



St Paul's
COLLEGIATE SCHOOL
TIHOI VENTURE SCHOOL

TIHOI KNOWLEDGE SHARING GUIDE



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KNOWLEDGE SHARING

Tihoi Graduates to Tihoi Entrants

WHY: Each time a boy goes to Tihoi and finds the experience hard, it seems like they feel they are the only one who has ever felt this way.

Our hope in creating this knowledge-sharing guide is that this is an opportunity in which the graduates can share some of their experiences with the entrants it might help the next intake to feel more ok about the difficulties they face when they first get to Tihoi.

PURPOSE: To offer wisdom and insight and mentorship about the Tihoi experience so that the Tihoi entrants might take courage and bravery with them into their Tihoi Journey.

A sort of standing on the shoulders of the past intake



BEST PIECES OF ADVICE

What advice would you give to someone going to Tihoi?

- Give everything a go and don't doubt yourself
 - Tihoi is challenging at times, but live in the moment and enjoy it.
 - Don't think that you are alone with how you are feeling, homesickness etc.
 - Savour the time, don't wish it away.
 - Tihoi is what you make of it, try everything.
 - Always try your hardest and never give up, it's all a mental game.
 - You will make it through everything, persevere. It feels longer and harder if you think negatively.
- Don't overthink everything.
 - Go into Tihoi open minded, know that it can be hard, but can also be some awesome stuff as well.
 - When something big is coming just know that there is a finish.
 - You're not alone, whatever you're feeling someone has or is feeling that way too.
 - It sounds cliché, but take every opportunity possible and don't cheat



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TIHOI EXPERIENCE

What do you appreciate most about your Tihoi experience?

- The outdoors
- The pork roasts
- The skills and life lessons I have learned, whether that be outdoor rotations
- Just discipline and the social capacity to live with 7 other boys

- Memories with the tutors and the boys
- Fitness
- How far I have come
- New skills
- Being able to say I accomplished it
- How helpful the staff are



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HEALTHY HOUSE CULTURE

How do we create this?

- | | |
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| <ul style="list-style-type: none"> • Have chats at meals • Let people voice their opinions • Have discussions – but be civil • Treat each House member the same • Respect other's space • Be inclusive • Respect people's different opinions • Communication • Co-operation • Caring • Respecting everyone's opinions • Listen to everyone's ideas • Listen to everyone when they are struggling • Accept other's views • Don't shoot down others • Be patient • Inclusiveness • Respect people's different opinions • Supportive language • Being patient with "each other" • Taking part in everything • Giving 100% effort • Accepting everyone for who they are • Clean up after yourself • BE A TEAM PLAYER!!! • Have a good relationship with each other | <ul style="list-style-type: none"> • Respect people's different opinions • Try to relate to one another • Try to get along even though we may have differences • Have more fun together • Create opportunities to include each other in activities and games • Show some leadership and help one another • Everyone helping around the house • Being able to walk away from arguments • Being able not to hold grudges • Respect • Reflection • Responsibility • Constructive criticism • Understanding • Create opportunities to include each other in activities and games • Show some leadership and help one another • Working as a team in activities and competitions • Creating a culture of success • Trying to be inclusive • Creating a culture of success |
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LIVING IN A HEALTHY HOUSE CULTURE

What are the effects on the House members?

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| <ul style="list-style-type: none"> • They are motivated to push themselves further • It makes people feel included and part of a bigger machine • People feel like they know what's going on – they feel included • People feel like a family • People feel listened to • People feel happier • Experiencing positivity • Wanting to be in the House • Enjoying the House vibe • Willing to help the House with everything • Laughing, dancing, and singing – being happy • Making memories together • Laughing together • Competitive House in competitions • Good experience at Tihoi • Clean House • More motivated • More of a team player • Enjoy the program more • More energy to everything • Deeper happiness • Good vibes and connections with others • People are fairer and understanding • More at ease in each others company | <ul style="list-style-type: none"> • More supportive • Able to have fun and jokes • More positive • Higher sense of achievement • Less arguments • Better equipped to deal with disappointment • Working together • Even treatment of one another • More sense of peace • Less homesickness • More enjoyable experiences • Better trust with each other • Better bonds and friendships • Good House vibes and moral • (House cleaning, Luder trophy, team competitions) • Respecting one another • Good headspace – levelheaded • Energy levels go higher • Positive people - good vibes throughout the day • Kindness towards each other • You can trust everyone • Low levels of resentment and angeriness • Winning House events • Good social connection • All House members getting along • Good times together |
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A CONNECTED HOUSE

As described by Tihoi 2022/2

- Good communication and teamwork
- Looking after each other
- Be respectful and a good listener
- Healthy competition within the House
- Taking everyone's POV into consideration
- Checking in on one another
- Enjoying everyone's company
- Good participation by everyone
- Like a family
- If someone makes a mistake – forgive and help them address it
- Solving problems as a House by talking
- Everyone getting participating
- Teamwork
- Communication
- General – mutual respect
- Cleanliness
- Responsible for actions
- Good banter
- Dancing together
- Everyone helping each other
- Opening up to each other
- If someone fails, we help them
- Having common ground
- Co-operative
- Socially interactive
- High spirited
- Positive outlook

- Selfless
- Common goals
- Everyone bonding over games, books etc.
- Pulling your own weight around the House
- Enjoying each other's company
- Better organisation/routine
- Scoring well in House competitions
- Having more fun together
- Everyone becomes BROTHERS
- Having great relationships with each other and the staff
- Getting to know your House tutor and working alongside them
- Enjoying each other's company
- Enjoying meals and House time together
- Helping each other out
- Lean on each other
- Able to chill around each other
- Communication clearly with one another
- A general sense of accomplishment
- Healthy debates
- Forgiveness
- Trust in one another
- Focused



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A DYSFUNCTIONAL HOUSE

As described by Tihoi 2022/2

- Not pulling your weight
 - Being selfish
 - Hate speech and insults
 - Not letting things go
 - Talking behind people's back
 - No respecting one another
 - Ignoring other people's opinions
 - Arguments
 - Slackers – not willing to help out
 - Passive aggressive behaviour
 - Not trying to work on problems
 - Putting others down
 - Segregation
 - People arguing over something silly or minor
 - Segregation inside the House
 - Not taking the things that require to be taken seriously –seriously
 - Excluding people
 - Non- communication
- Shutting people down
 - Not respecting others
 - Retaliation
 - Miscommunication
 - Laziness
 - Commanding – bossiness
 - Not being helpful
 - Not accepting each other
 - No patience for one another
 - Dirty House
 - Negative House vibe
 - Bad language
 - Bigger people bullying smaller people
 - A conflict in personalities
 - Not taking responsibility with your unhealthy actions and behaviour



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UNHEALTHY HOUSE CULTURE

What contributes to this?

- Not letting people forget about their mistakes
 - Not accepting when you don't get things right
 - Holding grudges
 - Excluding people
 - Not apologizing
 - Not letting people forget about their mistakes
 - Not caring about other people
 - Thinking about yourself – not others
 - Negativity towards the House
 - Not participating in House events
 - People not respecting other's personal space
 - Bullying – verbal
 - Non-cooperation
 - Putting others down
 - Disconnected – isolating
 - Not doing your jobs around the house
- Arguments
 - Not managing yourself and not doing House jobs
 - Not doing favors - unkindness
 - Anger
 - Being disruptive and annoying
 - Not accepting others and their views and differences
 - High-stress levels
 - Being provocative
 - Inequality
 - Unresolved Conflict
 - Talking about someone behind their back
 - Starting petty arguments
 - Going out of your way to annoy
 - Pessimistic attitude





FITTING INTO A HOUSE

What advice would you give someone struggling to fit in?

Advice to the individual person struggling to fit in?

- Embrace the fact that your comfort zone is being pushed, tell yourself that you can do it
- Talk to the rest of the house
- Try and join in as much as possible
- Ask questions, get stuck in with jobs and help other people with jobs
- Talking and chilling helps, try not to isolate yourself
- Be open with the boys, treat them like family
- Get involved with conversations, especially if it's something you're into
- Ask for help

To the other House members who are noticing the individual struggling to fit in?

- Comfort them, give positive advice on some fun things that are coming up, tell them they will be ok
- Include them, invite them to poker, accept them
- Just give them a chance, because one way or another you have to get on with them
- Don't give them a hard time
- Try to befriend the person and talk to them more
- Accept the person that is struggling
- Be patient with them



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HIGHLY FUNCTIONAL HOUSE LIVING

The top 10 tips with tallied answers

- Do your jobs = 41
- Be patient and accepting = 16
- Chill and be happy = 15
- Teamwork = 14
- Talk to each other = 10

- Help each other = 9
- Get music = 7
- Bond with the house = 6
- Have fun together = 5
- Be nice and listen to each other = 5



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HOMESICKNESS

What is the best way to cope with being away from home?

- Keep yourself busy so you don't think too much about home, enjoy the outdoor activities
- Talking to your friends about it, most of us are homesick at the start, so don't be afraid to tell a mate
- Talk to people about it, your friends, your house tutor, Mr or Mrs Evans, they are all there to help you
- Write a letter, or write in your journal or hang with some mates
- Spend some time by yourself like reading a book in the library
- Ask for help
- Don't think about it too much and enjoy time with friends
- Make your house your home
- Talk to people about it, then people will know and can help
- Write in your journal and to home
- Make yourself laugh-bond with your house



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SETTLING IN

How long did it take you to settle into Tihoi?

- The most common answer was 2-3 weeks
- Some after house tramp was when they started to settle
- Some said they never fully felt settled at Tihoi



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GETTING TO KNOW ONE ANOTHER

What is the best way to go about getting to know others within the House?

- Talk to them and ask questions, find similarities
 - Spend time together and play games or cards
 - House tramp
- Make an effort socially
 - Talk at dinner time and at nighttime
 - Doing stuff together
 - Go through challenges with them



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DIFFERENT OPINIONS AND VIEWS

What is the best way to deal with people's different opinions and views in the House?

- Play games together, tell a teacher privately and ask them to help
 - Learn to accept them and be flexible
 - Respect them and talk to them
 - Don't be tunnel visioned and talk to each other
 - Be open minded.
 - Argue / debate but if you have lost the argument take it with a big heart, say "sorry, you have a point"
- Try and agree and if you can't try not to make it a big problem
 - Remember to listen to people's opinions but remember you don't have to agree or take them on board



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TIHOI QUOTES

What is a quote that helped you through Tihoi?

- "Pain is just weakness leaving the body"
 - "Try your hardest no matter what"
 - "When you hit a hard spot and it seems that you can't go on no more, turn around, look back and see how far you have already come"
 - "Whatever you think, you can, or you can't do it, You're right"
- "I just kept thinking I could do it"
 - "It gets better, carry on"
 - "Yesterday is history, tomorrow is a mystery, but today is a gift that's why we call it the present"



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GREATEST ACHIEVEMENTS

What is the greatest achievement that you have overcome and how did you achieve this?

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| <ul style="list-style-type: none"> • The 21 km run - I did this by pushing myself every day in fitness • Bush 1 - I managed to get through by thinking of how happy I would feel knowing that I had done it • Trying almost everything - I did this by having a positive mindset • Living in a house with 7 other boys - I did this by making peace and realising we can get along | <ul style="list-style-type: none"> • Getting over homesickness - Which I overcame by talking to others • My house - I achieved this by accepting others for who they are and listening to them, and understanding why they do things how they do them • Not caring what people think of me, and realising you are who you are |
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Guidance Counsellors



Blair Heaton
St Paul's Guidance Counsellor
E: b.heaton@stpauls.school.nz



Leah Gillanders
St Paul's Guidance Counsellor
E: l.gillanders@stpauls.school.nz



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