

Activity Timetable – O’Week 19 – 23 February

| Monday (19 Feb) | Tuesday (20 Feb) | Wednesday (21 Feb) | Thursday (22 Feb) | Friday (23 Feb) |
|---|---|---|---|---|
| Oasis & HCD Stall (BP - Student Hub) 10 am – 3 pm | Oasis & HCD Stall (BP - Student Hub) 10 am – 3 pm | Oasis & HCD Stall (BP - Student Hub) 10 am – 3 pm | | |
| | Oasis & HCD Stall (Tonsley) 11 am – 2 pm | Oasis & HCD Stall (Sturt) 11:30 am – 2:30 pm | Oasis & HCD Stall (Sturt) 11:30 am – 2 pm | International Welcome Event (BP - Student Hub) 11:30 am – 2:30 pm |
| Intro to Oasis Wellbeing Programs in 2024 (Oasis + Live Stream) 1 pm - 1:30 pm | Oasis & HCD Stall (Sturt/Paramedicine) N250 2:30pm-4:30pm | Come ‘N Try Meditation Session 1 (Multimedia Hub) 11 am – 11:15 am | Community Market (Oasis) 11 am – 1 pm | |
| Mindfulness for Academic Success in a Nutshell (Oasis + Live Stream) 1:45 pm-2:15 pm | Intro to Oasis Wellbeing Programs in 2024 (Oasis) 1 pm - 1:30 pm | Come ‘N Try Forest Walk Session 1 (Student Hub) 11:30 am – 12 pm | | |
| | Mindfulness for Academic Success in a Nutshell (Oasis) 1:45 pm-2:15 pm | Come ‘N Try Meditation Session 2 (Multimedia Hub) 12:30 pm – 12:45 pm | | |
| | Writing for Wellbeing (Oasis) 2:30 pm – 3:30 pm | Come ‘N Try Forest Walk Session 2 (Student Hub) 1 pm – 1:30 pm | | |
| | | Intro to Oasis Wellbeing Programs in 2024 (Sturt- L3 Library) 1 pm - 1:30 pm | | |
| | | Mindfulness for Academic Success in a Nutshell (Sturt- L3 Library) 1:45 pm-2:15 pm | | |

Activity Timetable – Connect Week 26 February – 1 March

| Monday (26 Feb) | Tuesday (27 Feb) | Wednesday (28 Feb) | Thursday (29 Feb) | Friday (1 Mar) |
|---|---|---|---|--|
| Oasis & HCD Stall (BP - Student Hub) 11 am – 2 pm | Oasis & HCD Stall (BP - Student Hub) 11 am – 2 pm | Oasis & HCD Stall (BP - Student Hub) 11 am – 2 pm | | |
| | | Forest Walk from the HUB (Student Hub) 11 am – 12 pm | Community Market (Oasis) 11 am – 1 pm | |
| | Flinders Mates in the Plaza (Plaza) 12 pm – 1 pm | Flinders Mates in the Plaza (BP-Plaza/Sturt-L3 Library) 12 pm – 1 pm | Flinders Mates (Oasis) 12 pm – 1 pm | |
| | | Midday Meditation (Oasis) 12 pm – 12:30 pm | | Midday Meditation (Oasis) 12 pm – 12:30 pm |
| | | Conversation Group (Oasis) 1 pm – 2 pm | | Conversation Group (Oasis) 1 pm – 2 pm |
| | | Intro to Oasis Wellbeing Programs in 2024 (Oasis) 1 pm -1:30 pm | | |
| | | Mindfulness for Academic Success in a Nutshell (Oasis) 1:45 pm-2:15 pm | | |