



DU *Abroad*

NEW ZEALAND STUDY ABROAD GUIDE

2020-21



Please use this booklet in conjunction with the DU Study Abroad Handbook

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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. Therefore, 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

New Zealand Student Visa

Immigration requirements for students studying abroad in New Zealand are available in the [Apply for Immigration](#) section of your DU Passport checklist.

Tourists to New Zealand

Tourists traveling to or transiting through New Zealand – such as family or friends – who are ***not studying at a New Zealand university*** may be required to apply for a visa well in advance of their trip to New Zealand.

- **US Citizens:** As of October 1, 2019 all US citizens who are traveling to or transiting through New Zealand under the visa waiver program are required to have a [New Zealand Electronic Travel Authority \(NZeTA\)](#) for a small service fee. It can take up to 72 hours to process an NZeTA, and it is valid for multiple visits for up to two years. If your NZeTA application is denied, you will need to apply for a tourism visa.
- **Non-US Citizens:** Please consult the [Immigration New Zealand website](#) for specific immigration requirements and related fees.

PREPARING FOR YOUR PROGRAM

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. New passport processing can take several weeks, especially during the holidays. If your passport will expire while you are abroad, renew your passport right away.

US Citizens: Consult the [US State Department's website](#) for guidance on how and where to apply. Your passport must be valid for the duration of your time abroad and **up to six months after your program ends**. If an emergency passport is needed prior to departure, please contact your local US passport office for assistance.

US Passport Office - Denver
for emergency passports only

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

Non-US Citizens: Consult your country's consulate as well as your country's corresponding [New Zealand Consulate](#) for pertinent passport information.

All students should 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 trusted friend or relative in your home country.*
- *Keep one copy with you in a separate place from your original passport.*

Travel Arrangements

Cherrington Global Scholars should refer to the [Study Abroad Handbook](#) for instructions on booking flights. All CGS-eligible students must book their flights via STA Travel. Non-CGS students should book flights after receiving 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 stipend limit to and from New Zealand.**

FLIGHT TIME

When you review your ticket, it may seem as if your flight takes two days. In actuality, your trans-Pacific flight should take approximately 13 hours (Los Angeles 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 boots – 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. Please review New Zealand's [biosecurity arrival procedures](#) for more information.

Prescription Medicines

If you are taking regular medication, you should contact [International SOS](#) (use DU membership #11BSGC000067) well before departure to confirm that the medicine and the quantities you will be carrying are allowed 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. Having only 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.** Alternatively, you may also secure controlled medications by being referred to a local New Zealand psychiatrist or medical doctor.

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. Please review your New Zealand university's StudentSafe Insurance policy for more details on coverage exclusions.

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 any 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, staff contacts, and health/learning arrangements 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, and 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 DU. 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 tutorials 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:

NEW ZEALAND	UNITED STATES
Unit or Paper	Course or Class
Calendar	University Catalog
Course	Entire Degree
Point	Credit
Stage	Level
Weighting	Credits
College	High School

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 portion 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 4 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. Accommodations are called "supports" in New Zealand. **You also must disclose this information in your application to your New Zealand university after nomination if you desire disability supports 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 supports 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. For example, "time and a half" for assessments is usually not granted in New Zealand. Any supports you receive will not be documented on your Australian university transcript.

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 experienced 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. Pay very close attention to the security/damage deposit rules listed in your university's accommodation contract.

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 all invoices or bills before paying. If your flatmate(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).

If the damages exceed your security deposit amount, then your New Zealand university will bill you directly for those costs and delay issuing your overseas transcript to DU until the amount is paid in full.

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 the OIE 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 for "sport" or "fitness."

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 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 Kiwis 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 Kiwi 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 association 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 Kiwis 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.

Tipping

Tipping is not customary in New Zealand and service charges are not added to hotel or restaurant bills.

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 in 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

	<u>Autumn</u>	<u>Winter</u>	<u>Spring</u>	<u>Summer</u>
AUCKLAND				
Max	66	57	63	72
Min	56	49	52	61
DUNEDIN				
Max	60	51	57	67
Min	49	38	43	55

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 flat, 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:

- *Fahrenheit to Celsius:* Subtract 32 then multiply by 5/9
- *Celsius to Fahrenheit:* Multiply by 9/5 then add 32

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

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

Religion

As one of the most multicultural countries in the world, New Zealand is accepting of all religions and your right to practice your faith without persecution or discrimination is protected by law. To find out where you can practice your faith in your community and/or on your campus, talk to the Australian university's international office or the university's chaplain.

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
Perve - 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 taties - 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 New Zealand 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.

Adventure Sports

Many students studying abroad in New Zealand plan to participate in adventure sports, such as bungee jumping, hiking, rappelling, climbing, and kayaking. Injuries and death can result from participating in such activities. You should **use caution and common sense** when engaging in adventure sports. Also, please closely review your StudentSafe Insurance and your personal insurance policies to understand if your activities are covered prior to going abroad.

Never participate in adventure sports alone. Always carry identification and let someone else know where you are at all times. Before kayaking, check the river conditions and wear a life jacket. When hiking, rappelling, or climbing, carry a first aid kit and know the location of the nearest rescue center. Visit the [New Zealand Department of Conservation](#) and the [US Centers for Disease Control](#) websites for additional outdoor safety advice.

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, dangerous, and expensive. 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.

Seismic Activity

As noted by the US State Department, some heavily populated parts of New Zealand are in areas of high seismic activity. Recently, large earthquakes and aftershocks have occurred throughout the country, resulting in injuries and widespread damage to infrastructure. Please follow your New Zealand university's information about natural disaster preparedness.

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

The OIE recommends for you to connect with [recent returnees](#) about their experiences with using mobile phones in New Zealand. However, since your communication needs may vary, most students pursue one of the following options:

INTERNATIONAL CALLING PLAN

This involves keeping your existing phone and arranging an International Calling Plan with your current carrier (Verizon, Sprint, AT&T, T-Mobile, etc.) that goes into effect when you depart the US. If you do this, make sure your phone is compatible with the kinds of network frequencies available in New Zealand. For example, AT&T and T-Mobile networks use GSM technology which every New Zealand network also uses but frequencies may vary. Verizon and Sprint networks use CDMA technology. CDMA tech no longer exists in New Zealand as of 2012, but some phones may be GSM & CDMA compatible. Also, International Calling Plans can be fairly expensive depending on your carrier.

TIP: Contact your current carrier about available International Calling Plans, minutes, data costs, network compatibility, your phone's frequency compatibility, etc. **before** leaving the US.

NZ SIM CARD

This involves keeping your current phone and purchasing a SIM card that's compatible with the mobile carriers in New Zealand: [Spark](#), [Vodafone](#), [2Degrees](#), etc. You have the option of purchasing a SIM card and a mobile voice/data plan either online ahead of time before leaving the US, at the [Auckland Airport](#) after clearing Passport Control, or at the [Christchurch Airport](#) before Passport Control. The OIE recommends for you to research those mobile carriers in advance to determine:

1. If their plans meet your needs...
2. If their network coverage meets your needs...
3. If their plans will work in other countries you'd want to travel to nearby...
4. If their plans will allow you to "Top Up" if your SIM card package expires while abroad.

TIP: *Make sure your phone is unlocked before you go abroad! If it's not unlocked, you will not be able to activate your new SIM card. Ask your current carrier about how to unlock phones.*

WIFI ONLY

This involves keeping your phone in Airplane Mode the entire time you're abroad and use FaceTime/WhatsApp/Skype/etc. for data calls over WiFi. This is not recommended if you plan on traveling to areas that do not have reliable WiFi access. Also, public WiFi may be slower in New Zealand than what you're used to in the US.

TIP: *Keeping your phone in airplane mode might interfere with apps that require an active phone number to work properly, such as some local New Zealand apps or text messaging apps.*

RENT A PHONE

This involves renting a mobile phone through a major New Zealand carrier after arriving in country. You can also do this at the Auckland Airport or Christchurch Airport after clearing customs, or reserve one online in advance.

TIP: *Visit the New Zealand mobile carrier websites ahead of time to see if it's possible to reserve your phone before arrival. Some carriers may require you to have a New Zealand address.*

Whichever option you choose, make sure to **avoid roaming** with your US mobile plan while abroad because it can become very expensive very quickly!

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 OIE will 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](#) or the [Oanda Currency Converter](#) to figure out conversion rates. Remember that exchange rates change daily. Please continue to check rates while you travel.

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.

Cost of Living

Certain costs of living may be more expensive in New Zealand than what you are used to in your home country. Groceries, dining out, and entertainment in particular tend to be relatively high depending on your location, your lifestyle, and your personal needs. The OIE therefore encourages you to closely research the cost of living in New Zealand and develop a budget for the duration of your program. If your program does not include a meal plan, it is highly advised for you to create a food budget ahead of time.

Though the OIE does not provide specific budget numbers to students, we recommend for students to take the following actions prior to going abroad:

1. **Contact recent returnees** who participated in your program within the last few years. The latest returnee list will be linked in your DU Passport Checklist.
2. **Contact your study abroad program directly** for estimated expenses or budgeting tips.
3. **Use a cost comparison tool** to evaluate common expenses. For example:
 - [Numbeo Cost of Living Comparison Tool](#)
 - [NZ Government Comparable Costs Calculator](#)
4. **Explore local supermarket websites** to compare the costs of specific foods you might buy abroad. Some grocery chains may also post their weekly mailers online, such as:
 - [Countdown Supermarket](#)
 - [New World Supermarket](#)
 - [PAK'n'SAVE Supermarket](#)

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.