



Manurewa High School

GUIDE FOR INTERNATIONAL STUDENTS

REVIEWED 2020

Guide for International Students



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1. Why New Zealand?

New Zealand is a very popular destination with international students. We have an excellent educational system in our schools, universities, and polytechnics and they are internationally recognised around the world.

New Zealand is an ideal place to study and travel. We have sophisticated cities, beautiful beaches, rugged coastlines and snow capped mountains. New Zealand offers opportunities to try many different activities like bungy jumping, sky diving, skiing in both the North and South Island as well as many more.



2. Auckland

Auckland is the country's largest city with a population of around 1.6 million people. The city is surrounded by sea and many extinct volcanoes which has created a very amazing landscape. As a result of the beautiful harbour, Auckland has been named the 'City of Sails'.

Auckland is a multicultural city and people from all over the world come to study, visit, live and work here. Auckland has a number of museums, markets, festivals, theatres etc as well as a variety of cafés, restaurants and shops. Some of New Zealand's best educational institutions are located in Auckland.



3. Manurewa

Manurewa is just 25 minutes from downtown Auckland, North Island New Zealand. Forty minutes on the train will take you from Manurewa to downtown Auckland City. Auckland Airport is located in Manukau, and is the arrival point each year for over 2.5m visitors to New Zealand. Framed by 320kms of sparkling coastline, stretched between the Manukau and Waitamata Harbours, beautiful rolling countryside rubs shoulder to shoulder with Auckland's urban environments. Manurewa reflects the diversity of Auckland's communities – colourful, vibrant and interesting. The natural advantages of a warm climate, beautiful beaches and cultural events contribute to the popularity of one of the most vibrant cities in New Zealand.

Manurewa High School is located in Manurewa. It is a multicultural secondary school that caters for year 9-13 students. The learning environment and curriculum have been designed to cater for 21st century learners.

To find out more about Auckland visit:

www.aucklandnz.com; www.newzealandnow.govt.nz; www.enz.govt.nz;



4. Climate

New Zealand boasts temperatures in summer of up to 27°C and in winter around 12°C. The coldest and wettest months are June to August and the warmest months are December to March. It doesn't ever snow in Auckland although you get snow in the middle of the North Island around the Central Plateau – Mt Ruapehu. It is generally unnecessary to wear gloves and hats in Auckland but you will need them if you plan to travel around the South Island.

While these temperatures are the norm, the weather in New Zealand can change unexpectedly as cold fronts or tropical cyclones quickly blow in. Because of this, you should be prepared for sudden changes in weather and temperature, particularly if you're going hiking or doing other outdoor activities during the holidays.



5. Map of Manukau



6. Passports

When you arrive in New Zealand, you'll need to have a valid passport or travel document, and hold the right visa or an NZeTA (New Zealand Electronic Travel Authority). Your passport must be valid for at least six months beyond your intended departure date.

On arrival you will need to complete an arrival card before passing through Customs Passport Control. An arrival card will usually be given to you during your flight; if not, cards are available in the Passport Control area.



After you've cleared Customs Passport Control, you should collect your baggage and walk through either the green or red exit. Choose the green exit if you have nothing to declare; choose the red exit if you have goods or cash (over \$10,000NZD) that need to be declared.

Do not bring any food into NZ (unless you declare it) or you will be charged a fine on arrival. Fines start from \$200NZD

7. Visas

It is compulsory for **ALL** students to have a student visa whilst studying at a secondary school in New Zealand. On the visa, it will state Manurewa High School. If it has another institution, you will need to change the status of your current visa. This can be done very easily with a Variation of Conditions form. All visa information is available on the following website: <http://www.immigration.govt.nz>

8. When to Arrive in New Zealand

We recommend you arrive just a couple of days before school starts as it can get a little lonely waiting without knowing anyone. We encourage you not to arrive late, as the first days with our orientation are vital for you to fit into school life.

9. Arrival at Auckland Airport

One of our international staff can be at Auckland Airport waiting for you when you arrive and then they will take you to your family. If you are living with a designated caregiver, they will probably collect you from the airport. Make sure you send us your arrival details as soon as you have booked your flights! We would hate for you to arrive and us not being there to pick you up. Look closely at your tickets as it is often a whole day ahead as NZ is the first place to see each new day! Auckland Airport is very small in comparison to other airports around the world so you shouldn't get lost. Walk out the arrivals door and keep to your left. Look at the signs being held up by people for your name and the name of Manurewa High School. If you cannot see our sign, walk to your left and sit down in front of the MacDonald's. We will ALWAYS find you!

If you get lost at the airport, please call **021 277 8280** which is the Director of International Students or the Urgent/Emergency number 021 277 8278 for Manurewa High School and we will be able to talk to you. **DO NOT LEAVE THE AIRPORT.**

10. Changing Money

If you have some money to change into New Zealand dollars it is easiest to do it at the airport. \$300 - \$500 NZ is plenty to see you through the first few days. You may want to buy a mobile phone, sim card or an international phone card to use to let your parents know you got here safely. If you arrive on the peak arrival days, the airport will be buzzing with other internationals going to many other schools around NZ.

11. Designated Caregivers

Manurewa High School only accepts students who are intending to live with a designated caregiver who is a family member or close family friend. Your family in your home country will have already organized who you will be living with. If we think they are suitable, we then visit the home and interview the family. If we are happy with them, we then get everyone 18 years of age and over in that house police vetted by the NZ Police and we require two references to make sure they are suitable to care for you.

If you are unhappy with your designated caregiver when you get to NZ, we will ask you to try to work things out. If this still doesn't work, we require your family to nominate another designated caregiver. There are sometimes personality clashes and we understand this. We want you to feel as happy as you can in NZ and this is a major part of your experience. We do require plenty of notice if you or the designated caregiver needs to make a change. In emergencies, Manurewa High School will find a suitable short-term homestay family.

You are expected to live with this designated caregiver and not stay with anyone else. This is for your safety.

12. Food

In NZ we tend to eat sandwiches for lunch, not a hot cooked meal like you may be used to. You might find this hard to get used to if you normally have a cooked meal in the middle of the day. If your designated caregiver provides you with a lunch that needs to be heated up this can be done at school. At Manurewa High School we have a canteen where you can buy snack food at morning tea (interval) and at lunchtime. We also have a cafeteria where you can buy hot and cold lunches and heat up food from home.

Try to avoid eating unhealthy snacks and takeaways during the day and then eating a big cooked dinner. It is also a nice idea to help around the house at dinner time – perhaps ask if you can help by setting the table, helping to cook dinner every now and then.

Just remember, food in New Zealand may be different to what you are used to – always try it first, then if you don't like it say so.

13. Getting Places

In NZ we do not have a driver to drive you places. You will need to be very independent in getting yourself to and from events, sports practice, shops etc. We expect your designated caregivers to treat you just the same as their own family. Sometimes you will get picked up and other times you will need to catch buses or trains. We drive on the left side of the road, so you need to be very careful when crossing the road – make sure you look both ways! Remember look right first, then left, then right again....then cross the road. Each year in NZ there are accidents with international students who are knocked over on the roads by cars. This is potentially the most dangerous thing you will do whilst in NZ. Please be VERY careful.

You will be issued with a student ID card about 2 weeks after the start of school. This will get you cheap bus and train fares and cheaper entry into places around Auckland and NZ. Your designated caregivers will make sure you can get to school on your first day. At orientation, you will receive the local bus and train information so that you can get a HOP transport card to use on buses and trains.

14. Pocket Money & General Living Costs

Pocket money is a personal decision to make. Most NZ school students get only about \$50 per week to spend on going out. We suggest for an international student, around \$80 – 100 per week is a good estimate. Buses are more expensive than you are probably used to. We suggest to budget around \$30 for buses per week. Take a look at the www.studyinnewzealand.govt.nz In this document there are many good details about living costs e.g. burger, coke etc. Make sure your parents are aware there are extra school costs such as uniform, books, field trips, sports fees so you do not pay for them out of your pocket money.

15. Working in New Zealand

You are also allowed to work part time (only 10 hours per week during school time, 20 hours per week in holidays) **only if you are in Year 12 or Year 13**. You will need to submit a Variation of Conditions form to Immigration New Zealand along with a letter from your parents stating you can work and also a letter from Manurewa High School. If you want to apply for a work visa with your student visa application, it is cheaper. This is a privilege for international students.

16. Can I Drive Whilst in New Zealand?

International students are not allowed to drive at all while studying at Manurewa High School unless you live with your own parents. However, you are allowed to sit the tests as it is much cheaper than in your home country but you MUST get approval from the international office before doing this.

17. Smoking and Drinking in New Zealand

Smoking is not allowed anywhere at school or while you are wearing school uniform (this means on the way to and from school as well). Most families in NZ are against smoking and will not let you smoke in the house. The smoking age in NZ is 18yrs or over. In NZ there are very strict rules about not smoking. You are not allowed to smoke in buildings and work places and you are also not allowed to leave school to smoke. This rule is enforced by the school staff.

The legal drinking age in New Zealand is 18 and no one under the age of 18 should drink alcohol. Drinking alcohol in school uniform, even if you are 18 is not allowed.

18. Curfews in New Zealand

New Zealanders go to bed quite early by international standards and there is not a vibrant night-life for those under 18. Photo ID is required for 18 year olds to go to licensed premises. Discussion and communication is the key to curfews working well with you and your designated caregiver. The most important thing is to inform your designated caregiver of your location – especially if you are going to be late home or not home for dinner. This is common courtesy and also for your own safety.

19. Do I have to wear a uniform at Manurewa High School?

All junior and senior learners must wear uniform. The standards are strictly enforced so you must wear the correct shoes, socks, shirts etc. You will get used to it! Nearly all students in New Zealand high schools wear uniform. Don't worry about it – just think of it as part of the experience.

If you play sport at Manurewa High School, you will be required to buy a Manurewa High School sports uniform for that particular sport. These are available from the shop that supplies the school uniform.

20. What sports or cultural clubs can I join in New Zealand?

There are many clubs and activities to join in with at Manurewa High School. The more you get involved the more friends you will make. Manurewa High School has notices online which inform all the students what is on in and around school – i.e. where to sign up for sports teams, music groups etc. Make sure you read them every day!

Sports are seasonal so it is essential to check if the one you are interested in is in fact on while you are here. Let us know if you are interested in any activities so we can let the teachers in charge know you are coming, especially if you are in the top teams/groups in your school/province.

New Zealand/Kiwi students are friendly but you will need to be bold and make the effort to make friends. The international students that get involved in the different sports and cultural groups make the most Kiwi friends and have a better experience in New Zealand.

21. Travelling Around New Zealand

You are allowed to travel around New Zealand if you are with a tour company or have special permission from the International Office at Manurewa High School. All travel MUST be approved so please make sure you get used to talking to us before you go anywhere outside of Auckland. We want you to see as much as you can in New Zealand and there is always more than one way of getting to see places. Don't be afraid to ask for help when looking for places to go – remember we live here! The rules we have regarding travel are for your own safety.

22. Telephone Use

The telephone in New Zealand is free to call when you call within Auckland but most people use mobile phones. Data in New Zealand is expensive but many places have free wi-fi. You will need to have a mobile phone with a New Zealand sim card to communicate with the international student team.

23. Laptop

All students at Manurewa High School are required to have their own laptop for use in lessons.

Manurewa High School's eLearning (electronic learning) programme, requires all Year students to have a laptop in 2020. The device will be used every day at school and at home to assist with learning and achievement.

What type of device is needed?

Laptop minimum requirements (4GB, 128GB SSD, LENOVA 100e -Windows). The device must also come with Microsoft Windows 10, Wireless capability, Webcam, Microphone and a 5+hour battery life. Antivirus and web-filtering software should also be installed.

We have teamed up with a PB Technology and Noel Leeming Manukau to put together a complete package, which includes the device, carry case, 3-year total warranty and 3-year damage and loss insurance.

24. Bank Accounts

Students in New Zealand should open a New Zealand bank account. It doesn't cost anything to do so and it makes things a lot easier when you are in New Zealand. We do not recommend that you keep large sums of money around your house/room or carry it around the streets on a regular basis. In New Zealand most people use EFTPOS bank/debit card and we encourage you to do the same. This is both the most convenient and the safest.

25. What to take to New Zealand?

Below are items we suggest you bring to New Zealand. Depending on the time of year you are coming, will depend on what you bring.

Here are some suggestions:

Spring/Summer (Oct – April)

Swimwear, sunhat, sunglasses, sunscreen, shorts, skirts, t-shirts, 2 jumpers/sweatshirts, light raincoat (something that will keep you dry), good walking shoes

Autumn/Winter (May – Sept)

Warm waterproof jacket, sweater/jumper, long trousers/jeans, long sleeve shirts, scarf, hat, gloves, good walking shoes

Miscellaneous Items

Please note that if you are bringing anything valuable (i.e. camera, phone, laptop etc), you MUST have copies of the purchase price (i.e. proof of purchase or receipt) as you will not be able to claim for insurance if you don't have these.

Please bring any medication that you currently require with you. (Please note that if you have a current medical condition we MUST know about this for insurance purposes)

26. External Examination Fees

At Manurewa High School all senior students sit NCEA exams which are recognised throughout the world at many universities and high schools. The costs are \$383.00 for international students. These exams are for senior students only and the fees are normally due to be paid around July/August each year. For more information about these exams, please go to <http://www.nzqa.govt.nz/ncea/about/index.html>. If you are not studying at Manurewa High School for the whole year, you will not be sitting these exams. If you do not want to sit the exams, you do not have to pay the fees.

27. Travel and Medical Insurance

It is compulsory for all international students who study at Manurewa High School to have travel and medical insurance. This is provided by Manurewa High School as part of your enrolment fees. Do not hesitate to contact the Director of International Students if you want advice regarding going to the doctor. Every time you go to the doctors you can claim back the costs of your appointment and medication costs, or if you are travelling around NZ and lose something then we can claim that back too. Please remember to keep your proof of purchase for electronic goods (e.g. laptop, camera etc) in case you need to claim for anything.

28. Holidays

Travel back to your home country is normally only permitted in the mid-year holidays (after term 2 - July) and after the school year finishes in December. We strongly advise you to only go home in these holidays and at Christmas time if you need to go home. We will allow you to travel home at other times only for special circumstances, but we need a letter from your parents explaining why you need to go. All travel within the year MUST be carried out during school holiday time, i.e. after the last day of term and before the start of the next term. Any days off school will result in an absence being marked on the school computer system.

You MUST attend 95% or more of the time at Manurewa High School to enable you to pass your school academic study, and/or if you are wanting to apply for a new visa for further study in New Zealand.

29. Orientation

So you have arrived in New Zealand and you have settled in you are now getting excited about starting school. The first day at Manurewa High School is what we call orientation. It is a day dedicated to new students. You need to be at Manurewa High School at 8:30am on the day it says on your letter you will receive at your new family's address in NZ.

You will be able to choose the subjects you wish to study and receive your timetable at this time. You will be introduced to your tutor teacher and will sit an ESOL test to find out the degree of English language support you may require. The Director of International Students will also go through The International Student Orientation Booklet with you.

You will be buddied up with another student in your tutor group so that you do not become lost around the school. A new school is always a little overwhelming but you will find that you quickly fit in with the other students.

30. Culture Shock – Arriving

Some good ways to successfully minimize and overcome culture shock are to read about the place where you will be staying and the things you will be doing. Also, if possible, speak with someone already living in the new environment.

Once you are there, keep in mind that people and customs may be very different from what you are used to. Having realistic expectations and realizing that difficulties and misunderstandings may occur will help you keep a cool head when they do, and keeping an open mind will allow you to find solutions to those problems that may arise.



When possible interact with the local community. Locals will generally be pleased to introduce you to their culture and willing to answer questions. Don't be afraid of making mistakes. When you are eager to learn people are usually more than willing to meet you half-way and learn from you in turn.

Find ways to keep in touch with family and friends at home. Sometimes you just need to talk with someone who fully understands who you are and feels that your way of being is not strange, or rude. Keeping in touch also makes the homecoming process much easier

31. Culture Shock – Going Home

It is often difficult to readjust to the old way of life. While reuniting with friends and family is always a pleasant experience, you may miss the routines and habits acquired while away. This can be frustrating and dismaying when you envision homecoming as a wonderful moment where the world goes back to feeling normal again. The truth is that while you missed the things that made home home, you will also yearn for those habits and manners that you became accustomed during your absence. Also, after an absence of several years it is likely that things have changed somewhat from your idealized memories. Similarly to culture shock, the feeling eventually passes as you re-acclimatize and settle in to you old surroundings.

32. International Department Team

		
Mrs Lyn Mulcahy Director of International Students mh@manurewa.school.nz 021 277 8280	Miss Katie Spraggon Deputy Principal sp@manurewa.school.nz	Mrs Sarah Davies Senior Leadership Team dav@manurewa.school.nz

The international office is situated in the Careers Block. You are always welcome.

Understanding NCEA

NCEA Qualifications	
Level 1	80 Credits at <i>any level</i> <ul style="list-style-type: none"> • Must include 10 Numeracy credits and 10 Literacy credits
Level 2	80 Credits in total – made up of: <ul style="list-style-type: none"> • 60 Credits at level 2 <i>OR</i> above • 20 Credits from any level • The Level 1 Literacy and Numeracy requirements must also be met
Level 3	80 Credits in total – made up from: <ul style="list-style-type: none"> • 60 Credits at Level 3 <i>OR</i> above • 20 Credits from Level 2 or above • The Level 1 Literacy and Numeracy requirements must also be met

Endorsements	
Merit endorsement (at any level)	50 Credits at Merit <i>OR</i> above
Excellence endorsement (at any level)	50 Credits at Excellence
Merit or Excellence Subject endorsement (at any level)	14 Credits at Merit <i>OR</i> Excellence for Merit Endorsement 14 Credits at Excellence for Excellence endorsement <ul style="list-style-type: none"> • 3 MUST be internal and 3 MUST be external (with the exception of Physical Education, Religious Studies or Level 3 Visual Arts – speak to the HOLA for clarification for those subjects)

University Entrance
This is the minimum requirements to go to a New Zealand University
NCEA Level 3 <ul style="list-style-type: none"> • 14 Credits in 3 approved subjects at Level 3 • 10 Numeracy Credits at Level 1 or above • 10 Literacy Credits – Level 2 or above – must be 5 writing and 5 reading <p><i>It is a lot easier to get the Literacy credits at Level 2!</i></p>

NCEA

The National Certificate of Educational Achievement is New Zealand's national qualification at secondary school level. Follow this link to learn more about it :<http://www.nzqa.govt.nz/assets/qualifications-and-standards/qualifications/ncea/Understanding-NCEA/How-NCEA-Works-animation-English-2016.mp4>

Helpful websites you can use to help Student and Caregivers

- ❖ **School and international Students;** <https://www.manurewa.school.nz/international-study/international-study> There you will find links to our latest Quality Assurance Results (**ERO report**), **information about school subjects** and the National Certificate of Education (**NCEA**) our exam system in New Zealand, and links to **schools Refund policies**
- ❖ The Code: www.nzqa.govt.nz/providers-partners/caring-for-international-students
- ❖ Study in New Zealand: <http://www.studyinnewzealand.govt.nz>
- ❖ Education NZ website (clear explanation of the New Zealand education system): www.enz.govt.nz
- ❖ NZQA's Study in New Zealand: <http://www.nzqa.govt.nz/studying-in-new-zealand/8>
- ❖ NZQA website (NCEA): <http://www.nzqa.govt.nz/>

Visas

- ❖ Immigration New Zealand's Studying in New Zealand: <https://www.immigration.govt.nz/new-zealand-visas/options/study>
- ❖ Years 12 and 13 students can apply for a variation to their student visa to allow them **to work** up to 20 hours per week during holiday periods with written permission from the school and their parents or legal guardian. Manurewa High School prefers students who are doing well in their studies to work no more than 12 hours a week during school terms. Students who need to catch up their year level should not work. Please refer to Immigration New Zealand for more information: <https://www.immigration.govt.nz/new-zealand-visas/options/study>
- ❖ Anyone currently being forced to work in New Zealand illegally for less than the minimum wage or excessive hours is advised to call the Labour Inspectorate on 0800 20 90 20. They can also contact anonymously: <http://www.crimestoppers-nz.org> or phone 0800 555111. Employment Rights – www.employment.govt.nz

About New Zealand

- ❖ New Zealand Now: <http://www.newzealandnow.govt.nz>
- ❖ **Tourism** New Zealand: <http://www.tourismnewzealand.com>

Health and Safety

- ❖ Full details on entitlements to publicly funded **health services** are available through the Ministry of Health at www.health.govt.nz.
- ❖ **Road traffic safety**, including pedestrian and cycling safety. Students are not allowed to drive. NZTA information for visiting drivers: <http://www.nzta.govt.nz/safety/driving-safely/visitingdrivers/>
Drive Safe: <http://www.drivesafe.org.nz/>
- ❖ **Welfare facilities**, including personal health services, drug education and counselling The Mental Health Foundation website offers some valuable support in relation to mental health: <http://www.mentalhealth.org.nz/get-help/in-crisis/worried-about-someone>

- ❖ To find a GP (doctor) close to where you live: <http://www.healthpoint.co.nz/> Students will have a list of **doctors** speaking different languages in their introductory book.
- ❖ If a student is still unsure about their health or their family's health or where to go, they can call the **Healthline** number: 0800 611 116.
- ❖ Oral health – to find a private **dentist**, search www.dentalcouncil.org.nz/
- ❖ Students have the right to be treated with respect by health and disability providers. If they have any concerns or wish **to complain**, they should contact the organisation that provided their care or the Health and Disability Commission: www.hdc.org.nz/complaints Phone 0800 112233 <http://www.hdc.org.nz/the-act--code/the-code-of-rights>
- ❖ sexuality education, health promotion, and sexual and reproductive health services <http://www.health.govt.nz/our-work/preventative-health-wellness/sexual-and-reproductive-health>
- ❖ Sun safety: <http://sunsmart.org.nz/>
- ❖ Accident Compensation Corporation (ACC) In New Zealand the government runs a “no faults” insurance-type scheme known as ACC to cover the costs of any accident the international student might have while in New Zealand. This scheme applies equally to New Zealanders and foreign visitors, such as international students and their parents/guardians. If a student sees the doctor with an accident-related matter, it is important to let the receptionist and doctor know that their concern is accident-related. Students can pay less for accident-related consultations. Students and their parents/guardians will need to find out from their insurer about co-payments above what the ACC will pay. Students and their parents/guardians who need language support can also call ACC directly. ACC will provide an interpreter. For more information, go to www.acc.co.nz.
- ❖ Keeping safe information Earthquakes and other natural disasters: <http://getthru.govt.nz>
- ❖ Water Safety New Zealand: <http://www.watersafety.org.nz/resources-and-safety-tips/safetyinfo-tips/the-water-safety-code/>
- ❖ Relevant New Zealand laws, including laws on the sale of alcohol and tobacco products Alcohol laws and penalties: <http://www.police.govt.nz/advice/drugs-and-alcohol/alcohol-lawsand-penalties>
- ❖ Addressing issues of harassment and discrimination. Human Rights Commission – www.hrc.co.nz

For parents

- ❖ Budgeting resources: <http://www.sorted.org.nz/life-events/studying>
- ❖ For parents planning to rent a home here. Tenancy Services: <http://www.tenancy.govt.nz>
- ❖ For parents needing to buy furniture or home goods second hand. Trademe: <http://www.trademe.co.nz>
- ❖ To rent a flat or house. <http://www.realestate.co.nz>
- ❖ If you have rental problems: Disputes Tribunal: <http://www.justice.govt.nz/tribunals/disputes-tribunal>