

Metanoia

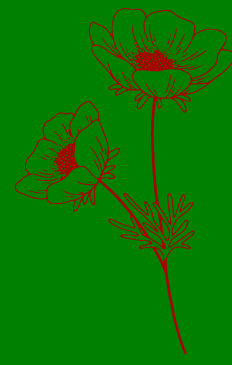
NEWCOMERS' BOOKLET 2024



metanoia

[meta·noia | \ ,me-tə-'nōi-ə]
change of heart; change of mind

WELCOME 2024 NEWCOMERS!



Hello there future Metanoian! Congratulations on being placed in our beautiful residence! We know exactly how curious you must be about your new home, so we've compiled this booklet to serve as some insight into what to expect from Metanoia during the Welcoming Period.

If you would like to find out even more, be sure to visit our website:
metanoia.sun.ac.za

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ABOUT METANOIA



FOUNDED IN 2006, Metanoia is one of Stellenbosch University's youngest undergraduate residences, home to students from across the country and even the world.

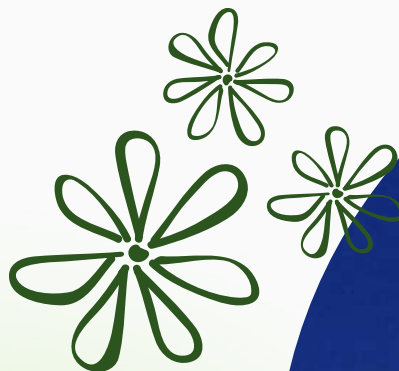
We pride ourselves in being the largest co-ed residence in the Southern Hemisphere, housing 501 students ALL IN SINGLE ROOMS!

We are leading the way through a new chapter in the university's history, driven by our six house values: Integrity, Diversity, Equality, Respect, Love, and Ubuntu. These house values form the pillars of our residence and we expect our residents to uphold them both within Metanoia and on campus.

Metanoia is one of a handful of residences that offers its own gym, as well as underground parking, a TV room, a computer centre and a study area that is used for learning purposes throughout the year. Beyond our extended facilities, we pride ourselves on our diversity. We celebrate the differences of people within our res, and endeavor to accept each other for who we are.

Exciting times are ahead and we cannot wait to share the journey with you!

WELCOME TO METANOIA,
where the future lives!



IMPORTANT DATES



Dates		Description	Time
30 Jan 2024		Law First Years Arrive	14:00 to 17:00
30 Jan 2024		Parents/Guardia n supper	17:00
31 Jan 2024		All First Years Arrive	08h00 - 12h30
31 Jan 2024		Latecomers Arrive	12h30
31 Jan 2024		Parents Lunch	12h30
31 Jan 2024		Final Goodbyes	13h30
12 Feb 2023		First day of classes	14h00





PLEASE NOTE!

Please note that parents are not permitted to attend the welcoming period. They are however invited to join/participate in the Rector's Welcoming at Danie Craven on the 2nd of February from 17:30 - 18:00.

No deliveries of items for students will be accepted from 15:00 on the 31st of January until 12:00 on the 12th of February. Therefore, please ensure you have all you need by the afternoon of the 1st.

If you require a late arrival (between 11:30 and 15:00), please let us know by emailing our Primarius (25057324@sun.ac.za) in advance. Additionally, if you have any questions or concerns, please contact us via that email address as well.

LETTER FROM OUR VICE-PRIMARIUS AND HC OF WELCOMING AND NEWCOMERS



HOMIES!!

Greetings / Goeie dag / Molweni / Sanibonani / Dumelang

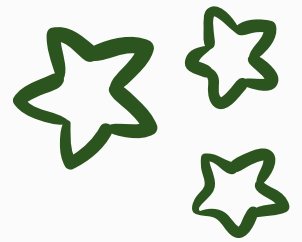
First and foremost, it is my honour and absolute pleasure to welcome you to one of, if not THE best residences in Stellenbosch, Metanoia Residence. So, well done on making your second-best university-related decision (the first being Stellenbosch University) by choosing us, I can assure you that you won't regret it.

With that said, my name is Uyanda Tyusha, and I am Vice-Primarius of this wonderful residence. My portfolios are Welcoming and Newcomers. I can imagine that you are equally overwhelmed, nervous, and excited. However, as someone who has been in your shoes before and as someone you will be seeing a lot of throughout the year of 2024, simply rest assured that there are warm and eager arms ready to embrace you as you walk through the Metanoia doors.

As I have already pointed out, we may be seeing a lot of each other throughout the year and that is due to what my portfolios require of me. Briefly and very superficially, being HC of Welcoming and Newcomers means helping you transition into Metanoia and university life from high school.

In my capacity as HC of Welcoming, I will be overseeing the entirety of the Welcoming Programme from move in day all the way to Vensters. My goal for you all, when it comes to the welcoming experience and the welcoming period, is for you to have the most memorable time of your university lives. The Welcoming Week is designed to make sure that as you transition into the biggest co-ed residence in the Southern Hemisphere and into Stellenbosch University, that you learn about yourself and those around you in this diverse and multicultural space.





You will especially learn to express yourself entirely as we give you the liberty to, all while respecting others and their expression of themselves.

When it comes to being HC of Newcomers, it basically means that I am the guy you call and come to if you need literally anything and don't know who to ask. I am what you may call your confidant when really needed, because it's us versus the seniors. During Welcoming Week, there is an election of the Newcomers Committee that occurs. The Newcomers' Committee is made up of 12 – 15 Newcomers (you guys) who serves as representatives for the Newcomers group as a whole. The purpose of this committee is to streamline any compliments, complaints, and suggestions brought up by the Newcomers' group, which I then take up with the powers that be. This body is also responsible (with my help, obvi) for the Newcomers' Dance, one of Metanoia's biggest social events. As someone who has attended a few, this is a big deal – it may be the best dance you ever attend, by you, for you.

Please understand that you may end the week exhausted and tired but overflowing with passion and joy, with friends, with a community but most of all with a family to call your own as you start the next chapter in your lives in a space you hopefully can call home.

I am very excited to meet you all! Bring all the vibes because best believe we will have it in abundance – at Metanoia the possibilities are endless. All the best with results and whatever. Don't forget to make the best two decisions of your university lives. If you have any questions, do feel free to contact me.

Stay calm and cozy, and keep the vibes on lock beautiful people.

Uyanda Tyusha,
Vice-Primarius of Welcoming and Newcomers
065 598 5435
23704381@sun.ac.za



LETTER FROM OUR RESIDENCE HEAD



Dear Metanoia Newcomer

Congratulations on your placement in Metanoia. You will shortly experience what a great privilege it is to be a Matie from Metanoia and the Rubix Cluster, and to study at Stellenbosch University, something to truly look forward to. In the process you will become part of Metanoia's biggest asset, its people.

At Metanoia Residence we want to enhance the out-of-classroom learning experience of our students to build the desired graduate attributes. This we do via our Res-Ed or Cluster initiative whereby we connect the learning and living experience of our students. At Metanoia we believe in challenging each other through conversations to better understand the environment that we live in.

Metanoia is well-known as a residence that embraces diversity and that is inclusive in terms of culture, nationality, religion, gender, sexual orientation and language. This has indeed been our strength from the beginning! The diverse environment of Metanoia will provide you with an opportunity to grow to your full potential, to form new friendships and experience all aspects of being a student. As a Meta family we are indeed proud of what we have achieved since our first group of first years arrived here in 2006.

Have a great welcoming period and 2024!

GARETH CORNELISSEN
gmc@sun.ac.za



LETTER FROM OUR ASSISTANT RESIDENCE HEAD

Dear Newcomers of 2024 😊

Congratulations on securing admission to the University and for being placed in Metanoia residence. I want to extend my gratitude for your choice to join Stellenbosch University. We're thrilled to welcome you and eagerly anticipate the journey of growth and education that lies ahead.

As you step into this new phase of Campus and Student Life, you're entering a space deeply committed to active involvement and the sharing of ideas, both within and outside the classroom. Alongside this dedication, our Graduate Attributes aim to equip students with the qualities of an enquiring learner, engaged citizen, dynamic professional, caring individual, and digital knower.

Metanoia is where we nurture the future, priding ourselves on being a community that fosters a shift in perspectives and attitudes. We embrace diversity and strive to make meaningful changes within our environment. Here, you'll encounter transformative opportunities that shape your student experience. Explore the diverse learning avenues available within the University and Metanoia residence, spanning areas such as student leadership, social impact, academic excellence, sports, and more. Embrace this space with an open mind, ready to learn from others and unlearn behaviors that contribute to societal growth.

This upcoming year will undoubtedly bring new experiences and unexpected challenges, as life itself isn't linear. Nonetheless, we're enthusiastic about offering you a memorable and enriching welcome program. Welcome once again, and may you have a wonderful stay and a fulfilling year ahead.

Take care and stay safe!

Best wishes,
Thulani Hlatswayo



LETTER FROM OUR PRIMARIUS



Dear Metanoia Newcomers,

I hope that this letter finds you well and excited for the upcoming next chapter in the story of your life. I remember looking upon first arriving at res and university as a daunting prospect. But, as soon as I arrived my fears were allayed through the friends that I made: Welcoming is about shared experiences. I want to encourage you all to partake in as much of the program as possible, because the Welcoming program is about introducing you to res life, the university environment, your academic programs, but most importantly it is about getting you to feel settled and at home: we call Metanoia our home away from home, for the friendships you make makes it feel like it is a home to you.

I shall briefly introduce myself. I am Thomas Russell, the Primarius of Metanoia residence. As Primarius I am Chairman of the House Committee and oversee the running of the residence. Our leadership team is extensive and there are many structures in place to support and help you flourish in your new environment. There is the House Committee composed of 21 HC including myself, the two Vice-Prims, and a further 18 House Committee Members. Then there is the mentor body, a leadership structure of 28 Metanoian Mentors specially trained to help newcomers through Welcoming and the year. The MadComm is there to help you learn our wonderful Vensters dances and to encourage you throughout the Welcoming Period. There is no shortage of support, so should you need anything please reach out to us and we will be only happy to help.

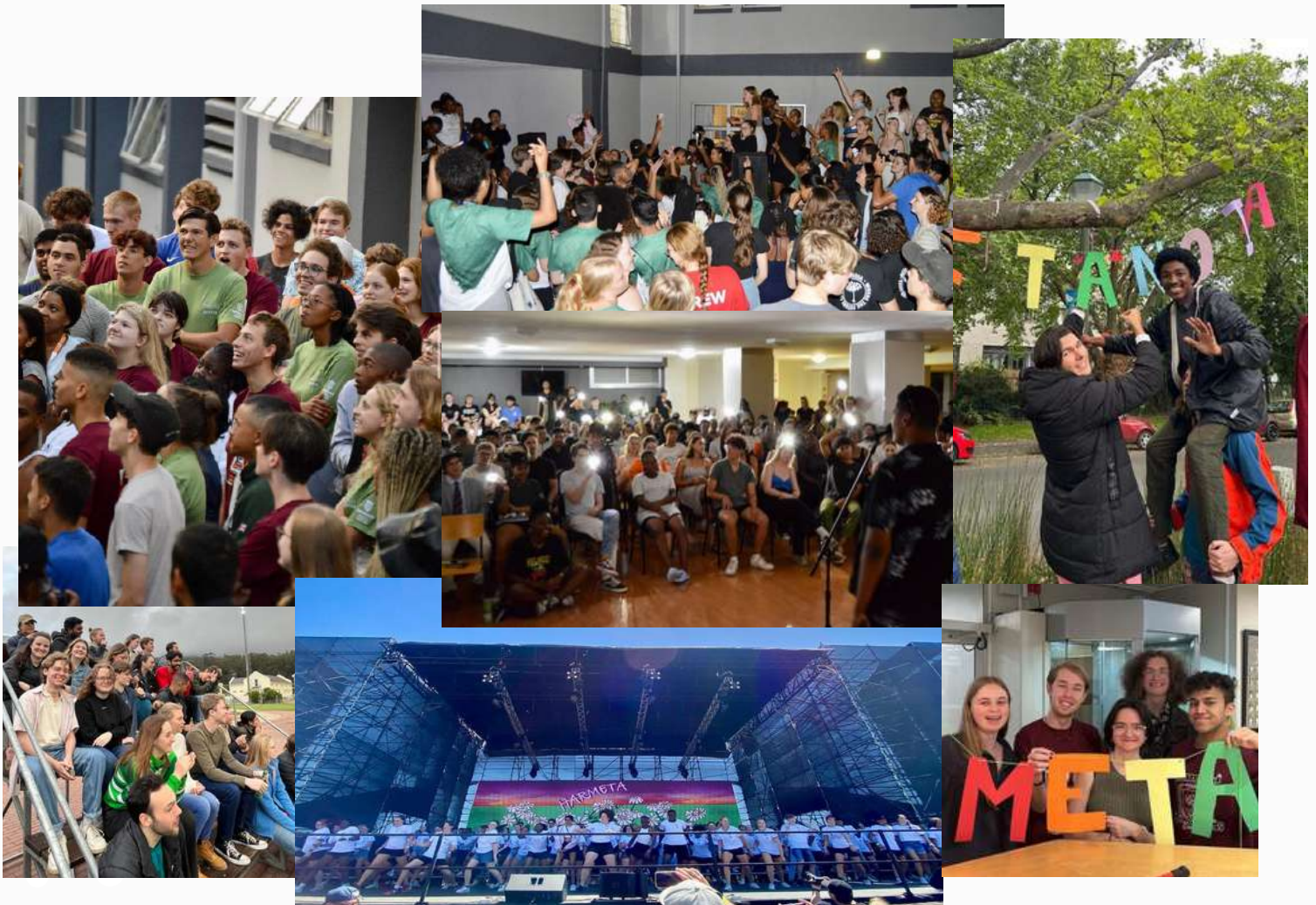
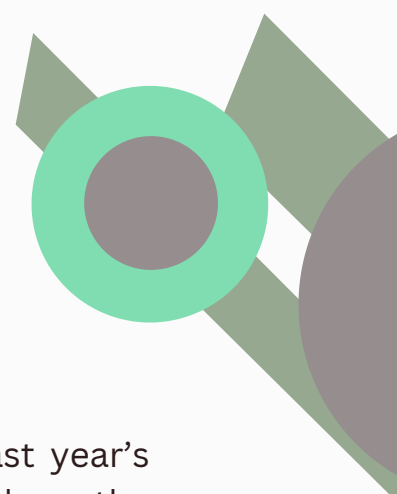
Metanoia means a change of heart, a change of mind. We pride ourselves on our diversity of perspectives and on the academic prowess that this also facilitates. Debate and free discussion is at the heart of the university experience, dialogue is the fruit by which the discourses of Plato's Socrates has been consumed by knowledge hungry minds throughout the centuries. We are the largest co-ed residence in the southern hemisphere, with 501 people you will not find a larger more open place where the academic spirit and a homely community are fostered and nourished.



So, to end off, congratulations on getting in to our residence! We are sure that you will feel at home at Metanoia as much as we all have over the years; and we look forward to welcoming you to our home away from home in the coming weeks.

I would like to leave you with an extract from my letter to last year's newcomers: remember the journey has power to show only where the traveller is willing to venture. Be willing to venture, then, and you will have the adventure of your life.

Yours in the Philosophical Ideal
Thomas Russell Primarius
Email: 25057324@sun.ac.za
Contact Number: 082 971 422



LETTER FROM OUR VICE-PRIMARIA AND HC OF DISCIPLINE AND SAFETY & SECURITY



Dear future Metanoian,

A very big congratulations on your acceptance into Stellenbosch University as well as Metanoia Residence. It is with great excitement that I welcome you into the best Residence on campus. Meta is a diverse residence that celebrates everyone's uniqueness and fosters unity within the residence. I know that you are probably feeling both nervous and excited, but I can assure you that Meta will soon become like family. I look forward to meeting all of you and sharing with you the place I call home.

As Vice-Primaria I have two main portfolios that I am responsible for being Safety and Security and Discipline. You are probably wondering what all that means so let me explain. I am here to make sure you are safe. This is mine, the House committee and the residence's highest priority. Metanoia is equipped with CCTV cameras at the main entrance and back quad. We have a designated security guard who sits at the entrance from 18H00 to 06H00 every day to ensure that any threats residences may encounter are immediately and professionally dealt with as well as to sign in any visitors.

When you arrive at Meta, you will be placed in a section, and each section has a house committee member that lives in the section with you to make them more accessible to help with any needs or concerns.

The house committee alternate being on duty where they are attentive and available to help with any situations in the residence and are equipped with the tools to help you or anyone else in a medical emergency including use of the Stellenbosch University exclusive Emergency24 telephone line.



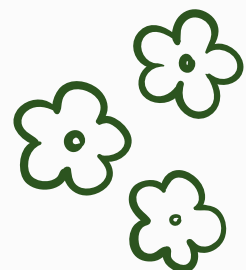
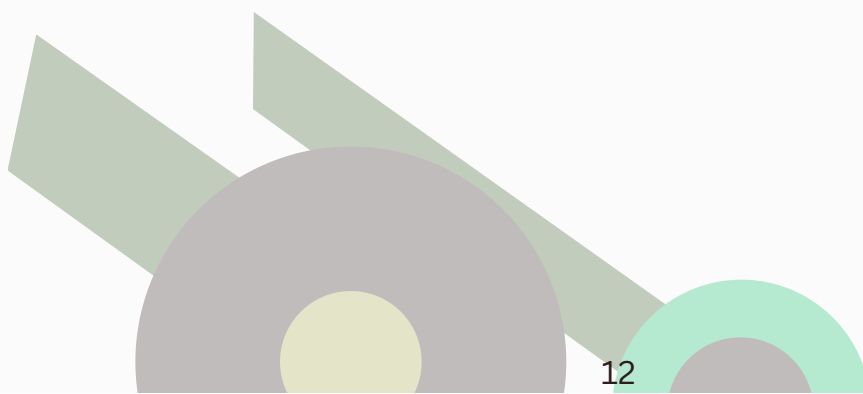
Meta also values mental wellbeing and safety, which is why Stellenbosch University has several structures in place to provide students with psychological and academic counselling despite the urgency of the matter. The House Committee members will provide you with all the relevant contact numbers when you arrive. Ultimately, whether it's addressing security concerns, medical emergencies, or mental health needs, Metanoia Residence is committed to creating a safe and supportive living environment for all residents.

My second portfolio is Discipline which in simple terms means that I am responsible for ensuring that all residents are respected and that there is harmony within Meta. As mentioned previously Meta is a diverse residence where people come together from different backgrounds, cultures, races, and ways of life. I, alongside the house committee are responsible for enforcing that the core values: Diversity, Ubuntu, Respect, Love, Integrity, and Equality are upheld in order to create an environment where we are united despite our unique differences. If any student is found to be contravening these values, they will be referred to the Metanoia Discipline Committee, but the various discipline structures will be explained when you arrive.

Metanoia gives you an opportunity to be in an environment that is focused on growth and learning. I urge everyone of you to come to Metanoia in 2024 excited and with an open heart and open mind. Although you may be feeling a bit overwhelmed, and the university experience may take some time to get used to, Meta is here to support you and make sure that you have a successful transition into university life and an all-rounded student experience.

If you have any further questions concerning Safety, Security and Discipline please do not hesitate to contact me. I look forward to meeting all of you next year!

Diana Millard
0764340057
26215845@sun.ac.za



LETTER FROM OUR CLUSTER CONVENER



Dearest Newcomer,

Congratulations on your admission into Stellenbosch! We are so excited to welcome you to this amazing campus and the best cluster community in it - RUBIX!

We're sure that you're wondering what exactly a cluster is – let us explain a little. Clusters are an extension of the student community experience and provide an avenue to foster meaningful relationships and connect with amazing and vibrant students outside of your direct community.

RUBIX consists of 5 amazing communities, both residences and CSO's alike - Heemstede, Metanoia, Nerina, Pieke and Venustia. It is an overarching and broader community that connects you to the greater picture of Stellenbosch University.

You will continuously engage with your cluster family throughout your time in Stellenbosch University as RUBIX offers amazing opportunities such as Cluster engagements, Cluster Sport, study sessions (which can provide valuable academic insights) as well as access to short courses in leadership which can be put on your academic transcript. You will be able to meet a wide range of students and leadership members who will all be able to contribute to making you feel more at home in university and help answer any questions that you may have.

Cluster not only offers the opportunity to connect with people from different communities, but also the gives you the chance to explore and make use of different physical facilities on campus. Be sure to join us for meals in RUBIX's designated dining hall in the Heemkhaya in Heemstede, where you will all have access to book and share meals.

Furthermore, look forward to transformation sessions in Nerina's rec hall, dance battles in Metanoias quad, braais and socials at Pieke and Venustia and various cluster events and activities on the RUBIX grass that stretches from Nerina to Heemstede.

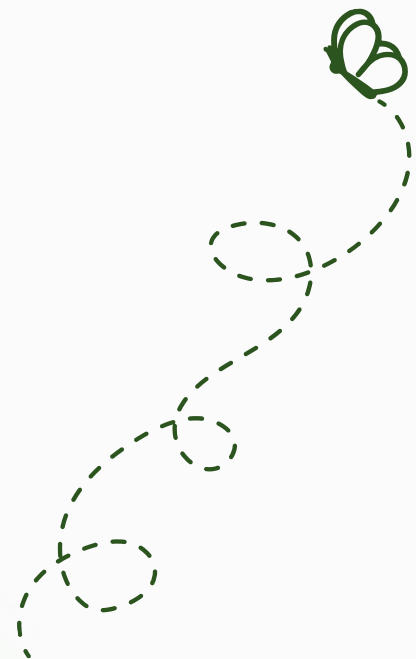
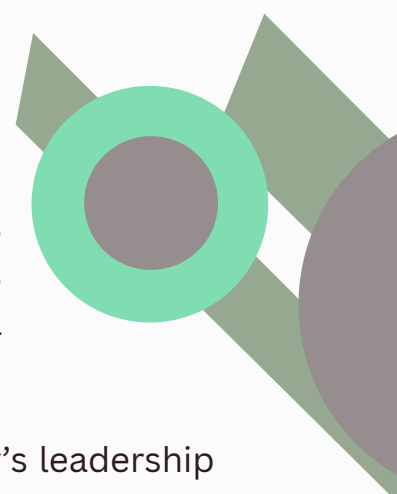
As cluster convenors, we work closely with your community's leadership and are responsible for facilitating cluster engagement and events. You will see a lot of us during welcoming as we introduce you to your extended RUBIX family and engage in numerous fun and exciting activities.

Furthermore, you will definitely see us a lot throughout the year at your own communities' specific events as well any cluster initiatives that take place. We plan to show you exactly how "slay" and "gees" RUBIX truly is and really help you understand the potential that cluster has to improve your university experience.

We absolutely cannot wait to meet you!
All the best with your preparations x

We are RUBIX!

All our love,
Erin Twigg and Nonkululeko Ndaba
24927945@sun.ac.za and 22952888@sun.ac.za
Rubix Cluster Convenors





MEET THE HC!

WHAT IS AN HC?

HC (or commonly dubbed HK), stands for House Committee. The HC forms the administrative body of the residence, dealing with matters ranging from general maintenance to organizing our much anticipated "Huisdans". They also serve as a support system for you - guiding you through the red tape involved in university registration and making sure you are settled in your new home. They are also there for emotional support, so be sure to say hello to them and ask for any help you need! They don't bite! Well, most of them...



Gareth Cornelissen

Residence Head
gmc@sun.ac.za



Thulani Hlatswayo

Assistant Residence Head
thulani@sun.ac.za



Uyanda Tyusha
Vice-Primarius

Welcoming and Newcomers

"Lord, we know who we are,, yet we know not what we may be. So maybe I'm the one, or maybe I'm crazy."



Thomas Russell
Primarius

"You are the music while the music lasts" - T. S. Eliot



Diana Millard
Vice-Primaria

Discipline and Safety & Security

"Dear children, let us not love with words or speech but with actions and in truth."



Georgia Briton

Vensters and Huisfondsdans

"Another day, another slay."



Katrena Curry

Mentors & Wellness

"Welcome to the real world. It sucks. You're gonna love it." - Monica Geller



William Hendricks

Seniors; Equipment; I.T & Website Administrator

"lightwork no reaction."





Chase De Doncker

Section Rivalries and Societies

"Lightwork no reaction."



Mpho Malema

Empowerment and Catering

*"Per aspera ad astra" - Lucius
Annaeus Seneca*



Timothy Cairns

Maintenance & Services

"Life before death."



Ofentse Ngobese

Culture and MetaWeek

*"As within so without, as above
so below, as the universe so the
soul."*



Elbun "JC" Lambrechts

**Student Leadership & Development
and Interiors & Venues**

*"Forever is composed of
nows." - Emily Dickinson*



Nerisha Jagwanth

**Administration and Room
Placements**

*"You are never too old to
dream a new dream."*



Melvin Malopa

Green & Sustainability and Cluster

*"Every transformation
demands as its precondition
the ending of a world...the
collapse of an old philosophy
of life." - Carl G. Jung*



Erin Thornhill

**Social Impact and Clothing &
Merchandise**

*"Be on your guard; stand firm in the
faith; be courageous; be strong.
Do everything in love"
1 Corthians 16:13-14 NIV*



Brady-Lee Kotze

Room Placements and MetaWeek

*"Set foot in Stellenbosch
and my eyes started
watering. I thought it was
sinus, turns out,
depression"*



Keelan Lebotschy

Alumni; Socials and International Relations

"Carpe Diem"



Nambitha "Chichi" Okafor

Communications; Social Media, communication and House Dance

I am good Soil, If you plant an idea in me, I'll create a product around it."



Asad Salie

Empowerment and Clothing & Merchandise

"I'm a star" - Pearl



Dylan Adams

Critical Engagement & House Dance

"Hard work beats talent when talent doesn't work hard." ~Tim Notke



Zoe Hurryjith

Sports and Voting

"Let your smile change the world, but don't let the world change your smile." ~ Connor Franta



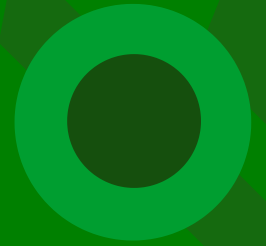
Joshua de Jager

Finance

"Kyrie Eleison"



LETTER FROM OUR HC OF MENTORS



Hey future Metanoian!

Congrats, congrats, congrats on being accepted into Stellenbosch University and in my (very unbiased) opinion, the best residence on campus! This is like the third letter you're reading that says Meta is the best, so it must be true! My name is Katrena Curry and I am the House Committee member of Mentors and Wellness (unofficially I'm your fountain of knowledge on the best coffee shops and chocolate muffins in town). We are so looking forward to welcoming you to what will be your home for the next few years. The House Committee and mentors are very excited to be a part of this new journey and the start of the next chapter of your life. University really is one of the best times of your life and being a part of Metanoia has really helped shape and grow who I am so I hope it can do the same for you.

The mentors will be your guides as you start this new journey and will help you with everything from settling into res and finding your classes to sharing their favourite microwave recipes and showing you the best ice cream and drinks spots in town. They will be there to answer the millions of questions I'm sure you have and help make Stellenbosch and Meta your new home. The Welcoming period will be jam-packed with meeting loads of new people which involves just as many excruciating icebreakers, but I promise there will be loads of fun too! The mentors will be there for you through the Welcoming period and will continue to help you

with anything you need and join you on those late-night chocolate-craving adventures throughout the year. You will have weekly check-ins with your mentor and other newcomers to just catch up or get ice-cream but also to touch base on your wellbeing and mental health and to share your highs and lows of university life. Your mentor will be the door you can always knock on, your first friend and a constant ball of energy and vibes to keep you going during Welcoming and the year ahead.



It is totally understandable to be feeling nervous, anxious, excited or a mixture of all of them at the thought of moving to a new place and starting a new journey but know that we will be waiting to make the transition as smooth and fun as possible. Honestly, after two years I still don't know what I'm doing so don't worry! If I have any advice, it is to arrive with an open mind and an open heart because that's how you will get the most out of your time in Metanoia. What you put into Meta it'll give back back in double the vibes, memories and friends (you'll probably hear that a lot during Welcoming). There really is something and someone for everyone in Meta. Your time here will be filled with amazing new friendships, new experiences and unforgettable memories. Our goal is to help you experience all these things, but it's ultimately up to you what you make of your time at Metanoia and at Stellenbosch.

I hope this booklet has helped to calm some nerves and increase your excitement, because we are so looking forward to meeting you. For some of us this will be our third or fourth time being a part of Welcoming and there's a reason we keep coming back for more! I hope you love it as much as we do!

You're welcome to pop me a message with any questions you might still have (especially about room décor tips cos that's my specialty) and make sure to follow Metanoia on Instagram! Enjoy your holiday and see you soon!

Kindest regards,
Katrena Curry (Kat :)
HC of Mentors and Wellness
064 654 9343





MEET THE MENTORS!

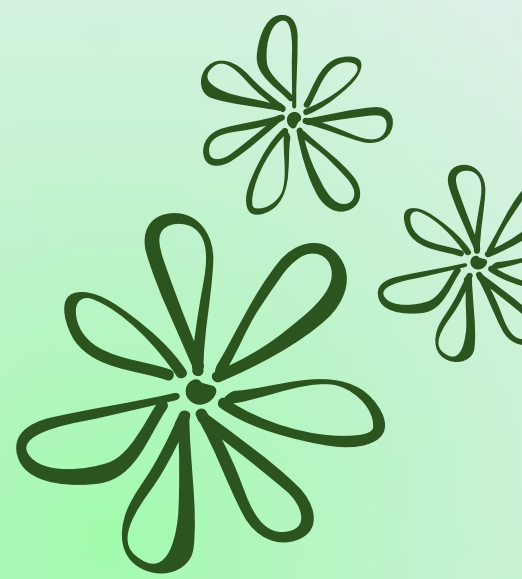
WHAT IS A MENTOR?

Mentors are senior students who are appointed in residences to assist you with adjusting to university on a micro level. They are here to offer answers to your university life queries and be of psychosocial support. Through mentors, you'll have the opportunity to partake in the wellness programmes that the university and Meta offer throughout the year. Mentors aim to enhance your wellness through creating a safe space where you give yourself a try, and transition into the best version of yourself. Experiencing welcoming with them is an is phenomenal experience, I guarantee you.



Chulu Mangqo
Head Mentor

*"Follow your gut, listen to the instinct,
listen to the world."*



Melissa van der Berg

*"Life is short, the world is wide, let's
make some memories :)."*



Jared Daitsh

"Got cum laude for rizz."



Nana Lisa

"Cs get degrees"



Ty Homan

"It's probably not that deep."



Maggie van der Merwe

"Everything works out in the end."



Ntando Tofile

*"Adapt without imitation, but
become something else with no
limitation."*





Epifania Teofilus

"The sky's the limit babe."



Dirk Maritz

"Don't be sad that it's over, be happy that it happened."



Juliette Armitage

"live your best life."



Thomas Muir

"That's so hot."



Sihle nathi Maqwelana

"Sometimes you may put your best foot forward but it may not be the required shoe size."



ELIZABETH

"You will seek me and find me when you seek me with all your heart - Jeremiah 29:13."



Michael Coetzee

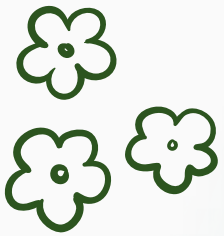
"Not all those who wander are lost."



Talia Roux

"To define yourself is to limit yourself."





William Hartney

"Gaslight, gatekeep, girlboss."



Rachel MacIntyre

"Be yourself, everyone else is already taken."



Jo De Wet

"It'll all be groovy :)"



Dylan Munro

"Do it for the plot."



Thandolwethu Mlotshwa

"Cut the show! I'm dine. Take me off."



Greg van Selm

"Work hard, play hard."



Jay-reeq Lakay

"Remember why you started."



Ross Stephens

"Carpe Diem."





Jody van Zijl

"Something inspirational" - my mom."



Zirquinn Phillips

"Quit. Don't Quit. Noodles."



Mar-Zanne Strauss

"I'm ready to face any challenge that might be foolish enough to face me" - Dwight Schrute



Cavan McKeown

"I'm better when I'm not at the bib."



Maggie van der Merwe

"Everything works out in the end."



LETTER FROM OUR HC OF VENSTERS

Dear future Metanoians,

I want to extend you a warm welcome to Stellenbosch University and more importantly, to Metanoia residence. Congratulations on taking the first steps into a journey that promises growth, connection and unforgettable experiences.

University life is an amalgamation of various encounters and Metanoia will be the backdrop for many of your defining moments. As a HC Member, I am genuinely excited to introduce you not only to the upcoming Welcoming Week but more significantly to the authentic community you're about to become a part of. Here, Connect plays an important role. Connect is a student-driven fundraising initiative which aims to empower communities and have a positive social impact through various events.

Something very exciting to look forward to is Vensters. Vensters isn't just an event, it is our renowned theatre festival providing an opportunity for you to showcase your dancing and/or acting talents alongside the collective energy of other newcomers. Vensters is a 15 minute performance and this year, our partners for the competition are Equité CSO and Monica Residence. We will enjoy many practices leading up to this special day and the friendships you will make from these partnerships will prove to be invaluable.

Behind the scenes during Welcoming Week, you will encounter MADComm, our own Metanoia Vensters Committee. They're not just event organisers, they're the ones responsible for creating an atmosphere of contagious enthusiasm and gees. They play a crucial role in introducing you to the vibrant spirit that defines Metanoia and are undoubtedly the fun and hype of Welcoming Week.

As you approach your involvement in Vensters, remember that it's more than just a stage performance. It's a platform where your authenticity meets the opportunity to let loose and shine. The significance of Vensters lies in the connections you'll form, the personal growth you'll experience and the joy of being part of something remarkable.

I'm eagerly anticipating witnessing your journey unfold within these walls. Welcome to Metanoia, where ordinary moments transform into extraordinary memories and every step marks a chapter in your unique story.

I can't wait for you to experience the magic of it all. See you soon!

With love,
Georgia Briton
082 518 3811





MEET THE MADCOMM!

WHAT IS AN HC? MadComm is a huge part of the Welcoming Team and gets to be extremely involved with the Newcomers in the preparation for Vensters - the big performance. MadComm is your built in gees team and will be there to bring vibes, ignite energy and uplift your excitement. You'll never have a dull moment with us and hopefully we'll be the highlight of your o-week!



Daren Hendricks

"Losing is not in my vocabulary."



Jordan Kruger

"They want me there for views and vibes."



Diego Sedras

"If something is falling, give it a push."



Leani van Lill

"Dit moet mos vir almal lekker wees."



Erin Powers

"Normal is just a setting on the dryer"- Dr Harleen Quinzel



Basetsana Matsela

"The day you plant the seed is not the day you eat the fruit."



Luka Redinger

"Don't take life too seriously, no one makes it out alive."



Meche Widlend

"Who am I that a King would die in my place."





Inge van der Westhuizen

"Life is short. Smile while you still have teeth."



Kerry Bonner

"There's no time to be bored in a world as beautiful as this" - anonymous



Mateo Komlosy

"All we have to decide is what to do with the time that is given us." - J.R.R. Tolkien



Hannah Oxenham

"There are no mistakes, just happy accidents"- Bob Ross."



Faygn Prinsloo

" :)"



David Smith

I'm the I-T-G-I-R-L."



Janneke Stander

"Life is short, the world is wide. I want to make some memories" - Mamma Mia



Lee Patterson

"Key to success is not to sweat."





Nine Pedro

"Life imitates art" - Lana del Rey



Matthew Levens

*"Just chilling, just hanging around
- Beetle juice."*



Jaime McGown

*"Don't be fancy, just get dancey
- P!nk."*



Daniel Thom

*"All the world's a stage, and all the
men and women merely players -
William Shakespeare."*



Nadia Hayes

"Bffr."



Leah Smith

*"If at first you don't succeed, try, try
again. Then quit. No use being a
damn fool about it."*



Katja Wood

*"You are who you choose to be -
Iron Giant."*



Jared Mc Arthur

*"Assuming all your wins is the
reason that you lose -
Token."*





Linah Marivate

"PRAY"



Zintle Desi

Whatever you do, always give your 100% unless you're donating blood."



Theana Govender

"Hustle beats talent when talent doesn't hustle - Ross Simmonds."



Asenaye Roro

"The most potent weapon of the oppressor is the mind of the oppressed - Steve Biko."



Ash Harding

"If all the world is a stage, you can either be a part of the show or a member of the audience."



Keane Knock

"It's never too late to clutch up."



LETTER FROM OUR HCS OF MEDIA AND EQUIPMENT & I.T.



Hello there future Metanoian!

A big welcome to the Metanoia family! We are Nambitha Okafor or Chichi, HC of Communications, media and huisdans, and William Hendricks, HC of Equipment, I.T. and Website Administration. Quite the mouth full, we know!

The Social Media Team, or MetaMedia (as we Metanoians like to call them), handles all things media; photography and videography, social media management and general promotion of Metanoia. Below you'll find our special task team set up for Welcoming Week to document all the shenanigans you'll be getting up to so that you can look back after several years of university stress and say "Wow! I can't believe I looked so young...".

Welcoming Week is without a doubt simultaneously the most daunting and exciting time at university and the role of MetaMedia is to capture the essence of what Welcoming Week was and store it in a Google Drive capsule for you to reopen and reminisce upon in the years to come. So if you see any of our lovely faces (or lenses) on campus following you around, act natural! We'll also be posting our content to our social media before and throughout welcoming, so be sure to give us a follow to stay up to date!

Some other faces you'll see around during Welcoming Week are those of the Tech team. MetaTech will be responsible for bringing the GEES with some great music, so if you would like to hear your favorite song being played sometime during Welcoming Week, feel free to pop us a DM on Instagram!

I am very excited and can't wait to meet you!

Yours in Capturing Memories and Creating Vibez

William Hendricks
23607963@sun.ac.za
062 109 8640

Nambitha Okafor
26661322@sun.ac.za
062 112 8779





MEET METAMEDIA!



Zoey Stanley

"It always gets better."



Siziphiwe Sabata

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."



Amy Galant

"I wish there was a way to know you're in the good old days before you've actually left them." - Andy Bernard



Al-Zarrio Beukes

"Mik hoog."



Grace Ruth Margaret

"God is within her. She will not fall."



Zeta Cole

"Live, Love, Laugh"



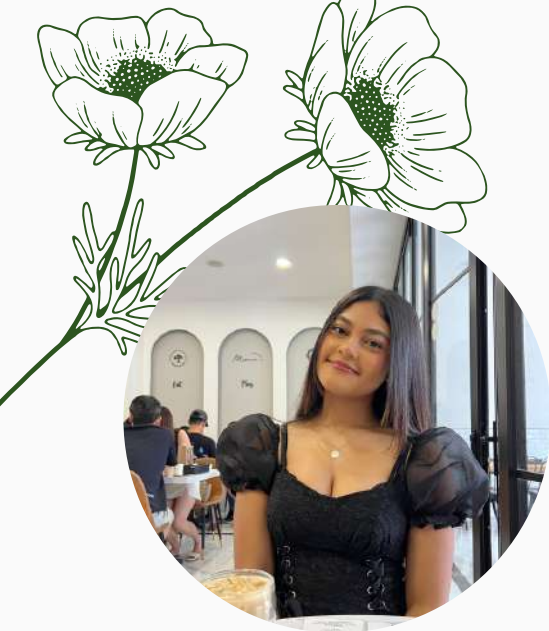
Sheldon Pokwas

"Let your past make you better, not bitter."



Ofentse Mokale

"Life is too serious for you not to be laughing everyday."



Zayaan Hendricks

"Thankful for the little things in life, which include good coffee."



Makgoshi Ntsoane

"By the grace of God I am what I am." - 1 Corinthians 15:10



Sikhanyiso Mgobhozi

"Always stay gracious. Best revenge is your paper." - Beyonce



Misha Fray

"In this life, we have nothing to lose and everything to gain. Go for what you want."



Boitumelo Mchunu

"I don't live by anything shame>"



Khaya Manre

"Standing on business."



LETTER FROM OUR HCS OF EMPOWERMENT



A special welcome to our new Metanoians!

Words cannot express the excitement of the house for the arrival of the first years to their new home. A special congratulations to being accepted into Stellenbosch University and especially for being one of the lucky few to be placed into Metanoia Residence for the year of 2024. Metanoia has been a home to many and as the HK of empowerment, it is our job and honour to make your experience in Metanoia, the most accepting, comfortable, and enjoyable that it can possibly be.

Metanoia is one of the younger residences and boasts house values that truly show our acceptance of all people no matter their background, race, orientations, beliefs, ideologies, or cultures. Metanoia prides itself in its house values of respect, integrity, diversity, equality, love, and Ubuntu.

We are As'ad Salie and Mpho Malema and as HKs of empowerment, we promise to support all students and make them feel safe, heard, and accepted. Along with the empowerment committee we shall be having events and initiatives aimed at empowering our students. Our main portfolios are women empowerment; positive masculinity; LGBTQIA+ pride; disability awareness; and cultural and racial empowerment.

Metanoia will be working throughout the year to ensure that all demographics are represented and heard. In doing so we will create a sense of unity and community within our residence. As a residence, we work to ensure that all people are accepted in Metanoia and we encourage all people to not only participate in events, but also get involved in helping out and sharing ideas. We look forward to meeting you all soon and welcoming the future of our beloved residence.

Kind Regards
As'ad Salie and Mpho Malema
HKs of Empowerment



Dear Newcomers

As you step forth into the unknown, may you be blessed with wisdom, courage and strength. May the fire of your spirit be ever burning. Go forth and make your people proud.

It is my great pleasure to welcome you to both our university and residence. I wish to congratulate each of you on having secured your place at the University of Stellenbosch. I know that the transition to university can be quite daunting, but worry not because we're here to support you every step of the way.

My name is Mpho Malema and I am a member of the Empowerment Committee, which is dedicated to helping you navigate your new environment, tackle injustices that you might encounter, promote diversity and inclusivity as well as help you succeed in your studies. I will always be there to ensure that your voices are not only listened to but, heard. I'd like to encourage you to approach this experience with Metanoia "see what I did there?" I know that you'll feel right at home in no time. So, let's embrace Metanoia and make this year a great one :)

Yours in student empowerment

Mpho Malema

HC of Empowerment



LETTER FROM OUR HC OF SOCIAL IMPACT



Hello newcomers

Well done on making it to University, you should be insanely proud of yourselves and an extra special congrats on making it into Meta. This will hopefully feel like your home for the next couple of years and I can't wait to meet you guys and help you become part of the family.

I'm Erin Thornhill, I'm the HC of Social Impact. During O-week I get the privilege of planning and running the most amazing morning, which still sticks out to me from my O-week. This morning is community morning where there will be a number of exciting things for you to do to give back to our community.

I'm super excited to kickstart your Social Impact Journey in Meta with O-week because I have lots of plans for us to be socially impactful, such as regular trips to the animal shelter, drives and Santa's shoebox. We also have the Meta 4 Meta initiative which works on helping students within our res which is something we're hoping to dedicate even more time to this year. Our theme for social impact this year is tackling food insecurity and wellness and the role it plays in Social Impact. I will also be creating a new comm this year and hope to see many of you joining it. I cannot wait to see all the things that we do with this portfolio this year and the change that I know we will make.

I hope you all enjoy the rest of your holidays and use this time to get super excited for what will be a week that will play an influential role in your uni life.

Can't wait to meet you.

Warmest regards,

Erin Thornhill



- Below you can find the 'Sentevorm'.
- Print it out or copy it only another paper.
- Ask around your community for donations equivalent to that of the value on each box.
- Cross out the box once you have received it.
- See how many you can collect!
- Bring the form and money along with you on move-in day.
- **Note that the total of all the boxes combined is R505.00**



Sentevorm Fundraiser 2024

10c	20c	30c	40c	50c	60c	70c	80c	90c	R1
R1.10	R1.20	R1.30	R1.40	R1.50	R1.60	R1.70	R1.80	R1.90	R2
R2.10	R2.20	R2.30	R2.40	R2.50	R2.60	R2.70	R2.80	R2.90	R3
R3.10	R3.20	R3.30	R3.40	R3.50	R3.60	R3.70	R3.80	R3.90	R4
R4.10	R4.20	R4.30	R4.40	R4.50	R4.60	R4.70	R4.80	R4.90	R5
R5.10	R5.20	R5.30	R5.40	R5.50	R5.60	R5.70	R5.80	R5.90	R6
R6.10	R6.20	R6.30	R6.40	R6.50	R6.60	R6.70	R6.80	R6.90	R7
R7.10	R7.20	R7.30	R7.40	R7.50	R7.60	R7.70	R7.80	R7.90	R8
R8.10	R8.20	R8.30	R8.40	R8.50	R8.60	R8.70	R8.80	R8.90	R9
R9.10	R9.20	R9.30	R9.40	R9.50	R9.60	R9.70	R9.80	R9.90	R10

AMENITIES



cafeteria

Our dining hall has plenty of meal options, ranging from booked meals at the cafeteria to quick meals at the kiosk. We also have our very own café for those much needed coffee breaks.



COB-Kiosk



**Blacksmith
Café**



Games Room



RAG Room

Study breaks can be spent playing piano in the RAG Room, or battling it out with friends in a game of table tennis. Metanoia also offers a gym membership to residents to make use of our very own indoor gym.



GYM

Catch some fresh air on the balcony situated at the entrance, or for some great views of the Coetzenburg mountains, head to our back quad where you can even host your own braai!



Some views from res (Stellenbosch sunsets really are the best).

SPORTS & SOCIETIES

Metanoia offers a wide range of sports and societies for you to participate in. Whether you're a novice or a master, everyone is welcome to join any sport or society of their choosing. This serves as a fantastic way to bond with residents who share similar interests!



1 SPORTS

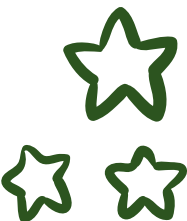
- Hockey (men's and ladies)
- Soccer (Men and ladies)
- Ultimate Frisbee
- Table Tennis
- Squash
- Rugby
- Netball
- E-sports

2 SOCIETIES

- Meta Christian Society
- Meta Muslim Society
- Meta Games society
- Meta Runners Society
- Metanoia Art Society
- Metanoia Sokkie Society
- Meditation Society
- Dam Society
- ect.

3 COMMITTEE OPPORTUNITIES

- Clothing and Merchandise Committee
- Huisfondsdans Committee
- Huisdans Committee
- Meta Week Committee
- Green and Sustainability Committee
- Socials Committee
- Section Rivalries Committee



WHAT TO PACK

WELCOMING:

- One white t-shirt (for colour festival)
- An old t-shirt and shorts
- Blue denim shorts
- Black shorts
- Green top/ t-shirt
- Blue top/ t-shirt
- Red top/ t-shirt
- white top/t-shirt
- Black top/t-shirt
- Semi-formal, multi-functional clothing for multiple occasions
- Cap, sunblock & water-bottle (it's going to be ridiculously hot)
- Swimming costume
- Additional clothing
- Sleeping bag (Men)
- (Optional) Additional cash for the Metanoia tuckshop

ROOMS:

- Bedding for a Single Bed (Duvet, Cover, Pillows, Pillow-cases, Sheets)
- Study Lamp
- Alarm Clock (a phone works too)
- Clothes Hangers
- A SABS Approved multiplug
- Washing Powder
- A loadshedding light
- Toiletries
- 3 Locks (1x For Door, 2x for cupboards)
- Towels
- Slip slops for the showers
- Refrigerator (optional but we suggest a bar fridge)
- Fan (optional but definitely recommended!)
- Microwave or airfryer* (optional)
- Your Teddy (vital to existence)

***Please note that section areas include a boiler as well as a microwave that you can use any time**



HOUSE SONG

Verse 1

Behold that mighty splendour shines in excellence.
See the blend of students that reside within
Pride in our stride ubuntu moulds us in equality and integrity

Chorus

Metanoia we fly your name high
Our fortress and refuge
Where we grow in mind and heart
Metanoia forever we will love you and serve you
And honour your name

Verse 2

Aanskou die nuwe rigting wat ons hart inslaan
Trots op ons Huis hier waar die toekoms leef
Hier bou ons voort aan die nuwe dag
Dit is ons droom – mik altyd hoog

Chorus

Verse 3

Sinxib' impumelelo siyakhokhela
Sizoshukumis' iintaba eStellenbosch
Ama phupha ethu ombhathisa
Isibhakabhaka nemibal' emihle

Chorus

KEEP IN TOUCH

See you soon!

In the meantime, here are our social media details to keep up with everything Metanoia ;)



@metanoia.res



Metanoia Residence
@metanoiares



metanoia.residence



Metanoia Residence