responsible for managing Aristeia, along with the House Committee and the Mentors. We are your support network that will assist with your academic and social integration at University. Please, if you have any questions, do not hesitate to ask.

I hope that you will quickly become part of Aristeia and that you will, above and beyond your course, also learn about humanity and life itself; that you will open yourself to new experiences and always be proud of every step you take towards reaching your goal.

Best wishes,

Knowledge Tyapile

OUR CLUSTER

WHAT IS CLUSTER?

Being a part of Aristeia PSO also entails forming part of a bigger community on campus, called the Wimbledon Cluster. A cluster is a larger student community that comprises of various residences and PSOs. The concept of cluster was introduced in 2007 as a way to connect and involve private student organization (PSO) students with the activities and facilities available to students living in university residences. The six other clusters on campus in addition to the Wimbledon Cluster include Validus, Rubix, amaMaties, VicMeyer, Victoria and Tygerberg.

THE PURPOSE OF CLUSTER

- Promote active citizenship.
- Bridge gaps (gender, financial, racial, etc.)
- Provide platforms that enable holistic development.
- Create a home away from home and to foster belonging.
- Integrate different members of society through engagement and build relationships.

THE WIMBLEDON CLUSTER

The Wimbledon Cluster consists of seven communities that are all in the area surrounding the Wimbledon Hub. These include: Aristeia PSO, Vesta Men's PSO, Eendrag Men's Residence, Helshoogte Men's Residence, Irene Ladies Residence, Sonop Ladies Residence and Huis Russel Botman Seniors Residence. Our Cluster Convenors are Anthony and Chuma.



Anthony Andrews
19886853@sun.ac.za



Chuma Mtshontshi
21988285@sun.ac.za

Cluster events and initiatives from socials to academic study groups will take place throughout the year, with Cluster Day in Welcoming being your first opportunity to engage with these communities in Wimbledon. It really is something to look forward to! In addition to being part of such a vibrant and spirited cluster, you have the added option of being served meals at one of the four residences that form part of the Wimbledon Cluster on campus. As a PSO student, you will have access to these eating facilities over mealtimes and the cost of this service is payable at the cashiers in Admin A.

THE WIMBLEDON HUB

The Cluster has benefited immensely from the addition of the Hub space. The Wimbledon Hub, being the actual building of the Cluster, offers exactly everything that a normal residence would with the exception of accommodation space. As a PSO we do not provide accommodation, and it is your responsibility to find suitable accommodation for your studies.

The Wimbledon Hub is Aristeia's Campus "home," nestled in the middle between our Eendrag and Helshoogte brothers and Sonop and Irene sisters, providing study areas, chill couches and a Chalk Board Deli with some of the most delicious food. Most of our Welcoming activities will also take place at the Hub.

This is what our home looks like!

78 Merriman Ave, Stellenbosch Central



Chalk Board Deli



Russel Botma Hall



Quad Area



A fun fact about the Hub is that the House Committee members live on the third floor!

OUR MENTORS

Each year Stellenbosch University utilises approximately 600 trained Mentors and 40+ Head Mentors to guide first-year students (called mentees) during their first six to nine months at the university. The Mentors are second- and/or third-year students and are appointed after an extensive application process to ensure the group possesses the abilities required to be a Mentor, they also undergo intensive training.

Our Mentors are dedicated to helping you reach your goals and help you throughout University. The Mentor's main goal is to make the Newcomer's transition into university as easy as possible. The first few days of University can be a challenge, but the Mentors will be there to give advice, support, an ear to listen or a friend to sit with during lunch. The Newcomers will have the opportunity to meet their Mentor on the first day of Welcoming where after their Mentor will create a WhatsApp group where updates and information will be shared.

Throughout Welcoming, BeWell sessions will be held by the Mentors. These sessions provide a platform for individual growth, to build connections between Mentors and Mentees, as well as amongst the Mentees themselves. Aristeia selected 24 Mentors this year and they are unbelievably excited to meet you.

Here are some Mentor memories!



MENTOR LIST

NAME	THIS DEGREE'S MENTOR	NUMBER
Andrea Lucas	Agri Science (Eng)	0714417946
Caitlin Short	BSc Biological Science	0710267476
Carissa Keymer	BA Development and Environment, and Human Resource Management	0825140180
Caro Bouwer	General	0764222075
Cecile du Preez	BSc	0761417384
Courtney de Klerk	BSc Human Life Science	0825532252
Diana Marnewick	BA Humanities	0782019507
Halinka Denner	BCom	0836894912
Hannah Hope	All LLB related courses	0817836778
Hymne Scholtz	BCom and BAcc	0712205368
Jamie Smith	BA Sport Science	0769810496
Jenna Anderson	BSc Physical Science, BSc Mathematical Science	0763926802
Jesse Polman	BEd Foundation Phase	0743005421
Kate Hepplestone	B Speech and Hearing Therapy, BA Social Dynamics	0721781902
Kyla Leen	Bachelor of Theology, Bachelor of Divinity, BA Social Work	0605044685
Liane van Vuuren	BA Music, BA Drama, BA Visual Arts	0833440483
Megan Williams	BA Law, All things LLB	0728621078
Mieschka Scott	BA Humanities	0764165307
Robyn McMillan	BEd Intermediate Phase	0715117495
Samantha Chambers	BSc Sport Science	0836450049
Savannah Hooker	BSc Human Life Science with Psychology	0810469557
Simone Anderson	General	0713832557
Siyasanga Nyangintsimbi	BA Humanities	0842052267
Tiffany Engelbrecht	BA PPE, BA International Studies, BA Socioinformatics	0795200060

SOCIAL IMPACT

Welcome Newcomers of 2021!

This year, our community morning will be online, which means that we will not be able to have face-to-face interaction with the community, but I promise, if the year permits it, we will be having one amazing year, packed with making a difference in our community.

Our One-Stop project for this year (the organisation we will be supporting all year long), will be the Animal Welfare Stellenbosch. We are planning on visiting them approximately once a month and helping out wherever we can. There are also many other NPOs we will be supporting throughout the year, like Saartjie Baartman Centre for women and children, Stellenbosch Night Shelter, Love to Give, 60 Cycles and Siyafunda.

I, the Social Impact HC of 2021, already have a committee of Arries that are passionate about making a difference and lending a helping hand to those in need. Even though these Arries are appointed to help organise and participate in all these events, there will always be space for more volunteers. And do not stress, you can still join the committee, when you get to campus, if you feel like you are an Arrie that wants to go the extra mile for those around them.

In terms of Welcoming, there is something you can help with! We would appreciate it so much if each of you could bring one can of non-perishable food along with you to Welcoming. We will be sponsoring them to the Stellenbosch Night Shelter who have been struggling a lot, due to Covid-19. We can't wait to meet you and see what differences you will help us make

Social Impact may have been called something different in 2001, but we have always loved to help our community!



OUR HOUSE SONG


In a time of mass confusion
Where everything is strange and new I join a sisterhood
My home away from home
A group I know that will pull me through.

Aristea is a space, where I feel safe
And discover who I am
A network to reach higher heights.

We are women of mind and heart
Standing together from the start
To reach our full potential
And surpass our own destiny.

So kom nou saam, my susters
Laat ons die tyd saam aanpak
Met liefde, respek en menslikheid
Is daar niks om ons toekoms te verbleik.
































IN THE MEANTIME

We are so excited to meet you, Aristeia just couldn't wait!
This year Aristeia is hosting our very first Virtual Pre-Welcoming. Join our Newcomer WhatsApp group for regular updates (with the QR-code on the right)! 




Aristeia Newcomers 2021
WhatsApp group



February

MONDAY 01  Introduction Day! The excitement begins! Please ensure that you join the the Newcomer WhatsApp group as a detailed weekly agenda will be shared.	TUESDAY 02  I'm an Arrie What does it mean to be a member of Aristeia? The seniors will make video's of the key-points that make Aristeia special to them.	WEDNESDAY 03  What are our values? Aristeia has five values - do you know them yet? If not, you'll be introduced to them today!	THURSDAY 04  Expectations VS Reality Aristeia has five values - do you know them yet? If not, you'll be introduced to them today!	FRIDAY 05  Cooking Comms The House Committee (HC) will host the first Cooking with Committees. We are making some lasagna! Be prepared to be entertained.	SATURDAY 06  Sticker-Off (1/2) The HC section of the activity will be hosted on our Instagram.	SUNDAY 07 REST! Schedule for the upcoming week will be posted on WhatsApp group.
MONDAY 08 Culture Introduction Be prepared for a fun introduction to culture, followed by a fun activity.  Captivating Culture	TUESDAY 09  EcoBricks Aristeia and Wilgenhof will launch our very first ecobrick competition. 8 Arrie Approved Apps	WEDNESDAY 10  Occupation Wellness Look out for the fun quiz!  V-Art Deadline	THURSDAY 11  Who are your Mentors?  Origami Flowers	FRIDAY 12  Cooking Comms The Mentors will host, followed by the event: #MeetMentors @ 6PM on Zoom/Microsoft Teams	SATURDAY 13  Values Art Expo	SUNDAY 14 Valentines Day! 
MONDAY 15 Sport Introduction Sport Intro will be released and our Piekie Step-a-thon sign-ups open.  Fitness session: 6PM	TUESDAY 16  Show and Tell What do you need to survive your studies at Stellenbosch?  Official Introduction to Seniors Comm	WEDNESDAY 17  Intellectual Wellness	THURSDAY 18  Share some of your favourite things with aristeapso More details will be shared on the WhatsApp group.	FRIDAY 19  Cooking Comms The Seniors will host the third Cooking with Committees.	SATURDAY 20  Senior's Secrets Helpful tips around campus.	SUNDAY 21  Spiritual Wellness The video and quiz will be posted early morning.
MONDAY 22 Step-a-thon Day one begins. Daily challenges on 22, 24, 26.	TUESDAY 23  Official Introduction to 2nd Years Comm Dance off video launches!	WEDNESDAY 24  Financial Wellness Basic Tips for students.  Step-a-thon daily challenge.	THURSDAY 25 Intellectual Instagram Template  Adapting from Afar	FRIDAY 26  Cooking Comms The Second Years will host the last Cooking with Committees.  Step-a-thon daily challenge.	SATURDAY 27  Sticker-Off (1/2) The rest of the Committee's section of the Sticker-off.	SUNDAY 28 CONVERSATION Staying Safe in Stellies! 

March

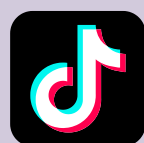
MONDAY 01  Stellies Bucket List What to look forward to. <ul style="list-style-type: none"> • Step-a-thon ends. • Active Arries released. 	TUESDAY 02  I'm an Arrie Quiz Instagram-based quiz on Aristeia testing your pre-welcoming knowledge.  Small Talk with Strangers @ 6PM	WEDNESDAY 03 SEE YOU SOON! Details on the 4th's proceedings will be shared on WhatsApp group.	THURSDAY 04 <i>Welcoming starts!</i>
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@aristeapso



Aristeia PSO



@aristeapso



Aristeia PSO

IMPORTANT NUMBERS

Emergency numbers

- Campus Security: Phone - 021 808 2333, WhatsApp - 082 808 2333.
- Police Station: 021809 5000 / 10111
- Ambulance: 10177 / 999
- Fire Department 021808 8888
- 24/ Locksmith 087550 3161
- US Crisis Service 082557 0880

Medical numbers

- Campus Health 021808 3496 / 021808 3494
- General CSCD: 0218084994 (Centre for Student Counselling and Development)
- 24 Hour CSCD Crisis Line: 021 557 0880
- Stellenbosch Provincial Hospital: 021808 6100
- Stellenbosch Medi-Clinic: 021861 2000
- Medi-Clinic ER: 021 861 2094
- ER 24: 021809 6500
- Stelkor Medicross: 021 887 0305
- Netcare Ambulance: 084 124