

Friedenheim

'N PLEK OM TE GROEI,
'N TUISTE OM TE BEHOORT



♥ FRIEDENHEIM ♥



SUSTERSKAP



RESPEK



LEIERSKAP



GROEI



BEHOORT

liefde ♥ vrede ♥ eenheid



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FRIEDENHEIM RESIDENCE

WELCOME TO FRIEDENHEIM

Friedenheim Residence is more than just a place to stay, it's a home where young women grow, connect, and thrive together. As an all girls hostel, it provides a safe, uplifting environment built on the values of love, peace and unity. These principles shape everyday life at Friedenheim, creating a warm and welcoming atmosphere where everyone feels supported and included. It's a space where friendships form naturally, where respect is mutual, and where each resident is encouraged to become the best version of herself.

What truly sets Friedenheim apart is the vibrant spirit of community. The residence hosts amazing events throughout the year, offering opportunities for creativity, leadership and celebration. Whether it's cultural evenings, social gatherings, wellness activities or themed events, there's always something that brings the girls together in joy and connection. Friedenheim isn't just accommodation, it's a sisterhood, an experience and a place where memorable moments are made every day.



RESIDENCE HEAD

Ms. Shanelle Brandt

WELCOME TO FRIEDENHEIM!

It's an exciting time as you begin this new chapter of your academic and personal journey.

As the Residence Head, I am thrilled to have you all as part of our vibrant family at Friedenheim. I want you to know that this residence is not just your home away from home, but a space to grow, make lifelong memories, built meaningful connections and grow both academically and personally.

You are now part of a supportive network, where we prioritize respect, inclusivity and collaboration. Whether it's making new friends, engaging in activities, or finding study partners, there's no shortage of opportunities to connect, learn, and thrive here



Please remember that you are not alone. My door is always open, and I encourage you to approach me or any of the House Committee members if you need assistance or just want to chat. Let's make this a memorable year of love, peace and unity.

I look forward to getting to know each of you and watching you flourish during your time at Friedenheim.

Best wishes for a successful year ahead!

Warm Regards,
Ms Shanelle Brandt
Res Head/ Freddie's Mom

PRIMARIA



HALLE BEZUIDENHOUDT

Dear Girls,

I want to take a moment to give each and every one of you the warmest welcome. It honestly makes me so excited knowing that we get to share this journey together. Starting a new chapter can bring a lot of different feelings. You might be excited, nervous, or unsure of what to expect, and that is completely okay. I just want you to know that you are coming into a space where you are welcomed, valued and supported.

I hope you allow yourself to step outside your comfort zone, meet new people, make beautiful friendships and enjoy all the little moments along the way. There will be plenty of laughter, late-night talks, memories, and probably a little bit of chaos too.

As your Primaria, I want you to know that you can always come to me whenever you need someone to talk to, need advice, or simply need someone in your corner. My door is always open, and I will always try my best to make you feel comfortable and supported.

I hope that this becomes a place where you feel safe, loved, accepted and truly at home. Most importantly, never be afraid to be yourself. You belong here exactly as you are. I cannot wait to meet you all, get to know you and create beautiful memories together.

Welcome, girls. We are so happy to have you!

With lots of love,
Your Primaria 🌸

“DO WHAT YOU HAVE TO DO AND DO IT BETTER!”

HOUSE COMMITTEE



SAPHNE MULLER
SECRETARY



GRACE MEYER
TREASURER



ANKE ENGEL
SPIRITUAL



EBONY SPEELMAN
FIRST YEAR LIASION



MEGAN LOTTERING
SOCIAL



RONIQUE MANASSE
SPORT



ZOE SMITH
HUIS FREDE REPRESENTATIVE



FRIEDENHEIM TRADITIONS



Being part of Friedenheim means being part of traditions that bring us together, create unforgettable memories and make residence feel like home.



Bunny Run

One of those fun Friedenheim traditions that brings everyone together! Bunny Run is all about having fun, getting involved and creating those funny, unforgettable residence memories that we'll still talk about long after the event.



Miss Friedenheim

One of our most exciting traditions! A fun and memorable event where our girls get to dress up, show their confidence, personality and talents, and enjoy a night of glamour, laughter and entertainment. ✨👠



Year-End Function

A special celebration where we come together at the end of the year to celebrate all the memories, friendships, achievements and experiences we have shared throughout the year. 🥂✨



👑 AND SO MUCH MORE...

THE BEST PART ABOUT TRADITIONS IS THAT THEY CONTINUE TO GROW. EVERY YEAR BRINGS NEW MEMORIES, NEW STORIES AND SOMETIMES EVEN NEW TRADITIONS. YOU NEVER KNOW WHICH MOMENT WILL BECOME THE NEXT FRIEDENHEIM TRADITION. 🌸

STUDENT LIFE





LEADERSHIP OPPORTUNITIES



FRIEDENHEIM IS NOT ONLY ABOUT MAKING MEMORIES AND HAVING FUN, IT IS ALSO A PLACE WHERE YOU CAN GROW, LEARN AND DISCOVER YOUR LEADERSHIP POTENTIAL. 💙

THERE ARE MANY OPPORTUNITIES TO GET INVOLVED, TAKE RESPONSIBILITY AND MAKE A DIFFERENCE IN OUR RESIDENCE. WHETHER YOU JOIN THE HOUSE COMMITTEE, HELP ORGANISE EVENTS, TAKE PART IN ACTIVITIES, ASSIST OTHER RESIDENTS OR SIMPLY STEP UP WHEN SOMEONE NEEDS SUPPORT, EVERY OPPORTUNITY HELPS YOU DEVELOP AS A LEADER.

LEADERSHIP IS NOT ONLY ABOUT HAVING A TITLE. IT IS ABOUT BEING SOMEONE OTHERS CAN RELY ON, LISTENING TO THOSE AROUND YOU, TAKING INITIATIVE AND BEING WILLING TO MAKE A POSITIVE DIFFERENCE. 🌸

SO, DON'T BE AFRAID TO PUT YOURSELF OUT THERE! YOU NEVER KNOW WHERE ONE SMALL OPPORTUNITY CAN LEAD YOU. GET INVOLVED, SHARE YOUR IDEAS, TAKE CHANCES AND ALLOW YOURSELF TO GROW. ✨

YOUR VOICE MATTERS. YOUR IDEAS MATTER. AND YOU HAVE THE POTENTIAL TO MAKE A DIFFERENCE. 🤝





FREQUENTLY ASKED QUESTIONS



EVERYTHING YOU NEED TO KNOW ABOUT FRIEDENHEIM



IS THERE WI-FI?

YES! WI-FI IS AVAILABLE FOR RESIDENTS TO STAY CONNECTED, STUDY AND COMPLETE UNIVERSITY WORK.



IS THERE A COMPUTER LAB?

YES! WE HAVE A COMPUTER LAB THAT RESIDENTS CAN USE FOR ASSIGNMENTS, STUDYING, RESEARCH AND OTHER UNIVERSITY WORK.



IS THERE A KITCHEN?

YES! WE HAVE SHARED KITCHEN FACILITIES WHERE RESIDENTS CAN PREPARE THEIR MEALS.



ARE THERE LAUNDRY FACILITIES?

YES! LAUNDRY FACILITIES ARE AVAILABLE FOR RESIDENTS TO USE.



WHAT ARE THE BATHROOMS LIKE?

THE BATHROOMS ARE SHARED FACILITIES.



IS THERE GYM EQUIPMENT?

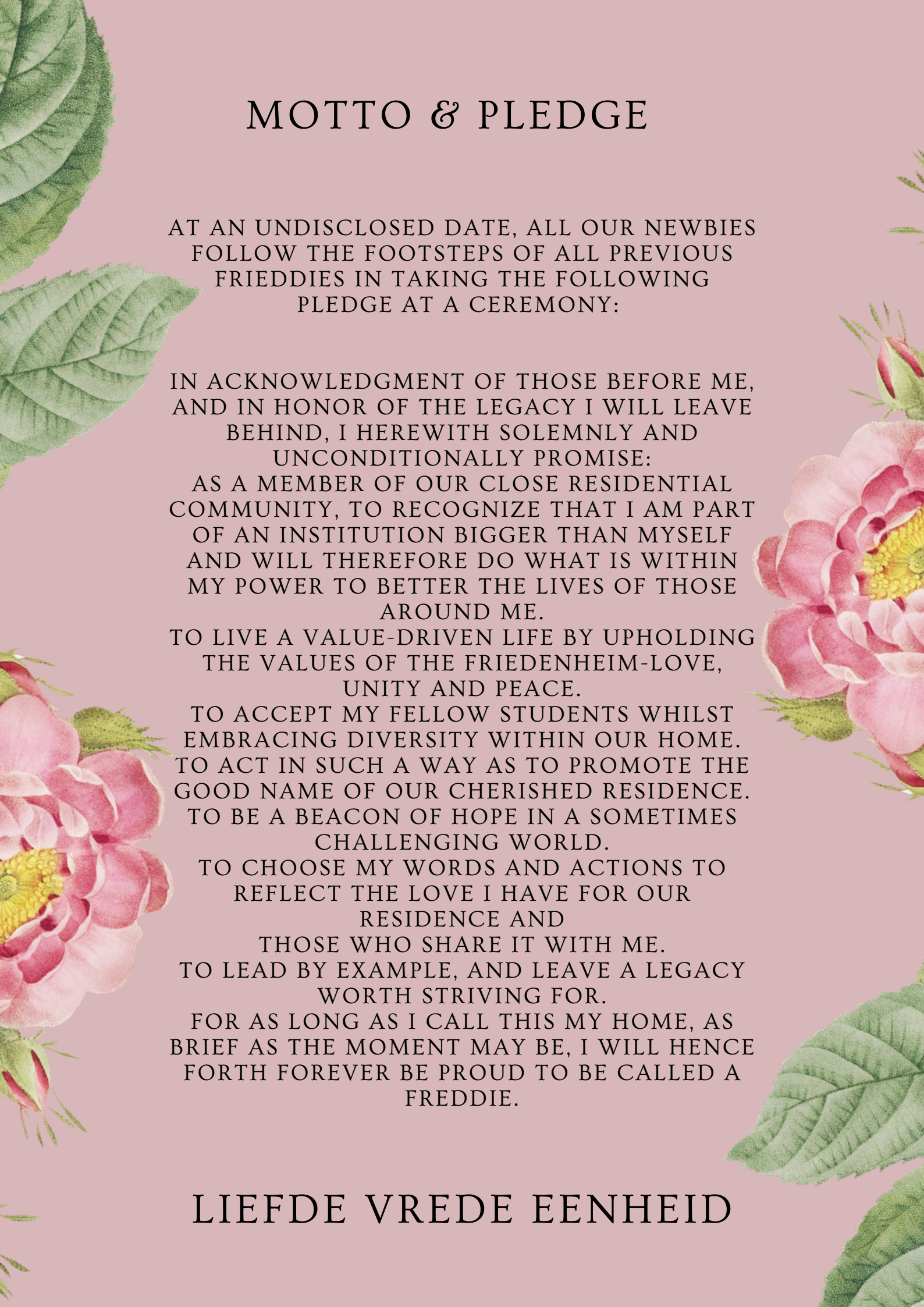
YES! WE HAVE GYM EQUIPMENT AVAILABLE FOR RESIDENTS WHO WOULD LIKE TO STAY ACTIVE, EXERCISE AND MAKE USE OF THE FACILITIES.



ARE THERE COMMON AREAS?

YES! THERE ARE SHARED SPACES WHERE RESIDENTS CAN RELAX, SPEND TIME TOGETHER, MEET NEW PEOPLE AND ENJOY RESIDENCE LIFE.



The background of the page is a solid light pink color. It is decorated with illustrations of pink roses and green leaves. On the left side, there are two large green leaves at the top and a pink rose at the bottom. On the right side, there is a pink rose at the top and a large green leaf at the bottom. The text is centered on the page.

MOTTO & PLEDGE

AT AN UNDISCLOSED DATE, ALL OUR NEWBIES
FOLLOW THE FOOTSTEPS OF ALL PREVIOUS
FRIEDDIES IN TAKING THE FOLLOWING
PLEDGE AT A CEREMONY:

IN ACKNOWLEDGMENT OF THOSE BEFORE ME,
AND IN HONOR OF THE LEGACY I WILL LEAVE
BEHIND, I HEREWITH SOLEMNLY AND
UNCONDITIONALLY PROMISE:

AS A MEMBER OF OUR CLOSE RESIDENTIAL
COMMUNITY, TO RECOGNIZE THAT I AM PART
OF AN INSTITUTION BIGGER THAN MYSELF
AND WILL THEREFORE DO WHAT IS WITHIN
MY POWER TO BETTER THE LIVES OF THOSE
AROUND ME.

TO LIVE A VALUE-DRIVEN LIFE BY UPHOLDING
THE VALUES OF THE FRIEDENHEIM-LOVE,
UNITY AND PEACE.

TO ACCEPT MY FELLOW STUDENTS WHILST
EMBRACING DIVERSITY WITHIN OUR HOME.
TO ACT IN SUCH A WAY AS TO PROMOTE THE
GOOD NAME OF OUR CHERISHED RESIDENCE.
TO BE A BEACON OF HOPE IN A SOMETIMES
CHALLENGING WORLD.

TO CHOOSE MY WORDS AND ACTIONS TO
REFLECT THE LOVE I HAVE FOR OUR
RESIDENCE AND
THOSE WHO SHARE IT WITH ME.
TO LEAD BY EXAMPLE, AND LEAVE A LEGACY
WORTH STRIVING FOR.

FOR AS LONG AS I CALL THIS MY HOME, AS
BRIEF AS THE MOMENT MAY BE, I WILL HENCE
FORTH FOREVER BE PROUD TO BE CALLED A
FREDDIE.

LIEFDE VREDE EENHEID

RESIDENCE SONG

ON THE MELODY OF "LEAN ON ME"

LIEDE, VREDE EN
EENHEID

DIS NOU ONS LESE

DIS WAARNA ONS
STREWE

WANT SAAM

SAAM SAL ONS STAAN

WANT ONS IS DIE
FREDDIES

ALMAL VAN
FRIEDENHEIM

PACKING CHECK LIST

GENERAL ITEMS:

BEDDING + PILLOWS
LAUNDRY BASKET + PEGS
TORCH (LOADSHEDDING)
WASHING POWDER/LIQUID (AUTOMATIC)
SABS-APPROVED MULTIPLUG
MUSICAL INSTRUMENT (OPTIONAL)
CROCKERY (PLATES, BOWLS, MUGS)
CUTLERY (KNIFE, FORK, SPOON)
CAN OPENER
UMBRELLA
SWIM/SPORT GEAR (OPTIONAL)
SPORTS EQUIPMENT (OPTIONAL)
FIRST AID KIT
HANGERS
BROOM, MOP, DUSTPAN
DISH CLOTH
KITCHEN TRAY
MICROWAVE PLATE COVER
EARPHONES

ELECTRONICS (ALLOWED):

KETTLE
ELECTRIC FRYING PAN
SMALL RADIO
IRON
HAIRDRYER + STRAIGHTENER
LAPTOP/COMPUTER/PRINTER
FAN
MOSQUITO TRAP
BAR FRIDGE (130L OR
SMALLER)
HALOGEN HEATER
AIR FRYER (4.5L OR
SMALLER)

PACKING CHECK LIST CONTINUES

UNACCEPTABLE ITEMS:

KITCHEN APPLIANCES (E.G., MICROWAVES)

STOVE

BIG CD PLAYER / HI-FI

ELECTRIC BLANKET

OPEN-ELEMENT HEATER

CANDLES AND LAMPS

WEAPONS OR FIREARMS

ILLEGAL SUBSTANCES/DRUGS

ALCOHOL

ANY PERSONAL MICROWAVE OR ELECTRICAL EQUIPMENT
NOT PROVIDED BY THE RESIDENCE

NICE TO HAVE:

CAMPING CHAIR, CUSHION,
OR PILLOW

COOLER GROCERY BAG WITH
ZIPPER (CAN BE LOCKED WITH
A SMALL PADLOCK)

MARKERS

SUNSCREEN

SWIMWEAR

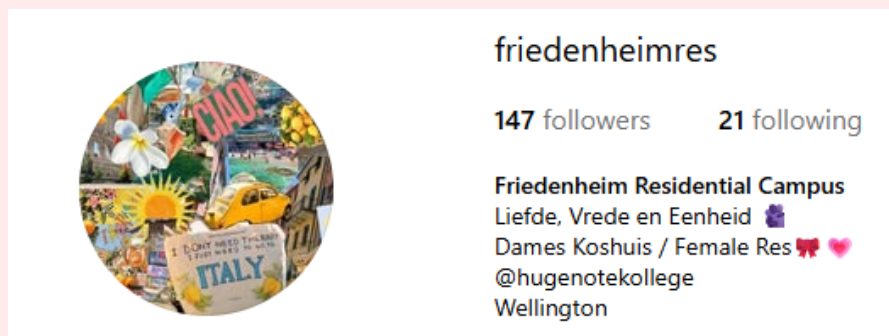
NOTEBOOK

ATLEAST 5 GARBAGE BAGS

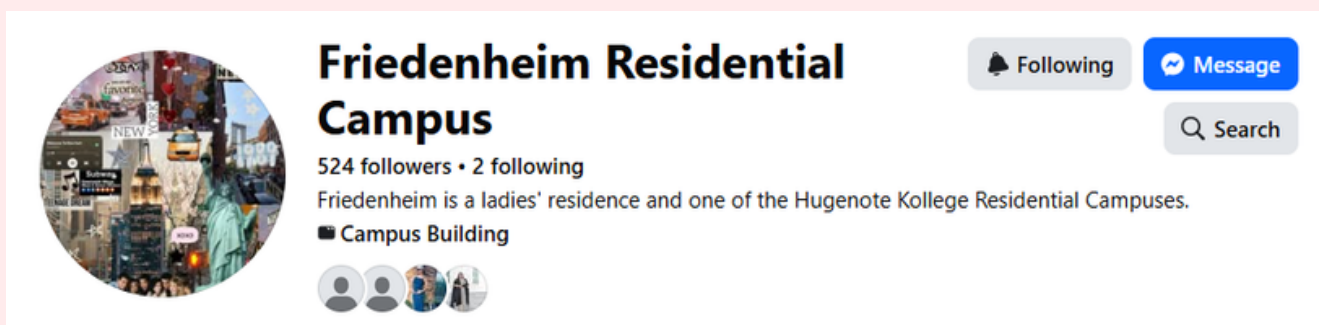
CLEAR TAPE

SOCIAL MEDIA

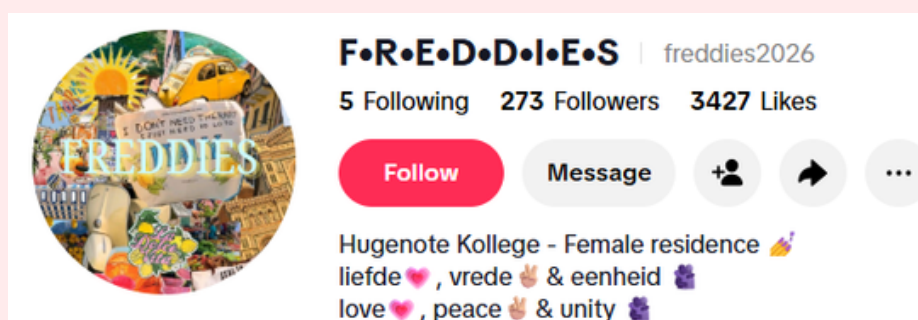
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<https://www.facebook.com/share/1H2WmcF6tx/>



https://www.tiktok.com/@freddies2026?is_from_webapp=1&sender_device=pc



FRIEDENHEIM ADDRESS

POSTAL ADDRESS:

FRIEDENHEIM RESIDENCE
HUGENOTE KOLLEGE
PO BOX 16
WELLINGTON
7654

PHYSICAL ADDRESS:

FRIEDENHEIM RESIDENCE
SAMUEL CAMPUS
HUGENOTE KOLLEGE
15B JAN VAN RIEBEECK STREET
WELLINGTON
7654

