

Tygerberg OSLER

Welcoming

Booklet

TYGERMATIES

WHAT WE DO
FOR YOU

**HOUSE COMMITTEE
& MENTORS**

MEET YOUR
LEADERS
FOR 2025

OUR 2025
WELCOMING
PROGRAM

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What is *Osler?*

Osler is a **commuter student community** (CSC) that is composed of all Tygerberg campus students who do not live in one of the residences on campus i.e. who live privately or at home.

The student community is composed of over **3000 students** studying in various health sciences degree programs offered at Stellenbosch University.

We aspire to be a community that is driven by its values and prides itself in embodying the vision we have for Osler.



Our *Mission and Vision*

Osler serves as a community away from one's native community. We create a community where our members feel seen, represented, empowered and driven to grow as an individual. We believe in developing future leaders and laying the groundwork to create the world we wish to see.

Our *Values*

I INCLUSIVITY
C COGNISANCE
A ALTRUISM
R RESPECT
E EMPATHY



Who are *we?*

We were **established in 2010** and is currently the only CSC on Tygerberg campus. Our community consists of **MBChB, Nursing, Physiotherapy, Occupational therapy, Dietetics, Speech and Hearing Therapy and Postgraduate** in health sciences students.



"At Osler, we're not just a commuter community; we're a home away from home. We're a group of people who embrace diversity, celebrate individuality, and create space for everyone to grow, stumble, and thrive with grace."



A LETTER FROM

Your *Primaria*

Dear Oslerians,

Welcome to the start of one of the most exciting chapters of your life! **Take a moment to breathe it all in**—you've worked hard to be here, and now you're officially part of the Osler family. Whether you're jumping for joy, feeling a little overwhelmed, or wondering how long it takes before this place feels like home, know this: you belong here, and we've got your back.

Let me tell you a quick story. One day, I had dissections, and I was hopelessly lost. I practically walked the entire building, trying to find the right room but getting nowhere. I was starting to panic when someone I had met during Osler Vensters practice spotted me. She smiled and said, "We'll figure it out together." I was almost 15 minutes late, but I wasn't alone—I had a friend by my side. **That's what this community is all about: being there for each other and turning confusion into connection.**

At Osler, we're not just a commuter community; we're a home away from home. We're a group of people who embrace diversity, celebrate individuality, and create space for everyone to grow, stumble, and thrive with grace. University life is wild—trust me, I'm living it—but it's also a time to discover who you are and how you can shine.

During Welcoming, you'll experience moments that will make your heart swell (yes, even if you pretend to be cool about it). From epic events like DreamWalk to intimate moments of connection with your mentors, every activity is designed to make you feel part of something bigger. **And yes, we'll be cheering you on every step of the way**—whether you're stepping onto Tygerberg soil for the first time or showing off your questionable dance moves at Connect.

Here's my promise to you: **YOU'RE NEVER ALONE.** If you ever feel like you're drowning in deadlines or missing home, find someone. Whether it is your mentor or even a house committee member. Your amazing leaders will always embrace you with a warm hug wrapped in some mildly chaotic energy. **Together, we'll navigate the highs and lows of student life, and I'll make sure you always feel like you belong.**

Osler is a community built on integration. Whatever your passions, quirks, or talents are, there's a space for you here. And if you don't see it, create it—your voice matters. Your experience in university will depend on how much you decide to immerse yourself in forming new bonds and connections. The opportunity to have the best time of your life is knocking at your door you need only to open it. So, buckle up, Oslerians. This year is going to be unforgettable, and I couldn't be more excited to share it with you. **Let's laugh, learn, and grow together—one misstep, coffee-fueled study session, and joyful celebration at a time.**

Here's to you, the journey ahead, and all the wonderful chaos in between.

With much love,
Your Primaria
Shenique xx

"As the CSC Coordinator at Tygerberg Campus I am responsible for managing Osler, along with the House Committee, Junior House Committee and Mentors."



"Stellenbosch University is not just a place to attend classes; it's a place to discover your passions, hone your skills, and make lifelong memories"

A LETTER FROM YOUR

CSC-coordinator

Dear Newcomer,

Welcome to Osler! Congratulations on being accepted to the Faculty of Medicine and Health Sciences at Stellenbosch University.

I am honoured to greet you and give you an overview of one of the liveliest and most exciting communities that Stellenbosch University has to offer. **Even though you may not live on campus as commuter students, you are still very much a part of our tight-knit community.** We are dedicated to making your time at Stellenbosch University as rewarding and enlightening as possible because you are an essential member of our inclusive and diverse student group.

As the CSC Coordinator at Tygerberg Campus I am responsible for managing Osler, along with the House Committee, Junior House Committee and Mentors. **Together we form a support system that will aim to assist you with your academic and social integration at the University.** Please never hesitate to reach out if you have any questions. At SU we celebrate diversity and embrace the multitude of perspectives and backgrounds that each student brings. We believe that your unique experiences and insights will enhance our community, and we look forward to learning from each one of you.

To help you get started on your journey as a commuter student, we have a range of resources and support services available. Your community leaders are here to assist you with any questions or concerns you may have, and our campus facilities are designed to provide a comfortable and conducive environment for studying and socializing. Stellenbosch University is not just a place to attend classes; it's a place to discover your passions, hone your skills, and make lifelong memories. **We encourage you to explore the numerous clubs, organizations, and activities on campus that cater to a wide range of interests.** Whether you are interested in arts, sports, academics, or community service, you will find a place to thrive and grow here. We also encourage you to engage with your fellow students, both those living on campus and those commuting. **Forming study groups, attending events, and participating in campus activities are wonderful ways to build connections and create a sense of belonging.**

So, Oslerian your time is now. **Hold on tight and enjoy every second of your new journey, which is only getting started.** I am excited to meet you and can guarantee that you will be warmly received as a member of our family.

Your CSC Coordinator
Angelique Daniels

WHAT DO WE OFFER?

We offer a myriad of activities and opportunities for you:



1

LEADERSHIP DEVELOPMENT

- House Committee
- House Committee Junior
- Mentor Programme
- Leadership Short Courses

2

ACADEMICS

- Mentor - Tutor Programme (MenTuts)
- Subject - Specific Tutor (SSTs)

3

CULTURE

- SU Acapella
- Culture Evening

4

TYGERMATIES SPORT

- Netball
- Rugby
- Hockey
- Volleyball
- Chess
- Dance
- Football
- Cricket
- Ultimate Frisbee
- Basketball
- Squash
- Running Clubs

WHAT IS A

House Committee?

A House Committee (HC / HK) is a **body of students** elected by the Osler community.

They are responsible for **leading, organizing offerings and affecting change within Osler.**



These students are **voted in during annual elections that take place in August** and students with the most votes, indicative of the Osler community's support in their application, are inducted into the House Committee. As members of the Osler community, **you are allowed to cast your vote** in support of the candidate(s) of your choice and from your second year onwards, you are eligible to run for the House Committee.

There are 11 members in the House Committee including:

- **The Primaria (which you have met)**
- **Vice Primaria**
- **Finance Manager**
- **Secretary**
- **General HC members x5**
- **Head Mentor x1**

MEET YOUR

House Committee:



LIANKE POTGIETER

Vice Primaria | MBCHB III | English & Afrikaans

Hello there, Oslerians!

Welcome to Tygerberg. We're so happy to have you :) As part of my portfolio, I manage Internal Affairs and Discipline, as well as Safety and Security.

I work closely with all members of the team to ensure that we, as the House Committee, are able to give you the best experience here on our campus!

PUMULO MAMBWE

Financial Manager | MBCHB III | English

Hi, future Oslerians! I hope you're ready for this new chapter, because it's about to be an incredible one. I'll be working closely with all the portfolios to ensure the fiscal well-being of our community and to make sure all our activities, offerings and events make your experience in Osler a memorable one and truly benefit the community. Looking forward to all the new memories we will make. See you soon!



AAYISHAH SAIT

Secretary | B Nursing III | English & Afrikaans

Hey, Oslerians! I am your secretary/Administrative officer. I also manage the leadership and development portfolio. My role is to ensure that all Oslerians, who are interested, have the opportunity and exposure to further their development in leadership. I also manage the communications between Osler and the CSC office on Stellenbosch Campus



AMY BAARTMAN

Head Mentor | MBCHB III | English & Afrikaans

Hello Osler! I am Amy and I'll be your head mentor for this year. I have a great passion for mentorship and I believe it's one of the best programs the university offers. I am so excited to get to meet you all and, along with my amazing team, help in creating a memorable experience for your first year on Tygerberg campus!



MILENE STRYDOM

Creative | B Nursing III | English, Afrikaans & Dutch

Hello, fellow Oslerians :)
Congratulations and welcome to Stellenbosch University, and Tygerberg Campus! I am so excited to be part of an amazing team that will be introducing you to all our university and campus has to offer. As part of my portfolio, I manage Osler's social media accounts, create merchandise and capture moments that create lasting memories.
I can't wait to meet all of you! See you soon xx

Zaqiyah Bhayat

Social Networking | MBCHB III | English & Afrikaans

Hey hey Oslerians! I am your Social, Culture, Welcoming and Connect HC and I am so excited to meet you all! I will be ensuring you have the best welcoming and vensters, that you make connections and memories at all the socials I have planned for us throughout the year and all your cultural needs are met. See you at welcoming :)



Jameel Jhavary

Community Development | MBCHB III | English & Afrikaans

Hi newcomers!
Welcome to the Osler family! I'm Jameel Jhavary, your Community Development HC for this year. This portfolio consists of Sports, Sustainability, and Critical Engagement within the commuter community.

MARIE REINE INEZA

**Wellness | MBCHB III | English, Afrikaans, Swahili,
Kinyarwanda+ understand
Zulu, IsiXhosa & Sesotho**

Salutations Oslerians (greeting stolen from my friend and fellow Oslerian). This little quirky intro is from none other than your Wellness HC rep for 2025. This portfolio covers wellness, social impact and academics. A mix of "here for good time, not a long time" and "Who's gonna carry the boats". Looking forward to meeting you all and muting your messages.



NIRVANA REDDY

Cluster | MBCHB II | English & French

Salutations Oslarians! My name is Nirvana (yes, like the band), and I am excited to introduce myself as your Cluster HC for 2024/2025. I cannot wait to meet you all, and I wish you nothing but the best for the year ahead.



YANDA MTIYA

Alumni | Dietetics II | English & isiXhosa

I'm Yanda Mtiya, a 3rd-year BSc Dietetics student, and I'm thrilled to serve as the Head of the Alumni and Student Empowerment Portfolios for 2024/25. Fluent in English and isiXhosa, I'm here to connect with you in whichever language makes you feel most at home.



WE LOOK FORWARD TO MEETING ALL OF YOU!



House Committee junior

What is the HC jnr?

The House Committee Junior (HC jnr) is **an extension of the house committee**. They bridge the gap between the HC and the rest of Osler. They have their own events that they will be hosting next year and they also form a part of welcoming. The HC jnr also serves as a **mentorship program** for those interested in applying to be on the HC in the future. It consists of a chair person, 4 senior members and 4 junior members. This means, there are **4 junior positions** open that you will have the opportunity to apply for!

Recycle Fashion Show

This fun, exciting, but competitive activity is one of the offerings arranged by the HC jnr that you can look forward to! This event will be hosted during the welcoming period, so get ready!



HC jnr seniors of 2023/2024

Osler's Junior House Committee **offers hands-on experience** in the leadership roles of Osler. As a junior committee member you will be able to work alongside the HC members that you will meet during Welcoming and **develop key leadership skills**. This is an amazing way to engage with fellow community members, boost your confidence, and create memories that last a lifetime.



Your mentor is your first friend on campus!

The mentorship program aims to pair you with a mentor who will help you in transitioning into university life. They are there to offer advice and guidance, while also being an ear to listen.

As students we all have something in common - we have all been in the same position as you, arriving on this campus for the first time, we remember how we felt on our first few days, and can therefore meet you where you are with empathy and understanding. As a team our goal is to help you as a newcomer in setting new goals, while being a source of accurate information.

Although our stories may not be the same as yours, we aim create an inclusive environment where everyone's voice can be heard
As mentors we believe that though we are far apart, we are close in heart!



MENTORS 2025



Mpho Mashego - MBChB I
English, Sepedi/Northern Sotho,
Tsonga, IsiZulu



Zubayr Parak - MBChB I
English and Afrikaans



Mohamed Zia Ebrahim - MBChB I
English and Afrikaans



Madi Roux - MBChB I
English and Afrikaans



Jordan Malan - MBChB I
English



Neena Bester - MBChB II
English and Afrikaans



Jessica Jacobs - MBChB II
English and Afrikaans



Nirvana Reddy - MBChB II
English and French



Ghanaan Mohamed - MBChB III
English and Afrikaans



Camilla Veitch - MBChB I
English and Afrikaans



Zoë Slamet - MBChB I
English and Afrikaans

MENTORS 2025



Taskeen Ismail - MBChB II
English and Afrikaans



Aaliyah Dien - MBChB II
English and Afrikaans



Afraah Khan - MBChB II
English



Arabelle Langenhoven - MBChB I
English and Afrikaans



Tameez Mahomed - MBChB II
English



Wafiqah Barendse - MBChB II
English and Afrikaans



Teagan Schaffers - MBChB I
English and Afrikaans



Saarah Gaffoor - MBChB II
English and Afrikaans



Raees Tikly - MBChB I
English



Aafreen Gire - MBChB I
English



Caitlin Cupido - MBChB I
English and Afrikaans

Tygermaties Cluster



Welcome to the TygerMaties Cluster!

Cluster is a community of communities, and you just happen to be in the coolest cluster at Stellenbosch University. You're now part of two communities: your residence or CSC, and TygerMaties, the larger community made up of all residences and the CSC on Tygerberg Campus.

Meet Your Cluster Convenors:

Hello! I'm Jana Visser, and you'll be seeing a lot of me around campus. I love meeting new people, so please come up and say hi when you see me! Coffee is my thing, so I'm always up for a coffee date. I believe it's important to get involved and participate in the community your apart of, and you should never feel isolated. That's why I'm so passionate about the TygerMaties Cluster!



Hello Hi there!! I happen to be good at remembering people's names, or so I've been told, that I sometimes forget to say my name in introductions. My name is **Karabo Dinelelo**, and I believe in greeting being the first step to forming life-long connections with others, so be ready to meet, greet and learn other people's names and make TygerMaties even more of a great community.

Fun Facts About the Cluster:

- **TygerMaties Tuesday:** Every first and third Tuesday of the month, we host a fun event you won't want to miss! Each event is different and caters to all kinds of interests, including culture, sports, games, movies, food, and more!
- **Cluster Week:** A whole week filled with cluster activities every day! Last year's highlight was an Art, Cheese, and Wine evening—definitely an event to look forward to!
- **Cluster sport:** Participating in or supporting cluster sports
- Every activity with more than one community is cluster! So great socials!



Badr Dramat (left): Social Media Manager. He enjoys lifting weights and running to relieve stress from med school

Naweed Mullajie: Cluster Coordinator. He owns the biggest non-profit coffee business on campus. Would you like a coffee?

Dzunisani Mathebula: Prefers to be called Gugu. Sport manager. He loves music and exploring.

Meet Your Cluster Convenors:



**MATIES
ATHLETICS**

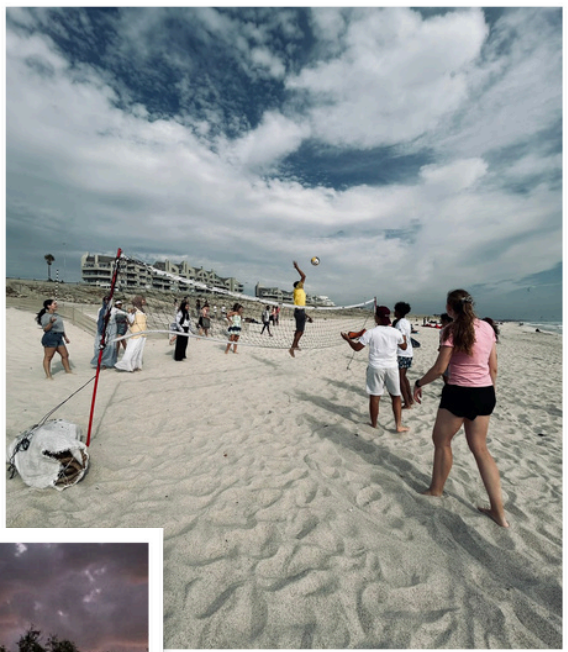
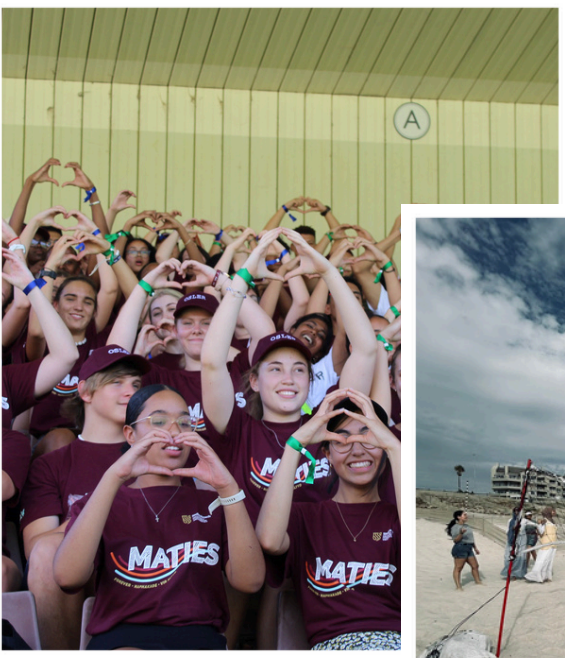
**The Centre for Student Life and
Learning and Maties Athletics
present**

Cluster Newcomers Athletics meeting

**06 Feb 2025
17:30 - 20:30
at Coetzenburg
Athletics Stadium**



WELCOME COMING



What is Welcoming?

Welcoming is a significant time of year for newcomers to Stellenbosch University, especially at Osler! It is a celebration designed to ease the transition into university life, helping new students feel at home within the Tygerberg campus community and providing a solid foundation for their academic journey.

WHAT IS WELCOMING?

At Osler, our welcoming program is dedicated to creating a vibrant and inclusive environment that reduces the anxiety and uncertainty often experienced when joining a new educational institution. Whether you are a first-year student or continuing your studies with a new program, our goal is to offer support, foster community, and create opportunities for personal and academic growth.

Through a variety of activities, newcomers are encouraged to explore diverse environments, express themselves freely, meet people from their year and other degrees and discover their unique place within our campus. Social events, meaningful conversations, and engaging activities help build a sense of belonging that is crucial for retention and overall satisfaction during your academic and personal pursuits.

During Osler Welcoming, we host a wide range of activities, including campus tours, workshops, information sessions, social gatherings, and introductions to academic programs. These events help students become familiar with the campus layout, faculty, staff, and their peers, while also serving as a platform to form meaningful relationships both socially and academically.

Ultimately, our program's purpose is to help newcomers establish connections, build a sense of community, and discover everything our campus has to offer, ensuring their university experience is truly memorable. We can't wait to welcome you to our Osler family!



Welcoming

clothing & meals

You will be given the option to purchase food & clothing packages. This is not compulsory but should you wish to purchase, the amount will be debited to your student account which you can pay at a later date.

Meal Packages

This includes 8 meals given during the welcoming week which consists of a meal, drink and snack. Dietary requirements (halaal, vegetarian, gluten-free, etc) will be communicated closer to the time.

Clothing Packages



Package 1: R200

Package 2: R140

Package 3: R300

PRE-ARRIVAL

The purpose of **pre-welcoming** is to provide a **pre-campus orientation** to Oslerians to ensure they are less overwhelmed upon arrival during Welcoming.

To create a platform where they can **engage before their arrival** to ease them into the eco-system of SU. By creating this pre-welcoming platform, Oslerians can feel more secure about **what is expected of them during the welcoming period**, as well as what Osler will offer them and the value it can add to their student experience.

Furthermore, to **help foster a sense of belonging** in Oslerians, even before they arrive, as they will be able to become familiar what our community has to offer beforehand.

DATE & THEME	ACTIVITY	PLATFORM
20 January 2024 Mentors	<ul style="list-style-type: none">• First Year Survival Tips reel• Q&A with mentor Live	<ul style="list-style-type: none">• Instagram, TikTok & Whatsapp• Instagram
21 January 2025 House Committee	<ul style="list-style-type: none">• "Who's Who" Quiz• "Day in the life" video	<ul style="list-style-type: none">• Instagram• Instagram & TikTok
22 January 2025 Faculty	<ul style="list-style-type: none">• Infographics and videos	<ul style="list-style-type: none">• Instagram & TikTok
23 January 2025 Critical Engagement	<ul style="list-style-type: none">• Infographic• "Hot takes"	<ul style="list-style-type: none">• WhatsApp, email, Instagram
24 January 2025 Student Empowerment	<ul style="list-style-type: none">• Tips for personal empowerment• Instagram Stories Quiz	<ul style="list-style-type: none">• Instagram & TikTok• Instagram
25 January 2025 Cluster	<ul style="list-style-type: none">• Introduction to Cluster	<ul style="list-style-type: none">• TikTok & Instagram

FOLLOW OUR INSTAGRAM & TIKTOK

@osler_csc

@osler_csc

The background of the image features three young women smiling and posing for a photo. They are all wearing maroon t-shirts with the word 'MATIES' printed on them in a stylized white font with orange and blue accents. The woman on the left is wearing a maroon baseball cap. The woman in the middle has blonde hair and is wearing a gold chain. The woman on the right is wearing glasses and has dark hair. They are all looking towards the camera.

WELCOMING

program 2025

Day 01 Wednesday 29 January 2025

08:00-10:00

Welcoming from CSC Coordinator

10:00-11:00

HC & Parents Meet

11:00-12:00

Osler Scavenger Hunt

12:00-13:00

Lunch

14:30-15:30

Poster Painting Session

Day 02 Thursday 30 January 2025

08:45-10:15	Dean Welcoming on Tygerberg
10:15-10:45	Tygerberg Dream walk
10:45-11:30	Students meet respective programme coordinators
11:30-13:00	Mentor talks
13:00-14:30	Support Session for parents
14:00-15:30	Buses depart from Tygerberg to Stellenbosch
15:30-16:30	Values Conversation
16:30-17:00	Move to Danie Craven Stadium
17:00-17:30	Informal programme
17:30-18:00	Formal Programme
18:15-19:00	Meet for 2025 photo
19:00-20:00	Supper

Day 02 Thursday 30 January 2025

18:30 - 20:00

Alumni Welcoming for Parents

20:00 - 22:15

Dreamwalk down Victoria Street

23:00

Leave for Tygerberg

Day 03 Friday 31 January 2025

08:00-12:00	Registration (only those first-year students who could not self-register via http://www.maties.com and taking of photographs for student cards (all Tygerberg first-years
08:00-12:00	Seniors Social
12:30-13:30	Lunch
13:00-14:00	Societies Fair
14:00-15:00	Osler Time
15:00-17:00	Movement Wellness Session
17:00-18:00	Cluster Interaction

Day 04 Saturday 01 February 2025

08:00-13:30

Cluster Day

13:30-14:00

Lunch with Connect partners

14:00-16:30

Vensters Practice

Day 05 Sunday 02 February 2025

ALL DAY

15:00-18:00

Rest Day

Sports Trials

Day 05 Sunday 02 February 2025

Rest Day = NB!!

Physical and Mental Well-being: Welcoming is packed with a variety of activities, information sessions, and social events. This can be physically and mentally exhausting, especially for individuals who may be dealing with the stress of transitioning to a new environment. A rest day allows participants to recharge, preventing burnout and promoting overall well-being.

Building Connections: Rest days provide an opportunity for Newcomers to reflect on their experiences so far and to establish connections with their peers. Socializing and forming relationships are essential aspects of the Welcoming process, and a rest day can give participants the time to bond with others in a more relaxed setting.

Adaptation: For many, welcoming involves adjusting to a new environment, routine, and social dynamics. A rest day allows individuals to adapt gradually to these changes, reducing the likelihood of feeling overwhelmed.

Preventing Overwhelm: welcoming often involves a host of new experiences, from campus tours to academic sessions. A rest day acts as a buffer, preventing participants from becoming overwhelmed by the sheer volume of new information and experiences.

Encourages Self-Care: Taking a rest day emphasizes the importance of self-care. It sends a message that individuals should prioritize their well-being and make time for activities that promote relaxation and stress relief, especially on Tygerberg Campus when most of your time is taken up by academics.

Day 06 Monday 03 February 2025

08:00 - 08:45

Breakfast

09:00 - 16:30

Academic Programme

12:30 - 13:30

Lunch

16:30 - 17:00

Snack Time

17:00 - 18:30

Colour Run

18:30 - 19:30

Shower and get ready

19:30 - 21:00

Let's Talk

Day 07 Tuesday 04 February 2025

08:00-09:00	Social with Meerhoff
09:00-10:00	Safety Talk
10:00-11:00	Social with NK
11:00-12:30	Mentor Talks
12:20-13:30	Lunch
13:30-14:30	Newcomers and HCjnr activities
14:30	Leave Tygerberg to Blouberg Beach
15:00-16:30	Let's Talk at the beach
16:30-18:00	Vensters practice at the beach
18:00	Watch sunset and leave for Tygerberg

Day 08 Wednesday 05 February 2025

08:00 - 08:50	Breakfast social with Meerhoff, NK and Hippokrates
09:00 - 12:30	Interactive Student Support Session
12:30 - 13:30	Lunch
13:30 - 14:30	Introduction to Academic advice and Tutoring Programme
14:39 - 16:00	Nursing students SANC registration
14:30 - 16:00	Non nursing students have Osler time
16:00 - 18:00	Let's Talk with Huis Francie and Meerhoff
18:00 - 19:00	Vensters Practice

Day 09 Thursday 06 February 2025

08:00-09:00
09:00-12:00
12:00-13:00
13:00-16:30
16:30-17:00
17:00-17:30
17:30-21:00
23:00

Travel to Stellenbosch
Vensters Practice
Lunch
Vensters Practice
Snack Time
Walk to Maties Athletics Club
Cluster Athletics
Leave for Tygerberg

Day 10 Friday 07 February 2025

08:00-09:00	Monitors Feedback
09:00-12:00	Social Impact Morning
12:00-13:00	Leave for Stellenbosch + Lunch
14:30-17:00	Vensters Practice in Stellenbosch
17:00-18:00	Supper with STB residence
18:00	Leave for Tygerberg

Day 11

Saturday 08 February 2025

07:30 - 08:00
08:00 - 09:00
09:00 - 12:00
12:30 - 13:30
13:30 - 15:30
16:00 - 23:00
16:00 - 23:00

Osler Ceremony
Travel to Stellenbosch
Vensters Practice
Lunch
Vensters Practice
Vensters
Travel back to Tygerberg

Vensters & Connect

2025

Connect is the main or big hoopla event of welcoming. This is where each Residence and CSC of the university gets paired with another Residence or CSC and they perform a few dances and act out a script together.

This year the theme is based on a musical! There is one song, the connect 2025 song, that each partnership has to use but they can choreograph their own dance to this song. This will happen on the 8th of February, and you will perform the show on a BIG stage!

Our connect partner are:



Huis Francie Van Zijl



Huis Neethling

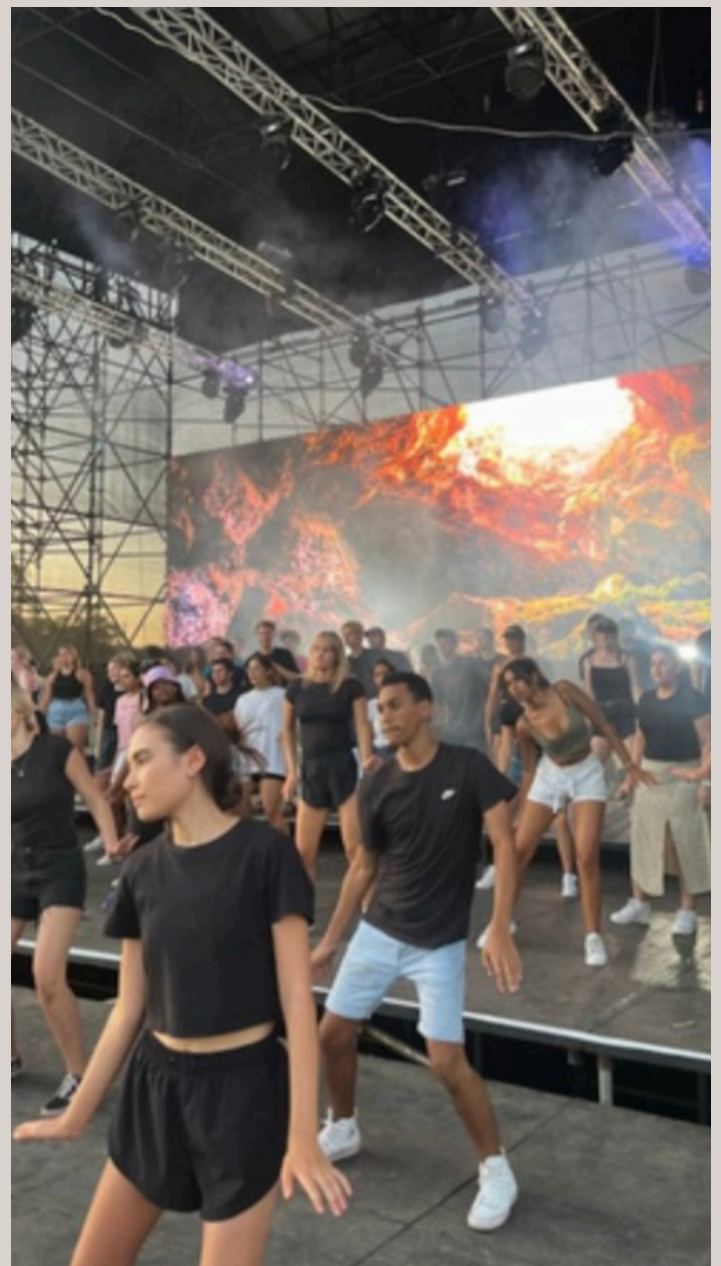


Connect theme is:

“THE SOUND OF STELLIES”

Connect theme is:

“THE GREATEST SHOW”
FROM THE GREATEST SHOWMAN



IMPORTANT NUMBERS - TYGERBERG CAMPUS

CAMPUS SECURITY

24-hour Emergency Number	021 938 9507
Walk-With Service	021 931 5111
Emergency Toll-free Number	083 938 1841
	0800 00 6767

All Enquiries / Client Services

Academic Affairs Council (TAAC)	021 938 9111
Admissions	021 938 9591
Bursaries and Loans	021 938 9378
Campus Health Services	021 938 9458/9129
Centre for Student Counselling and Development	021 938 9590
Deputy Registrar	021 938 9590
Library Enquiries	021 938 9379
Marketing Office	021 938 9368
Maties Sport	021 938 9202
Ombudsman	021 938 9468
Prim Committee	082 807 2994
Student Affairs	021 938 9591
Student Council	021 938 9461
Student Recruitment and Support Office	021 938 9591
Tygerberg Gymnasium	021 938 9789/9461
Tygerberg Hospital	021 932 2888
	021 938 4911



For General Enquiries: Aayishah Sait - OSLER@sun.ac.za

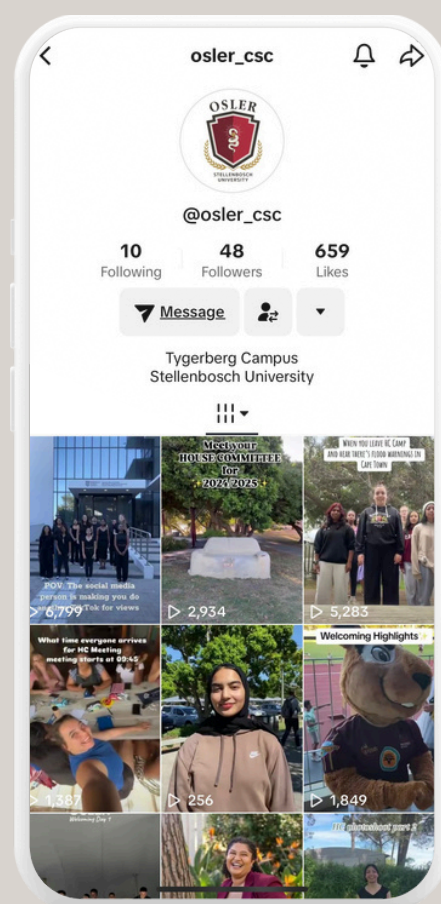
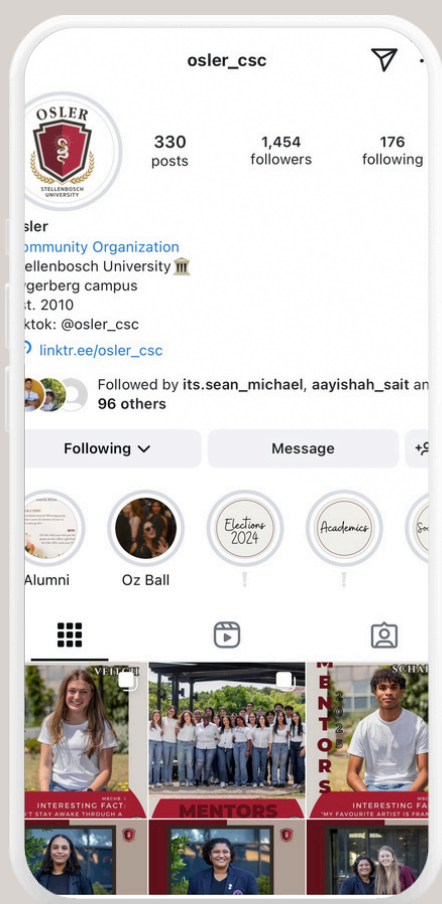
IN THE MEANTIME:

Join our WhatsApp group:

<https://chat.whatsapp.com/EC4Cx9h4yyfjZ865uOS4G5>



Follow or social media accounts:



This is our main social media platform be sure to follow so you don't miss important updates or our pre-arrival!

You will be studying at an institution that is actively trying to reduce its carbon footprint. We want to take care of the planet so that it can sustain us and future generations.

Here's a few things you need to know:



- We drastically have to reduce our energy consumption.
- Please only bring along LED study lamps.
- Only use energy efficient appliances - look for the A++ rating, and low Watts.
- In res, you are only allowed to have one 150 liter fridge per room, so wait until you know who you are rooming with before you buy.
- We also do not allow food to be made in the room - there are kitchens and kitchenettes that you can use for this purpose.
- Any faulty equipment can be discarded in the yellow e-waste bins.

- We are located in a drought prone area and are still under **level 2 water restrictions**. This means that we have a quota to use only **80 liters per person a day**.
- To help with this we have a grey water system that catches shower water, treat it and use it to flush the toilets.
- You can help by using ecofriendly personal products and washing powders.
- To further help us keep to the 80 liters, we encourage showering for only 3-5 minutes to reduce the amount of potable water we use.

WHAT IF THIS IS
THE LAST DROP?



ZERO WASTE TO
LANDFILL



- Reducing the waste we produce on the campus is another focus. We want to send zero waste to landfill by next year. This means that we have to throw less stuff away.
- Bring only reusable bags, cases and containers that you can store and reuse.
- Be ready to sort the waste you throw away.
- We collect food waste to be composted.
- We have a mixed recyclable container where you can discard empty and dry glass, plastics, cans/tins, paper and cardboard.
- The rest is taken to landfill.

- To further reduce our carbon emissions, we encourage walking and cycling on campus.
- You can hire a Matie bike and get access to secure bicycle sheds around our campus area.
- If you have to drive, we encourage ride sharing.
- If you commute to campus, there are secure periphery parking and shuttles to take you around campus.



For more info and tips follow us
[@su.environmental.sust](https://www.su.ac.za/environmental)

