

Pre-Departure Handbook for US grantees

Part A – Information for US Fulbright Scholars and Axford Fellows

2014

Congratulations on having been selected for a US Fulbright Scholar Award or Axford Fellowship to New Zealand. We hope that your experience of living and working in New Zealand will be an exciting and fulfilling one.

This handbook aims to provide US Fulbright Scholars and Axford Fellows with vital information to prepare you for your time in New Zealand. This handbook is Part A and covers general pre-departure information. Part B provides specific information on either US Fulbright Scholar awards or Axford Fellowships, and is provided separately.

Nomenclature

In this handbook, and in other material provided by Fulbright New Zealand, Scholars and Fellows are often referred to collectively as 'grantees'. US Fulbright Scholar awards and Axford Fellowships are sometimes referred to collectively as 'awards'.

1 About Fulbright New Zealand

Fulbright New Zealand ('FBNZ') is the trading name of the New Zealand United States Educational Foundation (NZUSEF). Fulbright New Zealand was established in 1948 under a Treaty between the governments of the US and New Zealand to facilitate international educational exchange and to promote international understanding. In Fulbright parlance, FBNZ is known as a 'commission', i.e. a separate, independent entity that receives funding from both the US and New Zealand governments to administer the Fulbright programme.

FBNZ administers the Fulbright programmes offered in New Zealand, namely:

Fulbright Awards for scholars and institutions

- Fulbright US Scholar Awards
- Fulbright New Zealand Scholar Awards
- Fulbright–Ngā Pae o te Māramatanga Scholar Award
- Fulbright–Cognition Scholar Award in Education Research
- Fulbright–Harkness New Zealand Fellowship
- Fulbright–Creative New Zealand Pacific Writer's Residency
- Fulbright–Wallace Arts Trust Award
- Fulbright New Zealand Travel Awards
- Fulbright–Ngā Pae o te Māramatanga Travel Awards in Indigenous Development
- Fulbright-Meg Everton Professional Enhancement Awards in Education
- Fulbright Specialist Awards
- Fulbright Scholar-in-Residence Programme

Fulbright Awards for students

- Fulbright US Graduate Student Awards
- Fulbright Science and Innovation Graduate Awards
- Fulbright-EQC Graduate Award in Natural Disaster Research
- Fulbright New Zealand General Graduate Student Awards
- Fulbright- Ngā Pae o te Māramatanga Graduate Award

Fulbright New Zealand also administers non-Fulbright programmes. It took on responsibility for the administration of the Ian Axford (NZ) Fellowships in Public Policy ("Axford Fellowships"), at their inception in 1997. Fulbright New Zealand also provides the New Zealand administration for the Harkness Fellowships in Health Care Policy and Practice, offered by the Commonwealth Fund of New York.

The Executive Director of Fulbright New Zealand, Ms Mele Wendt, is the Director of the Axford Fellowship Programme. Ms Wendt reports to, and is a member of, the Board of the Ian Axford (New Zealand) Fellowships in Public Policy.

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2 Applying for a Visa

Grantees apply for **Work Visas** to New Zealand. Visas are obtained through either of the two New Zealand Consulate-Generals in the USA, which are located in Washington DC and Santa Monica, California. Please visit the website of the New Zealand Embassy in the USA at <http://www.nzembassy.com/home.cfm?c=31>. Click on 'Travelling to New Zealand', then 'Visa Information' to get some preliminary information including contact details, opening times etc of the Consulates-General.

Spouses/partners and children under five years of age, are granted **Visitor's Visas** for the same length of time as the grantee's Work Visa. University age children apply for a **Student Visa** and will need to show that they are enrolled at a university and have paid their fees. Generally, children aged 5-17 are granted Student Visas but the Embassy does not require proof of school enrolment.

Detailed information may be found at the website of the Immigration Service of the Department of Labour: www.immigration.govt.nz. There is a large amount of complex information on this website, so contacting one of the Consulate-Generals in the USA is likely to be easier. By identifying as a Fulbright Scholar or Axford Fellow there is seldom any problem for US citizens to apply for a work visa.

All grantees coming to New Zealand with school-aged children should confirm with one of the Consulates-General about the type of visa to obtain. There have been instances where families that have arrived with the incorrect visa for children have experienced delays enrolling in school while correct visas were obtained.

You must provide confirmation of return travel tickets, evidence of adequate funding and a letter of support from your host institution. The Consul will also require photos and the signed Fulbright New Zealand Grant Authorisation Letter (in the case of Scholars) or the signed Terms and Conditions (in the case of Axford Fellows). Please check with the relevant Consulate-General for exact and latest requirements.

Once the visa has been issued, please check that the expiration date is correct as you may not stay longer in New Zealand than the date specified on the visa.

Please note that visas may require 20 days processing time. The time to start applying for visa(s) is usually three months before arrival in New Zealand. The Consulates may not process visa applications until this time.

For Axford Fellows whose employer will pay their full or partial salary it is possible that the employer may have specific requirements that affect the visa application process. For example, some Fellows have been required by their employers to apply for an official US Government Passport. This can delay starting the New Zealand visa application process, especially if dependents are involved. Thus Fellows are strongly advised to consult with their employers as soon as possible regarding any passport requirements, especially if these are affected by the payment of a full or partial stipend.

3 Accommodation

US Fulbright Scholars based outside Wellington should in the first instance ask their host institution for advice on finding accommodation. Fulbright New Zealand cannot assist with finding non-Wellington accommodation.

Fulbright New Zealand can provide some assistance to Axford Fellows and to US Fulbright Scholars based in Wellington (details below).

Rent is generally quoted at a weekly rate in New Zealand. Furnished accommodation is not common. The following websites may be useful:

www.sabbaticalhomes.com (recommended by many grantees)

www.quinovic.co.nz

www.trademe.co.nz

Trade-Me is New Zealand's e-Bay or Craigs List. To trade or to rent a property on TradeMe it is necessary to be resident in Australia or New Zealand. However, it is possible to view accommodation prior to arrival in New Zealand on this website: in the Properties section click on the 'For Rent' tab. As an example, a two-bedroom apartment in central Wellington could cost NZD400-600 per week. For those who do not mind sharing a house, look on the 'Flatmates' (i.e. 'room-mates') section.

Universities also have weekly or fortnightly newsletters that contain advertisements for properties to let, often by faculty members on sabbatical. Start with the websites of the relevant university/universities, listed on page 8, and search for pages such as 'news' or 'classifieds' or 'accommodation'.

Axford Fellows and Wellington-based US Fulbright Scholars: If you see a property on TradeMe that interests you, Fulbright New Zealand staff can make an enquiry to the landlord on your behalf, and put you in contact with each other. Please contact Stefanie Joe (stefanie@fulbright.org.nz) for assistance. In case it is difficult to arrange something in advance, Wellington-based grantees could consider the following possibility:

Southern Cross Apartments

35 Abel Smith Street

Wellington 6011

(04) 802 3441

enquiries@sxapts.co.nz

www.sxapts.co.nz

It is often much easier to source more permanent accommodation once you are here in New Zealand, so you may want to consider arranging temporary accommodation for when you first arrive. New Zealand accommodations are likely to be more modest, and possibly more expensive, than what one might expect in the USA. It cannot be emphasised enough that New Zealand houses are cold in winter. Electricity is very expensive, double-glazing is rare, insulation is invariably inadequate and central heating is almost unheard-of. You may also want to consider obtaining a dehumidifier for your house after you arrive. One recent US Fulbright Scholar who was based in Dunedin (the southernmost of the main cities), went so far as to recommend that Americans bring their own window insulator kits with them!. We are not seriously suggesting this as an option, but it does give an idea how cold it can be inside New Zealand houses.

4 Keeping Fulbright New Zealand Updated

It is very important that you notify Fulbright New Zealand of your contact details at all points in the process from award offer to arrival in New Zealand, and once you have found somewhere to stay. You must also keep us up to date with any changes of address during your stay.

You are required to notify Fulbright New Zealand if you plan to travel outside of your New Zealand base/location for three days or longer at any time during your Fellowship, or if you will be travelling to a destination outside of cell phone range. We need to know where all of our grantees are located at any point in time, in the event of an emergency.

5 Orientation programme

Each year Fulbright New Zealand runs an orientation programme for US Graduate Students, US Fulbright Scholars and Axford Fellows. The 2014 Orientation will take place in Wellington, Monday 3rd - Friday 7th February inclusive. It is a requirement of your award that you attend.

If you are not based in Wellington, Fulbright New Zealand will pay for your travel and accommodation for this event. Fulbright New Zealand does not pay for your dependents' travel or accommodation, but we will include them in various Orientation activities. One night of the Orientation (usually the first night) is a *noho marae* (communal overnight stay in the meeting hall of a Maori community).

Orientation is invariably a highlight for many grantees and will cover topics ranging from the Treaty of Waitangi, the peopling of Polynesia, Maori language and protocols, New Zealand history and politics, and an excursion to a nature reserve.

Partners, spouses and/or children aged over 5 are welcome to attend certain events during orientation including the marae visit and the excursions. The talks are generally only for Scholars (and students) and their spouses/partners. Further information about the Orientation Programme including the events suitable for children, will be provided closer to the time.

6 What to bring to New Zealand

Our best advice that no one follows: PACK LIGHT! Decent shoes and a raincoat are the two essentials.

- ✦ New Zealand is a casual country; suits for men are not compulsory. A jacket and tie will generally be what you need to "dress up", although Axford Fellows will be working in a New Zealand government agency where many men wear suits daily.
- ✦ Most goods that you might require may be purchased in New Zealand. However, there are some things that are much more expensive here. Clothing, particularly shoes, and books, as well as toiletries cost more here than in the US. Bring some good walking shoes with you.
- ✦ The New Zealand climate is changeable with distinct seasonal variations. Some parts of the country such as Auckland and Hamilton experience warmer temperatures than places in the

south, such as Dunedin and Christchurch. While the temperatures may not be as low in winter as many of you will have experienced in the US, central heating in homes is rare. People in New Zealand tend to wear layers of clothes inside and not heat the house as much. In other words, don't leave your cosy winter clothes at home. Items such as polartec/thermal clothing, warm sweaters/jerseys, winter outer-wear and waterproof coats/jackets should be included.

- ✦ For electrical items, you should note that the electric plug size in New Zealand is different from the US but you can easily buy adaptors here. The New Zealand voltage is 220 volts which may/may not be a problem depending on what electrical items you bring. Small electrical items can be purchased relatively inexpensively in New Zealand so you could buy some items here instead of bringing them over from the US.
- ✦ Computers will need to be able to operate at 220 volts otherwise you will need a transformer. If you bring a computer you will need to buy the New Zealand telephone phone plugs and cords and an adaptor plug as these are different. All these items are readily available here.
- ✦ Cell phones are used extensively in New Zealand. It is possible to have an account or to buy 'pre-pay' cards. There are three operators: Telecom New Zealand, Vodaphone and 2Degrees. Vodaphone operates the GSM system. Some grantees have noted that it is can be more cost-effective to buy a mobile phone in New Zealand rather than purchasing one in the US that has international dialling.

Essentials

- ✦ Your driver's license or international driver's license
- ✦ Medical, dental and academic records
- ✦ Birth certificates for yourself and any accompanying dependants, marriage certificate (if applicable)

Useful items

- A spare pair of glasses or contact lenses (along with saline solution) as these items are much more expensive in New Zealand
- Copies of any professional articles published
- Slides, photographs and maps of your home State for use in case of any talks or presentations you may be invited to give
- Small souvenirs from the US which could be used as gifts for colleagues and friends (many grantees say they wished they had brought more small US gifts than they did)

7 About New Zealand

7.1 Driving

New Zealand follows the pre-Napoleonic convention of driving on the left. The average age of cars is more than ten years old. Manually-changed gearboxes are more common than in the US. Parking is scarce and/or expensive in the centre of most New Zealand cities. Foreigners frequently comment unfavourably on New Zealanders' aggressive and slovenly driving habits. "How could such friendly people become so rude behind the wheel?" is a typical comment. Pedestrians do not have the right of way at intersections. Streets in Wellington and Dunedin are narrow and difficult.

Despite the difficulties, many American grantees find it very beneficial to have access to a car during their stay, as many of New Zealand's great sights are only a short drive from the cities. You can lease a car, or buy one at an auction: see www.turners.co.nz, or off TradeMe www.trademe.co.nz .

However, if you are centrally located, it may be as cost efficient to do without a car and rent one for an occasional trip. New Zealand has the usual rental car companies such as Hertz, Avis, Budget, plus other low-cost companies. Whether to buy a car or rent one periodically will depend on where you are living and how much travel you anticipate during your grant period. Those with families tend to buy cars and re-sell them shortly before departure, and this generally goes very smoothly.

7.2 Tertiary Education Institutions and Research Institutes

Universities

New Zealand has eight universities, which are proud of their role as the 'critic and conscience of society'.

Auckland University of Technology	www.aut.ac.nz
Lincoln University (near Christchurch)	www.lincoln.ac.nz
Massey University (3 campuses nationwide)	www.massey.ac.nz
University of Auckland	www.auckland.ac.nz
University of Canterbury (in Christchurch)	www.canterbury.ac.nz
University of Otago (in Dunedin)	www.otago.ac.nz
University of Waikato (in Hamilton)	www.waikato.ac.nz
Victoria University of Wellington	www.vuw.ac.nz

Polytechnics

Polytechnics and Institutes of Technology offer more vocational-based training, which may be taken to baccalaureate level and in some cases to Master's or PhD level.

Aoraki Polytechnic	www.aoraki.ac.nz
Bay of Plenty Polytechnic	www.boppoly.ac.nz
Christchurch Polytechnic	www.chchp.ac.nz
Eastern Institute of Technology	www.eit.ac.nz
Manukau Institute of Technology	www.manukau.ac.nz
Nelson Marlborough Institute of Technology	www.nmit.ac.nz
Northland Polytechnic	www.northland.ac.nz
Otago Polytechnic	www.tekotago.ac.nz
Southern Institute of Technology	www.sit.ac.nz
Tai Poutini Polytechnic	www.taipoutini.ac.nz
Tairāwhiti Polytechnic	www.tairawhiti.ac.nz
Telford Rural Polytechnic	www.telford.ac.nz
The Open Polytechnic of New Zealand	www.topnz.ac.nz
UCOL (Palmerston North)	www.ucol.ac.nz
UNITEC Institute of Technology	www.unitec.ac.nz
Wairariki Institute of Technology	www.wairariki.ac.nz
Waikato Institute of Technology	www.twp.ac.nz
Wellington Institute of Technology	www.weltec.ac.nz
Western Institute of Technology at Taranaki	www.witt.ac.nz
Whitireia Community Polytechnic	www.whitireia.ac.nz

Wānanga (Māori universities)

Wānanga are New Zealand's Māori institutes of higher learning, which offer degrees up to doctoral level.

Te Wānanga o Aotearoa

www.twoa.ac.nz

Te Wānanga o Raukawa

www.twor.ac.nz

Te Whare Wānanga o Awanuiarangi

www.wananga.ac.nz

There are also private training institutes.

Crown Research Institutes

Research is also conducted in New Zealand's Crown Research Institutes (CRIs), which are government-owned research facilities that are directed to research in areas of national interest such as agriculture, horticulture, marine science etc. The eight CRIs are:

AgResearch: life sciences and agriculture

Plant and Food Research: fruit, vegetable, crop and food products.

Institute of Environmental Science and Research: public health, environmental health and forensic science.

Scion: forest and wood products industries, biomaterials science, renewable materials.

Institute of Geological and Nuclear Sciences: earth systems science including geological hazards, tectonics, environment and land use.

Industrial Research Ltd: communication, information and electronic technologies, advanced materials and performance, intelligent devices and systems, biochemical technologies, energy technologies, complex measurement and analysis.

Landcare Research: biodiversity and ecosystem processes; greenhouse gases and carbon storage; sustainable business and government; biosecurity and pest management; rural land use; and urban environmental management.

National Institute of Water and Atmospheric Research: research on atmospheric, marine and freshwater systems and associated resources.

Links to the CRIs and other science-based organisations can be found on the website of the Ministry of Business, Innovation and Employment, specifically at:

<http://www.msi.govt.nz/get-connected/crown-research-institutes>

Research Facilities

University libraries provide access to on-line catalogues through each university's website (available to staff and students).

It is possible to interloan material from other New Zealand libraries from your New Zealand host institution at no cost. You may also interloan internationally but may be charged a fee.

Regional Libraries

Each city has a central library (and suburban satellites). These libraries keep newspaper collections for that city, and some other New Zealand papers.

The Auckland City Library has a Special Collections Room with an extensive rare books collection and some important historic manuscripts and other archival material.

<http://www.aucklandcitylibraries.com/>

National Library

The National Library of New Zealand is located in Wellington on the corner of Aitken and Molesworth Streets, just along from Parliament Buildings. www.natlib.govt.nz.

The National Library also houses the **Alexander Turnbull Library**, a collection of rare books, photographs, manuscripts and other archival material. The on-line catalogue is at www.tapuhi.natlib.govt.nz.

Due to a major renovation project the National Library and Alexander Turnbull Library are undergoing several years of severely restricted access from 2009 to 2012 and a high proportion of the original items will be unavailable during the entire period. Digitised versions of some items will be made available progressively. Visit <http://www.natlib.govt.nz/about-us/building> for more details.

Archives New Zealand

Archives New Zealand main office is located around the corner from the National Library, on the corner of Aitken and Mulgrave Streets. The holdings are related to every aspect of New Zealand life from 1840 to the present, and cover a variety of media. Their homepage is at www.archives.govt.nz

Hocken Library

The Hocken Library is part of the University of Otago collections but is held separately at the corner of Anzac Ave and Parry Street, Dunedin. The Library collects widely in relation to the history and culture of New Zealand, the Pacific and Antarctica, and has a special emphasis on the regions of Otago and Southland; and includes manuscripts and other archival material. <http://www.library.otago.ac.nz/hocken/index.html>

Most of these research facilities will copy archival material and post it to you at a nominal per page fee. Most of these libraries have galleries attached with changing exhibitions.

New Zealand Museums On-line

Search for museums and historic sites by name, region or collection. Includes web links where available, and the most obscure museums in the country. www.nz museums.co.nz

National Register of Archives and Manuscripts

Search archival collections held in museums, local government bodies, libraries, historical societies, community repositories, and in-house business, educational, religious and sporting archives throughout New Zealand. <http://thecommunityarchive.org.nz/>

Royal Society of New Zealand

Gateway to New Zealand science and technology – links, publications, news etc. <http://www.royalsociety.org.nz/>

Dictionary of New Zealand Biography

Contains over 3,000 biographies of New Zealanders who have 'made their mark' on this country. Does not include people who are alive. www.teara.govt.nz/en/biographies

7.3 School

In New Zealand children generally start school at the age of five; indeed they actually start school on the day of their fifth birthday, or the earliest school day thereafter. If the child's birthday falls between July and December they might start in 'Year 0', otherwise they start in Year 1. Primary schooling continues until Year 6 (or in some cases until Year 8); then children spend two years at 'Intermediate School' (Years 7 and 8). Post-primary schools are known interchangeably as 'secondary school' or 'high school' or 'college' (Years 9 to 13). Note that 'college' never means 'university' in New Zealand.

The Ministry of Education website is a great place to find resources about schools in the area you will stay in. See <http://www.minedu.govt.nz/Parents.aspx> for details. You will also find information about school term dates on this website.

7.4 Culture

In preparation for your trip, you may want to learn more about New Zealand culture. Below are some ideas:

Selected reading

- ✦ *To the Is-land* by Janet Frame
- ✦ *History of New Zealand* by Michael King
- ✦ *The Bone People* by Keri Hulme
- ✦ *Potiki* by Patricia Grace
- ✦ *Culture Shock* by Peter Oettli
- ✦ Online Encyclopedia of New Zealand: Te Ara www.teara.govt.nz

Films

Whale Rider (2002)

On the east coast of New Zealand, the Whangara people believe their presence there dates back a thousand years or more to a single ancestor, Paikea, who escaped death when his canoe capsized by riding to shore on the back of a whale. From then on, Whangara chiefs, always the first-born, always male, have been considered Paikea's direct descendants. Pai, an 11-year-old girl in a patriarchal New Zealand tribe, believes she is destined to be the new chief. But her grandfather Koro is bound by tradition to pick a male leader. Pai loves Koro more than anyone in the world, but she must fight him and a thousand years of tradition to fulfil her destiny.

Boy (2010)

A coming-of-age, comedy-drama film. Set in 1984, in Waihou Bay, New Zealand. Here we meet Boy, an 11-year-old who lives on a farm with his gran, a goat called Leaf, his younger brother, Rocky (who thinks he has super powers) and several cousins, and idolises Michael Jackson. Shortly after Gran leaves for a tangihanga (funeral) in Wellington for a week, Boy's father, Alamein, appears out of the blue. Having imagined a heroic version of his father during his absence, Boy comes face to face with the real version.

The *Lord of the Rings* trilogy was filmed in New Zealand, and directed by New Zealand filmmaker Peter Jackson. Another well-known filmmaker is Jane Campion (*The Piano*).

Music

Fat Freddy's Drop

Gareth Farr (contemporary composer and Fulbright alumnus)

Bic Runga

Six 60

The New Zealand Symphony Orchestra is of a good standard, and there are regional orchestras in the four main cities. New Zealand's most well-known composer of the 20th century is Douglas Lilburn (1915-2001). New Zealand's famous opera divas are Dame Kiri Te Kanawa and Dame Malvina Major.

Useful Websites

- ✦ The Fulbright New Zealand website: www.fulbright.org.nz
- ✦ New Zealand Embassy in Washington: www.nzembassy.com/home.cfm?c=31
- ✦ Statistics New Zealand (facts and figures): www.stats.govt.nz
- ✦ General news and information: www.stuff.co.nz
- ✦ NZ-specific search engine: www.searchnz.co.nz (may only be accessible in NZ)
- ✦ www.lonelyplanet.com
- ✦ Tourism New Zealand: www.tourismnewzealand.com
- ✦ Information about Māori culture: www.maori.org.nz
- ✦ Maori dictionary online: www.maoridictionary.co.nz
- ✦ New Zealand Education System: www.minedu.govt.nz

Information about regions (many websites include city maps)

- Auckland: www.akcity.govt.nz
- Wellington: www.wcc.govt.nz
- Palmerston North: www.pncc.govt.nz
- Christchurch: www.ccc.govt.nz
- Dunedin: www.cityofdunedin.com
- Hamilton: www.hcc.govt.nz

7.5 Internet Access and Free Wi-Fi

For Axford Fellows and US Scholars based in Wellington, free wireless is available outdoors in much of the Wellington CBD on the cdbfree network. See www.cdbfree.co.nz for details of where the service is available and how to connect. The cdbfree network is also accessible at the Wellington Central Library, which is open from 9:30am to 5:30pm weekdays."

8 After you return home to the US

8.1 Your obligations as an alumnus/alumna

US Fulbright Scholars and Axford Fellows are expected to provide some advice and/or assistance to future grantees if/when asked. As part of our 'buddy' system, your email address may be given to future grantees who have the same New Zealand home base and/or US host base and/or similar field of specialisation. We do not ask your permission before providing your email address to future grantees.

Axford Fellows in particular are expected to ensure that Fulbright New Zealand is provided with up to date contact details. Axford Fellows' professional email addresses are publicly available on the Axford page of the Fulbright New Zealand website.

It was Senator J William Fulbright's mission to build peace through the mutual understanding of cultures. Fulbright grantees are expected to understand and support this mission and be effective ambassadors for New Zealand. In addition to the monetary, educational and cultural exchange benefits made possible by the award, grantees carry the prestige of the Fulbright/Axford programmes along with them throughout their careers. Alumni are expected to succeed and be 'thought leaders' in their respective fields/careers, and to support and remain engaged with the Fulbright programme for the rest of their lives.

8.2 US Taxes

Your Fulbright award or Axford Fellowship is not subject to taxation by the New Zealand government, and no tax will have been deducted from your stipend by the New Zealand government prior to it being given to you. However it is almost certain that you will be subject to taxation by the US government and it is your own responsibility to assess your US tax liabilities. Fulbright New Zealand cannot assist with enquiries about US taxation. Please see the US Internal Revenue Service website at www.irs.ustreas.gov or contact the US Internal Revenue Service Foreign Operations Division, Taxpayer Services, 1325 K Street NW, Washington DC 20225. IRS publication 520 "Scholarships and Fellowships" addresses tax issues related to your award which can be helpful when you prepare your federal income tax forms.

For US tax purposes, the following documents form the 'contract' that is sometimes requested by US accountant:

US Fulbright Scholars: the notification letter together with the signed Grant Authorisation and the signed Terms and Conditions.

Axford Fellows: the letter of appointment together with the signed Terms and Conditions.

9 Former Fulbright Scholars' and Axford Fellows' comments

At the end of your award period you are required to fill out a feedback report so we can monitor and improve our programme, and so you can offer your wisdom of hindsight to future scholars. Some remarks from some of your predecessors:

Travel:

"Based on advice...we paid the extra money to fly through San Francisco instead of LAX and found that our travel went seamlessly". [*applicable especially to those with children*]

"I would also warn people about United Airlines' (since it is one of the US carriers that feeds into Air New Zealand) policies – specifically their unwillingness to let you travel with musical instruments. Even though Air New Zealand was fine with a Martin Mini travel guitar (that fits in overheads), as are most US carriers, United made me leave my guitar at the airport upon leaving the States! And while they should have been bound by the Air New Zealand rules for baggage, etc. (since it was an Air New Zealand code share flight), they were bureaucratic and insisted on using their own rule (which they don't even state on their website) about musical instruments."

“We spent much energy trying to see as many sights as possible. We enjoyed wonderful experiences throughout our stay, but found ourselves having time to travel only to a fraction of our desired destinations. You should plan carefully, and do some travelling early during your stay, so that you can get a feel for what it entails. The roads are almost entirely two-lane, and contain many turns and hills. Travel during tourist season can entail heavy traffic. Travel during the week and the non-tourist season is much easier. Distance travelled is measured in time, rather than miles or kilometres. Plan extra time to get to any destination. You should get the *Lonely Planet Guide* to New Zealand. This book contains advice and detailed information on a myriad of possibilities for lodging around New Zealand. Having read about each destination, we found all the discussion in this book to be accurate”.

“In terms of planning for arrival and starting your award, it is a good idea to plan some of your big travel (e.g. the South Island) before the start of the award. This was advice given to us and we arrived in Wellington, dropped our bags, purchased a car, and left three days later for a two week trip in the South Island. This worked out very well, and I don’t know when we would have been able to do that trip had we not done it before the start of the award.

“I travelled extensively for my project and managed my travel by booking early on Air New Zealand. I was able to fly to places like Auckland for just around \$100. [*visit www.airnewzealand.co.nz to check out fares*]

“Plan your project to include one or two week-long holidays to explore New Zealand, the Cook Islands, or Australia.”

Healthcare:

“Health care is a public good in New Zealand. Visitors who require medical attention must pay for their services when received, and then must file paperwork necessary to receive compensation from their own health insurance provider”.

Accommodation:

“Auckland University has very little housing available for visitors, and none available for visitors with children. Colleagues in my department at the University of Auckland were helpful in connecting us with people who wished to rent their house. A colleague posted for us a one-page explanation describing what we hoped to rent (a country place with animals for the children to care for). This posting resulted in our renting a home on a ten-acre sheep station near Coatesville, a 30-minute drive north of the University”.

“Check the university housing websites before arriving and try www.sabbaticalhomes.com. Our only difficulty was finding housing initially. We remained in a motel-owned flat the entire time, which was more expensive, but extremely convenient and nice. Our Fulbright grant was more than generous enough to cover even the rent. Also buying a car at the auctions was easy and successful. We bought a very good car for a very good price. The auction house provided insurance and warranty options as well”.

“We had a lovely, small (two-bedroom) furnished cottage in Mount Victoria [Wellington]. It was close to shopping, right on the bus line, and perfect for our needs. That said, I have to admit that like most New Zealand homes it had poorly fitted windows (so it was drafty), neither window screens nor double-glazing (so we had bugs in the summer and condensation on the windows in the winter), and just a small gas heating unit (so it was chilly). But that’s New Zealand; you might

want to inform Fulbrighters in their pre-departure packet to bring a hottie or be ready to buy one in New Zealand (& not necessarily just for 'official' winter!)"

"Finding short-term furnished accommodation is difficult and expensive, and most places aren't advertised more than a couple of weeks in advance, which can make planning stressful when you have to arrange schooling for your children. If something remotely suitable comes up early and you have a local contact who will check it out for you, snap it up. Be prepared for setting up communications to take some time, and when you get an internet connection, it's pricey and slow in the evening. Skype and Google Talk were invaluable."

Family Experience:

"The children and my wife all really enjoyed the experience. One son has already sworn to return as a university student. All the kids are leaving close friends and really enjoyed the school. Having grown up overseas myself, I think it is very important for children to learn about things outside of the US – even if it is something as simple as how to play rugby".

"I found that many extracurricular / afterschool activities for children started at the beginning of February [when we had only just arrived]. [I recommend to] start looking around in January or even December for after-school activities."

Schooling for children:

"On schooling: you won't spend as much on paper supplies but you'll spend more on fees than in the U.S., and if your kids are older, on uniforms. Expect the schools you contact to be pretty vague in advance but helpful when you arrive; face-to-face contacts are key. Your children probably won't find the transition difficult academically and the other children are friendly. There's much less homework here and more of an expectation that kids need to take breaks, run around, be kid-like. My ten-year old loved several of the after-school activities (soccer, chess club), but don't try bringing used cleats into the country—immigration is very serious about biological contamination."

Making the most of your award:

"Broadcast the news of your grant through all your professional and personal networks. I found I had a surprising number of contacts in New Zealand already—friends of friends, that sort of thing. Being able to consult them in advance and get together when we arrived made a huge difference for us."

"Try asking your host department [or Ministry] to include you in relevant departmental e-mails prior to arrival so you can start learning and getting exposed to the issues/events".

"The 8 week Maori class session (continuing education) offered at Wellington High School is worthwhile (Temapu Paul is an excellent teacher), and will help you understand the culture and history of New Zealand."

"Make sure you have a comprehensive and updated professional website before you come to NZ. That way when you give seminars and have arranged meetings with people, they know a good deal about you beforehand. On several occasions, people I met told they me had visited my website. And on one instance, someone told they didn't plan to attend my seminar, but did after they saw on my website that we had similar interests."

For Axford Fellows, “Plan to stick around for a four weeks after your report-back seminar to participate in the momentum your project sets and/or to explore New Zealand or nearby countries.”

Cost of Living in New Zealand:

“Example of combined electricity and gas bills in a New Zealand apartment (2009): April \$160; May \$260; June \$466; July \$409. And from another grantee: The most expensive (combined) bill was approximately \$325 NZ”.

“If I’d known how expensive they would be, I would have brought a lifetime supply of contact lens solution and ibuprofen. Other food and toiletries, while not cheap, were fine. Books cost twice as much here so they make good gifts.”

What to bring:

“I wish I had brought decent hiking boots with me that were already broken in. I did bring a lot of medicine and toiletries with me and I’m glad I did. I needed a lot of what I brought for the kids and I couldn’t always find exactly the same things in New Zealand that I needed. Often there were similar things but for the important ones I am glad I had a good supply”.

“We brought [US electrical appliances] neither of which worked even with an electrical converter. [They] could not function properly with the lower current and we made do without it. We would have brought more plug adaptors and better current converters if we were to do this again. We would have brought toiletries and stationary supplies for the children with us if we had realized how expensive they are here. These items run between 2 and 10 times the cost in the USA! Bring slippers!!”

“I am grateful we obtained important prescription medications in advance and brought them with us. In addition to contact lens solution, we found lactase tablets important to bring. In NZ they cost up to 16 times as much in the USA for the same dosage. Good shoes also cost significantly more. Bring them from the states if at all possible.”

Purchasing items in New Zealand:

“Buy a car for optimal exploration of New Zealand, including the areas surrounding Wellington.” However, be cautious about purchasing European models as they are much more expensive to service and repair. They can also be difficult to sell at the end of your stay because of this.

“Since you arrive in summer, you can often find good sales for merino wool (and possum) items, take advantage of them, as the wool is lovely, but very expensive. [There are two Icebreaker outlets near the Auckland airport that are worth a trip, and have better selections than at the Otaki outlet stores].”

“The Warehouse store is like Target in the states – good source for many inexpensive household and clothing items.”

“If based in Wellington, look forward to the Sunday Farmer’s Market. This is a way to really find good savings on groceries. Moore Wilson’s was also a good place for shopping.”