



AOTEAROA CULTURAL &  
VOLUNTEER EXCHANGE



NEW ZEALAND  
NATIONAL PROFILE  
2020

*Nau mai, haere mai! Welcome to Aotearoa  
“Land of the Long White Cloud”*

*Home of the Māori people, incredible landscapes,  
remarkable wildlife and friendly locals!*



## Contents

<b>About New Zealand</b> .....	4
<a href="#">Brief Facts</a> .....	4
<a href="#">Geography</a> .....	5
<a href="#">Climate</a> .....	5
<a href="#">Wildlife</a> .....	7
<a href="#">Government</a> .....	8
<a href="#">Public Holidays</a> .....	8
<a href="#">Health and Safety</a> .....	10
<a href="#">Travelling in New Zealand</a> .....	11
<a href="#">The Legend of Maui</a> .....	12
<a href="#">Māori Culture and Language</a> .....	13
<a href="#">References and Links</a> .....	14
<b>ACVE</b> .....	15
<a href="#">Our Vision</a> .....	15
<a href="#">Our Mission</a> .....	15
<a href="#">Meet the Team</a> .....	15
<a href="#">Contact Information</a> .....	16
<b>Volunteering with ACVE</b> .....	17
<a href="#">Overview</a> .....	17
<a href="#">Volunteer Placements in New Zealand</a> .....	18
<a href="#">What you can expect from ACVE</a> .....	19
<a href="#">Travel Month</a> .....	19
<a href="#">Finance &amp; Pocket Money</a> .....	19
<a href="#">Communication</a> .....	20
<a href="#">Travel/Tickets</a> .....	20
<a href="#">What to Bring</a> .....	21
<b>ADDENDUM 1: VISA PROCESS</b> .....	22
<b>ADDENDUM 2: VOLUNTEER CONTRACT</b> .....	24

# About New Zealand

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## Brief Facts

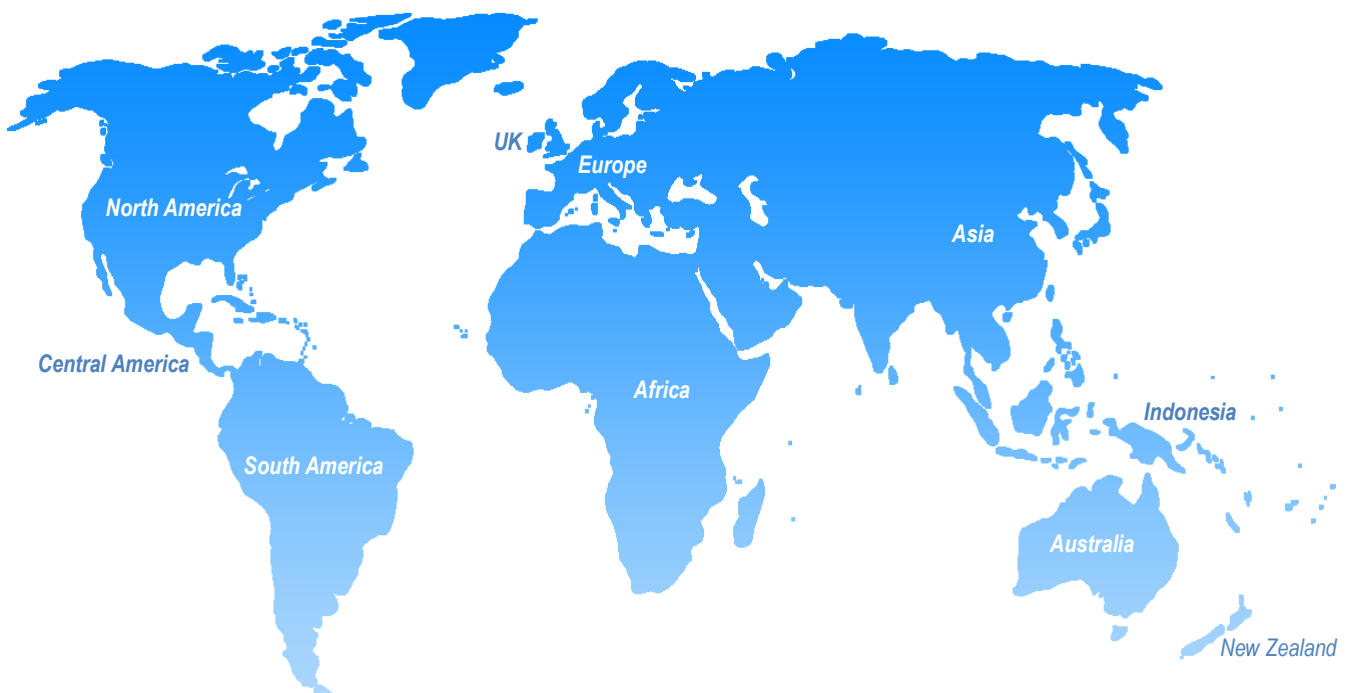
<b>Official Languages</b>	<i>English, Māori and New Zealand Sign Language</i>
<b>Major Religion</b>	<i>Christianity - no official state religion (Multicultural population and all religions are accepted)</i>
<b>Capital City</b>	<i>Wellington</i>
<b>Political</b>	<i>Stable Democracy</i>
<b>Area</b>	<i>270,535 sq km / 104,453 sq miles</i>
<b>Population</b>	<i>4.7 Million</i>
<b>Currency</b>	<i>New Zealand Dollar</i>
<b>Time Zone</b>	<i>GMT + 1200 (+1300 during daylight savings Sept – April)</i>
<b>Country Phone Code</b>	<i>+64</i>

### **Electricity**

*New Zealand electricity is run on 230 volts, - 50 hertz, with a 3 pin plug. Adaptors are available, should you wish to use appliances of a different current.*

### **Plugs**

*A New Zealand power plug and outlet looks like this:*



## Geography

New Zealand is located in the southern Pacific Ocean, approximately 1,600 kilometres (995 miles) south and east of Australia. New Zealand is comprised of two main islands (the North and South Islands) and several smaller islands of which the combined total land area is 270,534 sq kms (104,454 sq mls ). It is similar in size to Colorado, Japan and the United Kingdom.

New Zealand's geography includes spectacular landscapes incorporating the vast mountain chain of the Southern Alps, the volcano region of the North Island, fiords, glaciers, lakes, rainforests and extensive grassy plains. New Zealand is surrounded by a coastline of sandy shores, surf beaches, rocky outcrops, harbours, islands and inlets.



## Climate

New Zealand weather and climate is of particular importance to the people of New Zealand, as many New Zealander's make their living from the land. Most of the country lies close to the coast, which means mild temperatures, moderate rainfall, and abundant sunshine. The far north has subtropical weather during summer and summer temperatures throughout the country range from 20C – 30C. In the north, winters are mild 6C – 11C and, because New Zealand lies in the Southern Hemisphere, the average temperature decreases as you travel south. The inland alpine areas of the South Island can be as cold as -10 C in winter.

- Spring - September, October, November
- Summer - December, January, February
- Autumn - March, April, May
- Winter - June, July, August

There aren't large temperature ranges, nor the extremes found in most continental climates. However because New Zealand's climate is dominated by mountains and surrounding sea, the weather can change unexpectedly—as cold fronts or tropical cyclones quickly blow in. Because of this, you should be prepared for sudden changes in weather and temperature if you're going hiking or doing other outdoor activities.

## History

### *Māori settlement*

Polynesian people (Māori) were the first settlers of New Zealand arriving from Polynesia in large Wakas (Sailing Canoes) around the 11<sup>th</sup> 12<sup>th</sup> Century. They named the North Island *Aotearoa* which means the "Land of the long white cloud" which has become the accepted Māori name for all of NZ. Early Māori lived in tribal groups, gardening, catching birds and fish, and making tools, weapons and ornaments.

### *The first Europeans*

The Dutch explorer Abel Tasman was the first European to discover New Zealand, in 1642. The English navigator James Cook mapped the country in 1769–70. After this, sealers, whalers and traders arrived.

Beginning in 1814, missionaries arrived to convert Māori to Christianity, and taught them farming skills, reading and writing.

Inter-tribal wars became more devastating with the introduction of muskets but diseases introduced by Europeans caused more fatalities than firearms.

### *1840s–1850s: a new British colony*

As more settlers arrived, the British government decided to take control of New Zealand. In 1840, a majority of Māori Chiefs signed the 'Treaty of Waitangi' with representatives of the British Crown, who sought sovereignty over the country (This was 6th February 1840, now a nationally celebrated public holiday). In return the Queen's representatives promised Māori ownership of their land, and the rights of British citizens. In later years, differences of interpretation between the English and Māori texts complicated efforts to redress breaches of the treaty.

### *1860s–1880s: conflict and growth*

Māori were pressured to sell their land for settlements. In the 1840s disputes over land erupted causing clashes between Māori and the British leading to bloodshed. In the 1860s, outright war broke out with many casualties on both sides. By 1872 the wars over land had ended and large areas of land were confiscated from 'rebellious' tribes. From the 1870s, the government helped thousands of British people start a new life in New Zealand on the land confiscated or bought from Māori. New Zealand made money selling its wool and gold overseas. Railways were built and towns sprang up or expanded.

### *1890s–1945: social change and war*

In 1893 New Zealand became the first country to give women the vote, among other liberal reforms. In the First World War, it joined Britain in the fight against Germany. In the 1920s and 1930s many New Zealanders suffered hardship in a world-wide depression. They voted for a Labour government which passed laws aimed at giving everyone a decent standard of living. During the Second World War, New Zealand troops again served overseas with distinction.

### *The later 20th century*

From the 1950s, New Zealand widened its outlook beyond Britain, which had been the main market for the country's meat, wool, butter and cheese. It began to sell its goods to many different countries, and was increasingly influenced by the United States. At the same time, it kept its identity as an independent nation.

### *Changes for Māori*

Many Māori moved to the cities after the Second World War. It was not until 1975 that their concerns about their treatment by the government began to be taken seriously. From about this time Māori began reviving their language and culture and redress for lands taken by the crown unfairly were managed through The Māori Land Court - which still continue to hear claims.



## Population

### *A more diverse nation*

For a long time New Zealand had been predominantly Pākehā (the Māori name for NZ Europeans) and Māori. But since the 1970s many more ethnic groups have been allowed to settle – from the Pacific Islands, Asia and every corner of the globe. As of 2019, the resident population of New Zealand is close to 4.8 million. The majority of New Zealand's population is of European descent, the indigenous Māori are the largest minority, followed by Asians and non-Māori Polynesians then other ethnicities. English, Māori and New Zealand Sign Language are the official languages, with English being the predominant spoken language. About one-fourth of the population lives in Auckland, the largest city in the North Island and hosts many beautiful beaches and offshore islands.

From indigenous peoples, pioneering spirit and multicultural pacific nation, New Zealand maintains its own unique and diverse identity.



## Wildlife

Due to NZ's remoteness and being surrounded by ocean, there are no native land mammals. There are many 'introduced' animals both wild and farmed. We have an abundance of rare and unique native birds the most significant being the rare flightless bird called the Kiwi (also a colloquial term for New Zealanders). Many varieties of fish abound in our oceans, lakes and rivers. NZ is famous for its marine life, especially opportunities for whale watching and swimming with the dolphins. NZ is a rich green land with many National Parks, bush areas and forests.



*NZ native bird 'Kiwi'*



*NZ Woodpigeon*



*Mamaku Tree Fern*



*NZ Pukeko*



*Whale Tail, Kaikoura*



*Little Blue Penguin*



*Dusky Dolphin*

## Economy

New Zealand's economy is heavily dependent on overseas trade. Traditionally a large proportion of New Zealand's exports (mainly agricultural products) went to the United Kingdom.

New Zealand has developed its agriculture and manufacturing industries to suit the needs of niche markets. Dairy and meat exports still make a large contribution to New Zealand's economy. However, industries such as forestry, horticulture, fishing, manufacturing and tourism have become increasingly significant.

Australia is the number one merchandise export market. The United States has increased to become the second largest export market, followed by Japan, and then the United Kingdom. The New Zealand currency is the New Zealand dollar. One dollar is equal to 100 cents.

## Government

New Zealand moved from colonial to Dominion status in 1907, gaining full independence from Britain under the Statute of Westminster Adoption Act 1947. New Zealand is an independent state within the Commonwealth. Queen Elizabeth II is represented by the Governor General who summons and dissolves Parliament, and assents to legislation.

New Zealand now has a mixed member proportional (MMP) Parliament of approximately 120 seats: 67 electorate representatives and 53 party list members. There are 2 main parties – Labour and National – with several minor parties including Greens (environmental) and The Māori Party.



*Rgt Hon Jacinda Ardern*  
**NZ Prime Minister**

## Public Holidays

Most people take their family holidays over the Christmas and New Year period.

Schools close down over this period for 6 weeks from about the 20<sup>th</sup> December to the end of January. During the year they also have 2-week holidays in April, July and September.

The public holidays that are observed are as follows:

January 1 <sup>st</sup>	<i>New Years Day</i>
January 2 <sup>nd</sup>	<i>Day after New Year's Day</i>
February 6 <sup>th</sup>	<i>Waitangi Day</i>
April (dates vary)	<i>Easter (4 days off)</i>
April 25 <sup>th</sup>	<i>Anzac Day</i>
First Monday in June	<i>Queens Birthday</i>
Third Monday in October	<i>Labour Day</i>
December 25 <sup>th</sup>	<i>Christmas Day</i>
December 26 <sup>th</sup>	<i>Boxing Day</i>



New Zealand National Flag



NZ Maori Flag



## *Lifestyle and Recreation*

From our unique culture to our huge range of outdoor activities and our friendly, laidback attitude, New Zealand is an awesome place to live and play. With a temperate climate, easy access to thousands of miles of beautiful beaches, and a dedicated life/work balance – NZ’s enjoy one of the best lifestyles in the world.

### *Outdoors and Sport*

There’s always some adventure to be had in New Zealand. It really is a natural playground, one that New Zealanders treasure and enjoy daily. We have great surf beaches around the country, and in winter the central North Island and the South Island provide amazing snow mountains for winter sports. Everywhere you go there’s something new to do, even if it’s a relaxing picnic in one of our natural reserves. With over a third of New Zealand made up of protected parkland, mountain ranges and marine reserves there are numerous opportunities to camp, mountain bike, fish, hike and much more.

You’ll find plenty of solo and team sports here. Some of NZ’s favourites include rugby, cricket, netball and swimming, but you’ll also find everything from white-water rafting to hiking, football to basketball, fishing to skiing.



### *Values and Attitudes*

One of the things you’ll find in New Zealand is the acceptance of different views and ideas. New Zealand is a modern, secular, democratic society, with no ingrained class system. Freedom of speech, expression and religious beliefs are guaranteed by law. Some democratic milestones in New Zealand:

- In 1893 New Zealand was the first country to give women the vote.
- New Zealand was the first sovereign state to introduce free public health services and a minimum wage.
- Our country remains a nuclear free zone despite having faced strong outside pressures.
- In 2004 the Civil Unions Bill was passed, which gives both opposite and same-sex couples similar rights to married couples.

### *Quality of Life*

In many ways, it’s not what New Zealand has that’s important to quality of life here; it’s what we don’t have. We don’t have abject poverty or hunger, largely because of a commitment to social welfare dating back to the 1930s. Corruption is virtually unheard of. New Zealand was ranked the 2nd least corrupt country in the world in 2008. We don’t have over population, pollution, congestion, health issues and cramped city living. Along with a thriving indigenous Māori culture, bustling cosmopolitan cities, traditional towns and friendly people, New Zealand is a great place to live and visit.

### *Adventurers*

In the adrenalin-pumping, heart-stopping realm of extreme sports, this is ‘The Adventure Capital of the World’. Whether it’s bungee jumping, jet boating, white water rafting, paragliding, kite surfing or abseiling, professional tour operators can be found in virtually every town.



## Law and Order

- The minimum legal age to enter a Public Bar or purchase alcohol is 18 years. You may be asked for identification under the age of 25. Always carry your ID with you or you may be refused entry. Many hotels have family bars where you can go with your host family regardless of age.
- New Zealand law says that you must not drive if the amount of alcohol in your blood or breath exceeds certain age-related limits. These are summarized below:
  - **Aged under 20 years of age** – There is a ZERO TOLERANCE if you are under 20. This means you must not have any alcohol in your system at all. Any trace of alcohol will result in being charged with drink driving.
  - **Aged 20 years of age or over** – You must not drive if you have more than 50 milligrams of alcohol per 100 millilitres of blood, or more than 250 micrograms of alcohol per litre of breath. As it is difficult to assess how many alcoholic drinks you can have before you reach this limit, the best advice is: If you drink at all, DO NOT drive.

Limits can be easily affected by factors such as your gender, your size and the amount of food you have eaten.

There are many police checkpoints for driving over the alcohol limit. The fines are significant.

### **IT IS ILLEGAL TO DRINK AND DRIVE**

- Smoking marijuana is illegal. Drugs are also illegal.
- It is illegal to use, text or talk on a cell phone while driving.
- The legal age for sexual consent is 16 and the use of condoms is strongly encouraged to prevent STD's and unwanted pregnancy.

## Health and Safety

Before travelling to New Zealand review the following health and safety facts.

### General Safety

New Zealand is one of the safest holiday destinations in the world. However, you are advised to observe the same precautions with your personal safety and possessions as you would in any other country or at home.

### Health and Medical Insurance

New Zealand is a country without snakes or dangerous wild animals, making it safe for visitors to enjoy outdoor activities. New Zealand's public and private medical/ hospital facilities provide a high standard of treatment and service but it is important to note these services are not free, except as a result of an accident.

Visitors bringing in a quantity of medication are advised to have a doctor's certificate to avoid possible problems with Customs. Doctor's prescriptions are needed to obtain certain drugs in New Zealand.

**No vaccinations** are needed to enter New Zealand.

### Accident Compensation Scheme

Visitors to New Zealand are covered under the local Accident Compensation Scheme for personal injury by accident. Benefits include some medical and hospital expenses, but do not include loss of earnings outside New Zealand.



## Safety Precautions

Although there are no snakes or dangerous wild animals in New Zealand, you should be aware of the following:

- **Variable Weather**  
Weather conditions in New Zealand alpine areas can change rapidly. Be prepared for cold wet weather if you plan to walk in our National Parks, whatever the time of year.
- **Sandflies**  
In wetter areas, particularly in Fiordland, sandflies can be pests, but are effectively controlled by use of an insect repellent.
- **Giardia**  
Giardia is a water-borne parasite that causes diarrhoea. To avoid contracting it, it is best not to drink water from lakes, ponds or rivers without first boiling, chemically treating or filtering it.
- **Sunburn**  
New Zealand's clear, unpolluted atmosphere and relatively low latitudes produce sunlight stronger than much of Europe or North America, so be prepared to wear hats and sun block if you plan to be out in the sun for more than 15 - 20 minutes.

## Travelling in New Zealand

Public transport between major towns and cities is good but lots of placements are rural and won't have regular (if any) public transport to the nearest town or city.

Lots of volunteers prefer to buy a vehicle or share the cost in buying a vehicle for getting around.

You can pick up a second hand reliable vehicle for around NZ\$2000 and it can be a simple process to sell the vehicle at Car Auctions when you leave the country. When owning a vehicle in NZ you would require Third Party Insurance which is approximately NZ\$160 annually.

The average cost of petrol in New Zealand is currently NZ\$2.2 per litre and diesel is NZ\$1.4 per litre.

If your current drivers license has an English Translation then it will be valid in NZ, otherwise you will need to organise an international drivers license before leaving your home country. New Zealanders drive on the left-hand side of the road.

New Zealand State Highways, main roads, city and town roads are well maintained, some of the smaller roads can be rough and there are still some gravel roads in less frequented remote areas.

New Zealand follows most international road rules. See links section for website NZ Road Code. Also links to Public Transport, Bus Tours and Backpackers Accommodation.

Some Average Driving Distances:

Auckland	↻	Rotorua	3 hours and 20mins
Rotorua	↻	Wellington	6 hours and 35mins
Nelson	↻	Christchurch	6 hours

There are several large car ferries that cross between the North Island and the South Island which takes 2-3 hours depending on sea conditions.



### The Legend of Maui

Maui was a demi-god, who lived in Hawaiiiki. He possessed magic powers that not all of his family knew about. One day when he was very young, he hid in the bottom of his brothers' boat in order to go out fishing with them. Once out at sea, Maui was discovered by his brothers, but they were not able to take him back to shore as Maui used his magic powers to make the shoreline seem much further away than it really was. Once they were far out into the ocean Maui dropped his magic fishhook over the side of the waka. After a while he felt a strong tug on the line. This seemed to be too strong a tug to be any ordinary fish, so Maui called to his brothers for help. After much straining and pulling, up suddenly surfaced Te Ika a Maui (the fish of Maui), known today as the North Island. Maui worried that the Gods might be angry about this, and he asked his brothers to wait while he went to make peace with the Gods. However, once Maui had gone his brothers began to argue among themselves about the possession of this new land. They took out their weapons and started fighting, the blows on the land created the many mountains and valleys of the North Island today.

The South Island is known as Te Waka a Maui (the Canoe of Maui). The South Island is also referred to as Te Wai Pounamu (The Waters of Greenstone) after the abundant supply of pounamu used by Māori for tools and sacred ornaments.

Stewart Island, which lies at the very bottom of New Zealand, is known as Te Punga a Maui (Maui's anchor), as it was the anchor holding Maui's waka as he pulled in the giant fish.

## Māori Culture and Language

Māori culture is rich and diverse, based on traditional spiritual beliefs, sacred rituals and day to day customs, many of which are still practiced. It is a culture rich with stories and legends passed down orally over generations. Traditional arts such as carving, weaving, kapa haka (group performance), whaikorero (oratory) and moko (tattoo) are practised. Within any Maori community, the marae provides a focus for social, cultural and spiritual life. The term marae describes a communal area that includes a whareniui (meeting house) and wharekai (dining room). Maori people define themselves by their iwi (tribe), hapu (sub-tribe), maunga (mountain) and awa (river). Whanau which means family -embraces immediate family, in-laws and all those connected by blood ties.

Te Reo Māori is the language of New Zealand Māori and due to tribal dialects pronunciations vary slightly. Te Reo Māori is not widely spoken by Māori but is experiencing a resurgence in recent times. Few Pākehā (NZ Europeans) speak Maori and Pākehā have anglicised many Māori place names. Although there correct pronunciation is now taught in schools and spoken by newsreaders etc.

### Vowels are pronounced as follows:

Vowel	Short	Long
<b>a</b>	as in	<b>about</b> <b>far</b>
<b>e</b>	as in	<b>enter</b> <b>bed</b>
<b>i</b>	as in	<b>eat</b> <b>sheep</b>
<b>o</b>	as in	<b>awful</b> <b>pork</b>
<b>u</b>	as in	<b>put</b> <b>boot</b>
<b>ā</b>	Macron = long vowel	

### Consonants

Māori language doesn't have consonant clusters (consonants that appear together in a syllable without a vowel between them).

Consonants are mainly pronounced as they are in English. The exceptions are:

**T** varies depending on the vowel that precedes or follows it, but is softer than the English 't'.

**R** commonly called a 'rolled' r

**ng** is said as it sounds in the English word 'singer'.

**wh** is usually pronounced as an English 'f' sound

### Common Phrases

**Hello (informal or answering the telephone) *Kia ora***

**Hello (to one person) *Tēnā koe***

**Hello (to two people) *Tēnā kōrua***

**Hello (to a group) *Tēnā koutou***

**Welcome *Haere mai***

**How are you? *Kei te pēhea koe?***

**I'm good *Kei te pai ahau***

**I'm great *Ka nui te ora***

**Good-bye (to the person staying) *E noho rā***

**Good-bye (to the person going) *Haere rā***

**Thank you *kia ora* (is pronounced KEE-A o-ra)**

### Numbers

**1** Tahi (tar-he)

**2** Rua (rew-ah)

**3** Toru (toh-rew)

**4** Wha (fah)

**5** Rima (ree-ma)

**6** Ono (o-noh)

**7** Whitu (fee-too)

**8** Waru (waah-rew)

**9** Iwa (ee-wah)

**10** Tekau (teh-ko)

### Maori geographical terms

**ana** cave

**awa** river, channel

**iti** small

**manga** stream

**maunga** mountain

**moana** sea, lake

**motu** island

**nui** big

**one** beach, sand, soil

**kohatu** rock

**puke** hill

**rangi** sky, heavens

**roa** long

**roto** lake

**rua** two

**tai** tide, sea

**tapu** sacred

**te** the

**toka** rock

**wai** water

**whanga** bay, harbor

**whenua** land

### Some Common Maori Words

**Marae** area containing meeting house

**Pākehā** NZs of british/European origin

**Haka** dance/chant challenge

**Aroha** love/compassion

**Koha** donation

**Mana** pride/status

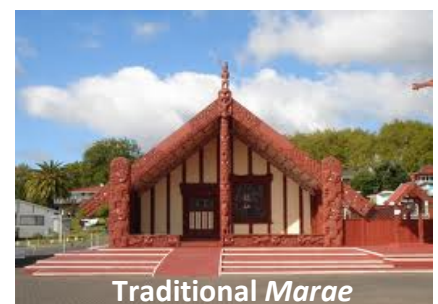
**Karakia** prayer

**Whanau** family

**Hapu** tribe

**Iwi** people/clan

**Waka** canoe



Traditional Marae

You'll notice these in place names e.g.

**Rotorua** means **roto** → lake    **rua** → two    = two lakes

## [References and Links](#)

Most of the information presented in this profile has been gathered from the following resources, for more information see these websites:

### *[Tourism](#)*

[www.nzta.govt.nz/traffic/around-nz/visitors.html](http://www.nzta.govt.nz/traffic/around-nz/visitors.html)  
[www.newzealand.com](http://www.newzealand.com)  
[www.i-site.org.nz](http://www.i-site.org.nz)  
[www.thrillseekers.co.nz](http://www.thrillseekers.co.nz)  
[www.trampingtracks.co.nz](http://www.trampingtracks.co.nz)  
[www.lonelyplanet.com/new-zealand](http://www.lonelyplanet.com/new-zealand)

### *[More about New Zealand and Culture](#)*

[en.wikipedia.org/wiki/Culture\\_of\\_New\\_Zealand](http://en.wikipedia.org/wiki/Culture_of_New_Zealand)  
[www.lonelyplanet.com/new-zealand](http://www.lonelyplanet.com/new-zealand)  
[www.aa.co.nz/travel](http://www.aa.co.nz/travel)  
[www.wikitravel.org/en/Maori\\_phrasebook](http://www.wikitravel.org/en/Maori_phrasebook)

### *[Driving NZ](#)*

[www.nzta.govt.nz/resources/roadcode](http://www.nzta.govt.nz/resources/roadcode)  
[www.newzealand.com/int/article/driving-in-new-zealand](http://www.newzealand.com/int/article/driving-in-new-zealand)  
[www.travelplanner.co.nz](http://www.travelplanner.co.nz)

### *[Backpacking/Accommodation](#)*

[www.backpackerboard.co.nz](http://www.backpackerboard.co.nz)  
[www.straytravel.com](http://www.straytravel.com)  
[www.hostelnewzealand.com](http://www.hostelnewzealand.com)

### *[Transport](#)*

[www.bluebridge.co.nz](http://www.bluebridge.co.nz)  
[www.interislander.co.nz](http://www.interislander.co.nz)  
[www.webjet.co.nz](http://www.webjet.co.nz)  
[www.airnewzealand.co.nz](http://www.airnewzealand.co.nz)  
[www.intercity.co.nz](http://www.intercity.co.nz)  
[www.grabaseat.co.nz](http://www.grabaseat.co.nz)



# ACVE

## Aotearoa Cultural & Volunteer Exchange

Aotearoa Cultural & Volunteer Exchange (ACVE) is a dynamic international youth exchange organisation responsible for running the ICYE volunteer exchange programme in New Zealand. Each year we welcome more than 50 volunteers from around the world to share their skills and experience life in New Zealand. In return, we send young Kiwis overseas to volunteer in Africa, Asia, Latin America and Europe.

ACVE is passionate about encouraging young people aged between 18 and 35 to participate in an ethical, international volunteering programme like ICYE. Our volunteers come from all walks of life and no special skills or experience is necessary. We welcome people with a big heart, an eagerness to learn about a different culture and language, and a positive 'can do' attitude about helping others!

Volunteers coming to New Zealand are well chosen and prepared to adapt to our casual and relaxed way of life. ACVE is a Charitable Trust and has a Board of Trustees. ACVE is based in the North Island with the office operating from Tauranga, which is three hours drive south-east of Auckland.

### *Our Vision*

ACVE's vision is to help create a global community of inspiring young people committed to working together regardless of age, social background, culture and nationality, who are passionate about helping others and making a difference in the world.

### *Our Mission*

To inspire young people to make a positive difference to their lives by facilitating their participation in a challenging overseas volunteer exchange programme in partnership with non-governmental organisations, community, environmental, educational and social development projects around the world.

### *Meet the Team*

#### *Heath Ingham*

##### **National Director**

Heath has worked with young people in various capacities for over ten years. He has worked as a professional sports coach, event director and project manager. Heath is a keen traveller and has visited many parts of South East Asia, Europe and USA. He is excited to use his various experience in travel, coaching and project management to direct the ACVE program for the benefit of our volunteers. He is looking forward to meeting all of our volunteers and helping them on their journey in New Zealand!



#### *Teresa Way*

##### **Incoming Coordinator**

Originally from Canada, Teresa has made New Zealand her home where she lives by the beach with her husband and son. Teresa brings her considerable organisational skills to providing administrative and pastoral support for all aspects of the ACVE program, including working closely with our volunteers in NZ. Teresa understands what it is like to live and work in a different country far from home, and believes wholeheartedly in the learning journey all of our international volunteers are undertaking.



## Contact Information

### *Physical Address*

ACVE  
78 Maunganui Road  
Mount Maunganui  
3116  
New Zealand

### *Telephone*

+64 7 574 9049 (office)

### *E-mail*

[info@acve.co.nz](mailto:info@acve.co.nz)

### *Postal Address*

ACVE  
PO Box 5364  
Mount Maunganui  
3150  
New Zealand

*Visit our website!*

[www.acve.nz](http://www.acve.nz)



# Volunteering with ACVE



## Overview

ACVE can accept volunteers to New Zealand aged between 18 and 35 years old. Some of the Host placements are in small towns (less than 10,000 people). Many volunteers coming to NZ want to live in Auckland, Wellington or Christchurch. This is very unlikely, as we do not have a large number of host placements in these cities.

Volunteers can usually experience 2 placements while in New Zealand, although some projects do like volunteers to commit to 12 months.

Host situations are generally a "live-in" situation where the volunteer lives at the workplace. Volunteers must adapt to the lifestyle of their Host situation that may not be the same sophisticated and independent one they are used to. ACVE aims to place the volunteers in workplaces of their interest depending upon Host placement requirements and availability.

Public transport is minimal, with sometimes only one bus in or out of your town per day so any weekend activities have to be planned out carefully with the help of your hosts. Some volunteers choose to purchase a second hand car to use during their time in New Zealand which they can sell before they return home. This is highly recommended and can help you to be much more independent while on your exchange year, as well as give you the opportunity to travel to some beautiful and remote destinations during your free time.

*We ask that all volunteers be flexible and try things they would not "normally" do.  
Please use your initiative, common sense and show enthusiasm.*

It is often difficult to find **vegetarian** families so volunteers must be prepared to adapt to this situation. You will find that most families will try and fit in with you though.

The **English language** is most easily adapted to, learned and practised by communication within the host family or at the placement.

Language will be one of the main obstacles you may have to overcome in order to really live and understand our culture. Most New Zealanders do not speak another language.

**It would be a big advantage for you to gain a basic understanding of English grammar and pronunciation before leaving your country.**

Many volunteers want to live in a city or big town but **most of the projects and host families live in rural areas**. Be prepared to be living more than one hour drive from a town, with no public transport system. Also be prepared to be open to all new environments, as it can be a very positive aspect of your exchange year in New Zealand.

**Medical Travel Insurance** is provided by ICYE for all volunteers. Please be aware this **does not cover** theft or loss of personal possessions. Your sending committee will have further details.

## [Volunteer Placements in New Zealand](#)

### [Types of Voluntary Service Jobs](#)

#### *Children's Centre*

This type of core service is the provision of emergency and planned short term respite care for children aged 3 to 12 years, whose families are experiencing significant stress or difficulties.

These issues include financial stress, mental health issues, severe illness, substance abuse and addiction, even death of one parent/guardian.

#### *Adventure Camps*

ACVE works with a lot of outdoor adventure camps that work mainly with school groups and conference groups who come to camp for outdoor education. Tasks for volunteers are varied and may include activity instruction, hosting groups, kitchen work, cleaning, grounds keeping and much more! Our camps are where you can find big teams of volunteers doing all sorts of things!

#### *Social/Community Work*

This may be caring for intellectually handicapped people, elderly, disabled children or disabled adults. Your duties will range from laundry to kitchen work, housework, care giving, and companionship for the residents and helping out wherever called upon. This may also include placement at social service centres. Often a driving licence is necessary as much of the work can be taking people on visits and outings around the local area.

This work also requires a **police report**.

#### *Environmental/Conservation*

This work will mainly consist of working outside – summer or winter. The volunteer will be responsible for environmental work such as building, feeding fish, mowing, maintenance of pathways and other structures some of which can be physical and require the use of equipment such as weed eaters and other machinery. Full training in equipment use and safety will be given by the host placement. Volunteers need to be physically fit and capable of working outside in different weather conditions.



## What you can expect from ACVE

When you choose to volunteer in New Zealand with ACVE, you can be assured of a warm welcome and full support during your international volunteering year. Your adventure starts with a group **Orientation Training Camp – what we call O-Week!**. Here you learn more about the Kiwi culture and people, ICYE and the ACVE volunteer programme, expectations and other technical and practical information which you will need during your stay in New Zealand. You will also undertake a Kiwi English language course taught by our experienced ESOL teacher.

### Ongoing Support

Transport is organised to your first 6 month volunteer project placement where you will travel across New Zealand by bus or plane (to the South Island and Great Barrier Island). There are two further training seminars to attend – **the Mid-Term Camp** is a chance to reconnect with the whole ACVE volunteer team and to share your experiences so far. The **Final Camp** is held in the seaside city of Tauranga prior to your departure back home. It is inspiring to hear about each person's journey, not only through New Zealand but a journey in adventure, personal development and self-confidence.

### Travel Month

There is a compulsory Travel Month that is given to our volunteers while they are here. This will last for 4-5 weeks. Volunteers who start the programme in July will take their travel time during the Christmas holidays, during December and January. The confirmed dates for this will be given at the Orientation Camp.

Volunteers who start the programme in January and are on the 12 month program will also take their travel time in December and January. Those who are on the 6 month program and start in January will have their travel period during July/August after the Final Camp. The confirmed dates for this will be given at Orientation.

It is advised that parents or friends who wish to visit you do this during your travel period so that they don't disrupt your time or the placement that you are volunteering in. You are also not able to stay in your placement during this travel time unless previously arranged with your placement.

**The Travel Month will cost you between NZD \$3,000 - \$4,000. This amount is given as an *indication only* as to what other volunteers have spent over the four week period.**

You will need to bring this money with you when you arrive in NZ. The pocket money you receive will not be enough to cover your travel month!

***It is VITAL that when you arrive in New Zealand you have enough funds or access to funds (i.e. visa/mastercard) to keep you financially stable for the time that you are here. Keeping in mind the cost of the Travel Month, without relying on volunteer pocket money.***

### Finance & Pocket Money

ACVE is a Charitable Trust, registered through the New Zealand Charities Commission (registered number 46316). Individual bank accounts will be opened during the Orientation Camp through the ANZ bank.

Volunteers will be able to bank online and be issued with an EFTPOS card for payment of over the counter transactions. The pocket money will be paid into volunteers' bank accounts after the 20<sup>th</sup> of each month by ACVE. The pocket money amount is reviewed annually by the ICYE Federation.

You cannot expect to make any money while you are in New Zealand! It is a requirement of the ACVE work exchange visa that volunteers DO NOT seek any form of paid employment whilst on the ICYE programme in New Zealand. However, if you have a visa issued through the Working Holiday Scheme, you may be able to seek seasonal employment AFTER you have completed your ICYE programme.

Please note that twelve-month volunteers arriving in July will be reimbursed the cost of travel from their first placement to the Mid-Term Seminar, rather than from where they are on their Travel Month to the Mid-Term Seminar. Volunteers may travel outside of NZ during the travel time (the visa is a Multiple Entry visa) but MUST remember to take their return ticket to their home country with them, as Immigration may ask to see it upon re-entry into New Zealand.

### Communication

Generally there is internet connection at all host placements. There will be some general rules and limits around data use.

Many volunteers bring their own laptop/notebook and make use of the many wireless connections around NZ especially internet cafes and backpackers.

You will be able to organise a NZ Sim Card at Orientation Camp for your cell phone, and your NZ number will be one of the ways that ACVE keeps in touch with you.

### Travel/Tickets

ACVE will keep a copy of your flight ticket and visa at the office. Volunteers wishing to change their tickets sometimes must pay additional costs. Volunteers must also organize their own change of date for their flight home. (This must be done in a timely manner.)

### Window Dates & Your Arrival

You are required to arrive in New Zealand within the specified window dates:

#### **JANUARY 2020**

**Window Dates:**

**29<sup>th</sup> and 30<sup>th</sup> January 2020**

**Arrival City is:**

**Tauranga Airport: \***

**Please arrive prior to:**

**4pm in Tauranga on the 30<sup>th</sup> January**

#### **JULY 2020**

**Window Dates:**

**TBC**

**Arrival City is:**

**Tauranga Airport \***

**Please arrive prior to:**

**4pm in Tauranga**

\* Your arrival port into New Zealand will be Auckland, however you will need to get from Auckland City to **Tauranga City**, where the Orientation Camp will be held. The best way to do this is to fly straight from Auckland Airport to Tauranga Airport. At Tauranga Airport, ACVE will organise your transport to O-Week.

➤ **PLEASE ASK YOUR TRAVEL AGENT TO BOOK YOU THROUGH TO TAURANGA ON YOUR INTERNATIONAL FLIGHT.**

If your travel agent cannot book you on one ticket to Tauranga, you will need to book your own domestic flight. You can do so here: [www.airnz.co.nz](http://www.airnz.co.nz). Please ensure you allow 1.5 hours to get through customs, immigration and baggage collection at the Auckland International terminal, then allow 20 minutes to walk to Auckland Domestic terminal (buses also operate). More info on your arrival will be given to you closer to your departure to NZ.

**Volunteers must be here prior to the commencement of O-Week.**

**Thank you!**

## What you need to do before coming to New Zealand

- Make sure you have organised your VISA
- Completed all ACVE paperwork – (the ACVE Contract, Health Certificate, Car Driving Permission form)
- Provided all requirements – (Police Report & NZ Police Vetting Form, TIN, Passport, Visa copy)
- Sent in Project Preference List
- Arranged sufficient funds for the term of your exchange period
- Photocopied all important documents i.e. passport, visa page, flight/tickets etc
- Any medications that you need to bring with you including a letter from your doctor if you will need a repeat prescription for the medication (if it is a controlled drug).

## What to Bring

ACVE recommends that you bring one large bag and one small hand luggage bag only. You may be travelling to your placements by domestic airline; you may be charged an excess fee for additional or overweight luggage.

## **Packing lightly for one year takes some thought!**

### **We recommend bringing:**

- Sunhat or cap – very important for the summer months
- Sunglasses
- Raincoat
- Set of good clothes and a set of old clothes
- T-shirts
- Warm jacket
- Swim suit
- Warm jersey/sweater/fleece top
- Good walking shoes and sandals
- Jeans/track-pants/shorts
- Towel
- Sleeping bag
- Typical things of your country to be shown for the Country Presentations at O-Week
- Photos and information about your family and country
- English dictionary (if required)
- Small gift for your host placement

### **IMPORTANT DOCUMENTS**

- Passport
- Visa
- Return airline ticket
- Health Certificate
- Medic Alert Bracelet (if you wear one)
- Police Report
- International Drivers Licence/Drivers Licence



## ADDENDUM 1: VISA PROCESS

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Coming to New Zealand to volunteer, all candidates must have a **VISA**. All volunteers are required to meet health, character and bona fide requirements.

There are two main schemes under which candidates can apply for their visa:

### 1. WORKING HOLIDAY VISA SCHEME

This is an annual scheme provided by NZ Immigration where young people between the ages of 18 and 30 can apply for a visa to work in New Zealand for up to 12 months.

**This visa is for citizens of:**

*Belgium, Denmark, Finland, Germany, France, Italy, Japan, Sweden, UK and USA.*

**Please note** applicants apply online and the general requirements for eligibility are as follows:

- Have a passport that's valid for at least three months after your planned departure from NZ
- Be at least 18 and not more than 30 years old
- Not bring children with you
- Hold a return ticket or sufficient funds to purchase such a ticket\*
- Have a minimum of NZ\$4,200 available funds to meet your living costs while you're here
- Meet our health and character requirements
- Hold medical and comprehensive hospitalisation insurance for the length of your stay
- Be coming to New Zealand to holiday, with work or study being secondary intentions for your visit
- Not have been approved a visa under a Working Holiday Scheme before.

**\* You are required to hold sufficient funds for the duration of your visit and for the purchase of an outward ticket from New Zealand. Such evidence may be requested on arrival at the border.**

To apply for the Working Holiday Visa, follow the steps below:

- STEP 1: Go to [www.immigration.govt.nz](http://www.immigration.govt.nz)
- STEP 2: Select **GET A VISA or NZeTA** left icon in the middle of the screen
- STEP 3: Select **APPLY FOR A VISA** at the top of the screen
- STEP 4: In the selection window that says **Select the Visa you'd like to apply for:** choose **WORK** from the drop-down menu
- STEP 5: In the selection window that says **What is your work visa based on?**  
Choose **NATIONALITY**
- STEP 6: In the selection window that says **Select a visa**  
Choose your country's **WORKING HOLIDAY VISA**
- STEP 7: Click on the **VIEW VISA DETAILS & APPLY** button

## 2. ACVE WORK EXCHANGE VISA SCHEME

This scheme is an agreement between ACVE and NZ Immigration where ACVE is the New Zealand sponsor.

**This visa is for citizens of:**

*Austria, Bolivia, Brazil, Colombia, Costa Rica, Ecuador, Ghana, Honduras, Iceland, India, Kenya, Mexico, Mozambique, Russia, South Korea, Switzerland, Taiwan, Uganda, Uruguay and Vietnam.*

**Please note** applicants applying under this scheme must:

- Be aged between 18 and 35.
- Have proof of medical and dental insurance when they lodge their application.
- Have funds of \$NZ 3000 for maintenance in New Zealand upon application and when in New Zealand.
- Hold an outward ticket for a return flight to their country

Applicants must apply through their local New Zealand immigration branch and state that they are applying under the Aotearoa Cultural & Volunteer Exchange (ACVE) scheme when they submit their application. Applicants will also be obliged to meet standard requirements for temporary entry to New Zealand. Applicants must apply for this visa offshore, before they travel to New Zealand.

ACVE will issue the Sending NC with an **invitation letter** to assist with the application process for this visa. ACVE needs to receive a copy of the candidate's application, passport, health certificate and police report in order to issue the invitation letter.

To apply for your ACVE Work Exchange Scheme Visa **once you have our invitation letter**, follow the below steps:

- STEP 1: Go to [www.immigration.govt.nz](http://www.immigration.govt.nz)
- STEP 2: Select **GET A VISA or NZeTA** left icon in the middle of the screen
- STEP 3: Select **APPLY FOR A VISA** at the top of the screen
- STEP 4: In the selection window that says **Select the Visa you'd like to apply for:** choose **WORK** from the drop-down menu
- STEP 5: In the selection window that says **What is your work visa based on?**  
Choose **OTHER**
- STEP 6: In the selection window that says **Select a visa**  
Scroll right to the bottom and choose **WORK EXCHANGE SCHEME WORK VISA**
- STEP 7: Click on the **VIEW VISA DETAILS & APPLY** button  
You will need to complete the application form **INZ 1015**.



## ADDENDUM 2: VOLUNTEER CONTRACT

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Dear Volunteers,

The success of your exchange program will depend very much on you and your attitude, like any program there are rules and limitations which have been established to guarantee a positive experience within our program.

**ACVE New Zealand requests that you read carefully** and understand the following conditions as part of our volunteering program, and send us a signed copy.

### General Conditions

1. I am aware that I am part of an International Volunteering Program.
2. I have read and understood the guidelines for incoming volunteers in the National Profile of ACVE New Zealand and the ICYE Federation's Guide for Exchanges, and I agree to follow them.
3. I will learn the language of my host country, which is English.
4. I agree to adapt to and respect the New Zealand way of life and culture during my Exchange Program.
5. I understand that the Orientation, Mid-Term and Final evaluation camps are compulsory.
6. I will inform my ACVE contact person of any problems between myself and the Project or Host Family in order to guarantee their support.
7. I will follow the resolution process with ACVE when I have a problem with my host project or family.
8. I will not use ANY drugs for recreational purposes during my volunteering program with ACVE (drugs: marijuana, cocaine, heroin, crack/cocaine, acids, methamphetamines, mushrooms, ecstasy, etc). If I need to use any controlled medication for medical reasons I will inform ACVE about that and show a proper prescription from a doctor.
9. I will be the person responsible for my sexual health during my exchange program in New Zealand, and I will follow all the safety recommendations given by ACVE related to this subject during my Orientation Process, which includes but is not limited to using condoms during any type of sexual intercourse, as well as informing ACVE in case of contracting ANY type of STDs or in case of pregnancy.
10. If I'm the victim of any type of sexual, physical or psychological abuse, or sexual harassment, I will inform ACVE immediately in order to get psychological and or legal support. ACVE will respect my privacy and confidentiality.
11. I am aware that I have to respect and obey my host country's laws and will avoid trouble with authorities.
12. I will follow the rules of my host family and my host project in order to keep my safety, which includes curfews and any other regulations.
13. I will remember that I am a volunteer and an ambassador of my country.
14. I understand that New Zealand law says that you must not drive if the amount of alcohol in your blood or breath exceeds certain age-related limits (zero for under 20's).
15. On arrival in NZ I must have:
  - A return air ticket to my home country.
  - A work visa with multiple entry and valid for the exchange year (unless coming to NZ through the Working Holiday Scheme). This work visa is for unpaid voluntary work only. I understand that should I take paid employment, this is a breach of the visa and Immigration will revoke my visa.
  - Acceptance of a volunteer's application by ACVE and the issuing of their New Zealand visa is made on the basis that the volunteer has made full and complete disclosure of all information as requested in the candidate application forms. Any non-disclosure of information will result in the volunteer being repatriated to their home country at their own cost.
  - All medical conditions have been revealed, including any prescribed medications.

### Host Placement

16. I am prepared to accept any assignment prepared for me by ACVE - realising that my placement may be in an isolated or rural area.
17. I accept that changing host situation is possible only under necessary conditions and after ACVE's mediation and authorisation.
18. I agree to respect the rules and conditions at my Host Placement.
19. I understand that ACVE has a mediation process to follow if any issues arise at my project, and that if the solutions put in place do not lead to a successful resolution, that either the project or ACVE can end my placement at the project within a 4 week timeframe.



20. The ICYE programme administered by ACVE is a voluntary programme. I am prepared to work up to 40hours per week in a voluntary capacity respecting the roster set by my host placement.
21. I am aware that in some cases I may be required to work on weekends.

#### Travel Time

22. I understand that ACVE New Zealand is not a travel agency and that I am not supposed to travel longer than the specified time.
23. I agree to coordinate any leave from my project with ACVE, my host project and my host family; I will have to request leave with my project and ACVE at least 3 weeks in advance.
24. I will send an email to ACVE when I'm taking leave, with the completion of the ACVE Travel Form to provide the exact dates and where I'm travelling.
25. I am aware that my vacations cannot interfere with my responsibilities within my project and ACVE's official activities.
26. I am aware that I cannot leave the country for vacations (or any other reason) without informing my contact person at ACVE.
27. I agree to complete the Vehicle Purchase Agreement before purchasing a car in New Zealand.

#### Pocket Money

28. I'm aware that the pocket money I will receive every month is to cover small personal expenses, and the amount of pocket money I will receive is an amount determined by the ICYE Federation.
29. Pocket money will be transferred to volunteers every month after the 20<sup>th</sup>.

#### Withdrawal from Program

30. I understand that if I withdraw from the program once I am in New Zealand then I will not be entitled to any refunds of my program fee, unless decided otherwise by ACVE upon consideration of exceptional circumstances.
31. I understand that if I withdraw from the program prior to my arrival in New Zealand, having been confirmed in the program, then the following will apply unless decided otherwise by ACVE upon consideration of exceptional circumstances:
  - i) Withdrawal outside of 60 days of the Window Dates will result in a full refund from ACVE (or no cancellation fee if payment hasn't been made).
  - ii) Withdrawal between 30 days and 59 days of the Window Dates will result in a 50% refund from ACVE (or 50% Program Fee cancellation charge if payment hasn't been made).
  - iii) Withdrawal between 14 days and 29 days of the Window Dates will result in a 25% refund from ACVE (or 75% Program Fee cancellation charge if payment hasn't been made).
  - iv) Withdrawal within 13 days of the Window Dates will result in no refund from ACVE (or 100% Program Fee cancellation charge if payment hasn't been made).

#### Termination by ACVE

32. I understand this contract may be terminated by ACVE if I fail to adhere to the rules and guidelines outlined; if it is found that I have brought the name of ACVE or its project partners into disrepute; if I have broken the laws of New Zealand; or for any act deemed to be a failure to fulfil this contract to the standards that are required. No refunds shall be given for dismissal due to any of the above reasons.

I hereby confirm that I have read and understood the above rules and information. I also confirm that I have been informed of the fact that my medical and liability insurance will expire when my exchange year comes to an end and that from then on ACVE will have no further obligations towards me. I'm aware that not following the above mentioned rules will lead to the expulsion from the program and the return to my home country at my own cost.

Name: \_\_\_\_\_

Home country: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_