



2025

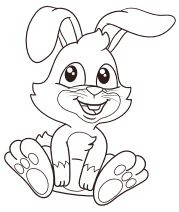


NEWCOMERS BOOKLET

metanoia

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





WELCOME



2025 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. If you would like to find out even more, be sure to visit our website: <https://www0.sun.ac.za/metanoia/>

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ABOUT US



FOUNDED IN 2006, Metanoia is Stellenbosch University's youngest undergraduate residence, home to 501 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



Date:	What:	Time:
28 Jan 2025	Law Newcomers Arrive	14h00-16h00
29 Jan 2025	All Newcomers Arrive	08h00 - 12h30
29 Jan 2025	Parents Lunch	12h30-14h00
29 Jan 2025	Latecomers Arrive	12h30
29 Jan 2025	Final Goodbyes	14h00-14h30
30 Jan 2025	Danie Craven Welcoming	17h00-19h00
10 Feb 2025	First day of classes	08h00

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 30th of January from 17:00 - 19:00.

No deliveries of items for students will be accepted from 15:00 on the 29th of January until 12:00 on the 9th of February. Therefore, please ensure you have all you need by the afternoon of the 29th.

If you require a late arrival (between 11:30 and 15:00), please let us know by emailing our Primarius (25428152@sun.ac.za) in advance. Additionally, if you have any questions or concerns, please contact us via that email address as well.

A LETTER FROM OUR VICE-PRIMARIA

AND HC OF WELCOMING AND
DISCIPLINE



Welcome to Metanoia Residence!

Dear Newcomers

As the Vice Primaria of Metanoia Residence, I am delighted to welcome you to our vibrant community. We are excited to have you with us and look forward to the experiences, connections, and memories we will create together.

At Metanoia, we believe in fostering a supportive, inclusive, and respectful environment where each person can thrive. Our residence is a place where diversity is celebrated, and everyone has the opportunity to grow, both personally and academically. We encourage you to take part in the many events, activities, and opportunities we offer to get to know one another, engage with different cultures and perspectives, and contribute to the unique spirit of our community.

In the upcoming year, as we embark on new journeys, I hope we support each other and make the most of every moment. I also hope you'll find a sense of belonging here and that Metanoia will become more than just a place to live, but a home where you can learn, grow, and form lasting friendships.

If you have any questions or need assistance, please don't hesitate to reach out. I'm here to help, and I'm looking forward to the great experiences ahead!

**Warm regards,
Mpho Malema
Vice Primaria
Metanoia Residence**

A 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 2025!

GARETH CORNELISSEN

A LETTER FROM OUR ASSISTANT RESIDENCE HEAD



Dear 2025 Newcomers 😊

Congratulations on your admission to Stellenbosch University and your placement in Metanoia residence! Thank you for choosing our University—we are excited to welcome you and look forward to the journey of growth and learning that awaits you.

As you embark on this exciting chapter of campus and student life, you are stepping into a vibrant community dedicated to active participation and the exchange of ideas, both inside and outside the classroom. Our Graduate Attributes are designed to nurture qualities such as being an enquiring learner, engaged citizen, dynamic professional, caring individual, and a digital knower

At Metanoia, we take pride in being a space that fosters personal growth, encouraging shifts in perspectives and attitudes. We value diversity and are committed to making meaningful contributions to our environment. Here, you will encounter transformative opportunities that enrich your student experience, ranging from leadership development and social impact initiatives to academic excellence, sports, and more. Approach this space with an open mind, ready to learn, unlearn, and grow in ways that contribute to societal progress.

The year ahead will bring new experiences and, perhaps, unexpected challenges. While life is not always linear, we will navigate it together as a supportive community. We are excited to offer you a memorable and enriching welcoming program to help you settle in and thrive. Once again, welcome! May your time here be both fulfilling and unforgettable.

Take care and stay safe!

**Best wishes,
Thulani Hlatswayo**

A LETTER FROM OUR PRIMARIUS



Dear future Metanoians,

Welcome to your new home away from home! My name is Elbun Lambrechts otherwise known as JC, and I am honoured to serve as your Primarius for 2024/2025. It is with great excitement that I extend a warm welcome to each of you as you begin this new chapter of your lives.

As someone who has walked in your shoes, I understand that this transition can be both exhilarating and nerve-wracking. Moving away from home, meeting new people, and stepping into the world of university life is a big change, but I assure you that you are not alone. Metanoia is more than just a residence; it is a vibrant community that supports and uplifts each of its members. Here, you will find a sense of belonging, a place where you can truly be yourself. Metanoia means a change of heart, a change of mind. At Metanoia, we are committed to creating an environment where you can thrive, grow, and truly belong.

We pride ourselves on being a diverse and inclusive community that celebrates each individual's unique journey and background.

As Primarius, I am the Chairperson 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's 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.

As your Primarius, my role is to guide and support you, ensuring that your experience at Metanoia is as fulfilling and enjoyable as possible. I'm passionate about fostering a culture of openness, accountability, and togetherness within our House. Having served on the House Committee in the previous year, I have seen firsthand the transformative power of a strong, connected community. This is a place where lifelong friendships are formed, where late-night conversations turn into cherished memories, and where you will find people who uplift and encourage you every step of the way.

I encourage each of you to get involved in the many activities and events we have planned throughout the year. Whether it's sports, cultural nights, or community outreach, there is something for everyone to enjoy. Your time at Metanoia is what you make of it, so dive in, take risks, and most importantly, have fun!

Please remember that my door is always open. Whether you have questions, ideas, or just need someone to talk to, I am here to support you. I am incredibly excited to see all the wonderful things you will achieve this year. Together, we will make 2025 a year to remember—a year of growth, discovery, and connection. I am so proud to have you as part of the Metanoia family, and I can't wait to see how each of you will contribute to our community. Welcome once again to the Metanoia family! We are so glad to have you with us. Here's to an incredible year ahead!

**Yours in Leading the House
Elbun Lambrechts| Primarius
Email: 25428152@sun.ac.za
Contact Number: 0624595207**

A LETTER FROM OUR VICE-PRIMARIUS

AND HC OF NEWCOMERS;
SAFETY AND SECURITY



Dearest Metanoian Face I have not met yet:

Firstly, Congratulations on being allocated to Metanoia Residence and Stellenbosch University! I am so excited [slightly nervous] to meet you and your fellow Metanoian Newcomers. "Metanoia means to change one's mind; to expand it in such a way as to have a new perspective on the world or one's self". Trust me when I say, your new home and environment is about to do that and even more for the better.

I am Culumanco Limile Ubuhlebendalo Mangqo [literally everyone calls me "Culu"] I am your Vice-Primarius studying a BSc in Human Life Science(Biology w/ Psychology). In Metanoia I serve on the Executive Committee and House Committee with my portfolios being Newcomers, Safety& Security.

My initial experience with Meta involved three brave Port Elizabethan's [Mom, Dad & me] ,all the way from the Eastern Cape , flying & moving me in 4 days *into* the 2023 O Week. I felt so anxious coming into such a big space with different structures, people and locations I was yet to learn. It was such a odd feeling because it was everything I wanted and more ,yet in the moment I was so anxious I lowkey just wanted to go back home and sleep.

Metanoia (Meta) is abundant in Culture and Diversity however what makes it truly home is all the people you get to meet. [as generic as that sounds, it's the truth.] We have a blend of people from all over the globe with different walks of life. Try immerse yourself in this new space you are about to call your home! I encourage you to get to know people, the space and what makes it what it is! Apply for committees, be involved. I think the one thing people tend to forget is that we only meet like minded people when we are actively in search for them.

As the HC of Newcomers, Safety & Security you can look forward to the Newcomers Caucus of which you and your fellow Meta Newcomers will caucus to be apart of the Newcomers Committee (*you want to be part of it*). Newcomers Comm is responsible for planning the Newcomers Dance [YOU DO NOT WANT TO MISS OUT] as well as a few other initiatives [hush,hush] iykyk. The Newcomers comm is a lovely opportunity to be apart of the Metanoian leadership structure and get your taste in the behind the scenes of all things Meta.

Safety & Security is my second portfolio and arguably the one that keeps me up at night. It comprises of me making sure the residence does not burn down and that all things relating to Metanoia are Safe and Secure. Should you be apart of the Safety Committee, you will be apart of the team that ensures the res is safe and you will be involved in all the 3am Fire Drill planning [lol] , Safety Week planning etc. The best way to learn is to just dive straight in!

You are going to enjoy & love this place you are about to call your “home away from home”. Me and my fellow HC, Mentors and leaders in Meta are excited to meet and get to know you! We try our best at times to embody our values in our day 2 day lives and within everything we do, so I will leave you with them:

“DELURI” is the acronym to remember!

DIVERSITY : EQUALITY : LOVE : UBUNTU : RESPECT : INTEGRITY

[Advice: this is “real” life! DO NOT forget to ACTUALLY live your life! But most importantly, remember what your goal is! It is easy to forget amongst the noise. DO NOT SUFFER IN SILENCE! (I am genuinely always here to listen/help/advise etc! feel free to reach out WHENEVER) ENJOY EVERYTHING YOU DO! KEEP SMILING]

Culumanco Mangqo

Newcomers | Safety & Security 26875772@sun.ac.za

079 593 1349



A LETTER FROM OUR CLUSTER CONVENER



Dearest Prospective Newcomer,

Congratulations on your conditional acceptance into Stellenbosch University.

We are so excited to welcome you to this amazing campus and the best cluster community in it —RUBIX!

You may be wondering what a cluster is, Cluster can be described as an extension of the student community experience. It provides an avenue to foster meaningful connections and relationships with other students outside of your direct community.

As part of Rubix, you're joining a family that consists of 5 communities; Heemstede, Metanoia, Nerina, Pieke and Venustia. Rubix therefore serves as a broader community that paints you into the greater picture of Stellenbosch University.

As Rubix, we believe in the power of coming together to support and uplift each other. Whether you're passionate about sports, culture, or eager to connect with like-minded people, Rubix offers you various resources and connections you'll need to thrive and support in your university journey. Alongside my team of managers, I as Cluster Convenor will work closely with your community's leadership and are responsible for facilitating cluster engagement through numerous fun and engaging activities. We cannot wait to show you how slay and GEES Rubix truly is through our spirit of diversity, unity, equality and celebration.

We wish you the best with your preparations in joining us at Stellenbosch and will see you soon!

**With warmth and excitement,
Lukhanyo Nkonzo
Rubix Cluster Convenor**



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...

ELBUN WILLBUR LAMBRECHTS



PORTFOLIO :
PRIMARIUS

SECTION:
PRIM FLAT

HOUSE COMMITTEE

Origin: Moorreesburg

Nickname: JC

Degree: BE.D
(Intermediate Phase)

Favourite band: The Beatles

Contact details :

Phone number:
0624595207

Email-address:
25428152@sun.ac.za

MPHO MALEMA



PORTFOLIO :
VICE-PRIMARIA

WELCOMING AND
DISCIPLINE

SECTION:
PUZZLES

HOUSE COMMITTEE

Origin: Johannesburg

Nickname: Madam VP

Degree: BA
Humanities (Political
Science & History)

Favourite band: BTS

Contact details :

Phone number:
0624087617

Email-address:
25952757@sun.ac.za

CULUMANCO MANGQO



PORTFOLIO :
VICE PRIMARIUS.
SAFETY & SECURITY |
NEWCOMERS

SECTION:
HOUSE OF FIFTH
ELEMENT

HOUSE COMMITTEE

Origin: East London

Nickname: Culu

Degree: BSc Human
Life Science (Biology &
Psychology)

Favourite band: Artic
Monkeys/ Cigarettes
After Sex

Contact details :

Phone number:
0795931349

Email-address:
26875772@sun.ac.za

ZIRQUINN PHILLIPS



PORTFOLIO :
CRITICAL
ENGAGEMENT AND
HUIDANCE
SECTION:
ROYALS.

HOUSE COMMITTEE

Origin: George
Nickname: Quinn
Degree: Molecular
Biology and
Biotechnology
Favourite band: Billie
Eilish

Contact details :
Phone number:
0812985641
Email-address:
24802808@sun.ac.za

MAR-ZANNE STRAUSS



PORTFOLIO :
CULTURE AND
ADMINISTRATION
SECTION:
EUPHORIA

HOUSE COMMITTEE

Origin: Upington
Nickname: Zanne
Degree:
BAccounting
Favourite band:
almost monday

Contact details :
Phone number:
0720928761
Email-address:
27213196@sun.ac.za

THANDOLWETHU MLOTSHA



PORTFOLIO :
MENTORS AND
WELLNESS
SECTION:
DAUNTLESS.

HOUSE COMMITTEE

Origin: Kempton Park
Degree: BCom
Management
Sciences
Favourite band:
Kujenga

Contact details :
Phone number:
079 153 9241
Email-address:
26204339@sun.ac.za

KARL LICHTENBERG



PORTFOLIO :
ALUMNI &
INTERIORS AND
VENUES
SECTION:
EASY COMPANY

HOUSE COMMITTEE

Origin: Cape Town
Nickname: Karlos
Degree: BCom
(International
Business)
Favourite band: Dixie
Chicks

Contact details :
Phone number:
0662530550
Email-address:
27143783@sun.ac.za

GEORGIA BRITON



PORTFOLIO :
EMPOWERMENT
& HUIDSANS
SECTION:
PHOENIX

HOUSE COMMITTEE

Origin: Cape Town
Nickname: G
Degree: LLB Law
Favourite band: One
Direction

Contact details :
Phone number:
0825183811
Email-address:
25924826@sun.ac.za

THOMAS MUIR



PORTFOLIO :
EMPOWERMENT
AND
HUIFONSDANS
SECTION:
WAKANDA

HOUSE COMMITTEE

Origin: Cape Town
Nickname: Tom
Degree: BA (Law)
Favourite band:
Taylor Swift

Contact details :
Phone number:
063 771 9677
Email-address:
27005372@sun.ac.za

ASENAYE RORO



PORTFOLIO :
STUDENT
DEVELOPMENT AND
LEADERSHIP
SOCIETIES
SECTION:
ALCATRAZ

HOUSE COMMITTEE

Origin: East London
Nickname: Ase
Degree: BA
Humanities
Favourite band:
Ladysmith Black
Mambazo

Contact details :
Phone number:
0835303840
Email-address:
27620344@sun.ac.za

NANA SONGCA-ABEBRESEH



PORTFOLIO :
SPORT +
CLOTHING AND
MERCHANDISE
SECTION:
ZENITH.

HOUSE COMMITTEE

Origin: Grahamstown/
East London
Nickname: Sleepy
Degree:
BEng(Mechatronics)
Favourite band: Stray
Kids

Contact details :
Phone number:
063 804 5465
Email-address:
27070093@sun.ac.za

SETH BRIAN DAVIS SCOTT



PORTFOLIO :
FINANCE
SECTION:
HELMS DEEP

HOUSE COMMITTEE

Origin: Johannesburg
Nickname: Scottie
Degree: Conservation
Ecology and
Entomology
Favourite band:
Linkin Park

Contact details :
Phone number:
0812119868
Email-address:
27080552@sun.ac.za

JO-ANN DE WET



PORTFOLIO :
GREEN AND
SUSTAINABILITY &
META WEEK
SECTION:
ATLANTIS..

HOUSE COMMITTEE

Origin: Plettenberg Bay
Nickname: Simmie
Degree: BSc Human
Life Sciences with
Psychology
Favourite band:
Hozier

Contact details :
Phone number:
0735999295
Email-address:
26065061@sun.ac.za

SIMEON CONROY CERONIO



PORTFOLIO :
COMMUNICATION
AND IT .
SECTION:
NORRISVILLE.

HOUSE COMMITTEE

Origin: Krugersdorp
Nickname: Simmie
Degree: Electrical and
Electronic Engineering
Favourite band:
Falling In Reverse

Contact details :
Phone number:
0617153689
Email-address:
26868411@sun.ac.za

MONGI LUTHULI



PORTFOLIO :
SECTION
RIVALRIES
SECTION:
DUIWELSHOEK.

HOUSE COMMITTEE

Origin: Johannesburg
Nickname: Mr
President
Degree: Bcom
Management Sciences
Favourite band: Joji

Contact details :
Phone number:
0711421656
Email-address:
27340759@sun.ac.za

ASANDA VILAKAZI



PORTFOLIO :
MAINTENANCE
ANS SERVICES
SECTION:
PARK AVENUE

HOUSE COMMITTEE

Origin: Johannesburg
Nickname: My HC/
Sidequesta
Degree: BA
International Studies
Favourite band: Cruza
and The Internet

Contact details :
Phone number:
0824970556
Email-address:
26345110@sun.ac.za

MICHAEL COETZEE



PORTFOLIO :
ROOM
PLACEMENTS &
VOTING
SECTION:
ENKIDUS KLOOF

HOUSE COMMITTEE

Origin: Somerset West
Degree: Bcom
Management Science:
Logistics
Favourite band:
Arctic Monkeys

Contact details :
Phone number:
0810436720
Email-address:
25104616@sun.ac.za

JAY-REEQ LAKAY



PORTFOLIO :
SOCIAL IMPACT
AND CATERING
SECTION:
UTOPIA

HOUSE COMMITTEE

Origin: Stellenbosch
Nickname: Jay
Degree: B in Social
Work
Favourite band:
QUEEN

Contact details :
Phone number:
081 737 8008
Email-address:
27206130@sun.ac.za

KEELAN LEBOTSCHY



PORTFOLIO :
SENIORS AND
SOCIALS
SECTION:
VYFSTER.

HOUSE COMMITTEE

Origin: Alberton
Nickname: Keeks
Degree: Actuarial
Science
Favourite band:
Good Kid

Contact details :
Phone number:
0739386171
Email-address:
25943693@sun.ac.za

ERIN POWERS



PORTFOLIO :
VENSTERS;
METAWEEK
SECTION:
NEVERLAND

HOUSE COMMITTEE

Origin: Makhanda
Nickname: Powers
Degree: BA PPE
(Politics, Philosophy,
Economics)
Favourite band:
Myles Smith

Contact details :
Phone number:
0725424903
Email-address:
27289575@sun.ac.za

KATJA WOOD



PORTFOLIO :
ROOM PLACEMENTS
AND CLOTHING &
MERCHANDISE
SECTION:
KUSHI SQUARE

HOUSE COMMITTEE

Origin: Joburg and
Cape Town
Nickname: Kats
Degree: BSc Computer
Science
Favourite band:
Rachel Chinouriri

Contact details :
Phone number:
0735420176
Email-address:
27205762@sun.ac.za

LETTER FROM OUR HC OF MENTORS



Dear New Metanoians

Welcome to Metanoia, where life-changing adventures begin, and awkward icebreakers await you. You made it! All those long hours dedicated towards your matric finals led to you arguably being placed in the best res on campus (I'm saying this with my chest!). You will enter a space where growth, connection and, honestly, a touch of chaos all come together. Before I kick off, I would like to first introduce myself to you. I'm Thandolwethu Mlotshwa, the House Committee Member of Mentors and Wellness and let me be the first to say: we are so thrilled to have you here.

Metanoia is not just a res, it's an experience, a vibe and a place of self-discovery. Due to you being so special to us, special arrangements have been made to guide you through this transition through the Mentor Body. Our team of mentors is ready to walk with you, cry with you and yes, answer all the countless questions you may have about uni life. They aim to help you adjust to this new environment so that you feel empowered to formulate your own unique university experience and to allow you to launch into your new life safely.

The mentors are integral to your Welcoming experience and will be your closest confidant. They will continue to support you throughout the year through check-ins, mainly focusing on your well-being and mental health. They will guide you through potential hardships and celebrate your small wins with you alongside the other section newcomers. The relationships you build through these environments of openness and vulnerability are invaluable and will hopefully provide you with a sense of security and pride for your new "home."

Metanoia is about transformation, but it's also about enjoying the ride. So, buckle up, hold on tight and get ready for a year full of growth, surprises and more group selfies than your phone can handle.

Here's to becoming, belonging and blossoming!

Yours in Good Vibes and Guidance,

Thandolwethu Mlotshwa

HC of Mentors and Wellness 26204339@sun.ac.za

0791539241



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.



CASSIUS WITTHUHN



SECTION:
VYFSTER

HEAD-MENTOR

Origin: George
Nickname: Cassius Bartholomew Henry the third
Degree: BSC Computer Science
Favourite band: Vacations

AMERI ERASMUS



SECTION:
PHOENIX

MENTOR

Origin: Cape Town
Nickname: Ameri
Degree: BEng Mechanical
Favourite band: The Lumineers

NICHOLAS WHITHEY



SECTION:
NORRISVILLE

MENTOR

Origin: Cape Town
Nickname: Goofy
Degree: BSC Sport Science
Favourite band: Fall out boys

BRANDALL SWARTZ



SECTION:
ROYALS

MENTOR

Origin: Atlantis
Nickname: Benno
Degree: BA International Studies
Favourite band: Elevation Worship

ARI SWANEPOEL



SECTION:
ROYALS

MENTOR

Origin: Cape Town
Nickname: Aristotle
Degree: BA LAW
Favourite band: Japanese Breakfast

PETER COUPER



SECTION:
HELMS DEEP

MENTOR

Origin: Hartbeespoort
Nickname: BOB
Degree: BSC(Hons) Computer Science
Favourite band: Sondae

HIMMATH MAHARAJ



SECTION:
ENKIDU'S KLOOF

MENTOR

Origin: Mossel Bay
Nickname: Himmy fallon
Degree: BDatSCI
Favourite band: Oliver Hazard

AMIRAH STEMMET



SECTION:
EUPHORIA

MENTOR

Origin: Cape Town
Nickname: Mirah
Degree: BCom Management Science
Favourite band: TLC

DAVID SMITH



SECTION:
HELMS DEEP

MENTOR

Origin: George
Nickname: Davie Baby
Degree: BA International Studies
Favourite band: Chappell Roan

ÁINE FERREIRA



SECTION:
WAKANDA

MENTOR

Origin: George
Nickname: Áine
Degree: BSC Sport Science
Favourite band: Imagine Dragons

TALIA ROUX



SECTION:
PARK AVENUE

MENTOR

Origin: Somerset West
Nickname: TarenTalia
Degree: BSC Human Life Sciences
Favourite band: Gracie Abrams

NINA TOLKEN



SECTION:
KUSHI SQUARE

MENTOR

Origin: Durbanville
Nickname: NINS
Degree: BSC Human Life Sciences
Favourite band: Henry ate

LARA DE BEER



SECTION:
ATLANTIS

MENTOR

Origin: Mpumalanga
Nickname: LARA
Degree: BAccounting
Favourite band: Kings of Leon

NDIVHUWO MUKHANINGA



SECTION:
WAKANDA

MENTOR

Origin: Limpop
Nickname: Nic galazine
Degree: BCom Actuarial Science
Favourite band: Elevation Worship

LEHLOHONOLO SEHOLOBA



SECTION:
VYFSTER

MENTOR

Origin: Eerste River
Nickname: Lee
Degree: BSC Mathematical Sciences
Favourite band: The neighbourhood

WILLIAM HARTNEY



SECTION:
ALCATRAZ

MENTOR

Origin: Malmesbury
Nickname: Will
Degree: BA Language and Culture
Favourite band: 5 SOS

LISAKAZI STEMELA



SECTION:
ATLANTIS

MENTOR

Origin: Johannesburg
Nickname: Lisakazi
Degree: BSC Molecular Biology and Biotech
Favourite band: Coldplay

DIMPHO KGALADI



SECTION:
UTOPIA

MENTOR

Origin: Pretoria
Nickname: DIDI
Degree: BEng Mechanical
Favourite band: Metalica

RETHABILE TSHOEUNYANA



SECTION:
FIFTH ELEMENT

MENTOR

Origin: Johannesburg
Nickname: Retha
Degree: BSC Molecular Biology and Biotech
Favourite band: Tupac Shakur

UTLWANANG MABULANA



SECTION:
NEVERLAND

MENTOR

Origin: Soweto
Nickname: Madjadji
Degree: Biomedical Mathematical Sciences
Favourite band: Rhythm and Blues

LEIGH DAVID JAPHET



SECTION:
PUZZLES?

MENTOR

Origin: Johannesburg
Nickname: The Japh
Degree: BSC Conservation Ecology
Favourite band: Coldplay

MATTHEW REDFERN



SECTION:
EASY COMPANY

MENTOR

Origin: Cape Town
Nickname: Matt
Degree: BEng Chemical
Favourite band: The Roots

MERSEI MANANGA



SECTION:
NEVERLAND

MENTOR

Origin: Cape Town
Nickname: Mersei
Degree: BCom Information Systems Management

ANOTIDASHE MUSENDO



SECTION:
ENKIDU'S KLOOF

MENTOR

Origin: Zimbabwe
Nickname: Ano
Degree: BCom Actuarial Science
Favourite band: Linkin Park

ISABELLA HART



SECTION:
UTOPIA

MENTOR

Origin: Cape Town
Nickname: Bella
Degree: BA Human Resource Management
Favourite band: The Vamps

MIKAELA WYNGAARD



SECTION:
DAUNTLESS

MENTOR

Origin: Cape Town
Nickname: Mikss
Degree: BA Sport Science
Favourite band: One Direction

LISEMI BOOI



SECTION:
DIJWELS HOEK

MENTOR

Origin: Cape Town
Nickname: Lisemi
Degree: BA Humanities
Favourite band: Kanye West

APHELELE NGCAMU



SECTION:
ZENITH

MENTOR

Origin: Pietermaritzburg
Nickname: Aphe
Degree: BAccounting
Favourite band: One Direction

LETTER FROM OUR HC OF VENSTERS



Hello Konijntjies!

Congratulations on your acceptance to Stellenbosch University and welcome to Metanoia!

Whether you chose Metanoia or it chose you, I can honestly say you are in for such a special time in Meta. We are a huge community and you'll have the opportunity to meet so many different people and make so many new friends. I honestly wish that I could go back and get to experience all this for the first time again. You can look forward to gees songs, section rivalries, our mascot Konijntjie the bunny and all the little quirks that make Meta so special.

My name is Erin Powers, and I look forward to being a friendly face to you during the Welcoming period and beyond. I am the HC of Vensters (or what other residences sometimes call the Connect HC), as well as Metaweek. My job is to put together an awesome Vensters performance, help you prepare it and overall have an absolute blast while doing it.

Connect is a student-driven organisation that raises funds to empower communities and have a positive social impact. Connect runs two of the biggest parts of Welcoming – the Dream Walk and, of course, Vensters!

If you're wondering, 'What on earth is this Vensters thing?', I was in exactly your position before I arrived in Stellenbosch. Vensters is an event run by Connect, where all student communities participate as the grand finale of Welcoming. Residences and CSOs are partnered up and tasked with creating an awesome performance of storytelling and dancing, following a certain theme. Fun fact: Vensters was originally performed in front of residences, which would decorate their windows as backdrops—hence the name "Vensters" (meaning "windows" in Afrikaans).

Behind the scenes, we have a brilliant team working to prepare Vensters for you, from the script, costumes and backdrop to the dancing and music. These are the magnificent people known as the MADComm. They are not only the machine behind Vensters, but they are at the heart of the fun and hype throughout Welcoming

Whether you're born for the stage or would rather stay out of the spotlight, we want Vensters to be a fun and inclusive experience. As much as it's a performance, it's really an opportunity for you to let loose, be authentic and make genuine connections. And in my completely unbiased opinion, Vensters is the best part of Welcoming.

So come prepared to have a fantastic time, bring out your Meta gees and soak up every minute of Welcoming. I can't wait to meet you.

**Sincerely,
Erin Powers
HC of Vensters and MetaWeek**

**072 542 4903
2728989575@gmail.com**



MEET THE MADCOMM!

WHAT IS MADCOM? 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!



EMMA FOSTER



MADCOMM

Origin: Cape Town
Nickname: EM
Degree: BCom Investment Management
Favourite band: The Smiths

JAIME MCGOWN



MADCOMM

Origin: Cape Town
Nickname: Jai
Degree: Bcom International Business
Favourite band: Arctic monkeys

DARREN HENDRICKS



MADCOMM

Origin: Cape Town
Nickname: DAX
Degree: BEd (Intermediate Phase)
Favourite band: Wristband

ATHULE SIGCU



MADCOMM

Origin: Johannesburg
Nickname: Thuli
Degree: BA Language and Culture
Favourite band: Circa Waves

LISA DE WET



MADCOMM

Origin: Durbanville, Netherlands, Knysna, Stellenbosch
Nickname: LISA
Degree: BEng Industrial Engineering
Favourite band: AJR

MICHAELA SMITH-HOWE



MADCOMM

Origin: Cape Town
Nickname: Mics
Degree: LLB
Favourite band: Sleep Token

JORDAN KRUGER



MADCOMM

Origin: Cape Town
Nickname: Jords
Degree: BA HUMANITIES

IVIWE NQEKETO



MADCOMM

Origin: Cape Town
Nickname: Ivy
Degree: BEng
Favourite band: Cigarettes After Sex

NONHLE NYAWO



MADCOMM

Origin: Kwa-Zulu Natal
Nickname: Thithi
Degree: Bsc Agri (animal science)
Favourite band: African

JOANIE TALJAARD



MADCOMM

Origin: Paarl

Nickname: Joans

Degree: BA Drama and Theatre Studies

Favourite band: Coldplay

DANIEL THOM



MADCOMM

Origin: Cape Town

Nickname: Daniel

Degree: Bsc computer science

Favourite band: The Killers

LEANI VAN LILL



MADCOMM

Origin: Bredasdorp

Nickname: Leandros

Degree: BCom Logistics and Supply Chain Management

Favourite band: Rend Collective

CASSIDY BROWN



MADCOMM

Origin: Hartbeespoort, North West

Nickname: Cassie

Degree: Bcom Industrial Psychology

Favourite band: Fleetwood Mac

LEAH SMITH



MADCOMM

Origin: Mitchell's Plain

Nickname: Leah

Degree: Bcom Management Science

Favourite band: BJ the Chicago Kid

PRINCESS IHESIE



MADCOMM

Origin: Johannesburg

Nickname: Chichi

Degree: BSc(Food Science)

Favourite band: The Rose

EBEN PEYPER



MADCOMM

Origin: Krugersdorp

Nickname: Peyper

Degree: BEng Mechanical

Favourite band: Kings of Leon

MELISSA VAN DER BERG



MADCOMM

Origin: Johannesburg

Nickname: Mel

Degree: BEng Mechanical

Favourite band: The Weeknd

JANNEKE STANDER



MADCOMM

Origin: Wellington

Nickname: Janneke

Degree: BAccounting

Favourite band: Spiegwolf

NQOBILE TSHABALALA



MADCOMM

Origin: Pretoria
Nickname: Nqo
Degree: Bsc agricultural economic analysis and management
Favourite band: Beatenberg

SETH RAVAT



MADCOMM

Origin: Cape Town
Nickname: Macbeth
Degree: BEng Industrial Engineering
Favourite band: Falling in Reverse

NADIA HAYES



MADCOMM

Origin: Goodwood
Nickname: Nads
Degree: BA Development and Environment
Favourite band: temple boys 🎸

MATEO KOMLOSY



MADCOMM

Origin: Durban/Nelspruit
Nickname: Mixed
Degree: BA Drama and Theatre Studies
Favourite band: Lorna Shore

THUTO THAPELO



MADCOMM

Origin: Kuruman, Northern Cape
Nickname: Tee
Degree: Ba Environment and Development studies
Favourite band: Sonder

MARLENE MTHIMUNYE



MADCOMM

Origin: Pretoria
Nickname: Marlene
Degree: BEng Mechatronic studies
Favourite band: Coldplay

MEGHANE JANSEN



MADCOMM

Origin: Cape Town
Nickname: Megs
Degree: BA Humanities
Favourite band: Prettymuch

LETTER FROM OUR HC OF COMMUNICATION & I.T.



Hello There Future Metanoian!

A big welcome to the Metanoia family! I'm Simeon Ceronio, HC of Communications, Social-Media, Website, Equipment and I.T. Quite the mouth full, I know!

The Social Media Team, or MetaMedia , handles all things media; photography and videography, social media management and general promotion of Metanoia.

Below you'll find our 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! That's what I looked like!???".

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 One 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! And P.S. on moving day when your mother wants just that last photo , we will be there to do just that .

Some other faces you'll see around during Welcoming Week are those of the Tech team. MetaTech handles all things Tech and sound related.

MetaTech will be responsible for bringing the GEES with some great music and DJ skills , to hand you the mic on Karaoke night , showing all the wonderful things happening on a projector screen.

I am very excited to help you create and share the most wonderful memories at Metanoia

Yours in Turning things off and on again

**Simeon Ceronio
26869411@sun.ac.za
067 151 3689**

MEET METAMEDIA AND METATECH

EBEN PEYPER



METATECH

Origin: Krugersdorp

Nickname: Peyper

Degree: BEng Mechanical

Favourite band: Kings of Leon

EESA SULAIMAN



METATECH

Origin: Cape Town

Nickname: Eesa

Degree: BEng Electrical and Electronic

LEAH SMITH



METATECH

Origin: Cape Town

Nickname: Leah

Degree: Bcom Management Science

Favourite band: BJ the Chicago kid

MICHAELA SMITH-HOWE



METATECH

Origin: Cape Town

Nickname: Mics

Degree: LLB

Favourite band: Sleep token

LISEMI BOOI



METATECH

Origin: Cape Town

Nickname: Lisemi

Degree: BA Humanities

Favourite band: Kanye West

GRACE HENDERSON



METAMEDIA

Origin: Zimbabwe

Nickname: Geeks

Degree: BA Humanities

Favourite band: Abba

AL-ZARRIO BEUKES



METAMEDIA

Origin: Cape Town
Nickname: Al-Zarrio
Degree: BAccounting

ZAYAAN HENDRICKS



METAMEDIA

Origin: Cape Town
Nickname: Zay
Degree: BSC Computer Science
Favourite band: Arctic Monkeys

KAMOGELO MAJAHE



METAMEDIA

Origin: Krugersdorp
Nickname: Mashorts
Degree: Bcom Mathematical Sciences
Favourite band: Cigarettes After Sex

CHANEL SCHRADER



METAMEDIA

Origin: Worcester
Nickname: Coco
Degree: B in Social Work
Favourite band: BTS

STACY-LEE VAN SCHALKWYK



METAMEDIA

Origin: Cape Town
Nickname: Stacy
Degree: BEng Mechanical
Favourite band: One direction

THEANA GOVENDER



METAMEDIA

Origin: Kwadukza
Nickname: Teezo
Degree: BACC
Favourite band: Boys 2 Men

AREHONE PHAMPE



METAMEDIA

Origin: Limpopo
Nickname: Are
Degree: BEng Mechatronics
Favourite band: The soil

JERAN PIETERSEN



METAMEDIA

Origin: Knysna
Nickname: Jeran
Degree: Bcom Financial Accounting

LETTER FROM OUR HCS OF EMPOWERMENT



Hey everyone!

A warm welcome and heartfelt congratulations on your acceptance! We are thrilled to welcome you to this incredible and transformative space we call home during the academic year. We can't wait to witness the impact you'll make during your time here.

As the HC members overseeing the Empowerment portfolio, our role is to ensure that your new living environment is inclusive, accepting, and safe—a space where you can truly be your authentic self. It's a place where diversity and differences are celebrated while also embracing the values and experiences we all share.

Empowerment within Meta is a platform dedicated to amplifying student voices through an intersectional approach, driving the transformation and growth needed within our residence and across the wider Stellenbosch campus.

This portfolio includes several subcommittees representing various demographics and minority groups within Metanoia, such as Women Empowerment, LGBTQ+, and Special Needs, to name a few. As a leadership body, we deeply care about the well-being of all Metanoian residents. We understand the unique challenges students may face when adjusting to an environment as diverse as ours, and we recognize that these challenges may affect you.

Our mission is to foster a culture of respect and inclusivity while ensuring that the voices and needs of all Metanoians are heard and addressed. Together, we aim to create a supportive space where everyone feels valued and empowered. Your university journey starts right now, and we are so excited to see how you settle in and thrive in this amazing place. We cannot wait to meet you! Enjoy your holidays and prepare yourselves to make memories that will last a lifetime!

**Lots of love,
Thomas Muir and Georgia Briton**

LETTER FROM OUR HC OF SOCIAL IMPACT



Hi newcomers!

I am extremely proud of you all for making it into university, and you should be too. We welcome you to your journey of becoming a Metanoian —your new home away from home!

I'm Jay-reeq Lakay, the HC of Social Impact for 2025, and I am so excited to welcome you to our community. Get ready for a year filled with meaningful opportunities, connection, and growth.

As part of the O-Week programme, I'll be hosting a special morning dedicated to Social Impact. This session will introduce you to the values Meta holds dear and some of the initiatives we proudly support. Without giving too much away, I can promise it will be a memorable and inspiring experience that sets the tone for your journey here.

Throughout the year, you'll have the chance to get involved in various impactful projects like community outreach programs to schools in the area, various drives to partake in and Meta 4 Meta—an initiative focused on supporting students and residents in need. This year, we aim to tackle pressing issues such as food insecurity and wellness, encouraging everyone to make a difference both on campus and in the greater Stellenbosch community.

I am eager to see how you will contribute to our community, by helping to shape the culture of involvement that makes Meta so special. Together, we can achieve incredible things while growing as individuals and a community.

Enjoy the rest of your holiday, and start getting excited for O-Week—it's going to be an unforgettable experience! I look forward to meeting all of you soon.

**Kindest regards,
Jay-reeq Lakay
HC of Social Impact, 2025**

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



GYM



GAMES Room

Metanoia offers a gym membership to residents to make use of our very own indoor 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!



SPORTS & SOCIETIES



1 SPORTS

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

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 COMMITEES

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

WHAT TO PACK

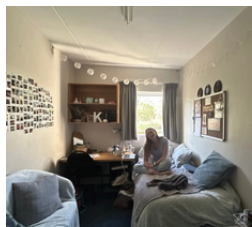
WELCOMING:

- 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 tuck shop
- R600 for welcoming merch (card, no cash)

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
- Flip flops for the showers
- Refrigerator (optional but we suggest a bar fridge)
- Fan (optional but definitely recommended!)
- Microwave or air-fryer* (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



**MATIES
ATHLETICS**

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

Cluster Newcomers Athletics meeting

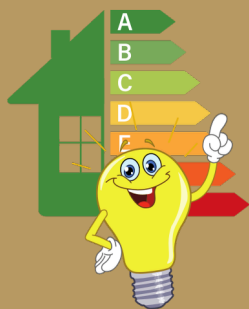


**06 Feb 2025
17:30 - 20:30
at Coetzenburg
Athletics Stadium**



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

Here's a few things you need to know:



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

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

WHAT IF THIS IS THE LAST DROP?



ZERO WASTE TO LANDFILL



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

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



For more info and tips follow us
@su.environmental.sust



KEEP IN TOUCH



See you soon!

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



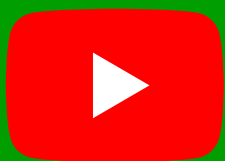
@metanoia.res



Metanoia Residence
@metanoiares



metanoia.residence



Metanoia Residence