



Bulletin –International Students

26th March, 2020

COVID-19 Update

This update provides information about keeping safe in your bubble during this one-month lockdown period, some tips for your well-being during this time, and information on repatriation flights.

We appreciate how uncertain everything is at the moment for you and we want to reassure you that the New Zealand government and education providers are working together to respond quickly to your needs. We will regularly update you with information to help you better understand what is happening and how it affects you.

Currently New Zealand is now at [Alert Level 4](#) in its response to COVID-19.

What this means for you as an international student is:

- Under Alert Level 4, no travel will be permitted for students unless there is an authorised transport option.
- We are aware that a few countries might look to repatriate their citizens by making special flights and have been in contact with students directly via email.
- A government team is being set up to manage this situation and provide updates as soon as these are available. This would include agreeing what would be approved domestic transport for getting students to the airport if they were confirmed on a flight.
- If repatriation flights do go ahead then there are likely to be a number of flights available in coming days and weeks so students should not feel panicked or pressured to make the first available flight.
- There are also a number of public health implications that are being looked at in terms of the ability to enforce social distancing at airports should these flights take place.
- Students should remain with their homestay or accommodation providers and not attempt any travel to Auckland or Christchurch until this situation is clarified.

Wellbeing – looking after yourself

- This is a new and strange situation for everyone in New Zealand (and around the world). If you'd like to talk through how you're feeling, there are a number of free counselling services available, like [1737, need to talk?](#), [The Low Down](#) and [Youthline](#).
- Register with [NauMai NZ](#), which is especially for international students, for regular updates and information on how to find contact details for these services and other [advice on looking after yourself and staying healthy and well](#).
- There is also information on this page to help you keep in contact with friends and family. It is more important than ever to maintain these connections.
- It is okay to go for a walk or bike ride. You do not have to be in your room all the time. However, you must maintain a two-metre distance from other people at all times.
- You can stay up to date with the latest Government information, including Ministry of Health advice on [covid19.govt.nz](#)
- For the latest education information, check the Ministry of Education website and talk with your study provider.