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METANOIA

Newcomers Booklet

2026



[META·NOIA | \ ,ME-TƏ-'NŌI-ə]
CHANGE OF HEART; CHANGE OF MIND

ABOUT US

Metanoia officially opened its doors in 2006, making it one of the youngest undergraduate residences at Stellenbosch University. In its early days, the residence was informally known as the “Nuwe Koshuis” (New Residence). The name Metanoia, meaning — a transformative change of heart or mind — was chosen later that same year during a significant house meeting, following a petition led by the first group of residents. It was a name born out of student initiative, capturing the vision for a new and forward-thinking residence community.

Shortly after opening, Metanoia made history again by becoming the first residence on the Stellenbosch University campus to establish a Halaal kitchen — another initiative proudly driven by its students. This milestone reflected Metanoia’s early and ongoing commitment to inclusivity and student-led transformation.

Metanoia is also the largest co-ed residence in the Southern Hemisphere and the largest residence on the Stellenbosch University campus, housing 501 students, each in their own single room. The residence is known for its modern facilities, which include a private gym, underground parking, a TV room, a computer centre, and a lounge, just to name a few.

But Metanoia’s true legacy lies in its people and values. From day one, it has been a space defined by inclusion, openness, and transformation.

That founding spirit of change and community continues to inspire Metanoians today as they go forth in the world, embodying the values of Diversity, Equality, Love, Ubuntu, Respect, and Integrity.



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



WHAT TO PACK



CLOTHING

- Old white shirt and shorts
- Black shorts
- Black shirt
- Semi-formal outfit
- Activewear
- Swimming costume
- Shower shoes
- Hat

GENERAL

- Sunblock
- Waterbottle
- R600 for welcoming merch (Cashless)
- Toiletries
- Towels
- Lock
- Snacks
- GEES & ENERGY!

ROOMS

- Single bed bedding
- Study lamp
- Clothing Hangers
- Multiplug
- Washing Powder
- Loadshedding light
- Fan



A letter from our PRIMARIUS



Dear Newcomers of Metanoia

A very warm welcome to you all, and a massive congratulations on making it into university and into our home. Metanoia houses 501 students, making us the largest residence in Stellenbosch and the largest co-ed residence in the southern hemisphere. Don't let this be a daunting thing though, as I have come to learn that despite our immense size, Metanoia introduced me to some of my closest friends, people who I've been able to lean on when things got tough, and people I could celebrate with when there were times to celebrate.

My name is Seth Scott, I am the Metanoia Primarius, which is kind of like the head prefect of the residence. I oversee the House Committee (HC) to make sure that our residence remains running and that every Metanoian feels happy, safe, and comfortable. I do not lead alone and am accompanied by an incredible HC body consisting of myself as Chair, my two Vice-Primarii, and 18 incredible HC members. They act within their various portfolio spaces to create the loving environment that Metanoia offers, working with integrity to bring an environment that ties us together while also allowing us to maintain our diversity. Alongside the House Committee are 28 mentors, whose sole purpose is to guide you through university life both during the welcoming period and throughout the year. They are a passionate group of Metanoians who prioritise your wellbeing and longevity so that you not only survive the university chapter of your life, but you thrive in it.

A letter from our PRIMARIUS

Doubtless this is an overwhelming time for you. Stellenbosch University is a huge and unique university, and you will receive a unique student experience here which you will carry with you for the rest of your life. If you give it the opportunity, you can gain so much more than just a degree while here. I would highly encourage you to try new things, explore new places, and meet new people. I walked into this university three years ago and have gained memories I hope will stay with me for my lifetime. Yes, university is daunting, yes, there is a new space where you will be living away from home, but Metanoia has given me so much more than a place to rest my head, and I wouldn't change that for the world. I hope you come to love this space as much as I do.

Until we meet each other, I'll leave you with a quote that I think sums up the start of this next chapter in your life: "It's a dangerous business, Frodo, going out your door. You step onto the road, and if you don't keep your feet, there's no knowing where you might be swept off to." J.R.R. Tolkien – Lord of the Rings. I advise you don't keep your feet.

**Your Servant
Seth Scott
Primarius**



A letter from our VICE-PRIMARIA



To a future Metanoian

Welcome! Wamkelekile! Welkom!

I am so glad you've decided to open up this booklet and take one step closer to becoming a full-fledged resident of Metanoia.

My name is Katja — I'm half English, half Afrikaans, half from Cape Town, and half from Joburg.

I'm also one half of your Vice Primaria pair who will be looking after you in 2026. My portfolios are Discipline and Safety & Security — and although that might not paint the most welcoming picture, I promise I'm actually fun to be around!

I hope you're ready for Welcoming 2026, and I'm so excited to meet you all!

**All my love,
Vice Primaria
Katja Wood**



BALCONY



BACK QUAD



GAMES ROOM



BACK QUAD BRAAI AREA



COB KIOSK



CAFETERIA



GYM



LAUNDRY ROOM



FURNISHED ROOM



UNFURNISHED ROOM

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 use 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.environmentalsust

See you soon!

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