Walking on the wild side

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WELCOME TO NEW ZEALAND

Kia ora and welcome – whether you are a new reader or a recent arrival.

I am the General Manager of Settlement, Protection and Attraction at Immigration New Zealand. We work to ensure that you have the information you need to settle well and contribute to our country.

This quarterly magazine is one way we work to provide you with the information you may need.

We value the potential you bring to help build New Zealand’s economy – whether you are contributing to an existing business or investing in or starting your own.

We have a great country here on the edge of the world. New Zealand is a fantastic place to live, with a temperate climate, magnificent landscapes and a distinctive culture. This is a place where you can be what you want to be.

Each issue of LINKZ features one or more of New Zealand’s regions. This issue we visit the coasts of the central North Island, to meet newcomers who have settled in Taranaki and Hawke’s Bay.

We value your feedback on this magazine or on any other aspect of settling successfully in New Zealand. If you have comments, please do let us know by email: settlementinformation@mbie.govt.nz

Many thanks and best wishes for your future here.

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

Family violence can affect anyone, in any community. It is important that we nurture our own cultural identities, but it is not OK to use our culture as an excuse for violence in our families.

Change in your community

If we are to stop family violence, we all need to take action – including making it OK to talk about it. We need community and faith leaders of all cultures to lead the way.

Culture is no excuse for abuse

Here are some things people say to excuse violence:

“You have brought shame on our family.”
“Young people should obey their elders.”
“You are too much like a New Zealander.”
“You must respect the old ways.”

Wherever family violence happens, people have found ways to excuse it. But family violence is not OK in any culture.

Contact the It’s not OK Campaign team to find out more: areyouok@msd.govt.nz
Learn about your employment rights

If you want to learn about your rights as an employee, a new interactive website created by Employment New Zealand can help.

Using the learning modules on the site, you will find out about such things as working arrangements (employee vs contractor, permanent vs other types of employment), employment agreements, annual holidays, pay and wages and hours of work.

Each module you complete gives you an online badge and certificate.

Understanding your rights and obligations is part of leading a productive and satisfying working life.

There are also learning modules for employers.

Registering with the site is quick and easy.

Visit: employment.elearning.ac.nz

Give your child a SmartStart

If you are a new parent or soon to become one, SmartStart is the website for you.

SmartStart allows you to enter your baby’s due date to personalise a timeline, including a checklist of the things to do, and it helps you to record your child’s progress.

SmartStart lets you know what options, services and support are available to you, such as antenatal classes, paid parental leave and other forms of financial assistance.

Using SmartStart you can register the baby’s birth and apply for an Inland Revenue (IRD) number for baby, and if you are an existing Ministry of Social Development client you can let them know that you have a new child.

Visit: smartstart.services.govt.nz

Taupo Winter Festival
11 - 15 July 2018

The 2018 Taupo Winter Festival covers many cultures from Bourbon & Blues to Chinese Drum Creation and Opera, Shadow Puppetry, the NZ Mountain Film Festival and the Unison Light Trail – and much more – including swim and snow events of course. Some more great reasons to visit the central North Island these school holidays.

Visit: taupowinterfestival.co.nz
THE KURAHAUPŌ CANOE:
coast to coast across the central North Island

By Dr Rawiri Taonui

The Māori tribes in the regions stretching from Taranaki through Whanganui and Manawatū to Hawke’s Bay share a common heritage derived from settlers who arrived aboard the Kurahaupō canoe.

Mount Taranaki – New Plymouth

Dominated by the mountain of the same name, the Taranaki region is home to several tribes from the Aotea, Kurahaupō and Tokomaru canoes. The Ngāti Tama and Ngāti Mutunga tribes are located to the north around Waitara, Te Āti Awa and Taranaki in the centre and along the coast around New Plymouth, Ngāti Maru inland from the mountain, and Ngāti Ruānui, Ngā Rauru, Tangahoe and Pakakohi in the south around Pātea.

All the Taranaki tribes revere Mount Taranaki, which they say was originally sited on the volcanic central plateau next to Tongariro and Ruapehu, but fled to the west after losing a contest for the affections of Pīhanga, a female mountain near Tūrangī.

Whanganui River – Whanganui

Te Āti Haunui-ā-Pāpārangi dominates the Whanganui River. Descended from the navigators Kupe and Turi, one of their ancestors, Haupipi, is also associated with the Kurahaupō canoe.

The descendants of the three children of the ancestor Tamakehu and his wife Ruaka form a unifying thread that extends the length of the river. The children of their daughter, Hinengākau, occupied the upper river, and the offspring of their sons, Tama Ūpoko and Tūpoho, occupied the middle and lower reaches of the Whanganui. This unifying point of basic identity is recalled in the saying “te taura whiri a Hinengākau” (the plaited rope of Hinengākau).

The symbolism and significance of the Whanganui River that unites the tribes are remembered in another saying, “Ko te awa ko au, ko au ko te awa” (I am the river and the river is me).

Manawatū River – Palmerston North

Rangitāne, the main tribe in the Papaioea (Palmerston North) Manawatū River area, takes its name from the grandson of Whātonga, the captain of the Kurahaupō canoe, and originally came from the Hawke’s Bay area. Rangitāne’s descendants, Tāwhakahiku and Māngere, were the first to settle in Manawatū.

Related tribes such as Ngāi Tara and Muaūpoko once occupied the land south all the way to Wellington and into the top of the South Island, while Rangitāne occupied much of the Dannevirke and Wairarapa regions.

Today the descendants of several tribes (principally Ngāti Raukawa), who migrated from Waikato and Taranaki in the 1820s, live alongside Rangitāne along the coastal area from Bulls to Ōtaki.
Heretaunga Plains – Hawke’s Bay and Hastings

Ngāti Kahungunu ki Heretaunga is the largest tribe in Hawke’s Bay and, along with sections to the north centred on Wairoa and to the south in Wairarapa, is the third-largest Māori tribe in New Zealand.

The tribe’s founding ancestor, Kahungunu, from whom it takes its name, was famous for many marriages and love affairs. Originally from the Gisborne area, his descendants pushed south through the Wairoa, Heretaunga and Wairarapa areas, intermarrying with and/or dominating prior inhabitants.

The Rangitāne tribe, which has sections in southern Hawke’s Bay at Tāmakinui-a-Rua (Dannevirke) and through the Manawatū Gorge into the Palmerston North area, originates from Māhia Peninsula, where it says the Kurahaupō canoe landed. Rangitāne later settled in the Heretaunga region before migrating south to the areas it occupies today.
Taranaki Mayoral welcome

We are building a lifestyle capital here in Taranaki. It’s a place where you can find the perfect work-life balance, and where you can work in thriving and innovative industries and still be home in time to enjoy family life and go surfing, fishing or mountain biking.

From the magnificent Mount Taranaki to the Tasman Sea and our black-sand beaches, the region is a natural wonderland that’s fast becoming a place for travellers to discover and come back to.

And it’s not just our amazing mountain, landscapes and beaches; we’ve got the award-winning Coastal Walkway, the renowned Pukekura Park and a number of world-class facilities such as Puke Ariki museum and the Govett-Brewster Art Gallery.

We’d be delighted to welcome you to our region. You’ll find quiet roads, friendly folk and stunning landscapes. We’d love to see you here!

Neil Holdom
Mayor, New Plymouth District
Recently voted the Best Established Community Event in New Zealand, the Festival of Lights runs for six weeks in December-January.

Regional economic overview

Protected by a proud mountain on the coast of the wild Tasman Sea, Taranaki is a region that’s impossible to ignore... a legendary place like no other.

Just a 35-minute flight from Auckland or Wellington and a two-hour drive from Waikato, Whanganui and Manawatū, and with direct flights from Christchurch, Taranaki is home to more than 110,000 people and frequented by many visitors.

Taranaki surf is legendary. Local Paige Hareb (pictured) is the first New Zealand woman to qualify for the world championship tour.
Taranaki is often named ‘New Zealand’s Energy Province’ – and this isn’t just to do with the region’s prosperous dairy industry or the fact that the region is the centre of New Zealand’s oil and gas exploration.

Taranaki is also home to energetic, innovative and progressive people. People who love the fact that you can ski on Mount Taranaki or go for a surf in the morning – then in the afternoon visit a world-class art gallery or garden of international significance, and sip a locally brewed coffee at one of many stylish cafés.

Perhaps this is why so many national and international visitors have decided to move here permanently and join the contingent that claims Taranaki as its own.

Such an energetic, forward-moving region is always working to recruit the skilled workers that it needs to keep growing.

When first visiting Taranaki, English couple Ben Lapworth and Alison Rudge liked it so much that they abruptly halted their world tour and found jobs in the region.

“Taranaki is a beautiful place and has everything you need. If you’re looking for great work-life balance in a safe, child-friendly region and you love the outdoor lifestyle, then Taranaki is one of the best places in the world to live and raise a family. It’s home,” says Ben.

If you’re interested in moving to Taranaki or would like to find out more about the region, visit liveandwork.taranaki.info
CENTRAL NORTH ISLAND – TARANAKI

Climate
Moist, temperate
Average temperature range
14.7°C – 23.8°C

Average house price
$444,814
NEW PLYMOUTH DISTRICT, APRIL 2018

Population
110,500
2.4% of New Zealand

The Coastal Walkway runs almost the entire length of New Plymouth’s urban coastline.
A LIFE OF ABUNDANCE

When Sam and Katy Smith moved their family from England to New Plymouth, it enriched their lives in a variety of ways.
If Katy Smith ever gets homesick for her life in England, she knows how to make herself feel better.

“I go outside to look at the lemon trees in our garden – because you cannot grow lemons in the garden in England – to remind myself of the beauty of the countryside and what is abundant here, and how much we enjoy that,” she says.

Another fruit they experience in abundance is the feijoa, a small, green fruit that ripens for a short time in autumn.

“Feijoas are amazing. We weren’t convinced to begin with, because they taste to me like a mix of kiwifruit, pear and lemon, with an astringent [bitter] edge. We have four feijoa trees in the garden and they drop hundreds of fruit. I have a freezer full of them, the kids were eating them 24/7, I made jam and muffins with them, and gave more away.”

Katy and husband Sam were born in England, and met while studying at medical school to be general practitioners (GPs). They had often talked about raising children in New Zealand because of the outdoor, family-friendly lifestyle. When their twins William and Arthur were one and a half years old, and Katy was pregnant again, they decided to move.

Friends who had worked as GPs in New Zealand gave them professional advice, says Sam.

“We also looked up the Immigration New Zealand website. There are a lot of videos that give you snapshots of the different cities,” he says.

They were working on the Isle of Wight, just off England’s south coast, at the time. Because GPs are in demand here, recruitment agents quickly organised interviews, and Sam received a job offer from Carefirst in New Plymouth. The logistics of moving, however, took a little time.
“Katy was pregnant at the time, so getting visas was more difficult; we had to wait until Florence was born before we could finish the process. We did the expression of interest, then as soon as Florence was born I took a photo of her to get her passport, then we got the visas,” Sam explains.

“We also looked up the Immigration New Zealand website. There are a lot of videos that give you snapshots of the different cities,” he says.

They arrived in April 2016, and rented a bach (holiday home) for the first six weeks until their furniture arrived. New Plymouth instantly felt like the perfect balance of city and rural life for Katy.

“There was no snow on Mount Taranaki, but it was still absolutely glorious. We felt at home as soon as we arrived here,” she says.

After nearly a year living in a rental house, Sam and Katy bought the place from its owners. Sam says that, like many older, timber-framed homes, it gets cold in winter.

“Insulating and double-glazing do not seem to have been common in New Zealand for as long as they have been in Britain, but it is worth paying for in the long run.”

Both work part time at Carefirst, striking a balance between family and work. An appointment with a patient lasts 15 minutes, compared with 10 minutes in Britain, and it is rare for either of them to not be home in time for dinner with the family.

Katy has observed different health beliefs that are not present in Britain. “For example, Kiwis are more open to alternative, natural-based therapies than the average British patient. Most people here are taking probiotics after a course of antibiotics; complementary medicine is more integrated within a normal practice,” she says.
"New Zealand is not the same as Britain culturally, and that’s nice; it has its own identity."

The couple’s desire for an outdoor lifestyle has been thoroughly fulfilled. William, Arthur and Florence do swimming lessons once a week, and they have a pool in their large back garden. The garden also has room for vegetables, chickens, climbing frames and toys.

“New Zealand is not the same as Britain culturally, and that’s nice; it has its own identity.”

Through the boys attending kindy (kindergarten, a pre-school class), Katy and Sam have made friends with other families. On weekends the family goes on short walks into the bush (native forest), or plays in the snow when it sits on Mount Taranaki. “Then we come down and sit on the beach in the afternoon,” says Sam.
“Except if it is raining, of course – and when it rains in Taranaki, it really does come down. You have to take a raincoat, because if you take an umbrella it will just blow away!”

Being so far away from family changes the way you spend time with them, observes Katy.

“Mum and Dad come over once a year, so it is quite an intense period when they come over. It’s like you amalgamate all those weekends, evenings and snippets of family time,” she says.

“It is hard being away from family, and it is hard when you first arrive, not having your village [network of friends] established. For me it was a priority to make friends with other families and develop those connections, so you have someone to call on if you need help.”

Despite the difficulties, Katy believes they are happier here. “We’re relaxed, we’re happy. We really don’t have many cares in the world.”
The whole package

Personality and qualifications both matter if you’re thinking about employing a migrant.

It’s vital to check qualifications and referees thoroughly when you’re considering hiring someone from overseas – but it’s just as important to ensure that a person has a similar ethos to others in the workplace.

Lester Kelly, a doctor and the managing director of New Plymouth’s Carefirst Medical Centre, lured Sam and Katy from England’s Isle of Wight to New Zealand.

“We’re a very outdoorsy, active, Kiwi lifestyle-orientated practice, so people who have outdoor interests on their CVs certainly have an advantage with us,” he says.

Carefirst employs 16 doctors across three clinics in the city. Lester frequently extends his search overseas because few Kiwi doctors are willing to work in general practice in the provinces, due to large student loans and the pay rates. Medical recruitment agencies provide lists of doctors interested in coming to New Zealand, then the conversations begin.

“We always talk to them, often several times, by phone or Skype, so you kind of get a feeling for someone,” he says.

“If you’re recruiting through a recruitment agency, they usually do a lot of the groundwork: helping a doctor get registration with the Medical Council of New Zealand, and sorting out the immigration side of things. It’s a reasonably large fee, but that makes things very easy for us. The other way would be word of mouth, but then you have to do the hard yards in sorting out the administration.”

Continuity of care is particularly important for patients, Lester adds, so they work hard to be welcoming and a good employer.

“When new doctors turn up, we just show them Kiwi hospitality. Our team has a broad range of interests, so there’s always someone doing something that a new person is interested in. We’ve never had any problems with integrating,” he says.

“The doctors we’ve recruited from overseas have taken pay cuts to move to New Zealand, but they’ve balanced that up with their lifestyle wishes and the work conditions, and at the end of the day they’ve all stayed.”
The rugged bush and beaches of New Plymouth are a pleasure to explore for Austrian-born David Haberkorn.
David Haberkorn already enjoyed hunting and tramping (also known as hiking) before he moved to New Plymouth. But he says the landscape here has a unique atmosphere.

“The bush [native forest] here is quite wild compared to forests in, say, Austria or the Netherlands, because everything there is quite regulated and managed. Many places in New Zealand feel very remote; often you won’t meet another person for hours, or for a whole day, depending on where you go,” says David.

New Plymouth’s black-sand beaches are exposed to the Tasman Sea. “They can also be quite wild in stormy weather. After a storm we sometimes find interesting things on the beach, everything from dead sharks and seals to other sea creatures.”

There is a phrase in English called ‘playing the long game'; it means working steadily towards a long-term goal. David fell in love with New Zealand after spending nine months here in 2004 and 2005, so he returned to Austria to study a degree that would give him the right skills to get a job here. After completing his Master of Science in geo-information science in the Netherlands, and applying for jobs here, he got an interview with electricity and gas distributor Powerco. Playing the long game paid off.
Since moving here in 2012, David has worked for Powerco as a geographic information systems specialist. Powerco has approximately 330,000 poles distributed around the North Island, and thousands of kilometres of lines and pipelines – David is part of the team that uses computers to map every pole, cable and fuse in order to monitor and fix them as needed.

The company organised temporary accommodation for David when he arrived. “So much happens in your first week. All at once you meet heaps of people, you start your new job and you try to find a place to stay, buy a car; it’s very intense.”

After two weeks he moved into a flat (shared house) with colleague Krystiana Wetton; he now calls her his big sister and describes her family as his “second family”.

“I got lots of support from them: they showed me around lots of places, introduced me to other people, shared local knowledge. Krystiana has two dogs that I have known since they were puppies. I usually take care of them if she’s not around and I walk them a few times a week,” says David.

“After work, most days I take the dogs for a walk; the beach is just five minutes down the road, and you meet other dogs and people. During daylight saving [when the sun sets later in the evening], I go for a ride on my motorbike, or for a walk with my girlfriend Darelle, then we start up the barbecue to cook dinner.”
New Plymouth suits David well. There is less traffic than Auckland, and the city offers plenty of walking tracks and green spaces.

“Pukekura Park is a bit like Central Park in New York; it is right in the middle of the city. It’s a nice little park with a couple of lakes, the Bowl of Brooklands venue and heaps of walking tracks. In summer it hosts the Festival of Lights, where the park is lit up with light installations and art, and has free gigs [music concerts].”

He and Krystiana bought a house together last year. “It’s a pretty simple, small house, but it has lots of native rimu wood in it and it has a deck, which is something very important to have in New Zealand,” he says.

“We put in new carpets, we polished the floors and painted the whole place. We still have renovations to do for the bathroom and kitchen.”
Living in regional New Zealand has given David the opportunity to do certain things that were not realistic in Europe.

First, he bought a 4-wheel-drive (4WD) car to drive in remote countryside; he also goes hunting with a friend for deer, pigs and goats that will end up on the dinner table.

“I always wanted to have my own shed, because my dad used to have a great shed at home and so did my granddad. I started off maintaining my mountain bike, and now I do as much as I can on my motorbike, and there are always things around the house to repair and build.”

Apart from missing friends and family, and Austrian bread, David only notices small differences in culture and humour. He also got sunburnt very badly in his first few days here, because he did not realise the sun was so harsh here.

“My advice is just be prepared, do your research, have a good idea of what you will expect here. I came here on a work visa, which was OK, but I have colleagues who came on a resident visa, and that would have made some things easier for me, such as setting up KiwiSaver earlier and getting a mortgage.”
Smoothing the path

Initiatives big and small help to make a migrant feel at home.

Sometimes it’s the little things – a gift of a bottle of wine or a box of groceries – that help migrants initially settle in a new country.

Jo Birnie, Powerco’s HR manager, realises how important it is to talk to new employees from overseas about what will help make their moves easy.

“Somebody wanted to transport their pet, but it was very expensive and they didn’t think they’d be able to afford it. We won’t necessarily be able to cover all costs, but if it’s important to a person and it’s going to help them settle, we try to assist. Small things, such as a welcome pack or a box of groceries delivered to them when they arrive, also give migrants a sense that somebody’s looking after them,” she says.

Powerco, an electricity and gas distributor, recruits approximately 60 new people a year. On average that number includes two skilled migrants, who usually respond to advertisements on websites Trade Me Jobs and Seek. Jo says they spend a lot of time talking to overseas candidates to ensure they and their families are well informed and truly keen to move here.

Being an accredited employer with Immigration New Zealand makes the visa process easier, she adds. “You put together paperwork that shows why you need overseas candidates as opposed to local, and you renew it every two years. It saves a lot of pain further down the track. As an employer, you get to manage the visa process yourself. You’re also likely to get better skilled people if you advertise as an accredited employer.”

It can be wise to work with a relocation consultant if you don’t have one in your company, Jo says. “Powerco’s specialist relocation adviser will help a migrant look at rental accommodation or houses once they’ve arrived, take them to schools and introduce them to people in the community. Anything you can do to help settle the individual or family on the social side is going to pay dividends.”
MULTI ETHNIC EXTRAVAGANZA

One of the highlights of the year in New Plymouth is the Taranaki Multi Ethnic Extravaganza. This year LINKZ magazine sent along a photographer.
Anupama Kutty likes people and she likes being an organiser, so when the dancing begins on the main stage at New Plymouth’s Pukekura Raceway she feels torn.

For many years, the coordinator of Taranaki’s Multi Ethnic Extravaganza was one of those dancers.

“I love to dance. When the music comes on, you just can’t stop yourself.”

Anupama – Anu to her friends – came to live in New Plymouth from Bahrain shortly before her 12th birthday.

Her father, Narayan, is an engineer in the petrochemical industry and her mother, Geetha, has given many years of service to the Taranaki migrant community.

Following in her father’s career footsteps, Anu is now a project engineer for an oil and gas consultancy. Looking back, she says that moving to New Plymouth was one of the best decisions her parents ever made.

“I feel very fortunate to call New Plymouth home.”
First held in 1995, the Multi Ethnic Extravaganza begins with a parade through the centre of New Plymouth and then moves to Pukekura Park, where a sound stage hosts performances.

More than 77 nations are represented in the parade, and 25 food stalls and 30 art and craft stalls are in business at the park.

Multi-Ethnic Council President John Konijn says the Extravaganza and the local support it has generated over the years are a good expression of what New Plymouth – and Taranaki – are about.

“It’s one of the best provincial cities in New Zealand, probably because of its distance from anywhere. It means you have to do things for yourself,” he says.
I am delighted to welcome you to Napier, and Hawke's Bay.

I truly believe this is the best place in New Zealand in which to work, live and play.

Our coastal city is vibrant and cultured, with award-winning eateries both in our heritage-listed Art Deco city centre and in the world-renowned wineries that surround us.

Napier has an entrepreneurial spirit and enthusiasm. We say, Small City: Big Ideas. The Port of Napier and our expanding airport serve a highly productive and attractive region. Our landscapes, climate, architecture and café culture, and the high quality of the wine and food experiences, make the area a tourist magnet – and those who choose to live here see all these benefits and more.

Napier is one of the most compact cities in New Zealand, with most of the facilities of any modern city within just a few minutes’ drive, be it hospitals, festivals or education. EIT is the region’s premier tertiary education institute, and Napier is home to several of the most respected secondary schools in the country. There are widespread opportunities for recreation – and for business too.

My family has been in Napier for the past 150 years because we think it’s the best place in the world to live. We are sure that, if you stay, you will agree.

Bill Dalton
Mayor
Regional economic overview

The cities and districts of Napier and Hastings, together home to approximately 131,000 people, are small enough to find your way around easily. They have affordable homes compared to those in bigger urban centres, and plenty of good-quality schools and sports facilities.

Hawke's Bay has a temperate climate, and the city centres are surrounded by fertile soils great for farms and orchards. For more than 100 years it's been called the ‘fruit bowl’ of New Zealand. More recently, specific soil and climate conditions such as those in the Gimblett Gravels and Te Awanga coast have increased the region’s reputation as a producer of top wines. Hawke's Bay is now New Zealand’s second-largest wine-growing region.
If the outdoors are what attracts you, there is plenty to keep you occupied. With a long coastline on one side and mountain ranges on the other, boating, surfing, fishing, hunting, skiing and tramping (the Kiwi word for hiking) are all easily accessible. It has also become a destination for cyclists with ambitions from recreational to serious.

As well as these excellent family and recreational resources, great internet access ensures you have all the modern opportunities to create your own work or add to the area’s established manufacturing, agriculture, healthcare and social-assistance industries.

Central Napier’s distinctive Art Deco buildings create a business location that makes being in the city a daily treat. With annual attractions like Art Deco week and the internationally recognised concert at Mission Estate Winery, family-friendly attractions such as the National Aquarium of New Zealand, the new bohemian dockside district of Ahuriri, and one of the largest ports in the country, there are lots of generators of business activity creating employment and local income.

For more newcomer information, visit napier.govt.nz and search for ‘New to Napier’. You will find links to our Newcomers’ Guide order form (or get the PDF at tinyurl.com/new2napier), the Multicultural Association’s Facebook page, the Citizens Advice Bureau, the government-run website New Zealand Now, and the Napier i-SITE Visitor Centre. Come to the Newcomers’ Lunches, held in Napier every second Wednesday, where you can meet others who have also just moved here – or who are thinking about it!
SUNNY NEW HORIZONS

An unexpected move to Napier opened up a more relaxed way of life for Irish-Polish couple Liam and Aga.
When Liam Coleman and his wife Aga Lychowska-Coleman moved to New Zealand in 2015 from England, settling in Hawke’s Bay was the last thing on their minds.

The couple initially lived in Devonport on Auckland’s North Shore and “absolutely loved it”, Liam says. “But the costs of living and housing in Auckland are very high.”

When a job in Napier came up, Liam and Aga visited the city before deciding to move south.

“When we came in March just after St Patrick’s Day, there was no-one around – maybe everyone had a hangover! We thought, ‘Whoa, this is very, very quiet compared to Auckland!’”, Liam says.

One year on, Liam and Aga are very happy with the move. “We’re at a different stage in our life. We’re not all about partying; we’re happy living a more relaxed life and being able to afford a house,” Liam says.

They enjoy getting out in the sunshine, drinking “phenomenal coffee”, visiting local beaches and savouring the great food served up in the region’s restaurants and cafés.

Liam, originally from Tipperary in Ireland, spent three months in New Zealand as a backpacker in 2004. He loved it so much that he knew he would return. Convincing Polish-born Aga, whom he married in 2012, to move to the other side of the world was no problem.

“She absolutely hates the weather in Ireland and England. It was an easy sell.”

After coming here on a Work to Residence visa, Liam is now a resident. He works as a structural engineer for the NZ Transport Agency, ensuring that the 4000-5000 structures – such as bridges and retaining walls – on the country’s state-highway network are safe.

Interior designer Aga works for Little and Fox, a boutique upholsterer and fabric store in Ahuriri. This lively suburb was once a fishing village, and now contains bars, restaurants and quirky, innovative businesses.
Travelling around the country for work is easier than Liam expected; there are no long waits at airports. “The first time I got a regional flight, I came to the airport two hours beforehand – and nothing happened until about 10 minutes before take-off! It’s like catching a bus, and it was so refreshing.”

Aga is using her design talents to decorate the three-bedroom home they have bought. The timber house, built in the 1920s, survived a destructive earthquake in 1931; Liam recommends checking that a house has appropriate earthquake protection before you buy.

The quality of Kiwi houses can be a shock for some migrants, he adds. “A lot of the houses don’t have central heating or double glazing.”

Luckily, the weather means you spend more time outside, he says. “Here, you can say, ‘This weekend I am definitely going mountain biking.’ In Ireland and the United Kingdom, you are stuck in your house a lot.”

They make the most of Hawke’s Bay’s sunny climate by walking in the hills and mountain ranges, and visiting uncrowded beaches where Aga loves to paddleboard. They also spend a lot of time walking their energetic dog Pepper. Bringing her over from England was a long process but the right decision, Liam says.

“She’s part of the family. She is a crazy dog – just like a box of frogs,” he laughs. “But if you’re thinking about getting a dog, I’d recommend getting your dog when you come out here, because it’s quite an expensive process to bring one.”

Liam also goes mountain biking in Rotorua, and in winter the couple head for Ōhakune in the central North Island to snowboard or ski. The drive over and back is almost the best bit, says Liam.

“We drive over the Taihape road, which I would drive every day all day if I could. It’s a great mountain road to drive, with beautiful scenery.”

Although it is not so easy to travel to other countries from New Zealand, there is so much to see here, he says. “There is a lot of stuff you might have to drive across Europe to see; it is all condensed in one country here.”

Before moving here, Liam had read on internet forums that New Zealand had terrible internet quality. “But it has not been an issue. On one bluebird day [a beautiful, sunny day after snow has fallen], I wanted to go to the mountain – so I did a conference call with my laptop and phone over a 3G connection in a car park in Ōhakune. Ten minutes later, I was up the hill snowboarding.”

“There is a lot of stuff you might have to drive across Europe to see; it is all condensed in one country here.”

Napier is quieter in winter, “but in summer it comes alive”, he says. Tens of thousands of people attend the annual Art Deco Festival, a celebration of the Art Deco style that originated in Europe. Much of Napier was rebuilt in this style after the devastating earthquake in 1931 virtually destroyed the city. Between 50 and 60 cruise ships also visit each summer, Liam says.

“It is really, really busy. The places that were very quiet are packed to the brim. Everyone is outside, enjoying a drink in the sun.”
Building new networks

Capitalise on the international experience that migrants bring for better business results.

Cranes on the skyline, new roads under construction – New Zealand is experiencing an infrastructure boom.

But there are not enough skilled professionals to meet current demand, says Peter Wiles. As the General Manager of Technical Capability for Australia and New Zealand at WSP Opus, a global infrastructure consultancy, Peter employs migrants because “finding enough of the right people to deliver key projects is constantly a focus in our industry”.

“Migrants bring great diversity of thought, skills and experience,” he says. “This adds to the value they can deliver to our clients.”

When searching for people with certain skills, first Peter looks within WSP Opus’s worldwide network. As well as advertising through its career portal, it has taken part in campaigns such as LookSee Build New Zealand, to bring skilled professionals here from overseas.

“Liam came to our attention because one of our clients, from the NZ Transport Agency, had seen his CV and suggested he might be a suitable person to work on our Transport Agency Auckland motorways job,” he says.

Hiring someone from afar has certain differences: for starters, interviews usually occur by phone and Skype rather than face to face. “We also need to ensure that both the role and New Zealand are the right environments for the candidate. The process can take longer due to assessing qualifications against our local market, visas and moving families.”

WSP Opus provides relocation support and a relocation allowance. “Often, before a new employee arrives, we send them information on the projects they will be involved in, which helps them come into the workplace prepared – there are so many new experiences in the first weeks that it’s really useful for them to have something that feels familiar,” Peter explains.

Each new migrant is paired up with another team member for professional advice, and introduced to other staff members with similar lifestyles and interests. This helps partners and families to settle in.

“Often family members struggle to settle in to life in New Zealand, so helping them to establish a new network is critical.”
A TASTE OF HAWKE’S BAY

The top-quality seafood, produce and wine of this coastal region keep Singaporean Ling Li Teo satisfied with her Kiwi life.
The rolling hills and plains of Hawke’s Bay are a world away from the busy streets and skyscrapers of her native Singapore, but food lover Ling Li Teo is right at home.

Thanks to its many vineyards and orchards, Hawke’s Bay produces beautiful food, and offers many great places to eat, she says.

“I love all the restaurants and cafés here. The best winery is Elephant Hill; I have been there maybe 20 times in my two and a half years in Hawke’s Bay. Seafood is my favourite and Hawke’s Bay is famous for its seafood as well.”

Her passion is also her job. Ling Li works as a food safety lead auditor for Quality Auditing Specialists (QAS), visiting places that manufacture, distribute or sell food, such as supermarkets, food manufacturing plants, rest homes and hospitals, to ensure that they follow food-safety laws.

“I love eating so much that I chose a degree in food technology.”

Ling Li encountered New Zealand while studying for a Bachelor of Food Technology with Honours at Massey University (Singapore campus). Students can complete the final-year project in New Zealand – at Massey’s Albany campus in Auckland, or its home campus in Palmerston North – so Ling Li chose to finish her studies in Albany.
After two years working for the Agri-Food and Veterinary Authority of Singapore (equivalent to New Zealand’s Ministry for Primary Industries), Ling Li decided she missed New Zealand, and moved back on a working holiday visa. But she could not find a job and moved back home, only to be offered a job interview in New Zealand two weeks later.

Finally, in 2014, Ling Li returned to New Zealand to work at meat processor AFFCO’s Rangiuru plant in the Bay of Plenty. Later, she moved south to Hawke’s Bay for a job at food manufacturer Greenmount Foods. However, that job did not provide the opportunities she had hoped for. Ling mentioned this to her former lecturer Marie Wong, who encouraged her to apply for a job advertised at QAS. Marie provided support to Ling by writing referral letters for the jobs that Ling had applied for.

“This has been my favourite job of all. I get so much exposure; I meet different people and look at different establishments and different processes.”

Ling Li has made the most of opportunities for professional development. She is a professional committee member of the Hawke’s Bay branch of the New Zealand Institute of Food Science and Technology (NZIFST), and is on the organising committee for NZIFST’s annual conference. She also volunteers as a mentor at local private girls’
secondary school Woodford House, helping students to develop food products for a national competition.

“The first year I mentored them with my then-supervisor, the girls won first prize together with another college in Wellington. I was so happy for the girls.”

Outside work, making friends – particularly those her age – can be challenging, Ling Li says. “Hawke’s Bay is a little like a retirement village.”

Most of her friends in New Zealand live scattered around the country, but Ling Li does get to see them as she often travels for work and at weekends.

“I visit Palmerston North almost every weekend to meet up with friends. We sometimes have a potluck meal [where everyone brings food to share], then we go to the Massey University recreation centre to play sports after eating so much!”

Being so far from Singapore and family and friends can be lonely, but messaging and video calls help to bridge the distance, she says.

“Being Asian, usually we are quite close with family, and in Singapore it’s so small, so usually we live with our families until we get married,” Ling Li adds.
“I travel back to Singapore once a year for Christmas, but it is still not enough. I travel quite a lot around different countries as well, so I will ask my family or friends to meet me in a certain country for a holiday.”

The warm temperatures in Hawke’s Bay remind her of Singapore’s climate, but she has a word of warning for migrants about New Zealand’s changeable weather. “It might be sunny but by noon it might be raining or cloudy or even snowing.”

“People usually miss out Hawke’s Bay by travelling directly from Taupō down to Wellington rather than taking the east coast. I nag them to visit me in Hawke’s Bay.”

When she’s not working, Ling Li enjoys playing computer games and cooking to satisfy her cravings for Singaporean food, and loves to visit the Hastings farmers’ market to stock up on fresh, local produce. “I did not really know how to cook before I came to New Zealand. Now I can cook Singaporean dishes when I have a craving for food from home, and finding the right ingredients in Hawke’s Bay is a breeze.”

Ling Li’s friends tell her she could also add tour guide to her list of hobbies, after showing so many groups of visitors around the area.

“People usually miss out Hawke’s Bay by travelling directly from Taupō down to Wellington rather than taking the east coast. I nag them to visit me in Hawke’s Bay. I show them how beautiful it is.”
Feeding the food sector’s growth

Partnering with an overseas educator is good news for Massey University, its students and New Zealand’s export economy.

It certainly didn’t happen overnight, but the education partnership between Massey University and Singapore’s university of applied learning, the Singapore Institute of Technology (SIT), was worth the effort.

Marie Wong, an associate professor at Massey’s Institute of Food Science and Technology, has been involved from the start.

The Singaporean government was looking for a food-technology degree for local students, and encouraged local institutions to reach out to selected overseas universities. Each partnership with Massey took nearly two years to set up.

The first partnership with Singapore Polytechnic produced six cohorts of Bachelor of Food Technology with Honours graduates. In 2016 a new partnership began with SIT offering the same degree, with Massey lecturers travelling to Singapore to teach. The students too, now have opportunities to come to New Zealand and complete their final-year projects.

Marie Wong, the programme director, says there are many benefits.

“Our international presence enables collaborative partnerships with universities, companies and government departments – and brings in more revenue to Massey.”

Some graduates, such as Ling Li Teo and Janelle Li Mo (see LINKZ 69), have returned to New Zealand for postgraduate study or employment.

Ling Li’s current employer, Managing Director Maree Haddon of Quality Auditing Specialists, says, “Ling Li willingly contributes to technical and process enhancements. She has achieved significantly within her career, and also contributes back to the industry and community.”

New Zealand students also gain insights from the international students.

“For New Zealand food companies exporting to Asia need staff who understand how each country works,” says Marie.

“This knowledge transfer is vital for our economy. Almost half of New Zealand’s exports are from the food and beverage sector; in 2014 this was worth $30 billion. For this to grow, we need to come up with innovative ways of designing and producing products, and adding value to our exports.

“I’d also like to create opportunities for New Zealand companies, for them to work in Singapore with our students and graduates.”
How to look for work in New Zealand

If you are looking for work in New Zealand, the Work Connect programme has some advice.

**How to find jobs**

There are four main ways to look for jobs in New Zealand.

1. **Online job advertisements**
   There is a range of websites that advertise New Zealand jobs. Trade Me Jobs and Seek are the largest job sites, but there are many others.

   **Tips for using online job websites:**
   - Use the search function to identify jobs by name, experience level, industry and salary range.
   - Sign up to the website and create a profile. Then you can save interesting jobs, set up email alerts and load the content you will need to apply for jobs. A profile will also make you searchable by employers looking for job candidates.

   **Useful online job websites:**
   - [www.trademe.co.nz/jobs](http://www.trademe.co.nz/jobs) is New Zealand’s most visited jobs site
   - [www.seek.co.nz](http://www.seek.co.nz) has job vacancies from employers across New Zealand and Australia.
   - [www.careers.govt.nz](http://www.careers.govt.nz) maintains a list of New Zealand job vacancy and recruitment agency websites.
   - [www.workhere.co.nz](http://www.workhere.co.nz) is designed for people wanting to migrate to New Zealand. It includes information about living here and job advertisements.

2. **Newspaper advertisements**
   Newspapers usually advertise jobs based in the areas where they are delivered. Most jobs are also advertised online and usually there are fewer vacancies in newspapers than there are online.
3. Recruitment companies
There are more than 50 recruitment companies in New Zealand that advertise lots of jobs regularly. They are hired by companies to find people to shortlist for interviews.

Tips about using recruitment companies:
› Each recruitment company has its own website that lists its available jobs. It usually also lists its jobs on Seek or Trade Me Jobs, but not always.
› If you are interested in applying for a job, you can contact the recruitment consultant for further information and discuss whether your skills and experience are what the employer is looking for.
› If you are asked to go for an interview with the recruitment consultant, prepare for it well as you only have one opportunity to make the best impression.

4. Networking
What is networking?
Networking means building up a network of professional relationships and connections with friends, family, work colleagues or business people to help you find unadvertised jobs.

Networking should be an important part of your job search strategy, because in New Zealand there is a hidden job market that only works through one person telling another person about a job vacancy.

How do you network?
There are many ways to meet people with similar interests and create networks of connections to help with your job searching, including using digital channels.

Tips for how to network:
› Find local community groups that focus on common hobbies, languages and issues.
› Meetup.com is a website for meeting up with people with similar interests.
› LinkedIn.com is a popular networking website designed to connect employers and employees.
› Social media channels like Twitter and Facebook are popular in New Zealand.

Tips for getting work experience:
› Can you volunteer at your local school or for a community group?
› Are there any local businesses offering part-time internships you could do to build up experience?
› Are there any part-time jobs you could apply for? They don’t have to be in your field of study or work, but doing them demonstrates that you’re willing to adapt to the Kiwi culture.

More ways to get into the New Zealand job market
Finding a job can be hard, but try to stay positive all the time. There are many ways to build up work experience and demonstrate a commitment to the local community. You can then add your experiences to your CV and impress future employers.

Work Connect
Work Connect is a free 10-hour programme to help skilled migrants, partners of skilled migrants and international student graduates (Level 7 and above) to prepare for the New Zealand job market.

Work Connect supports participants with personalised coaching and mentoring to help them find jobs that suit their skills, experience and qualifications. Eligibility criteria apply. Find out more and apply now at www.careers.govt.nz/work-connect

For more newcomer skills matching and job search assistance programmes, turn to page 54.
Save for your retirement

By David Boyle

New Zealand offers its older residents a wonderful lifestyle in retirement, but it helps to have some money saved before you stop working.

Your new life here will include a new job, hopefully one you enjoy. If you want to continue working into your 60s and even your 70s you don’t have to retire – there is no compulsory retirement age, and many people choose to continue working, not only for financial gain but also for social contact and the feeling of worth that their jobs provide them.

One day, however, you will stop earning from paid work because you wish to, because you have to due to health problems or because you lose your job and are unable to find another. This is when your retirement savings will become important. The earlier you start saving for your retirement, the better off you will be.

New Zealand pension

New Zealand provides everyone over the age of 65 with a pension called New Zealand Superannuation (NZ Super), if they meet the eligibility criteria.

You can check these criteria at the website www.workandincome.govt.nz

If you are eligible, you will receive the full rates listed below, regardless of whether you are still working, as the pension is not income-tested.

NZ Super rates as at April 2018 (gross, before tax):

- Single, living alone: $463.04
- Single, sharing: $425.55
- Couple, one partner qualifies: $664.68
- Couple, both qualify: $350.76 each
While it is possible for many people to lead simple lives on NZ Super alone, you will want extra savings to really enjoy your retirement. One of the best ways of accumulating retirement savings is with KiwiSaver.

**KiwiSaver**

KiwiSaver is a voluntary, work-based savings scheme to help your long-term saving for retirement. It also has eligibility criteria, which you can find out about at www.kiwisaver.govt.nz

If you are eligible, fantastic. KiwiSaver is widely recognised as a great way to grow your savings for the future. Here’s what you need to know.

You can choose whether to contribute 3%, 4% or 8% of your gross pay (pay before tax). This percentage will be taken out of your pay automatically each pay period.

The government will contribute 50 cents for every dollar you pay in up to $521, so you only need to pay in $1042 per year to get the full amount.

In most cases, your employer also has to contribute 3% of your gross pay to your KiwiSaver account.

Your KiwiSaver funds will be invested by private sector companies called KiwiSaver providers, in managed funds that range from ‘Conservative’ to ‘Balanced’ and ‘Aggressive’ depending on their mix of shares, bank deposits and other types of investment. You can choose which KiwiSaver provider to invest your money with, and the type of fund you want your money invested in. It’s important to get advice from your provider about the type of fund that’s best for you.

In most cases you will not be able to withdraw your funds until you reach 65, but once again there are exceptions; check the KiwiSaver website for more details.

**Saving and investing**

Once you have KiwiSaver set up, you won’t notice the money going into it each payday. That leaves you space to look at the rest of your income and figure out how much you could save each week.

A good place to start is the website www.sorted.org.nz – it contains online calculators to help you budget, save and plan for retirement, and has lots of tips and advice.

Then go and talk to your bank. They can help you to set up a savings account, arrange automatic transfers each payday and, when you have a lump sum, set up a term deposit so that you can earn higher interest. This will help with short-term goals such as buying a car or taking a holiday.

It’s easy to invest in the share market in New Zealand, which can provide good returns in the medium to long term. You can do so directly,
through a broker, or through a managed fund that an investment company manages on your behalf. Find out more at www.nzx.com

Before handing over your money, it’s important to get professional advice on what option is right for you. A good place to start is with an authorised financial adviser. You can find a list of people with this qualification on the website www.fma.govt.nz

**Property**

Another key way to prepare for retirement is to own your own home. Rent is expensive in New Zealand, and unlike in many countries, landlords offer only short-term leases of a few years and can ask you to move at relatively short notice. Your own home will give you security and remove a big accommodation cost. It could also rise in value, so you may be able to sell and move to a cheaper property when you retire, to free up money.

Make sure you plan to pay off your mortgage before you retire, however, as New Zealand’s pension will not be enough to pay a mortgage on top of other bills.

Part of retiring well is making the right choice about where to live. It will help to be close to healthcare and public transport, and also to your friends, family and places you like to go in your spare time, so you do not feel lonely or spend too much on transport.

You can look forward to an enjoyable retirement in New Zealand, as long as you’ve saved some money so you are not stressed financially. Follow these guidelines to plan for a happy, active time as your working life comes to an end.

David Boyle is the General Manager of Education at the Commission for Financial Capability, an independent government agency helping New Zealanders to make wise money decisions and arrive at retirement in good financial shape.

For more information, visit the Commission for Financial Capability website: www.cffc.org.nz
Fees-free study in New Zealand

If you’re thinking about learning a trade, undertaking industry training or studying at an institute of technology, polytechnic, university or other tertiary education provider, you may be able to receive one year of fees-free tertiary study, or two years of fees-free industry-based training.

If you or a family member migrated to New Zealand, you may be entitled to fees-free study. To receive fees-free study, the following criteria must be met:

1. Your immigration status. You need to be:
   › a New Zealand citizen, or
   › a New Zealand or Australian resident who has lived in New Zealand for at least three years, or
   › a refugee or protected person, or
   › sponsored into New Zealand by someone in your family who, at the time you were sponsored, was a refugee or protected person.

2. If your immigration status is included above, we also need to check if you are eligible based on how much previous study you have undertaken. You will be eligible if:
   › you have been enrolled in a secondary school at any time during 2017 or 2018, or
   › you have undertaken less than half a year of higher education (tertiary) learning in any country – not just New Zealand.

If you think the above criteria apply to you, visit the fees-free website. This will give you specific information on eligibility, and let you know if you qualify.

In some cases we may need more information, but the website will take you through everything that you need to do. More information is included to help answer any questions you may have.

For more information, visit www.fees-free.govt.nz or call 0800 687 775.

If you still need help, please call the Fees Free helpdesk on 0800 687 775.
Early Childhood Education in New Zealand

In New Zealand, early learning services provide education and care for children before they start primary school.

Attending an early learning service helps children be confident and curious about the world. Children who participate in early learning do better when they go to school or kura (Māori-language immersion schools), and it can help them learn important skills that will help them to become strong, happy, and successful in later life. Attending an early learning service is not compulsory in New Zealand, but it is encouraged. Approximately 96.8% of children attend early learning services before they go to school.

Choosing an early learning service

Licensed and certificated early learning services must meet minimum standards of education and care to operate.

There are a range of options available to parents and whānau (family) that offer different types of early learning services, hours, and prices. Each service type has its own way of working with children and their parents and whānau. Some offer all day education and care, some only part day. Some are teacher-led and others are parent-led.

Teacher-led services include:

- kindergartens
- education and care centres
- home-based services
- Te Kura (the Correspondence School)
- playgroups

In parent-led services, parents, whānau or caregivers provide the education and care for children. Parent-led services include:

- Kōhanga Reo
- Playcentre
- playgroups
- Ngā puna kōhungahunga (Māori-focused playgroups)
- Pacific Island-focused playgroups
**Te Whāriki**

Te Whāriki sets out the curriculum used in New Zealand early learning services and provides guidance on how a service can implement the curriculum.

**Attending an early learning service helps children be confident and curious about the world.**

Te Whāriki interprets curriculum broadly and includes all the experiences, activities and events that happen during early learning. Te Whāriki’s principles, goals and learning outcomes prioritises the child and emphasises respectful, reciprocal and responsive relationships.

There are no tests or formal assessments at early learning services. Instead, children’s progress is recorded in profile books which are made up of a series of photos, learning stories, samples of their work and regular summaries about what each child has been learning. This learning record is available to parents and children, who take this record with them if they move early learning services and when they move onto school or kura.

**Costs of attending an early learning service**

Early learning services may charge fees. Check with your service to find out about their fees and enrolment conditions.

The New Zealand Government subsidises all children who attend early learning services for up to 6 hours a day (a total of 30 hours per week), up until children go to school or turn six. Children aged 3, 4, and 5 years old, who are enrolled in an early learning service, can receive a higher funding subsidy called 20 Hours ECE.

20 Hours ECE enables services to provide early learning for up to 6 hours a day and 20 hours per week without charging fees. Ask your early learning service if they offer 20 Hours ECE.

**Parent and whānau involvement**

The everyday things you do at home with your child helps their learning. Early learning happens everywhere and all the time. Parents and whānau are encouraged to take an interest and help connect learning at their child’s early learning service with what goes on at home. How much you get involved is up to you.

**Parents and whānau are encouraged to take an interest and help connect learning at their child’s early learning service with what goes on at home. How much you get involved is up to you.**

Your child’s early learning service should regularly talk with you about how your child is doing, what their interests and abilities are, and involve you in making decisions about your child. Talking openly with your child’s educators will help you learn more about how the early learning service is run, and help educators learn more about your family or whānau and communities who are part of your child’s life.

You can learn more about how early learning works in New Zealand on [www.parents.education.govt.nz](http://www.parents.education.govt.nz) or at [www.education.govt.nz](http://www.education.govt.nz).
It’s time for your flu shot

You, or your whānau (family), may qualify for a free ‘flu’ or influenza shot.

Flu immunisation is free for New Zealand residents, citizens and some visa holders from a doctor, nurse or qualified vaccinating pharmacist from April until the end of December, if you’re in one of these groups:

› Anyone aged 65 years or over.
› Pregnant women (any stage of pregnancy).

Flu immunisation is also free, but only from a doctor or nurse, if you’re in one of these groups:

› People under 65 years of age (including children) with long-term health conditions such as heart disease, stroke, diabetes, chest or breathing problems (including asthma that requires regular preventive therapy), kidney disease and most cancers.
› Children aged four and under who have been hospitalised for chest or breathing problems or have a history of significant chest or breathing-related illness.

Even if you don’t qualify for free immunisation, you may still be able to get it free from your employer. Flu shots are also available to anyone, including children, for a fee from doctors, nurses and some pharmacists.
To better match circulating viruses, the two funded flu vaccines contain four inactivated virus strains, specially formulated for the New Zealand 2018 season.

This year’s vaccines are expected to offer better protection against the strain circulating in the Northern Hemisphere winter this season, sometimes called the ‘Aussie flu’, that’s been in the media lately.

Research shows that you can infect others with the flu virus even when you’re not showing symptoms yourself. So if you’re caring for others, you can help to avoid passing on the virus to others close to you by being immunised.

Flu or influenza is not the same as a cold. It’s a serious disease that can also make other existing conditions, such as breathing or heart problems, even worse, with some people ending up in hospital and some dying.

This year’s vaccines are expected to offer better protection against the strain circulating in the Northern Hemisphere winter this season...

The influenza vaccine is a prescription medicine. Talk to your doctor, nurse or pharmacist about the benefits and possible risks. And, if you’re aged 65-80 years, ask them whether you qualify for free shingles immunisation as well.

To find out whether you qualify for free flu immunisation, visit [www.fightflu.co.nz](http://www.fightflu.co.nz) or call 0800 IMMUNE 0800 466 863.
Golf

When it comes to playing golf, New Zealand is among the most accessible and affordable places in the world.

We have the second-highest number of golf courses per head of population in the world: 393 courses to approximately 4.4 million people. (Scotland is highest with 543 courses to 5.3 million people.)

Playing is very affordable. Green fees at public courses start at $10 (less than US$8) and you can also tee off at some of New Zealand’s best courses for under $100 (less than US$80).

The New Zealand landscape means that even small, local courses often have dramatic challenges and scenery. More recently, the number of international-class courses has grown.

From spectacular, world-famous courses such as Cape Kidnappers (rated 16th in the world), Kauri Cliffs and The Hills in Queenstown to an almost endless list of local clubs in every town and village, there are golf courses enough for everyone. People say that in New Zealand you are never more than 45 minutes from a golf course.

Perhaps that is why golf has the highest participation rate of all sports in New Zealand – over 10% of all Kiwis play a round of golf (or more) a year, and our golf clubs have 125,000 affiliated members.

Clubs will welcome casual players, but consider calling or checking online first at www.golf.co.nz

To find a golf club near you, visit www.golf.co.nz
Te reo

By Dr Rawiri Taonui

The mihi: a basic speech to introduce yourself

Māori rituals for meetings include speeches of acknowledgement called mihi. These include references to natural and spiritual forces, tribal ancestors and lore, greetings to important visitors, farewells to the departed, and thanks to workers, family and friends. The following is a very basic mihi to a group of people.

The first line is a well known opening. The next acknowledges the meeting house, which can be any building where you are meeting, and the next the Earthmother who sustains all life. We then acknowledge the ancestors: recently deceased persons where known, and the living. The closing, which repeats the word ‘greetings’, is standard.

Greetings and recognition

<table>
<thead>
<tr>
<th>English</th>
<th>Maori</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greetings to the powerful ones and the tribes</td>
<td>E ngā mana, e ngā iwi, tēnā koutou</td>
</tr>
<tr>
<td>Greetings to the meeting house</td>
<td>E te whare tēnā koe</td>
</tr>
<tr>
<td>Greetings to the land/Earthmother</td>
<td>E te whenua tēnā koe</td>
</tr>
<tr>
<td>The departed, farewell</td>
<td>E ngā mate kua hinga, haere</td>
</tr>
<tr>
<td>Greetings to the living</td>
<td>E ngā kanohi ora, tēnā koutou</td>
</tr>
</tbody>
</table>

Introducing yourself

Ko tōku... My name is...

Ka hari ka mihi ki a koutou I am pleased to greet you

He... ahau I am a...

Place suitable words in this last sentence describing your occupation, for example māhita – teacher, kaimahi – worker, kahihoko – salesperson, kaihautū – team leader, kaiwhakarite – administrator. For more words, visit www.maoridictionary.co.nz

Closing

Nō reira, tēnā koutou, tēnā koutou tēnā koutou katoa
Therefore, greetings, greetings, greetings to all

This mihi is appropriate for a beginner. A person can enhance their speech by standing and speaking with a clear, steady and polite tone. Kia kaha (stay strong), be steadfast, good luck!
Food of the Māori: the hāngi

by Dr Rawiri Taonui

The hāngi is a traditional cooking method that began with the umu (earth ovens) of ancient Polynesia. Its unique taste comes from a combination of smoking (burnt wood), steaming (wet cloths) and the distinctive baked bouquet of the earth oven.

Māori regard the elements of the hāngi as descendants and gifts from the gods. The foods come from Haumia (wild vegetables), Rongo (kūmara – sweet potato – and cultivated foods) and Tangaroa (fish). Tāne provides the firewood (forests, birds), the earth is from Pāpa (Earthmother), water to make steam is from Ranginui (Skyfather) and Hineawaawa (streams), and fire comes from the goddess Mahuika.

Preparation

A hāngi can take some time to prepare, so people will often begin a day before, making food baskets, cutting firewood and digging the pit. A hāngi pit for 50-100 people will be around two metres square and one metre deep. The wood and stones will sit nearby, covered overnight.
All varieties of meat, poultry, vegetables and even steamed puddings wrapped in cloth can be cooked in a hāngi. Much of this can also be done the day before. Good preparation means the heated rocks are exposed for less time, ensuring a good hot hāngi.

**Selecting the umu (oven hole) site**
A good hāngi site is close to water for soaking the cloths and bags to create steam. Ash is a good fertiliser, so a site near a vegetable garden is often ideal.

Māori regard the elements of the hāngi as descendants and gifts from the gods.

**Stones**
Good hāngi stones were once prized and kept from one occasion to the next. Light volcanic stones or heavy, round river rocks are preferred – old iron railway tracks cut into rock-sized lengths are great, but very heavy! The stones or iron fill the pit to about half a metre.

**Firewood**
A fire is then built on the stones until it is above the edge of the pit. Light timber such as pine is placed underneath and hard woods (such as mānuka and kānuka) on top. The fire is lit and left to burn for two to four hours so the rocks are as hot as possible. Once it burns down, the ash is removed and swept aside. The more ash left in the pit, the smokier the taste of the food.

**Food and baskets**
All the food goes into baskets – usually made from mesh or chicken-wire netting, but once they would have been woven from flax (harakeke). Red meat goes in first, at the bottom, chicken in the next layer, then hard vegetables such as kūmara, pumpkin and potato above that, and leafy vegetables on top.

**Covering**
The baskets are covered, top and sides, with two layers of soaked cotton sheets or mutton cloth – then perhaps a layer of cabbage or taro leaves for extra flavour. Then a thicker material such as old sacks goes on top to prevent the soil getting into the food. More water over the sacking prevents fire and provides the steam needed for cooking.

Finally the outer layer is covered with soil and carefully packed down, and left for two to four hours, depending on the size of the hāngi. Regular checks are made to cover up any escaping steam, because if too much escapes the food may not cook. If steam comes after the first shovel of soil is removed, the hāngi has worked.

**Alternative oven hāngi**
You can prepare this meal in a roasting dish with a tight-fitting lid. It will serve four or five people. Heat the oven to a moderate heat, about 170°C. Sprinkle some parsley and a few pieces of diced celery in the dish. Start layering your meat in the dish, with beef at the bottom, pork in the middle and chicken on top – separate each layer with tinfoil.

Place three or four potatoes, three or four trimmed kūmara and three or four pieces of pumpkin on top. Lay cabbage over the top. If possible add some watercress. Add 1.5 cups of water (no salt is needed). Cover the dish with tinfoil. Place the lid on top and bake for three hours.

As the smell of cooked food drifts through the air, it’s a great time to think about the blending of traditional Māori cooking with equally delicious techniques from the modern world. Enjoy your meal!
Make the most of your skills

Immigration New Zealand provides funding for newcomer skills matching and job search assistance programmes to help skilled newcomers and their partners find employment that matches their skills and qualifications, with employers that are seeking skilled employees to grow their businesses. NOTE: Eligibility criteria apply.

Regional services

**Regional Newcomers Skills Matching and Job Search Assistance**

Auckland | Waikato | Wellington

Provided by Chambers of Commerce, and economic and community development organisations.

**New Kiwis Career Success workshops**

Northland | Auckland | Waikato | Bay of Plenty

Provided by the Auckland and New Zealand Chambers of Commerce. To register for all regions:

P: 0800 709 907 E: nkcs@chamber.co.nz
www.newkiwis.co.nz
(Search for ‘New Kiwi Career Success course’)

**Northland**

New Zealand Chambers of Commerce

**Auckland**

The Chinese New Settlers Services Trust
P: 09 570 1188 E: employment@cnsst.org.nz
www.cnsst.org.nz – then click on:
Employment and Enterprise Services

Auckland Chamber of Commerce

**Waikato**

Hamilton Multicultural Services
P: 07 853 2192 E: jackier@hmstrust.org.nz

**Bay of Plenty**

New Zealand Chambers of Commerce

**Wellington**

Wellington Chamber of Commerce
P: 04 470 9940 E: skills@wecc.org.nz
www.wecc.org.nz/skillednewcomers

**Canterbury**

Canterbury Employers’ Chamber of Commerce
P: 0800 50 50 96 E: kellyw@cecc.org.nz
www.skillsconnectcanterbury.co.nz

**Southland**

Venture Southland Trust Board
P: 03 211 9101 E: therese@venturesouthland.co.nz
www.southlandnz.com/work

**Work Connect**

Auckland | Waikato | Wellington | Canterbury

Provided by the Tertiary Education Commission.

Work Connect is a free 10-hour programme for:
• skilled migrant visa holders
• partners of skilled migrants
• international students on post-study work visas with level 7+ qualifications.

The programme includes group and one-on-one coaching.

To find out more and apply now, visit www.careers.govt.nz/workconnect or phone 0800 222 733 and ask about Work Connect.

Eligibility criteria apply.
Nationwide service

New Kiwis is an online skills matching service for skilled migrants and returning Kiwis who are seeking employment that matches their skills and qualifications. Eligibility criteria apply.

New Kiwis helps you to:

- register your resume to access a network of more than 5000 employers registered with New Kiwis
- prepare for the New Zealand job market with the Job Seeker Online Course
- use the information centre to learn more about Kiwi workplaces
- view and apply for vacancies advertised online.

New Kiwis is provided by the Auckland Chamber of Commerce with funding from Immigration New Zealand.

www.newkiwis.co.nz
Local information for new migrants

Immigration New Zealand funds the following specialist settlement services to support the information needs of new migrants.

Citizens Advice Bureau (CAB) is an independent community organisation providing confidential information, advice, support and advocacy.

See the local contact details opposite, or for further information call 0800 FOR CAB (0800 367 222).

CAB Language Connect is funded by Immigration New Zealand to provide the CAB service in more than 14 languages.

To use CAB Language Connect, call 0800 78 88 77 or see www.cab.org.nz/languageconnect

Chinese Settlement Information Programme

The Chinese New Settlers Services Trust provides one-to-one advice and a series of workshops across Auckland that help Chinese newcomers to learn about settling in New Zealand.

For more information, call 09 570 1188 or see www.cnsst.org.nz and follow the links on the home page.
NORTH ISLAND

CAB Whāngārei
Municipal Building,
71 Bank Street, Whāngārei
Monday–Friday 9am – 4.30pm

CAB Auckland

CAB New Lynn
New Lynn Library Building,
3 Memorial Drive, Auckland
Monday–Friday 9am – 4.30pm,
Saturday 10am – 1pm

CAB Northcote
Northcote Library Buildings,
5 Ernie Mays Street,
Northcote, Auckland
Monday–Friday 9.15am – 3.30pm

CAB Eden Albert
82 St Lukes Road (by public library),
Mt Albert, Auckland
Monday–Friday 9am – 4pm

CAB Manurewa
Library complex,
71 Hill Road, Manurewa, Auckland
Monday–Friday 9am – 4pm,
Saturday 9am– 11am

CAB Auckland Central
1st floor, Central City Library,
44-46 Lorne Street, Auckland
Monday–Thursday 9.30am – 4.30pm,
Friday 11am – 3pm,
Saturday (JP only) 10am – 12pm

CAB Pakuranga-East Manukau
Library Building, Aylesbury Street,
Pakuranga, Auckland
Monday–Friday 9am – 4.30pm,
Saturday 9.30 – 11.30am

CAB Browns Bay
Ground Floor, Bays Community Centre,
2 Glen Road, Browns Bay, Auckland
Monday–Friday 9am – 4.30pm

WAIKATO
CAB Hamilton
55 Victoria Street, Hamilton
Monday–Friday 8.45am – 5pm

TARANAKI
CAB New Plymouth
Community House,
32 Leach Street, New Plymouth
Monday–Friday 9.30am – 3.30pm

WHANGANUI–MANAWATŪ
CAB Palmerston North
Community House,
77 King Street, Palmerston North
Monday–Friday 9am – 4.30pm

BAY OF PLENTY
CAB Tauranga
38 Hamilton Street, Tauranga
Monday–Friday 9am – 5pm

CAB Rotorua
Community House,
1143 Eruera Street, Rotorua
Monday–Friday 9am – 5.30pm

GISBORNE
CAB Gisborne
12A Bright Street, Gisborne
Monday–Friday 9.30am – 4pm

HAWKE’S BAY
CAB Napier
Community Hub, Community House,
62 Raffles Street, Napier
Monday–Friday 9am – 4pm,
Saturday 9.30am – 11am

WELLINGTON
CAB Lower Hutt
2 Sinclair Street, Upper Hutt
Monday–Friday 9am – 4.30pm

CAB Porirua
2nd Floor, Pember House,
16 Hagley Street, Porirua
Monday–Friday 9am – 3.30pm

CAB Kapiti
1st Floor, Coastlands Shoppingtown,
Paraparaumu
Monday–Friday 9am – 4pm

CAB Wellington City
Mezzanine Floor, Central Library,
65 Victoria Street, Wellington
Monday 9.30am – 5.15pm,
Tuesday–Thursday 9.30am – 6.30pm,
Friday 9.30am – 3.30pm,
Saturday 11am – 1pm

CAB Upper Hutt
2 Sinclair Street, Upper Hutt
Monday–Friday 9am – 4.30pm

CAB Lower Hutt
Ground Floor, Russell Keown House,
Cnr Queens Drive and Laings Road, Lower Hutt
Monday–Friday 9am – 5pm

CAB Porirua
2nd Floor, Pember House,
16 Hagley Street, Porirua
Monday–Friday 9am – 3.30pm

CAB Kapiti
1st Floor, Coastlands Shoppingtown,
Paraparaumu
Monday–Friday 9am – 4pm

CAB Wellington City
Mezzanine Floor, Central Library,
65 Victoria Street, Wellington
Monday 9.30am – 5.15pm,
Tuesday–Thursday 9.30am – 6.30pm,
Friday 9.30am – 3.30pm,
Saturday 11am – 1pm

CANTERBURY

CAB North Canterbury
Trevor Inch Memorial Library,
141 Percival Street, Rangiora
Monday–Friday 9am – 4.30pm

CAB Christchurch City
Ara (formerly C PIT),
15 Williams Street (Cnr Ferry Road
and Williams Street), Christchurch
Monday and Friday 9am – 12pm,
Tuesday–Thursday 9am – 3pm

CAB Christchurch West
Hornby Community Care Centre,
8 Goulding Avenue, Hornby, Christchurch
Monday–Friday 9am – 5pm

CAB Christchurch North
Fendalton Library,
Cnr Clyde and Jeffrey Roads,
Fendalton, Christchurch
Monday and Friday 10am – 4pm,
Tuesday–Thursday 10am – 1pm

OTAGO

CAB Dunedin
Ground Floor, Rogers House,
155 Princes Street, Dunedin
Monday–Friday 9am – 5pm,
Saturday 9.30am – 12pm

CAB Outreach Mosgiel
Mosgiel Library, Hartstone Avenue,
Mosgiel
Wednesday 11.30am – 1.30pm

CAB Queenstown
44 Stanley Street, Queenstown
Monday–Friday 9.30am – 4.30pm

SOUTHLAND

CAB Invercargill
36 Don Street, Invercargill
Monday–Friday 9am – 5pm,
Saturday 10am – 12pm

www.newzealandnow.govt.nz/local
When you are new, it’s good to have a guide

The newcomer’s guide has key facts to help you settle successfully in the New Zealand workplace.

Read it online or order your own free copy at www.newzealandnow.govt.nz/resources

Get the right visa advice!

Only some people can give you visa advice.

If someone tells you the wrong thing, it could affect your visa and your ability to work in New Zealand.

Only licensed immigration advisers or people like lawyers can provide immigration advice.

There is a list of licensed immigration advisers on the Immigration Advisers Authority (IAA) website, www.iaa.govt.nz

You can also get free advice from Community Law Centres and the Citizens Advice Bureau.

Immigration New Zealand does not accept applications from people who are not licensed or exempt and recommends that people use agents who are licensed and listed on the IAA website.

If you have any concerns about an immigration adviser, contact the IAA.

Get the right visa advice!

info@iaa.govt.nz
0508 422 422 (from within NZ)
+64 9 925 3838 (from overseas)

www.newzealandnow.govt.nz
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