

**Welcome to New Zealand**

**Fisher & Paykel**  
**HEALTHCARE**



Beachlands, Auckland, North Island  
Fisher & Paykel Healthcare photographer Tony Mu (Solutions Developer, Obstructive Sleep Apnea Product Group)

**“Haere Mai”** Welcome in Te Reo Maori, the language of New Zealand’s indigenous people. When it comes to being welcoming we’re pretty good at it. New Zealand’s 4.5 million people are spread over a long skinny country which is affectionately known as the “land of the long white cloud” or **Aotearoa**.

Auckland is one of the world's most culturally diverse cities with 39 per cent of its population born overseas. Research indicates that we are more diverse than Sydney, Los Angeles, London and New York. You’ll find New Zealanders are friendly, open and relaxed operate with a high level of informality which makes it easy for new migrants to fit in.

### **The great outdoors**

New Zealand has diverse landscapes which provide countless opportunities to get immersed in nature and various kiwi past-times. Lush native rainforests meet the sea on dramatic black-sand west coast beaches, while the east coast’s sheltered golden sand beaches are fringed with red-flowering pohutukawa trees in summer and the winter brings snow on our mountains for alpine activities. The clean air, lakes, rivers and beaches are enjoyed by all kiwis and access to these is a way of life for us.

### **Food & wine**

Vineyards stretch throughout every region and chefs put local twists on fine cuisine. Our café coffee culture is strong as is the variety of fare represented in a vast array of ethnic restaurants. In a country where farming is one of our major exports we grow our own beef, lamb, venison, fish, shellfish, fruit and vegetables to name a few. New Zealanders are adventurous and entrepreneurial and as a result our range of food and wine is huge as we grow and cook with passion.

New Zealand celebrates food and wine all over the country with festivals, tours, cooking lessons, tastings at vineyards and restaurants galore. We enjoy entertaining at home and it is normal to be invited “over for a BBQ” and asked to “bring a plate”. This means bring a platter with food on it that you will share with everyone, like a salad, desert or special dish from your country.

### **Sport and adventure**

There is a lot to do in New Zealand when it comes to getting active which includes bungy jumping, sky diving, caving, canoeing, white and black water rafting, climbing, skiing, snowboarding, surfing, hiking and diving; New Zealand has every adventure activity you can think of and more. All activities are set to the backdrop of jaw-dropping landscapes. Take the 130 foot plunge off the Auckland Harbour Bridge or drive to Waitomo caves for the underground experience of a lifetime. Auckland is surrounded by water so get out and make the most of it by going sailing, jet boating or fishing. Other popular adventure sports include horse riding, hunting, motor trail riding, mountain biking or even off-road driving.

From a young age New Zealanders are encouraged to play team and individual sports. There are clubs for almost everything you can think of from Scottish dancing to hip hop, taekwondo to orchestras, tennis clubs to netball, rugby, football, league, athletics, dragon boating and kayaking. These activities are great ways to meet new people and make friends while living in New Zealand.

## **Auckland**

Auckland is the largest city in New Zealand with a population of 1.6 million. The main downtown area is situated on a beautiful harbour where many boating activities take place. A marina hosts super yachts and launches to small family sail boats. A harbour bridge connects the city and a motorway system forms the main arterials coming in and out. Public transport is available in light rail, buses, trains, cycling tracks but is not as advanced as other major global cities so it is recommended to have a car when you live in Auckland.

We get global artists in the musical area, sports teams, and the arts and cultural scene in New Zealand is extremely comparable to all major global cities of the world. You may have heard of the movies 'Hunt for the Wilderpeople' and 'Lord of the Rings'? Solo Mio & Lorde are just a few of our success stories.

Shopping is great and there are also many markets across Auckland featuring ethnic food, textiles, household goods in fact anything you can think of!

## **Climate**

New Zealand has four defined seasons (mentioned below) and a temperate climate with moderately high rainfall and many hours of sunshine. While the far north has subtropical weather during summer, and inland alpine areas of the South Island can be as cold as 14°F/ -10°C in winter, most of the country lies close to the coast which means mild temperatures.

January and February are the warmest months and July is the coldest month of the year. In summer, the average maximum temperature ranges between 70-90°F /20-30°C and in winter between 50-60°F / 10-15°C. While these temperatures are the norm, the weather in New Zealand can change unexpectedly as cold fronts or tropical cyclones quickly blow in. Because of this, you should be prepared for sudden changes in weather and temperature.

## **New Zealand Seasons**

Winter – June, July, August

Spring – September, October, November

Summer – December, January, February

Autumn – March, April, May

## **100% Pure New Zealand**

The low level of water pollution and the relative abundance of rain-fall ensure that water shortages are relatively uncommon. In rural communities it remains common-place for houses to be served by their own private supply - usually by the collection of rain-water from roofs into water tanks. We do not have the widespread pollution problems that are often found in other countries. New Zealand has relatively good air quality due to the low population density, our close proximity to the sea, and the isolation from other continents. The air in most parts of the country is clean and healthy to breathe.

You will enjoy our safe, clean, friendly country where there are limitless adventures to be had. We hope you have the opportunity to visit New Zealand soon.

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