

Study Here

New Zealand



PALMERSTON NORTH CITY
& Manawatu



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Some trees were repurposed to make this publication. We chose only the ones we knew would be replaced, because we don't ever want to run out.



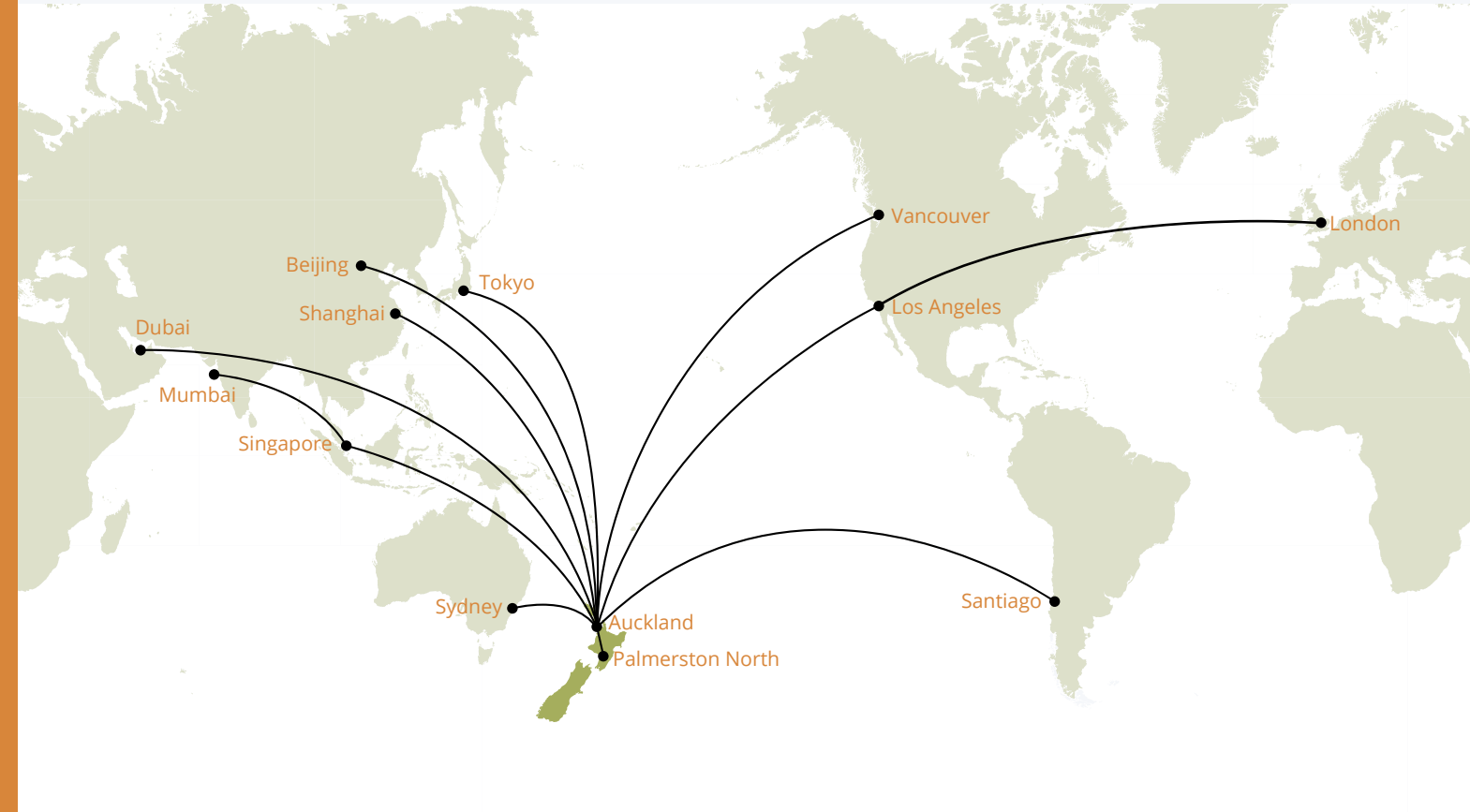
New Zealand has an **international reputation** as a provider of **quality secondary and tertiary education**. We offer a safe learning environment, providing an excellent study and travel experience. Our university campuses are truly international, with students from all over the globe venturing here for an experience they will never forget.

New Zealand is similar in land size to the United Kingdom, but with a population of only 4.5 million people spread across the North and South Islands. The people of New Zealand are often referred to as Kiwis, and are known for being **easy-going, warm and welcoming**. The country itself is a multicultural nation with a fusion of Maori, Pacific Island, European and Asian people, making for a colourful society.

New Zealand is renowned for its amazing scenery, **safe environment**, tourist attractions and **globally recognised tertiary qualifications**. New Zealand is the perfect place for students to learn and discover.

Did you know?

- New Zealand is ranked the second Most Peaceful Country, according to the Global Peace Index 2017.
- New Zealand has never seen war on its shores and crime here is extremely low compared to USA and Europe.
- New Zealand's education programmes are based on the world's most recognised and accredited education system – the British system.
- New Zealand's tertiary courses have a reputation for being practical, modern and desired. New Zealand offers very affordable tuition fees compared to other countries around the world.
- New Zealand's tertiary institutes each have an international office that provides high quality support for students throughout their studies.
- New Zealand is a great tourism destination, having access to mountains, coastlines, clean and green open spaces and much more.





Choose Palmerston North and Manawatu

Palmerston North is a centre for learning and research. We are known for our excellent tertiary education providers, as well as our quality secondary schools. It's said four out of every ten people living in Palmerston North either work at or study at an educational institution, making it the ultimate student city. Whether you are here short-term or long-term, you will find first-rate educational opportunities with dedicated advisory and support staff to ease the cultural transition and education experience. Through their time studying and working, students find they improve their English, make friends from various cultures and build their confidence and independence.

Palmerston North and Manawatu (the region) ensures a safe environment thanks to its welcoming culture, excellent safety record and community-focused police presence. Our city and region offer a relaxed lifestyle and endless opportunities to explore and travel. You can expect all the benefits of an exciting city, surrounded by a stunning natural environment and tranquil rural atmosphere. Our central location in New Zealand enables you to travel and enjoy all the wider region and country has to offer.

The community here is a close-knit one where everyone is a friend of a friend, newcomers are warmly welcomed and diversity is celebrated. Feilding, only 20 minutes from the city, is a friendly and welcoming town.

The lifestyle of our city and region is affordable, easy living. There is a wide range of quality, secure accommodation options available, both in town and on campus. Rental properties are available at a lower cost compared with other New Zealand cities. For those who live in town, getting to class will take about ten minutes for most.

Palmerston North and Manawatu has so much to offer students engaging in an overseas adventure. Here international students are able to have a rewarding, unforgettable experience while achieving excellence through study and making lifelong friends. Join us, and you will truly benefit from studying, living and discovering our unique Kiwi lifestyle.

You're Welcome Here

Five Reasons to Study in Palmerston North and Manawatu

1

WORLD CLASS QUALITY EDUCATION AND RESEARCH PROVIDERS

Palmerston North and Manawatu have a range of world-class tertiary education providers and secondary schools all offering exciting opportunities. The region has one university – Massey University – and two other tertiary providers – UCOL and IPU New Zealand – offering courses for both national and international students. The region has eight secondary schools that host international students. The region also has specialist English language providers ETC (English Teaching College) and PACE (Professional and Continuing Education) to support international students as they further develop their English competency.

2

SAFE AND AFFORDABLE

The International Safe Community Foundation has accredited Palmerston North as a Safe City. Our city is one where international students are welcomed and well looked after by the friendly locals.

3

BEST OF NEW ZEALAND WITHIN HOURS

Palmerston North is surrounded by spectacular scenery and landscapes. Locally, and in the surrounding region, students can explore a natural playground of walks, hikes, parks, beaches and ancient native forests. Within a half-day drive are the iconic New Zealand tourism destinations of Rotorua, Taupo, Wellington and more.

4

MULTICULTURAL SOCIETY

With over 100 different cultures, Palmerston North brings a dynamic international perspective to community culture. Those who live in the city and the wider region are friendly and highly respectful of international students.

5

THE ULTIMATE STUDENT CITY

If you are looking for quality education, a supportive learning environment, affordable living, friendly people, a place to meet a diverse mix of friends and a unique city to explore, then Palmerston North and Manawatu is the place to be.

www.ManawatuNZ.co.nz/Study



Tertiary Education



Massey Aviation Student

The tertiary education offered in Palmerston North City and Manawatu is world class, with a variety of providers to match any student's education needs. There are three key tertiary providers – Massey University, UCOL (Universal College of Learning) and IPU New Zealand. Each institution offers excellent education in a welcoming, secure environment. All have their own particular strengths and areas of expertise in terms of the subjects, educational style and qualifications offered.

Universities and polytechnics are not only focused on student learning, but also on your study experience. Social interaction and cultural integration are very important, with efforts made to ensure international students are welcomed and join the local community. Extra-curricular clubs are popular at many institutions, as are orientation events that aim to inform students and help them connect with new friends.

Massey University is a world-class teaching and research university with key Colleges including Sciences, Creative Arts, Health, Humanities and Social Sciences, as well as a Business school. The Manawatu campus is Massey University's original campus and has rich academic history, particularly in the fields of agriculture and veterinary sciences. The School of Aviation is a growing force in quality pilot training, and Massey is also a foundation partner in FoodHQ, the international centre for food innovation that is a collaboration of New Zealand's foremost capability and expertise in agri-food.

Massey University's work enables New Zealand to compete globally by leading the way in research and technology development. The Manawatu campus is also a leader in the sport and well-being arena with international-level facilities, teaching and research expertise and the Massey University Sports Academy.

Massey University is one of New Zealand's largest universities with more than 30,000 students studying across three vibrant campuses. They welcome about 4000 international students from more than 100 countries each year. Massey has more than 200 active international relationships and academic



Student at Massey University works on hostel banner



Massey is a key partner in FoodHQ



UCOL Students



IPU Graduation



Massey Graduation



Massey in conjunction with FoodHQ

agreements with foreign universities to foster study abroad and student exchange opportunities for encouraging student mobility and diversity.

They pride themselves on the relevance of their programmes, their openness to students of diverse backgrounds spanning age, geographic location, educational background, ethnicity and culture, the support they provide for students through their commitment as a signatory to the Code of Practice for the Pastoral Care of International Students and the relationships they have built with their alumni worldwide.

Founded in Palmerston North in 1902, **UCOL** (Universal College of Learning) is a government-funded Institute of Technology and Polytechnic. It offers hands-on programmes of study at certificate, diploma, degree and postgraduate degree level. UCOL is especially renowned for its nursing, photography, design and information technology courses.

With dynamic courses that balance practical and theoretical study, UCOL students are well prepared to succeed in their careers. The campus is vibrant and lively, with a variety of social and academic activities happening throughout the year. The campus has stunning architectural design and is one of Palmerston North's landmarks. UCOL is proud of its modern learning environment, from the training restaurant to the art studios, the science labs to the gym.

UCOL's facilities are of an international standard and reflect the way they embrace students from all over the world. Their welcoming and comfortable surroundings make it easier for students to settle into their studies in New Zealand, with the help of a special orientation session in the first few weeks of the your arrival.



UCOL Campus



IPU Campus

IPU New Zealand is a unique environment for those who want to learn about their role in the global community. By catering to international students from a wide range of different backgrounds, IPU New Zealand offers a culturally diverse setting. IPU New Zealand welcomes domestic students who want to study International Business, International Relations or Environmental Studies, or to master a new language (Japanese and Mandarin). Degree, diploma and postgraduate programmes are offered, which are all approved by the New Zealand Qualifications Authority (NZQA). IPU New Zealand has been given the highest possible rank available for Tertiary Institutes by NZQA – Highly Confident

IPU New Zealand works to expand the horizons of all students, where they are immersed, living and learning with fellow students as part of an international community that embraces two dozen different nationalities. There is an emphasis on small class sizes, where students can enjoy a close relationship with their teaching staff.

The institute offers the opportunities to travel to Japan while studying, whether through the 20-week exchange at IPU Japan (Okayama), our two-year Double Degree Programme or through our Business Internship at Tokyo International Business College. Students can gain critical experience and knowledge using our global network of educational providers.

Campus accommodation is available, with ten halls of residence providing a safe and supportive "home away from home". Accommodation includes all meals and access to campus facilities. IPU New Zealand offers a unique and interactive environment that is excellent for studying, learning languages and socialising. With a range of activities happening on campus and events in the City, students enjoy a vibrant lifestyle.

www.massey.ac.nz

www.ucol.ac.nz

www.ipu.ac.nz

Secondary Schools

Palmerston North and Manawatu are well known for excellent education because of our tertiary institutions, but our strong focus on learning and quality education also extends to our sterling secondary schools.

In the region there are eight secondary school options available for international students – Palmerston North Boys' High School, Palmerston North Girls' High School, Freyberg High School, Feilding High School, St Peter's College, Nga Tawa Diocesan School, Awatapu College, and Longburn Adventist College. With the exception of Palmerston North Boys', Palmerston North Girls' and Nga Tawa Diocesan School (female students only) all of these schools are co-educational, with students of both genders accepted. All these schools have a shared desire to provide quality education in a friendly and safe environment, although they each have their own values and unique educational focuses.

The education system in New Zealand encourages discussion and thinking in a flexible and relaxed way between students and teachers. Students aged 13-18 (with the occasional older or younger student) attend secondary schools, and are placed in Years 9-13 based on age and ability. The secondary school qualification, the National Certificate of Education Achievement (NCEA), is widely recognised by tertiary providers and employers. School runs from approximately 8.30am-3.30pm Monday to Friday.

All secondary schools in the Manawatu Region offer international support staff who can help students with accommodation, making new friends, managing their study and getting involved in school activities. These staff members are active supporters working to help students through experiencing a new culture.

All these schools offer their international students the option to homestay with a local student's family. Homestay is a cultural exchange, where the international student lives as a guest in a local home. They are provided not only with accommodation and food, but also with company and a surrogate family for their stay. Our schools encourage homestay, because it offers students the chance to fully experience the local lifestyle, area and customs in a friendly, secure and relaxed setting.

The learning and development of English-speaking skills is an area many schools focus on, aiming to assist international students as they further practice and perfect their language abilities. Many schools offer ESOL classes (English for Speakers of Other Languages).

Sport is a cornerstone of the New Zealand way of life – children and adults of all ages take part, and in our schools sports competitions are a key part of the culture. As well as our national sport of rugby,



most schools offer students the chance to take part in popular sports such as cricket, hockey, tennis, badminton, football/soccer, and many others.

The Kiwi educational experience also places a high value on performing and creative arts. Theatre, music and fine arts are popular interests in all their many forms, and our schools offer a variety of classes and extracurricular activities that give students the opportunity to explore and develop their passion.

No matter which school is your preference, you can be sure an excellent educational experience will be on offer in a warm and welcoming atmosphere, with school and students alike happy to have you join.

www.ManawatuNZ.co.nz/great-schools



Accommodation

Students are offered various accommodation options in Palmerston North and Manawatu, each with friendly support staff to ensure their stay is the best it can be. Both secondary and tertiary students can choose the option of a homestay or hostel during their studies here.

Homestays

Homestays are where students are able to stay in the home of a local family as a long-term guest.

The following secondary schools and tertiary providers offer homestays for their students:

- Massey University
- IPU New Zealand
- UCOL
- Palmerston North Boys' High School
- Palmerston North Girls' High School
- Freyberg High School
- Longburn Adventist College
- St Peter's College
- Awatapu College
- Nga Tawa Diocesan School
- Feilding High School

Hostels and Halls of Residence

A large number of tertiary students, particularly in their first year of study, choose to stay in a hostel, or the student halls of residence. Living here is a great experience that allows you to meet others who are also studying. Students who decide to experience life in a hostel, or hall of residence, usually find their stay easy. They are offered breakfast, lunch and dinner options, and internet access, and support staff live with the students to provide assistance.

Many education providers have their own on-campus halls of residence where students are close to their classrooms. They encourage students to be involved in a number of additional activities, both sporting and cultural, offering a way to showcase talent and interact with peers. These activities are generally held on weekends to ensure studies are not interrupted. They're not compulsory.

There are also a number of privately run and independent hostels in Palmerston North.

	Gender	School Roll	Ages	Boarding	Homestay	City	Other / Urban / Rural	Website
Palmerston North Boys' High School	M	1781	13-18	Y	Y	✓	X	pnbhs.school.nz
Palmerston North Girls' High School	F	1275	13-18	N	Y	✓	X	pnghs.school.nz
Freyberg High School	M&F	1207	13-18	N	Y	✓	X	freyberg.ac.nz
St Peter's College	M&F	559	13-18	Y	Y	✓	X	stpeterspn.school.nz
Nga Tawa Diocesan School	F	211	13-18	Y	Y	X	✓	ngatawa.school.nz
Longburn Adventist College	M&F	272	13-18	Y	Y	X	✓	lac.school.nz
Awatapu College	M&F	660	13-18	N	Y	✓	X	awatapu.school.nz
Feilding High School	M&F	1355	13-18	Y	Y	X	✓	feildinghigh.school.nz





There are currently hundreds of rental properties available in Palmerston North City and Manawatu. The approximate weekly rent for these unfurnished properties is:

	2 bedroom flat \$170 per person
	3 bedroom flat \$160 per person
	4 bedroom flat \$140 per person
	5 bedroom flat \$100 per person
	6 bedroom flat \$120 per person

Palmerston North Accommodation:

- Massey University Halls of Residence
- IPU Halls of Residence
- Baptist Student Hostel
- At The Hub
- Baxters on Ranfurly

Private Renting (Flatting)

Flatting is a popular living arrangement for students who want to live with others and share the costs.

There are hundreds of properties for students to choose from. When selecting a house to rent there are many things to consider, including finding the perfect location, entering into a tenancy agreement and setting up electricity, phone, and internet access for the property.

Compared to a hostel or hall of residence, flatting students are independent, with all expenses the responsibility of the student. Many student flats share their food, electricity, phone and internet expenses. Students will find themselves cooking dinner for themselves and their flatmates, allowing them to make friends and learn more about each other's likes and dislikes. Flatting is a great way to meet new people, to share responsibility and to develop independence.

To find a flat, check out www.nzflatmates.co.nz and www.trademe.co.nz/flatmates-wanted

www.ManawatuNZ.co.nz/student-accommodation

Safe City Community and Multicultural Support

Palmerston North ensures a safe environment thanks to its welcoming culture, excellent safety record and community-focused police presence. The city has Safe City status (an official international recognition achieved by Palmerston North City Council), and with that comes dedicated, committed police staff.

Manawatu Multicultural Council

Manawatu Multicultural Council is dedicated to celebrating, supporting and connecting the multicultural communities of Palmerston North and Manawatu. Their members come from the many ethnic communities that make their home here. They organise and participate in events and activities while promoting cultural diversity in Palmerston North. They also run the Multicultural Centre, a place where migrants and refugees can get advice, support and information about living in New Zealand. The Centre has a regular programme of English language lessons and social activities.

www.mmcnz.org.nz

Manawatu Newcomers Network

Manawatu Newcomers Network is a volunteer-run organisation that offers friendship and support through social activities and events, and can offer support with settling into a new environment. They work with the Manawatu Multicultural Council and welcome people of all ages, nationalities and languages.

www.newcomers.co.nz/regions/manawatu/palmerston-north

Immigration Services

Palmerston North has its own Immigration New Zealand office that processes student visas. Dedicated staff work with students to ease the process.

www.immigration.govt.nz/contact/your-nearest-new-zealand-offices

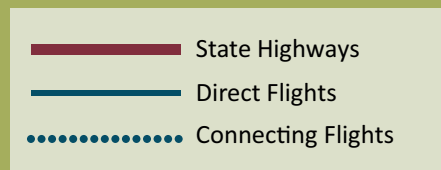
Festival of Cultures

The Festival of Cultures, held in Palmerston North every March, is a vibrant festival of culture, colour, music, food and dance. Each year more of our local ethnic communities add to the colour and vibrancy of the Festival of Cultures, with performances from China, Japan, India, Thailand, Cambodia, Ireland, Russia, Pacific Islands, Latin America and other cultures.

Food is always a highlight of the festival, with many community groups serving up their traditional dishes at the world food, craft and music fair.

www.festivalofcultures.co.nz

Centre for Adventure



Experience the wider Manawatu by travelling the roads along wide-open, green spaces. In winter, feel the thrill of skiing and snowboarding with ski fields only a two-hour drive away. Visit the beautiful mountain ranges and take a bush walk with friends.

One of the great advantages of living in Palmerston North is being able to enjoy the benefits of urban living while being surrounded by a great rural lifestyle. Our location in the lower North Island means we are within two hours of Mt Ruapehu, Kapiti Island, Taupo, Wellington, New Plymouth and Taranaki, Whanganui, Napier and Hawke's Bay.



Mt Ruapehu

The North Island's largest ski fields – Turoa and Whakapapa – boast Australasia's longest vertical descent. The fields have more than 65 accessible trails across more than 1050 hectares of pristine snow, meaning skiers from all over the world come to experience our winter wonderland.

Kapiti Island

Kapiti Island is one of the most precious and iconic nature reserves in New Zealand. Here nature enthusiasts can observe rare birds they would not come across on the mainland.

Taupo

Taupo is located on the shores of Lake Taupo. It's a picturesque getaway that offers a great place to base yourself for a weekend adventure or relaxing with world class trout fishing in the fresh water lake and rivers. Taupo has many attractions on and around the lake.

Wellington

The capital of New Zealand is an artistic hub filled with culture, arts and music. This harbourside city offers a diverse urban escape, with a busy events scene to pick and choose from.

New Plymouth and Taranaki

Students have much to see and do in New Plymouth and Taranaki, from exciting festivals and events, to art galleries and oceanfront pathways. You can even interact with wildlife at Brooklands Zoo, and the local Mt Taranaki is frequently compared to Mt Fuji in Japan.

Whanganui

Located on the banks of the Whanganui River, Whanganui has maintained its heritage, and is home to an outstanding collection of artists, as well as an iconic school of arts. Whanganui National Park is an outdoor playground where you can jet boat, kayak or cruise on a paddle steamer to discover natural surrounds steeped in history and culture.

Napier and Hawke's Bay

Napier is world renowned for its art deco buildings and major events. The Hawke's Bay region is one of New Zealand's premier wine regions. The gannet colony at Cape Kidnappers is also a must do experience.

Out and About in the Region

Located at the heart of the lower North Island, Palmerston North and Manawatu offers an authentic Kiwi experience that's not to be missed. The dramatic landscapes sweep from the rugged Ruahine and Tararua Ranges and out to the Tasman Sea, making an exciting playground of adventure and discovery. There are plenty of options to keep busy on weekends, with the Manawatu Region offering so much to explore.

City and Recreational Cycling

Palmerston North prides itself on being a cycle-safe city. Many students, both school and university, ride bicycles to get to their studies.

There is also a range of road and mountain biking trails to ride, both in the city and the countryside, and Arapuke Park has over 15km of mountain bike trails for all abilities. The Manawatu Region is lucky enough to be a part of the New Zealand Cycle Trail with the Manawatu Cycleway.



Himatangi Beach



Rathmoy Lodge

Walking

This region offers many opportunities to enjoy a varied natural environment. From botanic gardens to lush native bush echoing with birdsong, the choice is yours. From short, easy riverside strolls to challenging mountain climbs, it's all here. The iconic Te Apiti - Manawatu Gorge is an experience not to be missed.

Farm Experience

Students can enjoy an authentic farm experience at Rangitikei Farmstay or visit Owlcatraz to see native birds, farm animals and glow-worm caves.

Outdoors and Adventure

Explore one of the many cycling, mountain biking or walking tracks where you'll find stunning scenery and views, or get your adrenaline fix with bungee jumping, white water rafting, horse trekking, kite surfing and more.

Stunning Scenery

Exploring Manawatu is easy through The Country Road experience, which takes you off the beaten track, through majestic landscapes and past rural villages. You'll get to see beautiful mountains, valleys, rivers and wide landscapes. Exploring the local countryside allows you to meet the locals and discover beautiful places such as museums, mountains, waterfalls, native bush, gardens and more.

www.ManawatuNZ.co.nz/Visit



Student Jobs



Contact Centre

Many students in New Zealand work part-time to supplement their allowances and living costs. Finding employment in Palmerston North is not too daunting – there are a wide range of employment opportunities across various industries.

Students work in a number of different sectors. Hospitality, retail and call centres provide some of the most common jobs for students. There are several employment agencies that can direct you to roles in the Manawatu Region. Student Job Search (www.sjs.co.nz) is a free employment service that connects students looking for work to potential employees, and is particularly popular.

There are also a number of private recruitment companies based in Palmerston North.

Internships are also often encouraged and facilitated by tertiary providers as a way for students to gain work experience and bridge between their study and future career. There is a range of useful websites and offices to assist in finding internship roles as part of your study. For this information and more visit www.ManawatuNZ.co.nz/student-employment

Job advertisements are also shared through websites such as www.trademe.co.nz and www.seek.co.nz. Student Job Search is an agency dedicated to finding suitable work opportunities for students.

If you have a student visa, you might be able to work part-time up to 20 hours a week, and full-time during scheduled holidays. To work up to 20 hours a week you must meet one of seven requirements.

In special cases, you might be granted the opportunity to work more than 20 hours a week. Work could be part of your qualification. For example, if your study requires you to work a set number of hours for work experience, this can be additional to your 20-hour week. If you are studying for a masters or doctoral degree at a New Zealand institute you are able to work full-time while studying.

For more information about your rights and responsibilities when working in New Zealand visit: www.nzstudywork.com



www.ManawatuNZ.co.nz/Study



UCOL Student on placement

Creative Life



Palmerston North and Manawatu is home to a vibrant arts community, filled with musicians, actors, writers, dancers, playwrights, poets, comedians, artists, filmmakers and more. There are a number of art galleries, theatres, dance studios, recording studios, exhibitions and artistic programmes, as well as a strong local music scene, and many arts events are held throughout the year.

Creative students are welcome to get involved in the art scene within our community. The region offers students a variety of community groups and organisations encouraging the development of local talent and performance opportunities, meaning it's easy to get involved or simply watch.

www.ManawatuNZ.co.nz/Art



Chess in the Square



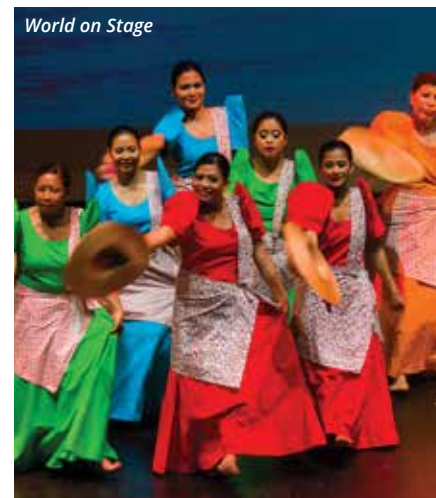
Centrepoint Theatre



Art on the Edge



World on Stage



Centrepoint Theatre

Theatre

Well-used community theatres enable the creative scene with a variety of emerging and established artists and musicians. Key theatres include:

- Centrepoint Theatre
- Regent on Broadway
- Abbey Musical Theatre
- Globe Theatre
- The Dark Room
- Feilding Little Theatre



City Sculptures



Performing Arts



Concert in the Square



Evento Wearable Arts



Art Galleries and Clubs

Palmerston North and Manawatu features local and national artistic talent at our many galleries and during exhibitions.

- Te Manawa
- Taylor Jensen Fine Arts Gallery
- Zimmerman Gallery
- The White Room
- Van Uffelen Picture Framing Gallery
- Feilding and District Art Society
- Square Edge Arts Centre



Te Manawa - Evento Exhibition



Te Wananaga o Aotearoa



IPU Spring Festival



Rugby Museum



Te Manawa



Music

The local music scene is very extensive, with a variety of clubs, organisations, performing and recording venues available for new and experienced artists.

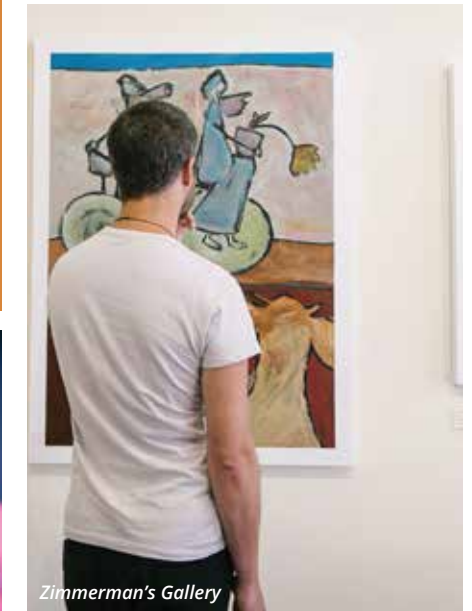
- The Stomach
- Manawatu Community Choir
- Manawatu Sinfonia
- Manawatu Youth Orchestra
- Manawatu Jazz Club



Summer Shakespeare



Festival of Cultures



Zimmerman's Gallery



Sport and Recreation



Wind Warrior Kitesports and Paddleboarding

New Zealand is an active country with a passion for sports of all kinds. It is easy to get involved with the sporting community in Palmerston North, Feilding and other parts of the region. We have social, community, club, school and university teams and competitions available, as well as first-rate recreational facilities.

www.ManawatuNZ.co.nz/Sport

Sporting Talent

To understand just how much of a punch we pack, consider these names; All Blacks Aaron Cruden, Aaron Smith and Nehe Milner-Skudder, Olympic bronze medal-winning cyclists Simon van Velthoven and Jesse Sergent, high-flying freestyle motocross rider Levi Sherwood, racing car driver Brendon Hartley and Black Sticks hockey players Emily Naylor and Kayla Sharland, who all come from the Manawatu Region. This region has become a nurturing ground for talent because of a culture of sporting excellence serviced by strong administration, outstanding facilities and dedicated volunteers.

Sporting Activities

Like the rest of New Zealand, the following sporting activities are particularly popular in our region:

Rugby

New Zealand has a proud rugby tradition and Manawatu shares this long and proud history. The Manawatu Turbos play in the New Zealand championship competition, and we are home to the New Zealand Sport and Rugby Institute. There is also a wide choice of clubs available to both men and women to join at all levels.

Badminton

Badminton Manawatu provides quality opportunities and great enjoyment for players at all levels. Coaches and management staff are passionate about developing their players into successful competitors. Manawatu Badminton is proud to host the largest participation badminton tournament in New Zealand.

Golf

Golf is a popular pastime in New Zealand. In Palmerston North there are two championship courses – the Manawatu Golf Club and Palmerston North Golf Club – and Feilding is home to the beautiful Feilding Golf Club's 18-hole course. Orlando Country Club offers a full driving range and a nine-hole course. There are several other courses scattered through the region.

Tennis

Palmerston North and Manawatu has a strong tennis presence. The Manawatu Lawn Tennis Club and Feilding Tennis Club have junior and senior members, and always welcome new members. They are keen to work with students to increase their skills and enjoyment in tennis.

Soccer / Football

The game that offers something for everyone, football is very popular here. There are recreational and social forms of the game and competitive and elite levels and indoor winter football for all abilities. Each year the popular Ethkick festival gives new migrants a chance to participate in a fun football event.

Other sports include:

- Basketball
- Volleyball
- Netball
- Mountain Biking
- Swimming
- Cycling
- Squash
- Canoe Polo
- Kayaking
- Surfing
- Inline speed skating
- Horse racing
- Hockey
- Cricket

For more information about sport and recreation in the region, visit: www.sportmanawatu.org.nz



Urban Facilities



Victoria Esplanade

Parks, Sports Fields and Reserves

Throughout our city and region there is a wide range of parks, reserves, public gardens and sports fields available for public use, with 103 reserves and sports fields in Palmerston North alone. Parks are maintained by the Palmerston North City and Manawatu District Councils, and are kept in excellent condition. Our sports grounds include a mixture of synthetic and natural playing surfaces.

Libraries

Palmerston North has a world-class central library, as well as several libraries located in and around the various suburbs and regional centres. There is also a travelling library bus, which visits local communities.

Youth Space

The Palmerston North Youth Space is a welcoming and safe facility for teens aged 13 to 19. It is a positive place to spend time and explore and develop social and personal skills. Run by the Palmerston North City Library, there are many creative opportunities to be found here.

Victoria Esplanade

Victoria Esplanade is iconic among Palmerston North's parks, with something for everyone at any time of the year. The Esplanade includes the world renowned Dugald McKenzie Rose Gardens, multiple walkways, an education centre, café, bird aviary, duck ponds, bush walks, croquet lawns and even a miniature train ride. Various sports are played here, and many community events are held, including the Summer Concerts events series and the hugely popular Esplanade Day.

Lido Aquatic Centre

The award-winning Lido Aquatic Centre is a quality recreational facility in Palmerston North. They have fantastic outdoor and indoor facilities, including hydrosides and is home to New Zealand's tallest speedslide and the only superbowl slide in the North Island. The Lido Aquatic Centre also has a sauna, spa and steam room for those who prefer a more relaxing day out.

www.ManawatuNZ.co.nz/Live



Lido Aquatic Centre

Shopping



Palmerston North is a premier shopping destination in the lower North Island. From high-end designers to major chain brands to unique local stores, the city and nearby Feilding has everything you could want for a day of browsing.

The Plaza and Broadway Avenue

The Plaza Shopping Mall in Palmerston North has more than 100 shops under one roof, including all the major brands as well as quality niche stores, offering a complete shopping experience. Broadway Avenue, alongside The Square, has long been known as an iconic shopping street, and today it still offers a diverse selection of boutique stores, brand-name shops and local favourites, with an impressive array of international eating options. You will find international brands such as Adidas, Levis, Puma, New Balance, O'Neill, Oakley, Ray Ban, Asics, Converse, Lower, Federation and Huffer, to name just a few.

Feilding

The charming township of Feilding offers entertainment and great variety with free parking, great cafés and boutique stores. Feilding is an ideal place to shop and indulge. Find great accessories and clothing, unique gifts and quality local products, all located in the heart of Feilding.

www.ManawatuNZ.co.nz/Shop



Kilt on George Street



Downtown shopping Centre, Cotton On store



Boutique shopping and cafe's



Events

Palmerston North and Manawatu always has something on, with hundreds of events occurring throughout the year. Annual events include the Esplanade Sunday Concerts, Waitangi Day, Concert in The Square, the Festival of Cultures, New Zealand Grand Prix, Team Champs (Stockcars) and the International Jazz Festival. There are also a variety of expos, race days, motorsports events, sports tournaments, fairs, film festivals and performances occurring from year to year, ensuring there is always a selection of activities for everyone's tastes. Included below is a selection of some of the bigger annual events.

www.ManawatuNZ.co.nz/Events



Rural Day



Community Festivals



Music Concerts



Festival of Cultures



Evento Wearable Arts



International Spring Festival



NZ Rural Games



Fireworks over the River



Walking Festival

Markets

One of the best ways to sample the region is by browsing the local markets. From locally grown produce and boutique artisan fare to quirky crafts and funky homewares, the selection is right here ready to be explored. Meet the makers and growers and hear their stories, know where your food comes from and sample tasty treats as you go.

Annual markets include Cross Hills Country Fair, held in world-renowned rhododendron gardens, and the Magic of Christmas Markets – a multi-day market of exclusive products and boutique items from around New Zealand.

www.ManawatuNZ.co.nz/Markets



Getting Here



Air

Palmerston North Airport is only five kilometres, or 10 minutes drive, from the city centre. It is a gateway to the region with excellent flight schedules from all major centres in the country and easy connections to international flights. Taxis, shuttle services and city buses depart from in front of the airport terminal building. If you need a hire vehicle, many of the major New Zealand vehicle rental companies are represented at the airport.

Most educational institutions can arrange for you to be collected from the airport and taken to your accommodation.

Car

Palmerston North is within a two hour drive of Mt Ruapehu, Kapiti Island, Wellington, New Plymouth and Taranaki, Whanganui, Napier and Hawke's Bay. The drive to Auckland is less than seven hours.

Rail

Palmerston North is a stop on the famous Northern Explorer train between Auckland and Wellington, taking in some of the country's most beautiful scenery. The Northern Explorer operates a six-day timetable, departing Auckland on Monday, Thursday and Saturday, and Wellington on Tuesday, Friday, and Sunday. Travelling to and from Wellington is easy on the Capital Connection – a two-hour commuter rail service between Palmerston North and Wellington that runs Monday to Friday (excluding public holidays).

Bus and Coach

Palmerston North and Feilding have good variety of national bus services, with NakedBus, ManaBus and InterCity giving access to the rest of the North Island.

www.ManawatuNZ.co.nz/getting-here

Getting Around

Public transport within Palmerston North and the wider region is provided through bus services run by Horizons Regional Council, with buses covering a number of locations and running frequently between city locations and the surrounding towns. These bus services are free for Massey and UCOL students and low-cost for students attending IPU New Zealand. They operate seven days a week. School students pay a discounted fare.

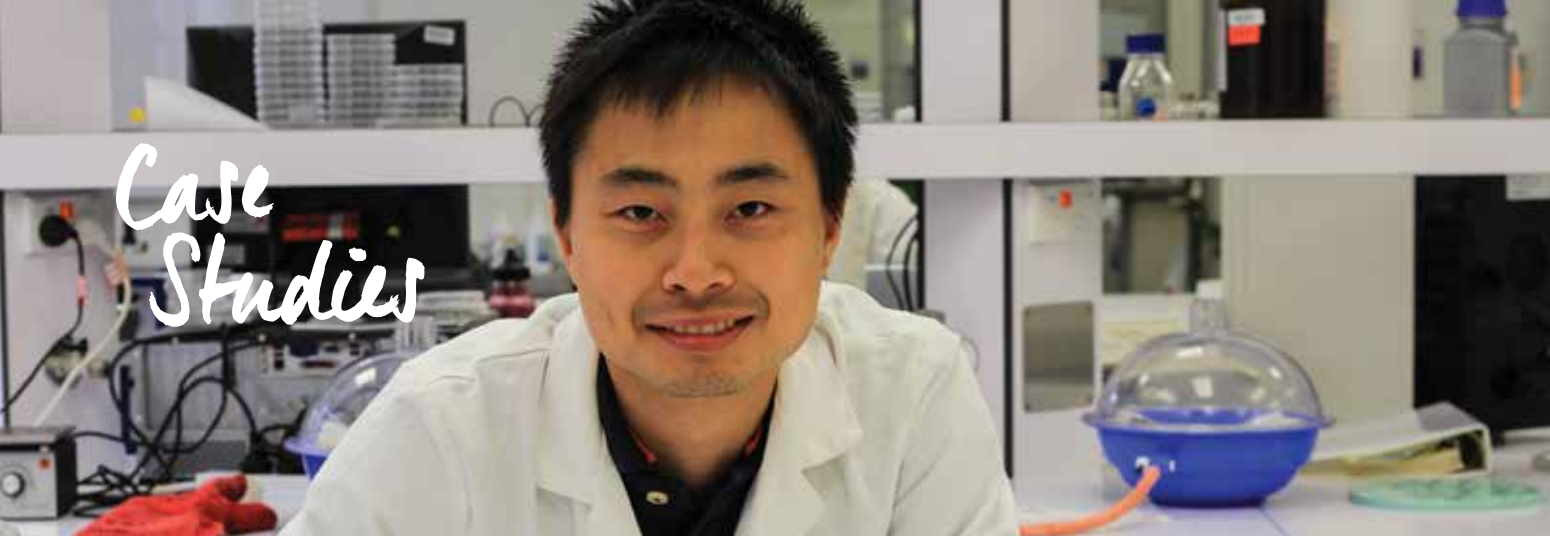
In Palmerston North itself, all areas of the central business district are within walking distance of the bus terminal.

For more information on bus timetables and routes visit

www.ManawatuNZ.co.nz/public-transport



Case Studies



Leo Lai

International chemical and bioprocess engineering student meeting his goals and thriving

When Leo arrived in New Zealand from Taiwan he set himself goals while he studied towards his Bachelor of Chemical and Bioprocess Engineering with Honours at Massey University. Leo wanted to explore New Zealand's beautiful natural environment, do well in his studies and make friends with people from different parts of the world. Even though there were doubts about finding a balance between hobbies, study and friends, he has accomplished just that. "Studying at tertiary level and being able to have fun can be achievable, it is just a matter of making time." From his new home in Palmerston North, Leo has had the opportunity to make friends from Australia, Europe, Malaysia, Sri Lanka and, of course, New Zealand.

Leo is heavily involved in laboratory experiments as part of his study and works hard for his results. "I have always been a problem solver and I wanted to develop this strength further, so this degree ticked all the right boxes." For Leo his degree has been a rewarding journey, with lecturers who know him by name, and genuinely want to help him become 'work ready'.

His father played a significant role in Leo's decision to study in New Zealand. Twelve years ago, during a visit to New Zealand, Leo's father identified New Zealand as a safe country with excellent opportunities for advancement.

"The nature experience here is a big drawcard for me." One of Leo's favourite sites is the Te Apiti - Manawatu Gorge experience, only fifteen minutes from Palmerston North, which he tries to visit as often as he can.

Today Leo resides permanently in New Zealand, and has been joined by his whole family. Not only has New Zealand proved to be the right choice for his family, but Leo has also been able to achieve his high goals.

Leo continues his study towards a Masters in Chemical and Bioprocess Engineering. With New Zealand's excellent reputation in the worldwide food and dairy industry his study is surely moving him towards playing a big part in this growth industry.



www.ManawatuNZ.co.nz/student-stories

Rhema Nantham

International Massey finance student sets sights on the world

At the age of 20, Rhema has seen more countries than most, having lived in Malaysia, the Philippines, and now New Zealand. When Rhema was only seven years old her father started working at the Asian Development Bank, so Malaysia was left behind and the Philippines became her home for the next 11 years.

When Rhema finished her schooling in the Philippines, she was keen to follow in her father's footsteps and embarked on a journey that would lead her to New Zealand. Rhema's parents gave her two study options: study in New Zealand or study in Australia. Ultimately the choice was easy, because her sister practiced dentistry in New Zealand. She boarded a plane and began the 18-hour journey to move to 'the land of the long white cloud'.

Rhema applied for the University of Auckland, Victoria University in Wellington, and Massey University in Palmerston North. She was accepted by all three, but decided to study in Palmerston North because she considered Massey to have the better business degree

out of the three. She began with an economics major, but after her first year, with a doctorate in mind, she decided to major in finance, and minor in international relations.

In five years, Rhema hopes to have completed her doctorate. She aims to build a successful New Zealand career into an international one, following her father to the Asian Development Bank, or even the World Bank. "I want to help people with real financial needs, instead of focusing on making more money for big business."

For Rhema, life in Palmerston North City is all about adventure. She is quick to point out her adventures are of the cultural type and not forays into Manawatu's native bush. She says Palmerston North is like no other place in the country, as a well-rounded cultural centre made up of many cultures, views, and art forms. Rhema tries to engage with a different aspect of culture every weekend and is a regular at art galleries, shows and cafés around the city. Her overarching goal is to visit every café in the city, a goal she is well on her way to achieving.

PALMERSTON NORTH CITY
& *Manawatu*



You're Welcome Here

www.ManawatuNZ.co.nz

