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INTRODUCTION

This handbook will provide you with a general overview of issues involved in traveling to New Zealand. We thank the U.S. State Department for sharing with us the New Zealand safety and travel information in this handbook. Please use this guide in conjunction with the DU Study Abroad Handbook.

We hope this information will assist you and your family in preparing for your time abroad. It is important that you review all the information, as well as the information sent by the New Zealand university, before you leave the U.S. and that you take these materials with you to New Zealand.

Studying abroad is an exciting opportunity. Nothing during your college years will likely change you more. You will learn about another country and another culture. You will also learn to look at your own country from a different perspective and most important, you will learn more about yourself. So, the OIE encourages you to invest yourself fully into this experience.

How much you gain from this opportunity will depend on your preparedness, flexibility and responsibility. Review the general pre-departure information the OIE has provided to you. Complete the administrative and academic matters that need to be taken care of before you leave. Research the country and city you will be going to. Review some of the suggested readings in the Study Abroad Handbook about what it means to go abroad. Be respectful of other cultures; things are not better, they are not worse; they are just different – learn to accept, not expect. Remember, you are there to complete an academic program successfully, just as if you were at DU. Good time management and goal setting are keys to handling a challenging academic program and becoming familiar with life outside the classroom.

Most of all, we want you to have a great experience and to make the most out of this opportunity. And when you return, be ready to share your stories with others. Your personal experience will be the best source of inspiration for others.

Safe Travels,
The OIE Team
Immigration requirements for students studying abroad in New Zealand are available in the **Apply for Immigration** section of your DU Passport checklist.
Passport

You must have a valid passport for traveling to New Zealand and to obtain a Student Visa. If you do not already have a passport, apply for one immediately at your local Post Office. New passport processing can take several weeks. If your passport will expire while you are abroad, renew your passport right away. Your passport must be valid for the duration of your time abroad and up to six (6) months after your program ends. Make photocopies of your passport before going abroad. In case your passport is lost, a copy can help to replace it:

- Leave one with a relative in the U.S.
- Keep one copy with you in a separate place from your original passport.

Local Passport Office
*for emergency passports only*

Call (877) 487-2778 to schedule an appointment
3151 S. Vaughn Way, Suite 600
Aurora, CO 80014

Travel Arrangements

Cherrington Global Scholars should refer to the Study Abroad Handbook for instructions on booking your flights. Non-CGS students should book a flight after receiving an acceptance from their New Zealand host University.

STOPOVERS

When you make your travel arrangements, you may want to ask the travel agent about "stopovers." Stopovers are different from layovers in that they are over 24 hours long and are a ‘perk.’ Stopovers have restrictions and their prices vary on length of stay and how many you wish to have. Some common stopovers include Fiji, Hawaii, and cities in Australia. If you are a Cherrington Global Scholar and you choose to include a stopover in your plans, you will be responsible for any costs above the basic fare to and from New Zealand.

FLIGHT TIME

When you look at your ticket, it may seem as if your flight takes two days. In actuality, your trans-Pacific flight should take approximately 13 hours (LA to Auckland). This is because when traveling to New Zealand, you will cross the International Dateline. This crossing results in the loss of a day. Don’t worry, you will “get the day back” on your return flight.
Customs Regulations

New Zealand Customs is very strict about what you can bring into the country. Because it is an island country, New Zealand wants to keep out many of the diseases that affect humans, animals and plants in other parts of the world. In general, it is not possible to bring fresh foodstuffs, plants or plant products, animal products, wildlife or wildlife products, drugs, firearms or other weapons into the country.

If you plan to bring used camping gear -- including hiking books -- into New Zealand, please make sure the items are as clean as possible (i.e. not caked in mud). You must declare these items when you arrive in New Zealand because they may need to be treated/fumigated before you can use them in New Zealand’s protected ecosystem. If you try to bring in these items without declaring them, you will be prosecuted and fined.

Prescription Medicines

If you are taking regular medication, you should contact International SOS well before departure to confirm that the medicine and the quantities you will be carrying are permitted into the country. You should also find out what documentation you need to provide to the customs agents. You CANNOT mail medicines to New Zealand.

IMPORTANT! In order to purchase controlled medications while in New Zealand, you are required to bring a current (less than one year old) specialist report that includes a letter from your doctor, on letterhead, that describes the qualifications of the specialist, diagnosis, medication and dose.

Bring this letter in your carry-on. Just a written prescription will not suffice in New Zealand for controlled medications.

The maximum allowable amount of medicine you can bring with you is usually a three-month supply. Keep all medications in the container in which they were dispensed.

To find out more details about New Zealand Customs regulations, please visit the Customs Services website at www.customs.govt.nz.

Mental Health

Though mental health counseling and related wellness services are available at our partner universities in New Zealand, such services may be different in scope than what you’re used to in the U.S. Additionally, your university abroad may refer you to an off-campus specialist or pharmacy ("chemist shop") in the wider community depending on your personal needs. Be aware that certain services might not be covered under your StudentSafe Insurance and therefore may result in additional expenses.
If you have any mental health concerns prior to starting your program abroad, the OIE encourages you to take the following steps early in the study abroad process:

1. **Contact International SOS.** See the ISOS Services section in our Study Abroad Handbook.

2. **Contact your doctor.** We recommend for you to ask your doctor these questions as conversation starters:
   - a. What strategies should I be using to handle my existing mental health needs abroad?
   - b. What should I be aware of that might signal I need help with my existing mental health needs?
   - c. Can you write prescriptions or a specialist report for my entire length of stay?
   - d. Should I identify a certain type of doctor now that I’ll need to visit while abroad?

3. **Research services at your university abroad.** Links to your program’s Health & Wellbeing websites are included in the “Resources” section of your program’s brochure in DU Passport. However, we advise you to spend time researching additional details such as available on-campus support groups, counseling hours, and the locations of campus health facilities.

4. **Self-disclose any mental health needs in your university application.** Your university abroad may be able to provide you with beneficial resources and staff contacts before your program begins.

5. **Use ISOS’s Emotional Support Coverage.** See the Psychological & Emotional Wellness Considerations section in our Study Abroad Handbook.
NEW ZEALAND ACADEMIC SYSTEM

Academic Culture

There are major differences between the New Zealand and U.S. academic systems. As a former British colony and a member of the British Commonwealth, New Zealand’s higher education system is based on the British model. There is no educational institution equivalent to the American liberal arts college. The first New Zealand university was established in 1870. Today there are 8 universities in New Zealand.

The typical undergraduate program lasts three years (except for some technical degrees or those which require additional certification like nursing, medicine, education, law) and includes much more academic specialization than is usual in American colleges and universities. New Zealand students generally concentrate on their major in the first year since there is not a "general studies" requirement as at most U.S. four-year institutions. Therefore, introductory subjects may be more difficult than at your home university. In general, you should be prepared for some differences between the New Zealand and the U.S. academic systems and be aware that you will experience a period of adjustment.

Teaching Style

In New Zealand, a student's academic schedule fluctuates between lectures, tutorials (small group sessions), laboratory work, seminars and library study. You may find that you have fewer class hours than in the U.S. but you are expected to do a lot more private study and spend much more time in the library. This may seem more like graduate work so expect long studying hours, especially in the sciences.

LECTURES

The core material of the subject is nearly always given in lectures. In popular subjects, a hundred or more students may attend a lecture. In less popular subjects the lecture may have only a small number of students present. During a lecture, there is little -- if any -- interaction between student and lecturer. The material is usually presented in the form of a monologue from the lecturer, perhaps supported by slides and videos.

TUTORIALS & LABS

Your opportunity for discussion will occur during the tutorial, which has a smaller number of students, and where the tutor and the students engage in a dialogue relating to the content of the course. Whereas you are not expected to speak in lectures, you are instead expected to speak in tutorials. Your participation is important. Science, psychology and technology subjects, also have lab sessions. Language subjects usually require time in the language lab.
Basic Academic Terminology

As you discovered while filling out your study abroad application, the academic terminology used in New Zealand differs from that used in the U.S. Below are some general terms used in New Zealand. To find out about other New Zealand terminology used by your overseas university, refer to your University-specific guide:

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Assessment (Grading)

For your class grade, you may be expected to concentrate your academic efforts in library research and writing. It is common to have a large percentage of your grade based upon only one or two exams. The tutorials may require you to prepare material, present a paper, read articles or participate in group discussions.

Though many subjects are assessed by written assignments only (essays, papers, presentations), some also require you to pass final exams. Exams can last up to three hours in length. Some may be “open book” exams. In other cases, you may be given a topic or questions beforehand. In most, however, the exam will be closed book. In New Zealand, the final exam may count for a larger proportion of your grade than in the U.S. (up to 60% of your grade).

The credits and grades earned on a DU Partner Program will appear on your DU transcript. They will not count as “pass/fail.” In order for the credit to apply to your general degree, you must pass with a U.S. “D” or better. However, in order for the credit to apply to your major or minor, you must generally pass with a “C-” or better. While the credit earned is considered DU resident credit and the grades you receive will appear on your DU transcript, these grades will not be figured into your DU cumulative GPA.

To figure out how your New Zealand grades translate to DU grades, please refer to the Global Grading and Credit Scales.
Course Load & Credits

You will take between 3 to 5 courses per semester. You must enroll for at least the minimum number of credits to remain a full-time student at your host university (this is typically three classes). Dropping below this number will put you in violation of your visa status and may result in your deportation. To figure out how your New Zealand credits will translate to DU credits, please refer to the Global Grading and Credit Scales.

Learning Differences and Accommodations

If you have special needs regarding assessment, such as reading assistance, or note taking assistance, please inform your DU Study Abroad Program Coordinator and DU’s Disabilities Services Program. **You also must disclose this information in your application to your New Zealand university after nomination if you desire disability accommodations abroad.**

Disability services are available in New Zealand. However, you must give your documentation to the NZ university’s disabilities services office so it may determine for which accommodations you are eligible in New Zealand. Please be aware that any extended time granted for assessments in New Zealand may be less than what you are accustomed to at DU.

**Waiting until after your program begins to disclose your service needs may result in you NOT receiving the accommodations you requested.**
LIVING IN NEW ZEALAND

Flatting

At your New Zealand university, you may live in a flat (apartment or shared house) with domestic or other international students. Since you may not have the experience of living independently yet, you should think about the potential challenges posed by this type of living arrangement.

As a participant on a DU Partner Program, you must live in DU-arranged student housing during your program. If you decide against living in DU-arranged housing, or if you choose to leave, you will assume the additional cost of your new housing.

DU will pay for you to move into your student housing up to two nights prior to your orientation, only if available. For example, if your host university’s housing opens one day prior to orientation, you will need to move in on that day. Please check with your host university to be sure you understand your move-in date.

Please note that, in most cases, students are responsible for paying for their refundable security/damage deposit directly to their housing in New Zealand.

FLAT MEETING

During your first week with your new flatmates you should meet as a group and discuss preferences, responsibilities, and arrangements for paying any shared expenses. Some questions to ask each other are the following:

1. Will there be quiet hours in the flat?

2. What are the meal arrangements for the flat? Who will cook group meals? Who will pay for group meals? Who will shop for group meals or shared flat food?

3. What is the level of cleanliness acceptable to all flatmates? How will you handle cleaning of the flat? Which are group chores and which are individual chores?

4. Will there be a policy on visitors to the flat (duration of stay, extra costs incurred)?

5. How will you handle flat bills, such as telephone, cable, electricity, and internet? (if applicable)

6. How will you sort out flat disputes? If the flat cannot sort out a dispute, to whom will you turn to help resolve it?

HEATING

A common source of disagreement between U.S. students and their New Zealand (or other international) flatmates is temperature. While a U.S. student may be used to a 68-72 degree room at all times, students from other countries may find this to be extravagant and
unnecessary. Bringing along additional warm clothing is one easy solution for you; another is having a good sleeping bag. Alternatively, you could purchase a space heater in New Zealand and offer to pay the additional cost on your flat electricity bill associated with use of this space heater. (The local electric company can provide an estimate on the extra cost for a particular appliance.)

**BILL PAYING**

Your flat may have shared bills or expenses. If you are expected to contribute to any flat expenses, you should review the invoices or bills before paying. If your flat mate(s) ask you to pay but do not automatically give you the invoice or bill, just ask to see it before paying. This is simply a matter of good financial management. If you are unsure about the fairness of what you are asked to pay or if your flat mate(s) won’t show you the invoice or bill, talk to the International Office at your host university for guidance on how to proceed.

**DAMAGE & UNPAID BILLS**

The University of Denver has contracted on your behalf for your flat. Though in most cases, students pay the security deposit or bond directly. It may be possible that DU must be billed for the deposit directly (this depends on the housing facility). In these cases, should there be any damage to your flat, the cost for that damage is taken from the bond money DU gave to the flat management. You will then owe that money to DU plus the cost of wiring and at the current exchange rate (i.e. it will cost you more if you leave behind unpaid damage costs than if you paid for the damage on site). Similarly, if you leave behind unpaid bills, you will then owe that money to the University of Denver. Failure to pay will result in a hold on your DU account and your inability to register for classes at DU.

**BEHAVIOR**

You need to respect quiet hours, guest policies, and other rules of the flat complex. Your mature behavior ensures that DU can continue housing its study abroad students in those flats.

Have respect for the flat management team. If you do not agree with the flat management about certain issues, please let DU’s Office of International Education know the details of the disagreement so it may intercede.

**HINT:** *If you do not agree with the stated charges for certain services provided by the flat complex, do not use those services. Please do not use those services and then refuse to pay saying the cost is too high.*

**Fitness Center Membership**

The New Zealand government heavily subsidizes university education for its citizens. This means that some on-campus facilities, such as the fitness center, charge for student usage. Therefore, when budgeting for study abroad, consider whether you plan to use the fitness center. You can generally find usage rates on the overseas university’s website by searching
Internet

As with the fitness center, you may have to pay for internet usage at your program location. Some universities have unlimited internet usage when you are in the university computer lab. Some universities give you up to a certain amount of downloads on your account for free.

If there is internet available in your housing, you will most likely pay for your internet usage. Because many other DU study abroad students will be in homestay or other accommodation situations without internet access, DU decided it would not be fair to pay the internet bill for some students, but not others.

**HINT:** While email is a great way to keep in touch with family and friends back here, too much time spent on social media or email will prevent you from having a full study abroad experience.

Meeting Kiwis

A major goal of study abroad is to develop cross-cultural understanding. In addition to achieving academic success, you should strive to meet New Zealanders and get to know their culture. Successful strategies for meeting the locals include the following:

1. **Make an effort.** Because the universities host new study abroad students each semester (some of who promise to keep in touch with the locals but never do), the New Zealand students may not immediately try to befriend you. As the "outsider" you must show that you want to meet the locals and get to know their culture. Be friendly and genuine.

2. **Join an organization.** Each of the universities has a student union or student guild that oversees clubs and societies on campus. The university’s sport center should also have a listing of social sport clubs that you can join.

3. **Stick around.** While you may be tempted to head out every weekend to travel around the country, doing so will greatly impede your chances of making friendships with local students. Constantly talking about your travel, particularly about expensive excursions, will also turn off the local students, who typically will not have much spending money as an American study abroad student.

4. **Be respectful.** Compare and contrast gets old fast. Talking non-stop about your personal belongings, including cars and other expensive items in the U.S., will merely reinforce stereotypes about Americans and prevent you from getting to know New Zealanders.

5. **Know your politics.** Most likely you will be asked by New Zealanders about your political stance. Questions about your political views generally will be well-intentioned and made by people genuinely interested in hearing your perspective. Be careful not
to get offended or defensive when these questions arise. Also, try not to compare and contrast governments. Your best move is to remain open-minded in political discussions.

Keep in mind that you are only there for a short time so you want to make the most of your time in New Zealand.

**Electricity**

Electricity in New Zealand is 220-240 volts. In the U.S. it is 110 volts. This means that if you plug your 110 hair dryer directly into a New Zealand plug it will **BURN OUT**. Transformers are therefore required. Make sure, however, that the transformer you bring is configured for the three pin New Zealand plug. If you cannot get one of these in the U.S., consider buying one upon arrival to New Zealand. Because some hairdryers and curling irons will get dangerously hot, even when using adaptors, consider purchasing these items upon arrival.

If you buy appliances in New Zealand, you will almost certainly have trouble running them when you get back to the U.S.

**Weather**

As you may already know, the seasons are reverse of those in the Northern Hemisphere:

- **Autumn:** March to May
- **Winter:** June to August
- **Spring:** September to November
- **Summer:** December to February

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Although you may equate “rainforests” and “beaches” with the tropics, you will not experience warm tropical weather in your host city. As New Zealand is a southern hemisphere country, the further south you go, the further you are from the equator and the cooler the weather.
Pack according to the seasonal conditions of your host city. This means bringing warm clothing, including hats, gloves, and scarves. Your warmest sweaters and trousers will also be necessary. Fleece is a practical accessory as is an umbrella. Even within your housing, you may find the temperature colder than you’re accustomed to in the U.S. A good sleeping bag and a pair of thermal underwear will help combat the cold. Libraries are popular havens in colder weather because they are generally well heated.

Weather can change quickly in New Zealand, particularly in the mountains. A perfect hiking day may turn dangerously cold or stormy within a matter of hours. Therefore, always tell someone where you’re going and try to travel with experienced local hikers/snowriders.

While your host city may not have as many days of sunshine as Denver, you must wear sun block and sunglasses whenever you are outside because there is a hole in the ozone layer above New Zealand. UV levels are high, too, because there is relatively little pollution overhead.

If you refer to New Zealand weather sources, the following temperature conversions will help you:

- **Farenheit to Celcius**: Subtract 32 then multiply by 5/9
- **Celcius to Farenheit**: Multiply by 9/5 then add 32

To help you remember approximate temperatures in Celcius, consider that:

- **Water freezes at 0° Celsius**: 32° Fahrenheit
- **Water boils at 100° Celsius**: 212° Fahrenheit
- **Normal body temperature**: 37° Celsius/98.6° Fahrenheit

**Kiwi Slang**

Following are some words and phrases you may hear while in New Zealand. Start practicing your Kiwi slang now so you can better understand your new classmates. (Vocabulary provided courtesy of Sarah Henderson’s “Guide to Kiwi Slang.”)

**Ads** - TV commercials, advertisements
**Anklebiter** - toddler, small child
**Aotearoa** - Maori name for New Zealand meaning land of the long white cloud
**Arvo** - afternoon
**Bach** - holiday home
**Banger** - sausage, as in bangers and mash
**Barbie** - barbecue
**Big smoke** - large town or city
**Bit of dag** - hard case, comedian, person with character
**Bloke** - man
**Boy-racer** - name given to a young man who drives a fast car with a loud stereo
**Bring a plate** - means bring a dish of food to share

**Bungy** - kiwi slang for elastic strap, as in Bungy Jumping
**Caravan** - mobile home that you tow behind your car
**Cardi** - cardigan
**Cast** - immobilised, unable to get to your feet
**Cheers** - thanks
**Cheerio** - goodbye
**Cheerio** - name for a cocktail sausage
**Chocka** - full, overflowing
**Chook** - chicken
**Chips** - deep fried slices of potato but much thicker than a french fry
**Chippy** - builder, carpenter
**Chrissy pressies** - Christmas presents
**Chuddy** - chewing gum
Chunder - vomit, throw up
Cockie - farmer
Cotton buds - Q-tips
Creek - small stream
Cuppa - cup of tea, as in cuppa tea
Cuz - cousin, family
De facto - name used for a couple who are not married but are living together
Ding - small dent in a vehicle
Dole - unemployment benefit
Dodgy - bad, unreliable, not good
Down the gurgler - failed plan
Drongo - stupid fool, idiot
Drop your gear - get undressed
Dunny - toilet, bathroom, lavatory
Duvet - quilt, doona
Ear bashing - someone talking incessantly
Entree - appetizer, hors d’oeuvre
Fizz Boat - small power boat
Fizzy drink - soda pop
Flannel - wash cloth, face cloth
Flat - apartment, name for rental accommodation that is shared
Flicks - movies, picture theatre
Flog - steal, rob
Footie - rugby union or league, as in "going to watch the footie"
Full tit - going very fast, using all your power, as in "he was running full tit"
G'day - universal kiwi greeting, also spelled gidday
Get the willies - overcome with trepidation
Going bush - take a break, become reclusive
Good on ya, mate! - congratulations, well done, proud of someone
Good as gold - feeling good, not a problem, yes
Greasies - fish and chips
Gumboots or gummies - rubber boots, wellingtons
Handle - pint of beer
Happy as larry - very happy
Hard case - amusing, funny person
Hard yakka - hard work
Hollywood - to fake or exaggerate an injury on the sportsfield
Home and hosed - safe, successfully finished, completed,
Hoon - young adult driving fast
Hosing down - heavy rain, raining heavily
Hottie - hot water bottle
How’s it going mate? - kiwi greeting
Iceblock - popsicle, Ice Stick
Jandal - thongs, sandals, flip-flops,
Judder bar - speed bump
Jumper - sweater, jersey
Kiwi - New Zealander
Kiwifruit - Brown furry skinned fruit, Zespri, Chinese Gooseberry
Kick the bucket - die
Knackered - exhausted, tired, lethargic
Laughing gear - mouth, as in wrap your laughing gear around this,
L&P - Fizzy soda water
Lift - elevator
Lolly - candy
Loo - bathroom, toilet
Long drop - outdoor toilet, hole in ground
Lurgy - flu
Mad as a meat axe - very angry or crazy
Main - primary dish of a meal
Maori - indigenous people of New Zealand
Mate - buddy
Motorway - freeway
Naff off - go away, get lost, leave me alone
Nana - grandmother, grandma
Nappy - diaper
North Cape to the Bluff - from one end of New Zealand to the other
OE - Overseas Experience, many students go on their OE after finishing university, see the world
Offsider - an assistant, someone's friend, as in "we saw him and his offsider going down the road"
Old bomb - old car
Oldies - parents
On the never never - paying for something using layby, not paying straight away
Open slather - a free-for-all
Pack a sad - bad mood, morose, ill-humored, broken, as in "she packed a sad"
Pakeha - non-Maori person
Panel beater - auto repair shop, panel shop
Pav - pavlova, dessert usually topped with kiwifruit and cream
Perv - to stare
Petrol - gasoline, gas
Pikelet - small pancake usually had with jam and whipped cream
Piker - someone who gives up easy, slacker
Pinky - little finger
Plonk - cheap liquor, cheap wine
Pong - bad smell, stink
Postal code - zip code
Pram - baby stroller, baby pushchair
Pressie - present
Pub - bar or hotel that serves liquor
**Pudding** - dessert
**Pushing up daisies** - dead and buried
**Quack** - Medical doctor
**Rark up** - telling somebody off
**Rattle your dags** - hurry up, get moving
**Rellies** - relatives, family
**Ropeable** - very angry
**Ring** - to telephone somebody, as in "I'll give you a ring"
**Rubbish** - garbage, trash
**Rust bucket** - decrepit motor car
**Scarfie** - university student
**Scull** - consume, drink quickly
**Scroggin** - trampers high energy food including dried fruits, chocolate
**Serviette** - paper napkin
**Shandy** - drink made with lemonade and beer
**Shark and tatics** - fish and chips
**Sheila** - slang for woman/female
**Shoot through** - to leave suddenly
**Shout** - to treat, to buy something for someone, as in "lunch is my shout"
**Sickie** - to take a day off work or school because you are sick
**Skite** - to boast, boasting, bragging
**Sook** - cry baby, wimp
**Sparkie** - electrician
**Sparrow fart** - very early in the morning, sunrise

**Sprog** - child
**Squiz** - take a quick look
**Strapped for cash** - low on cash, no money
**Stubby** - small glass bottle of beer
**Sunday driver** - someone who drives very slow
**Sunnies** - sunglasses
**Ta** - thanks
**Take-aways** - food to be taken away and eaten, fast food outlet
**Tea** - evening meal, dinner
**Tiki tour** - scenic tour, take the long route
**Togs** - swimsuit, bathing costume
**Torch** - flashlight
**Tramping** - hiking
**Twink** - white-out
**Up the duff** - pregnant
**Ute** - small pickup truck
**Veges** - vegetables
**Wally** - clown, silly person
**Whinge** - complain, moan
**Wobbly** - to have a tantrum
**Wop-wops** - situated off the beaten track, out of the way location
**Yack** - to have a conversation with a friend, to talk
HEALTH AND SAFETY

Mandatory StudentSafe Insurance

DU has purchased required New Zealand health insurance coverage for you called StudentSafe. You have received information on StudentSafe in your acceptance materials from your host university, and you will receive more detailed information about it during your on-site orientation. Please note that **StudentSafe insurance only covers you in New Zealand.**

Even with your NZ insurance policy, it’s required that you **DO NOT** cancel your U.S. insurance policy while you are abroad. It is important for you to maintain coverage in the case that you travel to other countries outside of New Zealand or if you have to come home mid-term for any reason. DU’s SHIP insurance is valid overseas and can provide additional coverage while abroad. If you typically waive DU health insurance, we recommend that you contact your current health policy provider to find out what type of coverage it offers while abroad (especially if you plan to travel outside of New Zealand).

Vaccinations

No non-routine vaccinations are currently required for travel to New Zealand for U.S. students. If you plan to visit other countries while you are abroad, check with one of the following to find out what vaccinations, if any, may be required:

- Centers for Disease Control and Prevention
  www.cdc.gov
- DU Health and Counseling Center
  www.du.edu/hcc

Emergency Number

The standard emergency phone number in New Zealand is **111**.

Medical Facilities

Quality medical care is widely available, but waiting lists exist for certain types of treatment. Serious medical problems requiring hospitalization and/or medical evacuation to the United States can cost thousands of dollars. Doctors and hospitals often expect immediate cash payment for health services.
Traffic Safety & Road Conditions

All traffic travels on the left in New Zealand, and many roads are only two lanes. Cars turning left must yield to oncoming cars turning in the same direction. This is especially important to remember on two-lane roads. Proceed carefully through intersections and be wary of drivers who may run yellow and red lights. Drivers should use caution to avoid animals when driving in rural areas.

**Pedestrians are advised to look carefully in all directions before crossing a street or roadway, and to use crosswalks. Traffic always yields to the right and pedestrians do not have the right of way except at crosswalks…and usually not even then!**

Drivers yield to all traffic crossing or approaching from the right, and the speed limit is 100km/hr on the open road and 50km/hr in urban areas. Multi-lane motorways and expressways form the approaches to urban areas, and most highways are two lane roads. Signposting follows standard international symbols and all distances are posted in kilometers (km).

Drinking and driving laws are **strictly enforced** in New Zealand.

**RENTING OR BUYING A CAR**

According to the Association for Safe International Road Travel (ASIRT), the single greatest cause of death and serious injury abroad is road accidents. These far exceed deaths resulting from disease, violence or terrorism - so use your best judgment if you choose to drive and know the risk you are taking. Students can legally drive in New Zealand for up to 12 months if they have either a current driver’s license from their home country or an International Driving Permit (IDP). Recent law changes mean that all drivers, including visitors from other countries, must carry their license or permit when driving. You will only be able to drive the same types of vehicles you are licensed to drive in your home country.

The University of Denver, the University of Otago, and the University of Auckland **discourage students from driving because it can be difficult and dangerous.** Mountain driving conditions can be particularly treacherous. Nonetheless, we recommend for you to review **The Official New Zealand Road Code** to help you make an informed decision about whether to pursue this option.
COMMUNICATION IN NEW ZEALAND

How to Call Home

First, call home as soon as you can after arrival because your family is anxious to hear from you. Give your family your abroad phone number, email address and mailing address so they know how to reach you in the event of an emergency.

To make a direct call to the U.S. using a phone that provides a direct dialing option, dial: 00+ 1 + area code + phone number.

CALLING CARDS

Pre-paid calling cards in New Zealand are inexpensive, while calling rates with cards from the U.S. are much higher. Therefore, we recommend you get a calling card when you arrive in New Zealand. Cards can be purchased almost anywhere: at the airport, newspaper shops and markets.

TIME DIFFERENCES

Whatever calling method you use, consider the time difference before you call home. To calculate the time difference between your home and host city, check out www.timeanddate.com/worldclock.

Mobile Phones

Most students purchase a cheap pay-as-you-go phone while in New Zealand. Keep in mind that it may be cheaper to ‘rent’ a mobile phone rather than buy one. Ask any former study abroad student who may still have their New Zealand cell phone if they are interested in selling it to you.

Email

Your New Zealand university may provide you with a local email account. Please make sure that you continue to check your DU email regularly (or forward it), as this is how the Office of International Education will most likely maintain communication with you. Keep in mind, however, that you may or may not have internet access in your housing, and you will likely have to pay for internet use both on- and off-campus. Check your housing and host university’s websites to find out about internet access where you’ll be studying.
MONEY IN NEW ZEALAND

Bank Account

You have the opportunity to open a bank account while in New Zealand. A bank account will allow you to keep your money in a safe place and avoid some ATM fees. Information about how to open an account at a local bank will be provided by your host university upon arrival during Orientation Week.

If you open up a bank account in New Zealand, your family can transfer money from a bank in the U.S to your bank in New Zealand. Ask your bank in the U.S. and the receiving bank about the service charges that may apply to this transfer.

ATM Cards & Credit Cards

Make sure you know how to contact your bank from overseas. Find out if they offer a 24-hour customer service help line and what their emergency phone number is for calls from outside of the U.S. If your bankcard is lost or stolen, you should notify your bank immediately. Also, be sure to confirm with your bank that your card has an international 4-digit pin (this is usually the case, unless you have a small hometown bank).

Most credit cards, such as MasterCard, VISA or American Express, can be used in New Zealand, as well as worldwide.

If your credit card is lost or stolen, you must contact the financial institution that issued your card immediately and report it lost or stolen. You should keep a copy of your financial institution's name, its customer service phone number and your card account number in a convenient place -- separate from your card.

Traveler’s Checks, Cashier’s Checks, Money Orders & Personal Checks

We DO NOT recommend taking traveler’s checks, cashier checks, money orders or personal checks. Although banks will accept your checks, they will not give you cash for them until they have cleared through the whole banking network, which usually takes 6-8 weeks or longer.

We recommend that you keep a copy of your passport, credit card numbers, insurance contact numbers, and airline tickets in a separate place from the originals. You should also leave a set of copies at home with your family.
New Zealand Currency

The New Zealand currency follows a decimal system. The New Zealand Dollar (NZD$) is divided into 100 cents. Notes come in denominations of $5, $10, $20, $50 and $100 and differ in color and size. Coins come in $1 and $2 dollars and 50c, 20c, 10c, and 5c and differ in color and size. Start to familiarize yourself with the currency, both notes and coins, as well as exchange rates. Check out the XE Currency Converter to figure out conversion rates.

We suggest you carry a small amount of local currency before you leave, $80 to $120 New Zealand dollars, for the first few days, and especially if you plan to arrive on a weekend. You can exchange money at a U.S. bank or airport before departure or at a New Zealand airport upon arrival.
FOR MORE INFORMATION

Please visit the U.S. Bureau of Public Affairs and the U.S. Bureau of Consular Affairs websites for more information on New Zealand.