

International Student Guide 2024

On-arrival Information

Welcome to Marlborough and Woodbourne

Marlborough
Woodbourne



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nmit
New Zealand



Welcome to Marlborough and Woodbourne

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International Support

Provided by the Learner Services Wellbeing Teams, on or off campus, at work, or in the community, we are here to help you by:

- connecting you with [accommodation providers](#),
- giving orientation sessions and ongoing advice,
- introducing you to support services, such as the Police, healthcare providers, Community Law, Citizen's Advice Bureau, Immigration NZ,
- directing you to doctor and dental services,
- supporting you to settle you into the community and your studies,
- helping if you feel stressed, homesick or worried,
- advising about insurance claims.

Available 9am to 5pm Monday to Friday – No appointment necessary

- visit us in the library,
- phone 03 539 5068,
- email wellbeing@nmit.ac.nz,
- submit the [online support request form](#).



Police & Personal Safety

New Zealand is relatively safe but is not crime-free. Take the same precautions as you would at home. See the [Visitors Safety Guide](#) about keeping safe,

- with alcohol,
- on roads and travel plans,
- with identity and credit card information,

This guide is available in multiple languages, including Chinese, Hindi, and Korean.

The New Zealand Police

- help 24 hours a day, 7 days a week,
- services are free and need no payment,

- do not accept bribes, money or gifts,
- are trustworthy,
- comply with the law.



<p>BLENHEIM Police 8 Main Street Blenheim</p>	<p>PICTON Police 36 Broadway Picton</p>
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It is **illegal** in New Zealand to

- drive under the influence of alcohol,
- take recreational drugs,
- own firearms/guns without firearms licenses,
- commit verbal, physical, or sexual abuse.

You must ensure that

- everyone wears seatbelts when driving, or you may be fined,
- you wear a helmet when riding bicycles, or you may be fined,
- you have a NZ drivers' licence with you when driving, or you may be fined,
- or you have an overseas drivers' licence with you, which is valid 12 months,
- if you have an accident, you
 - call 111 immediately if anyone is in danger,
 - ask the other driver for their name, phone numbers, and insurance,
- you are over 18 before buying and/or drinking alcohol,
- you don't drink alcohol in public places, such as streets,
- you are over 20 before you enter casinos,
- you are over 18 before you buy lottery tickets,
- you don't give your bank details to anyone, especially by phone or email,
 - banks will never ask for your PIN number.

If you receive emails or phone calls saying that you are in trouble, for example, with Immigration NZ, hang up and contact the Police immediately.

If you feel unsafe, threatened, or targeted because of your race, religion, sexuality, age, gender, or disability, you should report this to the Police.



Mountain Safety

To enjoy the outdoors,

- research and plan your activities,
- check the weather and long-range forecast, see [Metservice](#)
- know essential first aid, such as recognising hypothermia,
- let people know where you are going and when you will return,
- learn about the skills you will need, such as river crossings, fire safety,
- take everything you need to be safe (such as water, food, wet weather gear, Personal Locator Beacon (PLB), maps),
- be aware that you may not have phone coverage away from towns and cities.

For more information, see <https://www.mountainsafety.org.nz/>

Water Safety

To enjoy water activities,

- know how to recognise rips and currents,
- swim between the lifeguard flags on beaches,
- don't swim in clothes or shoes,
- check conditions carefully before jumping or driving into lakes or rivers,
- always wear a lifejacket on boats and kayaks.

For more information, see <https://www.watersafetynz.org/>

Sun Safety

Nelson and Marlborough sunlight has high levels of ultraviolet radiation (UV), especially from September to April from 10am to 4pm. UV can cause skin and eye damage.

- Wear hats, shirts, and sunglasses, shirts.
- Apply sunscreen at least SPF30.
- Seek shade - sit in the shady places.
- Stay hydrated and drink water.

For more information, see <https://www.sunsmart.org.nz/>

Earthquake Safety

All of New Zealand is at risk of earthquakes. Knowing what to do can save lives.

Drop, cover and hold is the right thing to do in an earthquake.

Drop, Cover and Hold stops you being knocked over, makes you a smaller target for flying objects and protects your head, neck and vital organs.

 www.civildefence.govt.nz

The poster features three vertical icons on the right side, each with a yellow background and black text below it: 1. 'DROP' shows a person crouching low to the ground. 2. 'COVER' shows a person crouching under a table. 3. 'HOLD' shows a person crouching under a table with their hands clasped under their chin. A small circular logo is visible in the top right corner of the 'HOLD' icon.

If an earthquake is LONG or STRONG, coastal areas may have large waves and high water levels. Move immediately to the nearest high ground. Do not wait for tsunami warnings. For more information, see <https://www.civildefence.govt.nz/>

Healthcare

- In an emergency, call 111 for an ambulance or go to the Hospital / Te Whatu Ora Emergency Department, Hospital Road, Blenheim.
- If you urgent need assistance, 24/7 call 0800 718 277.
- If you need a nurse, contact wellbeing@nmit.ac.nz who may connect you to our on-campus nurse.
- If you need a doctor, make an appointment with a general practitioner (GP).
- If you are absent from class, let wellbeing@nmit.ac.nz, international@nmit.ac.nz and your programme area know.
- Sometimes, you may need a medical certificate as evidence of justifiable absence, which is provided by a GP or hospital.
- If you have a medical certificate, email a copy to your programme area and international@nmit.ac.nz.

Urgent Care Centre



Hospital Road, Blenheim
open 8am—8pm, 7 days
PHONE 03 520 6377

For evenings and weekends care or urgent appointments when you cannot get an appointment with a GP. The Urgent Care Centre is next to the Wairau Hospital Emergency Dept.

Healthline

If you or someone else are unwell and need advice, call [Healthline](https://www.healthline.co.nz) **0800 611 116** for **FREE** medical advice 24/7 from a registered nurse.

- ask for an interpreter for the language you need.

Civic Family Health Care

Services include urgent virtual care: 7 days a week + evenings.

22 Arthur Street, Blenheim

Phone 03 578 0199

<https://www.civichealth.co.nz/>



Community Care Pharmacy

Open 9am—8pm, 7 days a week
The Warehouse, 8 Redwood Street, Blenheim
Phone 03 579 1751

<https://www.communitycarepharmacy.co.nz/>



Chemist Warehouse Blenheim

Open 8am—8pm, 7 days a week
9 Westwood Avenue, Springlands
Phone 03 929 3103

<https://www.chemistwarehouse.co.nz/>



Sexual Wellbeing Aotearoa

Health services for sexual health & fertility.
Renown Building, 68 Seymour St, Blenheim
Phone 07 810 6610

<http://sexualwellbeing.org.nz/>



Wairau Hospital Dental Department

Open weekends and after-hours
Hospital Road, Blenheim
Phone 03 520 9670 or 03 520 9999



Studentsafe Insurance

Studentsafe insurance provides medical and travel insurance cover for international students while studying in New Zealand. If you do have to pay medical expenses, ask for and keep payment receipts. Then, use the [Studentsafe Claims Portal](#) or call 0800486004 or +6494881638 to claim insurance and apply for reimbursement of costs.

Studentsafe insurance may not cover pre-existing medical conditions, fertility and reproductive health, and hazardous pursuits, such as mountaineering, rock climbing, motorcycling, ocean yachting, scuba diving. For more information, see [Studentsafe insurance policy document](#).

Adjusting and Making Connections

He iti hau marangai e tū te pāhokahoka / A little storm and then a rainbow appears.

Homesickness is experienced by many people who are adjusting to life in a different culture. Contact the Wellbeing Team for support.

Come along to meet other international students and make friends at the monthly international student lunch hosted by Learner Services

- at 12:00 noon on the first Wednesday of each month.

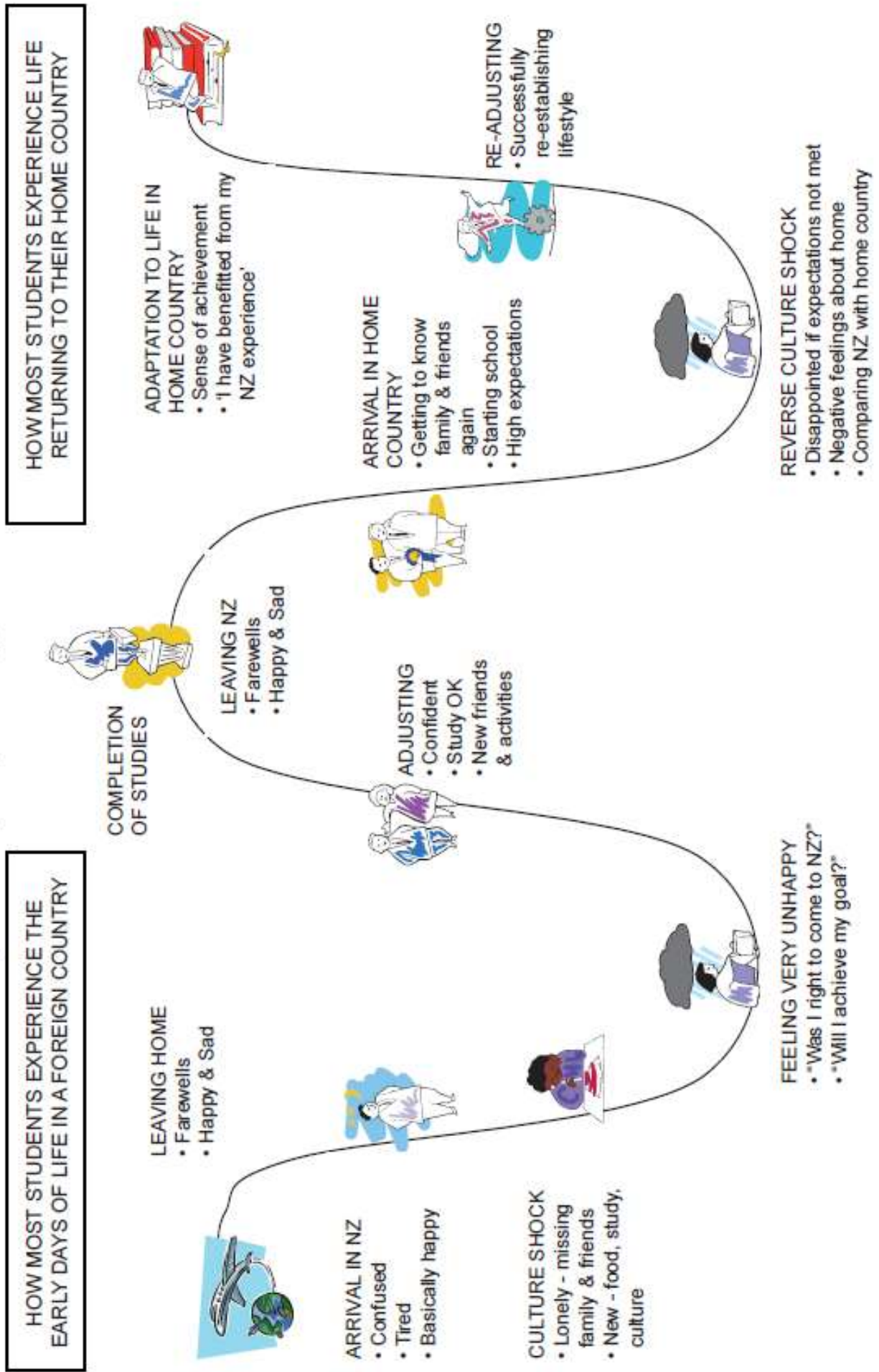
Check posters and your email invitation for the location on a campus near you or check out the [SANITI What's On Calendar](#) for all on-campus events.

SANITI, with NMIT, also runs on and off-campus international student activities, which provide great opportunities to meet other students and explore your new region.

Find out about upcoming events at <https://saniti.co.nz/events/international-activities/>

The Process of Adjustment for most International Students

- these feelings are completely normal, you are not alone



Free Counselling Services

The following counselling services are free to NMIT students and can help with

- personal and study stress
- family and children concerns
- addictions, alcohol and drugs
- relationship challenges
- anxiety and depression
- anger and violence
- conflict situations
- harassment
- personal trauma
- grief and loss
- financial concerns
- career programmes

If you need support to make an appointment or select a service provider, contact the Wellbeing Teams.

Vitae

Counselling is available by telephone or video calls.

Download the Vitae NZ app in the app store.

Call 0508 664 981 or submit the online referral form

<https://www.vitae.co.nz/contact/Te-Pukenga/>.



OCP

Counselling is available locally in-person.

Call 0800 377 990 or make appointments online

<https://ocp.co.nz> or.



1737

Free call or free text 1737 any time, 24/7 to talk to (or text with) a trained counsellor or peer support worker. It may be possible to speak with someone in your own language.



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

Faith, Spirituality and Religion

New Zealand has many different religions. Connect with those that suit you.

Bahá'í Faith New Zealand

Striving to bring the vision of the oneness of humanity into reality. Everyone is invited. Marlborough Community Centre, 25 Alfred St, Blenheim. <https://www.bahai.org.nz/>

Marlborough Bible Baptist Church

Learn about the God that we worship, what our church is like on the inside, and how you can find Jesus for yourself. 49 Wither Rd, Blenheim. <https://www.mbbc.org.nz/>

Muslim Association of Marlborough

Supporting Muslims to build a resilient and inclusive community. Enhancing the understanding of Islam and promoting social harmony. Masjid and Community Centre. 14B Stephenson St or see. <https://www.mam.nz/>

Quakers Aotearoa

A faith group whose spirituality is simple, radical and contemporary, committed to working for social justice and peace. Meeting in private homes in Blenheim, 03 579 4771. <https://www.quakers-in-nelson.org.nz/>

St Christopher's Anglican Church

A group of Christians, young and old, from various backgrounds and cultures, who meet to share faith. 92 Weld St, Blenheim. <https://www.stchristophers.co.nz/>

Start of the Sea Marlborough

One Parish. Across the Sounds, sea, mountains, and plains. The Catholic Communities of Wairau and the Sounds. <https://www.staroftheseamarlb.co.nz/>

Community Agencies

Community Law

FREE legal advice, such as immigration, consumer rights, and tenancy agreements.

14 Market Street, Blenheim

Phone 03 577 9919 or 0800 266 529

Email reception@commlawmarlb.org.nz

Marlborough Multicultural Centre

Supporting migrants and newcomers to celebrate diversity in a welcoming and safe environment.

21 Henry Street, Blenheim

Phone 03 579 6410 or 027 246 0105

Email info@mmc.nz



Citizen's Advice Bureau

Free, confidential, and independent advice, such as employment, disputes, separation, and budgeting.

The Citizens Advice Bureau Community directory offers searchable listings of groups and organisations, including culture, art, sport, recreation, support networks and faith.

25 Alfred Street, Blenheim

Phone 03 578 4272

Email marlborough@cab.org.nz

<https://www.cab.org.nz/>



Volunteer Marlborough

Working with non-profit organisations that need volunteers, including administration, conservation, mentoring, event assistance, and animal welfare.

Room 5, 25 Alfred Street, Blenheim

Phone 03 577 9388

Email vm@volunteermarlborough.org.nz



Travel

Blenheim Cabs

A safe way to travel. Show your Student ID for a 10% discount.

Phone 03 777 1072

Book online <https://blenheimcabs.co.nz/#contactus>



Marlborough Bus Service

The 'North Route' goes past the Budge Street NMIT Campus. Signal the driver as the bus approaches. This is a cash only service. To track buses in real time, go to

www.blenheim.trackabus.co.nz

Driving in New Zealand

if you have a valid overseas licence (must be in English or translated) and have not been disqualified from driving in NZ, you can drive for a maximum of 12 months from your last entry to New Zealand.

Refer to [New Zealand Transport Agency – New residents and visitors](#).

Read the [New Zealand road code](#)

See an overview at [Driving in New Zealand](#) (multi-lingual options)

Buying a car or vehicle

Before buying a car, check on the car windscreen that it has a current [Warrant of Fitness \(WOF\)](#) and [Registration \(Rego\)](#). Getting a mechanical inspection from a garage is also good. A history report from [Motorweb](#) will show if money is owed, the car is stolen, or it has an inconsistent odometer. After purchase, the seller and buyer must notify the [NZ Transport Agency – Online Services](#).

Car insurance is not compulsory, but 3rd party insurance is recommended to cover costs if you cause damage to other cars. For more information, see the [Consumer Car Insurance Guide](#)

Inland Revenue Department & Tax

You must apply for an IRD number for any tax-related obligations, such as opening a bank account, earning income, buying or selling property and joining KiwiSaver.

[Work out how to apply for an IRD number](#).

Employment

To get support to write a CV and cover letter and get local advice on how to find work, book a 1:1 or group session with Haley Hawkins.

To book, visit the Library, phone 03 539 5068, or submit an [online support request](#).

Banking

The main banks are [ANZ](#), [ASB](#), [Bank of New Zealand](#), [Kiwibank](#) and [Westpac](#)

Take your passport, VISA and proof of residence and IRD number to open a bank account.

Complete an application online, before visiting a branch.



Foreign Exchange

Western Union

Various locations

<https://www.westernunion.com/nz/en/home.html>

Phone 0800 005 253



International Food Stores

Blenheim Mart

33 Scott St, Blenheim Central

<https://www.facebook.com/p/Blenheim-MART-100064046712844/>

EasyMart

15 Market St, Blenheim

<https://www.facebook.com/p/EasyMart-Blenheim-NZ-100080294874311/>

Malisa Asian Shop

91 Weld St, Redwoodtown

<https://www.facebook.com/malisafood/>

Accommodation

Host Families NZ

[Host Families NZ](#) offers homestay boarding with local families in your own furnished room.

Some students prefer homestay accommodation because they use English every day. All host families are interviewed and police checked.



Backpackers

If you need immediate accommodation, we recommend backpacker accommodation.

Private board or flatting

Feeling more independent? Join an established flat or live with a local family.

Scroll down the [Accommodation Website](#) for more options and advice on renting. You can also check out the notice boards in the Student Centres for private vacancies.

Welcome to **SANITI**

YOUR INDEPENDENT STUDENT ASSOCIATION

THE THINGS WE DO

INTERNATIONAL ACTIVITIES 🧑🏫🧑🏫🧑🏫

SANITI and NMIT | Te Pūkenga arrange FREE activities for you to get involved in throughout the year.

SUPPORT + WELLBEING ❤️

We listen to your concerns and help you with any issues you may have while you're a student.

EVENTS 🍷

SANITI puts on regular fun and FREE events on all NMIT | Te Pūkenga campuses & online.

ADVOCACY 🗣️

Our advocates assist with StudyLink, Academic concerns, Complaint Procedures, Tenancy, and referrals or personal situations.

EMPLOYMENT 📄

We can help with CV writing/editing, Cover Letters, Interview Coaching, Employment Contracts and finding job opportunities.

REPRESENTATION 🗳️

SANITI provides a voice for students on a range of committees and forums. You can get involved as a Programme Rep or Student Exec. Contact us for more information.

PHOTOS FROM PREVIOUS ACTIVITIES



WWW.SANITI.CO.NZ

FOLLOW US   SANITINZ

DISCOUNT DIRECTORY
SANITI.CO.NZ/DISCOUNTS



The Pastoral Code

The Education (Pastoral Care of Tertiary and International Learners) Code of Practice 2021 ensures that tertiary and international students are safe and supported.

The Code describes the responsibilities of education providers to support your wellbeing, safety, and academic success. We have agreed to help you to

- be safe, both physically and mentally,
- feel respected and accepted for who you are,
- feel supported in your learning and wellbeing,
- stay connected to your social and cultural networks,
- have your say in decisions about services.

For more information, see [the Code for learners](#).

Have Your Say – Kōrero Mai

Feedback is important. We value your voice.

If you have feedback, you can have your say in many ways.

- Speak with your tutor or coordinator
- Meet with a member of the Learner Services Team
- Talk directly with your Curriculum Manager
- Meet with your Programme Representative
- Meet with SANITI - Student Association
- Send feedback directly to haveyoursay@nmit.ac.nz
- Drop a note in the Have Your Say mailboxes on campus.



For more options, including giving anonymous feedback or formal complaints, see <https://www.nmit.ac.nz/about/have-your-say>.

Complaints

To make a formal complaint about an educational provider, see [Study Complaints](#).

Policies and procedures

For comprehensive information about policies, such as withdrawals, reconsiderations, misconduct and appeals, see <https://support.nmit.ac.nz/downloads/policies>.



**For urgent assistance
for student wellbeing,
24/7 call**

0800 718 277

or +64 3 546 2333

(from outside the NZ network)

Marlborough Campus

85 Budge Street
Blenheim
New Zealand 7240

Woodbourne Campus

Middle Renwick Road
State Highway 6
Blenheim
New Zealand 7201