Burton & Garran Hall

O-Week Guide 2020

A Redback's Handbook!
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IMPORTANT STUFF

Dates
N-Week (B&G’s new resident’s program): Wed 5th - Sun 9th
Res-Week (B&G’s internal O Week): Mon 10th - Fri 14th
O-Week (ANU wide): Sat 15th - Sun 23rd

Contacts
B&G Office: 02 6184 0000
ANU Security: 02 6125 2249
Duty SR: 6184 0040
Emergency: 000
Lifeline: 13 11 14
Beyondblue: 9810 6100

Social Media
To keep up-to-date with news, events, notices and generally exciting content, make sure to join the Facebook Pages:
B&G Banter 2020, B&G Official 2020
Welcome all new redbacks! My name is Meghan Malone and in 2020 I am the president of the Burton and Garran Member’s Association (BAGMA). We are a team of 16 residents who have the pleasure of planning a chaotic calendar of events for you all to enjoy through the year.

This guide aims to give you a schedule of events for the coming weeks so you can stay in the loop with all the wonderful things we have in store. The next few weeks are the best possible time to get involved in our community! There will be a plethora of events across this period which will give you the chance to get to know others and meet the friends who will soon become family. This is also a time for trying new things and pushing yourself out of your comfort zone. While O-Week is always overwhelming, I can promise that the coming weeks will entail some of the most fun and crazy times you will experience at B&G. While this is most certainly a time for fun, it is also important that this time is safe and inclusive for all.

So, whilst you enjoy our hectic calendar of events, please keep in mind that you are now part of a community which is home to over 520 young people from a diverse range of backgrounds. It is of fundamental importance that all these ressies feel at home throughout this time and the whole year through. Sexual assault, sexual harassment and bullying of all descriptions will not be tolerated and are not acceptable at B&G. If you have any questions about the behavioural standards of our community, please listen up in the education sessions provided by Student Support Team and feel free to ask questions. Our SRs, CCs, GSEs and Cultural Development Officer are more than happy to chat about what a safe and friendly community looks like. We are all so excited to welcome you to our big Redback family and hope that your time here will be memorable in the best way possible.

If you have any questions about life at B&G or the O-Week Calendar, please feel free to reach out to me, or any other member of BAGMA! The best way to get in touch with me is through Facebook or shoot me an email at u6677850@anu.edu.au.

Love, Meghan
<table>
<thead>
<tr>
<th>Time</th>
<th>Wednesday (Move in Day)</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
<td></td>
<td>Stroll around the Lake (9am)</td>
<td>Yoga (9.00am)</td>
<td>Coffee Crawl (9.00-11.00am)</td>
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<td>Stretching with Wamburun (9am)</td>
<td>Student ID walking groups (10.00am)</td>
<td>Plant Potting</td>
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<td>Brunch (11am)</td>
<td>Brunch (11.00am)</td>
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<tr>
<td><strong>Afternoon</strong></td>
<td>BBQ (12.00-2.00pm)</td>
<td>B&amp;G Culture – What it means to be a Redback (12.30-1.00pm)</td>
<td>Leadership Team Meet and Greet with Residents (1.00-2.30pm)</td>
<td>Large scale Capture the flag on Fellows w/ BBQ (3.00-5.00pm)</td>
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<td></td>
<td>Chill time in the Lounge and Games in CD (2.00-4.00pm)</td>
<td>Safe Nights (how to stay safe with your friends) (1.30-2.00pm)</td>
<td>Meet the Leadership team picnic/ swim on Black Mountain Peninsula (2.30-4.00pm)</td>
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<td>Shopping Trips (2.00pm-5.00pm)</td>
<td>BAGMA Campus Tour (2.00-3.30pm)</td>
<td>Under 18 Meet and Greet for Students (for those unable to attend the first meeting) (5.00-6.30pm)</td>
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<td>Parents and Guardians Information Session (5.00-7.00pm)</td>
<td>BAGMA Shopping Trips and Campus Tours (2.00pm-5.00pm)</td>
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<td></td>
<td>Under 18 Meet and Greet for students (5.00-5.30pm)</td>
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<tr>
<td><strong>Evening</strong></td>
<td>New Student Meeting – Guide to Life at B&amp;G (5.30pm-6.30pm)</td>
<td>BAGMA Dinner (7.00-8.00pm)</td>
<td>Cooking in floors (6.00-8.00pm)</td>
<td>Trivia (7.30-10.00pm)</td>
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<td>BAGMA Dinner (7.00-8.00pm)</td>
<td>Inter-block Challenge (7.30pm-9.30pm)</td>
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<td>Tim Tam Nights (8.00-10.00pm)</td>
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The Highlighted sessions are compulsory!!
**N - W E E K**

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<thead>
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<th>Morning</th>
<th>Sunday</th>
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<tr>
<td></td>
<td>Bike ride (9.00am)</td>
<td>Run (9.00am)</td>
<td>Bootcamp (9.00am)</td>
<td>Walk (9.00am)</td>
<td>Run (9.00am)</td>
<td>Brunch (11.00am)</td>
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<td></td>
<td>Costume Shopping Trip (11.00am-2.00pm)</td>
<td>Academic Drop-in Session (11.00am-2.00pm)</td>
<td>Academic Drop-in Session (10.00-11.00am)</td>
<td>Leadership Team Meet and Greet (9.30-11.00am)</td>
<td>Academic Drop-In Session (10.00-11.00am)</td>
<td>Late morning kick-around/Social sport (11.00am)</td>
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<thead>
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<th>Afternoon</th>
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<tr>
<td></td>
<td>Academic Drop-In Sessions (11.00am-12.00pm)</td>
<td>Batyr Mental Health Counselling session (2.00-3.30pm)</td>
<td>Green Tour (11.00am-1.00pm)</td>
<td>Engagement and Success Induction (1.30-2.45pm)</td>
<td>Plant Potting (12.00-1.00pm)</td>
<td>Lawn Bowls and the RUC (2.00-6.00pm)</td>
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<td>Walking trip to Civic Shopping (2.00-5.00pm)</td>
<td>Art Hour in the Botanical Gardens (3.30-5.00pm)</td>
<td>Respectful Relationship Unit Understanding Consent (2.00-3.30pm)</td>
<td>ASUC (3.00-4.00pm)</td>
<td>Academic Drop-In Session (5.00-6.00pm)</td>
<td>Volunteer Opportunities in Canberra discussion (3.00pm-5.00pm)</td>
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| Evening | Hall wide Tim Tam Night in the Lounge (Your SR will contact you) | Mental Health Monday (7.30-9.30pm) | Lake Picnic (5.30-8.30pm) | Chinese New Year Cooking Class with Wamburun and ANU Cooking Club (5.30-8.30pm) | BAGMA Dinner (6.00-7.00pm) | Academic Session (8.30-9.30pm) |
|         | Slumber Party and Movie Night in the Function Room (9.00pm) | | Transit Bar Karaoke Trip (8.30-11.00pm) | | ‘A Night on the Deck(s)’ (7.30-10.30pm) | |

*The Highlighted sessions are compulsory!!*
# O-Week

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<thead>
<tr>
<th>Days</th>
<th>Saturday (15/2)</th>
<th>Sunday (16/2)</th>
<th>Monday (17/2)</th>
<th>Tuesday (18/2)</th>
<th>Wednesday (19/2)</th>
<th>Thursday (20/2)</th>
<th>Friday (21/2)</th>
<th>Saturday (22/2)</th>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>Brunch (11.00)</td>
<td>Club Lime Swim (9.00am)</td>
<td>Walk (9.00am)</td>
<td>Yoga (9.00am)</td>
<td>Touch / Social Sport</td>
<td>Bike ride (9.00am)</td>
<td>Kambah Pools (book a large bus and also a minibus) (11am-4pm)</td>
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<tr>
<td><strong>Afternoon</strong></td>
<td>Meet the Returners BBQ (12:00 - 14:30)</td>
<td>Potluck (11.00)</td>
<td>Merch Sale (12-1:30pm)</td>
<td>Greens Trip - Finish up at the Food Co-Op for Lunch (11am - 1pm)</td>
<td>ANUSA Market Day (all day)</td>
<td>DEAR - Drop Everything and Read in CD (2.00pm - 4.00pm)</td>
<td>Blochaus (1:30 - 3:30pm)</td>
<td>Kambah Pools (11.00am - 4.00pm)</td>
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<tr>
<td><strong>Evening</strong></td>
<td>BAGMA Dinner (6.30pm)</td>
<td>Potluck (8.00)</td>
<td>BAGMA Dinner (6.30pm)</td>
<td>BAGMA Dinner Freedom Party (7:30 - 9:30pm) (with Cube after party) (10pm - 12am)</td>
<td>Just Dance / Games Night in the Lounge (19.00 - 22.00)</td>
<td>BAGMA Dinner</td>
<td>ANUSA Friday Night Live Party (4.00pm - 11.00pm)</td>
<td>Open Mic (6-8pm)</td>
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<td>Canberra Crawl - aka Daggy Dad's night out (19:00 - 23:00)</td>
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<td>Redbacks Party (after party at Fiction)</td>
<td>Bowling and Laser Tag (19:00 - 22:00)</td>
<td>Pizza and Ice-Cream in Bradton (7pm - 9pm)</td>
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<td>Midnight Breakfast (11pm - 12am)</td>
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**BAGMA SCHEDULE**

**THE EXCITING THINGS HAPPENING OVER THE NEXT FEW WEEKS! AND EXTRA INFORMATION ABOUT IT ALL**

Wednesday 5th February

- **Move in Day BBQ | 12-2pm |** AB Courtyard Move in day can be long and tiring so we have got your lunch covered! Come join us in AB courtyard from 12pm as we serve up some snags, vego ones too! Feel free to come up and have a chat with us BAGMA members about all things B&G, as well as mingle with some fellow ressies! We can't wait to meet you!

- **Guided Shopping Trips | 2.00-5.00pm |** Meet in Central at 1:20pm for a guided tour of Canberra's grocery stores, and stock up on food for the start of the semester, no that doesn't mean living off two minute noodles and tea for the first two weeks! You'll meet our lovely transport team Ryan and Connor who will show you what Canberra has to offer.

- **B&G Library Chill Time in the Lounge and Games in CD | 2-5pm |** If you've arrived at B&G and looking to meet some other ressies, people will be chilling in the lounge if you want to come and chat about B&G or just need to release nerves.

- **Lounge and CD Courtyard BAGMA Dinner – Burrito Bowls | 7-8pm |** B&G Kitchen We're easing you in to self-catered living, so dinner will be provided by BAGMA tonight, and on certain nights throughout the next two weeks, keep an eye out on the O-Week schedule. All you need to bring is yourself, a bowl, and some cutlery tonight! Vegan and vegetarian options also available.

- **First Floor Meeting - SR will contact you on location | 8-10pm |** Time to get introduced to your floor and B&G's famous Tim Tam nights! Swing by your SR's room for some lovely chats, people, and of course Tim Tams! This will provide you the perfect opportunity to get to know your SR, other leadership team members and your new neighbours!

Thursday 6th February

- **Stroll around Lake Burley Griffin | 9am |** Meet in Central Start your first morning at B&G right with a walk around Canberra's iconic feature; Lake Burley Griffin. This casual stroll will help you get acquainted with your new home

- **Stretching with Wamburun | 9am |** Wake up and feel alive with a stretch in the morning! Come and help out your muscles for an early morning stretch out the back of B-block to start your day off right! bring a mat if you like, and a drink bottle. Perfect for runners, jumpers, and goers of all sorts

- **Shopping Trip |2-5pm |** Meet in Central Join our transport team once again as they take you to get groceries and/or things that you could potentially grab for your room! Location will be announced on our FB Banter Page.

- **Campus Tours |1-2.30pm|** Wanting to know where your classes will be this year? Curious about where you’re living and will be spending time this year? Get to know your ANU bubble as BAGMA takes you around campus (maybe with some sneaky coffee stops along the way).

- **BAGMA Dinner – Pasta with Garlic Bread | 6-7pm |** Dinner is provided by BAGMA again tonight! Don't miss out. Vegan and vegetarian options always available.

- **Inter-block Challenge |7.30pm-9.30pm|** Well, if there was a fun way to get to know your way around campus, what would it look like? If learning a new campus through an amazing race was what you were thinking, then you're in luck! At each location different activities will be completed to get you one step closer to knowing ANU off the back of your hand. Get around the Interblock Challenge on Thursday the 6th to meet heaps of new friends and have some fun while you're it!
Friday 7th February

- **Morning Exercise - Yoga | 9am** | ANU Sport is coming to B&G to run Yoga!! Come down and have a restful start to your day.

- **Brunch | 11am** | AB Courtyard Just woken up and don't feel like making breakfast? Or maybe you've just returned from our Yoga class? Either way come join us for our first brunch of the year in AB Courtyard – we will be serving up hash browns, bacon and eggs! You'll get to know these brunches very well throughout the year!

- **Meet the Leadership Team Picnic | 2.30-4pm** | Come down to the beautiful Black Mountain Peninsula to eat, yarn and get to know a few ressies in leadership. Black Mountain Peninsula is a beautiful little slice of bush where you can swim in the lake and soak in the gorgeous scenery that our bush capital has to offer! This event will be a nice way for first years to get to understand the ins and outs of B&G and pick the brains of people who have already lived at the college! There will be food and good chats to be had, so come along! We will most likely meet in Central and have walking groups going down there so keep an eye on Facebook and Central for posters.

- **Floor Dinner | 6-8pm** | B&G Kitchen Dinner isn't provided by BAGMA tonight, so come join your SR and fellow floor members in your bay and get your cooking on! It's always better cooking with others.

- **Coffee Crawl | 9am** | Meet in Central It's legally required of all Canberrans that they be coffee connoisseurs. Required as a foundational element for the immediate and mandatory transfer of ANU student to personality-deficient Australian Public Servant, an orientation period for any new ressies wouldn't be complete with a tour of the best cafes in the area. Our first coffee crawl will introduce to those found on campus. Have your keep cups at the ready and prepare to glean the bean. Make sure to sign-up on the sheet on the board near CD-Central entrance.

- **Capture the Flag at Fellows Oval | 3-5pm** | Aagh there's nothing like a relaxing and refreshing good old BBQ with your mates, just makes everyone feel like family when you're cooking up some sausages and hash browns and sitting down for a picnic in the great outdoors. So why not add some competition? Pit yourself against your newly found friends in a college wide game of Capture the Flag. Who knows, you might end up basking in the glory of the winning side? And if not, well, at least there's food.

- **Trivia | 7.30-10.00pm** | If you love answering questions about general knowledge or want an awesome opportunity to meet new people, Trivia night will be the night for you! Packed with hilarious, obscure and wacky questions, trivia night has something for everyone with food and drinks on offer as well! Held in the function room on Saturday the 8th at 7pm, get down for a great night of making friends and testing out your general knowledge.

Saturday 8th February

- **Morning Exercise – Bike Ride | 9am** | Meet in Central Join us on this lovely Sunday morning for a bike ride around Lake Burley Griffin! Walking Trip to Civic

- **Shopping Trip | 2-5pm** | Meet in Central Join our transport team once again as they take you to get groceries and/or things that you could potentially grab for your room! Location will be announced on our FB Banter Page.

- **Hallwide Tim Tam Night | 8-9pm** | Lounge While our Tim Tam nights are usually nights with your SR and floor, we've provided an exception on this Sunday night, your CCs will be hosting a Hallwide Tim Tam night! There will be more Tim Tams than you can imagine – hope to see you there!

- **Slumber Party | 9.00pm** | Function Room In the mood for a low-key event following the craziness of move-in week? Look no further than the B&G slumber party! Check out the function room as it's transformed with fairy lights, pillows and blankets for a movie night followed by a mass-sleepover. Plenty of snacks and wholesome times guaranteed!

Sunday 9th February

- **Morning Exercise – Bike Ride | 9am** | Meet in Central Join us on this lovely Sunday morning for a bike ride around Lake Burley Griffin! Walking Trip to Civic

- **Walking Trip | 2-5pm** | Meet in Central Join our transport team once again as they take you to get groceries and/or things that you could potentially grab for your room! Location will be announced on our FB Banter Page.

- **Hallwide Tim Tam Night | 8-9pm** | Lounge While our Tim Tam nights are usually nights with your SR and floor, we've provided an exception on this Sunday night, your CCs will be hosting a Hallwide Tim Tam night! There will be more Tim Tams than you can imagine – hope to see you there!

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Monday 10th February

- **Morning Exercise – Run | 9am |** Feeling a bit sluggish after last night’s party? Or just wanting an excuse to meet some great fellow ressies at B&G? Here is your chance! We have bike rising, yoga, boot camp, runs, walks and social sport run by residents, ex-ressies and the team from ANU sport. Check the schedule every day to see the time and place. Whether you’re an aspiring Olympic team member or your daily exercise is the walk from your room to the kitchen, this is for you!

- **Costume Shopping Trip | 11.00am - 2.00 pm |** Nothing like a good theme to make an O-Week party a night to remember. Haven’t got anything to wear? No worries! This costume shopping trip will guarantee you an outfit or two from Canberra’s famous thrift shop paradise, Green Shed. Get some fluro pants or a sequinned cowboy hat. All you’ll need is yourself. Some money and an open mind for some weird fashion. (Heads up, Green Shed won’t accept card for purchases under $10.) Come on get your thrift on with us, see you there!

- **Art Hour in the Botanical Gardens | 3:30-5.00pm |** Picasso? Monet? Van Gogh? Channel your inner artist and connect with nature as we venture into the National Botanical Gardens for some painting! Bring snacks and all your friends to enjoy this nice and relaxing afternoon out. Also a great way to help decorate your room and connect to the surroundings.

- **Meet in Central MHE Event “Mental Health Mondays' in the Function Room | 7.30-9.30pm |** MHM: From counselling to homesickness, juggling commitments to practicing self-care. The 2020 Leadership are here to help! Mental Health Monday is a day’s worth of discussion of managing mental health at Uni and college. If you have any questions about special consideration for uni courses or managing the cultural shock of moving to a new country come talk to some of our Mental Health Officers or collect a Self-Care Package. Come have chats with fellow ressies about their experiences with mental health services and create a little self care pack for the coming year.

- **Morning Exercise – Bootcamp | 9am |** Head down to ANU Sport with a few other keen ressies to do bootcamp run by ANU sport Trainers! A great way to get the heart pumping in the morning

- **Aussie 101 | 4pm-5pm |** Being a new student at uni can be tough but it can be ten times tougher to start uni in a completely new country. This experience can be made easy if you are aware of some important things like health insurance and medical assistance. The members of the leadership team are here for you to not only impart their international student experience but also help you navigate through these important things. So come down to the function room to meet your international reps and gain some valuable information.

- **Greens Tour - Meet in Central | 11am-1pm |** Meet your wondrous Greens Rep Maisie in Central to go r a tour to show you guys the most environmentally friendly places in Canberra to shop. Stock up on food, supplies and knowledge of the most sustainable way to live and finishing up with a lunch at the food co-op

- **Lake Picnic and Transit Bar | 5:30 - 11pm |** Meet in Central When Alicia Keys said “Concrete jungle where dreams are made of, she was actually referring to Canberra. Come down and escape the concrete jungle for a picnic on the shores of the wonderful Lake Burley Griffin. Bring down your snacks or dinner and a beverage if you like (BAGMA will provide snacks and non-alcoholic drinks) as we watch the sunset over the lake. Then, channel your own inner Alicia Keys as we walk on down to a Karaoke Night at Transit Bar! The lake picnic (5.30-8.30pm) is open to all, however, Transit (8.30pm) is a licensed venue and so will be 18+.

Tuesday 11th February

- **Morning Exercise - Bootcamp | 9am |** Head down to ANU Sport with a few other keen ressies to do bootcamp run by ANU sport Trainers! A great way to get the heart pumping in the morning

- **Chinese New Year Cooking Class in B&G Kitchen | 5.30-8.30pm |** Chinese New year cooking class : Celebrate the diversity of B&G with a cooking class on the auspicious occasion of the Chinese new year!! The class will be led by the ANU cooking club. So, if you are keen to learn a new cuisine and get to know the other residents in the process, come down. There is another added bonus. You will also get a chance to hang out with people of the wamburun hall, under the stars, after the class. There will be a potluck dinner at wamburun after the class. Bring your fine culinary skills and join B&G in celebrating the Chinese New Year.

Wednesday 12th February

- **Morning Exercise – Walk | 9am |**

- **Brunch | 11am-12pm |** AB Courtyard Get ready for the day with a tasty brunch, cooked with love by your BAGMA team.

- **Chinese New Year Cooking Class in B&G Kitchen | 5.30-8.30pm |** Chinese New year cooking class : Celebrate the diversity of B&G with a cooking class on the auspicious occasion of the Chinese new year!! The class will be led by the ANU cooking club. So, if you are keen to learn a new cuisine and get to know the other residents in the process, come down. There is another added bonus. You will also get a chance to hang out with people of the wamburun hall, under the stars, after the class. There will be a potluck dinner at wamburun after the class. Bring your fine culinary skills and join B&G in celebrating the Chinese New year.
Thursday 13th February

- **Morning Exercise – Run | 9am |**
- **Plant Potting in CD Courtyard | 12-1pm |** For many thousands of years humans and their ancestors have sought refuge in the greener environments. From the ancient principles of Shinrin Yoku to the fabled front lawn of the Great Australian Dream we have seen that perhaps plants are in fact man's best friend. Come and pot a plant to spruce up your new room and if you haven't yet found your green thumb don't worry! Our lovely Green's Rep and other tree enthusiasts are here to help!
- **Volunteer Opportunities in Canberra Discussion in Function Room | 3-5pm |** Do you enjoy volunteering your time to support young refugees in high school? Ever wanted to donate your lifeblood to help those in need? Have you always had a passion for fundraising for local charities or simply want to give back to your community? Already volunteering, but wanting to get recognition for your volunteering experiences through ANU+? Well, come by to the volunteering talk, where we will have a number of organisations coming in and chatting about opportunities for volunteering in and around Canberra!
- **BAGMA Dinner – Stir Fry | 6-7pm |** B&G Kitchen Dinner provided tonight by your BAGMA team. Vegetarian and vegan options available, as always.
- **'A Night on the Deck(s)' | 7:30-10:30pm |** Get ready for a 'Nautical but Nice' Night! Set up in the N&G lounge as a bougie cruise bar vibe; we will have B&G ressies and ex-ressies showing their talents on the 'decks'! Come down to the lounge and have a bit of a boogie and vibe to the sweet, sweet tunes and chat with friends in this relaxed party environment.

Friday 14th February

- **Brunch | 11am |** AB Courtyard Get ready for the day with a tasty brunch, cooked with love by your BAGMA team.
- **Late Morning Kick-around / Social Sport in CD |11am|** Join Adam and Angus in a lazy kick around after a big night, and get that fresh air. Chat with other ressies and enjoy the sunshine while snacking on the food from the BBQ.
- **Lawn Bowls at the RUC Mixer with Wright Hall - Meet at Central | 2-6pm |** Your new redback friends may seem like the best people you've met (they probably are), but did you know there are even more great people to meet only a few meters down Daley Rd?! Come to the RUC to meet some of our neighbours from Wright Hall. The RUC is another bush capital favourite, that is a great venue to play lawn bowls in the hot Canberra sun with a cold beverage in hand. Whether you are a pro or a beginner, try your luck at bowls or simply come down for a good time and meet some more new people!
Saturday 15th February

- **Meet the Returners BBQ | 12-2:30pm | AB Courtyard** The perfect start to O Week, come join us in AB Courtyard as we welcome back our returning ressies! Everyone is welcome, is there any better way for new and returning ressies to bond than over free food?!
- **BAGMA Dinner – Curry with Rice | 6-7pm | B&G Kitchen** Whether you want a relaxing night in or you are about to join us on the Senior Shuffle we have got dinner covered for tonight! Vegetarian and vegan options, as always are available.
- **Canberra Crawl – Daggy Dads Big Night Out | 7-11pm | Daggy Dads Canberra Crawl**: A message to all those Dad citizens having stressful lives. It's hard to unwind in between all the gardening, daytime television, golfing, trying out new Hawaiian shirts, gardening again, buying your son a Lynx Africa body care set for his third birthday in a row (are you trying to send a message Dad?) and repeatedly wearing socks and saddles whilst strolling down the beach. It's time for you to let your hair down, and at 7pm on Sat Feb 15, you will get to do just that. Get dressed up in your perfect sports sweater and shuffle between a few of the best pubs Acton and Civic have to offer! (This event is open to under 18s until the end of the event)

Sunday 16th February

- **Brunch | 11am-12pm | AB Courtyard** Get ready for the day with a tasty brunch, cooked with love by your BAGMA team.
- **Potluck | 1pm - 8pm** Explore the cuisines in the world and join in a B&G tradition of getting together and spending the day cooking to create a banquet of every woman and man's dreams. Join in as you create the menu for you and your friends dinner to share in the evening and have fun cooking with people for a fantastic meal that night.
Monday 17th February

- **Morning Exercise – Club Lime Swim | 9am |**
- **Meet in Central ANU University Commencement | 11am -1pm |** University Ave Commencement is the formal ANU welcome to all new students. You'll hear from the Vice-chancellor (Schmitty, as he is affectionately known), notable alumni and guest speakers about what makes ANU such an incredible place. There will also be a BBQ along University Ave afterwards.
- **Merch Sale | 12-1:30pm |** Games Room Get all your merch needs sorted at our merch sale in the games room! Only Card is accepted!
- **Dance Club | 2-3pm |** Function Room Want to learn how to break it down on the dance floor? Look no further! B&G's first dance event is for you to mingle with new and returning B&G ressies while having fun! With our resident dancers, Milijiana and Mackenzie, both who are experience in different genres. Come join us in the function room at 2pm for an hour of grooving – the only thing you will need is a water bottle and a towel and you'll be good to go!
- **DIY Merch | 2:30-4pm |** Lounge Need some B&G merch for Redbacks party? Or for the red and black year ahead? We've got you covered! A DIY merch session to make some spiderland creations of your dreams. Don't miss this opportunity to make hats, bags, and anything else you can think of. Materials and paint provided. See you in the lounge at 2:30pm!
- **BAGMA Dinner – Baked Potatoes | 6-7pm |** B&G Kitchen Come get some BAGMA provided dinner before tonight's Redbacks Party! Vegetarian and vegan options, as always, are available.
- **Redbacks Party | 7.30-10.30 |** This is a Redbacks institution. Your welcome into our big, warm, eclectic community. It's time to rustle up every bit of merch that you can get your hands on, don those beautiful Redbacks bucket hats, get into that Redbacks spirit and party your little hearts out. The lounge will be ready and waiting for you to get your boogie on, so come down at 7:30pm sharp to let that inner saucy spider out. Don't fret if you don't have merch yet, you can buy some from Spideys, our wonderful canteen, or get creative at one of our DIY merch events (there's one earlier today, just in time!). A quick reminder that our sexy Spideys friends will be serving alcohol throughout the party, so this means no external alcohol is welcome!
- **Bowling and Laser Tag | 7-10pm |** Need a break from unpacking and staying in your room? Come for laser tag and bowling with your fellow ressies and live your fantasy of shooting people with lasers (you better start getting ready for murder week!) Show your competitive side and meet new people. Fun and good vibes are guaranteed by just adding your name on the sign-up sheet. We will be travelling in the B&G bus so please be at Central on time.
- **After Party at Moose |** Walking Groups leaving from 10:30pm onwards from Central The Redbacks party will finish at 10:30pm and then its time for the Moose afterparty – for some of you this may be your Moose virginities so get keen. Walking groups will start to leave Central for Moose at 10:30! We will also be having walking groups home from Moose throughout the night – keep an eye out on B&G official!
Tuesday 18th February

- **Morning Exercise – Walk | 9am | Meet in Central**
- **Brunch | 11am | AB Courtyard** Get ready for the day with a tasty brunch, cooked with love by your BAGMA team.
- **Greens Trip | 11am-1pm | Meet in Central**
- **GSE Sex Positivity Panel | 3-5pm |** Celebrating diversity and creating a culture of inclusivity which is celebrated in Freedom Party, will be delved into in this panel of older ressies talking about gender, sexuality, sex positivity, body positivity and how community and culture affects people’s identity. In a 'You Can’t Ask That' style kinda panel facilitated by our GSEs it will be a great event talking about B&G culture and the party that night.
- **BAGMA Dinner – Veggie Chili Con Carne | 6-7pm | B&G Kitchen** Come down and join us for dinner before the commencement of tonight’s festivities! As always, Vegetarian and Vegan options are available.
- **Freedom Party | 7:30-9:30pm |** Arguably one of the biggest events on the B&G calendar, the 2020 Freedom Party is guaranteed to be a night to remember. Wondering what to wear? The only brief is to be free and be proud. We’ll be kicking it off early in the B&G Lounge then heading out to the CUBE to dance the night away!
- **Pizza and Ice Cream | 7-9pm | Meet in Central** Who doesn't love free food? We'll be taking a special group (you!) to Dominoes for pizza, and then Messina (aka the best ice cream ever!!) for dessert! Also you'll get a fine chance to hang out with other residents in a quieter scene. Meet inside Central at 7pm for a walking group to and from this cherished opportunity of food (tip: take advantage of every chance you get for free food!). Sign up is essential – check the noticeboard outside central!
- **After Party at Cube | 10pm-12am | Meet in Central**

Wednesday 19th February

- **Morning Exercise – Yoga | 9am | Lounge** With all that's going on during the craziness of O Week, there's no better way to start your day than with some Yoga Run by ANU Sport!
- **Brunch | 11am | AB Courtyard** Get ready for the day with a tasty brunch, cooked with love by your BAGMA team.
- **ANUSA Market Day | 10am-4pm | Kambri** People always tell you there is a club for everything at university, and they are not wrong at ANU! Head along University Ave, and you will find a stall for almost anything. This day is a great opportunity to find a sports team, political group, special interest and so many more. Clubs and societies are a great way to meet new people outside of college – so get out there!
- **Holi Festival |3-5pm | CD Courtyard** Internationally known as the “festival of colours” and a celebration of the arrival of spring in hindu religion, welcome to B&G’s very own (early) Holi festival! Get all painted up, enjoy some delish traditional Indian food, and celebrate the multicultural community we have here. We wouldn't wear anything too precious to this event – its definitely going to come out the other end looking like a rainbow!
- **Just Dance / Games Night in Lounge | 7-10pm |** Join us for a fun night of dancing, games and snacks in the lounge and games room! Expect to bop along to your favourite tunes, your games or perhaps a night of Mafia?
Thursday 20th February

- **Morning Exercise – Touch / Social Sport | 9am** | Meet in Central
- **Coffee Crawl - Meet in Central | 9-11am** | It's legally required of all Canberrans that they be coffee connoisseurs. Required as a foundational element for the immediate and mandatory transfer of ANU student to personality-deficient Australian Public Servant, an orientation period for any new ressies wouldn't be complete without a tour of the best cafes in the area. This coffee crawl will more expansively hit a few more cafes in the Braddon and Civic areas. Have your keep cups at the ready and prepare to glean the bean.
- **Drop Everything and Read | 2-4pm** | CD Courtyard The name says it all – it's time to Drop Everything and Read! Come join us in CD courtyard as we spend the afternoon having a little wind down amidst the craziness of O Week. All you need to bring is yourself and the book you've been wanting to read. We'll be providing some snacks too, come and hang out with us from 2pm!
- **BAGMA Dinner – Veggie Burgers | 6-7pm** | B&G Kitchen This is your last BAGMA provided dinner in a little while, you better come to the kitchen and make the most of it! Vegetarian and vegan options, as always, are available.
- **Blochaus | 6-8pm** | Meet in Central Ever feel like rocking up to be boulder than most? A passionate heights-enthusiast or just wanting to experience climbing with no line for the first time?! BlocHaus holds Canberra's largest bouldering facility and ropes in all eager climbers! Don't belayed to the sign-up sheet in Central!
- **Not Panicked at the Disco Party | 7:30 – 10:30 pm** | If you're into flared pants, platform heels and everything 70s, this is the party for you! We've got everything except for a light-up dance floor. There'll be your favourite throw-back tunes and themed cocktails guaranteed to take you back in time. Start practising your best dance moves for a night of disco dancing to remember.
- **Morning Exercise – Bike Ride |9am|** Join us on this lovely Friday morning for a bike ride around Lake Burley Griffin! We'll be back in time for Brunch!
- **Brunch | 11am** | CD Courtyard Get ready for the day with a tasty brunch, cooked with love by your BAGMA team.
- **Blochaus | 1:30-3:30pm |** Ever feel like rocking up to be boulder than most? A passionate heights-enthusiast or just wanting to experience climbing with no line for the first time?! BlocHaus holds Canberra's largest bouldering facility and ropes in all eager climbers! Don't belayed to the sign-up sheet in Central!
- **ANUSA Friday Night Party | 4-11pm |** A great way to end a week of partying is to enjoy a night of live, Australian music to celebrate the end of ANUSA O Week. Buy your tickets on Moshtix (through the ANUSA Facebook page) and get ready for an unforgettable night!
- **Kambah Pools | 11am-4pm |** Bondi? Cottesloe? Byron? Kambah? Kambah. The best beach is right here in Canberra! Kambah has always been given bad press for its lack of beaches, however we have got you covered with our Kambah Pools trip! Kambah pool is a beautiful section the Murrumbidgee River, with many options for swimming, tanning and sports on the banks – you can almost taste the salt water! Make sure to pack your sunscreen, water bottle and a towel, we will be getting a bus down to Kambah, meet out the front of central at 10:50am! We will be right back in time for our Open Mic Night – don't miss out, we can guarantee some fun in the sun. Sign up on the sheet in Central is essential for a spot on the bus, however you can always find a friend with a car and make your own way down to Kambah Pools!
- **Open Mic Night | 6-8pm |** CD Courtyard Are you ready for an evening featuring some of the best talent B&G has to offer? Get excited for Open Mic Night! Any talent is welcome – from singers to musicians to poets! This event is also a mixer with Unilodge and Fenner Hall, so it's a great opportunity to see arts culture at its finest and get to know some other ressies! This O Week event is the perfect way to celebrate the end of the week. Please message arts reps Yasmine and Ellie if you're interested in performing! There will be a BBQ from 6:30pm and performances will start at 7pm – make sure you're around to mingle with Fenner and Unilodge and grab that free food!
“Ohhh we’re from Spiderland
A fighting fury we’re from Spiderland
In any weather you will see us with a grin
(hey!)
Risking head and skin (hey!)
If we’re behind we’ll never mind
We’ll fight and fight and win
Oh, we’re from Spiderland
We never weaken till the final siren goes
Like the spiders of old,
We’re strong and we’re bold
Oh, we’re from Spider - THE RED AND
THE BLACK
Oh, we’re from Spiderland.”
Meet BAGMA

Meg: President

Originally from Mackay, QLD, our loveable President Meg travelled far and wide to find B&G... and we're glad she did. Despite her down to earth nature her dog, Daisy-May, potentially has the most pretentious name possible. She's already filled her kitchen cupboard with Peanut Butter to fuel her fully fledged addiction. You might find her swapping a meal for sneaky jar of PB (Crunchy or Smooth, or both!) She controversially has no preference either way. She's grown up watching Dance Moms but has sworn an oath to not turn Abby Lee Miller on the committee, the same promise has not been made to the B&G Dance Crew this year so beware... If she's not practising her Irish Dancing or watching an early Hugh Grant film you might actually find her studying the same thing as everyone else at ANU, Law/PPE. But rumour has it, she's only interested in criminal law to advance her true dream of writing true crime and becoming the next Agatha Christie.

Kez: Vice President Comms & Media

Hailing from melbourne, Kez Roy is one of your Comms and Media Reps for 2020! Never without a smile on her face, Kez is a second year midway through a degree crisis, just ask her if she is studying IR, Languages or Development - it changes everyday! Nonetheless Kez is a lover of all things politics and this year will be busy as she has sold her soul to UN Youth and is organising the territory conference for the ACT. A self-proclaimed "Basic Melbourne Hipster", Kez is a coffee addict, bi, live music fan and really, really into photography. catch this ray of sunshine at most B&G events taking photos and heckling her friends, and on the dance floor during O Week showing off her daggy dance moves. Constantly craving attention, feel free to come and have a chat with Kez, she gives the best hugs! she's got a big 2020 vision... If only her eyes did too.
Eleanor, your 2020 BAGMA secretary, hails from the traditionally working-class, blue-collar hub of Richmond on the banks of the Yarra in Melbourne. As part of her commitment to originality she studies Law/PPE and wears Birkenstocks, so she really stands out the ANU. Ever the traveller, she enjoys spending time with her extended family near the scenic Great Lakes of Canada or casually residing in Lille, France; were she not inhibited by a vegan-diet-inflicted iron deficiency she might otherwise turn her hand to hiking or something. She enjoys a good coffee (if you’ve got oat milk, obviously), and can often be spotted ripping into yoga while sporting gear snapped up at a Lululemon outlet sale (literally, if ‘Melbourne’ was a person it would be Eleanor). However, this in no way affects her passion for minuting every BAGMA meeting with frightening precision and sourcing sponsorships like she’s selling a pyramid scheme (currently working on Moose). Come catch her for a chat anytime (or a haircut, she gives those out too!).

Johann is a second year studying Science and Economics. As your Treasurer for 2019, he’ll not only promise to look after your BAGMA budget, but also promise to treasure your redback smiles & hearts. Despite just being another soy boi from Sydney’s north shore, Johann only has 3 personalities: IB (please come chat to him about it!), Ultimate Frisbee (he’s a huge nerdy athlete) and colourful clothes (he’ll bring out his banana shirt sometime, and did you know he has 2 weeks-worth of funky socks?!). As a wild party animal, Johann knows every word to Katy Perry’s Hot & Cold, so be sure to catch him in his second home at Upstairs Moose (#bestclubincbr). Is it Thursday yet?!
Surprise, surprise! Your 2020 Social Rep Annie is from Sydney AND does PPE! Absolute shocker. But something that sets her apart from this rare BnG demographic is her foray into languages, specifically español, and her penchant for South American alpaca ponchos. If she isn’t trekking across the Himalayas, or finding herself in Europe, you can probably expect to see her donning the red and black on the sports field. You might not see her during Res and O-week (see before: travels) but expect to see her running the raddest parties and events this year! (and maybe even Mafia if she learns the rules instead of just the theatrics!!) As the name goes, she’s quite social so come up and say hi if you see her around!

This is Maisie, your green-loving Enviro Rep for 2020. She hails from the minimal Wooragee, in VIC (which is near Beechworth, which is near Albury). Have you heard of Albury? Surprisingly she spent 6 years in the circus which suggests her juggling skills for this year should be elite. Given she’s your Enviro Rep, its a bonus her passion also lies in the environment. Chances are you’ll find Maisie asking people whether she should change her minor or not, and/or asking on Banter if absolutely anyone has located her possessions that have disappeared under suspicious circumstances.
**Bella: Culture**

B&G is very blessed to have Jess Lowry as Community Rep in 2020. Currently a second year Law/Science student, she has moved her quest to find the nation’s best chai from Melbourne to the capital. You can find Jess pouring over the news (she’s potentially the only person under 20 who still reads it) or chatting about all things green on her Woroni Radio show with Greens Rep Maisie. She regularly goes by the nickname ‘Dancing Queen’ both as a result of her groovy moves in Upstairs Moose and her ABBA Obsession. She passionately believes that Mamma Mia 2 is the best film of the 21st Century and I don’t think you’ll be able to change her mind. While she may seem lovely, she definitely isn’t so nice on the basketball court. Also, be warned! If she asks you about running, don’t respond! She’s trying to convince you to join the cult otherwise known as ‘IB’. While B&G is famous for its bouts of scurvy, Jess has certainly not fallen victim. You’ll regularly find her in the kitchen cooking up veggies or with yoghurt and spoon in hand. She’s super keen to chat about all things skiing and community in 2020!

**Jess: Community**

Say hi to the culture rep of 2020 Bella Pentland! You might have to get past her security though; it’s no secret that she’s a massive BNOC. She is currently in second year studying IR. Find her in the kitchen cooking her dumplings 6pm to 3am while she is “studying”. She’s approachable and always keen for a chat. This shy and begrudging recipient of last year’s ‘upcoming BNOC’ award can be summarized into three aspects: dogs, gang of youths and DID YOU KNOW SHE WENT ON A GAP YEAR. Originally from Melbourne, it’s Bella’s job to help you get decked out in merchandise, find your soulmates in RAOK week and then help you betray them in murder week. This resident pranker and prankee (ask her about her first year escapades) is a truly loving and caring soul but ultimately her heart is reserved for the one and only Liam Payne.
Introducing one of your 2020 International Reps - Nero. She comes from a tiny island that you can't even see on the world map called Singapore known for its diverse cultures and ethnicities. Nero is doing her Bachelor in Criminology and has trained in Indian Classical Dance for 16 years. (wow so cool!) She loves to have people come guess her age, so please don't be intimidated by her RBF. You can often see her with massive eyebags, trudging around the kitchen but don't fret, she's just sleep deprived.

Khushi: Reigning from New Delhi in 2018, Khushi is one of your international reps for 2020. She's studying Arts/Law, so it's surprising she's ended up at ANU and not Sydney Uni. She loves any Indian Food, but also Mexican. Loves Mexican. Also loves Melancholic Indian Music, Mexican Tunes, and African Techno. Self labelled the 'innocent' one of her friends, you'll hear her say 'I'm not going to moose'but then catch her there after being blackmailed by one of her friends. If she's not at moose, or in the kitchen, you'll find her at Club Lime at weird hours of the night. She would do anything for her friends, and just really loves a chat. So come have a chat!
Yas: Arts

Introducing Yasmine, your arts rep for 2020! Hailing from sunny Perth, but proudly full-blooded Iranian, Yas is a fan of good times and good tunes. You can always find her causing a ruckus in one of the music rooms banging on the drums or jamming out. You might already know the name considering she’s a c-grade celebrity with an album on spotify! She’s not just a muso though, she’s one of those unique PPE students (you won’t meet many in Canberra!) but she also chucked in Development studies to spice things up. Be careful with your interactions with this one, she was a part of the infamous A2 and Rbay cult of 2019. Don’t drink that cool aid… They’re way too in love with each other. Find Yas in the kitchen or giving herself a new haircut or tattoo.

Ellie: Arts

Say hello to Perth-born and Melbourne-based Ellie! One of your B&G Arts Reps, come chat to her about any and all things arts (but especially production- did you know Ellie did the B&G production?!). A second year Arts/Law student, she’s one of the least argumentative of her kind you can find around campus. Among her friends, she is known as the ‘scarlet woman’ for how easy it is to make her turn bright red. Come chat to her about all things fantasy novels and d&d in the kitchen- you’ll be most likely to catch her in the bright hours between midnight-5am :)
Rachel is so many classic things. She is a travel bug, tree loving, wine enthusiast hailing from glorious Sydney. She is studying Art History, curatorship and PPE but has a dream of ‘doing something with wine’. You can find her holding a camera, trying to capture the joyful moments of life while laughing at her own jokes. Known for her love for coffee and everything nature, she is this year’s Commons and media rep. If you meet her ask her about her gap year or about her bushdoof experiences. She will never laugh at you but always with you. Also, she is short.

Angus is one of your sports reps for 2020! He lives on a farm in Marrar, just outside of Wagga if you didn’t know already. Yes, he is named after the beef (I guess you are what you eat). You will never not see him eating a steak in the kitchen in his quest to balance out all the vegans at B&G. Angus couldn’t decide what to study, so he just did everything (law/science) and lives vicariously through a good political drama on Netflix. Angus was first year sports rep last year, so surprisingly, he is perhaps the most qualified person for the role. Angus is super happy to play, or chat shit, with you about basically any sport, despite being horribly underqualified to do either of those things for all but two of them. Angus is never at B&G on Saturdays due to his misplaced loyalty to his hometown cricket team, probably stemming from a fear of change. He has an impressive knowledge for knowing which twin is which, a talent that is only helpful never. Don’t be surprised when you see Angus at the Melbourne Comedy Festival in the future, his comedy routine is bound to make you laugh.
Adam: Sports

Adam, born and raised in the small country town of Sydney in NSW will be one of your Sports Reps in 2020! He is going into his third year of a Bachelor of Psychology and doesn’t intend on finishing any time soon. Adam plays a fair bit of AFL, supports the Swans and is more than willing to teach you the Spiderland song word-for-word and note-for-note! You will most likely find him in the kitchen (not necessarily cooking) or in the lounge pursuing his newfound passion for Just Dance. Please don’t be bothered is he asks to be let into Central or any of the blocks, as his ID card will often go walkabout.

Mia: Sports

Hailing from the hipster streets of Melbourne, you’ll find your sports rep Mia encouraging you all to take part in every single sport, like she did in previous years! Mia is studying a double in International Relations & Political Science and has an absolute passion for all types of junk food. If you’re craving chips, burgers, pizza, kebabs or anything similar, she’s your expert for you to contact! She goes on runs nearly daily and has been to 23 countries #didyouknowIwentonagapyear?! #culturalexperiences She loves the redback spirit, but like many here at B&G really despises spiders #whydidimovehere Her special talent: falling asleep extremely quickly. Mia is super excited to round all of you typically non-sporty residents to try out new fun sports! Prepare yourself B&G!!!
Meet Your Senior Residents

**A Block**

**Mili Music:**
**Rates:** Cats, Dance and Languages  
**Hates:** Snakes, Heights and Summer

**Annalise Harrington:**
**Rates:** Long runs along the beach, Dogs that get a fright when they sneeze when and everything is sparkly after rain  
**Hates:** Loud obnoxious cockatoos accidentally going to the wrong lecture for two weeks and when you forget about your cheese

**Andrew Moran:**
**Rates:** B&G Hockey, A decent sleep-cycle, and Earl Grey tea  
**Hates:** B&G Fire alarms, Boiled eggs, and Cats (the movie and the animal).

**Kais Lee:**
**Rates:** Peruvian Ceviche, The amazon rainforest, Choc mint ice cream  
**Hates:** Instant store bought food, Bad soccer refs, Ecuadorian ceviche
Kate Boulter: B Ground

**Rates**: Peanut butter, Body pump, People who can cook (for me!)

**Hates**: Balloons, Scary movies, Bad coffee

Tom Giles: B 1

**Rates**: The Beatles, Hoodies and climbing

**Hates**: Labels that don't come off easily, shoe laces that are too short and forgetting nail clippers on holiday

Shalini Raj: B 2

**Rates**: Scandinavian crime fiction, Britpop and indie alternative music and Lemons

**Hates**: those inflatable air dancer wavy things at car dealerships, Conformity, Garlic except on garlic bread

Annie Liddy-Corlett: B 3

**Rates**: Falafel, Ocean and Fun things

**Hates**: Cats, Musicals and Rating things
MEET YOUR SENIOR RESIDENTS

C BLOCK

LAURA TWIGGER: C GROUND

Rates: brunch, self care and TikTok
Hates: the sound of chewing, chatter in libraries and TikTok

JOSH YEEND: C 1

Rates: danger naps, fun and quirky op shop hauls and nachos with a cheese to chip ratio of at least 2:1
Hates: squishy overripe mangos, aussie slang that deviates from adelaide standards and authority figures

MAIKA KUMADA: C 2

Rates: food stall markets, amusement parks, cooking
Hates: flying in planes, anything haunted, baking

LUCY SKELDON: C 3

Rates: Snow, Triple Strength Vegemite, Bird Memes
Hates: Sand in socks, Slides, Littering
MEET YOUR SENIOR RESIDENTS

D BLOCK

Aaron Pattinson:
D Ground

Rates: History, Grease Monkey, Board Games
Hates: Spiders, Clapping at the movies and Musicals

Zenia Vasaiwalla
D 1

Rates: soy lattes, people being kind to each other, bullet journals
Hates: green tea, people being rude to each other, the destruction of our environment caused (in part) by the animal agricultural industry

Shannon Villal
D 2

Rates: a good sale, nandos, girls you meet in the bathroom on a night out
Hates: rude people, unsatisfying restaurant food, magpies

Leo Rice:
D 3

Rates: Bruce Springsteen, The Office (US) and Rugby (Union)
Hates: Loud Chewers, Entering a Room and Forgetting Why and Forgetting to cancel a subscription before the free trial ends and then having to pay for a month
Vegnesh and Natali are your two Community Coordinators (CCs) for 2020! Don’t let their young faces fool you as they’re both halfway through their 3rd year at B&G and the ANU. This dynamic duo, a.k.a. the ultimate power couple (of best friends), oversees the Senior Residents, Academic and Spiderbites Teams at B&G. As staff members, they can be found in the CC office during the day. However, you’re more likely to find them in the evening grabbing a snack at Spiderbites or playing Just Dance in the lounge.

Vegnesh is finishing his Bachelor of Medical Science and hails from Malaysia! As the International Rep in BAGMA 2018 and a Senior Resident in 2019, he hopes to bring his passion for B&G and friendly personality to the CC role in 2020. He’s obsessed with watching TV shows, loves socialising with friends and enjoys a good night out with fellow Redbacks!

Natali studies a double degree of a Bachelor of International Relations and Commerce. Although she comes from Brazil (no, not from Rio), she has a German background. Like Vegnesh, Natali is also passionate about B&G and is driven to make it a fun and safe home for all of its residents. In her free time, she enjoys working at Mount Majura Vineyard, doing rogaines and going bouldering (if you don’t know what any of these are, come have a chat to her).

Another little fun fact about your CCs, they’ve both been friends since their first few days at B&G! You never know, that unknown face in the breakfast bar or in the kitchen might just become a good friend of yours in the near future. Feel free to say hi if you see your CCs around!
My name's Jules - I'm one of your Alumni Engagement Officers for 2020! I'm really looking forward to meeting you. I'm in my fourth year of Law and PPE (but you could probably guess that from spending 20 seconds talking to me) and I'm really passionate about food, politics and talking to my friends. (I talk a lot.) Having spent four years at B&G now, I absolutely love it - and I hope you will too! I'm really excited to get to work as an Alumni Engagement Officer with you all. If there's anything I can do to help you with academic, extracurricular or internship advice, feel free to shoot me a message anytime. Between shadowing some of the best lawyers in the country, spending two months interning for the United States Senate and surviving swimming with a school of sharks, I'm sure I can help prepare you for just about anything your career can throw at you.

Hi my name is Poorva and I'm one of the Alumni Engagement Officers at B&G for 2020, and very keen on providing my services to the lovely residents and the alumni. I am only about to begin my second year pursuing Economics. I moved into B&G somewhere in the middle of my first semester at ANU and instantly felt like home despite being thousands of miles away from family in India. I wish to give back a great deal to the community and the people who've been so warm and supportive all along. My responsibilities as an Alumni Engagement Officer broadly consist of assisting the residents with their interests, questions and curiosities regarding mentor-mentee programs, keeping them updated with the success stories of our alumni and fostering cordial relations between the alumni and the current residents. Apart from that, I am more than just happy to be of any help to all our residents at B&G. I am personally a huge advocate for mental health awareness and care and would love to be there for anybody who needs me whenever.
**Cultural Development Officer**

Hi! My name is Claire (she/they/he) and I'm your Cultural Development Officer (CDO) for 2020. I'm a fourth year uni student from Brisbane, and you can usually find me around B&G reading, but otherwise I'm probably holed up in my room because I accidentally bought myself a Playstation (whoops). As CDO I'll be vibe checking B&G and promoting an inclusive and respectful culture for all of us, and making sure every resident has the support they need.

**Mental Health Educators**

Mental Health Educators at B&G are here to advocate for a culture at college where positive and constructive outlooks on mental health are valued! Whether its through events, workshops or posts on official, we're here to promote healthy attitudes towards mental health.

From rainy Melbourne, Abi is in second year of an IR/Arts degree. She loves cooking and is of course super passionate about mental health.

Now in his third year at B&G, Nathan can mostly be found in the kitchen, baking late into the night. Studying psychology, he has a passion about everything mental health related.
Hey wonderful people reading this! My name is Franklin Hooper but you can just call me Frank. I'm one half of your awesome GSE team this year. Let me introduce myself properly. I'm a second year art student trying to flee to a new degree and will probably tell you about that within 5 minutes of meeting me. I'm also a proud Territorian (that's the Northern Territory thank you) and will happily tell you stories about growing up in "the outback". I love cooking to procrastinate but hate following recipes and the best place to find me most of the year is either my room or the kitchen. I'm the only Franklin Hooper on LinkedIn (for real) and like to think I'm super approachable so feel free to come up and say hi at any point. I look forward to meeting as many of you as possible throughout the year. Welcome to BnG

Heya! My name is Jie-Li Chen McIntyre, and I'm one of your GSEs for 2020! I'm in my second year of figuring out which degree I actually want to do (I'm currently doing International Security and Political Science, but watch that change in about four weeks of starting classes). Like half of the students at ANU, I come from the super funky city of Melbourne, and will gladly give you a list of all my favourite hot pot/kbbq/ramen/pho joints in town. I love weird, queer, and nerdy things (thank you tumblr circa 2014), and will gladly give you a tarot reading, do your makeup, or help cut/dye your hair. Come and say hi if you see me around anywhere, I'm always keen for a good chat! I can't wait to get to know you all, and I hope you have a great year!

The GSEs run events that celebrate the diversity of the college, and provide support and community. The GSEs advocate for the wellbeing and inclusion of everyone at B&G by running events based around open discussion, pride, wellbeing and the education around topics like gender and sexual diversity, sexuality and safety in relationships.
SPIDERBITES

Spiderbites are the team that will provide you with lolly cups to help you get through a long study sesh, a place to grab a drink (alcoholic or non-alcoholic depends what you like!) or to grab some garlic bread and/or popcorn to start a movie night off right.

Spiderbites (or as its affectionately known as spidey's) is open from 7pm-10pm and is here to cater for all your late night and study snack needs!

Hamish Blackmore - Spiderbites coordinator
Hiya, I'm a third year history student from Gerringong, NSW. I'm a bartender at Badger & Co., but my greatest skill is being able to waffle on for hours about pointless facts and ideas that no one really cares about... which is 40% of the reason why I'm going to become a good historian one day; I'm already halfway qualified.

Emma Summerhayes - Spiderbites assistant
Hiya, I'm Emma. I'm studying a FDD of PPE and Economics... So PPE² ?? I really like Messina and cereal so always happy to talk about these things, and other things - like skiing. Always keen on a yarn so swing by for quality chats and quality milkshakes!

Olivia Gompes - Spiderbites assistant
Hi everyone! My name is Liv and I'm about to start my second year in Bachelor of Arts majoring in Psychology and Bachelor of Business Administration. I'm from, you guessed it.. Sydney, am a strong advocate for peanut butter m&ms and will happily talk your ears off about the wonders of the Beem It app.

Frendo Allsop - Spiderbites Assistant
Hey There! My name is Frendo and I am studying a double bachelor in Political Science and Public Policy. I hail from the safe Labor seat of Newcastle, where I learned to cut shapes so effectively. I am a capricorn, a fan of Peep Show and a poser skateboarder. Very keen to meet ans/or have a yarn with the new ressies of 2020!

Kaia Parlevliet - Spiderbites Assistant
Hi y'all, i'm a third year studying a double degree in Astrophysics and Philosophy. I'm a Melbourne gal through and through, and drink enough coffee to show it. I will happily ramble on for hours about good books or the weird, obscure music i listen to.
ACADEMIC TEAM

The academic team is here to help with all your essay, assignment and exam needs! Whether you’re cramming last minute or need someone to go through a fourth draft of an essay you want to get an HD; the academic team is here to help! Someone will always be in the B&G Library for 2 hours every evening, so pop down and say hi! Your team consists of:

Amber Condell who is in her third year and studying a Bachelor of Genetics (minors: chemistry and science communication). She is an active user and a big fan of the 1999 internet flash game ‘Neopets.

Su-En Hia is a 2nd year Bachelor of Laws/Bachelor of Science and lives for Love Island and her elbows and knees are double jointed!

Trinity Trantino is a 2nd year Bachelor of Science - Major/Minor in Physics & Science Communication and loves painting, thunderstorms and watching baby sloth compilation videos when she’s sad.

Anushri Goswani is a 3rd year Bachelor of Law and Bachelor of Economics fan is a huge nerd and collect really old coins and currency from different countries.

Georgia Cody is 2nd year Bachelor of International Relations and was born tongue tied!

Derrick Appel is the IT member for 2020 and in his second year of PPE and absolutely loving it. If you don't see him at academic drop-in sessions, catch him going for a run or stress-cooking in the kitchen.
Hey guys!! Welcome to Burton and Garran Hall. Every week Connor and Ryan from the Transport team will be doing weekly shopping trips. Monday and Friday 5.15pm -7.00pm. Join the BnG Transport 2020 Facebook page for more information, which will be advertised on B&G Official.

Name is Connor, am one of your Transport Officers for 2020. I play a lot of video games, listen to a lot of loud music. Big (huge) fan of beer, too. Studying a variety of social sciences, trending towards a criminology major.

Hey Redbacks! I'm Ryan and I'm a third year engineering student from Kuala Lumpur. Together with Connor, both of us in the transport team will make your trip to the shops a mind boggling one! Selamat datang and welcome to BnG!!
COLLEGE WIDE EVENTS

HERE'S A SCHEDULE OF ALL THE AWESOME EVENTS THIS YEAR THAT WE COMPETE IN - WHATEVER YOUR SKILL LEVELS, IF YOU'RE INTERESTED, HAVE A GO!

ARTS

SEM 1
- Trivia - week 1
- Debating - week 3
- 40 hours of film - week 5
- Big night out - week 8
- Spelling bee - week 10
- Dance night - week 11

SEM 2
- Art show/creative writing - week 2
- Chess - week 4
- Theatre sports - week 5
- Public speaking/poetry slam - week 8
- Choir - week 10
Each term B&G offers a variety of sports, with which residents of all athletic abilities are encouraged to become involved. Interhall sport is a fantastic way to meet new people both within and outside of B&G, keep active, learn or improve your skills and support the Redbacks. We strive to make sport an inclusive and positive experience for everyone involved... so if you train, you play! Whether you are playing, spectating, umpiring or coaching, get around B&G sport this year!
INWARD BOUND (IB)

Imagine being blindfolded, disorientated, and driven through the night to a secret drop location in the middle of the bush. You and your redbacks team of 4 traversing across plains, bashing through forests, navigating over mountains with the final goal of reaching an endpoint. Hearing the sounds of cheers and screams as you cross the finish line, having pushed yourself farther than you ever thought you could go. This is IB. No experience in running/navigating is needed at all.

Keep an eye-out on B&G Running Club on Facebook for more information and look out for a fun, beginner-level introductory rogaine on Sunday, 1st March! Come chat to your coaches Beth, Damo, Emma, Jess, Johann, Julius, or Oli if you want to know more.
Now you’ve met the loveable BAGMA team of 2020 and know how great we are, we’d like to invite you to join us in becoming a first year BAGMA rep! There are three positions available - First year Arts rep, First year Sports rep and First year Social rep.

Have a chat to any of the Arts, Sports and Social Reps to get an idea of the role/s, as well as what it’s like to work with an incredible group of people that love B&G. You’ll be a representative for the voice of the first-year residents of B&G, and will get to organise awesome events, create exciting initiatives and improve life at B&G for all residents. More information about the election process will occur in Term 1, so keep an eye out!
# Important Contact Details

## Crisis Support

**Urgent, dangerous or time-critical situations:**

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Emergency</strong></td>
<td>24-hour emergency assistance (Police, Fire, Ambulance)</td>
<td>000 112 (GSM mobiles)</td>
</tr>
<tr>
<td><strong>ANU Crisis Support Line</strong></td>
<td>5pm-9am Weekdays, 24hrs Weekends/Public Holidays</td>
<td>Phone: 1300 050 327</td>
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<td></td>
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<td>Text: 0488 884 170</td>
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<tr>
<td><strong>ACT Crisis, Assessment &amp; Treatment Team (CATT)</strong></td>
<td>24-hour mental health emergency access &amp; support</td>
<td>1800 629 354 or 6205</td>
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<td><strong>Lifeline</strong></td>
<td>24-hour telephone counselling - Cost of local call (fixed lines)</td>
<td>13 11 14</td>
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<tr>
<td><strong>Kids Helpline</strong></td>
<td>24-hour crisis line for people aged 5-25 years</td>
<td>1800 551 800</td>
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<tr>
<td><strong>Suicide Call Back Service</strong></td>
<td>24-hour crisis counselling and call back</td>
<td>1300 659 467</td>
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<tr>
<td><strong>Domestic Violence Crisis Service (DVCS)</strong></td>
<td>24-hour domestic violence crisis assistance</td>
<td>6280 0900</td>
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<tr>
<td><strong>1800 RESPECT</strong></td>
<td>24-hour national sexual assault &amp; domestic violence crisis counselling line</td>
<td>1800 737 732</td>
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<tr>
<td><strong>Mensline</strong></td>
<td>24-hour telephone counselling &amp; support for men</td>
<td>1300 78 99 78</td>
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<tr>
<td><strong>Alcohol &amp; Drug Information Service</strong></td>
<td>24-hour information, advice, &amp; support for those affected directly or indirectly by drug &amp; alcohol issues</td>
<td>6207 9977</td>
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<tr>
<td><strong>HealthDirect</strong></td>
<td>24-hour medical &amp; health advice line staffed by registered nurses</td>
<td>1800 022 222 or 6207 7777</td>
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<tr>
<td><strong>Poisons Information Line</strong></td>
<td>24-hour advice by medical professionals on acute or chronic poisoning</td>
<td>131 126</td>
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<tr>
<td><strong>ALTERNATIVE SUPPORT</strong> <em>(during business hours, free or low cost):</em></td>
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<tr>
<td><strong>ANU National Health Co-op (NHC)</strong></td>
<td>On-campus health service staffed by doctors and nurses</td>
<td>6178 0400</td>
</tr>
<tr>
<td><strong>ANU Counselling Centre</strong></td>
<td>On-campus free counselling for currently enrolled students</td>
<td>6178 0455</td>
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</tbody>
</table>
| **Headspace Canberra** | Mental health & substance use support & treatment (12-25 years) | 5109 9700  
E: hs.canberra@marathonhealth.com.au |
| **The Junction Youth Health Service** | Free health service for people 12-25 years old (includes counselling) | 6232 2423  
E: junctioninfo@anglicare.com.au |
| **Salvation Army Counselling Service** | Counselling & psychology (City & Tuggeranong locations) |  
Web: salvoscounselling.salvos.org.au |
| **CatholicCare** | Case management, outreach, counselling & support (e.g. youth, family, disability & aged care) | 6162 6100  
Web: catholiccare.cg.org.au |
| **Directions ACT** | Drug & alcohol support & counselling service | 6132 4800  
E: reception@directionshealth.com |
| **Canberra Rape Crisis Centre & SAMSSA** | Counselling & ongoing support for those affected by sexual assault | 6247 2525  
or 0488 586 518 (text only)  
7am – 11pm phone support |
| **ACT Women’s Health Service** | Nursing, counselling & medical support for disadvantaged women | 6205 1078 |
| **General Practitioner** | Can create a mental health treatment plan |  
Level 2-3  
28 University Ave  
Canberra City ACT 2601 |
| **Interchange General Practice** | GP, often with less waiting time than ANU Health. Each doctor has a small bio on the website. | 6247 5742  
Level 2-3  
28 University Ave  
Canberra City ACT 2601 |
Mental Health Website Resources

- **ANU Counselling Centre** – online brochures (e.g., homesickness, relationships, coping with a crisis, managing exam anxiety) and other useful links, [http://counselling.anu.edu.au/](http://counselling.anu.edu.au/)

- **Mind Health Connect** – an electronic hub of Australian mental health services and resources, providing high-quality information across a range of services and needs, [http://www.mindhealthconnect.org.au/](http://www.mindhealthconnect.org.au/) (also on Facebook and Twitter).


- **Beyond Blue** – national organisation offering information and advice on mental health issues especially depression and anxiety, [http://www.beyondblue.org.au/](http://www.beyondblue.org.au/)

- **Black Dog Institute** – offers evidenced-based information and resources on depression and bipolar disorder, [http://www.blackdoginstitute.org.au/](http://www.blackdoginstitute.org.au/)


- **MoodGYM** – a free interactive online program teaching skills to cope with life’s problems, including CBT for preventing depression, [www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

- **Reach Out** – an interactive site for young people with help, information, and support for a range of issues, including fact sheets, stories, forums and videos, [http://au.reachout.com/](http://au.reachout.com/)

- **The Unabridged Student Counselling Virtual Pamphlet Collection** – a collection of information pamphlets from many universities on issues ranging from relationships to study tips, relaxation strategies and sexual health, [http://www.dr-bob.org/vpc/](http://www.dr-bob.org/vpc/)

- **Authentic Happiness** – focuses on developing positive emotions and strengths, [http://www.authentichappiness.sas.upenn.edu](http://www.authentichappiness.sas.upenn.edu)


- **Find a Psychologist (The Australian Psychological Society)** – an online search tool to help you find a psychologist to suit your needs ([www.psychology.org.au/FindaPsychologist](http://www.psychology.org.au/FindaPsychologist)) Alternatively, you can call: 1800 333 497 or email: referral@psychology.org.au