



ROTOTUNA

Senior High School

PRE-DEPARTURE BOOKLET

Preparing for your time in New Zealand



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 education system that is recognised 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.



NEW ZEALAND SEASONS & 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.

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.

If you are coming during our spring and summer months we

- suggest: ★ Swimwear / sunhat / sunglasses / sunscreen
- ★ Shorts / skirts / t-shirts / short sleeve shirts
- ★ Jumpers / sweatshirts
- ★ Light raincoat
- ★ Good walking shoes

If you are coming during our autumn and winter months we

- suggest: ★ Warm waterproof jacket / jumper / sweater
- ★ Long pants / jeans
- ★ Long sleeved shirt / t-shirt
- ★ Scarf / hat
- ★ Good walking shoes

We also suggest you bring the following items:

- ★ 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, 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.

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 and the items will be taken from you.

NEW ZEALAND CURRENCY

New Zealand banks are open from 9.30am to 4.30pm Monday to Friday. Automated Teller Machines (ATMs) 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.

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. Foreign currency can easily be exchanged at banks, some hotels and Bureau de Change kiosks which are found in international airports and most city centres. A helpful website to convert currency is www.xe.com/currencyconverter

Coins have values of 10, 20, 50 cents, \$1 and \$2

Notes have values of \$5, \$10, \$20, \$50 and \$100



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

When you arrive in New Zealand you will need to complete a Passenger Arrival Card. This card must be completed before you get to passport control. The cards are handed out on the flight. A helpful website to help understand the arrival card is:

www.customs.govt.nz/personal/travel-to-and-from-nz/travelling-to-nz/on-your-arrival

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

Complete a Passenger Arrival Card on board the flight



Give your Passenger Arrival Card to the Immigration Officer at Passport Control



The officer will check your passport, visa and Passenger Arrival Card. They may ask you questions like: Where are you going to be staying? Where was your last destination? Do you have any food with you? Have you visited New Zealand before?



After your passport and visa has been checked you will get an Immigration New Zealand stamp in your passport



Your passport and Passenger Arrival Card will be returned to you



Collect your bags from the baggage claim area



Give your Passenger Arrival Card to the officer at the Customs and Biosecurity



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!

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 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.

SCHOOLING IN NEW ZEALAND

Soon you will be going to school in New Zealand and you will be staying in a place that will be different from your home country. To help you settle into your new home and school, here is some information to think about:

- ★ **Getting to 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 drive in the car with your family. We drive on the left side of the road, so if you are crossing a road, be careful - make sure you look both ways! Remember to look right first, then left, then right again, then cross the road. Use pedestrian crossings when they are available.
- ★ **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. If you are unsure about anything, please just ask. In New Zealand it is a good thing to ask questions.
- ★ **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 examples are: sandwiches, fruit, muesli bars, yoghurt, biscuits, crackers, sliced raw vegetables, small bags of chips or nuts. At most schools, you can also buy your lunch at the school cafeteria. 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.
- ★ **Mobile phones:** You may decide to bring your mobile phone with you. If you do, you can buy a New Zealand sim card and prepaid cards to make calls and send texts. At school, keep your mobile phone in a safe place such as in your pocket or your bag. Do not use it during school hours.

★ **School terms:** 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

★ **Discipline:** 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).

★ **Opportunities:** New Zealand schools are well equipped with computers, Internet and technology. Students in New Zealand also get many opportunities for educational trips and visits.

★ **Visiting friends:** 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.

EXPECTATIONS

We expect you to follow the school rules

Try new things - have a go!

Try and make some friends from New Zealand

Use English as much as possible - have a try!

If you are not sure about anything, please ask someone

Take care of your property at school - don't carry around large amounts of money, valuables or expensive jewelry

If anything gets lost or stolen, please tell a teacher so they can help you

CULTURE SHOCK

You will see that people and customs may be very different from what you are used to. You may have difficulties and misunderstandings. This is normal and OK. Keep calm and keep 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 your 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 your 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/>

Tourism New Zealand: www.tourismnewzealand.com

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

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

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

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

New Zealand Now: www.newzealandnow.govt.nz

Education New Zealand: www.enz.govt.nz

Disputes Resolution Scheme: <https://www.istudent.org.nz>