

International Student Guide 2024

On-arrival Information

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](#).



The banner is dark green with white and yellow text. On the left, it lists emergency services: Police, Ambulance, Fire Services, and a 24/7 call number 111. In the center, it provides NMIT contact information: 'NMIT | Te Pūkenga students urgent assistance' and two phone numbers: '24/7 call 0800 718 277' and 'or +64 3 5462333 (from outside NZ)'. On the right, there is a circular logo for 'Te Tautoko Ākonga Student Support Hub' featuring a stylized figure holding a staff.

Police

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, 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, of money or gifts,
- are trustworthy,
- comply with the law.



NEW ZEALAND
POLICE
Ngā Pirihimana o Aotearoa

BLLENHEIM

Police
8 Main Street
Blenheim

PICTON

Police
36 Broadway
Picton

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, with for example, Immigration NZ, hang up and contact the Police immediately.



Mountain Safety

To enjoy the outdoors,

- research and plan your activities,
- check the weather and long-range forecast,
- 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.
- 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

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 hospitals.
- 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
Department.

Healthline

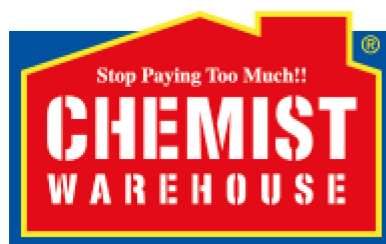
If you or someone else are unwell and need advice, call Healthline **0800 611 116** for **FREE** medical advice from a registered nurse.

- call anytime 24 hours a day, 7 days a week,
- ask for an interpreter for the language you need.

Chemist Warehouse Blenheim

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

<https://www.chemistwarehouse.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/>



Family Planning

Health services for sexual health & fertility.
68 Seymour Street, Blenheim
Phone 03 578 3047



Wairau Hospital Dental Department

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

Te Whatu Ora
Health New Zealand
Nelson Marlborough

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 receipts. Then see [Studentsafe](#) or call 0800486004 or +6494881638 to make an insurance claim and apply to have the costs reimbursed.

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.

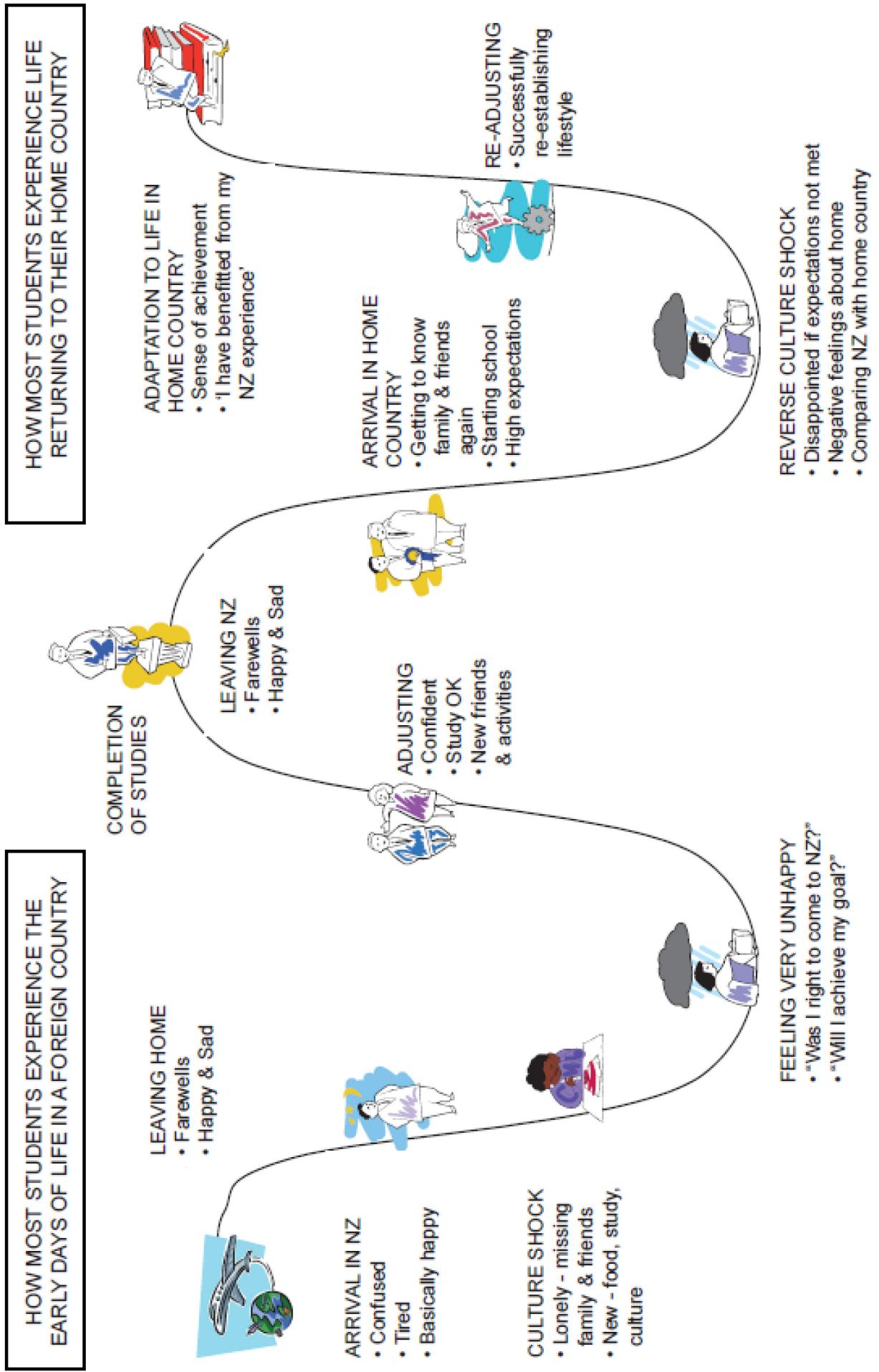
Come along to meet other international students and make friends at the monthly international student lunch, hosted by Learner Services

- 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.

The Process of Adjustment for most International Students

- these feelings are completely normal, you are not alone



Free Counselling Services

All counselling services are free 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.

NEED TO TALK?

1737



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

Found Directory

The FOUND directory offers searchable listings of groups and organisations by including culture, art, sport, recreation, and faith.

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



Community Law

FREE legal advice, such as immigration, consumer rights, 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, budgeting.

25 Alfred Street, Blenheim

Phone 0800 367 222

Email marlborough@cab.org.nz



Volunteer Marlborough

Working non-profit organisations who need volunteers, including administration, conservation, mentoring, event assistance, 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

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/>

Banking

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

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

Complete an application online, before visiting a branch.



Accommodation

The campuses are close to city centres and a variety of accommodation options are available. See the [Accommodation Website](#) or notice boards on campus.

Backpackers

If you need immediate accommodation, we recommend backpacker accommodation.

Host Families NZ

[Host Families NZ](#) provides the opportunity to live 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.



Private board or flatting

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

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, there are many ways you can have your say.

- 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 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

