Family decision works out right
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New to New Zealand?
SETTLEMENT SUPPORT NEW ZEALAND (SSNZ)
can help you
www.ssnz.govt.nz
WELCOME TO NEW ZEALAND

Hello to our regular readers, and to all new subscribers and recent arrivals, welcome.

As the General Manager of the Settlement, Protection and Attraction Division within Immigration New Zealand, my role is to ensure you are feeling welcome here, are settling well, and are able to make a contribution to our country.

This quarterly magazine is one way we work to provide you with the information you may need. We value the skills and knowledge you bring and want to ensure you can use your talents to grow our existing companies – or to invest in or start your own.

We have a great country, here on the edge of the world. New Zealand is a fantastic place to live, with an engaging climate, landscape and culture, and real opportunities to be what you want to be.

We also value your feedback. If there are things we can do better to help you settle quickly, please take the time to let us know.

Email us: settlementinformation@dol.govt.nz

Many thanks and best wishes for your future here.

Steve McGill
General Manager, Settlement, Protection and Attraction Division
Immigration New Zealand

WILDFOODS FESTIVAL

The Hokitika Wild foods festival is an event that most Kiwis want to go to at least once. The location and the menu suggest an experience that is uniquely New Zealand. For most of us it is the only chance we are likely to get to eat pan-fried huhu grubs, wild pork, paua sausages, mountain oysters, washed down with gorse flower wine. From the first event in 1990 the festival grew quickly and now organisers limit tickets to 15,000.

As well as the festival itself many people use this as the extra reason they always needed to get down to the West Coast of the South island. There is no denying it is a long way from the main centres. However, because so much of the area remains undeveloped it is possible here to get an idea of what New Zealand nature looked like 150 years ago.

Hokitika 8 March 2014. To find out more visit: www.wildfoods.co.nz

WHEN CAN INTERNATIONAL STUDENTS WORK?

Some changes have just been made to the work rules for international students. Now, if you are doing a programme of study that allows you to work, that entitlement and the conditions that apply will be automatically added to your visa when it is issued.

Other conditions have also changed. For full details visit: nzstudywork.immigration.govt.nz
W.O.M.A.D. WORLD OF MUSIC, ARTS & DANCE

The internationally established WOMAD festival, which brings together artists from all over the globe, will mark its 10th anniversary at the unique TSB Bowl of Brooklands site in New Plymouth in March this year.

WOMAD is a celebration of music, arts and dance from around the world for people of all ages. Organisers take particular care to produce activities and entertainments for families and children. With the Kidzone, artist workshops, the Sustainable village, the Human library and international food, this three day event can confidently promise to provide something for everyone – even before considering the remarkable line-up of musicians representing new and traditional musical styles from around the world. Accommodation options include a general camp area, a family camp area, a motor home camp area and this year the very upmarket option of Glamping (Glamour Camping). Where: Pukekura Park, New Plymouth 14-16 March 2014. To find out more visit: www.womad.co.nz

NEW ZEALAND HAS MORE ETHNICITIES THAN THE WORLD HAS COUNTRIES

Information from the New Zealand Census conducted in 2013 is showing some very interesting results. For example, we now have more ethnic groups (213) than the world has countries (196), confirming what a truly diverse nation we have become.

Our five largest ethnic groups are now New Zealand European, Māori, Chinese, Samoan, and Indian, and our smallest include Greenland, Sardinian, and Latin American Creole.

In New Zealand a census is held every five years, and one was due in 2011 – but it was delayed as a result of the Canterbury earthquakes.

This chart shows increases from the top six Asian ethnic groups, which includes an increase of over 200% for Filipino migrants.

New Zealand’s population is now 4.24 million. You can access the QuickStats on cultural diversity at tinguri.com.nz/culturemix, and an interesting infographic of what NZ would look like as a village at tinguri.com/nz/village. For more census details visit Statistics NZ – www.stats.govt.nz

CHRISTCHURCH IN BLOOM

The Ellerslie International Flower Show can easily claim to be the biggest (and best) flower show in Australasia – and a remarkable success story for Christchurch. The Ellerslie International Flower Show began in the Auckland suburb of the same name in 1994, and has since moved twice, growing with each change. It is now an established major event in the regional calendar. From 26 February to 2 March 2014, newcomers to Canterbury will join an expected 40,000 others in North Hagley Park to experience one of the world’s best flower shows and horticultural events. To find out more visit: www.ellerslieflowershow.co.nz
Auckland is a city proud of its ethnic diversity and its international connections.

We embrace the vibrancy this cultural mix and range of perspectives brings to our region and our lifestyle.

More than 40 per cent of Aucklanders are born outside of New Zealand. We are a city of migrants and together we have a shared vision for Auckland. In the past three years, tens of thousands of Aucklanders contributed to the Auckland Plan, the blueprint for the development of our city in the next three decades. A key part of that plan is to be an inclusive city, where everyone feels they belong and can contribute to Auckland’s future.

Auckland Council has ethnic and Pacific people’s advisory panels, and a host of partnerships with community groups, NGOs and central government to support and respond to the needs of our different communities, including new Aucklanders.

We are also a city of events and festivals which give us opportunities to share and celebrate the different cultures that call Auckland home.

Auckland is a city of opportunity, although we have yet to realise its full economic potential. New migrants bring a wealth of talent, experience and international connections, which inject an incomparable energy as we work to make Auckland a more skilled and prosperous economy.

Ours is a great city in a beautiful setting with an ethnic mix that gives it a unique and wonderful flavour. I warmly welcome our new Aucklanders and wish you all the best for your new life here.

Len Brown
Mayor of Auckland
Auckland is home to more than 1.5 million people, representing a third of New Zealand’s total population. Culturally diverse, with more than 180 ethnicities, it also has the largest urban Pacific population in the world.

The city spans an area of 5000 square kilometres and offers a stunning natural environment with beautiful harbours and beaches, many public parks and open spaces combined with a vibrant cosmopolitan centre.

Aucklanderers can choose between a sophisticated urban lifestyle, living in the suburbs or moving a short distance to the countryside to live on a lifestyle block surrounded by farmland and native bush.

Home to a range of entertainment venues, Auckland is a regular stop on any world tour – from rock bands to internationally renowned plays and art exhibitions. Auckland teams are also big players on the international sports scene and spectators have a choice of world-class stadiums in which to enjoy their chosen sport.

The region is a food-lovers’ paradise, bustling with trendy cafes, ethnic eateries and award-winning restaurants. Being located between three harbours, Auckland offers fresh seafood as a speciality, and the region even boasts a range of vineyards and olive groves.

Auckland consistently scores highly in international liveability surveys, ranking third in the Mercer Quality of Living survey in 2012.

The Auckland Council is the largest local government authority in Australasia. It was formed on November 1, 2010 when one regional authority and seven local councils became a single entity.

Auckland is the nation’s economic powerhouse, accounting for 35 per cent of New Zealand’s GDP and 33 per cent of New Zealand’s paid employment.

A comprehensive 10-year economic development strategy adopted in 2012 focuses on the city becoming an internationally competitive, prosperous and sustainable economy. Auckland aims to have a highly skilled, export-driven economy focusing on our internationally competitive sectors: food and beverage, life sciences
(health and biotechnology), information and communications technology, international education, screen and digital, and tourism.

Auckland is also the most educated city in New Zealand, with 37 per cent of the adult population holding a bachelor’s degree or higher. There are more than 60,000 international students here at one time, contributing to Auckland’s multicultural and multilingual diversity.

Just a three-hour flight from Australia, and closer to Asia and parts of Africa than Europe or the US, Auckland is the most connected city in New Zealand. About eight million passengers pass through Auckland International Airport each year. The Airport, served by more than 20 international airlines, was voted the best airport in the Asia-Pacific region in 2013 – for the fifth year running.

The Ports of Auckland are an important part of New Zealand’s international trade industry, giving Auckland sea links to 176 ports, spread across 69 countries worldwide. Auckland is well-connected by road to the rest of the country. New and ongoing investments in public transport, including an integrated ticketing system, are also making it quicker and more convenient to travel throughout the Auckland region.

Auckland is committed to becoming the most liveable city in the world, an inclusive city with a productive, high-value economy. It is a vibrant, dynamic city that offers a great quality of life and a warm welcome to those who choose to make their home here.
A FINE CLIMATE BY THE SEA

Auckland has a coastal climate – moderate without extremes of temperature. It is one of New Zealand’s sunniest regions but also has a high rainfall. New Zealand summer is from December to February, autumn from March to May, winter from June to August and spring from September to November.

SUMMER

In the hottest months, January and February, Auckland’s average daily maximum temperature is about 24 degrees Celsius, and the average minimum is about 15°C.

Annual sunshine hours average about 2060

WINTER

In the coolest months, July and August, Auckland’s average daily maximum temperature is about 15°C and the average minimum is about 8°C.

Annual rainfall is about 1240mm
FAMILY DECISION WORKS OUT RIGHT
The first year in West Auckland was a honeymoon period, the second year was the hardest, but time just flew by. Now, a Manchester family of five all say they can’t believe they’ve been here four years.

It had to be a family decision. Dan Percival and his wife, Jackie Neville, were keen to leave Manchester for a new lifestyle but they had three children to consider. Holidays in Croatia were great but migrating there didn’t seem practical. Canada looked too cold, Australia too big and hot with wildlife that could eat you.

In 2007 the family went to a New Zealand Expo in Manchester. “It seemed just right,” Jackie says. “The scale of the country, similar climate, fantastic scenery and above all, how hospitable everyone was – even the children were impressed.”

A big part of the family discussion centred on a better lifestyle for the children – Jenny, who was 19, Sam, 14, and Charlie, 5. “The thought of all the space and access to sports appealed – without all the political correctness and health and safety rules gone mad that we have in England.”

Jackie and Dan left the children with relatives and made a short visit to Auckland, which seemed the most likely place to find work. Armed with a book on the best places to live in Auckland, they toured in a rented car. While visiting relatives of friends, Jackie and Dan took a stroll on scenic Titirangi beach in Auckland’s western suburbs. They loved the beach and the houses set among native bush.

Back in Manchester, Jackie and Dan found their thoughts turning to Titirangi. After months of sorting out paperwork, they applied for permanent residency under New Zealand’s Skilled Migrant programme, with Jackie, a qualified architect, the principal applicant. The couple considered trying to arrange jobs in advance but in the end just took the plunge.

They sold their house and Dan set off ahead of the family to get accommodation and look for a job. Jackie and the kids packed up, sorted containers, arranged transport for their chocolate Labrador called Millie and cat called Fish, and dealt with last-minute chaos.
In Auckland, Dan felt lost. “Although I was staying with very good friends, I was in pieces. Everything was wrong about the place. The number plates were wrong; the signs were wrong. It rained for seven weeks – what was I doing here?” However, he had rented a house and found part-time work by the time he picked up his family from the airport. The rain stopped and everything began to look up.

A real estate agent and mortgage adviser in England, Dan found New Zealand’s real estate setup did not appeal to him. He decided to switch careers to recruitment. “My skills were about matching people with houses and I felt I would also enjoy matching people to other people – to roles and jobs.”

He found a company prepared to hire someone without experience in the job and without New Zealand experience. Four years later he is in his third job but is happy in recruitment.

Jackie says that, ironically she was one of his first clients. Dan sent her CV to Auckland Airport, leading to her getting a management job similar to the one she had in Manchester. “Once they realised what I was doing at Manchester, they decided that they wanted me.”

One of her projects has been to develop and oversee the running of the premium Emperor Lounge, a quiet refuge for international travellers.

The move to New Zealand brought different challenges for each member of the family. They shifted from one rented house to a second, then bought their own home, making it three moves in one year. Bringing their pets helped them settle but made it harder finding places to rent. At first, most of the friends they made were through the boys’ schools, Dan says. “After that the circle just increases of course and then you get to work and you make new friends there as well.”

“My uncle Paul, who moved to America 20 years earlier, summed it up best for me on Facebook. He said: ‘First it will be horrible, then it will be strange, then it will be okay, then it will be home.’”

– Dan Percival
On balance, Dan feels the whole move has gone well. “My uncle Paul, who moved to America 20 years earlier, summed it up best for me on Facebook. He said: ‘First it will be horrible, then it will be strange, then it will be okay, then it will be home.’”

The family has the kind of home they’ve always wanted but could not have afforded in England, Jackie says. “I love the fact that while we’re still in the city, we’re living out in the bush. We’ve got privacy and a sea view.

“I guess the first year was a bit of a honeymoon period. Neither Dan nor I were working so we had time with the family. It felt like a holiday. Then we were both working and we bought the house. The second year just flew by. But I think it was our hardest year.

Both say their advice to other families considering migrating to New Zealand would be: “Just do it.” “I’d certainly recommend you come with a few pounds and possibly have a month off to just look around,” Dan says.

Dan has visited family in England and some of them have visited Auckland. The kids have no problem staying in touch with old friends on social networks such as Facebook. Jenny, who was distraught when she left her old home, settled quickly and got a job.

Sam says high school in New Zealand opens up a lot of new experiences – especially in sports. “I’ve taken physical education every year so far and this year it’s taken me surfing, rock climbing and snorkelling and to the hot pools in Waipu which is a nice thermal resort.” Charlie had to start school and make new friends all over again. He had been through it in England, where the starting age is four, but in a few weeks he was quickly back on track.

Dan, who had not fished since he was a boy in England has taken up fishing again. Jackie plans to learn to sail. They intend to apply for New Zealand citizenship.

Jenny, 23

“Even if I went and lived in other places for a little while, I’d still come back here I think. This is where I want to be. Manchester is awesome – it’s where I grew up but New Zealand is home now.”

FOUR YEARS AND WHAT A DIFFERENCE

CHARLIE, 9

THEN:
“I felt pretty sad because I had to say goodbye to my friends and it was a very emotional time.”

NOW:
“It’s sunnier here. There are more trees and forest. My favourite thing about New Zealand is that we get more time outside for sports and that sort of thing.”

SAM, 17

THEN:
“When I found out that we were coming to New Zealand, I was 13 years old. My mum and dad told me and I was shocked – I didn’t really know much about the place but it was exciting and I was happy to come on an adventure with my family.”

NOW:
“The best thing about New Zealand, for me, is the sense of freedom that you have as a 17-year-old. You can learn to drive at 16 and get yourself places and go do activities with friends. You can go to the beach which is 10 minutes away. Go kayaking, abseiling, rock climbing. There’s just so much to do. You never get bored.”

JENNY, 23

THEN:
“When we left England, I had started uni, made a load of new friends and really enjoyed what I was doing – and I had a boyfriend. All those fun things you do when you’re 19.

“I cried all the way to the airport, all the way on the plane and for about the first three days here as well. I think my Mum was ready to pack me up and send me back home.”

NOW:
“Even if I went and lived in other places for a little while, I’d still come back here I think. This is where I want to be. Manchester is awesome – it’s where I grew up but New Zealand is home now.”
Auckland International Airport Ltd knows that when hiring employees from overseas, the process is harder and slower than hiring local people but well worth the trouble.

Manager for retail at Auckland Airport Paul Divers says the newcomers usually bring experience that many people in New Zealand can’t bring, and that is valuable, particularly in an airport environment. Auckland is New Zealand’s biggest airport, handling more than 14 million passengers a year.

When airport managers saw Jackie Neville’s CV they knew she had the relevant experience, Paul says. When they got to meet her they knew instantly that she would be a good fit with their team. “It was the approach and passion Jackie clearly had for her work”.

Paul says that the biggest differences he has found with hiring people from overseas have been the interview process and the time it takes. “In many cases, we’re having to interview people by video conference or Skype – but that really isn’t too difficult.

“It might take longer to find someone from overseas, but if they’re the right person, with the right experience, it’s worth the wait.”

Jackie’s experience was from a similar role “looking after passenger experience at Manchester Airport”.

Paul is a migrant from the UK himself, having married a Kiwi after a working holiday in New Zealand 20 years ago. He says the most important thing for overseas people coming to a job is settling in.

“We want them to feel settled as early as possible. There’s a lot of dialogue before they arrive in the country. I feel it’s important to know they have family or friends – Some form of network that they’re going to arrive into.”

He has found online Immigration New Zealand advice helpful. The Immigration Guide for Employers has good information. “It’s useful not just to an employer but also for people looking to migrate here.”

For employers, he says, it’s important to be open-minded about the process. The most important thing is to engage with the newcomers early, and be aware of what steps need to be taken when they arrive so they can settle as quickly as possible and become effective in their work.”
FROM TEENAGE STUDENT TO SUCCESSFUL RESIDENT

Successful Chinese migrant Monica Mu looks back at a journey of study and work that brought her to a new life in Auckland.
Monica Mu chose to study in New Zealand because it was an English-speaking country and the exchange rate was favourable at the time. An agency that assisted her student application recommended Auckland as New Zealand’s biggest city.

It was 2002 when Monica arrived from Dalian in China on a student visa. The first steps for the teenage newcomer were a three-month English language course, and a one-year foundation course to prepare herself for university studies.

Student visas allow part-time work and Monica found jobs by walking into restaurants and asking. “I pretty much did whatever jobs I could get. I did some waitressing, I did some language teaching for senior citizen Chinese here in New Zealand and I did some volunteer work.”

Monica opted for a psychology degree at Auckland University and after graduating, was initially given a six-month visa to look for work. She used mainstream sources such as websites Seek and Trade Me “just like everyone else,” to look for work, she says.

“I also went around letter-dropping and cold-calling. You have to be proactive and take the initial step. Once you overcome your fear, employers appreciate you for your personality and the way you interact with people. They also give you a lot of credit, seeing you with your CV prepared.”

A New Zealand policy change extended her visa to a year, and Monica found a job in the second half of that year. At a job expo she made contacts that led to her first full-time job – in community mental health. “I found it very difficult at first but I loved every minute of it,” she says.

Among the challenges she faced, was learning about the working culture in New Zealand and adjusting. She feels that at university she focused too much on gaining her degree when she could have connected more with other students and expanded her network, which would have helped afterwards.

Monica feels lucky she was able to find an employer who was happy to assist her with her residency application, writing a supporting letter and confirming her job offer. This support gained her a further two-year work visa and paved the way for gaining residence.

After three and a half years she went back to university to get her post graduate qualification in public health, “because I wanted to work with people before they became sick”.

Monica found the process of applying for and gaining New Zealand residency straightforward. There were no obstacles or hidden costs, and once she had presented all the required documents it was just a matter of time, she says. Her advice to anyone seeking residency after following the study-work pathway is simply to read the immigration policy carefully, study the forms and make sure you have all the information that’s needed.
Monica now works for Auckland Council as a community development facilitator, managing programmes and projects for community groups. She also fits sport—especially tennis and badminton—and volunteer work into a busy lifestyle.

She was the MC at both the Auckland Lantern Festival and Chinese New Year Market Day and is Auckland secretary of the New Zealand Chinese Association, which represents the interests of both long-established and new Chinese migrant groups.

Monica’s role with the association includes helping to run events and leadership programmes for young Chinese. A Chinese young professionals’ network, The Future Dragonz, grew out of this, offering social networking and learning opportunities for local and overseas-born Chinese.

Monica was also the organiser of the dragon dance for the opening ceremony of the Taniwha Dragon Festival early this year. The festival celebrates and encourages cultural and business relationships between the Maori and Chinese communities.

In 2013, Monica gained residency for her parents who have now moved to New Zealand. She is enjoying the challenge of helping them settle. “I knew it wouldn’t be easy because they don’t speak much English and have their own set ways of living.” She started by showing them around Auckland and “trying to expose them to as much Kiwi culture as possible”.

**WORKING AFTER STUDY**

New Zealand’s immigration policies include a Post-study work pathway for international students who have achieved a New Zealand qualification. This provides the opportunity to gain work experience in a field directly related to the studies.

The pathway provides two visa options:

- **Post-study work visa (Open)** - this visa gives you up to 12 months to get a job in a field related to your studies. While you are looking for a job in your field you are allowed to work in any job to support yourself.

- **Post-study work visa (employer assisted)** - this visa lets you stay in New Zealand to gain work experience in your field of study for a further two years (or three years if work experience is required as part of a professional registration). This visa relates to a specific job with a specific employer.

If you have a job offer relevant to your studies when you graduate you can apply directly for the employer assisted Post-study work visa (you don’t need to have an open Post-study work visa first).

After your Post-study work visa you may have sufficient New Zealand work experience to apply for a New Zealand resident visa. If your work is in an occupation that has skill shortages, then this improves your chances of being allowed to stay, either with work visas or residence.

Whatever visa you apply for, you’ll need to meet New Zealand’s health and character requirements.
BEACHES, BARBIES
AND A NEW LIFESTYLE

London professionals Nick Mackeson-Smith and his wife, Helen, arrived in New Zealand with their two children on Mother’s Day 2013. It was an appropriate start, the couple say, because parenthood was the main reason for their move. Arriving to a Mother’s Day in May, not before Easter as it is in Britain, was a reminder that things are done differently in New Zealand.
Helen is a Kiwi but she had been away for 10 years – one of those working holidays that grow into much more. Nick’s only experience of Kiwi life was their dream wedding and honeymoon on Waiheke Island. “It was the middle of summer, the weather was perfect, we were deliriously happy and we had barbecues on our deck at the beach with our friends every day.”

Those memories made the decision to migrate even easier, says Nick, who is originally from Norwich. His family in Britain were all supportive. His brothers and sister had travelled around NZ with their families, and he had childhood memories of home movies showing his parents whale watching, and visiting a marae in New Zealand.

Now, in Auckland, Nick and Helen are at “the next stage in life”. Helen works in human resources for a technology company. Nick, a learning and development consultant with over 10 years’ experience at some of the world’s leading financial services firms, is establishing a business. He is currently on a 12-month contract with Auckland Council.

The Auckland lifestyle allows more time together as a family and more time for things like trips to the beach. Nick plays the drums in a funk band and has a passion for music. He’s also a Reiki master and loves soccer, barbecues and travel. Helen is keen on reading and travel. “Working hard is easy,” Nick says. “Discovering what the right thing to work hard on can be tricky. Many people get stuck in their day-to-day and don’t see what will truly make them happy.”

Nick and Helen’s first child, Ethan was almost two when their second, Harry, was born in October 2012. They decided soon afterwards that it was time to move to New Zealand. London didn’t offer the same space, quality of life, outdoors focus, safety, quality of education, affordability of homes, or work-life balance prospects.

Helen and the boys have Kiwi passports, making it easy for Nick to get a permanent resident’s visa.

“Still, there is a lot to plan and the physical act of moving out here is no different – regardless of what visa you are on,” he says.

“Having lived in the UK for my whole life, my knowledge of living overseas was really limited, so I felt it important to prepare.” He talked to Helen and Kiwi friends and searched the Internet for information on New Zealand history, Maori culture, what types of cars people drive, the cost of electricity – everything he could think of. “It’s nothing like England, and that’s largely a good thing.”

“Don’t be lulled into thinking that it’s like England but warmer. It's nothing like England, and that's largely a good thing.”
“Use the tools that the Government has created such as NZ Ready and you’ll save yourself a lot of time.”
can be quite overwhelming, but I think if you can be methodical about it, it’s actually quite exciting learning about your future home and what to expect.”

There was a huge amount to do but the information available from Immigration New Zealand and other government agencies convinced Nick that he and Helen could handle it themselves. He says “Use the tools that the Government have created such as NZ Ready and you’ll save yourself a lot of time. Do your research early. Take time to prepare things, and think really carefully about what you are leaving behind versus what you are getting. Some things are much better. Some things are different from what you’ll be used to. Don’t be lulled into thinking that it’s like England but warmer. It’s nothing like England, and that’s largely a good thing.”

While preparing, the couple talked to Ethan a lot about their move so he was looking forward to it. Nick resigned from his job, gave notice to the landlord and started to arrange the move with a shipping company and booked the flights, including a holiday on the way, before his visa came through in March.

When the family arrived in Auckland it was winter. “Hardly,” Nick says. “It’s more like a UK autumn, and I was wearing shorts and T-shirts most of the time.

“We have loved every day since,” Nick says. “People are generally much friendlier, it doesn’t take half of your day commuting somewhere. Food is fresher and better, service is great in restaurants. Everything is so close, and you find yourself packing much more into the day. People have been welcoming – keen to help me set up life here. People are proud to be New Zealanders, and genuinely want to help people embrace their culture and integrate quickly and smoothly. It’s a massive help.”

There were also some surprises and disappointments. Power bills were much higher than Nick and Helen expected. Auckland house prices appeared over-inflated. Aucklanders seemed over-reliant on a motorway through the centre of town, while the rail network was poorly used. Despite that, Nick was surprised how easy it was to get around in Auckland. He was also surprised and impressed at how easy it was to get a tax number and sort out medical, insurance and bank matters. “In a country with a lot fewer people than the UK, it’s a really pleasant surprise when things are efficient and work quickly.”

Nick is still missing friends and family in Britain but says Ethan and Harry have never been happier. Both go to kindergarten. “I am really pleased that we made the move. We have a bigger house with a garden and room to breathe.” Helen’s mum lives nearby and there are friends just a five-minute drive away. Now, after experiencing what Auckland has to offer, Nick and Helen are looking forward to buying a house.
The quest for work in Auckland has been long and tough for IT professionals Asmita Akolkar and Pradeep Bokil from Mumbai. Despite good qualifications and international work experience, a lot of their time in Auckland has been spent battling barriers that many migrants face.

For Asmita and Pradeep, the biggest of these barriers has been the reluctance of New Zealand employers to take on staff without New Zealand experience. The key to breaking through has been patience, hard work and support from Auckland Regional Migrant Services, ARMS.

Their journey started when Asmita and Pradeep were working in Kuala Lumpur not long after they were married. “We enjoyed our lifestyle in Malaysia but we were interested in coming to New Zealand – exploring the other side of the world,” Asmita says. Work-life balance was the main attraction. She also had cousins living in New Zealand who recommended the lifestyle.

The couple decided to try for residency under Immigration New Zealand’s Skilled Migrant Category. They filled out the Expression of Interest form and were sent an Invitation to Apply. An Indian couple who were granted residency because of their qualifications but struggled for nearly a year after arriving in New Zealand feel they are on the edge of making their dreams come true.
to Apply but they put the process on hold because of the global economic crisis. Still keen after more than a year’s delay, they completed their application. Asmita and Pradeep were called to Immigration New Zealand’s office in Delhi where a staff member interviewed them, assessing their English language skills and checking their plans. By the time residency was approved, the process had taken nearly three years.

A visit to Christchurch was the couple’s first taste of New Zealand. It was 2011, not long after the city was devastated by earthquakes and Asmita and Pradeep found the slowly recovering city strangely quiet. They decided Auckland was the place for them. “There is more business, more opportunity and the climate is more moderate. Weather is a concern for people not used to cold winters.”

They arrived in Auckland near the end of 2012 and stayed in a hotel while looking for rental accommodation. This was harder than expected because businesses were closing for the Christmas break. But the couple liked Auckland. “When you go out you see a lot of Indian faces – and a lot of other nationalities as well. It was heartening to know that we were among a lot of people who were making a similar journey.”

The cost of living seemed expensive in Auckland, especially for a couple living on their savings. Rent, food and electricity all cost more than they had expected. “But settling was not difficult. Organising tax numbers, internet access, phones and banking were straightforward – probably quicker than they would be in India. Cooking ingredients were no problem as Auckland has many Asian food shops.

With experience working for American companies in Asia, Asmita and Pradeep felt confident about finding work but were soon disappointed. “People were friendly but when we started trying for jobs we found we were absolute newcomers – there were huge barriers,” Asmita says. “I was very disheartened in the first few months.”

Applying for jobs that she was qualified for and confident she could handle, Asmita was rejected without even an interview. “We started thinking about this – and decided we had to do something to get New Zealand work experience.”

“Friends and relatives told us about seminars and training for migrants, run by ARMS and the Auckland Chamber of Commerce.” The help available through ARMS included the services of Settlement Support New Zealand.

“There was every sort of workshop for newcomers. We started attending them – getting to know more about the job search process, applications, CV writing, how the New Zealand market works, especially the IT market. We started fine-tuning our CVs so they would be better understood here in New Zealand.”

The days were very long and stressful, Asmita says. The couple would usually begin with morning workshops.

“We decided we had to do something to get New Zealand work experience.”
“We had no spare time. We would see the other people going out and enjoying the summer but we concentrated on applying for jobs and learning how to survive here.”

They would then prepare CVs and cover letters, then attend more workshops in the evening and get home late at night. They also spent hours searching the internet for jobs and sending in applications. Cover letters were new to them. In India, it was normal to send only your CV when applying.

“We had no spare time. We would see other people going out and enjoying the summer but we concentrated on applying for jobs and learning how to survive here.”

When they do have time for leisure, Asmita and Pradeep enjoy growing vegetables and flowers in their garden and walking nature trails.

With a background in communications, Asmita enjoyed writing tailored CVs and cover letters even though it became monotonous. She says she could imagine how hard it was for other migrants who were not proficient in English and had no writing background yet had to face these same challenges.

Asmita and Pradeep were also trying to gain New Zealand workplace experience by volunteering. This was also a strange concept. “Working for free was not something we knew about in our home country.” They applied at a lot of places but were rejected, even for volunteer work. Finding a position was made harder because Asmita wanted something related to her career, rather than general workplace experience.

She discovered that ARMS had a communication and marketing function and applied for a volunteer position. After an interview, she began working with a co-ordinator. Asmita, who was used to technical writing, had to adjust to a more creative style. “We prepared lot of communication material, marketing material, newsletters, media...
publications, human stories, conversational journalism and volunteering profiles.”

Asmita suggested ARMS could improve the way it worked if it standardised some processes. “I actually prepared workplace user manuals for them.”

The volunteering experience was rewarding and she also met a lot of other new migrants. “We shared a lot of experiences, we got to connect.” The newcomers talked about the things they liked in New Zealand and things they found difficult, including the weather and the job market.

Volunteers were able to attend workshops at subsidised prices, which was a great bonus for newcomers, Asmita says. She did the Treaty of Waitangi workshop, a study of New Zealand’s founding document.

ARMS also provided a travel allowance. “Mine was $7 a day – exactly my bus fare. It was great, because when you’re new and you’re struggling to get a job, you don’t mind going in for free but if the travel is paid for, it’s less of a burden.”

Best of all, ARMS provided a reference to go with the workplace experience. “It was important because most New Zealand employers would like you to have a New Zealand reference.”

A chance for paid work came up at Lion Breweries in Auckland. Asmita was interviewed and although she did not get that job, she was called back for another interview in a different department. The company’s background checks included talking to Asmita’s co-ordinator at ARMS, who provided a reference. This led to a four-month contract.

Asmita is looking forward to new jobs and challenges particularly in the advanced high-tech field.

“I will miss coming to the ARMS office and meeting my mentors and new friends”.

Pradeep whose interests include farming, agriculture, wine-making and outdoor activities, has enrolled in a horticulture course.

Asmita’s advice to people thinking of coming to New Zealand is to start by getting as much information as possible. Be open and honest in your application and officials will help you, she says. Be patient and come here with some savings.

“We didn’t know New Zealand work experience would be so important. Find out about it and the ways you can get it. But New Zealand is a great place, the people are lovely. At work they are very helpful. I really like the way we greet people at work: ‘How may I help you?’ ”

▪
Migrants are a key ingredient in the future success of Auckland and all of New Zealand, so it’s important new migrants are given support to settle well and stay.

Settlement Support New Zealand (SSNZ) is a nationwide network of offices funded with central government support, providing a first point of contact for all new migrants. SSNZ offers brochures, guides, magazines and other information resources, and access to networking meetings and workshops, employment and language-related assistance — and the reassurance of knowing you’re being pointed in the right direction.

In Auckland SSNZ operates in four areas — SSNZ Waitakere and SSNZ North Shore (run by Auckland Council), and SSNZ Manukau and the Auckland city office which are run by the Auckland Regional Migrant Settlers trust (ARMS).

If you are planning on coming to, or have recently arrived in Auckland, make contacting SSNZ one of the first things you do.

Contact details for the National office and all our regional co-ordinators are on the inside back cover of every issue of LINKZ.
E
E is used in front of a verb or “doing word” one or two syllables long:
E noho
Sit
E tū
Stand
E mahi
Work
E moe
Go to sleep

LONG WORDS
The word stands alone if the verb or “doing word” is longer than two syllables:
Haere
Go
Āwhina
Help
Turituri
Be quiet
Whakarongo
Listen

COMBINING WITH NAMES
The same rule applies when using a personal name:
E Hone, haere
John, go
Wiremu, e tū
William, stand up
E Mere, whakarongo
Mary, listen
Mākere, tautoko
Margaret, give support

KIA
Kia expresses a command as a desired goal
Kia tere
Be quick
Kia tūpato
Be careful

MAI AND ATU
Mai and atu add directional clarity:
Hūhana, whakarongo mai
Susan, listen to me
E Hemi, haere atu
James, go away

MĀ
Mā can be added when giving commands to groups:
Kōtiro mā, piki mai
Girls, climb up here
E tama mā, kia tūpato
Boys, be careful
( or be respectful)
Whakarongo tamariki mā
Children, listen

Try some of these with your friends and whānau. Borrow a Māori dictionary and look up other command words and names in Māori. Kia pai tō mahi (have fun).
The Māori name for Auckland, Tāmaki Makaurau, translates as Tāmaki of a hundred lovers, highlighting how this resource-rich area joining multiple trade routes encouraged a complex tribal landscape.

ANCESTRAL CANOES AND TRADE ROUTES
Many Māori on the ancestral canoes that settled Aotearoa landed in Auckland, including Matawhaorua, Aotea, Mataatua, Tainui, Te Arawa, Tākitimu, Tokomaru, Te Wakatūwhenua and Te Moekākara, and many of their descendants live there today.

TE WAI-O-HUA (THE WATERS OF HUA)
To the Te Arawa tribe, the northern harbour is Te Wai-te-matō (Obsidian Waters), while Ngā Puhī call it Te Wai-o-te-mate (the Waters of Death). For Te Arawa the southern harbour is Mānuka (the Implanted Post), while Tainui call it Te Mānukanuka-o-Hoturoa (the Troublesome Sandbanks/Waters of Hoturoa). More generally this harbour is known as the Manukau (Settling Birds) because of the migratory birds that arrive there each summer.

NGĀ IWI (THE TRIBES)
Northern Coast
The Ngāti Wai, Ngāti Manuhiria and Ngāti Rēhua tribes span the coastline from Cape Brett south through Auckland and out to Great Barrier Island.

The Marutūahu Confederation (East Auckland – Waiheke)
The Hauraki Gulf-Coromandel Peninsula Marutūahu tribal confederation, the descendants of the Waikato ancestors Marutūahu and Pōāa, traditionally dominated the eastern parts of Auckland, the Hūnua Ranges and Waiheke Island north to the Whangaparāoa Peninsula.

Ngāi Tai (East and South Auckland)
Ngāi Tai at Maraetai descend from the Tainui canoe settlers and were once part of an extensive coastal trading network between Auckland, the Coromandel and Bay of Plenty to Tārere Bay where another Ngāi Tai tribe lives today.
Ngāti Whātua-o-Ōrākei (Central Auckland)
The Ngāti Whātua-o-Ōrākei tribe are from a wider grouping of Kaipara Harbour and Waipoua Forest peoples who occupied central Auckland during the mid-eighteenth century under the chiefs Wahaakiaki and Tūperiri.

Te Kowerau-a-Moki (West Auckland)
Te Kowerau-a-Moki, one of the oldest tribes in Tāmaki, take their name from the ancestor Moki who migrated from the Tainui and Taranaki regions taking control of much of the land between Tāmaki and the Kaipara Harbour.

Te Aki Tai and Te Wai-o-Hua (South Auckland)
Te Aki Tai sub-tribe take their name from the ancestor Hautau whose body was dashed (aki) upon rocks after he drowned off Pūponga Point on the Manukau Harbour. Te Ahiwaru is a related group.

Ngāti Tamaoho (South Auckland)
Ngāti Tamaoho is part of the Waikato-Tainui confederation of tribes around Hamilton. Their illustrious ancestors include Pāpaka and the chieftainess Mārama from the Tainui canoe. Their lands formerly included Drury, Papa-kura and the shores of the Manukau Harbour.

Ngāti Te Ata (South Auckland)
Ngāti Te Ata, sometimes known as Te Ruokaiwhare after the taniwha (guardian) protecting Manukau Harbour, once occupied the area around Waiuku, the Awhitū Peninsula, Huia and the Waitākere Ranges. The tribe is named from the chieftainess, Te Ata-i-rehia, a granddaughter of Hua Koiwaka.

HISTORY TO TODAY
The Auckland tribes steadily lost land after the arrival of Europeans through several unfair transactions over more than one hundred years. Some lost nearly all their land, and in the 1950’s the Ngāti Whātua settlement at Ōkahu Bay was burned to the ground.

Today several legal settlements have addressed these injustices and on January 1, 2000 Ngāti Whātua paddled their tribal canoe into Ōkahu Bay to a welcome from 50,000 Aucklanders - showing that patience and time can heal all wounds.

The tribes now play an important part in the social, cultural, political and economic life of Auckland our largest city, particularly through the Māori Statutory Board.

WHAKATAUKI:
Reflecting the cultural diversity of New Zealand so well expressed in Auckland:
Ko tātou nei; tokotahi te motu, tokorua ngā āhua tāngata, e honohono ana i Te Tiriti o Waitangi.

We are one nation composed of two peoples and many cultures forged by a partnership under the Treaty of Waitangi.

The Pied Cormorant is one of the species for which Auckland’s western harbour was named Manukau (settling birds).
– photo: Andy Edwards
THE VOLCANIC PĀ OF AUCKLAND

BY PROF. RAWIRI TAONUI

RŪAUMOKO

Māori mythology holds that Ranginui (Skyfather) and Papatūānuku (Earthmother) were separated by their son Tāne Mahuta (God of the Forests). After the separation, Tāne and his siblings Tangaroa (God of the Oceans), Tūmatauenga (God of Humankind), Rongomatāne (God of Cultivated Foods) and Haumiatiketike (God of Wild Foods) turned their mother over. Rūaumoko, her youngest child, who was still suckling on her breast, became trapped in the underworld from where he takes revenge on the descendants of his brothers through earthquakes and volcanoes.

THE AUCKLAND VOLCANIC FIELD

The multiple volcanic cones on the Auckland isthmus are the work of Rūaumoko and other mystical beings. One oral tradition says the volcanic cones were created when the wife of the deity, Mataaho, who lived in Te Ipu-a-Mataaho (the Bowl of Mataaho – the crater on Mt Eden) left him, taking all his clothes. Mataaho called on the goddess of fire, Mahuika, who sent flame across the isthmus to warm him forming ngā Huinga-a-Mataaho (the gathered Volcanoes of Mataaho). Another legend says the cones were created when opposing tribes of the mystical Patupaiarehe from the Hūnua Ranges in the east and the Waitākere Ranges in the west fought for possession of Auckland.

VOLCANIC PĀ

While Māori were cautious about Rūaumoko, they also took advantage of the volcanic cones to build several pā which were fortified with palisades, terraces for housing, underground food storage pits and extensive stone walled gardens on surrounding land the remains of which can be seen today. Many cones were named after different ancestors such as Ōwartiraka (Mt Albert), Maunga Reipae (Mt Wellington) and Ōtāhuhu (Mt Richmond). The most extensive traditional constructions are seen on Maunga Kiekie (One Tree Hill), Maunga Whau (Mt Eden), Mangere (Mt Mangere). The ancestor Titahi constructed the elaborate housing terraces on Maunga Kiekie, which were called Ngā Whakairo-o-Titahi (the Carvings of Titahi). This pā was surrounded on all sides by large stone gardens. Some of the finest gardens ran south along the shores of the Manukau Harbour from Maunga Taketake, which once stood on what is now the runway at Auckland Airport.
Outdoor lifestyle and leisure activities may be among New Zealand’s greatest attractions – but with the summer comes added risk from the sun.

With clear skies, low pollution and the ozone hole over the Antarctic, New Zealand has some of the world’s highest rates of ultraviolet (UV) radiation which causes skin cancers, including the most dangerous form, melanoma.

The sun doesn’t need to be shining brightly for you to need protection. UV can damage your skin, even when the day is cool and cloudy. As well as cancer, UV can cause premature skin ageing and wrinkles.

It’s not hard to be SunSmart. There’s plenty of information available from The Melanoma Foundation which works with SunSmart and the Cancer Society to increase understanding and help people protect themselves.

Advice includes: seek the protection of shade; don’t allow yourself to get sunburnt - and never let a child get sunburnt – a child’s sunburn could lead to melanoma later in life. Be very careful with babies.

SLIP, SLOP, SLAP AND WRAP

To be safe, particularly between September and April, from 10am till 4pm when the sun’s UV rays are strongest:

- **Slip** on sun-protective clothing that covers as much skin as possible
- **Slop** on SPF30+ sunscreen that is broad spectrum and water resistant
  Put it on 20 minutes before you go outdoors and re-apply every two hours. Sunscreen should never be used as the only protection or to extend the time spent in the sun

- **Slap** on a hat that protects the face, head, neck and ears
- **Wrap** on sunglasses that meet the Australian/NZ standard.

FACTS ABOUT MELANOMA

Melanoma is the cause of most skin cancer deaths. New Zealand and Australia have the highest skin cancer rates in the world. About as many New Zealanders die each year from melanoma as die on our roads.

Melanoma can spread rapidly and can be life-threatening if left untreated. It is the fourth most common cancer in New Zealand, with more than 2000 new cases each year.

Most melanomas are caused by exposure to UV radiation in sunlight. Use of sun beds increases the risk.

Sunburn in childhood increases risk of melanoma in later life.

There is a greater risk of melanoma with high doses of sun exposure occasionally (e.g., during holiday and recreational activities) than with more continuous sun exposure (e.g., daily work outdoors).

For more information see:

sunsmart.org.nz

www.cancernz.org.nz/reducing-your-cancer-risk/sunsmart
NEW KIWIS
MAKES THE RIGHT CONNECTIONS

More than half of all newcomers to New Zealand settle in Auckland. The New Kiwis online recruitment service helps skilled migrants find the right jobs and employers tap into a pool of new talent.

It’s not unusual that newcomers find out that getting a job in New Zealand is harder than they expected. The good news is www.newkiwis.co.nz may be able to help.

Funded by Immigration New Zealand, New Kiwis is a free service that connects new Kiwi job-seekers (including returning Kiwis) to businesses, promoting job seekers’ skills and experience to employers who are looking to grow their businesses.

Anyone who is about to move to or has recently arrived in New Zealand with a residence visa, can register and post their CV on the New Kiwis website.

Employers can search the online database for the skills they need, assess the CVs and contact the jobseekers immediately.

New Kiwis is run by the Auckland Chamber of Commerce, who also promote the service to other Chambers of Commerce throughout the country, connecting job-seekers and employers seeking the skills.

Anyone in Auckland who registers with New Kiwis can also access one-on-one coaching, and free courses - both online and in group sessions – to learn more about the New Zealand business environment, tips on creating a Kiwi-style CV and cover letter, interview preparation skills and job searching strategies.

An increasing number of employers are aware of the value of hiring people with international skills and experience, and will look to New Kiwis as a resource to help find specialist knowledge and expertise.

New Kiwis has also presence on LinkedIn and Facebook, posting jobs as they become available and discussing the latest trends in job searching and motivation. In addition, New Kiwis profile and promote ‘star’ candidates with specific skills through employer groups on LinkedIn, and facilitate further information sharing.

See: www.newkiwis.co.nz
Multinational company, First Assistance, needed an Auckland-based Mandarin-speaking medical assistance assessor. Bin Gong, from China, was qualified but it took help from New Kiwis for him to demonstrate that he was the man for the job.

First Assistance felt that just advertising online would be unlikely to capture the right candidates for the job, so they approached New Kiwis for advice and assistance. Human resources adviser, Tala Walding, says First Assistance loved the service. “I thought it was seamless and professional.”

The New Kiwis team at the Auckland Chamber of Commerce identified candidates who had all the necessary qualities and were keen and enthusiastic about the opportunity.

Bin Gong had been in New Zealand for just a few weeks, and was not confident about how to find a job, or how to approach interviews. He saw New Kiwis on the Immigration New Zealand website and registered, and then attended a two and a half-day New Kiwi Career Success programme.

Bin says, “I became more confident and aware of more channels for job-searching.” With his CV also up on the New Kiwis website, this laid a foundation for success.

New Kiwis’ employer and migrant liaison, Val Maskell, spotted the First Assistance job vacancy and put Bin forward as an applicant. She also offered Bin help with interview preparation.

Val went through the job description with Bin, and discussed possible interview questions he might have to answer, and encouraged and worked with him to reduce his nervousness.

Bin practised his replies and researched the company, and became more confident. This preparation paid off, getting him through the initial interview, to psychometric tests and a second interview, and finally the job.

“I would definitely recommend the New Kiwis service to other migrants. It makes new Kiwis better prepared for the New Zealand job market. The New Kiwis team at the Chamber are really helpful.”

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**NEW KIWIS WEBSITE SUCCESS**

400–450 average CV downloads per month

More than 4000 employers registered on the database

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**RIGHT ONE FOR THE JOB**

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When we buy something we also buy any waste associated with it. We are all responsible for our waste, it starts with us and ends with us.

Not all waste can be recycled. A lot goes into landfills or strays into the environment. On another hand, three quarters of the waste that is sent to landfill is recoverable.

New Zealand’s biggest city is leading the way after projections suggesting that if action is not taken, the amount of waste going into Auckland landfills could almost double to three million tonnes a year within 10 years. This has prompted Auckland Council to adopt a zero-waste policy; to achieve zero-waste status by 2040. Many other councils around New Zealand are following the suit.

Throughout the country waste items are catalogued according to whether they are fully or partially recyclable, or are not at all. All Kiwis are encouraged to check if their local council and recyclable waste collectors accept all materials – as some may refuse certain plastics. Rules and regulations, along with what materials are recycled, vary throughout New Zealand. A list of councils and details of recycling in your area can be found on www.recycle.co.nz.

Glass, aluminium and steel containers are the easiest to recycle – they can be reused without new minerals being mined.

Clean paper and cardboard recycling is also relatively easy and means fewer trees are felled.

Not all plastics are recycled. Some are contaminated with food waste and cost more to be recycled. Some are considered not worth recycling.

The biggest problem caused by not recycling is damage to the environment. Plastic bottles, plastic bags, metal cans, glass bottles all left lying around can wreak havoc for many years. Stray plastics are a huge problem, they never go away.
To protect its 100% Pure international brand, New Zealand is working towards catching up with recycling measures used in countries such as the UK, Australia, Germany, Spain and France. In some countries, higher landfill levies are imposed to reduce waste going to landfills. It costs 15 times more to send waste to landfills in the UK, for example, than it does in New Zealand.

For more details on recycling in New Zealand and Auckland recycling initiatives, see: www.recycle.co.nz and www.reclaim.co.nz

HOW YOU CAN HELP

Choose products without packaging or with small amounts of recyclable packaging. Say no to plastic bags. If you cannot find a local recycling bin do not place packaging in a rubbish bin. Take it home and use the systems set up by your local council. Be aware of what can be recycled in your area.

WHY ARE LANDFILLS A PROBLEM?

Decomposing organic waste generates a greenhouse gas called methane and many chemically treated materials generate leachates. Leachates are produced when water and other liquids pick up heavy metals and decomposing organic wastes. Uncollected leachate can contaminate groundwater and soil. Hazardous wastes can persist in the environment and enter the food chain, harming future generations.

Methane is 25 times more damaging to the environment than carbon dioxide. Past studies in New Zealand have found thousands of potentially contaminated sites, including more than 700 landfill sites. About 1500 were potentially a high risk to human health or the environment.

GLOBAL PICTURE

“We are living as if we have an extra planet at our disposal”

The latest Living Planet report by the WWF published in 2012, reports that globally, we are all overshooting the planet’s resources by nearly half a planet. That is, at our present rates of production and consumption, we are using the equivalent of 1.5 earths to meet our annual demands. If business as usual continues, trends show that the equivalent of two planets will be needed by 2030.

High-income countries have an ecological footprint five times that of developing (low-income) countries. The earth can viably reproduce renewable resources (including cropland, grazing land, forests and fisheries) for the current population if humans keep their demands at 1.8 global hectares (gha) per person. The Living Planet Report lists global footprints for New Zealand, 4.31 gha per person, Europe 4.72, Australia 6.68 and North America 7.12. The average footprint of African countries at 1.45 gha per person.

Approximately 93 per cent of the materials we use never end up in saleable products but are discarded during the production process; approximately 80 per cent of what we produce is discarded after a single use.
All children aged three-to-five years can go to early childhood education (ECE) services for six hours a day, up to 20 hours a week at no cost. The children do not have to be New Zealand residents or citizens – they are eligible regardless of their family’s income, ethnicity, work status, or immigration status.

The Government funds the 20 Hours ECE programme because it believes that giving children the best start in life is important, and that quality ECE builds the foundations of successful learning.

By reducing the cost to families, 20 Hours ECE encourages parents to enrol children. It can also give parents time for work or study. Parents who are newcomers to New Zealand find ECE opens valuable opportunities to meet people and make connections.

Preschool education is not compulsory. The 20 Hours ECE starts when a child turns three and finishes when school begins. It is compulsory for children to start school by their sixth birthday.

Enjoying education at an early age can make a big difference to how they approach learning for the rest of their life.

EARLY CHILDHOOD EDUCATION

Preschool education is popular in New Zealand, helping children to start school at the age of five.
The programme applies to all teacher-led ECE services, kōhanga reo and Playcentres. However, it is up to individual ECE centres whether they offer 20 hours ECE or not. Parents should check.

ECE services cannot charge fees for the hours children attend in the 20 Hours ECE programmes, but can charge fees for extra hours that children attend. They may also charge optional fees for extra services.

**LETTING GO**
It may take time for your child to settle in at ECE, and parents can visit ECE several times with their children before leaving them alone at ECE. Let the child know that you are going, say goodbye and leave. It can be confusing for the child if you stay to see if they are settling. It may help if you come to pick up the child a little early, so they do not feel forgotten when they see other children being picked up. Staff will be happy to help you.

**MAKING THE BEST CHOICE**
With a range of early childhood education available, choosing the best option for you can be a challenge. A good place to start is the New Zealand Childcare Association [www.nzchildcare.ac.nz](http://www.nzchildcare.ac.nz). Ask friends and neighbours about local ECE centres. You are welcome to visit centres. Most centres will have an information sheet and you can see reports from the Education Review Office (ERO), the New Zealand Government agency that evaluates schools and early childhood services. Think about what the atmosphere is like, how the staff relate to the children, whether food is provided for children, costs, activities and location.

**OPTIONS**
- **Kindergarten:** A service for two-and-a-half to five-year-olds. Usually, qualified teachers run morning sessions for the older children and afternoon sessions for younger ones.
- **Playcentre:** A co-operative organised by parents. Children can attend up to five times a week. Parents can attend training courses and gain qualifications.
- **Childcare centre:** Often open for longer hours than other preschool centres. They usually charge fees. Centres are licensed by Early Child Development and teach the state curriculum.
- **Playgroups:** Play programmes for children and an opportunity for parents to meet. They can be more casual than other services and do not always get government funding.
- **Pacific Islands Playgroups:** Usually part of a church or community group, these integrate Pasifika languages and culture.
- **Kohanga reo:** Childcare centres in which Maori language is used and Maori customs taught. Some charge fees.
- **Home-based care:** Includes options, such as Barnardos and private nanny services. Home-based caregivers are monitored to ensure children are safe and well cared for. Fees are charged.
- **Correspondence School:** Programmes for three-to-five-year-olds unable to attend a preschool centre because of geographical isolation, illness or disability.

**TEACHER-LED ECE SERVICES:**
Teacher-led ECE services are ones where qualified teachers are responsible for the programme. Several ECE services are led by teachers, ranging from kindergartens to private services and home-based services.

**PARENT-LED ECE SERVICES:**
In parent-led ECE services, the parents/whanau of the children are responsible and may manage the service. They do not usually employ teachers. Examples include Playcentre, most kohanga reo and playgroups.

[www.nzchildcare.ac.nz](http://www.nzchildcare.ac.nz)
Te Tari Puna ora o aotearoa / New Zealand Childcare Association, information on childcare, childcare centres and home-based early childhood services.

Ministry of Education, supports children with special education needs.

[www.barnardos.org.nz](http://www.barnardos.org.nz)
Barnardos, a not-for-profit organisation offers childcare and support services.
Powerswitch is a free and impartial service that works out which power company and pricing plan is best for you. With their comprehensive database of electricity and gas prices, it’s easy to compare plans and find the cheapest deal in your area.

**Why use Powerswitch?**

With Powerswitch you can quickly find the best plans and prices to fit your needs. Answer some simple questions like how many people live in your home and what sort of appliances you use, and you could save hundreds of
dollars a year. And, if you want to switch to a new provider, Powerswitch can help you with that too.

Powerswitch also has information on price trends, as well as energy-saving tips for your home and contact details for electricity and gas companies.

**How is it funded?**
Powerswitch was developed to encourage competition in the electricity market, and is provided by Consumer NZ with the support of the Consumer Affairs unit of the Ministry of Business, Innovation and Employment (MBIE).

Consumer NZ is an independent, non-profit organisation established in 1959 to promote and support consumer rights. To find out more visit www.consumer.org.nz.

**WHAT’S MY NUMBER?**
Powerswitch also provides the estimated annual savings calculations for the Electricity Authority’s What’s My Number website. To find out more visit www.whatsmynumber.org.nz

The Electricity Authority is responsible for the efficient operation of the New Zealand electricity market, and works to promote competition in, reliable supply by, and the efficient operation of, the electricity industry for the long-term benefit of consumers.

**ELECTRICITY SAVING TIPS**
Water and space heating account for half to three-quarters of the total energy use in most households. Reducing power consumption will also help the environment by reducing CO2 emissions (which contributes to climate change).

**Space heating**
Heating a house accounts for about 29 per cent of the bill.

• Only heat rooms that are being used
• Draught-proof doors and windows
• Seal off open fireplaces when not in use
• Use curtains, preferably those that are lined and floor-to-pelmet and close them at night
• Maximise the sunshine into your home in winter by keeping curtains open during the day. Cut back trees that shade north-facing windows
• Polished timber floors leak air through the joints. Reduce draughts and heat loss by insulating underneath them.
• Use thermostats and timers on electric heaters.
• Insulate ceilings and, if possible, walls.

**Water heating**
An electric hot water cylinder will account for up to 30 per cent of a home power bill. To make the hot-water system more efficient:

• Fix dripping hot taps
• If the hot water cylinder doesn’t have a “Grade A” label, wrap it with a cylinder blanket
• Insulate the first metre of hot water pipe from the cylinder
• Have a user-adjustable thermostat fitted and set it to 60°Celsius
• Use a low-flow shower head to supply water at 6 to 9 litres per minute
• Limit showering time
• Wash clothes in cold water
• Fill kettles or jugs from the cold tap and heat only the amount needed.

**Lighting**
Lighting makes up about 8 per cent of the power bill.

• Use compact fluorescent light bulbs in high-use areas
• Turn lights off when leaving a room
• Maximise use of natural light.

Just like your choice of light bulb, your choice of power company can make a big difference to your power bill.

**Cooking and refrigeration**
Cooking makes up about 7 per cent of the bill and refrigeration about 11 per cent.

• Use a microwave or pressure cooker
• Use a steamer over a pot to cook more than one dish at a time
• Buy energy-efficient appliances.

**Other tips**
Washing machines, driers, televisions, power tools, computers, and other electrical appliances make up 15 per cent of the bill.

• Rather than use a dehumidifier, ventilate the house and extract moisture at its source using rangehoods and bathroom fans
• Buy energy-efficient appliances.
It’s before dawn at the weekend in New Zealand. People are waking up in remote bush huts for a day’s tramping, climbing or hunting. In towns and cities, rowers prepare their boats, swimmers are already in the pool, runners, cyclists and walkers eat breakfast – fuel for their bodies.

For every one of these enthusiasts and serious competitors, hundreds more Kiwis will take part in some sport or exercise during the day.

Add to that the media focus on the All Blacks and other national sports teams, and newcomers to New Zealand may wonder if there is some kind of fixation on fitness, health and sport. Not quite. But there is a strategy.

As technology, safety awareness and sedentary lifestyles feed a global trend of decreasing physical activity, New Zealand has adopted a strategy of encouraging personal fitness through sport and leisure activities. The country and its people are reaping the benefits – sport boosts the economy and promotes healthy lifestyles.

Research places physical inactivity third only to smoking and diet as a modifiable risk factor for poor health. It is associated with 9.5 per cent of all deaths – that’s around 2600 deaths a year.

The Public Health Association of New Zealand (PHA) is a voluntary organisation taking a leading role in promoting public health and influencing public policy. Sport New Zealand (Sport NZ) is the government organisation responsible for sport and recreation. Formerly known as SPARC, Sport NZ aims to get more kids playing and enjoying sport, more adults participating, and more Kiwi winners on the world stage. It invests more than $70 million a year in this vision.

To keep healthy, we should all be doing 30 minutes of physical activity on most days. This should include some higher intensity activity. Research shows that regular activity cuts the likelihood of heart disease, strokes, disability in people with chronic respiratory disease, high blood pressure, some cancers, type II diabetes, obesity, depression and other problems.

Sport is an obvious solution. So is walking or cycling at least part of the way to work or school. In New Zealand weekends feature organised sport at all levels from social
to professional. Playing fields, stadiums and gymnasiums are filled by tens of thousands of competitors, spectators and supporters. Mostly, it’s kids in the morning, then adult sport in the afternoons.

In the right weather people also flock to rivers, lakes, beaches and swimming pools for recreation. Families go to local and regional parks for bike trails and walking tracks.

For migrants settling in New Zealand, all these opportunities can have extra benefits. Sports and leisure groups offer a chance to meet people in a friendly setting, establish contacts, and improve language skills. Often, this experience can be a good way of building confidence and becoming part of the community. Joining the thousands of Kiwis involved as volunteers can also be a good start. Throughout the country, fun runs, marathons, cycle races, regattas, masters sporting tournaments, and even national championship events rely heavily on volunteer helpers.

Easy ways to find a sports or leisure group in your area include noticeboards at libraries and shopping areas – and the internet. See the useful websites below:

**TIPS FROM THE PUBLIC HEALTH ASSOCIATION**
- An active lifestyle can bring you health, social and economic benefits
- Physical activity can positively benefit mental health
- At least 30 minutes a day of physical activity at moderate intensity is recommended
- Add vigorous exercise if possible
- An active lifestyle should include healthy eating
- Lifelong physical activity should be encouraged from birth.

**NEW ZEALANDERS LOVE SPORT**
- 9 out of 10 young people and 8 out of 10 adults take part in sport and recreation,
- There are 15,000+ sport and recreation clubs
- The social side of sport can help migrants settling in New Zealand

Useful websites for more information:
- www.sportnz.org.nz
- www.pha.org.nz
- www.nzsport.co.nz
- www.sportsground.co.nz
The ASB Polyfest youth performance festival brings together more than 9000 students from 60 Auckland secondary schools to present four days of traditional and contemporary cultural performances, and attracts about 90,000 spectators each year. Dozens of crafts, food and refreshment stalls add to the Maori and Pacific Island flavour. Alcohol and smoking are banned on the festival site.

This year’s event is at the Manukau Sports Bowl in Te Irirangi Drive, from March 12 – 15, and will open with a flag-raising ceremony at sunrise, followed by the powhiri (official welcome), a key feature of the festival since its beginning in 1976.

The students will compete performing traditional items on a series of stages dedicated to Cook Islands, Maori, Niuean, Samoan and Tongan cultures. A “Diversity Stage” will also provide performances from groups including Fijian, Tokelauan, Chinese, Korean and Indian. More than 50 groups are expected in the diversity section.

For more information see: www.asbpolyfest.co.nz

Pasifika Festival began in 1992, and has grown into one of Auckland’s biggest cultural events. In 2014 the festival will have eleven unique villages showcasing the cultures of the Cook Islands, Fiji, Hawaii, Kiribati, Niue, Samoa, Tahiti, Tonga, Tokelau, Tuvalu and Aotearoa – as well as shared pan-Pacific areas with stalls offering products from across the Pacific.

Pasifika aims to bring Auckland’s Pacific Island communities closer together and to celebrate the richness and variety of their values, culture and lifestyles. Since 2011 the event has been delivered by Auckland Tourism, Events and Economic Development (ATEED) - a council controlled organisation - on behalf of Auckland Council.

The 2014 event is on March 8 and 9 at the Western Springs showgrounds, and should attract around 60,000 people, promising a unique opportunity to experience the cultures, foods and attitudes that make the Pacific Island nations such a central part of Auckland and New Zealand’s way of life.

For more information see: pasifika.aucklandnz.com/pasifika
New to New Zealand?

**SETTLEMENT SUPPORT NEW ZEALAND (SSNZ)**
can help you

Immigration New Zealand funds the SSNZ initiative so that new migrants are able to easily find the information they need to settle quickly and stay.

- **SSNZ Whangarei**
  Tel: 09 407 3056
  Email: ssnzwhangarei@wdc.govt.nz
  Web: [www.wdc.govt.nz/portal/settlement support.html](http://www.wdc.govt.nz/portal/settlement support.html)

- **SSNZ Auckland**
  Tel: 09 625 2460
  Email: ssnzauckland@arms-mrc.org.nz
  Web: [www.arms-mrc.org.nz](http://www.arms-mrc.org.nz)

- **SSNZ North Shore**
  Tel: 09 486 8635
  Email: ssnznorthshore@raeburnhouse.org.nz
  Web: [www.raeburnhouse.org.nz/settlement-support](http://www.raeburnhouse.org.nz/settlement-support)

- **SSNZ Waitakere**
  Tel: 09 837 4273
  Email: ssnzwaitakere@aucklandcouncil.govt.nz

- **SSNZ Manukau**
  Tel: 09 263 5490
  Email: ssnzmanukau@arms-mrc.org.nz
  Web: [www.arms-mrc.org.nz](http://www.arms-mrc.org.nz)

- **SSNZ Hamilton**
  Tel: 07 853 2192
  Email: ssnzham@wmrc.org.nz
  Web: [www.wmrc.org.nz](http://www.wmrc.org.nz)

- **SSNZ Tauranga/Western Bay of Plenty**
  Tel: 07 579 6532
  Email: ssnzymcatauranga.org.nz
  Web: [www.migrantsupport.org.nz](http://www.migrantsupport.org.nz)
  Settlement Support Tauranga and Bay of Plenty

- **SSNZ Rotorua**
  Tel: 07 351 7054
  Email: ssnzrotorua@rdc.govt.nz
  Web: [www.rotoruanz.com/settlement](http://www.rotoruanz.com/settlement)

- **SSNZ Hawke’s Bay**
  Tel: 06 834 4171
  Email: ssnzhb@napier.govt.nz
  Web: [http://tinyurl.com/ssnzbhb](http://tinyurl.com/ssnzbhb)

- **SSNZ Taranaki**
  Tel: 06 759 1088
  Email: ssnp@xtra.co.nz
  Web: [www.ssnp.org.nz](http://www.ssnp.org.nz)

- **SSNZ Manawatū**
  Tel: 06 351 4100
  Mobile: 027 236 0884
  Email: James.Etuale@pncc.govt.nz
  Web: [settlementsupportpalmerstonnorth.co.nz](http://settlementsupportpalmerstonnorth.co.nz)

- **SSNZ Porirua**
  Tel: 04 237 3578
  Email: ssnzporirua@pcc.govt.nz
  Web: [settlementsupportporirua](http://settlementsupportporirua)

- **SSNZ Hutt Valley**
  Tel: 04 570 6786 or 04 589 3700
  Email: huttsettlement@huttcity.govt.nz
  Web: [huttcity.govt.nz/ssnz](http://huttcity.govt.nz/ssnz)
  Settlement Support Hutt Valley

- **SSNZ Wellington**
  Tel: 04 803 8330
  Email: settlementsupport@wcc.govt.nz
  Web: [www.wellington.govt.nz/ssnz](http://www.wellington.govt.nz/ssnz)

- **SSNZ Nelson**
  Tel: 03 546 0305
  Email: sonny.alesana@ncc.govt.nz
  Web: [www.nelsontasmansettlementsupport.co.nz](http://www.nelsontasmansettlementsupport.co.nz)

- **SSNZ Canterbury**
  Tel: 03 353 4162
  Email: settlementsupport@cecc.org.nz
  Web: [www.settlementsupport.net.nz](http://www.settlementsupport.net.nz)

- **SSNZ Dunedin**
  Tel: 03 477 4000
  Email: ssnzdunedin@dcc.govt.nz
  Web: [www.dunedin.govt.nz/newcomer](http://www.dunedin.govt.nz/newcomer)

- **SSNZ Southland**
  Tel: 03 211 1803
  Email: eirlys@venturesouthland.com
  Web: [southlandnz.com](http://southlandnz.com)
  Settlement Support Southland

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**DIRECTORY**

If you are not sure which office to contact, please call freephone 0800 SSNZ4u (0800 776 948) from a landline and your call will be transferred to the office closest to you.

It can take a while for you and your family to get used to your new home. You need to find out about housing, jobs and training, schools, health services, tax, rubbish collections, public transport, childcare, as well as local activities and events where you can meet people in your new community.

Settlement Support New Zealand (SSNZ) offices located around the country can connect you with your local community. SSNZ is your first point of contact for information, services and advice. Friendly and understanding co-ordinators are ready to answer your questions and point you in the right direction.
Immigration New Zealand funds the following specialist services to support the settlement of new migrants, and to enable New Zealand employers to easily locate the skills their businesses need.

New Kiwis
Are you looking for employment?
www.newkiwis.co.nz is a free job site for skilled Returning Kiwis and New Migrants who are seeking employment.

Benefits:
- Access a network of around 20,000 NZ employers
- Employers advertise vacancies and can search for you
- Access to an information centre with relevant information for newcomers
- Understand the NZ job market with specialist online training courses.

In Auckland and nationwide…

Newcomer Skills Matching Programme – Wellington
Connecting Canterbury Employers and Newcomers’ Skills Programme – Christchurch
These programmes match newcomers with the skills that employers are seeking in the Wellington and Canterbury regions. They assist newcomers to New Zealand with career guidance, CV reviewing, and interview techniques; and improve access to employment opportunities that match their skills. For more information about the Newcomer Skills Matching Programme:
- In Wellington: phone 04 470 9949, email kirstie.mill@eccc.org.nz or go to: http://tinyurl.com/weccskills
- In Canterbury: phone 03 353 4161, email juder@cecc.org.nz or go to: www.cecc.org.nz

CAB Language Link – free help in your language
Citizens Advice Bureau is an independent community organisation providing free, confidential information, advice, support and advocacy. CAB Language Link is funded by Immigration New Zealand to provide the CAB service to newcomers in over 20 languages. To contact CAB Language Link about any issue, phone 0800 78 88 77 or go to: www.cab.org.nz and click on the ‘Help in your language’ button.

Chinese New Settlers Services Trust – workshops about living in NZ for Chinese and Korean newcomers
The Chinese New Settlers Services Trust provides a series of workshops across Auckland that help Chinese and Korean newcomers learn more about settling in New Zealand. For more information, phone 09 570 1188 or go to: www.chineseservice.org.nz and search for ‘Settlement Support’.

In Wellington and Canterbury…

Immigration New Zealand funds several services that match newcomers with the skills employers are seeking. These services assist newcomers with careers guidance, CV reviewing and interview performance and improves access to employment opportunities that match their skills and experience.

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