



# INTERNATIONAL STUDENTS **SURVIVAL** GUIDE 2025

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# UCSA: WHO WE ARE & WHAT WE DO

Established in 1894, the UCSA is a grand-old institution dedicated to supporting students like you to succeed and belong at UC. We have loads of services that you can tap into, including: advocacy and welfare, subsidised dental and optometry; early learning centres; club support; events; media; representation; and even some amazing cafes and bars. We also own a 50% share of the University Book Shop (UBS).



[UCSA.ORG.NZ](https://ucsa.org.nz)

The UCSA employs around 270 staff who report through our CE, and our head office is based in Haere-roa, 90 Ilam Road.

## EVENTS

From Orientation to free daytime events on campus, we're dedicated to entertaining you all year 'round. Keep an eye on our website and social media so that you don't miss out.

### SOME OF OUR KEY EVENTS ORIENTATION (ORI) AND MIDYEAR'S RE-ORI

Two jam-packed weeks of events to welcome you to campus.

### WELLNESS EXPOS

Free events designed to help you stay well. Our four big expos include Summer Starter, Winter Wellness and Coffee Party.

### ANNUAL AWARD CEREMONIES

A chance to celebrate UC success. Events include Supreme Clubs, Student Choice Awards and the Tohu Kahurangi | Blues Awards.

### TEA PARTY

A massive summer-time gig at the end of Semester 2 classes.

### SMALLER EVENTS THROUGHOUT THE YEAR

A calendar full of activities ranging from free lunches to Stress Less Weeks during exams.



Scan to view all UCSA Events



# SERVICES

## MEDIA & COMMUNICATION

Connect and stay up-to-date with campus news by following our channels.

### UCSA ONLINE

- Website: [ucsa.org.nz](http://ucsa.org.nz)
- Facebook page: @theucsa
- Facebook group: UCSA Noticeboard
- Instagram: @ucsa\_nz

### UC SOCIAL MEDIA

- WeChat
- Facebook
- Tik Tok
- Twitter
- Instagram

### CANTA MAGAZINE

(UCSA's free fortnightly magazine, which is available in print and online)

- Website: [canta.co.nz](http://canta.co.nz)
- Facebook page: @cantamag
- Instagram: cantamagazine

## ADVOCACY & WELFARE

The UCSA Advocacy and Welfare team are here to support you in many ways. They offer all enrolled UC students access to free and confidential services, which are completely independent from the University. They are super friendly!

[help@ucsa.org.nz](mailto:help@ucsa.org.nz) / [www.ucsa.org.nz/support](http://www.ucsa.org.nz/support)

### Advocacy & Welfare Support services include:

- Subsidised dental scheme
- Foodbank services
- Advocacy services
- Financial support services (budgeting, grants etc.)
- The Medical Prescription Grant
- Optometry
- The menstrual emergency service (visit UCSA Reception)

## EARLY LEARNING CENTRES

Balancing family life with study can be a challenge. To help, the UCSA runs two popular early learning centres (childcare) for students with children.

Centre hours are based on the needs of our student parents. We provide morning or afternoon sessions, as well as full day options (session times can be found on the websites). We also offer flexibility around changes to enrolments during Summer School period.

Our centres are warm and friendly environments with great staff.

### Ilam Early Learning Centre

To arrange a visit, please contact Andrea, the Centre Administrator, or Karen, Centre Manager on [03-348-4336](tel:03-348-4336) or [childcare@ucsa.org.nz](mailto:childcare@ucsa.org.nz)

### Montana Early Learning Centre

To arrange a visit, please contact, Olivia, the Centre Administrator or Shuang, Centre Manager on [Phone: 03 369 0585](tel:03-369-0585) / [Cell: 0272051563](tel:0272051563) / [Email: montanaelc@ucsa.org.nz](mailto:montanaelc@ucsa.org.nz)



# CLUBS

We support around 170 affiliated clubs and societies – one of the largest and most active student club networks of any New Zealand university. They are a great way for students to meet new people, gain academic support, and get involved in activities on and off campus. There's something for everyone, so check out our club list online to find one that suits you.



UCSA.[HTTPS://UCSA.ORG.NZ/CLUBS/RG.NZ](https://ucsa.org.nz/clubs/rg.nz)





# UC INFO & CONTACTS

## THE UCSA

Haere-roa, 90 Ilam Road  
[www.ucsa.org.nz](http://www.ucsa.org.nz)  
[hello@ucsa.org.nz](mailto:hello@ucsa.org.nz)  
03 369 0555

## UC SECURITY

114 Ilam Road  
UC Security On Campus Emergency: 0800 823 637  
General Security: 03 369 2888 (External)

There are 13 Help Towers situated around campus if you need assistance at any time. Security Officers patrol the campus 24 hours, seven days a week.

## UCSA INTERNATIONAL STUDENT REPRESENTATIVE

[international@ucsa.org.nz](mailto:international@ucsa.org.nz)

## UC GLOBAL ENGAGEMENT

This team assists with international partnerships, institutional collaborations, government and official delegations, and international marketing and recruitment activities. Located on Level 3 of Matariki (opposite the central library).  
+64 3 369 3999

## UC CONTACT

Student Services Centre, Te Pātaka Puaka-James Hight. Freephone: 0800 VARSITY (0800 827 748 – within New Zealand only)  
Telephone: +64 3 369 3999  
[enrol@canterbury.ac.nz](mailto:enrol@canterbury.ac.nz)  
[admission@canterbury.ac.nz](mailto:admission@canterbury.ac.nz)

## UC STUDENT CARE (INTERNATIONAL STUDENT SUPPORT)

Puaka-James Hight (Central Library)  
+64 3 369 3388  
[studentcare@canterbury.ac.nz](mailto:studentcare@canterbury.ac.nz)

## Support Info & Study Support



## UC HEALTH CENTRE (MEDICAL CENTRE)

It is located opposite Haere-roa (Ilam Road). Quality, affordable healthcare with services that include counselling, travel advice, vaccines, minor surgery, and sexual health.  
+64 3 369 4444

Haere-roa (UCSA Building)



Puaka James Hight (Library)



UC Health Centre







Your biggest priority while overseas is your health and wellbeing. Below are some emergency and general contact numbers and information that could be helpful. We celebrate diversity and equity and we want you to have a sense of belonging here. If you need any help or support there are lots of people you can talk to!

Visit UC's Health and Wellbeing page: [www.canterbury.ac.nz/support/wellbeing-hub](http://www.canterbury.ac.nz/support/wellbeing-hub)

## EMERGENCY & SECURITY

Emergency: Phone 111 for any emergency, whether it be needing the ambulance, police, or the fire brigade.

### UC SECURITY - 24/7

On Campus Emergency: 0800 823 637  
General Security: 03 369 2888 (External)  
UC Security is located at 114 Ilam Rd.

### INSURANCE

You should have insurance before you arrive in New Zealand. Make sure that you know what you are covered for and have your provider's contact details up to date and with you.

### MEDICAL

As well as the UC Health Centre (Medical Centre) and the centres listed below, there are many places you can go to for medical attention. Have a look online, ask someone to help or have a look on your embassy website.

### AFTER HOURS CARE

There are after-hour services available and some of these are listed below. If it is a medical emergency, call 111

### LEGAL HELP

If for some reason you need any legal help, there is free on-campus advice located in Room 151A in the Business and Law Building.  
[law-clinic@canterbury.ac.nz](mailto:law-clinic@canterbury.ac.nz)

Also check out Community Law Canterbury, which is located at 198 Montreal Street, Christchurch Central: [admin@canlaw.org.nz](mailto:admin@canlaw.org.nz) (+64 3 366 6870)

### RICCARTON CLINIC

8am–8pm, Seven days a week  
4 Yaldhurst Road, Upper Riccarton  
03 343 3661

### 24 HOUR SURGERY

401 Madras Street  
03 365 7777

### CHRISTCHURCH HOSPITAL EMERGENCY DEPARTMENT (OPEN 24/7)

2 Riccarton Avenue, Christchurch Central

### UNICHEM BEALEY AVE PHARMACY

212 Bealey Avenue  
Open seven days  
9am–10pm

*If it's an emergency or you feel you or someone you know is at risk:*

**CALL 111**

# HEALTH & WELLBEING

## **STUDENT ACCESSIBILITY SERVICES (SAS)**

SAS provides practical support, assistive technology, information, and special arrangements for students with disabilities.

[sas@canterbury.ac.nz](mailto:sas@canterbury.ac.nz) / +64 3369 3334

## **UC CAREERS**

UC Careers have professionally qualified and experienced career consultants and recruitment specialists who can help you with career development.

[careers@canterbury.ac.nz](mailto:careers@canterbury.ac.nz)

## **STUDENT JOB SEARCH**

Student Job Search is New Zealand's leading source of student jobs, employment advice and emerging talent: [info@sjs.co.nz](mailto:info@sjs.co.nz) / 0800 757 562 / <https://www.sjs.co.nz/>

## **MENTAL HEALTH / WELLBEING**

Mental wellbeing is extremely important. Below is a list of contacts if you need them.

### **MENTAL HEALTH/COUNSELLING SERVICES**

UC Health Centre (Medical): 03 369 4444

### **PETERSGATE COUNSELLING CENTRE**

03 343 3391 (low cost)

### **CRISIS RESOLUTION:**

0800 920 092 (24/7)

[mherc.org.nz/directory/cdhub-hospital-services/psychiatric-emergency-service](http://mherc.org.nz/directory/cdhub-hospital-services/psychiatric-emergency-service)

### **NEED TO TALK?**

Free text 1737

### **AVIVA (FAMILY VIOLENCE SERVICES)**

0800 284 82 669 (24/7)

### **SEXUAL ASSAULT SUPPORT SERVICE CANTERBURY**

03 377 5402 (24/7)

LifeLine: 0800 543 354 (0800 LIFELINE) or free text 4357

Youthline: 0800 376 633 or free text 234 - Provides 24 hour telephone and text counselling services for young people

### **SAMARITANS**

0800 726 666 - Provides 24 hour telephone counselling.

### **THE LOWDOWN**

[www.thelowdown.co.nz](http://www.thelowdown.co.nz) - website for young people aged 12 to 19.



# HEALTH & WELLBEING

## PHARMACY

Here is a list of some of the closest pharmacies to campus.

### UC PHARMACY (ON CAMPUS)

The Undercroft, University Drive, Ilam

### UNICHEM BUSH INN

364 Riccarton Road, Upper Riccarton

### COUNTDOWN SUPERMARKET PHARMACY

Riccarton Road, Upper Riccarton

### UNICHEM RICCARTON CLINIC PHARMACY

4 Yaldhurst Road, Upper Riccarton

### LIFE PHARMACY

Riccarton Mall, Riccarton Road, Riccarton

## HEALTH CENTRE MEDICAL CENTRE

The Health Centre is open Monday to Friday. Appointments can be made by telephone: (+64 3 369 4444).

### SERVICES INCLUDE:

- Injuries
- Counselling
- Sexual health: STIs, smears and contraception
- Travel advice and vaccines
- Flu vaccinations
- Asthma
- Minor surgery
- Employment medicals

## REC CENTRE (GYM & FITNESS)

The UC Recreation Centre (Gym) is a great facility that is offered to all students at UC. Make sure that you join it!

Being active is crucial to looking after both your mental and physical health. The UC Rec Centre offers a wide range of opportunities for you to get active. The Rec Centre is a one stop shop no matter what sport you are into.

### THEIR FACILITIES INCLUDE:

- Weights and cardio
- Zen Zone (a dedicated yoga room & ballet studio)
- Fun Zone (Equipped with tractor tyres, battle ropes, TRX, rigs & more)
- Bouldering wall
- Squash, badminton, and basketball courts
- Boxing Zone
- Social sport leagues
- Run Canterbury
- Sports Academy
- Group Fitness classes like Zumba, Yoga, HIIT30, Pilates, and more!

Membership is paid for by your student levy, and the basics are included. There are small fees for some additional activities like Small Group Training, Social Sport and Spin Class.

Register to use the gym on their website:

[www.canterbury.ac.nz/ucreccentre](http://www.canterbury.ac.nz/ucreccentre)

Download the Rec and Sport app to access loads of free gym programmes, enter challenges and more!



# USEFUL WEBSITES & APPS

## FACEBOOK



### UCSA NOTICEBOARD

A space to buy and sell items, post notices and chat with others.  
[www.facebook.com/groups/UCSANoticeboard/](http://www.facebook.com/groups/UCSANoticeboard/)



### UCSA

Stay up to date with our latest news, events and services.  
[www.facebook.com/theUCSA/](http://www.facebook.com/theUCSA/)



### UCSA INTERNATIONAL NOTICEBOARD

Connect with fellow international students and find support.  
[www.facebook.com/groups/ucinternationalstudentsnoticeboard/](http://www.facebook.com/groups/ucinternationalstudentsnoticeboard/)



### UC TEXTBOOKS: BUY, SELL & TRADE

[www.facebook.com/groups/UCTextbooks/](http://www.facebook.com/groups/UCTextbooks/)



### UNIVERSITY OF CANTERBURY

[www.facebook.com/universitycanterbury/](http://www.facebook.com/universitycanterbury/)



### POSTGRADUATE STUDENT NOTICEBOARD

[www.facebook.com/groups/UCPGSA](http://www.facebook.com/groups/UCPGSA)

## WEBSITES



### UCSA WEBSITE

[www.ucsa.org.nz](http://www.ucsa.org.nz)



### UC'S WEBSITE / ACCESS TO EMAILS

[www.canterbury.ac.nz](http://www.canterbury.ac.nz)



### UC'S PORTAL TO COURSE & CLASS INFORMATION

[www.learn.canterbury.ac.nz](http://www.learn.canterbury.ac.nz)



### UC STUDENTS SHARING THEIR EXPERIENCE

<https://blogs.canterbury.ac.nz/tuono/>



### INTERNATIONAL ADVICE

An excellent government website with practical advice for international students.  
[www.naumainz.studyinnewzealand.govt.nz](http://www.naumainz.studyinnewzealand.govt.nz)



# USEFUL INFORMATION

## CANTERBURY CARD



This is your student ID card, which you need for lots of services and all your study on campus. It is used for the likes of UC Rec Centre (gym and fitness), UC Health Centre (medical), library resources, printing, access to some buildings (including after hours), and as an identity card for documents and exams. (including after hours), and as an identity card for documents and exams.

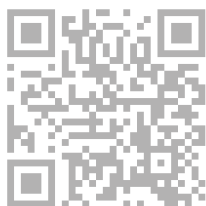
## COURSE ADVICE



If you need course advice before you start, we recommend talking to someone from the Liaison Team to make sure you have made the best decision, especially in terms of degree requirements. You can contact 0800 827 748 for advice. If you require course advice once you have started at UC, get in touch with your student advisor from your respective college.

Find more information:  
[www.canterbury.ac.nz/support/academic/advisors/](http://www.canterbury.ac.nz/support/academic/advisors/)

## STUDENT CARE



The Student Care Team is a great point of call for any help that you may need. Whether it be guidance or advice on wellbeing and success. They can help you with any issues or concerns that you may have (e.g. on arrival, financial, or personal issues).

+64 3 369 3388 | [studentcare@canterbury.ac.nz](mailto:studentcare@canterbury.ac.nz)  
[www.canterbury.ac.nz/support/needtotalk/](http://www.canterbury.ac.nz/support/needtotalk/)

## ENRICHMENT PROGRAMMES



This programme will give you a great start to UC. You are matched with a current student at UC who is in a similar subject area and are able to help you out around campus, with enrolment, orientation, support, and any questions that you have.

Find more information:  
<https://www.canterbury.ac.nz/about-uc/what-we-do/teaching/kia-angitu/enrichment-programmes>



# SERVICES & INFORMATION

## EQUITY AND DIVERSITY

A sense of belonging is an integral part of life at UC. There are policies in place to make sure that staff and students all have the opportunity and support they need. There is a huge range of support at UC and with the UCSA.

## PARKING

To park your car on campus you will need to purchase a parking permit from the Security Office at 114 Ilam Road. An easy alternative to this is to use public transport, walk or bike (with lots of bike parks right on campus!).

## IT ACCOUNT AND HELP

Everyone has an IT account, which has your email, Canterbury Card balance, printing, WiFi, and free internet allowance connected to it.

<https://www.canterbury.ac.nz/its/>

## CAMPUS BUILDINGS

These are some of the main buildings and social spaces at UC:



MATARIKI



UBS  
UNIVERSITY BOOK SHOP

### MATARIKI

Matariki is just opposite Puaka-James Hight.

### UNIVERSITY BOOK SHOP

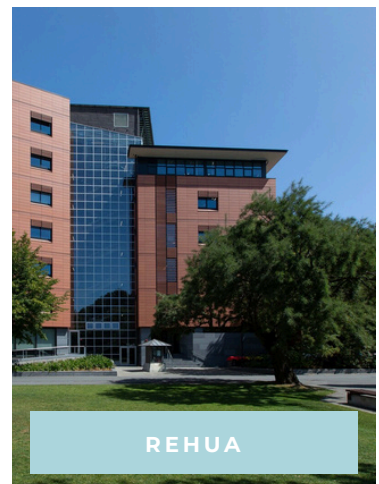
This book shop is located next to Puaka-James Hight. It is the best place to go for stationery, textbooks, books, and gifts.

### UNDERCROFT

The Undercroft can be found on the bottom floor of Puaka-James Hight. It is one of the main social spaces on campus, and it houses food outlets and plenty of seating and eating space. It also has Uni Pharmacy/post shop and an ATM.



THE UNDERCROFT



REHUA





# ACADEMICS & GRADING

UC has a common grading system that is used with all preparatory, undergraduate, graduate, and postgraduate courses. They use a bottom-up grading scale (start at 0 and mark up) rather than a top-down approach (start at 100 and take marks off as you lose them).

Make sure that you take note of this if your home university used a different system.

GRADE	GPA VALUE	MARKS
A+	9	90-100
A	8	85-89.9
A-	7	80-84.9
B+	6	75-79.9
B	5	70-74.9
B-	4	65-69.9
C+	3	60-64.9
C	2	55-59.9
C-	1	50-54.9
D	0	40-49.9
E	-1	0-39.9

GRADE	GPA VALUE	MARKS
P	N/A	PASS
F	N/A	FAIL
S	N/A	SPECIAL PASS
R	1	RESTRICTED PASS#
X	-3	DISHONESTY
I	N/A	INCOMPLETE

# ACADEMIC SUPPORT

## ACADEMIC SKILLS CENTRE

A free service and resource that helps students with academic writing and study strategies to maximise achievement. Level 3, Puaka-James Hight (Library)  
[academicskills@canterbury.ac.nz](mailto:academicskills@canterbury.ac.nz) +64 3 369 3900

## EXAMINATIONS

The timetable for end of semester exams is released at the end of the 5th week of each semester, with exam rooms released at the end of lectures for the semester.

More information can be found here:

<http://www.canterbury.ac.nz/study/examinations/>

## LEARNING SPACES AND LIBRARY

All libraries offer great study spaces with the Central Library (Puka-James Hight) offering silent study spaces on levels 6-11 and group study spaces on levels 2, 3, and 4. There are also great study spaces available in Haere-roa, the Engineering Core, Ernest Rutherford, and Rehua.

## CAREERS, INTERNSHIPS & EMPLOYMENT

These folk are here to help you with employment and all aspects of career decision making. Level 1 of the Geography building [careers@canterbury.ac.nz](mailto:careers@canterbury.ac.nz)

## LEARN: STUDENT COURSES!

If you haven't already, you will become familiar with LEARN. Not only is it the platform where you have all your course and lecture material, it is also a great place to hear about recent news at UC, get academic resources, access your UC Live email, find past exam papers, and contact student support services. If you need any help, there is assistance for this.

**LEARN** has everything related to your courses. Not only lecture material, but also course outlines, assessment detail and submission, readings and related resources, news from your lecturer, forums and discussions with your classmates, as well as your gradebook for your course so far. It is extremely useful to keep up to date with this and to check it regularly (as with your university email).

<http://learn.canterbury.ac.nz/>

## myUC

### MYUC AND TIMETABLE

MyUC is your login for enrolment, changing your courses, viewing your transcript, aegrotats information and so much more. ([www.myuc.canterbury.ac.nz/login](http://www.myuc.canterbury.ac.nz/login)). From here you can access "My Timetable", which has all your courses and if applicable, will allow you to choose a specific stream that suits you better. Find more information here:

<http://www.canterbury.ac.nz/study/timetables/>

### SPECIAL CONSIDERATION

Special Consideration for assessment is for students who have covered the work of a course but have been prevented from demonstrating their knowledge or skills at the time of the assessment due to unforeseen circumstances.

Special Consideration for late discontinuation is for students who have been prevented from completing a course of study, due to circumstances beyond their control, or that were not reasonably foreseeable, and they were unable to withdraw from the course(s) by the published withdrawal deadline. <https://canterbury.ac.nz/study/special-consideration/>



# SHOPSFOODCAFÉS ON CAMPUS

## UNDERCROFT FOOD COURT

The food court consists of El Kiosco, Burgatory and Umami, which each have their own specialities including burgers, Mexican-inspired meals and fried rice.



## CAFÉS/FOOD

### CHILTON'S

Chilton's is a quick-service convenience outlet with a range of coffees, snacks, drinks and takeaway lunch items.

### CAFE 1894

Passionate about great coffee, 1894 has a wide range of drinks and food to suit dietary needs. Ideal for vegans/ vegetarians and health food lovers.

### NUTS & BOLTS

Located in the Engineering Core building, Nuts & Bolts is extremely popular with students. It is home to the best hot chips and pies on campus, as well as delicious rice bowls.

### MIX CAFÉ – TRADITIONAL CAFE STYLE

Located on the ground floor of the Business and Law building.

### HALAL FOOD

In general, red meat is halal as NZ exports red meat to a large number of countries, of which many have significant Muslim populations. However, this is not the case for poultry products.

### HALAL ON CAMPUS

Foundry Bar - Halal options available





# UCSA RUN BARS & RESTAURANTS



## THE FOUNDRY *Bar*

This bar is the centre of UC student social life. It is home to music events such as Orientation, quiz nights, club events, and even lunchtime meet-ups with friends.



## otto

PIZZA | CHICKEN | BAR

Your local pizza and fried chicken bar. They've got coffee and drinks available too! Located on the bottom floor of the Puaka-James Hight building.



Made fresh on-campus daily, Oishii is your contemporary sushi bar in the heart of campus. Open during Term time only.



## OTHER



### ANCESTRAL – ASIAN CUISINE AND COFFEE

Located in the Ernest Rutherford building.



### THERAPY CAFE - TRADITIONAL CAFE STYLE

Located in the Rehua building, Level 1.



### HEAT-AND-EAT STATIONS

These stations are located in a lot of buildings on campus: Haere-roa, the Engineering Core, Ernest Rutherford, Undercroft, and Karl Popper. Use them to microwave meals to eat on campus without the effort of having to go home.



## Want a discount?

Download the V-Plate app for discounts at select campus cafés, bars and restaurants.



Available on the  
App Store



GET IT ON  
Google Play

# EVERYDAY CHRISTCHURCH

Christchurch is New Zealand's second largest city and is the gateway to adventure and outdoor exploration. Christchurch city is vibrant and exciting.

## SHOPPING

### GROCERIES

PAK 'n SAVE is usually the cheapest supermarket, with the other two being more expensive. There are also small corner stores (dairies) and fresh produce stores close by as well.

PAK 'n SAVE Riccarton Mall  
Countdown Church Corner

New World Ilam

New World Fendalton

Most of these supermarkets open at 6–7 am, with many open until 10–12 pm. Outside of these times, petrol stations and some fast food shops are a good option for late-night food.

### MALLS

If you have quite a bit to buy, these are great options for gathering what you need in one place. On the next page is a list of options, with the ones closest to UC listed first. Central Christchurch also has some great new places to shop and dine.

#### BUSH INN SHOPPING CENTRE AND CHURCH CORNER

Corner Waimari and Riccarton Roads  
[www.bushinncentre.co.nz](http://www.bushinncentre.co.nz)

#### WESTFIELD RICCARTON MALL

129 Riccarton Road, Riccarton  
[www.westfield.co.nz](http://www.westfield.co.nz)

#### THE HUB HORNBY AND DRESS SMART

Main South Road, Hornby  
[www.thehubhornby.co.nz](http://www.thehubhornby.co.nz) / [www.dress-smart.co.nz](http://www.dress-smart.co.nz)

## POST OFFICES

Riccarton Central  
199 Clarence St  
Riccarton

New Zealand Post, Avonhead  
210 Withells Road  
Avonhead

Uni Pharmacy  
Undercroft  
(Central Library), UC



# GET CONNECTED

## WELCOME TO NEW ZEALAND!

*A NEW CITY? A FOREIGN LANGUAGE? A DIFFERENT CULTURE?*

We are the University Students' Association and are here to support and guide you as you study here in NZ.

## GET A SIM FOR YOUR PHONE

New Zealand has three main providers for your cellphone: Spark, Vodafone, and 2Degrees. Sim cards can be purchased at their stores, which are close to UC.



### SPARK

- Christchurch Airport
- Westfield Riccarton
- BNZ Centre, Cashel Street, CBD



### ONE NZ

- Christchurch Airport
- Westfield Riccarton
- Cashel Street, CBD



### 2 DEGREES

- Westfield Riccarton
- BNZ Centre, Cashel Street, CBD

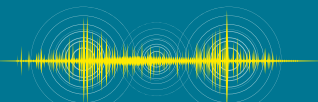
## KEEPING CONNECTED

Making a phone call from overseas is easy. Add +64 to the front of a mobile, and lose the first zero (for example, if your number is 021 123 456, your overseas contacts would call +6421 123 456).

The local area code for landline calls in Christchurch is 03.

Once you have set up your sim card and Wi-Fi at UC it is super easy to stay connected while in Christchurch.

## EARTHQUAKES



Christchurch occasionally experiences small earthquakes and aftershocks. While these are usually mild and do not require any action, it is helpful to be prepared in case of larger quakes.

We recommend you develop a household emergency plan with your housemates and have emergency survival items so that you can cope on your own for at least three days should an earthquake happen.

1. DROP



2. COVER



3. HOLD ON



**FOR MORE TIPS AND ADVICE VISIT THE [NZ CIVIL DEFENSE WEBSITE HERE.](#)**



# MONEY & BANKING



You will find many places in Christchurch (including the Airport) where you can exchange or withdraw money. If you want to set up a bank account, there are a range of banks including BNZ, ANZ, ASB, Westpac, and Kiwibank.

For banks closest to UC, you will find a BNZ, Kiwibank and Westpac located at or near Bush Inn Shopping Centre (Corner of Riccarton and Waimairi Roads). There is also an ANZ ATM in UC's Undercroft.





## PUBLIC TRANSPORT/GETTING AROUND

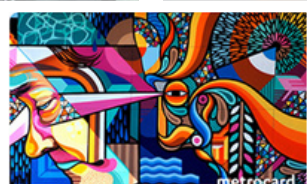
The Metro Bus public transport system is an easy and affordable way to get around the city. Metro cards (bus cards) can be purchased at the UCSA Reception (Level 1 Haere-roa). These buses will also go to the Airport if you need it.

### BUS ROUTES - INBOUND TRIP TO UC, ILAM

BUS NUMBER:	CATCH BUS FROM	GET OFF AT:
PURPLE LINE	Christchurch Airport or Sheffield Crescent Sumner	Stops Ilam Road
100	Wigram - The Palms	Stops Ilam Road
120	Burnside - Spreydon	Stops Clyde Road
130	Avonhead - Stops on Riccarton Road. Then catch Oribiter Bus	Stops Waimairi Road

### TAXIS

	COMPANY:	PHONE NUMBER
	Blue Star Taxis	03 379 9799
	Gold Band	03 379 5795
	First Direct	03 377 5555
	Green Cabs	0800 464 7336



# FURNISHING YOUR ROOM & SETTING UP

## DEPARTMENT STORES



### THE WAREHOUSE

265 Blenheim Road, Riccarton



### UCSA NOTICEBOARD (FB)

(BUY, SELL & EXCHANGE)

[www.facebook.com/groups/UCSANoticeboard/](http://www.facebook.com/groups/UCSANoticeboard/)



### KMART

Westfield Riccarton Mall  
29 Riccarton Road, Riccarton or  
100/148 Langdons Road, Papanui



### TRADEME (LIKE EBAY)

Online marketplace for all that you may  
need [www.trademe.co.nz](http://www.trademe.co.nz)

## SUPERMARKETS - GROCERY



### NEW WORLD ILAM

47C/57C Peer Street, Upper Riccarton



### WOOLWORTHS

Corner Riccarton Road and Hansons Lane



### NEW WORLD FENDALTON

19-23 Memorial Avenue, Fendalton



### KOSCO ASIAN GROCERY

209 Waimairi Road, Ilam



### CHURCH CORNER MALL

Multiple Asian Grocery Stores & Restaurants  
21 Leslie Street, Upper Riccarton



### PAK 'N SAVE

Westfield Riccarton Mall  
129 Riccarton Road, Riccarton

## SECOND HAND - OP SHOPS



### ECOSHOP

191 Blenheim Road, Riccarton, Christchurch  
03 381 6495



### SALVATION ARMY

359 Riccarton Road,  
Upper Riccarton, Christchurch  
03 341 8539



### RED CROSS SHOP

14 Yaldhurst Road, Sockburn, Christchurch 8042  
03 341 5379

## SHOPPING MALLS



### WESTFIELD RICCARTON MALL

129 Riccarton Road, Riccarton



### BUSH INN SHOPPING CENTRE

Corner Waimari and Riccarton Roads,  
Upper Riccarton  
03 348 6904



### DRESS-SMART (CLOTHING)

409 Main South Road, Hornby  
03 349 5750



# TRAVEL IN NEW ZEALAND



## I-SITE (INFORMATION CENTRE)

i-SITE is the tourism centre for travel information in New Zealand.  
28 Worcester Boulevard, Christchurch Central  
**03 379 9629**



## CHRISTCHURCH INTERNATIONAL AIRPORT

Upon your arrival in Christchurch, the Airport has a lot of great services. Here you can find car rental, cellphone stores, currency exchange, gift shops and food outlets.

Just outside the Airport is Spitfire Square, which has a Countdown supermarket, pharmacy, gym, and a big range of food outlets.

### AIRLINES

- Air New Zealand (our national carrier)
- JetStar (a budget airline)
- There is also Sounds Air, Air Chathams, and various international carriers.



## FERRY (BETWEEN NORTH AND SOUTH ISLAND)

New Zealand's two main islands are separated by the Cook Strait. To travel between them by ferry, you can use:

- Bluebridge
- Interislander



## SOUTH ISLAND BUSES

- InterCity Buses
- Atomic Travel



## TRAINS

- Christchurch and New Zealand does not offer an extensive rail network outside our major cities like many other countries.
- Here are some fantastic scenic journeys offered through Kiwi Rail:
- The TranzAlpine Train (Christchurch to Greymouth) is acclaimed as one of the world's great scenic railway journeys!
- The Coastal Pacific Train (Picton, Blenheim, and Kaikōura to Christchurch) is a train journey along the edge of the world.

# DRIVING IN NEW ZEALAND

You can drive in New Zealand **without** a New Zealand Licence if:

- You have a current and valid overseas licence or driver permit, and,
- You haven't been given a disqualification or suspension in New Zealand, and you came into New Zealand less than 12 months ago, and
- Your overseas licence is in English, or you have an accurate translation, and
- you haven't been granted a New Zealand driver licence since you last entered New Zealand.

If you don't meet all of the above requirements, you **MUST** apply for a New Zealand driver licence to drive in New Zealand.

Those who meet the requirements can drive in New Zealand for a maximum period of 12 months from your last date of entry into New Zealand.

**\*Check the New Zealand Transport Agency website for the most up to date rules and advice. [www.nzta.govt.nz](http://www.nzta.govt.nz)**

If you need to apply for a New Zealand licence or your licence has expired, head to one of the following AA agencies.

126 Riccarton Road, Riccarton

114 Marshland Road, Shirley

12 Buchan Street, Sydenham

Freephone 0800 500 444.

**To find out more information head to: [www.aa.co.nz](http://www.aa.co.nz)**

## CULTURE, MĀORI LANGUAGE & KIWI SLANG

### TE REO MĀORI (THE MĀORI LANGUAGE)

Te Reo Māori is one of New Zealand's official languages, along with English and New Zealand Sign Language. Below are some tips to get you started.

## PRONOUNCING MĀORI VOWELS AND CONSONANTS

### VOWELS

"a" as in "far"

"e" as in "egg"

"i" as in "fee, me, see"

"o" as in "awe (not 'oh!)"

"u" as in "too"

A vowel with a macron above it indicates a long vowel sound, which look like this: ā, ē, ī, ō, ū.

### CONSONANTS

h, k, m, n,

ng (as in singer), p,

r (pronounced as a rolling r), t, w,

wh (makes an "f" sound as in "father").



# TIPS FOR DRIVING ON NZ ROADS



Drive on the **left** side of the road.



We have many hilly, narrow or windy roads that mean your journey may **take longer** than you expect.



**Never cross** a solid yellow line, as it indicates that it is too dangerous to overtake.



You must carry your **drivers licence** on you at all times. If your licence is not in English, you must carry a translation from an approved translator.



We are known for having a lot of one lane bridges, so give way if it says so! The **big arrow** has the **right of way**.



If you are going **slow**, make sure you pull over when possible, so you can let the cars behind you pass.



Always drive to the conditions in New Zealand and be aware of the **weather forecast** before you leave.



When passing **cyclists**, slow down and try to give them **1.5m of room**.



**Passing lanes** are **safe** places to overtake other cars.



Be aware of **orange** traffic lights (only continue driving if you cannot stop safely).



Don't speed up as soon as **passing lane** comes up.



Pay attention to the **speed limits** indicated in KM/Hour.



A double yellow centre line means that **no** traffic can overtake.



Wait until the green light to turn. Don't go on a **red light** or if it isn't safe on orange.



Only stop for the great views when it is **safe** to do so.



Ensure your vehicle has a current **warrant** of fitness (WOF) and is registered.



Wear your seat belt and **don't** use your mobile phone while driving.

# RELIGION

There are many churches and religious groups located on campus, in Christchurch and around wider Canterbury. Here are some contacts if you would like to attend a service or talk to one of the UC chaplains. You can also look up faith- based clubs on our website: [www.uca.org.nz](http://www.uca.org.nz)

## CAMPUS CHURCH

Cornerstone Campus Church is a church for UC students and graduates, but everybody is welcome. They have small groups so you can connect and learn together with others.

## UC MUSLIM PRAYER ROOM

UC has a Muslim prayer room located on campus at 37 Creyke Road. UC students can access this space seven days a week by swiping their student ID card. The area is overseen by the Student Success team and access is monitored by UC security.

## UC CHAPLAINS

NAME	DETAILS	CONTACT
Rev. John Fox	Senior Ecumenical Chaplain	<a href="mailto:john.fox@canterbury.ac.nz">john.fox@canterbury.ac.nz</a>   027 3571 628
Stowe Campbell	Associate Ecumenical Chaplain	<a href="mailto:stowe.campbell@canterbury.ac.nz">stowe.campbell@canterbury.ac.nz</a>
Fr. Michael Terese	Catholic Chaplain	<a href="mailto:ctcchristchurch@gmail.com">ctcchristchurch@gmail.com</a>

## CHURCHES & COMMUNITY FAITH GROUPS CLOSE TO CAMPUS

Here is a list of some of the many churches and community faith groups close to campus.

NAME	ADDRESS	CONTACT
Al Noor Mosque	101 Deans Avenue Middleton Grange School	<a href="mailto:admin@macnz.org25">admin@macnz.org25</a>
Anglican Māori Diocese O Te Waipounamu	290 Ferry Road 42 Lochee Road, Upper Riccarton	<a href="mailto:registrar@waipounamu.org.nz">registrar@waipounamu.org.nz</a> <a href="mailto:christchurch@everynation.org.nz">christchurch@everynation.org.nz</a>
Avonhead Baptist	102 Avonhead Road, Christchurch	<a href="mailto:admin@avonheadbaptist.org">admin@avonheadbaptist.org</a>
Equippers Church	25 Arthur Street, Christchurch	<a href="mailto:christchurch@equipperschurch.com">christchurch@equipperschurch.com</a>
Fo Guang Shan Buddhist Temple	2 Harakeke Street, Riccarton, Christchurch	<a href="mailto:snziba@xtra.co.nz">snziba@xtra.co.nz</a>
Ilam Baptist	66 Ilam Road, Christchurch	<a href="mailto:admin@ilambaptist.org">admin@ilambaptist.org</a>
Japanese Christian Fellowship	Chinese Church 510 Colombo Street 286 Greers Road	<a href="mailto:dmin@chinesechurch.org.nz">dmin@chinesechurch.org.nz</a>
Majestic Church	189 Durham Street South, Christchurch	<a href="mailto:admin@majestic.org.nz">admin@majestic.org.nz</a>
Riccarton Baptist Church	80 Rattray Street, Christchurch	<a href="mailto:admin@riccartonbaptist.com">admin@riccartonbaptist.com</a>
Riccarton Community Church	44 Elizabeth Street, Riccarton, Christchurch	<a href="mailto:welcome@rcc.co.nz">welcome@rcc.co.nz</a>
St Barnabas Anglican Church	8 Tui Street, Fendalton, Christchurch	<a href="mailto:office@stbarnabas.org.nz">office@stbarnabas.org.nz</a>
St Christophers Anglican Church	244 Avonhead Road, Avonhead, Christchurch	<a href="mailto:admin@stchristophers.org.nz">admin@stchristophers.org.nz</a>
St Pauls Trinity Pacific Presbyterian Church	45 Fitzgerald Avenue	<a href="mailto:trinitypacific@xtra.co.nz">trinitypacific@xtra.co.nz</a>
St Teresa's Catholic Church	8 Puriri Street	<a href="mailto:office@stteresas.org.nz">office@stteresas.org.nz</a>
Yolin Korean Church	180 Clarence Street	<a href="mailto:admin@yolinchurch.com">admin@yolinchurch.com</a>