

HAERE MAI
WELCOME



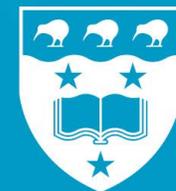
Waipapa
Taumata Rau
University
of Auckland

International Students' Essentials

Juliane Adamietz

Kairuruku Tāuteutetanga Taura | Student Engagement Coordinator

Te Kahu Taura | Student and Scholarly Services



Waipapa
Taumata Rau
**University
of Auckland**

Te reo Māori

- Kia ora
- Aotearoa
- Tāmaki Makaurau
- Waipapa Taumata Rau
- Kai
- Whānau
- Mahi
- Hello / Welcome; Thank you
- New Zealand
- Auckland
- University of Auckland
- Food
- Family
- Work

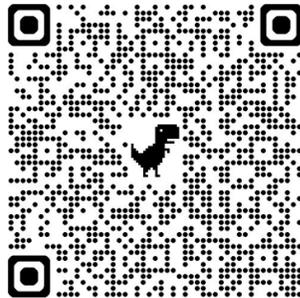
What we'll cover

- Visa essentials
- Insurance essentials
- UoA support services
- Living in Aotearoa New Zealand
- Important dates

Student visas

- You must have a **valid visa** to be enrolled in your programme
- Your visa must state the **correct programme** and University of Auckland as your education provider
- You must submit evidence of your visa when you **first arrive** and **every time** you renew your visa while enrolled

Submit evidence of your visa



Important:

- It is **your responsibility** to comply with your visa conditions and inform Immigration New Zealand of any change in your circumstances
- Read your visa letter carefully
- Take note of your visa expiry date and apply for a new visa before the current one expires

Visa information

Find out how to apply for your student visa with step-by-step instructions, facts about Post-study work visa regulations and other useful information relating to your immigration status.



How to apply for your University of Auckland student visa

Find out how to submit your student visa application to Immigration New Zealand with our detailed guides.

[Take the next step >](#)



Frequently asked questions

We collated a series of questions and answers to help you understand the visa process for international students.

[Get the answers >](#)



Supply evidence of your visa

It is crucial to supply evidence of your visa to the University so we know you are eligible to study.

[Submit your visa >](#)



Changing your programme

Changing your study programme as an international student will impact your student visa.

[Discover more >](#)



Work after study

If you want to stay in New Zealand to work after your studies, you need to fulfil all the requirements.

[Check it out >](#)



Part-time enrolment

There are a few important things to know when considering studying part-time as an international student.

[Read more >](#)



Visa webinars

Details about our upcoming visa information events to help you prepare for future visa applications.

[Find out more >](#)

www.auckland.ac.nz/visa-information



Health and travel insurance



- Compulsory for all international students
- University of Auckland preferred policy: **Studentsafe Inbound University**
- You have been automatically charged with this insurance and paid it with your fees
- **Student ID number = Insurance number**
- **Insurance certificates:** Emailed to your university email address in week four of the semester



Studentsafe
Medical and travel insurance



Studentsafe Inbound University: What is and isn't covered

- Medical and related expenses including mental health
- Pre-existing mental health conditions
- Repatriation and travel disruption
- Luggage, personal effects
- Personal liability,
- **Read policy for the fine print**



- Elective treatment, oral surgery or normal dental maintenance
- Pre-existing medical conditions
- Medical costs for immigration application or clearance; Vaccinations
- Drug or alcohol related claims
- Pregnancy and contraception
- Leaving belongings unattended; in unlocked spaces or in car overnight
- No owned car cover – get car insurance if you buy a car
- **False claims = loss of cover**



Pre-existing medical conditions

Why is it so important to declare these?

- Pre-existing **medical** conditions are a **general exclusion, i.e. not covered** under the policy wording
- **All** claims related to a pre-existing condition will be declined (excluding mental health claims as per policy coverage) unless you have declared them and they have been accepted
- Refer to the [policy document](#) to know what is considered a pre-existing medical condition

How do you apply for cover of a pre-existing medical condition

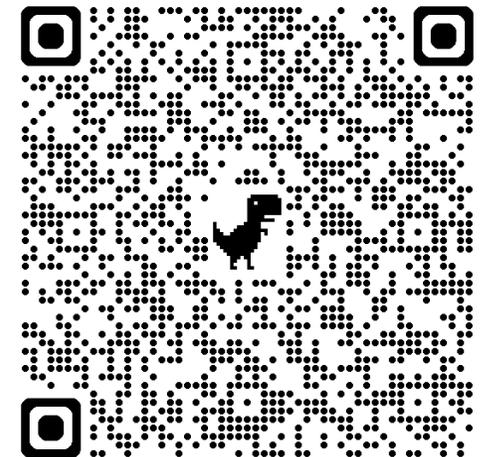
1. Complete a [medical risk assessment form](#) within **31 days** of arriving in New Zealand or at the start of the next new policy period
2. Send to: MedicalAssessments@allianz-assistance.co.nz
3. If approved, pay the one-off charge, which covers all study years unless a gap in cover

What will it cover?

Unexpected events / exacerbations related to the condition / changes in medication

What it won't cover

Ongoing maintenance or medication that was in place prior to cover under the policy



Family insurance

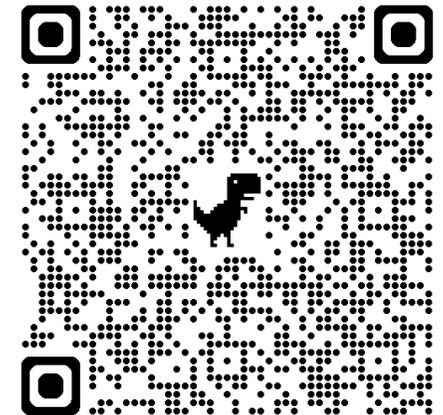
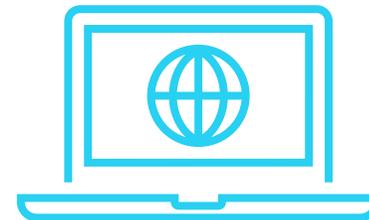


- You can add immediate family member(s) such as your child, children or spouse/partner to your Studentsafe Inbound University policy at an additional cost
- Deadlines apply - Second Friday of the semester
- Reapply each new enrolment term



Insurance waivers

- If you already have a **compliant alternative insurance policy** that can be used instead of Studentsafe, you may be eligible for an insurance waiver
- You have to apply for an insurance waiver by the deadline
- If approved, you can apply for a refund of your Studentsafe premium
- The list of compliant alternative policies and other criteria for an insurance waiver can be found on our website
- Deadline: Second Friday of the semester



[Insurance waiver](#)

How to make an insurance claim

Complete a claim form **online** – Answer all relevant questions

Upload all supporting documents, e.g. doctors consultation notes, payment receipts and referrals, police reports

Submit all documents to the insurance company.

Processing time is approximately 10 working days.

Police reports must be made within 24 hours of incident occurring

Claims are handled by the insurance **not** the University claims@insurancesafe.co.nz

Health and travel insurance



[Insurance at the University of Auckland >](#)

[Studentsafe University policy >](#)

[Family insurance >](#)

[Insurance waivers >](#)

[Making an insurance claim >](#)

[Pre-existing medical conditions >](#)

[Change in circumstances >](#)

[Travelling overseas >](#)

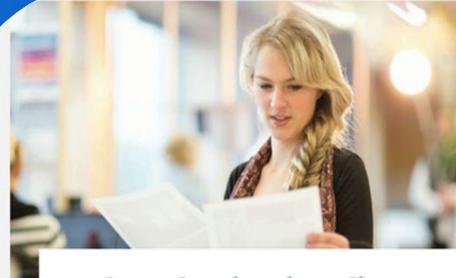
[Offshore student insurance >](#)



Insurance at the University of Auckland

All international students must have health and travel insurance while studying in New Zealand. These guidelines apply to international students only.

[Discover more >](#)



Studentsafe University policy

Find out detailed information on the University's insurance policy for international students.

[Find out more >](#)



Insurance waivers

You may be eligible for an insurance waiver if you already have an alternative insurance policy.

[Check it out >](#)

**Deadline:
13 March 2026**



Making an insurance claim

Follow these simple steps to lodge a Studentsafe Inbound insurance claim.

[See how >](#)



Family insurance

Learn more about adding your family to your Studentsafe Inbound University insurance policy.

[Learn more >](#)

Student support at UoA

Visas & insurance
support

Academic & learning
support

Physical & mental
wellbeing support

Careers &
employability support



Student Hubs

- Student information centre
- Course selection, enrolment, degree planning and structuring your studies.
- Advice with fees, transcripts, and visa enquiries.
- University support options, including connection to wellbeing, disability, and engagement services
- Library services and student IT support.
- Campus cards, AT Student Concessions
- Located in the General Library



www.auckland.ac.nz/student-hubs

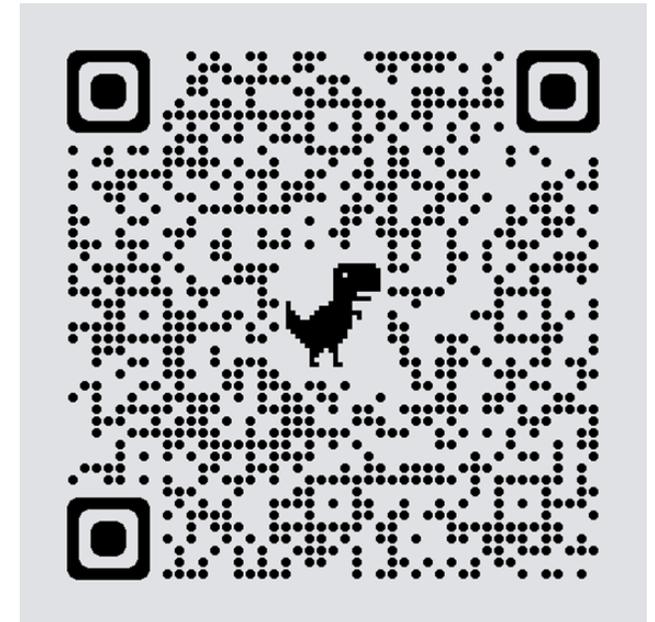
International Student Support



int-questions@auckland.ac.nz



- All UoA support services are available to our international students
- Reach out to them when needed
- Dedicated Student Support Advisers for international students within Te Papa Manaaki | Campus Care
- Visa and insurance compliance team



University Health and Counselling (UHCS)

- General practitioners (GP) and counselling on campus
- For students only - you must register
- No pay claims service at UHCS and Campus Pharmacy:
 - If covered by Studentsafe Inbound University, all services covered in the policy will be billed directly to the insurer (no claim needed)
- Fill out the [enrolment form](#) to register with UHCS
- Location: Level 3, Kate Edger Information Commons



Healthcare in Aotearoa

- International students are **not eligible** for public-funded health
- Register with a GP practice/family doctor (on- or off-campus)
- Prescriptions needed for medications that you may buy over the counter at home (e.g. antibiotics, contraceptive pill)
- Referrals from GP required for most specialist visits, excluding optometrist or dentist

Care at home	Healthline 0800 611 116	Pharmacy	General Practice Medical Centre	Accident Urgent Medical Centre	Emergency Ambulance
Information & tips at healthify.nz	Free health advice, and information any time	Get advice from your pharmacist	Appointment – in person or virtual	Out of hours or urgent treatment	Call 111 in an emergency
Keeping well Coughs, cold, flu Fever Minor injuries Skin issues	Nurses, paramedics and doctors available	Medication Vaccinations (COVID-19 & flu) Consultations	Feeling unwell High fevers & rashes Long term care All vaccinations Injuries	Care if your GP/Doctor isn't available, for injuries or if feeling unwell	Chest pain Difficulty breathing Severe bleeding Severe pain

More resources:

- [Information in different languages](#)
- [Video series](#)

Healthcare in Aotearoa contd.

ACC – Accident Compensation Cooperation:

- Everyone in NZ is covered by ACC's no-fault scheme if they're **injured in an accident**
- This **includes international students** and visitors to NZ
- The cover provided **helps pay for the costs** of your recovery, including payment towards treatment and more
- **NOT** a comprehensive health insurance



**He Kaupare. He Manaaki.
He Whakaora.**
prevention. care. recovery.

www.acc.co.nz

Transport and shopping

Auckland Transport (AT) – public transport

- Set up AT HOP card with student concession (40% discount)
- Download AT Mobile App to plan your journey



Other modes of transport

- Bicycles, scooters: Helmets are compulsory, road rules apply
- Driving: Familiarise yourself with local road conditions and ensure you have the correct driver licence

Shopping

- 7 days a week (except for some [public holidays](#))
- Customer reward cards can give you instant discounts
- Malls: Newmarket, Sylvia Park, St Lukes, Albany
- Markets often sell fruit and vegetables at lower prices, e.g. Avondale Market or Otara Market ... also a great way to explore Auckland
- OP shops/second hand stores



NEW WORLD





Money matters

Opening a bank account - you need:

- Your passport
- Proof that you're an enrolled student in New Zealand, such as your Offer of Place or a student identity card.
- Proof of your NZ address
- Your Tax Identification Number from your home country (and any other country where you're a tax resident)
- Email int-questions@auckland.ac.nz if you need assistance with your proof of address



Tax

- Inland revenue department (IRD)
- To work in NZ you have to have an IRD (income tax) number
- Apply for as soon as possible if you are planning on working here



[New arrival to New Zealand - IRD number application](#)



Update your contact details

The University needs to have a record of your New Zealand contact details

- NZ physical address
- NZ mobile number

Update before semester start!



Know your employment rights

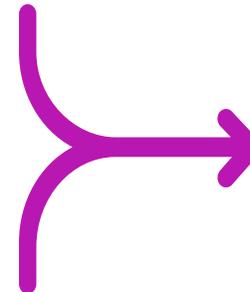
Working in New Zealand

- Adhere to the work conditions on your visa
- Ensure you have a tax (IRD) number
- Your main purpose is to study – keep a healthy balance.



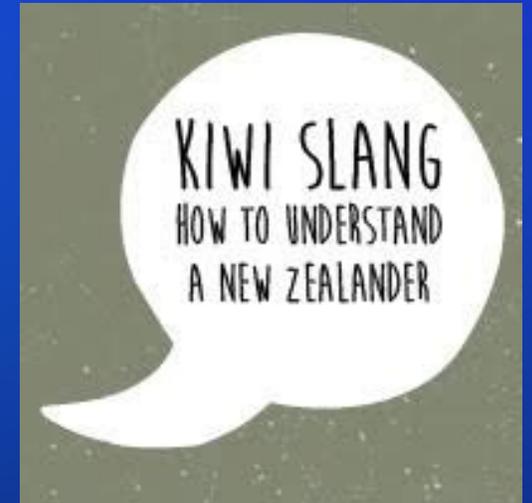
Examples of what your employer must do:

- ✓ Employment agreement – read before you sign
- ✓ Minimum wage \$23.50 per hour
- ✓ Not charge you a fee for giving you a job
- ✓ Paid annual holidays, paid rest breaks & unpaid meal breaks
- ✓ Minimum entitlements for public holidays
- ✓ Not take money from your wages
- ✓ Provide a safe workplace; not discriminate against you, treat you fairly and with respect.



Kiwi slang explained

- **Yeah, nah**
 - non-committal way of saying no
- **Sweet/sweet as**
 - thank you, it's all good, no worries, you're welcome
- **Choice**
 - sweet, great, excellent, awesome, fantastic, or similar
- **Togs**
 - swimsuit
- **Jandals**
 - flip flops
- **Far out**
 - "wow" or "awesome", or used to express surprise and awe
- **Aye**
 - anything from "could you repeat that?", to "what do you think?"
- **Bach**
 - Holiday house close to the beach
- **Dairy**
 - A corner store/convenience shop





Important deadlines for Semester One 2026



2 March (first day of semester)

- Supply evidence of your valid student visa

13 March (second Friday of semester)

- Deadline for adding or deleting courses with refund of fees
- [How to change your enrolment](#)
- Submit insurance waivers or family insurance application



Additional resources

NAUMAI NZ

'Nau mai' is a Māori phrase of invitation and welcome.

As an international student this is your place to learn about Aotearoa New Zealand, find the information and advice you need, and connect with and explore your new home away from home.

[Join the community](#)



Scan the QR code and find even more information about living in Auckland and New Zealand



Exploring Auckland and New Zealand

[Visit Auckland](#)

[Heart of the City](#)

[Our Auckland](#)

[Auckland Regional Parks](#)

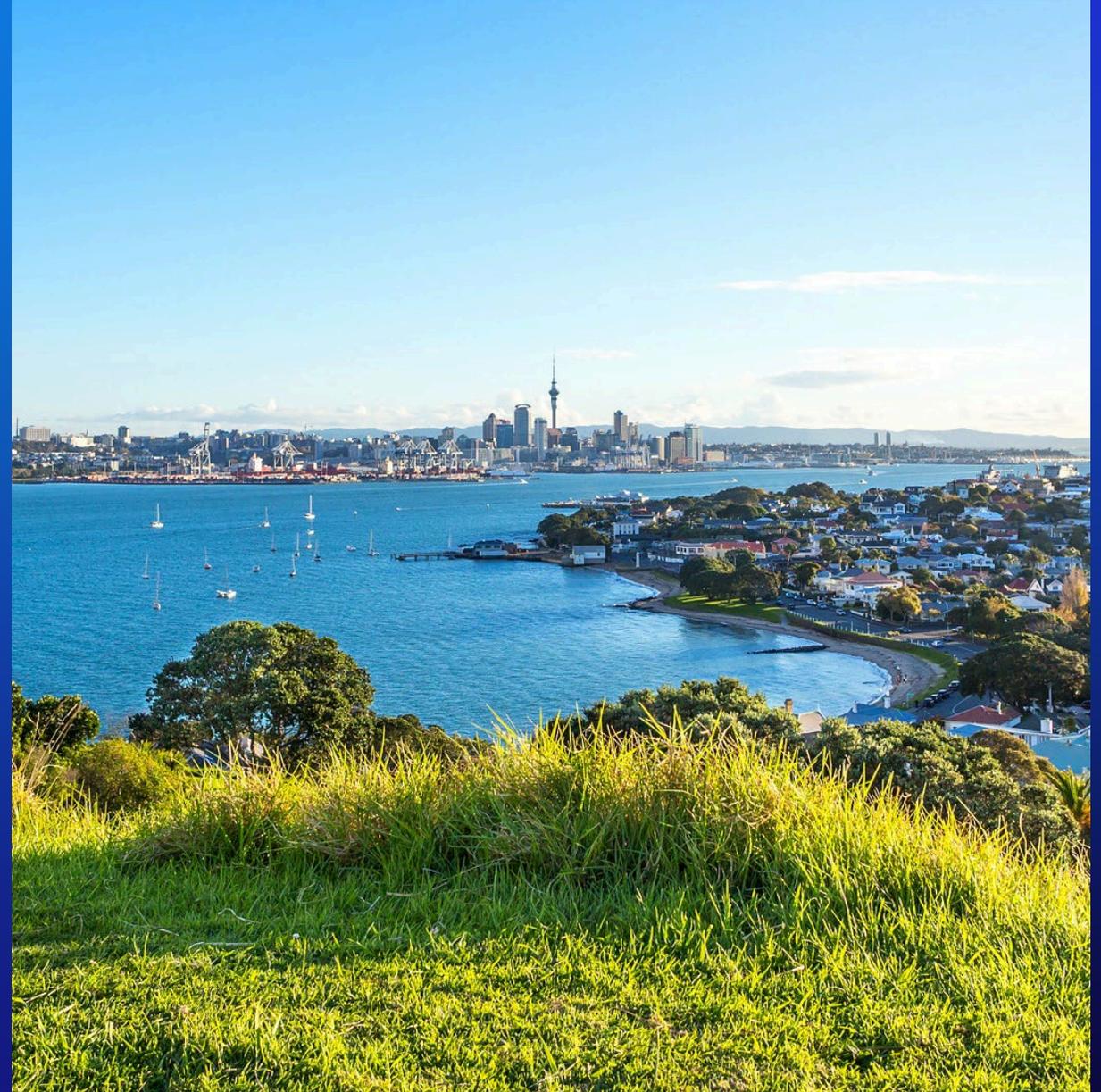
[Auckland Transport \(AT\)](#)

[NauMaiNZ](#)

[Tourism New Zealand](#)

[Visitor Information Centres \(i-Site\)](#)

[Department of Conservation](#)



Staying safe in Aotearoa

[New Zealand Police](#)

[Fire and Emergency NZ](#)

[Health New Zealand](#)

[Scamwatch](#)

[Department of Conservation](#)

[DriveSafe](#)

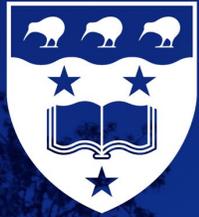
[New Zealand Transport Agency](#)

[Drowning Prevention Auckland/NZ](#)

[Surf Life Saving NZ](#)

[Safety in the outdoors](#)





Waipapa
Taumata Rau
**University
of Auckland**

Ngā mihi mō ngā tau kei mua i te aroaro
Good luck for the future.

Enjoy your time studying with us.

Keeping safe and harm prevention

New Zealand Police | Nga Pirihimana O Aotearoa



Waipapa
Taumata Rau
**University
of Auckland**

OUR BUSINESS



WHY WE ARE HERE

VISION

For New Zealand to be the safest country

MISSION

To prevent crime and harm

PURPOSE

To ensure everybody is safe and feels safe

OUR GOALS

Service

Serve our communities through timely and responsive policing

Safety

Improve public safety and feelings of safety by being visible and accessible

Trust

Strengthen trust and confidence through connections with our communities

WHAT WE DO

OUR APPROACH

We help create safer communities together, through:

- Community engagement
- Collaborative problem solving
- Partnerships and trusted relationships

We prevent crime and harm by:

- Enforcing the law
- Targeting and apprehending offenders
- Providing priority service to victims



FUNCTIONS

- Keeping the peace
- Maintaining public safety
- Law enforcement
- Crime prevention
- Community support and reassurance
- National security
- Participating in policing activities abroad
- Emergency management

HOW WE DO IT

OUR PRIORITIES



Supporting the frontline

Enhancing staff safety, wellbeing and capability



Focus on core policing

Enforcing the law, prevention, response, investigation and resolutions



Leadership

Is visible, supportive and accountable



Fiscal responsibility

Including identifying opportunities to reinvest in the frontline

VISIBLE - REASSURING - RESPONSIVE

OUR PARTNERSHIP WITH MĀORI

TE HURINGA O TE TAI

Pou Mataara

Our people and our mindset

Pou Mataaho

Effective initiatives and improved practice

Pou Hourua

Effective partnerships



WORKING TOGETHER WITH IWI MĀORI TO GET BETTER OUTCOMES FOR ALL

OUR PEOPLE ARE:

- Equipped and empowered
- Adaptable and versatile
- Reliable and competent

WE ARE ACCOUNTABLE FOR:

- Our performance
- Our conduct

Topics

- **Emergency/Non-Emergency**
- **Personal & Home Safety**
- **Road Safety**
- **Family Harm**
- **Water safety**
- **Alcohol / Drugs**
- **Hate Crime**
- **Ethnic Team**
- **Q&A**

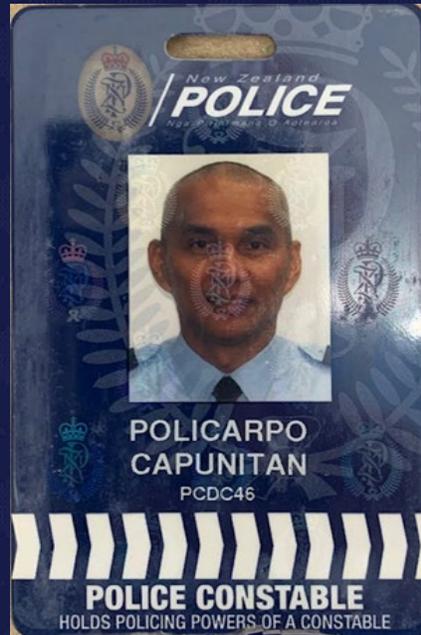
**DO YOU
CARE
ENOUGH
TO BE A COP?**
NEWCOPS.CO.NZ

OUR GOALS

Safe Homes – Free from harm and victimisation

Safe Roads – Preventing death and injury with our partners

Safe Communities – People are safe wherever they live, work and visit



POLICE FUNCTIONS

- Keeping the peace
- Maintaining public safety
- Law enforcement
- Crime prevention
- Community support & reassurance
- National security
- Participation in policing activities outside NZ
- Emergency management



Before you ask...



Do not attempt to bribe Police

111

Emergency



Non-Emergency

Call 105

Visit 105 / police.govt.nz

NZ Police App



Apple store



Google Play



111 or 105?



When speaking with Police

1. WHERE?



2.



3. WHEN?



4.



Criminal still there?

5. Vehicle?



Or on foot?

6. Offender Description

SEX Male <input type="checkbox"/> Female <input type="checkbox"/>	RACE White <input type="checkbox"/> Coloured <input type="checkbox"/> Black <input type="checkbox"/> Other <input type="checkbox"/>	AGE
HEIGHT		LEFT / RIGHT HANDED
WEIGHT		HAT (COLOUR/TYPE)
HAIR / FACIAL HAIR		TIE
EYES		COAT
GLASSES TYPE		SHIRT
TATTOOS		TROUSERS
SCARS / MARKS		SHOES
COMPLEXION		WEAPON



NEW ZEALAND
POLICE
Ngā Pirihimana o Aotearoa

Tamaki Makaurau Police



Auckland City Police Hub

13-15 College Hill,
Freemans Bay



Counties Manukau Police Station

42 Manukau Station Road,
Manukau



Henderson Police Station

7 Buscomb Avenue,
Henderson

Available - 24/7

Emergency number - **111**

Non – Emergency number - **105**

[105.police.govt.nz/home](https://www.police.govt.nz/home)

www.police.govt.nz

Personal safety



- Cash/Personal info
- Awareness
- Common Sense
- Recognise danger
- Safe walking, in groups if possible
- Have phone ready to call
- Report suspicious behaviour



NEW ZEALAND
POLICE
Ngā Pirihimana o Aotearoa

Protect your property



Your responsibility to keep secure at all times



Mark your property



Do not disclose PIN numbers



Do not leave valuables in your car, hide if possible

Out and About

If you're out with friends, look after each other by making sure everyone gets home safely.

Stay with your group when moving around town.

Park your car in well lit, busy areas.

Stay on the main streets where there are a lot of people, avoid dark and lonely places.

Have enough money for a taxi or Uber.

Ensure your phone has a full charge.

Let someone know your plans.



Get home safely



NO
MEANS
NO



SCAM Awareness

- DHL/Official document (crime investigation)
- Relationship (FB investment)
- Dating on line (email link)
- Tinder dating (honey pot)
- Special Discount (stolen credit card)
- Win award – (email link)



Four Signs That It's a Scam

1. **Scammers** PRETEND to be from an organization you know. **Scammers** often pretend to be contacting you on behalf of the government. ...
2. **Scammers** say there's a PROBLEM or a PRIZE. ...
3. **Scammers** PRESSURE you to act immediately. ...
4. **Scammers** tell you to PAY in a specific way.



Home Safety

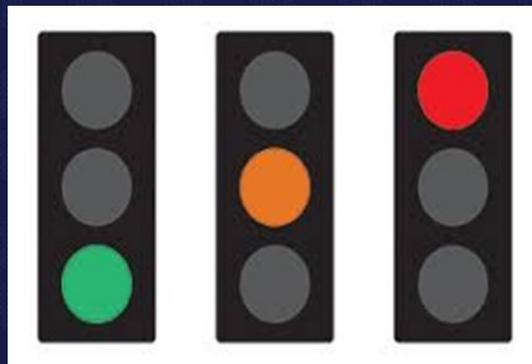


Noise Complaints



- Day or night, call Noise Control on 09 301 0101
- Auckland Council will address the issue and involve Police if needed
- If verbal threats are made, call police immediately.

Road Safety



Emergency vehicles



- If you see lights and/or sirens behind you while driving, keep calm and pull over as much to the left as possible to let them pass.
- Only police vehicles require you to pull over and stop. Please remain in your vehicle if they pull in behind you.

Driving Licence

Learners Licence (Theory test)



Restricted Licence (Driving test)



Full Licence (Driving test)



Oversea Driver Licence – 18 months from NZ arrival

Family Harm

Physical abuse



Psychological abuse



Sexual abuse



*Children under 14 years old cannot be left home alone, can be charged with neglect

*Although common in other countries, It is illegal to physically smack children in New Zealand to discipline them

Psychological abuse

- Name-calling or insults
- Ignoring, humiliating, frightening, threatening, isolating, harassing
- Intimidating someone.
- It can include denying someone access to their home, personal possessions, family or friends



Self Defence

Crimes Act 1961

Add to web feed 
Order a commercial print 
Print/Download PDF [1.3MB] 

If you need more information about this Act, please contact the administering agency: **Ministry of Justice**

• not the latest version

Search within this Act [SEARCH](#)

By sections | View whole (1.2MB) | Versions and amendments | Secondary legislation

Contents | Previous section | Next section | Tag section | Remove | Previous hit | Next hit

Defence against assault

48 Self-defence and defence of another

(1) Every one is justified in using, in the defence of himself or herself or another, such force as, in the circumstances as he or she believes them to be, it is reasonable to use.

(2) This section is subject to [section 37](#) of the End of Life Choice Act 2019.

Section 48: replaced, on 1 January 1981, by section 2(1) of the Crimes Amendment Act 1980 (1980 No 63).
Section 48(2): inserted, on 6 November 2021, by [section 41](#) of the End of Life Choice Act 2019 (2019 No 67).

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New Zealand Government  PARLIAMENTARY COUNSEL OFFICE
TE TARI TOHUTOHU PĀREMATA



Alcohol (<18)



- **Buying alcohol underage \$250**
- **Presenting false evidence of age \$250**
- **Being in a restricted or supervised area underage \$250**
- **Anyone under 18 found drinking in a public place can be issued with a Liquor Infringement Notice \$200**
- **Breaching a Local Alcohol Ban \$250**

Drugs

- Possession
- Class **A** 6 months imprisonment and/or \$1,000 fine
- Class **B** 3 months imprisonment and/or \$500 fine
- Class **C** 3 months imprisonment and/or \$500 fine



Hate Crime

Enduring Characteristics



Race, Ethnicity,
Nationality



Religion, Faith



Gender, Gender
identity



Sexual Orientation



Age



Disability



NEW ZEALAND
POLICE
Ngā Pirihimana o Aotearoa

Ethnic Services Team

Providing victim-focused assistance while looking after our ethnic communities & staff

What we do:

- Provide cultural advice to internal workgroups on ethnic matters.
- Educate ethnic communities on NZ Laws and helping them break barriers with the NZ Police.
- Develop prevention initiatives to assist ethnic communities in reducing crime and victimization.
- Support internal workgroups by assisting investigations or enquiries involving ethnic Victims and Offenders.
- Identify and build partnerships with key stakeholders who can support ethnic communities.
- Risk assessment of ethnic affairs and support intel.
- Provide assistance to Ethnic employees within our organization.

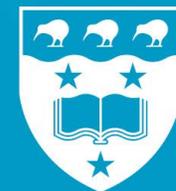
Safety video

Study Auckland -
Safety in the City



English Language Enrichment (ELE)

Dr David Ishii | Learning Adviser



Waipapa
Taumata Rau
University
of Auckland



**What challenges
are you likely to experience
in your university studies?**

**Kiwi
English**

**Time
Management**

**Academic
Writing**

**Critical
Thinking**



Learning Support @ UoA

- ▶ **1. English Language Enrichment**
- 2. Academic Skills Workshops**
- 3. Learning Essentials**
- 4. Postgraduate Skills Hub**
- 5. DELNA**

Let's Talk

- ▶ Let's Talk
- ▶ Let's Talk to Locals
- ▶ Let's Talk to Aucklanders





Let's Talk



Writing Workshops

- ▶ Report Writing
- ▶ Literature Reviews
- ▶ Complex Sentences



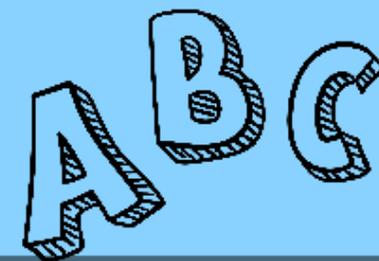
Academic English Hub



Introduction



Listening and speaking



Vocabulary



Reading



Writing



Grammar



Paraphrasing
and summarising



Research writing



Staff guide



Reading

Learn how to read effectively at university.



[Home](#) | [Introduction](#) | [Reading effectively](#) | [Reading critically](#) | [Strategies](#) | [Advice](#) | [Summary](#)

For example, a photograph is a text of a particular 'reality'. It is the result of many choices made at a particular time and place (eg, where to aim, wide or narrow angle, colour balance, sharpness of the image, etc).



Academic reading is similar: **A written text is one portrayal of the facts.** It makes a scholarly case for how we should understand the world around us. It, too, is made in a particular time and place and is the result of many choices made by the author(s). Published academic materials do not present inarguable, absolute truths; they are always open to questioning and different interpretations and should be examined critically.

Examples of good academic writing

Learn how to produce well-written academic texts.



Home | Introduction | Style | Assignments | Plan | Essays | Coherence | Edit | Examples | Summary

 Music essay	Music essay - annotated ↓ [PDF 400KB] Music essay - text version ↓ [DOCX 47KB]	 Māori Health essay	Māori Health essay - annotated ↓ [PDF 464KB] Māori Health essay - text version ↓ [DOCX 36KB]
 Asian Studies essay	Asian Studies essay - annotated ↓ [PDF 238KB] Asian Studies essay - text version ↓ [DOCX 47KB]	 Annotated bibliography	Annotated bibliography - annotated ↓ [PDF 122KB] Annotated bibliography - text version ↓ [DOCX 33KB]
 Engineering report (Stage 1)	Engineering report (Stage 1) - annotated ↓ [PDF 1MB] Engineering report (Stage 1) - text version ↓ [DOCX 195KB]	 Engineering report (Stage 4)	Engineering report (Stage 4) - Annotated ↓ [PDF 1.5MB] Engineering report (Stage 4) - text version ↓ [DOCX 709KB]
 Medical Science report - annotated	Medical Science report - annotated ↓ [PDF ...]	 Sports Science short answer - annotated	Sports Science short answer - annotated ↓ [PDF ...]

Annotation key

Tentative claims Strong Claims Transition signals Specialised vocabulary

Understanding and answering the **essay question** is imperative for attaining good marks! The first two components of this particular question prefaced with 'In what ways' is very open. This phrase signals to students that they are expected to **discover for themselves** the positive and negative changes to Chinese people's lives since the Mao period. The rest of the question emphasises the importance of students referring to the **academic literature to justify their argument**. Unlike sources such as Wikipedia, academic texts have been through a stringent checking process.

In what ways are Chinese lives better now than during the Mao period (1949-1978)? In what ways are they more difficult? Justify your argument with specific examples from the academic literature.

The **introductory paragraph** provides the context, introduces the topic, and defines the thesis (point of view) and scope of the essay. The introduction is normally about 10 – 15% of the total essay length.

Chinese lives have changed **dramatically** since the **Mao period**. While the rapid changes have improved life for Chinese people, the benefits have not been equally distributed, and old challenges have been replaced with new ones. Characteristics valued for a 'quality life' include wealth, good nutrition, available

The **topic sentence** in the introductory paragraph provides the context and background for the essay. Here, the writer captures the readers' attention by simply highlighting that these changes have been dramatic for Chinese people since the Mao period.

The **thesis statement**

Vocabulary

Learn how to increase your range and knowledge of vocabulary.

[Home](#) | [Introduction](#) | [Words to learn](#) | [Strategies](#) | **[Māori](#)** | [Record](#) | [Test yourself](#) | [Summary](#)



Activity: Māori words

Check your knowledge of Māori words by dragging the word to its correct definition.

01. Name of New Zealand: Land of the Long white cloud.
02. Traditional Māori greeting featuring the pressing together of noses.
03. Māori language preschool (literally "language nest").
04. House.
05. Welcome, opening ceremony.
06. Hello! Thanks! May you have health.
07. Fierce rhythmical dance.
08. Non Māori, European.

hui

tangi

pōwhiri

koha

Aotearoa

hongi

hāngi

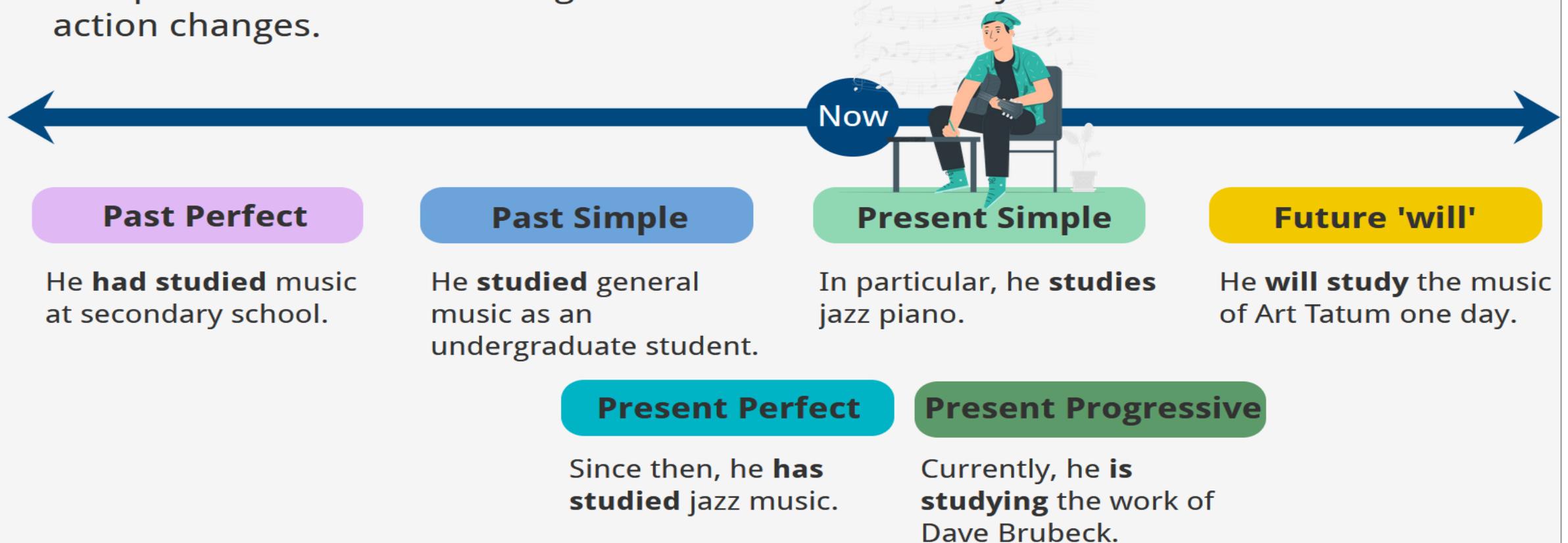
Grammar

Learn how to improve your grammar and the clarity of your writing.

[Home](#) | [Verb tenses](#) | [Sentences](#) | [Punctuation](#) | [Voice](#) | [Agreement](#) | [Articles](#) | [Prepositions](#)

An action over time

Compare the verb form changes of the base verb 'study' as the status and time of the action changes.



English Language Enrichment (ELE)

ELE provides a service for any University of Auckland student or staff member to develop their English language and academic writing skills.

1



Language learning groups

Develop your communication skills in conversation with local New Zealanders and other students.

[Find out more >](#)

2



Writing workshops

Explore the more challenging aspects of English to write more accurately and communicate more clearly with your reader.

[Find out more >](#)

3



One-on-one language advice

Meet with a language advisor for tailored advice about your academic English.

[Find out more >](#)

4



Online language resources

Access online resources to develop your academic writing and language skills.

[Explore ELE online >](#)

- ▶ Libraries and Learning services
- ▶ Study and research



Study support

Learning Essentials

Workshops

Academic skills in your discipline

Academic skills videos

Postgraduate Skills Hub

English Language Enrichment

Academic English Hub

Te Fale Pouāwhina

Leadership Through Learning

Inclusive Learning

English Language Enrichment



Learning Support @ UoA

1. English Language Enrichment

▶ 2. Academic Skills Workshops

3. Learning Essentials

4. Postgraduate Skills Hub

5. DELNA

Academic Skills Workshops

- Exam preparation
- Time Management
- Note-taking
- Critical Thinking
- Finding Information
- Paraphrasing and quoting
- Referencing
- Reading Effectively
- Essay writing



<https://auckland.campuslabs.com/engage/events>

Academic Skills




Referencing

Academic Skills: Referencing

📅 Tuesday, March 10 at 3:00PM NZDT
📍 City Campus, Kate Edger Information Commons (Building 315), Level 4, Room 420

 Te Tumu Herenga - Libraries and Learning


Reading effectively

Academic Skills: Reading Effectively

📅 Tuesday, March 3 at 1:00PM NZDT
📍 City Campus, Kate Edger Information Commons (Building 315), Level 4, Room 420

 Te Tumu Herenga - Libraries and Learning


Key study skills

Academic Skills: Note-taking

📅 Tuesday, March 3 at 3:00PM NZDT
📍 City Campus, Kate Edger Information Commons (Building 315), Level 4, Room 420

 Te Tumu Herenga - Libraries and Learning


Key study skills

Academic Skills: Critical Thinking

📅 Monday, March 2 at 10:00AM NZDT
📍 City Campus, Kate Edger Information Commons (Building 315), Level 4, Room 420


Reading effectively

Academic Skills: Reading Effectively

📅 Tuesday, March 10 at 1:00PM NZDT
📍 City Campus, Kate Edger Information Commons (Building 315), Level 4, Room 420


Key study skills

Academic Skills: Note-taking

📅 Thursday, February 26 at 2:30PM NZDT
📍 Online

 Te Tumu Herenga - Libraries and Learning

Engage

Academic

Skills



Learning Support @ UoA

1. English Language Enrichment

2. Academic Skills Workshops

▶ 3. Learning Essentials

4. Postgraduate Skills Hub

5. DELNA



Learning essentials

Develop your research and study skills



 **Learning at University**

 **Key study skills**

 **Presenting your work**

 **Reading effectively**

 **Finding information**

 **Writing effectively**

 **Exams and tests**

 **Referencing**

 **Support services**



How to reference different sources of Information

APA 7th

APA (American Psychological Association) 7th edition is an author-date referencing style requiring an **in-text citation** within the text of your document and a related entry in a **reference list** at the end of your document.

General information

Basics of referencing

Quoting

Author variations

Other item types

Journal article

Web page

Book

Book chapter

Generative AI

Report

Newspaper

Film, TV, video, music or
podcast

Lecture or speech

Images

General information

APA (American Psychological Association) 7th is an author-date referencing style.

Manual

Information for this guide is from the [Publication manual of the American Psychological Association: The official guide to APA style \(2020\)](#). Consult the manual for more comprehensive information. Copies are held in each of the Campus Libraries. Also, check out the [APA Style Blog](#).

APA 7th style requirements

In-text citations

In APA 7th, you reference by providing a citation within the text of the document (in-text citation), which includes the author and date.

Reference list

You then add the related entry to the reference list at the end of your document. The reference list entry (author, date, title and source) provides the full details of the reference.

Example

In-text citations

When the bell rang, the children knew that it was time for tea (Jones, 2023).

Reference list

Jones, B. (2023). *Surviving teatime*. Bloomsday Books.

Study support

Learning Essentials

Workshops

Academic skills in your discipline

Academic skills videos

Postgraduate Skills Hub

English Language Enrichment

Academic English Hub

Te Fale Pouāwhina

Leadership Through Learning

Inclusive Learning



Learning Support @ UoA

1. English Language Enrichment

2. Academic Skills Workshops

3. Learning Essentials

 **4. Postgraduate Skills Hub**

5. DELNA

Postgraduate Skills Hub



Finding information



Literature review



Systematic review



Writing



Communicating



Publishing

Learning Support @ UoA

1. English Language Enrichment
2. Academic Skills Workshops
3. Learning Essentials
4. Postgraduate Skills Hub
- ▶ 5. DELNA

DELNA

Diagnostic English Language Needs Assessment

DELNA assesses students'
academic English skills
to help them succeed at
university.



The DELNA Process

DELNA is a free check of your academic English language skills. Your results will not exclude you from courses you are already enrolled in and will not appear on your official academic record.

DELNA is delivered in three steps:

1 The Screening

The Screening is:

- a quick measure of your language competence;
- a computer-based assessment consisting of vocabulary and timed reading tasks;
- done once only (and not for each course).

You must do the Screening right at the beginning of your studies.



2 The Diagnosis

You may be asked to follow the Screening with the DELNA Diagnosis.

The Diagnosis is a pen and paper assessment of your reading, listening and writing skills.

The Diagnosis will help us guide you to appropriate academic English language enrichment resources available through the University.



3 Meeting the DELNA language adviser

Following the Diagnosis, you may be asked to meet with one of our friendly language advisers, who will advise you on courses, workshops and resources that will help you make the most of your studies.

For more information visit www.delna.auckland.ac.nz | 09 923 8947 | delna@auckland.ac.nz

DELNA



Building AI Literacy

Generative AI can be a powerful assistant throughout your academic journey.
The key is knowing how to use it.



<https://canvas.auckland.ac.nz/courses/143522>

More
Info





Ngā akoranga
Study

Rangahau
Research

Te ao ki konei
On campus

Mō mātou
About us

Ngā kaupapa me ngā hui
News and events

Takoha
Giving

**Libraries and Learning
Services**

Using the Library

About

Collections

Study and research

Help and hours

News and events

Study and research

×
Close

Subject guides

Māori

Pacific

Arts and Education

Business and Economics

Engineering and Design

Law

Medical and Health Sciences

Science

Study support

Learning Essentials

Workshops

Academic skills in your discipline

Academic skills videos

Postgraduate Skills Hub

English Language Enrichment

Academic English Hub

Te Fale Pouāwhina

Leadership Through Learning

Inclusive Learning

Research support

Summer Research Scholars
support

Postgraduate Skills Hub

Deposit your thesis

Publishing advice

Open Access publishing
agreements

Managing your Discovery Profile

Systematic reviews

Referencing

QuickCite

Faculty support

Talis reading lists

Embedding learning resources in
Canvas

Academic Engagement

Request for academic skills student
support



Waipapa
Taumata Rau
**University
of Auckland**

English Language Enrichment (ELE)

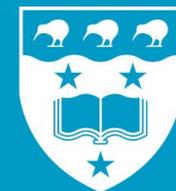
Kate Edger Information Commons
Room 324

ele@auckland.ac.nz



Career Development and Employability Services (CDES)

Cheryl Halverson and Tracey Walsh
Career Development and Employability Consultants



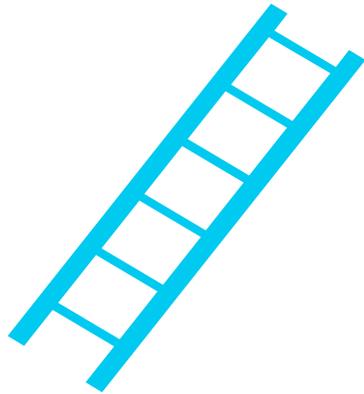
Waipapa
Taumata Rau
University
of Auckland

- **Introduce yourself**
- **Quickly discuss your career/your understanding of a career**



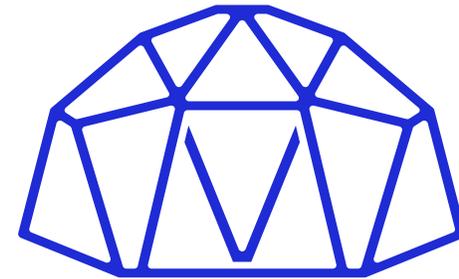
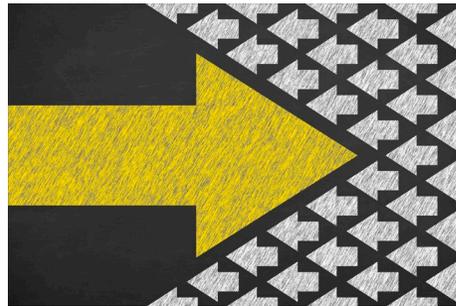


What is a Career?



Old view of career

-  Linear
-  Job for Life
-  One time education
-  Security through loyalty



New view of career

-  Non-linear
-  Multiple jobs/employers
-  Lifelong learning
-  Security through transferrable skills



What is employability?

What is employability **not**:

It is not just about finding a job or having a job

What employability **is**:

- Building the ability to be employed at any stage - employed, reemployed, creating your own employment opportunities
- Insurance for your future
- Staying current and relevant in these ever-changing times
- Knowledge + skills + attitude



Employability

Self-esteem
Self-confidence
Self-efficacy

Reflection & Evaluation

Career
Development
Learning

Experience
(Work & Life)

Degree,
Knowledge,
Skills &
Understanding

Transferrable
Skills

Emotional
Intelligence
EQ



How CDES can help you?

CDES Resources

MyCDES+ Online resources

The screenshot shows the MyCDES+ website interface. At the top, there is a navigation bar with the following links: MyCareer Check, MyCareer assessments, MyCareer Advice, MyApplication Tools, MyJobs, and MyEvents. Below the navigation bar, there is a main banner titled "HOW TO PERFORM A CAREER SELF-ASSESSMENT" with a "LAUNCH" button. The banner text reads: "In a career self-assessment you reflect on your strengths, areas of improvement, values and experiences. By doing this, you can better understand what you enjoy and what you are good at to uncover potential career paths you will excel in. There are ...". Below the banner, there is a section for "Kia ora Cheryl" with three sub-sections: "LATEST NEWS" (featuring an article titled "How to perform a career self-assessment" dated 11 Feb 2025), "Get in Touch" (providing contact information for Room 151, Level 1 | Kate Edger Information Commons, careers@aukland.ac.nz), and "YOUR PROGRESS" (showing activity statistics: Learning Modules Activity: 0, Career Tools Activity: 104, Job Searches Run: 8, Jobs Viewed: 0). Below these sections is a search bar with the text "Search e-learning topics: try networking, strengths, interview..." and a "SEARCH Q" button. At the bottom, there are four large tiles: "Explore" (Your strengths & preferences & the behaviours employers look for), "Decide" (Make good decisions, create a plan, build your experience and networks), "Apply" (Job search, CVs, interview skills and more), and "Work ready" (Prepare for placements, internships or starting your first job). Social media icons for LinkedIn, YouTube, and Facebook are visible at the bottom left, and a help icon and a grid icon are at the bottom right.

Canvas Modules

A grid of six Canvas Modules, each represented by an icon and a title:

- Writing an effective CV**: Represented by a blue icon of a document with lines of text.
- Creating your cover letter**: Represented by a green icon of an envelope with a document inside.
- Navigating interviews**: Represented by a red icon of two overlapping speech bubbles.
- Job seeking**: Represented by a purple icon of a briefcase.
- Meaningful networking**: Represented by a purple icon of a person connected to two other people in a network diagram.
- Professionalism**: Represented by a black icon of two hands shaking.

Connect with employers and find opportunities

Recruitment events



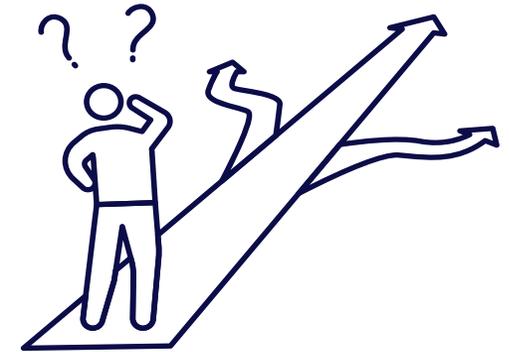
Career Expos



Job Board

A screenshot of the 'nzuni talent' job board. The logo 'nzuni talent' is prominently displayed at the top, with a red graduation cap icon above the 'i' in 'nzuni'. Below the logo, the text reads 'Our student job board' in a bold, blue font. Underneath, there is a paragraph of text: 'Search and apply for graduate and internship positions, full and part-time vacancies, scholarships and volunteering roles on NZUni Talent.' At the bottom, there is a dark blue button with the text 'Toroa ināianei | Visit now >' in white.

Learn and take action



1:1 Appointments

Career Development and Employability Services (CDES)
MyCDES create your future

Events Employers Resources Appointment

Home / Book an appointment

Our Career Development Consultants are available to support you and your career development from first year onwards. If you have any questions or concerns about your future career, please make an appointment below.

*Please note that we are unable to check CV's or Cover Letters in appointments. Please submit CV's and cover letters on the [Online CV Check](#).
However, Business School students can book an appointment with Business School Careers for CV, cover letter and LinkedIn profile checks.

Date Range
2025-02-11 to 2025-03-13

Time Range
06:00 AM to 10:00 PM

Length
[Dropdown menu]

Location
[Dropdown menu]

Consultants
 Brendan Griffiths
 Cheryl Halverson
 Lillian Vimahi
 Miura Elikana

Start by choosing an initial filter from the choice at left

←

Workshops

- Build your Network
- Sharpen your Interview skills
- Elevate your CV – peer review
- Level up your LinkedIn
- Job Search Basics
- Design your Career

CV/Cover letter support Drop-in sessions



Day	Time	Location
Tuesday, Thursday <i>23 Feb – 27 March</i>	10-11am	On campus - Room 151, Level 1 in the Kate Edger Information Commons
Tuesday, Wednesday, Thursday	2-3pm	On campus - Room 151, Level 1 in the Kate Edger Information Commons
Monday, Friday	2-3pm	Online via Zoom

Workplace Insights Programme

A mentoring programme designed to help international students learn more about the New Zealand workplace.



Applications close 27 Feb, 4pm

Workplace Insights Programme

- Build self-confidence
- Connect with UoA alumni
- Gain understanding of NZ culture and workplaces
- Reflect on your approach to work and career development
- Take career steps that are aligned with your values and purpose



**Applications close
27 Feb, 4pm**



to help them gain a deeper understanding of the New Zealand work environment.

Job Search Bootcamp

A practical job search readiness workshop series

Topics including

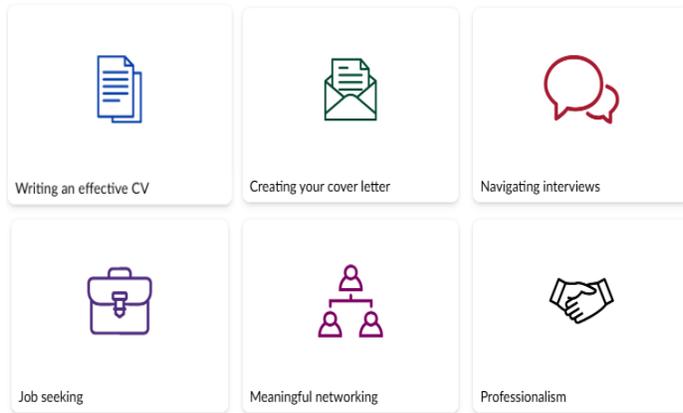
- CVs
- Cover Letters
- Finding work
- Networking
- Interviews
- Peer and Practice sessions



Book on MyCDES

CDES Canvas Course

A practical job search readiness workshop series



Writing an effective CV



CV Sections



Share your interest



Book on MyCDES

Employability – get started

- [Clubs, societies and associations](#)
- For events and organisations, explore [Engage](#)
- [Voluntary work](#)
- Become a course representative
- Connect with UoA alumni and do some quality networking
- Part-time work
- Faculty initiatives and programmes
- CDES initiatives



How CDES can support you!



- **Workshops**
- **1:1 Appointments**
- **Drop-in**
- **Career Expos**
- **Recruitment & Career events**
- **Internships**
- **Online resources and MORE**

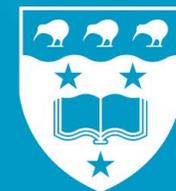
Come and see us!
Room 151, Level 1, Kate Edger
Information Commons (KEIC)

Pātai ?



Student Wellbeing

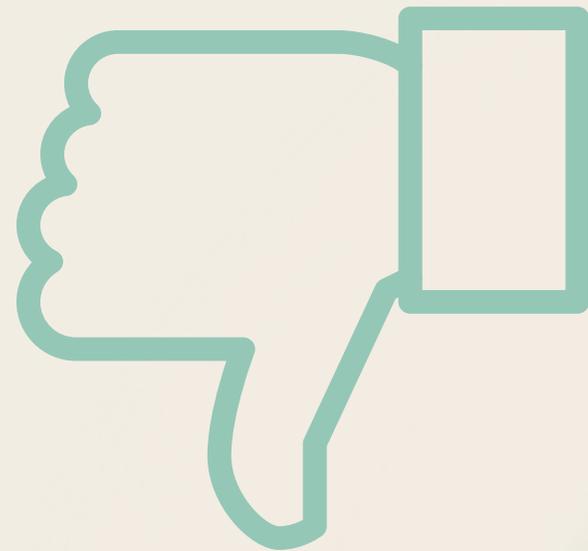
Nicole Leung and Ashlyn Vijay
Wellbeing and Equity Student Ambassadors



Waipapa
Taumata Rau
University
of Auckland

BE WELL 101

Presented by the
Wellbeing and Equity Team







Uni Initiatives
Self-Help

You

Uni-Life
Stress

A teal graphic consisting of two four-pointed stars, one in the upper right and one in the lower left. A circular frame made of two overlapping teal lines surrounds the text. The background is a light beige gradient with teal accents at the top left and bottom right.

HEALTH INITIATIVES



Got your peri[🩸]d?

We've got you!

Come and collect *FREE* menstrual items from any Student Hub team at your campus library.

- Simply tell the team you are there for your 'monthly meeting' if you would prefer discretion.
- For a sustainable solution, pick up *FREE* reusable pads or a menstrual cup, and never be caught off guard during that time of the month again.

For more info including where you can collect other free sanitary products on campus visit:
auckland.ac.nz/period-caught-you-short

*Be Well
Whānau
Hauora*



SEX

FREE SEXUAL HEALTH
SCREENINGS

auckland.ac.nz/sexual-health-screenings

A confidential health service for all students, offered in association with the Burnett Foundation Aotearoa, Auckland Sexual Health Services and Positive Women.

No appointment necessary – simply drop in and see the friendly team.

.....

LOCATION

WORKSHOP 101, KATE EDGER INFO
COMMONS, CITY CAMPUS

WHEN

TUESDAY 4 MARCH
1-4PM

.....

**Burnett
Foundation
Aotearoa**



**auckland
sexual health**
regional services

Positive Women
Wāhine Kaha





The background features a gradient from light purple to pink. On the left and right sides, there are decorative elements consisting of multiple thin, wavy lines that curve across the frame. Interspersed among these lines are several small, white, four-pointed starburst shapes. The text is centered in a large, white, serif font.

**Need a
Plan B?**

WIKI WHAI HAUORA

Wiki Whai Hauora is a week of pursuing health
and supporting your wellbeing.

Be
Well
Whai
Hauora

auckland.ac.nz/wiki-whai-hauora



SELF HELP TOOLS

Set SMART Goals

S - Specific

M - Measurable

A - Action -Oriented

R - Realistic

T - Time -Bound



BALANCE!

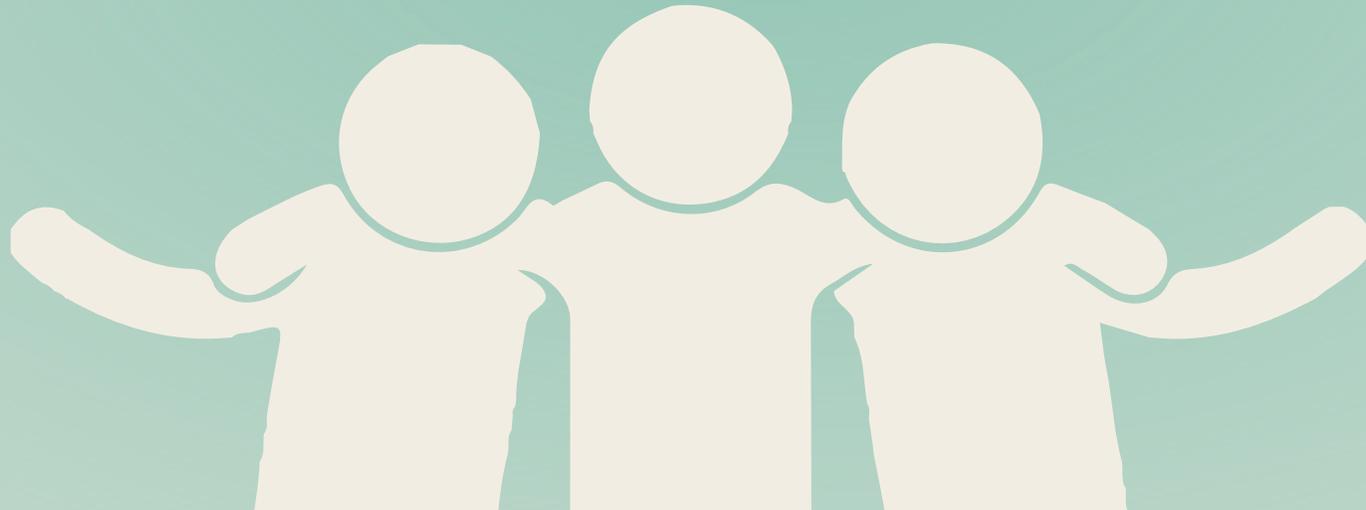


STUDENT CLUBS

Over 200 clubs within the university

Social nights, team activities, volunteering etc.

Clubs Expo on the 3rd - 6th of March!

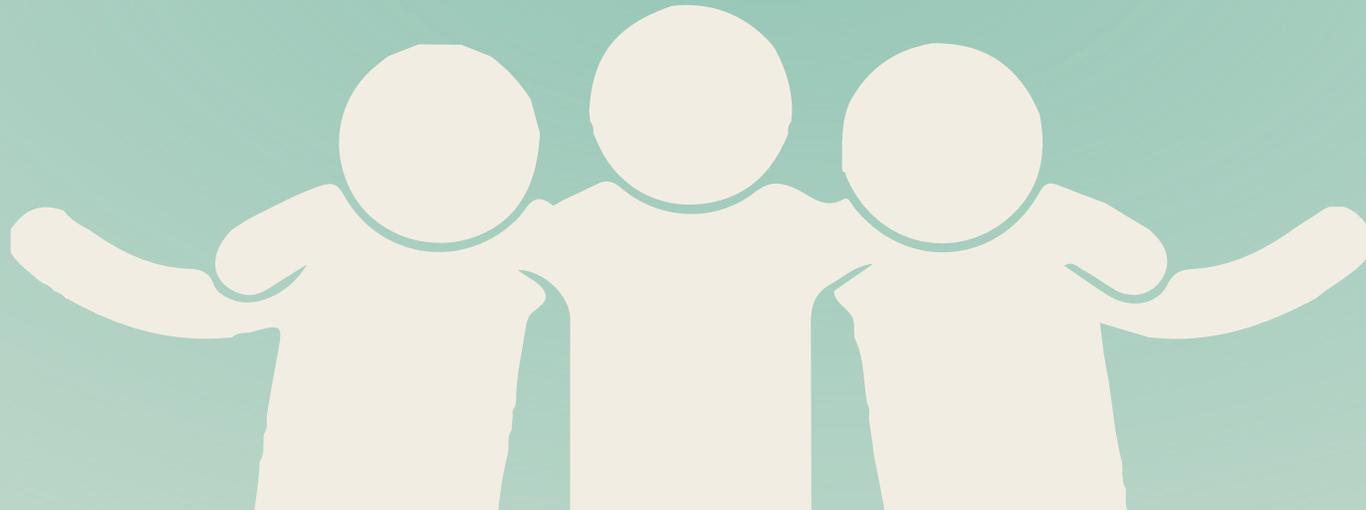


Wellbeing Club!

Support students' wellbeing through events and a strong community

Get involved by being a volunteer!

@uoawellbeing



ONE SIZE
DOES NOT
FIT ALL

WORK OUT WHAT
IS BEST FOR
YOU!

UNIVERSITY SUPPORT SERVICES

University Health & Counselling (UHCS)

- Offers services available at traditional health centers.
- Services are covered by insurance (StudentSafe).
- 30,000NZD worth of mental health insurance under Studentsafe per year.

Faith & Spirituality

Support

Chaplaincy Services for religious and non-religious students.

Wide variety of Religious and Spiritual Clubs.

Beware of potentially harmful groups not registered with the University!

Campus Care



Puāwaitanga



- Online or over the -phone counselling service free for all students at UoA.
- Counselling available in many different languages, including:
 - English
 - Mandarin
 - Hindi

Do you need help?

The University has a range of ways to get help if something has happened to you or someone you know.



Te Papa Manaaki, Campus Care

A safe, confidential and free service where a case manager will connect and guide you through relevant support services. You can be referred by others or reach out directly for advice.

auckland.ac.nz/campus-care



University Health and Counselling Services (UHCS)

Enrolled patients can book an appointment with a GP, nurse or counsellor. Visit the website for more info, including online enrolment.

auckland.ac.nz/studenthealth



Ratonga Hauātanga Taurira, Student Disability Services (SDS)

The team offer a range of services to make studying at the University an accessible and positive experience by tailoring support to suit each individual student.

disability.auckland.ac.nz.



Be Well

A range of general wellbeing self-help resources, to support your physical and mental health during your time at University.

auckland.ac.nz/be-well



Student Conduct Office

The primary reference point for all matters relating to student general misconduct, including your options for reporting and available support.

auckland.ac.nz/student-conduct



Complaints and incidents

This is where you can submit a complaint, provide feedback or report an incident to the University.

auckland.ac.nz/complaints-and-incidents



Alcohol and Drug Clinician

Confidential alcohol and drug advice and appointments are available for all students.

auckland.ac.nz/aod-clinician



Rainbow Support Adviser

Provides a holistic approach to student wellbeing for the rainbow community, offering 1:1 support and group opportunities for discussion.

equity.auckland.ac.nz/rainbow



Spiritual and religious support

The team can provide holistic pastoral care and wellbeing. They offer inclusive, compassionate support whether you have a faith or are exploring how spirituality and religion could be a part of your life.

auckland.ac.nz/spiritual-support



AUSA Advocacy

The team provide free, independent, professional advice if you are struggling with an academic, financial or personal issue.

ausa.org.nz/support/advocacy



HELP Centre

A private and confidential service providing specialist support for sexual abuse survivors. Search 'HELP' on the University website for information on the drop in service.

Phone: 0800 623 1700 (available 24/7)
helpauckland.org.nz



Puāwaitanga Counselling

A service run by trained counsellors and available to all students, providing support with feelings of anxiety, relationships, grief, addiction and more.

Phone: 0800 782 999 (7 days a week 9am-9pm)
Visit auckland.ac.nz and search 'Puāwaitanga'.



UNIVERSITY OF
AUCKLAND
Waipapa Taumata Rau

Be Well
Whai
Hanora

Questions?

Feel free to contact us at
wellbeing@auckland.ac.nz

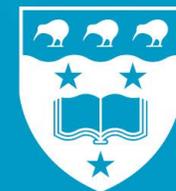
The image features three overlapping hearts of varying shades of teal and green. The largest heart is a dark teal, the middle one is a medium teal, and the smallest is a light teal. The text is centered within the hearts.

THANK YOU!

Be well and look after
yourself!

Water safety and drowning prevention

Tamsin O'Sullivan | Aquatic Educator



Waipapa
Taumata Rau
University
of Auckland

***Drowning
Prevention
Auckland***

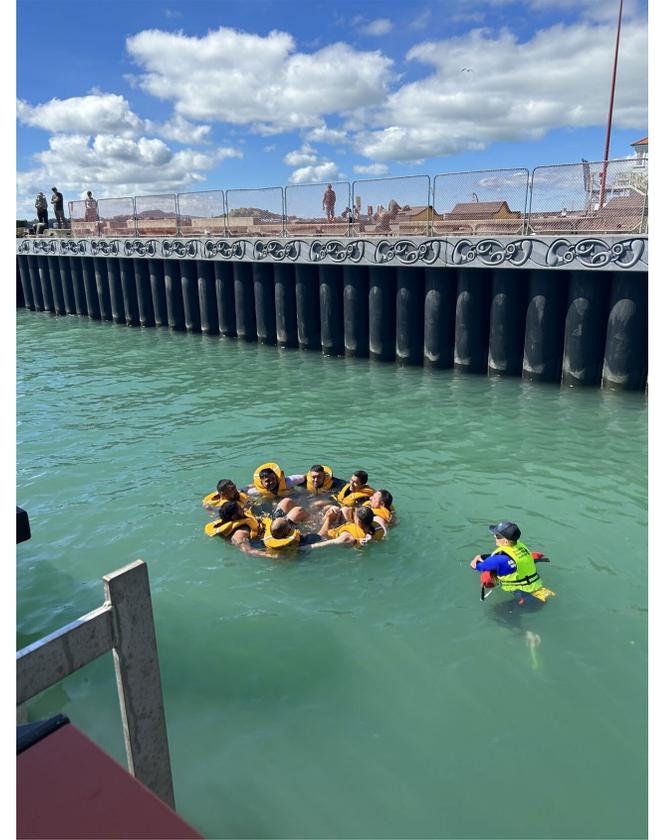
Education · Research · Advocacy



Be Water Safe

*University of Auckland
Waipapa Taumata Rau*

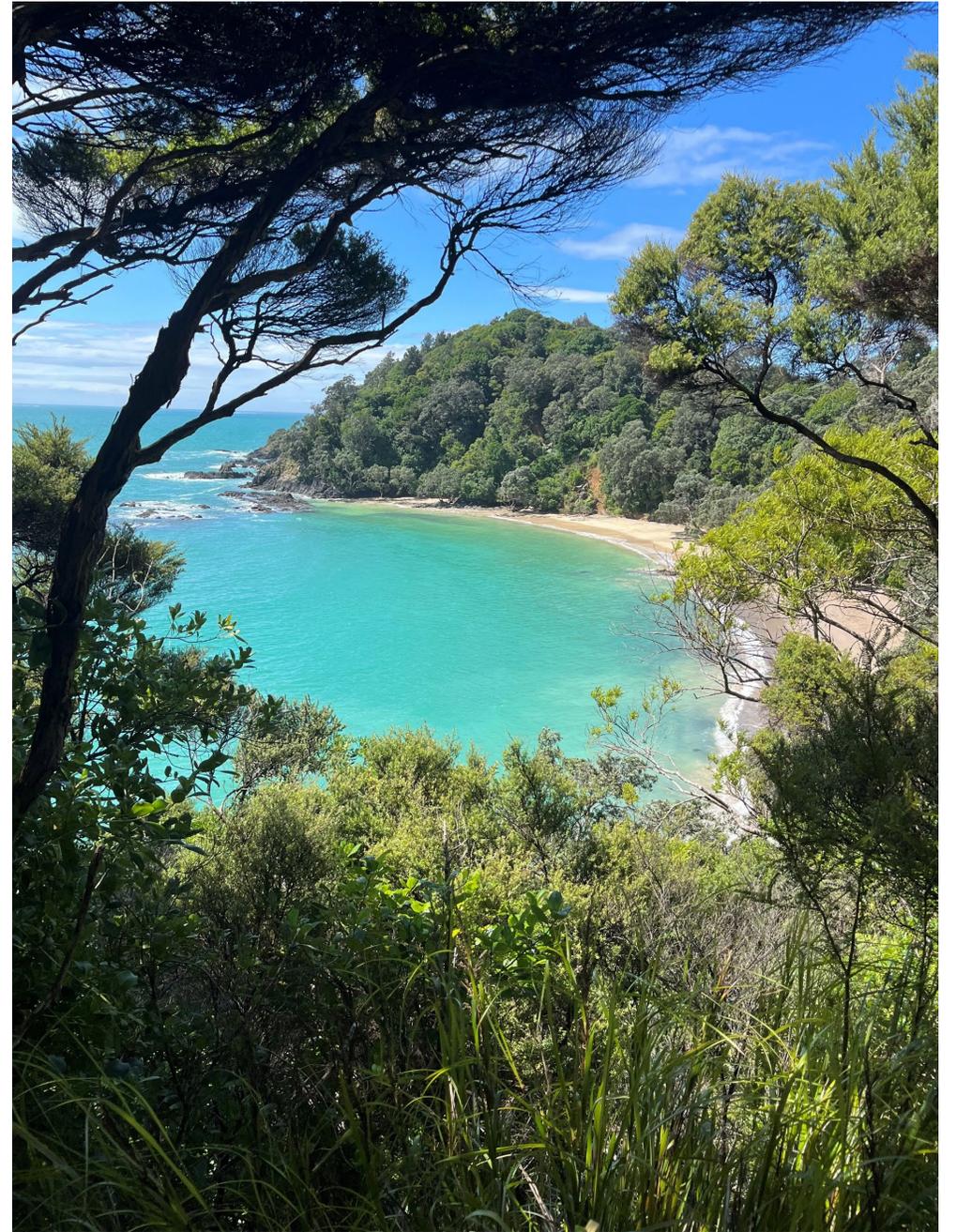
About DPA



**Drowning
Prevention
Auckland** 



*Aotearoa
New Zealand*



Why is water safety important?

- One of the highest drowning rates in the developed world
- We arrive in NZ with different ideas about water safety
- Still at risk even if you can swim



Float first

- Floating on your back increases your chance of survival
- Fight your instinct to swim hard and *Float first*
- Practice in a safe place – like your local pool



How to Float first

*Float
first*



Find the safest place

- At the beach swim between the red and yellow flags
- Always go with a friend and tell someone your plans.
- Read and follow safety signage
- Know how you will get in and out!



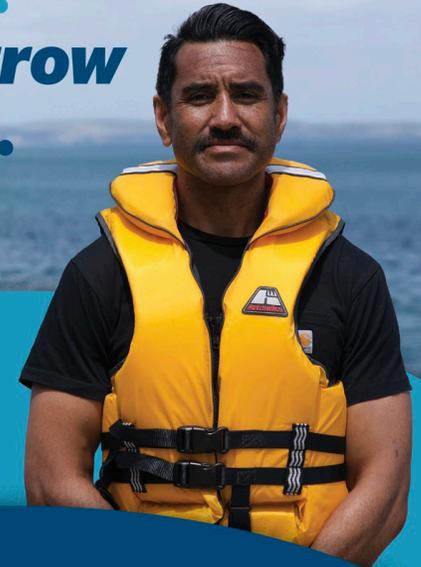
Visit [Safeswim.org.nz](https://safeswim.org.nz)

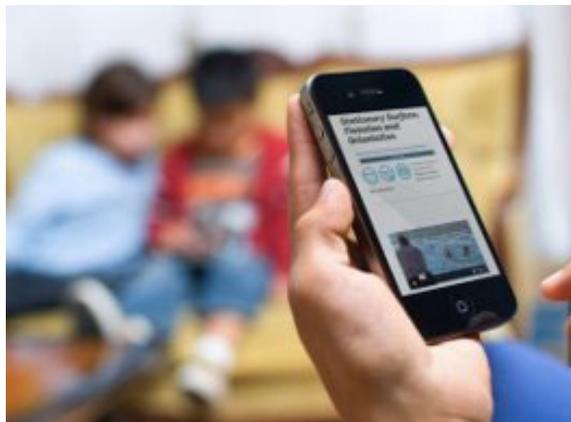


Wear a lifejacket



**Don't have
a lifejacket?
You can borrow
one from us.**





More water safety tips

Do a course online

Borrow a lifejacket

Get the Safeswim app



NZ Water Safety Code

DPA eLearning

DPA Lifejacket Hubs



SAFESWIM



Waipapa
Taumata Rau
**University
of Auckland**

Ngā mihi and Thank you!

Make sure you attend your faculty orientation this week.

Good luck with your studies!

