## Experience Waikato 2017 Programme

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>D A Y 1</strong></td>
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<tr>
<td>8.30am – 10am</td>
<td>Check in and registration</td>
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<tr>
<td>11am – 12 noon</td>
<td>Welcome and Introduction session</td>
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<tr>
<td>12 noon – 1pm</td>
<td>Lunch</td>
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<tr>
<td>9am – 10.30pm</td>
<td>Interactive Campus Tour</td>
<td>Tour our campus in teams, completing tasks, finding clues and racing back to win awesome prizes!</td>
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<tr>
<td>2pm – 5pm</td>
<td>Hands-on workshop experience</td>
<td>Select two workshops to attend. Note: The Health, Sport and Human Performance workshop will run for both the workshop times, participants will only select this workshop option.</td>
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<td>• Robotics (limited places)</td>
<td>Join the robotics revolution. Industrial robots are becoming much more common in the work place and domestic robots are starting to appear in private residences. Become one of the people who provides the coding for these machines. Participate in a workshop to program robots to navigate a small course and carry out a designated task. Robots used will be Lego Mindstorm devices using Robot C as the programming language. No previous experience with Robot C is required. Coding can be as simple or as complex as participants can achieve in the time available.</td>
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<td>• Tikanga Māori - Performance and Culture MAU RĀKAU</td>
<td>A workshop based on Māori weaponry providing an insight to the Māori world. The objective is for participants to develop humility and self-restraint by the high standards of discipline and behaviour required in the use of the Taiaha as a weapon. This workshop will also provide an insight into Te Reo Māori (Māori language) and Tikanga Māori (Māori customs). The workshop is open to all, with no experience needed and Rākau (sticks) are provided. Note: If you are participating in this workshop please ensure you are dressed in clothing for physical training.</td>
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<td>• Mooting &amp; Negotiation</td>
<td>Join us for a mooting demonstration and refine you negotiation skills in this hands-on workshop. Negotiation is normal part of life, but it’s a particularly important skill for lawyers. In this workshop, you gain a better understanding of when to be ‘aggressive’ and when to be ‘collaborative’ when negotiating. Learn how to ‘trade’ information to get a better deal for your client, and do an actual negotiation in small breakout groups, with tips from Waikato’s senior negotiation champions!</td>
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<td>• Theatre Studies (limited places)</td>
<td>A fun, interactive workshop that gives participants the opportunity to explore and get creative learning how the body can be used in theatre to tell stories. Note: If you are participating in this workshop please ensure you dress in comfortable clothing.</td>
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<td>• Business</td>
<td>Work in teams on a real company’s business problem and develop its strategy for the future.</td>
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*Where the world is going*

[waikato.ac.nz/go/experience-waikato](http://waikato.ac.nz/go/experience-waikato)
The Avantidrome is home to a number of high-performance sports including Cycling NZ and Triathlon NZ. Elite athletes from these sports, along with Rugby 7s, Waikato Magic and athletics train out of the facility. During your time at the Avantidrome, you'll attend interactive workshops showcasing a number of the exercise assessments these athletes undertake from time to time.

These include:

- VO2max assessment – aerobic fitness is an important asset for almost every athlete, but particularly so for endurance sports such as cycling, triathlon and middle- and long-distance running. This test measures your aerobic fitness and allows you to compare your scores to the world’s best endurance athletes.
- Sprint assessment – are you as quick as the fastest netballers in NZ? This workshop will provide you with the opportunity to measure your sprint performance over 5m and 10m distances and compare these to some of NZ’s quickest athletes.
- Jump assessment – Sports such as netball and basketball require successful athletes to have a good jump in order to intercept a pass or catch a throw. You’ll be able to compare your jump height against some of NZ’s best team sport athletes.

5pm – 6.15pm
Free Time
Use UniRec, take a swim in the pool or just relax.
Optional: Enrolment & programme advice
Our Future Student Advisors and Enrolment team are available to answer any questions you have, complete your application or help you make changes to your programme.

6.30pm
Dinner

8pm
Quiz night @ The Playhouse

10pm
Return to College Hall

DAY 2

7.30am – 8.45am
Breakfast

9am – 10.30am
Mini trade show and networking event
Meet the people and groups here to support you on your university journey.

10.30am – 11am
Morning tea and closing session

11am – 12.30pm
Optional: Enrolment & programme advice
Our Future Student Advisors and Enrolment team are available to answer any questions you have, complete your application or help you make changes to your programme.
Experience Waikato Top Town sports competition
Join our UniRec and Social Sport teams for the first Experience Waikato Games, you’ll work in teams to complete a range of tasks and win amazing prizes! Not into sport? Rather chill out? We’ll be offering yoga as well.

12.30pm – 1.30pm
Lunch

1.30pm – 2pm
Final check out

Where the world is going
waikato.ac.nz/go/experience-waikato