PREPARING FOR YOUR TIME IN NEW ZEALAND

STUDENT AND PARENT INFORMATION BOOK

CONTENTS PAGE

Page 2	Welcome to New Zealand
Page 3	Your Region
Page 4	New Zealand Seasons and Climate
Page 5	New Zealand Currency
Page 6	Visa and Immigration
Page 7	Airports
Page 8	What Should You Pack – Clothes for spring & summer and autumn & winter
Page 9	What Should You Pack – Other Items and Things You Cannot Bring into NZ
Page 9	Travel, Medical Insurance and Emergency Contacts
Page 10	**Living in New Zealand:** Getting Places – Transportation Telephone/Mobile Phone, Friends Visiting, Please Ask
Page 1`1	**School Life:** Orientation, School Information, Food at School
Page 12	Expectations at School
Page 13	Keeping Safe
Page 14	Cultural Shock
Page 15	Final Thoughts
Page 16	Helpful Links

WELCOME TO NEW ZEALAND

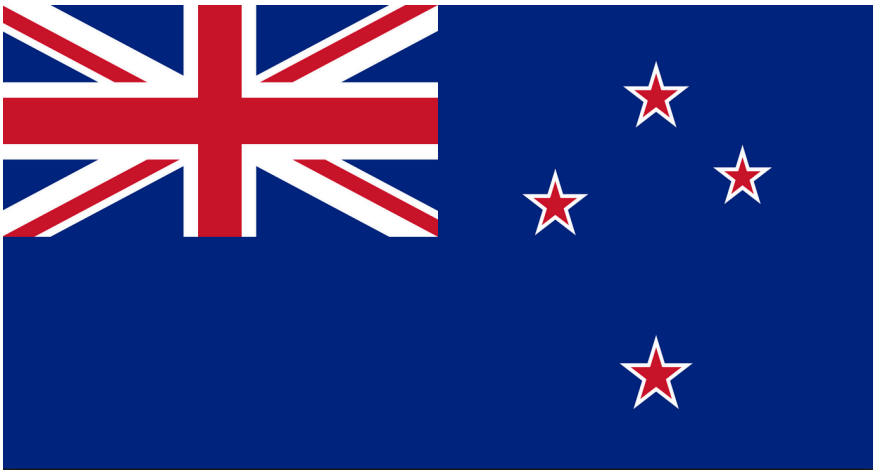
Kia ora and Welcome to New Zealand!

New Zealand is a special place to visit, travel and study. We have beautiful beaches, lovely forests, snowy mountains, green farmland, interesting cities and towns and friendly welcoming people.

The population of New Zealand is 5.1 million people. English and Māori are the two official languages, although English is the common language.

New Zealand is a very popular place for international students. We have an excellent educational system that is recognized around the world.

We are very glad you are coming to New Zealand and spending time in one of our schools. We hope you enjoy your time here, learn something new and make some new friends.



YOUR REGION

Below is a map of New Zealand. Can you find where you will be staying?

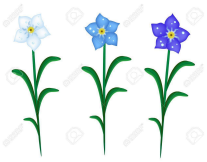


NEW ZEALAND SEASONS AND CLIMATE

The average New Zealand temperature decreases as you travel south. January and February are our warmest months, and July is our coldest month of the year.

A helpful website to check the climate and weather in your region is:

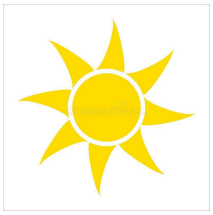
www.newzealand.com/int/feature/new-zealand-climate-and-weather



Spring

September – November

Average daytime temperatures 16 - 19˚C (61 - 66˚F)



Summer

December – February

Average daytime temperatures 20 - 25˚C (68 - 77˚F)



Autumn

March – May

Average daytime temperatures 17 - 21˚C (62 - 70˚F)



Winter

June – August

Average daytime temperatures 12 - 16˚C (53 - 61˚F)

While these temperatures are usual, the weather in New Zealand can change unexpectedly. Because of this, you should be prepared for changes in weather and temperature, particularly if you're going hiking or doing other outdoor activities during your time in New Zealand.

NEW ZEALAND CURRENCY

Banking

- New Zealand banks are open from 9.30am to 4.30pm Monday to Friday
- Automated Teller Machines (ATM's) are widely available at banks, on main shopping streets and in malls
- International credit cards and ATM cards will work if you have a four-digit PIN code
- Please check with your bank before leaving home

Bringing cash into New Zealand

- There is no restriction on the amount of foreign currency you can bring in or take out of New Zealand
- However, if it is more than NZ$10,000 in cash you must complete a Border Cash Report

Currency exchange

- Foreign currency can easily be exchanged at banks, some hotels and Bureau de Change kiosks which are found in international airports and most city centers

Currency values

- Coins have values of 10, 20, 50 cents, $1 and $2
- Notes have values of $5, $10, $20, $50 and $100

Currency converter

A helpful website to convert currency is www.xe.com/currencyconverter





VISA AND IMMIGRATION

Before travelling to New Zealand, you need to make sure your passport is valid for at least three months longer than your expected departure date. If you come from a country that needs a New Zealand visa to enter, please be sure to apply in advance.

A helpful website to find out what you need to travel to New Zealand is: www.immigration.govt.nz/new-zealand-visas/apply-for-a-visa

After you've cleared passport control, you should collect your luggage. Your luggage may be sniffed by a detector dog and/or x-rayed, and it may be searched to identify any risk goods you might be carrying.
Once you have your luggage you go through customs and biosecurity checks. To protect New Zealand and its environment, some items are not allowed into New Zealand, some have restrictions for entry or some must be declared. These include food, plants, animal products and outdoor recreational equipment.

AIRPORTS

Your passport and visa will be checked you will get an Immigration New Zealand stamp in your passport from the Customs Officer



Your passport will be returned to you



Collect your bags from the baggage claim area



Your bags will go through an x-ray machine and inspectors might look in your bags



Once you have been cleared by Customs and Biosecurity you will walk through the arrival doors



Welcome to New Zealand!

WHAT SHOULD YOU PACK

Below are some items we suggest you pack for your time in New Zealand. Depending on the time of the year you are coming, you will need to bring different things.

Spring/Summer

If you are coming during our spring and summer months we suggest:

- Swimwear
- Sunhat, sunglasses and sunscreen
- Shorts and/or skirts
- T-Shirts and/or short sleeve shirts
- Jumper and/or sweatshirt
- Light raincoat
- Good walking shoes
- Your choice of other clothing and footwear

Autumn/Winter

If you are coming during our autumn and winter months we suggest:

- Warm waterproof jacket
- Jumper and/or sweater
- Long pants and/or jeans
- Long sleeved shirt and/or tshirt
- Scarf, hat and gloves
- Good walking shoes
- Your choice of other clothing and footwear

Other Items

We also suggest you bring the following items:

- Camera
- Any medication you might use
- Umbrella
- Toiletries
- Towel
- Photos of family and friends from home
- A few personal belongings to help your room feel like home

If you are bringing anything valuable (i.e. camera, phone, laptop etc), you MUST have copies of the purchase price (i.e. proof of purchase or receipt). You will not be able to claim for insurance if you don't have copies of the purchase price.

Things You Cannot Bring into New Zealand

All food items brought into New Zealand, even the smallest amount, need to be declared. These items include:

- Meat
- Eggs
- Dairy Products
- Dried mushroom and fungi
- Honey and honey products
- Seeds for human consumption and processing into food
- Nuts, spices, herbs and unpopped popcorn
- Dried, cooked or preserved fruit and vegetables
- Fresh fruit or vegetables

If you do not declare your items, you will be fined around NZ$400.00 and the items will be taken from you.

Travel and Medical Insurance

It is compulsory for International Students to have travel and medical insurance. This means if you have to see a doctor you can claim back the costs of your appointment and medication or if you lose something (i.e. your camera) then this can be claimed too.

If you go to the doctor while you are in New Zealand, you will need to pay for the visit and then claim the cost back later with your insurance company.

Please note that if you have a current medical condition we MUST know about this for insurance purposes.

To claim on your insurance, you must have your proof of purchase.

Emergency Contacts

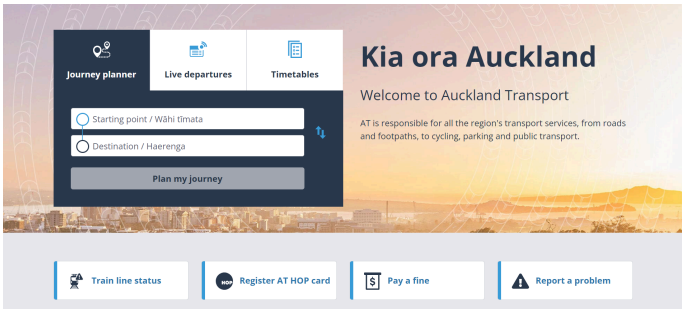
Your new school will give you emergency contact numbers and people if you need help. Schools and teachers are very good at caring for students from all around the world. Please talk to someone at school about any worries or problems you have. Someone will be able to help you and sort things out.

LIVING IN NEW ZEALAND

Soon you will be going to school in New Zealand and you will be staying in a house and town or city that will be different from your home country.

To help you settle into your new home in New Zealand here is some information to think about:

Getting to School and Transportation around your area



- After the first day of school, if you are close enough you might walk to school or ride a bike. You might even catch a school bus. Or you might continue to drive in the car with your family.

- We drive on the left side of the road, so if you are crossing a road you need to be very careful - make sure you look both ways! Remember to look right first, then left, then right again....then cross the road.

- People living in New Zealand use different ways to get around – walk, bike, skateboard, scooter, car and bus. For more information on the use of public transportation and arrival and departure schedules, please visit https://at.govt.nz/

Telephone/Mobile Phone

- If your new house has a landline it is free to call when you call within your town or city that you are living in.

- You may decide to bring your mobile phone with you. If you do, you can buy a New Zealand sim card and pre-paid cards to make calls and send texts.

- Please check with your school if you can bring your mobile to school with you.

Friends Visiting

- In New Zealand many students visit their friends after school and on the weekends.

- If you would like to invite a friend to visit your home, please ask their parent/s first to arrange a day and time. It is a good way for your family to meet other New Zealand families too.

- By having friends and going to their houses or having them visit your house, you will widen your cultural experience, improve your English and of course have fun spending more time with your friends.

Please Ask

- If you are not sure about anything, please just ask.

- In New Zealand it is a good thing to ask questions. If something upsets you, confuses you or makes you angry please talk with someone at your school.

SCHOOL LIFE

Orientation

Your school will have an orientation program to introduce you to your new school. The orientation program will help you prepare and understand your new school.

Your school might give you information about:

- What clothes to wear or if you wear a uniform
- Time table and classes – what you might do during the school day
- Your teacher/s
- What you can do during the morning and lunch breaks
- Activities during school time and after school

School Information

- There are four school terms running from late January to mid-December with two-week breaks between them and a six-week summer break at the end of the year
    - Term 1: Late January to early-April - Two week break
    - Term 2: Mid April to early July - Two week break
    - Term 3: Mid July to late September - Two week break
    - Term 4: Mid October to mid-December - Six week summer holiday
- Students walk, ride their bikes, take a bus or maybe a train to school
- Physical discipline (e.g. smacking, caning or strapping) of students is not allowed in New Zealand. School punishments usually involve detention (staying in at lunchtimes or extra work)
- New Zealand schools are well equipped with computers, Internet and technology
- They have lots of room for outdoor play and sport. Schools usually have their own playing fields and sometimes swimming pools
- Teachers support a wide range of activities after school hours such as coaching sports teams, leading drama clubs or school orchestras for example
- Students in New Zealand also get many opportunities for educational trips and visits

Food at School

- Many students take their own lunch from home and they pack it in a lunch box. The sort of food students take varies but some food that students take are: sandwiches, sushi, fruit, raisons, muesli bars, yogurt, biscuits, crackers, sliced raw vegetables, small snack bags of chips or nuts or dried fruit.
- At some schools you can order lunch. Please check this with your school once you start.
- Just remember, food in New Zealand may be different to what you are used to - always try it first, then if you don't like it then it is OK not to eat it again.
- While you are eating your food at school, watch other student's manners. What is OK in your culture may not be in New Zealand. Some New Zealanders think it is rude to burp or slurp, reach in front of others, or eat with your mouth open.

EXPECTATIONS AND BEHAVIOUR AT SCHOOL

- Follow the school rules and expectations
- Try new things – have a go
- Try and make some friends from New Zealand
- Use your English skills – have a try
- If you are not sure about anything, please ask
- Take care of your property at school

KEEPING SAFE

New Zealand is known to be a very safe country to live and travel in. Though it is always a good idea to keep yourself safe. You can do this by:

- When crossing the road look to your right first, then left then right again before you cross
- Use pedestrian crossings when they are available but always check the cars have stopped first before crossing
- Keep your mobile phone and wallet in a safe place such as a bag or pocket
- Be aware of people around you when using ATM machines
- Don’t carry large amounts of money, valuables or expensive jewelry with you
- At school, don’t leave any money or your phone in your school bag
- If some of your possessions get lost or are stolen, please tell your teacher at your school so they can help you

CULTURE SHOCK

Now that you are in New Zealand you will see that people and customs may be very different from what you are used to. Just remember:

- During your stay you may have some difficulties and misunderstandings. This is normal and OK. Keep calm and an open mind to find solutions to problems you may have

- There will be new food and a new language to get used to. You might feel lonely, find it difficult to study and get used to your new environment. You may get tired of speaking and listening in English all the time. This is also OK

- When possible, spend time with New Zealanders. They will be pleased to share their culture and answer questions. Don't be afraid of making mistakes

- Find ways to keep in touch with family and friends at home. Sometimes you just need to talk with someone who knows and understands you

FINAL THOUGHTS

Congratulations on taking a risk and challenging yourself to travel and stay in a new country and culture.

We wish you a happy and safe time in New Zealand and your new school. We hope you enjoy trying and seeing new things, making new friends, sharing information about you, your country and culture and learning more about New Zealand, its culture and people.

HELPFUL LINKS

For many international students and their families, life in New Zealand is quite different to the lives they lead at home. The following links provide useful information about life in New Zealand and will help you prepare for your time in a New Zealand school.

- *Naumai NZ:* **https://naumainz.studyinnewzealand.govt.nz/**

Information and suggestions to help you find your way, connect and explore your new home.

- *Tourism New Zealand*: **www.tourismnewzealand.com**

Tourism New Zealand's offers some valuable information about tourism opportunities for families while in New Zealand.

- *100% Pure New Zealand:* **www.newzealand.com/int/**

100% Pure New Zealand offers some valuable suggestions and information about tourism opportunities for families while in New Zealand

- *Study in New Zealand:* **www.studyinnewzealand.govt.nz**

The official Government site for advice on studying abroad in New Zealand. This site offers information on a range of courses at universities, institutes and schools. You can also read student stories of real life experiences and learn important information about the costs of living in New Zealand.

- *Immigration New Zealand's Studying in New Zealand:* **www.immigration.govt.nz/new-zealand-visas/options/study**

This site offers information about studying in New Zealand, student life and working while studying. This site also offers information about visa options for students and families.

- *NZQA's Studying in New Zealand:* **www.nzqa.govt.nz/studying-in-new-zealand**

This site offers further information about New Zealand qualifications, secondary school and NCEA, Tertiary education and quality assurance of education in New Zealand.

- *New Zealand Now*: **www.newzealandnow.govt.nz**

This Government website share information about living, working, studying and investing in New Zealand as well as information about visas, job prospects and the great lifestyle here.

- *Education New Zealand:* **www.enz.govt.nz**

Education New Zealand (ENZ) raises awareness of New Zealand as a study destination and supports education providers and businesses to export their services and products.

Disputes Resolution Scheme: **https://www.istudent.org.nz/**

The DRS supports students to resolve complaints with their education provider.