



Get ready to study in New Zealand

Manaaki New Zealand Scholarships
pre-departure workbook



MANAAKI
NEW ZEALAND
SCHOLARSHIPS



NEW ZEALAND

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Introduction



Congratulations

on being awarded a Manaaki New Zealand Scholarship!

You should feel very proud of your achievement and we hope you are excited to begin your Manaaki scholarship journey.

As a Manaaki scholar, you represent the very best of your country. You received this scholarship in recognition of your talent and potential, the commitment you have made to your own education, and to realising the goals and aspirations of your families, communities and countries.

Manaaki New Zealand Scholarships empower problem solvers, change makers and highly capable individuals to pursue their potential to become leaders in their communities and countries. As a recipient of this scholarship, you will gain a world-class education, an authentic New Zealand experience and the tools to help your country achieve the future it deserves. You will also build life-long connections – with others and with Aotearoa New Zealand.

This Manaaki New Zealand Scholarship will be transformational for you. The entire experience, from developing your mind and your career to enjoying Kiwi lifestyles and cultures, has the potential to shape your life in the most enriching ways.

The New Zealand Government, through the Ministry of Foreign Affairs and Trade (MFAT) has been demonstrating manaakitanga through this prestigious scholarship programme since 1951, over 70 years of developing careers, communities and countries. You are now a part of this awesome legacy.

We look forward to welcoming you in New Zealand.

How to use this workbook



This pre-departure workbook is designed to give you the information you need before moving to New Zealand. Living away from home is an exciting time for many international students but can be a challenge. To make sure you feel confident, prepared, and excited about your arrival in New Zealand we've compiled some useful things to know.

This booklet doesn't go into detail about your education provider specifically, this is because you will receive an orientation from them when you arrive.

There is a lot of information here, so take your time reading it. Take breaks, do the activities, and talk to your friends and family about any questions, ideas or new information you find. If you have internet access, try visit the websites mentioned in here.

If you have questions or anything is unclear, write them down as you go. If you are able to attend a Pre-Departure Briefing in your home country, you can ask the Ministry of Foreign Affairs and Trade (MFAT) representative or other scholars from your country your questions. If you don't have a briefing session in your country, you can send your questions directly to MFAT via our online enquiry form found at nzscholarships.my.site.com/Scholar/s/enquiry or ask your International Student Officer (ISO) when you arrive in New Zealand.

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About your scholarship





Around 1,000 Manaaki New Zealand Scholarships are funded by the MFAT and administered by Education New Zealand Manapou ki te Ao (ENZ) each year.



Scholars come from most countries in the **Pacific**, as well as from selected countries in **Asia, Africa, Latin America, and the Caribbean**.



The New Zealand Government is proud to offer these scholarships as part of our mission to **contribute to a more secure, equitable and prosperous world**.

Conditions of your scholarship

It's important you know and understand the conditions of your scholarship.

Please make sure you keep a copy of your Scholarship Letter of Offer, which includes the scholarship conditions.

You agree to:

- regularly attend class, submit all compulsory assignments, and sit all exams;
- adhere to the Code of Scholarship Student Conduct;
- care for any family members with you in New Zealand and ensure adequate financial support for them;
- inform your International Student Officer immediately of any academic or personal factors that may affect your ability to continue with your studies or scholarship;
- return to your home country at the end of your scholarship.

Code of Scholarship Student Conduct

As a representative of your home country, the scholarship, and your education provider, we expect and require a high standard of behaviour from you at all times during your scholarship. While you are on scholarship, you must adhere to the Code of Scholarship Student Conduct at all times www.nzscholarships.govt.nz/conduct-requirements-of-new-zealand-scholars/.

Required behaviour includes treating people with respect, behaving with honesty and integrity at all times, obeying the laws of New Zealand, and not engaging in violent behaviour.

To do



- ☐ Find the conditions in your Letter of Offer and read them.
- ☐ Read the Code of Conduct attached to your Letter of Offer.
- ☐ If you have any questions about the conditions of your scholarship, write these down to ask at the Pre-Departure Briefing or to email your ISO before you arrive.

QUIZ

Scholarship conditions



Circle the correct answer.

1) At the end of your scholarship, you must return to your country for at least:

- ☐ a. Five years.
- ☐ b. Two years.
- ☐ c. The same duration of time as you were in New Zealand.

2) Which of the following statements is not part of the Code of Conduct?

- ☐ a. Scholars must act with honesty and integrity at all times, including when submitting assignments.
- ☐ b. Scholars must not engage in behaviour that damages the reputation of their home country, their family or themselves.
- ☐ c. Scholars must not drink any alcohol.

3) In order to make 'Satisfactory progress' in your studies, you must:

- ☐ a. Sit all exams and complete all compulsory assessments.
- ☐ b. Regularly attend classes.
- ☐ c. Undertake any preparatory programme required by the education provider.
- ☐ d. All of the above.

4) Once you have completed your scholarship, you must leave New Zealand and return to your home country:

- ☐ a. Within 14 days.
- ☐ b. Within 3 months.
- ☐ c. Within 2 years.

5) Your scholarship value includes:

- ☐ a. Full tuition fees.
- ☐ b. Health insurance.
- ☐ c. Travel costs for family to accompany you to New Zealand.
- ☐ d. a) and b).

Answers: 1) b. / 2) c. / 3) d. / 4) a. / 5) d.

International Student Officer

Your International Student Officer (ISO) at your study provider is your main contact and source of support in New Zealand. They are there to help you, whatever the circumstances. It's important you keep them informed.

What your ISO will do

- Arrange travel to and from your home country and help you arrange accommodation.
- Give you advice about entitlements, study, insurance and the community you will be living in. They will also help if you have any problems.
- Provide recommendations to your scholarship provider if changes to your scholarship are required, for example, if you need to defer your course.
- Monitor your academic progress and keep your scholarship provider advised.

What you are responsible for

- Telling your ISO if you are having problems (personal or academic).
- Letting them know if something happens that may affect your studies.
- Telling them if your circumstances change (for example, you get married or become pregnant).
- Giving them your up-to-date address and contact details both in New Zealand and in your home country and telling them if you move.

If you are struggling with budgeting or debt, have health problems, or have issues with your family which are causing you concern, your ISO can help you. The sooner you ask for help, the better you can get help tailored to your situation.



To do



Research your education provider

- ☐ What city is it located in or near?
- ☐ How many students study there?
- ☐ What faculty is your study programme in? (e.g., Faculty of Science).
- ☐ Who is the dean of that faculty?
- ☐ Look up a campus map. Where on campus is your faculty located? Where is the International Student Office?



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Travelling to New Zealand



To do before you leave your home country



- ❑ Confirm travel arrangements with your education provider.
- ❑ Arrange your accommodation with the help of your education provider.
- ❑ If you are going to live in a private shared accommodation (called a 'flat' in New Zealand), plan it well.
- ❑ Research New Zealand, NauMai NZ is a great place for you to start:
www.naumainz.studywithnewzealand.govt.nz.
- ❑ Make sure you have any documents you need to meet your conditions of offer.

What to bring to New Zealand

The weather in New Zealand can be changeable.

Pack clothes for both warm and colder conditions if you have them. If you need to purchase clothing once you arrive, there are options to suit all budgets in New Zealand, from shopping malls to second hand clothing stores. Research online or ask your ISO for tips about local shopping options.

Make sure to carry at least NZ\$200 for when you arrive, but be prepared that you may need more.

Printed documents you will need:

- plane ticket;
- passport with copy of Student Visa;
- Scholarship Letter of Offer;
- Institution Placement Offer;
- any certified documents required to meet conditions of your Letter of Offer;
- certified copies of your birth certificate and, if you are married, your marriage certificate;
- receipts for costs you need to claim back in New Zealand from your education institution (e.g., immigration medical check costs, IELTS test costs, student visa application fee).



Tip



Make copies of your documents and keep them together. You may also want to scan copies and email them to yourself – that way you can always print out extra copies if needed.

New Zealand Customs checks

To avoid pests and diseases, New Zealand has strict rules about what you can bring into the country. Visit the New Zealand Customs Service website to see what items are prohibited and restricted:

www.customs.govt.nz/personal/prohibited-and-restricted-items/

You will be asked to:

- fill in a Passenger Arrival Card or New Zealand Traveller Declaration;
- tell the inspectors about any risk items ('declare' them);
- throw the items away or, if you want to keep them, have them inspected for any contamination.

Your bags may be inspected even if you don't declare anything.



Note: You can fill out a New Zealand Traveller Declaration online before leaving your home country: www.travellerdeclaration.govt.nz/. There is a paper declaration form available for travellers who cannot complete it online.

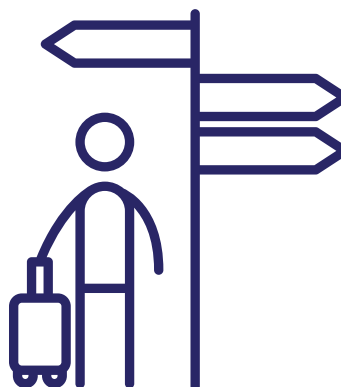


When you arrive

It is recommended to plan ahead and get New Zealand dollars in your country before you leave. Make sure to exchange money at the airport on arrival if you couldn't get New Zealand dollars in your country.

Your study provider will arrange for someone to meet you at the airport and take you to your accommodation. Please follow the arrival processes as advised by your provider. Not all providers manage arrivals in the same way, so it is important that you know what to expect.

Within your first few days in New Zealand, the ISO will provide an arrival briefing. This will provide you with practical information and assistance to support you with settling in smoothly to your studies and life in New Zealand. This will include help with opening a bank account.



Other travel information

On award travel entitlements

Your scholarship provides for four kinds of travel.

1. Initial travel
2. Reunion travel
3. Other travel
(compassionate, home located research, etc)
4. Final travel

Postgraduate students undertaking thesis research may also be entitled to home-located research travel funding.

Talk to your ISO about reunion travel and compassionate travel, as there may be restrictions.

Initial travel

- Travel at the start of the scholarship from the closest departure point to your home (whether that is an airport, bus terminal, train station or seaport) to the town or city where you will be studying.
- Flights will be economy class ticketing on the most direct route possible.
- Overnight accommodation and an allowance for incidentals for unavoidable stopovers is provided, if these costs are not covered by the airline.

Reunion travel

- Travel at any time during the year so long as it does not interfere with your study.

Reunion travel is provided to enable you to return to your home country for visits during your scholarship. This will help you to maintain connections with your family, employer or potential employer and your community, even if you are away from home for an extended time. The same conditions apply as for initial travel.

Other travel

- Compassionate travel can be used only in the event of the death of a family member. In the first instance you should apply through your travel insurance to cover these costs, but where they are not covered, your scholarship provider may be able to assist.
- In some instances, your scholarship provider will also fund you to return home on compassionate grounds if your home country is affected by a significant natural disaster, but this is at the discretion of your scholarship provider.
- You may also be entitled to travel for compulsory practical sections of your course (for example, teaching placements), or overseas field work for postgraduate students.

Note: Reunion travel is only once per annum and is based on the duration of the scholarship. Only scholars who have a duration of scholarship longer than 1.5 years (548 days) are entitled to reunion travel.



It's important to know that not all travel costs are covered by your scholarship.

Costs that are not covered:

- passport costs, including renewal of passports;
- incidental travel costs, such as snacks, phone calls and taxis;
- unaccompanied and excess baggage costs;
- all travel costs for your partner and/or children if they are travelling with you.

This list applies to all travel funded by your scholarship, including travel during the scholarship. You will need to make sure you have money available to you for this purpose.

Note: It is important to know that all travel entitlements provided by the scholarship are for the scholar only and do not include family members. If you are planning to bring your family with you, you will be responsible for all costs associated with their travel at any time during your scholarship. Make sure you have travel insurance for your family which will cover costs in the event of an injury or death which requires them to travel unexpectedly.



How to make travel arrangements

Your ISO will organise initial travel, reunion travel, final travel and some other forms of travel. You are responsible for your own arrangements if you are travelling within New Zealand or returning home more than once per annum. If you are going home for the summer holidays it's good to plan ahead because flights can sell out for busy holiday periods.



Insurance

Travel insurance is included in your scholarship, which covers your baggage while travelling and your personal items for the duration of your time in New Zealand.

You may need to get more insurance for extra trips within New Zealand or back home that you pay for yourself. Do this by visiting the Studentsafe website insurancesafenz.com or ask your ISO adviser for help.

Claiming insurance for valuable items

- It will be easier to claim insurance if you have receipts for valuable items (such as laptops or bicycles). Take them with you or keep your receipts if you buy these things in New Zealand.
- Your insurance company may deduct an 'excess' fee of NZ\$-200 when they pay out for valuable

items. You don't have to pay any fee to your insurer when you make a claim – any excess fee will be deducted automatically from the money the insurance company pays out to you.

- If you want to insure an item worth more than NZ\$2,500 you will need to pay extra. Do this on the Studentsafe website or ask your ISO for help.

Information on health insurance can be found later in the booklet.



QUIZ

Insurance



Tick whether you will be covered (i.e, your insurance will pay for it) or not covered in the following situations:

1) **Your laptop is stolen from a locked bedroom in a flat or your halls of residence.**

- ☐ Covered
☐ Not covered

2) **You leave your cellphone in the toilet at the airport, or in an unlocked bedroom in a friends flat.**

- ☐ Covered
☐ Not covered

3) **You spill a cup of coffee over your phone and it doesn't work anymore.**

- ☐ Covered
☐ Not covered

4) **Your friend trips and knocks over your TV, breaking it.**

- ☐ Covered
☐ Not covered

Answers:

- 1) **Covered.** Insurance pays if your personal belongings are stolen from a secure room or location. For example: your laptop is stolen from a locked bedroom in a flat or your halls of residence.
- 2) **Not covered.** Insurance will not pay if you leave your belongings in public or a room that isn't secure. For example: You leave your cellphone in the toilet at the airport, or in an unlocked bedroom in a friend's flat.
- 3) **Covered.** Insurance has an accident cover policy which applies even if the accident is your own fault. However, deliberate acts of vandalism by the owner of an item will not be covered.
- 4) **Not covered.** Travel insurance covers 'personal effects worn or carried on the person, i.e it wouldn't cover a TV, stereo, bedding etc.

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Living in New Zealand



Map of Aotearoa New Zealand

North Island | Te Ika-A-Māui

Auckland

- 1 Auckland University of Technology
- 1 The University of Auckland
- 2 Unitec | Te Pūkenga

Waikato

- 3 University of Waikato
- 4 Wintec | Te Pūkenga

Palmerston North

- 5 Massey University

Wellington

- 6 Massey University
- 6 Victoria University of Wellington

Auckland | Tāmaki Makaurau

Winter: 16°C / Summer: 22°C
Population: 1.72 million

Hamilton | Kirikiriroa

Winter: 14°C / Summer: 21°C
Population: 160,911

South Island | Te Waipounamu

Christchurch

- 7 University of Canterbury

Lincoln

- 8 Lincoln University

Southland

- 9 Southern Institute of Technology | Te Pūkenga

Otago

- 10 University of Otago

Palmerston North | Te Papaioea

Winter: 14°C / Summer: 20°C
Population: 84,639

Wellington | Pōneke

Winter: 13°C / Summer: 18°C
Population: 212,849

Christchurch | Ōtautahi

Winter: 13°C / Summer: 19°C
Population: 396,200

Dunedin | Ōtepoti

Winter: 10°C / Summer: 17°C
Population: 134,100

Invercargill | Waihōpai

Winter: 10°C / Summer: 17°C
Population: 55,000

Stewart Island | Rakiura



Getting established in New Zealand

Establishment allowance

You will receive an Establishment allowance soon after you arrive in New Zealand:

The establishment allowance is NZ\$3,000 at the start of your first year and NZ\$1,000 at the start of each full year after that.

The purpose of an establishment allowance is to meet the costs of setting yourself up in New Zealand.



Things to think about:

- The establishment allowance will contribute towards setting yourself up but may not completely cover all costs. It is important to budget carefully and plan ahead. Your first living allowance payment might not be deposited in your bank account until two weeks after you arrive.
- It is very common in New Zealand for landlords to charge one week's rent as a 'letting fee' for new tenants, plus four weeks as a bond (money held in security to cover any damages), on top of your first rent payment which is made up front. That means you may need the equivalent of up to seven weeks' rent money paid up front when you first move into rented accommodation.
- Depending on your individual situation, your establishment allowance should be sufficient to cover accommodation, course related costs (textbooks and supplies), and some other expenses like food, clothing, public transport and cell phone set up.
- Although it seems like a lot of money, your establishment allowance is needed to meet your basic costs when you first arrive in New Zealand. It should not be used for major purchases like laptops or cellphones or sent home to support family members. You must pay for essential costs like rent, bond, deposit and textbooks before buying anything else.



Accommodation

Accommodation options

Your accommodation arrangements will impact how you manage your money.

The main types of accommodation are student hostels or halls of residence, living with a New Zealand family in a homestay or private board, or renting a house or apartment ('flatting') on your own or with others ('flatmates').

Find out more and compare accommodation options on NauMai NZ: www.naumainz.studywithnewzealand.govt.nz/discover-new-zealand/living-in-nz/accommodation.



Things to think about

- If you plan to live in rented accommodation (rather than on campus), go to www.trademe.co.nz/property then click 'to rent' and look at the sorts of properties that are available in the city you will be living in.
- What are the average rental costs in your city? Find out more about average rent prices on NauMai NZ: www.naumainz.studywithnewzealand.govt.nz/studying-in-nz/before-your-arrival/cost-of-living.
- Will you rent on your own, with friends, or share with flatmates? It's often much cheaper to rent a single room in a house with others, some rooms will already have furniture for you. Look at www.trademe.co.nz/flatmates-wanted to see what might be available in your city.

If you'll be renting, think about:

- If your family is coming with you, how many bedrooms will you need?
- How much would you need to spend on furniture?
- How far away are you from campus? How much will it cost you to travel there?

If you'll be living in campus accommodation, think about:

- Have you got confirmation of where you will be living?
- What is included in this accommodation – are furniture, utilities (electricity, internet, etc) or meals part of the cost of rent, or do you need to pay for these separately?
- How far away is your accommodation from campus?



Managing your money

Living allowance ('stipend')

Your living allowance will be paid into your bank account fortnightly in arrears, which means at the end of every two weeks.

Because your living allowance is paid in arrears, you will not receive your first living allowance payment until two weeks after you arrive in New Zealand. You need to take this into account in your budgeting for the first few weeks.

You will be paid NZ\$615 every week (52 weeks a year) for the duration of your study. This does not change if you are working while you study.

Working while you study

The conditions of your student visa allow you to work for a limited number of hours per week.

We strongly recommend that you don't work for the maximum of 20 hours per week, as this could impact your study.

If you want to work while you are studying, discuss with your ISO how many hours per week would be realistic for you. Completing your scholarship in the agreed time must be your top priority.

Budgeting basics

You will have to budget carefully to cover your expenses on your living allowance.

The amount you spend on living costs will depend on your own needs and habits, and careful budgeting is required. Most single students in NZ spend round NZ\$30,000 on living costs over the course of a year. Costs are much higher for families. Any extra costs above those covered by your living allowance will need to come from your personal funds. Make sure to plan ahead and put money aside for when unexpected costs arrive.

Make sure you put money aside for when unexpected costs arise.

You won't have enough money to support a family on your living allowance or send any money home.

To help you budget, NauMai NZ has information on the cost of living in New Zealand. Find out what you can expect to pay for expenses like groceries, clothes and entertainment by visiting this page: www.naumainz.studywithnewzealand.govt.nz/studying-in-nz/before-your-arrival/cost-of-living.

Money terms

- GST stands for Goods and Services Tax, which is 15%. Almost always, New Zealand prices will include GST.
- Your EFTPOS card is your debit bank card: a card from your bank that automatically takes money out of your account when you use it to make purchases. Most shops have an EFTPOS machine at the checkout. (EFTPOS stands for Electronic Funds Transfer Point of Sale).

Bills

If you live in a flat, you will need to be organised and budget carefully. Your regular housing expenses will include:

- rent;
- electricity/gas;
- phone;
- internet;
- appliances.

Some houses use gas for cooking and water heating and electricity for everything else. Appliances refer to the cost of hiring a fridge, washing machine, microwave, etc. Depending how long you will be living in New Zealand, you may wish to save up and purchase these second- hand.

NauMai NZ has more information on how to manage your money: www.naumainz.studywithnewzealand.govt.nz/discover-new-zealand/living-in-nz/money-and-banking/managing-your-money.



Food

If you live in a flat or in a hall of residence without meals included, you will need to pay for food out of your living allowance.

New Zealand has a number of supermarkets, the main ones are Pak'nSave, Woolworths, and New World.

The larger and often less expensive supermarkets are normally found outside the main city in the suburbs. Please ask your ISO what the cheapest options for you are in your city.

If you shop at central supermarkets and prepare all your food at home, food will cost approximately NZ\$100-\$150 per week for one person.

If you prepare some food at home and buy one meal per day from a cafe or takeaway, you will spend approximately NZ\$170 per week.

Note: You can save money if you shop at the lower priced supermarkets, use the weekend vegetable markets, and watch for specials on meat.



Socialising

Meeting people and establishing connections is an important part of your scholarship journey.

Your education provider will have many clubs, societies and student organisations that you can join, from sports and music groups to cultural associations. There will also be community based groups and support systems in your local area.

New Zealanders love sports. Rugby is the most popular sport to watch in New Zealand. Both the national men's rugby team, the All Blacks, and women's team, the Black Ferns, are among the top rugby teams in the world.

Getting involved sports is a great way to meet people and keep yourself fit and healthy. Popular sports include cricket, rugby, netball and basketball.

You can also keep active by making use of our many walking trails. From coastal walkways to native forest trails and ancient glaciers, New Zealand is packed with scenic walks suitable for all levels of fitness.

If you are asked to “bring a plate” to a gathering where food will be served, bring something to contribute towards the meal. Don't bring an empty plate!



Look at NauMai NZ for tips on putting yourself out there and making friends:
www.naumainz.studywithnewzealand.govt.nz/health-and-wellbeing/personal-wellbeing/making-friends.



Visit the Department of Conservation website to find walks near you:
www.doc.govt.nz/parks-and-recreation/things-to-do/walking-and-tramping/.



Dependent family: Deciding to bring your partner and/or children to New Zealand

A big decision

You need to think very carefully about bringing your family to New Zealand during your scholarship.

Your scholarship provider will not fund your partner and/or children to travel to New Zealand or support them while they are in New Zealand. It is important that you can financially support them, and that you will have enough time and energy to succeed in your studies. The money you receive to establish yourself and live in New Zealand will not be enough to cover their costs.

If you decide to bring your partner and/or children to New Zealand, you need to plan very carefully and advise your ISO as early as possible and definitely before they arrive.

If you do decide to bring your partner and/or children, you should come to New Zealand first to arrange accommodation, get settled, and prepare yourself for your course.



Visas and immigration

Your partner is eligible to apply for a work visa or visitor visa and any school age children will be eligible for student visas.

Partners have to prove they have enough funds to support themselves and any children in New Zealand.

If you are planning to bring your children, more information can be found on the Immigration New Zealand website: www.immigration.govt.nz/new-zealand-visas/visas/visa/dependent-children-of-student-visa-holders-visitor-visa.

Immigration New Zealand will consider each family's circumstances separately.

You can find information about immigration and visa requirements on the Immigration New Zealand website:
www.immigration.govt.nz.



Working in New Zealand

Your partner can fund themselves and your children by working in New Zealand, but they might have difficulty finding work and might not find work in their chosen profession.

To get a working visa, your partner will have to prove that they have money to support themselves and any children you have if they do not find work straight away.



Schooling

Your children are required by New Zealand law to go to school if they are of school age.

They will have the same status as New Zealand children and will be eligible to be enrolled in their local public school. Your scholarship does not provide any funding for schooling costs for the children of scholarship holders.

Under New Zealand law you must not leave a child under the age of 14 alone. You may have to pay for care outside of school hours.

Check out www.kiwifamilies.co.nz for advice about what your child will need to attend school in New Zealand, after school care programmes, and much more.



Health care and insurance

You and any dependents are eligible for publicly funded healthcare: the same access to health care as New Zealanders.

This does not mean that all health care will be free. For example, a visit to a General Practitioner (GP) usually costs around \$80 to \$120 for an adult.

Make sure you read the terms of your health insurance carefully and understand what is, and is not, covered.

Advice about sexual health, including advice on contraception, is inexpensive and confidential at Student Health Services on campus.

As a student, you will have access to health care discounts. Many off-campus doctors offices offer student discounts, and most campuses have on-campus health centres with student discounts. Research the health care options close to you and talk to your ISO if you have any questions.

What is covered by New Zealand Government-funded healthcare?

- Accidents and emergencies
- Medical care for children under the age of 13
- Hospital stays
- A portion of your doctor's visits and medicines/prescriptions (the rest is paid for by insurance).

What is covered by Studentsafe insurance?

- Doctor's visits (on campus, doctor's visits may be free)
- Medicines/prescriptions
- Dental emergencies
- Replacements for glasses that are lost, stolen or damaged if you got your glasses in New Zealand. Limits apply (usually up to NZ\$200 per year).

Note: Sometimes there can be a delay in receiving a refund, so you will need to have personal funds to cover this amount in case of emergency.

Claiming insurance

- You will register for insurance when you enrol for your courses.
- You pay for health care costs such as doctor's visits and prescriptions and the insurance company pays you back.
- Make sure you keep your receipts to give to the insurance company.

What is not covered by the New Zealand Government or your insurance?

- Routine dental visits. Emergency dental events can be covered by your insurance, however limits apply, and you may be asked for a dental report.
- Alternative medicines, for example acupuncture or seeing a chiropractor (unless your doctor refers you).
- Doctor's visits and treatment for (pre-existing medical conditions) health conditions you already had when you left your home country.
- Replacements for glasses that are lost, stolen or damaged if you got your glasses in your home country.

Getting insurance for family members

For your partner and/or children to be covered under your travel and health insurance policy, you will need to pay for a more expensive partner or family option. You would choose this option with the help of your ISO.

Note: Your partner and/or children will be entitled to publicly funded health care in New Zealand, which means:

- they will pay what New Zealanders pay for doctor's visits and medicines;
- they will not be charged for hospital visits.

Children under the age of 13 are eligible for free visits to a general practitioner (GP), but you will need to check with your GP that they provide this service. Similarly, pregnant women are eligible to receive antenatal care free of charge.

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Adapting to a new culture



New Zealand society and culture

Some things will be familiar, many things will seem strange. Part of the fun of studying overseas is experiencing the weird and wonderful ways of another culture.

New Zealand has two official languages: Te reo Māori (the Māori language) and New Zealand Sign Language. However, English is the most widely spoken language in New Zealand.

The New Zealand culture is open-minded and welcoming to people of all countries and cultures. As a country, we value kindness, tolerance, and friendship. We're open-minded and welcoming toward all religions and uphold the right to freedom of religion, worship, and belief for all. New Zealanders expect everyone to be treated fairly and they enjoy feeling safe in their homes and in public places.

New Zealanders are generally relaxed, positive people who love to work hard, spend time with friends and family and enjoy the beautiful country they live in.

To prepare for your studies in New Zealand, we recommend you check out NauMai NZ for information on te reo Māori and try to learn some basic phrases before you arrive:

www.naumainz.studywithnewzealand.govt.nz/discover-new-zealand/life-and-culture-in-nz/speaking-te-reo-maori.



Māori culture

Te Tiriti o Waitangi

Te Tiriti o Waitangi is New Zealand's founding constitutional document. It was signed in 1840 by Māori chiefs (rangatira) and representatives of the British crown when New Zealand first became a colony. New Zealand's unique mix of Māori and European ideas and customs began with the signing of Te Tiriti and it continues to be hugely important in defining the relationship between Māori and people of European descent.

Māori are the indigenous people of New Zealand. Māori culture and tradition can be found throughout life in New Zealand. It's important that you know, understand and respect culture and customs.

The Ministry for Culture and Heritage website has more information about Te Tiriti o Waitangi: teara.govt.nz/en/te-tiriti-o-waitangi-the-treaty-of-waitangi/print.



NauMai NZ has a lot of information that will help you: www.naumainz.studywithnewzealand.govt.nz/discover-new-zealand/life-and-culture-in-nz/maori-culture.



Culture shock

Leaving home isn't easy! What is culture shock? Culture shock is the difficulty people go through as they get used to living in another country. Everyone will experience it differently.

Remember that your feelings are normal and be patient with yourself. Everyone struggles at times living in a foreign country.

Culture shock is like a roller coaster. The feelings may come and go, and different students will experience them at different times.

Make sure to talk to your ISO if you're struggling with culture shock and stay connected with your family and friends back home.

NauMai NZ has tips on how you can look after your personal wellbeing:

www.naumainz.studywithnewzealand.govt.nz/health-and-wellbeing/personal-wellbeing.



Useful links to information about New Zealand history, culture and life

New Zealand Government

Education New Zealand Manapou ki te Ao
website: www.enz.govt.nz

Immigration New Zealand – Official government immigration website: www.immigration.govt.nz

Biosecurity New Zealand – Information about what you can and cannot bring to New Zealand:
www.biosecurity.govt.nz

Ministry of Foreign Affairs and Trade
www.mfat.govt.nz

Te Ara – A guide to New Zealand people, natural environment, history, economy and society:
www.teara.govt.nz

News

Stuff – New Zealand news website: www.stuff.co.nz

New Zealand Herald – Website of New Zealand's largest newspaper: www.nzherald.co.nz

TVNZ – Website of New Zealand's free-to-air TV channels TV One and TV2: www.1news.co.nz

Radio New Zealand – State public radio broadcaster: www.radionz.co.nz

Living in New Zealand

Te Aka Māori Dictionary – maoridictionary.co.nz

Trade Me – New Zealand's most popular website for buying and selling second-hand goods, as well as finding jobs and accommodation:
www.trademe.co.nz

Woolworths – Large supermarket chain which offers online grocery shopping:
www.woolworths.co.nz

Seek – Job-search website for both paid and volunteer employment: www.seek.co.nz

Transport

Auckland Transport – Auckland public transport:
www.at.govt.nz

Metlink – Wellington public transport:
www.metlink.org.nz

Metro – Christchurch public transport:
www.metroinfo.co.nz

Otago Regional Council – Dunedin bus timetables:
www.orc.govt.nz/public-transport/dunedin-buses

Air New Zealand – National airline for travel within New Zealand and the Pacific:
www.airnewzealand.co.nz

Jetstar – Budget airline for regional travel within New Zealand and to Australia: www.jetstar.co.nz

Intercity – Bus line between cities in New Zealand:
www.intercity.co.nz

Study

NauMai NZ – Government-endorsed information for international students:
www.naumainz.studywithnewzealand.govt.nz

Studentsafe insurance – Provider of health and travel insurance for students:
www.studentassist.co.nz

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Studying in New Zealand



Getting the most out of your course

Study in New Zealand is unique, the teaching and learning styles may be quite different to what you're used to.

Independent learning

If you are an undergraduate, this might be the first time you've taken responsibility for your own studies. It's essential that you:

- attend classes (lectures and tutorials);
- keep up with your reading;
- do your assignments;
- meet course requirements.

Your ISO is there to help you, and your education provider will have a range of support to make sure you get the most out of your studies – but it is important you ask for help if you need it.

Buddy/mentor programmes are a great way to get more out of your course. You can connect with other students who will provide advice and support as you settle into New Zealand. Talk to your ISO or check your provider's website for more information and see if this service is available to you.

Managing your time

You will be given details of your assignments early in the semester, so plan ahead. It's a good idea to use wall planner and diary to organise your time.

To keep up with your studies you need to read throughout the academic term and use your notes later.

NauMai NZ has more information about New Zealand's education system and how to make the most of your time here:

www.naumainz.studywithnewzealand.govt.nz/studying-in-nz/study-experience.



Tuition fees

Your tuition fees will be fully paid by your scholarship. You may also be entitled to extra tutorial support funded by your scholarship, if required. Ask your ISO for details.

If you are a PhD or Masters research student with a research component of your course of 90 points or greater, you are entitled to a Postgraduate Research Allowance of up to NZ\$1,000. Ask your ISO for details.

The Postgraduate Research Allowance is paid to cover costs related to fieldwork research. The student provides the ISO with a budget outlining how the money will be spent, and the ISO will then approve it. The money is usually paid in one lump sum at least a year into the student's course of study. This means that you will usually need to set aside some money in advance to cover any costs until your allowance is processed.

QUIZ

Learning expectations



Answer yes or no.

	In my country	What I expect in NZ	NZ reality
1) Lectures contain everything I need to learn.			
2) The lecturer's job is to present facts for students to memorise.			
3) If a lecturer wants me to solve a problem, it means he/she doesn't know the answer.			
4) In tutorial sessions, students have an opportunity to ask questions and discuss what they are learning.			
5) Tutors expect me to participate in discussions and to ask questions in tutorials.			
6) Lecturers/tutors expect me to apply what I have been learning to real situations or case studies and work out solutions to problems.			
7) Lecturers/tutors might ask students to work in pairs or groups in class, and when doing assignments.			
8) Lecturers always tell me how to do assignments.			
9) I can copy sentences or paragraphs from books or the internet.			

	In my country	What I expect in NZ	NZ reality
10) Lecturers expect me to summarise information from a range of sources.			
11) If I use information from books or the internet, I should always state where I got it from.			
12) There is only one correct answer to assignment questions.			
13) Exams test that I have memorised the information given by the lecturer; not whether I understand the topics.			
14) I have mostly exams and not many internal assessments.			
15) I may have lots of free time to study on my own.			
16) I can talk to lecturers/ tutors about what they have been teaching, as well as about assignment or test requirements.			

Answers NZ reality:	1) Yes	5) Yes	9) No	13) No
2) No	6) Yes	10) Yes	14) No	
3) No	7) Yes	11) Yes	15) Yes	
4) Yes	8) No	12) Not always	16) Yes	

If you have any questions after completing this booklet, be sure to write them down and talk to the MFAT representative at your pre-departure briefing, or your ISO.

**We look forward
to welcoming you to
Aotearoa New Zealand.**



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