

New Zealand School of Healthcare

A GUIDE TO NEW ZEALAND



nz school of

Healthcare



TABLE OF CONTENTS

**Welcome to
NZ School of Healthcare**

CONGRATULATIONS..... 5

PRE DEPARTURE 7

Things To do before you arrive in Tauranga..... 8

Accommodation 10

Health and Medication 12

What to pack and bring with you 14

Enrolment..... 15

Student fees..... 15

Documentation 16

LIFE IN TAURANGA18

Setting up your New Zealand Bank Account..... 19

Cost of living* 20

Communications 21

Working while studying 22

Transportation 24

Health and Wellbeing 26

Support for International Students..... 28

Staying safe in Tauranga 32

CULTURE AND LIFESTYLE 34

BAY OF PLENTY MUST DO 38



CONGRATULATIONS

**We are pleased you have chosen NZ School of Healthcare,
to pursue your studies.**

Before you depart, there are a few essential elements that need to be completed. This guide to New Zealand provides essential information to assist you with your student journey.

This guide contains information about life in New Zealand, transportation services, expectations and rules, policies and your rights, as well as other very useful tips to help you adapt. Further information is available through the NZSOH website.

Have a wonderful trip and we'll see you in soon!



PRE DEPARTURE

Everything you need to know
before you leave for New Zealand



THINGS TO DO BEFORE YOU ARRIVE IN TAURANGA

TRAVEL ARRANGEMENTS

1. After you accept your offer of place at NZ School of Healthcare, be sure that your travel arrangements are in order which include: your airline tickets, insurance as well as passport and student visa are valid for the duration of your studies.
2. As an international student, it is your primary responsibility to hold an appropriate visa to maintain the lawful status to study and live in New Zealand. It is important to apply for your student visa as soon as possible, as in some cases the manual application process may take a minimum of one month.
3. To formally be enrolled, all students are required to send a copy of the valid student visa to study at NZSOH in New Zealand. If you do not hold a valid student visa or fail to provide one, your programme of study may be withdrawn and enrolment may be cancelled.
4. Immigration require NZSOH to comply with their rules and report any student failing to provide the above.
For more Information on Student Visas, please check the NZ Immigration Website [here](#).
5. It is important to place all your important documents in a folder or clear envelope for ease of access. It would also help to have photocopies of documents emailed to yourself as an added measure.

6. When travelling to New Zealand, it is important you are aware of the New Zealand customs and import requirements. Always be aware of what you can or cannot bring as well as those items you will need to declare upon arrival.
For more information, refer to the link [here](#).
7. Ensure your hand luggage complies with airline requirements in terms of size and weight. Some airlines will not allow you to carry bottles with liquid in them that are larger than 100ml, aerosol cans or sharp implements in your hand luggage.
8. Before you arrive in Auckland you will want to book your connecting flight to Tauranga. Once you arrive in Tauranga you can book a shuttle to take you to your accommodation. To save you the hassle of having to wait in a line the moment you get off the plane.
You can learn more about the Shuttle [here](#).
9. You can also get a taxi or an Uber from Tauranga Airport to your destination.
10. Have at least NZD 1,000 available for use upon your arrival in New Zealand (Plus NZD 300 in cash). You can exchange most currencies at the Auckland Airport but you should also be able to do this in your home country.
11. When you are here, make sure you look left and then right before crossing the road. New Zealand traffic may be different to what you might be used to in your home country.



ACCOMMODATION



Private rental

Private rental is another accommodation arrangement where in most cases you rent a flat or house for yourself or a few other housemates. It can be far costlier than the shared accommodation and in some cases flats or apartments may not be furnished.

We recommend that you research the different suburb profiles prior to signing any contract. It helps to meet the landlord, agent or manager in charge to discuss terms before you sign any contract or pay

You can also find accommodation to rent online on:

- [Trademe](#)
- [Easyroommate](#)
- [NZ Flatmates](#)



Shared accommodation

One of the most common arrangements for accommodation is where a number of housemates share a flat or house. This type of arrangement is advantageous as it is often more affordable and is a great way to make new friends.

Tenant's rights

It is important that you are aware of your rights and responsibilities as a tenant. Learn more about your key rights by visiting <https://www.tenancy.govt.nz> for information on the basics of renting, landlords, types of tenancies and tenancy agreements.

HEALTH AND MEDICATION

1. Ensure that you are fit to travel by doing all the necessary medical and dental check-ups before you depart for New Zealand. Healthcare in New Zealand is expensive but will mostly be covered by your insurance. Be sure to check what your policy covers.
2. Dental care is expensive in New Zealand and is generally not covered by your insurance policy. We recommend getting your check-ups done prior to leaving your home country.
3. Always check with your doctor to see if your medication is available in New Zealand and if you will be able to obtain it. Please ensure you bring a letter from your doctor if traveling with medication.
4. For issues such as chronic health conditions, always ask your doctor for a letter of referral of a health practitioner in New Zealand.
5. Be mindful of your vaccinations and see that you are up to date. Bring your records whenever possible.

LOCAL PHARMACIES

Life Pharmacy

53 Devonport Road, Tauranga

Phone: 07 578 3177

Unichem Pharmacy

292 Cameron Road, Tauranga

Phone: 07 578 3566



INSURANCE

1. As an International student, you are required to have approved current medical and travel insurance for the duration of your study with us. We recommend Southern Cross International Student Travel Insurance (SCTI).
2. Your insurance should begin from the day of departure from your home country and stay current until your final visa expiry date.
3. You will need to provide a completed copy of the SCTI Insurance Application Form attached to your Offer of Place to International Student Support at least two weeks before the start of classes.
4. If you are arranging your own insurance, you are required to provide the details to NZSOH on info@healthcareer.nz at least 2 weeks prior to the start of classes to ensure that it is acceptable by NZSOH. Any late submissions of your Insurance Certificate will not be accepted.
5. If you have any queries, please email info@healthcareer.nz. For more information, please check Southern Cross Travel Insurance website [here](#).

WHAT TO PACK AND BRING WITH YOU

1. Clothes for all seasons that you will be experiencing.
2. Weather in New Zealand can change unexpectedly. Be prepared and understand what you can expect from different seasons below.
3. While the far north has subtropical weather during summer, and inland alpine areas of the South Island can be as cold as -10°C (14°F) in winter, most of the country lies close to the coast, which means mild temperatures.
4. The average New Zealand temperature decreases as you travel south. January and February are the warmest months, and July is the coldest month of the year. You can check on New Zealand weather conditions on the [Met Service website](#).
5. Please make sure you bring appropriate clothes and shoes including a jacket.
6. There are easily accessible, relatively inexpensive clothes, bedding, stationery and other supplies available across Tauranga and shops are open 7 days in most areas. You do not need to weigh down your luggage with too many toiletries or other items that you can purchase after you arrive.
7. Credit cards and New Zealand cash – at least NZ\$ 300 cash amount for use on arrival.
8. Electrical goods – If you want to bring in electrical goods to New Zealand, please be aware that the electrical conversion is 240V, 50 hertz. You can easily find adaptors at places like The Warehouse, or Briscoes. Most power sockets accept three-pin plugs or similar adaptors.
9. A laptop.
10. Please make sure you do not pack anything that will be confiscated by Customs. Check the [Customs Website](#) for more information.

ENROLMENT

Always ensure that you have your enrolment in order before flying to New Zealand to ensure that your start at NZSOH will be a smooth and easy one. Please note: You will need to have paid your tuition fees before you can be enrolled.

To get in touch with the admissions office you can contact:

Phone: +64 21 2887828

Email: melissa@radiocareer.net

Hours: Monday to Friday 9am to 4pm

STUDENT FEES

- INTERNATIONAL STUDENTS

The tuition fee payable is indicated on your 'Offer of Place' letter. Instructions on payment of fees and how to pay are also included.

Please see **3. Pay your tuition fees** on the Study with us page for International Students. If you still require further assistance or need another copy of your 'Offer of Place' please contact our admissions team by emailing melissa@radiocareer.net



DOCUMENTATION

1. Photocopies of the front page and visa page of your passport (leave extra copies with a family member and email copies to yourself).
2. Originals and certified copies of your academic transcripts and birth certificates.
3. Your Offer of Place from NZSOH.
4. Receipts for payment of fees/ accommodation/visa.
5. Work and personal references for finding work, and housing if you plan to rent.
6. Medical records, glasses, and medication prescriptions and immunisation documents.
7. Current driver's licence- an international or your country's driver's licence is valid for one year in NZ. After that, you will need to obtain a New Zealand driver's licence.
8. A recent bank statement.
9. NZ\$300 to cover emergencies.
10. A dictionary translated from English into your own language.

WELCOME TO TAURANGA



A young man with short, curly hair, wearing a dark blue t-shirt and a dark green backpack, is seen from the back and side. He is looking out of a large window with a metal handle. The background is bright and slightly blurred, suggesting an outdoor setting. The image is overlaid with a large teal and dark blue graphic on the left side.

LIFE IN TAURANGA

Everything you need to know
about living in Tauranga, New Zealand

SETTING UP YOUR NEW ZEALAND BANK ACCOUNT

To manage your money in New Zealand, it is recommended that you open an account with any of the local banks.

Most are student friendly and accessible. Choose from any of the major banks in New Zealand which include: ANZ, ASB, BNZ, Kiwibank, TSB Bank and WestPac.

To open an account, you will need the following documents:

1. Passport.
2. Proof that you are a full-time student, such as a letter from NZSOH or a fees invoice.
3. Proof of a residential address in New Zealand.
4. IRD number.
5. Your Tax Identification Number (TIN).

Most banks offer student packages. Types of accounts include:

- Student cheque accounts. These accounts allow phone or internet banking, which is helpful for paying bills.
- Savings accounts – earn a better rate of interest for money than a current account. The longer the term of deposit, the better the interest rate.
- Credit cards – International students may have the option to apply for a credit card.

EXCHANGE RATES

To learn more about the rate of your home currency and New Zealand you can visit a foreign exchange website or calculator [here](#).



RENT

\$200 - \$350

(per week)



AVERAGE MEAL

\$12 - \$25



DOCTOR

\$15 - \$70



GYM

\$10 - \$30

(per week)



SINGLE BUS TRIP

\$0.50 - \$8.20



ENTERTAINMENT

\$30



DENTIST

\$150 - \$500



GROCERIES

\$100 - \$150

(per week)



PHONE CREDIT

\$20



CAN OF COKE

\$2.00



HOT DRINK

\$3.50 - \$5.50



MILK

\$3.50

(per litre)

COST OF LIVING*

When living in New Zealand, it helps to be aware of the cost of living here. Prices in New Zealand may vary from your country so knowing how to make the most of your money would be advantageous.

So in total, you need to budget for **NZD15,000** per year as per the [Immigration New Zealand](#) student visa requirements, plus the return airfare or an additional **NZ\$2,000***. Use the currency [calculator](#) to work out the equivalent amounts.

* This serves a guideline only, please check the INZ website for the most up-to-date information.

BUDGETING:

From tuition fees to phone bills, power bills, car repairs to groceries, it can be hard keeping track of your spending. Sticking to a budget can save you the stress and let you focus on your studies.

A budget is a simple plan showing you what money you expect to receive and how you intend to spend it.

Sorted, New Zealand's personal finance site, has some great resources and an online budgeting tool to help you get started.

For more information you can visit the Sorted website [here](#).

COMMUNICATIONS

Upon arrival, you can get a SIM card for your mobile or smartphone from the airport. It's important to make yourself contactable once you're in the country for both your family, NZSOH and your accommodation.

Once you have a New Zealand Phone number, please ensure you update the NZSOH with your contact details.



You have a few options to consider when setting up your mobile phone in New Zealand. Depending on your needs and usage you should consider the following:

PRE-PAID

With a pre-paid plan, you pay for what you need. You would have to pay before using the network service and once you have used up all your credit, you would need to top-up. There are different packages that are available to you. This type of mobile arrangement is the cheapest, most flexible and is recommended for students who would be staying in New Zealand for less than two years.

PLAN (24-MONTH CONTRACT)

With a plan arrangement, you will be placed under contract to pay a fixed monthly fee spanning a one-year period. Packages are geared toward frequent or heavy usage and in most cases, signing for a plan comes with an included phone.

Most carriers offer multiple plans and packages best suited to your needs and budget find out what works best for you by visiting the website of the various mobile and network operators:

[Vodafone](#) | [Spark](#) | [Skinny](#) | [2Degrees](#)

Note: Sometimes, there might be a connection fee and monthly line rental and you pay for usage on top of that.

To call internationally from New Zealand, you need to dial (00) followed by the country code followed by the area code for the city you are calling and then the telephone number.

CONNECTING TO THE INTERNET

In a private home

Depending on your accommodation agreement, there may be instances where you would have to set up internet connection yourself. Common arrangements would have flatmates sharing the internet bill but we recommend researching the various network carriers where you have the option of purchasing a fixed term plan with a monthly fee and lock-in period of 12 months or a mobile broadband plan for greater flexibility.

Within NZSOH

You can also connect to our free Wi-Fi on campus using your own wireless devices (laptops, smartphones).

WORKING WHILE STUDYING

While holding a student visa in New Zealand, your time will be focused primarily on your studies, however, provisions in your visa may allow you to work part-time and even full-time during certain holidays. If you wish to stay in New Zealand and continue to work after you have finished your studies, it would be good to look into what kind of visas you are eligible to apply for. Learn more from the New Zealand Immigration website [here](#).

It is also important to know your rights and responsibilities as a worker.

If you do not hold a visa with work rights you must not work or your visa will be cancelled.

LOOKING FOR A JOB

Living in New Zealand may be made easier if you had a job to help pay for rent and other expenses. There are many ways of going about looking for a job. The job sites below are good starting points:

- [SEEK](#)
- [TradeMe Jobs](#)
- [LinkedIn](#)
- [Student Job Search](#)
- [Neighbourly](#)

VOLUNTEERING

Volunteering is a great way to build work experience and offers a great way to network with people in New Zealand. You can check what type of volunteer jobs best suit you by visiting [Volunteering New Zealand](#) Also the [Neighbourly](#) is a great way to help or get involved in your community where you will live.

LEARNING INCOME AND PAYING TAX

In accordance with New Zealand law, when working, the income you earn will be tax deducted. To find out more about your tax responsibilities and how to pay the correct tax, please visit the Inland Revenue or IRD website [here](#).



TRANSPORTATION

BUSES

Taking the bus is a great and in expensive way to get around Tauranga. Bus travel covers the entire Tauranga region and operates even on most public holidays. Learn more about how to take a bus, what services are offered and how to understand fares here.

TAXI/ UBER

You can also hail a taxi or organise an Uber straight to where you need to be.

CARPOOLING

Carpooling to campus with some friends is a great way to guarantee yourself a good parking space. Parking is free for the first three hours in the Tauranga CBD.



CAR

If you hold a current and valid overseas driver's license or an international driving permit, you can drive in New Zealand for a maximum of 12 months from the date you arrive in New Zealand. After this, you will need to apply for a New Zealand driver's license and you can find all the information [here](#) on how to get your NZ drivers license. You must carry your license or permit (and translations if applicable) with you at all times when driving. It's important to note that we drive on the left hand side of the road in New Zealand.

The speed limit here is normally 50 km/hr in urban areas and 100 km/hr on the motorways. Be mindful of the speed limit signs and road conditions at all times. It is 40 km/hr in school zones.

The New Zealand Road Code

When you arrive in New Zealand, you will need to familiarise yourself with the New Zealand Road Code, which explains safe driving laws and practices. You can buy a copy of the Road Code from book stores or find the information on the NZTA's website, [here](#).

Rental Cars

There are a number of cheap car rental companies in Tauranga. You can also find them at the Tauranga Airport. You can hire a car for under \$100 for a long weekend, which may be easier and cheaper than purchasing one. Most car rental companies will require that you are over 25 years old and that you have a current overseas license (translated if needed), a New Zealand license or an International license.

Buying a Car

Some students decide to buy cars when they arrive in NZ. It is very common for students here to buy second hand cars instead of brand new ones as it is a lot cheaper and it serves the purpose. Before you buy a car, we recommend looking into the [AA Used Car Buying Guide](#).

There are many places where you might be able to buy used cars- you can check out the [TradeMe website](#) or google Tauranga authorised car dealers.

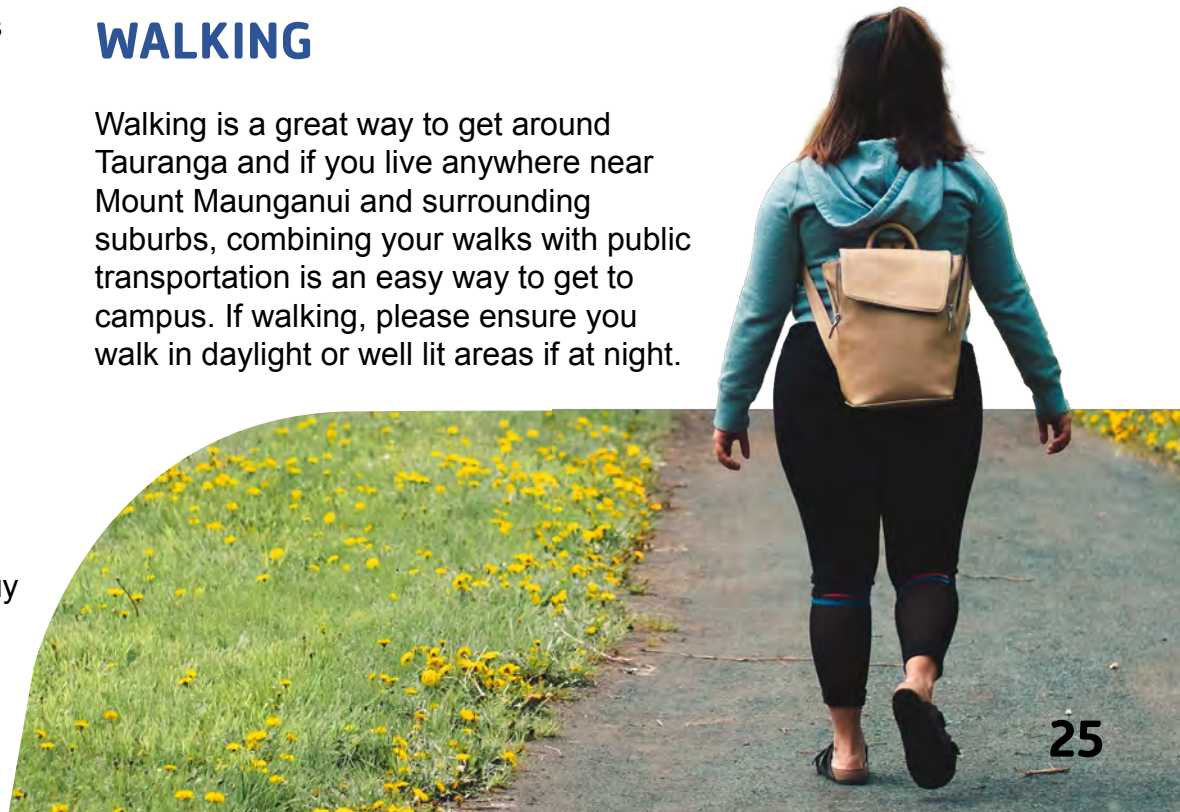
We also highly recommend purchasing car insurance if you are buying a car here. For more information on how to get this, please refer to the [Consumer Affairs website](#). Remember, do not drink and drive! If you are caught drunk, you can be fined up to \$4500 and possibly put in prison.

CYCLING

Taking a bike is a great option to get around in addition to being environmentally friendly, affordable and good for your wellbeing. Bicycles are a great option if you live both near and far from campus and can be taken on busses.

WALKING

Walking is a great way to get around Tauranga and if you live anywhere near Mount Maunganui and surrounding suburbs, combining your walks with public transportation is an easy way to get to campus. If walking, please ensure you walk in daylight or well lit areas if at night.



HEALTH AND WELLBEING

All international students in New Zealand are required to have medical and travel insurance. Most international students are not entitled to publicly funded health services while in New Zealand.

If you receive medical treatment during your visit, you may be liable for the full costs of that treatment. Full details on entitlements to publicly-funded health services are available through the [Ministry of Health](#).

The Ministry of Health website is also packed full of information to help you understand the COVID-19 restrictions and Alert levels and what this means for you and your studies should you experience Levels 1-4 during your stay here in New Zealand.

Click [here](#) to learn more about how to enter the country and what your responsibilities are with the border controls for arriving in New Zealand.

ACCESSING HEALTHCARE IN NEW ZEALAND

Healthcare in New Zealand may work a little differently from the healthcare services in your country. Typically, in most non-emergency situations, the first point of contact is the General Practitioner and depending on your needs, can refer you to specialists.

These doctors are trained to help you with a wide array of medical conditions ranging from prescriptions, medical tests, sexual health assistance. Similarly, you can also visit a doctor in their private practice or a medical centre. Remember to book your appointment with your GP before you go. You can search for a local GP [here](#).

Be sure to talk to your GP about your condition and how they can assist you. Depending on the severity and type of condition, they may refer you to a specialist.

DISABILITY SERVICE

Our dedicated team provide a range of resources and strategies to help students who have provided verification of impairment. The support that we offer include:

- Note-takers
- Reader/ writer exam support
- Sign language interpreters
- Digital recorders

SUPPORT FOR INTERNATIONAL STUDENTS

THE EDUCATION (PASTORAL CARE OF INTERNATIONAL STUDENTS)

When students come to study in New Zealand, education providers have an important responsibility to ensure that those students are well informed, safe and properly cared for.

To support this, the New Zealand government has developed the [Education \(Pastoral Care of International Students\) Code of Practice 2016](#).

STUDENT COMPLAINTS ABOUT NZSOH COMPLIANCE WITH THE CODE OF PRACTICE

If an international student has a complaint about NZSOH's compliance with the Code of Practice, they should try and resolve it by using the internal NZSOH process in the first instance. If their complaint is not resolved, they can take their complaint to one of the following agencies:

NZQA

NZQA handles all complaints about alleged non-compliance with the Code of Practice, other than financial and contractual disputes.

iStudent Complaints

[iStudent Complaints](#) is the appointed operator of the International Student Contract Dispute Resolution Scheme (DRS), which was set up to resolve financial and contractual disputes. Code signatories are required to comply with the International Student Contract Dispute Resolution Scheme Rules 2016 found [here](#).

IN HOUSE PASTORAL CARE

Pastoral staff offer all students free, fair and confidential advice. They can help you tackle academic or personal issues that you might experience during your studies.

You should contact a pastoral staff member if you:

- Experience a problem with the quality, teaching or administration of your course.
- Have concerns about the facilities you are using.
- Feel you've been treated unfairly.
- Disagree with your assignment, exam or final grade and would like it reconsidered.
- Have experienced harassment, bullying or discrimination by staff or students.
- Have been ill or experienced personal issues that affect your studies, and you want to apply for special consideration.
- Have general concerns about NZSOH and would like help to voice.

SUPPORT & COUNSELLING

Whether you're worried about study or personal matters, there are services that can help provide short-term counselling support for students for any issues that are impacting on their studies (e.g. life challenges, depression, grief and loss, cultural or identity issues, abuse and trauma, sexuality and sexual orientation, drugs and alcohol, family or relationship issues, decision making and goal setting). There will be a charge to use these service, so please ensure that your insurance plan is up to date. Each session is usually 50 to 60 minutes long. For many people, one session is enough to manage things better and get back on track but if you need more sessions, you can discuss this with your provider and work together to develop a plan or they can offer referrals if appropriate.

COUNSELLING ADVICE:

Al-Anon Family Group 027 393 6946
Citizen's Advice Bureau 07 578 1592
Cornerstone Christian Helpline 0800 508 080
Family Works (Northern) 07 575 9709
Gayline/lesbian Line 07 577 0481
Aids Hotline 0800 80 24 37
Sexual Abuse Support Line 0508 32 64 59
Pregnancy Counselling Service 07 577 6880
Anglican Trust for Women & Children 09 276 3729

HEALTH:

Alcoholics Anonymous 0800 229 6757
Overeaters Anonymous 07 544 1213
Narcotics Anonymous 0800 62 86 32
Sexual Health Service (Hamilton) 07 839 8732



SPIRITUAL SUPPORT

Local faith groups include:

- Bahá'í
- Buddhist
- Christian: Anglican, AOG, Apostolic, Baptist, Brethren, Catholic, Elim, LDS (Mormon), Methodist, Orthodox, Presbyterian, SDA, Other Christian
- Hindu
- Jewish
- Muslim
- Sikh

Islamic Centres in New Zealand

You can find out about Muslim prayer groups throughout New Zealand [here](#). The Tauranga Masjid is located at: 85 18th Avenue, Tauranga.

Phone: 021 154 2470 Br Ahmed

Services:

- Madrasah classes every Tuesday and Thursday after Asar salat in summer and in winter after Maghrib Salat
- Regular Milaad programmes & other actives

ASSISTANCE WITH ENGLISH LANGUAGE

Translations

With English, Te Reo Māori and New Zealand Sign language being the most common form of spoken and written communication in the country, it may be difficult to communicate if English is not your first language. For help in your language, you can visit New Zealand Immigration website [here](#) for additional information and help.



STAYING SAFE IN TAURANGA

PEDESTRIAN SAFETY

- Traffic travels on the left hand side of the road in New Zealand, which may be different from your home country. Always be aware of hazards on the road and be mindful of traffic signals.
- Only cross at traffic lights when the green signal flashes for pedestrians or at pedestrian crossings.
- Always look to the left and then the right and the left again when crossing the road, even at traffic lights.
- Walk on footpaths (sidewalks) wherever possible.

DRIVING ADVICE

While getting around Tauranga via public transportation is easy and accessible, getting to certain parks or distant locales may be easier if you had access to a car. Keep in mind a few helpful tips when driving:

- Take extra care and allocate yourself additional travel time.
- Driving sometimes can make you tired, especially after a long day. If you feel sleepy, pull over safely and take a nap, or if possible, swap driving duties.
- Roads can sometimes be very narrow. Reduce your speed to below 40-50 km/h to help you to maintain control of your vehicle and slow down even further when approaching oncoming traffic as the dust will obscure your vision.
- Take special care when driving downhill and around corners; slow down and don't brake suddenly.
- Check whether you are insured before driving a rental car on unsealed roads.
- Sometimes the setting sun can reduce your visibility. Slow down, and if necessary wait until the angle has changed.
- It is better to park somewhere safe and enjoy the sunset.

UNDER THE SUN

- Ultraviolet radiation is far more intense in New Zealand than in most other countries. Sunburn is painful and can cause skin cancer.
- Use sunblock (SPF 30+ or more is recommended).
- Wear a hat.
- Cover up with a long-sleeve cotton shirt.
- Use a shade tent or umbrella.
- Wear UV-protective sunglasses.
- Always take a bottle of fresh water with you and drink water regularly to avoid dehydration and heat stress.



WATER AND BEACH SAFETY TIPS

- There are many opportunities to enjoy water sports in our parks, but there is always the chance something going wrong.
- If you are going paddling or boating, ensure everyone has personal floatation devices and safety equipment.
- If you are a visitor to New Zealand, take extra care and ask locals about the surf conditions prior to entering the water and go to beaches that are patrolled by surf lifeguards.
- Swim between the flags on beaches patrolled by trained surf lifeguards and only when lifeguards are on patrol.
- Listen to the advice from surf lifeguards.
- Never swim or surf alone.
- Always use the correct and safe equipment.
- Never swim when tired or cold.
- Consider other water users.
- Never run or dive into water before checking the water depth first.
- Avoid alcohol, as it affects your judgment and the ability to hold your breath.
- Don't depend on floatation devices such as boogie boards as you can lose them in large waves.
- If you get into trouble at a lifeguard supervised beach, raise your arm for assistance, float and wait for help.



CULTURE AND LIFESTYLE

UNDERSTANDING NEW ZEALAND

New Zealanders are often referred to as 'Kiwis' after the little brown flightless bird which is the country's national symbol.

Friendly

Kiwis are a friendly outgoing people who are willing to strike a conversation with you just about anywhere. Kiwis will often help you when you ask.

Outdoors

Kiwis love the great outdoors and in a country filled with so much green and sea, spending time with nature, going for walks, swimming and any activity that gets you moving is the favoured pastime in New Zealand.

Māori People and Culture

The Māori are the country's indigenous people who have made Aotearoa, New Zealand their home long before the arrival of European settlers. At over 15% of the country's population, the Māori make up the largest minority in New Zealand. Māori culture and tradition is central to New Zealand's identity and being the co-signatories of the Treaty of Waitangi, the founding document of country, Māori influence can be felt in all aspects of New Zealand society.



HELPFUL KIWI AND MĀORI PHRASE



Aotearoa - **New Zealand**

Barbie - **Barbecue**

Bro - **Friend**

Bush - **Native Forest**

Cheers - **Good luck, Goodbye, Thanks**

Chemist - **Pharmacy, Drug Store**

Chippies - **Potato Crisps**

Chips - **French Fries**

Dairy - **Corner Store**

Flat - **Apartment, Shared rental
accommodation**

Heaps - **A lot**

Haere mai - **Welcome**

Haere ra - **Goodbye**

Jandals - **Thongs, Flip-flops**

Kia ora - **Hello**

Kia ora tatou - **Hello everyone**

Ka kite ano - **Until I see you again**

Kai - **Food**

Koha - **Gift**

Lift - **Elevator**

Marae - **A gathering place**

Mihimihi - **Greetings**

Nau mai - **Welcome**

She'll be right - **It will be ok**

Sunnies - **Sunglasses**

Sweet as - **Good, Cool**

Tena koe - **Greetings (to one person)**

Tena koutou - **Greetings (to a group)**

Tramping - **Hiking**

Togs - **Swimsuit, bathing suit**

Whānau - **Family**

Whenua - **Land**

TIMEZONE

New Zealand Daylight Time (NZDT) is 13 hours ahead of UTC, and Chatham Daylight Time (CHADT) 13 hours 45 minutes ahead.

DAYLIGHT SAVING

In summer, New Zealand time uses 'Daylight Saving', with clocks put forward one hour to GMT+13.

Daylight Saving begins on the last Sunday in September and ends on the first Sunday of the following April, when clocks are put back to GMT+12.

FOOD AND DRINK

When it comes to dining options, Tauranga boasts a wide array of cuisines at different prices to suit your tastes and budget.

Within the CBD, you can choose from a wide range of food from different ethnicities from sandwiches and curries to pizza and salads, and of course, great coffee!

GROCERIES AND SHOPPING

To help manage your budget, it is recommended that you shop for most of your food necessities from the various supermarkets. Some of the largest chains include Countdown, New World and Pak n' Save.

Remember, some of these supermarkets offer loyalty discounts, so get applying! For instance:

- [Countdown's Onecard](#)
- [New World's Clubcard](#)

For general shopping needs from clothes, to kitchenware, bedroom, bathroom and outdoor necessities you can check [K-Mart](#), [Briscoes](#), [The Warehouse](#), which can be found in or near most major malls or commercial centres.

For shopping needs related to more tech related needs such as computers, devices, or electronic accessories it is worth visiting [JB-Hifi](#), [Noel Leeming](#), [PB Tech](#) and [Harvey Norman](#).





BAY OF PLENTY MUST DO

There is plenty to do here in the bay and set on the peninsula is Mount Maunganui, a laid back suburb known for the extinct Mount Maunganui volcano, a sacred Māori site with ocean-view hiking trails.

Long, sandy Main Beach is popular for its surf breaks, while Pilot Bay Beach has calm waters for paddle boarding.

The Mount Hot Pools complex offers saltwater bathing and spa treatments, while brunch spots, restaurants, and boutiques fill the town centre.

To find out more things to do in the bay click [here](#).

nz school of

Healthcare

