Study Abroad

USAC NEW ZEALAND
EXPEDITION & INTERNSHIP
SUMMER 2020

Program Guide
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Congratulations on being approved to the University of Wisconsin-Eau Claire summer study abroad program with Massey University, (offered through USAC). Living, studying and interning in a new culture is both an exciting and a challenging experience. Past participants of study abroad report that the many advantages of international study include:

- Gaining new perspectives on a chosen academic field
- Increasing understanding of different cultures
- Enhancing personal development
- Developing different perspectives on U.S. culture
- Gaining self-confidence and independence
- Learning skills for the future international job market

It is up to you to determine how you can best benefit from these possible advantages. This is your adventure!

Use this program-specific guide with the more general resources in your BlugoldsAbroad account. While this guide contains the information available at the time of publication, it is impossible for any single resource to answer all of your questions. Your peer advisor will email information throughout the semester, and we encourage you to do your own research, also, using the web resources listed towards the end of this guide, as well as others that you find. Contact the Center for International Education (CIE) staff or your peer advisor with your specific questions.

Questions only you can answer include:

1) What are YOUR goals for this experience? Advancement in a future profession, gain hands-on experience in your area of study, and wish to challenge yourself in a new environment?

2) How can you best prepare to meet your goals within the context of this program? For example, if one of your goals is truly being immersed in New Zealand work culture how are you going to prepare yourself?

The information in this guide was current at the time of publication, though changes may occur at any time.
**ACADEMICS**

Additional information on topics such as maintaining program eligibility, registration at UW-Eau Claire, class attendance, course equivalencies, grades, transcripts and service learning is in the Academics section of your Study Abroad Handbook.

**Pre-departure Planning**

Please see the summer New Zealand Academics page on our website, for details on how your summer expedition/internship comes back to UWEC. If you need the internship portion to count towards a specific degree requirement, you will need to work with your department to get a substitution. Due to the vast range in internship opportunities, an exact equivalency can’t be made but departments should be willing to work with you.

**Credits and Course Load**

You will take 6 credits. 3 credits will be for the expedition portion of the program and the other 3 credits will come from completing the internship.

There will be some pre-reading and assignments before the program begins to help prepare you for when you arrive. However, most course work will be done in New Zealand.

**Registration for Expedition/Internship**

Your application for this program indicates which expedition you’d like to participate on. You will do an application directly to Massey University and that will ultimately put you in that expedition and the corresponding courses.

**Grades**

Below you will find the grade conversion for Massey University.

<table>
<thead>
<tr>
<th>Massey grading system</th>
<th>UWEC equivalent</th>
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<tr>
<td>A+, A, A- First Class Pass</td>
<td>A</td>
</tr>
<tr>
<td>B+, B, B- Second Class Pass</td>
<td>B</td>
</tr>
<tr>
<td>C+, C, C- Pass</td>
<td>C</td>
</tr>
<tr>
<td>P Ungraded Pass</td>
<td>CR</td>
</tr>
<tr>
<td>AEG Aegrotat Pass</td>
<td>IN</td>
</tr>
<tr>
<td>F Ungraded Fail</td>
<td>F</td>
</tr>
<tr>
<td>D Fail</td>
<td>F</td>
</tr>
<tr>
<td>E Low Fail</td>
<td>F</td>
</tr>
<tr>
<td>NF Not Finalized (grade not available yet)</td>
<td>NR</td>
</tr>
<tr>
<td>DNC Did Not Complete</td>
<td>F</td>
</tr>
<tr>
<td>WD Withdrew from the course</td>
<td>W</td>
</tr>
</tbody>
</table>

Keep in mind that in the New Zealand system, students start from zero and build up to earn their grade. Receiving C’s is very common and obtaining all A’s is almost unheard of.

Note: UWEC students abroad are not allowed to take classes pass/fail. Grades from USAC are figured into your UWEC GPA and posted to your UWEC transcript. No exceptions will be made.

**Transcripts**

Please see the Academics section of the Study Abroad Handbook for important information if you are graduating, transferring or applying for a competitive major such as Nursing or Education at the end of your term abroad.

A Massey transcript will be sent to USAC, and then to UW-Eau Claire around December. Because this is later, your MyBlugold CampS account will initially indicate “NR” (not reported). This will be changed once the transcript arrives.

If you are a senior studying abroad for your last term, you will need to delay your
graduation by one semester following your return from New Zealand.

If you are asked to complete a transcript release form by USAC, have the transcript sent to the Center for International Education (see Contacts page for full address). UWEC cannot post grades that were first sent to a student.

**NZ Summer Academic Schedule**

During the expedition, it will be an intensive experience that requires you to work with the others in your group every day. There will be individual and group assignments and reflections before, during and after daily academic site visits. You will get the full schedule before you leave and your course leader will lay things out once you are abroad. You can expect to be busy with program related items from around 8am-6pm. There could be homework in the evenings too.

You will be assessed on an ongoing basis during the expedition. You will submit several assignments during the expedition and the internship.

**INTERNSHIPS**

**Internship Placements**

All students are guaranteed an internship placement. The internship coordinator at Massey University will review your resume and placement form and decide which internship best fits your background and interests. You don’t get to select the location of your internship. You’ll learn of your placement about one to two months before the program begins. This will give you plenty of time to learn about your internship host before the program begins.

During the internship portion of the program, you will go to your internship site during the day and be in regular contact with your academic supervisor at Massey University. You’ll have projects on Stream (like Canva) to complete during your internship.

**Compensation**

All internships will be unpaid.

**Workplace Environment**

While every internship placement will vary, some things you may pick up on are:

- You’ll probably be assigned to an on-going project or event. This is so you can jump right in and contribute.
- You may not specialize in one task instead dabble in a variety of tasks.
- You shouldn’t be running errands and making photocopies for the entire duration of your internship. If you are – please report that to your Massey supervisor ASAP!
- The work culture in NZ tends to be more laid back, yet people get things done efficiently.
- Independent mindset but ask questions when you need to. They don’t expect you to know everything!
- Your placement may be at a company/organization that is small. A lot of NZ companies average around 14 employees.
- Smaller companies mean you have more exposure to all levels or employees. Don’t be intimidated if you are working alongside the senior people.
- The workplace will be diverse and you may work with people from a variety of locations!
- Work life balance is very important to New Zealanders (kiwis). NZ is said to
have one of the best work/life balances in the world.

For more information about the NZ way of working, see this site:

**MONEY MATTERS**

UWEC information about making payments, when they are due, withdrawal and refund deadlines, financial aid, general scholarships, budgeting and ways to bring money abroad is in the Money Matters section of your Study Abroad Handbook.

**Cost Estimate**

You can find the most current Cost Estimate for your program, in easily printable format, on the New Zealand summer brochure page. Be sure you are looking at the correct year. The cost estimate includes what you pay to UWEC, what you pay to USAC, and what you pay directly to other vendors.

**USAC Payments & Refund Policy**

For questions about paying your USAC fees, please contact the USAC accounting person listed in your Gateway account. You can pay with credit card, check, or money order.

In addition to the UWEC refund policy outlined in the "Money Matters" section of the Study Abroad Handbook, USAC has its own financial policies related to payment, cancellations, and changes. Information about the withdrawal deadlines and penalties are in the USAC Program Agreement and USAC Financial Agreement in your Gateway account.

**Housing Costs**

The summer housing costs are included in your program fee.

**Currency Exchange**

The currency of New Zealand is the New Zealand dollar (NZD or NZ$). One NZD has 100 cents. There are coins in the form of 10 cents, 20 cents, 50 cents, $1, $2. There are notes (bills) in $5, $10, $20, $50, $100. The notes are all different colors, so it is easier to tell which one you are grabbing. Fun fact, the bills in NZ are waterproof! Which makes sense as it is surrounded by water.

You can find current exchange rates at http://www.oanda.com/currency/convert/.

**Cost of Living**

In general, you will find prices to be more expensive than in the U.S. due to New Zealand having to import almost everything.

Goods and service tax (GST) is a 15% tax added to most goods and services in New Zealand, including some imported items. For an idea of what everyday costs you may encounter, check out this website:
https://www.numbeo.com/cost-of-living/in/Wellington

**Scholarships**

**USAC Scholarships:** USAC offers a variety of scholarships. For information, visit USAC’s Scholarship website. You will see optional scholarship applications on your USAC Gateway account when they open. You can apply for all scholarships you are eligible for and can be awarded more than one scholarship.

**Scholarships for UWEC students on USAC Programs:** USAC also offers an Affiliate Scholarship just for UWEC students on a USAC program. You will be considered for this
scholarship when you complete the UWEC Study Abroad Foundation Scholarship application. The number of awards varies by term. Amounts vary between $200 - $500.

**Money on Arrival**
A general recommendation is to travel with the equivalent of $100-$200 dollars in your host country currency when you arrive. Obtaining NZD may be hard while in the states, so you should find an ATM shortly after arriving to withdraw some NZD.

**Credit Cards and ATMs**
Visa and MasterCard are the most commonly accepted credit cards abroad. In NZ you can use a card almost everywhere and cash is actually becoming less preferred. Most credit cards do charge a fee or percentage for the currency exchange rate. Notify your credit card company prior to departure of where you will be travelling.

Debit cards are usually the best option for withdrawing money while abroad. Be sure you know the 4-digit pin for your card and ask your bank what the withdrawal fees are. You may also want to know your daily limit. Your bank may charge transaction fees for each foreign transaction, so you should try to limit the frequency of your ATM withdrawals. Your bank may have global partners that allow you to withdraw for fewer fees, so take note if any banks are partners with your bank. ATMs are plentiful in NZ so you should not have a problem accessing one.

**Traveler’s Checks**
Traveler’s checks are increasingly rare and difficult to use so it is not recommended. They generally must be cashed at a major bank, although in some countries, post offices also offer this service. You must have your passport with you. Most banks charge a fee for cashing the checks; it can vary widely. Before cashing a check, **ASK** what the fee is.

Make sure you record your check numbers and keep the numbers separate from the checks, in case you need to get them replaced.

**Tipping in NZ**
Tipping is not that common in NZ and is really only saved for times where service was exceptionally outstanding.

**HEALTH & SAFETY**
*General information on these issues, as well as information on CISI insurance, is included in the Health & Insurance and Safety Abroad sections of your Study Abroad Handbook.*

**Centers for Disease Control**
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.

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.

**Insect Bites**
Insect borne diseases, particularly from mosquitoes, are present worldwide. See the CDC recommendations on avoiding bug bites for detailed information.
Medical/Mental Health Availability in New Zealand

Quality medical care is widely found in New Zealand. When you are traveling in rural areas, access to care may be more limited. Should you need medical attention, you are advised to reach out to the instructional leader of the expedition or the Massey intern supervisor. They will be able to help you find the nearest resources.

Each Massey campus has health care and counseling facilities that students are able to use so when you are in Wellington, you can access that.

Medications are also readily available, although the name of the medicine may be different than in the U.S.

Counseling Resources: If you would like to see a therapist while abroad, we can work with CISI to identify therapists in New Zealand. This could be challenging over the summer due to spending the first portion of the program traveling around New Zealand. When you are based in Wellington for the internship, it may be easier to find a therapist. Start this process before you go by contacting your UWEC study abroad coordinator.

Health Insurance in New Zealand

Massey University requires that all international students have StudentSafe/Allianz insurance. This is included in your USAC program fees.

At this time, CISI has not been approved as an alternative insurance policy, so StudentSafe must also be purchased.

CISI Insurance in New Zealand

If you have an accident or become ill while studying in NZ, you may have to 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.

You will most likely find yourself in Queenstown at some point and that is known as the “adventure capitol” of New Zealand. Remember, that any extreme activities like bungee jumping, skydiving, paragliding, etc. are NOT covered by CISI insurance.

Services for Students with Disabilities

Massey University offers support for students with registered disabilities. You will want to mark this on your application with Massey. Due to the summer expedition being more strenuous they may not be able to accommodate all services normally offered during the semester.

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 Country page.

Safety in New Zealand

Information on crime, road safety, drug penalties, and terrorist activity in New Zealand can be found in the State Department Consular Information Sheet. Safety in-and-around New Zealand will be discussed during orientation in NZ.

Just as you need to do in any U.S. city, you will need to take safety precautions while walking and traveling around NZ. Using your common
sense at all times will aid you well. Avoid unlighted areas at night when you are walking around the city, and do not walk or take buses alone at night – especially women. Don't take any unnecessary risks!

The greatest risk you face in NZ is that of transportation-related injury, particularly as a result of motor vehicles. **NZ drives on the left side of the road**, so this can be an adjustment for students. Be sure to look both ways when crossing the road.

**NOTE:** Both men and women should be aware of their safety at all times. In the past, men have been just as susceptible as women to potential risks. As U.S. Americans, you may stick out as "foreigners." The best advice is to be aware of your surroundings, listen to your instincts, and use your common sense.

**Pick-Pocketing:** Pick-pocketing is common on public transportation and at popular tourist sites. 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.

**Hiking:** If you decide to hike, please make sure you hike with a buddy and let someone know where you are going and when you plan to return. While hiking, be aware of the weather as it can turn very quickly.

**High Risk Activities:** New Zealand is known for offering some high-risk activities such as parasailing, hang gliding, bungee jumping, white water rafting, etc. Should you choose to participate in any high-risk activity, please note that your CISI insurance will not cover any injuries/liabilities that result in this activity. Participating is at your own risk.

**Earthquakes:** The majority of New Zealand is vulnerable to earthquakes, and therefore potential tsunamis. While most of New Zealand is experiencing earthquakes daily, you may never notice them unless they’re large enough. To see the earthquake activity, [click here](#). This release of energy in some earthquakes can result in tsunamis.

**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

**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.

**Volcanoes:** New Zealand has many volcanoes, some active, some inactive. As you may have heard in the news recently, there was a tragic accident on White Island’s active volcano and many tourists lost their lives. While it can be thrilling to hike or visit a volcano, you should take extreme caution and know that it could be a deadly risk. To learn more about the risk, you can review the [GeoNet website for New Zealand](https://www.geonet.org.nz).

**Emergency Contacts**
General emergency procedures are described in the Study Abroad Handbook, and the Massey international staff and your expedition leader is available if difficulties arise. You will receive an emergency contact card at the Orientation 2; be sure to keep it in your wallet at all times. The information is also on the Contact Names & Addresses page of this guide.

**911 Equivalent in New Zealand**
If you are in an emergency situation in New Zealand, you will need to know how to reach the local police, fire, or ambulance services. The local equivalent to the 911 emergency line in New Zealand is 111. We suggest you save these numbers in your cell phone in case you need to use them quickly.

**Marijuana and other Illegal Drugs**
The possession and use of marijuana is illegal. Even carrying it on your person can be considered drug trafficking. Penalties for possession, use, or trafficking in illegal drugs in New Zealand are severe and convicted offenders can expect long jail sentences and heavy fines. U.S. citizenship offers no protection if you break a New Zealand law. There is NOTHING the CIE, USAC, Massey University or the U.S. government can do if you are found in violation the law.

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.

**REQUIRED DOCUMENTS**
Passport information is included in the Travel Resources section of your Study Abroad Handbook.

If you are not a U.S. citizen, please contact the CIE for more information about the following topics.

**Visa**
A visa is official permission to temporarily reside in another country and is granted by the government of that country.

Although the CIE and USAC will provide information, it is your responsibility to keep up-to-date about student visa requirements for New Zealand, and to apply for and receive a visa in a timely manner.
U.S. citizens will need a visitor visa to be in New Zealand for 90 days or less. You will need to hold an NZeTA before you travel to New Zealand. More information on how to obtain this will be posted on your USAC Gateway account closer to when you are preparing to depart.

**Visas for Travel to Other Countries**
If you plan to travel outside your host country while abroad, you should verify visa requirements for each country you will visit by contacting the nearest consulate for that country, or your travel agency. Australia does require U.S. citizens to have a visa for tourist travel.

**Packing Tips**
There is general packing information in the Travel Resources section of your Study Abroad Handbook, and you will get a suggested packing list for New Zealand at Orientation 2 and USAC will post a packing list to your Gateway account. In addition, you should know the following:

**Weather**
Keep in mind that since New Zealand is in the Southern Hemisphere, the seasons are opposite those in the United States. Being that you will be there June - July, it will be the middle of winter. It can be quite rainy (snow in the Southern Island, especially in the mountains) in New Zealand in the winter. The North Island (where all locations are) has fairly moderate weather, whereas the South Island can have more extreme conditions.

You will want jeans, long-sleeve shirts, sweaters, thermals (if going into mountains), thick gloves, warm jacket (water resistant recommended) and hats. Layers will be your friend.

Always keep in mind that New Zealand weather can change in a matter of minutes. If you are going hiking or camping, be sure to be prepared for different weather situations.

Wellington is also known as being the windiest city in the world! Since you'll be doing your internship there, you may want to factor that in when thinking about what clothing you’ll bring for that.

**Clothing**
Your peer advisor will give a suggested packing list at your second group meeting later in the semester prior to departure.

If you are going to be abroad during the winter months, you will want to make sure you pack accordingly. You will have heat in your accommodations, but you may find buildings to be drafty and cooler.

In general, you will find that NZ people dress nicer than US students. You won’t see students wearing sweatpants or loungewear to class or out and about. Nice jeans, sweaters, nice tops, etc. are more common. Because you will deal with a range of temperatures, bring clothes that you can wear or take off in layers.

In addition, depending on your internship placement, you may need clothes appropriate for that. You will know more once you are placed.

**Converters & Adapters**
New Zealand electricity runs at 230/240 (US is 120) volts. The outlets will require a different
shape of plug, so you will still need to bring a plug adaptor.

If you plan to bring a hair dryer, razor or other appliance from the US, you will need to **buy both a voltage converter and a plug adapter**. Another option is to buy the appliances after you arrive. It isn’t recommended that you bring these items as past students have commented on how they have over heated or stopped working and were ruined. Many students usually purchase a cheap product once they arrive in the country.

You’ll want to bring your laptop to work on assignments so check the power cord to see if it includes 230 volts. If it does, you will only need to use a plug adapter, not a voltage converter.

If you have several US appliances you plan to use abroad, consider bringing a power strip, also. You will still need to have a voltage converter in order to plug it into the wall.

**Do Not Bring**

Do not bring expensive cell phones, jewelry, or other luxury items that can be lost or stolen. If you do decide to bring items that are expensive to replace, you may want to consider personal property insurance for your time in New Zealand.

You will be moving around a lot during the expedition portion! You should try to pack lightly. It is advised that you use a large travel backpack and a regular size backpack. This will allow for easy transport. Don’t bring multiple large suitcases. Remember, you have to carry all of your luggage!

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**GETTING TO NEW ZEALAND**

*There is information on student-oriented travel agencies, instructions for booking a flight, and other travel information in the Travel Resources section of your Study Abroad Handbook. USAC will also post a detailed “Flight Guide,” around 5-6 months before the program begins, to your USAC Gateway account.*

**Travel Arrangements**

It is your responsibility to make travel arrangements to New Zealand. Airline tickets are not included in your USAC program fees.

You will need to book your own flight and arrive prior to the mandatory orientation. **There is a $200 fee for students who miss orientation!** It is strongly recommended that you book round trip airfare, as you will need to show proof that you are exiting New Zealand. If you don’t purchase round-trip airfare, you will need to have supporting documents showing you have enough funds to book a return ticket. There have been cases where students aren’t allowed to board their flight, to New Zealand, without a round-trip ticket.

In the USAC Gateway flight guide, they will provide which airports you should fly into and out of along with what time you should be there.

**Early Arrivals**

USAC strongly discourages students from arriving early. If you decide to arrive early, you will need to find and pay for your own accommodations. You should not expect to have any assistance upon arrival and should be prepared to deal with any issues on your own.
**Airport Pick-Up Service**
Massey will offer a pick-up service for both expeditions. Again, your USAC Gateway account will have important information on when/where this will occur.

**Late Arrivals-Expected and Unexpected**
If you don't arrive as scheduled, for any reason, you will be responsible for arranging and paying for your transfer from the airport. Again, watch for detailed instructions in the USAC Arrival Guide.

*Important reminder:* Write down your first hostel address on a piece of paper, in case you need to give it to a cab driver on arrival.

**Leaving Your Host City**
Return airport transportation isn’t included in your program fees and you will need to find your own way to the airport on your last day.

**SETTLING IN**

**Orientation**
You will have a mandatory orientation program upon arrival to your expedition starting location in New Zealand. Important things like course information, structure of program, and safety tips will be discussed. There is a $200 penalty for not attending the entire orientation.

**On-Site Support**
Massey University has an international office on the Wellington campus that will provide support. In addition, you will have an expedition leader you can also reach out to. If any questions or concerns arise, reach out to the onsite staff! They are there to assist you, but they will not actively seek you out to make sure everything is going okay.

**Local Transportation**
Taxis are also plentiful and relatively inexpensive. Be sure to watch the meter to make sure it is being used properly. Many taxis wait at taxi stands around the city, but you can also hail one if it drives by.

Uber is common in New Zealand and the CIE cannot guarantee that Uber use is safe.

Wellington also has cable cars, or trams to help navigate the city. Many students opt to rent a bike or walk to most places. During your internship, you will be responsible for getting from your hostel to your internship. This may involve using public transportation and you will need to pay for this.

**HOUSING**

**USAC:** See the USAC Housing Guide in your Gateway account for additional general information on housing, how to apply for housing, as well as cancellation policies.

**Housing in Hostels**
New Zealand is known for having an excellent system of backpacker hostels! You will stay in hostels during the expedition and internship.

During the expedition, you will be hopping around to different cities and hostels. This will give you a great opportunity to meet many unique people who are staying there.

Then during the internship, everyone will stay at a backpacker-style hostel in Wellington. This will allow you to settle in for four weeks and have a home base for the end of the day. Everyone will disperse to their internship sites during the day but you’ll all be back at the same housing. A residential advisor will be living on-
site or nearby to assist should anything come up.

**Who do I live with?**
All of the accommodation will be divided by gender. You won’t be sharing a room with non-program guests in the hostels. However, you may share bathroom and kitchen facilities with other hostel guests of all genders.

**What’s Provided?**
You will need to bring your own towels (hint: bring old ones and leave behind at the end to free up space in your luggage!). You will also want to consider bringing an old sheet to put on your hostel mattress. A sleeping bag (that can fold down to a small bundle) is also very handy as that can be a blanket. Some hostels may have some bedding, but that can’t be guaranteed.

**Meals & Snacks**
There are some meals included in the program fees an may include:
- A welcome dinner on the first day
- Some breakfasts, depending on the hostel
- A farewell dinner at the end of the program

When meals aren’t provided, students are responsible for cooking or purchasing their own meals. Students can use the hostel cooking facilities to make meals with each other. There will also be time to stock up on groceries and snacks. Most grocery stores will be in walking distance.

**Laundry**
During the expedition, most of the backpacker hostels will have laundry facilities available and you will have some time to wash clothes. During the internship there will be laundry available at the housing.

**Internet Access**
Most, if not all, backpacker hostels will have a way to access WiFi. You may need to pay a small fee to access it or they’ll let you know if it’s included in your fees. In addition, there are a lot of public spaces that have WiFi you can use (such as the airports).

**COMMUNICATION**
*Information on accessing/forwarding your UW-Eau Claire email address and on computer app-based phone services (SKYPE, What’s App, Facetime, etc) is in the Contacts & Communication section of your Study Abroad Handbook.*

**Time Difference**
The local time in New Zealand is 17 hours ahead of Eau Claire. For example, when it is Wednesday at 2:00pm in Eau Claire, it is Thursday at 7:00am in New Zealand. This can be a challenge to communicate with family/friends back home so make sure you have a plan. This site can help you keep track of time:
https://www.timeanddate.com/worldclock/new-zealand

**Cell Phone Information**
Cell phones are just as common in New Zealand as they are in the U.S. If you want to bring your U.S. cellphone, you will need to check with your carrier to see if there are international plans and to have your phone unlocked.

Cell phones are affordable and can also be purchased once you arrive. Most plans allow for
pay-as-you-go so it can be more affordable and easier to do this.

Since you are there for a shorter amount of time, you may just want to put your phone in airplane mode and turn on WiFi. You'll be able to be on the internet when on WiFi.

**Calling from the U.S.**

*From the U.S. to New Zealand:* First dial 011, which is the international dialing code. Next, you must dial the country code for your host country. Country codes can be found in the front of phone books or online at [http://www.countrycallingcodes.com/](http://www.countrycallingcodes.com/). Then you dial the rest of the number.

**Snail Mail**

You will not want to have any mail sent to you as it can take a long time and most likely you will be on to the next location. You can send mail out, but know that your recipient won’t receive it for 1-2 weeks.

**New Zealand Slang**

Even though you are studying abroad in an English-speaking country, there are many differences you will notice. One difference is the slang. Here are some common words you may hear:

- **Kiwi:** referring to a New Zealander, or the country’s national bird. For the fruit, they say kiwifruit
- **Sweet as** – an expression meaning it was really good – “my day was sweet as”
- **Jandals:** flip flops
- **Dairy:** convenience store, corner store
- **Maccas:** McDonalds
- **Togs:** swimsuit
- **Bonnet & boot:** Hood & trunk of a car
- **Buggered:** very tired
- **Fizzy drink:** soda
- **Hot chips:** French fries
- **Chocka Block:** crowded/busy
- **Jumper:** sweatshirt
- **Not even:** no way/that's not true
- **A feed:** a meal
- **Heaps:** a lot/very
- **Zed:** the letter Z (in the US we pronounce it Zee; in New Zealand it is Zed (like Ted)
- **Tramping:** hiking
- **Whittakers:** New Zealand for chocolate. It’s a local brand
- **L&P:** Lemon and Paeroa, a popular soft drink you must try!
- **Pineapple lumps:** chocolate coated lumps of pineapple flavoured candy (a must try!)

**Maori Language**

You will see the Maori language used on almost all public signage as it is considered an official language, along with English. In addition, most people will greet you with the traditional Maori greetings.

- **Aotearoa:** New Zealand (literally means long white cloud)
- **Kia ora:** hello
- **Ke te pai:** I’m good
- **Waka:** canoe but commonly used to describe any moving vehicle
- **Aroha:** love
- **Haka:** war dance with actions
- **Iwi:** tribe
- **Pounamu:** greenstone

If you have the opportunity to sit in on any Maori traditions, you should do it! During the expedition you may learn a lot about how the country honors the Maori traditions but do your research beforehand and ask questions when you’re visiting local sites and companies.

During your internship you will want to be sure you follow the lead of what others do when they greet people. This is a sign of respect and it will
give you an opportunity to further learn about the New Zealand culture and how it gets folded into the workplace.

**TRAVEL WHILE ABROAD**

*See additional information in the [Travel Resources section of your Study Abroad Handbook](#).*

**Traveling during the program**

The expedition is going to be very structured and any free time will be limited to the location you are in. Plus, with the expedition, you are going to be seeing more of New Zealand than many tourists ever do!

During your internship, you may have more time to explore. You will want to make sure you understand your obligations and schedule with your placement. If you have weekends off, you should not expect to get Friday or Monday off to make a long weekend. All travel should be around your placement. You will have time after the program to stay and explore more of New Zealand. If your family or friends want to visit you, they should at the end of your program.

**Travel Outside of New Zealand**

If you plan to travel outside of New Zealand, you will want to research if any visas or certain vaccinations are required.

**Air Travel**

If you plan to travel by plane, Air New Zealand is by far the most common airlines in New Zealand. There are additional budget airlines you can also find. The airports in New Zealand are unique in that if you are flying on a plane that has less than 50 people and in a smaller city, you won’t go through security. This can be a weird process for Americans, but just follow what the locals and airline staff do. Just be careful on what the luggage size and weight restrictions are as every airline is different.

**Camping**

If you plan to camp in New Zealand, be sure you understand where you can and cannot camp. There are many areas that offer free or affordable camping, but you can’t just camp anywhere you’d like. [This site](#) is great for figuring that out.

**Camper Vans**

It won’t take long, after you’ve arrived in New Zealand, before you see camper vans (you may even learn about this phenomenon during your program!). These are very popular with backpackers and tourists as it allows for you to drive and see the country. The CIE, USAC and Massey are not liable should you rent a van. Renting a camper van is at your own discretion. We advise the upmost safety be taken into consideration if you think about doing this. Keep in mind the driving is on the left side of the road which can lead to issues arising.

**Hop-On Hop-Off Buses**

If you’re not keen on doing a camper van (we don’t blame you), you can do a Hop-On Hop-Off bus as well. This still allows you the freedom to travel and navigate on your own schedule.

**HISTORY**

New Zealand has a rich history for being such a small country at the bottom of the South Pacific. The following information is from the [New Zealand Now](#).

**First Settlers**

The first ancestors of New Zealand are the Maori people who are said to have arrived
between 1200-1300 AD. They discovered New Zealand as they explored the Pacific Ocean, navigating by the ocean currents and wind and stars. The term Maori didn’t exist until the Europeans arrived.

It wasn’t until 1642 when the first Europeans (the Dutch) started to arrive. Then it was 127 years before another European came to New Zealand, in 1769. This was James Cook. After that, European whalers and sealers visited regularly and then traders became to come. In 1830, the British felt pressured to end the lawlessness of the country and stop France from making New Zealand a colony.

**Treaty of Waitangi**

"On February 6, 1840, William Hobson, New Zealand’s first governor, invited Maori chiefs to sign a treaty with the British crown. The treaty was taken all around the country and more than 500 chiefs signed the treaty. The treaty governs that the relationship between the Maori and everyone is protected. This is done by:

- Accepting that Maori iwi (tribes) have the right to organize themselves, protect their way of life and to control the resources they own
- Requiring the government to act reasonably and in good faith towards Maori
- Making the government responsible for helping to address grievances
- Establishing equality and the principle that all New Zealanders are equal under the law."

Applying the treaty influences life in New Zealand in many ways:

- Parliament: Maori representation is guaranteed with reserved seats
- Waitangi Tribunal: researches and makes legal decisions on cases where Maori land and other resources were taken illegally or unfairly in the past
- Fisheries: Maori have significant control and rights to these
- Language (te reo): is an official language along with English and New Zealand sign language. You will see and hear te reo all around you.

**Wars and Growth**

There was increasing pressure for the Maori people to sell their land for European settlement. This led to a conflict in the 1860’s and war broke out on the North Island. During the 20 years of war, a lot of Maori land was confiscated or bought.

The South Island, at this time, was seeing a lot of settlement growth. Gold was found in Otago in 1861. In the 1870s the government helped thousands of British come to New Zealand and start a new life.

The economy was dependent on agriculture and because of this, much of the forest that originally covered New Zealand was cleared. During the two world wars, New Zealand sent thousands of men over to fight. The 1915 landing at Gallipoli in Turkey is seen as a coming of age for New Zealand. It established ANZAC (Australia and New Zealand Army Corp) and the special relationship with Australia. ANZAC day is now celebrated on April 25th to commemorate the Gallipoli landing.

New Zealand did side with America in Korea in the 1950s and again in Vietnam in the 1960s.
**CULTURE**

**Government**

New Zealand is a parliamentary democracy (similar to the UK and Australia and Canada). The prime minister is determined by who leads the political party or group of parties (coalition) with the majority of seats in the House. The prime minister is the most important in day to day national government, but above them is the Head of State. Currently, that is Queen Elizabeth II, the British Queen.

There are two tiers of government in New Zealand, Central and Local. Central makes decisions that affect New Zealand as a whole. Local looks after the interests and needs of specific communities through regional, city and district councils. People decide on the central government by democratic vote, every three years.

More about the intricacies of the government can be found here:

**Social Change**

New Zealand was the first country in the world to grant all women the right to vote (1893). New Zealand is becoming known for its advanced viewpoints on women’s rights. Current prime minister, Jacinda Ardern, has been making waves. Presently, employees are entitled to take maternity leave for up to 18 weeks and they will still receive a government funded parental leave salary. Employers must also keep their job open so that the person can return to it after their leave. The current prime minister is working to get the paid leave up to 26 weeks by 2020.

**Sport**

The All Blacks are the only rugby team you will want to care about when in New Zealand. Rugby is a way of life in New Zealand. You will have many opportunities to watch or play it. You might want to brush up on your rugby knowledge before heading to New Zealand. Currently, Amazon Prime has a series called “All or Nothing: All Blacks” that follows the team around for a year. It is worth the watch.

**The use of “as”**

New Zealanders are known for adding “as” to many expressions. “Sweet as” is the most common but any adjective can be added before the “as.” Sometimes people will say “dark as” meaning it is dark in here. “Sweet as” can be a response for almost anything – it can mean, okay, awesome, etc. Awesome is another word that will be overused by Kiwis. Here is a website that talks about phrases and what Kiwis are actually saying:

**The Hongi – Maori Greeting**

This is a traditional Maori greeting. When meeting Maori people, you press your noses and foreheads together and share in “the breath of life.” While this can be uncomfortable for many people, it is a sign of respect when meeting Maori people.

**Marae – Maori Meeting Grounds**

A marae is a Maori meeting grounds. It is a fenced in complex that will have carved building and ground that belong to a certain iwi (tribe) or whanau (family). The Marae is used for meetings, celebrations, funerals, workshops, etc. As a visitor, you are encouraged to participate in a powhiri, a formal welcoming ceremony before you can enter the Marae. If
you have the chance to participate in a powhiri, it can be a great cultural experience.

**Ta Moko – Maori Tattoo**
Traditionally, Maori men received moko on their faces, buttocks, and thighs. Women usually wore moko on their lips and chin. It will reflect the individual’s ancestry and history. In the past, it was a sign of social rank, knowledge, skill, or eligibility to marry. You will most likely see someone at some point, that has facial moko as some people still participate in that practice.

Maori tattoos hold a lot of special meaning and if you are a non-Maori person, you should do a lot of research as to why you shouldn’t (or should) obtain a moko. It can be offensive for non-Maori people to obtain certain tattoos out of ignorance of the significance it holds to the Maori people. You are encouraged not to get a moko.

**Haka – Maori War Dance**
The haka is the dance you will see if you ever watch an All Blacks match. The players do it before each match.

The haka is an ancient Maori war dance and was used on the battlefield but as well as when people came together in peace. It is meant to exhibit the tribe’s pride, strength, and unity. There will be strong foot stomping, tongue protrusions, and body slapping while chanting. The words being said relate back to the tribe’s ancestors and history. Today the haka is done at important ceremonies and celebrations. If you are invited to attend a haka, you should definitely do it, as it is a cultural experience that New Zealand is known for.

**Tiaki Promise**
New Zealand prides itself on the strong connection it has to the land and the responsibility to care for it. From a young age, children are taught to care for the land. They believe that if you look after the land, it will look after you and future generations. When in New Zealand, you should respect all rules for the land and culture. If you decide to go camping or hiking, be sure to take out everything you bring in. Do not leave a trace. Also respect the trails and stay on the designated trails.
## Contact Information

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<thead>
<tr>
<th><strong>Massey University</strong></th>
<th><strong>NZ Embassy in U.S.</strong></th>
<th><strong>UW-Eau Claire</strong></th>
</tr>
</thead>
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| **Yuka Procter:** Student Mobility Coordinator  
Wellington Campus  
y.procter@massey.ac.nz | **37 Observatory Cir NW**  
Washington, D.C.  
202-328-4800 | **After Hours Emergency**  
(715)577-9045 |
| **USAC Central Office (US)** | **U.S. Consulate in NZ**  
Citigroup Centre, 3rd floor  
23 Customs Street East  
Auckland, NZ  
+(64)(9) 303-2724  
Emergency, After Hours:  
(64)(4)462-6000  
Email: aucklandacs@state.gov | **Embassy of the U.S. in Wellington**  
29 Fitzherbert Terrace  
Thorndon  
Wellington, NZ 6011  
Phone: +64 4 462 6000 |

Remember that in most cases, local contacts are best in local emergency situations.

If you have an after-hours emergency that can be helped on the U.S. side, please call University Police at the number above. Calls can be made to this number 24 hours a day. You may get an answering machine; however, an officer is alerted as soon as you have left your message. Be sure to give the officer the phone number you can be reached at, as well as what type of assistance you require.
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<th><strong>WEB INFORMATION: NEW ZEALAND</strong></th>
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<td><strong>City</strong></td>
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<td><a href="https://www.wellingtonnz.com">https://www.wellingtonnz.com</a></td>
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<td><strong>Culture</strong></td>
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<td>Maori Culture: <a href="https://www.newzealand.com/us/maori-culture/">https://www.newzealand.com/us/maori-culture/</a></td>
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<td><strong>Country</strong></td>
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<td>New Zealand Newspaper: <a href="http://www.stuff.co.nz">http://www.stuff.co.nz</a></td>
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When past participants of the New Zealand program were asked to sum up their experience, here is what they said:

You are the first UWEC students to participate on this program! We hope you provide us with feedback to share with others.