

International Arrivals



PH: 03 211 2699 extn 8826
EMAIL: international@sit.ac.nz
WEB: www.sit.ac.nz

Welcome

Congratulations on becoming a part of Southern Institute of Technology. We look forward to welcoming you to Invercargill. To make your travel to New Zealand and your stay in Invercargill comfortable, we have put together some important information that will assist you. Please read it thoroughly before you travel.



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Packing

Luggage

It's best not to bring too much luggage with you. Airlines have strict baggage restrictions for both carry on bags (cabin baggage) and check-in luggage. When you check in; the airline staff will weigh your bags. You will usually be allowed about 20 kilograms for the luggage you check-in, 7 kilograms for any bag plus a standard sized laptop (in its bag) that you may carry on to the plane. If your bags weigh more than the weight allowed, you will incur excess baggage charges or you might even have to leave some of your belongings behind. Make sure you learn about your airline's policies concerning luggage size, weight, goods restrictions, and any other matters before you begin packing. Regardless of what you decide to bring, your luggage will be subject to security clearances during your trip, and on arriving in New Zealand you and your bags may be searched.

Make sure you pack your own bags, that way you will know you have packed all the things you need and want. Label all your luggage inside and outside with your name and address in New Zealand (even if it's just a temporary address).

What you should bring

- Notebook Computer
- A suit (for job interviews)
- Very warm jacket (Invercargill can get very cold in the Winter)
- Warm hat, scarf and gloves
- National Costume (for events organised through Multi-Nations group)
- Selection of general clothes, for example:
 - Jeans x 2
 - Undergarments x 4
 - T-shirts x 3
 - Long sleeved jersey x 2
 - Sports socks x 3
 - Woollen socks x 1
 - Sports shoes x 1
 - Leather shoes x1
 - Handkerchiefs x 3

Items potentially useful to bring

- Language textbooks relevant to what you will be studying in New Zealand
- Electronic dictionary
- Tape recorder (for recording classes/lectures)
- Mobile phone (these can be more expensive in New Zealand)
- Familiar items from home e.g. Favourite CDs, photos of your family and friends
- Camera
- Recipes for your favourite dishes
- Portable music player (to listen to your favourite music during free times)

What to Leave Behind

Prohibited Items

New Zealand has very strict laws regarding what you can bring into the country to screen out unwanted pests and diseases. You must not bring in any animals or insects (live or dead), fresh foods, including meat and some packaged goods. There are also limits on goods that you can bring in. If you have any of the above, you must declare them when you arrive. Failure to declare could result in a fine or prosecution. It pays to check with Customs if you have any doubts. Go to: <http://www.protectnzn.org.nz/>. Remember to tell friends and family, who may send you things, of New Zealand's strict laws.

Illegal Drugs

Do not import illegal drugs into New Zealand. The importation of drugs could result in your imprisonment. Be wary of carrying packages or baggage for strangers. Be aware that ephedrine and pseudoephedrine-based products, such as Contact NT tablets, are subject to legal restrictions in New Zealand. These restrictions mean that you may only bring these products to New Zealand for your own reasonable personal use. This is because these substances are being widely

used in the manufacture of the Class A controlled drug methamphetamine. If you become involved in the supply of these substances, knowing that they are to be used for a criminal purpose, you face heavy penalties under New Zealand law and could go to jail for up to seven years.

Unnecessary Items

You do not need to bring food goods (e.g. instant noodles, snacks) because you can buy most items in New Zealand. There are food shops in all towns and cities.

You don't need to bring phone cards from home, as very economical international calling phone cards are widely available in New Zealand.

Carry-on Luggage

Carry-on luggage/hand luggage or cabin baggage is the type of luggage that passengers are allowed to carry along with them to store in the passenger compartment.

Medications

- If you wear glasses, pack an extra pair and bring your eyeglass or contact lens prescription. Bring them and any medication you need in your carry-on bag.
- Many medicines are illegal in New Zealand. The Customs staff at the airport may want lots of information about any medicine you have. Keep medicine in their original labelled containers. Bring copies of any prescriptions and the generic names for the medicine. Get a letter from your doctor explaining your need to take the medicine. If you have any doubts that the medicine you take may not be legal in New Zealand, you should check your New Zealand Embassy.

Clothing

- A change of clothing (at least underwear), a toothbrush, and other personal items you would need if your checked luggage is delayed or lost or your flight is delayed
- Remember to pack a jacket for cold weather

Documentation

- Address and telephone number of the accommodation you will be staying at on arrival
- Passport and airline tickets
- Traveller's cheques, cash, or bank cards
- Important personal documentation
- Extra passport-size photographs
- A pen to fill out documents for arrival

In addition, if you need to make a domestic flight to your final destination in New Zealand there may be different baggage restrictions. Make sure you check with your travel agent or look at your airlines' (all of them) policies concerning baggage restrictions. Non compliance with weight restrictions (whether domestic travel within New Zealand or international travel) could end up costing you a lot of money! This also applies for your return trip home. Booking from overseas directly through to Invercargill, will avoid the complications of different baggage restrictions on domestic flights. It generally costs less to book direct to Invercargill, than having to pay for excess baggage.

Lost Luggage

On occasion luggage gets lost during international travel. Generally, the airline finds the luggage and returns it to the owner within a day or two. If your luggage is lost; contact the airline you flew with. You will be asked to fill out a form that includes a description of your bag (size, colour, material, design, brand) and the address to which you are going. Once the bag is found, it will be delivered to that address, usually free of charge.

Airport Links

You can find the maps of the various major international airports through the following links:

- <http://www.aucklandairport.co.nz/AirportInformation/AirportMaps/International-Terminal-Ground-Floor-Map.aspx>
- <http://www.aucklandairport.co.nz/AirportInformation/AirportMaps/International-Terminal-First-Floor-Map.aspx>
- <http://www.aucklandairport.co.nz/AirportInformation/AirportMaps/Domestic-Terminal-Map.aspx>
- <http://www.christchurchairport.co.nz/TravellersAndServices/AirportInformation/>
- <http://www.queenstownairport.co.nz/facilities/maps/>

Two Weeks Accommodation Information

Two Weeks Accommodation

- Two weeks accommodation is offered to all mainstream International students arriving in Invercargill. This deal is for 14 nights including your night of arrival and is only available through the International Department once flight details have been advised. Please make sure the correct time of arrival and date are emailed to the International Department at: applications@sit.ac.nz.
- This deal includes two meals per day in the communal dining room, cleaning services, laundry facilities and security.
- The purpose of the two weeks accommodation is to provide students with a safe and secure environment while sorting permanent accommodation.
- It is expected that our International students will follow the rules of the Grand Hall of Residence as indicated by the Grand Manager.
- For any student who wishes to stay at the Grand of Hall Residence past these two free weeks you must discuss your request directly with the Manager.
- You will be given an Orientation pamphlet and a calling card to contact your family to let them know you have arrived safely. Please study this pamphlet carefully as it will let you know times to be at the Southern Institute of Technology for your orientation.

Location and Contact Details

The Grand is centrally situated, two minutes from the Down Town Campus and a ten minute walk from the main campus.

The physical address is 76 Dee Street, the corner of Dee and Don Streets, however to ensure parcels and mail are delivered without delay they should be addressed as follows:

The Grand Hall of Residence
Southern Institute of Technology
Private Bag 90114
133 Tay Street
Invercargill 9840

Contact details are as follows:

E-mail:	thegrand@sit.ac.nz
Student Telephone:	03 218 9410
Manager's Office:	03 214 4055 or 027 218 2864

For more details on The Grand Hall of Residence please check the policies and procedures online at:

http://www.sit.ac.nz/documents/pdf/Grand_booklet_2011.pdf

Some Important Information about The Grand Hall of Residence

Facilities

Bedrooms

Room sizes vary from small to large by modern standards. They all contain a bed, desk, seat and wardrobe with adjacent en-suite. Each room is fitted with a smoke alarm which, if triggered, causes a general evacuation. These can be triggered by steam so it is important to ensure the en-suite door is kept closed when showering. The Grand provide bedding, duvet, sheets and under blankets. Residents can supply an electric blanket but it should be new, in order to comply with electrical safety regulations. The Cleaner will clean the en-suite periodically and vacuum the floor. Residents can assist by keeping their rooms tidy. The residence provides towels and toilet paper. Posters are fine for personalising rooms but we prefer blue tack and/or 3M removable hooks. Candles, incense or flames of any type are not allowed in the bedrooms as they are fire risks. Residents are asked to lock their bedroom door and windows as they are responsible for their room at all times. There

will be a charge for damages to bedrooms or non-return of keys.

Common Rooms

Common Rooms include the Dining Room, Writing Room, Plaza Lounge and Plaza Balcony. The residents are expected to assist in keeping these rooms tidy in order to make The Grand an enjoyable experience for all.

The Laundry rooms contain domestic washing machines and dryers which are free of charge. They are located on level 2 and 3 near the bedrooms so their use late at night is subject to the patience of the nearby residents. Please supply your own washing powder.

Food Arrangements

There is a meal cooked every evening, ready at about 5.30 pm. As well, the dining room contains facilities for residents to prepare toasted sandwiches, toast and microwave meals. A refrigerator contains bread, milk, yoghurt and spreads. Cereals and fruit are also available with tea and coffee.

Late cooked dinners are available for residents who are delayed for course related reasons. Requests should be discussed and agreed with the Manager.

There is a vegetarian option prepared for vegetarians who are prepared to accept dairy products and eggs (ova-lacto vegetarian).

Alcohol

Possession and consumption of alcohol is not permitted at any time in The Grand Hall of Residence.

Cigarettes and Drugs

The Grand has a zero tolerance policy in place for the use of drugs. Detection of drug use will result in immediate eviction.

All areas of The Grand are designated smoke free. Smoking of any substance, or traces of smoking, in a resident's bedroom may result in the resident being evicted. All tobacco products and accessories are to be kept out of sight.

Noise

Noise is the biggest issue in any shared residence therefore a curfew is in place in

the bedroom and hallways after 11.00pm. The need of residents to sleep and study is the most important factor in deciding whether other issues are acceptable. Noise in bedrooms after curfew, or in the common spaces if it is affecting the bedroom spaces, is not acceptable. Residents returning after 2.00am must be silent and go directly to their bedroom.

Fire Evacuation

There are stairwells at the front and rear of the building designated as fire escape paths. Residents are required to follow the set evacuation procedures.

Residents are not permitted on the walkways outside the bedroom windows or the verandah roof at any time.

Security of the Residents

The front doors are card operated with 24hr access.

Residents may allow one guest to enter; they must never allow the entrance of strangers. Residents must ensure their guest leaves the building and is not left in The Grand unaccompanied. Unaccompanied guests will be asked to leave.

Confidentiality

Staff will treat residents' concerns and privacy with respect and confidentiality. However there may be times when it is necessary for staff to contact concerned parties, i.e. parents, health professionals or financial guarantors. This may occur when:

- There has been a serious breach of the guidelines of the handbook
- Payment for accommodation is in arrears
- There is a serious concern regarding health

Useful Phone Numbers

The Grand Hall 24-hour emergency contact numbers are 03 214 4055 or 027 218 2864.

Southern Institute of Technology
0800 40 3337 or 211 2699 or 0800 SIT 111
(Note: 0800 numbers are free to call within New Zealand, so please don't hesitate to contact us in emergencies, such as your flight being delayed)

Atomic Shuttle-bus	214 6243
Blue Star Taxis	217 7777

Orientation Information

The International Department Orientation is an important time for students to learn about the facilities, meet the staff and finalise all documents needed for a successful beginning to their Programme.

Our main intake orientation dates in 2011 are as follows:

Intake One:	Beginning 17th January 2011
Intake Two:	Beginning 14th March 2011
Intake Three:	Beginning 9th May 2011
Intake Four:	Beginning 4th July 2011
Intake Five:	Beginning 29th August 2011
Intake Six:	Beginning 25th October 2011

Main Intake workshops include:

Accommodation Workshop

You only have two weeks accommodation at the Grand Hall of Residence, so you need to find housing quickly. It would be beneficial if you have some idea of who you would like to live with before attending this so you know what kind of house you'll need to look out for.

We have organised a one session accommodation workshop for you to find out about some of the residential rental housing available in Invercargill.

Some local Real Estate Agents will be in attendance to introduce themselves and their list of rentals available.

New Zealand has some very strict rules for renting houses and important information will be covered.

Employment Workshop

Orientation includes a 2 session workshop for larger intakes and small workshops for smaller intakes to help students who will be searching for jobs. Items covered in this workshop include Curriculum Vitaes, Covering Letters, job interview processes, tips for employment and the New Zealand Job Market.

Jackets and Bags

After all important documentation is signed and finalised, students will be issued with a SIT Jacket and Bag. This is done on the first day of Orientation for both large and smaller intakes.

Student Identification Cards

Student ID cards will be issued during Orientation week once all documentation has been signed. All late arrivals will be responsible for organising their own ID card within the 'drop-in' times specified. This will be organised for both large and smaller intakes and takes place on the last day of Orientation.

Bus Timetables and Concession Tickets

Bus timetables are available from the Information Wall in the International area. Students are able to buy bus concession tickets from the main administration area.

Appointments

Please ensure that you do not make appointments during your scheduled class times.

International Staff

Students are required to make appointments to see an International Staff member. The team is very busy and may not be able to see you when you arrive in the Department. To avoid disappointment it is advisable to make an appointment with the staff member, either by email directly to the staff member, or see the International Team Member at the International Reception to organise a suitable time for you.

Other Appointments

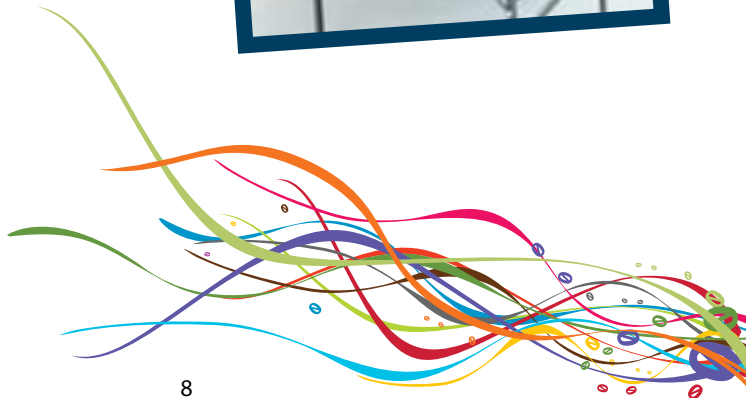
If you make an appointment for anything it is customary in New Zealand to be approximately 5-10 minutes early. Most New Zealand businesses are exceptionally busy and have other appointments to attend to. If you are

unable to make the scheduled appointment time please ensure that you contact the person/business concerned before the time of the appointment and either re-schedule or advise of your intentions.

Student Lounge

There are two Student Lounges available for International Students at SIT: one in G block, Room G1-219 specifically for International students and another in B block for all students. The SIT International lounge in G block has microwaves, hot water and a fridge for you to put your lunch in. Supplied for you is tea, coffee, Milo, sugar and milk only. You are advised to supply your own cup, plate and utensils. They may be stored in the drawers under the bench. Please remember to always wash, dry and put away all the dishes that you use.

The lounge in the B block belongs to all students of SIT and has indoor sports facilities like Table Tennis, Pool Table etc. along with other entertainment facilities like LCD TV with some Sky channels. Both the lounges have computers for students to use. Please always remember to log off from your session once you have finished.



Invercargill

The City of Invercargill invites you to experience the warmth, friendliness and hospitality that makes Invercargill such a great place to stay.

Invercargill is favourably placed on the Southern Scenic Route and is the gateway to some of New Zealand's most beautiful scenery and destinations including the Southland Heartland, Stewart Island, Fiordland and the Catlins.

With a combination of cultural attractions, a rejuvenated city life and outstanding nature reserves and parks, visitors to Invercargill often say how much there is to see and do in Invercargill.

From excellent shopping to lively cafes, restaurants and bars, Invercargill has all the benefits of city life. The inner city is modern, attractive and vibrant. The variety and number of heritage buildings in the city centre add to Invercargill's character.

Explore the city and its many fine museums, art galleries and parks or take a short trip to one of the bush reserves, beaches or gardens on Invercargill's outskirts.

Whether you are looking for fun and entertainment or thinking of staying, you can do it all in Invercargill.

What People in New Zealand Are Like

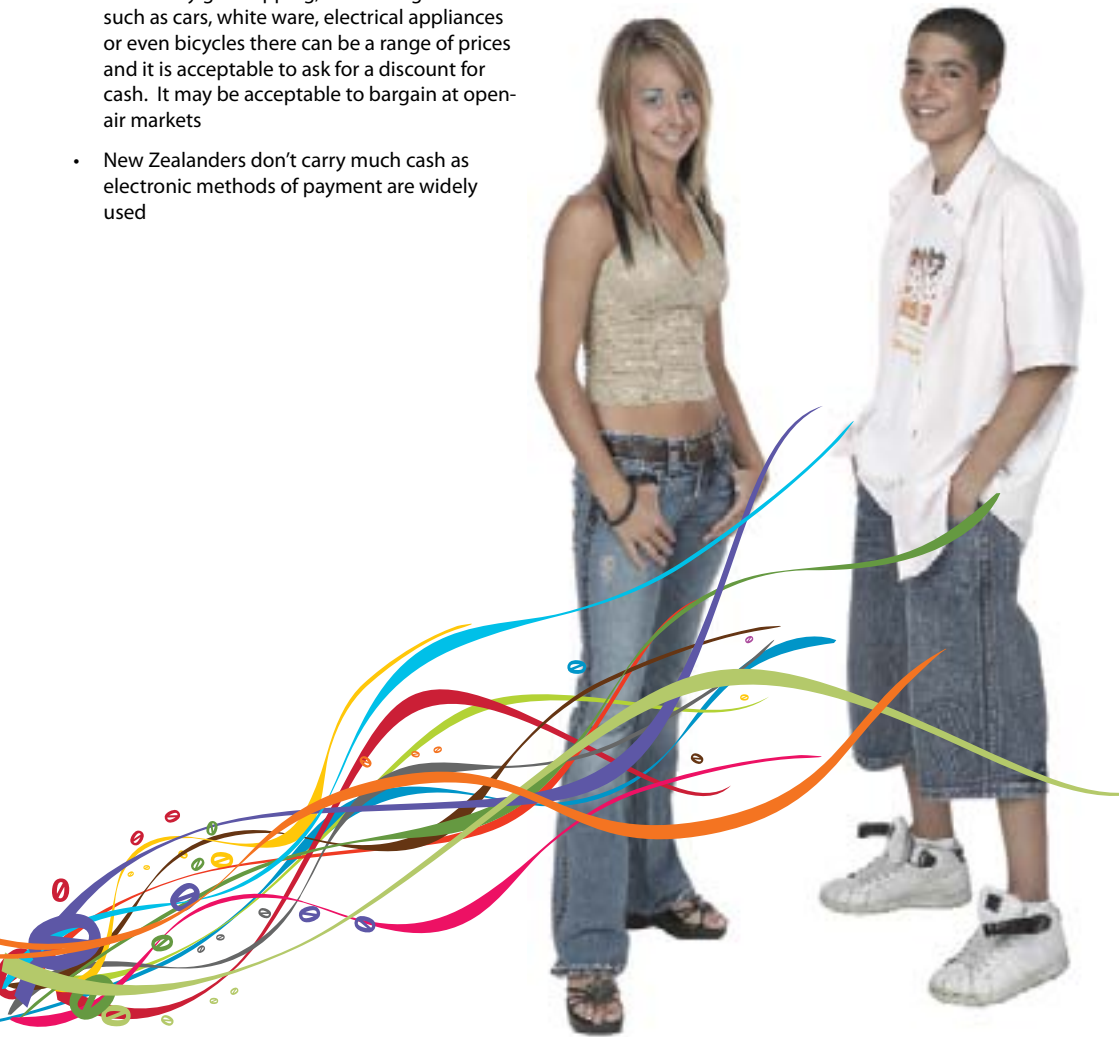
The ethnic make-up of the New Zealand population is diverse, with a mix of Pasifika people (people from the Pacific region), Asian, Middle Eastern, Latin American, European, and Māori ethnic groups. People in New Zealand are generally friendly and many love sports and the outdoors.

Cultural Differences

New Zealanders do some things differently to other Nationalities. Some of the differences include:

- Generally New Zealanders are casual and relaxed, and dress informally on most occasions, including when we go to cafes or shopping
- Many New Zealanders have a quite direct and frank way of speaking
- Appointments are made in advance to see professional people (e.g. to see a doctor or lecturer)
- People are usually very happy to answer questions, so don't be shy
- Personal privacy is important and subjects such as salary, mortgages and age are not often discussed by New Zealanders. These topics are not usually discussed outside of the family
- Sometimes New Zealanders can be offended if people stare (look closely) at them and it may be considered rude and aggressive
- Sometimes New Zealanders can be offended by personal comments such as "you have put on weight", "she is skinny" or "his hair is very grey"
- Generally people in New Zealand, especially adults, like to hear people say "please" and "thank you" when paying for goods and services or when help has been given
- New Zealanders find spitting and littering offensive. Some can get upset if they see people do this
- New Zealanders mostly speak quietly when on public transport or in public spaces, even when with friends
- Many New Zealanders have pets, most commonly a cat or dog

- New Zealanders can be passionate about sport - particularly rugby. Playing sport is a great way to make friends
- Schools, institutions/education providers may be open on Saturdays or Sundays but classes will rarely be held on these days
- Young New Zealand people (over 18 years of age) often get together in pubs, bars or cafés rather than in restaurants, which can be costly. It is acceptable not to drink alcohol when socialising
- Tipping is not expected in New Zealand. Some cafes and restaurants have a container for tips
- Generally New Zealand people do not bargain when they go shopping, but for larger items such as cars, white ware, electrical appliances or even bicycles there can be a range of prices and it is acceptable to ask for a discount for cash. It may be acceptable to bargain at open-air markets
- New Zealanders don't carry much cash as electronic methods of payment are widely used



Culture Shock

Living in a foreign culture is an experience we often look forward to with excitement and enthusiasm. However, many of us are often unprepared for the extent of the cultural dissimilarity we encounter. Culture shock is a very real phenomenon and all international students entering a foreign culture are affected by it in some way.

The automatic responses you are used to may not be applicable in New Zealand. It is common for international students to experience feelings of euphoria upon arriving in New Zealand, often called the honeymoon period. Everything appears new and exciting. However upon settling into the routine of study people may experience feelings of frustration, loneliness or uneasiness. Remember that feelings of frustration or uneasiness are a natural part of adapting to a new culture.

Sometimes you may feel as if you lack direction, not knowing what to do or how to do things in New Zealand, and not knowing what is appropriate and inappropriate. Often the way that you lived or behaved before is not accepted or considered normal in the new place.

Here are some other possible symptoms of culture shock you may experience:

- You may feel isolated or frustrated
- You may become homesick
- You may experience anger or hostility toward your new home
- You may become overly dependent upon other international students
- You may doubt your decision to come to New Zealand

You may experience one or more of these symptoms, and different people will experience them in varying degrees of intensity. It is important for you to realise that you will probably experience culture shock before you begin your cultural adaptation, and that this is normal.

Ways to Cope with Culture Shock

Below are some ways that you might want to try to combat culture shock.

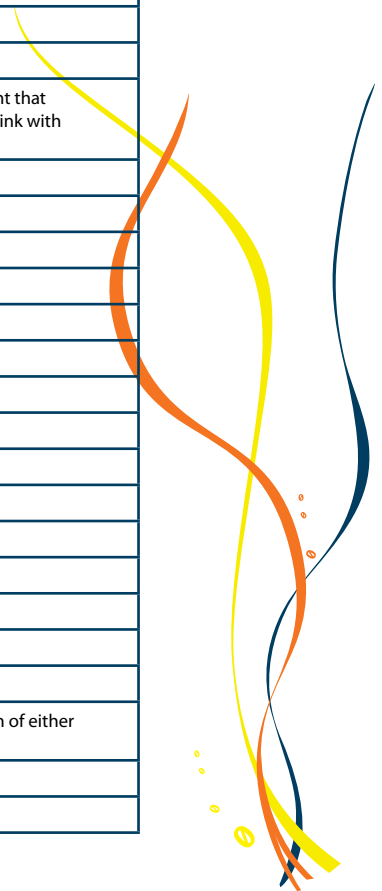
- Remember that experiencing culture shock is a normal part of the adaptation process.
- Don't put too much pressure on yourself, adapting will take time. Be patient.
- Keep a journal, it can really show you how you're doing if you read what you wrote when you first arrived and compare it to several months later.
- Talk to someone who has been through the cultural adaptation process. This person can probably give you a positive perspective on the experience you are having.
- Be open-minded and try to remember that New Zealand is a different country.
- People will behave in ways that may seem to you odd or even rude, but you must try to avoid judging New Zealanders by your own cultural standards.
- Keep yourself busy and active; keep your mind occupied.
- Maintain contact with other students. This will give you a feeling of belonging and you will reduce your feelings of loneliness and alienation.
- Don't forget about all the good things about the experience of living in New Zealand.
- Exercise or develop a hobby.
- Establish simple goals and evaluate your progress.
- Try to get involved in activities outside your studies, perhaps with other international students or peoples in New Zealand.

Once you begin to understand New Zealand culture you will not feel as lost and will begin to gain a sense of direction. You will realise that the New Zealand culture, like any culture, has positive and negative aspects. Remember that there is always someone or some service available to help you.

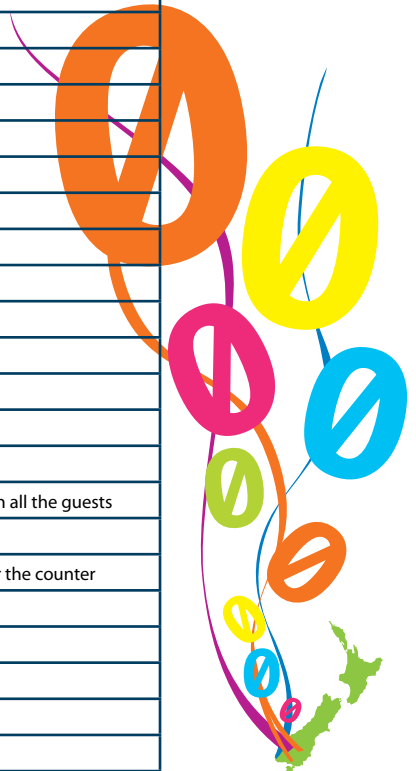
Common New Zealand Slang

The following is a list of some New Zealand slang words and phrases and their meanings.

Awesome	Fine, excellent
Bach	A holiday home (also known as a crib in the South Island)
Barbie	Barbecue (also written as BBQ) - food cooked outside over a charcoal or gas fire
Beaut, beauty	Something good or outstanding. Often used ironically to mean the opposite
Bro	Term of address for a male friend or relative
Bright as a button	Looking fresh, alert
Bright spark	Intelligent, alert, attentive, awake
Bring a plate	Everyone brings food to share. Don't bring an empty plate.
Bush	New Zealand's native forest
Bushed, had it	Exhausted
BYO	Bring Your Own. A BYO restaurant is a restaurant that allows customers to bring their own wine to drink with their meal.
Chocka	Full
Choice	Fine, excellent
Clean as a whistle	Sparkling clean
Clown	Term of abuse, idiot
Crook	To be ill or unwell. Also means a thief
Come for Tea	Invitation to another persons house for Dinner
Cuz	Term of address for friend or relative
Dag	An amusing person, a character
Dork	An idiot or a physically uncoordinated person
Dough	Money
Drive around the bend	Annoy so much you lose your temper
Drongo	A term of abuse, idiot
Dude	A cool or good looking male
Feed	A meal
Flat tack	At top speed
Foxy, fox	Used to describe a cool or good looking person of either sex
Fully	I agree
G'dday	Greeting meaning hello



Got the blues	Used to describe a sad state of mind
Greenie	A conservationist
Gumboots	Waterproof rubber boots (called Wellingtons in Britain)
Grog	Alcohol
Grouse	Fine, excellent, often used to express delight
Hard case	A tough but likeable person, an eccentric person
Hard graft	Hard work
Head over heels	Usually describing somebody who is very, very happy
Heart of gold	Describing a person who is very kind
Hook up	Meet up or join in
Hoon	A noisy person, a lout
In a spin	Usually when too many things happen all at one time or too many choices
Jandals	Rubber sandals or thongs (called flip flops in Britain)
Joker	A man
Kiwi	New Zealand native bird symbol. New Zealander
Lolly	The usual word for a confection or sweet
Mate	A friend, also a term of address
Mission	An adventure
Mongrel	A term of abuse or contempt for a person
Munted	To be broken or distorted
Narley	Cool, good
Nerd	A boring person
Nifty	Good (applied to a thing)
No worries	Common phrase of agreement
On to it	Efficient or intelligent
On a high	A good feeling that can come from success
Once in a blue moon	Very rarely, seldom, almost never
Paddock	A field, also a sports pitch
Paint the town red	To go out and have a good time
Piker	Someone who opts out of an activity
Pop on over/ pop in	Come and visit me at my house
Potluck dinner	Everyone brings prepared food to share with all the guests
Pressie	A present (gift)
Pub	A bar where alcoholic drinks are served over the counter
Rapt	Very pleased
Rellie	A relation or relative
Rough ride	A difficult experience
She'll be right	Everything is going to be OK
Shocking	Very bad



Shout	To treat your friends to something such as a drink or a meal
Skite	To boast. A boaster or show off
Smoko	Coffee or tea break
Snowed under	Usually has too much work or responsibility
Spuds	Potatoes
Sticks	Remote or rural district, the countryside
Stinge/Stingy	Not generous with your money
Stoked	Very excited
Sweet as	Great
Swot	Study hard, especially before an exam
Ta	Thanks
To take for a ride	To deceive or trick someone
Togs	Swimming costume
Tucker	Food
Turn to custard	Collapse of ideas, schemes, plans
Unc/Unco	An uncoordinated person, often used as an insult or taunt
Under the weather	Feeling off colour, unwell, tired
Veggies	Vegetables
Wicked	Fine, excellent
Wop-wops	Remote or rural district, the countryside



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