



PREPARING FOR YOUR TIME IN NEW ZEALAND

**STUDENT AND PARENT
PRE-DEPARTURE
INFORMATION**

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WELCOME TO NEW ZEALAND

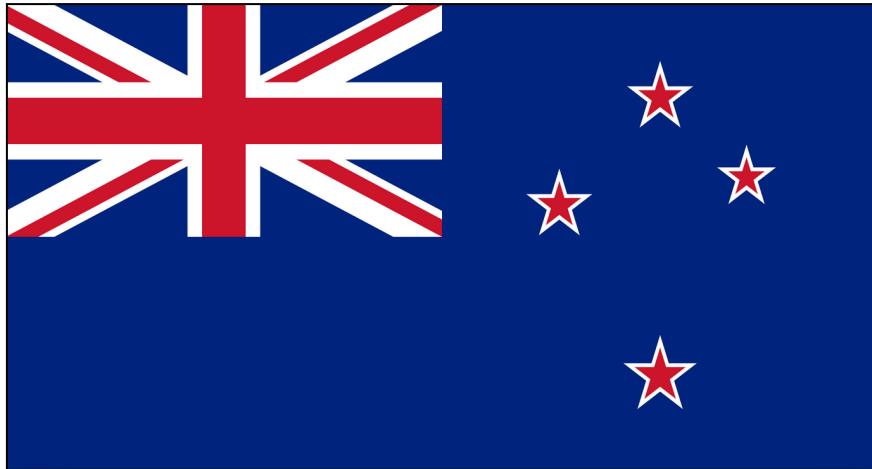
Welcome to New Zealand!

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, Maori and New Zealand Sign Language are official languages, although most people speak English.

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

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



YOUR REGION

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

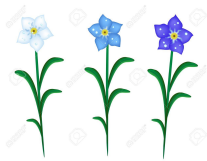


NEW ZEALAND SEASONS AND CLIMATE

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

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

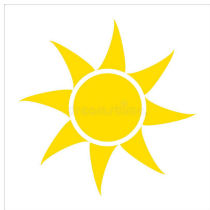
www.newzealand.com/int/feature/new-zealand-climate-and-weather



Spring

September – November

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



Summer

December – February

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



Autumn

March – May

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



Winter

June – August

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

The weather in New Zealand can change fast. Be prepared for changes in weather and temperature, particularly if doing outdoor activities.

NEW ZEALAND CURRENCY

Banking

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

Bringing cash into New Zealand

- You can bring cash to New Zealand.
- However, if it is more than NZ\$10,000 in cash you must complete a Border Cash Report.

Currency exchange

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

Currency values

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

Currency converter

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



What things cost

- Meal at a restaurant: \$25-50
- Monthly cell phone plan: \$25-50
- Movie ticket: \$20
- Bus cost: \$3.50 each ride
- Big Mac: \$9

Pocket money

While you are at the school, \$10-30 per week is enough to buy food from the school cafe. DO NOT bring lots of money to school as you will draw attention to yourself.

VISA AND IMMIGRATION

Before travelling to New Zealand, you need to make sure your passport is valid for at least six months after your expected departure date.

- If you are studying for twelve weeks or less, you will need a visitor visa. If you are from a visa-waiver country, you may obtain this on arrival in NZ. If you are not from a visa-waiver country, you must apply for your visitor visa in your home country, as early as possible (at least eight weeks) before your travel date.
- If you are studying for more than twelve weeks, please apply for a student visa at least eight weeks before your departure date.

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

You can find the list of New Zealand visa waiver countries here:

<https://www.immigration.govt.nz/new-zealand-visas/preparing-a-visa-application/your-journey-to-new-zealand/before-you-travel-to-new-zealand/visa-waiver-countries>

Some visitors to New Zealand can travel here without a visa if they get an NZeTA before they travel. You can find out more about this and apply here:

<https://www.immigration.govt.nz/new-zealand-visas/visas/visa/nzeta>

Your flight into New Zealand will be either Auckland, Wellington or Christchurch. The process into the arrival area is the same of all airports.

Complete the New Zealand Traveller Declaration online [here](#). If you don't complete it online, you can complete a Paper Arrival Declaration on board the flight or when you arrive in New Zealand instead



If you do the paper version, give your Traveller Declaration to the Immigration Officer at Passport Control



The officer will check your passport, visa and Traveller Declaration 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 will be returned to you



Collect your bags from the baggage claim area



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



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



Welcome to New Zealand!



School life at TNIS starts!

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.

Essentials

- Return airline ticket
- Passport and current visa to study in New Zealand
- Travel/medical insurance policy
- Any medication you take
- Laptop and mobile phone
- Pocket money (if you have money to change into New Zealand dollars, please let your homestay parents / designated caregiver know and they will be able to assist with helping you to do this)
- Adapter plug(s) for electrical items. The electrical supply is 230/240 volts
- A few personal belongings to help your room feel like home

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



Spring/Summer

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

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

Autumn/Winter

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

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

Things You Cannot Bring into New Zealand

Some items are not allowed into New Zealand. These include food, plants and animal products. **YOU MUST DECLARE ANY FOOD YOU BRING WITH YOU.** These items include:

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

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

Travel and Medical Insurance

The New Zealand government requires you to have insurance to cover your travel and the cost of medical treatment during your stay in New Zealand. Insurance policies must be approved by the school and must meet the requirements of The Education (Pastoral of Tertiary and International Learners) Code of Practice 2021.

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. Ask the school to help you do this.

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

To claim on your insurance for lost or stolen items, you must have your proof of purchase.

Getting Insurance

Your agency will arrange insurance for you or you can purchase directly from the company.

Companies who provide health insurance are:

- Southern Cross: <https://www.scti.co.nz/our-policies/international-student>
- Uni-Care: <https://www.uni-care.org/Policy/NzStudentPlan>
- Student Safe: <https://www.insurancesafenz.com/studentsafe/student-safe-inbound-learners>

Once you have booked your insurance, this must be approved by the school. Please submit the schedule of cover (in English) to the school for checking:

studynz@tnis.school.nz

If no adequate insurance is provided, the school will book a policy and invoice the parents for all costs.



THE SCHOOL

Website and Policies

This is the school's website: www.tnis.school.nz

You can find information on the schools policies for international students here:

Code of Practice: Takapuna Normal Intermediate School has agreed to observe and be bound by the "Education (Pastoral Care of Tertiary and International Learners) Code of Practice 2021" (the Code). Copies of the code are available from the school or from the New Zealand Qualifications Authority at:

<https://www.nzqa.govt.nz/providers-partners/education-code-of-practice/>

Study Complaints | Nga Amuamu Tauira will assist domestic tertiary learners and international students to resolve financial and contractual disputes with their education provider, and following breaches of the Tertiary and International Learners Code of Practice can consider claims for redress. Please view their website for more information and/or to make a complaint www.studycomplaints.org.nz.

School Uniform

During your time at the school, you will need to wear the school uniform. School uniforms can be purchased online or in-store from **U Shop** at Unit 10, 54 View Road, Wairau Valley, Auckland. Please click [U Shop](#) for more information and online ordering. Below is a photo of our school uniform.



School Term Dates 2025

Term 1	Monday 3 rd February	to	Friday 11 th April
Term 2	Monday 28 th April	to	Friday 27 th Jun
Term 3	Monday 14 th July	to	Friday 19 th September
Term 4	Monday 6 th October	to	Friday 17 th December

School Timetable

Time	Schedule
8:45 am - 10:40 am	Block 1 / Monday Assembly
10:40 am - 11:05 am	morning tea
11:05 am - 1:00 pm	Block 2
1:00 pm - 2:00 pm	Lunch / free time
2:00 pm - 3.00 pm	Block 3

Orientation Dates and What to Bring

The date and time for orientation will be communicated later. Please ensure you wear the correct **uniform** and bring your **device, morning tea, lunch**, and a **water bottle**. The school offers a stationary pack.

Emergency Contacts

Our school's emergency contact number is: **09 489 3940 (#5)**
Please call this number if you need help when you're in New Zealand.

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.

LIVING IN NEW ZEALAND

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

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

Accommodation

The average cost of renting a 3 bedroom apartment in Auckland is between \$700-900 per week. Parents living with their children may obtain help finding rental accommodation through real estate agencies:

- <https://harcourts.co.nz>
- <https://www.barfoot.co.nz/rent>
- <https://www.trademe.co.nz/a/property/residential/rent>

For more living costs and other useful information, see the following link:

- <https://www.naumainz.co.nz>

Food at School

- Many students take their own lunch from home and they pack it in a lunch box. The sort of food students take varies but some food that students take are: sandwiches, sushi, fruit, raisins, muesli bars, yoghurt, biscuits, crackers, sliced raw vegetables, small snack bags of chips or nuts or dried fruit.
- You can order a lunch through Kindo App. Or you can buy the sandwiches or other hot/cold food from the school cafe.
- Just remember, food in New Zealand may be different to what you are used to - always try it first, then if you don't like it then it is OK not to eat it again.
- While you are eating your food at school, watch other student's manners. What is OK in your culture may not be in New Zealand. Some New Zealander's think it is rude to burp or slurp, reach in front of others, or eat with your mouth open. Try not to. This is part of learning about another culture. Neither is right or wrong – they are just different.
- There is a cafeteria at our school where you can buy food at break time / lunch time. The kinds of food it sells includes pies, sandwiches, sushi, muffins, snacks and fruits.



Getting to School

- After the first day of school, if you are close enough you might walk to school or ride a bike. You might even catch a school bus. Or you might drive in the car with your family.
- We drive on the **left side** of the road, so if you are crossing a road you need to be very careful— make sure you look both ways! Remember look right first, then left, then right again....then cross the road.
- People living in New Zealand use different ways to get around – walk, bike, skateboard, scooter, car and bus.



Telephone/Mobile Phone

- If your new house has a landline it is free to call when you call within your town or city that you are living in.
- You need to bring your mobile phone with you or buy one here. You can buy a New Zealand sim card and credit to make calls and send texts.
- You can bring your phone to school but must keep it in a device box during the school day.

Friends Visiting

- In New Zealand many students visit their friends after school and in the weekends.
- If you would like to invite a friend to visit your home, please ask their parent/s first and your parent/caregiver to arrange a day and time. It is a good way for your family to meet other New Zealand families too.
- By having friends and going to their houses or having them visit your house, you will widen your cultural experience, improve your English and of course have fun spending more time with your friends.



Please Ask

- If you are not sure about anything, please ask.
- In New Zealand it is a good thing to ask questions. If something upsets you, confuses you or makes you angry please talk with someone at your school.
- Talking always helps.



FINAL THOUGHTS

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

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



HELPFUL LINKS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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