

NEWCOMERS GUIDE 2026



H.E.T BOOK



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Helshoogte

Est. 1973

Helshoogte may not be the oldest residence on campus, but in the 51 years of the residence's existence, many traditions were created, and history has been made. Our residence is respected on campus for a reason. The following is but a brief summary of various traditions in Helshoogte, snippets of history and interesting pieces that would hopefully make you so much prouder of this residence that you will be part of:

Helshoogte was opened in 1973 on 11 May, and officially inducted on 12 May. The residence was given its name when it was still being built, on 12 May, as Ellehoogte, but the name was quickly changed to Helshoogte during that same year.



Although Helshoogte's official crest is the three pillars logo, you will soon realise that in this House there is a 2nd emblem, the rooster. From the day that a rooster was dropped from Helshoogte's roof with a parachute we were known as the "Hoenders". The residence is also known as the "Hoenderhok", a fact of which we Helshoogters are proud. The best symbol to show our pride would most certainly be the large blue rooster that is perched on the roof of Helshoogte. The blue rooster is perched on the highest point of any man-made building in the entire town.

The rooster on the roof was stolen in 1983 by Wilgenhof, but was returned soon enough. The rooster was replaced in 1998.

In 1995, this rooster on the roof began crowing every morning at 07:30, just to remind campus who rules the roost here at Maties.

A message from your Resident Head



Dear Hellies Newcomer

It is truly my pleasure to welcome you to Matieland and Helshoogte! Hopefully the stress of the matric exam is long forgotten, and this letter finds you in your best holiday spirit. Myself and the rest of the Helshoogte community are keen to meet you and stand ready to welcome you as a resident in 2026.

The purpose of the welcoming programme is to ensure that you adjust personally, academically and socially to your new environment. As a newcomer I will depend on you to ensure that our residence values: Brotherhood, Respect, Excellence and Pride are brought to the fore in all of your endeavors. Remember, when we work with the values we try to keep them in unison in all that we do, and not to just favour one. Of course you have your own personal values that you live by, and we trust you will find a way to reconcile the two sets of values in harmony with each-other.

It is quite natural to feel a bit anxious and the Leadership (HK & Mentors) are there to help you with any concerns or questions you might have. Please do not hesitate to call on them or the House Committee (HK) for assistance. My home is at residence, that said - you are free to contact me to arrange a coffee or chat.

Due to limitation of available parking on campus we would like to urgently request that newcomers do not come with their own cars. Instead, we recommend that you join in with the Matie bicycle culture by using a bicycle as your preferred method of transport. This will keep you fit and frustration free.

Please make sure that you complete the Helshoogte online questionnaire. This is available at <https://blogs.sun.ac.za/helshoogte/welcome/>.

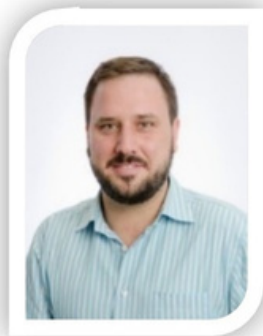
MR LUKE CUFF
RESIDENT HEAD

Contact Details:

Telephone (Home): 021 808 2440

Telephone (Work): 021 808 9792

E-mail: luke@sun.ac.za





A message from your Primarius

Dear Helshoogter,

I would like to take this opportunity to congratulate you on your placement into Helshoogte Men's Residence.

Your placement into Helshoogte is no mistake; it marks the culmination of years of hard work and consistent effort. So, if you're reading this, I encourage you to take a moment; you have done well. And while, if you're reading this as a matriculant awaiting results, or are already in possession of your results and have been for a while, there is one thing that rings true for both groups, and that is you are on the precipice of a new chapter. A chapter that will stand you in good stead for whatever lies ahead of you aboard the Sky-carriage called life.

You will soon find in your own time that Helshoogte and the broader SU community will be there to support you on your journey. The journey doesn't promise to be without turbulence, but like most voyages, the difficult times will not be forever, and you will have your fellow Helshoogters on the journey to support you in reaching your desired destination.

Helshoogte Men's Residence, nestled in the heart of Stellenbosch, boasting the highest views the eye can see insofar as the Municipality of Stellenbosch is concerned, is a home away from home to many, but more than that, it is a community that focuses on the intentional building up of individuals, where you enter our doors potentially unsure of the journey ahead but leave here with the purpose of equipping you with the tools to be a meaningful contributor to South Africa and the globe at large.

This year marks a poignant and exciting year for our residence as we introduce Vision 2035, a guiding light that you will soon become acquainted with—for now, yours is to get keen and stay curious for what lies ahead. Our Welcoming leaders, Head Mentor, and Strategic Advisor have been hard at work in intentionally curating the welcoming programme to ensure that your assimilation into both Helshoogte and Stellenbosch University is one that is memorable.

Helshoogte quickly became my home away from home. The man I was when I first walked into this building is not the man I am now—and that is because communities like ours shape you. The friendships, morning coffees on the deck, House Dances, and exam cake in the section are just a few moments that capture the Helshoogte experience. I believe deeply in intentionality, and I encourage you to approach this chapter with purpose and an open mind. It will challenge you, but it will be worth it.

I wish you and your family and friends an enjoyable festive season. I look forward to meeting you in the new year.

Rising Together - Styg Saam - Sinyuka Sonke

Dis al. 🐔

Thando Tshabalala



Contact Details:

Cell: +27 63 905 1936

E-mail: 27017850@sun.ac.za

A message from your Welcoming leaders

Dear Helshoogte Newcomer,

Congratulations on your placement in Helshoogte Men's Residence!

It is an amazing privilege to be able to address you as part of our Newcomers' group for 2026. Your provisional-admission to Stellenbosch University and Helshoogte symbolizes the beginning of a new phase in your life, and you can definitely be proud about it. Make the most out of each opportunity that is presented to you in these coming years to turn into the best version of yourself.

At Helshoogte, we aim to create a warm and inclusive community where everyone feels a sense of belonging. The foundation for this aim is our house values (Brotherhood, Respect, Excellence and Pride), known as the BRUT values, after the Afrikaans acronym for the words.

To help you settle in and facilitate your preparation for the year ahead, we have created a welcoming program that aims to acclimatize you to this new and exciting chapter of your life. As your welcoming leaders, we have worked tirelessly towards building a program that introduces you to our house and its three pillars (Sports and Culture, Academics and Socials) as well as the greater campus community.

We as the welcoming leaders are beyond excited to welcome you to your new home. We hope that in due course you will look fondly at the memories you made with your fellow newcomers and soon -to-be brothers. The welcoming period is just the beginning of your journey with us, and we as your welcoming leaders are here to support you every step of the way.

Sinyuka Sonke – rising together, we all go up.

Dis al. 

Kind Regards

The Welcoming Leaders



Bradley du Toit
Cellphone: 081 230 1084
Email: 28178459@sun.ac.za



George Maraba
Cellphone: 084 924 7682
Email: 27304876@sun.ac.za



James Wiggill
Cellphone: 081 210 7950
Email: 27932001@sun.ac.za

A message from your Head mentor

Dear New Helshoogter,

Congratulations on your acceptance into one of the continent's top universities and on joining the Helshoogte community! This is a well-deserved achievement that reflects the dedication and hard work you've invested in achieving this goal. I hope you seize this opportunity and make the most of everything it has to offer in the years to come.

My team of 17 mentors and I are here to support you as you transition into university life. I know this new chapter may feel uncertain, but I want to assure you that we're committed to helping you feel at home within these walls and finding your place on campus. This is where lifelong friendships are forged and memories are created that will last for years to come.

Central to our role is the University's Wellness Program, which guides our mentoring approach. We focus on supporting your growth across six key areas: emotional, intellectual, occupational, physical, spiritual, and social well-being. Our goal is to equip you with the tools and community you need to thrive in all aspects of life. I'm confident that by the end of your first term, you'll notice meaningful growth, whether big or small.

Your mentor is a senior resident who has walked these same halls before you. They understand what you're going through because they've lived it. They've faced challenges, celebrated triumphs, and are committed to guiding you forward. You'll be part of a cohort of other newcomers on your floor, all of whom will have access to your mentor whenever you need support, whether that's practical help like loading printing quota, booking meals, or meaningful guidance on coursework and life decisions. The bonds you build here are ones you'll carry far beyond your time at University.

As you prepare for what promises to be transformative years, I encourage you to hold onto the passion and work ethic that brought you here. Remember what drives you and why you're doing this. That clarity in your vision will carry you through. You've already proven you belong here.

Please don't hesitate to reach out if you have any questions or concerns. I'm always available to help!

I look forward to welcoming you to Helshoogte and seeing you thrive within our community.

Dis al. 🐔

Contact Details:

Cellphone: 060 996 9342

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The BRUT Values

At Helshoogte, we believe in living, leading and making decisions based on our values. The values system we use that you will soon become familiar with, is called the BRUT Values.

B - Brotherhood

R - Respect

U - Excellence

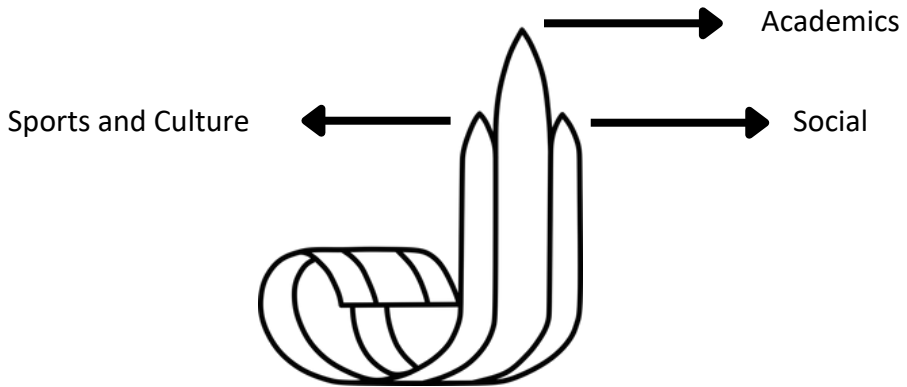
T - Pride



The acronym was derived from the Afrikaans translations for the values we have.

Remember these values and keep them in mind throughout your journey here at Stellenbosch University.

The House Crest



Helshoogte was established as the first of the new era of residences in Stellenbosch. The House crest requires a modern, yet meaningful approach. The education one receives at university consists of three pillars:

- Academics
- Social
- Sports and Culture

Academics is the main reason for our presence at university, therefore it is the central as well as the highest pillar. Although one's academic performance is important it is also vital to find balance to lead a healthy student life. Therefore, social and cultural activities, as well as a presence on the sports field, is essential.

The three “pillars” of the house crest depart from a communal starting point, finding unity and stability in a circular motion. The horizontal portion of the crest indicates stability and steadfastness - to have all three pillars ascending to new heights. The upward motion of the crest is symbolic of our striving towards the highest ideals. We have Joe Kruger to thank for the design of our house crest.

The Rooster

Although Helshoogte's official crest is the three pillars logo, you will soon realise that in Helshoogte there is a 2nd emblem, the rooster. From the day that a rooster was dropped from Helshoogte's roof with a parachute we were known as the "Hoenders". The residence is also known as the "Hoenderhok", a fact of which we Helshoogters are proud.

The rooster has had various designs throughout the years, but the current rooster was designed by Hans Storm in 2023 and was implemented throughout the residence in the later half of 2023 and 2024



The best symbol to show our pride would most certainly be the large blue rooster that is perched on the roof of Helshoogte. It is one of the highest man made objects in Stellenbosch

Our Slogans

Sinyuka Sonka - Iindawo Eziphezulu

Rising Together - New Heights

Styg Saam - Nuwe Hoogtes

To tie in with our Vision and Mission, we have our official slogan that symbolises what we as Helshoogters hope to achieve. The slogan is written in the 3 official languages of the university: Xhosa, English and Afrikaans. At Helshoogte, we always strive to improve, individually and together as a community. Thus it was decided to incorporate that ideology into our slogan, to constantly remind us of what we wish to achieve

At Helshoogte, you will see that there is also a 2nd slogan that we use. The slogans is as follows:

Dis al. 

You will notice that all official communication from the HK ends with this slogan (Yes, we do include the rooster emoji). The slogan also plays a huge part when we “Trap die Hoender”, a tradition that we do after House Meetings and major sports games. You will soon learn more about this yourself.

The House Anthem

ANTHEM

We stand as Helshoogte
in the heart of Stellenbosch:
Reis bo tot die hemel,
Helshoogte my trots.

Ukuqala kobuhlobo, nomanyano
oluhle,
Ngembeko kunye nentembeko

Hellies, saam sal ons veg en baklei
Op die kampus kraai ons koning, here
as brothers we will stand
Helshoogte my trots en my eer

Hellies, saam sal ons veg en baklei
Ndizophila ndiyifele,
and forever we will strive
To give you our honour and pride

TRANSLATION

We stand as Helshoogte
in the heart of Stellenbosch:
Rise up to the heavens,
Helshoogte my pride.

It's the beginning of a great
brotherhood and unity,
Approached with respect and honesty

Hellies, together we will fight and brawl
We are the kings of the campus, here as
brothers we will stand
Helshoogte my honour and pride

Hellies, together we will fight and brawl
For Helshoogte I will give my all, and
forever we will strive
To give you our honour and pride

An anthem has a way of bringing together people of a community and includes all people of that community to feel a part of something bigger than themselves. Our house contains students with different backgrounds and home languages, resulting in the use of the three official languages of the Western Cape, namely: English, Afrikaans and isiXhosa. This ensures that most residents can relate to the meaning of our anthem, also teaching residents to respect the language of their peers.

The anthem was adapted in 2018/2019 by a house-anthem committee set up by Stehan Malherbe and led by Jan-Hendrik Pretorius after requests from the House Committee and Resident Head.

Take pride in our house anthem. It embodies the rich culture Helshoogte has cultivated over 51 years, telling the story of who we are. Sing it with passion and pride.

The Vision and Mission statement of the 2025/2026 HK/HC

Vision

To be a house where brotherhood, respect, and inclusivity create a true sense of home, a place that builds leaders, inspires excellence, and strengthens the Helshoogte legacy for generations to come.

Mission

Authenticity

We lead as our true selves - consistent, transparent, and genuine. Our leadership reflects the values Helshoogters voted us in for, ensuring our actions align with our words and that every resident feels represented and respected.

Experience

We create lasting and meaningful experiences that unite first-years, seniors, and alumni. Through traditions, new initiatives, and shared moments, we strengthen brotherhood and pride while building memories that shape the legacy of Helshoogte.

Servanthood

We serve before we lead. By putting the needs of our brothers above our own, showing humility in daily actions, and leading by example, we foster a culture of care, support, and accountability that makes Helshoogte a true home.

Intentionality

We act with purpose in everything we do - from planning events to supporting individuals. Every decision, conversation, and initiative carries a “why,” ensuring we build a house environment that is inclusive, future-focused, and firmly grounded in our values.

Our House Rules

- Smoking is not permitted anywhere inside Helshoogte nor on the deck or ramp, it is only allowed on the Takkie or benches in the parking lot (10+ meters from a building)
- Smoking of weed is not permitted anywhere on the Stellenbosch University Campus along with the use of other drugs.
- You may not leave any public space of the building in a dirty condition.
- Your floor's section(s) must be kept clean to ensure that pests do not become a problem.
- As a sign of respect for Helshoogte's symbolism, history, and what we stand for as a community, please do not step on the rooster or "hoender" monument on the ramp.
- You may not, under any circumstances, allow a stranger to enter Helshoogte. If you are in any doubt, find out who they are there to see and call that person, or ask a House Committee member for assistance.
- You must keep noise to a minimum during the quiet times determined by the House Committee. Mondays till Fridays from 21:30-08:00 and Friday till Sunday 23:30-08:00 are quiet times. Exam quiet times will be communicated at a later stage.
- You may not remove furniture belonging to the residence from public spaces, or rooms.
- No bikes may lean against walls, in the passages or against the railings at the front door.
- No tampering of any fire equipment, including fire alarms and glasses, fire escapes, fire safes, and fire hoses, is permitted under any circumstances, except in the event of a fire. Any of these actions are a criminal offense.
- You may not abuse the lifts or alarms.
- Notices placed on any noticeboard must be signed and dated by a member of the House Committee.
- You may not park in a parking bay that is not allocated to you.
- Parking fines must be paid to the House Committee member assigned with the parking portfolio within 14 days of issue.

- Fines imposed by the Disciplinary Committee must, unless otherwise agreed upon, be paid to the Treasurer within 14 days after confirmation of the penalty by Student Affairs.
- No alcohol may be consumed in the residence without the permission and prescriptions provided for in the University residence rules applied by the Resident Head.
- No alcohol may be brought into the club.
- No objects or fluids may be thrown out of windows, off the deck, or at neighbouring residences.
- No shouting or swearing at neighbouring residences is permitted.
- No food or objects may be thrown around in the dining hall.
- First years are expected to serve duty at the front door at predetermined times. (The schedule will be made available after welcoming)
- All residents must keep to any reasonable rules set by the House Committee at the start of the year or at a later stage.
- No form of discrimination will be tolerated.
- Respect the beliefs and opinions of your fellow Helshoogters, even if you don't agree with them.
- Residents will be held responsible for any damage caused to the residence or its property, or the property of other residents
- You will also be held responsible for the actions of your guest(s) while they are visiting Helshoogte.

The House Committee for 2025/2026



VICE-PRIMARIUS

Lucas Kruger

Finance Committee, Special
Operations Committee, STAND,
Positive Masculinity, Accountability
082 789 1990 28117654 Floor 6



PRIMARIUS

Thando Tshabalala

Old Boys Liaison, Oumanne &
Leadership Development (HK &
Mentors), Accountability
063 905 1936 27017850 Floor 9



VICE-PRIMARIUS

Divan de Villiers

Discipline, Safety, Evets Forum, SU
Alumni Relations, Positive
Masculinity, Accountability
074 692 1290 27233480 Floor 1CD



TREASURER

James Wiggill

Welcoming, Catering Relations
081 210 7950 27932001 Floor 2



REGISTRAR

Adriaan van Zyl

Strategic Initiatives
076 077 8815 26378248 Floor 7



TREASURER

Michael Mulcahy

Merchandise & Branding
061 500 6453 27942686 Floor 10



Adrian Groch

Head Mentor, Academics, Unity & Wellness,
Archive & Curation, First Year's Committee
060 996 9342 27520714 Floor 2



Ngonidzashe Zvenyika

Head of Experience, Technology,
Roompoints
079 139 0693 2837124 Floor 3



Cameron Burchell

Editorial, Functions, Boxing
060 663 5775 28095812 Floor 3



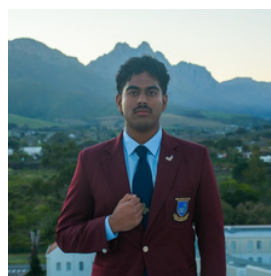
James Erasmus

Functions, Social Liaison, AMC
078 426 9756 28187466 Floor 4



Bradley du Toit

Cluster, Derby, Welcoming
081 240 1084 28178459 Floor 5



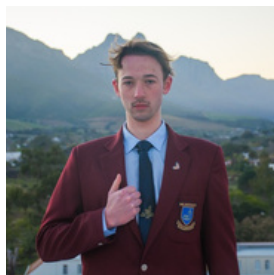
Sauvan Sewsunker

Head of Marketing, Derby, Arts & Culture
079 553 3265 28109694 Floor 6



Osric Jacobs

Sport, Gym, Connect
064 473 1761 28219333 Floor 1AB



Jayden Eaton

Critical Engagement, Connect, Sport
076 831 4894 27884716 Floor 7



Justin de Villiers

Environmental Impact, Facilities,
Social Impact
063 121 4008 27116891 Floor 7



George Maraba

Welcoming, Hoederweek, Cluster
084 924 7682 27304876 Floor 10



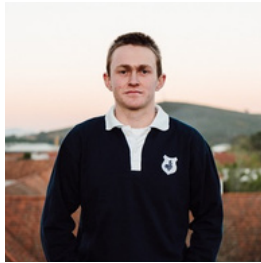
Franci Malherbe

Strategic Advisor
079 992 0593 26960184

The Mentor Team for 2025



Joshua Arends
(Deputy Head Mentor)
Floor 1AB



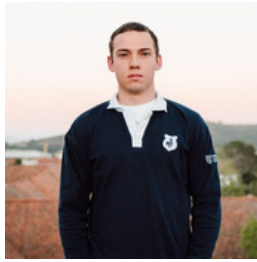
Jack Bamford
Floor 1AB



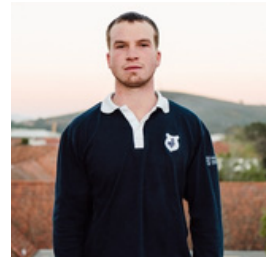
Christopher Cocks
Floor 1CD



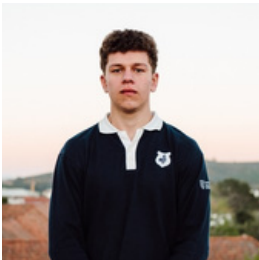
Francois van Niekerk
Floor 1CD



Anco de Koning
Floor 2



Matthew Joubert
Floor 2



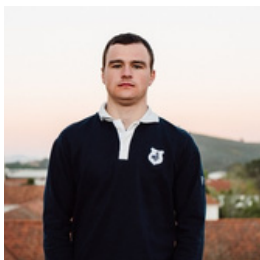
Simon van Eeden
Floor 3



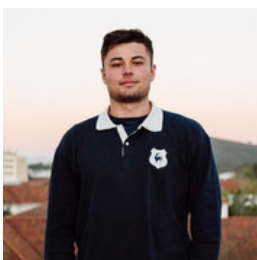
Matthew Wylie
Floor 3



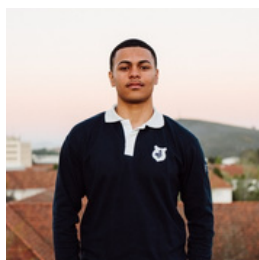
Amergin
Pettenburger-Perwald
Floor 4



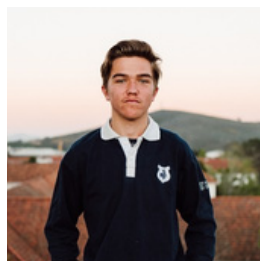
Lee Rothman
Floor 5



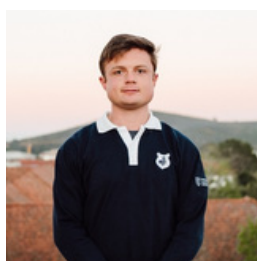
Josh van Rhyn
Floor 5



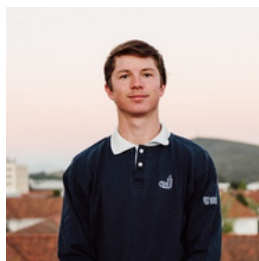
Allen Grootboom
Floor 6



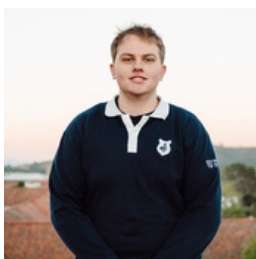
Martin Louw
Floor 6



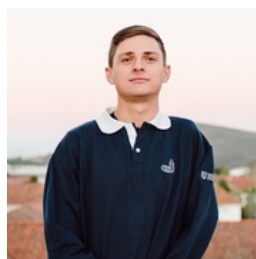
Renier van Schalkwyk
Floor 7



Lefebvre Knipe
Floor 7



Jacobus van der Merwe
Floor 10



Justin Cowley
Floor 10

The next few pages are about the different floors
in Helshoogte.

Each floor is unique and has its own history,
culture and traditions that is the result of many
generations of Helshoogters who have preceded
you.

A floor in Helshoogte is like its own mini
community within our larger community.

Take time to get to know the other floors, and to
build relationships there.



Floor 1AB

DESCRIPTION

We as the Thundercats on Floor 1AB are famous for our strong sense of community . We embody the Helshoogte value of brotherhood not only in the space we create for ourselves, but also in the way we welcome anyone to join us in our sections for a 2am chat or some good old FIFA. On Floor 1AB, we believe in fostering a safe space for everyone to be themselves and to feel at home. Our values are Identity, Community and Compassion, which form the foundation of our motto "All for One, One for All.". As a Thundercat you will enjoy the support of your brothers on the floor and not only grow as an individual, but also as a strong leader . As the literal foundation of Helshoogte, we aim to set an example of what it means to be a proper Helshoogter, a good friend and supporting brother. We are more than just a floor. We are 1AB.

1AB is still notorious for its brainrot. We say some wild things on the daily and somehow make it sound profound.

Fun fact: We have produced both a HC member and the Vice Prim for the 2026 term, proving once again that 1AB breeds leaders. We're also the only floor with an entire TV show named after us. Go search "The Thundercats" and see for yourself.

WHAT IS THE FLOOR KNOWN FOR?

FLOOR MOTTO

Een vir Almal,
Almal vir Een!

AMC POSITION IN 2025





Floor 1CD

DESCRIPTION

We are considered one of the smallest floors, but this also makes us one of the most tightly-knit. We pride ourselves on having a strong bond that resonates with Helshoogte's core value of brotherhood. There is never a dull moment in 1CD; you will always find someone in the section chilling throwing the darts or playing guitar in the section. Nobody is excluded from the fun, with people from all walks of life coming together to vibe. But not only that, we are a very competitive floor when it comes to res sports and AMC. Together, we grow in academics, health, and good vibes-like brothers.

1CD!

Dominating and Pulpinating.

WHAT IS THE FLOOR KNOWN FOR?

FLOOR MOTTO

Uit die gat,
in die hoek

AMC POSITION IN 2025

2



Floor 2

DESCRIPTION

Floor 2, also known as the *Brandstof Wolwe*, is a place where the essence of being a true Helshoogte comes alive. It's a space that welcomes every type of individual, regardless of differences, united by the unshakeable bond of our shared identity. Brotherhood is at the core of our values, and you'll soon see how the brothers you call neighbours play a crucial role in your unforgettable res experience. It's no secret that leaders are made here. Just look at the past three years - we've proudly produced **two Vice Prims and now a Prim**. This year alone 22.22% of the leadership comes from floor 2! Can I get a YES TWEEEEEEEE! The friendships forged on Floor 2 are ones that last a lifetime. Whether its foosball in the C section, F1 races on the big screen, or shouting the floor song as we charge up the stairs - Floor 2 truly feels like home. Our goal last year was to finish as the undisputed best floor in Helshoogte... this year it is to maintain that title!

Producing only the FINEST of Helshoogte's leadership and winning AMC

**WHAT IS THE
FLOOR KNOWN
FOR?**

FLOOR MOTTO

Yes tweel

**AMC
POSITION IN
2025**





Floor 3

DESCRIPTION

Floor 3 is home to the Roman Army, a floor known for its size, spirit, and long-standing traditions. We take pride in our creativity, our strong presence in sport and the way we support one another. Over the years, we've been the birthplace of Helshoogte's football stars and leaders, helping secure an AMC hat-trick from 2013 to 2015. Many respected Primarii and Onder Primarii; including Jason Katz, Nicholas de Villiers, Dante de Wet, James du Preez, Romek Sadowski, Jan-Hendrik Pretorius, and Hugo Kirchner once called Floor 3 home.

From Roman pancakes to scandalous literature, always keep your eyes open for our next venture.

WHAT IS THE FLOOR KNOWN FOR?

FLOOR MOTTO

Tot Die Mag Drie

AMC POSITION IN 2025





Floor 4

DESCRIPTION

We are the floor with the tightest connections with each other. The deck is ours but we let everyone use it. Despite our small size we are a strong floor with great consistent AMC and Floor of the year achievements because we all know each other and have the motivation to always strive for greatness; our small size is actually our strength.

Trolley Racing.

WHAT IS THE
FLOOR KNOWN
FOR?

FLOOR MOTTO

4 The Floor

AMC
POSITION IN
2025





Floor 5

DESCRIPTION

Floor 5 is the backbone of this astounding residence. Situated in the core of Helshoogte we are the centre of everyone and everything. "Die vloer 5 honne" are a pure breed, made to excel. Having won AMC (the interfloor competition) in 2022, floor 5 experienced a slight downturn from our below average gwappe of 2023 and ended in the bottom half. We however are seeing an emphatic rise back to stardom as our class of 2024 intentionally ended fifth to show our pride for the five. We also won the gees award which exemplifies the brotherly connection on the floor. We are expecting nothing less than first place in the 2025 edition. To illustrate our habit of performance, we produced four of the 16 house committee members for 2025, including your mighty primarius. Whether you excel in leadership, academics, sport or just being a menace, floor 5 will make the best of your abilities!

Having an oversupply of Nerina girls.

WHAT IS THE
FLOOR KNOWN
FOR?

FLOOR MOTTO

O Grote Vyfi!

AMC
POSITION IN
2025





Floor 6

DESCRIPTION

Floor 6 is a space where you are able to be yourself and grow your bonds with fellow floor-6 men. We are a floor that is originated by respect and a sense of brotherhood. One thing is guaranteed that you will always feel welcome and at home. You can always find someone either making coffee, food or even just taking a break in the sections and pop by for a 5 minute chat which turns into an hour of steaming about absolutely anything. There is not a floor 6 man who's door you cannot knock on for support, help with your uni work or even if you just need someone to talk to. The bond possessed between floor 6 members is one that is truly treasured and will last for a lifetime.

Bosduiks and Plankie

WHAT IS THE FLOOR KNOWN FOR?

FLOOR MOTTO

O groote ses!

AMC
POSITION IN
2025

10



Floor 7

DESCRIPTION

To characterize Floor 7 in a short paragraph would do an injustice to its intricate and diverse culture. Floor 7 is the floor that never sleeps, from late night chats in our kitchenette to "study grafts" in the sections and the occasional FIFA game that goes on for a match or two too long, you can always find someone on the floor to connect with. Floor 7 embraces the residence's values, from fantastic musicians to peak athletes and top academics. We are a welcoming space to all other floors and aim to encourage creative and imaginative thinking. With our authentic nature, Floor 7 gives you the opportunity to forge a deeper connection with those around you unlike any other. Therefore, if you're ever lost and you find yourself surrounded by blue walls, seated on an old bench and you can hear chatter coming from the section, you're not lost - you've found Floor 7. Seven is LIFE! isiXhenxe NGUBOM! Sewe is LEWE!

Dunkie - our legendary chicken that dunks on the haters. Bankie - our floor's iconic bench stationed at the lift lobby. Being the "unc" floor. FIFA sessions that go on for way too long. Our obsession with Greek mythology (because why not?). Our supposed "rivalry" with Floor 6.

WHAT IS THE FLOOR KNOWN FOR?

FLOOR MOTTO

In Hepta Veritas!

AMC POSITION IN 2025





Floor 10

DESCRIPTION

"Hier op ons troon sal julle ons dien!"

Being "Floor 10" in a residence that only has nine floors is both a privilege and a mystery. Having previously been a military resident floor, we boast a rich history and strong floor-pride.

We are the second highest floor, but when it comes to any other category, we are second to none. Here, we build community amongst our members through floor events and through always being there for one another. For most, the "Floor 10 Camp" is a highlight of the year!

Come and learn about the mysteries regarding Floor 10, come meet our oldest member, Piet Pebbles, and come and realize your fullest potential. You have space to excel here!

Rocks and Missiles.

WHAT IS THE FLOOR KNOWN FOR?

FLOOR MOTTO

Death from Above

AMC POSITION IN 2025

6



Ouman Floor

DESCRIPTION

The Ouman Floor, where tradition meets experience, is the highest (literally) place you can live in Stellenbosch. It's the floor in Helshoogte where our longest-standing residents go for a semi-retirement. With many working on final-year projects, the floor has a more laid-back and serious vibe. However, the Oumanne carry the full weight of Helshoogte's traditions, as all the residents have dedicated a large part of their student lives to Helshoogte. When the time comes, these guys give it their all, as it was seen during the 2024 AMC. The Ouman Council governs the floor, who work closely with the Primarius. They ensure the Oumanne serve as an example to younger generations of Helshoogters, showing that you can be a positive contributor to your community while still working hard toward achieving your academic goals. This makes the Ouman Floor and its residents true ambassadors of Helshoogte. Living on the Ouman Floor, is a massive privilege that comes with great responsibility.

Kilts, different rooms, and old guys.

WHAT IS THE FLOOR KNOWN FOR?

FLOOR MOTTO

Upholding the Legacy

AMC
POSITION IN
2025

5

Culture at Helshoogte

Hoendervleis, SU Acapella

To perfectly describe this event, just think of Pitch Perfect. Various acapella groups from different residences and CSCs compete to win. It is a huge honour to be a part of the Acapella group and perform in front of a large audience at the Endler Hall. It's a more serious competition where residences compete against each other with their voices and choreography.

The name of our acapella group is Hoendervleis!

Being a member of the Hoendervleis includes many hours of hard work and dedication, but the end result is incredible. This is also a great opportunity to form bonds with senior residents in Helshoogte. Ask any former Helshoogte Acapella team member and they will tell you that it is all worth it in the end. Feel free to look for us on [YouTube](#)!



Culture Evenings

Helshoogte hosts and attends many culture evenings throughout the year, where we give residents a chance to express their creativity and passion regarding culture. This is a very relaxing, freeing event where one gets to escape the stress of studies either by watching the performances or taking part.

It is usually quite classy with beverages and snacks and you get to share your talent with your peers from campus. You will be surprised to see who many of the performers are, as many of them will be showcasing their secret talents which you would not have expected them to have.

We usually host one per term, meaning there are four culture evenings throughout the year. This may also be coupled in with a movie night afterwards to wind up the evening.



Sports at Helshoogte

Sport is one of the three pillars of the house on the official coat of arms. It symbolises the physical development that contributes to maintaining a healthy mental balance. From experience at University, a sport is recommended to get your mind off all the study and everything else. Everything can get a bit much sometimes. At Helshoogte, you can enjoy participating in a wide variety of sports which includes:

- Rugby
- Hockey
- Soccer
- Tennis
- Cricket
- Squash
- Boxing
- Table Tennis
- Golf
- Ultimate Frisbee
- Chess
- Basketball
- Volleyball
- E-sports

It is highly recommended to do sports during your time at Helshoogte. It is a great chance to meet likeminded people, friendly or foe, to add to the vivid memories you will undoubtedly make. Aside from being one of the healthiest habits to follow, participating in the various sports will also benefit you in terms of room points. Here is a bit more information about the big three, the main 3 sports that we play in Helshoogte:



Rugby

Rugby is one of the more popular sports in Stellenbosch. There are multiple ways to experience this sport as a player or spectator. Throughout the year there is a host of different tournaments and opportunities to play. From the first years' tournament in the beginning of the year, mid-year Residence and CSC Competition to the sevens tournament. Last year history was made in the Danie Craven. 41 years in the making, our Blouhoenders brought the trophy home! Making us the reigning champions of the campus rugby league.



Hockey

Hockey is a sport that has made leaps in popularity in the recent years. The fact that 2021 was the first year in a long time that Helshoogte was back to full population, promised a big community for hockey players amongst the seasoned seniors and the keen newcomers. Helshoogte also reached the finals in the Campus Hockey leagues.



Soccer

The soccer community in Stellenbosch and especially Helshoogte is a very close and pleasant group of aficionados. Keen fans never shy away from a debate about the best premier league team, impromptu get-togethers, or casual playing on the Tokkie.



In conclusion sport will forever be essential to a truly balanced lifestyle during your time at Stellenbosch, even after. The format of residence sports leagues and diversity of available sports allows for anyone to participate in some other sport that the person might be interested in, whether that person is a seasoned player or a total newbie.

It also creates opportunity to be a part of a sport, but in a managing or administrative role (i.e., rugby manager, sports reps), which might be different to past experiences of a sport and offers a unique and captivating perspective!



Our Hallowed Facilities

Dawie Swart Dining Hall

The Dawie Swart Hall is Helshoogte's dining hall, which was renamed in 1996 after Dawie Swart, Helshoogte's first Onderprimarius, in recognition of his continued support to the residence during the years.

The Tokkie

The Tokkie is the large patch of grass behind the residence, a place where many events occur. It was named after Prof. W.A. "Tokkie" Coetzer, who was Helshoogte's residence head at the time.

The Archive

Home to our rich history and ever expanding collection of moments and memories. Also houses Helga, our computer user area.

Pieter van Jaarsveld Boardroom

Helshoogte's official boardroom, which was renamed in 2020 after Dr. Pieter van Jaarsveld, Helshoogte's first elected Primarius, in recognition of his continued support and involvement over the years.

The Takkie

This is the sitting/smoking area found in the parking lot.

Die Hok

Die Hok is the official club in Helshoogte, a place for many social events. This club was built in 1982, and was known as Klub '82, but after further renovations and expansions to the club in 1995, it was then renamed Klub 95. After further renovations, the club claimed its new name as "Die Hok".

The Deck

Access to the deck can be found via the 4th floor of Helshoogte. It is a place where many memories will be made and where a lovely view of Stellenbosch can be seen to set you at ease after a long day.

The Ramp

Found by the entrance of Helshoogte. Be careful of the chicken! You will be called to gather here occasionally.

The Alida

These are the benches you will find next to the ramp where Helshoogters braai during Derby week or other special occasions.

Study Area

Located on the 4th Floor is Helshoogte's designated study area. Here we strive for academic excellence.

Famous Events

AMC Week

AMC Week is the yearly inter-floor tournament held in Helshoogte. In this tournament, Helshoogters compete in any event from touch rugby and soccer, right through to chess and 30 seconds, to the toutrek on

the Tokkie. Rest assured, we look forward to seeing you take part in the various events during AMC-week.

AMC-week is named after Alida Magriete Coetzer, Prof. Tokkie Coetzer's wife.

Hagar Cup

The Hagar Cup is an annual tournament consisting of activities from soccer to dominoes, that is held yearly between Floors 1AB and 1CD. The existence of this tournament is thanks to the residence dog, Hagar, and the love between the 2 floors for this notable dog. Sadly, Hagar died in 1975, but this tournament is still held to this day in remembrance of Hagar. You will see the statue of Hagar on display if you visit 1AB or

1CD

Eendrag Derby

Helshoogte competes in a variety of events (the same as those during AMC-week) against Eendrag yearly. Helshoogte was the new "intruder" residence next to Eendrag and, to rub salt in their wounds, Helshoogte would dominate Eendrag in the majority of events ever since. There is thus no love lost between these two residences during Derbyweek.

Derby week begins with the tradition of the Primcut, where residents who would love to rock a mullet can get it cut by our very own Primarius.

Interesting fact: The name of our residence comes from none other than Eendrag itself.



Dictionary for Helshoogters

Below you will see unfamiliar words that will soon form part of your vocabulary here on campus. It should provide more clarity on the spaces that students refer to on campus:

Padkos

A tuckshop next to Irene who accepts COB. They have takeaway lunches/dinners and your basic tuckshop things like cookies, drink and even cake!

CSC

Commuter Student's Community. Students who aren't in residence, are placed into CSC's. e.g. Aristeia, Vesta, Pieke and Silene.

Cluster

A cluster of residences and CSCs. There are several clusters including Wimbledon, Rubix, VicMeyer, amaMaties, etc.

Helshoogte forms part of the Wimbledon cluster.

En Route

A shop near Helshoogte where you can get more study snacks and get the best tramezzini's on campus. It's a very central shop between the residences. Does not take COB!

Victoria

The prettiest street in Stellenbosch, but also the longest when you have class on the other side of campus. The street stretches past Sonop, Majuba and Dagbreek, all the way down to the Eikestad Mall.

Neelsie

This is a student centre located in the middle of campus. It's a nice place to get lunch if you forgot to book a meal or if you just want to have a coffee after a long class.

Rooiplein

The Red Plain. The central part of campus. People like to sit on the grass here during lunch times.

Admin A

The most important building on campus. Here you will go to change modules or any general information regarding the university. You will be shown where it is located during welcoming.

IT Hub

Here you can apply for a new student card and register your respective devices to the campus internet. Any technology related queries can be solved here.

Farga/Firga/Humarga/Narga

The computer areas for each faculty. These get really full during exam time. There are many of these locations over campus.

Helga

Helshoogte's very own computer user area where students can print and study. This is located within the Archive on the Ground Floor.

Bib/Lib

The library. People don't really use it to take out books. It's more used as a giant study area. Very fancy.

The SS

Short for the 'study centre'. Situated in JC Smuts. You'll need to be there at the crack of dawn to get a seat during exam time. The term SS may be used for other study centres also.

Danie Craven

The main rugby stadium where varsity cup matches and our own Derby matches are played.

Coetzenberg

The mountain, but also the general area containing the cricket fields, rugby fields, Danie Craven, SUSPI and the Sport Science Faculty.

The HUB (Wimbledon)

A study centre just outside Helshoogte who also sells food and drinks. The Wimbledon hub also houses the House Committee members of Vesta and Aristeia

What is a Cluster?

A cluster is a larger student community made up of various residences and CSCs that are geographically close to one another. The concept of cluster was introduced in 2007 as a way to connect and involve commuter student community (CSC) students with the activities and facilities available to students living in university and to create network opportunities for all.

Clusters promotes community building, offer a wider support structure and allow for collaboration and innovation to take place. They provide platforms that enable holistic development, networking opportunities, foster belonging, promote active citizenship and integrate and bridge gaps between different members of society through engagement.



Wimbledon Cluster Information

The Wimbledon Cluster consists of six communities that are all situated in the area surrounding the Wimbledon Hub. These include:

Aristea | Vesta | Eendrag | Helshoogte | Sonop | Irene

During Welcoming, you will have the opportunity to meet fellow students in the cluster and make friends outside of your community (residence or CSC). Cluster Interaction and Cluster Day during Welcoming is your first opportunity to engage with communities in Wimbledon. It is really something to look forward to!

Wimbledon Cluster Information

In addition to being part of such a vibrant and spirited cluster, you have the added option of booking meals at the residences with open dining halls that form part of the Wimbledon Cluster, especially at the monthly "First Wednesday" lunch. The Wimbledon Hub also sells food and has a quiet space for studying.

During welcoming you will meet the Wimbledon Cluster Conveners, Carina Steytler and Corne Prinsloo, are responsible for creating a platform for engagement and connection.

Meet Wimby!



The cluster experience provides you with the opportunity to network and form academic and social contacts. The cluster has events during the year, where you can look forward to opportunities for personal growth and meeting new people. Cluster events are very special and exciting for new maties.



Please follow us on Instagram
@wimbledoncluster

A word from your cluster convenors

Congratulations on embarking on this incredible journey at our university! We want to extend a warm welcome, not only to Stellenbosch and your respective student communities, but your greater Wimbledon Cluster!



We're overjoyed to welcome you to the place we proudly call our second home - a space where we're working tirelessly to make sure you feel like you've found your second home too

University is a place of growth, discovery, and transformation. It's a time to embrace change, and challenge yourself. As you navigate through the streets of Stellenbosch, remember that it's okay to feel a mix of excitement and nervousness. You are not alone—everyone around you is on a similar journey.

Embrace the change that comes with university life. This is a unique opportunity to expand your horizons, both academically and personally. Step out of your comfort zone, join committees, attend events, and meet new people. The diversity of experiences and perspectives on campus is vast, and it's in these interactions that you'll discover new passions and forge lasting connections.

Now, you may be trying to digest all of this new information being thrown your direction. Let's break down what our Cluster is... Wimbledon is our bridge between our 6 student communities, namely: Aristea, Vesta, Sonop, Irene, Eendrag, and Helshoogte. Wimbledon offers you a host of events, clubs, sports, personal and professional development opportunities and social events to ensure you are exposed to students from different communities. Cluster also offers you the Wimbledon Hub, conveniently located at the epicenter our communities - it is a place to study, meet up with friends, grab food, and relax.

Cluster will be introduced to you during welcoming, and we are so excited to call you a WimbleWinner!

We can't wait to witness the incredible impact you'll make.
Best wishes for a fantastic journey ahead.

We cannot wait to meet you!
Carina and Corne

The Wimbledon Hub

78 MERRIMAN AVE, STELLENBOSCH CENTRAL

The Cluster has benefited immensely from the addition of the Hub space. The Wimbledon Hub, being the building of the Cluster offers you a space to interact with our members on an everyday basis. Cluster also offers sport opportunities that are free of cost and it will all be communicated during welcoming!

The Wimbledon Hub is our "village" centre providing study areas, chill couches and a Chalk Board Deli with some of the most delicious food. For Welcoming, most of our Cluster Activities will be within reach of the Hub!

This is what our Hub looks like!

Fun fact:

Whilst all CSC students live in own private off-campus accommodation, the House Committee members of Vesta and Aristeia live on the 2nd and 3rd floor!



Huis Russel Botman Hall



The Chalkboard deli



Study venue



@wimbledoncluster



@wimbledoncluster



wimbledoncluster@sun.ac.za

Follow us on social media!

HK 2025/2026
HELSHOOGTE NEWCOMERS “HOW TO” VIDEOS &
USEFUL LINKS

Stay in the loop with tutorial videos and useful links that provide information on how to set up your quota for laundry, printing, and meals among others!

International Students can find a video on the registration process too!

Got any further question?

Don't hesitate to ask your nearest Mentor or HK!

Click here to gain access to the Google Drive

<https://drive.google.com/drive/folders/1-hca-jtnFZdiXLmPj14gEuaD6oKE9lO-?usp=sharing>

Or open your phone's camera and scan the QR code below



HELSHOOGTE NEWCOMERS WHATSAPP GROUP & SOCIALS

Stay in the loop with the newest info!

Got a question?

Meet the other Helshoogte Newcomers!

Click here or scan the QR codes to join the WhatsApp groups

[Helshoogte Newcomers Formal](#)



[Helshoogte Newcomers Informal \(Q&As\)](#)



Be sure to also follow our social media channels



[@helshoogte1973](#)



[helshoogte](#)



PROMISE YOURSELF

TO EMBRACE EACH DAY WITH A HEART FULL OF GRATITUDE;
TO SEEK THE LIGHT EVEN IN THE DARKEST MOMENTS,
AND TO SPREAD IT TO OTHERS WHO NEED IT MOST.

TO FOCUS YOUR ENERGY ON BUILDING, NOT TEARING DOWN;
ON CREATING, NOT COMPLAINING;
AND ON LOVING, NOT JUDGING.

TO RISE ABOVE LIFE'S CHALLENGES WITH COURAGE,
TO MEET ADVERSITY AS A TEACHER, NOT AN ENEMY,
AND TO TRANSFORM EVERY SETBACK INTO A STEPPING STONE.

TO LET KINDNESS BE YOUR LANGUAGE AND PATIENCE YOUR
COMPANION;

TO FORGIVE FREELY AND HOLD NO GRUDGES,
KNOWING THAT PEACE BEGINS WITH YOU.

TO HOLD YOURSELF TO A HIGHER STANDARD,
NOT TO IMPRESS OTHERS, BUT TO HONOR YOUR POTENTIAL;
AND TO WALK THE PATH OF INTEGRITY, NO MATTER HOW NARROW.

TO TRUST THAT YOU HAVE WITHIN YOU
THE POWER TO OVERCOME, TO INSPIRE, AND TO SHINE;
AND TO LIVE EACH MOMENT FULLY, WITH PURPOSE AND JOY.

Eco-friendly living

How to reduce your carbon footprint
and join the Net Zero Carbon journey

Water

- Water restrictions still apply.
- Use only 80 L /person/day.
- Shower 3 -5 min.
- Use eco-friendly personal products.
- No rinsing or washing with running water.

Energy

- Use LED lamps only.
- Limit fridge use to one 150 L bar fridge per room.
- Air dry clothes when possible.
- Turn off lights & unplug devices when not in use.
- Use A++ energy efficient appliances (low wattage).

Transport

- Everything is within easy walking distance on campus.
- Walk or cycle instead of driving.
- Hire a Matie bike.
- Share rides or use shuttles.

Get involved

- Join your community Green/ Sustainability Com.
- Follow: @su.environmental.sust

Waste

- SUhasa zero waste to landfill goal.
- Buy less items that must be thrown away.
- Bring reusable bags, cups, bottles and containers - no single use items.
- Compost food scraps & sort recyclables properly.
- No wet items in the recycling bin.



Dis al...