

PHYSIOTHERAPY AND TE ĀO MĀORI

Krystal Squire BHSc in PHYSIOTHERAPY

NGĀTI TŪWHARETOA

Having left university to travel, keen sportswoman Krystal returned to full-time study as a mature student and rediscovered her desire to make a difference in the world of physiotherapy.

High School achievements

I grew up in Taupō and attended Taupō-nui-a-Tia College. I completed my Higher School Certificate and achieved University Entrance. Back then our schooling was still under the old Bursary points system and I missed out on a B Bursary by one point. I engaged in a lot of school activities, particularly in sport. I was House Captain, captain of the premier netball team, I rowed lightweight quad and double skulls and I was a basketball rep. High school was busy and full of things to do.

What did you want to do when you left school?

I always wanted to be a physiotherapist, but for one reason or another I was always steered down the primary school teacher path. I did try it – I attended Waikato University for two years, but deferred my teaching studies because I wanted to go out and explore the world.

I travelled to Australia, Brazil and then some of the Pacific Islands. I realised I still wanted to do something more. On a whim, I applied to Auckland's AUT and was offered a place on the undergraduate course for the Bachelor of Health Science in Physiotherapy.

Kia Ora Hauora?

I originally registered with Kia Ora Hauora in 2010 when I was studying at AUT. They were helpful with resource direction and they knew who was

who at university so I received assistance when I needed it. Their scholarship advice was invaluable.

I applied for the Ministry of Health, Hauora Māori scholarship which supported Māori studying in any health science field. I applied each year but was only successful once. I was linked with Tae Ora Tinana as well.

“Australia, Brazil and the Pacific but I wanted something more”

The first year?

I was a mature student as I'd returned to study at 26 years old. My first year was busy. It always is, you just have to work. I was the student rep for the lab group and I kept up my sport.

Where are you working?

I graduated from AUT in December of 2014 and I was offered a job at Tauranga Hospital, where I'd had my student placement. Here I've been navigating my way through the world of health and wellbeing. I approach health from a holistic perspective and hope to further my knowledge and practice within Te Ao Māori.

Will you take your studies further?

I will be looking to study over the next couple of years. I am looking at Māori health promotion, health prevention or maybe something completely different. I am still figuring out where I want to go in my profession.

