

# UC Pasifika: University of Canterbury, Christchurch

For me to get through the tough times I look within. **Jonah Lomu.** Love who you are, embrace who you are, you are unique. **Serenity Sola.** Humour is a great healing agent. **Tusiata Avia.** Consistent hard work gains success & greatness will come too. **The Rock.** People of the sea who are free, free to choose, free to be. **J Leota & I Ete.** Train with belief you can beat heavyweights in your world. **Joseph Parker.** Awake! Lead our people, come alive & search for knowledge. **T Ingram.** We are with it & savvy we are new vikings of the sunrise. **Dr Melani Anae.** We can compete on a world stage, keep pushing. **Bernice Mene.** We've got the goods, lets take it higher. **Stan Wolfegramm.** Learn to enjoy what you do, & youll enjoy the journey. **B Faumauina.**

Canterbury has been through a lot.  
Thanks for sharing some of the simple  
things that bring you joy.

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