

New Zealand & Australia Program



Educational travel through New Zealand and
Australia

pacific discovery
insightful small group adventures

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New Zealand & Australia Program Overview

This educational travel semester offers an amazing summer 'down under' with three week-long volunteer conservation projects in different areas of New Zealand and Australia, multi-day outdoor expeditions, and educational travel through New Zealand and Australia's stunning mountain, forest and beach environments.

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

Program Dates

Fall 2011: Sep 30 – Nov 29

Spring 2012: Jan 20 – Mar 20

Program Start / Finish

Start: Auckland, New Zealand / Finish: Sydney, Australia

Program Cost

Program cost for Fall 2011 and Spring 2012 is USD\$6650.00

Highlights

- Three rewarding volunteer conservation projects in National Parks and wildlife reserves, partnering with New Zealand's Department of Conservation and Australia's Parks and Wildlife service.
 - Project 1: Urupukapuka Island, Bay of Islands Historic and Maritime Park
 - Project 2: Nelson Lakes National Park
 - Project 3: Keppel Bay Islands National Park, Great Barrier Reef
- Four multi-day adventure expeditions:
 - Expedition 1 – Whanganui National Park, 4-day self-sufficient river canoe journey
 - Expedition 2 – Kahurangi National Park, 5-day self-sufficient tramping (back packing) trip
 - Expedition 3 – Fraser Island National Park, 3-day hiking and 4WD trip
 - Expedition 4 – Surf camp, 4-days learning to surf on Australia's East Coast
- Enjoying culture in the friendly cities and towns of Auckland, Wellington, Nelson, Queenstown, Christchurch, Byron Bay, Katoomba, Sydney
- Whitewater rafting on the Kaituna River
- Parliament tour and National Museum in Wellington, New Zealand's vibrant capital
- Traveling the West Coast of NZ's South Island – one of the top-ten road trips in the world – stopping overnight at Punakaiki and Franz Josef Glacier, and an eco-kayak trip on Okarito lagoon
- Day hikes amidst the breathtaking environment at Mt Cook National Park
- Sea kayaking with dolphins in Byron Bay
- Mountain biking in the spectacular Blue Mountains
- Series of informal lectures from local conservation experts
- Very personalized small group experience (compare with other programs of up to 40 students).
- Fantastic New Zealand program leader/s

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

Pacific Discovery Program Content

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

1. Educational component

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

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

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

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

2. Volunteer component

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

3. Cultural immersion component

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

4. Travel component

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

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

5. Adventure education / Outdoor education component

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

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

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

6. Personal and leadership development component

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

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

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

New Zealand & Australia Program Details

Suitability

Open to students, graduates and non-students, ideally 18-25 years. This program is suitable for anyone of moderate fitness with an enthusiasm for the outdoors, conservation and new experiences. You need to be committed to, and prepared for, some physical work whilst on the volunteer component of the program i.e. trail building or the removal of invasive plants and while on the outdoor activities. You don't need to have had any previous experience in any of the activities offered.

Group Size

The group is limited to 12 participants, accompanied by real 'Kiwi' or 'Aussie' program leaders who know their countries inside out, and love sharing them with you.

Accommodation

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

Meals

Food is a highlight when traveling. Meals are fresh, tasty, healthy and varied. Food preparation, shared by all participants, is fun, social and often a highlight. We happily cater for vegetarians and special dietary needs. Two thirds of meals are included in the program cost. The remaining meals are not included to allow us a choice of when, where and what we eat. For the meals not included, you will have the option of dining out, or self-catering with others in the group. We recommend you budget the sum of \$400 for meals not included in the program cost.

Transport

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

Free Days

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

Attitude

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

"Throughout this adventure I have discovered a new side to myself. It is a more adventurous, self reliant and courageous individual. I really like this new person and I thank you for helping me discover her." Anne Beckerman

Program Cost

Program cost is USD\$6,650.00

\$400 deposit due when you register; balance of program cost (\$6250) due 90-days before departure.

Included in Program Cost: Visas*; All in-country transport including a mid-program international flight from Christchurch, New Zealand to Brisbane, Australia; All accommodation; Most meals (see 'meals' above); All activities, excursions, entry fees and adventure travel as described in the itinerary; Three volunteer conservation projects; Informal lectures from resident experts on conservation and eco-tourism; Experienced program leader/s and local guides; Online image library for your program.

*Visa note: A free 90-day visa for New Zealand is issued on arrival in Auckland; an Australian visa is arranged for you if choosing the group flight option.

Not included in Program Cost: International flights from your home to Auckland, and from Sydney to your home (refer flight options below); Some meals (approx. \$400); Travel insurance (approx. \$300).

Optional activities: Queenstown, New Zealand: bungee jumping.

International Flights (refer page 23 for full flight information)

Flights from North America to Auckland, and return from Sydney

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

Flights from other countries to Auckland, New Zealand / from Sydney, Australia

Our travel agent will be able to assist you with flights from your country. You are also welcome to arrange your own flights/travel to Auckland and from Sydney, for program start and at program finish. Please note that it is essential that you arrive in Auckland before program start, to participate in the essential program briefing/orientation.

Optional Extensions

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

Academic Credit Options

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

Seattle Central Community College (www.pacificdiscovery.org/credit-information.aspx)

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

Volunteer Conservation Overview

In New Zealand, the projects will be run in conjunction with the Department of Conservation (DOC), New Zealand's preeminent conservation and resource management organization, and in Australia, in conjunction with the North Keppel Island Environmental Education Centre, and the Parks and Wildlife Service. Project work may include species preservation and monitoring, controlling introduced pests, managing visitor impacts, trail building etc. You do not need any experience to undertake this work – just an interest in conservation and some enthusiasm!

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

The second project will be based from the tiny settlement of St Arnaud in Nelson Lakes National Park, a beautiful mountain, forest and lake environment. We will be working with DOC on a variety of projects related to their 'mainland island' - this project aims to eliminate pest animals and plants in the park, and reestablish rare and endangered native birds such as the Kiwi. It is a very successful project and we are really excited to have the opportunity to be involved.

The third project will be run in conjunction with North Keppel Island Environmental Education Centre. The Great Barrier Reef Marine Park surrounds the Keppel Bay islands. Together they form part of the Great Barrier Reef World Heritage Area, the world's largest reef and island system. North Keppel Island

is the national park's largest island and aside from the environmental education center is otherwise uninhabited. Fringing reefs, nine beaches and a varied landscape of rugged cliffs, steep grass-clad hills, forests and palm groves provide a stimulating and idyllic environment for our volunteer work. Our work will be facilitated by centre staff and the week will be an awesome opportunity to learn about Australia's unique flora, fauna and Aboriginal culture.

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

Expeditions Overview

This program contains four multi-day outdoor expeditions. The purpose of these expeditions is to teach participants the hard-skills needed to overcome the natural challenges specific to each activity and more importantly to teach soft-skills...including lateral thinking, initiative, leadership, decision-making, and teamwork. These activities introduce a broad range of external challenges requiring participants to overcome obstacles and deal appropriately with a given situation. Through this, participants will experience a great deal of personal growth, gaining confidence in themselves and their abilities in the outdoors.

Each participant acts as 'leader for a day' on the expeditions, The leader is required to 'take ownership' of their section of the expedition by organizing and delegating daily tasks such as navigating and route selection, and coordinating meals, tents, water and cleaning.

The expeditions and their activities have been selected because they are safe, and will be facilitated by experienced and qualified outdoor instructors who accompany the group and have excellent first aid skills and the ability to call on assistance in the unlikely event of a participant needing medical attention.

Program Itinerary

Day 1-2. Arrive in New Zealand. Arrive in Auckland, City of Sails...bright light and clean air awaits you. Auckland is New Zealand's largest city, sprawling across an incredible landscape of harbors and the eroded cones of extinct volcanoes. Freshen up with an ocean swim, program briefing and an 'amazing race' style urban adventure.

Day 3-8. Conservation Project 1 - Bay of Islands. We make our way north to the stunning Bay of Islands. Visit Waitangi where New Zealand's founding document the Treaty of Waitangi was signed. The first conservation project will be based from beautiful Urupukapuka Island, accessed by launch. The Bay of Islands has an abundance of marine life, including whales, penguins, dolphins, gannets and many other species. This maritime and historic park was home to numerous Maori settlements and the first European settlement in New Zealand. Urupukapuka Island is managed by the Department of Conservation and contains a number of archeological sites. Dolphins are regularly seen in the waters around the island. While on the island we stay in a simple lodge and will be cooking all meals together. On Friday afternoon we'll return to Auckland.

Day 9-10. Taupo. Departing Auckland we travel through the geo thermal and cultural heartland of the country, stopping enroute to raft the Kaituna and soak in natural hot springs. We have a day in Taupo to relax and catch up on email and laundry this lakeside resort town, before we plunge into our first expedition.

Day 11-14. Expedition 1 - Whanganui River Canoe Journey. This four-day canoeing trip takes us through the heart of the Whanganui National Park – pristine native forest and an area rich in Maori history. We will be self-sufficient on the river, canoeing with all our clothing, food, tents etc in plastic barrels. It's a great journey on a safe river and you'll enjoy river life – paddling, splashing, swimming, camping and evenings around a campfire. We'll spend our last night along the river in a beautiful marae –a traditional Maori village.

Day 15-17. Wellington. New Zealand's capital city is vibrant - great cafés and nightlife. We'll visit Parliament to learn about New Zealand's political system (more interesting than it sounds), and gain insight into Maori culture through an intimate Maori educational experience at the National Museum, before giving you free time to explore independently. The Spring program group attend the annual Waitangi Day concert in Wellington celebrating cultural unity.

Day 18-23. Expedition 2 - Kahurangi National Park. Caving, canyoning, backpacking. We board a ferry bound for the South Island, cruise through the twisting arms of the glacial carved Marlborough Sounds, leap ashore in Picton, and drive through to Nelson. We have a night here to prepare ourselves for the expedition. The next five days will be spent in a remote section of Kahurangi National Park. We set up a base camp for the first two nights and do a day of adventurous caving and another canyoning. Breaking camp we backpack for 3 days through untracked and spectacularly wild back-country, camping enroute. On our last day we return to civilization for some well earned rest in Nelson.

Day 24. Sunny Nelson. Enjoy some free time to catch up on the last week. There are great swimming beaches and rivers nearby, a weekend market to explore, and no doubt a mountain of laundry to catch up on.

Day 25-29. Conservation Project 2 – Nelson Lakes National Park. Our second conservation project will be based from the tiny settlement of St Arnaud in Nelson Lakes National Park, a beautiful mountain, forest and lake environment. We will be camping beside a lake and working with DOC on a variety of projects related to their 'mainland island' - this project aims to eliminate pest animals and plants in the park, and reestablish rare and endangered native birds such as the Kiwi. It is a very successful project and we are really excited to have the opportunity to be involved. We'll drive to Punakaiki on the West Coast on Friday afternoon.

Day 30-31. West Coast Road Trip. Voted one of the top ten road trips in the world, we travel the length of the South Island's West Coast from Nelson to Queenstown. Enjoy rugged coastlines, beautiful rainforest and spectacular glaciers. We spend a night at Punakaiki, in a forest lodge, then a night at the tiny settlement of Franz Josef, close to the glacier. We'll try to spot endangered white herons while kayaking on Okarito's beautiful lagoon.

Day 32-33. Queenstown. Queenstown is the world's adventure capital. The options are endless – try bungy jumping or any of the multitude of adventure activities on offer. In the evenings you're sure to enjoy the celebratory atmosphere in town.

Day 34-36. Mt Cook and Christchurch. From Queenstown we drive north to Aoraki/Mt Cook National Park for two nights, where you have the option of some interesting day-hikes among the towering mountains before continuing on to Christchurch, the South Island's largest city for a free afternoon prior to our flight to Australia.

Day 37-43. Australia and Conservation Project 3 – North Keppel Island. We fly from Christchurch, New Zealand to Brisbane, Australia – departing the youngest land mass on earth for the oldest. We drive north up the Sunshine Coast over two days, before heading out to North Keppel Island National Park in the Great Barrier Reef. The island and its surrounding waters have exceptional natural value in terms of fringing coral reefs, beaches, rugged headlands and diverse environments of grasslands, Eucalypt forests, tidal creeks and mangroves. We base ourselves at a beach camp for the week and will be working with the Island's environmental education centre and the Parks and Wildlife service, to assist with preservation of the island's unique habitat. There will be time for exploring the island, beaches and snorkeling the coral reef. On our last day we boat back to the mainland.

Day 44-48. Expedition 3 - Fraser Island. We drive south to Fraser Island, our favorite place in Australia, where we head off on a three-day 4WD and hiking trip...turtles, dingoes, diverse forests, and stunning freshwater lakes lapping white sand beaches. Fraser Island is the largest sand island on earth. We'll hike through beautiful forests and stay in cabins near the coast each night. After coming off Fraser Island we make our way south to Byron Bay.

Day 49-51. Byron Bay. On a sensational section of coastline, Byron Bay has been a hippy hang-out since the 1970s and is today, the quintessential surfing town. Tie-dyed hippies mix with bronzed surfers, artists and large numbers of local and international tourists, there to enjoy its beaches, boutiques and cafes. It's a great place to relax and get in some beach time after our backpacking trip. While here, we'll take a sea kayaking trip around the Cape Byron for some dolphin spotting – dolphins and whales are regularly seen in the waters around the headland.

Day 52-55. Expedition 4 - Surf Camp. We journey south to an isolated section of coast where we stay in a surf-camp and learn to surf on the myriad breaks in the area. We'll be staying right on a beach and have surfing gurus as instructors. Spend evenings around a campfire debriefing each day and hearing the instructor's wild stories before going to sleep to the sound of the waves pounding the beach. This is also the perfect spot to reflect and process two months of incredible personal growth and life-changing experiences.

Day 56-58. The Blue Mountains. Continuing our southward migration, we skirt Sydney and head inland to experience the magic of the Blue Mountains National Park. We begin with an interpretive IMAX movie that highlights the unique qualities of this area, then experience its mystery first hand, walking around the iconic 'Three Sisters' formation. We spend a day mountain biking through this incredible environment.

Day 59-61. Sydney. Bold, brash and beautiful, Sydney is arguably the world's most vibrant city. Settle into our downtown accommodation near Sydney Cove, where the first European settlement in Australia was established, over 200 years ago. Explore Sydney's famous harbor and beaches by ferry, visit the Opera House and check out the local beaches and shopping areas. On the last day we'll farewell Australia and each other, returning home with a lifetime of memories, experiences and bonds formed during this trip.

Program Route Map



Country Information

New Zealand

With only 4 million people, but over a thousand years of human settlement, New Zealand has a rich and dynamic culture which reflects the impact of Maori, European, Pacific Island and Asian influences.

Kiwis (named after the fascinating and distinctive native bird) are friendly, welcoming and informal, but also fiercely proud of their national achievements – especially in rugby (the All Blacks), and in twice winning the Americas Cup yacht race.

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

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

Australia

With a landmass comparable to the lower 48 states of the US, but a population of only 20 million, Australia is comparatively sparsely populated. This is due to the fact that by far the largest part of Australia is desert or semi-arid land commonly known as the outback. Australia is the flattest and driest inhabited continent, with the oldest and least fertile soils. Only the south-east and south-west corners of the continent have a temperate climate. Most of the population lives along the temperate south-eastern coastline. The landscapes of the northern part of the country, with a tropical climate, consist of rainforest, woodland, grassland, mangrove swamps, and desert. Australia has abundant and visible wildlife, from kangaroos to raucous parrots.

The first human habitation of Australia occurred more than 40,000 years ago. These first Australians, Aborigines, arrived via land bridges and short sea crossings from present-day Southeast Asia. Most of these people were hunter-gatherers, with a complex oral culture and spiritual values based on reverence for the land and a belief in the Dreamtime. Australia was first settled by Europeans in the late 1700s when a penal colony was established in present day Sydney.

Today more than 90% of Australians are of European descent, and have evolved an easy-going and informal culture. Australians are hugely successful in sport and the arts.

Climate

It will be spring or summer down under, so expect great weather.

New Zealand

Jan-Feb temperature

Average min/max 55/80°F

Sunrise 6:00am; Sunset 9:00pm

Oct-Nov temperature

Average min/max 45/70°F

Sunrise 6:15am; Sunset 8:00pm

Australia

March temperature

Average min/max 70/95°F

Sunrise 5.30am; Sunset 7:00pm

November temperature

Average min/max 68/86°F

Sunrise 5.00am; Sunset 7:00pm

Leadership

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

Peace of Mind

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

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

Registration Information & Checklist

- ☑ Register online for the program and pay \$400 deposit (www.pacificdiscovery.org)
- ☑ Review the pre-departure information for this program in this booklet
- ☑ Obtain a passport, or check your existing passport is valid 6 months beyond program end
- ☑ Arrange your travel insurance (page 15) and flights or travel to Auckland / from Sydney (page 23)
- ☑ **Before July 1st (Fall Program) or October 1st (Spring Program):**
 - Complete the online medical and passport form:
www.pacificdiscovery.org/bookings/medical-form.aspx
 - Submit your final payment. An invoice will be emailed to you one month before. If you register after this date, your final payment is due within 14 days of registering.
- ☑ Decide if you will take credit on the program and register for this:
www.pacificdiscovery.org/credit-information.aspx
- ☑ Start a fitness program – you'll want to be doing at least ½ - 1 hour of exercise, 3 times a week. Anything is good...swimming, running, walking, biking, hiking, sport, dancing. The fitter you feel the more you'll get out of the program.
- ☑ Review the gear list, gear tips in this booklet and start packing
- ☑ To make the most of your time in New Zealand and Australia, read/watch some of the books or movies recommended in this booklet

Any Questions?

Please don't hesitate to contact us.

Pacific Discovery

Program Directors: Scott Burnett, Rachel Sanson

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Web. www.pacificdiscovery.org

"The adventures and new experiences were amazing, but the friendships I've gained outweigh everything else put together!" Ginny Coyle

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

Pre-departure Information for Registered Participants

Travel Insurance

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

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

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

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

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

The cost should be around \$250 for 2 months and the majority of program participants purchase travel insurance online from either:

STA - Student Travel (www.statravel.com > insurance)

Travel Guard International (www.travelguard.com/travelinsurance/)

Passports and Visas

Travel abroad requires a passport. If you don't have one, you need to apply for one as soon as possible. Passport application forms are available at either your central post office or county courthouse. Link to the US Government Passport website:

http://travel.state.gov/passport/passport_1738.html

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

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

If travelling on a US, Canadian or UK passport, the following applies to your visas:

For New Zealand, you will be issued a free tourist visa on arrival at the airport in Auckland.

For Australia, you need a visa before you depart home. If buying your international flights through our travel agent, she will arrange this for you free of charge with your tickets. If arranging your travel independently, you will need to arrange and pay for your visa yourself before you leave home.

If travelling on another nationality passport, you may need to arrange your own visas prior to program start. Please contact us to discuss this.

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

Health

There are no specific health requirements to participate in the New Zealand and Australia Semester Program or to enter New Zealand and Australia. However, to maximize your enjoyment of volunteering, the expeditions and adventure travel, it is preferable that you are moderately fit.

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

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

Spending Money

Spending money usually goes towards meals not included with the program, personal shopping, laundry, email and entertainment. We recommend you budget approximately \$400 for meals not provided, drinking water and snacks. Costs in New Zealand and Australia are comparable to the US and we think you could get by on \$400 for all other expenses – so in addition to your meal money of \$400, this is approximately \$800 total. The amount of spending money you bring really depends on your budget and shopping habits.

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

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

Keeping In Touch

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

Pacific Discovery travel blog – www.pacificdiscovery.org/blog.aspx

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

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

Phone calls can be made easily and cheaply by purchasing a phone card in New Zealand and Australia. Call charges are about US\$0.05-\$0.10 per minute (very cheap). Don't bother bringing a phone card from the US – they often don't work, and will be more expensive than using one bought in New Zealand or Australia. By all means bring your cell phone (contact your provider to set it up for use in New Zealand and Australia) but be aware that call costs can be very expensive.

Gear List

Traveling light is the 'ideal'. Everything you bring should fit into a backpack and duffel. Bring only what is on the list below.

Outdoor Clothing

This is clothing that you will use for the outdoor activities and excursions.

- ☐ Comfortable 'worn-in' sturdy hiking boots
- ☐ Hiking shoes or trail runners
- ☐ Hiking socks x 3 pairs
- ☐ Chaco or Teva type sport sandals
- ☐ Nylon quick-dry hiking shorts (soccer shorts are good)
- ☐ Fleece pants / fleece tights
- ☐ Fleece top
- ☐ Fleece jacket
- ☐ Thermal underwear - long top and pants, (Wool and Capilene are good. Silk, cotton or lycra are not good).
- ☐ Waterproof rain jacket and pants
- ☐ Fleece gloves
- ☐ Warm/woolen hat (ski hat)
- ☐ Sun hat or cap
- ☐ 2 x sports underwear, moisture wicking (not cotton or silk).

Work Clothing

Make sure this is clothing that is comfortable, practical and that you are happy to get it dirty.

- ☐ Work/gardening gloves
- ☐ Work pants/track pants x 1
- ☐ Work shorts x 1
- ☐ Work shirts x 2 (t-shirts or similar)
- ☐ Fleece top/jumper

Regular/Casual Clothing

- ☐ 2 x Swimsuits
- ☐ 1 x flip flops/thongs
- ☐ 4 x jeans/pants/shorts/skirts/dress
- ☐ 2 x warm tops
- ☐ 2 x warm socks
- ☐ 3 x cotton T-shirt/shirt/tank tops
- ☐ 5 x underwear
- ☐ 1 x pack towel or lightweight bath towel.

Equipment

- ☐ 1 medium/large backpack with internal frame for backpacking.
- ☐ 1 medium duffel with no frame, or soft frame.
- ☐ 1 daypack to use for day-hikes
- ☐ Compact 3-season sleeping bag
- ☐ Sleeping pad- inflatable or foam
- ☐ Sleeping sheet

Accessories

- ☐ Travel pillow
- ☐ Sunglasses
- ☐ Sunscreen, lip balm, insect repellent
- ☐ Water bottle (min. 1 liter)
- ☐ A travel mug, plate, bowl, cutlery
- ☐ Pocket knife
- ☐ Flashlight/headlamp (compact)
- ☐ Watch with an alarm/ travel alarm clock
- ☐ Camera
- ☐ One good book to share
- ☐ Personal first aid kit (refer below)
- ☐ Discman/iPod (optional)
- ☐ Small flip photo album of friends, family, your home life, to show your trip mates

Paperwork etc

- ☐ Passport & photocopy of same
- ☐ Air ticket & photocopy of same
- ☐ Travel Insurance policy details
- ☐ Debit/credit card, cash
- ☐ Travel journal (optional)
- ☐ Texts, syllabi, etc if taking credit
- ☐ Photos of family, friends, home etc (to show your trip mates and local people you meet)

Toiletries

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

Personal first aid kit (should contain)

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

Do not bring: Hairdryers; electric razors; laptops; expensive jewellery

Gear Tips

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

Clothing tips...

For you and your trip-mate's safety in the outdoors on this program it is important that you carefully read and understand the following clothing information. Please contact us if you have any questions.

Firstly, the New Zealand outdoors can be an unforgiving environment and it is important to be well prepared. New Zealand has a maritime climate where the weather changes quickly. A sunny warm day can quickly turn to cold driving rain. In addition, a lot of the activity you'll do is not simply hiking on flat, well formed trails. Instead you'll be scrambling, pushing through vegetation and going from chilled to overheated and back again.

In the New Zealand outdoors, assume that you'll be wet, either from your own perspiration or from rain that has wicked through your rainwear. You need to be clothed so that you'll stay warm if wet.

Clothing Layering: Staying comfortable outside is a matter of dressing to outwit Mother Nature. It's a balancing act between the climate, your activity level, exposure time and tolerance to heat and cold. Choosing the right clothing and layering it properly can make the difference between a pleasant outdoor experience and an uncomfortable (or even dangerous) situation.

1. Layering clothing is the best way to ensure comfort in the outdoors; it allows you to make quick adjustments based on your activity and the weather.
2. Each layer has a function: the innermost layer (against your skin) manages moisture; the middle layer/s insulate you from the cold; the outer layer shields you from wind and precipitation.
3. Fabrics that retain warmth when wet are essential in New Zealand.

There are three basic stages in layering: an inner, moisture-management and insulation layer, insulating middle layer/s and a weatherproof outer layer. You make adjustments depending on the degree of exertion and the outside conditions. The ability to peel off layers as you heat up and add them when you cool off is the key to this system.

1st layer (thermal underwear)

More than any other, this layer influences how comfortable you'll be in the New Zealand outdoors. It seems that no matter how good your rainjacket is, you'll still get wet with perspiration or rain wicking through. Have you ever worn a cotton T-shirt under your raincoat while you hiked or walked briskly? Even though you weren't getting wet from rain, you probably felt wet and cold. Trapped inside your clothing, perspiration can leave you chilled, no matter how well your outer shell fends off rain and snow. On this program, in the outdoors, your next-to-skin layer must not be cotton, silk, lycra or CoolMax®. Instead, wool and synthetic fabrics such as Capilene® and Polartec® polyester work to transport perspiration from the skin and will insulate you even when wet.



Underwear: You also need 2 pairs of underwear that are not cotton or silk/satin. Moisture wicking sports underwear is more suitable and allows your thermal underwear to do its job.

Insulating layer/s

The insulating layer/s helps you retain heat by trapping air next to your body. Polyester fleece vests, jackets and tights are good examples of insulation suitable for outdoor activities. They not only trap air but are also made with moisture-wicking fibers. Fleece is a favorite insulation material because it's lightweight, breathable and insulates even when wet. Plus, it dries faster and has a higher warmth-to-weight ratio than wool.



Shell or outer layer

The shell layer (jacket and pants) protects you from wind, rain or snow. If wind or water is allowed to penetrate to the inner layers, you begin to cool off. The shell layer should also be roomy enough to fit easily over other layers and not restrict your movement. Some outer shells have a layer of insulation built in, making them suitable for cold conditions, but these are not good for this program as they are not as versatile for layering in a variety of temperatures and are too heavy to carry backpacking. Please make sure you bring good rainwear, made from waterproof fabric. Inexpensive Plastic/PVC type rainwear is easily torn and will not stand up to the rigors of the program.



Footwear

While you don't want to bring too much footwear with you. You will need footwear for the following situations: Day hikes, multi-day backpacking, water sports (canoeing, canyoning, beaches) and casual wear. We recommend the following:

* Hiking Boots...Leather or soft hiking/backpacking boots are fantastic for backpacking and the volunteer work, providing good ankle support. Ankle support is important when carrying a full backpack, as it is easy to roll your ankle, which is why we encourage hiking boots rather than shoes. However they can be expensive. If you already have some, bring them. Good hiking shoes or trail runners will get you through the trip but you increase the risk of twisting an ankle and we don't encourage it.



* Sports sandals... For water sports and to wear casually - need to stay firmly on your feet. Chaco's or Teva sandals are good. We love Chaco's at Pacific Discovery. However we prefer the Z1 model pictured here. The loop for the big toe on the Z2 model is annoying.



* Running shoes...Runners or trail runners are good to bring for most activities that don't involve backpacking. Also means you can exercise during the trip if you are so inclined.

Hiking Shorts: Nylon running or soccer shorts are ideal.

Work Clothing: No-one is going to care what you look like during the volunteer work, so try to bring only a couple of sets of work clothes. This needs to be clothing that you don't mind getting very dirty/roughed up/paint splotches. Please don't bring your brand new \$300 jacket to work in. Make sure that you can move/work in the work clothing you bring.



Casual Clothing: This is what you'll wear when we're not working or in the outdoors. Anything you want to wear is OK. Try not to bring too much. Previous groups have suggested you bring one nice outfit.

Swimsuit: It's a good idea to bring two swimsuits as you'll be using them a lot. Guys can swim in their hiking shorts and bring another pair of board shorts for swimming.

Pack Towel: The 'Hitch Hiker's Guide to the Galaxy' will tell you that the only essential piece of equipment for travel is a towel. Towels will be provided at most accommodation. However you will need a towel for our three volunteer weeks, canoeing expedition and surf camp. Pack-towels are supposedly quick-drying and compact which is why we recommend them. However a regular light-weight towel would be fine. Make sure your towel is large enough to wrap around so you can get changed under it. For the backpacking expeditions, you'll probably not take a towel because of weight considerations, and just drip-dry when you go swimming.

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

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

Buying clothing and gear: Outdoor stores like REI and LL Bean are perfect as you can try stuff on and compare different brands. However the best deals can usually be found online. We can personally recommend: (www.backcountry.com) and (www.rei.com) Their online outlet stores offer incredible bargains. You can also find deals on (www.sierratradingpost.com) and (www.amazon.com)

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

Other gear tips...

Backpack

For this program you only need a medium sized pack e.g. 4000 - 5000cu.in. You will want to buy/borrow a pack with an internal frame. Not only are internal frame packs more comfortable to carry, but they survive airlines much, much better than external.

Choosing a backpack: Smaller bodied people should make sure the pack and harness you buy or borrow is not too big for you. If borrowing one, try to borrow from a similar height/sized person.

The most important thing when selecting a pack is the **harness**. It should fit comfortably and be sized and adjusted to your body. Most manufacturers make each pack model with small, medium and large harnesses. The only way to check whether the pack fits properly is have someone in the store help you fit the pack with weight in it. **Shoulder straps** should sit comfortably on the shoulders. This is especially important if you have narrow shoulders as you will have to look for a pack that fits your shoulder width. **Hip belt** should sit comfortably on your hips - not on your waist or thighs! The **sternum strap** should be adjustable up or down and is important as it helps keep your shoulder straps sitting snugly on your shoulders and not riding out towards the edges.

Simple is good. The more bells and whistles a pack has, the more things there are that can break and the more the pack will weigh before you put anything into it. Weight is also something to consider when choosing a pack. Why carry 2lbs more weight because of extra features, when you don't need to. The pack you choose, should cinch down well when it's only half full. Look for side and top compression straps.

Some packs have a single compartment while others have a zipped sleeping bag compartment at the bottom. If you are looking at a pack with a separate sleeping bag compartment, check that the divider between the compartments is removable. If it is not removable the pack will sag in that area and be less comfortable to carry, unless totally full.

Here's an example of a great backpack...

REI Venus 75 Pack (women's backpack)

Volume 4,577 cu in

Weight 5 lbs 11 oz

\$199 (but last year's model may be available cheaper)

Great value backpack with excellent harness and a great zip under the flap on front which makes the pack very easy to load/unload. Internal sleeping bag compartment with removable divider. An excellent pack. Good pack manufacturers with packs readily available in the USA are: Arcteryx, Osprey, North Face, Lowe Alpine, Gregory, REI.



Daypack/small backpack: Similar to a backpacking pack but smaller. Must have two shoulder straps and have plenty of room for rain jacket, camera, sunscreen, sunglasses, water bottle, diary etc.

Light weight duffel: A really light-weight bag to store stuff you will not be taking on outdoor activities.

Sleeping Bag: You will use your sleeping bag on roughly half the nights of the trip. A compact 3-season sleeping bag is best.

Sleeping pad: Either compact foam or compact Thermarest type. Oversize inflatable ones are not good because they are heavy to hike with and get punctured easily if they have to be strapped to the outside of your pack. If you have an inflatable camping mat and it does not fit inside your pack, don't bring it, instead bring an inexpensive foam sleeping mat.

Sleeping sheet: A sleeping sheet is a roomy silk or cotton sleeping bag. It is useful to keep the inside of your sleeping bag clean and to use in Australia when it's too hot for your sleeping bag. If you don't already have one, take an old lightweight summer sheet, fold in half, sew along one side and one end.

Camp mug, plate, bowl. We find that lightweight plastic or modern rubbery plates, bowls and mugs are better than aluminum or steel ones. Metal conducts heat, so hot drinks go cold straight away and please avoid the aluminum or steel campsets with folding handles – they are more difficult to clean and the mug is so ridiculously small that you will not enjoy your morning coffee or evening hot chocolate.



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

Music: If you play a musical instrument you might like to bring it with you – fun for hanging out around a campfire. iPods/MP3 players – good escapism.

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

Camera: Bring the best one you own or can afford. Bring the battery charger and a couple of spare memory cards. Don't assume you'll be able to upload photos to the internet easily during the trip as internet café upload speeds are very slow.

Once you've made a pile of everything you might bring, double-check to see if you can leave anything behind...but make sure you DO bring the required outdoor clothing. Honestly...everyone on our trips thinks they bring too much casual clothing.

Your International Flights to NZ and from Australia

Once you have registered for this program, please go ahead and arrange your international flights from your home to Auckland, and from Sydney to your home. **Please note:** Pacific Discovery arranges your mid-program flight from Christchurch to Brisbane as part of your program, so do not make any booking for the sector between Christchurch, New Zealand and Brisbane, Australia.

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

Fall 2011 Program Participants:

Arrive Auckland on Friday 30 September, anytime (usual departure from US, 2 days prior)

Depart Sydney on Tuesday 29 November, anytime (usual arrival to the US, same day)

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

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

Pacific Discovery travel agent for flight bookings

Sue Lai

Avia Travel

760-A Gilman St

Berkeley, CA 94710

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

Fax: (510) 558 2158

Email: sue@aviatravel.com

Alternatively, you are welcome to make your own flight arrangements to Auckland and from Sydney, through your own travel agent or online. If you arrange your own flights, please notify us and we will give you clear information regarding arranging your own Australia visa (only included for free with flights booked through our travel agent), the New Zealand arrival procedure, and how to rendezvous with the group on arrival in Auckland - your program leader may not be able to meet you at Auckland airport (if timing of your arrival does not coincide with the group flight), and you will then need to cover your own transfer costs to the group hotel. We can assist with transfer information and arrangements. If you do make your own flight bookings, please ensure you book flights to arrive and depart as shown above. If you have any questions about your itinerary, please contact us to discuss this before you book your flights.

Extensions: It is only a 3 hour flight to Fiji, or other Pacific Islands, and there are often discounted fares to these destinations, so you may be interested in doing a roundtrip extension from Sydney to another nearby country, or explore other parts of Australia, such as Ayers Rock, Tasmania or Perth. For specials checkout: Qantas, Pacific Blue, or Jet Star

Recommended Books

New Zealand Fiction & Non-fiction

The Penguin History of New Zealand by Michael King

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

The Bone People by Kerri Hulme

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

The Matriarch, The Dream Swimmer, The Whale Rider

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

Once Were Warriors by Alan Duff

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

Shadows on the Wind by David Lewis

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

Nothing Venture Nothing Win by Sir Edmund Hillary

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

View from the Summit by Sir Edmund Hillary

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

The best of Owen Marshalls short stories by Owen Marshall

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

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

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

Australian Fiction & Non-fiction

Dirt Music by Tim Winton

Excellent page turner of a novel set in Western Australia.

Songlines by Bruce Chatwin

Fascinating insight into aboriginal culture by traveling writer Bruce Chatwin.

The True History of the Kelly Gang by Peter Carey

Booker Prize winning novel. Recreation of the life of Australia's most famous outlaw.

In a Sunburned Country by Bill Bryson

Veteran travel writer Bill Bryson's at times hilarious take on Australia.

Oscar and Lucinda by Peter Carey

Another Booker prize winning novel about early Australian settlers.

Cloudstreet by Tim Winton

Excellent novel about an unusual Perth family. I loved this book.

The Fatal Shore by Robert Hughes

The definitive history of Australia's convict settlement.

Any of Bryce Courtney's novels set in Australia:

The Potato Factory, Tomo & Hawk, April Fool

The Future Eaters by Tim Flannery

A very readable ecological history of the Australian lands and people...

Tracks by Robyn Davidson

An amazing adventure story of one woman's journey by camel across the Australian deserts from Alice Springs to the ocean.

Follow the Rabbit-Proof Fence by Doris Pilkington, Nugi Garimara

True story of young aboriginal girls taken from their family to be raised in an oppressive orphanage. The girls ran away and walked 1000 miles home across Australia's inhospitable Western Deserts. Recently made into a feature film. It's a strong condemnation of Australia's past racist policies.

A Secret Country: The Hidden Australia by John Pilger

A fascinating book...*A desanitized view of Australia from a veteran Australian journalist, ranging from its founding as a penal colony in 1788 to the machinations of modern politics.*

Recommended Movies

About, or made in, New Zealand

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

The Whale Rider (2003), NZ Director Niki Caro

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

The World's Fastest Indian (2005)

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

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

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

Once Were Warriors (1995), NZ Director Lee Tamahori

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

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

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

The Piano (1993), NZ Director Jane Campion

This controversially erotic film from New Zealand established screenwriter-director Jane Campion as a universally recognized talent. Holly Hunter stars as Ada, a mute 19th-century woman sent to New Zealand in an arranged marriage with a patriarchal landowner (Sam Neill). Anna Paquin (of True Blood fame) at 9 years old starred as Ada's daughter. Academy Awards: Best Actress; Best supporting actress; best screenplay. Cannes: Palm d'Or; Best actress.

Heavenly Creatures (1994), NZ Director Peter Jackson

This film represented a departure of sorts for horror director Peter Jackson and was the first film to earn him widespread critical acclaim. Jackson both co-wrote and co-produced the picture, which is based on an actual 1954 murder case. Academy Awards: Best Screenplay

The Last Samurai (December 2003)

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

About, or made in, Australia**Ned Kelly** (2003) US release 2004 Gregor Jordan

Stars: Heath Ledger, Orlando Bloom, Geoffrey Rush, Naomi Watts

In the late 19th century, Edward 'Ned' Kelly, the son of Irish immigrants, became the world's most wanted man, with an unprecedented bounty on his head. *Ned Kelly*, the movie, charts the turbulent life of Ned (Heath Ledger) as he progresses from part-time horse thief to full-time enemy of the state and folk hero.

Rabbit Proof Fence (released 2002) Philip Noyce

Set in Australia in 1931, *RABBIT-PROOF FENCE* tells the story of a government policy that required "half-caste" children (whose mothers were Aboriginal and whose fathers were white) to be taken from their homes by the authorities to be trained to work as servants. Based on the true story of Molly Craig, Philip Noyce's film of small gestures and few words follows the odyssey of three young girls who escaped from the government's training facility and, using the country's long stretches of rabbit-proof fences as their guide, walked 1500 miles to get back home.

The Dish (2001) Rob Sitch

In July 1969, the eyes of the world were on the Apollo 11 moon landing--but the world would have watched blank television screens if not for the hard work of a group of Australians manning the Parkes Radio Telescope, one of the largest dishes in the world. In *THE DISH*, a dramatization of the events surrounding the telecast of the space mission, Cliff Buxton (Sam Neill) and Al Burnett (Patrick Warburton) try to hold their crew together through calamities and crises ranging from dangerously high winds to a sudden power failure that cuts off contact with the distant astronauts, forcing the team to impersonate Neil Armstrong for the benefit of the visiting American ambassador. *THE DISH* is a rousing, feel-good movie that succeeds both because of its perfectly formed characters and because of a heartwarming tone that illustrates that working for a common goal is the highest calling in life.

The Castle (1997) Rob Sitch

Hilarious Australian comedy. The Kerrigan family of Coolaroo, Australia live in a modest house. Never mind that it's built on a toxic landfill- adjacent to the constant hum of high-power lines- and sits on the landing path of a nearby airport. For the happy-go-lucky Kerrigans consider their home as their castle!

The Adventures of Priscilla, Queen of the Desert (1994) Stephan Elliot

Starring: Terence Stamp, Hugo Weaving, Guy Pearce

Three cabaret drag queens trek across Australia's outback in an unreliable bus christened Priscilla in this highly acclaimed comedy. When they break down in the middle of nowhere, the colorful trio does what they do best--they put on a show!

Muriel's Wedding (1995) P.J Hogan

Muriel (Toni Collette) is a young misfit adrift in a small Australian town called Porpoise Spit. She loves attending weddings just to witness two people starting new lives -- although it seems likely that Muriel herself will never have one. Finally, however, she gets fed up with being an onlooker and decides to take some action: she accepts a blank check from her mother that's supposed to start her off on a career selling makeup, and cashes it in for her parents' life savings.

Flush with mad money, she goes on a tropical vacation and then hightails it to Sydney to avoid the shame of possible jail time. There, Muriel renews her acquaintance with the vivacious Rhonda, who introduces her to new possibilities and adventures. But Muriel still lacks one important thing: a husband. How far will she go to get one?

Lantana (2001) Ray Lawrence

LANTANA is an intelligent, well-written, well-acted film that is much more than just another cop thriller. Anthony LaPaglia stars as Leon, a Sydney police detective who is cheating on his wife, Sonja (Kerry Armstrong), with a married woman from their dance class (Rachael Blake), even though he still loves his wife. There's something missing from his life, but he's not sure what. His relationship with his son is strained, and even his partner, Claudia (Leah Purcell), knows something is wrong. But as his affair heats up and a murder mystery that seems to involve all of the people in his life begins to consume his attentions, he is forced to reexamine his future both as a family man and a cop.

Strictly Ballroom (1992) Baz Luhrmann

Scott Hastings is an ambitious, athletic dancer eager to break with the Australian Dance Federation's stodgy traditions and choreograph his own steps for the upcoming Ballroom Dancing Championship. Scott's mother Shirley, his prissy partner Liz and coach Les are up in arms over his brash attitude towards ballroom conventions. Angry at Scott's new passionate refusal to follow the rules, Liz quits, leaving him without a partner. When Fran, a klutzy beginner, approaches him, Scott doesn't believe she can make the grade. But once Fran and her family introduce Scott to the vivacious Spanish rhythms and sharply sensuous moves that are part of their culture, he realizes this is the very outlet he's needed for his talents. Together, Fran and Scott boldly challenge the Federation's provincial attitudes, making everyone green with envy.

Shine (1996) Scott Hicks

Shine tells the dramatic story of Australian musical prodigy, David Helfgott. Helfgott shone as a pianist from an early age and was intensely nurtured and guided by his musically-frustrated father, a Holocaust survivor. Told in flashback, the film chronicles how this relationship traumatises the young, socially awkward boy until he has a mental breakdown while studying in London. The second half of the film follows Helfgott's slow recovery in Australia and his eventual comeback under the care of his wife and other supporters. Nominated for seven Academy Awards, winning the Oscar for Best Actor (Geoffery Rush).

Booking Conditions and Liability Release for Pacific Discovery Programs

Payment Schedule & Booking Conditions

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

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

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

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

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

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

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

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

Cancellations

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

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

If we cancel a program

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

Liability Release

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

Medical Considerations

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

Insurance

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

Responsibility

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Please contact us with any questions.
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