



# Pre-departure Information

Giving international  
students opportunities



## Before you leave your home country

- Make sure you have given the school you are attending your correct arrival date and flight number.
- Have a dental check up as this is expensive in New Zealand.
- Have a vision test and get new glasses if needed as this is expensive in New Zealand.
- Have a medical check up and make sure that *all immunisations* are up to date.
- If you take prescribed medication you need to check whether you can bring it to New Zealand. You may need a prescription or letter from your doctor (in English) to prove that the medicine have been prescribed for you.
- Have enough New Zealand currency on you for about one week. We suggest \$300.00 cash for buying new things. Large amounts of money should be kept in a bank account and accessed using a visa debit card or other travel cards.

### Important Documents:

- Passport and Student Visa
- Airline Ticket
- New Zealand Passenger Arrival Card — given to you on the flight
- Contact details of the person who will collect you from the airport
- Take copies or a photograph of your Passport, Student Visa and Airline Ticket



# International Flights

## Departure Day:

- Arrive at the airport at least 2 to 3 hours early to check in.
- Ensure you know what your check in and carry on luggage allowance is.

*Check in luggage is usually 20 kilograms and carry on luggage is usually 6 kilograms. This depends on the airline and the route you are taking.*

- You will need to fill out a New Zealand Traveller Declaration Form prior to arriving in NZ. This is done online and all information relating to this and the link to it can be found - [travellerdeclaration.govt.nz](http://travellerdeclaration.govt.nz)

**DO NOT BRING ANY MEAT, PLANTS OR FRUIT INTO NEW ZEALAND. It is illegal.**

Please make sure you place any of the above in the rubbish bins at the terminal before you get to the customs area if you do have some with you.

New Zealand Customs will remove any food you hold at the border, and this could incur a large fine.

(Please refer to the New Zealand Arrival Card)



# Arriving in New Zealand

*In most cases, your agent will arrange airport transfers.  
If this is not the case, please follow the instructions  
below carefully.*

- After you collect your luggage and complete Immigration and customs clearance, you should go to the arrival hall.
- When you exit the arrival hall, **turn LEFT** and look for a person holding a sign with your name on it.



**Office Hours: Monday - Friday  
8:30am to 4pm**



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Business hours - Mon to Fri

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Available 24 hrs for emergencies



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[www.lpstudenthomestays.co.nz](http://www.lpstudenthomestays.co.nz)

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# Important Websites

New Zealand Immigration

[www.immigration.govt.nz](http://www.immigration.govt.nz)

New Zealand Customs Service

[www.customs.govt.nz](http://www.customs.govt.nz)

Ministry of Education

[www.education.govt.nz](http://www.education.govt.nz)

Code of Practice for International Students

[www.nzqa.govt.nz](http://www.nzqa.govt.nz)

Auckland Transport

[www.at.govt.nz](http://www.at.govt.nz)

Click on the images below

Lake Panorama Student Homestays



AUCKLAND GIRLS'  
GRAMMAR SCHOOL  
PER ANGUSTA AD AUGUSTA



AVONDALE  
COLLEGE



Liston College



MOUNT ALBERT  
GRAMMAR SCHOOL



ONEHUNGA HIGH SCHOOL  
LOYALTY & COURAGE



## Medical & Insurance

*The New Zealand government requires that all International Students must have medical and travel insurance during their study in New Zealand.*

- Make sure you have insurance arranged before you leave your country. Sometimes your agent will have organised this for you or they will have asked your school to arrange your insurance, please check

### Insurance policy must include:

- Day to day medical expenses
- Emergency medical assistance
- Travel and personal belongings





# Currency & Bank Accounts

- For long-term students it is very important to open a new bank account in New Zealand

## *It is safer to put your money into a bank account*

You will get a visa debit card with your account. All cities have 24hour automatic teller machines (ATM). You can use your visa debit card in shops, café's and restaurants in New Zealand.

- Banks are open between 9:00am to 4:30pm, Monday to Friday.  
*Some banks have branches in shopping malls, these banks are open Saturday and Sunday.*
- **DO NOT** carry large amounts of cash with you.

## Currency of New Zealand

The New Zealand Dollar is the only currency used in New Zealand.

One dollar (\$1) = 100 cents.

There are several different notes and coins used.





# Seasons of New Zealand

Located in the Southern Hemisphere, New Zealand's seasons are the opposite of those in the Northern Hemisphere:

Summer	December	-	February
Autumn	March	-	May
Winter	June	-	August
Spring	Spring	-	November

The New Zealand sun is very intense. It is important that you reduce the risk of sun damage by applying sunscreen with an SPF of more than 30+

To be SunSmart read the information below:

**Be SunSmart**

Being SunSmart is about protecting skin and eyes from damaging UV radiation – especially when outdoors from September to April.

- Slip on a shirt**  
Slip on a shirt with long sleeves. Fabrics with a tighter weave and darker colours will give you better protection from the sun.
- Slip into the shade**  
Slip into the shade of an umbrella or a leafy tree. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.
- Slop on sunscreen**  
Slop on plenty of broad spectrum sunscreen of at least SPF 30. Apply 20 minutes before going outside and reapply every two hours and especially after being in water or sweating.
- Slap on a hat**  
With a wide brim or a cap with flaps. More people are sunburnt on the face and neck than any other part of the body.
- Wrap on sunglasses**  
Choose close fitting, wrap around style sunglasses. Not all sunglasses protect against UV radiation, so always check the label for sun protection rating.

 [sunsmart.org.nz](http://sunsmart.org.nz)  HPC health promotion agency 55077 | SEP 2016

For more information about SunSmart click on the image below:





# Mobile Phones

Mobile phones are important for your safety and YOU MUST have one with you at all times.

There are two options for payments; prepay and pay monthly.

Click on the images below for more information about mobile phone plans in New Zealand.

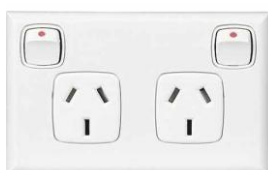


# Electricity

New Zealand uses 240 volt three phase electricity and most plugs are three pin.

Many shops like Noel Leeming, Harvey Norman or The Warehouse have adapter plugs that students can purchase, so they can use their own appliances.

DO NOT try and force overseas plugs into the New Zealand power connections.





# Public Holidays

On the following public holidays all schools are closed.

All banks and many businesses are also closed.

1st & 2nd January

The last Monday in January

6th February

Late March to Mid-April

25th April

The first Monday in June

A Friday in late June or July

The last Monday in October

25th December

26th December

New Years Day and the day after

Auckland Anniversary Day

Waitangi Day

Good Friday and Easter Monday

Anzac Day

Kings Birthday

Matariki

Labour Day

Christmas Day

Boxing Day





# Emergencies ONLY

# 111

You can dial this number FREE from any phone in the case of Fire, Personal Safety, Serious Accident or other Life-Threatening situations.

The operator will ask which service you require:

- Fire
- Ambulance
- Police

You should stay calm and explain the situation carefully.

You can ask for translators if you want someone to speak to you in your language.

Remember this number should only be used in emergencies

*Click on the images below for more information*



***Please go to our website for  
more helpful information about homestay  
in New Zealand***



*We look forward to meeting you and  
welcoming you to our beautiful country.*

*We hope your stay here will be fun,  
interesting and educational.*

*We are here to help you so please call us if you  
have any questions.*

*The LPSH Team*