

While having fun and trying new experiences will be the cornerstone of your time as a student, it is important to keep yourself and others safe. The University's Code of Student Conduct aims to promote safety and wellbeing and contains a set of common-sense rules that prohibit disruptive, threatening, violent, deceptive, discriminatory and otherwise unlawful behaviour.

The Code is part of the University Student Conduct Statute which gives the University the power to fine and impose community service penalties for offences committed on or off campus and for serious misconduct to suspend or exclude students from the University. Here are some of the behaviours that put you at serious risk of facing exclusion from the University for a semester or more:

1. Any form of physical or sexual assault, sexual misconduct, harassment, or racism. All members of the University community have the absolute right to be safe and free from harm or intimidation in their interactions with others. This right includes interactions that take place in person or via electronic media. The University will not tolerate harassment or racism of any kind. All sexual interactions must have freely-given consent. Please keep in mind that a person who is under the influence of alcohol or drugs or other substances cannot provide consent. Situations where members of Campus Watch are obstructed or assaulted will be viewed very seriously.
2. Organising or participating in any initiation event or ceremony that jeopardises your fellow students' wellbeing, personal, physical or emotional safety, or encourages breaking the law.
Organising or participating in initiations requiring the consumption of alcohol or the use of any drug are strictly forbidden. The statement by any student that they willingly participated will not excuse the organisers of responsibility.
3. Any offence relating to fires and "couch burning".

If you are caught lighting or trying to light a fire illegally, or adding rubbish to a fire, this will be treated as a serious breach of the Code.
4. Throwing or breaking bottles.

If you throw bottles at anyone, or deliberately break bottles or glass, expect to be in serious trouble.

New for Semester 22024
Introduction to Astronomy ASTR101
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To many reading this: welcome back, suckers. To the freshers who have gone back and collected old issues of Critic Te $\bar{A}$ Arohi once you realised it exists, is free, and is the best thing Aroni once you reaised it ever read: kia ora, I'm glad you made it. Here's a wee introduction.

Critic Te Ārohi is part of OUSA, the organisation running O-Week - not the Uni, an important distinction - though we've been around almost as long as they have. This is our 99th year. Except for the two full-timers at Critic Te Ärohi (Edito and Designer), the magazine is run entirely by students, for students. Rock up to the office to get involved if you fancy trying your hand at cosplaying as Carrie Bradshaw and writing an opinion on Dunedin's dating scene (a word of advice: no bed frame, no root), contributing an art piece, submitting a confession, or reviewing the best spots on campus to have private mid-exam season meltdown.

And send news tips! Even if it turns out to be a wild goose And send news tips! Even if it turns out to be a wild goose chase, we will investigate literally anything. That's our job. I
spent two weeks harassing Dunedin liquor stores last year spent two weeks harassing Dunedin liquor stores last year
following a rumour that Nitro was being phased out by the following a rumour that Nitro was being phased out by the police, only to out a business owner frauduiently hiding
behind their logo and taking it off his store shelves beca of a personal distaste for the RTD. Nitro hands were drunk in celebration.

OUSA doesn't only run O-Week; they fund Critic Te Äroni an many other things on campus. Many students take their entire university careers to realise that OUSA is more than a board of overachieving students looking to add "student
advocacy" to their CVs. It's a fully fledsed organisation with a CEO and everything (love you, Debbie) that exists for the sole purpose of making your experience as a student outside of study and Castle St hosts the best it can be - even something as small as helping you furnish your new flat if you found yourself sitting on the floor of your lounge drinking tea out of a bowl.

Also, don't be put out if you find that Castle St isn't your vibe. Despite it being the only part of Otago Uni that the media shows and probably the reason a lot of you chose to study here, it represents a very small part of the student population. OUSA President Keegan has some great advice in her column on how to make the most out of your uni experience, even if that means spending it all on Castle, which we all ended up doing at some point anyway. But for this week at least, go to Tent City, fill your bag with free shit (therell be heaps, there whird-year to do so made me pick up a panic-postgrad course hird-year to do so mad ust to stay a student.

As your new Editor, I look forward to getting stuck into another year of calling landlords out on their shitty behaviout yarning to students at street parties, debunking myths investigating flat break-ins, making the Critic staff sick reviewing every fish and chip place in town, and using the Takeaways column to air my hyperfixations and gripes of the moment.

Kia kana,
Nina <


My name is Keegan and I am super stoked to be your student association president for 2024. yes, I have your best interests in mind.

As the year is just kicking off and you don't wan more yuired ead si than necessal some bullet points of advice I've learned in my five years of university:

- Pull your red card early, no one wants to do one near semester two exams.
\$4 lunch and free breakfast at OUSA Clubs and Socs are great ways to eat cheap. Working at a brewery (Speights or Emersons) means free piss. Join a club and go to at least two events. bribed.
bribed. Tak to your professors at the end of lectures, they genuinely care.
Buy tickets for that gis or festival, you won' regret it.
our mates make your time here, look out for them.
Initiations are really cringe to look back on. Costume parties are more fun the more you commit.
Read Critic Te Ārohi every week. Better yet

Leave North Dunedin on weekends, you'l Donpreciate it more coming back. always prop it up against something Speaking from experience.

Outside of running some of the best events like Hyde St Party, O-Week and Beerfest, OUSA is here to support you in any way you need. This could be flatting advice, support, professors/
supervisor help, party theme advice, etc. The OUSA exec is a passionate group of students who are tasked with making sure your experience at university is the best it can be. Not to mention we have some good connections to university staff that can improve your life quickly.
Uni is an experience that OUSA is here to help you through in both the good and the bad times. The exec is literally paid to work to make your life better so just tell us how - no problem is too small. My office in OUSA is always open and I have some cool lego if you ever want to hang

Email me at president@ousa.org.nz or send a messenger pigeon to the OUSA offices by Union Lawn.
Chur (formally),
Keegan

## Discover the solutions to climate change


universit


 carnivores were in the comments getting all riled up, and I just want to make it clear, once again: we're not
suggesting that you CAN'T eat meat in halls. You can still have as much as you like, you iust have to opt-in

Usually, when you fill out a driver's license form, there's a box to tick that says "I want to be an organ donor". Some other countries, instead, have a box that says "I do NOT want to be an organ donor". Guess which countries have higher rates of organ donors? It's a simple switch that enables major social change, and the same can be possible for firstyear diets.

The way halls work right now, with opt-in veggies but obligate meats, is completely backwards.
I don't care if you keep eating meat in your day-to-day life. Ultimately, the emissions from one private jet flight outweigh any of your dietary choices. That being said, the single best practical thing we can do for the planet is stop eating meat - or at least, stop eating so much of it. Turn those endless dairy paddocks into forest and kill two birds with one stone. Seems simple, right? Well, the whole "it's up to the consumer!" argument is total bullshit, unless the consumer" is a major corporation. The powers that be do not care about individual consumer demand, and will go out of their way to keep things the way they are. Individual choices change the world very, very slowly.



1. Welcome (start here)
at punedin airpour condolences) arriving You marvel at all the butt-fuck-nowhere around you. Off to collect your Iuggage!
Where did you fiy in from, again?
A: Auckland (Go to 11)
B: Somewhere else (Go to 2)
2. Yourre on the shuttre hurtling into the city, and youre so excited to see your new hall of residence! After a bit of a bumpy ride,
youre dropped off straight outside the hall youre dropped off straight outside t...
A: Academics and activities (Go to 3)
B: Well, you didn't get your first choice actually, but this seems
fine too (Go to ${ }^{3}$ ) he too (Go to 3 )
3. Setting in is going well, and you love your
new home for the year. your RA asks what new home for the year. your
A: Ori festivities! Toga, baby (Go to 7)
B: Getting comfortable in your hall and making friends (Go to 8) C: Alcohol. Now. (Go to 9)
4. You're not here to fuck spiders, and you probably won't end up fucking people, either. straight to pre-ing up...
A: Drink at your hall (Go to 14) B: Drink at your mate's hall (Go to 5
C: Drink under the bridge (Go to 17 )
5. The box you just bought is heavy in your arms as you make your journey alone in the
streets of North D . You quickly realise you strees of North D. You quituly reaile, you think the botanic gardens may be nearby.
A: Keep walking in the open (Go to 6)
B: Cut through the gardens to get your bearings (Go to 16) C: Phone a friend (Go to 12)
6. The garclens are too intimidating at this stage - a sood call, you think to yourself,
just as you hear cackling and a whooshins noise behind you. Due to the chicken egs shortage, youre hit in the back of the head
with a $k$ 名 ostrich egs instead, killing you with a eks ostrich egs instead, killing you instantiy
GAME OVER
7. It's Toga Party, you have a bedshee safety-pinned to yourself, and yourre feeling your clrunken Ancient Roman fantasy. This is what uni is all about, you think. In fact, you're so ifterally wrapped up in toge confictantes sneaking up behind you. Yourre stabbed 23 times in the back. Et tu, Breathas
GAME OVER 8. You're happy to stay in this evening and
do some self care, and maybe socialise with your hallmates a iftele. A quick shower to unwind first, perhaps. You head into the common showers, strip off, and step in. dawns on yout you forsot to bring your soap. Luckily, there's one in the corner already, it's Kinda manky, but it can't be that bad, rights prion disease, and a long-extinct form of avian flu. Govid, too, for good measure. GAME OVER
8. You've got a decent buzz on and yourre ready to try and infiltrate Gastle stree without getting clocked as a fresher. office wear is the go. Maybe the right outfit will do the trick?

A: Dress up for the theme (Go to 10)
B: Don't dress up (Go to 5 )
10. You and your mates are dressed to oppress in your white collar outfits, ready to ive out a wolf of wall street-esciue bender. If you pace yourself, youre certain you can make it to Gastle every night this week. Your as sirens blare and your hands are cuffed behind your back. your GEO costume was too convincing, and now yourre being arrested for money laundering in a trasic case of

GAME OVER
II. No.

GAME OVER
12. You wind up at a party, and you're not entirely sure how you sot there, but youre having a time and a half. yourre pretty wasted, and in your drunken stupor you're
set on one thing only... set on one thing only..
A: Hooking up with a stranger (Go to 14)
B: Going back to halls to sober up before bed (Go to 8 C: MORE (Go to 13)
13. The room melts as the uppers and downers duke it out in your nervous system and youe expanding, dying, proliferating the same cosmos that runs through you and which you run through in return. In an tear in the space-time continuum, forced to relive o-week for all eternity.
GO BACK TO 1
14. Drinking in your halls common area with strangers was fun at first, but as 10 pm approaches, the vibes are gettins stale. yourre one are starting to leave, so you
A: Head out and keep drinking (Go to 5) B: Go home with the desired gender (Go to 15)
15. Your drunken conquest was a success - or so you thought. you can't really remember, anyway, Days later, as you fllick Moaning ful confession: a hookup horror story about a drunk breatha who shit their one night stand's bed and blamed it on the cat. neal yout datued yut atere that dru GAME OVER (meow)
16. You walk throush the garclens. And walk. And walk. It's gotta end somewhere, right? The trees all look the same. You decide to set up shelter for the night. Days pass. You improve your campsice and earn to forage RTDs mostly. It's not too bad, you think to yourself, you could get used to it - and you
game over
17. Wait, which bridge? You find yourself stumbling up the Leith, waiting to hear the siren song of your new best friends. But you have been deceived. There is no bridge. There
never has been. Yourre all alone.

GAME OVER


## Study Chemistry

## Deepen your understanding.

With options in analytical, biological, synthetic and physical chemistry, a paper, or even a minor, can enhance your understanding across a range of other sciences. CHEM 111 in semester 2 is a great way to start.

## Chemistry



JORDAN PRICE

In CHEM206, Jordan got to spill the beans. Coffee beans, to be exact Along with her lab partner, Jordan extracted caffeine from coffee beans and looked at how variations in high pressure altered the amount of caffeine extracted.
"High pressure" and "caffeine extraction" might seem like stereotypes for chemistry studies, but Jordan reckons that a chemistry education becomes much more personal and hands-on than one might expect. As you progress through the department, Jordan reckons that the "papers become smaller and everything becomes a lot more personal... you feel really supported within the department." Bonding isn't just for molecules, after all.

The teaching staff are "really accessible", said Jordan. "I feel like
hey're a lot more hands-on than in other papers I've taken, especially as many of the lecturers take lab classes, which are small enough for you to get to know them and ask for any help that you may need."

Chemistry is everywhere, whether you see it or not. Jordan said that it "plays a big part in every aspect of life", including our approach to fighting climate change, producing food, and making different medicines. Since chemistry underpins everything we do, it's an important part of a holistic scientific background and a wellrounded tertiary education. At Otago, Jordan was able to engage with a Jordan was able to engage with a committed staff and student body and building blocks of our to look at the ans lore, fro ans col


Chemistry at Otago was to dye for Luka said that the weekly lab sessions and friendly teaching staff were highlight features of the chemistry department, but remembered an experiment with a traditional Māori dye as a standout.

Luka said he got to help a staf member experiment with the pigmint, which "previously and still to this day has had little experimentation." It was unique opportunities like this that made chemistry a worthwhile choice of study. On top of the chances to work with some really cool materials, Luka also got to meet some great people. "The chemistry teaching staff people. "The chemistry teaching
at Otago are wonderful," he said "They all have great personalities and

Te passionate about the work they do. They are always willing to help and encourage everyone to do their best and enjoy it.'

The wide range of research subjects in chemistry meant that Luka has been able to get "a taste of the chemistry I could do in the future," and has taught him "how to think and operate as a scientist." Beyond the classroom, "something that makes chemistry even better is the skills you develop will help you in any situation, from analytical and interpretation to problem solving." Luka said that along with a dedicated staff and student body "these skills are what make a chemistry degree stand out"



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STMP ISTM




## If you just chundered on yourself at a party and are washing up in the bathroom, a good amount of hand soap or even shampoo is much better than letting it set.

## 3. SCAUB, DADOY

Once the stain is looking less concentrated you can try your hand at removing it completely with a good scrub.
Anything works in a pinch with good technique-if you just chundered on yourself at a party and are washing up in the bathroom, a good amount of hand soap or even shampoo is much better than letting it set. Then take th whole bar of soap and save it as a snack for later. We (bless up, Sard) since it's generally more concentrated and better value than anything that comes in a bottle, plus you get some good suds. Mmmm, suds.
Once you've lathered it up, scrub in all directions using a washing up brush, a rag, or your flattie's toothbrush if they suck. Scrubbing in every conceivable way means you can likely just wash it as normal and you'll be sweet. If you have your doubts, leave it to soak (for a good hour or even overnight) and then wash. If the stain is something that is either rank now or likely to smell fucking rank over time, pour baking sefore washing it with scented laundry powder

## 4. STAIN TREATING

If it's a particularly tough stain or one that's already set, you've still got a few options. One option is soda water, which some people swear by. It's an extremely weak acid
and will not harm your fabric, so if you have some on hand it could be worth a shot. Blot it onto the stain with a damp cloth, repeating if necessary.

Another option is to spot treat (dab it directly onto the stain) using diluted white vinegar or diluted lemon juice, at least $50: 50$ for either, leaving it to absorb before rinsing
Both are relatively gentle acids so it's a safe option, but it might not always be the most effective. Lemon juice is also better at masking odours than vinegar, which tends to create them.
You can also use either a diluted bleaching agent such as sodium hypochlorite (generic household bleach)
or hydrogen peroxide ('oxygen bleach' or hydrogen peroxide ('oxygen bleach' or sodium
percarbonate is similar), or otherwise a storebought stain remover that contains a bleaching agent. Hypochlorite bleach is best suited to cotton and linen, and hydrogen peroxide is gentler and a better bet if you can get hold of it. Bleach is best used with caution and diluted very
sparingly - start with a very low concentration (1:10) and then rinse thoroughly, leaving it on for no longer than 5 minutes. Bleach can, obviously, bleach colour out of the garment, so take extra caution and only use on light fabrics. Also don't drink it or mix it with ammonia because that almost makes mustard gas

High proof alcohol such as isopropyl alcohol or even vodka can also be used as a solvent to dissolve extremely harsh stains. When using a solvent, place a cloth beneath the stained item to draw the dissolved stain away, preventing it from bleeding further. Apply and blot the solvent with a damp cloth. Acetone nail polish remover may be used with caution.

If you can spare the cash, a store bought stain remover is best at this point. Consumer NZ has rated 24 different stain removal products tested on different stains, so look for the one with the best ranking for your situation

## 5. LIVING WITH IT AND JUST MOVINC

 ON WITH VOUR GIFEAt some point you've just gotta throw in the (stained) towel. Sure, you could get it cleaned professionally, but and pass it off as a y2k could just, like, cut the stain ou aesthetic? Other options include: embroidering over it or using an iron on patch, tie dyeing the whole garment, using t as pajamas or depression wear, or just plain gaslighting people who bring it up. What stain? There's no stain. can't believe you thought my minimalist camo print was a stain. Might just have a floater in your eye, sweetie.

## O. FURNISHINGS ANO CAROET

Follow the above guide, substituting machine laundering with washing using a rag and soapy water. Scrub or blot
using the rag (pro tip - anything can be a rag) and wring it out in the water, changing it out for fresh water when necessary. Keep a dry towel on hand to periodically soak up excess moisture. Dry damp areas near a heater or with a hair dryer if needed. If stain remover is needed, purchase one made for your need and spot test in an easily concealable area.

## OUNCK STAIN REFERENGE GMART

Best used in addition to above guide.

| STAIN | CLEANING | TIPS |
| :---: | :---: | :---: |
| 81000 | Rinse with cold water and keep scrubbing, then soak overnight in detergent. Treat with enzyme containing soap or diluted hydrogen peroxide if needed. | Rinse thoroughly and carefully to avoid spreading the stain. Listen to 'Bloodstains' by Agent Orange while cleaning. |
| ALL-INCLUSIVE CLLM | Wipe off with a paper towel then rinse well with cold water. Launder and repeat if necessary. | Be super careful with dark fabrics. No one is above having a designated cum or sex towel - just wash regularly. |
| VOMST | Scrape off the chunks with a paper towel or plastic spoon. Immediately soak in cold water with a drop of detergent. Leave damp and apply baking soda to absorb smell, wait and then wash. Repeat if necessary. Once odour has been removed, treat residual staining. | Use a strong scented laundry detergent if you can. For bad odours, a fabric deodoriser or disinfectant spray can be purchased from most supermarkets. |
| OISS (URINE) | Follow main guide, soaking in detergent if needed. For severe stains, rinse with diluted white vinegar. | Waterproof mattress protector, idk. |
| OISS (BEER) | Rinse and launder immediately. See furnishing section if spilled on carpet etc. | It's counterintuitive, but try using high proof alcohol on any remaining stains. It's like BEDMAS but for liquor. |
| WINE | Minimise scrubbing to prevent spreading the stain. Instead, go straight to soaking/blotting with stain treatment. | Pray. |
| COFFEE | Rinse with cold water, especially if non-plant milk. Soak overnight. | Energy drinks stain less and have the added bonus of killing you faster. |
| GREASE STAINS (E.G. OI22A, CWIOS) | Scrub using dish soap to cut through the oils. | If a fresh stain, apply baking soda or baby powder to soak up the grease. |
| MAKEUP | First point of call is your usual makeup remover. See solvent instructions under 'stain treating'. Once stain is less concentrated, scrub as per guide. | Chin up queen, your crown is falling. |



## ousa


(1) LESMILLS PM $^{M}$ ousa

For everything 0 e throws at you


We were asked to "create a COOL advertorial for the Critic (student) mag that needs to be Student-ified."
So we asked ChatGPT for help..

OUR TRASH ONLY VIBES WITH OUR OFFICIAL DCC BLACK BAGS. GRAB MORE FROM DCC, OUSA, OPSA, OR HIT UP THE SUPERMARKET SCENE.

## student area has this

## weekly kerbside sitch

LOST YOUR BLUE BIN? NO STRESS! CAMPUS WATCH HAS GOT YOUR BACK CAMPUS WATCH HAS GOT YOUR BACK
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THE DCC KERBSIDE COLLECTION APP HAS STRAIGHT FACTS ABOUT RECYCLING IN ŌTEPOTI. AND DON'T LET YOUR TRASH SPILL ONTO THE SIDEWALK - THIS AIN'T IT, CHIEF
 keep it 100

YOU MAY SEE OUR BIN INSPECTORS SIDEEYEING YOUR BINS, HELPING YOU TURN THAT L INTO A W. IF YOUR BIN'S SUS FOR A WHILE, WE'LL HAVE TO SUSPEND THE SERVICE FOR THREE MONTHS. NO CAP. (ALSO NO CAPS IN THE YELLOW AND BLUE BIN, HAHA)


T'S AND C'S APPLY. SEE LESMILLS.CO.NZ FOR DETAILS.

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## Contact Details

Department of Psychological Medicine
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