



# International Trainee Information

IPLS has agreed to observe and be bound by the Code of Practice for the Pastoral Care of International Students published by the Ministry of Education. Copies of the Code are available from the New Zealand Ministry of Education website at [www.minedu.govt.nz](http://www.minedu.govt.nz).

## Before you leave home there are some important things you need to check:

- Arrange your student visa by contacting the New Zealand High Commission
- or the New Zealand Embassy in your home country.
- Ensure your passport is valid for the intended length of your study period in New Zealand
- Have medical, optical and dental check-ups and arrange any prescribed medication with your doctor.
- Start looking for temporary and long-term accommodation.
- Make sure you are enrolled in your course.
- Make a note of emergency contact numbers including your institution, accommodation, embassy and family members.
- Pack your letter of acceptance, academic records from previous study, identification documents, important contact numbers, and a written character reference to help in securing accommodation or employment.
- Check customs and quarantine regulations and pack any items you wish to declare separately.

## Cost of living

Living costs vary from student to student. IPLS courses run for either 13 weeks or 18 weeks. Here are some estimated expected minimum weekly living costs for which you should budget. You should also complete research into your own expected costs.

Description	Estimated Weekly Cost (\$NZ)
<b>Rent</b>	\$250 - 450
<b>Food</b>	\$100 - \$150
<b>Mobile phone</b> (excludes overseas calls)	\$5 - \$15
<b>Public Transport</b>	\$20 - \$50
<b>Laundry</b>	\$10 - \$25
<b>Insurance</b>	\$15 - \$35



These sites also have some potentially useful information on living costs in New Zealand:

[www.newzealandnow.govt.nz/living-in-nz/money-tax/comparable-living-costs](http://www.newzealandnow.govt.nz/living-in-nz/money-tax/comparable-living-costs)

[www.aucklandnz.com/study-work-and-live/study/student-life/student-support](http://www.aucklandnz.com/study-work-and-live/study/student-life/student-support)

[www.wellingtonnz.com/work-and-study/study-in-wellington/](http://www.wellingtonnz.com/work-and-study/study-in-wellington/)

[www.christchurchnz.com/study/studying-in-christchurch](http://www.christchurchnz.com/study/studying-in-christchurch)

### Accommodation Options

IPLS does not offer on-campus student accommodation, however being located centrally there is a selection of nearby apartments, flats, and hostels that accommodate students.

#### Flatting (Renting)

This is a very common form of student accommodation in New Zealand. Flats range from fully-furnished apartments to houses (flats) students share with a group of others. Flats, often the cheapest option, are advertised mainly on TradeMe ([www.trademe.co.nz](http://www.trademe.co.nz)) or in the main daily newspaper, The New Zealand Herald ([www.nzherald.co.nz](http://www.nzherald.co.nz)). You may also find sites such as [www.realestate.co.nz/useful](http://www.realestate.co.nz/useful). You may be required to sign/co-sign a tenancy agreement and share the cost of electricity and sometimes phone/Internet and food.

#### Homestay

You can be part of a local family with 'homestay' accommodation where you'll learn how to live like the kiwis do in your home away from home. There are a number of websites on the internet dedicated to homestay options in Auckland and across New Zealand. One website you may like to visit is [www.aucklandhomestay.org](http://www.aucklandhomestay.org)

#### Short Term Accommodation

Short term accommodation is available at many central city backpackers. These offer cheap accommodation close to bus routes. Information on these can be found at:

[www.aucklandnz.com/VisitorInformation/Where\\_To\\_Stay/](http://www.aucklandnz.com/VisitorInformation/Where_To_Stay/)

[www.backpackerboard.co.nz/hostels/auckland-hostels/](http://www.backpackerboard.co.nz/hostels/auckland-hostels/)

#### Google Search

Google is often a useful tool when searching for accommodation.

#### IPLS Wellbeing Hub

Don't forget to check out all the useful information in the IPLS Wellbeing Hub as soon as you receive your eEquip login.

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