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on a New Zealand Aid Programme scholarship

Congratulations on being awarded a New Zealand Scholarship! Your scholarship is funded through the New Zealand Aid Programme and administered by the Ministry of Foreign Affairs and Trade (MFAT).

NEW ZEALAND FOREIGN AFFAIRS & TRADE

Approximately 1000 New Zealand Scholarships are funded by MFAT each year. Scholars come from most countries in the Pacific, as well as from selected countries in Asia, Africa, Latin America, and the Caribbean.

MFAT provides scholarships as part of our mission to support sustainable development in order to reduce poverty and contribute to a more secure, equitable and prosperous world.

Scholarships are offered in the specific subject areas that are most relevant to the development needs of your country. This is so you can contribute to making a real and positive difference to your country when you return home at the end of your scholarship.



Find out more about the Ministry of Foreign Affairs and Trade (MFAT) on our website

www.mfat.govt.nz/en/aid-and-development



How to use this workbook

This Pre-Departure workbook is designed to help prepare you for your departure to and arrival in New Zealand. It does not go into detail about your education institution specifically, as you will receive an orientation briefing from your institution when you arrive.

There is a lot of information here, so take your time reading it. Take breaks, do the activities, and talk to your friends and family about any questions, ideas or new information

you find. If you have internet access, visit some or all of the websites and videos recommended here.

If you have questions or anything is unclear, write them down as you go. Then, if you are able to attend a Pre-Departure Briefing in your home country, you can ask the MFAT representative or other scholars from your country who will be there on the day. If you don't have a Briefing in your country, you can send your questions directly to MFAT via our online enquiry form found at https://scholarship.force.com/CommunityFAEnquiry, or ask your International Student Officer (ISO) when you arrive in NZ.

Moving to another country to study is an exciting opportunity, an adventure, and a challenge like no other. The better prepared you are for life and study in New Zealand, the more easily you will adjust to life in a new country and the more positive your experience will be.

** New Zealand is a multicultural society **

First of all, you have to know that New Zealanders value a strong multicultural society. So be confident in who you are. Know yourself. Know your own culture. You don't need to change your culture, but just be accepting..... Judge each person on their own merit. Be willing to share your culture with others and allow them to share their culture with you.

Egide Kalisa RWANDA postgraduate student at AUT

This workbook is designed to help you feel confident, prepared, and excited about your arrival in New Zealand. Read it, think about it, and don't be afraid to ask questions – there is no question too big or small!

The purpose of your scholarship

The purpose of your scholarship is to provide you with academic training so that you can learn new skills and knowledge to assist in the social and economic development of your country on your return home at the end of your scholarship.

Throughout your scholarship we encourage you to plan and prepare for how you will use your new skills and knowledge to benefit your country once you return home.

Conditions of your scholarship

Ensure you know and understand the conditions of your scholarship.

Please make sure you keep a copy of your Scholarship Letter of Offer, which includes the scholarship conditions.

In particular, you agree to:

- Regularly attend class, submit all compulsory assignments, and sit all exams;
- · Adhere to the Code of Scholarship Student Conduct;
- Care for any family members with you in New Zealand and ensure adequate financial support for them.
- Inform your International Student Officer immediately of any academic or personal factors that may affect your ability to continue with your studies or scholarship;
- · Return to your home country at the end of your scholarship.



Code of Scholarship Student Conduct

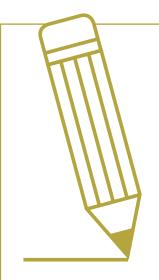
As a representative of your home country, the scholarship, and your institution, we expect and require a high standard of behaviour from you at all times during your scholarship. While you are on scholarship, you must adhere to the Code of Scholarship Student Conduct at all times.

Required behaviour includes treating people with respect, behaving with honesty and integrity at all times, obeying the laws of New Zealand, and not engaging in violent behaviour.

Action points

- Find the conditions in your Letter of Offer and read them.
- Read the Code of Conduct attached to your Letter of Offer.
- If you have any questions about the conditions of your scholarship, write these down to ask at the Pre-Departure Briefing or to email your ISO before you arrive





QUIZ

Scholarship conditions

Circle the correct answer

- 1. At the end of your scholarship, you must return to your home country for at least:
- a. Five years
- b. Two years
- c. The same duration of time as you were in New Zealand
- 2. Which of the following statements is not part of the Code of Conduct?
- a. Scholars must act with honesty and integrity at all times, including when submitting assignments
- b. Scholars must not engage in behaviour that damages the reputation of their home country, their family or themselves
- c. Scholars must not drink any alcohol

- 3. In order to make 'Satisfactory Progress' in your studies, you must:
- a. Sit all exams and complete all compulsory assessments
- b. Regularly attend classes
- c. Undertake any preparatory programme required by the education institution
- d. All of the above
- 4. Once you have completed your scholarship, you must leave New Zealand and return to your home country:
- a. Within 14 days
- b. Within 3 months
- c. Within 2 years
- 5. Your scholarship value includes:
 - a. Full tuition fees
 - b. Health insurance
 - c. Travel costs for family to accompany you to NZ
 - d. A) and B)





your education institution

Study is the first priority"

One real challenge I must mention is setting priorities. Students studying overseas bring excitement, adventure, and many things with them that they want to do when they are away from home. Some students enjoy those things too much and leave behind their classes. Worse, some have to quit their studies and go back home as they cannot cope up with assignments and tests. My message here is that as overseas students, setting priorities is extremely important. Study should be always the first priority. Once you can organize your study timetable, time to enjoy yourself is automatically there. It is a pity to come to a new country just for studying without having opportunities to explore the country landscape and people's lives. And what I am practicing is that study hard on weekdays and enjoy life at weekends."

Thanin Yous CAMBODIA

postgraduate student at the University of Auckland

"Get out there"

Do NOT lock yourself in your room, make friends, learn about different cultures and countries......Best Geography and History lesson I ever had!!!!!"

Matlou Setati SOUTH AFRICA

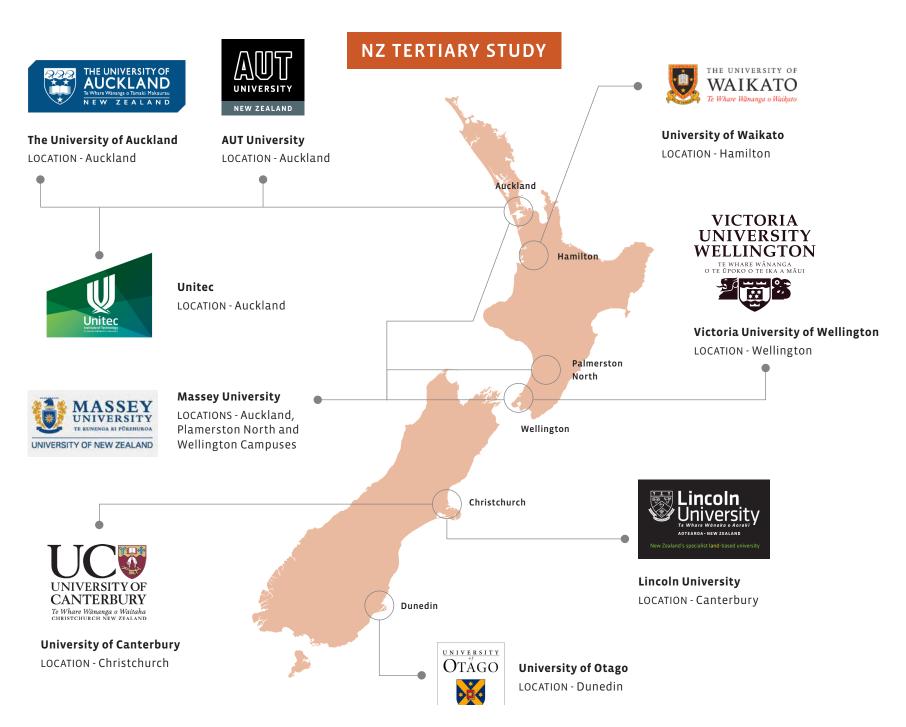
postgraduate student at Lincoln University

"Free academic supports"

Attend the academic workshops in your university so as to maximize your opportunity to learn. Some workshops such as the SPSS and the NVIVO might not be available or are too expensive in your home country. In your university in NZ, you will have free access to those. Hence, please attend them.

Maria Margarita Lavides PHILIPPINES

postgraduate student at AUT



oldest

The oldest university in New Zealand is the University of Otago, established in 1869. The newest is Auckland University of Technology, established in 2000

ALL

New Zealand universities are ranked in the top 500 globally according to the QS World University rankings 2016

100

The University of Auckland is ranked in the top 100 universities in the world (#81 in 2016)

NZ TERTIARY STUDY



largest

SMALLEST

The largest university is the University of Auckland, which has the equivalent of 33,000 full-time students. The smallest is Lincoln University, with just over 3,000 full-time equivalent students

are THEY aren't

Unitec and Manukau Institute of Technology are not universities, they are institutes of technology

International Student Office (ISO)

Your ISO adviser at your institution is your main contact and source of support in New Zealand.

They are there to help you.

AND

You are responsible for keeping them informed.

What they will do

Your ISO is authorised by MFAT to:

- Arrange travel to and from your home country and help you to arrange accommodation
- Give you advice about entitlements, study, insurance and the community you will be living in – and help if you have problems
- Make recommendations to MFAT about any changes to your scholarship, for example if you ask to defer your course
- · Monitor your academic progress and keep MFAT advised.

Your responsibilities

- Tell your ISO if you are having problems (personal or academic)
- Tell them if something happens that may affect your studies
- Tell them if your circumstances change (for example, get married, become pregnant, or have a child)
- Give them your up-to-date address and contact details both in New Zealand and in your home country, and tell them if you move.

Your ISO is there to help and support you, whatever the circumstances – if you are struggling with budgeting or debt, have health problems, or have issues with your family which are causing you concern. For the ISO to help, they need to know the situation. The sooner you ask for help, the better.

Action points

Research your education institution -

- What city is it located in or near?
- · How many students study there?
- What faculty is your study programme in? (e.g. Faculty of Science, Faculty of Agribusiness)
- Who is the dean of that faculty?
- Look up a campus map. Where on campus is your faculty located? Where is the International Student Office?





Iravel and arrival leaving home to start your studies

by doing things before you leave

Dental service is expensive in Auckland. Hence, before traveling to NZ, they should have their dental services done in their home countries. Vitamins here in Auckland are also expensive. Hence, new scholars might wish to buy their vitamins before their departure.

Maria Margarita Lavides PHILIPPINES

postgraduate student at AUT

" avoiding scams "

This happened to me a few weeks after my arrival to New Zealand – international students are especially vulnerable to scams, as they must juggle starting university with becoming familiar with a new country and culture.

I received a lot of calls (calling me by my first and surname correctly) saying that I have won a travel grant and asking for my bank account information. Don't fall victim to telephone or internet scams, avoid sharing your credit card or bank information with anyone.

Egide Kalisa RWANDA

postgraduate student at AUT



For those students who wish to drive in New Zealand, make sure to bring your current drivers' licence. You can still drive in New Zealand with your foreign drivers' licence but must convert it to New Zealand drivers' licence after one year.

Allan Sumb PAPUA NEW GUINEA

postgraduate student at the University of Otago

Before you go

- Confirm travel arrangements with your education institution
- Arrange your accommodation with the help of your education institution
- If you are going to live in private shared accommodation (called a 'flat' in New Zealand), plan ahead
- · Research New Zealand: the more you know the easier it will be
- Ensure you have any documentation required to meet your conditions of offer.

Some useful website about NZ history, culture and everyday living



GOVERNMENT

Ministry of Foreign Affairs and Trade

The official website of the Ministry of Foreign Affairs and Trade www.mfat.govt.nz

Immigration NZ

Official government immigration website www.immigration.govt.nz

Biosecurity NZ

Information about what you can and cannot bring to New Zealand www.biosecurity.govt.nz

NEWS AND CULTURE

Stuff

New Zealand news website www.stuff.co.nz

New Zealand Herald

Website of New Zealand's largest newspaper

www.nzherald.co.nz

TVNZ

Website of New Zealand's free-to-air TV channels TV One and TV2 www.tvnz.co.nz



TV3

Website of New Zealand's free-to-air TV channels TV3 and Four

www.tv3.co.nz

Radio New Zealand

State public broadcaster www.radionz.co.nz

Te Ara

A guide to New Zealand people, natural environment, history, economy and society

www.teara.govt.nz





















LIVING IN NZ

TradeMe

New Zealand's most popular website for buying and selling second-hand goods, as well as finding jobs and accommodation www.trademe.co.nz

Seek

Job-search website for both paid and volunteer employment www.seek.co.nz

Countdown

Large supermarket chain which offers online grocery shopping(useful for checking prices of everyday items) www.countdown.co.nz

TRANSPORT

Maxx

Auckland public transport www.maxx.co.nz

Metlink

Wellington public transport www.metlink.org.nz

Metro

Christchurch public transport www.metroinfo.co.nz

Otago Regional Council

Dunedin bus timetables www.orc.govt.nz/informationand-services/buses

Air New Zealand

National airline for travel within NZ and the Pacific www.airnewzealand.co.nz

Jetstar

Budget airline for regional travel within NZ and to Australia www.jetstar.co.nz

Intercity

Bus line between cities in New Zealand www.intercity.co.nz

Naked Bus / ManaBus

Budget bus lines between cities in New Zealand www.nakedbus.com www.manabus.com

STUDYING IN NEW ZEALAND

StudyLink

Student funding for New Zealand citizens www.studylink.govt.nz

Education New Zealand

Information for international students about studying in New Zealand www.studyinnewzealand.com

Studentsafe insurance

Provider of health and travel insurance for students www.studentassist.co.nz

Travelling to New Zealand

Be aware that not all travel costs are covered by your scholarship.

Costs which are not covered:

- · Passport costs, including renewal of passports
- Incidental travel costs, such as snacks, phone calls and taxis
- Unaccompanied and excess baggage costs
- All travel costs for your partner and/or children, if they are travelling with you

This list applies to all MFAT-funded travel, including travel during the scholarship (more information on this later). You will need to make sure you have money available to you for this purpose.

Travel Insurance

MFAT pays for travel insurance, which covers your baggage and personal items

You may need to get more insurance for extra trips that you pay for yourself. Do this by visiting the Studentsafe website or ask your ISO adviser for assistance.

EXERCISE What your travel insurance will pay for

Circle whether you will be covered (i.e. your insurance will pay for it) or not covered in the following situations:

1) Your laptop is stolen from a locked bedroom in a flat or your hall of residence

Covered Not covered

2) You leave your iPod in the toilet at the airport, or in an unlocked bedroom in a friend's flat.

Covered Not covered

3) You spill a cup of coffee over your phone and it doesn't work any more.

Covered Not covered

4) Your friend trips and knocks over your TV, breaking it

Covered Not covered

4) Mot covered. Travel insurance covers 'personal effects worn or carried on the person', i.e. it wouldn't cover a TV/stereo, bedding, etc.

3) Covered. Insurance has an accident cover policy which applies even if the accident is your own fault. However, deliberate acts of vandalism by the owner of an item will not be covered.

V) Mot covered. Insurance will not pay if you leave your belongings in public or in a room that isn't secure. For example: You leave your iPod in the toilet at the airport, or in an unlocked bedroom in a friend's flat.

Lovered. Insurance pays
 if your personal belongings
 are stolen from a secure room
 or location. For example: Your
 laptop is stolen from a locked
 bedroom in a flat or your hall of
 residence.

Insurance quiz - answers

Claiming for valuable items

- It will be easier to claim insurance if you have receipts for valuable items (such as laptops or bicycles). Take them with you or keep your receipts if you buy these things in New Zealand
- Your insurance company may deduct an 'excess' fee of NZ\$100-200 when they pay out for valuable items
- If you want to insure an item worth more than NZ\$2,500 you will need to pay extra. Do this on the Studentsafe website or ask your ISO for assistance.
- You don't have to pay any fee to your insurer when you make a claim – they may take a fee out of the larger amount of money that they pay to you.

What to bring to New Zealand

The weather in New Zealand can be changeable. Carry clothes for both warm and colder conditions if you have them. If not, warm clothes can be purchased second-hand relatively cheaply (e.g. through TradeMe or charity shops such as Red Cross, Salvation Army or Hospice Shops)

Carry at least NZ\$200 for when you arrive, you may need more.

DOCUMENTS TO BRING TO NZ:

- Plane ticket
- · Passport with copy of Student Visa
- Scholarship Letter of Offer
- Institution Placement Offer
- Any certified documents required to meet conditions of your Letter of Offer.

- Certified copies of your birth certificate and, if you are married, your marriage certificate
- Receipts for costs you need to claim back in NZ from your education institution (e.g. Immigration medical check costs, IELTS test cots, student visa application fee)
- Tip: Make copies of your documents and keep them together.
 You may also want to scan copies and email them to yourself that way you can always print out extra copies if needed.

"what to pack - weather & dress style"

It gets cold, however big jackets will make you look like a true outsider, In NZ we dress in layers so those long sleeve T's and vests are good to pack, they don't take up luggage space anyway.

There's good wool jerseys at the OP Shops, These are cheap second hand clothing.....I lived on them got a good gown for only \$3.00. I brought it home, it's that good.

Leave your high tea dresses at home, I forgot I'm going to school and not work. Never got to wear half of the clothes I brought, they were just not suitable for the relaxed University lifestyle.

Matlou Setati SOUTH AFRICA
Post Graduate Student Lincoln University

EXERCISE Common items

For each of the items below, **tick** whether you think you should 1) bring them, 2) leave them at home, or 3) declare them when they reach New Zealand, for customs officers to inspect.

ITEM	BRING IT	LEAVE IT AT HOME	DECLARE IT
Fresh pineapple			
Herbal medicine			
Dried mango			
Tea or coffee (commercially packaged)			
Hiking boots			
Wooden carving (e.g. kava bowl, drum)			
Honey			
Dried meat snacks			
Chocolate bar			
Leather bag with feathers sewn on			
Prescription medication			
Shell necklace or earrings			

If you are not sure, leave it behind!

Customs checks

To avoid pests and diseases, New Zealand has strict rules about what you can bring in to the country. You will be asked to:

- · Fill in a Passenger Arrival Card
- Tell the inspectors about any risk items ('declare' them)
- Throw the items away or, if you want to keep them, have them inspected for any contamination.

Note: your bags may be inspected even if you don't declare anything.

Arrival

If you couldn't get New Zealand dollars in your country, make sure you change money before you leave the airport once you arrive in New Zealand.

Your institution will arrange for someone to meet you at the airport and take you to your accommodation. Please follow the arrival processes as advised by your institution. Not all institutions manage arrivals in the same way, so it is important that you know what to expect from your institution.

Within your first few days in New Zealand, the ISO will provide an arrival briefing. This will provide you with practical information and assistance to support you with settling in smoothly to your studies and life and in New Zealand. This will include assistance with opening a bank account (please note that some institutions may open a bank account on your behalf before you arrive in NZ).

Hint check this link for answers!

www.mpi.govt.nz/travel-and-recreation/arriving-in-new-zealand/items-to-declare/

ACTIVITY Arrival

Read over the arrival information your education institution has provided, and answer the following questions.

- 1. Who will pick you up at the airport?
- 2. How far is it from the airport to your institution?
- 3. How soon can you expect to receive your Establishment Allowance payment?
- 4. Where will you stay when you first arrive?



Arrival and accommodation

www.youtube.com/watch?v=essZnBNGMgw



Watch this video by Victoria University about arriving in NZ to study

Jet Lag

Remember, it is normal to feel tired for a few days after you travel across time zones.

A few things to try:

- · When you arrive, go for a walk
- Eat meals at the normal time for the New Zealand time zone
- If you arrive in the middle of the day and feel tired, have a short sleep then go to bed at a usual time at night
- If you arrive late in the day or in the evening and feel tired, try to go to bed at the usual time at night.

Orientation

Soon after you arrive in New Zealand, your education institution will provide a comprehensive multi-day orientation and academic preparatory programme especially for each intake of New Zealand Scholarship scholars. Attendance is compulsory.

The orientation programme will help you successfully transition to tertiary study in New Zealand, and provide essential study, computer, and life skills.

You will get to know your institution's campus, the city you are living in, and other international students.

You will learn about what it's like to study in New Zealand, and learn about the support services available at your institution to help you make the most of your studies.

Establishment Allowance

You will receive an Establishment Allowance soon after you arrive in New Zealand.

NZ\$3000 at the start of your first year

NZ\$1000 at the start of each full year after that

The purpose of an establishment allowance is to meet the costs of setting yourself up in New Zealand.

ACTIVITY Costs

Write down a list of costs you expect to have in the first two weeks after arriving in NZ (e.g. accommodation bond, advance rent, textbooks, basic furniture, phone/internet set-up). Beside each one, write an estimated cost. Once you have done this, compare your budget to the costs below.

ITEM/ EXPENSE		APPROX. COST NZS
Accommodation bond and advance rent		\$1000
Text books	Trimester 1	\$600
	Trimester 2	\$500
Institution activities fees		\$100
Extras (e.g. food, clothes, phone set-up, transport)		\$600
		= \$2,700 - \$3,000

Points to think about

The establishment allowance will be a significant contribution towards establishing yourself in NZ, but may not completely cover all the basic costs of setting yourself up in those first few weeks.

For example, it is common in New Zealand for landlords to charge one week's rent as a 'letting fee', plus four weeks as a bond (money held in security to cover any damages), on top of your first rent payment which is made up front (usually paid every two weeks). That means you may need the equivalent of seven weeks' rent money paid up front when you first move in to rented accommodation.

Depending on your individual situation, your establishment allowance should cover accommodation and course costs, and possibly some of the other expenses in the first few weeks such as food, climate-appropriate clothing, bus/train fares, cell-phone set-up and phone calls.

Your first living allowance payment might not be deposited in your bank account until two weeks after they arrive.

Although it seems like a lot of money, your Establishment Allowance is needed to meet your basic costs when you first arrive. It should not be used for major purchases like laptops or cellphones, or sent home to support family members. You must pay for essential costs like rent/bond/deposit and textbooks before making any other purchases.

Accomodation Options

How you manage your money will depend on your accommodation arrangements:

- · Halls of residence, meals included
- · Halls of residence, meals not included
- University housing
- · Flatting.

Action points

- If you intend to live in rented accommodation (rather than on campus), go to www.trademe.co.nz/property then click 'to Rent' and look at the sorts of properties that are available in the city you will be living in.
- What are the average rental costs in your city? [Be prepared that costs are much higher in Auckland. Wellington and Christchurch than in smaller towns like Palmerston North]
- Will you rent on your own, with friends, or with flatmates (people you do not know). If flatmates is an option, try looking at www.trademe.co.nz/flatmates-wanted - it is often much cheaper to rent a single room in a house with others, and some rooms are already furnished.

- If your family is coming with you, how many bedrooms will you need?
- How much would you need to spend on furniture?
- How far are they from campus? What will it cost you to commute?

If you will be living in campus accommodation:

- · Have you got confirmation of where you will be living?
- What is provided in this accommodation are furniture, utilities (electricity, internet, etc) or meals part of the cost of rent, or do you need to pay for these separately?
- · How far is your accommodation from campus?





Left - Te Puni Village Student Housing, Wellington. Above - Typical NZ rental stock.

"advice on renting accommodation"

There are wide options for you outside the University if you want to go flatting.

Check on the ones posted in Trade Me and arrange a meet up in the unit to

make sure you are expectations are met.

Don't sign up for old-looking units (listen to your instincts), as their insulation can be weak and might get really cold during Winter.

There are new apartments being built around the University, do a little more research about the agencies and make sure you get a good deal with them. There are studio-type apartment rooms/flats that cost around 180-220 NZD per week (includes electricity, water, unlimited internet, and already fully-furnished).

Check on the Announcement Boards in your college as there are also postings for flats there where you can share with fellow students, flats may cost as low as 90 NZD per week but check with the landlord as it may not include internet yet.

Before signing a Tenancy Agreement, make sure you have read every information you need, including your rights and your obligations as a tenant.

Upon moving in, do a careful inspection of the room and record any damages. You will be given an "apartment condition report" form to be used on your departure and you will be responsible for any damages that are not recorded on the condition report.

Wenefe Balbalin PHILIPPINES

postgraduate student at the University of Waikato

"flatting"

Flatting is a lottery. You could end up with some amazing people or you could be thrown in with trolls. So if you have a couple of friends you know and trust, organise with them to find a place where you can live and study. If you're in Uni accommodation and have the misfortune of encountering trolls don't be afraid to speak to accommodation staff to make changes. Your peace of mind is important for study!

Clement Dusava

Papua New Guinea

postgraduate student at Victoria University of Wellington



"learn the lingo"

Before new scholars arrive in New Zealand, I suggest they try to learn at least a few of the basic Kiwi idiomatic expressions such as:

Good as gold

which means 'not a problem'

Bring a plate

which means 'bring a dish of food to share'

Choc-a-bloc

which means 'full to bursting'

Having a basic knowledge of such idioms will definitely help the new foreign scholars better communicate with the Kiwis and the NZ environment.

Maria Margarita Lavides

PHILIPPINES

postgraduate student at AUT

stay positive "

"It is normal to feel lonely and insecure at the very beginning. You will be living in a complete different country, with dissimilar culture, language and people. Just keep your mood up and you will see how things just move naturally to a more familiar and comfortable place. Suddenly, and without notice, New Zealand will become like home or even better!

Daniel Benzaquen ARGENTINA

Postgraduate student at the University of Auckland

overcoming homesickness "

I think the greatest challenge I had, especially during my first few months in New Zealand,was the feeling of being homesick. I thought I would have hard time in finding new friends but it turned out to be easy. Kiwi people in general are friendly and New Zealand has also many international students where you can meet and be friend of. So as an advice, your student life shouldn't just be attending university classes but also join every clubs, and events of your interests.

Meikko Forones PHILIPPINES

Postgraduate student at the University of Canterbury



Organising your day-to-day life and activities

Living Allowance ('stipend')

Your living allowance will be paid into your bank account fortnightly in arrears, which means at the end of every two weeks.

Because your living allowance is paid in arrears, you will not receive your first living allowance payment from MFAT until two weeks after you arrive in New Zealand. You need to take this into account in your budgeting for the first few weeks.

Students who are not New Zealand citizens are paid \$480/week for 52 weeks a year for the duration of their study. This does not change if you are also working while you study.

Students who are New Zealand citizens (all Niue scholars and dual NZ/Samoa scholars) are paid during term time: either \$300.70/week (if you receive Living Costs as part of your student loan) or \$260/week (if you receive a full student allowance). Outside of term time, you will receive the same as non-NZ citizens (\$480/week).

Working while you study

The conditions of your student visa allow you to work for a limited number of hours per week.

We strongly recommend that you don't work for the maximum of 20 hours per week, as this will affect your study.

If you want to work while you are studying, discuss with your ISO how many hours per week would be realistic for you.

Completing your scholarship in the agreed time must be your top priority.

Budgeting basics

You will have to budget carefully to cover your basic expenses on your living allowance. Any extra spending will need to come from personal funds.

The amount you spend on living costs depends on your needs and habits. Even if you are careful with your money and don't spend any money on travel within NZ or going out, most single students spend around \$25,000 over the course of a year just on living costs. These costs are much higher for families.

Make sure you put money aside for when unexpected costs arise.

You won't have enough money to support a family on your living allowance or send any money home.

Money Terms

GST stands for Goods and Services Tax, which is 15%. Almost always, New Zealand prices will include GST.

Your EFTPOS card is your debit bank card: a card from your bank that

automatically takes money out of your account when you use it to make purchases.

Most shops have an EFTPOS machine at the checkout.

(EFTPOS stands for Electronic Funds Transfer Point of Sale).



Photo supplied by Kongchheng Poch, (Cambodia), postgraduate student at Lincoln University

Bills

If you live in a flat, you will need to be organised and budget carefully. Your regular housing expenses will include:

- Rent
- · Electricity/gas
- Phone
- Internet
- · Appliances.

Some houses use gas for cooking and water heating and electricity for everything else. Appliances refer to the cost of hiring a fridge, washing machine, microwave, etc. Depending how long you will be living in NZ, you may wish to save up and purchase these secondhand.

Food

If you live in a flat or in a hall of residence without meals included, you will need to pay for food out of your living allowance.

If you shop at central supermarkets and prepare all of your food at home, food will cost approximately \$80 per week for one person.

If you prepare some food at home and buy one meal per day from a cafe or takeaway, you will spend approximately \$150 per week.

Note: You can save money if you shop at the lower priced supermarkets, use the weekend vegetable markets, and eat less meat.

For a family, the costs are higher. The table below provides a guide using average 2016 food prices per person in a family:

FAMILY MEMBER	AVERAGE COST PER WEEK FOR FOOD (MODERATE DIET)
Adult man	\$84
Adult woman	\$71
Teenage boy	\$88
Teenage girl	\$72
10 year old child	\$61
5 year old child	\$52
1 year old child	\$35

So for example, afamily with a man, woman, teenage boy and 10 year old child could expect to spend around \$304/week on groceries.



Excitied to find South African Products at the international shelves of NZ supermarkets

Photo supplied by Matlou Setati (South Africa),

postgraduate student at Lincoln University.

Action Points

Do the weekly budgeting exercise using the template provided below. Many students are surprised by how expensive everyday items can be in New Zealand.

- Ask other students how much they pay for electricity, internet and cell phone plans.
- Check the transport websites for your local area and see how much a monthly bus pass or train pass costs in the city you will be living in



For a good overview of costs, living options, and ways to live on a budget, read the



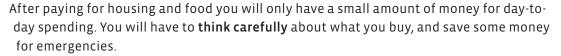
International Student Financial Survival Guide 2016

published by Victoria University of Wellington

www.victoria.ac.nz/students/money/financial-survival



EXERCISE The Price is Right





Part One

Give yourself a weekly budget of \$65 for spending money. Choose a selection of items you think you would buy in a week and fill in how many in the

second column
(note: some
expenses will
not be every
week, but
are worth
including if you
think you may need
to spend money on these).

Multiply the first by the second column and write the total in the third column. Finally, add up the totals in the third column to see how much you have spent. Discuss your budget with family, friends, or other students. Was there anything that surprised you? Anything that was more or less expensive than you expected? Did you manage to stay within the \$65 limit?"

ITEM	ESTIMATED PRICE NZ\$	QUANTITY PER WEEK	TOTAL \$
Example: chocolate bar	2	2	4
Cell phone credit			
Toiletries item (deodorant, soap)			
Bus trip			
Fee to play a social sports game			
Haircut			
Coffee			
Alcoholic drink (beer/wine)			
Lunch (sandwich + soft drink)			
Movie			
Takeaway dinner			
Soft drink			
Snack (muffin, scone, etc)			
Dinner out			
Live music gig at a bar			
Phone call home			
Total			

Daily expenses: price list (SNZD)

Coffee \$4

Fee to play social sport

restaurant

\$5

Cell phone

Music Gig top-up \$10 in bar \$15

Movie

Cheap \$14

dinner Haircut \$20 \$40

Bus trip Lunch \$3.50 \$10

Drink (Toiletries item (deodorant, soap) beer/wine)

\$7 \$4

Takeaway dinner **DVD** Rental

\$10 (new release)

\$8

Softdrink

\$2 Phone call home

\$15

Muffin

\$4

tips for saving money (but still having fun!) ""

Dining

Meals at cafés and restaurants are a bit pricey. Check on GrabOne's website as they offer vouchers that will save you from spending heaps!

Groceries

If you are keen about getting more stocks and better deals, check out Pak N Save – They offer the lowest price in the country (they claim so!).

Taking the Bus

Purchase a prepaid card (e.g. BusIt in Hamilton, Snapper in Wellington). It is worth 10 NZD with the same amount loaded on it. It will save you heaps in your bus rides. Note: The driver doesn't take Eftpos (ATM) when you pay for tickets or buy a card, make sure to bring cash! If you think you need the whole day to explore the city, purchase the City Explorer though your Busit card. It's only 6 NZD and it is unlimited ride. It expires the next day. Not everyone knows about this bus hack, take advantage of it!



Wenefe Balbalin PHILIPPINES

Postgraduate student at the University of Waikato

Points to think about

- Was there anything in the expense list that surprised you?
- · What things are more expensive than at home?
- · What things are less expensive?
- · Are there things on the list you won't buy?
- Are there things that you would buy on a regular basis that aren't on the list? How much do you think these things would add to your budget every week?

On Award Travel Entitlements

Your scholarship provides for four kinds of travel:

- 1. Initial Travel
- 2. Reunion Travel
- 3. Other Travel (Compassionate, Home Located Research, etc)
- 4. Return Travel

Postgraduate students undertaking thesis research may also be entitled to Home Located Research travel funding.

Initial Travel includes:

- Travel at the start of the scholarship from the closest departure
 point to a scholar's home (whether that is an airport, bus
 terminal, train station or seaport) to the town or city in which the
 institution they are studying in is located.
- Flights will be economy class ticketing on the most direct route possible.

 Overnight accommodation and an allowance for incidentals for unavoidable stopovers en route is provided, if these costs are not covered by the airline.

Reunion travel is provided to enable you to return to your home county for visits during the course of your scholarship. This will help you to maintain links with your families, employers or potential employers and communities, even if you are away from home for an extended period of time. The same conditions apply as for initial travel.

- Note: Reunion travel is based on the duration of the scholarship.
 Only scholars who have duration of scholarship offer more than
 1.5 years (548 days) are entitled to reunion travel.
- The travel may be taken at any time during the year so long as it does not interfere with your study (i.e. you do not miss any classes, exams or assignments)
- The number of Reunion airfares you are entitled to depends on how long you will be studying in NZ. One reunion travel entitlement is provided for each year of study over 1.5 years. The table below provides a guide for how many trips home you may be entitled to:

DURATION OF SCHOLARSHIP OFFER	REUNION TRAVEL ENTITLEMENT
1 - 1.5 years	No reunion travel
1.5+ -2.5 years	One trip
2.5+ - 3.5 years	Two trips
3.5+ - 4.5 years	Three trips
4.5+ - 5.5 years	Four trips

Other travel

- Compassionate travel can be used only in the event of the death
 of a family member. In the first instance you should apply through
 your travel insurance to cover these costs, but where they are not
 covered MFAT may be able to assist.
- In some instances, MFAT will also fund you to return home on compassionate grounds if your home country is affected by a significant natural disaster, but this is at the discretion of MFAT.
- You may also be entitled to travel for compulsory practical sections of your course (for example, teaching placements), or overseas field work for postgraduate students.

It is important to note that all travel entitlements provided by the scholarship are for the scholar only and do not include family members. If you are planning to bring your family with you, you will be responsible for all costs associated with their travel at any time during your scholarship.

It is really important to make sure you have travel insurance for your family which will cover costs in the event of an injury or death which requires them to travel unexpectedly.

Making travel arrangements

Your ISO arranges your travel when you are in New Zealand. Tell your ISO as early as possible if you are going home for the summer holidays, as flights can sell out for busy holiday periods.

Note: There is more information about travel, including self-funded travel within New Zealand, in your student handbook.

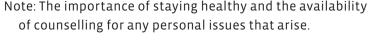
Health care and insurance

You and your dependants are eligible for publicly funded healthcare: the same access to health care as New Zealanders. This does not mean all care will be free; for example, a visit to a General Practitioner usually costs around \$50 for an adult.

When you do have to pay, most of your health costs will be met by your insurance with Studentsafe, but some will not.

Advice about sexual health, including advice on contraception, is inexpensive and confidential at Student Health Services on campus.

Students also get cheaper health care. On campus, doctor's visits may be free. Fees for a doctor's visit off-campus range from \$40-70.





EXERCISE Health care costs

Below are some health care costs. See if you can pick which are publicly funded (put a P beside these), which are covered by Studentsafe insurance (put an S beside these), or which you pay the cost of (put a \$ beside these).

HEALTH CARE ITEM	FUNDED BY
Doctor's visits for you	
Doctor's visits for a child under 13	
Accidents and emergencies	
Dental emergencies	
Medicine/prescriptions	
Alternative treatment (e.g. acupuncture or chiropractor)	
Pregnancy care	
Dental check-ups	
Doctor's visit for a condition you are already receiving treatment for in your home country	
New glasses if yours are lost or stolen	
Hospital stays	

New Zealand Government

(Public funding: you don't pay)

Accidents and emergencies

Medical care for children under the age of 13

Hospital stays

A portion of your doctor's visits and medicines/prescriptions (the rest is paid for by insurance).

Studentsafe insurance

(You pay then claim the money back)

- Doctor's visits (on campus, doctor's visits may be free)
- Medicines/prescriptions
- · Dental emergencies
- Replacements for glasses that are lost, stolen or damaged if you got your glasses in New Zealand. Limits apply (usually up to \$300 per year).
- Note that sometimes there can be a delay in receiving a refund, so you will need to have personal funds to cover this amount in case of emergency

You pay the costs

(no money will be reimbursed)

- · Dental maintenance/Normal dental visits
- Alternative medicines, for example acupuncture or seeing a chiropractor (unless your doctor refers you)
- Doctor's visits and treatment for (pre-existing medical conditions) health conditions you already had when you left your home country
- Replacements for glasses that are lost, stolen or damaged if you got your glasses in your home country.

Claiming insurance

- · You will register for insurance when you enrol for your courses
- You pay for health care costs such as doctor's visits and prescriptions and the insurance company pays you back
- · Keep your receipts to give to the insurance company.

More information on health and insurance can be found through:

Arrival and orientation briefings

International Student Office (you will have an insurance advisor)
Studentsafe website

Culture Shock

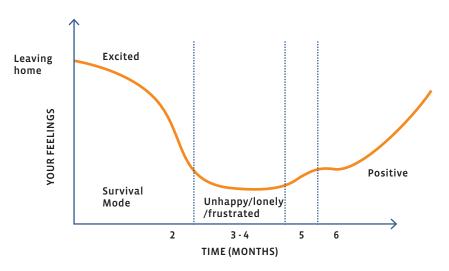
Leaving home isn't easy!

What is culture shock? Culture shock is the difficulty people go through as they get used to living in another country. Everyone will experience it differently.

Remember that your feelings are normal, everyone struggles at times living in a foreign country.

Culture shock is like a roller coaster. The feelings may come and go, and different students will experience them at different times.

Stages of culture shock



Not everyone will fit into the same pattern, but it's completely normal to experience a range of positive and negative feelings.

Tips for getting through hard times

- Keep a diary this can help make you more aware of your feelings and stress levels
- Plan your weekends get involved. Your education institution has lots of sports teams and other clubs. Ask your ISO or look online
- Don't forget to laugh. Humour is your best weapon.
 Things are often not as bad as they seem when you try to see the funny side of it
- · Set goals for yourself.

DURING MY TIME IN NEW ZEALAND I WANT TO

1.

2.

3.

4.

5.

EXERCISE Goal Setting

In the space to the right, write 5 goals you want to achieve while you are on your scholarship in New Zealand. At least 2 of them should be non-academic (i.e. not just about your study)

positive, make friends

Don't stress too much about your new experience. You got this!! Thumbs up. Avoid negative thoughts, they can drain the life out of you! Positive thoughts derive from healthy living and the enjoyment of ones' new environment.

Make friends with people from all ethnicities. Who knows, you might travel to their country for business one day and need some assistance networking truly goes a long way!

Charity Malaga SAMOA

under graduate student at Victoria University of Wellington

Kiwi Society and Culture

Some things will be familiar, many things will seem strange. Part of the fun of studying overseas is experiencing the weird and wonderful ways of another culture.



EXERCISE Kiwi Culture

Brainstorm what you know or have heard about kiwi culture. **Write** down three things you expect to encounter in NZ based on this.

WHAT I EXPECT TO ENCOUNTER IN NEW ZEALAND

1.

2.

3.

Kiwi weather

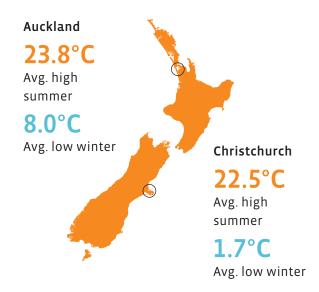


Summer 20°- 25°C Avg. temperature



Winter
10°-15°C
Avg. temperature

Keep in mind that that South Island gets much colder than the North Island...



Entertainment and Sports

Kiwis often meet at bars or cafes on the weekends

Barbeques and dinners at people's houses are also common.

If you are invited to a BBQ it is

normal for you to take a plate of food to help contribute and to say thanks.

Kiwis love sports – popular sports include: cricket, rugby, netball and basketball. Your education institution will have many clubs for you to choose from. Sports are a great way to meet people and a good excuse for you to try something different while in New Zealand

Supermarkets

New Zealand has a number of supermarkets, the main ones are:

Pak n Save, Countdown, and New World.

The larger and often less expensive supermarkets are normally found outside the main city in the suburbs. Please ask your ISO what the cheapest options for you are in your particular city.



EXERCISE Groceries

Make a grocery list for yourself for a week of meals.

Look at the Countdown website www.countdown.

co.nz, to see how much your groceries would cost.

How does this compare to home?



Getting around

Buses and trains are the most common types of public transport and they normally offer student discounts so it will be even cheaper for you!

Dependant Family: Deciding To Bring Your Partner And/Or Children To New Zealand

A big decision

Everyone likes to be close to their partner and children, but you must think very carefully about bringing your family to New Zealand during your scholarship

MFAT will not fund your partner and/or children to travel to New Zealand or support them while they are in New Zealand.

The money you receive to establish yourself and live in New Zealand will not be enough to cover their costs.

If you decide to bring your partner and children to New Zealand you must advise your ISO as early as possible and definitely before they arrive.

Visas and immigration

- Your partner is eligible to apply for a work visa or visitor visa
- He or she will have to prove that they have enough funds to support themselves and any children in New Zealand
- Any school children will be eligible for student visas
- Immigration New Zealand will consider each family's circumstances separately.

You can find information about immigration and visa requirements:

- on the Immigration New Zealand website www.immigration.govt.nz
- on the hand-out 'Information sheet: visa information for partners and dependant children of New Zealand Aid Programme scholarship students'.

Working in New Zealand

Your partner can fund themselves and your children by working in New Zealand, but they might have difficulty finding work and might not find work in their chosen profession.

To get a working visa, your partner will have to prove that they have money to support themselves and any children you have if they do not find work straight away.

Schooling

Your children are required by New Zealand law to go to school if they are of school age.

They will have the same status as New Zealand children and will be eligible to be enrolled in their local public school.

MFAT does not provide any funding for schooling costs for the children of scholarship holders.

Under New Zealand law you must not leave a child under the age of 14 alone. You may have to pay for care outside of school hours.



Scholar's children at Punavai pre-school, Dunedin.

Photo supplied by Allen Sumb (Papua New Guinea), postgraduate student at the University of Otago

EXERCISE Childcare

If you will need to pay for childcare, research costs online – it may cost more than you expect. Children over three qualify for 20 hours per week of free Early Childhood Education at registered providers, but for children under this age you can expect for pay \$50-\$70/day at a daycare, or \$7.50/hour at homebased care such as Porse (www.porse.co.nz). After school programmes are usually around \$15-\$20 per child, per day, but costs vary widely around the country.



For your partner and/or children to be covered under your travel and health insurance policy, you will need to pay for a more expensive partner or family option.

You would choose this option with the help of your ISO.

Note: Your partner and/or children will be entitled to publicly funded health care in New Zealand, which means:

- they will pay what New Zealanders pay for doctor's visits and medicines
- they will not be charged for hospital visits.

Children under the age of 13 are eligible for free visits to a general practitioner (GP), but you will need to check with your GP that they provide this service. Similarly, pregnant women are eligible to receive antenatal care free of charge.





for advice about what your child will need to attend school in New Zealand, after school care programmes, and much more.

Family Violence and New Zealand Law

Family violence is a crime in New Zealand. Police take family violence seriously. When police are called to a family violence incident they can help people to keep safe and access local support services.

In New Zealand law, family violence is known as domestic violence. In the Domestic Violence Act 1995 it is defined as: "violence against (a) person by any other person with whom that person is, or has been in a domestic relationship".

Domestic violence is:

- · physical violence or abuse
- sexual violence or abuse
- · allowing a child to witness abuse
- · financial abuse
- psychological abuse (including threats, intimidation, harassment, and damage to property)

It may be a single act of violence, or a number of acts that form a pattern of abuse.

Domestic violence can be carried out by anyone with whom you are in a domestic or close relationship. This includes a partner or ex-partner, boyfriend or girlfriend, carer, parent, older child, sibling, friend, flatmate or family member. They don't have to be living with you.

Note: under New Zealand law it is also illegal to discipline children using physical violence such as smacking.

People experiencing family violence can contact the Police for help (111 in an emergency) or talk to your ISO about services and support to help keep you safe.

Violence or intimidation of any kind are against the Scholarship Code of Conduct, and against New Zealand law. If you or someone you know is affected by family violence, ask your ISO for help or advice.

Finally....

If you are considering bringing your partner and/or children with you to New Zealand, you must plan very carefully.

It is important that you can financially support them, and that you will have enough time and energy to succeed in your studies.

If you do decide to bring your partner and/or children, you should come to New Zealand first to arrange accommodation, get settled, and prepare yourself for your course.

For example, some difficult situations that can arise:

- if your children get ill and cannot go to school but your partner has to go to work to earn enough money to support them;
- if your partner and/or children don't speak English, they will be dependent on you – this will take up a lot of your time – and your children will find it difficult to follow classes at school.

deciding whether to bring family with you?

For those students who wish to bring your families to New Zealand, There are a few things you must remember:

First, living expenses are high in New Zealand. From my experience, my wife and I came to New Zealand with my family of two kids aged 5 and 2 years. I have found it challenging to look after the family and study because the stipend given to me was not enough to cater for all my family's needs. Almost half of the stipend is used for accommodation and electricity. There was not much left for my kids' clothes, food, lunch at day care and other expenses.

Second, finding work here is hard. I applied for part-time jobs during the summer holidays but didn't manage to get a job. Thus, it is not easy to get a job here.

Third, some day care centres are expensive. If your wife is working weekends, you have to sacrifice your study time, even during exam periods, to take care of your children. You must respect your wife/husband and do much of the general housework in terms of cooking, taking care of kids, laundry, cleaning the house, doing dishes etc. Accept all the challenges because the bottom line is to complete your studies successfully.

-Allan Sumb PAPUA NEW GUINEA
postgraduate student at the University of Otago



fepeer mentoring networks "

New Zealand might have a very different education system compared to your country. Therefore, you need to learn and adapt with the New Zealand education system as fast as possible. To improve your understanding related to the New Zealand education system, you may join peer mentoring network groups in your university. This group supported students to get better grades with their assignments through peer review. Therefore, if you need support, do not hesitate to join a club such that in your university.

Rudy M Harahap INDONESIA

postgraduate student at AU

Free computer use "

While studying at Victoria University of Wellington, I've come across a lot of surprises... don't be surprised, lecturers are called by their first names without their titles. Also in class, students ask questions without even raising their hands while the lecturer is talking.

Alphonse Kona

postgraduate student at Victoria University of Wellington

PAPUA NEW GUINEA

"time management"

The challenge is time management, balance your time between social activities and study. The aim of the scholarship is to help students gain knowledge and skills that are needed in our respective countries.

Thus, priority is STUDY and other things later.

Allan Sumb PAPUA SUMB

oostgraduate student at the University of Otago

Tuition fees

Your tuition fees will be fully paid by MFAT.

You may also be entitled to extra tutorial support funded by your scholarship, if required. Ask your ISO for details.

If you are a PhD or Masters research student with a research component of your course of 120 credits or greater, you are entitled to a Postgraduate Research Allowance of up to NZ\$1000. Ask your ISO for details

The Postgraduate Research allowance is paid to cover costs related to fieldwork research. The student provides the ISO with a budget outlining how the money will be spent and the ISO will then approve it. The money is usually paid in one lump sum at least a year into the student's course of study. This means that you will usually need to set aside some money in advance to cover any costs until your allowance is processed.

Independent learning

If you are an undergraduate, this might be the first time you have taken responsibility for your own studies:

- Attending classes (lectures and tutorials)
- · Keeping up with your reading
- Doing assignments
- · Meeting course requirements.

It is also your responsibility to ask for help from your teachers, lecturers and support services if you need it.

The teaching and learning styles might be different from what you are used to. It might be difficult to adjust at first, but it will get easier with time.

Your ISO is there to help you, and your education institution will have a range of supports to make sure you get the most out of your studies – but it is up to you to take advantage of this support.

Managing your time

You will be given details of your assignments early in the semester, so plan ahead.

Use a wall planner and diary to organise your time.

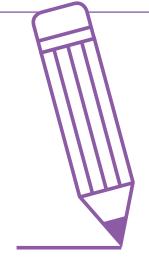
To keep up with your studies you need to read throughout the academic term and use your notes later.

"asking for help"

Another big challenge I have faced is meeting up with my lecturers and asking for academic advice. In many universities in Cambodia, academic counseling and extra tutoring is not widely practiced in higher education. I believe many Cambodian students including myself rarely seek advice from their lecturers or university regarding the progress of their studies and assignments. Here, every university offers Student Learning Service where students could ask for help with their learning and assignments. Lecturers can be booked to have discussions about learning and assignments. However, I failed to take benefits from this free service during my first semester because doing assignments and preparing for tests was always done by myself. I did not feel comfortable seeking advice from my lecturers. It took me a whole semester to feel it is really okay to ask for help when you need help

Thanin Yous CAMBODIA

postgraduate student at the University of Auckland



QUIZ

Learning **Expectations**

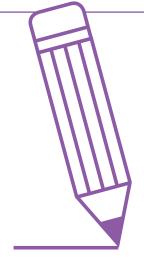
Answer yes or no in the 'in my country and 'what i expect in NZ' columns

real situations or case studies and work out solutions to problems

7. Lecturers/tutors might ask students to work in pairs or groups in class, and when doing

assignments

	IN MY COUNTRY	WHAT I EXPECT IN NZ	NZ REALITY
1. Lectures contain everything I need to learn			
2. The lecturer's job is to present facts for students to memorise			
3. If a lecturer wants me to solve a problem, it means he/she doesn't know the answer			
4. In tutorial sessions, students have an opportunity to ask questions and discuss what they are learning			
5. Tutors expect me to participate in discussions and to ask questions in tutorials			
6. Lecturers/tutors expect me to apply what I have been learning to			



QUIZ Learning

Learning **Expectations**

Answer yes or no in the 'in my country and 'what i expect in NZ' columns

	IN MY	WHAT I	NZ
	COUNTRY	EXPECT IN NZ	REALITY
8. Lecturers always tell me how to do assignments			
9. I can copy sentences or paragraphs from books or the internet			
10. Lecturers expect me to summarise information from a range of sources			
11. If I use information from books or the internet, I should always state where I got it from			
12. There is only one correct answer to assignment questions			
13. Exams test that I have memorised the information given by the lecturer; not whether I understand the topics			
14. I have mostly exams and not many internal assessments			
15. I may have lots of free time to study on my own			
16. I can talk to lecturers/ tutors about what they have been teaching, as well as about assignment or test requirements			

QUESTIONS?

If you have any questions about your scholarship, life in NZ, what to expect from your study, where to find a flat – anything at all! – write them here to ask at your Pre-Departure Briefing.

Questions to ask:



https://scholarship.force.com CommunityFAEnquiry

If you are from a country that does not hold Pre-Departure Briefings, send your questions directly to MFAT via our online enquiry form

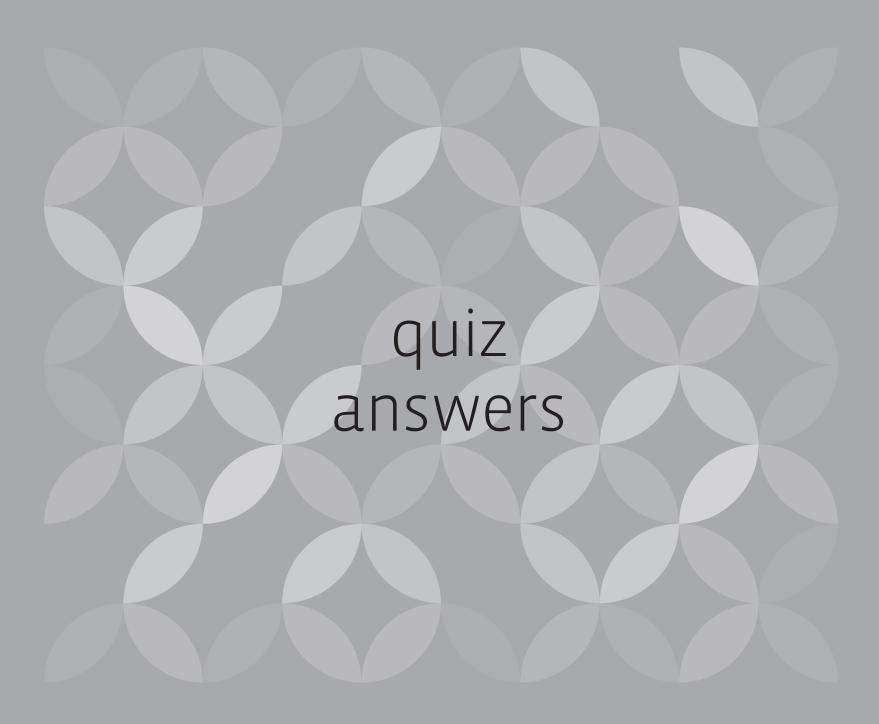


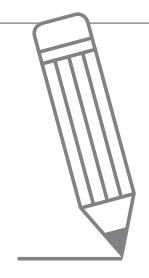
In between your studies, take time to enjoy the nature and culture. Explore

New Zealand off the beaten track.

Feel the snow and make your first snowman. Embrace the unique culture.

Nurdina Prasetyo INDONESIA postgraduate student at University of Otago





QUIZ

Scholarship conditions

Circle the correct answer

- 1. At the end of your scholarship, you must return to your home country for at least:
- a. Five years
- b. Two years
- c. The same duration of time as you were in New Zealand
- 2. Which of the following statements is not part of the Code of Conduct?
- a. Scholars must act with honesty and integrity at all times, including when submitting assignments
- b. Scholars must not engage in behaviour that damages the reputation of their home country, their family or themselves
- c. Scholars must not drink any alcohol

- 3. In order to make 'Satisfactory Progress' in your studies, you must:
- a. Sit all exams and complete all compulsory assessments
- b. Regularly attend classes
- c. Undertake any preparatory programme required by the education institution
- d. All of the above
- 4. Once you have completed your scholarship, you must leave New Zealand and return to your home country:
- a. Within 14 days
- b. Within 3 months
- c. Within 2 years
- 5. Your scholarship value includes:
- a. Full tuition fees
- b. Health insurance
- c. Travel costs for family to accompany you to NZ
- d. A) and B)



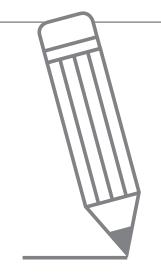
PhD student Wan Noraini Wan Mansor (Malaysia) and her family. Photo supplied by the University of Otago

EXERCISE Common items

For each of the items below, **tick** whether you think you should 1) bring them, 2) leave them at home, or 3) declare them when they reach New Zealand, for customs officers to inspect.



ITEM	BRING IT	LEAVE IT AT HOME	DECLARE IT	NOTES
Fresh pineapple		\checkmark		No fresh fruit or veges of any kind
Herbal medicine			\checkmark	
Dried mango			\checkmark	
Tea or coffee (commercially packaged)			✓	
Hiking boots			\	Boots may contain soil/seeds and need to be clearned
Wooden carving (e.g. kava bowl, drum)			\checkmark	If there is any sign of insects (e.g. borer) the item may need to be fumigated at your cost
Honey		\checkmark		
Dried meat snacks		\checkmark		Some fish products from the Pacific may be allowed, but usually meat is prohibited
Chocolate bar	\checkmark			
Leather bag with feathers sewn on			√	Animal products of any kind should be declared
Prescription medication			√	Check how much medication you are allowed to bring (usually 3 months worth) it must be clearly labelled in original packaging with your name on it
Shell necklace	-		\checkmark	



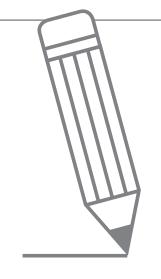
QUIZ Learning

Learning **Expectations**

Answer yes or no

	IN MY COUNTRY	WHAT I EXPECT IN NZ	NZ REALITY
1. Lectures contain everything I need to learn			no
2. The lecturer's job is to present facts for students to memorise			no
3. If a lecturer wants me to solve a problem, it means he/she doesn't know the answer			no
4. In tutorial sessions, students have an opportunity to ask questions and discuss what they are learning			yes
5. Tutors expect me to participate in discussions and to ask questions in tutorials			yes
6. Lecturers/tutors expect me to apply what I have been learning to real situations or case studies and work out solutions to problems			yes
7. Lecturers/tutors might ask students to work in pairs or groups in class, and when doing assignments			yes

Adapted from J McLeod, Tertiary Study Skills Centre, Waikato Institute of Technology, 2002



QUIZ Learning

Learning **Expectations**

Answer yes or no

	IN MY COUNTRY	WHAT I EXPECT IN NZ	NZ REALITY
8. Lecturers always tell me how to do assignments			no
9. I can copy sentences or paragraphs from books or the internet			no
10. Lecturers expect me to summarise information from a range of sources			yes
11. If I use information from books or the internet, I should always state where I got it from			yes
12. There is only one correct answer to assignment questions			not always
13. Exams test that I have memorised the information given by the lecturer; not whether I understand the topics			no
14. I have mostly exams and not many internal assessments			no
15. I may have lots of free time to study on my own			yes
16. I can talk to lecturers/ tutors about what they have been teaching, as well as about assignment or test requirements			yes

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