

Grow, Grow, Grow Your Boat [Nursery Rhyme]

How do you make friends with people who haven't known you since you were knee-high to a gumboot? Making friends and nurturing relationships as an adult can be complex, so we've gathered together some tips on finding your Tribe!

Hobbies and interests and clubs, oh my!

Whether you're a gardening guru, a video game veteran, or a woodworking wonder. If you love language learning, making minifigs, or articulating androids. If you just really dig going to new and favourite restaurants, there is always a hobbyist club to be found! Most communities have an online presence these days, but if the web leaves you adrift, check out your local library or community centre. Can't find a group? Start one! You never know who you'll meet!

Get Connected!

The Internet is a marvellous, magical place. For any interest, there's an online community – get your boots and let's go exploring! Here are some online options that we hope take root:

- meetup.com
- Facebook Communities
- Reddit subgroups
- Pinterest boards
- UoA's Yammer pages



Nothing like a little Friendly Competition

Competitive and non-competitive sports are a fantastic way to make new connections, because everyone is there purely for the joy of playing that sport. If you've never played before or you're a seasoned pro, there's bound to be a local option for you. Not only will you get to do the thing you enjoy [and get some excellent health benefits!], but you'll meet others who enjoy it like you do – a perfect way to start a friendship! Better yet – try a sport you've never played before, and sign up for the beginner's season! You'll meet other newbies and you'll be able to laugh together as you learn. Everyone wins!

Building Bonds

Research conducted by Dr Jeffrey Hall in 2016 at the University of Kansas showed that the following activities all contributed hugely when cementing friendships:

- Watching a TV series together, regularly
- Sharing jokes and laughter
- Having long, meaningful, deep and intense conversation
- Engaging in friendly competition [hint, hint!]

Grow Beyond ASPIRE:

Curious about “how to adult” as an adult? Here are some links that might help you on your frolic to friendship!

<https://www.theurbanlist.com/nz/a-list/14-things-to-do-with-friends-that-arent-getting-a-drink1>

<https://www.meetup.com/cities/nz/auckland/social/>

<https://www.morningpeople.dance/calendar>

<https://web.yammer.com/main/org/auckland.ac.nz/discover-groups/recommended>