

CRACCUM

ISSUE 01, 2020



Legends of First Year

Ex-freshers recall their funniest, silliest, most stupideriest stories. PAGE 16.

Survival 101

This place is a jungle - you'd better learn how to survive. Brian Gu summarises all the important things you'll need to know. PAGE 22.

The O-Week Gig Guide

Looking for things to do this week? Rosalea Catterson rounds up all the best events on campus. PAGE 32.

AUSA AND UOA PRESENT

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Under Construction: Welcome to UoA

Cam and Dan welcome you back to university with a big ol' bitch about the state of the current renovations.

CAM SAYS:

How the fuck am I meant to navigate this university?

Seriously, I've been at the University of Auckland for three years already but somehow this university is under construction again, and trying to navigate the student sector is a nightmare. Everything has moved and accessing anything is hard. But welcome to Uni life, everything is hard.

On the bright side for all you engineering students, the university has decided that your department has value and as such you have been gifted a brand new building. Congratulations, it looks like a cheese grater.

For now, everyone else please proceed with caution, wear your hard hats, and if you need some extra cash, ACC will cover you in case of an accident so maybe just don't watch where you're walking.

I'd also like to now list some other places the University should upgrade next: **Social Sciences Building**

That is all.

In all seriousness, this construction, whilst a bit chaotic, is actually very essential. The old recreation centre was built in 1978 when the student population at the University was 10,000. This number has now quadrupled. The new recreation centre is a remarkable investment by the University in the physical health and wellbeing of students. In other areas however, there is still work to be done. I would be much more excited however if I was still going to be at University when the project is completed.

Our editorials this week are all about construction - not only the university building construction but also personal construction. University is a journey, and that journey takes you on paths that sometimes you didn't quite plan for or expect. I started at University as a Bsc Student in Pharmacology. After a year of scraping through tests and pretending everything was fine, I changed degrees to a BA. It has been one of the best decisions of my life. Be brave, let new adventures flourish. Lead your life like it's under construction, with better things always to come.

Have a great year,

Cam

P.S. There are road cones everywhere - do something funny with them and send us a pic at editor@craccum.co.nz.

DAN SAYS:

Hey there freshers!

Welcome to the University of Auckland.

You may have noticed already, but things are very much *under construction* around here. Between the demolition of the Maidment theatre, the closure of the Student Union Building, and the renovation of Kate Edgar, there's more scaffolding on campus than students. All those things the photos promised in the university brochures (mostly just picnics in the park with groups of photogenic, multicultural friends) are currently on hold.

But don't get too down! Hidden amongst the dust, dirt, and semi-hardened concrete that covers this university is an important lesson: don't be afraid to change this year.

For many of you, university represents a brand new chapter of your life. It's a fresh beginning - an opportunity to reinvent yourself and discover (or forget) new and exciting aspects of your personality.

There are no more high school sweethearts to impress. No more cliques to fit in with. There's only you, and your interests. In essence, you're free - free to knock down the past and start over.

In that sense, this university (forever changing, forever reinventing itself) is the perfect place to be. Look on these buildings not as a hindrance, but as a guideline, a blueprint on how to start over. And accept the challenge these buildings have laid down!

Renovate the east wing of your life. Demolish the Maidment theatre that is your inhibition. Unlock the new recreational facility that is your self-confidence, self-belief and self-something else. Rip up the fraying carpet in your hallway of hobbies and replace it with a flooring of white-and-gold double-edged Spanish tiles. And add a new patio somewhere. A patio of friendship.

Express yourself! Try new things! Give anal a go! Take the time to rediscover yourself this year - this may be the last great chance you'll ever have to do so.

Cheers,

Dan

PS. Just like how the construction around university makes the campus hard to get around, the changes and developments we go through during this period of our lives can be difficult to navigate. That's why it's important that we always remember to lean on our emotional scaffolding in times of stress. And also wear steel-toed boots of tolerance and understanding. And bring pre-packed lunches of empathy and love.

Welcome to the University of Auckland

Kia Ora, Bula Vinaka, Malo e lelei, Talofa Lava and a very warm pacific greetings to you all!

Welcome to the University of Auckland and welcome to this first edition of Craccum Magazine!

My name is George and I am immensely humbled to be your Student President for this year at AUSA, the Auckland University Students' Association. AUSA is the place that has your back – we're here to represent you and your interests to the University, we're there for you in times of need with our welfare and advocacy support services and we're here to ensure you have a great time throughout the year because Uni isn't all about studying... its about building community and making some life-long mates as well. This year, the AUSA Team is exceptionally proud to be bringing you the biggest Orientation Concert AUSA and the University of Auckland have ever put on: Party in the Spark. This is a shameless plug but this IS the Concert of the Year. With Mako Road, Drax Project and Peking Duk – it is the ultimate welcome to UoA.

As President, it is my job to ensure that your Students' Association is working for you. Through this column, I hope to be able to share what's happening with AUSA and what hard mahi is being done by our team in the name of building student community and making this University the best it can be for you.

This first week is "O Week" and it is the most exciting week of the year for our students because AUSA has jam packed everything it can into each day to make it amazing. My strong words of advice are to just go out and enjoy it all – sign up to the new clubs down in the Clubs Expo, participate in the Talent Quest for O Week this year (we're giving away a \$1000 Prezzy Card to the winner!) and make sure you get yourself a cold jug at Shadows Bar, proudly owned by AUSA. And, as I told a

young first year who said they were worried about going to Party in the Spark because of an 8am lecture they had the next morning... lectures are recorded at this University so don't stress if you're a bit "tired" to go to class the next day. PS – lecture recordings were adopted by the University are years of AUSA's lobbying... how good is that!

Anyway, my biggest advice is just to make the absolute most of this first O Week and just get amongst it.

The last thing I wanted to say is that this is an exceptionally exciting year. At a University level we have a new Vice-Chancellor, Professor Dawn Freshwater, arriving on campus in the middle of March and the University is about to embark on another Strategic Plan to guide it for the next 7-8 years. On a National level, as I'm sure you know, we have the General Elections and a referendum on the legalisation of recreational cannabis. Our job at AUSA is to make sure that we take advantage of that change for the better – better support for our students while studying, amazing events to blow off steam and meet people in the new Shadows Bar (proudly owned by AUSA, of course) and a stronger student voice so that the University and the next Government listen to what we – as students and as the next generation – want.

My job at AUSA is to serve you so if you ever have any ideas of how to make this University even better for us, or want to get involved with AUSA, then flick me an email at president@ausa.org.nz. I'm also always up for a yarn if you're ever at Shadows too.

Yours always,

George

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University of Auckland Early Childhood Educator Wins Top Award

ELLA MORGAN

Aimee MacAskill, manager of the University's six early childhood education centres, has just become a recipient of a major New Zealand teaching award. MacAskill was one of six recipients of an ASG National Excellence in Teaching Award on the 21st of February.

According to MacAskill, the most rewarding part of her job is watching tamariki grow and develop. "In my current role it has become more about supporting and growing kaiako and leaders, but the core of what we do always comes back to the tamariki," says MacAskill. "As early childhood professionals we find ourselves in a very unique position where in some cases we have children in our care from 6 weeks old...we celebrate in their achievements with whānau and most of us consider a child and their whānau as our own. These relationships are so precious."

Numerous studies have highlighted the benefits of early childhood education for children and society. The Ministry of Education states that early childhood education can prepare children to be more confident and resilient as they head to primary school, and help to develop key social skills. The Ministry of Justice asserts that "high-quality early childhood education reduces the likelihood of future criminal behaviour and other negative social outcomes for

disadvantaged children".

"From a hands on perspective, I can honestly say the biggest benefit of a child attending an early childhood education service is their ability to form attachments and relationships with a diverse range of people," MacAskill says. "For up to 10 hours a day we are the primary caregivers to these special little people. Once a child settles in a centre and begins forming those relationships, everything else just seems to fall into place. Milestones are achieved and celebrated, and special care and dedication is given to the achievement of things that might not come as easy as they should."

MacAskill's recognition comes at a time when calls for pay parity for early childhood teachers are intensifying. In December, 560 teachers signed an open letter to Prime Minister Jacinda Ardern and Minister of Education Chris Hipkins, calling for early childhood teachers to be paid the same as kindergarten and primary school teachers. MacAskill is hopeful that pay parity will eventually be achieved by the sector. "There are many centres out there who are paying well over and above the average and the University of Auckland ECE Centres are one of them," says MacAskill. "We will get parity, it is just going to require some hard mahi and advocacy in our profession, this starts with positive stories about ECE and getting the message out there about just how special the work early childhood professionals do is."

New Code of Conduct Unveiled

ELLA MORGAN

A new code of conduct has been developed by AUSA and the University. The code applies to all members of the University of Auckland community, and acts as a guideline for student and staff conduct.

Emma Rogers, Education Vice-President of the AUSA, describes the key points of the code as "acting with manaakitanga, fostering whanaungatanga, building kotahitanga and upholding kaitiakitanga.". No code of conduct was in place prior to the creation of the new code.

The code sets out a number of standards for conduct and behaviour. Crucial points include treating others with respect, acknowledging rights to freedom of expression, defending academic freedom and promoting sustainability. Specifically, the code prohibits bullying, harassment and discrimination, and dictates that members of the university community must not "engage in purposefully offensive or personal attacks, whether physical or non-physical, on others or their property; behave aggressively, violently or in ways that make others feel unsafe or unwelcome; abuse the power we have over others by virtue of the position or status we hold in our University community".

"This document codifies the behaviours we want to see on our

campus and also ensures that behaviour that contravenes the code is punishable," says Rogers. "In this way, it means bullying, harassment and discrimination are punishable and behaviours like this can have real consequences". Students who act in a way that breaches the code of conduct may face formal disciplinary action depending on the severity of their behaviour.

According to Rogers, the code of conduct can also play a role in promoting student wellbeing. "[the code of conduct] means we will have a better environment to be in on-campus and always be encouraged to treat others with respect," Rogers says.

The move brings the University of Auckland in line with every other major university in New Zealand. The University of Waikato, Victoria University of Wellington, the University of Otago and the University of Canterbury all enforce student codes of conduct. However, Auckland's new code of conduct is distinct in the fact that it applies to all members of the university community, staff and students included.

The full code of conduct is accessible online through the University of Auckland website. The AUSA suggest students read and become acquainted with the code, as all students are expected to act in a way that adheres to it during their time studying at Auckland.

University Purchases \$5m Parnell Property

ELLA MORGAN

The University has purchased a \$5 million house in Parnell to be rented to incoming Vice-Chancellor Dawn Freshwater. The four bedroom, three bathroom property features a swimming pool and large garden space.

Market reports show that the average sale price of a three-bedroom property in Parnell was just over \$1.6 million this January. With the university paying \$1.5 million above the council valuation of the property at \$5.06 million, Freshwater's new four bedroom home ranks well above this figure.

It is not yet known how much the new Vice-Chancellor's pay will be, or whether the residence is part of her pay deal. However, outgoing Vice-Chancellor Stuart McCutcheon was paid up to \$770,000 in 2018, making him one of New Zealand's highest paid Vice-Chancellors.

Lisa Finucane, the university's Media and Communications Manager, has stated that the property will also be used for "university-related events and hosting".

George Barton, President of the AUSA, condemned the purchase in a statement to craccum. "There are houses and then there are mansions and this is clearly the latter. There might be some sense in the University offering the new VC a new house as part of some package given that is what it takes to get the best into these roles but a \$5m Parnell mansion...come on..." says Barton. "The University has a huge amount to answer for given it has made cuts to areas of academic priority in the name of fiscal responsibility. But here's a

question worth pondering, if student money bought the house, does that mean we can host pool parties for our students too as part of a new wellbeing strategy? Just kidding. In all seriousness though, this move is out of touch with the University's role as a public institution and it is only right that students should be seriously concerned and frankly disappointed".

New Zealand Union of Students' Associations national president Isabella Lenihan-Ikin has criticized the university's spending, calling it frivolous. "A couple of years ago the University of Auckland closed a couple of its specialist libraries in the architecture and fine arts departments under the justification that the cost of keeping them open was too high and the university couldn't afford them," says Lenihan-Ikin.

In 2018, the university announced the closure of three specialist libraries, which were integrated into the general library. The move resulted in the loss of more than 40 staff and sparked opposition from the AUSA. At the time, Vice-Chancellor McCutcheon cited the university's financial situation as the driver for the decision, and claimed the closure would save millions of dollars.

A recent listing on Unlimited Potential Real Estate for the property describes it as "Elegant, relaxed, on trend, timeless and just so wonderfully liveable, this classic three storey residence is just so perfectly Parnell. Located in the Double Grammar Zone, moments to Parnell and Newmarket shopping precincts, it is also just minutes to the CBD, you could say it has the best of Auckland on its doorstep".



Auckland Pushes Back on Waikato Med School

ELLA MORGAN

Outgoing Vice-Chancellor Stuart McCutcheon has rejected a renewed push for the creation of a third medical school.

The Waikato Medical School proposal aims at addressing the rural general practitioner shortage and taking a “community-focused approach to health,” according to the University of Waikato website. Under the proposal, students with a three-year undergraduate degree would complete a four year intensive medical school program focusing on the healthcare needs of provincial and rural areas.

McCutcheon claims the creation of a Waikato Medical School “would risk an underfunded second-rate operation delivering doctors into New Zealand’s smallest towns”. Following the initial Waikato proposal, plans were unveiled for a national school of rural health; a joint venture between the University of Auckland and the University of Otago. Both universities have claimed these plans are not in reaction to the Waikato Medical School bid.

The current coalition government has shelved the idea of a Waikato Medical School, with Health Minister David Clark instead placing emphasis on rural training hubs as an answer to the doctor shortage. However, the National Party’s recent discussion of the proposal has reignited debate on the issue. National Party MP David

Bennett has said that the Medical School could become an election promise with enough support from the public.

Sarah*, a third year University of Auckland Bachelor of Medicine and Bachelor of Science student, believes a Waikato Medical School would be beneficial in addressing the doctor shortage. “From what I understand it was going to be focused on training primary care doctors which there is a massive demand for in New Zealand,” says Sarah. “But if I had a choice between Auckland and Waikato, I still would have chosen to study at the University of Auckland.”

The University of Auckland has previously rebuffed the Waikato Medical School proposal, with Dean of Medical and Health Sciences Professor John Fraser calling it “an ill-considered and expensive folly”.

Waikato Medical School debate aside, a severe shortage of doctors still exists in New Zealand. Over 40% of doctors practicing in New Zealand are trained overseas, and the Association of Salaried Medical Specialists claims that more foreign doctors are needed in all medical specialties. Many specialist medical professions feature on Immigration New Zealand’s Long Term Skill Shortage List, as the numbers of doctors coming through New Zealand medical schools fails to keep up with demand.

**Name changed for article*

Students Disappointed at Lack of Composting in University Accommodation

ELLA MORGAN

A number of students moving into University of Auckland accommodation have expressed discontent with the lack of composting facilities available.

At Carlaw Park Student Village, student apartments are equipped with two recycling bins as well as a general waste bin. However, no composting or food waste disposal facilities are available. When students queried this on the community’s Facebook group, a staff member offered to take residents’ food scraps home to their personal composting bin. However, with Carlaw being home to almost 700 residents, this solution may not prove effective permanently.

Jenny*, a second year commerce student and Carlaw Park Student Village resident, believes more should be done to promote sustainability in university accommodation. “I think we should have composting because there’s a lot of food waste, and for the top university in New Zealand it’s kind of shocking that they wouldn’t have something like that for us to use,” says Jenny. “They’ve got all the other recycling options for bottles, cans and paper and a general rubbish bin but they don’t have a place for food scraps, and I think it would be quite easy to implement that.”

Mark*, an exchange student staying at Carlaw Park Student

Village this year, agrees that composting facilities should be available for residents. “I think that it’s a missed opportunity, because I think the university does a great job in a lot of the other recycling components,” Mark says. “But without composting, there isn’t a really place to put our food scraps or any other compostable material, and I think that could be another way to cover all the bases and reduce the environmental impact of all the students who live here.”

The University of Auckland is currently ranked 1st in the Times Higher Education University Impact Ratings. These ratings assess how effectively tertiary institutions are meeting the United Nations’ Sustainable Development Goals. Despite this fact, only three accommodation halls are part of the university’s Food Waste Diversion Scheme. The university launched this scheme in 2016, however at present it operates at just one other location outside of the accommodation halls.

Outside of these four locations, food waste collection is not yet available. According to the university website, it is expected that the Food Waste Diversion Scheme will be extended to cover more sites in the future. For the residents of Carlaw Park Student Village, hopes are that more sustainable food disposal options will be available soon.

**Names changed to protect students’ identities*

Shadows Bar Reopens for 2020

ELLA MORGAN

Shadows Bar has reopened in its new street level location at 8 Alfred Street. Speaking to Craccum, bar manager Matt Marquet stresses that despite the changes, Shadz will still be offering all the things students have grown to love about the bar. \$8 jugs and \$2 toasties will stay, however the bar will now also be home to the cheapest coffee on campus as well as lunch and dinner options.

"I've always wanted to do coffee but where we used to be we were out of the way, it was something that we couldn't do," says Marquet. "And with the coffee, it changes our market of what we can offer in terms of the alcohol side of things, we can be a little bit more creative and start adding things like espresso martinis. We can give students hopefully a different experience to what they've had with that same feeling that they are at home."

Despite pushing back the date of reopening, Marquet is certain that this week will go off with a bang. He references legal and compliance issues as the cause of delay. "We did get there in the end, but

it has delayed us in terms of setting up our furniture," Marquet says. "We made a decision so we would have a comfortable amount of time so that we could make everything perfect. We don't want people to come and be underwhelmed about what we've done."

The new space is freshly renovated with features like a private function room, an outdoor space and a lowered wheelchair accessible bar. To celebrate their reopening, Shadows will be continuing the tradition of giving away Jagermeister t-shirts for those who buy four Jager drinks. Jupiter Project will be playing in the bar on Monday night and O-Week events organised by the AUSA will continue throughout the week. For students looking to get their coffee fix, free coffee giveaways will be advertised at select times throughout this week on 95bFM.

Marquet hopes that students will enjoy a fresh, modernized Shadows bar. "For 36 years we were in the same place, on the third floor of a student union building and now we're on the bottom with more of a basement feel," Marquet says. "We've got foot traffic, no one has to walk up the stairs which I think people will be happy with...We've tried to look at the modern student and see what they like".

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2000 Auckland Students Stuck as Coronavirus Travel Ban Continues

JUSTIN WONG

Around 2000 University of Auckland students from mainland China have not been able to return in time to start Semester One due to travel restrictions imposed by the government.

In a statement to Craccum, the university confirmed that approximately 2000 students are affected by the travel ban, but did not comment on where they are located in China.

6000 tertiary students from New Zealand institutions are estimated to be stranded in China, of which 2000 are first year students.

The travel restrictions, announced by Prime Minister Jacinda Ardern on 2nd February, barred all foreign nationals travelling from or through mainland China from entering New Zealand.

New Zealand citizens and permanent residents returning to New Zealand will still be able to enter, as will their immediate family members, but will be required to self-isolate for 14 days upon arrival.

The Ministry of Health said the likelihood of an imported coronavirus case in New Zealand is high, but chances of a widespread outbreak are low to moderate.

As of the 25th February, there are 80152 confirmed coronavirus cases globally, with 2701 deaths.

In an email sent to all students, Auckland University Vice-Chan-

cellor Stuart McCutcheon said the risk of exposure within the university is very low but that protective measures have been taken, such as hand sanitisers placed in toilets and reception areas, as well as posters and e-screens displaying hygiene messages and information.

The University also said they were not aware if any students that were currently overseas have tested positive for coronavirus, and asked those who are unable to return in time to fill in an online form in order to "develop a personalised study plan" and make arrangements to study offshore, including additional tutorial support or alternative assessment arrangements.

Eddie Jia, President of the Auckland University Chinese Student Association, is currently located in the Chinese province of Henan. He says most Chinese students understand the reasoning behind the travel restrictions, but do not support them.

"This ban may directly lead to changes in the study plan of most Chinese international students, [because] it may bring uncertainty to their study abroad life and increase the difficulty of studying abroad."

"Most international students want to complete their studies on time, which is related to many factors, such as visa duration, job opportunities, [and] financial stability."

"We don't want the ban to stay in place for a long time. We want it to be cancel[led] or partially cancel[led] in a short period of time."

"I hope the government can cancel the ban on those who are holding student visas and live outside of severely affected area[s]."

Jia also said he was satisfied with the university's plans to continue their studies, as some students got a response from their faculty and a customized study plan within a short time frame.

This satisfaction was echoed by AUSA President George Barton.

"AUSA has been in close communication with the University and we are - along with the New Zealand International Students' Association - very supportive of the good work the University is doing for our affected students."

"I would encourage all students who do have concerns to get in touch with the University through their online page and to bring any concerns to AUSA as well."

However, some universities and student organizations want the government to lessen travel restrictions to allow exemptions for tertiary students, a move that Prime Minister Jacinda Ardern signalled she was open to - only if the education sector could assure the public that any health risk could be managed.

Grant Guilford, chair of the International Committee of Universities New Zealand and Victoria University's Vice-Chancellor, called the ban a "betrayal of trust" that could cost the country hundreds of millions of dollars.

"Fundamentally, it goes to a matter of trust between China and New Zealand - and if we blow this one, don't treat these young people well, the damage extends well beyond to every other sector that has anything to do with China."

"They (Chinese students) [will] enrol in Canada or the UK which did not put a travel ban in place and have made sure the students in China are very aware of that."

"This goes beyond the education sector into the wider trading relationship and the diplomatic relationship with China."

Director of Universities New Zealand, Chris Whelan, also claimed universities could lose 170 million dollars annually if the travel restric-

tions were not lifted.

The New Zealand Union of Students' Associations (NZUSA) have criticised the restrictions in an open letter, claiming they fuel racism and undermine the wellbeing of international students and staff travelling from or through China.

"The ban has fuelled hysteria that coronavirus is a "Chinese" disease, and is responsible for spreading xenophobic and anti-Chinese sentiments within the Asian community."

"Both domestic and international students have been the target of this xenophobia. This includes long-standing Chinese and Asian communities in New Zealand."

"International students have been left in the lurch as to the impact the travel ban will have on their ability to continue their studies in New Zealand."

"First-year students are equally concerned that they will not be able to fulfil their dream of tertiary study, having already invested in fees, accommodation and visas for the year ahead."

According to the Ministry of Health, coronavirus symptoms were similar to other illnesses such as influenza, including fever, coughing and having difficulty breathing.

Auckland Regional Public Health Services had said normal measures such as covering coughs and sneezes, not going to work or school if feeling unwell and washing hands regularly are the best ways to avoid the illness.

Anyone who has been to or transited through mainland China is expected to self-isolate for 14 days, starting from the day of departure.

They should also register their details with Healthline on 0800 358 5453 (or +64 9 358 5453 on an international SIM) within 24 hours of arriving in New Zealand.

If you believe you could have the coronavirus, stay at home and call the dedicated line on 0800 358 5453. Interpreters are available on request.



Craccum's Bad Uni Habits

It's a new decade, a new year, and a new semester. The perfect excuse to reinvent ourselves and be absolutely delusional in our resolutions. University is a difficult environment to survive, and for those that make it past first year, bad habits quickly become an integral part of the daily routine. As haggard and wrinkly senior students, the Craccum team has its fair share of coping mechanisms to shake. We semi-commit to trying.



DANIEL MEECH CO-EDITOR IN CHIEF

Goal: Stop spending money on university food and start cooking.

In the immutable words of Martin Luther King: "this year is the year of bringing lunches to uni".

I spent a lot of money on university food last year. Not quite as much as the university spent on memberships to the prestigious Northern Club (\$33,000), but not far off either: some quick back-of-envelope accounting shows I parted ways with just over \$afuckloadofmoney in the six months I spent on the Auckland city campus.

But that's not me anymore. 2020 is a fresh new start – I'm turning over a new slate. This year I'm determined to get into the habit of cooking my lunches every evening. Gone are the expensive *Got Pastas* and *Ha! Poke* bowls – this year is the year of thin ham sandwiches and cold, half-cooked potato salads. I'll be dusting off the recipe books and trying my culinary hand (at this point it's more of an arthritic, poorly-educated stump than a hand) at such exotic dishes as "macaroni 'n' cheese" and "sausages".

Can you tell that I'm pumped for this?

I joke about my shitty cooking, but I am actually a little excited. Turns out, after 4 and a bit years of Uni Sushi, butter chicken 'n chips and Barilla dumplings, I'm kind of over all the food on campus. Home-

made cooking is an exciting prospect: at least it's different.

So keep your eyes peeled for the new Dan around campus this year – you should be able to find me at the back of most lectures, sandwich in one hand, orange and blue Bob the Builder lunch box in the other (shoutout to Mum for that one – she always knew year four Dan would rock the shit out of that)



CAMERON LEAKEY CO-EDITOR IN CHIEF

Goal: Stop showing up to class late at 10 past the hour with coffee.

I know class starts at 5 past. And I KNOW that the idea is to show up on the hour, ready to go and excited for the class ahead. But truthfully, I don't run like that. I'm a man on the go, and sometimes, that requires a coffee from Mojo and a last minute sprint into the back of the tutorial room, avoiding eye contact with the tutor. It has to be done. This year I might be better, maybe. I don't like to make promises I can't keep.

BRIAN GU SUB EDITOR

Goal: Stop exploring comedy as an alternative career pathway to electrical engineering jaywalking Princes St.

I mean, I'm not really sure where I think this job with Craccum will get

me. I mean, I tell my parents I head to university each day to progress my electrical engineering degree, while I really just sit down and write shit jokes that wouldn't even make their way into a Guy Williams set. Maybe I need to shift my focus entirely to my degree, so that one day I'll become an established I'd really like to work on my road safety this year.

ELLA MORGAN NEWS EDITOR

Goal: Actually do my readings.

I don't know if it's because I've come from a second-rate uni (Waikato 'til I die-kato) or if I'm just a shit student, but I seem to have made it through the past three years without actually opening a textbook. I can't even count the number of times I've bullshitted my way through a tutorial discussion, or just nodded and pretended like I have any idea what's going on. At this point, I'm an expert on strategic seat selection in lectures, completely avoiding the professor's eye contact and questions.

From what I've heard so far though, Auckland students actually study?! This year things are gonna change, I'll frequent the library and spend my course-related costs on books. New uni, new me.



MADELEINE CRUTCHLEY FEATURES EDITOR

Goal: Stop clogging my poor arteries with garbage.

During my 15 minute breaks from library study (usually taken every half-hour), I am known for roaming over to Munchy Mart and staring longingly at the packed shelves. The poor staff have to squeeze past my zombie-ish stance in the small aisles, while I rummage for spare change in my wallet.

I always try to convince myself to grab something healthy, but somehow my feet take me straight past the bins of fruit and bottles of fresh juice. The chip section calls me, my energy wavering, my

body in need of a sugar, salt and carb hit. When I return to the library, I receive piercing hot stares, while I crinkle my way through two bags of chilli cheese Cornitos. Hey, I'm saving money - that's only \$2.50. A whole 50 cents off.

At the mid-point of semester, it's like I've reverted to my 12-year old self. I'm fuelled by soggy garlic bread, hot chocolates, and lollipops. This food is definitely a source of joy and comfort, until I'm wheezing while walking back up the library steps. I'm definitely not creating a healthy relationship with snacking if I feel the need to guilt-walk it off later. Something needs to change, for the sake of both my physical and mental health.

This year I've bought some Tupperware, so I can bring my own homemade healthy snacks. Celery and peanut butter maybe? Homemade date and oat balls? An apple? Maybe. Or shock-horror - I could even make my own lunch. Nah. Baby steps first.

At least in the event of a mid-essay panic, I'll have a quieter container to eat my Cornitos from.

LACHLAN MITCHELL ARTS EDITOR

Goal: Mostly stop playing Pokémon in class.

Lectures are pretty shithouse when your heart's not in it, and when my heart immediately returns to the warm shores of Hoenn the second my immensely knowledgeable sociology lecturers don't entertain me every moment of the class, I get the feeling I might be missing out. Well, maybe I'm not. Is the exp grind not soothing? Is the trek to Fortree City not worth it? Have you ever seen Milotic? She's beyond peer. And so is Swalot, my long-term friend that is a purple walking stomach. She's won so many Beauty Contests in my various play-throughs, and I plan to win more. But maybe we should all be striving to listen during lectures, at least some of the time.

I personally do not have any regrets, but that is because I find utmost joy in knowing I have broken the pitiful dreams of pixelated 12 year olds from a 15+ year old children's game. But while I don't have regrets, perhaps I could have aspired to more. Perhaps I could have channelled more of my energy into the great discussions surrounding societal isolation under capitalism, or into more intuitive readings of Hegelian dialectics for my own purposes.

And maybe that is the message here. Aspiring to be champion of the Elite 4 with all your friends by your side is indeed a worthy goal, but perhaps succeeding at higher education is a little bit more practical, if nowhere as fascinating or rewarding. UoA isn't giving you a shiny Gardevoir, so just keep that in mind.

SHERRY ZHANG LIFESTYLE EDITOR

Goal: STOP saying sorry and ummm.

I have a theory that children of migrants grow up to be more apologetic than their counterparts. We pick up on the uncertainty and fear our parents experience when figuring out a new space and all these brand new social cues. Especially children of colour. We shorten our names, make them smaller and more palatable, and then apologise

feature.

for people having to repeat again 3 times.

Thank you, sorry, sorry, um, I guess... maybe...kinda? Don't worry, thanks, forget about it! Sorry, sorry!

Maybe it's because womxn are constantly being told to take up less space, and to be apologetic for our very existence. God, how dare we ask for free sanitary products, how dare we ask for equal pay? How dare we be angry about heightened rates of gender specific and queer/transphobic violence?

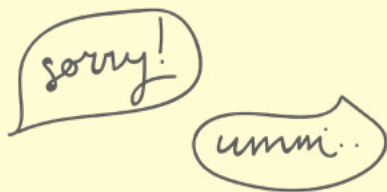
I need to stop saying sorry for ridiculous things. Oh and going um. Because I know exactly what I'm talking about.

Um,

Thanks!

Ngā mihi,

Sherry



JUSTIN WONG STAFF WRITER (NEWS)

Goal: Stop getting sidetracked online.

There's always something more interesting than your 3,000-word essay that makes up half your course grade. I can vouch for that because last year I binged-watched old French political satires (*Les Guignols de l'info*, what a fine show), instead of writing an essay. It ended up like Boris Johnson's hair: untidy, silly, all over the place (how I managed to get more than a C is beyond my imagination). Not

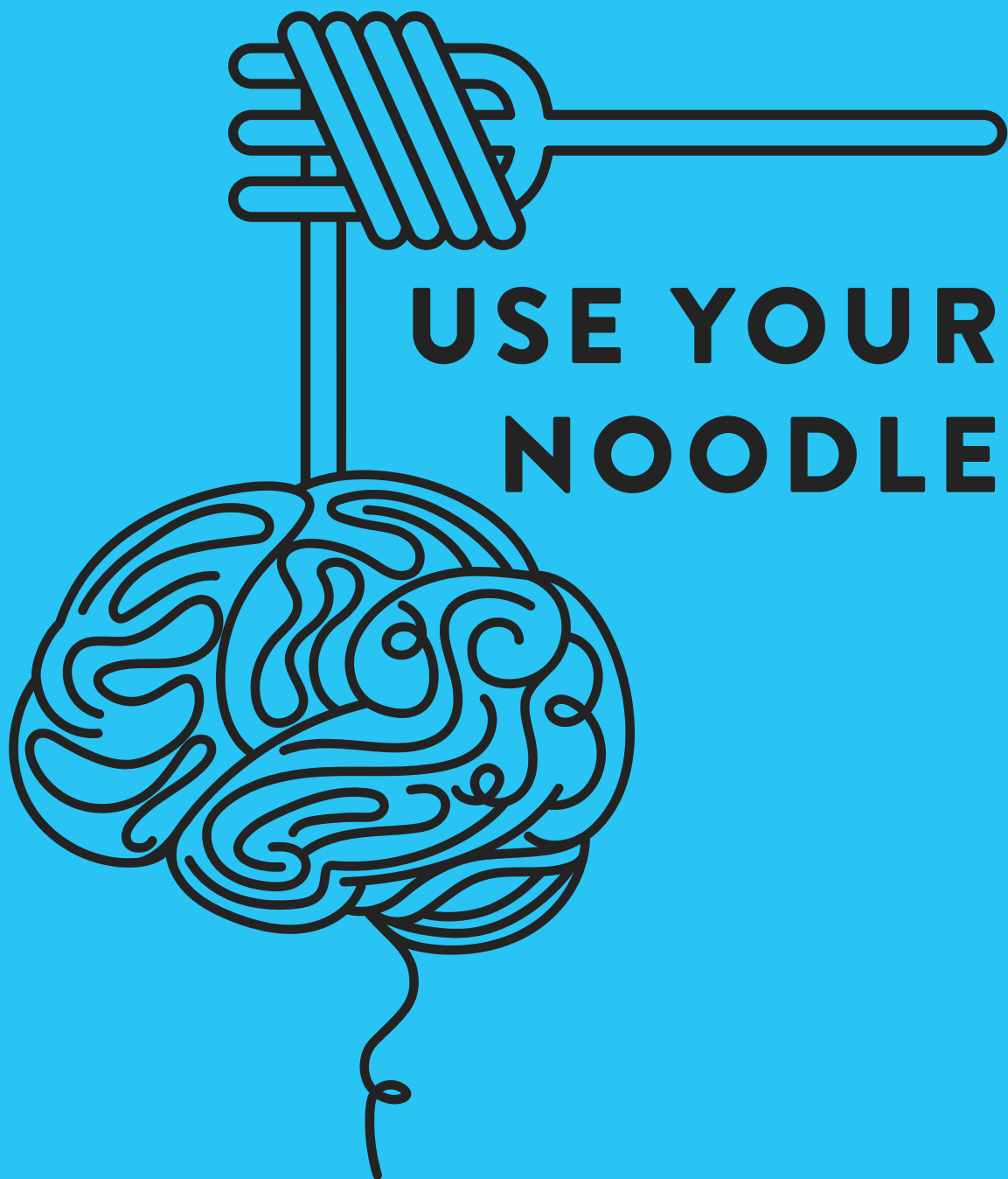
this year though. I'm going to give my academic career the utmost attention. But what's this? Looks like the social media algorithms have recommended another show to me. I'm just going to watch all 30 episodes for... my dissertation research. The readings can wait.

EDA TANG VISUAL ARTS EDITOR

Goal: Improve shitty desk posture.

If I'm being honest, half the time my work isn't even done on a desk. Nor has my screen ever been at my eye level. The result of curling over my laptop? My neck has a default working position of 45 degrees further forward than it should be. And I wonder why I always get aches up my back muscles. By the end of 2020, my spine and neck alignment will be as straight and upright as it has ever been, and that starts with doing work somewhere other than on the couch or in bed :(





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UOA Legends of First-Year

**Some names have been changed for the sake of dignity.*

It's often said that the University of Auckland has no culture. There isn't an obvious identity like the Otago couch burner living on Castle Street, or the trendy Victoria student wearing extraordinarily baggy jeans. Some people say that the uni has a culture, it's just not a good one. Others say that AUT is better. There's probably a little bit of truth to all these statements (except the last one).

I think the notion that UOA has no culture can lead a lot of students to think that valuable experiences can't be found on campus. That, even if you're a student here, to form lasting memories they'll have to be created separately from your university experience.

The stories that we tell of our time at UOA help to articulate the culture and life that is present on campus. To help new students understand what the university is really like, it's important to put our first year legends to print. Students have bravely shared some of their stories of partying, studying, and life in general at the University of Auckland, to represent the good, bad and ugly of our uni. Maybe not all of them appear to be valuable experiences, many being embarrassing and awkward, but they are valuable to the holder of those memories. They are the legends of their time studying that they will retell, now and in the future.

ACADEMICS

The moment after I finished my first exam, I felt a sense of relief I'm sure everyone is familiar with. I thought I had done quite well, most of the questions being closely aligned with what I had studied for. I double and triple checked my answers, and when the supervisor told us to drop our pens, I was one of the first out the door. On the

bus trip home, I couldn't help but talk with some friends about the questions and what we had written. As we pulled the question sheets out of our bags, my heart stopped. I had written my answers in the question book instead of the exam paper. None of my correct answers would count. The feeling of disappointment was brutal, my grind for the year felt like a total waste due to an embarrassing rookie mistake.

Tim Tam - Law and Arts*

It was early on in my first semester at uni, and I had a big essay due on a Friday. Being who I am, I didn't start it until the day it was due. I quickly realised I was putting garbage onto the page, and decided to take the 5% penalty hand in on Monday. This probably was the right decision to make at the time. The problem came when, instead of working on it all weekend, I thought I could fit in a cheeky bit of drinking. This was a mistake. The assignment entirely slipped my mind. I remembered it at the last moment, right before the cutoff, a week later. I handed in the garbage I had written on Friday, while also taking a 50% penalty. To add salt to the wound, I got one of my best grades that semester before the penalty. I'm not a hypocrite, you don't have to be entirely organized. But please, be more organised than me.

Last Minute - Arts*

Every student at some stage has to walk into the wrong classroom. It's a right of passage. One day, I was walking to a tutorial and bumped into someone I knew. We chatted, and I ran to class thinking I was late. After bursting in I realised I was early, and the tutorial before mine was still in session. Panicked, with all eyes on me, I put my phone to my ear and said "I'm in the class now but can't see anything," and began looking under the desks. The tutor asked me what I was doing and I told her my friend had forgotten her phone. The whole class began looking under desks too. Obviously they didn't find anything, so I thanked them and exited, still on my fake phone call. If I had slowed down before entering the classroom, I would have noticed my peers waiting outside, who were now staring at me, very confused. I hid in the bathroom and was late for my own tutorial, just to make sure those helpful students had well and truly cleared out.

Best Actress - Science and Arts*

HALLS

A few of my friends decided it would be fun to play strip basketball on our very public outdoor court. The game ended with its participants streaking through our dining room. Unfortunately, some other students decided to tell an RA, and these boys were kicked out of the hall. To be fair, they had been warned for previous drunk behaviour. This time around, there wasn't a meeting or a discussion - they were done. The four of them were kicked out of the hall with only a couple of weeks left in our stay. One of them bravely decided that it wasn't his time to leave yet. He didn't have anywhere to go where he wouldn't be scolded by family, so he thought that his best course of action was to hide in the building. He spent his days in stealth mode, and at night he slept in vacated rooms or on his friend's floors. He must have been pretty good at it - he never got caught.

Banned - Arts*

One night, a girl in my hall had a few too many drinks. She vomited a tremendous amount, with most of it ending up on the

bathroom floor. She then attempted to clean it up with a towel. A towel. She then put it in the washing machine, where it was forgotten about entirely. The next morning, someone else put their own laundry on. They realized what had been through the machine previously, after picking tiny bits of broccoli out of their clothing. It didn't take long for this to spread around and the poor girl was told off by our building manager. In fact, I was the only person on the floor that didn't hate her. I thought it was so funny. Don't get me wrong, unbelievably gross, but yeah, pretty hilarious. So, 9/10 experience. At some point, live on the same floor as someone who doesn't handle their alcohol well. Just mind your step. And your laundry.

Vomit Dodger - Arts*

PARTYING

My fave night began as a classy gals night at the Spicy House on Dominion Road. We were trying to see which one of us could eat the most dumplings in one go. I was crowned champion after eating at least 12. After packing our guts full we went to everyone's favourite spot on campus, Shadows. Shitty pop music and cheap beer really is the way to my heart, and no O'Week is ever complete without a bit of Savage (even though the man only sings 3 songs). So to keep tradition alive, we showed up, and danced for an hour. Just before we went home, we decided it would be worth it to down 4 jager shots to win a beloved Shads t-shirt. I wore that shirt to class on Monday, with pride. I began to regret it when I started getting judgemental looks. But looks be damned, it really is one of my favourite shirts.

Sepora - Law and Arts

Leaving my small high school and starting at university meant that, after a bit of soul searching, some hard truths, and some self-honesty, it was time for me to come out. My family and friends were all accepting - sharing laughs, hugs, tears, and words of affirmation. Making me know that I was loved for who I was (and who I loved). Meanwhile, navigating dating at university was a minefield. I turned to Grindr. Where

else could I pick out my fellow gays from the crowds? Whilst my efforts to find a boyfriend were to no avail, my search did provide me with a bit of entertainment whilst hanging between lectures, including a very sneaky 'off-campus visit' I made one day in a gap between classes. They say university is where you can be who you want to be - and for me, that's how I felt. But looking for love between library books and lectures, whilst an exciting and new sensation, didn't prove successful. Ultimately, I found my match the old-fashioned way - eyes meeting across a dance floor on a Saturday night. I like to believe that maybe the moral of that story is that, to find your match on campus, you should take your eyes off your phone. Put your head up and meet people. You never know who you might find.

Lover Boy - Arts*

These are stories from the University of Auckland students living out their first year at our university. They aren't the same as students from Dunedin or Wellington. They may not have a stereotype attached to them, but that doesn't make the university experience any less valid. We don't have a super recognisable culture here, but that doesn't mean there isn't a lot going on. Our university is bound to be different. It's hard to have that distinctive image or a close community when our school has almost twice as many students, is located in a much larger city, and is spread out across different campuses. Ask students at other universities - they might resent the culture of their school and the stereotypes of students in their town.

The University of Auckland is a diverse place, with even more diverse experiences taking place within it. There isn't a ubiquitous uni culture, but that doesn't mean there aren't valuable things happening and amazing experiences to be had. So to all first years: go live out your stories (they don't have to be failing academically or drinking, like most of ours are). In Auckland the first year is whatever you make of it. Make memories in your first year and re-tell them in your years to come. Or say they happened to a friend, if that's less embarrassing.



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JÄGERMEISTER PRESENTS...

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UOA DEBATING SOCIETY PRESENTS...

DRINKING VS PRE-READING

***HOW SHOULD YOU
SPEND YOUR O'WEEK?***



**HAVE
FUN!**

OR GET PREPARED...



WHAT WILL BE A BETTER USE OF YOUR TIME?

As a former Resident Advisor at O'Rorke Hall, I never spent my O'Weeks partying OR studying. Instead, I was dealing with the fallout; nervous tears, unfortunate hook-ups, and an unimaginable amount of spilt liquids. From this vantage point, I have some advice. Spend this O'Week celebrating the start of a new year properly. In classic debate style, I have two arguments. Firstly, studying during O'Week will not help you do well - it may even set you back! Secondly, partying during O'Week is your springboard into the semester. When you have finally meandered your way through a 7-year degree, make sure you leave with more than debt and an addiction to highlighter fumes.

So, you think studying during O'Week is diLigEnt and prOdUcTive? You could not be more incorrect. When you first arrive at uni, you are given a set of readings. These readings should give you a rough overview of your papers. Do you know what else gives you a rough overview of your papers? The first two weeks of lectures. This is not to say you shouldn't read them - sure, tuck into some light Foucault over a breakfast of yesterday's leftover Tank Juice. But, you are just as likely to confuse yourself as you are to strike academic gold. Wait until you are well supported by the 400 other students in your course, before you attempt to figure out the number of valves in a human kidney. Equally, starting early is just asking to burn out right before the 5 minute reading time of your first exam. Don't be diligent. Be efficient.

While I cannot lie to you about the risk of partying (please be careful), it is also a glorious opportunity. You can make new friends, or even some more-than-friends... That's right, some future study buddies! Standing in line at Bar 101, you will hear more useful chat about how to pass first-year med than you ever will from predatory tutoring firms.

You may also make some beautiful, joyful, exhilarating memories, if you are careful. So, go out! Kiss some strangers. Avoid mysterious liquids, and look after your friends. There is plenty of time left for your readings.

DRINKING

Daniel Maier-Gant

Development Officer, UoA Debating Society

PRE-READING

Umbar Sandhu

President, UoA Debating Society

I don't have RA experience at uni, but I have definitely spent my fair share of O'Weeks ignoring my reading lists to 'make the most' of a good week. If you think about it tactically, spending this one week doing your initial readings will sort you out for the rest of semester. You won't even have to sacrifice that much. I'll be arguing that the pay-off from this one week of studying will let you have bigger nights as semester goes on. Better to play the long game, than to peak in week 1.

Most people probably will side with Daniel and spend O'Week in a state. This is an advantage for you. Your lecturers are going to pretend they're on your side, keen to ease you slowly, while planning a bomb for week 5. Your friends won't know this though - they were too busy studying Bar 101's drink menu to look at the class reading list. Readings in week 1 are the easiest all semester. Make some mint notes for the first topic of the course and trade them off as semester goes on. Then you won't feel guilty when week 5 hits and you're passing out at Shadows - your mates owe you one. Besides, it makes no sense to drown your liver in O'Week. Your weak organs can only handle so much. Save your liver health for when uni actually gets stressful, and you need a drink to get by.

Unless you're super lucky, you probably won't meet the love of your life (and definitely no study buddies) in town. You probably will meet them during 8ams the day after though. While everyone else nurses a wicked hangover from the night before, you'll make eye contact with the beautiful stranger sitting next to you, maybe even crack a flirty joke about how no one made it to class today. Next thing you know, you're one half of that annoying PDA couple in the general library (are they even studying!?).

Even if you ignore all of my perfectly good reasons to not drink during O'Week (I really started on the backfoot here), the biggest party on campus isn't until week 2 anyway. Save yourself for Debsoc's opening night party and get some work done while you wait.

Ned's Uni Survival Guide

DECLASSIFIED

It's not high school anymore Ned Bigby, and to prepare you for the (semi) real world, your friendly **UniGuides** are here to arm you with some top tips they wish they knew on their first year of uni.

Unless you've kept a keen eye on the international news lately, the reason you're a bit nervous heading into university is probably the fact you're adjusting to a new environment. And that's fair enough, because university can be a scary place. Dragged away from the usual comfort of high school, you might feel like Cookie without his glasses, or Coconut Head with a different haircut.

But very soon you'll be like us, with your only reminiscence of high school being outdated references to a Nickelodeon show that got axed over a decade ago. You'll get to a point where you won't just be wondering who Billie Eilish is; you'll be asking who Maroon 5 are.

Point is, the transition is quick and scary, but it's also exciting. You're one step closer to becoming as independent as Jamie Lee Ross! Now that I've stretched my joke library thin, I can tell you we *UniGuides* are here to share with you our top tips we wish we knew as first-years, in the hopes that we can help you navigate this complex and unfamiliar territory that is university.

But first, a little bit about us! We're the friendly faces (and fellow students) trained to be your buddies and mentors as you adapt to your new university environment. Check out *UniGuide Programme* on Facebook to meet our friendly

team, and to get in touch for anything we can do to ease your transition into university. Read on to learn more about our **free** campus hangout events **all first years** are invited to, but for now, enjoy the listicle!



1. Sensational Chicken is awesome. Not even submitting an essay at 11:59pm on Turnitin, or skipping the line at UBIQ for an online order beats the satisfaction of laying your hands on Mount Street's famous fried succulents. A store so iconic they managed to expand to the other side of the road, look out for this uni sensation as it manages to grow faster than Adam Driver's film career.

2. Understandably, some students will be looking for more ethical food alternatives, and thankfully our uni has this base excellently covered as well. Visit the Veda and Sustainability Network stalls on Barracks Lawn, as they regularly serve vegan curries for a measly five dollars. We at *Craccum* have spoken out many times about our love for these vegan lunches, which we treasure almost as much as our editorial independence, and Lachlan's natural ability to rip on David Seymour.

3. Speeding lectures on x2 speed is great, but occasionally you'll have



the lecturer who may find themselves 'caught up' in discussing the extra reading material. In that case, did you know you can download a chrome plugin to speed your recordings up even further? Google *Canvas Video Enhancer* for a good one, which lets you test your need for speed and ramp it up to x3. Especially useful when you've got a dozen recordings to get through in one day ;)

4. Shadows is a student institution which our editor Dan forbids me to bad-mouth, and with good reason. From David Seymour to Savage, and to... *hey, is that David Seymour again?*... Shadows plays host to a whole plethora of B-list celebrities who are waiting for *Dancing with the Stars* to revitalize their career. With not only cheap booze and food to offer, did you know that Shadows plays regular host to cheap and fun student events? Look out on Facebook for the quiz, bingo or live music night every now and then, and go see for your own eyes what time away from Craccum does to Dan.

5. Naps can become a commodity as you progress further in your degree, so nap as much as you can (wherever you can). However, be aware that you're poking a dangerous beast, and that with a delicious lunch, a couch, and the freedom not to show up to your next class, you risk being out like a light. The bus is always a great place to nap; however, having tried it once, and almost being locked in overnight, I wouldn't recommend it.

6. Free food is everywhere if you look hard enough for it (perhaps our pizza event is a good place to start). If you find that the student budget is starting to disagree with your desire to eat dinner, perhaps it's time to visit a startup's beta testing event, or crash an employer's career evening. If you are going to employ this tactic, get used to eating little other than Domino's Pizza though.

7. Most of the time, a "prescribed textbook" really means a phrase in a book that your lecturer refers to in ONE of your classes, and never talks about again. Be wary before splurging your money on a thousand-page textbook you may see little of during the year; if you must, purchase them second-hand, or else the General Library will more

than likely have it for you to loan. Although, if it's daddy's money, then by all means... Wanna grab mine too?

8. Most importantly, go out there and find something fun to do! Enjoy yourself and live your uni life to the fullest. Make sure there's something for you to look forward to coming in each day, whether that be a sport, social club or even just a good group of friends. You'll have your highs and lows here, but at the end of the day, it's the friendships you've made that you'll remember, so get started in forming some great ones!

We hope you enjoyed this fun and silly listicle as much as we enjoyed writing it! Before you go, *UniGuides* have worked hard on planning an exciting calendar of events for first years. If you're looking for a fun group activity to get involved in your first few weeks, then ask your UniGuide about these events:

Week 1 (Tuesday 3rd March, 1pm): **Free** pizza and activities at Albert Park.

Week 1 (Friday 6th March, 6pm): Outdoor cinema screening outside Munchy Mart.

Week 2 (Thursday 12th March, 6pm): Quiz night at international space.

Week 3 (Tuesday 17th March, 6pm): Board game night at Workshop 101.

Week 4 (Friday 27th March, 6pm): Bowling at MetroLanes.

AND MORE EXCITING EVENTS NOT TO BE MISSED!!!



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HEALTH BITES:

My Five Day Fast

PATRICK MACASKILL-WEBB

Going 5 days without food may seem wrong to you, but I saw some payoff I didn't expect. The idea to go big with this fasting challenge came from Yes Theory. I saw a YouTuber, Matt, go 5 days without food. There was struggle and pain, and all of the things that come to mind when you think of going without food for that long.

But, I couldn't forget his face at the end of the challenge - watching him take that mouthful of watermelon to a sluggish sheepish face afterwards was priceless. I could do this, I thought. This would be fun! I believed the challenge would reveal some physical insights hidden by our habits of constant comfort. Some people use fasting to lose weight, to strive for other nutrition and health goals, or for the mental focus hunger is alleged to sharpen. Personally, fasting for 5 days was a mental and personal challenge and the results were truly rewarding.

How many times do you think your mind drifts to consider food in a day? How many habits, like your commute to work or uni, or even the 'commute' from bed to the lounge, involve routine foraging for snacks? I found myself opening the fridge mindlessly at home, and walking through my neighbourhood to the usual cafe or lunch spot, even when I knew that a measly cup of coffee would break my fast. However, my mind would still repeat and generate recipes. I would make plans around an illusory breakfast that would never be eaten. My drafted messages to friends asked "do you want to meet for... coffee... lunch... beer" before I deleted them in defeat. I cannot stress the persistence of food-based thoughts when you are trying to go without. To realise this was quite liberating. How would you plan your life if food was not needed in the day? How would you change your goals and channel your effort into hobbies with all this free time? I did a lot of productive life admin in that 5 day window.

I had a strange thought during the middle of the fast. Could I take a pill that would change how I'm feeling? This was a scary thought that I pushed away quickly at the time, but it returns to me. Why did I feel this impulse? The noise of hunger was so discomfiting that I didn't care to think of food anymore; I was not hungry physically, but I sought to find some mental relief. This

was unsettling at the very least. I sank deeper into the challenge with commitment to what I was feeling, rather than running this thought into reality. I took a paracetamol the night before this strange thought, so maybe the part of my mind that was crafting pointless recipes was searching for another avenue to cheat.

Usually weight can be lost within a day of fasting as more water is offloaded to balance the lack of sugar and sodium in your body. But this is temporary. The balance of electrolytes and water is important, because if you eat too quickly after fasting you put yourself at serious risk of 're-feeding syndrome' which requires hospital treatment. I broke my fast with a light meal on the grass outside of the Auckland City Hospital Emergency Department, just to be safe. Fat takes a long time to break down, and this process is basically just as slow if you're big or small, hungry or not. Any calorie deficit will trigger this process, not just fasting. Fasting just has added risk, and the downside of breaking down proteins too. Basically, fasting for weight loss is not great. This is a good time to note that you should talk with a GP before embarking on a fasting challenge.

Heightened mental acuity from hunger has some evidence behind it, in that fasting

increases brain derived neurotrophic factor (BDNF) activity. This gene component plays a role in neuron growth and brain plasticity. BDNF is associated with better metabolic health and a loss of it in humans is associated with severe obesity. Although, some of this evidence around the benefit from upregulated BDNF is difficult to accept, as it is in an early stage, and in some studies participants were unclearly selected from earlier experimental trials.

There is something empirically valuable about understanding what your body can do when the limits are pushed. I came out of this challenge with curiosity and skepticism as my primary feeling. I challenge you to be curious about your food habits! Don't just follow the capitalist advertising narrative that you must eat every 3-4 hours to be happy. Being hungry is normal. Being without hunger for your whole life, I would argue, is not normal. If food is a chore for you, or a source of anxiety, I encourage looking into some creative options. This doesn't necessarily mean days of fasting, but perhaps some careful restraint that could give you a healthier relationship with food. Sugar comes to mind... but that's a challenge for another day.

"How many times do you think your mind drifts to consider food in a day? How many habits, like your commute to work or uni, or even the 'commute' from bed to the lounge, involve routine foraging for snacks?"



PARASITE

The Oscar movie Scar-Jo wished she were in this awards season.

Up until the Oscars, I still hadn't seen the critically-acclaimed film **Parasite**. I mean, I've never had a strong desire to watch international films due to the uncomfortable language barrier, so you can imagine my surprise to hear director Bong Joon-ho sweep the Oscars, as his native-language film took home the most awards.

Despite it being well past the movie's initial run, an encore Oscar session gave me the opportunity to see this lauded piece for my own eyes. With the only other Best Picture film I had seen being **Marriage Story**, that was the standard I had set for **Parasite** going in, and I'm glad to say that it absolutely missile-launched Baumbach's masterpiece out of the water.

At its core, **Parasite** is a commentary on the social divide of the upper and working class. Yet it's not the social commentary that sets the film a league above the rest; **Marriage Story** carries a potent message about the inanity of divorce, a message equally as bleak and powerful. No, that's not it. The acting isn't anything to scream about either, as evidenced

by the lack of individual nominations.

What **Parasite**, or more appropriately Bong Joon-ho, has mastered is the art of cinema. Simply put, the screenplay and cinematography are untouchable. With heavy influences from film noir (most notably Alfred Hitchcock's **Psycho**), Bong Joon-ho masterfully hooks the viewer in with an atmosphere of suspense and trepidation, never leaving you comfortable for even a second too long.

Grabbing your emotions in one hand and stabbing a pen-knife into them with the other, you think the film rounds all the corners that it can, until Bong Joon-ho only manages to twist the knife in even further. He pulls off an ambitious and frenzied ending while balancing the raw emotions and fragile characters perfectly.

In a sense, the language barrier is the best thing going for this esteemed director, as he relies on pure directorial skill to elevate this project to the next level. As hard as Noah Baumbach may choose to try, there is no better marriage story than Bong Joon-ho and cinema.

- Brian Gu



HORSE GIRL

Why do horses lend themselves to depression metaphors so well???

In my second piece about depressing horse-related content in this issue, I present to you **Horse Girl**, one of Netflix's latest attempts at being taken seriously on a critical level. I was expecting more horse content in the vein of **Tall Girl** by the same company, but what I got instead was a rather unstylised shot of what happens when someone is unable to ask for help when they know that something in their head is deeply, deeply wrong. That's not to say it wasn't lacking in presentation by any means, I just mean that it is a very blunt and grounded world that Alison Brie's character is in.

And Brie definitely hit it out of the park here - regardless of what one has to say about how the movie presents psychotic depression, Brie presents an incredibly convincing woman that's just... not quite there. Sarah intentionally dresses and cuts her hair like her grandmother, her only known hobby is spending time at an equestrian training field where she's clearly not welcome, and is obsessed with a low-budget *Charmed*-style devil drama. She's likeable, but you wouldn't spend time with Sarah. She holds down a job, but even the

most casual viewer can notice that Sarah's life is more than just a bit humdrum, there's something nauseous behind all that pastel. And again, Brie does very well here. You feel the empathy despite all the awkwardness in her earnest and yet restrained interactions with Molly Shannon, and when the movie really presents what's going on in her head, you just want her to be safe. It doesn't happen, but you were never lulled into thinking that could have been the case. The ending is up to interpretation, but you just shake your head at the knowledge that this wouldn't have happened if there were more safeguards for people like Sarah. There's no real blame on individuals at hand, but there is an undercurrent of judgement for detached medical professionals in an incredibly underfunded system.

This paragraph sounds like a typical review for **Death Stranding**: Is it a fun watch? No. Is it a rewarding watch? I don't know. Is it useful? I think I can say that, yes. It's certainly bleak, but two hours in exchange for understanding people just a little bit more is worth it.

- Lachlan Mitchell



SETUP NICHOLAS FRANCHISE

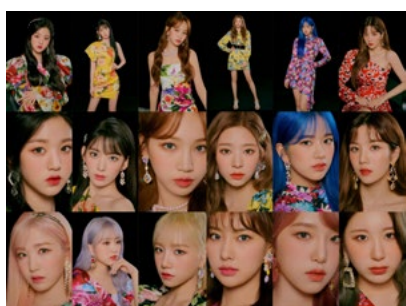
One of the few franchises not owned by Disney

Nicholas Franchise's debut album **Setup** makes for leisurely summer listening. It was brought into the world via his mum's shed in Ōtepoti/Dunedin, 2018. However, Franchise, and his smooth indie-rock-synth craft, only entered into my sphere at NestFest in January. Since then, **Setup** has repeatedly proved itself as a great company on my many pilgrimages between Tāmaki Makaurau and Te Tai Tokerau this summer.

It's an easy, relaxed, and fulfilling listen. Highlights include: 3:33 AM (*One Too Many*) that happily takes you back to the time(s) you probably pushed the boat out a bit far on the kickcons front, and attending your 4-year-old cousins princess birthday party that same morning becomes a daunting

task. *Like Each Other*, which was recorded in a Queenstown bathroom, is a swift indie-synth slap of 'oops, maybe I have fallen in love with my summer fling?'. And finally, *Victory* calls for reflection on all of the wonderful parts of your weird little life you've lived over the past couple of months. A perfect gift to the end of a precious summer. Overall, **Setup** is a dreamy and almost nostalgic listen, similar to that of Sam Wave and Joe Ghatt. Summer might be ending (unless the climate crisis keeps this heat up), but this sweet lil' Aotearoa number will remind you of golden warm days deep into the damp Auckland winter.

-Kate



FIESTA IZ*ONE

Feminism <3

Annyeonghaseyo! (ㅇㅅㅇ) That means hello and I have picked that phrase up from learning Korean through K-Pop lyrics and Korean 101 last year :3. I was motivated to share my humble opinion on IZ*ONE's hit single "Fiesta" to let y'all know on what kind of Bops and Slaps you guys are missing out on! Jimin hasn't posted any selcas recently, so I have time <3

Twelve talented girls are back at it again to save the music industry and reinvent bangers once again. Despite the managements' fuck ups - Orbits know what I mean! - they are still *slaying* the scene as they deserve. If you're not stanning, you're sick in the head! The song itself

is absolutely gorgeous, it did live up to the hype after they have been teasing us about this since late 2019. Almost breaks my heart knowing that our IZ*ONE almost disbanded ㅠㅠ but they are back at it again even stronger. All for the fans!

My only complaint about this song is the line distribution between the members. I understand that there are 12 people with different vocal ranges and performances and such but some of the girls only getting 11 seconds does seem unfair to me. I do hope Nako gets more spotlight as her Korean improves as much as mine has.. uwu..

Anyway, stream Fiesta! - Lauryn Miller



#USTWO

Child in one hand, soapbox in the other

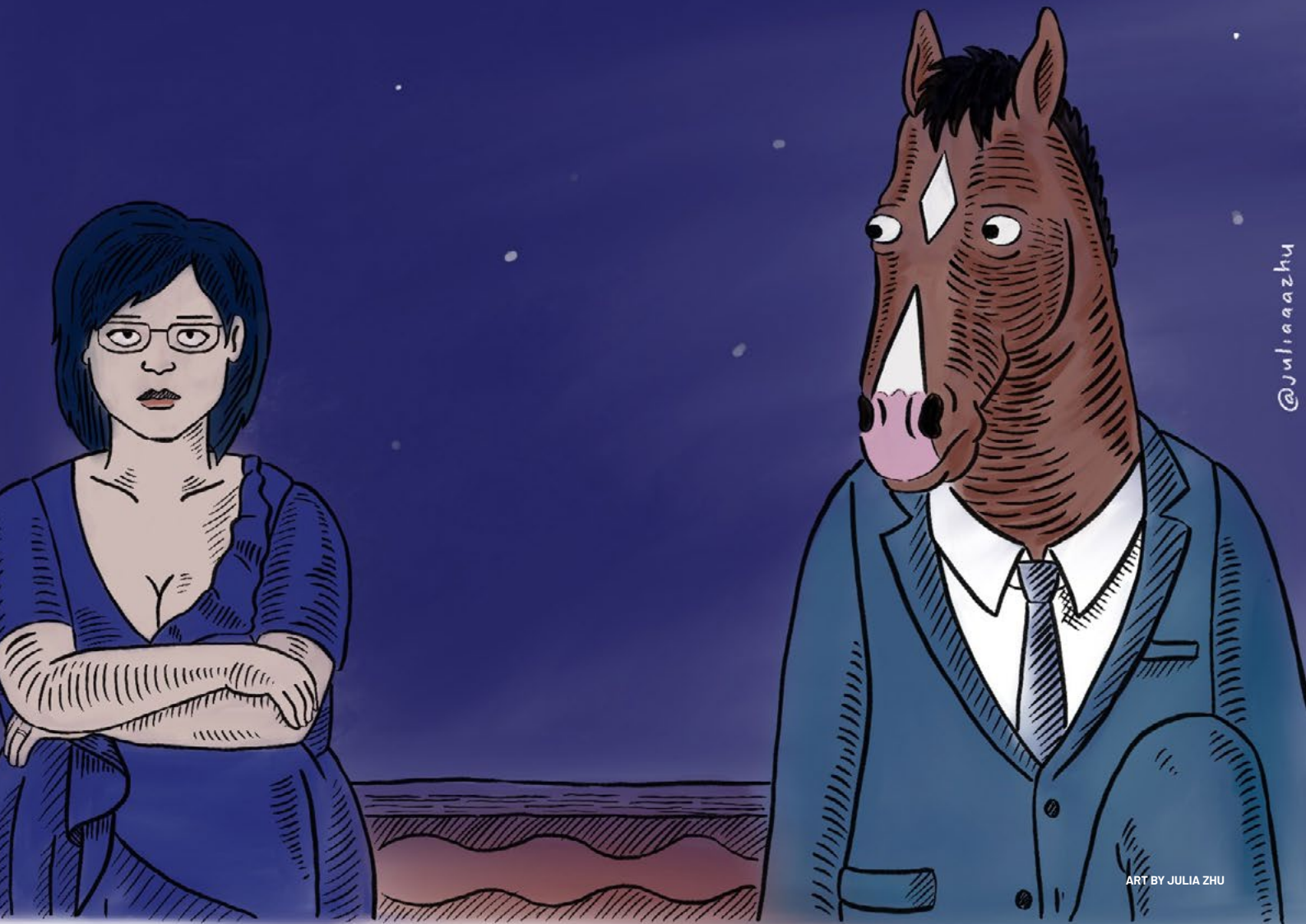
#UsTwo, a show chronicling the stories of the lives of sisters Catherine and Sarah Delahunty, premiered as part of the Auckland Fringe Festival last week. Catherine, a former Green Party MP (2008 to 2017) and Sarah, a writer and director, weave their life stories together in a piece that manages to portray personal and career achievements of both women, highlighting their bond as sisters. The play is presented with the notion that their life 'story' as it is - is not just a singular 'story' but rather life 'stories' - the tales of these women as they have lived them. Protestor, actor, politician, sister, daughter, mother and now grandmother; these two women have done some living.

The set design is simple, with costuming

consisting mostly of pajamas. Ari Leason also stars, though in a supporting role - helping to frame the piece, providing an outside cue for the women to take on new stages of the piece, and to provide music to the piece.

The show flows nicely with great lyrical and poetic ease. The piece develops more meaning however through the discussion of feminism - discussing how feminism has changed and progressed since their childhood in the 1950s. But the work is not finished, the piece finishing with the two women expressing outright their concern for how feminism has not achieved equal outcomes yet for men and women. If there were ever two women to continue this fight, it'll be these two.

- Cameron Leakey



@juliaazhu

ART BY JULIA ZHU

Horse, Interrupted

(SPOILERS! DEPRESSION!) With the second half of BoJack Horseman releasing on January 31st, the show finally came to an end - not with the miserable suicide so many had wanted or cynically expected in a parable about mental illness, but with hopeful consequences.

While there were slight pacing troubles, that was to be expected; Netflix cancelled the show about a season earlier than expected, so there was only so much that could be done to preserve the show's pacing and

integrity while bringing it all to a close. Well, for us, at least. More than most other TV finales, there's a real sense of the finale only being from our perspective; as Diane puts it, life's a bitch and then you keep on living.

But this isn't meant to be a review, really. No! I first got into Craccum by pitching previous editors with a column about 'pop culture and art and maybe some meaningful shit idk', per archived FB messages, titled 'Hollywoo'. And believe it or not, my skills at pitching content to staff have not improved at all over the years! But back to the point I'm trying to make: the show has been relevant to how I view #mentalillness and entertainment for a while, and I just didn't feel right letting the show come to a close without one final self-absorbed melodramatic navel-gaze into what the show meant, at least to me.

When I first started watching the show, it was soon after the first season had been lauded for correcting the mistakes of its first six episodes. It came to my notice because of the sheer amount of discourse it had caused within bluecheck Twitter about judging a book by its cover - multiple sites and newspapers had either issued apologies or changed their reviewing policies for jumping the gun about the quality of the show. But more to the point, when I first started watching the show in late 2014, I was incredibly miserable and already three months into a two-year period of Complete Loneliness & Feeling Super Super Super Suicidal. Bad things kept happening! Life was terrible! I felt entirely pathetic, hoping it'd all come to an end before I was down to my last \$20 of accrued Studylink \$\$\$ - and when I spent that last \$20 on a couple of happy hour margaritas and a bus ticket home, I had nothing. Real cool! Girl Boss! Barely wanting to so much as open my eyes, let alone leave the bed and see the outside world I was trying so hard to reject, I flicked through the Netflix account I still don't pay for and figured that since I was too sad to die that day, I'd give this *BoJack* shit a go.

So my mindset was not that far from the titular character of *BoJack*, though I related more with the others in his world, particularly the sardonic Princess Carolyn and Diane's search for meaning in her damage. However, while I appreciated the humour and the meta take on what sitcoms are about, I found myself hooked by the show's pitch; life's a bitch and then you keep on living. It was interesting, as the idea of the sitcom is typically a

rejection of that. Life's a bitch and then you fuck Monica's brains out and live happily ever after, or life's a bitch and then your Uncle Phil hustles the shit out of a couple of low-lives at the local dive bar, or life's a bitch and George Costanza makes you lick toxic envelopes and THEN you die, or life's a bitch and then you get cancelled. Not as metaphorically as what the term cancelled brings to mind these days in the post-Cosby era, but you know what I mean. Anyway, somewhere deep down I knew I probably wasn't going to die, so might as well try ride this show out and see what happens.

And that's the thing - you ever tried being chronically depressed and attaching your lifespan to a media commodity? No? Just me? Sociologists HATE this one woman's easy trick! It's actually surprisingly helpful. No comment on whether it is healthy, but to know that you can't die because you need to live and see how (x) plays out does bring a vague level of grounding to your life. Okay, so I was also waiting for the release of *The Force Awakens* at that time, but you can't blame a girl for having hope for the universe. Not mine, but Princess Leia's? I really did have faith. Too bad Disney didn't. So yeah, I figured that unless things changed for the worse, I was in it for the long haul with the world of Hollywoo and *BoJack Horseman*.

And so the years went by - I managed to start holding down work; lost some weight; started taking my meds properly and eventually returned back to uni in mid-2017. Seasons passed in the *BoJack* world. He had been taking advantage of teenagers; Sarah Lynn died; he gained a sister and had started to want better for himself. Some differences. And while I don't necessarily believe I needed this American tv show to tell me about how to view my mental illness, it was one of the few figures in my life (using 'figure' loosely) that I felt had any empathy towards me or people like me, without being infantilising about it. While I always saw more of myself in Princess Carolyn or Diane Nguyen, it was the episode where *BoJack* is first told that he is all his depression & his actions that really 'woke me up', I suppose.

I had been slowly making efforts to return back to the world of the living by that

stage, but to be so clearly reminded that I cannot isolate all my actions to products of my brain chemistry... I don't know! Being sick for so long, being reminded of that really did something for me. Brain blast, as Jimothy Neutron once said. Now, obviously there's an asterisk in that #mentalillness is not the same experience for anyone. There's varying levels of autonomy, to be clear. But if you can help it, it really isn't just enough to want better, to do better. You have to be responsible for who you are, and what you've done. There are so many other things to be gleaned from the six seasons of the show, but the lesson of having some firm empathy for yourself without erasing the idea of consequence... it was good to hear, to say the least.

And eventually I met a man. A good guy. A little short for my tastes, but everyone's a little short compared to me, Imao. And when we were watching the final episode, it hit me how different things are. No comment on whether I'm still feeling crazy, or chronically lacking motivation about life, but things are different. I first watched *BoJack* when I was alone and just wanted to die; over five years later I saw its end with someone I love, and was happy to see it go. When Catherine Feeny's "Mr. Blue" played over the final scene, all I could do was smile and hold back that sexy single tear we all have sometimes. Life's a bitch, and then we complain about Star Wars.

"And that's the thing - you ever tried being chronically depressed and attaching your lifespan to a media commodity"



Taika Waititi: The Art of Happy Cinema

ROBBIE DELANY

Whisked together with a cup of Wes Anderson, a teaspoon of Edgar Wright and baked in a Woody Allen microwave for 40 minutes, Taika Waititi has risen as a giant among small cinema. Like the flat white, he originated from Wellington and has since expanded to the corners of the globe. However, unlike Coronavirus, his arrival has been met with gracious admiration and celebration. And he has only just begun.

Unlike other NZ directors such as Peter Jackson and Martin Campbell, Hollywood budgets and executive powers have not steered the man away from his original artistic talents. A connoisseur of 'happy cinema', he peppers humour amongst stories saturated in darkness. Not exactly *Taxi Driver* nor *In Bruges* levels of gloom, but more of a drift towards a John Hughes examination of everyday trials and tribulations. Waititi's lesser-known but still stimulating *Eagle vs Shark* follows awkward lovers Lily (Loren Horsley) and Jarrod (Je-

maine Clement). Lily suffers from loneliness and rejection, while Jarrod battles employment and relationship failures. These poignancies are unexpectedly blended with elements of humour ("My mum died when she was 72... got kicked in the head by a cow"). Waititi illuminates the emotional intricacies of human beings yet utilizes humour as a powerful tool to both laugh at ourselves and to discern warmth and sadness in the circumstances that make us human. 2010's *Boy* is a human story about forgiveness and optimism for the future. *Boy*

(James Rolleston) eagerly awaits his father (Waititi) returning from prison. Humour is trademarked amongst Boy's disappointment of his father ("Who knows what disease this sheep has got?" "Aids?"). While we laugh at these heart moments, we feel for Boy and wish for his dreams of becoming rich and famous to become a reality.

Fast-forward to 2014's *What We Do in the Shadows*, Waititi on initial glance appears to diverge from the deep themes prevalent in his earlier work to a more playful film about Vampires flatties in Wellington. However, *Shadows* also toys with emotional characters dealing with complex situations. The supernatural flatties are continually needing to adjust to societies changing culture. This is perhaps best demonstrated when the human Stu explains the benefits of Google to the vampires ("If we click images we can see pictures of virgins"). Although the vampires attempt to integrate their 1850's headspaces into contemporary culture, they ultimately fail, forever taking a step back with every step forward.

The recent decade has demonstrated Waititi's exploration of 'family' as a key theme within his films. In 2016's *Hunt for the Wilderpeople*, young hooligan Ricky Baker and his foster father Hector are thrust into cat n' mouse style runaway adventure from the police in the New Zealand wild. They walk disorientated into the unknown, to only truly

understand their support for each other on the other side. More recently, in *Thor: Ragnarok*, Thor, Hulk and Valkyrie must band together challenge the Goddess of Death, Hela, from preventing the end of the Asgard. Although *Ragnarok* showcases Waititi's first venture into the Hollywood mainstream, the emotional complexities of his prior efforts are still very much evident. For comparative measures, in 2011's OG *Thor* and 2013's forgotten *Dark World*, Thor is displayed as a Schwarzenegger-esque figure, oozing masculinity like a Chernobyl victim does radiation. Yet, Thor is also showcased as a spoilt child, constantly under the façade of self-glory who must accept that he can never live up to his father's legacy. Waititi makes *Ragnarok* his own, twisting in a Flight of the Conchords styled humour, with a less save-the-world plot and more of an understand-my-place-and-expectations-in-life plot.

Thus, we arrive at 2019's *Jojo Rabbit*. While on its surface, viewers may shake their heads at the insensitive comedic portrayal of Nazis, or indeed the apparent message that Nazis are bad and should in fact "Fuck off". Yet, Waititi has other things on his mind. The film offers empathy and curiosity of other human beings. When Jojo (Roman Griffin Davis) asks his mother (Scarlett Johansson) what she'll do after the war, she replies that she'll "dance". Waititi wants us to spend more time loving and less time oppressing: don't be a wanker, man.

These are not very complex ideas, not exactly Christopher Nolan wanking off to existentialism and space shit. But Waititi's execution is priceless.

Quoting the man himself: "I believe that despite our faults and inadequacies, through all pain and heartache, there is still room to laugh". To beat the bully, one must laugh and take everything they say with a pinch of salt. Without humour, we are nothing but avocado-eating millennials and planet-destroying boomers. Humour allows reflection and, most importantly, resilience. Waititi has spent his career enforcing these ideas. While his themes of family and supporting the outsider are very much present, humour stands above the rest. In a time of climate change, over-population and burning Koalas, thankfully we can still laugh, giggle and poke fun.

"The recent decade has demonstrated Waititi's exploration of 'family' as a key theme within his films."



ROSALEA'S WEEKLY PICKS

O-WEEK EDITION 2-8TH MARCH

Whether you're new to university or an old face at o-week, the 2nd-8th of March is chock full of events for you to ease yourself into the semester partying. Here, I've collated my top picks from the many gigs and events on offer, from our very own on campus AUSA events to events throughout the CBD, there's something for everyone to do.

Monday 2nd- Jupiter Project at Shadows

Recently resurrected and relocated, this is your chance to be among the first to sully the floors and walls of the fresh face of Shadows, a staple of UoA student life. More accessible than ever, you can find nu-Shads on Princes St by the AUSA house. With free entry and \$6 Jager-bombs, this is a great way to kick off your first week of classes. While the days of Savage's speakers waging war on the foundations are over, Jupiter Project are sure to bring a fresh vibe as they christen the relocated Shadows with their Electronic R&B set.

Wednesday 4th- Party in the Spark ft. Peking Duk, Drax Project, Mako Road and Katayanagi Twins

Having outgrown Albert park, 2020s O-week concert is relocating down to spark arena. Tickets are \$45 for UoA students, extremely reasonable considering the stellar line-up. A 10 minute walk from Shadows/Lectures, this party is a great chance to bond with classmates, flatmates and strangers alike. Worth mentioning for those not in the know that Wednesdays are also student nights. Here in the big city the clubs and bars kick off on humpday with free entry and student discounts, so make the trek into town for an afterparty (as long as you have no 8ams on Thursday).

Clubs expo

On a wholesome note, if you're new to university, newly open to making new friends or finding

new hobbies, or just looking for something to do, sign up to clubs! As someone who spent the majority of my first-year trying to not look lonely by faking phone calls and scrolling through my settings on my breaks between classes I cannot stress enough how important it is to make some friends! With the huge range of clubs on display you're bound to find something you're interested in whether your passion be meat, tramping, socialism, or anime, you are bound to find some like minded individuals out there. And if not, sign up to a couple anyway, you might get a free sausage out of it.

Saturday 7th- Cross St Music festival ft. Same Name Confusion, The Leers, K2K, Church & AP and more

This one goes out to all you arty kids looking to get weird. Located behind K road, this music festival has quickly risen to icon status as it returns for a second year. This year, The Cross St music festival promises to transport patrons through a portal to Mars. Featuring a 100% local lineup of artists and food vendors, and tickets starting at \$25, this intimate homegrown festie is the perfect intro to the eclectic culture of K RD where you may find yourself at home on Mars as you boogie away the day and deep into the night.

Sunday 8th- Round the Bays

For those of you that don't consider boogying the night away a sufficient workout, this event will for sure quench your thirst for the burn. For the majority of you, I assume this is just a traffic warning. The bottom of town is gonna be packed out from early morning as people take on the 8.4km track. The day is full of entertainment and encouragement. The sign-up process is easy and the sense of fulfilment is unbeatable. Gather some friends and take on the challenge if you're feeling up to it after your week of partying.

ART BY JESS THOMAS

YOUR BIG GIG GUIDE

FOR 2-8TH (FOR UOA & BEYOND)

MONDAY 2 MARCH

THE MIX OFF
12-2pm the Quad UoA

**CAN I GET AN UNDERGROUND
LOCATION AND A MYTHICAL
CREATURE?**
7:30pm Cakes n Ladders

JUPITER PROJECT
8pm
Shadows UoA

TUESDAY 3 MARCH

COMEDY IN THE QUAD
12pm - 2pm UoA Quad

PUB QUIZ
6pm Shadows UoA

**CAN I GET AN UNDERGROUND
LOCATION AND A MYTHICAL
CREATURE?**
7:30pm Cakes n Ladders

LUST ISLAND
8:30pm (till Friday 6th March)
Basement Theatre

WEDNESDAY 4 MARCH

RVLTN TALENT QUEST
12 - 2pm Quad UoA

PARTY IN THE SPARK
7pm Spark Arena

THE SCHIZOPHONICS
8pm Neck of the Woods

THURSDAY 5 MARCH

JAGER BINGO
6pm Shadows UoA

ALONE
8pm (till Saturday 7th)
MOTAT



FRIDAY 6 MARCH

LATE NIGHT AT THE ZOO
4:30pm to 8:30pm Auckland
Zoo

**95BFM DRIVE ISLAND XVII:
DISCIPLE PATI & DICK MOVE**
4-7PM Ellen Melville Centre

**BLANC - SAMMIE - HAMISH &
RANGI**
6pm Shadows UoA

**SAME NAME CONFUSION
X ANTONY JEFFARES**
8pm Galatos

THE PIXIES
8pm Spark Arena

THE BOOK OF MORMON
7:30pm The Civic Theatre

SILLO CINEMA: MAIDEN
5:00pm Silo Park

SPOOKERS R16 NIGHTS
8:00pm Spookers

SATURDAY 7 MARCH

SAINT JHN
8pm Powerstation

**AN ORCHESTRAL RENDITION
OF DAFT PUNK**
8pm The Studio, Auckland

SUNDAY 8 MARCH

**'INTERNATIONAL
WOMEN'S DAY!'**

**CAST AWAY (35MM
PRESENTATION)**
1pm The Hollywood Avondale

**MILK & HONEY SILO
SESSIONS (JESSB, MC TALI &
CHICORELLI, IMUJI, SHE'S SO
RAD AND MORE)**
12pm Silo Park

**MUSIC IN PARKS: JAZZ AT THE
ROTUNDA**
12pm Auckland Domain Rotunda

**AUCKLAND VEGAN FOOD
FESTIVAL**
10am - 4pm Corban Estate Arts
Centre

MONDAY 2ND MAR | 7PM - 12AM | SHADOWS BAR

AUSA PRESENTS...

JUPITER PROJECT

AUSA PRESENTS...
OWEEK | ausa | ZM | JBL | Red Bull | RVLTN | Frenzy | SHADOWS

Signing up to clubs and societies. A guide.

SOPHIE BROWNING

Since it's that time of year again, I thought I'd recollect on my first few weeks at uni. It's O-Week. Rows of gazebos with smiling, but dreadfully intimidating, older students are holding clipboards. Swarms of people and the stench of freshers in the air (sorry). I've collected 50 flyers, three tote bags, and am scouting for more freebies.

But I'm starting to get overwhelmed. There are too many clubs to choose from. I could learn French, do rock climbing, or even do my part with Amnesty International. Although I could technically sign up for everything, that's obviously not ideal. There are only 24 hours in a day, and I have uni work too.

To sum up my first-year extracurricular experience, I bit off way more than I can chew. That's why I've compiled some advice on how to not sign up for 50 clubs and actually choose the right club for you.

So, decision time. My advice is to consider whether the club actually sparks joy, so-to-speak. Are you genuinely interested in the club's activities? Do you really see yourself turning up to the club's meetups? This is especially the case if the club costs a pretty penny. Don't burn a hole in your pocket if you don't see yourself turning up to more than the first event.

Also, there's nothing wrong with joining a club for employability's sake. Extracurric-

ulars can add a lot of value to your CV and are often expected of you. But if you don't see yourself attending say, the debating society's weekly get-togethers and have absolutely nil interest in public speaking... give it a solid pass.

Like for me *flashback to 2016*,

I signed up for quite a few that I shouldn't have. In one case, I signed up for something that I thought would go well with my degree. I went to one meetup and then, as a small and scared fresher, was too afraid and embarrassed to return. In hindsight, I should have gotten over myself and just persevered through my anxiety. But I also know that I really didn't have much of an interest in the club other than I thought it sounded cool. So TDLR don't sign up for clubs that you like the idea of, but you know you're not genuinely interested in.

Joining a club which aligns with your degree can be helpful for meeting others studying similar majors and may help your employability. But don't be afraid to venture out and try something new. Many clubs wel-

come newbies, so don't hold yourself back if you've always wanted to become a black belt in karate or learn about art history.

I want to note, it is not to say that if you don't see yourself attending the club, you should pass up entirely on extracurriculars. The first year of uni is incredibly daunting. You will always be stepping outside of your comfort zone. It's unavoidable. So it makes sense to start off with joining a club despite how frightening it may seem. Clubs are a great way to meet new people. It's no secret that UoA can be very socially isolating. Engaging in UoA culture takes extra effort, so joining clubs is a great way to engage in uni culture and make some friends. Don't rely on tutorials' ice-breakers as a way to meet your next best mate. Start with a club where you can meet those with shared interests and kickstart your uni life.

Lastly, if you're overwhelmed by the gazebos (fair enough), you can check out the clubs and societies at www.auckland.ac.nz/en/on-campus/life-on-campus/clubs-societies.html.



"EVERYTHING IN HSB IS FROM THE 80S"

Destabilise society please

I want well-made bridges and robots

but most importantly I want to be a fire and suffocation
risk.

Perhaps that's the intent

wipe us off the map and hope they don't get a negligence
suit

but 3 libraries are closed and I work in a dingy basement
so I suspect they can pay up.

I have no interest in boys who don't shower, but alas
that is all we are given now in those clean-cut buildings.

Perhaps they should have thought not to build bathrooms

I don't think their kind of stink washes off.

- Anonymous

WHO ASKED YOU

ISSUE #1

*Welcome to Craccum, where we put the
"agony" in "agony aunt." We're not qualified to
deal with your problems, but neither are you.*

I LOVE MY PARTNER VERY MUCH BUT I WANT TO SPICE THINGS UP IN THE BEDROOM - I'M KEEN FOR A THREESOME BUT HE IS NOT SO SURE. WHAT DO WE DO?

What should you do? Somethin' frisky, it sounds like. *ba dum tiss*

You two love birds need to have a good ol' heart to heart, before the good ol' dick to dick (or whatever combination of genitals you're into). Talking about boning down before the commencement of the boning is awkward as hell, but it's necessary. At least, I imagine it is. What do people in relationships do? Do they write each other poems about this stuff?

It'll be important to figure out if your fella is nervous but into it, or actually just straight up doesn't want to, because only the former is sexy. Terrible jokes aside, you should never pressure anyone to do anything, all decisions need to be mutual.

If your guy is really not keen, and this is something that is really important for you to have in a relationship, then you need to decide if you're fundamentally compatible; could be convo about opening up the relationship. We love a bit of consensual non-monogamy, but only if all parties are happy! Otherwise just take it as a loss and like, I dunno, watch The Notebook? Read Fifty Shades? Seriously, what do couples do?

MY UNIVERSITY IS OBSESSED WITH PROFIT, UNRESPONSIVE TO STUDENT NEEDS, AND REFUSES TO PROPERLY CONDEMN THE FAR-RIGHT. HOW DO INCITE A COUP?

Hey, mine too! What a quinky-dink.

To be fair, it kinda seems like the coup has already happened (adios Mr McCutcheon, you will be sorely missed – Alexa, play "Ding Dong the Witch is Dead").

For anyone who doesn't know, our new VC used to work for the Uni of Western Australia and was appointed to our trashfire kingdom unanimously (rad). Professor Freshwater, I swear to god, our entire university is begging you to live up to your amazing surname. Lord Jesus Son of God knows we need some fresh blood around here. She is a professor of mental health (according to the Uni website) so fingers and toes and eyes crossed that she can do something about...I mean...just...all of this.

But yeah, our leadership just straight up didn't condemn white supremacy. Isn't it wild how that just, like, happened? And we all just kinda had to accept it? Jesus, we are living in the worst kind of simulation. Does that count as advice?

SLIP SLOP and WRAP 2020

BY 'SALLY SELLS SEA SHELLS BY THE SEA-SHORE'

More trustworthy than that NZ consumer report that said 9/20 sunscreens don't work shit. Unlike Banana Boat Dry Balance Sunscreen Lotion SPF50+, this shore girl knows what you got up to this summer and is here to protect you for the rest of the year. She's the worst kind of Jafa you will ever meet.

PISCES

19 february - 20 march



My Goodness! You work so hard, Ka pai! But if your new year resolution isn't to get 8 hrs of sleep and prioritise me time, I'm going to have to do more than tell you to swim between the flags. I'm going to have to throw your phone (with all it's emails) into the sea. Now that's sun safety.

ARIES

21 march - 19 april



I know you spent your last paycheck on Icelandic face cream/new docs/silk eye mask/RnV tickets for next year. And hey that's okay. Fuck a savings plan for 2020. We are all going to cark it at 2035 when Climate crisis gets INTENSE.

TAURUS

20 april - 20 may



maybe think about building an outdoor paddle pool. could be nice.

GEMINI

21 may - 20 june



Thinking about leaving summer fling in the summer? Oh baby, my heart is with you. It's okay to love fully and freely and intensely for a few months. it's okay some relationships are transient. Doesn't mean it's any less. Otherwise Sally is here for you. Give us a rolla on the shell phone, and she'll give ya some sandy cheeks.

CANCER

21 june - 22 july



A new semester at Uni brings new experiences. New-Nu experiences ;) don't forget to wrap it all up, nice and snug. Get regular STI checks and watch out for crabby times.

LEO

23 july - 22 august



Hey man. I know shadows moved. You are probably still mourning. It's all g: its under the quad now. That space opposite gen lib. See you there for a toastie, and a fishy surprise.

VIRGO

23 august - 22 september



You might need more than Aloe Vera for that sick burn you got there. Ouch! Hurt feelings... broken heart? God Damn, so far 2020 has not treated you well. Take care cuz once that skin peels you gonna be a little tender underneath. And that's okay, it'll crisp up into a neat tan soon. Just give your chest a nice massage and suss out a molemap (a little bit of emotional check in never hurt anybody).

LIBRA

23 september - 22 october



There are two types of libras. The best kind. The ones who understand the vibes and UV rays we be sending. Who jump off the wharf WITH YOU when you yell 3, 2, 1! The other one is my ex. Get the fuck away you ass: and give back my kookai dress.

SCORPIO

23 october - 21 november



2020 is the year you pick up a new hobby. That's right champ: underwater hockey, management consulting club, and horticulture never looked so good. I hear that there's a reeferendum this year. I'd watch out for Taurus tho, if you happen to sit next to one in your lecture... be careful. The energies are... very green atm. And they might scam you on the next hit.

SAGITTARIUS

22 november - 21 december



Hey, you are pretty cute. Wanna meet the UoA resident psychic at mystery cove? Right opposite bFM, drop in and say hi. Kinda looks like the Craccum offices, but I promise it's actually v magical. My crystal balls are just a bit shy.

CAPRICORN

22 december - 19 january



You ever considered being a clown? 2020 is the year you drop it all, go to the south of France, and join Gualier's French clowning school. RULE ONE: YOU ARE ENOUGH RULE TWO: NEVER LET THEM SEE YOU PUT ON YOUR RED NOSE

AQUARIUS

20 january - 18 february



Change is approaching. There is a dark storm, ancestral thunder and deep THROBBING of the heart. ba doom ba doom. Be careful of horses, avoid the number 70, especially if it's a bus at exactly 11:15AM on the first Monday of the month.

xoxo It's a shore thing~

the people to blame.

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THE MIX OFF

MONDAY 2ND MAR | 12PM - 2PM
UNIVERSITY QUAD

JUPITER PROJECT

MONDAY 2ND MAR | 7PM - 12AM
SHADOWS BAR

COMEDY IN THE QUAD

TUESDAY 3RD MAR | 12PM - 2PM
UNIVERSITY QUAD

BELIEVE IT OR NOT PUB QUIZ

TUESDAY 3RD MAR | 6.30PM
SHADOWS BAR

RVLTN TALENT QUEST

WEDNESDAY 4TH MAR | 12PM - 2PM
UNIVERSITY QUAD

AUSA AND UOA PRESENT PARTY IN THE SPARK

WEDNESDAY 4TH MAR | 5PM - 11PM
SPARK ARENA

JÄGER BINGO

THURSDAY 5TH MAR | 6PM - 9PM
SHADOWS BAR

JÄGERMEISTER PRESENTS... BLANC SAMMIE HAMISH & RANGI

FRIDAY 6TH MAR | 6PM - 1AM
SHADOWS BAR

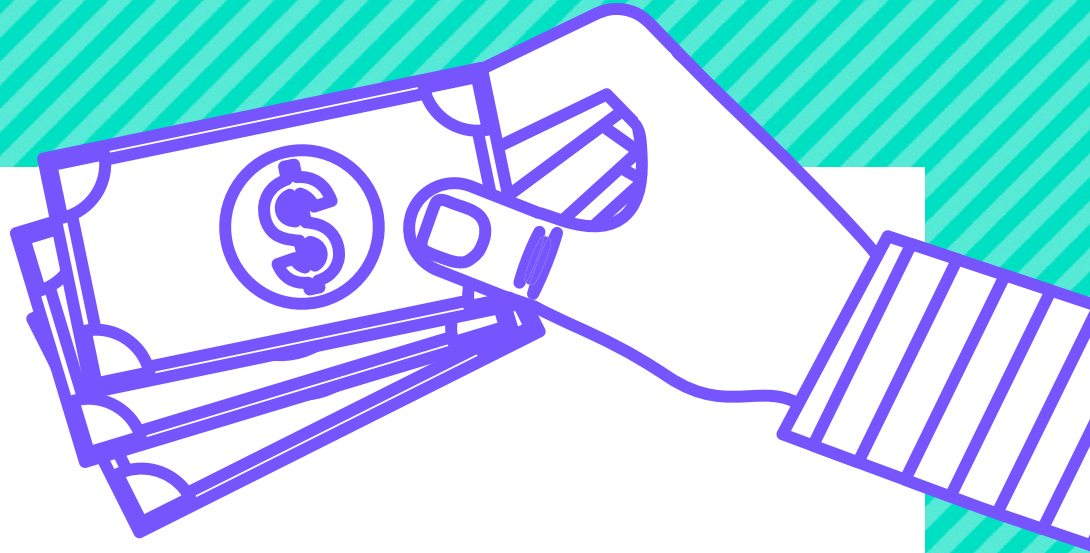
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