

# New Zealand Summer Program



Conservation volunteering, cultural immersion and  
adventure travel through New Zealand

**pacific discovery**  
insightful small group adventures

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## ***New Zealand Summer Program Overview***

New Zealand is the perfect escape. Its temperate climate, unique blend of vibrant culture and breathtaking environment are exhilarating. On this program, we do two weeks of hands-on volunteer conservation work in some of the New Zealand's most interesting national parks and wildlife reserves, and two weeks of interpretive, educational and adventure travel as we road-trip through the North and South Islands, experiencing culture, welcoming hospitality and unique adventures amidst spectacular landscapes and wide open spaces.

This travel study abroad summer or gap year program is suitable for students, graduates and non-students, ideally 18-25 years.

New Zealand has enjoyed 100 million years of isolation since it separated from the southern super continent Gondwana, sinking into and rising again from the ocean. This sinking, rising and isolation from other landmasses (Australia is 1300 miles away), protected unusual eco-systems where birds filled all the major niches usually taken by mammals. These eco-systems were radically compromised by colonization and the introduction of new animal species - first from the indigenous Maori some 800 years ago and more recently by European settlers. On this program you will get a hands-on introduction to strategies initiated to protect and care for these eco-systems and the plants and wildlife they contain.

### ***Program Dates***

Summer 2011: June 30 – July 28

Summer 2011: August 4 – September 1

### ***Program Start / Finish***

Start: Auckland, New Zealand / Finish: Queenstown, New Zealand

### ***Program Cost***

Program cost is USD\$3,550.00

### ***Highlights***

- Two weeks of rewarding volunteer conservation projects in National Parks and wildlife reserves, partnering with New Zealand's Department of Conservation:  
*Week One:* Based from Urupukapuka Island in the Bay of Islands Historic and Maritime Park.  
*Week Two:* Various work sites in the Nelson region which is home to 3 National Parks, 1 Forest Park, 1 Maritime Park and numerous reserve areas.
- Adventure caving trip in Waitomo's limestone caves.
- Enjoying culture and nightlife in the friendly cities of Auckland, Wellington and Queenstown.
- A day of rock climbing and mountain biking at Castle Rock Lodge.
- Exciting white water rafting on the Kaituna River and soaking in natural hot springs
- Wellington, the vibrant capital – Parliament tour, National Museum, beaches and cafes.
- Mountain biking in Nelson
- Traveling down the West Coast of the South Island – voted as one of the top-ten road trips in the world – stopping overnight at Punakaiki and Franz Josef Glacier with the choice of a glacier hike or an eco-canoe trip on Okarito lagoon.
- Queenstown – the worlds adventure capital and the birthplace of Bungy jumping
- Series of informal lectures from local conservation experts
- Very personalized small group experience (compare with other programs of up to 40 students)
- Fantastic New Zealand program leader/s

## ***Pacific Discovery Program Content***

Our programs are more than simply a travel or study abroad experience. We deliberately use an overseas adventure-travel environment to maximize the educational and life-skills potential for our participants. Each of our programs is designed to combine the following six interdependent components.

### ***1. Educational component***

Our programs are experiential education programs, meaning that learning is hands-on and tangible. For example, participants will learn about a country's history and culture by immersing themselves in it – meeting local people and hearing life stories, first hand.

Experience on its own does not translate into learning. But learning from your experiences is important. To encourage 'learning from experience' our program leaders facilitate opportunities for participants to regularly reflect upon their experiences, and provide historical, cultural, geographical and environmental background so that personal experience can be connected with a broader understanding of place.

The educational component of our programs is multi-disciplinary and covers:

- ◆ Host country: history, politics, culture, geography, environment, environmental and social issues.
- ◆ Broader themes: globalization, development, conservation, religion, ethics and sustainability.
- ◆ How to travel: how to plan and keep safe, life on the road, ethical and sustainable travel.
- ◆ Outdoor education: where relevant, learning the soft and hard skills of a number of outdoor activities, such as backpacking, climbing, mountain biking, kayaking (varies by program).
- ◆ Group skills: how to work with a group, communication and trust.
- ◆ Development of personal leadership skills.

### ***2. Volunteer component***

Volunteer and community service elements built into our program itineraries allow participants to really immerse themselves in a place and share an experience with local people – bridging the gap that often exists between visitor and host. The rewards are tangible and often unexpected. Volunteer work helps build self confidence and self belief through participants having to learn new skills and take on new roles. Volunteer components vary by program. Examples of volunteer work undertaken by participants are building simple homes for marginalized poor, being a big brother/sister to an orphan, habitat restoration, species monitoring.

### ***3. Cultural immersion component***

Small groups mean that our participants are not travelling in a 'bubble' separated from local people. Instead we immerse participants in the local culture, through home-stays, volunteer projects, language study etc. Participants learn empathy for other cultures and build bridges of cultural understanding.

### ***4. Travel component***

Travel and the realities of 'life on the road' teaches a lot of valuable lessons - how to communicate and relate to people from different cultures, how to be happy with few possessions and a simple life, how to overcome temporary discomfort. Travel ultimately exposes participants to the myriad possibilities in the world and their lives, and allows for personal growth free from the expectations of family, peers and co-workers.

Our goal is that participants will learn the 'art of travel' - what to take, how to plan, how to keep safe, how to find what you need in an unfamiliar place, the realities of life on the road. By the end of a program, we expect most participants will have learned the skills necessary to travel safely anywhere on earth.

### **5. Adventure education / Outdoor education component**

Our programs are one long adventure. Aside from the fact that adventure can be a whole lot of fun, our programs are adventurous because personal growth occurs through challenge. We challenge participants at their own level, so that they can gain confidence through overcoming obstacles and challenges during the program.

A variety of outdoor or adventure activities are included in our programs, such as back packing, whitewater rafting, kayaking, rock climbing, mountain biking etc. These activities require physical effort, mastery of technique, teamwork and trust between members of the group, and immersion in the outdoor environment.

Pacific Discovery takes a 'challenge by choice' approach to the adventure components of our programs. We have had people from all levels of fitness and experience on our programs. Adventure activities and instruction are aimed at the novice/beginner level, however we are able to facilitate more challenge for people who are experienced in a particular discipline. Generally participants do need to have fitness at a level that they are able to comfortably walk for 2-3 hours with a small back pack.

### **6. Personal and leadership development component**

By taking participants out of their comfort zone and challenging them physically, culturally and mentally, we encourage participants to gain confidence in their abilities and provide a supportive group environment where they can grow.

All of the components provide an enormous opportunity for participants to learn about themselves, to push their boundaries, question their assumptions, to stimulate problem solving and inquiry skills.

By giving participants responsibilities and freedom within the framework and safety of a well designed and carefully managed program, participants are empowered, helping them become more capable and self-reliant.

*"Traveling with Pacific Discovery has been one of the most personally rewarding things I have ever done. The program's small group sizes and focus on responsible travel allows you to interact with a country's local culture, customs, and environment on a much deeper level. I had the time of my life on the trip!" Mauri Lowrey*

# ***New Zealand Summer Program Details***

## ***Suitability***

Open to students, graduates and non-students, ideally 18-25 years. This program is suitable for anyone of average fitness with an enthusiasm for conservation and new experiences. You need to be committed to, and prepared for, some physical work whilst on the volunteer component of the program i.e. trail building or the removal of invasive plants.

## ***Group Size***

Up to 14 participants, accompanied by real 'Kiwi' program leaders who know their country inside out, and love sharing it with you.

## ***Accommodation***

Our accommodation will be comfortable and clean hostels and lodges. Laundry, postal, telephone and email facilities will be available most days, except while in the field on the volunteer projects.

## ***Meals***

Food is a highlight when traveling. Meals are fresh, tasty, healthy and varied. Food preparation, shared by all participants, is fun, social and often a highlight. We happily cater for vegetarians and special dietary needs. Two thirds of meals are included in the program cost. The remaining meals are not included to allow us a choice of when, where and what we eat. For the meals not included, you will have the option of dining out, or self-catering with others in the group. We recommend you budget the sum of \$200 for meals not included in the program cost.

## ***Transport***

For most travel we will use our own private vans with trailers.

## ***Free Days***

During the trip, we have free days reasonably spaced (approximately one per week), in towns or cities where there are sufficient facilities to allow you to catch up on personal needs such as resting, laundry, shopping, email etc.

## ***Attitude***

The program is a shared group experiences. We expect you to join the program with an open mind and a willingness to work together with your group mates to make the program an amazing experience for the whole group. Additionally, the program will be as much about the inner journey of personal growth and learning about yourself as it is about what you will experience in the outer physical journey. We expect you to be open to learning and challenging your ideas and assumptions.

*"I think the work we did was instrumental in making my time in New Zealand a life-changing experience. I feel so much more connected with the country, having spent so much time working to maintain its beauty. Volunteering with DOC gave me a unique first-hand experience that such a small percentage of the population will ever be so fortunate to participate in." Audrey Richardson.*

## **Program Cost**

### **Program cost is USD\$3,550.00**

\$400 deposit due when you register; balance of program cost (\$3150) to be paid by May 1.

**Included in Program Cost:** Visa on arrival\*; All in-country transport; All accommodation; Most meals (see 'meals' above); Two weeks of volunteer conservation projects and two weeks of interpretive adventure travel; Lectures from resident experts on conservation and eco-tourism; All activities, excursions, entry fees and adventure travel as described in the itinerary; Experienced program leader/s and local guides; Online image library for your program. \*Note: A free 90-day visa for New Zealand is issued on arrival.

**Not included in Program Cost:** Travel (international flights) between your home and New Zealand (refer international flights below); Some meals (approx. \$200); Travel insurance (approx. \$150).

**Optional activities** (*not included with program fee*): Queenstown: Skiing or snowboarding – all equipment can be rented; bungee jumping.

## **International Flights** (refer also page 18)

### **Flights from North America, to New Zealand, return**

Our travel agent can assist you to arrange international flights from your nearest regional airport in the USA or Canada to Auckland, and return from Queenstown to home. You have the option of utilizing the flights recommended for this program, or arranging your own travel to/from New Zealand. If you choose to buy your international tickets through our travel agent, you will generally be travelling with other participants in the group. Our travel agent will work with you to find the best available fare and routing. The ticket cost is approximately USD\$1200. Pacific Discovery does not charge any fee or commission for assisting with flights – this is a free service that we offer to simplify program arrangements for you. Refer page 18.

### **Flights from other countries to / from New Zealand**

Our travel agent will be able to assist you with flights from your country. You are also welcome to arrange your own flights/travel to Auckland for program start, and from Queenstown at program finish. Please note that it is essential that you arrive in Auckland for program start and a briefing/orientation. Please refer to page 18 for requirements of the dates/times to arrive Auckland and depart Queenstown.

### **Optional Extensions**

Our program will surely have whet your appetite for further travel, and you may like to continue your adventures independently or with others in your group. At the time you make your international flight bookings, enquire about the options for a stopover elsewhere on your way home.

## **Academic Credit Options**

Academic credit is an optional, but integral component of our semester, summer and gap year travel study abroad programs. Hands-on, out-of-class educational opportunities can be a more effective way of learning than following a conventional classroom routine. The value of these educational experiences is continually being recognized and credit opportunities are made available to the participants on our programs through the cooperative efforts of supporting faculty. If you are interested in earning credit while on a Pacific Discovery program, please review the credit available for this program (as shown below) and refer to the website for course outlines and enrollment procedure, [www.pacificdiscovery.org/credit-information.aspx](http://www.pacificdiscovery.org/credit-information.aspx). If you have further questions, don't hesitate to contact us. Credit offered on this program is usually transferable to other accredited colleges.

### **Seattle Central Community College** ([www.pacificdiscovery.org/credit-information.aspx](http://www.pacificdiscovery.org/credit-information.aspx))

Credit is available through the Seattle Central Community College Office of Cooperative Education and Service Learning, for individuals who wish to earn credit for a variety of travel experiences. Whether you are from the US, Canada, or elsewhere, you are able to undertake this optional independent-study credit while on a Pacific Discovery program. Most courses can be taken for 5 or 10 quarter credits and a maximum of 20 credits can be taken per quarter. This credit is available to any participant (worldwide) on any of our programs and is a particularly good option for gap-year students, under-grads and students wanting an economical credit option. Seattle Central is an accredited institution and credit may be transferable to your university or college – please check this with your academic advisor. Visit our website to view current courses offered and print course outlines.

## **Volunteer Conservation Overview**

The two projects will be run in conjunction with the Department of Conservation (DOC), New Zealand's preeminent conservation and resource management organization. Project work may include planting trees, controlling introduced pests, managing visitor impacts, species preservation and monitoring. You do not need any experience to undertake this work – just an interest in conservation and some enthusiasm!

The first conservation project will be based from beautiful Urupukapuka Island, in the the Bay of Islands, the finest maritime park in New Zealand. The Bay of Islands has an abundance of marine life, including whales, penguins, dolphins, gannets and many other species. This maritime and historic park was home to numerous Maori settlements and the first European settlement in New Zealand. Urupukapuka Island is managed by the Department of Conservation and contains a number of archeological sites. Dolphins are regularly seen in the waters around the island.

The second conservation project will be based from Nelson, a fantastic city on the edge of Tasman Bay, in New Zealand's South Island. Near Nelson are three National Parks, a large maritime park, a state forest park, and a newly established wildlife reserve...so the perfect place to base ourselves for our second project.

*"I felt that our conservation work actually did help to improve New Zealand's environment; it wasn't just something to make us feel like we weren't just tourists." Erica Petrofsky.*

## ***Program Itinerary***

**Day 1-2. Arrive Auckland, New Zealand.** If on the group flight you will rendezvous in Los Angeles before embarking on an overnight flight to New Zealand (only 12 hours, but day lost enroute due to time zone). Arrive in Auckland, City of Sails...bright light and clean air awaits you. Auckland is New Zealand's largest city, sprawling across an incredible landscape of harbors and the eroded cones of extinct volcanoes. Warm welcome and program briefing.

**Day 3. Bay of Islands.** We make our way north to the stunning Bay of Islands. Visit Waitangi where New Zealand's founding document the Treaty of Waitangi was signed. Stay in historic Russell, once known as the 'hell hole of the Pacific' for its debauchery and lawlessness, but now a picturesque and popular ocean-side town.

**Day 4. Urupukapuka Island.** First-up we'll visit a beautiful Kauri forest, before provisioning for our first volunteer project. In the afternoon we'll travel by launch out to Urupukapuka island where you'll get to see how beautiful the Bay of Islands really is. Evening project orientation.

**Day 5-9. Volunteer Project One:** Monday to Friday, working approximately 9am – 5pm, in the field. While on the island we stay in a simple lodge and will be cooking all meals together. On Friday afternoon we'll return to Auckland.

**Day 10. Auckland** is the largest Polynesian city in the world and we experience its unique Pacific flavor at the Otara weekend market. Then enjoy free time to wander the waterfront, sip coffee while looking out at the hundreds of yachts moored in the harbor, catch up on laundry, email and relax after our first week of volunteering.

**Day 11-13. Waitomo and Castle Rock.** Home to great mountain biking, caving and rock climbing and you'll have the chance to try them – no experience needed, but all abilities catered for! We'll do an adventurous Indiana Jones style caving trip with a 200 ft rappel, visit the Maungatautari Ecological Island, an exciting conservation initiative, and spend a day climbing and mountain biking around the volcanic buttresses of Castle Rock. After each day of action you'll enjoy soaking in a hot tub under the starry southern skies.

**Day 14-16. Taupo to Wellington.** Heading south, we stop for night in the lakeside resort town of Taupo, then continue on for a weekend in Wellington. On the way you'll get to soak in natural hot springs and raft the waterfalls on the Kaituna River. Wellington, New Zealand's capital city, is vibrant - great cafés and nightlife. We'll visit Parliament to learn about New Zealand's political system (more interesting than it sounds), and gain insight into Maori culture through an intimate Maori educational experience at the National Museum, before giving you free time to explore independently.

**Day 17-18. To the South Island and Nelson.** We board a ferry bound for the South Island. After crossing the fearsome Cook Strait, we cruise through the twisting arms of the glacial carved Marlborough Sounds, and leap ashore in Picton. A short drive through Marlborough's vineyards brings us to sunny Nelson, our base for project two. Enjoy a mountain bike ride on exciting scenic trails behind Nelson or head into the Abel Tasman National Park and its gorgeous golden sand beaches for a day hike.

**Day 19-23. Volunteer Project Two:** Monday to Friday, working approximately 9am – 5pm, in the field. On Friday afternoon we'll drive to Punakaiki to begin our journey down the wild West Coast.

**Day 24-25. West Coast Road Trip.** Voted one of the top ten road trips in the world, we travel the length of the South Island's West coast from Nelson to Queenstown. Enjoy rugged coastlines, beautiful rainforest and spectacular glaciers. We spend a night at Punakaiki, in a beach front hostel where the ocean's roar will lull you to sleep. Two nights at Franz Joseph gives us a day to hike on the glacier, or spot rare white heron while canoeing on Lake Okarito. Options on offer include an introduction to ice climbing or heli-hiking on the glacier.

**Day 26-28. Queenstown** is the world's adventure capital. The options are endless - go skiing or snowboarding at any of Queenstown's three ski fields, try bungee jumping or any of the multitude of adventure activities on offer. Afterwards enjoy the après ski celebratory atmosphere. On our final evening we'll take a gondola skyward to dine in a restaurant overlooking Queenstown, Lake Wakatipu and the surrounding mountains.

**Day 29. Program concludes.** Depart Queenstown via Auckland to Los Angeles or alternative destinations if not on the group flight.

*"I pushed myself to new heights, tried new things, took new risks. I made amazing friends that I shared some incredible experiences with. I came away from the program overwhelmed by the beauty of the countries we visited, and full of a new confidence in myself and a thirst for adventure. I really mean it when I say you have changed my life. Thank you!" Katie Lane*

# Program Route Map



## ***Country Information***

With only 4 million people, but over a thousand years of human settlement, New Zealand has a rich and dynamic culture which reflects the impact of Maori, European, Pacific Island and Asian influences. Kiwis (named after the fascinating and distinctive native bird) are friendly, welcoming and informal, but also fiercely proud of their national achievements – especially in rugby (the All Blacks) and in twice winning the Americas Cup.

With a land mass similar in size to Colorado or Great Britain, New Zealand boasts vast open spaces, spectacular landscapes, rugged mountain ranges, spectacular geothermal areas, lush rainforest and beautiful beaches. Especially attractive for the traveller is the fact that these different landscapes (as well as many cultural features of interest) are in close proximity to each other, and most of them easily accessible. Whilst the rather changeable weather reflects New Zealand's position as an island in the Pacific Ocean, the climate is generally mild.

English is spoken almost universally, public amenities and services are generally modern and of a good standard, and New Zealand is a safe and invigorating country for travel.

## ***Climate***

July is winter in New Zealand. However, due to its temperate climate, during the volunteer project weeks you are likely to experience some moderately balmy days (in comparison say with the US Midwest winter). South of Nelson we are likely to encounter snow, and certainly if you are planning on skiing or boarding. Please ensure you pack for winter weather (refer gear list).

July – August temperature: day time average 50-60°F; night time average 30-40°F

Sunrise 7:00am; Sunset 5:00pm

## ***Leadership***

Our programs succeed because we put a lot of thought into choosing our program leaders. We've selected a dynamic team of supportive, resourceful, experienced and highly organized people to lead our trips. Our program leaders are people in whom you can trust and confide, who remain objective whatever the circumstances and who take a genuine interest in your welfare and safety. They implicitly understand the importance of balancing the needs of individuals with group objectives, facilitating a high level of group cohesion, inspiring a genuine appreciation for the areas visited and an awareness of minimum impact travel ethics. All our leaders are trained in wilderness or remote travel first aid, group leadership and risk assessment/management.

## ***Peace of Mind***

Since its inception, in 2001, Pacific Discovery has taken over 1000 students, graduates, faculty, family and special interest groups, on experiential travel and volunteer tours, utilizing a staff of experienced and qualified program leaders. We have an excellent safety record, comprehensive Risk Management Systems and a database of alumni who are happy to be contacted for feedback. The program carries public liability insurance, and participant payments are held in trust account until disbursement. Bank, accountant and faculty contacts are available on request.

## **Registration Information & Checklist**

- ☑ Register online for the program and pay \$400 deposit ([www.pacificdiscovery.org](http://www.pacificdiscovery.org))
- ☑ Review the pre-departure information for this program in this booklet
- ☑ Obtain a passport, or check your existing passport is valid 6 months beyond program end
- ☑ Arrange your travel insurance (page 13) and flights or travel to/from New Zealand (page 18)
- ☑ **Before May 1st:**
  - Complete the online medical and passport form:  
[www.pacificdiscovery.org/bookings/medical-form.aspx](http://www.pacificdiscovery.org/bookings/medical-form.aspx)
  - Submit your final payment. An invoice will be emailed to you one month before. If you register after this date, your final payment is due within 14 days of registering.
- ☑ Decide if you will take credit on the program and register for this:  
[www.pacificdiscovery.org/credit-information.aspx](http://www.pacificdiscovery.org/credit-information.aspx)
- ☑ Start a fitness program – you'll want to be doing at least ½ - 1 hour of exercise, 3 times a week. Anything is good...swimming, running, walking, biking, hiking, sport, dancing. The fitter you are the more you'll get out of the program.
- ☑ Review the gear list and gear tips in this booklet, and start packing
- ☑ To make the most of your time in New Zealand, read/watch some of the books or movies recommended in this booklet

### **Any Questions?**

**Please don't hesitate to contact us.**

Pacific Discovery

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*"You will come back inspired in ways you never thought possible. I came back inspired about life. The people you meet will share stories and experiences that change the way you think about the world - to really gain knowledge and understanding of something, you have to experience it firsthand. I was challenged socially, mentally, physically, spiritually and came back a much happier, stronger person because of it. I have some of the best memories of my life on that trip and I am fortunate enough to have shared them with incredible people. For once in my life, I threw away logic, emptied out my savings account and did the one thing in my life I really wanted to do. You just have to open your mind and go after your dreams. The best of luck to all of you." Kelli Barnett*

## ***Pre-departure Information for Registered Participants***

### **Travel Insurance**

Pacific Discovery requires all participants to have a comprehensive travel insurance policy for the duration of the program. Details of your policy must be supplied to Pacific Discovery when you complete your online medical form. It is recommended that you purchase this within 14 days of registering for your program, to be eligible for maximum benefits.

*What's the difference between health/medical insurance and travel insurance?*

A travel insurance policy will cover you for more than just medical treatment. Most travel insurance policies should cover you for loss/damage of baggage; trip cancellation/curtailment; personal liability.

When selecting a travel insurance policy, be sure that you are covered for medical expenses including emergency repatriation, loss or theft of your personal belongings, personal liability and default of an airline.

Please be aware that most insurance policies do not cover expenses resulting from pre-existing medical conditions of which the insurance company has not been informed. If you have a pre-existing condition, it is essential that you inform both the insurance company and Pacific Discovery before traveling, for the safety of the group and yourself, and to avoid the possibility of having to meet emergency evacuation costs which can amount to tens of thousands of dollars.

The cost should be around \$150 for 1 month and the majority of program participants purchase travel insurance online from either:

STA - Student Travel ([www.statravel.com](http://www.statravel.com) > insurance)

Travel Guard International ([www.travelguard.com/travelinsurance/](http://www.travelguard.com/travelinsurance/))

### **Passports and Visas**

Travel abroad requires a passport. If you don't have one, you need to apply for one as soon as possible. Passport application forms are available at either your central post office or county courthouse. Link to the US Government Passport website:  
[http://travel.state.gov/passport/passport\\_1738.html](http://travel.state.gov/passport/passport_1738.html)

**If you already have a passport, make sure it is not within 6 months of expiring at program end.**

If it will expire within 6 months of program end you will need to get a new one issued prior to joining this program, so please do this as soon as possible.

If travelling on a US, Canadian or UK passport, you will be issued a free 90-day tourist visa on arrival at Auckland airport – so for this program, you are not required to obtain a visa prior to program start. At the end of the program you will have 60 days remaining on your free visa.

If travelling on another nationality passport, you may need to arrange your visa before arrival. Please contact us to discuss this.

Prior to program start we send out comprehensive pre-departure information that clearly explains the arrival and rendezvous procedure.

## Health

There are no specific health or fitness requirements to participate in the New Zealand Summer Program or to enter New Zealand. There are no specific vaccinations required for travel to and in New Zealand. However if you have any queries regarding health recommendations for travel, please contact your doctor to discuss this.

We recommend that you carry a personal first-aid kit as well as any personal medication. Please be aware that for legal reasons, our program leaders are prohibited from administering any type of drug. Please ensure that you are adequately prepared.

If you have any queries regarding health recommendations for travel, please contact your doctor to discuss this.

## Spending Money

Spending money usually goes towards meals not included with the program, personal shopping, laundry, email and entertainment. We recommend you budget approximately \$200 for meals not provided, drinking water and snacks. New Zealand is relatively inexpensive and we think you could easily get by on \$500 for all other expenses – so in addition to your meal money of \$200, this is approximately \$700 total. The amount of spending money you bring really depends on your budget and shopping habits.

We recommend bringing most of your spending money on two Debit/Credit cards (essential to have a back-up in case your first card gets lost or damaged). Visa or MasterCard with the star or cirrus symbol on the back can be used most places to withdraw currency from an ATM. If you are not sure about your bank card, then contact your bank to find out if their cards are accepted in other countries.

You don't need to buy any foreign currency before you leave home.

## Keeping In Touch

The easiest way to keep in touch with family and friends while in New Zealand is by email and travel blog.

**Pacific Discovery travel blog** – [www.pacificdiscovery.org/blog.aspx](http://www.pacificdiscovery.org/blog.aspx)

This is available for everyone in the group to post to, and for friends and family to read. Details of how to post to the blog will be outlined at the program orientation in Auckland. You are welcome to give this blog address to anyone who might be interested in reading about your adventures!

**Make sure you can access your email account** from any computer in the world - a free Yahoo or Gmail account works well. There is internet access in all towns and cities and cost is \$2-5 per hour.

**Phone calls** can be made easily and cheaply by purchasing a phone card in New Zealand. Call charges are about US\$0.05 per minute (very cheap). Don't bother bringing a phone card from the US – they often don't work, and will be more expensive than using one bought in NZ. By all means bring your cell phone (contact your provider to set it up for use in New Zealand) but be aware that call costs can be very expensive.

## Gear List

Traveling light is the 'ideal'. Everything you bring should fit into a backpack and duffel. Bring only what is on the list below. When selecting clothing to bring, keep in mind that it is winter in New Zealand and can be cold and wet.

### Work/Outdoor Clothing

This is clothing that you will use for work in the outdoors, and for outdoor activities and excursions. Make sure this is clothing that is comfortable, practical and that you are happy to get dirty.

- Work/gardening gloves
- Comfortable 'worn-in' sturdy hiking shoes or boots - essential that they be well worn-in
- Hiking socks x 3 pairs
- Work pants/track pants x 2
- Fleece pants
- Work shirts x 2 (t-shirts or similar)
- Jumper, jersey, or fleece top
- Fleece or down jacket
- Thermal underwear - Capilene (or similar) long top and pants.
- Waterproof rain jacket and pants
- Warm/woolen hat (ski hat)
- Ski gloves/mitts
- Sunglasses (and ski goggles - optional)

### Regular/Casual Clothing

- Swimsuit
- Comfortable shoes (casual or running)
- 2 x jeans/trousers
- 2 x warm tops
- 2 x warm socks
- 3 x cotton T-shirt/shirt/tank tops
- 5 x underwear
- 1 x pack-towel or lightweight bath towel.

### Equipment

- Backpack and/or duffel to bring everything in
- Small daypack to use while working
- Sleeping bag - warm enough for temperatures down to freezing

### Accessories

- A travel mug
- Pocket knife
- Flashlight/headlamp (compact)
- Watch with an alarm/ travel alarm clock
- Camera
- Water bottle (min. 1 litre)

- One good book to share
- Personal first aid kit (refer below)
- Discman/iPod (optional)

### Paperwork etc

- Passport & photocopy of same
- Air tickets & photocopies of same
- Travel Insurance policy details
- Debit/credit card, cash
- Travel journal (optional)
- Texts, syllabi, etc if taking credit
- Small flip photo album of friends, family, your home life, to show your trip mates and local people you meet

### Toiletries

- General toiletries (toothbrush, tooth paste, soap, shampoo, sanitary needs etc.)
- Disposable contact lenses and solution
- Sunscreen and lip balm

### Personal first aid kit (should contain)

- Any prescribed medications
- Blister tape/moleskin for feet
- Pain relief (Tylenol, Ibuprofen etc)
- Antihistamine (for hay fever, bites, allergies)
- Eye drops
- Sting/bite relief spray or cream (for insect bites)
- Tweezers
- Band-aids
- Antiseptic solution or powder
- Scissors
- Non-adhesive dressing
- Motion sickness pills (non-drowsy)

**Do not bring:** Hairdryers; electric razors; laptops; expensive, irreplaceable jewellery.

## Gear Tips

Please refer to the gear list and gear tips when you are packing for the trip.

### *Clothing tips...*

**Washing/Laundry:** You will be able to wash and dry clothes every day of the trip. Because of this you don't need to bring a month's supply of clothing. You will get sick of wearing the same clothes all the time but don't worry because everyone else will be doing the same and it is much better if all of our bags actually fit into our transport.

**Work Clothing:** You will be able to wash and dry your work clothes every day, so you only need to bring one set of work clothes. This needs to be clothing that you don't mind getting dirty/roughed up. Please don't bring your brand new \$300 jacket to work in. Make sure that you can move/work in the work clothing you bring.

**Temperatures can vary** during the day in New Zealand . Early in the morning you'll probably be bundled up in jacket, hat and gloves but by the middle of the day you'll be stripped down to t-shirt. Because of this, layered clothing is best, so you can adjust your clothing as the temperature changes. For example, against the skin you might have a thin thermal top, then a t-shirt, then a thin fleece, then an outer fleece, then an unlined shell jacket. Plan for layered clothing like this example, rather than a t-shirt topped with a heavy lined winter jacket, because you'll either be too hot or too cold.

**Rain Jacket and Pants:** Unlined shell rainwear is best to avoid overheating. Make sure that your rain jacket and pants are substantial, rather than the disposable plastic rain jacket and pants sold in a little packet as they are really only designed to be worn in an emergency and will not stand up to a day of work let alone two weeks.

**Work Footwear:** Leather hiking boots, or leather work boots, or rubber/leather winter boots are probably the best for work. They will keep your feet dry if the ground is wet. If you don't have any, then soft hiking boots or trail runners will suffice.

**Casual Clothing:** This is what you'll wear in the evenings after work and when we're travelling during the later part of the trip. Anything you want to wear is OK. A down/puffer jacket if you have one would be a good idea.

**Ski clothing:** It's a good idea if the work and casual clothing you bring on the trip can double as ski clothing, rather than bringing another separate outfit for skiing in. Snowboards, skis, boots and poles can be hired on the ski fields.

**Buying clothing in New Zealand:** Please bring the gear you need with you (ie. everything on the gear list). Clothing in New Zealand is more expensive than at home so don't assume that you can pick up a wardrobe of outdoor clothing on arrival because you may be put off by the prices.

### *Other gear tips...*

**Sleeping Bag:** You will use your sleeping bag on roughly half the nights of the trip. You don't need to bring a pillow. All of our accommodation is heated so your sleeping bag does not need to be super-warm. Try to bring a compact sleeping bag, rather than a huge one that needs its own duffel bag.

**Backpack or Duffel Bag:** Either is fine. A duffel is easier to pack and to get into, while a backpack is easier to carry. However, you'll only really need to carry your luggage between our transport and

accommodation – a few minutes at most. The biggest consideration is trying to keep the weight of your bag down, so please stick to only what is on the gear list. You'll have to wrestle your bag between transport and accommodation more than 20 times on the trip and it can be embarrassing if you need the assistance of half the group to lift your duffel.

**Toiletries:** You may not be able to get the same brand of contact lens solution, toothpaste or shampoo. If you are particular about which brands you use, bring enough to last till you return home.

**Music:** If you play a musical instrument you might like to bring it with you – fun for hanging out around a campfire. On the road, our vehicle has a CD player but no cassette deck or line-in for iPod's. However, we will have a boom-box that you can plug iPod's into at our accommodation.

**Electrical Items:** If you plan to bring an electrical item, look at the label on the item or its charger for the voltage information. If it says 100-240V it can be used in New Zealand . If it says 110V it will blow-up in New Zealand! You will also need to bring an outlet adaptor, as New Zealand has three prong outlets. You can buy one from most outdoor/travel stores and in New Zealand.

## ***Your International Flights to and from New Zealand***

Once you have registered for this program, please go ahead and arrange your international flights to and from New Zealand. You can contact our travel agent, Sue Lai at Avia Travel, who arranges group flights for our programs. Sue Lai will work with you to find the best routing and fare for you. You may choose to fly from your nearest regional airport, or to depart from a major hub such as Los Angeles or New York. You will confirm your flight arrangements with Sue Lai and pay Avia Travel directly for your flights. Once you have confirmed and paid for your flights, you will enter your flight details into our online medical/passport form, so that your program leader can meet you on arrival in Auckland.

### ***July 2011 Program Participants:***

***Arrive Auckland*** on Thursday 30 June, anytime\* (usual departure from US, 2 days prior)

***Depart Queenstown*** on Thursday 28 July, anytime (usual arrival to the US, same day)

### ***August 2011 Program Participants:***

***Arrive Auckland*** on Thursday 4 Aug, anytime\* (usual departure from US, 2 days prior)

***Depart Queenstown*** on Thursday 1 Sep, anytime (usual arrival to the US, same day)

*\*Arrival in time for program start is mandatory, to participate in a comprehensive program briefing.*

**Arrival before program start:** You may arrive in Auckland earlier than program start if you wish, or depart Queenstown later than program finish. You will need to cover your own accommodation costs and transfers until program start/after finish. We can assist with accommodation and transfer bookings. Please contact us about this once you have confirmed your flights.

### ***Pacific Discovery travel agent for flight bookings***

Sue Lai

Avia Travel

760-A Gilman St

Berkeley, CA 94710

Tel: (800) 950 2842, Tel: (510) 558 2150

Fax: (510) 558 2158

Email: sue@aviatravel.com

**Alternatively,** you are welcome to make your own travel arrangements to Auckland and from Queenstown. If you do make your own arrangements, please ensure you book flights to arrive and depart as shown above. If you have any questions about your itinerary, please contact us to discuss this before you book your flights. If you arrange your own flights, you are responsible for your own transfer arrangements and costs. Please notify us and we will give you clear information regarding the New Zealand arrival procedure, and how to rendezvous with the group on arrival in Auckland.

**Important New Zealand arrival note to all participants:** A free New Zealand 'visa on arrival' issued on arrival at the airport in Auckland, is valid for 90-days, so you have plenty of time to travel independently in New Zealand on this visa after program finish.

**Extensions:** It is only a 3 hour flight to Sydney, Fiji, or other Pacific Islands, and there are often discounted fares to these destinations, so you may be interested in doing a roundtrip extension from Auckland to another nearby country. For specials checkout: Air New Zealand, Qantas, Pacific Blue, or Jet Star – airlines that fly between New Zealand, Australia, and the Pacific Islands.

## ***Recommended Books***

### **The Penguin History of New Zealand** by Micheal King

Very readable history of NZ covering early colonization through to current socio-political climate.

### **The Bone People** by Kerri Hulme

Booker prize winning novel about a reclusive woman and her gradual involvement in the lives of a young boy and his father. Not the easiest of reads but a beautiful book once you get into it.

### **The Matriach, The Dream Swimmer, The Whale Rider**

3 novels all by Witi Ihimaera – NZ's most well known Maori author

### **Once Were Warriors** by Alan Duff

Explosive novel about a dysfunctional Maori family – pulls no punches. Made into a well known movie of the same name.

### **Shadows on the Wind** by David Lewis

Autobiography of well known New Zealand solo yachtsman David Lewis. Inspiring reading if interested in sailing or adventure.

### **Nothing Venture Nothing Win** by Sir Edmund Hillary

Early autobiography from the first person to climb Mt Everest and the most well known New Zealander – his face is on the \$5 bill. This book is out of print but is usually available from second hand book stores throughout NZ, and probably from Amazon.

### **View from the Summit** by Sir Edmund Hillary

The first man to set foot on the summit of Everest writes an updated autobiography with honesty and insight. A worthwhile read to discover the rich life Hillary has led.

### **The best of Owen Marshalls short stories** by Owen Marshall

Possibly New Zealand's best short story writer. Engaging stories of real New Zealanders in the same vein as the famous American short story writer Raymond Carver.

### **Redemption Songs - A Life of Te Kooti Arikirangi Te Turuki** by Judith Binney

Winner of the 1996 New Zealand Books Awards. A complicated book about a complicated person. Te Kooti, an important figure in NZ history, was something of a 19th century Maori version of Martin Luther King. He struggled against unjust land confiscation and illegal land purchase through guerilla warfare and negotiation. Ask a New Zealander who Te Kooti was and most would be unable to answer. Hopefully this book will change that.

## **Recommended Movies**

*About, or made in, New Zealand*

Tune in to HBO to catch award winning **Flight of the Concorde** – a serious dose of kiwi humour – and if this leaves you wanting more, try the movie *Eagle v Shark* starring Jermaine from the Concorde.

**The Whale Rider** (2003), NZ Director Niki Caro

Based on a novel of the same name by respected Maori author Whiti Ihimaera who in turn based the book on an East Coast Maori legend, this is the contemporary story of the attempt by a 12-year-old, Pai (Castle-Hughes), to become a Whale Rider, a tribal distinction and position traditionally reserved for males only.

**The World's Fastest Indian** (2005)

Burt (played by the incomparable Anthony Hopkins) has spent his life souping up a 1920 Indian Scout motorcycle to get more and more speed out of it. There is little left of the original machine and Burt can always find some way to modify it and coax just a little more speed from it. Burt's dream is to take his 42-year-old motorcycle to the Bonneville Salt Flats in Utah to break the world land speed record against younger and more technically advanced bikes ridden by younger and more technically advanced riders. Great film with a big heart.

**Lord of the Rings** (2001-2003), NZ Director Peter Jackson

Biggest gamble by a movie studio must go to New Line for backing relatively unknown New Zealand Director Peter Jackson and his proposal to turn The Lord of the Rings trilogy into film. Not just one film either but 3 filmed at once. It was the largest sum of money ever spent on a movie and filmed entirely in New Zealand.

**Once Were Warriors** (1995), NZ Director Lee Tamahori

The story of a Maori family in urban Auckland, New Zealand, trying to make ends meet and coping with the overbearing presence of the family's father. Once Were Warriors is not light fare. It is a painful and very effective tale about the destructive power of abuse, rape, alcoholism, and violence in general that easily transcends its New Zealand origin.

**Out of the Blue** (2006), NZ Director Robert Sarkies

"An effectively harrowing and non-exploitative recap of real-life events, Out of the Blue dramatizes New Zealand's largest mass-murder - the Nov. 13, 1990, slaying in small seaside town Aramoana of 13 residents by well-armed local loner David Gray, whose reasons for going homicidal died with him the next morning. Chilling, often moving docudrama focuses not so much on the mayhem or murderer, but on the bewildered, occasionally courageous reactions of ordinary citizens caught in the inexplicable violence."

**The Piano** (1993), NZ Director Jane Campion

This controversially erotic film from New Zealand established screenwriter-director Jane Campion as a universally recognized talent. Holly Hunter stars as Ada, a mute 19th-century woman sent to New Zealand in an arranged marriage with a patriarchal landowner (Sam Neill). Academy Awards: Best Actress; Best supporting actress; best screenplay. Cannes: Palm d'Or; Best actress.

**Heavenly Creatures** (1994), NZ Director Peter Jackson

This film represented a departure of sorts for horror director Peter Jackson and was the first film to earn

him widespread critical acclaim. Jackson both co-wrote and co-produced the picture, which is based on an actual 1954 murder case. Academy Awards: Best Screenplay

**The Last Samurai** (December 2003)

Set in Japan during the 1870s but filmed entirely in New Zealand, The Last Samurai tells the story of Capt. Nathan Algren (Tom Cruise), an American military officer hired by the Emperor of Japan to train the country's first army in the art of modern warfare.

**The Vertical Limit** (2000)

A terrible film, don't believe it! However principal photography for Vertical Limit was in New Zealand in the mountainous regions around Mt. Cook and Queenstown.

**Sleeping Dogs** (1977), NZ Director Roger Donaldson

Set in the future under a totalitarian government, Smith (Sam Neill) is an apathetic loner who is mistakenly identified as a radical terrorist. He escapes from custody and is forced to join a group of revolutionary guerrillas in order to prove his innocence. An exciting political thriller, this was the first film made in New Zealand to be released in the U.S.

**Holy Smoke** (1999), NZ Director Jane Campion

In this wildly inventive film from director Jane Campion (THE PIANO), Kate Winslet stars as Ruth, a headstrong Australian woman determined to get back to India in time to join a group marriage to her guru.

**The Navigator** (1988), NZ Director Vincent Ward

Vincent Ward's metaphoric tale of sibling relations, AIDS and modern problems in general follows the quest of a group of medieval British villagers. Desiring an explanation of a prophetic dream, the group of miners descends into the deep recesses of Cambrian hills. They emerge in modern day Wellington, New Zealand and set about on a search for that city's cathedral spire -- as seen in the dream. During their journey they encounter local dwellers and treat every commonplace modern occurrence as an obstacle of mythic proportions.

# Booking Conditions and Liability Release for Pacific Discovery Programs

## Payment Schedule & Booking Conditions

Prices in brochures and on website are correct at the time of publishing.

Pacific Discovery reserves the right to alter these prices at any time. The price of your program is guaranteed when you have paid in full.

All program participants must acknowledge reading and agreement with Booking Conditions and Liability Release, at the time of registration. A Medical Form must be completed once final payment is made. By advancing deposit to Pacific Discovery, the depositor thereby agrees to be bound by the booking conditions and payment schedule.

Upon receiving your forms and confirming space on the program of your choice, we will contact you with pre-travel information covering gear to bring, health & vaccinations, travel insurance, climate, spending money, cultural tips, and a list of recommended books and films.

If the program date you request is already full we will not process your deposit, but will contact you and add you to the waiting list.

The final payment covering balance of program cost and optional group flights is due 90 days before program departure, unless late booking. Master Card or Visa accepted.

Bookings accepted less than 90 days prior to departure can be secured with the deposit; full payment must then reach us within a further 14 days.

If the balance is not received by the specified date, we reserve the right to cancel your booking and your deposit may be forfeited.

## **Cancellations**

If you decide to cancel your program, the following fees apply at the time (prior to departure) we receive written notice of your cancellation: More than 91 days before departure - loss of deposit; 31 to 90 days before departure - 50% of program cost; 0 to 30 days before departure - 100% of program cost.

If you fail to join the program, join after its departure or leave prior to its completion, Pacific Discovery reserves the right to set the amount of refund (if any). Such terms are adopted in a similar form throughout the travel industry. They are usually covered by your trip cancellation/travel insurance, provided the reason for cancellation falls within the terms of the policy.

## **If we cancel a program**

Pacific Discovery reserves the right to cancel any program if sign-up is inadequate to make the program economically feasible for us to operate. If this happens, we give a full refund of program cost paid. However, Pacific Discovery is not responsible for additional expenses incurred by you in preparing for the trip (e.g. non-refundable air tickets, gear or medical expenses). If a program is under-booked we will inform you before final payment is due.

## **Liability Release**

Pacific Discovery Limited is a private New Zealand NGO formed to promote experiential education and sustainable tourism. Our incorporation number is WN/1148326.

## **Medical Considerations**

Pacific Discovery is not a medical facility and therefore is unable to accept any responsibility regarding medical advice, medications or inoculations that you or your doctor deem necessary for your safe participation. Pacific Discovery assumes no liability regarding provision of medical care.

## **Insurance**

Travel insurance is compulsory for all program participants. Your travel insurance must provide cover against personal accident, medical expenses, emergency repatriation and personal liability. We also recommend it covers cancellation, curtailment and loss of luggage and personal effects.

## **Responsibility**

By participating in a Pacific Discovery program, you assume certain obligations to Pacific Discovery and the other program members. It is your responsibility to:

- Understand the conditions implied in the Pacific Discovery itinerary and trip suitability description.
- Select a program (with the help of the Pacific Discovery staff) that is appropriate to your interests and abilities.
- Prepare for the program by familiarizing yourself with the itinerary and program dossier sent by Pacific Discovery.
- Bring appropriate gear and clothing as advised by Pacific Discovery.
- Follow considerate standards of personal hygiene in order to reduce risk of contracting diseases.
- Follow considerate social behavior with other program participants and respect their habits.
- Act in an appropriate and courteous manner befitting the customs of countries you visit.
- Complete the program itinerary as scheduled (or as adjusted by your program leader as necessary).
- Respect the countries we visit by using environmentally safe products, staying on established routes of travel and not littering.

You are aware that travel within a group may involve compromise to accommodate the diverse desires and physical abilities of group members. Your program leader will do their utmost to ensure that any problems are solved for the benefit of the group as a whole. Signing this Liability Release Form signifies your acceptance of the leader's authority to make decisions affecting the group or individuals. For instance, he/she may require an individual to leave the group if he/she believes that a person's health is at risk, if an illegal act is committed, or their behavior becomes detrimental to the safety, enjoyment and well-being of the group. Should the leader take such action, that person would not be entitled to any refund. Similarly, a participant leaving a program en-route will not be entitled to any refund. Under these circumstances Pacific Discovery reserves the right to set the amount of refund (if any).

Pacific Discovery will not accept responsibility or liability for any program participant who contravenes any law or regulation of any country visited.

You acknowledge that travel on a Pacific Discovery program requires a degree of flexibility, and understand that the route, accommodation and modes of transport are subject to change without prior notice due to local circumstances. We reserve the right to make reasonable changes in the itinerary where deemed advisable for the comfort and well-being of program members. These changes are

binding and additional expenses will be charged to you if the reason for any alteration is outside the control of Pacific Discovery.

You acknowledge that Pacific Discovery contracts with a network of companies, government agencies and individuals to assist in the running of its programs. To the best of Pacific Discovery's knowledge, these third parties are qualified to perform the duties they are contracted to perform. However Pacific Discovery will not be held liable for any injury, damage, loss, delay or irregularity that may occur due to the behavior of these third parties.

Any air travel that is part of any program is subject to the conditions as stipulated by the airline concerned and liability is limited in accordance with International Convention.

No employee, servant or agent of Pacific Discovery has authority to vary these conditions.

The terms and conditions of all agreements made with Pacific Discovery shall be subject to, and governed by, New Zealand law. You agree New Zealand will be the forum for resolution of any dispute related to your participation in this program.

If a dispute arises, you will try to resolve it directly with Pacific Discovery. If you cannot resolve the dispute you agree to go to mediation first. You will agree the mediator with Pacific Discovery within 10 days of notification of the dispute. If a mediator is not agreed or appointed, you and Pacific Discovery agree to participate in arbitration under the Arbitration Act 1996 (NZ).

The terms of this agreement shall serve as a release and assumption of risk binding on your heirs, executor, administrator and all members of your family.

You understand that traveling with Pacific Discovery may involve risks (and rewards) above and beyond those encountered on a more conventional holiday, and that you are undertaking an adventure program with inherent dangers. You understand that you are traveling to geographical areas where, amongst other things, the standard of accommodation, transport, safety, hygiene, cleanliness, medical facilities, telecommunications and infrastructure development may not be of the standard you are used to at home or would find on a conventional holiday. You have read and understood the itinerary and suitability for this program you are undertaking and have provided details of any pre-existing medical conditions. You accept these risks and obligations and you fully assume the risks of travel. You release Pacific Discovery from any liabilities connected to these risks to the maximum extent permitted by law.

*I understand that this is a release of liability and a contract between me and Pacific Discovery Limited and/or its contracted tour operators or affiliated organizations, and I sign this agreement of my own free will. If any part of this agreement is deemed unenforceable, all other parts shall remain in full force and effect.*

Please contact us with any questions.  
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