South African family starts again
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WELCOME TO NEW ZEALAND

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

As the General Manager of Settlement, Protection and Attraction in Immigration New Zealand, my role is to ensure you are feeling welcome here, and have the right information to help you settle well and 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 help build New Zealand’s economy by contributing to our existing companies and industries – or by 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 an engaging climate, landscape and culture, and real opportunities to be what you want to be.

Regular readers will note the new design of LINKZ, as part of the service improvements we are making to provide information for new migrants. One change is a wider regional focus, to reduce the production cycle needed to cover the whole country. So this issue features the regions first settled by the Māori waka (canoe) Kurahaupō, across the central North Island from Taranaki to Hawke’s Bay.

We do value your feedback, on this or any other aspect of settling successfully in New Zealand. If you have comments, please do take the time to 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 Division
Immigration New Zealand

Migrants feature in MBIE-funded awards for rising stars of research

Ten leading New Zealand research scientists have been awarded lucrative Rutherford Discovery Fellowships for 2014. Each award provides up to $800,000 over five years to cover salary and research costs.

This year’s recipients include two migrants. Dr Jonathan Halpert, from the USA, works at Wellington’s Victoria University on nanostructured materials for use in optoelectronics (working with electronic devices and light) such as solar films and LED lights. UK-born Dr Alys Clark, now at the University of Auckland Bioengineering Institute, models physical processes that occur simultaneously in complex geometries in the lungs, placenta and ovaries.

The MBIE-funded programme is administered by the Royal Society of New Zealand, and seeks to attract, retain and grow New Zealand’s up-and-coming science talent. Recipients work in areas of real importance to New Zealand, from health and conservation to optoelectronics.

WOMAD
New Plymouth, March 13–15

Celebrate music and culture at New Zealand’s annual staging of the family-friendly, international WOMAD (World of Music, Arts and Dance) festival. Now in its 11th year here, WOMAD is held in the beautiful park surrounds of the TSB Bowl of Brooklands, and has become a popular fixture on Kiwi calendars.

www.womad.co.nz
Two countries – one visa
ICC Cricket World Cup 2015

If you have friends or family coming to Australia and New Zealand for the ICC Cricket World Cup 2015, they will only need to apply for an Australian visa.

Under a new Trans-Tasman visa arrangement, eligible visitors will only need to apply for an Australian visa to travel to and between both countries from January 26 to April 5 (the competition runs from February 14 to March 29).

New Zealand will grant a three-month visa on arrival to visitors holding an eligible Australian visa for the duration of the tournament (provided that all Immigration New Zealand entry requirements are met).

Free summer events

Get your family and friends together, pack a picnic and get ready for a fun day out. Over summer, many cities and towns put on free events, such as music concerts, family days and open-air movies. Ask your local council for details, or read on for some highlights. Remember to pack your sunblock!

Music in Parks, Auckland

Auckland Council puts on relaxed daytime concerts ranging from rock, blues, pop and country to jazz and swing, January-March. www.aucklandcouncil.govt.nz

Silo Sessions and Silo Cinema, Auckland

In the waterfront location of Wynyard Quarter, Silo Sessions presents one concert a month on a Saturday afternoon, and Silo Cinema plays open-air movies every fine Friday night until March. There’s also a great children’s playground. www.silopark.co.nz

Summer City, Wellington

More than 100 free events, from music concerts in the Botanic Garden to cultural festivals and sports events. January-March. www.wellington.govt.nz/events

Garden City SummerTimes, Christchurch

This summer festival of music, arts, culture and sporting events will have something to interest all ages. January-March. www.summertimes.co.nz

Chinese New Year in Auckland

The annual new-year celebrations for New Zealand’s largest Chinese community get more popular every year. Auckland’s biggest events to mark the Year of the Sheep are:

Chinese New Year Festival & Market Day
Includes a grand opening by the Prime Minister, a Lion/Dragon dance, guest performers from China and more than 200 specialist stalls selling traditional and exotic Chinese delicacies and Chinese New Year foodstuffs.
February 14, ASB Showgrounds, Greenlane. www.aucklandchinese.org.nz

Auckland Lantern Festival
Now in its 16th year, the festival features more than 800 handmade Chinese lanterns lit nightly, performances of traditional and contemporary Chinese culture, a whole street full of stalls selling delicious Asian food and crafts, a relaxed lantern-only night and a spectacular fireworks finale.
February 26–March 1, Albert Park, CBD. www.aucklandnz.com/lantern

Chinese New Year in Auckland
Rohe (tribal histories) - the Kurahaupō canoe

by Prof. Rawiri Taonui

The Kurahaupō canoe: coast to coast across the central North Island

The Māori tribes in the regions stretching from Taranaki, through Whanganui and the 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 Tūrangi.

Whanganui River – Whanganui

Te Āti Haunui-ā-Pāpārangi dominate 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 is 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, take their name from the grandson of Whātonga, the captain of the Kurahaupō canoe, and originally came from the Hawke’s Bay area. Rangitāne’s descendants, Tāwhakahikū and Māngere, were the first to settle in Manawatū.

Related tribes such as Ngāi Tara and Muāpoko 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 the Waikato and the 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 are the largest tribe in Hawke’s Bay and, along with sections to the north centred around Wairoa and to the south in the Wairarapa, are the third-largest Māori tribe in New Zealand.

The tribe’s founding ancestor, Kahungunu, from whom they take their 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 the southern Hawke’s Bay at Tāmakinui-a-Rua (Dannevirke) and through the Manawatū Gorge into the Palmerston North area, originate from Māhia Peninsula, where they say the Kurahaupō canoe landed. Rangitāne later settled in the Heretaunga region before migrating south to the areas they occupy today.
Kia ora and welcome from New Plymouth, Taranaki!

We live in a very special part of New Zealand. Surrounded by the coast and watched over by majestic Mount Taranaki, our region offers everything you need for a lifestyle like no other.

From our 11km Coastal Walkway to the natural playground of our picture-perfect mountain, our rich arts and heritage, fantastic events and our world-class retailers, cafés and restaurants – Taranaki is a safe and stimulating community. A great place for families to call home and for children to experience a classic Kiwi childhood.

In Taranaki, it’s easy to achieve an enviable work-life balance without having to compromise your career.

Add to that minimal traffic, friendly people and clear air and water, and you’ll find Taranaki is the perfect place to live, love, work and play – as many have done already.

I’d love to see you here!

Andrew Judd
New Plymouth District Mayor
CENTRAL NORTH ISLAND – TARANAKI

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

Taranaki is often called ‘New Zealand’s Energy Province’ – and this isn’t just to do with the region’s prosperous dairy industry or the fact the region is the centre of New Zealand’s oil and gas exploration.

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

TOP: Recently voted the Best Established Community Event in New Zealand, New Plymouth’s TSB Bank Festival of Lights runs for six weeks through December and January.
Taranaki is also home to energetic, innovative and progressive people. People who love the fact that you can ski on Mount Taranaki and go for a surf in one morning – then visit a world-class art gallery or garden of international significance and sip a locally brewed coffee at one of many stylish cafés in the afternoon.

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 Taranaki 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 outdoors 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 www.taranaki.info/liveandwork
CENTRAL NORTH ISLAND – TARANAKI

Population

110,500
(2.4% of NZ)

Climate

Moist, temperate. Average temperature range 6°–22°C

Average house price

$286,000
2014

Taranaki Surf Festival.
SOUTH AFRICAN FAMILY STARTS AGAIN

The desire for a safer life drew Oswald and Tania Kilian’s family to New Zealand, and they’ve built a new life by the sea.
Historical events change people’s lives in all sorts of ways. For Oswald and Tania Kilian, one event prompted them to move from South Africa to New Zealand.

They were living in Johannesburg near the Marikana platinum mine when, in August 2012, 44 striking miners, police officers and security guards were killed in a week of conflict. Tania says, “We were sitting there after seeing another report on television and I thought ‘I can’t let my kids live here.’” They started investigating their options, and in December they put in an Expression of Interest to New Zealand.

They considered moving to Canada, but Oswald had always been interested in New Zealand. Working as a process engineer in the oil and gas industry, Oswald says New Plymouth is the best Kiwi city for job opportunities in his field.

There were no objections from Tania. She’d been doing her own research and decided New Plymouth ticked all the right boxes. The area’s natural beauty helped.

“I was going through the internet one day and I saw this beautiful mountain [Mt Taranaki],” she says. “That evening when Oswald came home, I said ‘I want to live in New Plymouth because there’s a mountain there that looks really cool.’”

It took around a year to get Oswald’s qualifications recognised and secure a visa, which suited them, as they’d decided to wait until Tania’s daughter Letrisha finished high school (younger children Melissa and Liam weren’t yet in school). Oswald’s in-demand skills meant he soon found a job with international company WorleyParsons – and this made it quicker to get his visa approved.

Packing up their possessions took a lot of effort, says Oswald. “We brought across a lot of our personal belongings, basically a full 20-foot container, and we didn’t quite realise what an exercise that would be. You need to label and list everything in each box for insurance purposes and custom controls,” he recalls.

They arrived in New Zealand on December 20, 2013, and spent Christmas Day at the beach. “Living in Johannesburg it’s eight hours drive to get to the nearest beach, so having a beach right on our doorstep was pretty neat. It still is,” Oswald says.

WorleyParsons put a lot of care into their relocation: they paid for the container, flights and fully
furnished accommodation for the first month, and a relocation support officer made sure they had everything they needed. Tania says, “If it wasn’t for WorleyParsons holding our hands those first few days, it would have probably been a lot more difficult.”

Sorting out bank accounts and other paperwork was much easier than in South Africa, says Oswald – they expected this, but were still surprised by just how much better it was. “People really go the extra mile to help you and to sort out your stuff for you.”

As with any migration, there have been some challenges. Oswald and Tania’s daughter Melissa, 6, missed her friends from South Africa and had trouble settling in at her new school. Currently Tania home-schools Melissa (teaches her at home), and it seems to be working.

“She makes a lot of friends with the home educators group, so she’s not solitary. She does dancing and swimming and gymnastics,” Tania explains. “Eventually she’ll get to a point where she’s more confident.”

When Tania’s daughter Letrisha, 19, arrived, she had just finished high school. All her friends were going their separate ways anyway, so Letrisha saw the move as a “new start”.

She started studying photography online in February, “but I started getting bored at home and I needed a job”, she says. Now she balances her study with a part-time job as a technical library assistant, also at WorleyParsons.

She misses her best friends and her father in South Africa, but she keeps in touch with them using Skype, and has made friends here too.

“And I spent two or three months here, this felt more like home than South Africa did. I became more comfortable here, I became more like myself here,” she explains. “It just seems like a better future for me here.”

Oswald and Tania feel the same. The cost of living is higher, health and education systems are better, and so is personal safety. “You don’t have to be afraid where you drive, and no-one has eight-foot fences and barbed wire around their homes. That’s a huge relief,” says Oswald.

“All the paperwork, all the hassle, packing your container, it’s all worth it. Just do it.”

Living here has made Tania appreciate the natural environment. “We recycle and I use environmentally friendly products. I’ve realised, for the first time, how important it is to look after the environment, because it’s such a small country,” she says.

“Sometimes I drive home and I look at the mountain and I get tears in my eyes. It’s like all my life I needed to come here and now I’m here.”
The big picture
Consider the whole family when employing a migrant – it’ll increase your chance of a successful settlement.

New Plymouth’s oil and gas industry brings a lot of money to the region – and often the technical expertise needed means companies such as WorleyParsons look for employees overseas.

Paul Minchin, engineering manager at international company WorleyParsons' New Plymouth office, knows all about hiring migrants. His biggest piece of advice to other employers is that it’s smart to look after the whole family.

“One of my guys resigned in the last couple of weeks. His wife hasn’t been able to find a job so they’re going back to the UK,” he says. “We pay quite a lot to bring the guys over here and it’s a shame when they leave.”

They put a lot of effort into settlement support, says Paul. “It’s not just about the guy when he walks through the door on the Monday, it’s actually about the whole family. We often use the building just across the road for temporary accommodation, so the guy can go home for lunch, and help them find a more permanent house.”

He’s found Skype very useful for getting a sense of the person. If he’s unsure about someone, Paul might fly that person and their partner over; the cost of two flights is far less than the cost of relocation and settlement if it doesn’t work out. Often they’ll establish a two-year bond: if a person leaves before that time is up, they must pay back some of the relocation costs.

Any employer needs to make sure someone is coming here for the right reasons. “When you’re interviewing, ask why New Zealand, why not Australia?” says Paul. “It’s a good sign if they’ve been here for a holiday and liked it. Often guys say, ‘I just want to get out of where I am, I’m not really that interested in New Zealand,’ and that’s an alarm bell.”
Haere mai ki Whanganui

Welcome to our district, and very warm greetings to those of you who choose to make your new home here with us.

We are a place with many cultures and we value the contribution that all our new settlers make. You provide diversity and contribute to making this a dynamic and exciting place to live.

We acknowledge the historical contribution made by those from other countries to our cultural and economic well-being, and look forward to your part in shaping a successful future for our district.

As your sense of belonging develops, please take every opportunity to learn about us, to try new activities and experiences and to enjoy our way of life.

We love our place and sincerely hope you find the same happiness here that those of us who have grown up in our district share.

My very best wishes for your future here in New Zealand.

Annette Main
Mayor
Central North Island – Whanganui

We have businesses, new families and individuals moving here to take advantage of our great house prices, our access to fast broadband and our lifestyle. Who wouldn’t want to live somewhere with a beautiful natural resource like the Whanganui River running through it, sandy swimming beaches, parks, sports grounds, excellent cafés, galleries and schools? We are an innovative, warm and inspiring community, where people can achieve the essential balance between work, family and recreational time.

Whanganui, on the west coast of the North Island, is one of New Zealand’s oldest settlements – but we’re also leading the way into the future.

Not only is our district one of the best places in New Zealand to buy a house or property in terms of value, but our economy is in good shape too. We have one of the most diverse economies in New Zealand, which ensures we are well equipped to prosper.

Our urban ultrafast fibre network ensures high-speed internet access across the district, and increasingly our rural areas have great access to broadband too.
The agri-business sector is well established here and there are many opportunities for growth. We are working alongside the government to identify the best ways to increase returns from this and other sectors. The location of a large milk-powder plant in our industrial area is a factor in these discussions, as is our increasing capacity for freight transport by rail and road. Whanganui has a well-developed distribution network for its exports because of its proximity to major centres.

Our location near the sea, and plans to revitalise the Whanganui Port in partnership with iwi, make this district the ideal location for a profitable marine sector. We already have an excellent reputation for boat building, which continues to grow.

We have a large hospital and associated health agencies, and we are well known for our range of excellent schools providing quality education. We are also home to Whanganui UCOL, which has a range of options for tertiary study. We have a well-developed arts and culture sector and we are home to the only glass school in New Zealand.

Whanganui works for us, and you may well find it works for you and your family.

Find out more at www.whanganuinz.com
CENTRAL NORTH ISLAND – WHANGANUI

Population

42,150
(0.9% of NZ)

Climate

Temperate. Average temperature range 7°–23°C

Average house price

$171,000
(2014)

The annual Whanganui Soap Box Derby takes place in January.

PHOTO: S.B.O’Hagan Photography
ENJOYING SMALL-CITY LIFE

They’ve lived in big cities around the world, but Dr Moazzam Zaidi and his family have found that a small city in New Zealand feels most like home.
What could a regional city such as Whanganui offer someone who has worked and lived all over the world? Quite a lot, as it turns out.

Originally from Pakistan, Dr Moazzam Zaidi has an impressive list of high-level qualifications and achievements, and speaks four languages. He has studied and worked in Pakistan, Canada, Abu Dhabi and Qatar, so he’s used to the energy of big cities. Academic opportunities first lured him to New Zealand: with the help of Professor Rob Griffiths, Moazzam had begun studying towards a PhD in occupational medicine with the Dunedin-based University of Otago while he was still living in Abu Dhabi.

“I was the Chief Occupational Health Physician in a hospital and we had around 4000 employees. I was professionally in a position I didn’t want to leave,” says Moazzam. “After two years we felt it was important for me to come to New Zealand, because the research work was completed and I had to write the thesis.”

Rob also helped Moazzam by alerting him to a part-time job as a medical advisor for the Accident Compensation Corporation (ACC), giving advice on the best ways to help injured people get better. ACC even held the job for him while paperwork from the Medical Council and his student visa were arranged.

Moazzam arrived here with his wife Fariha and three daughters in 2010; their first impressions were memorable. After flying in to Auckland on a huge plane, they transferred to a 10-seater plane for the trip to Whanganui. “The plane comes to somewhere where there’s no airport, it’s just green, and the kids are saying ‘Are we going down there?’ It’s a strip and one small building,” Moazzam says.

But that wasn’t their only surprise. “We landed in Whanganui at around 5:30pm on Friday, went to our hotel and then decided we’ll go out and do some shopping. But almost everything closes at 5pm here, which was another shock.”

Here Moazzam found the peace and calm he needed to write his thesis. He and Fariha also loved what the change of pace meant – more time to spend with family. When Moazzam learned his father was ill, his ACC manager Heather Williams insisted that he should spend time with his father in Canada if he needed to, and she arranged matters so he could work remotely for a few months.
When Moazzam returned here, he planned to resign, since he had finished his thesis. “But when I landed in Whanganui, it was so much more like home than Canada and I felt saying farewell wasn’t what I should do,” he says.

Transferring from a student visa to a work visa took time. Moazzam handed in his notice at ACC, but ACC gave him six months to sort out the immigration process and the whole family returned.

Permanently moving here was a big adjustment for Moazzam’s wife Fariha. Her family lives in Dubai, so it was difficult to leave them behind – she keeps in contact with them by using Skype. Despite that, she now feels more at home here than in Toronto, Canada.

“I lived in Canada for six years, while the children were very young, and I didn’t meet many people. I was not comfortable talking with strangers, because I didn’t know the language as much and I felt uncomfortable,” she explains. “Here I have joined a multicultural women’s group and started my English language classes, so it’s very, very good for me. This is a very big change.”

Perhaps she feels more relaxed because Whanganui is a smaller, friendlier city. “In Whanganui people are more likely to talk to you even when they don’t know you. It’s very genuine,” she says.

Fariha wears a headscarf, and explains a few people don’t understand why she does so, even in summer. But most people “encourage me, and say ‘Ohh, where did you buy that scarf, it’s beautiful!’”

Their oldest daughter Ayesha, now 16, knew only that New Zealand had sheep when Moazzam first told her they were moving here. “I was so shocked, I didn’t really believe him. I thought he was joking, and I didn’t tell any of my friends until the last day,” she remembers.

“Because my new school is so small, everyone knows each other and everyone is really nice. It was easy to make friends here,” she says.

“New Zealand is just so beautiful. We go to Palmerston North and we often stop on the way there to take pictures. You can’t do that in Abu Dhabi because it’s so hot. Everything is constructed and nothing is natural.”

They also enjoy walking by the Whanganui River, especially on Saturdays. “The Saturday market is a good place to meet many of our friends and socialise,” says Moazzam.

As well as a more relaxed life, Moazzam believes the provinces offer better career opportunities. “The provincial parts of New Zealand are a great place to be because, from New Plymouth to Palmerston North, I’m the only occupational health physician available. This gives me the opportunity to work with many different industries.”

“New Zealand is just so beautiful. We go to Palmerston North and we often stop on the way there to take pictures. You can't do that in Abu Dhabi because it's so hot. Everything is constructed and nothing is natural.”
Worth the wait

Don’t be scared off by the prospect of paperwork or delays when hiring a migrant, says ACC’s Heather Williams – you’ll reap the rewards later.

Employing a new migrant can be a time-consuming process – but Heather Williams of the Accident Compensation Corporation (ACC) found the benefits far outweighed the effort when she employed Dr Moazzam Zaidi.

Heather works as ACC’s branch manager in Whanganui, and in 2010 she was looking for a part-time medical advisor. A colleague in Wellington knew Otago University professor Rob Griffiths, who suggested Moazzam. Moazzam already held impressive international qualifications and was completing a PhD in Occupational Medicine through Otago University’s distance learning facility, so the part-time hours worked in with his student visa.

After a successful interview, things became complicated. Heather and Moazzam needed approvals from both the Medical Council and Immigration New Zealand, a process which took “many months” and even more emails. Having to hold the job, and relying on others to fill the gap until the paperwork came together, was a gamble.

“Luckily a whole lot of people worked together to make this happen,” Heather says.

Moazzam quickly proved he was worth hiring, and they offered him a full-time job after he’d finished his PhD. As a medical advisor, he guides staff on the best ways to help injured clients recover. His international experience has been useful to other ACC staff, as well as doctors and specialists in the community.

“He’s become really well known in the wider ACC circle. Because we do a lot of our work electronically, people can send him tasks and he can respond. His work ethic is second to none,” says Heather.

Having someone from another culture in the workplace has also enriched their lives. “He wants to embrace New Zealand, and staff want to learn about his culture. He’s invited staff to his home, he’s provided food,” Heather explains. “He’s the kind of person that makes connections, and, without knowing it, people are really happy to support and work with him.”

Heather’s advice to other employers? “You have to persevere if you’re dealing with visas. But absolutely give it a go, as it is well worth the effort.”
Welcome

Palmerston North and the Manawatū Region offer the perfect blend of urban vibrancy and rural charm – our bustling city is complemented by the stunning natural environment.

Our city and region continue to grow, with work opportunities available in a variety of employment sectors. Our iconic education sector remains one of the best in New Zealand, and offers excellent jobs as well as quality education for all stages of life.

The sense of community you will find here is second to none: everyone is a ‘friend of a friend’. Diversity and culture are celebrated here, and our Festival of Cultures in March is one of our highlight events. Our sporting and artistic scenes are also very active, and foster new talent.

Palmerston North and Manawatū offer an easy and affordable lifestyle for everyone, and we look forward to welcoming you to our city and our community.

Jim Jefferies
Deputy Mayor, Palmerston North
Located in the heart of the lower North Island, Palmerston North City and the Manawatū Region are where the urban environment meets rural living. With a population of 86,000 people, Palmerston North offers all the benefits of an exciting city while being surrounded by the Manawatū’s tranquil rural atmosphere.

In this affordable city with its ‘easy living’ lifestyle, beautiful homes are available at a fraction of the cost of other New Zealand cities. For most, the morning commute is less than 10 minutes by car. Key industries for this region include science and research, education, distribution, logistics, manufacturing, government and defence, healthcare, agriculture, retail and tourism.
Palmerston North City is known nationally as a centre for learning and knowledge, with excellent tertiary, secondary and primary education. For children starting school or adults wanting to further their study, first-rate educational opportunities are available.

The community of this region is a diverse but close-knit one, where newcomers are warmly welcomed. The range of cultures here brings a dynamic, international perspective to everyday life.

Palmerston North City and Manawatū’s central location means a variety of outdoor activities and unique destinations are only a quick drive away.

Excellent hiking, cycling and mountain-biking trails are close at hand, as are beaches and rivers. Palmerston North is also close to vineyards, ski-fields, Hawke’s Bay and Wellington.

This region has a vibrant events calendar, featuring regular concerts, expos, race days, shows, sports tournaments, fairs and film festivals (and more!). There are eight cinemas, as well as live theatre venues, the speedway, Manfeild Raceway, a number of museums and more than 400 retail outlets – so there’s always plenty to do. There are also a variety of sports and arts facilities here, meaning it’s easy to get involved with the community. ■
CENTRAL NORTH ISLAND – MANAWATU

Population

113,800
(2.5% of NZ)

Climate

Windy, temperate.
Average temperature range 4.6°–23.5°C

Average house price

$283,750
2014
THE BEST MOVE FOR WORK AND FAMILY

The opportunity to further their scientific careers in a family-friendly country lured one couple from England to New Zealand.
When Kerry Bentley-Hewitt came to Palmerston North for three months to work on her PhD, she didn’t expect it would lead to her family permanently shifting halfway around the world. But the opportunities, personally and professionally, were too good to resist.

The family’s initial visit came about while Kerry was in England working on her PhD, which looked at the impact of probiotic bacteria and fish oils on gut health. She went to a talk given by a woman from Plant & Food Research, a New Zealand government-owned science institute, and that woman helped Kerry arrange a three-month placement in Palmerston North in early 2009. Husband Darren and children Emily and Beatrice came along for the ride.

Darren says it was an invaluable experience. “We lived a proper experience of working and schooling, experiencing everything we normally would, with a mind to coming here in the future. We ended it with a little tiki-tour of the South Island, ticking off all the tourist things we wanted to do.”

Back in Norfolk, England, Kerry was busily writing up her thesis when she received a job offer from Plant & Food Research. “We couldn’t have been more happy. I think we actually jumped around screaming!” she laughs.

The move wasn’t without stress, though. “We sold our house just as the recession hit and lost quite a lot of money,” recalls Kerry. “We brought over a few precious items of furniture, but pretty much we came here with a small amount of savings and were just excited about starting again.”

Darren had experienced a challenging time of unemployment in England. “I was a stay-at-home dad because my job [in the planning industry] had been culled in the recession and my job options were absolutely dire,” he says.

He applied for two jobs online from England, had two interviews once he got here and was quickly offered both jobs. At first he used his honours degree in environmental science as a catchment data technician – “up to my waist in the Manawatū River taking sediment readings and flood gauging”, he laughs. “I don’t think I would have got a lot of those experiences in the UK.”

Since then he’s been promoted and manages water quality in the Manawatū-Whanganui region. The quality of New Zealand’s river water is the source of much concern, and Darren works both in the office (on policy matters) and out collecting data. “It’s very challenging but very fun. I can’t fault it.”

Kerry’s work centres around immunology (the study of immunity) in nutrition and health: one project aims to learn how the food mothers eat influences their breast milk, and how this may affect the baby’s health.
New Zealand’s remote location doesn’t affect how cutting-edge our science is, Kerry believes. “People here are really interested with keeping on top of the latest technology. I don’t really see a difference in the quality of research in New Zealand compared to the UK,” she says. “I actually feel that women in science are treated more fairly here. I think you have more opportunities as a woman in science to develop a career in New Zealand.”

The opportunities for a more relaxed family life are better here too, Kerry and Darren say. They had great fun discovering the different house styles on offer. “We ended up finding a great Spanish-style house that was really quirky and unique,” says Kerry.

The Manawatū’s beautiful, wide-open spaces and friendly people made an immediate, reassuring impression. “We were surprised when going into a supermarket and the checkout operator wanted to know how our day was. It’s just something we were not used to experiencing,” Kerry says. “We were taken aback by the friendliness and kindness of people, and how willing they were to share their experience and give us advice. It cemented in our minds that we’d come to the right place.”

Their children have settled in well, too. Emily quickly made friends at her school, and Darren says putting Beatrice in pre-school care was easy. “We were instantly eligible for 20 hours of early childhood education funding [each week] from the government, which helped considerably with her childcare.”

He also loves the fact that “kids can be kids for longer here. They can go around in bare feet, there’s no broken glass… The lifestyle is brilliant for them, they can actually develop at their own pace.”

Kerry agrees. “Where we live now, we know pretty much everyone on our cul-de-sac. The kids can play out on the street safely and happily, and will wander between houses in our streets. We always know that they’re safe and being looked after.”
Migrants boost local knowledge

New Zealand’s science industry is enriched thanks to the migrants it employs.

Employing scientists from around the world, such as Kerry Bentley-Hewitt, helps New Zealand keep up with global scientific developments.

Plant & Food Research is a government-owned institute that provides research and development for plant and marine-based food industries. They employ just over 800 people from all over the world at 13 sites around New Zealand. Dr Christine Butts, an acting science group leader at Plant & Food Research, says, “The nature of science is very much multinational. It’s very important for us to collaborate overseas, so getting in talent from overseas is important for progressing our science.”

When Plant & Food Research looked at hiring UK-born Kerry, they were searching for someone with expertise in immunology (the study of the immune system) and how it influences overall health. But they also had to keep an eye on the bigger picture. “When you are recruiting someone from overseas, you are not recruiting just that person, you are actually potentially bringing out their family,” Christine says. “They have to be convinced this is the place to come to as well, and they will enjoy it and fit in.”

Once new migrants arrive, it’s important to help them navigate the different ways of thinking, the slang Kiwis use, and the settling-in period, Christine explains. One key thing employers can do is find migrants a short-term place to stay while they decide where they want to live; helping them arrange a car or bicycle reduces the risk of isolation.

“Kerry has been a great asset, she’s joined in not only with the social club here, but she’s got involved with the local community,” says Christine. Recently Palmerston North City Council funded a local fair in her suburb called Awesome Awapuni. “Kerry was organising the stage, who performed when and that sort of thing. She has got right into the community spirit of New Zealand.”
Why Hawke’s Bay is the place to be

Hawke’s Bay is the best place in New Zealand in which to work, live and play. In my opinion, Napier is the ‘jewel in the crown’ of the Bay.

My name is Bill Dalton, and I have been Napier’s mayor for the past year, and a councillor on the Napier City Council for six years before that.

Napier is one of the most compact cities in New Zealand, with so many facilities within a few minutes’ drive of our thriving café culture. There are widespread opportunities for recreation, and we provide opportunities for our businesses too: for example, free Wi-Fi hotspots in the central business district.

Our city is popular with tourists, and provides the majority of accommodation for visitors to the Bay.

My family has been in Napier for the past 150 years because we think it’s the best place in the world to live.

Why don’t you come and see for yourself?

Bill Dalton
Mayor of Napier
CENTRAL NORTH ISLAND – HAWKE'S BAY

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

Hawke’s Bay has a temperate climate, which means the cities are surrounded by fertile soils great for farms and orchards, cementing the region’s enduring reputation as the ‘fruit bowl’ of New Zealand. More recently, these soils have also boosted the region’s reputation as a producer of top wines.

If the outdoors is what attracts you, there is plenty to keep you occupied. The region is bordered by a long coastline on one side, and mountain ranges on the other. It has also become a destination for cyclists with ambitions from recreational to serious.

Besides a good lifestyle, today’s technology means there are plenty of opportunities to create your own work, or to add to the area’s established manufacturing, agriculture, healthcare and social-assistance industries.

Napier is known for its central business district’s distinctive Art Deco buildings and annual Art Deco celebrations, plus the annual concert at Mission Estate Winery featuring well-known international acts. It also has great, family-friendly attractions, such as the National Aquarium of New Zealand, MTG Hawke’s Bay, and Ahuriri, a humming waterside suburb close to Napier Port (one of the biggest in the country).

If you’d like to know more about this region, visit www.napier.govt.nz and look up ‘New to Napier’. It will take you to a section of the site where you can order a Newcomers’ Guide, with practical information for people who have recently moved to Hawke’s Bay or who are interested in doing so. It also has links to the Multicultural Association’s Facebook page, the Citizens Advice Bureau, the government-run website New Zealand Now, and the Napier i-SITE Visitor Centre. There are also Newcomers Lunches, held in Napier once a fortnight on a Wednesday.
Central North Island – Hawke’s Bay

Population

155,000
(3.8% of NZ)

Climate

Dry, temperate.
Average temperature range 4°C–24°C

Average house price

$268,760
2014
NEW COUNTRY, NEW WAY OF THINKING
Kosie Snyman and his wife Greta believe challenges happen for a reason – and the issues Kosie faced while job-hunting inspired him to start a vital community service.

Kosie, Greta and children Marilette and Jandre first came here in 2010 on holiday, visiting Greta’s twin sister and her family. Kosie and Greta were already thinking about leaving South Africa. For Kosie, the appeal lay in living in an uncrowded city and having more time to spend with family. He also enjoyed the Kiwi sense of humour and fun, and wanted to be free from the constant worry of crime in wider Johannesburg.

“Living there, you couldn’t really spend quality time outside,” explains Kosie. “You couldn’t even go on a hike, as it was often dangerous.”

Back in South Africa after their enjoyable holiday, Greta began what turned into an eight-month process to gain registration with the Nursing Council of New Zealand. Being a nurse meant her skills were in demand, but Greta still needed a job offer before the family could emigrate. Luckily, Hawke’s Bay Hospital offered her a job that gave her enough points for a skilled migrant visa. “In the more rural areas like Napier, they really struggle to get experienced nurses,” she says.

To take up the job, Greta had to leave South Africa nearly five months before the rest of her family. “My daughter still had to finish school and that meant I missed her school ball, I missed her exams and it was such a tough decision. But we decided, you know what, it’s worth it,” she says.

The family reunited in Napier at the end of 2012. Kosie soon found settling in required a shift in thinking – professionally and personally. He read history books, visited museums and talked with Māori people to understand the different viewpoints of Kiwi people.

When looking for jobs, he realised building personal relationships and networks was crucial, rather than relying on a CV (curriculum vitae) full of technical achievements. Kosie set himself a goal: to meet one new work-related person each week. He asked each person for other contacts and advice about job-hunting, which helped his network grow. “I now know about 700 people in Hawke’s Bay, and I still do it,” he says.

Kosie eventually found out about settlement support funded by Immigration New Zealand, and that every two weeks migrants met in Napier for a friendly lunchtime get-together. He heard some migrants were “battling to find work and getting fairly down about it”, so he volunteered to start a support group for jobseekers and share what he’d learned.

That was in March 2013 and the support group still runs today. Kosie’s perseverance paid off and he landed a two-month contract that led to a full-time job as a business analyst in the transport industry.

Kosie’s community work also brought him into contact with the local Citizens Advice Bureau (CAB), which in 2014 became Immigration New Zealand’s local supplier of Information for New Migrants. Napier CAB manager Jenny Pearce, an English migrant, was preparing around 50 volunteers to answer the queries new migrants might have when she met Kosie.
“We wanted someone interesting to come and talk to us and that’s how we got introduced to Kosie,” she says. “He came to this country and really wanted to settle in, and thought ‘What can I do to get integrated into the community?’”

Though Greta already had a job to walk into, she still faced challenges. “I used to say to people the only familiar thing to me here was the human body,” she laughs. Names of medications and procedures were often different, as was the way New Zealand’s public health system worked.

“I was quite insecure for about two months. Then one day I said to myself, ‘You are the only person that can make a difference, so stop this insecurity. From now on you’re going to act as a person with confidence.’ When I changed my inner view of myself, it changed my whole attitude towards the work,” she says.

There were also subtle cultural differences she needed to overcome. “We as South Africans are used to quite an aggressive kind of life and having to prove yourself all the time, so we come across very aggressively,” Greta says. “I very quickly realised I have to tone it down here, especially working with difficult family members and patients. I was amazed at the patience people have here.”

Still, the big adjustment has been worth it. The family has made friends through their church; Greta has more professional opportunities here than in South Africa; and they can safely enjoy the outdoor activities Napier offers. “We enjoy all the hikes around here, and spend lots of time on the beach,” Kosie says. “My son has got into surfing and I go trout fishing.” ■
Foot in the door
A short-term contract helped Dean Woods decide to give one new migrant a permanent position.

When Dean Woods, finance and administration manager of Emmerson Transport, contacted a recruitment agency for temporary help, he didn’t think it would lead to permanently hiring someone who had moved here from the other side of the world.

Dean was looking for help with a specific project, and South African Kosie Snyman’s skills fitted the bill. “Originally he was checking our procurement, making sure we were getting the best deal possible. Now it’s really turned into a business analyst role... he has some skills in other areas as well. We bring him into quite a few things.”

In South Africa, Kosie worked in the trucking industry and for Shell, and Dean says it’s both useful and interesting to get Kosie’s international perspective on how they operate.

“We were able to get an idea of his skills from that. We were then able to say, yes we do want this guy as part of the business.”

Dean says Kosie might have missed the occasional Kiwi in-joke at first, but Kosie and the other South African at Emmerson Transport now volunteer helping other new migrants. “I think you can tell, oh yes this person will fit in, but there are plenty of Kiwis I have had in here that probably wouldn’t do as well.”

Dean employs a mostly local team, but was happy to offer Kosie full-time work after seeing him in action as a contractor.
Te Waonui-a-Tane – Māori lore of the forests

Revered for their beauty, spiritual presence and valuable resources, in Māori lore the forests (Te Waonui-a-Tāne) are the domain of the god, Tāne Mahuta. As Tāne-te-waiora he is also the giver of life to plants and birds – which means he is the provider of resources, including trees and shrubs for food, medicines, clothing, weaving and building materials.

Mauri

Ancient Māori believed they could protect and foster the life principle (known as mauri) of the forest by concentrating it into objects such as stones buried in sacred places. Lizards such as the moko kākāriki (common green gecko) and moko tāpiri (Pacific gecko) were often released to guard the mauri. Māori believed these guardians were immortal.

Large trees

Ancient Māori admired and had many uses for large trees. With their tall, straight trunks, the tōtara were the first choice for building waka taua (war canoes). Māori refer to the passing of important people as “kua hinga te tōtara” (a tōtara has fallen). Because of its massive width, the kauri had similar uses. The kahikatea, New Zealand’s tallest tree, has edible berries, while the versatile mānuka and kānuka provided bark for waterproof roofs, poles for battens, rafters, spears and paddle shafts, and leaves for scented oil. The flexible saplings and new branches of the kōwhai were ideal for snares and traps.

Tree ferns

Whēkē (black tree fern), whēkē-ponga (brown tree fern) and ponga (silver fern) provided building materials; the trunks were used for walls and the fronds for roofs. The silver underside of ponga fronds are useful as track markers.

Flowering plants

Oral traditions say the white-flowered puawānanga (clematis) is the child of Pūanga...
(Rigel, the top star in the star constellation Orion) and Rēhua (Antares in the star constellation Scorpio). Pūanga’s rising in June marks the beginning of winter, and the rising of Rēhua in December signals summer – puawānanga blooms in the months between them.

When the bright yellow flowers of kōwhai bloom, in late winter and early spring, it is time to plant kūmara (sweet potato). Pigment for yellow dye was extracted from the kōwhai flowers, and the flexible branches were good for making houses and bird snares.

**Weaving plants**

Harakeke (flax) and wharariki (mountain flax) were the main plants used for weaving. Their tough, sword-shaped leaves were woven into kete (baskets), sails, tukutuku panels and fishing nets. Muka, the prepared fibre of flax, was made into cord for tying adzes, fences, houses and canoes.

**Important edible and medicinal plants**

The root of bracken fern (aruhe) was the most important pre-European wild vegetable, and flourished in open woodlands. Forest areas were sometimes cleared so aruhe could grow. The nīkau palm’s large, immature flower pods make good eating before they open in late summer and early autumn. The tender centre shoots are also edible.

Ti kouka (cabbage tree) leaves were used for weaving. Drinking the juice of boiled leaves cured diarrhoea. New shoots were eaten raw or cooked. The white pith of māmaku (black tree fern) and kātote (soft tree fern) fronds are edible. The inner bark and leaves of the rimu tree were pulped and applied to burns and other wounds.

**Fruiting trees**

The berries of the hīnau tree were an important food, pounded or soaked to remove the flesh from the stones, then dried and baked into large cakes.

Cakes were also made from the pungapunga (pollen) of raupō (bulrush), and the roots of this plant provided a starchy food. Māori also ate the yellow poroporo fruit. The unripe, highly poisonous fruit only becomes edible when the skin has split.

The bright-orange, apricot-flavoured fruit of the karaka is also edible – but only once ripe. The kernels were a good food source, but required boiling for up to 12 hours and soaking in water for 1–2 weeks to remove the poison karakin. The kernels could then be stored for several months.
These emotions and the stresses that come with them can have a big impact on migrants’ lives, and in particular their relationships with others.


Ellie Baker speaks from experience: 27 years ago, she married a man she met while travelling and emigrated to his homeland, New Zealand. While settling into life in New Zealand, she looked for a book to help her cope with the new emotions she was feeling – much like the parenting books she was reading to help her when she became a mother.

At the time she couldn’t find one. So eventually, she wrote one.

The book was inspired by not only her experiences, but by those of 25 migrant women from all over the world.
The book helps readers to:

• Recognise and overcome the frequent emotional challenges of being an immigrant
• Prepare for visits ‘here’ and ‘there’
• Cope with the sense of loss
• Acknowledge the effects of immigration on career and marriage
• Realise how settled they are in their adopted country.

Ellie’s book has been described as “a ‘must-read’ for immigrants and those considering immigration...with empathy for those who have made the journey and for those left behind. This is a brave book that refuses to accept ‘no-go areas’. It is packed with psychological depth and practical strategies.”

These practical strategies make this book such a valuable resource for migrants. It covers every issue a migrant faces, from building a support network to having a heart in two homes, and dealing with career and marriage challenges.

For migrants experiencing the issues Ellie describes in her book, there are a number of support services available in New Zealand that can help them adjust to their new surroundings and deal with the stresses and emotions of living in a new country.

Relationships Aotearoa, New Zealand’s largest professional counselling and family-therapy provider, can help support migrants who are dealing with relationship problems.

Relationships Aotearoa has worked with many thousands of people, including migrants, to help them make positive changes in their lives. It can deal with issues such as parenting, family conflict, rocky relationships, separation, domestic violence, trauma, anxiety, grief and loss, and depression.

To make an appointment for a one-on-one counselling session or to find out more about

Relationships Aotearoa, freephone 0800 735 283 or email them on contact@relationships.org.nz.

Their website also has a support section for migrants, which features a range of resources and migrant stories. [http://goo.gl/zuxXyB](http://goo.gl/zuxXyB)

Immigration New Zealand runs a free information service for migrants to help them better understand New Zealand and its systems, as well as helping them with ways they can become involved in their new communities.

The service provides information about where to find a doctor, how to choose a school, finding a job, understanding the health system, and clubs and community groups that migrants and their families can join.

There are four ways to access this information:

1. Visit a Citizens Advice Bureau (CAB) in one of 30 areas. See [http://tinyurl.com/nzinfohere](http://tinyurl.com/nzinfohere) to find the closest CAB.
3. Freephone 0800 776 948 (ask for ‘Language Line’ to speak to someone in your own language).
4. Email a question to newmigrantinfo@mbie.govt.nz.

For further information on support services for migrants, visit [www.newzealandnow.govt.nz](http://www.newzealandnow.govt.nz)

Ellie Baker’s book is available at [www.amazon.com](http://www.amazon.com) or if you are in New Zealand, you can purchase the book directly from her website [www.migrantemotions.com](http://www.migrantemotions.com) – just click on the ‘Book for sale’ tab.
Starting a small business

Many migrants with business experience in their home country consider starting businesses in New Zealand.

Those with careers in a different field sometimes think about this option too, as part of a complete career and lifestyle change.

Running a successful small business in New Zealand requires careful planning and management, and meeting important requirements and responsibilities. As many as 40 per cent of new businesses that start here do not survive more than five years.

Business types

There are five main types of business organisation in New Zealand: sole proprietorships, partnerships, joint ventures, trusts and companies. In addition, a foreign corporation may incorporate a local subsidiary, or register the foreign corporation and operate a branch office.

A sole proprietorship is the easiest and least-expensive business to establish, operate, close or sell. There are no specific registration, accounting or audit requirements unless the gross value of goods and services in any 12 months is more than $30,000. The main disadvantage is that you have unlimited liability for business obligations and debts. Sole traders can use their personal IRD number for their business.

Partnerships and joint ventures require no specific registration, auditing or meetings, and no details of the financial position need to be made public. Partners’ shares are taxed separately as personal income, and annual income-tax returns showing each partner’s share must be submitted. Partnerships require their own IRD number.
Trusts are mainly established for asset protection, anonymity of investment, estate planning, and long-term provisions for family income.

Setting up a company requires a legal registration process; an annual return to the Registrar of Companies detailing shareholders, capital and officers; ongoing Stock Exchange listing requirements if the company is publicly listed; and annual audited financial statements. Companies require their own IRD number.

New or existing business?

By buying an existing business or franchise you can predict, to some extent, its future success by its past performance. The cost of buying such a business – usually a goodwill or franchise fee – must be measured against the time it would take to establish a totally new business. It is a good idea to obtain an independent valuation for this fee.

When developing a new business, you need to carefully check factors such as the size of the market (usually small in New Zealand), the competition, expenses, margins and working hours. It is wise to seek expert advice.

Legal responsibilities

Being in business involves many responsibilities imposed by the government. Income tax is the most immediate. Complying with requests from Inland Revenue for GST returns, fringe benefit tax, PAYE and income tax can be time consuming and costly. There are severe penalties for mistakes or not keeping up to date. Freephone 0800 377 774 or visit www.ird.govt.nz.

Another major legal requirement is accident compensation insurance: for details, see the Accident Compensation Corporation (ACC) website, www.acc.co.nz. Contact your local authority about special licences for certain businesses, particularly those involving food.

Worksafe New Zealand strictly enforces safety regulations. For information, visit www.business.govt.nz/worksafe.

Other laws to comply with include the Fair Trading Act, the Employment Contracts Act, the Resource Management Act and the Companies Act.

Where to go for help

First, visit www.business.govt.nz. This website is designed specifically for small and medium-sized businesses, and provides free information that helps business owners and managers start, manage, grow or exit their businesses. It also covers a wide range of government rules, and information on how businesses can meet their compliance requirements.

You will need to prepare a full or partial business plan detailing budget and cash-flow forecasts. Banks usually require a business plan before lending you money. A lawyer can help with an agreement to buy a business or franchise, or to enter into a lease for premises. It is important to get legal advice before signing any documents.
Learn to swim

It is important you and your children learn to swim, even if you are not actively involved in water sports. Drowning is New Zealand’s third-highest cause of accidental death: approximately 120 deaths occur each year.

Swimming lessons are available for all ages and levels of ability. Swimming is enjoyable, low impact and one of the best types of exercise available. For more information, contact your local public swimming pool.

Always supervise children near water

Keeping a watch on your children when they’re near water is the single most important precaution you can take. Parents know from experience how quickly children can do something unexpected.

Proper supervision in and around water means a responsible adult keeps young children in their care both within sight and within reach.

At the beach

- Swim between the flags: On patrolled beaches, surf lifeguards put up yellow and red flags. The area between the flags is constantly monitored and is the safest place to swim at the beach.
- Listen to advice from lifeguards.
- Never swim alone.
- If in doubt, stay out of the water.
- Know your limits.
- Read and obey the safety signs.
- Learn to recognise and avoid rip currents (look for calm patches of water with waves breaking either side).
- Always wear proper swimwear, and use reliable equipment.
- Never swim or surf when tired or cold.
- Consider other people in the sea.
Respect rivers

A basic understanding of rivers and a healthy respect for the power of moving water can help keep you safe.

When swimming in a river, always check for hazards (such as floating timber) up and down stream and avoid pools that run out into a stretch of rapidly moving water. Never jump or dive into a river without being sure of what’s below the surface, to avoid spinal or head injuries.

If you get caught in the current, don’t fight it, but head downstream to a suitable landing area.

Swimming pools

Swimming pools and spa pools are part of life for many New Zealanders. They provide wonderful opportunities for family and friends to have fun together, but you still need to be careful.

Remember:

The area close by a pool is often slippery – so walk, don’t run, around the pool.

Always obey the pool’s safety rules and listen to the instructions of lifeguards.

Play it safe. Depth can be hard to judge, so avoid diving into a pool unless you know it’s deep enough, and check for others before entering the water.

Enjoying New Zealand’s sunshine — slip, slop, slap and wrap

New Zealand’s sun can be very hot between 11am and 4pm during summer, when the ultraviolet rays are fierce, and it doesn’t take long for skin to become burned. Here are some quick tips for staying safe in the sun:

SLIP into a shirt — and SLIP into some shade, especially between 11am and 4pm.

SLOP on some sunscreen before going outdoors. Use an SPF30+ broad-spectrum sunscreen. Wipe it on at least 15 minutes before going outdoors – use approximately one teaspoon of sunscreen for each arm and leg, your body and your face. Reapply every two hours, and also after physical activity, swimming or towel drying.

SLAP on a hat with a brim or a cap with flaps.

WRAP on a pair of sunglasses. Choose close-fitting, wrap-around glasses.

For more tips, visit www.sunsmart.org.nz.
TE REO MĀORI

By Prof. Rawiri Taonui

ASKING AND SAYING WHERE YOU ARE FROM

“Where are you from?” is the most important question in Māori culture. Knowing where a person is from indicates their tribe, background, history, leaders, well-known landmarks and identity – “Ko te whenua ko au, ko au te whenua” (the land is me and I am the land).

How to ask

“Nō hea koe?” is the basic structure for this question. “Nō” means belonging, “hea” means where, and “koe” is you singular. Sentences vary depending on how many people you are asking:

<table>
<thead>
<tr>
<th>Nō hea koe?</th>
<th>Where are you (singular) from?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nō hea koutou?</td>
<td>Where are you (plural) from?</td>
</tr>
<tr>
<td>Nō hea ia?</td>
<td>Where is he/she from?</td>
</tr>
<tr>
<td>Nō hea rātou?</td>
<td>Where are they from?</td>
</tr>
</tbody>
</table>

How to answer

The following sentences show the basic structure for replying:

| Nō Tāmaki ahau. | I am from Auckland. |
| Nō Kikikiriroa mātou. | We (plural) are from Hamilton. |
| Nō Poneke ia. | He/she is from Wellington. |
| Nō Ōtautahi rātou. | They are from Christchurch. |

Other Māori examples of cities, towns and regions

| Te Tai Tokerau | Northland |
| Taranaki | New Plymouth |
| Papuaoea | Palmerston North |
| Heretaunga | Hawke’s Bay |
| Te Tūranganui a Kiwa | Gisborne |
| Whakatū | Nelson |
| Murihiku | Southland |
SETTLEMENT SERVICES

Specialist services

Immigration New Zealand funds the following specialist services to support the settlement of new migrants, and to assist New Zealand employers to easily locate the skills their businesses need.

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 more than 20 languages. To contact CAB Language Link about any issue, phone 0800 78 88 77 or go to: www.cab.org.nz and search for "Language Link".

Chinese New Settlers Services Trust – workshops about living in New Zealand 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 follow the links on the home page.

Immigration New Zealand funds three Chambers of Commerce for settlement 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.

In Wellington and Canterbury…

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.

In Auckland and nationwide…

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.
Local information for new migrants

Immigration New Zealand provides a free local information service for new migrants about living and working in New Zealand.

This service can be accessed at the Citizens Advice Bureau in 30 locations around the country.
SETTLEMENT SERVICES

SOUTHLAND
CAB Invercargill
97 Spey Street Invercargill
Monday–Friday 9am – 5pm,
Saturday 10am – 12pm

OTAGO
CAB Dunedin
283-301 Moray Place, Dunedin
Monday–Friday 8.45am – 5.30pm,
Saturday 9.30am – 12 noon

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

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

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, Auckland Central City Library,
44-46 Lorne Street, Auckland
Monday–Thursday 9.30am – 4.30pm
Tuesday-Thursdays 11.30am-3pm
Friday 9am – 4pm,
Saturday 9am – 11.30am

CAB Browns Bay
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–MANAWATU
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,
1115 Hauapapa Street, Rotorua
Monday–Friday 9am – 5.30pm

GISBORNE
CAB Gisborne
124A 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 9.30 am – 12pm

WELLINGTON
CAB Lower Hutt
Apex House, Cnr Queens Drive and
Laings Road, Lower Hutt
Monday–Friday 9am – 5pm

CAB Upper Hutt
18 Logan Street, Upper Hutt
Monday–Friday 9am – 4.30pm

CAB Porirua
2nd Floor, Pember House,
16 Hagley Street, Porirua
Monday–Friday 9am – 4.30pm

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

NORTH ISLAND
CAB Whangarei
Municipal Building,
71 Bank Street, Whangarei
Monday–Friday 9am – 4.30pm

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

CAB Christchurch City
Christchurch Polytechnic Student
Association Building,
5 Madras Street, Central City, Christchurch
Monday and Friday 9am – 12pm,
Monday–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 Jeffreys Roads,
Fendalton, Christchurch
Monday and Friday 9am – 4pm,
Tuesday–Thursday 10am – 1pm

WELLINGTON
CAB Lower Hutt
Apex House, Cnr Queens Drive and
Laings Road, Lower Hutt
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18 Logan Street, Upper Hutt
Monday–Friday 9am – 4.30pm

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