

Team experience

Explore our campus

There is great power in mini-adventures, and contrary to popular belief, they are not reserved for children. Choosing to venture down a path you don't normally take will stimulate your mind and activate a sense of wonder, and you might just bump into colleagues you haven't seen in a while. Our beautiful campus is best explored by foot or bike. We have a permanent fleet of push bikes and e-bikes for you to borrow. Contact oneplanet@unitec.co.nz to find out more.

Manaaki Whenua (working bees)

Throughout the year, you can join Ngā Kaitiaki in taking care of our wāhi tapu (sacred spaces) here on Mt Albert campus, by clearing grass and weeds from around the stream and learning about the life systems that the healing waters of Wairaka sustain. Keep an eye out on Nest for the upcoming dates, and if you are really keen to get started how about giving a helping hand to Friends of Oakley Creek and joining their regular Friday working bees? And if you like the idea of working bees but weeding is not your jam, do get in touch with the wellness team, and we will help you explore other opportunities for your team.

Join student and staff-led initiatives

There are a lot of great things happening here at Unitec and by making the time to attend activities led by both staff and student groups you get to connect with your colleagues and have some fun. Check out the Nest home page to see what's on each month.

For more great opportunities to engage make sure you regularly check the Nest home page and the "What's On" Calendar.



WELLNESS PROGRAMME 2019



To find out more or book your place for the initiatives, please email connect@unitec.ac.nz

Weekly activities

Hauora (health) activities at the marae

Staff led activities

Unitec Sports Centre classes

To find out more and receive up to date calendar invites, please email connect@unitec.ac.nz

Monday	Tuesday	Wednesday	Thursday	Friday
	D.A.S.H Determination, attitude, strength, health, a full body workout. 6.15 - 7.15am		D.A.S.H 6.15 - 7.15am	Yoga Excellent way to develop strength, flexibility and mental clarity. 6.30 - 7.30am
	Kori Taketake Exercise that integrates poi, elements of Mau Rakau, functional bodyweight, mobility training, and breath work. 8 - 8.30am		Kori Taketake 8 - 8.30am	
Kai Taketake In a group setting, learn how to get more from your food. 10 - 10.30am	Mirimiri Massage Start your week from a place of relaxation. Available at both campuses. 10am - 2pm		Hula Learn to swing your hips and body to Polynesian music. To engage and harmonise both hemispheres of the brain. FREE. 12 - 12.45pm	
Walking Group 12 - 12.30pm	Yoga 12 - 12.45pm	Walking Group 12 - 12.30pm	Pilates A whole body practice, focusing on alignment, body awareness and functional movement. 12.30 - 1.15pm	Walking Group 12 - 12.30pm
		Bootcamp Fun and high-intensity training for all fitness levels. FREE. 12 - 1pm	Walking Group 1 - 1.30pm	
Salsa Build your confidence and energy via this social dance, a combination of the Afro-Cuban dances Son, cha-cha-cha, Mambo, Rumba etc. Coming soon	Walking Group Taking a 30-minute walk a day is kind of like that proverbial apple: there's a good chance it'll keep the doctor away. FREE. 1 - 1.30pm		Mindfulness Destress and strengthen your mind via learning range of breathing techniques. FREE. 2 - 2.30pm	Futsal Friendly game played on a hard court, smaller than a football pitch and usually indoors, similar to five-a-side football. FREE. 1 - 2pm

Te Auaunga (Oakley) Creek Walks

Did you know that right at our doorstep we have one of Auckland's best-kept secrets - the highest urban waterfall in New Zealand? There are three main entry points into the walkway and you can take a brisk 15min walk to help clear your mind and regain focus, or a 30min walk to help build fitness and reach your weight loss goals.

Observation sessions

A wonderful way to better understand our core business and the student experience is to regularly attend a lecture. Contact the wellness team for the list of participating lecturers and arrange a visit to class that interests you.

Gym memberships

If you ever wondered whether joining the gym would be a good fit for you, how about giving a 10 week trial a go? At Mt Albert campus, Unitec Sports Centre is offering a great deal of \$100 for 10 weeks, including access to all fitness classes. And for our Waitākere staff, Club Physical is offering a \$135 for 10 weeks trial of their Champion package, including access to a swimming pool, and three locations across Auckland. For further information and conditions please get in touch with the wellness team.

