

## New Zealand

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### **Adventure sports, towering mountains, glassy lakes and rich wineries**

New Zealand truly is one of the most welcoming places on earth and a must for anyone who loves being outdoors. You'll be spoilt by awe inspiring scenery and outdoor adventures. From black water rafting to glacier hiking, this country has it all. For those who are less adventurous, New Zealand is home to some of the most amazing beaches and wineries too.

### **Health and Fitness Travel Insider**

"New Zealand offers an incredible opportunity to walk on the wild side. Get an exhilarating taste of the nomadic life as you embark on the great walks through the expansive mountain ranges, lakes and towering forests."

Paul Joseph, Founder

## Passport

Before flying make sure to check that your passport has plenty of time before it expires. Your passport will need to be valid for at least 3 months from the date of exit from New Zealand. However, we always recommend leaving at least 6 months validity on your passport.

For more information, follow this link: <https://www.gov.uk/foreign-travel-advice/new-zealand/entry-requirements>

## Visa

It is important to check before your holiday whether you need a Visa to fly to your chosen destination.

For UK citizens, entry and stays in New Zealand of up to 6 months do not require a visa. But you will need a New Zealand Electronic Travel Authority (NZeTA), which can be applied for [here](#).

Visa requirements are subject to change and we therefore recommend checking the up to date requirements. This website allows you to select your nationality and the country you are flying to: <http://www.visahq.co.uk>

## Flights

**From the UK:** please check your travel documentation for your flight details. You will need your flight, booking and transfer vouchers and passport with you. Flights to **Queenstown** from the UK usually take around 27 hours, with a lay-over. The typical baggage allowance is between 20 – 23 kilograms for economy but we advise that you check with your airline's direct website to verify this, as these can change without notice.

**From other countries:** please enquire for more details.

We also recommend that you keep moving about during the flight to relieve cramped muscles and ensure you arrive feeling healthy. Walking up and down the aisle when the seatbelt sign is off and flexing and stretching your legs when sitting will encourage blood flow around the body and limber up swollen ankles or feet. Here are some tips to [stay healthy whilst travelling](#) and [on long haul flights](#).

The logo for Health & Fitness TRAVEL is centered at the top of the page. It features the words "Health" and "Fitness" in a white, serif font, with a stylized yellow infinity symbol between them. Below this, the word "TRAVEL" is written in a smaller, white, sans-serif font, flanked by two horizontal white lines.

# Health & Fitness

## TRAVEL

### Location

**Time Difference:** GMT + 13

**Capital City:** Wellington

**Currency:** New Zealand Dollar

It might be useful to have a map of the city, or apps such as maps.me or google maps with a download option, to have a general idea of where you are going. If you are to use a taxi, always insist that they put it on the meter. Always keep your passport on your person and in a safe place.

To reduce the effects of jet lag as much as possible, try to adapt to the local time zone as best you can. If you arrive during the day, going for a stroll outside will help you adapt more easily, and the natural light will encourage your body to acclimatise. Likewise, if you arrive in the evening or night, adopt the local bedtime and try to go to sleep.

## Airport

You will be flying into **Queenstown International Airport (ZQN)**. After going through passport control and collecting your luggage, you will then need to make your way to your transfer meeting place, details of which can be found on your transfer or booking voucher.

Porters offering to carry your bags will expect a tip. If this is something you do not want, just politely (and firmly if necessary) say no. Taxi drivers are also likely to offer their services and can be quite persistent. It is best to approach this offer in the same manner.

## Travel Insurance

We recommend shopping around on an insurance comparison website to ensure you get the right product and a competitive quote. It is worth considering annual multi-trip insurance if you are going to make several trips a year.

It is also important to consider repatriation insurance in the off chance that you suffer illness or injury and need help to be brought back to your home country.

## Health and Vaccinations

Immunisation and other preventative requirements will depend on your general health, destination travelled to and activities whilst there. We advise that you consult with your GP and/or book a specialist travel consultation at least two months before your trip.

Information on immunisation, medication and other health risks can be found at:  
<https://www.fitfortravel.nhs.uk/destinations/australasia-pacific/new-zealand>

Under a [reciprocal health agreement](#), UK nationals who live in the UK and who are on a short-term visit to New Zealand are eligible for immediately necessary healthcare under the health system on the same terms as citizens of New Zealand. Despite this reciprocal agreement and the Accident Compensation Commission you should make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment abroad and repatriation. Medical facilities in the Cook Islands and the islands of Niue and Tokelau are limited. In the event of a medical emergency, evacuation to mainland New Zealand is likely to be the only option for treatment.

## Language

The international language of New Zealand is English, so there will be no issues with communication during your trip.

## Phone Numbers

In the unlikely event of something going wrong with your travel plans, it is important to have the necessary phone numbers written down somewhere safe. You should contact your insurance/medical assistance company promptly if you are referred to a medical facility for treatment.

**Emergency services:** 111

If you are unsure about anything, please don't hesitate to call us on 020 3397 8891.