



ASPA Field Guide

ASPA 2023 Conference
27-28 November 2023
Wellington, New Zealand

#ASPA2023



This field guide was produced by the [ASPA Early Career Network](#) to support early-career professionals attending the ASPA 2023 Conference.

ASPA 2023 Conference theme: Mahi Tahī - Working Together

[Conference website](#)



[Conference local guide](#)



“The principle of mahi tahī (partnership) relies upon a deep and genuine engagement with indigenous ways of knowing, being, and doing.”

[Read more](#)



Te Whare Tapa Whā

is a kaupapa Māori model that offers a holistic and inter-connected understanding to hauora health. Te Whare Tapa Whā uses a whareniui meeting house as a metaphor to represent the hauora of a person. It is built of and relies on four parts (or dimensions), including Hinengaro (mental wellbeing), Tinana (physical health), Wairua (spiritual connectedness), Whānau (authentic relationships).

[Read more](#)

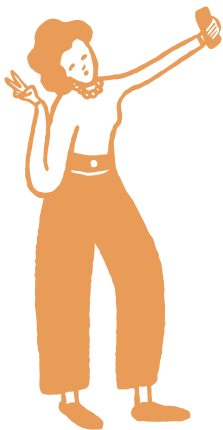




Activities

ECN's Selfie Challenge at ASPA 2023

Join our selfie challenge, capture a photo at any 4 of the 10 places listed below, and share it on Twitter or LinkedIn using the hashtag #ASPA2023. Go in the draw to win a chocolate Quokka.



The Living Pā

The Beehive

A ponga

A waka

A bicycle rack

The naked man statue at Pōneke Harbor

A trail sign

The world-map in the Hunter Lounge

A tuatara

The building where Te Tiriti o Waitangi is held

New to conferences? Here's some helpful resources



Guide to networking

- PDF Resource
- Includes tips like :
 - Use social media #ASPA2022 to start conversations
 - Prepare your elevator pitch and set goals for the conference

Hub Spot

Read



Maximising time

- Webinar recording
- Topic "Getting the most out of a conference"
- 41 minutes

International Society for Physical Activity and Health (ISPAH)

Watch



At the conference, please come and say hello to some of the ASPA Early Career Network (ECN) team!

[Read more](#)



Sarah Edney - Chair of the ECN

Based at the National University of Singapore, Sarah enjoys talking about physical activity and working in Asia. You can find her on Twitter @smartinedney



Matthew 'Tepi' McLaughlin

Tepi is a passionate advocate for better streets, communities and towns. He loves chatting about advocacy and knowledge translation. Reach out on Twitter @HealthTepi



Jessica Seymour

Jess is an AEP and Public Health Professional based in Vanuatu. Jess is passionate about putting PA research into practice. Find her on Twitter @jessicaseymour_



Kuston Sultoni

Based at Universitas Pendidikan Indonesia and PhD candidate at University of Sydney. Kuston's project on tech-supported PA course at university setting. Reach out on Twitter @kustons



Diksha Vijapur

Diksha is a PhD candidate at University of Melbourne. She loves to talk about sedentary behaviour reduction in Primary schools. Reach out on Twitter @VijapurDiksha



Hayden Kelly

Hayden is an AEP with Diabetes Australia and PhD student in the Centre for Active Living and Learning (CALL) at the University of Newcastle. Find him on Twitter @haydo_kelly



Liz Mckibben

Liz is a PhD candidate at Te Herenga Waka. She is interested in any and all research relating to yoga. Reach out by email liz.mckibben@vuw.ac.nz



Kar Hau Chong

Based at the University of Wollongong in NSW, Australia. Kar Hau is a data person. Find him on Twitter @khc_johni



Kristen Clark

Kristen is a Health Promotion Officer at Health and Wellbeing Queensland. With a background in exercise science, she is passionate about getting more people moving, especially our kids. Reach out by email kristenoclarke@gmail.com



Lucy Corbett

Lucy was a high school science teacher. Now a PhD candidate, her research looks at teachers' physical and psychosocial health. Find her on Twitter @LucyCCorbett