NEW ZEALAND COUNTRY-SPECIFIC HEALTH & SAFETY INFO

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GENERAL RESOURCES

General information on these issues, as well as information on CISI insurance, is included in the

- USAC Health & Disability Guide in your Gateway account,
- Health & Insurance and
- Safety Abroad sections of your UWEC Study Abroad Handbook.

RECOMMENDED VACCINATIONS

The Centers for Disease Control (CDC) has vaccination suggestions, how to stay healthy when abroad, and health information specific to New Zealand. You can review the CDC site for New Zealand here.

Due to an increasing measles and mumps cases worldwide, we strongly encourage all students to check their vaccine history to see if they have had the MMR vaccine.

HEALTHCARE

Medical Facilities: Massey University has medical facilities on all campus. To learn more about the services, please see here.

Counseling Services: In addition, Massey also has counseling services available to students. To learn more about those resources, click here.
CISI INSURANCE IN NEW ZEALAND

If you have an accident or become ill while studying in New Zealand, you must pay the price of the medical service up front. You will then file a claim through CISI, the insurance provided through the UW System for partial or full reimbursement in accordance with plan coverages.

SERVICES FOR STUDENTS WITH DISABILITIES

If you will need any disability accommodations when abroad, it is important to complete your USAC Disability and Health Accommodation Request Form on your USAC Gateway account. While USAC cannot guarantee services, they will do their best to accommodate your needs. When you complete that form, USAC will be in contact with you regarding services they can/cannot provide.

Massey University does offer an array of services for students with disabilities. To learn more, click here.

It is also important to look at the level of accessibility in New Zealand in general. To find more information on the topic, please see the “Laws and Special Circumstances” tab on the U.S. State Department New Zealand Country Information page.

SAFETY IN NEW ZEALAND

For important information on crime, drug penalties and other topics, please see the Safety & Security section of the U.S. State Department New Zealand Country Information Sheet.

Specific safety in and around New Zealand will be discussed during your on-site orientation.

Pick-Pocketing: Pick-pocketing is common on public transportation and at popular tourist sites throughout New Zealand. To reduce the risk, do not have your phone or other valuables out in public spaces. An iPhone is a target for pick-pocketers. If you carry a purse, make sure it is across the body and has zippers. Keep your wallet in a front pocket, not a back pocket. Only carry small amounts of cash on you to minimize loss. Using a money belt under your clothing is another way to prevent valuables from being stolen.

Beach Safety: When swimming on the beach, be sure to mind the flags and only swim in areas that are marked as safe. The lifeguards always mark a safe space (if any) each day as rip currents change frequently. The riptides are very dangerous and even the strongest swimmers can get swept out. Also, be mindful of jellyfish. If no one is in the water, there is probably a reason for that. Some other things to know:

- Don’t dive into water of unknown depths.
- Don’t swim alone, especially at isolated beaches.
- Avoid the consumption of alcohol while swimming.
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- Don’t swim at night – you don’t know what is in the water.

**Hiking Safety:** If you decide to hike, please be sure to hike with a buddy and let someone know where you are going and when you plan to return. Hiking in the mountains can sometimes be dangerous due to weather changing rapidly. Do your research and plan in advance.

**Adventure Sports:**

- Use caution and common sense if engaging in ALL adventure sports, and remember that they are NOT covered by CISI insurance, such as bungee jumping, sky diving, hiking, rappelling, climbing, whitewater rafting, kayaking, etc.
- Never participate in adventure sports alone. Always carry identification and let others know where you are at all times.
- When hiking, rappelling, or climbing, carry a first aid kit and know the location of the nearest rescue center.
- Observe all local or park regulations and exercise caution in unfamiliar surroundings.

**Driving in New Zealand:** One main thing to remember about safety in New Zealand is that they drive on the opposite side of the road, so LOOK RIGHT before crossing the street.

**Also, do not drive or borrow cars.** Laws for driving are different in New Zealand, and they drive on the other side of the road. There are a number of ways for you to get places without having to drive.

**EARTHQUAKES IN NEW ZEALAND**

The majority of New Zealand is vulnerable to earthquakes, and therefore potential tsunamis. New Zealand is said to have earthquakes all the time, but 95% of them aren’t felt. However, it is still very important to know and understand what to do in the event of an earthquake.

**During an earthquake:**

- Stay calm
- Do not use an elevator or try to evacuate the building
- Distance yourself from glass, bookcases, and partitions that could fall
- If you are next to a door, open it
- If it is not possible to access a secure area, try to find a corner or a firm counter under which to take shelter and cover your head
- Do not attempt to rescue any objects
- Remain alert to gas leaks, pipe breaks, and short circuits
- Do not leave the premises immediately; wait until the earthquake stops
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After an earthquake:

- Note that after an earthquake, there will be aftershocks
- Identify evacuation routes; follow evacuation signs placed visibly in each area
- Proceed without running down hallways, stairs, and patios and head to the outside of the building
- Never use the elevator
- Do not light matches, candles, or other objects that create the risk of fire or explosion
- Pay attention to obstacles
- When leaving the building, use caution as there could be falling objects
- After evacuation, do not re-enter the building until receiving express permission from university authorities

Always follow the recommendations and instructions given by local law enforcement and the campus community. You will go through earthquake training during your orientation onsite.

LGBTQIA+ TRAVELERS

The U.S. State Department has information on their LGBTI Travel Information Page. In addition, you can view the CIE’s Gender + Sexuality page for further resources.

RESOURCES FOR VICTIMS OF SEXUAL VIOLENCE

General information and resources can be found in the Health & Safety section of the UWEC study abroad website.

911 EQUIVALENT IN NEW ZEALAND

If you are in an emergency situation in New Zealand, the local equivalent to the 911 emergency line in Australia is 111. We suggest you save these numbers in your cell phone.

MARIJUANA AND OTHER ILLEGAL DRUGS

Note that marijuana is illegal in New Zealand. People may be more open about it, but the possession and use of marijuana is illegal. Even carrying it on your person can be considered drug trafficking. U.S. citizenship offers no protection if you break a New Zealand law. There is NOTHING the CIE, USAC, your host university, or the U.S. government can do if you are found in violation of local laws.

In addition to legal penalties, you are putting yourself at risk of robbery or assault, or you may get a much more dangerous combination of drugs than you thought you were buying.