

# External Resources

## ENROLMENT INFORMATION

### Otago

<https://www.otago.ac.nz/courses/qualifications/mbchb.html>

<https://www.otago.ac.nz/infosheets/health-sciences-first-year.pdf>

### Auckland

<https://www.auckland.ac.nz/en/study/study-options/find-a-study-option/bachelor-of-medicine-and-bachelor-of-surgery-mbchb.html>

## GENERAL INFORMATION ABOUT THE UNI STUDY SYSTEM

<https://www.mytuition.nz/articles/high-school/a-guide-to-studying-medicine-in-new-zealand>

## WELLBEING RESOURCES:

<https://depression.org.nz/maori/>

<https://www.healthnavigator.org.nz/healthy-living/t/te-whare-tapa-wh%C4%81-and-wellbeing/>

<https://www.tepou.co.nz/initiatives/te-hikuwai>

<https://www.mindful.org/how-to-be-kinder-to-yourself/>

<https://www.youtube.com/watch?v=qeK3SkxrZRI>

<https://mentalhealth.org.nz/five-ways-to-wellbeing>

<https://www.youtube.com/watch?v=k8kRjxHHAKg>

## MĀORI MODELS OF HEALTH CARE

[https://www.youtube.com/watch?v=odo\\_-Vh2-fl](https://www.youtube.com/watch?v=odo_-Vh2-fl)

<https://teatawhai.maori.nz/resources/overt-and-covert-racism-mispronunciation-of-maori-names-and-the-impact-on-maori-students/>

<https://teatawhai.maori.nz/resource-category/publications/>

<https://www.youtube.com/watch?v=G0kJ34hU-Os>

## MĀORI RESOURCES

<https://www.youtube.com/watch?v=Ag3av-oDQ6s>

<https://www.youtube.com/watch?v=-E5e1cs09xk>

<https://www.youtube.com/watch?v=gclm6uQHxPU>

<https://www.youtube.com/watch?v=G0kJ34hU-Os>

<https://www.youtube.com/watch?v=vf87FyBFBrM>

[https://www.youtube.com/watch?v=FAWK6\\_-sg8M](https://www.youtube.com/watch?v=FAWK6_-sg8M)

<https://www.youtube.com/watch?v=2swxWiWp4al>

<https://www.tvnz.co.nz/shows/te-karere>

<https://www.youtube.com/watch?v=QOzmnOd2EnI>

<https://thespinoff.co.nz/atea/27-09-2021/where-to-find-heaps-of-online-te-reo-maori-resources>