

He ārahi i ngā tauira āniwaniwa

RAINBOW STUDENTS' GUIDE 2024

Important and useful stuff





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INTRODUCTION

Nau mai, haere mai! Welcome to the rainbow community at Te Herenga Waka—Victoria University of Wellington.

This guide is here to give you the information you need to stay well, stay connected, and get involved in the University's rainbow community.

www.wgtn.ac.nz/rainbow

A NOTE ON LANGUAGE

Rainbow is collective term used for people with diverse sexual orientations, gender identities, and sex characteristics, or who are questioning these.

There are many words to describe these identities, often abbreviated to LGBTQIA+. Some people use words from their cultures, such as takatāpui (Māori) or 'akava'ine (Cook Islands), to express their rainbow identity.

We use the term 'rainbow' as a catch-all word to broadly encompass these diverse identities and communities.

'akava'ine intersex lesbian fa'afafine ace pansexual gay trans polopa tāne iawhiti non-binary queer mahu wahine iawhiti fakafifine takatāpui fakaleti bisexual two spirit genderfluid vaka sa lewa lewa



VITAL INFO

STAY CONNECTED

- Rainbow Students' Welcome: Rainbow OWeek event. Thursday 22 February, 10 am-1 pm, Cotton Plaza.
- ► Rainbow hub website: Regularly updated webpage with information for rainbow students
 - www.wgtn.ac.nz/rainbow
- ► Kahukura newsletter: Community e-newsletter, five issues per year. See page 5 to sign up.
- ► Rainbow Room: Hang-out community space for rainbow students, SU209, Kelburn campus.

FINDING SUPPORT

- ► Rainbow and inclusion adviser: Sterling Jones (they/them)—first point of contact for anything.
- ▶ Peer-support groups: Led by rainbow student leaders. A great way to meet other rainbow students. Activity and discussion based.

- Mauri Ora—Student Health and Counselling: Physical and mental health support, free for most students. HRT and rainbow counsellors available.
- ▶ VUWSA Advocacy: Support and advice independent from the University.
- ▶ Pūtea Āwhina—Hardship Fund: Can help with financial hardship, one-time costs, name and sex-marker changes, binders.

GETTING INVOLVED

- UniQ Victoria: THW rainbow students' association social events throughout the year. Find them on Facebook and Instagram.
- ► Rainbow Law: Social and advocacy group—career and networking events throughout the year. Find them on Facebook and Instagram.
- Rainbow Research Network: Network of rainbow staff and postgraduate students—regular seminars. Send them an email to join their mailing list at rainbowresearch@vuw.ac.nz

STAY CONNECTED

RAINBOW STUDENTS' WELCOME

The Rainbow Students' Welcome is our OWeek event for new students in Trimester 1. It's a morning packed with fun activities, giving you the chance to hang out with other rainbow students and connect with groups from our university and the Wellington rainbow community.

If you start studying in Trimester 2, for Re-OWeek we host a light brunch in the Rainbow Room to mix 'n' mingle with other students and meet our kajārahi kahukura—rainbow and inclusion adviser.

The 2024 Rainbow Students' Welcome is on Thursday 22 February between 10 am and 1 pm at the Cotton Plaza. Check out the OWeek programme for more details.



RAINBOW HUB WEBPAGE

This Rainbow Students' Guide is here to give you a quick overview of the important stuff, but you'll find additional details and other handy info on the rainbow hub webpage.

It gets updated regularly, so it's worth keeping an eye on.

Some useful pages on the hub include:

- support for rainbow students: how to contact our rainbow and inclusion adviser, and info on peer-support groups
- community groups and events: discover events happening this trimester and find contacts for rainbow student groups
- all-gender bathrooms: locate all-gender (gender-neutral) bathrooms on campus with our handy directory
- gender-affirming healthcare: find out how to access gender-affirming healthcare at Mauri Ora—Student Health and Counselling
- updating your name, gender, or pronouns: how to update these details on university systems and how to legally change your name or gender marker.
- www.wgtn.ac.nz/rainbow



KAHUKURA NEWSLETTER

This is our community newsletter, where you'll receive updates and find events and columns written by rainbow staff and students.

We send it out five times a year: at the start of each trimester, during mid-trimester breaks and the mid-year break, and at the end of the year. Occasionally, we'll also drop you other emails with important info.

If you identified as rainbow during enrolment, you're probably already on the mailing list. If you're not sure or didn't do it then, no worries! Just click on the link below. We won't double-email you if you're already on the list.

wgtn.ac.nz/students/student-life/ communities/rainbow-hub/ sign-up-form











RAINBOW ROOM

The Rainbow Room is your community space and student lounge. It's a chill place to study or hang out and can be booked for community events.

Look for the Rainbow Room in SU209 on level 2 of the Student Union building at Kelburn campus

wgtn.ac.nz/students/student-life/ communities/rainbow-hub/ rainbow-room



GET INVOLVED







UNIQ VICTORIA

UniQ is Te Herenga Waka's rainbow students' association. It is a student-driven collective, striving to represent the voices of the rainbow student community with pride. UniQ runs various social gatherings and events throughout the year, creating nurturing and inclusive spaces on campus. Reach out to them on Instagram or Facebook.

- facebook.com/uniqvuw
- instagram.com/uniqvictoria

RAINBOW LAW

Rainbow Law is committed to providing equal outcomes for rainbow students studying law at Te Herenga Waka. It is a social and advocacy group that also runs career events illustrating what life is like as a rainbow lawyer. Follow them on Instagram and see their upcoming events on Facebook.

- facebook.com/vuwrainbowlaw
- instagram.com/vuwrainbowlaw

RAINBOW RESEARCH NETWORK

The Rainbow Research Network is an interdisciplinary coalition of staff and postgraduate students at Te Herenga Waka who have a shared interest in research initiatives related to our LGBTQIA+, takatāpui, and MVPFAFF+ communities

They run seminars to showcase research by rainbow academics and postgraduate students—all are welcome.

Send them an email to join their mailing list.

FINDING SUPPORT



KAIĀRAHI KAHUKURA— **RAINBOW AND INCLUSION ADVISER**

Sterling Jones (they/them) is your kaiārahi kahukura rainbow and inclusion adviser. Their job is to support rainbow students and grow our community on campus.

They are your first point of contact for anything, rainbow-related or not. If they can't assist you directly, they're likely to know who can.

Conversations with Sterling are 100 percent confidential. Email them or visit them during their drop-in times for a chat and a cuppa.



From left, Cal (he/him) and Mongtuya (they/them), two of our rainbow student leaders.

PEER SUPPORT

You are welcome to drop in to our peer-support groups, which run during teaching weeks in the Rainbow Room. No sign-up or commitment is required—whether you come once or every week is entirely up to you.

The sessions are led by rainbow student leaders, with a new activity or discussion topic each week. It's a great way to meet other students, hear their experiences, and share your own.

Check the 'Support for rainbow students' page on the rainbow hub for details.



The gender-affirming team at Mauri Ora includes (from left) Bianca Sepulveda RN (she/her), Dr Rona Carroll (she/her), and our rainbow-affirming counsellors Mary Allan (she/her) and Anny da Silva Freitas (they/them).

MAURI ORA—STUDENT **HEALTH AND COUNSELLING**

You can access physical and mental healthcare services at Mauri Ora, and best of all, it's free for domestic students. Charges apply for international students, although these may be covered by your medical insurance.

Mauri Ora proudly offers gender-affirming hormone-replacement therapy in house. There are also two rainbow counsellors available to provide mental health support.

www.wgtn.ac.nz/mauri-ora

VUWSA ADVOCACY

The Victoria University of Wellington Students' Association—Te Aka Tauira (VUWSA) advocates offer confidential support, independent from the University. They can help you with a range of challenges, by:

- ▶ facilitating communication, mediating disputes, and problem-solving
- supporting you with employment disputes, finances, and tenancy problems
- helping you understand your rights, responsibilities, and options
- appealing grades or academic misconduct allegations.
- advocate@vuwsa.org.nz
- www.vuwsa.org.nz/advocacy

PŪTEA ĀWHINA— HARDSHIP FUND

If you are experiencing financial challenges or require help with one-time costs, you can apply for the Pūtea Āwhina— Hardship Fund.

The fund can also help with 'costs associated with sexuality and gender identity for LGBTQIA+ students', such as legally changing your name or buying a binder.

www.wgtn.ac.nz/hardship-fund

