



Pre-departure Handbook

Cambridge High School NEW ZEALAND



1. Why New Zealand

New Zealand is a very popular destination with international students. We have a highly regarded education system, a safe and beautiful country and travelling around New Zealand is relatively easy.

New Zealand is also a very good 'cost effective' option for people wishing to improve their level of English. New Zealand offers excellent schooling from primary level through to tertiary level studies. We are looking forward to welcoming you to our spectacular country.

2. Why Cambridge

- Cambridge is a gorgeous town of approximately 26,000 people.
- Cambridge has hosted international students for over 30 years both in the town and at Cambridge High School.
- Cambridge is located only 15 minutes drive from New Zealand's fourth largest city, Hamilton.
- Cambridge is easy to get around and most homestays are located close to the high school.
- Cambridge is located in the central North Island and so has a mild climate but is close to many other attractions.
- Cambridge has a wonderful selection of international style restaurants and cafes including Thai, Indian, Japanese, Chinese, Subway, Pizza Hut, KFC and more.

For more information about Cambridge please visit www.cambridge.co.nz

3. Climate

In summer, the region enjoys warm, dry and settled weather. Typical summer daytime temperatures range from 21-26°C and rarely exceed 30°C. In winter, typical daytime temperatures range from 10-14°C.

About three hours south of Cambridge, during winter, you are able to ski in the Central Plateau.

In New Zealand it is very common to have a variety of different weather patterns even in one day. The weather in New Zealand can change unexpectedly as cold fronts or tropical cyclones quickly blow in. You need to be prepared for sudden changes in weather and temperature.

4. Map of Cambridge



5. Passports

When you arrive in New Zealand, you'll need to be carrying a passport that is 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 and 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 Passport Control, you should collect your baggage, and then walk through Customs Control. Choose one line if you have nothing to declare; the other line if you have goods or cash (over \$10,000NZD) or any food. (Food is anything you put into your mouth.)

Do not bring any food into NZ (unless you declare it) or you will be made to pay extra money on arrival. If unsure just tick YES on your card next to food and declare it. Fines start from \$200NZD! If you are unsure about what you can bring into New Zealand then please go to www.govt.nz/browse/immigration-and-visas/bringing-things-into-new-zealand/what-you-can-and-cant-bring-with-you-into-new-zealand/

6. Visas

It is compulsory for ALL students to have a student visa if they are studying longer than three months at Cambridge High School.

All visa information is available on the following websites: www.immigration.govt.nz

7. When to arrive in New Zealand

At Cambridge High School we accept students at any time of the year, for any length of time (subject to space being available).





8. Arriving at Auckland Airport

You will get notification of what shuttle company we have pre-booked for you.

To find your Shuttle driver who will take you to your homestay:

1. Walk through CUSTOMS with your luggage.
2. As you come through the opening glass doors you will enter into the PUBLIC ARRIVALS area.
3. TURN LEFT as you exit, a driver will be near the PRE-BOOKED TRANSPORT area, holding a greeting board with your name on it.

Make yourself known to the driver/company selected by saying:
"Hello I'm and I'm going to Cambridge High School"

Do not exit the terminal – there are shuttles arriving and departing regularly so don't worry – go to the I-SITE desk if you need some help.

Phone numbers to help you if needed:

CHS International Office Administrator – 021 859 749

CHS International Director – 021 040 2646

CHS Homestay Co-ordinator – 021 856 445 (24/hrs)

9. Wi-Fi and changing money at the airport

You may want to let your parents know that you have arrived safely. At Auckland Airport all visitors have free Wi-Fi for 2 hours.

Instructions to connect:

- Ensure Wi-Fi is enabled on your computer or mobile device.
- Choose the 'Auckland Airport' wireless network from the available choices.
- When presented with the login page click 'Get online' enter your details.
- A confirmation message will then display notifying you that your session has started.

If you have some money to change into NZD you can do it at the airport.

10. Homestay families

We try to carefully match you and your host family, so the more information you can tell us about what you are hoping for and what your interests are, the better we can match you. We get applications from host families from our local community. If we think they are suitable, we then visit the home and interview the family. If we are happy with them and their home we then get everyone over 18 years of age in that house Police Vetted by the NZ Police Department to make sure they are suitable to host.

You will always have your own room and will not have another student from your country in the same homestay house. It is common for the children/students in the house to share the bathrooms. Always pick up your towel and put it on the towel rail.

When you arrive talk to your host parent about what to do with your dirty clothes so they get washed. Most families have a washing basket and you will just need to put your dirty clothes in the basket so they get washed.

Once you have a NZ mobile number, please make sure you always have credit, so you can contact your host parents.

If you are unhappy with your homestay placement when you get to New Zealand, we will ask you to try to work things out with the help of the International Office staff. If this still doesn't work, we will do our best to move you to another suitable family. There are sometimes personality clashes and we understand this. We want you to feel as happy as you can in New Zealand and this is a major part of your experience. We do require 2 weeks notice if you or the host family decide to make a change. If you damage any property in your homestay, please be honest and tell your homestay so you can work out a way to fix anything.

11. Food

Your host family will feed you 7 days per week (3 meals per day). In New Zealand 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. You should always make your own lunch. You will need to ask your homestay/caregiver what is available for lunches.

In the ESOL room at Cambridge High School we have two microwaves available for you to warm your food. The room also has boiling water to make noodles and a fridge for storing your lunch. At school we also have a school canteen where you can buy hot food and also healthy snacks. The canteen has food available for you to buy at interval and lunch time. It is only for buying food, not for sitting down in a cafeteria style that you may be used to.

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.

Why don't you bring a recipe from home and cook it for your new family? Meal times are a great way to practise your English. Your family can teach you a lot about New Zealand so ask lots of questions.

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 politely.





12. 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 homestay parents to treat you just the same as their own family. Sometimes you will get picked up and other times you will need to walk, ride a bike (in New Zealand you must wear a bike helmet as it is compulsory), or use public transport.

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 New Zealand 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 New Zealand. Please be VERY careful.

You must always wear a seatbelt in a vehicle in New Zealand.

13. Pocket money and general living costs

Pocket money is a personal decision to make. We would suggest that about \$50.00 per week for extra spending money should be enough. You will not need money for the bus in Cambridge as you will be able to walk around most of the town with very little problem.

School costs such as trips and sports fees can be paid from your school account (contingency).

14. Working in New Zealand

If you're studying in year 12 or 13, the last 2 years of secondary school, you can work up to 20 hours a week during the school year. If you're under 18, you must have written permission from the school and your parents or legal guardian to work. Having a part-time job is a privilege for international students and the school has the right to terminate your work visa if we think it is affecting your school work.

15. Can I drive in New Zealand?

International students are not allowed to drive or own a car at all while studying at Cambridge High School unless you live with your own parents. There are strict regulations about travelling in other students cars. Parental permission will be required.

16. Smoking (including Vaping) 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 New Zealand are anti smoking and will not let you smoke in the house. The smoking age in NZ is 18yrs or over. If you need to smoke, we suggest you go for a short walk away from your homestay and smoke but not in school uniform.

In NZ there are very strict rules about smoking. You are not allowed to smoke in buildings and work places and you are also not allowed to leave school to smoke or smoke at school. This rule is enforced by the school staff and it is very serious if you are caught smoking.

If you do smoke please declare it on the application form as a special requirement of your homestay, as some homestays will not accept students who smoke at all.

17. Can I have friends around to my house?

Your host family will treat you like a family member. Of course you are allowed friends around to visit. Make sure you ask your host parents before you have your friends around. When they leave, please ensure you have not made a mess and if so, get your friends to help clean up! If you wish to have friends stay the night, it is entirely up to the host parents. If they say no, please respect their decision. There are forms that you must fill in (available from the International Office) if you are planning on staying at another person's house. This form must be filled in before you stay the night.

18. Curfews in New Zealand

Your homestay family will set rules and expectations on how late you can stay out on school nights and non-school nights depending on your age. New Zealanders go to bed quite early by international standards. Discussion and communication are the key to curfews working well. Your homestay are responsible for you so you must always inform your host family where you are, and what time you will be home. You need to ask them if it is OK to be late home, not home for dinner, or staying at a friend's house in advance. This is common courtesy and also important for your safety.





19. Do I have to wear a uniform?

All junior and senior students must wear the correct uniform at Cambridge High School.

Nearly all students in New Zealand high schools wear uniform. If you play sport at Cambridge High School or are involved in Physical Education classes, then you will be required to purchase a Cambridge High School sports uniform. All school uniform is available at a shop in town. The International Office will give you an order number. Short term students can wear the uniform of their home school.

20. What sports or cultural clubs can I join?

There are many clubs and activities to join in with at Cambridge High School. The more you get involved the more friends you will make.

On our application forms you are able to list the sport and cultural activities that you enjoy being involved in. This will help us to find out more about the interests that you have.

Cambridge High School has "Daily Notices" which are read out each day during form time and they inform all the students what is on in and around the school - i.e. where to sign up for sports teams, music groups etc. Make sure you listen to them being read every day! A copy of these notices is also available for you to read at the International Office. Sports are seasonal so it is essential to check if the one you are interested in is in fact on while you are here.

New Zealand/Kiwi students can be quite reserved so 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 Cambridge High School. There are forms that you must fill in if you want to leave Cambridge or stay in another place. All travel must be approved so please make sure you get used to talking to us before you go anywhere outside of Cambridge. 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.

Each term the International Office organises trips during term time for our International Students. There are also a number of other trips that are on offer with Tour Operators, We have the information available for you if you would like to find out more. The rules we have regarding travel are for your own and the school's safety.

22. Internet and telephone use

At school all students have access to free Wi-Fi via their school accounts. The school is BYOD (Bring your own device) so bring your laptop with you. We use windows 10 at school (but an Apple device will work).

All homestays have unlimited free Wi-Fi as part of your homestay fee. However, homestays are responsible for your well-being and will have rules about times that the Wi-Fi will be turned off at night. Please do not use your data to stay on-line as we expect you to be at school on time and alert/learning. Sleeping in classes is not acceptable in NZ.

23. Bank accounts

Students in New Zealand should open a bank account. It doesn't cost anything to do 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 an everyday 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. All International Students attending Cambridge High School can have their own bank account set up for them by the staff at the school.





24. What to take to New Zealand

Below are items we suggest you bring to New Zealand for the time of year you are coming.

Here are some suggestions:

Spring/Summer (Oct-April)

Swimwear, sunhat, sunglasses, sunscreen, shorts, skirts, t-shirts, jumper/sweatshirt, 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

We suggest the following on top of the items listed above:-

Camera, personal medication, umbrella, toiletries, photos of friends and family from back home, a few personal belongings to help your room feel like home. 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 note that if you have a current medical condition we must know about this for insurance purposes so we can put this on your policy if you buy an insurance policy through Cambridge High School.)

25. Travel and medical insurance

It is compulsory for all International Students who study at Cambridge High School to have Travel and Medical insurance. At Cambridge High School we use Studentsafe as our insurance agent for International Students.

This means that every time you go to the doctors you can claim back the costs of your appointment and medication costs, or if you lose something (i.e. your camera) then we can claim that back too. Please remember to keep your proof of purchase for electronic goods (e.g. laptop, camera, ipod etc) in case you need to claim for anything.

General dental check ups and teeth maintenance are not covered by your travel insurance. Please have a check up in your home country before you come and make sure all fillings etc are up-to-date.

26. Holidays

It is advisable that all travel home within the year should be carried out during school holiday time, ideally after the last day of term and before the start of the next term. We do however realise that airline fees are more expensive at this time. Any days off school will result in an absence being marked on the school computer system and this will affect your graduation and school report attendance numbers. There are forms that need to be filled in at the International Student Office before you leave.

You **MUST** attend 85% or more of the time at Cambridge 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.

27. Orientation

On your first day at school come to the International Office. There you will be assisted with uniform, timetabling, and given a buddy to look after you and show you around the school. You have the option of joining the Buddy Programme before you travel and we will match you up with a Kiwi friend to contact you before you arrive. See www.internationalstudents.school.nz 'Buddy Programme'.

28. Cultural shock

Please look at the picture on the next page. It shows the highs and lows that students experience once they arrive in New Zealand.

It is **VERY** normal to feel homesick and worry about your level of English before you arrive and even while you are in New Zealand. A very good way to minimise the culture shock that you will feel is to read as much as you can about New Zealand so that you are not as surprised about the things that may happen. Joining the Buddy Programme means that you can have a kiwi friend before you arrive to ask questions to, and you will have a friend already at school.

Once you are at school and your homestay try to interact with others so that you don't withdraw and feel isolated and lonely.

29. International student staff

Check out our website www.internationalstudents.school.nz or www.camhigh.school.nz for our current staff members.



Follow your dreams

New Zealand welcomes you ... but be prepared for the natural “U” curve of adjustment

Leaving Home

- Nervous
- Excited
- Happy
- Sad
- Full of hope

Arrival In New Zealand

- Confused
- Tired
- Still happy
- Adventurous
- Everything is new
- Everything is different

Culture Shock

- Lonely
- New food
- New language
- Difficult to study
- Foreign environment
- Frightened
- Hard to make friends
- Tired from speaking English
- Nothing seems right



New Zealand's Great

- Now feeling confident, successful and happy
- Hope for the future career path
- A definite purpose to being in New Zealand

Settling In

- Enjoying study
- Making friends
- Beginning to adapt to the new culture
- Things are not so bad
- Getting involved in school activities
- Enjoying different food
- Understanding English
- My home stay feels like home

What Have I Done?

- Extremely home sick, missing family, friends, shops, food, pets
- Miserable
- Was I right to come to New Zealand?
- Does anybody like me?
- Everything is terrible
- Want to sleep all the time

We look forward to seeing you at school.





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NEW ZEALAND

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