

# What if I am sick?

Sarah Ryder - 2026-01-14 - [Studying](#)

## International Students

Immigration New Zealand requires International Students to provide evidence of genuine reasons for absences. If you are sick and unable to attend classes, you will need to provide a medical certificate as proof.

1. [Make a doctor's appointment](#) or call 0800 422 733 if you need urgent assistance from an NMIT Wellbeing or International Support team member.
2. Email your tutor and [international@nmit.ac.nz](mailto:international@nmit.ac.nz) with your student ID number and name, along with a brief reason for not attending class.
3. Visit your doctor/dentist and ask for a medical certificate.
4. Email a copy of your medical certificate to your Programme Support Co-ordinator, your Tutor, and [international@nmit.ac.nz](mailto:international@nmit.ac.nz) .

If you require support with this process, or at any time, please contact [internationalsupport@nmit.ac.nz](mailto:internationalsupport@nmit.ac.nz)

## Domestic Students

If you are unwell, it's essential to contact your Tutor or Programme Support Coordinator to inform them of your absence from class.

If your absence is prolonged or if you need to request an extension/s for due assignments, you may be asked to provide a medical certificate to provide evidence of a genuine reason for absence.

If you require support with this process, or at any time, please contact [wellbeing@nmit.ac.nz](mailto:wellbeing@nmit.ac.nz)

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