



OSLER WELCOMING BOOKLET 2026

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what is *Osler*

Osler is a **commuter student community** (CSC) that is composed of all Tygerberg students who do not live in one of the residences on campus i.e. live in private accommodation or at home.

Our community is composed of over 3000 students, studying in various health sciences degree programmes offered at Stellenbosch University.

We aspire to be a community that is **driven by its values** and prides itself in embodying the vision we have for Osler.

who are *we?*

We were **established in 2010** and are currently the only CSC on Tygerberg campus. Our community consists of **Nursing, Physiotherapy, Occupational therapy, Dietetics, Speech and Hearing Therapy, MBChB and Postgraduate students** in Health Sciences.



Mission & Vision

Osler serves as a community away from home. We create a community where members feel seen, represented, empowered and driven to grow as individuals. We believe in developing future leaders and laying the groundwork to create the world we wish to see

our *Values*

I Inclusivity ✦ Inklusiwiteit ✦ Ubandakanyo

C Cognisance ✦ Kennisneming ✦ Ukuqonda

A Altruism ✦ Altruïsme ✦ Ukucingela abanye

R Respect ✦ Respek ✦ Intlonipho

E Empathy ✦ Empatie ✦ Uvelwano

A LETTER FROM

Your Primarius

Dear Oslerian

Four years ago, I held this very booklet in my hands and asked myself the same question you might have: "What is an Osler?" I went on a Google deep dive, studied the booklet from front to back... and still had no clue what was going on. So if you're feeling a bit lost or overwhelmed, take a deep breath because I promise you, **you are exactly where you're meant to be.**

First things first: **CONGRATULATIONS.** Welcome to Stellenbosch University's Faculty of Medicine and Health Sciences. Whether you're joining us straight from Grade 12 or stepping into a new chapter from another degree, your acceptance is a true achievement. This faculty asks a lot from its students, and the fact that you made it here means you are **already someone** who is **capable, resilient, and driven** by a desire to help others.

Please take a moment to give yourself the credit you deserve. You are about to **embark** on one of the most **unique, challenging, and meaningful journeys of your life.** And now as you open the door, you deserve the biggest congratulations from yourself before anyone else.

Now, let's see, what is Osler? **Osler** is the place where you will find **community**, support, and the freedom to be yourself. We **understand** what it's like to travel between life at home and life at university, and our goal is to make your time here as fulfilling, connected, and supported as possible.

We are committed to **enriching** both your academic life the life you live outside of academics. We **embrace diversity, champion individuality,** and empower students to grow and thrive in the way they want to. And if you're worried that your high school teachers were right and there's "no time for fun in university," I'm here to tell you now - there will be time to live your life.

That brings us to O-week - **I would recommend attending it with everything I have.** O-week is two weeks designed to help you make friends, explore campus, and settle in before classes officially begin.

I will never forget my first day of class, I was incredibly shy and I was worrying about what to do in lunch. Only to find **multiple groups welcoming me to sit with them.** So, the goal is simple: by the end of day one, you'll know where your class is and you'll know that you have someone sitting next to you who already feels like a friend.

As Primarius, my official job description is to ensure that our committee fulfils our mission and values - but the heart of my role is this: I want you to feel at ease. I want you to walk into the Welcoming Period knowing that you have a community behind you. A community that will listen, support, empower, and guide you through this next chapter. In Osler, you are never alone. Every problem, every fear, every moment of confusion - we face it together, because that is what community is for.

Welcome home, Oslerian.

Tameez Mahomed



"Osler is a place where you will **find** community, support and the **freedom to be yourself.**"



"Every problem, every fear, every moment of confusion - **we face it together,** because that is what **community is for.**"



A LETTER FROM

Your CSC Coordinator

Dear Newcomer

Welcome to Osler! Congratulations on being accepted to the Faculty of Medicine and Health Sciences at Stellenbosch University. I am honoured to greet you and give you an overview of one of the liveliest and most exciting communities that Stellenbosch University has to offer. **Even though you may not live on campus as commuter students, you are still very much a part of our tight-knit community.** We are dedicated to making your time at Stellenbosch University as rewarding and enlightening as possible because you are an essential member of our inclusive and diverse student group.

As the CSC Coordinator at Tygerberg Campus I am responsible for managing Osler, along with the House Committee, Junior House Committee and Mentors. **Together we form a support system that will aim to assist you with your academic and social integration at the University.** Please never hesitate to reach out if you have any questions. At SU we celebrate diversity and embrace the multitude of perspectives and backgrounds that each student brings. We believe that your unique experiences and insights will enhance our community, and we look forward to learning from each one of you.

To help you get started on your journey as a commuter student, we have a range of resources and support services available.

Your community leaders are here to assist you with any questions or concerns you may have, and our campus facilities are designed to provide a comfortable and conducive environment for studying and socializing. Stellenbosch University is not just a place to attend classes; it's a place to discover your passions, hone your skills, and make lifelong memories. **We encourage you to explore the numerous clubs, organisations, and activities on campus that cater to a wide range of interests.** Whether you are interested in arts, sports, academics, or community service, you will find a place to thrive and grow here. We also encourage you to engage with your fellow students, both those living on campus and those commuting. **Forming study groups, attending events, and participating in campus activities are wonderful ways to build connections and create a sense of belonging.**

So, Oslerian your time is now. **Hold on tight and enjoy every second of your new journey, which is only getting started.** I am excited to meet you and can guarantee that you will be warmly received as a member of our family.

Angelique Daniels



"As the CSC coordinator at Tygerberg Campus, I am responsible for **managing** Osler, along with the House Committee, Junior House Committee and Mentors."



"Stellenbosch University is not just a place to attend classes, it is a place to **discover your passions**, hone your skills, and make **lifelong memories**."





Stellenbosch
UNIVERSITY
IYUNIVESITHI
UNIVERSITEIT

A LETTER FROM

Your OS Unit

Dear Osler Newcomer

Congratulations on your provisional acceptance to Stellenbosch University, and a warm welcome to Osler! Studying at SU is both a **great honour and an exciting opportunity**. As you prepare to begin this new chapter, we wish you every success as you take the first steps in your university journey. Please note that your allocation to the Osler community is conditional and subject to you receiving an academic offer and successfully registering at Stellenbosch University.

The Commuter Student Communities Unit at Stellenbosch University is responsible for **managing the Osler Community**, together with its House Committee and mentors. We form part of your **support network and are here to assist with your academic and social integration** at SU. Please feel free to reach out if you have any questions or need guidance along the way.

Osler is a **values-driven community**, and these values guide everything we do. Being part of Osler will allow you to **forge new paths, build meaningful relationships, and discover innovative ways to grow both personally and academically**.

The Commuter Student Communities (CSCs) model ensures that **students living in private accommodation remain connected to one another and to campus life**. Through a combination of in-person and virtual engagement, Osler offers a range of opportunities to participate in community activities, mentorship, and events even when you are off campus.

We encourage you to **make the most** of every opportunity that comes your way. At Stellenbosch University, your academic programme is only one part of your developmental experience. Osler will help you become a **well-rounded graduate, ready to thrive in an ever-changing world**.

We look forward to welcoming you into the Osler community with open arms.

Warm regards,

Commuter Student Community Unit

cscu@sun.ac.za

NOTE: Osler CSC is **NOT** a residence and **DOES NOT** provide accommodation.



link to private accommodation:

<https://www.su.ac.za/en/apply/undergrad/accommodation/private-accommodation>



WHAT DO WE OFFER?

TYGERMATIES SPORT

01.

- Netball
- Rugby
- Hockey
- Volleyball
- Dance
- Football
- Cricket
- Ultimate Frisbee
- Basketball
- Running clubs
- Squash
- Chess



ACADEMIC

02.

- Mentor - Tutor Program (MenTuts)
- Subject-Specific Tutor (SSTs)

CULTURE

03.

- SU Acapella
- Culture evening

LEADERSHIP DEVELOPMENT

04.

- House Committee
- Junior House Committee
- Mentor programme
- Leadership Short Courses



WHAT IS A

House Committee

The House Committee (HC/HK) is a **body of students** elected by the Osler community

They are responsible for **leading, organising offerings and affecting change within Osler.**

These students are **voted in during annual elections** that take place in August and students with the most votes, indicative of the Osler community's support in their application, are inducted into the House Committee.

As members of the Osler community, **you are allowed to cast your vote** in support of the candidate(s) of your choice and from your second year onwards, you are eligible to run for the House Committee.

The House Committee Positions are as follows:

- » **The Primaria / Primarius**
- » **The Vice Primaria / Primarius**
- » **Financial Manager**
- » **Secretary**
- » **General HC members (5)**
- » **Head Mentor**



MEET THE House Committee

Zaqiyah Bhayat

Vice-Primaria I MBChB V

English & Afrikaans



Hello Oslerians, and welcome to Tygerberg Campus! I'm Zaqiyah, your Vice Primaria for the year. My role is all about keeping our house running smoothly behind the scenes supporting the Primaria, helping manage Internal Affairs and Discipline, and working closely with our Safety & Security team to make sure Osler stays a safe and comfortable space for everyone. But more than the titles, I'm here for you. Starting uni can feel exciting, confusing, and a little overwhelming all at once, and that's completely normal. If you ever need help figuring something out, have a concern, or just want someone friendly to talk to, my door is always open.

I'm so excited to meet you and can't wait to walk this journey with you. Welcome to the Osler family we're so glad you're here.

Saarah Gaffoor

Secretary I MBChB IV

English & Afrikaans

Hey Oslerians, and a big welcome to all our newcomers on Tygerberg Campus! I have the privilege of serving as your Secretary, as well as overseeing Osler's Leadership Development portfolio by co-ordinating the HC Junior. My role is all about keeping our House Committee running smoothly, supporting our community, and making sure Oslerians who are interested in leadership get the guidance, mentorship and opportunities they need to grow. To our newcomers: welcome home. You're joining a community that values growth, connection, support and always knows how to have a good time. I'm excited to meet you, walk this journey with you and help you discover all that Osler and Tygerberg Campus have to offer.



MEET THE House Committee

Jameel Jhavary

Financial Manager I MBChB V
English & Afrikaans

Hi Osler family! I'm Jameel, your Financial Manager for the year. My role might sound very "numbers and spreadsheets," but at the heart of it, it's about making sure Osler can keep creating meaningful experiences for you. I work behind the scenes to ensure our house funds are used wisely, fairly and in ways that truly benefit the whole community. Starting university can feel exciting, overwhelming, or a bit of both, and that's completely okay. What matters is that you don't have to figure it all out alone. Whether you're looking for guidance, trying to settle in, or just need someone to chat to, I'm always here and happy to help.



Zoë Slamat

Media & Merchandise I MBChB III
English & Afrikaans

Hi Ozziessss. I am Zoë Slamat, Media, Marketing & Merchandise. I advertise events, resources, and important topics that the community would benefit from knowing. My portfolio highlights my ability to create engaging content, manage campaigns, and design products that stand for and strengthen community identity. Essentially my portfolio shows how I turn ideas into impactful visuals and campaigns that inspire engagement and pride. Look out for virtual activities that can help you make connections in Pre-Arrival to Welcoming... Can't wait to see you there!!



Hope Maloma

Cluster & Cluster I MBChB III
English & Afrikaans

Hey there Oslerians, welcome to Tygerberg Campus! I'm so glad you're here and part of our Osler family. This is the start of an exciting new journey, and I can't wait for you to experience everything this community has to offer. Through the Cluster and Culture Portfolios, my role is all about connection. We represent Osler at campus level, build collaborations with other houses, and create spaces where our diversity and creativity can shine. From Tygerfest and Acapella to working with other Clusters across Stellenbosch, we celebrate who we are and what we bring to Tygerberg. I can't wait to see you shine!



MEET THE

House Committee



Jordan Malan
Head Mentor I MBChB III
English & Afrikaans

Hello Oslerians! My name is Jordan and I'll be your head mentor for 2026. I am passionate about relational leadership and truly value the role I get to play in the mentorship programme. I'm incredibly excited to get to know each of you and see the positive impact my team can have on making your first year at Tygerberg campus a memorable one.

Caitlin Cupido

Community Development I MBChB III
English & Afrikaans

Hi Hi Oslerians, congratulations on this new point in your journey and welcome. As house committee member I work with the Alumni, Sustainability and Sport portfolios. My role involves building networks with our alumni, promoting sustainable habits on and off campus as well as getting everyone moving by keeping you updated about the sporting opportunities on campus. I'm really excited to meeting you all and seeing you flourish in the spaces we help create. See you soon :)



Teagan Schaffers

Social Networking & Welcoming I MBChB III
English & Afrikaans

Hey everyone, first and foremost - congratulations! Take a moment, breathe it in, because not much will top how you feel right now, getting into your dream degree, one step closer to your dream. My name is Teagan, and I am your social and welcoming HC, which means I am responsible for planning events throughout the year, as well as and the welcoming programme. Buckle up, because welcoming is going to be something to remember! Welcome to our family, I can't wait to meet you all :)



MEET THE House Committee

Pumulo Mambwe **Academics I MBChB V** **English**

Hey future Oslerian! Everything has probably been moving so fast lately but I hope you're making the best of this new journey. Soon you'll be settled in as a Matie on our Tygerberg Island and you'll feel at home but until then enjoy the ride and make the most out of the turbulence. I am the house committee member responsible for Critical Engagement, Student Empowerment and Academic portfolios. My goal in this role is to help us all focus on living holistic and balanced lives: empowering Oslerians to make their voices heard, tackling challenging social issues and helping make the academic stress a bit more manageable. I'm always open if you would like to reach out and can't wait to see you in the TSS.



Madi Roux **Social Impact I MBChB III** **English & Afrikaans**

Hi Oslerians - welcome to Tygerberg campus! I'm so glad you're here and part of our community. This is the start of an exciting new chapter, and I hope you're ready to make the most of it! University life brings so many opportunities for growth and connection, but it can also come with challenges. I want you to know that you're never alone in navigating it. If you ever find yourself struggling with food insecurity, finding balance, or just need someone to talk to, please don't hesitate to reach out. My WhatsApp (064 608 8629) is always open, and I'm here to support you as you settle in and find your feet. See you soon!



WE LOOK FORWARD TO MEETING YOU ALL!

Junior House Committee

WHAT IS THE HC JUNIOR?

The House Committee Junior is an **extension of the House Committee**. They bridge the gap between the HC and the rest of Osler. They have their own events that they will be hosting next year and they also form part of welcoming.

The HC Jnr also serves as a **mentorship programme** for **those interested applying for HC** in the future. The body consists of a chair, four senior members and four junior members. This means that there are **four junior positions open** that **you** will have the **opportunity** to **apply for!**

Osler's HC Junior House Committee offers hands-on experience within the leadership structures of Osler. As a HC Junior committee member, you will be able to work alongside the HC members that you will

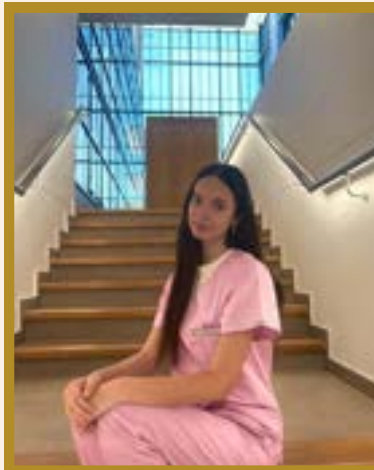
MEET THE JUNIOR HOUSE COMMITTEE



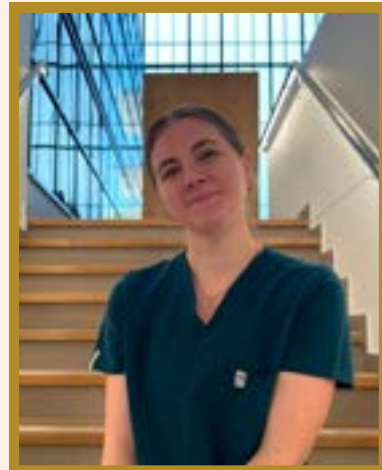
Nthabiseng Mabusela
Bsc (Hons) in MBHG



Sinokhanyo Sikisi
MBChB II



Charmaine van Wyk
MBChB II



Christie Kotzé
MBChB II



MENTORS

2026



Your Mentor is your first Friend on Campus

The mentorship programme aims to **pair you with a mentor** who will help you in transitioning into university life. They are there to **offer advice and guidance**, while also being an ear to listen. As mentors, we all have something in common - **we have all been in the same position as you**, arriving on this campus for the first time, we remember how we felt on our first few days, and can therefore meet you where you are with **empathy and understanding**. As a team, our goal is to help you as a newcomer in setting new goals, while being a source of accurate information. Although our stories may not be the same as yours, we **aim to create an inclusive environment** where everyone's voice can be heard. As mentors we believe that though we are far apart, we are close in heart!



MENTORS 2026



Mohamed Baleg
MBChB III
Arabic & Eng & Afr



Wafiqah Barendse
MBChB IV
Eng & Afr



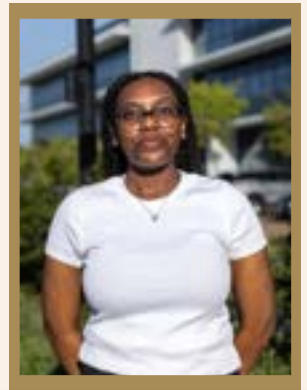
Laiken Dercksen
MBChB II
Eng & Afr



Aaliyah Dien
MBChB IV
Eng & Afr



Nihaal Effendi
MBChB II
Eng & Afr



Noella Hitiyaremye
Nursing and Midwifery II
Eng & Afr



Saarah Khan
MBChB II
Eng & Afr



Faith Anne Kloppe
Nursing & Midwifery II
Eng & Afr



Luqman Samaai
MBChB II
Eng & Afr



Aanya Magan
MBChB II
Eng & Afr



Zeenat Martin
MBChB II
Eng & Afr



Kiki Moaludi
Dietetics II
Eng & Afr

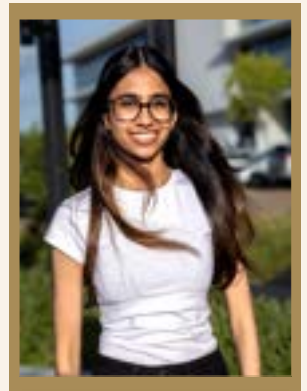
MENTORS 2026



Thato Mophuting
Dietetics II
Eng & Afr



Madhuri Padayatchi
MBChB II
Eng & Afr



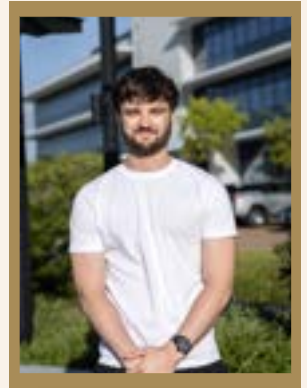
Amirah Sattar
Dietetics III
Eng & Afr



Daniel Schnackenberg
MBChB II
Eng, Afr & German



Lesedi Shomolekae
MBChB II
Eng & Afr



Luke Stinton
MBChB II
Eng & Afr



Athra Toffar
MBChB II
Eng & Afr



Charmaine van Wyk
MBChB II
Eng & Afr



Kadija Vollenhoven
Nursing & Midwifery II
Eng & Afr



Fareed Williams
MBChB II
Eng & Afr



Jordan Malan
Head Mentor
MBChB III
Eng & Afr



Tygermaties Cluster



what is *Cluster*

Cluster is a **larger community** made up of individual communities, and you just happen to be in the coolest cluster at Stellenbosch University. You're now part of two communities: your residence or CSC, and **TygerMaties**, the larger community **made up of all residences and the CSC on Tygerberg Campus**.

fun facts about *Cluster*

- **TygerMaties Tuesday:** Every second Tuesday of the month, **we host a fun event** you won't want to miss! Each event is different and caters to **all kinds of interests**, including culture, sports, games, movies, food, and more!
- **Cluster Week:** A **whole week** filled with cluster activities every day! Last year's highlight was an Art, Cheese, and Wine evening—definitely an event to look forward to!
- **Derby week:** Participating in or supporting various sports and cultural events
- **Every activity** with more than one community is cluster! So **great socials!**



(left to right): Naweed Mullajie (cluster coordinator), Daniel Cilliers (cluster convener), Taegan Sauls (social media manager), Sharon Adejimi (cluster convener)

meet your *Conveners*



HEYYYYY Everyone !!!! My name is **Sharon Adejimi** and you are in for a **whole load of excitement** and fun when you become a TygerMatie along with us! We **cannot wait to meet you** and make your transition to the University life as smooth and efficient as possible.

We cannot wait to see you <3

Hallo! My name is **Daniel Cilliers**, and I am super excited to meet all of you. I am extremely **passionate** about **making** this **campus** a **real vibe** and a **home for everyone**, and I can't wait to work alongside all of you to make this possible.

If you ever feel like you want to **share an idea** for TygerMaties, **don't hesitate to ask us**..just have a little sweet treat ready for our chat!

WELCOMING 2026



what is

Welcoming

Welcoming is the most significant time of year for newcomers to Stellenbosch University, especially at Osler! It is a celebration designed to ease the transition into university life, helping new students feel at home within the Tygerberg campus community and providing a solid foundation for their academic journey.

what is Welcoming

2026 WELCOMING

Good day, my fellow Oslerians, and a **massive congratulations to you all!**

Take a moment to reflect on how far you have come. You are now just weeks from starting your dreams, 'one day' is soon to become 'day one'. We recognise that this is more than a new chapter - it's a **step into a new version of yourself.**

We recognise this time is a mix of excitement, curiosity, and maybe even some nervousness. That is exactly why our Osler Welcoming Programme exists: to **ensure your transition is not only smooth but truly transformative,** reducing the anxiety of joining a new institution and fostering a vibrant, inclusive environment from day one.

Our goal is to **make you feel at home** from the moment you arrive. Over ten unforgettable days, you will be **introduced to a family** of mentors, junior house committee members, and a broader community ready to welcome you with open arms. This period is designed to be the most fun you will ever have at university - a time seniors yearn to relive. Through an exciting mix of activities - from campus tours and academic information sessions to colour runs, "critical engagement" conversations, and social gatherings— our programme was designed to **foster connection through intention.** You will meet people from your year, other degrees, and across both Tygerberg and Stellenbosch campuses, building a wide, supportive network for your academic and personal journey.

Most importantly, Osler's Welcoming is a **safe space for you to grow, discover, and reinvent yourself.** Whether you are an introvert or extrovert, confident or still figuring it out, **there is a place for you here.** Our programme is deeply guided by our values of inclusivity, cognisance, altruism, respect, and empathy. These are not just words, but the principles that guide us, that ensures you can freely express yourself and explore your identity in a comfortable, judgement-free environment.

Ultimately, our goal with the welcoming programme is to help you establish lifelong friendships, build an unshakeable sense of community, and **create memories that will define your university experience.**

Welcome to our Osler family - we cannot wait to welcome you and support you through this entire journey :)

Your welcoming lead,

Teagan Schaffers

welcoming meals and merchandise

You will be given the option to purchase food & clothing packages. These are not compulsory but should you wish to purchase, the amount will be debited to your student account which you can pay at a later date.

Meal Packages

The welcoming food package costs between R600 and R750 and is debited to your student card, so no payments are made upfront.

The meal package includes lunch and supper for days we end later. The meal package is really useful for days we spend in Stellenbosch where newcomers don't really have time to get food for themselves.

Merchandise



Package 1 - R200

- T-shirt & tote

Package 2 - R190

- T-shirt & cap

Package 3 - R290

- T-shirt, tote & cap

welcoming meals and merchandise

December 2025

Dear Prospective Student

CHARGING FIRST YEAR WELCOMING PACKAGES TO STUDENT ACCOUNTS 2026

Welcome to your Commuter Student community at Stellenbosch University! You have been assigned to Osler CSC (Commuter student Community) as **you have not chosen to stay in an SU residence in 2026**.

During the annual welcoming period in the beginning of the year, communities take responsibility for exposing first years to Stellenbosch University in a welcoming manner.

Because CSCs do not have a dining hall (although some CSCs will arrange meals for their students in dining halls during the welcoming period) where students can enjoy meals, CSC first years are provided with **“welcoming packages”**. These packages usually consist of several meals, clothing, and other items unique to each community.

During CSC registration on the first day of Welcoming (Tuesday, 27th January 2026), you will have the **option of purchasing one of these welcoming packages at a set price** (which may vary from community to community). Each CSC will also offer different options (both clothing and meals, only meals, only clothing, etc.) that students can then select. Please see the bottom of this email for more information.

Stellenbosch University utilizes a cashless system to allow students to purchase these packages hassle free. You, or your parents or guardian, will have to sign an acknowledgment of debt on the day so that the clothing, food, etc. for the welcoming period can be made available to you. After registration the **cost will be charged to your student account** to be paid with all other student-related expenses.

Please note that once the form is signed you will be liable for the costs of the package selected, regardless of you having all the meals or not, or not wanting the clothing after the first few days. Acquiring the “welcoming packages” is not compulsory, but we do want to encourage you to take the opportunity to do so as it will make your welcoming period a much more enjoyable experience.

If you have any questions, feel free to contact us at cscu@sun.ac.za



what is

pre-arrival?

The purpose of **pre-arrival** is to provide an **online pre-campus orientation** to Oslerians to ensure they are less overwhelmed upon arrival during Welcoming.

Secondly, it is to create a platform where they can **engage with leadership before their arrival** to ease them into the ecosystem of SU. By creating this pre-welcoming platform, Oslerians can feel more secure about **what is expected of them during the welcoming period**, as well as what Osler will offer them and the value it can add to their student experience.

Furthermore, to **help foster a sense of belonging** in Oslerians, even before they arrive, as they will be able to become familiar what our community has to offer beforehand.

Date & Theme	Activity	Platform
19 Jan 2026 Faculty	Campus Tour & Faculty Introduction	<ul style="list-style-type: none">Instagram
20 Jan 2026 Cluster	Amazing "Cluster" Race & Cluster Convener introduction	<ul style="list-style-type: none">InstagramWhatsapp
21 Jan 2026 Wellness	"Wellness Wednesday"	<ul style="list-style-type: none">Instagram
22 Jan 2026 Mentors	Get to know your Mentors	<ul style="list-style-type: none">TikTokInstagram
23 Jan 2026 Culture	Virtual Talent Show	<ul style="list-style-type: none">TikTokInstagram
25 Jan 2026 Conclusion & Recap	General Inquiries from Newcomers	<ul style="list-style-type: none">InstagramWhatsapp

follow us on Instagram and TikTok @osler_csc

PRE-ARRIVAL

what is

Connect

Connect is the big event of Welcoming. This is where each Residence or CSC of the university gets paired with another Residence or CSC and they perform a few dances and act out a script together.

This year, the theme is "A Carnival of Dreams". Our theme song this year is, "Time of Our Lives" by Pitbull and Ne-Yo.

our connect partners are:



Equité



Osler



Heemstede



2026

TOEKN CONNECT

CONNECT WITH US...

@OSLER_CSC



Instagram



WhatsApp



TikTok

**follow us on Instagram and TikTok!
in the meantime, join our newcomers group!**

For General Enquiries

- Saarah Gaffoor - osler@sun.ac.za
- Teagan Schaffers (Welcoming HC) - 27918556@sun.ac.za



**If you have any questions at all, do not hesitate to
reach out via dm or email :)**

surviving



Stellenbosch a guide to stellies slang

1. Bib

The Stellenbosch University Library. derived from the Afrikaans word, “biblioteek” which translates to library in English.



2. Cluster

A few CSCs and residences cluster together to form a larger community known as a cluster. This allows you to interact in a larger community. Our cluster is called Tygermaties and is made up of Hippokrates, Huis Francie, eNkanyini, Osler, Meerhoff, Nkosi Johnson, Ubuntu.

3. Connect/Vensters

Connect is one of the most exciting parts of welcoming week. It is a series of performances involving acting and dancing that each CSC and residence's newcomers take part in.



4. Gerga

Gerga is essentially a computer lab located on 5th floor of the education building. Most of your tests will be written here.

5. Edu building

Short for 'education building'. This is the building where you will be spending 90% of your preclinical years. In this building, you will find your lecture halls, practical venues & library.



6. TSS

Short for Tygerberg Studentsentrum (Afrikaans) or Tygerberg student centre. This is where we Oslerians spend most of our lunches and free time.

7. HC/HK

This is the House Committee – the elected student leaders of a CSC/residence.



8. Neelsie & Rooiplein

The Neelsie is the mini mall on Stellenbosch campus. The rooiplein is the red brick area outside the Neelsie and above the library on Stellenbosch.

ECO-FRIENDLY LIVING

How to reduce your carbon footprint and join the Net Zero Carbon journey

WATER

- Water restrictions still apply.
- Use only 80 L /person/day.
- Shower 3 -5 min.
- Use eco-friendly personal products.
- No rinsing or washing with running water.

ENERGY

- Use LED lamps only
- Limit fridge usage to one 150 L bar fridge per room
- Airdry clothes when possible
- Turn off lights & unplug devices when not in use
- Use A++ energy efficient appliances (low wattage)

TRANSPORT

- Everything is within easy walking distance on campus.
- Walk or cycle instead of driving.
- Hire a Matie bike.
- Share rides or use shuttles.

WASTE

- SU has a zero waste to landfill goal.
- Buy less items that must be thrown away.
- Bring reusable bags, cups, bottles and containers - no single use items.
- Compost food scraps & sort recyclables properly.
- No wet items in the recycling bin.

GET INVOLVED

- Join your community Green/ Sustainability Com.
- Follow: @su.environmental.sust



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CLUSTER NEWCOMERS

ATHLETICS DAY

COETZENBURG ATHLETICS
STADIUM

5 FEBRUARY 2026 17:30 - 20:30



PRESENTED BY THE CENTRE FOR
STUDENT LIFE AND LEARNING AND
MATIES SPORT



WELCOMING PROGRAMME



Day 1, Tuesday 27 Jan 2026

09:00-10:00

Welcoming and address

10:00-11:00

Newcomers breakfast & merch/food
package orders

11:00-12:00

Mentor introduction & Scavenger
hunt

12:00-13:00

Lunch

13:00-14:00

Osler chants & Connect introduction

14:00-15:30

Osler bracelets

15:30-17:00

Poster making

Day 2, Wednesday 28 Jan 2026

09:00–10:00

Dean's welcoming

10:00–11:00

Tygerberg Dream Walk

11:00–12:00

Mentor time

12:00–13:00

LUNCH

13:00–14:00

Leave for Stellenbosch

17:00–18:00

Rector's welcoming

18:00–19:00

2026 Newcomers' photo

19:00–22:00

Dreamwalk & Dream fair

Day 3, Thursday 29 Jan 2026

09:00–12:00

Faculty Program

12:00–13:00

Lunch

13:00–14:00

Die Matie & Culture introduction

14:00–15:30

Theatre Production

15:30–17:00

Cluster introduction

17:00–18:00

Mentor time

18:00–20:00

Tygerberg Newcomers
Pool Party hosted by TSRC

Day 4, Friday 30 Jan 2026

09:00–10:30

In person registration & student
card collection

10:30–11:00

SRC roadshow

11:00 – 12:00

Hippokrates social

12:00 – 13:00

Lunch

13:00–14:00

eNkanyini Social

14:00–18:00

Cluster day

Day 5, Saturday 31 Jan 2026

09:00-10:00

Leave for Stellenbosch

10:00-12:00

Social with residence

12:00-13:00

Lunch

13:00-16:00

T-shirt making

Day 6, Sunday 1 Feb 2026

ALL DAY

REST

Physical and mental wellbeing

Welcoming is packed with a variety of activities, information sessions, and social events. This can be physically and mentally exhausting, especially for individuals who may be dealing with the stress of transitioning to a new environment. A rest day allows participants to recharge, preventing burnout and promoting overall well-being

Building Connections

Rest days provide an opportunity for Newcomers to reflect on their experiences so far and to establish connections with their peers. Socialising and forming relationships are essential aspects of the Welcoming process, and a rest day can give participants the time to bond with others in a more relaxed setting.

Adaptation

For many, welcoming involves adjusting to a new environment, routine, and social dynamics. A rest day allows individuals to adapt gradually to these changes, reducing the likelihood of feeling overwhelmed

Preventing feeling overwhelmed

Welcoming often involves a host of new experiences, from campus tours to academic sessions. A rest day acts as a buffer, preventing participants from becoming overwhelmed by the sheer volume of new information and experiences

Encourages Self-care

Taking a rest day emphasizes the importance of self-care. It sends a message that individuals should prioritize their well-being and make time for activities that promote relaxation and stress relief, especially on Tygerberg Campus when most of your time is taken up by academics

Day 7, Monday 2 Feb 2026

08:00–12:00

Academic Program

12:00–13:00

Lunch

13:00–17:30

Academic programme

17:30–18:30

Supper + Francie social

19:00–21:00

Critical Engagement

Day 8, Tuesday 3 Feb 2026

09:00-10:00

Safety and security talk

10:00-12:00

Stories Circle

12:00-12:30

Library tours

12:30-13:30

Lunch

13:30-15:00

Connect Practice

15:00-20:00

Osler Beach day

Day 9, Wednesday 4 Feb 2026

09:00-12:30

Academic Program

12:30-13:30

Lunch & Meerhoff Social

13:30-14:30

Tutor-Mentor Academic Session

14:30-16:00

HC Junior Fashion Show

16:00-18:00

Critical Engagement

18:00-19:00

Mentor time

Day 10, Thursday 5 Feb 2026

08:00–09:00

Leave for Stellenbosch

09:00–12:00

Connect Practice

12:00–13:00

Lunch

13:00–16:30

Connect Practice

17:30–21:00

Cluster athletics meet

Day 11, Friday 6 Feb 2026

09:00–12:00

Social Impact Morning

12:00–13:00

Lunch & Leave for Stellenbosch

14:00–16:00

Connect Practice

16:30–17:00

Connect Dress Rehearsal

17:00–18:00

Connect Practice

18:00–19:00

Social with Connect partners

Day 12, Saturday 7 Feb 2026

08:30-09:30

Travel to Stellenbosch

09:30 - 11:30

Connect Practice

12:15 - 12:30

First Connect Performance

13:00 - 14:00

Lunch

16:00 - 16:15

Second Connect Performance

17:00 - 18:00

Supper

21:30 - 22:30

Connect Finals

Lift Clubs

Good day, Oslerians

We understand that commuting every day can be difficult, so we are trying something new to mitigate this problem. We are trying to gather information about demographics so we can potentially organise lift clubs.

Please fill in the form below so we can do our best to accommodate everyone during the welcoming period.

Some ideas for the lift club are: maybe that one person's parents can drop a group, then maybe the group can work on an alternating basis or, if someone has a car, a group could potentially drive with them.

Please note we will be assisting as much as we can, but we cannot take responsibility for forming lift clubs, this depends on volunteers (students and parents) and buy-in from the newcomers. We will also try our best, but at most we can promise to provide you access to the information and demographics, but the responsibility to get to university remains with you

Kind regards

Osler HC



Important Contact Numbers Tygerberg Campus

CAMPUS SECURITY

24-hour Emergency Number

Walk-With Service

Emergency Toll-free Number

021 938 9507

021 931 5111

083 938 1841

0800 00 6767

All Enquiries / Client Services

Academic Affairs Council (TAAC)

Admissions

Bursaries and Loans

Campus Health Services

Centre for Student Counselling and Development

Deputy Registrar

Library Enquiries

Marketing Office

Maties Sport

Ombudsman

Prim Committee

Student Affairs

Student Council

Student Recruitment and Support Office

Tygerberg Gymnasium

Tygerberg Hospital

021 938 9111

021 938 9591

021 938 9378

021 938 9458/9129

021 938 9590

021 938 9590

021 938 9379

021 938 9368

021 938 9202

021 938 9468

082 807 2994

021 938 9591

021 938 9461

021 938 9591

021 938 9789/9461

021 932 2888

021 938 4911



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