

# ALLURING

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## SOUTH PACIFIC



DESTINATION

# NEW ZEALAND

TRAVELER'S GUIDE



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*Thank you.*



## HISTORY

The history of New Zealand dates back at least 700 years to when it was discovered and settled by Polynesians who developed a distinct Maori culture centered on kinship links and land. The first European explorer to discover New Zealand was Abel Janszoon Tasman on 13 December 1642. Captain James Cook, who reached New Zealand in October 1769 on the first of his three voyages, [ was the first European explorer to circumnavigate and map New Zealand.

From the late 18th century explorers, sailors, missionaries, traders and adventurers regularly visited the country. In 1840 the Treaty of Waitangi was signed between the British Crown and various Maori chiefs, bringing New Zealand into the British Empire and giving Maori equal rights with British citizens. There was extensive European and some Asian settlement throughout the rest of the century. War and the imposition of a European economic and legal system led to most of New Zealand's land passing from Maori to Pakeha (European) ownership, and most Maori subsequently became impoverished.

From the 1890s the New Zealand parliament enacted a number of progressive initiatives, including women's suffrage and old age pensions. From the 1930s the economy was highly regulated and an extensive welfare state was developed. Meanwhile, Maori culture underwent a renaissance, and from the 1950s Maori began moving to the cities in large numbers. This led to the development of a Maori protest movement which in turn led to greater recognition of the Treaty of Waitangi in the late 20th century. In the 1980s the economy was largely deregulated and a number of socially liberal policies, such as decriminalization of homosexuality, were put in place. Foreign policy, which had previously consisted mostly of following the United Kingdom or the United States, became more independent. Subsequent governments have generally maintained these policies, although tempering the free market somewhat.

### Government:

The Government of New Zealand or formally known as her Majesty's Government in New Zealand is based on the Westminster system of responsible government. Executive government in New Zealand is based on the principle that "The Queen reigns, but the government rules, so long as it has support of the House of Representatives". The head of state (the Queen, represented in New Zealand by the Governor General) follows the advice of the Government and plays only a formal role in the executive branch, except with respect to the formation and dismissal of governments and the use of their reserve powers. The head of government is the Prime Minister. The Prime minister obtains the position by becoming the leader of the largest party in Parliament following a general election.

## POPULATION

New Zealand has a population of approximately 4.5 million. New Zealand is predominantly an urban country with 53 percent of the population living in the four largest cities of Christchurch, Wellington, Auckland, and Hamilton.

## TIME

Local time is GMT +12 (GMT +13 from the last Sunday in October to the last Sunday in March).

## VISAS

United States citizens must have a valid passport. No visa is required for a stay of up to three months. Visitors must be in possession of a return ticket, documents for onward travel, and proof of sufficient funds. Visitors must hold per month of stay NZ\$400, if holding evidence of pre-paid accommodation. In other cases, visitors must hold NZ\$1,000 per month of stay. Passports must be valid for at least three months beyond period of stay, or for one month if country of origin has consular representation in New Zealand.

## LANGUAGE

English is spoken throughout New Zealand, however there are many local acronyms and phrases that may confuse foreign visitors. Phrases in NZ tend to differ from those across the ditch in Australia. Both English and Maori are official languages.

## COMMON PHRASES

**Entree:** Entrees on the menu will not be the main course. Entrees are the appetizers; the main courses will be labeled "mains"

**EFTPOS:** Electronic Funds Transfer at Point Of Sale. It means that the business accepts debit and credit cards.

**Hoon:** A hooligan (see a sign on the entrance to a billiards hall) although sometimes used to refer to the nature of people's driving.

**Kiwi:** Relating to New Zealand. The kiwi bird is the New Zealand mascot and anything that is kiwi is very New Zealand, be it people or customs.

**Jersey:** Sweater

**Jumper** - Wool sweater

**Get off the grass:** Exclamation of disbelief; equivalent to "stop pulling my leg", "get outta here", and "no way"

**Gumboots:** Rubber boots

**Lemonade:** 7-Up

**Metal Road:** A country road (usually) with a gravel or shingle surface

**Mains:** The main courses on restaurant menus. The "entree" section will be appetizers.

**Nappy:** Diaper

**Take Away:** Food picked up from a restaurant "take out"

**Loopy:** A Tourist. Common in South Island. Refers to tourists driving around the island in a 'loop' (circular direction).

**Road Snail:** A Camper Van (RV)

**Rubber:** An eraser

**Mainland:** South Island (if referred to by a south island resident).

**Coaster:** Resident of West Coast, South Island.  
**Whanau** (pronounced faa now) - Family, Relatives, Close friends. Those you rely on for support.

**"See ya later":** Common expression used when leaving. Does not imply any obligation to meet later

**Pakeha:** Typically a European New Zealander

**Bathroom:** Bathtub / Shower may not have toilet

**Toilet:** Restroom

**Chillybin:** Insulated cooler

**Togs:** A bathing or swimsuit

**Jandals:** A pair of rubber sandals. 'thongs'



## CLIMATE

The weather in New Zealand is changeable throughout the year. The North Island has mild winters and warm and humid summers, the South Island has lower temperatures with cold winters and extensive snowfields and glaciers. Snow falls on all the mountains in winter. The west coast receives the most rain. Summer months are from November to April.

## AVERAGE TEMPERATURE & RAINFALL

| <b>Auckland</b>  | <b>Jan</b> | <b>Feb</b> | <b>Mar</b> | <b>Apr</b> | <b>May</b> | <b>Jun</b> | <b>Jul</b> | <b>Aug</b> | <b>Sep</b> | <b>Oct</b> | <b>Nov</b> | <b>Dec</b> |
|------------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| Rainfall(inches) | 1.7        | 4.6        | 3.4        | 5.1        | 5.1        | 4.7        | 5.4        | 5.6        | 3.7        | 4.4        | 3.3        | 3.8        |
| Min Temp (F)     | 63         | 63         | 61         | 55         | 52         | 48         | 46         | 48         | 50         | 52         | 55         | 57         |
| Max Temp (F)     | 73         | 73         | 72         | 66         | 63         | 57         | 55         | 57         | 61         | 63         | 66         | 70         |

| <b>Wellington</b> | <b>Jan</b> | <b>Feb</b> | <b>Mar</b> | <b>Apr</b> | <b>May</b> | <b>Jun</b> | <b>Jul</b> | <b>Aug</b> | <b>Sep</b> | <b>Oct</b> | <b>Nov</b> | <b>Dec</b> |
|-------------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| Rainfall(inches)  | 3.1        | 3.1        | 3.4        | 3.9        | 4.8        | 4.9        | 5.5        | 4.8        | 3.9        | 4.1        | 3.5        | 3.5        |
| Min Temp (F)      | 57         | 57         | 63         | 68         | 75         | 81         | 81         | 79         | 79         | 73         | 66         | 59         |
| Max Temp (F)      | 70         | 70         | 66         | 63         | 57         | 55         | 54         | 54         | 57         | 61         | 63         | 66         |

| <b>Christchurch</b> | <b>Jan</b> | <b>Feb</b> | <b>Mar</b> | <b>Apr</b> | <b>May</b> | <b>Jun</b> | <b>Jul</b> | <b>Aug</b> | <b>Sep</b> | <b>Oct</b> | <b>Nov</b> | <b>Dec</b> |
|---------------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| Rainfall(inches)    | 2.2        | 1.7        | 1.9        | 1.9        | 2.6        | 2.6        | 2.6        | 1.9        | 1.8        | 1.7        | 1.9        | 2.2        |
| Min Temp (F)        | 54         | 54         | 50         | 45         | 39         | 36         | 36         | 36         | 39         | 45         | 46         | 52         |
| Max Temp (F)        | 70         | 70         | 66         | 63         | 55         | 52         | 50         | 52         | 57         | 63         | 66         | 70         |

## THE LAND

New Zealand comprises the North Island and the South Island (the two principal islands), Stewart Island and the Chatham Islands. Small outlying islands belonging to New Zealand include the Auckland Islands, the Kermadec Islands, Campbell Island, the Antipodes, Three Kings Island, Bounty Island, the Snares Islands, and the Solander Islands. Dependencies are Tokelau and Ross Dependency. The Cook Islands and Niue, both internally self-governing, are in free association with New Zealand.

The North Island is known for its active volcanic mountains and its hot springs. The country's longest river (the Waikato) and largest lake (Taupo) are both on the North Island. On the South Island, the massive Southern Alps extend almost the length of the island, and in the southwest are beautiful fjords. The largest areas of virgin forest are in the southern and northern extremities of the South Island. Among the unusual animals native to New Zealand are the kiwi, certain species of parrot, the tuatara (survivor of a prehistoric order of reptiles), and various frogs and reptiles. New Zealand has no native land mammals other than bats. Large oyster beds are found in the Foveaux Strait between Stewart Island and the South Island. Extensive areas of New Zealand have been set-aside as national parks, including the Fiordland, Mt. Aorangi-Cook, and Tongariro parks.

More than 85% of the population lives in urban areas. In addition to Wellington and Auckland, the principal cities are Christchurch, Dunedin, Hamilton, Palmerston North, Hutt City and Invercargill. People of European background constitute almost 70% of the population. The Maori, New Zealand's indigenous inhabitants, now make up about 8% of the population, with most living on the North Island. Almost 5% of the population is of Asian descent, while Pacific Islanders make up over 4%.



## THE PEOPLE

Citizens of New Zealand are ethnically identified as 67.6 percent European, 14.6 as Maori, 9.2 percent Asian, 6.9 percent Pacific peoples, and 11.1 percent identified themselves simply as a "New Zealander". There is approximately 1 new immigrant for every 100 New Zealand residents and overall, 23 percent of the population were born overseas.

The Māori people are the indigenous people of Aotearoa (New Zealand) and first arrived here in waka hourua (voyaging canoes) from their ancestral homeland of Hawaiki over 1000 years ago. Today, Māori make up over 14 percent of the population. Their language and culture has a major impact on all facets of New Zealand life.

Māori culture is a rich and varied one, and includes traditional and contemporary arts. Traditional arts such as carving, weaving, kapa haka (group performance), whaikorero (oratory) and moko (tattoo) are practised throughout the country. Practitioners following in the footsteps of their tipuna (ancestors) replicate the techniques used hundreds of years ago, yet also develop exciting new techniques and forms. Today Māori culture also includes art, film, television, poetry, theatre, and hip-hop.



The visitor to New Zealand will become immediately aware of the Māori language as the vast majority of place names are of Māori origin. At first, visitors may be puzzled by the seemingly impossible-to-pronounce names. In fact, Māori has a logical structure, and, unlike English, has very consistent rules of pronunciation.

### How Do You Say Onehunga, Whangamomona, Kahikatea, and Nguru?

Māori consists of five vowel sounds: a e i o u ('a' as in 'car', 'e' as in 'egg', 'i' like the 'ee' in 'tee', 'u' like an 'o' in 'to'). There are eight consonants in Māori similar to those in English — 'h', 'k', 'm', 'n', 'p', 'r', 't', and 'w'. There are also two different consonants — 'wh' and 'ng'. Many Māori pronounce the 'wh' sound similar to our 'f'. The 'ng' is similar to our own 'ng' sound in a word like 'sing', except that in Māori, words can start with 'ng'.



## CURRENCY

Local currency is the New Zealand Dollar (NZD), divided into 100 cents. Most businesses accept MasterCard and Visa, and while Diners Club and American Express are also widely accepted in the main tourist centers, they might have limited acceptance elsewhere. Traveler's checks and foreign currency can be exchanged at banks, bureau de change and some hotels. ATMs can be found in all towns and cities.

## CHANGING MONEY

As a general rule, it's cheaper to convert money in New Zealand than at home. While currency exchange will probably be available in your arrival airport, it's wise to bring enough foreign currency to last the first 1-3 days of your trip. Typical bank hours in New Zealand are Monday through Friday 9:30am-4:30pm, and major banks include Bank of New Zealand (BNZ), Westpac Trust, Australia and New Zealand Banking Group (ANZ), and ASB Bank (ASB).

When changing money abroad, try to go only to banks or currency depots that have at most a 5% margin between their buy and sell prices. Since you lose money with every transaction, convert large sums (unless the currency is depreciating rapidly), but no more than you'll need.

If you use traveler's checks or bills, carry some in small denominations (the equivalent of US\$50 or less) for times when you are forced to exchange money at disadvantageous rates, but bring a range of denominations since charges may be levied per check cashed.

## CREDIT CARDS

Credit cards are widely accepted in New Zealand.



## TIPPING

Gratuities are not expected in restaurants and service charges are not applied to bills, but it is acceptable to tip at your discretion.

### **Airport porter/hotel bellboy:**

\$1.00 - \$ 2.00 US per bag.

### **Your tour guide:**

\$10.00 - \$ 12.00 US per person per day.

### **Driver/assistants:**

\$ 6.00 - \$ 7.00 US per person per day.

## INSURANCE

You should not assume your U.S. or other existing health insurance will cover you while traveling abroad. Since the standard of emergency treatment is not always as high as in the West, it is advisable for travelers to take out an additional travel policy that includes evacuation in addition to their normal medical insurance.

## SAFETY & CRIME

New Zealand has a reputation as one of the safest destinations in the world, however sensible precautions against petty theft are still advised.

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## COMMUNICATIONS

### Telephone

Country code: 64. Public telephones are available in post offices, hotels and shops displaying a telephone unit sign. To call New Zealand from the USA/Canada dial 011 + 64 + City Area Code + Phone Number.

### Mobile Telephone

Roaming agreements exist with most major international mobile phone companies. Coverage is good in major towns and cities throughout the country, with sporadic coverage in rural areas.

### Internet

Internet is available throughout much of New Zealand and it has become a part of everyday life for many.

### Post

The New Zealand Postal Service, commonly referred to by its acronym, NZPost has a reputation of being reliable and efficient. Post Office hours typically 8:30am - 5:00pm Monday Through Friday.

### Media

The Media of New Zealand is vibrant with a relatively low amount of censorship, although there is censorship of sexual content, political expression, and violence. Much of the media, including television, radio, and print are foreign owned with Australian news and entertainment conglomerates having the most impact.

## ELECTRICITY

Electrical current is 230 volts, 50Hz. Oblique flat blade plugs are standard.

## WHAT TO PACK

New Zealand is typically an informal place so pack casually for comfort.

Famous for having four seasons in one day; our advice if you are travelling even in the summer is to pack a light jacket or pashmina shawl just in case the weather turns cooler or, if you're visiting higher altitudes. You can also expect some rain, so include a light rainproof jacket or coat.



If visiting between May and September, pack warm winter garments and layer your clothing.

Smart casual clothes are acceptable at most restaurants and nightspots. And men are generally not expected to wear suits and ties, except in a few of the most formal bars and restaurants in the cities. New Zealand is renowned for its outdoor activities, so make sure you take swimming gear, hiking shoes, trekking trousers/shorts, sun hat and sunglasses, as well as plenty of sunscreen.

## HEALTH

There are no health risks associated with travel to New Zealand. New Zealand's accident compensation scheme (ACC) covers emergency treatment for visitors, but health insurance is recommended to cover any additional charges and for those not entitled to free emergency treatment. Those intending to participate in adventure activities, such as bungee jumping, white water rafting, etc should ensure that their travel insurance covers these types of activities.

## DRUGS

Prescription drugs - It is recommended to travel with prescriptions for any drugs you are required to travel with for your personal health.

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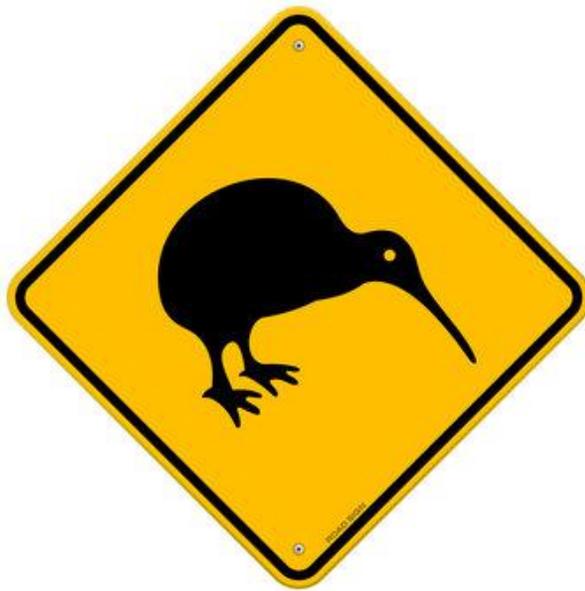
## SHOPPING

New Zealand is much like it is in other western developed countries. There are modern shopping malls, department stores and specialty shops. In addition, small mom and pop stores specialize in woolen items, crafts, and local food items.

Visitors to New Zealand are often delighted to find a wide range of locally crafted souvenirs to choose from that are not only a memento of their visit but are truly useful, like handmade wooden bowls, candleholders, glassware, and one-of-a-kind crafted jewelry. Be prepared for lots of sheepskin products made into clothing, luggage, footwear, belts, and accessories.

A favorite souvenir, the Hei Tiki necklace, is often referred to as 'Tiki'. 'Hei' means to wear around ones neck.

The Tiki necklace is regarded as a good luck charm when worn and in some areas is also regarded as a fertility symbol.



## CUSTOMS

Travelers to New Zealand over 17 years do not have to pay duty on 200 cigarettes or 50 cigars or 250g tobacco, or a proportionate mix of these; 1.125 liters or 1 liter spirits or liqueurs, and 4.5 liters wine, port or sherry, or 4.5 liters beer. Goods exceeding the allowances must be declared. Personal effects not dutiable include items such as jewelry, binoculars, portable radios, prams, camping equipment, cameras and video cameras. Prohibited items include concealed firearms, foodstuffs, animals, plants and plant products.

It is forbidden to export Greenstone, Maori antiquities and Paua shells (unless they are products manufactured from such shells). Quarantine procedures mean that strict bio-security regulations are in place at immigration points into the country. It is illegal to import most foodstuffs, and care should be taken when importing wood products, golf clubs and shoes (which may have soil and dirt attached), and items made from animal skin. The immigration arrivals card has full details.

## ETIQUETTE

Greetings in New Zealand are casual, often consisting simply of a handshake and a smile. Never underestimate the value of the smile as it indicates pleasure at meeting the other person. Table manners are Continental-hold the fork in the left hand and the knife in the right while eating. New Zealanders can be somewhat reserved, especially with people they do not know but once they develop a personal relationship, they are friendly, outgoing and social. At first it is best not to appear too forward or overly friendly.

## PHOTOGRAPHS

It is polite to ask permission before taking photographs, Some people may take offense.

## FOOD

New Zealand's cuisine has been described as Pacific Rim, drawing inspiration from Europe, Asia and Polynesia. This blend of influences has created a mouth-watering range of flavours and food in cafes and restaurants nationwide. For dishes that have a distinctly New Zealand style, there's lamb, pork and cervena (venison), salmon, crayfish (lobster), Bluff oysters, whitebait, paua (abalone), mussels, scallops, pipis and tuatua (both are types of New Zealand shellfish), kumara (sweet potato), kiwifruit, tamarillo and pavlova, the national dessert.

Its distinctiveness is more in the way New Zealanders eat, generally preferring as relaxed and unaffected as possible, in keeping with the laidback Kiwi psyche.

Summer sees many eating outdoors in cafes or at barbecues - barbecues are a big part of the Kiwi culture, and typify the laid-back nature of the New Zealand people - where fare such as lamb, cervena (venison), crayfish (lobster), fresh fish and shellfish is plentiful. New Zealanders are spoilt for their choice of fresh produce, choose a world class sauvignon blanc or chardonnay from one of the country's 376 wineries, and you have the perfect complement.

For a true taste of New Zealand, the smoky flavour of the traditional Maori hangi (pronounced hung-ee) is an essential culinary experience. Cooked underground, a deep hole is dug, lined with red-hot stones and covered with vegetation. The food (chicken, pork, lamb, potatoes, kumara (sweet potato), and other vegetables is then placed on top. The whole oven is sprinkled with water and sealed with more vegetation. The hole is then filled with earth and left to steam for several hours.

The hangi is usually prepared for special occasions. Traditionally, men dig and prepare the hole, and women prepare the food to go in it. All members of an extended family (whanau) help out for such a feast. The occasion is relaxed, friendly and fun, with people often eating the meal under a marquee. Several tourist locations, including Rotorua in the North Island, put down hangis for groups of visitors.

Fish and chips may not be high on the healthy eating scale, but your New Zealand cuisine experience is incomplete without enjoying this traditional New Zealand takeaway meal, served wrapped in paper.



## SOFT DRINKS

**Elderflower Original Sparkle** is a brilliantly refreshing drink, lightly sparkling with notes of Lychee, Honeydew and Gooseberry.



**Lemon & Paeroa**, also known as **L&P**, is a sweet soft drink manufactured in New Zealand.

Traditionally made by combining lemon juice with carbonated mineral water from the town of Paeroa, it is now manufactured by multi-national Coca-Cola.

## WATER

As a rule, it is safe to drink the water in New Zealand, but the tap water has been treated. If you have any doubt or concern about drinking the water you can choose to drink bottled water which is readily available throughout New Zealand.

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## CULTURE & THE ARTS

### ART:

Art in New Zealand is primarily visual art that includes contemporary and traditional Maori art, which was derived by various forms of Polynesian art. The first artists made charcoal paintings on cave walls and while some of these may appear juvenile in their composition and execution, some may have actually been created by native Maori children. During the 18th century European visitors began creating explorer art to document their travels and experiences in this newly discovered land.

### MUSIC:

The indigenous Maori and immigrants from the Pacific region with a fusion of 21st century reggae, roots, and electronics heavily influence the music scene in New Zealand. There are also plenty of Pop and Rock in the New Zealand music as well with a strong British influence.

### DANCE:

"POI" is the Maori word for "ball" on a cord

The POI was used, many years ago, by the indigenous Maori people of New Zealand to increase their flexibility and strength in their hands and arms as well as improving coordination.

Wahine (female) dancers perform the Maori POI, a dance performed with balls attached to flax strings, swung rhythmically.

The POI dance was originally used by the Maori women for keeping their hands flexible for weaving and by the men for strength and coordination required during battle. POI are also used as a training aid for other ancient weapons like the Mere or Patu (Short club).



## RELIGION

New Zealand is nominally Christian, and three-fifths of the population adhere to the Anglican, Presbyterian, Roman Catholic, and Methodist denominations. Minor Protestant sects, Eastern Orthodox, Jewish congregations and Maori adaptations of Christianity make up the rest. Nonetheless, a significant proportion of the population does not claim any religious affiliation.

The Maoris originally followed a polytheistic religion with the main focus being the tapu. Belief in tapu, or the sacred, without a doubt was the most important of all aspects of Maori life and thought, affecting man directly from birth to death. It was a religious belief and condition, and the force which governed the whole of life, taking the place of law as well as religion.

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