



International Students Pre Departure Information



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Contents

1. Manukau
2. Climate and Recommended Clothing
3. School Uniform
4. Passports and Visas
5. Travel and Medical Insurance
6. Face-book
7. Bring Your Own Device
8. When to Arrive in New Zealand
9. What are you allowed to bring into New Zealand?
10. Pack Essentials
11. What Alfriston College Provides
12. Food
13. Money
14. Homestay
15. Travelling in New Zealand
16. Driving
17. Alcohol and Smoking
18. Culture Shock

International Student Department



Jody Lawrence (International Student Leader)

Ph 021 825 112

j.lawrence@alfristoncollege.school.nz



Stephanie Cathcart (International Student Assistant)

Ph 021 088 40368

s.cathcart@alfristoncollege.school.nz

or

Ph 2690080 ext 815

Ph 022 305 5005 24 hour emergency number

Welcome to Alfriston College.

Alfriston College is located in South-east Auckland – on the edge of Manukau City and rural Alfriston.

Alfriston College is a multi-cultural secondary school for both boys and girls from Years 9 - 13 (age 13-19). It currently has a roll of 1050, with a small International Student programme.



1. Manukau

Manukau City is just 25 minutes from downtown Auckland. There are frequent buses and trains to Downtown Auckland City. You will be given a student ID card when you start school to get discounted travel using a hop-card. <https://at.govt.nz/bus-train-ferry/at-hop-card/>

Learn more about our location here:

[South Auckland](#)

[East Auckland](#)

<https://www.aucklandnz.com/visit/destinations/auckland-south/manukau-and-mangere>



2. Climate in Auckland and Recommended Clothing

Summer:	December – February	21°C to 28°C
Autumn:	March – May.	18°C to 25°C
Winter:	June – August	11°C to 17°C
Spring:	September – November	17°C to 21°C

In Auckland is not unusual to have “four seasons in one day”. You should be prepared for sudden changes in weather and temperature, particularly if you’re going hiking or doing other outdoor activities. The sun is very strong from September to April so you will need to protect yourself with sunscreen/ hats and sunglasses to prevent sun damage. Students often find houses in New Zealand cold. We recommend you bring a range of clothes you can layer.

If you are taking Outdoor Education as a subject at school, please pack the following essential items:



- 100% Waterproof jacket
- Swimwear
- Wide brimmed sun-hat
- Thermal leggings and thermal t-shirts (long and short sleeved)
- Woollen jersey (jumper)
- Gloves (preferable waterproof)
- Beanie
- Thermal socks
- Comfortable walking / tramping shoes or boots (these must be clean)
- Hiking day backpack

3. School Uniform

Your host family will help you buy your school uniform on arrival.



To view our school uniform please visit:

<https://www.theuniformshoppe.co.nz/product-category/manukau/alfriston-college/>

Plain white or black socks are acceptable for both boys and girls. No logo's please.

Shoes must be black with no logos. We suggest you purchase your school shoes before coming to New Zealand.



4. Passports and Visas

Your passport must be valid for at least six months from your intended departure date.

It is compulsory for ALL students to have either:

- a student visa valid for study at Alfriston College
- a visitor visa (for study of up to ten weeks).



You are allowed to work up to 20 hours per week during term time and full time in the school holidays if:

- you are in year 12 or year 13.
- you have permission from Alfriston College and your parents
- and you have applied for a Variation of Conditions from Immigration NZ.

This is a privilege for international students. Alfriston College has the right to have your part-time work visa terminated if we think it is affecting your school-work.

5. Travel and Medical Insurance

As part of visa requirements all International Students who study at Alfriston College must have Travel and Medical insurance from the time of departure and arrival back in their home country. Please note that if you have a current medical condition you must declare this.

Alfriston College prefers to arrange insurance for students (upon request).

6. Bring Your Own Device

Alfriston College is a bring your own device (BYOD) learning environment and learners are required to bring their own device to school every day.

Most laptops, MacBooks, notebooks etc. will be suitable if they have a 10" screen or bigger, and a proper keyboard. A smartphone or a tablet is not a suitable device for learning.

At Alfriston College we use the G-Suite for Education. Because this is a Google product, we recommend that you always use google chrome as your web browser.

7. Facebook

Some of our teachers use face-book to communicate. Please set up a face-book page before you arrive. Check out our International face-book page here: <https://www.facebook.com/alfristoncollegeinternational>

8. When to Arrive in New Zealand

We recommend you arrive a few days before school starts to give yourself time to be organised and settle in. Do not arrive too early, as it can get a little lonely at home if your host parents are working and you do not know anyone.

We do not allow you to arrive after school starts, as our orientation on the first day is an important start to school life.

9. What are you allowed to bring into New Zealand?

New Zealand is very proud of its natural environment and protects this with strict rules about what you can and cannot bring into the country. All hiking / outdoor shoes or boots must be clean. Definitely NO plant, animal or dairy products.

Check here for restricted items: <https://www.customs.govt.nz/personal/prohibited-and-restricted-items/>
https://www.customs.govt.nz/globalassets/documents/forms/covid-19-customs_card.pdf

Do not bring any food into NZ (unless you declare it) or you will be charged a fine on arrival. Fines start from \$200NZD! Chocolate and sweets are OK. Our International staff love sweet treats from other countries 😊

10. Pack Essentials

Aside from your clothing you need:

- **100% Waterproof jacket**
- Valid passport with student visa,
- Copy of medical and travel insurance if not arranged by Alfriston College
- Some local currency, at least NZ\$100 in cash for when you first arrive, with another \$300 easily available through a credit or travel card
- Three month's supply of any prescription medicines you need (plus a note from your doctor if you need to get more while you are here)
- Your laptop
- an adaptor plug for your laptop and mobile phone charger.

Please note: if you are bringing anything valuable (i.e. camera, phone, laptop etc), please keep proof of purchase or receipts as you will not be able to claim for insurance without them.



11. Alfriston College provides –

Before arrival

- details of your home stay – their address and contact phone numbers
- homestay guidelines
- insurance (if requested)
- orientation dates and details

On arrival:

- pick up from the airport – either by your host family or our staff. Details will be sent to you before you leave home
- a SIM card with \$5 credit so you can phone your parents to say you have arrived safely
- a welcome pack with more information about orientation and homestay – we have lots of tips to help you feel at home

12. Food

Your host family will feed you 7 x days per week (3 x meals per day).

In New Zealand, we often eat sandwiches for lunch, not a hot cooked meal. You might find this hard to get used to if you normally have a cooked meal in the middle of the day. At Alfriston College we have a cafeteria (or “wharekai”). You can buy snack food at morning tea and at lunchtime. New Zealand schools do not really have sit down cafeterias like in most other countries.

Why don't you bring a recipe from home and cook it for your new family? Cooking and meal times are a great time to practise your English.

13. Money

It is sometimes difficult for students in New Zealand to open a bank account. You may need to use an EFTPOS credit/debit card attached to a bank in your home country. We do not recommend that you keep large amounts of cash at your homestay, at school or carry it around the streets on a regular basis.

Pocket money is a personal decision to make. We suggest for an international student, around \$80 – 100 per week is a good estimate.

Check out this link for how much it costs to live in Auckland:

<https://www.studyinnewzealand.govt.nz/blog/category/tips/how-much-money-do-i-need-live-auckland>

14. Homestay



A typical New Zealand home looks like this. You will have your own bedroom – this is your private space.

You can see our homestay (Residential Caregiver) guidelines here:

<https://www.alfristoncollege.school.nz/homestay-information/>

15. Getting Places and Travelling Around New Zealand

We expect your host parents to treat you as part of their own family. Sometimes they will pick you 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.

Alfriston College encourages students to see as much of New Zealand as they can. All travel **MUST** be approved by us. We recommend you tour with a reputable company that specialises in International Student tours.

We recommend booking early with one of the following companies:

<https://www.nzet.com/international-student-tours>

<https://www.learningjourneys.co.nz/international-students>



16. Can I Drive Whilst in New Zealand?

International students are not allowed to drive while studying at Alfriston College.

17. Smoking and Drinking in New Zealand

The smoking and drinking age in New Zealand is 18 years. You cannot smoke or drink if you are under 18. You will be asked to show proof of age to purchase cigarettes or alcohol even if you are over 18. There is no smoking or drinking in school uniform ever.

18. Culture Shock –

Arriving

Some good ways to successfully minimize and overcome culture shock:

- read about the place where you will be staying and the things you will be doing
- speak with someone who has studied abroad in New Zealand

New Zealanders are friendly and open. They will be pleased to introduce you to their culture and willing to answer questions.

After you arrive:

- keep in mind that people and customs may be very different from what you are used to
- have realistic expectations and realise that difficulties and misunderstandings may occur
- keep a cool head when they do
- keep an open mind
- interact with the local population.
- don't isolate yourself, even if it is within a group of students from your home country
- don't be afraid of making mistakes
- be eager to learn from people - they 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. Keeping in touch also makes the going home much easier

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 in New Zealand
- your parents may not understand how independent you have become
- your friends may not be interested in your experiences
- life at home may have changed from your memories

We recommend you:

- be patient
- find others who have had similar experiences
- keep in touch with friends and host family in New Zealand

These feelings will eventually pass as you re-acclimatise and settle in to you old surroundings.

