



# A South Pacific Odyssey: Australia, the Outback & New Zealand

## **EXTEND YOUR TRIP**

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Tasmania: Australia's Natural Heritage

New Zealand: Bay of Islands

Stopovers Available at Bangkok, Denpasar, Hong Kong, or Seoul

## Your Travel Handbook

# CONTENTS

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<b>Travel Documents &amp; Entry Requirements</b> . . . . .	3	New Zealand . . . . .	40
Visas Required . . . . .	3	Facts, Figures & National Holidays . . . . .	40
Flight Itinerary for Entry to New Zealand . . . . .	5	New Zealand: A Brief History . . . . .	40
<b>Rigors, Vaccines &amp; General Health</b> . . . . .	6	<b>Resources</b> . . . . .	44
Vaccines Required . . . . .	7	Suggested Reading . . . . .	44
		Suggested Films & Videos . . . . .	45
		Useful Websites . . . . .	47
		Useful Apps . . . . .	48
<b>Money Matters: Local Currency &amp; Tipping Guidelines</b> . . . . .	10		
Tipping Guidelines . . . . .	12		
<b>Air, Optional Tours &amp; Staying in Touch</b> . . . . .	13		
Optional Tours . . . . .	14		
Optional Tours: Reserve Before You Go . . . . .	14		
Communicating with Home from Abroad . . . . .	15		
<b>Packing: What to Bring &amp; Luggage Limits</b> . . . . .	17		
Suggested Packing Lists . . . . .	20		
Electricity Abroad . . . . .	22		
<b>Climate &amp; Average Temperatures</b> . . . . .	24		
<b>About Your Destinations: Culture, Etiquette &amp; More</b> . . . . .	28		
South Pacific Culture . . . . .	28		
Shopping: What to Buy, Customs, Shipping & More . . . . .	32		
<b>Demographics &amp; History</b> . . . . .	36		
Australia . . . . .	36		
Facts, Figures & National Holidays . . . . .	36		
Australia: A Brief History . . . . .	37		

# TRAVEL DOCUMENTS & ENTRY REQUIREMENTS

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## Your Passport

- Must be in good condition
- Must be valid for at least 6 months after your scheduled return to the U.S.
- Must have the required number of blank pages (details below)
- The blank pages must be labeled “Visas” at the top. Pages labeled “Amendments and Endorsements” are not acceptable

## Need to Renew Your Passport?

Contact the National Passport Information Center (NPIC) at **1-877-487-2778**, or visit their website at **www.travel.state.gov** for information on obtaining a new passport or renewing your existing passport. You may also contact our recommended visa service company, PVS International, at **1-800-556-9990** for help with your passport

## Recommended Blank Pages

Please confirm that your passport has enough blank pages for this vacation.

- **Main trip only:** You will need 3 blank passport pages
- **Pre-trip extension to Tasmania:** No additional pages needed.
- **Post-trip extension to Bay of Islands:** No additional pages needed.
- **Stopover in Bangkok:** You will need to add 2 additional pages to the applicable total listed above.
- **Stopover in Denpasar, Hong Kong, or Seoul:** You will need to add an additional page to the applicable total listed above.

## Visas Required

**We'll be sending you a detailed Visa Packet with instructions, application forms, and fees about 90 days prior to your departure.** In the meantime, we're providing the information below as a guideline on what to expect. *This info is for U.S. citizens only. All visas and fees are subject to change.*

- **Australia (base and pre-trip extensions): An Australian Electronic Authority (ETA) is required.** You must obtain the ETA via the Australian government's app, Australian ETA. This app is available for download on the Apple App Store and Google Play Store. Note that this is a digital process only and you will not receive a label or sticker in your passport.

- **New Zealand: A New Zealand Electronic Travel Authority (NZeTA) is required.** Note that this is a digital process only—you must apply online or via an app (we will send instructions), and you will not receive a visa sticker in your passport. In addition, all travelers should bring an extra copy of their air itinerary on the trip in case local officials ask for it at Passport Control.
- **South Korea (optional stopover only): An Electronic Travel Authorization is required.** Note that this is a digital process only and you must apply online or via an app (we will send instructions). You will not receive a visa sticker for this ETA in your passport.
- **Thailand, Indonesia, and Hong Kong (optional stopovers only): No visas required.** A visa is not required for U.S. citizens for stays of 30 days or less.

### Traveling Without a U.S. Passport?

If you are not a U.S. citizen, or if your passport is from any country other than the U.S., it is your responsibility to check with your local consulate, embassy, or a visa services company about visa requirements. We recommend the services of PVS International, a national visa service located in Washington D.C.; they can be reached at **1-800-556-9990** or **[www.pvsinternational.org](http://www.pvsinternational.org)**.

### Traveling With a Minor?

Some governments may require certain documentation for minors to enter and depart the country or to obtain a visa (if applicable). For further detail on the required documentation, please contact your local embassy or consulate.

### Emergency Photocopies of Key Documents

We recommend you carry color photocopies of key documents including the photo page of your passport plus any applicable visas, air itinerary, credit cards (front and back), and an alternative form of ID. Add emergency phone numbers like your credit card company and the number for your travel protection plan. Store copies separate from the originals.

If you plan to email this information to yourself, please keep in mind that email is not always secure; consider using password protection or encryption. Also email is not always available worldwide. As an alternative, you could load these documents onto a flash drive instead, which can do double-duty as a place to backup photos during your trip.

### Overseas Taxes & Fees

This tour may have taxes and fees that cannot be included in your airline ticket price because you are required to pay them in person onsite. All taxes are subject to change without notice and can be paid in cash (either U.S. or local currency). If applicable, you will receive a list of these fees with your Final Documents.

## Flight Itinerary for Entry to New Zealand

You will need to bring an extra copy of your flight itinerary for New Zealand in case local officials ask for it at Passport Control.

- **If you purchased airfare as part of your trip**, we will give you an extra copy of your flight itinerary in your Final Documents booklet for this purpose.
- **If you made your own international air arrangements**, you'll need to bring your own copy of your air itinerary and ticket numbers with you on the trip.

# RIGORS, VACCINES & GENERAL HEALTH

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## Is This Adventure Right for You?

**Please review the information below prior to departing on this adventure.** We reserve the right for our Trip Experience Leaders to modify participation, or in some circumstances send travelers home, if their condition would adversely affect the health, safety, or enjoyment of themselves or of other travelers.

### PACING

- 11 locations in 28 days with two 1-night stays; 6 internal flights of 1-4 hours each; 6 drives of 4-8 hours
- International flights from Los Angeles to Melbourne depart around midnight, losing one day en route as you cross the International Date Line, regained on the return trip

**Please note:** *Due to the length, location changes, long land transfers, distances covered, and both internal and international flights, this is a particularly challenging trip.*

### PHYSICAL REQUIREMENTS

- Not appropriate for travelers using wheelchairs, walkers, or other mobility aids; agility required for embarking boats
- You must be able to walk 2-3 miles unassisted and participate in 4-6 hours of physical activities each day
- Some walks may be in areas of high heat and humidity in Australia and snow and cool temperatures in New Zealand
- We reserve the right for Trip Experience Leaders to restrict participation, or in some circumstances send travelers home, if their limitations impact the group's experience

### CLIMATE

- Daytime temperatures range from 40-100°F
- Northern Australia is warm and humid, and temperatures in the Outback can exceed 100°F during the day, and drop dramatically at night
- New Zealand's climate is temperate and weather conditions change quickly

### TERRAIN & TRANSPORTATION

- We'll travel over city streets on foot, with occasional uphill walks along uneven glacial and rocky mountain terrain, sandy beaches, and rugged Outback trails
- Travel by 21-passenger minibus (no toilet onboard) and 20-120 passenger boats

- 1 overland drive 7.5 hours long in Australia; 5 overland drives 4–8 hours long in New Zealand; 6 internal flights of up to 4 hours each
- 3 cruises of 1.5–3 hours, one 7–hour cruise to the Reef

### **FLIGHT INFORMATION**

- Travel time will be 19–27 hours
- International flights from Los Angeles to Melbourne depart around midnight, losing one day en route as you cross the International Date Line, regained on the return trip
- Airport transfers in Melbourne take approximately 1 hour

### **ACCOMMODATIONS & FACILITIES**

- Hotel rooms are smaller than those in the U.S., offer simple amenities, and feature private baths
- Some hotels do not have air conditioning

### **Steps to Take Before Your Trip**

Before you leave on this adventure, we recommend the following:

- Check with the CDC for their recommendations for the countries you’ll be visiting. You can contact them online at [www.cdc.gov/travel](http://www.cdc.gov/travel) or by phone at **1-800-232-4636**.
- Have a medical checkup with your doctor at least 6 weeks before your trip.
- Pick up any necessary medications, both prescription and over-the-counter.
- Have a dental and/or eye checkup. (Recommended, but less urgent)

### **Vaccines Required**

#### **COVID-19**

Overseas Adventure Travel requires that all travelers are fully vaccinated against COVID-19 and are able to provide proof of their vaccination upon arrival at their destination. We consider “fully vaccinated” to be when all required primary doses have been received, as per CDC guidelines. O.A.T. does not require a Booster shot; however, if a country on your itinerary requires one, you must adhere to their guidelines.

#### **No Vaccines**

Please note, New Zealand’s Ministry of Health is currently advising those with travel plans to Auckland to make sure they have been vaccinated against measles prior to commencing travel (although this is not a requirement for entry). You very likely have already had this vaccine in the past, but we recommend confirming this with your doctor. Should your doctor recommend you get the vaccine, please be aware that it takes two weeks to become effective.

## Medication Suggestions

- An antibiotic medication for gastrointestinal illness
- Prescription pain medication in the unlikely event of an injury in a remote location

## Traveling with Medications

- **Pack medications in your carry-on bag** to avoid loss and to have them handy.
- **Keep medicines in their original, labeled containers** for a quicker security screen at the airport and a better experience if you get stopped by customs while overseas.
- **Bring copies of your prescriptions**, written using the generic drug name rather than a brand name to be prepared for any unforeseen loss of your medications.

We recommend checking with the State Department for medication restrictions by country: **travel.state.gov** (Go to “Find International Travel Information”, select “Country Information”, then enter the country into the search bar; if you don’t see any medications specifically mentioned under the “Health” section, then you can presume major U.S. brands should be OK).

## Staying Healthy on Your Trip

### Jet Lag Tips

- Start your trip well-rested.
- Begin a gradual transition to your new time zone before you leave or switch to your destination time zone when you get on the plane.
- Attempt to sleep and eat according to the new schedule.
- Avoid heavy eating and drinking caffeine or alcoholic beverages right before—and during—your flight.
- Drink plenty of water and/or fruit juice while flying
- Stretch your legs, neck, and back periodically while seated on the plane.
- After arrival, avoid the temptation to nap.
- Don’t push yourself to see a lot on your first day.
- Try to stay awake your first day until after dinner.

### Allergies

If you have any serious allergies or dietary restrictions, we advise you to notify us at least 30 days prior to your departure. Please call our Traveler Support team at **1-800-221-0814**, and we will communicate them to our regional office. Every effort will be made to accommodate you.



## Water

- Australia and New Zealand are healthy places, but it still pays to take care in what you eat and drink.
- Tap water is safe to drink but always beware of natural stream water.
- Take a bottle of water with you on outdoor excursions to stay hydrated.

## Food

- Food in Australia and New Zealand should not really cause any health problems—salads, fruit, and dairy products are fine.
- Be careful with food that has been cooked and left to go cold, which might happen in some self-service places.

## Sun Exposure & Insects

The sun is stronger in Australia and New Zealand than it is in most of the U.S., so the effect of intense sunlight is an important health consideration. Be prepared with sunblock (SPF 50 or higher), sunglasses, a hat or other head covering, and lightweight loose-fitting clothing for covering up even when it is warm.

Using insect repellent is advisable while you are out in the bush during the warmer months (November through April), especially in tropical northern Australia, or in southern New Zealand. Also, a head net is advisable for Ayers Rock in the summer due to the number of flies; this can be purchased in Australia or brought from home.

# MONEY MATTERS: LOCAL CURRENCY & TIPPING GUIDELINES

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## Top Three Tips

- **Carry a mix of different types of payments**, such as local currency, an ATM card, and a credit card.
- **Traveler's checks are not recommended.** They can be difficult to exchange and are rarely accepted in shops and restaurants.
- **You will not be able to pay with U.S. dollars on this trip;** you will need local currency.

## Local Currency

For current exchange rates, please refer to an online converter tool like [www.xe.com/currencyconverter](http://www.xe.com/currencyconverter), your bank, or the financial section of your newspaper.

**Australia:** Australian Dollar (AUD)

**New Zealand:** New Zealand Dollar (NZD)

## How to Exchange Money

If you want to exchange money before your trip, you can usually do so through your bank or at an exchange office. Your departure airport in the U.S., a travel agent, or an AAA office are also possible outlets. Or you can wait and change money on the trip instead—but it might be helpful to arrive with some local currency in case you run into a bank holiday or an “out of order” ATM.

On your trip, the easiest way is to withdraw funds from a local ATM. The ATM will give you local money and your bank at home will convert that into U.S. dollars.

You can also exchange cash at some hotels, large post offices, and money exchange offices. To exchange cash, you'll usually need your passport and bills in good condition (not worn, torn, or dirty). New bills (post 2004) are best. Never exchange money on the street. All exchange methods involve fees, which may be built into the conversion rate; ask beforehand.

## ATMs

When using the ATM, keep in mind that it may only accept cards from local banks, and may not allow cash advances on credit cards; you might need to try more than one ATM or more than one card.

Many banks charge a fee of \$1–\$10 each time you use a foreign ATM. Others may charge you a percentage of the amount you withdraw. We recommend that you check with your bank before you depart.

Lastly, don't forget to memorize the actual digits of your card's PIN number (many keypads at foreign ATMs do not include letters on their keys—they only display numbers.)

In most countries, ATMs are widely available in major cities. If you are in a rural location, it will likely be harder to find an ATM.

**Australia:** ATMs are widely available throughout large cities and small towns in Australia.

**New Zealand:** ATMs are widely available throughout large cities and small towns in New Zealand.

## Credit & Debit Cards

While traveling, most countries and major cities will accept credit cards. Even if you don't plan on using a credit card during your trip, we still suggest that you bring one or two as a backup, especially if you are planning a large purchase (artwork, jewelry). We also suggest that you bring more than one brand of card (i.e. Visa, MasterCard, American Express) if possible, because not every shop will take every card. For example, although Discover and American Express cards are accepted in some countries outside the U.S., they are not widely adopted, so other brands will work at a much larger range of stores, restaurants, etc.

If you are visiting a country that does not commonly accept credit cards, they will be listed below.

**Australia:** Credit and debit cards are widely accepted throughout Australia. Some hotels may charge additional fees for credit card payments on supplementary charges (such as bar bills, room service, etc.). Australian shops and banks use a PIN-based credit card systems. You may be able to authorize a payment by signature if your card was issued by an overseas provider, but this is becoming rare. A PIN is usually required so keeping varied payment options available makes sense.

**New Zealand:** Credit and debit cards are widely accepted throughout New Zealand, though American Express and Diners Club may be more limited than some of the other majors credit card providers (such as MasterCard or Visa). Some hotels may charge additional fees for credit card payments on supplementary charges (such as bar bills, room service, etc.). New Zealand shops and banks use a PIN-based credit card systems. Depending on your credit card provider, you may or may not need a PIN to use your card. Please consult your credit card provider for more details.

## Notify Card Providers of Upcoming Travel

Many credit card companies and banks have fraud alert departments that will freeze your card if they see suspicious charges—such as charges or withdrawals from another country. To avoid an accidental security block, it is a good idea to notify your credit card company and/or bank you will be using your cards abroad. You can do this by calling their customer service number a week or two before your departure. Some banks or credit card companies will also let you do this online.

You should also double-check what phone number you could call if you have a problem with a card while you are abroad. Don't assume you can use the 1-800 number printed on the back of your card—most 1 800 numbers don't work outside of the U.S.!

## Tipping Guidelines

Of course, whether you tip, and how much, is always at your own discretion. But for those of you who have asked for tipping suggestions, we offer these guidelines.

- **O.A.T. Trip Experience Leader:** It is customary to express a personal “thank you” to your Trip Experience Leader at the end of your trip. As a guideline, many travelers give \$8-\$12 USD (or equivalent in local currency) per person for each day their Trip Experience Leader is with them. *Please note that these tips can only be in cash. If you are taking any of the optional extensions, your Trip Experience Leader during the extension(s) may not be the same as the one on your main trip.*
- **Reminder about Trip Experience Leaders:** On this adventure, you’ll have the services of two Trip Experience Leaders. A resident Aussie Trip Experience Leader will be with you in Australia, and then a resident New Zealand Trip Experience Leader will take over during the time in New Zealand. This means that if you do choose to tip, each Trip Experience Leader would be tipped for the number of days you spend with him or her, not the length of the whole trip.
- **Waiters:** Restaurants do not generally add a service charge. It is common practice in Australia to tip approximately 10% of the bill for good service. However, this is at your discretion, and not expected by the staff. In New Zealand, it is not customary to tip but you may choose to leave a 10% tip if you have outstanding service.
- **Taxi drivers:** If you are taking a taxi by yourself, keep in mind tipping is not common practice, but many people simply let the driver keep the change by rounding up the fare to the next whole number.
- **Included in Your Trip Price:** Gratuities are included for local guides, drivers, and luggage porters on your main trip, extensions, and all optional tours.

*Please note: For your convenience, tips to O.A.T. staff can be paid in U.S. dollars or local currency (Australian dollars or New Zealand dollars). Tips to non-O.A.T. staff—waiters, taxi drivers, etc.—should be in local currency. Please do not use personal or traveler’s checks for tips.*

# AIR, OPTIONAL TOURS & STAYING IN TOUCH

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## Land Only Travelers & Personalized Air

### Quick Definitions

- **Land Only:** You will be booking your own international flights. Airport transfers are not included.
- **Air-Inclusive:** You booked international air with us. Airport transfers are included as long as you didn't customize your trip's dates (see next bullet).
- **Arrive Early, Stay Later, or Stopover (select adventures only):** If you chose one of these Personalization options and purchased air through O.A.T, accommodations and airport transfers are included. However, if you chose one of our Personalization options, but did not purchase air through O.A.T., accommodations are included, but airport transfers are not. If you chose one of our Personalization options, and purchase air through O.A.T. but not the accommodations, the airport transfers are not included. You will need to arrange for your own transfers. We have included transfer options below.
- **Personalization on Your Own:** If you have not purchased air through O.A.T. and decided to arrive early, stay longer, or stop in a connecting city on your own, you are responsible for airport transfers and accommodations. For your convenience, a preliminary list of your included hotels is available on your My Planner at [www.oattravel.com/myplanner](http://www.oattravel.com/myplanner) under "My Reservations" to help you with selecting a hotel for your additional time.

### Airport Transfers Cannot Be Purchased

If you booked flights on your own, airport transfers upon your arrival and prior to your return will not be included. These transfers cannot be purchased through O.A.T. prior to your departure or onsite. As you will need to arrange your own transfers, please see our recommended options below:

- **Taxis:** Upon arrival at the airport, there are often taxis waiting outside to transfer you directly to your hotel. For your return transfer, you can also request your hotel concierge arrange for a pick-up in your name.
- **Public Transit:** Most airports around the world either have a shuttle bus or a train system in place to transfer you into the nearest city. You would then be able to take a taxi, board additional public transportation, or walk to your hotel. You can find out the best method of transportation at a Tourist Information Desk at the airport upon your arrival or, prior to your flight, research using either our recommended transfer website, Rome to Rio ([www.rome2rio.com](http://www.rome2rio.com)) or Google Maps.

## Optional Tours

Optional tours are additional add-on tours that allow you to personalize your adventure by tailoring it to your tastes and needs. And if you decide not to join an optional tour? Then you'll have free time to relax or explore on your own—it's about options, not obligations.

### What You Need to Know

- All optional tours are subject to change and availability.
- Optional tours that are reserved with your Trip Experience Leader can be paid for using credit/debit cards only. We accept MasterCard, Visa, and Discover credit cards; we can also take MasterCard or Visa debit cards as long as the card allows you to sign for purchases. (You won't be able to enter a PIN.)
- To ensure that you are charged in U.S. dollars, your payment will be processed by our U.S. headquarters in Boston. This process can take up to three months, so we ask that you only use a card that will still be valid three months after your trip is over. The charge may appear on your credit card statement as being from Boston, MA or may be labeled as "OPT Boston".
- Your Trip Experience Leader will give you details on the optional tours while you're on the trip. But if you'd like to look over descriptions of them earlier, you can do so at any time by referring to your Day-to-Day Itinerary (available online by signing into My Planner at [www.oattravel.com/myplanner](http://www.oattravel.com/myplanner)).

### Optional Tours: Reserve Before You Go

We strongly recommend that you reserve the following optional tours in advance. Unless otherwise noted, the deadline to do so is 45 days prior to your departure. Occasionally, space will be available for booking onsite, but this not guaranteed. Optional tours with O.A.T. can only be purchased with a credit card (Visa or MasterCard) or a debit card with credit card functionality. Because our headquarters are in Boston, charges may appear to be from Boston or might be labeled as "OPT Boston" (depending on your credit card company).

#### ***Uluru & Kata Tjuta Scenic Helicopter Flight***

A half-hour flight around *Uluru* (Ayers Rock) and the *Kata Tjuta* (Olgas) will give you a completely different perspective on these magnificent sights. This unique opportunity allows you to enjoy the view as you sweep over these spectacular rock formations.

This optional tour is offered during the main trip. The cost is \$195 per person.

## Port Arthur

Spend the day exploring one of Australia's most historic sites. Port Arthur served as a prison colony for Australia between 1830 and 1877 when some 12,000 convicts were confined here; in fact, a whole network of prisons once dominated the island. Our tour starts at the Visitor Center, where an interactive gallery will help explain much of the history of this former penal colony. Then a guided walking tour will bring us to some of the restored buildings and ruins that were used as part of the prison system. Afterward, we'll drive through the charming and well-maintained grounds, which offer great views of Pirates Bay and Eaglehawk Neck.

This optional tour is offered during the *Undiscovered Tasmania: Hobart, Cradle Mountain & Launceston* trip extension. The cost is \$165 per person.

## Communicating with Home from Abroad

### Cell Phones

If you want to use your cell phone on the trip, check with your phone provider to see if your phone and service will work outside of the U.S. It may turn out to be cheaper to rent an international phone or buy a SIM card onsite. If you want to use a local SIM, just make certain your phone can accept one.

### Calling Apps

Another option is to use a smartphone app like Skype or FaceTime. These services are usually less expensive than making a traditional call, but you'll need a Wi-Fi connection and the calls may count towards your phone plan's data allowance. Many smartphones—and some tablets or laptops—come with one of these apps pre-installed or you can download them for free from the appropriate apps store.

### Calling Cards and 1-800 Numbers

When calling the U.S. from a foreign country, a prepaid calling card can be useful because it circumvents unexpected charges from the hotel. Calling cards purchased locally are typically the best (less expensive, more likely to work with the local phones, etc.).

One reminder: Do not call U.S. 1-800 numbers outside the continental United States. This can result in costly long distance fees, since 1-800 numbers do not work outside the country.

### Internet

Many hotels in Australia will offer some sort of complimentary WiFi, while others will charge approx \$20-25 AUD for 24 hours. Keep in mind that many places limit the amount of usage, even if you pay extra for internet access, so you may not be able to stream videos or other high-usage

content. In New Zealand, Internet speeds are comparable to the U.S. but hotels may charge for a high-speed connection. Generally travelers report that they have enough WiFi to keep in touch with folks back at home without having to buy an expensive package from their service provider.

### How to Call Overseas

When calling overseas from the U.S., dial 011 for international exchange, then the country code (indicated by a plus sign: +), and then the number. Note that foreign phone numbers may not have the same number of digits as U.S. numbers; even within a country the number of digits can vary depending on the city and if the phone is a land line or cell phone.

**Australia:** +61

**New Zealand:** +64



# PACKING: WHAT TO BRING & LUGGAGE LIMITS

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## Luggage Limits

MAIN TRIP LIMITS	
Pieces per person	One checked bag and one carry-on per person.
Weight restrictions	Varies by airline. The current standard is <b>50 lbs for checked bags</b> and <b>15 lbs for carry-ons</b> .
Size Restrictions	Varies by airline. Measured in linear inches ( <i>length+width+depth</i> ). Generally, <b>62 linear inches is the checked bag limit; carry-on limit is 45 linear inches</b> . <i>These sizes are OK if the weight limit is followed.</i>
Luggage Type	A soft-sided suitcase is preferred.
TRIP EXTENSION(S) LIMITS	
Same as main trip.	

## REMARKS/SUGGESTIONS

**Luggage rules:** Luggage rules and limits are set by governmental and airline policy. Enforcement of the rules may include spot checks or may be inconsistent. However one thing is the same across the board: If you are found to have oversized or overweight luggage, you will be subject to additional fees, to be assessed by—and paid to—the airline in question.

**Size restriction:** Some of Australia’s domestic airlines have size restrictions on suitcases as well as weight limits. For example, both Qantas Airlines and Virgin Australia state that your suitcase should not be more 54 linear inches total. This is a bit smaller than the largest suitcase most U.S. airlines allow (62 linear inches). In practice, this size restriction is rarely enforced as long as you do not go over the weight limit. Therefore, you can bring a U.S.-sized suitcase on this adventure, but if you do so, we strongly recommend that you stay within the weight limit.

**TIP from our regional office:** Our staff in the South Pacific have found that the airlines in New Zealand and Australia can be surprisingly strict about enforcing weight limits. There have been incidences of travelers being asked to re-pack their suitcase at the airport. While you might be able “to get away with” more, we encourage you to stay within the limit whenever possible.

**Luggage handling:** On arrival, you must pass through immigration/passport control and then take your luggage off the baggage carousel and load it onto a complimentary cart, which you then move through customs. When you exit customs, your driver will load your luggage onto your coach. You will need to handle your own luggage at all airports, but your Trip Experience Leader will pay for a baggage cart. Porterage at all hotels is provided for one bag per person.

### Don’t Forget:

- **These luggage limits may change.** If the airline(s) notify us of any changes, we will include an update in your Final Documents booklet.
- It’s a good idea to reconfirm baggage restrictions and fees directly with the airline a week or so prior to departure. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our website in the FAQ section.
- **Baggage fees are not included in your trip price;** they are payable directly to the airlines.
- The luggage limits above are based on your regional flights, which may be less than your international flights. Even if your international airline offers a larger weight limit, you will need to pack according to the lower restrictions.

### Your Luggage

- **Checked Luggage:** One soft-sided suitcase. Look for one with heavy nylon fabric, wrap-around handles, built-in wheels, and a heavy duty lockable zipper. Due to loading procedures, we prefer soft-sided suitcases.

- **Carry-on Bag:** You are allowed one carry-on bag per person. We suggest a tote or small backpack that can be used as both a carry-on bag for your flight and to carry your daily necessities—water bottle, camera, etc—during your daily activities.
- **Locks:** For flights that originate in the U.S., you can either use a TSA-approved lock or leave your luggage unlocked. Outside of the U.S. we strongly recommend locking your luggage as a theft-prevention measure.

### Clothing Suggestions: Functional Tips

As you will experience a wide range of temperatures and weather conditions, we suggest several layers of clothing. If you like to hand-wash your clothes, look for fabrics that will dry out overnight. You can buy clothing designed especially for travel, with features like wrinkle-resistant fabric or built-in sun protection.

- **Laundry:** You will have access to laundry service at most hotels during your trip. (As hotels are subject to change, the facilities are not listed here; please refer to your Trip Experience Leader for details.)
- **Warm clothes for the year-round volatile weather in the South Island:** “Be prepared” is the best maxim for travel to the South Island, where every kind of weather imaginable is possible—all within one day! Cold, wet weather is more likely to occur near the island’s Southern Alps, where there may even be some snow. Winter lasts from May through September, but all the elements of that season—ice, hail, snow, sleet—can happen any time of year. An insulated jacket with hood (preferably waterproof), fleece pullover or wool sweater, gloves, and waterproof shoes are recommended for your comfort. Your outer jacket should be roomy enough to comfortably fit over your sweater or fleece top. Since spurts of very warm weather are equally common, dress in layers so you can easily adjust to any sudden temperature shifts.
- **Footwear:** You’ll be on your feet a lot during the trip, and walking over some rough and slippery surfaces. Look for shoes with excellent ventilation as well as arch and ankle support. Sport sandals, boating shoes, or beach footwear are useful in some locations like Sydney beaches.

### Style Hints

- Australia and New Zealand are essentially sportswear countries, with dress on our trip being functional and casual.
- Don’t forget a hat, sunscreen, and sunglasses for protection against the sun. Good walking shoes are a must.
- Smart casual clothing is accepted wear for Sydney Opera House performances.

## Suggested Packing Lists

We have included suggestions from Trip Experience Leaders and former travelers to help you pack. These lists are only jumping-off points—they offer recommendations based on experience, but not requirements. You may also want to consult the “Climate” chapter of this handbook.

**And don’t forget a reusable water bottle**—you’ll need it to take advantage of any refills we offer as we are working to eliminate single-use plastic bottles on all of our trips.

## Recommended Clothing

- Shirts: A mixture of short and long-sleeved shirts in a breathable fabric, like cotton or cotton-blend. Polo shirts are more versatile than T-shirts.
- Trousers and/or jeans: Comfortable and loose fitting is best.
- Include one or two changes of smart casual clothing for restaurant dining
- Walking shorts for summer (summer in the Southern hemisphere is winter in the U.S)
- Shoes and socks: Comfortable walking/ running shoes or low-cut hiking shoes, with arch support.
- Wide-brim sun hat or visor for sun protection
- Warm rain jacket or lined windbreaker with hood
- Light cotton or wool sweater, as motor coach air conditioning can be cold
- Warm clothing for the South Island – see “Functional Tips” for details
- Underwear and sleepwear
- Swimsuit

## Essential Items

- Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, etc. Our hotels will provide the basics like soap and shampoo, but if you are sensitive to fragrances or new products, you may wish to bring your preferred brands.
- Spare eyeglasses/contact lenses
- Sunglasses
- Sunscreen, SPF 50 or stronger

- Insect repellent with DEET (35% strength) – can also be purchased in Australia or New Zealand
- Light folding umbrella
- Moisturizer and sun-blocking lip balm
- Pocket-size tissues
- Moist towelettes and/or anti-bacterial hand cleanser
- Flashlight
- Electrical transformer & plug adapters
- Camera gear with extra batteries or battery charger

### Medicines & First Aid Gear

- Your own prescription medicines
- Travel first aid kit: Band-Aids, headache and pain relief, laxatives and anti-diarrhea tablets, something for upset stomach. Maybe a cold remedy, moleskin foot pads, antibiotic cream, or allergy medication.
- An antibiotic medication for gastrointestinal illness
- Optional: A strong prescription pain medication for rare emergency purposes

### Optional Gear

- Travel alarm clock
- Lightweight binoculars (essential if birding)
- Hanging toiletry bag
- Hand-wash laundry soap and possibly plastic hang-up clothespins
- Reading materials
- Travel journal/note pad and pens
- Home address book
- Small gift for Home-Hosted visit

- Folding walking staff, sold in most camping stores
- Calculator for currency conversion
- Fly net for Ayers Rock in summer (can be purchased in Australia)

**TIP:** *If you forget something, or run out of space, many of the basics listed above—daily toiletries, insect repellent, moisturizer, lip balm, moist towelettes—can be purchased in Australia or New Zealand. So can many of the over-the-counter medicines that follow.*

## Home-Hosted Visits

Many of our adventures feature a visit with a local family, often as part of the *A Day in the Life* experience. It is customary, though not necessary, to return your hosts' generosity with a small gift. If you do bring a gift, we recommend that you bring something the whole family can enjoy, or something that represents your region, state, or hometown. Get creative and keep it small—peach jelly from Georgia, maple sugar candy from New England, orange blossom soap from California; something that can be used or used up is best. When choosing a gift, be certain to consider the local culture as well. For example, we do not recommend alcohol in Muslim countries because it is forbidden in Islam, and your hosts may be religious. Not all O.A.T. adventures include a Home-Hosted Visit; please check your final itinerary before you depart.

## Electricity Abroad

When traveling overseas, the voltage is usually different and the plugs might not be the same shape.

### Voltage

Electricity at hotels in Australia and New Zealand is 230–240 volts. In the U.S. it is 110 volts. Most of the things a traveler will want to plug in—battery chargers, MP3 players, tablets or computers—can run off both 110 and 220–240. But you should check the item or the owner's guide first to confirm this before you plug it in. Plugging a 110V U.S. appliance into 220/240V 50/60Hz service will ruin the motor. If you have something that needs 110 volts—like a shaver or a hairdryer—you can bring a transformer to change the current. (But transformers tend to burn out, so it might be better to leave whatever it is at home.)

### Plugs

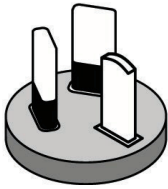
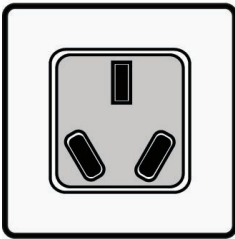
The shape of plugs will vary from country to country, and sometimes even within a country depending on when that building was built. To plug something from the U.S. into a local socket you'll need an adapter that fits between the plug and the socket. Although you will only need one type of plug on this trip, it may be easier to purchase an all-in-one, universal adapter/converter combo. Versatile and lightweight, these can usually be found at your local electronics goods or hardware stores. Sometimes you can buy them at large retailers too, like Target or Walmart. If you forget to bring an adapter, you might also find them for sale at the airport when you arrive at your destination.

Different plug shapes are named by letters of the alphabet. Standard U.S. plugs are Type A and Type B. Here is the list of plugs for the countries on this trip:

**Australia:** I (some may not have a grounding pin)

**New Zealand:** I (some may not have a grounding pin)

## Type I



### Availability

Barring the occasional and unpredictable power outage, electricity is as readily available on this adventure as it is in the U.S.

## CLIMATE & AVERAGE TEMPERATURES

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**Melbourne, Australia:** These cities are in the temperate zone. As a result, temperatures are generally in the 50s-70s throughout the year, although highs in the 80s are common in summer and lows in the 40s are normal in the winter. Occasionally, heat waves will spike the highs up even more—to as much as 100 degrees—but this is the exception, rather than the rule. Rainfall can occur at any time of year. Snow is fairly rare, but can happen in Melbourne. Melbourne is also subject to a “bay effect” which causes sudden temperature drops and rainstorms, especially in spring and summer.

**Port Douglas, Australia:** As part of the northeast tropical zone, Port Douglas is warm and wet year-round. The seasons here could be classified as rainy season and dry season rather than winter, spring, summer, and fall. Rainy season would be January–March and part of April; dry season is June–October; and the other months would be transitional shoulder seasons.

**Tasmania, Australia:** Overall, Tasmania’s climate is similar to the Atlantic Seaboard in the U.S.—mild in spring and fall, warm and humid in the summer, and cold in winter. Snowfall is mostly in the mountains, although towns like Hobart and Launceston might get a dusting every now and then.

**Alice Springs, Australia:** Located in the desert outback, Alice Springs is generally hot and dry. Daytime highs will be roughly 10 degrees higher than other cities we visit—so if it is a pleasant 80 degrees in Melbourne or Sydney, expect 90 degrees in Alice Springs. Nighttime lows can also be more severe compared to other cities. The desert doesn’t retain heat well, so lows in the 50s are common, even if it was very hot earlier that day. In winter, lows can dip down into the 30s and 40s. Heat waves are more common here than other parts of the country—and more extreme—with temperatures of 110 degrees or even more. On the plus side, there is very little rainfall.

**New Zealand:** The winter season runs from May to September, but since weather in New Zealand is changeable throughout the year, especially in the South Island, all types of weather conditions can occur during any season. All months are at least moderately wet; though extended periods of settled, sunny weather can occur at any time of the year. Overall, the country has more sunshine than might be expected in such a variable climate. Weather conditions on the milder North Island differ from those on the tempestuous South Island.

- **North Island:** The northern region of New Zealand and its eastern coast tend to be sunnier and drier than the southern half of the country. While snow can occur almost anywhere at sea level in New Zealand, it is very rare in the extreme north of the North Island. Here the climate is almost subtropical with gentle winters and warm, humid summers. Rain is quite frequent in the northern part of the North Island and you should come prepared with adequate rain gear. Temperatures become cooler as you move south toward New Zealand’s second major island.



- **South Island:** Known as the South Pacific’s “Gateway to Antarctica,” the South Island is equally famous for its unpredictable weather shifts. At any time of year, it’s not unusual for a day to start with bright sunlight, turn to wind-driven rain, intensify to snow and sleet, and then miraculously go back to dazzling sunshine. Temperatures may soar into the 80s and 90s, then plummet into the 40s and 30s, all within a few hours.

**NOTE:** If you are taking one of our optional stopovers before or after your OAT adventure, please be aware the climate and temperatures might be different from what you experienced during your tour. To prepare for weather differences and pack appropriate clothing, we recommend the following world weather sites:

- [www.intellicast.com](http://www.intellicast.com)
- [www.weather.com](http://www.weather.com)
- [www.wunderground.com](http://www.wunderground.com)

### Climate Averages & Online Forecast

The following charts reflect the average climate as opposed to exact weather conditions. This means they serve only as general indicators of what can reasonably be expected. An extreme heat wave or cold snap could fall outside these ranges. As your departure approaches, we encourage you to go online to [www.oattravel.com/myplanner](http://www.oattravel.com/myplanner) for your 10-day forecast. If you want to check the forecast for alternate locations not listed, we recommend using [www.weather.com](http://www.weather.com), a world weather website

## Average Daily High/Low Temperatures (°F), Humidity & Monthly Rainfall

MONTH	MELBOURNE, AUSTRALIA			ALICE SPRINGS, AUSTRALIA		
	Temp. High-Low	% Relative Humidity (pm)	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity (avg)	Monthly Rainfall (inches)
<b>JAN</b>	79 to 56	52	1.8	97 to 70	35	1.4
<b>FEB</b>	80 to 57	49	1.6	95 to 69	40	1.6
<b>MAR</b>	75 to 55	48	1.4	90 to 63	35	1.5
<b>APR</b>	68 to 51	54	1.9	82 to 55	40	0.5
<b>MAY</b>	62 to 47	62	1.9	73 to 47	50	0.7
<b>JUN</b>	56 to 43	69	1.6	68 to 41	55	0.6
<b>JUL</b>	55 to 41	69	1.5	67 to 39	50	0.6
<b>AUG</b>	57 to 42	62	2.0	72 to 43	40	0.4
<b>SEP</b>	61 to 44	58	1.8	80 to 50	30	0.3
<b>OCT</b>	66 to 47	55	2.3	87 to 59	30	0.8
<b>NOV</b>	71 to 50	56	2.4	92 to 64	35	1.0
<b>DEC</b>	76 to 53	49	1.9	96 to 68	35	1.4

MONTH	PORT DOUGLAS, AUSTRALIA			CHRISTCHURCH, NEW ZEALAND		
	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)
<b>JAN</b>	86 to 74	78 to 73	15	73 to 53	--	2.1
<b>FEB</b>	86 to 74	81 to 76	16	71 to 53	--	1.8
<b>MAR</b>	85 to 73	81 to 75	16	69 to 49	--	2.1
<b>APR</b>	82 to 70	78 to 72	8	63 to 44	--	2
<b>MAY</b>	80 to 67	77 to 72	2	58 to 39	--	2.7
<b>JUN</b>	77 to 63	77 to 71	1	53 to 34	--	2.6
<b>JUL</b>	76 to 62	75 to 69	1	52 to 33	--	2.6
<b>AUG</b>	77 to 62	73 to 66	0	54 to 36	--	2.1
<b>SEP</b>	80 to 65	69 to 64	1	59 to 39	--	1.8
<b>OCT</b>	82 to 69	70 to 65	1	62 to 43	--	1.8
<b>NOV</b>	85 to 72	71 to 67	3	66 to 46	--	1.9
<b>DEC</b>	86 to 73	72 to 68	7	70 to 51	--	2.2

MONTH	QUEENSTOWN, NEW ZEALAND			AUCKLAND, NEW ZEALAND		
	Temp. High-Low	% Relative Humidity (avg)	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)
<b>JAN</b>	71 to 49	66	3.2	75 to 61	77 to 62	2.8
<b>FEB</b>	70 to 48	70	2.9	75 to 62	80 to 63	3.4
<b>MAR</b>	67 to 46	72	3.0	73 to 59	81 to 66	3.1
<b>APR</b>	59 to 40	77	2.9	68 to 55	83 to 69	3.8
<b>MAY</b>	52 to 35	80	2.6	63 to 51	86 to 73	4.5
<b>JUN</b>	46 to 30	81	2.2	59 to 47	88 to 76	5.0
<b>JUL</b>	46 to 29	82	2.2	58 to 46	88 to 76	5.2
<b>AUG</b>	50 to 32	77	2.5	59 to 47	86 to 74	4.4
<b>SEP</b>	55 to 36	70	2.6	62 to 50	82 to 72	3.7
<b>OCT</b>	59 to 40	68	3.0	64 to 52	79 to 71	3.7
<b>NOV</b>	64 to 43	66	2.5	67 to 55	77 to 67	3.2
<b>DEC</b>	68 to 47	65	2.4	71 to 59	77 to 65	3.1

MONTH	HOBART, AUSTRALIA			WHANGAREI, NEW ZEALAND		
	Temp. High-Low	% Relative Humidity (avg)	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity (avg)	Monthly Rainfall (inches)
<b>JAN</b>	71 to 53	56	1.9	75 to 60	78	2.7
<b>FEB</b>	71 to 53	59	1.5	75 to 61	77	8.2
<b>MAR</b>	68 to 51	61	1.8	73 to 59	81	7.1
<b>APR</b>	63 to 48	66	1.9	69 to 54	83	6.1
<b>MAY</b>	58 to 44	70	1.8	64 to 51	84	8.6
<b>JUN</b>	53 to 41	75	2.2	61 to 47	88	6.8
<b>JUL</b>	52 to 40	75	2.1	59 to 45	92	8.1
<b>AUG</b>	55 to 41	68	1.9	60 to 46	81	10.1
<b>SEP</b>	59 to 43	63	2.1	62 to 48	84	5.3
<b>OCT</b>	63 to 46	60	2.3	65 to 51	80	6.9
<b>NOV</b>	66 to 48	57	2.4	69 to 54	75	4.2
<b>DEC</b>	69 to 51	56	2.1	72 to 57	75	5.4

## ABOUT YOUR DESTINATIONS: CULTURE, ETIQUETTE & MORE

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### O.A.T. Trip Experience Leaders: A World of Difference

During your adventure, you'll be accompanied by one of our local, Trip Experience Leaders. All are fluent in English and possess the skills, certification, and experience necessary to ensure an enriching adventure. As locals of the regions you'll explore with them, our Trip Experience Leaders provide the kind of firsthand knowledge and insight that make local history, culture, and wildlife come alive. Coupled with their unbridled enthusiasm, caring personalities, and ability to bring diverse groups of travelers together, our Trip Experience Leaders ensure that your experience with O.A.T. is one you'll remember for a lifetime.

### Points to Know

This trip combines both our *Ultimate Australia* and *Pure New Zealand* adventures into an extended tour of this stunning region. Some passengers may join this tour as they travel the individual itineraries, while others may travel only the complete combined itinerary, and you may journey with a changing group of travel mates. No matter which tour you're on you'll enjoy the chance to share the adventures of like-minded travelers as your experiences intersect.

### South Pacific Culture

Due to Australia's natural isolation as an island continent, the indigenous peoples developed their own culture and community over about 40,000 years—in which they had little contact with other societies. This remoteness is what attracted British settlers to New South Wales where they established a penal colony in 1788. Until about the mid-20th century, Australian culture was almost exclusively Anglo-Celtic. Efforts by the government over the previous two centuries helped to maintain the island's prominent homogeneity, including persecution of the indigenous population and the 1901 White Australia policy, which halted all non-European immigration into the country. In the latter half of the 20th century, immigration laws became more relaxed, and the country saw a large influx of immigrants and refugees from eastern Asia, the Middle East, and other parts of Europe. At the same time, the Australian government began addressing past wrongs against the indigenous peoples. In 1967, following the example of the American Civil Rights Movement, the indigenous peoples of Australia began fighting for equal rights. As a result, a referendum was passed to allow indigenous Australians the right to vote, officially recognizing them as citizens of Australia. While indigenous people are still fighting for full equality today, these progressive measures allowed the indigenous people to claim their identity and culture again. The influx of multiculturalism in the late 19th century has left a lasting imprint on the cultural fabric of Australia.

Akin to Australia's indigenous history, European settlers began to arrive in New Zealand after James Cook mapped the country in 1770 and native Maori traditions began to die out as settlers tried to assimilate the Maori to European culture, including converting them to Christianity. Maori culture suffered greatly in the years of colonization and into the 20th century as many were torn between the pressure to assimilate and the desire to preserve their own culture. Since

the 1950s, there has been a cultural revival and preservation of Maori traditions. First held in 1972, the biennial Te Matatini festival celebrates Maori culture and history, especially the tribal dance and song performances—known as kapa haka. The festival is held over several days and culminates in the national kapa haka championship. Maori waiata (songs) and dances have become increasingly popular in recent years. While 67% of Kiwis (an affectionate term for New Zealanders) are of European descent, waves of immigration brought a mix of cultures that are celebrated in New Zealand. Among the 19th-century settlers were Scandinavians, Chinese, Italians, and Indians. Today, there are large communities of Pacific Islanders and Asians. These cultures are celebrated in a variety of ways, including the Lunar New Year, the Lantern Festival, and Diwali. One of the major holidays in New Zealand is Waitangi Day (February 6), where the signing of the Treaty of Waitangi is remembered. The treaty promised Maori ownership of their land and rights as British citizens. Celebrations of this day include Maori ceremonies, sporting events, music, and parades. Waitangi Day is also used as a day of reflection on the historical effects of European settlement on Maori tribes.

Broadly, egalitarianism strongly underpins interpersonal values in Australia and New Zealand—commonly referred to as a “fair go” among locals. Australians typically show disdain for pretentious behavior and are often described as being informal or laid back—an impression cultivated through their iconic greeting “g’day mate” or “g’day sheilas.” Adding to their laid-back demeanor, Australia celebrates a large number of public holidays, making long weekends a frequent custom. In New Zealand, there is a strong individualistic attitude among Kiwis, which is believed to stem from their relative isolation in the South Pacific and the rugged terrain that surrounds them.

Despite the stereotypical image of Crocodile Dundee roaming the remote Outback, the majority of Australia’s population is concentrated in urban areas. Around 85% of Australia’s 25 million people live within about 30 miles of the coast and 10 million live in the two biggest cities, Sydney and Melbourne. While about 52% of Australians identify as Christian, there is no official state religion in Australia. In fact, the fastest growing religious affiliation is “no religion,” as 30% of the population nominated this category in the 2016 census. This nomination comprises many subcategories like agnostic, atheist, and other spiritual beliefs. Among young Australians aged 18–34, this was the most common choice. In New Zealand, Christianity is the largest religion; however, in the 2018 census almost half of New Zealanders reported they had “no religion,” which is the first time the number of people who are religiously unaffiliated exceeded the number of Christians in the country.

## Taking Photographs

The etiquette of photographing people in most countries is about the same as it would be on the streets of your hometown. You need permission to take a close-up, but not for a crowd scene. Be especially polite if you want to photograph children or older women. If you want to shoot a great portrait, show interest in your subject and try to have a bit of social interaction first. Then use sign language to inquire if a picture is OK.

Please do not take photographs of military personnel, military compounds, or other official institutions/personnel (such as police). This may result in the confiscation of your camera.

In museums or at archaeological sites, there may be restrictions on using your flash. Please obey any signs or directions by staff; the no-flash rule protects the fragile artifacts and artwork from damage by repeated exposure to light. Occasionally, there may also be a small fee levied by the museum or site for the privilege of taking photos.

## Safety & Security

As you travel, exercise the same caution and awareness that you would in a large American city. Don't be overly nervous or suspicious, but keep your eyes open. If you are venturing out after dark, go with one or two other people.

Carry a one-day supply of cash, and your passport, in a travel pouch. Don't leave valuables unattended in your hotel room. Most hotels will offer use of a hotel safe at the front desk or an electronic in-room safe (for which you can set your own personal number). Please utilize this.

Pickpockets may create a sudden distraction. In any sort of puzzling street situation, try to keep one hand on your wallet or money belt. If an encounter with a local turns out to be long and complicated and involves money or your valuables, be very careful.

## Australian Cuisine

Two of the most popular cooking styles in sunny Australia are Mediterranean and Southeast Asian, though every type of cuisine can be found in its plethora of fine city restaurants, including Indian, Japanese, American, and French. The fresh local seafood is especially good, and the colorful regional vegetables are cooked up a hundred tasty ways to accompany traditional game dishes made with duck, beef, lamb, or kangaroo. Other items to be on the lookout for include:

- **Meat pies:** A relic from their English heritage, Aussies love a good meat pie, which is a savory pie with meat, vegetables, and gravy inside (similar to a chicken pot pie, but usually made with beef or lamb)
- **Mushy peas:** Peas that have been boiled and then lightly mashed—goes great with a meat pie
- **Sausage roll:** Think an oversized “pig in a blanket”, and you're not far off
- **Chicken Parmigiana:** Yes, this dish has Italian roots, but it is well-loved throughout Australia (as is other Italian-Aussie cooking) and you'll find it in many pubs
- **Fish and chips:** Fried fish with a side of French fries
- **Barramundi:** A type of sea bass that is often served grilled or pan-seared; a healthy alternative to fish and chips
- **Beetroot:** A popular vegetable that is often put in sandwiches and burgers
- **Vegemite:** This one's an acquired taste, but while you're in Australia you may wish to try this savory spread made from yeast extract, which is typically spread as a thin layer on toast
- **Pavlova:** A much-loved dessert made with layers of meringue, fruit, and whipped cream.

- **Lamingtons:** Quite possibly Australia’s national dessert, a lamington is a square of cake dipped in chocolate and then rolled in coconut flakes
- **Cherry ripe:** A candy bar only sold in Australia—cherry and coconuts in dark chocolate
- **Drinks:** Australia has both a vibrant wine industry and a plethora of brew houses. Local beers to look for are Coopers, Carlton Draught, Victoria Bitter, and Tooheys; while Shiraz (red), Cabernet Sauvignon (red), and Chardonnay (white) are popular wines.

## New Zealander Cuisine

Major cities in New Zealand offer cosmopolitan dining and a wide range of restaurants that serve every choice of international cuisine and are renowned for their excellent quality. In rural areas, menus often still reflect the traditional English-style of cooking—a meat and two vegetables.

New Zealand specialties include:

- **Lamb:** This is one of the country’s major exports and not to be missed if you like red meat
- **Venison:** New Zealand claims to be the first country to farm deer, and as a result, you’ll find venison on the menu at both high-end restaurants and burger joints (often humorously referred to as a “Bambi burger”)
- **Hangi:** A traditional cooking style with meat and vegetables slow-cooked in an underground oven or fire pit (a bit like a luau). Some restaurants recreate the dish by cooking the same ingredients in a clay pot.
- **Kumara:** A type of sweet potato that is often used in *hangi*
- **Green-lipped mussels:** Served European-style as steamed mussels in broth, these larger-than-average mussels are native to New Zealand’s waters
- **Oysters:** Pacific oysters served on the half shell are a popular starter, especially the succulent, white-shelled Bluff oysters, available from March to about July
- **“Lobster”:** Actually crayfish, but just as tasty! You may see this on the menu as crayfish, rock lobster, or spiny lobster.
- **Whitebait fritters:** Deep-fried patties or balls of batter made with small whitebait fish
- **Hokey Pokey:** A flavor of ice cream in New Zealand, consisting of plain vanilla ice cream with small, solid lumps of honeycomb toffee.
- **Manuka honey:** A product on NZ that is renowned for its medical properties. It can be eaten or used in skincare products.
- **Lemon & Paeroa:** A lemon soda similar to—but stronger than—Sprite
- **Wines:** New Zealand produces some excellent wines, and is particularly known for its citrusy Sauvignon Blanc (white), dense Pinot Noir (red), and some light and refreshing rosés

## **Manners**

Kiwis and Aussies are famous for their friendliness. You won't have to work hard to strike up conversations.

The etiquette of photographing most people in Australia and New Zealand is about the same as it would be on the streets of your hometown. You need permission to take a close-up, but not for a crowd scene. For cultural reasons, some Maori and Aboriginal people usually do not want their photographs taken, even from a distance. You should not assume that it is OK to photograph them. Ask your intended subject first or ask your Trip Experience Leader for advice.

## **Safety & Security**

As you travel, exercise the same caution and awareness that you would in a large American city. Don't be overly nervous or suspicious, but keep your eyes open. If you are venturing out after dark, go with one or two other people.

Carry a one-day supply of cash in your pocket. Carry most of your money, and your passport, in a travel pouch or money belt under your shirt. Replenish your pocket supply when you are in a safe and quiet place, or in our vehicle. Don't leave valuables unattended in your hotel room. Most hotels will offer use of a hotel safe at the front desk or an electronic in-room safe (for which you can set your own personal number). Please utilize them.

Pickpockets may create a sudden distraction. In any sort of puzzling street situation, try to keep one hand on your money belt. If an encounter with a local turns out to be long and complicated and involves money or your valuables, be very careful. Con artists sometimes target travelers.

## **Shopping: What to Buy, Customs, Shipping & More**

There may be scheduled visits to local shops during your adventure. There is no requirement to make a purchase during these stops, and any purchase made is a direct transaction with the shop in question, subject to the vendor's terms of purchase. O.A.T. is not responsible for purchases you make on your trip or for the shipment of your purchases.

## **Returns**

If you discover an issue with an item, you should contact the vendor directly and expect that any resolution will take longer than it would in the U.S. We recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop's contact information. Keep in mind, local practice may vary from U.S. standards, so don't assume that you have a certain number of days after the purchase to speak up or that you are guaranteed a refund.



## Crafts & Souvenirs

### Australia

You can find craft items and screen-printed garments made by Aboriginal craft cooperatives throughout Australia—especially around Alice Springs and Ayers Rock (Uluru). The opal is Australia's national gem, and is used in many different types of jewelry. Items with typically Australian symbols like koala bears, kangaroos, boomerangs, etc. can make fun gifts, while items made out of eucalyptus leaf are lightweight and durable. In addition, both Australia and New Zealand produce distinctive wines that make fine gifts or souvenirs.

### New Zealand

New Zealand has a strong sheep herding industry, so quality woolens shouldn't be hard to find—possum fur and merino wool blend garments can be found in most places. Jewelry made from greenstone (a type of jade found on the South Island), pearls, or paua shells are popular buys. Traditional Maori crafts include carvings in wood, stone, or bone; and flax weaving. Less obvious—but still typically New Zealand—souvenirs include t-shirts for the national rugby team or beauty products like the Evolu or Living Nature lines.

## U.S. Customs Regulations & Shipping Charges

For all things related to U.S. Customs, the ultimate authority is the U.S. Bureau of Customs & Border Protection. Their website, [www.cbp.gov](http://www.cbp.gov) has the answers to the most frequently asked questions. Or you can call them at **1-877-227-5511**.

The top three points to know are:

- At time of writing, your personal duty-free allowance is \$800 for items brought with you. Items totaling more than \$800 are subject to duty fees.
- **Items shipped home are always subject to duty when received in the U.S.** Even when the shop has offered to include shipping and duties in the price, this typically means shipping to the nearest customs facility and payment of the export duties—not door-to-door shipping or payment of the import duties. All additional duties or shipping charges would be your responsibility. Unless an item is small enough to send by parcel service (like FedEx), chances are you will need to arrange shipping or pick-up once the item is in the U.S. and will need to pay customs duties.
- It is illegal to import products made from endangered animal species. U.S. Customs & Border Protection will seize these items, as well as most furs, coral, tortoise shell, reptile skins, feathers, plants, and items made from animal skins.

## Australian Customs Regulations

Before you arrive in Australia, you will receive an Australian Arrival Card. Please keep in mind that Australian Customs Regulations apply when you enter Australia and that all regulations are subject to change without notice. In general, travelers are allowed to bring \$A900 (approximately

\$818 U.S.) worth of goods into Australia free of duty and sales tax, not including alcohol or tobacco, when the goods accompany the passenger. The limit is \$A450 (approximately \$409 U.S.) for travelers under 18 years of age. The maximum amount of alcohol allowed per person is 2.25 liters. The maximum amount of tobacco allowed per person is 25 cigarettes or 25 grams of cigars. Food items of any kind—even ones that are allowed into the country—must be declared. For more information, you may want to contact the Australian Customs Service.

**Security:** In addition to their customs restrictions, the Australian government has security measures to limit the amount of liquids, aerosols, and gels that can be taken through the screening point for people flying to and from Australia. All containers with drinks, creams, perfumes, sprays, gels, toothpaste and similar substances should not exceed 100ml (3.3 ounces) each and will have to be carried in a re-sealable clear plastic bag, no larger than 20cm x 20cm, and be inspected separately. There is a limit of one bag per person. Any sharp items (i.e. nail scissors) should be in your checked luggage.

Telephone from the United States: **011-612-9313-3010** or on the web: **www.customs.gov.au**.

**TIP:** *Our regional office would like to remind you that you should NOT bring fruit of any kind into Australia. It will be confiscated and you will be fined.*

**Tourist Refund Scheme (TRS):** The TRS enables you to claim a refund, subject to certain conditions, of the goods and services tax (GST) and wine equalization tax (WET) that you pay on goods you buy in Australia. To claim a refund you must:

- Spend AUD\$300 (GST inclusive) or more in the one store and get a single tax invoice. (You can submit paperwork from more than one store provided that you spent AUD\$300 at each store.)
- Buy goods no more than 60 days before departure
- Wear or carry the goods on board the aircraft and present them along with your original tax invoice, passport and international boarding pass to a Customs Officer at a TRS facility
- Claims at airports are available up to 30 minutes prior to the scheduled departure of your flight

The refund only applies to goods that you take with you as hand luggage or wear onto the aircraft when you leave Australia. It does not apply to services or goods consumed or partly consumed in Australia, such as wine, chocolate or perfume. However, unlike other tourist shopping schemes, most of the goods, such as clothing and cameras, can be used in Australia before departure.

You can collect your refund through one of the following methods:

- Check
- Credit to an Australian bank account
- Payment to a credit card

Customs will aim to post check refunds within 15 business days. Bank and credit card refunds will be issued by Customs within 5 business days, however, payment will be subject to processing by your bank or card issuer.

## New Zealand Customs Regulations

The following regulations were taken from New Zealand's government customs website: [www.customs.govt.nz](http://www.customs.govt.nz)

*All regulations are subject to change without notice.*

Before you arrive in New Zealand, you will receive a New Zealand Passenger Arrival Card. You must tick (check) "Yes" in the Customs section of your arrival card if you are bringing any of the following into New Zealand:

- Goods that may be prohibited or restricted, such as weapons, hookah/shisha pipes, other ornamental pipes, objectionable (indecent) materials, wildlife products or illicit drugs.
- Goods in excess of the \$700 allowance and the tobacco and alcoholic beverages allowance. At time of writing, \$700 NZD was roughly \$500 U.S. The duty-free allowance for tobacco was 25 cigarettes, or 25 grams of tobacco, or 25 cigars, or a mixture of all three weighing not more than 25 grams. You could also bring up to 4.5 liters of wine, or 4.5 liters of beer, or three bottles each containing not more than 1,125ml of spirits, liqueur, or other spirituous beverages duty-free.
- Goods carried on behalf of another person
- NZ \$10,000 or more, or the equivalent in foreign currency (please have purchase receipts available)
- **Food items of any sort, whether restricted or not. This includes food given to you during your flight.**
- You will be fined on the spot (around NZD400) for anything that you do not declare on this form.

**TIP:** *Our regional office would like to remind you that you should NOT bring fruit of any kind into New Zealand. It will be confiscated and you will be fined.*

You do not have to declare your clothing, footwear, jewelry, or toiletries. These are regarded as personal effects if they are intended solely for your own use. **Important Note: If you have recently worn your shoes in rural or natural areas, please wash your footwear prior to entering New Zealand.**

Unlike other Customs administrations, there is no provision for travelers to obtain a refund of Goods and Services Tax (GST) on their purchases when they leave the country. In order to purchase goods without payment of GST, travelers are required to purchase from a duty-free shop.

# DEMOGRAPHICS & HISTORY

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## Australia

### Facts, Figures & National Holidays

- **Area:** 2,988,902 square miles
- **Capital:** Canberra
- **Language:** English is the official language.
- **Ethnicity:** Australian: 25.4%, English: 25.9%, Irish: 7.5%, Scottish: 6.4%, Italian: 3.3%, German: 3.2%, Chinese: 3.1% Greek: 1.4%, Dutch 1.2%, other 15.8%, unspecified 5.4%
- **Location:** Australia is bordered by three oceans and four seas.
- **Geography:** Situated in the Southern Hemisphere and south of Asia, Australia is an island continent surrounded by three oceans and four seas. It is about 7,700 miles from Los Angeles. Australia is roughly the same size as the continental United States, measuring 2,500 miles from east to west, and 2,000 miles from north to south. The Great Barrier Reef, the world's largest coral reef, lies a short distance off the northeast coast and extends for over 1,240 miles. Australia is Earth's flattest continent. Eastern Australia is marked by the Great Dividing Range, although the name is not strictly accurate, since parts of the range consists of low hills. The western half of Australia consists of the Western Plateau, which rises to mountain heights near the west coast and falls to lower elevations near the continental center. This is the arid landscape commonly known as the Outback.
- **Population:** 22,751,014 (estimate)
- **Religions:** Protestant 30.1%, Catholic 25.3%, Orthodox 2.8%, other Christian 2.9%, Buddhist 2.5%, Muslim 2.2%, Hindu 1.3%, other 1.3%, unspecified 9.3%, none 22.3%
- **Time Zone:** Australia has three primary time zones, four when Daylight Savings Time is in effect. Time in Canberra is 14 hours ahead of U.S. EST. When it is it is 6am in Washington D.C., it is 8pm in Canberra.

## National Holidays: Australia

In addition to the holidays listed below, Australia celebrates a number of national holidays that follow a lunar calendar, such as Easter. Each state in Australia also has a certain latitude in setting its own holidays. To find out if you will be traveling during these holidays, please visit [www.timeanddate.com/holidays](http://www.timeanddate.com/holidays).

01/01 New Year's Day

01/26 Australia Day

04/25 Anzac Day

12/25 Christmas Day

12/26 Boxing Day

## Australia: A Brief History

Australia's indigenous peoples believe that their tribes have lived here since the dawn of time—the Dreamtime—when their spiritual ancestors brought the land into being with song. Anthropologists believe that indigenous peoples have lived in Australia for at least 40,000 years, developing their culture largely free from outside influence. During this immense span of time, the ancestors of many groups now lumped together under the term “Australia's First Peoples” developed over 200 different languages and many local traditions. The Wathaurong, Arrente, Walpiri, and Anangu cultural groups, which are roughly like tribes or clans, are among those still present today. In addition to passing along spiritual practices that are still observed, ancient Aborigines mastered the challenges of living in a harsh environment. There is evidence that they planted crops, diverted streams, and maintained grasslands by deliberate burning in order to attract game for food. During the last several thousand years, the population increased, and different groups of indigenous people traded with each other across the continent. After thousands of years of independence from outside influence, indigenous life changed dramatically with the arrival of Europeans.

Although people in Europe imagined the existence of a Terra Australis in late medieval times, they knew nothing of the real Australia until the 17th century. The first European to actually set foot on Australian soil was probably the Dutch sailor Dirk Hartog in 1616. In 1642, Abel Tasman of Holland explored the southern coast, which is why the Tasman Sea and Tasmania now bear his name. English Captain James Cook landed at Botany Bay on Australia's eastern coast in 1770, establishing an English claim that eventually led to colonization. Another Englishman, Matthew Flinders, circumnavigated the continent at the beginning of the 19th century. These early explorations revealed the coast, but Australia's inland geography remained a mystery. When England could no longer send colonists or exiled convicts to America, Australia became a new destination for them. On January 26—the date now celebrated as Australia Day—in 1788, English Captain Arthur Phillip founded Sydney as a penal colony. From its inception, Sydney has been the capital of New South Wales, then a colony and now the most populous of Australia's six states.

Before England ended the practice in 1853, more than 150,000 convicts were sent to New South Wales and Tasmania; one-fifth of them were women. From the 1820s to the 1880s, increasing numbers of free colonists also settled in Australia. First in New South Wales, and later in the

other colonies, governance became more democratic with power increasingly vested in legislative councils. Indigenous people were not included, and it was not until the 1960s that they were granted full citizenship in the group of British colonies that had come to occupy their native land.

In 1851 Edward Hargraves struck gold in New South Wales, an event that led to the tripling of Australia's population during the next 11 years. Australia remained a collection of distinct colonies until the dawn of the 20th century. In some ways, each colony's ties to Great Britain were closer than they were with the other Australian colonies.

After some earlier attempts at establishing greater unity had failed, the Commonwealth of Australia became a reality on January 1, 1901. A true national identity was forged only in the aftermath of World War I. Anzac Day, celebrated on April 25, commemorates the Australian and New Zealand Army Corps' landing at Gallipoli in the First World War, a milestone in the growth of national consciousness. World War II compelled Australians to look beyond their traditional ties to Great Britain, forge the new ANZUS alliance with the U.S., and see themselves anew as a Pacific Rim nation. Australia celebrated its bicentennial in 1988, and Aussies took great pride in having Sydney selected as the site for the 2000 Summer Olympics.

Recently Australia has been on the forefront of environmental activism, especially in regards to the question of water management, which came under scrutiny during a severe drought in 2005-2006. On the other end of the spectrum, Queensland had too much water a few years later, resulting in dramatic flash floods at the end of 2010. Another recent struggle has been the question of how to handle asylum seekers; this issue has been in the forefront of public debate and generated some controversial policies.

## **Events that Shaped Australia in the 20<sup>th</sup> Century:**

### **Australia's Fight at Home and Abroad During World War II**

When Great Britain declared war on Nazi Germany on September 3, 1939, Australia entered the war on the same day. Australian troops would go on to fight against Germans and Italians in campaigns across Europe, the Mediterranean, North Africa, and then the Japanese in Southeast Asia. But Australia was under no direct threat from Germany, so why did they enter the war at such an early stage? One reason, of course, is that they were still a Commonwealth of the British Empire, and Australians felt a strong loyalty to England. Another was assurances from the British that any Japanese advance toward Australia would be stopped in its tracks by Britain's warships stationed in Singapore, the largest Royal Navy base in Asia. Unfortunately, this position of power would eventually crumble as the war progressed.

As Britain continuously failed to defend their Navy base in Singapore, Australia experienced more attacks from the Imperial Japanese Army and the Australian government became discouraged with their allies, who, one by one, were falling in Europe against the combined Axis forces. Robert Menzies, the Australian Prime Minister, was determined to speak with his allies about the threat of Japan in the Pacific and the lack of British reinforcements in Singapore. He flew to London during the Blitz and met with Winston Churchill regarding the war in the Pacific. Upon his return to Australia in August 1941, when he was unable to gather support from his party to establish a War Cabinet, Menzies resigned as Prime Minister. John Curtin was sworn in a month later.



With the majority of Australia's forces focused in Europe and North Africa backing up the Allied Forces, Japan took the opportunity to take control of the Pacific and attacked Pearl Harbor. Shortly after, the British ships sent to reinforce Singapore were sunk. Australia, left with little support from Britain and facing off against Japan with most of their forces still assisting abroad, turned to the United States as their ally in the Pacific on December 27<sup>th</sup>, 1941.

The reinforcements from the U.S. came too slow, as British Malaysia, including Singapore, fell to Japanese occupation mere weeks after Pearl Harbor, with 15,000 Australian soldiers being taken as prisoners of war. On February 19<sup>th</sup>, 1942, Darwin, the capital of the Northern Territory of Australia, was attacked by 188 Japanese warplanes, the first attack made against the Australian mainland. It was not the last. Over the course of 19 months, mainland Australia suffered through over 100 air raids.

After the attack on Darwin, Curtin called two Australian divisions back home, refusing Churchill's plans to have the divisions back-up forces in Burma. President Franklin Roosevelt ordered General Douglas MacArthur, his commander in the Philippines, to cooperate with Curtin to establish a plan of attack in the Pacific. With Curtin's support, General MacArthur became the "Supreme Commander of the South West Pacific" and moved the American forces to his new base in Melbourne.

In response, Japanese forces moved to isolate Australia, attacking Sydney Harbour and invading Port Moresby, a territory of Australia in New Guinea. The U.S. Navy repelled the Japanese forces from Port Moresby following their victories during the Battle of the Coral Sea and the Battle of Midway. Defeated by sea, the Japanese Navy retreated and Port Moresby was instead attacked by the Japanese army on land.

The Australian army spend the next five months pushing the Japanese army out of Port Moresby, with their victory during the Battle of Milne Bay in August 1942 being the first noted instance of Allied forces defeating Japanese land forces. The Australian forces continued to battle against Japan in Papua New Guinea, steadily pushing their enemies out of the Australian territories. Due to the dense jungle, oppressive heat, and fierce Japanese resistance, the fight for New Guinea was said to be the most arduous campaign fought by the Allied forces during World War II.

As MacArthur pushed into the Philippines and towards Japan in mid-1944, Australian forces remained in the South Pacific, focused on the Japanese presence in Borneo and Indonesia. While the Borneo Campaign was heavily criticized as a waste of forces, the three goals of the campaign were achieved: the isolation of key Japanese forces, the capture of oil supplies, and the release of Allied prisoners of war.

When Allied forces prepared to invade Japan during the last couple months of the war, Australia served as a base of operations for the British Pacific Fleet and planned to participate in the invasion with land forces in Honshu and air forces in Okinawa. All plans were ceased when Japan surrendered after the atomic bombings of Hiroshima and Nagasaki.

By the time the war ended on September 2<sup>nd</sup>, 1945, almost one million Australian men and women had served in one of the branches of military during the war. Of that total, an estimated 31,700 were killed in battle, and 8,000 as Japanese prisoners of war.

# New Zealand

## Facts, Figures & National Holidays

- **Area:** 103,363 square miles
- **Capital:** Wellington
- **Language:** English
- **Ethnicity:** European 71.2%, Maori 14.1%, Asian 11.3%, Pacific islander 7.6%, other 2.7%, unspecified 5.4%
- **Location:** New Zealand, consisting of two main islands (the North Island and South Island, plus some smaller offshore isles), is situated about 1,250 miles southeast of Australia and surrounded by the South Pacific Ocean, the Tasman Sea, and the Southern Ocean.
- **Geography:** The Cook Strait, a rather turbulent waterway, separates the North Island from the South Island. From tip to tip, the whole country measures about 1,000 miles. Despite its generous length, its widest point is only 174 miles across. The South Island is divided along its length by the Southern Alps and the Fiordland's steep mountains and deep fiords record the extensive ice age glaciation of its south-western corner. The North Island is less mountainous, but its geography is marked by ancient volcanic activity.
- **Population:** 4,438,393 (estimate)
- **Religions:** Christian 44.3%, Hindu 2.1%, Buddhist 1.4%, Maori Christian 1.3%, Islam 1.1%, other 1.4%, none 38.5%, not stated 8.2%, objected to answering 4.1%
- **Time Zone:** New Zealand is on New Zealand Standard Time, 17 hours ahead of U.S. EST. When it is 6am in Washington D.C., it is 10pm in Wellington.

## National Holidays: New Zealand

In addition to the holidays listed below, New Zealand celebrates a number of national holidays such as Easter, the Queen's Birthday, and Labor Day. To find out if you will be traveling during these holidays, please visit [www.timeanddate.com/holidays](http://www.timeanddate.com/holidays).

01/01 New Year's Day

01/02 Day after New Year's

02/06 Waitangi Day

04/25 Anzac Day

12/25 Christmas

12/26 Boxing Day

## New Zealand: A Brief History

New Zealand's history is divided into two distinct phases: Pre-European settlement by the Maori and their ancestors, and European settlement from the 18th century onward. The first wave of settlement was by Polynesians from the Marquesas, Society, and Cook Islands. Their landing on the beaches of the North Island in about 1300 A.D. signaled the end of the 5000-year migration of these "Vikings of the Pacific" across the vast ocean. Over time, farming took on a more important



role. Since the crops would not grow in the cooler southern areas, the emerging Maori culture settled predominantly in the warmer North Island and began a “golden age” of agricultural settlement.

Villages sprang up, often with a central marae (village common) and elaborately carved whare runanga (meeting houses). The arts began to flourish: wood carvers, medicine men, tattooists, and priests were employed by a people who no longer had to spend all their time hunting and gathering food. But as the population increased, so too did the desire for good farmland. Inevitably, warfare broke out amongst the different iwi or tribes. These iwi, each linked by a different ancestral canoe, began to specialize in warfare and thus the Maori became a nation of warriors.

Between 1769 and 1777, British Captain James Cook made three voyages to the islands aboard the Endeavour. While he met with some initial hostility from the islands’ residents, Cook was able to forge a peaceful relationship with the Maori—but he soon claimed the islands for the British Crown without their consent.

The incursion with the most far-reaching and damaging consequences resulted from the introduction of liquor and European diseases, against which the Maori had no immunity. Thousands died from epidemics of what would be considered minor ailments today, such as influenza and measles. By 1830, New Zealand’s Maori population had been dramatically reduced. By the late 1830s, the Maori were beginning to accept Christianity. As more and more Maori embraced Christianity, fewer aspects of the centuries-old Maori society were observed. Traditional Maori culture began to dissolve.

On February 6, 1840, representatives of the British Crown and various Maori chiefs signed the Treaty of Waitangi. In the English-language version, the treaty grants the Maori land rights and the right of British citizenship in exchange for ceding the sovereignty of New Zealand to the British crown. But in the Maori-language version, the word for sovereignty is weaker, suggesting governance or the right to make the first offer on land for sale, rather than ownership. Add a hasty translation to different cultural understandings of land rights, and the result is a controversy that continues to this day. By 1858, the decline in land sales combined with the pressure on the British government to allow more settlers into New Zealand resulted in a dangerous imbalance. The government responded by using a falsified story about an attack on the settlement of Auckland as the justification for launching an all-out war against the tribes of the North Island. Outnumbered, the Maori were forced to concede over 4 million acres of the best farmland to the settlers.

While the land wars raged on—in some parts of the country until 1865—colonists continued to arrive. They turned sheep farming, which remains a vital part of New Zealand’s economy. The discovery of gold in the mid-1800s brought bright new economic prospects, and a surging population, to the South Island. With the invention of refrigeration, New Zealand suddenly assumed a much greater role in the world economic scene, as it could now export perishable products like meat, butter, and cheese. As New Zealand became more visible to the rest of the world, the native Maori population continued to decline precipitously. By 1900, fewer than 42,000 Maori remained.

New Zealand achieved complete independence from Britain in 1947. The economy soared following World War II, as agricultural prices rose dramatically. Soon, the country could boast one of the highest per-capita incomes in the world. Politically, New Zealand has been in the forefront of social welfare legislation for over a century. In 1893, it was the world's first country to grant women the right to vote. It also adopted old age pensions (1898); a national child welfare program (1907); social security for the aged, widows, and orphans (1938); and minimum wages, a 40-hour workweek, and unemployment and health insurance (also in 1938). Socialized medicine went into effect in 1941.

On May 29, 1953, Edmund Percival Hillary, along with Nepalese Sherpa Tenzing Norgay, made history by ascending Mount Everest. Together, these two men went where no men had ever been. The 1970s saw a revival of Maori culture, driven by a demand for recognition and participation in economic prosperity. In 1985, the Treaty of Waitangi was amended to include claims dating back to the original signing of the treaty in 1840. Financial reparations were made to several Maori tribes whose lands were unjustly confiscated.

Major events taking place in New Zealand in recent years include the 1996 eruption of Mount Ruapehu, whose ash clouds made air travel problematic all across the country. On the political front, Jenny Shipley became the nation's first female prime minister in 1997. She was succeeded by Helen Clark in 1999 and by John Key in 2008. The Christchurch earthquakes of February 2011 drew international outreach and support. Many countries—the U.S. included—sent search and rescue teams or other aid.

### **Events That Shaped New Zealand the 20th Century: World War II**

New Zealand's involvement during the Second World War began when it declared war on Germany alongside Britain on September 3<sup>rd</sup>, 1939. New Zealand troops in World War II had a very different perspective from their counterparts in the First World War—fighting overseas as part of the Australian and New Zealand Army Corps (ANZAC). Having relatives who fought with ANZAC gave them some insight as to how badly a war can affect a country and its people.

Still, many New Zealanders felt a strong patriotic desire to join arms and fight alongside Britain—so much so that Michael Joseph Savage, New Zealand's Prime Minister, gave a speech just after war was declared and stated:

“Both with gratitude for the past and confidence in the future, we range ourselves without fear beside Britain. Where she goes, we go. Where she stands, we stand.”

The first major engagement during the war occurred in Greece, where several thousand New Zealand troops were deployed to help strengthen the Greek army against Italian and German invasion. In April 1941, the rapid occupation of mainland Greece by German forces resulted in the deaths of about 300 New Zealanders while about 1,800 were able to retreat to the island of Crete, which Germany sought next to occupy.

The Battle of Crete, also known as Operation Mercury, began on May 20<sup>th</sup>, 1941, when thousands of elite German paratroops descended onto the island of Crete in one of the world's first ever airborne assaults. For 12 days New Zealand, British, and Australian troops fought alongside the Cretan resistance under the command of Major General Bernhard Freyberg, who was head of the New Zealand Expeditionary force.

The initial invasion was mostly beaten back, as hundreds of German paratroops were killed before reaching the ground. As more German reinforcements poured in, the Allied forces soon found themselves overwhelmed and eventually surrendered on June 1<sup>st</sup>, 1941. Although the Allied forces had been defeated, their defenses proved to be quite effective as more than 6,000 German troops were killed or wounded while nearly 300 aircrafts were destroyed. Those staggering losses led Hitler to conclude that airborne invasions could no longer exploit the element of surprise and would therefore never be used again for the rest of the war.

By December 7<sup>th</sup>, 1941, the war had taken a radical turn when the Japanese Empire launched series of surprise attacks including the bombing of Pearl Harbor. Within a few months, Japan had seized a great amount of the Western Pacific as Japanese troops pushed down through Papua New Guinea and launched bombing raids in Australia. With the threat of war right on its doorstep, defenses were thrown up in New Zealand in fear of a Japanese invasion which fortunately, never came.

New Zealand forces were also present on D-Day, as the Allied forces launched their invasion to reclaim Western Europe from Nazi Germany on June 6<sup>th</sup>, 1944. World War II came to an end with the surrender of Germany in May of 1945 followed by Japan about five months later. Though news of Germany's surrender had spread to New Zealand, the government banned all public celebration until the surrender was officially announced by Winston Churchill who served as the Prime Minister for the United Kingdom.

## RESOURCES

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### Suggested Reading

#### General South Pacific

***Kon-Tiki, Across the Pacific*** by Raft by Thor Heyerdahl, with F. H. Lyon, Translator (Exploration) On April 28, 1947, Heyerdahl and five other adventurous souls set themselves adrift on a raft off the coast of Peru. When they arrived in Tahiti five months later, they not only had a great tale of adventure on the high seas, but also changed the way historians viewed the migration of early humans.

***Tales of the South Pacific*** by James Michener (Short Stories) Set during WWII in Polynesia, this series of loosely related short stories won the 1948 Pulitzer Prize and was the basis for the Rogers and Hammerstein musical *South Pacific*.

***The Happy Isles of Oceania, Paddling the Pacific*** by Paul Theroux (Travel Narrative) When noted travel writer Paul Theroux decided to tour the South Pacific, he figured that kayaking would be the way to go. In the end, he explored the coastlines of 51 different islands from New Zealand to Hawaii. This book is a terrific introduction to the region, combining history, anecdote, and acutely observed detail on people and place.

***The Journals of Captain Cook*** by James Cook (Exploration) Cook's narrative of his expeditions between 1768 and 1779. Includes his explorations of Australia, New Zealand, Tahiti, Hawaii, and a host of other previously unheard-of Pacific locales.

#### Australia

***Lane's End*** by Jill Paterson (2014, Mystery) Part of the Fitzjohn Mystery Series set in Sydney, this novel sees Inspector Fitzjohn trying to solve a murder at a cocktail party in the Sydney Observatory.

***Chasing Kangaroos*** by Tim Flannery (2007, Natural History) Part road-trip, part natural history, this book is an ode to Australia's national animal combined with the author's search to trace when and how the kangaroo first developed.

***Dirt Music*** by Tim Winton (2001, Literature) A powerful and suspenseful story about the tragic passion between two vulnerable people—an alcoholic woman stuck in a broken relationship and a grief-stricken poacher.

***True History of the Kelly Gang*** by Peter Carey (2000, Historical Fiction) Undoubtedly Australia's most potent legend, Ned Kelly is a mythic hero and Wild West-style outlaw. This is a breathless adventure, with many angles, such as a boy's defense of his mother, and a man's confiding letter to a daughter whom he will never meet. Winner of the 2001 Booker Prize.

***The Fatal Shore*** by Robert Hughes (1986, History) An immensely readable yet scholarly account of Australia's tragic origins. Hughes combines thorough research with a compelling narrative in this splendid work.

## New Zealand

***The Luminaries*** by Eleanor Catton (2013, Fiction) In Victorian New Zealand a young gold prospector stumbles into a strange meeting of 12 local men who are there to discuss some even stranger events: a disappearance, a death, and a fortune.

***Come on Shore and We Will Kill and Eat You All*** by Christina Thompson (2008, Memoir/History) An unusual mix of personal memoir and history that bounces between the story of the arrival of the European settlers in New Zealand and the American author's courtship and marriage to a Maori man. And the title? It comes from a famous story about the Maoris' reaction when they first saw the Europeans.

***A Concise History of New Zealand*** by Philippa Mein Smith (2005, History) The title says it all. Travelers interested in a more detailed, scholarly history should look for the works of Anne Salmond, such as ***Between Worlds: Early Exchanges Between Maori and Europeans*** and ***The Trial of the Cannibal Dog*** (about Captain Cook's voyages).

***Once Were Warriors*** by Alan Duff (1990, Literature) The controversial best-selling novel about the disintegration of Maori culture in contemporary New Zealand, and how the lack of a clear cultural identity can lead to strife and violence.

## Suggested Films & Videos

### Australia

***Lion*** (2016, Drama) A five-year old boy is separated from his family in India and adopted by a couple in Tasmania. Later as an adult, he searches for his birth mother using a few memories and Google Earth. Based on a true story.

***Sapphires*** (2012, Drama) Based on a true story, the movie follows four young Aboriginal women who become a soul singing group that entertain troops in Vietnam. A moving story that incorporates historical events, such as how the White Australia Policy and Stolen Generation affected mixed race families in the 60s and 70s.

***Red Dog*** (2011, Comedy) Set in the late 70's and early 80's, this film tells the story of a rascally stray dog, named for the color of his coat, and how he brings the local community together. The story, which is based on a well-known book, showcases the new Australia that developed from the wave of immigration after World War II.

***Animal Kingdom*** (2010, Thriller) A gritty Australian family-crime drama about an innocent young man who, when his mother dies, turns to his uncles for guidance. Too bad the uncles are a crew of hardened Melbourne bank robbers who are nearing the end of the line. Critically acclaimed film with an ensemble cast that features Guy Pearce playing the good cop for a change.

**Australia** (2008, Adventure) An English lady inherits a cattle ranch in Australia and works with one of the ranch hands to organize an immense cattle drive across the Outback, but then gets caught up in the events leading to WWII.

### General South Pacific

**South Pacific** (1958, Romance) A Rogers and Hammerstein musical set on a tropical island during WWII. Will young the American nurse fall for the sophisticated French planter? Or will she wash that man right out of her hair?

**The Endless Summer** (1966, Documentary) The primary focus of this documentary is two young surfers searching the world for the perfect beach. But with scenes in Australia, New Zealand, Tahiti, and Hawaii, it also captures the rise of surfer culture in the South Pacific during the 1960's.

### New Zealand

**Hunt for the Wilderpeople** (2016, Comedy) Written and directed by Taika Waititi this charming, off-beat comedy follows a mixed-up 13-year-old named Ricky Baker and his cankerous, yet highly skilled foster father Hec as they hide in the woods from a manhunt launched by mistake.

**The World's Fastest Indian** (2005, Drama) A biographical film based on the life of New Zealand speed bike rider Burt Munro, and his attempts to break the land speed record on his Indian Scout motorcycle.

**The Lord of the Rings** (trilogy comprising of **The Fellowship of the Ring**, **The Two Towers**, and **The Return of the King**) (2001-2003, Adventure) An epic retelling of the classic works of J.R.R. Tolkien, set in the legendary world of Middle Earth, which was loosely based on old Norse and Celtic myths. When director Peter Jackson needed to find diverse locations from craggy peaks, to lush hills, to peaceful meadows, he turned to his home country—the plot might be pure fantasy, but the scenery is real New Zealand.

**Whale Rider** (2002, Drama) A young Maori girl fights for a chance to lead her tribe. But will her grandfather consider a girl for their next leader?

**The Piano** (1993, Drama) A mute woman, who only expresses herself through her piano and in sign language to her young daughter, is sent to New Zealand for an arranged marriage. But soon after her arrival, a potential romance with a local worker leads to dramatic consequences.

## Useful Websites

### **Overseas Adventure Travel**

[www.oattravel.com](http://www.oattravel.com)

### **Overseas Adventure Travel Store**

[www.oatshop.com](http://www.oatshop.com)

### **Overseas Adventure Travel Frequently Asked Questions**

[www.oattravel.com/faq](http://www.oattravel.com/faq)

### **International Health Information/CDC (Centers for Disease Control)**

[www.cdc.gov/travel](http://www.cdc.gov/travel)

### **Electricity & Plugs**

[www.worldstandards.eu/electricity/plugs-and-sockets](http://www.worldstandards.eu/electricity/plugs-and-sockets)

### **Foreign Exchange Rates**

[www.xe.com/currencyconverter](http://www.xe.com/currencyconverter)  
[www.oanda.com/converter/classic](http://www.oanda.com/converter/classic)

### **ATM Locators**

[www.mastercard.com/atm](http://www.mastercard.com/atm)  
[www.visa.com/atmlocator](http://www.visa.com/atmlocator)

### **World Weather**

[www.intellicast.com](http://www.intellicast.com)  
[www.weather.com](http://www.weather.com)  
[www.wunderground.com](http://www.wunderground.com)

### **Basic Travel Phrases (80 languages)**

[www.travlang.com/languages](http://www.travlang.com/languages)

### **Packing Tips**

[www.travelite.org](http://www.travelite.org)

### **U.S. Customs & Border Protection**

[www.cbp.gov/travel](http://www.cbp.gov/travel)

### **Transportation Security Administration (TSA)**

[www.tsa.gov](http://www.tsa.gov)

### **National Passport Information Center**

[www.travel.state.gov](http://www.travel.state.gov)

### **Holidays Worldwide**

[www.timeanddate.com/holidays](http://www.timeanddate.com/holidays)

### **History & Culture**

[en.wikipedia.org](http://en.wikipedia.org)



## Useful Apps

### **Flight Stats**

Track departures, arrivals, and flight status

### **LoungeBuddy**

Get access to premium airport lounges around the world

### **Timeshifter**

Personalized tips for avoiding jetlag, based on neuroscience and your own data

### **GoogleMaps**

Maps and directions anywhere in the world

### **Triposo**

City guides, walking maps, and more – and it works offline

### **Rome2rio**

Where to go, what to see, and what to do in more than 160 countries

### **Flush or Sit or Squat**

Find a clean toilet anywhere

### **Uber**

Ride sharing around the world

### **Visa Plus and Mastercard Cirrus**

#### **ATM locations**

Shows the location of the nearest ATM in your network

### **TunnelBear**

Provides a secure VPN (virtual private network) that will encrypt your browsing data when you use a public WiFi network

### **What's App, Skype, or Signal**

WiFi calling anywhere in the world

### **Duolingo, FLuentU, or Babbel**

Learn dozens of foreign languages

### **Google Translate**

Fast and simple translations

### **XE**

Currency conversions

### **SizeGuide**

Clothing and shoe sizes in all countries

### **Best Units Converter**

Converts currency, mileage, weights, and many other units of measurement

### **Tourlina**

For women only, it connects you with other female travelers

### **Happy Cow**

Locate vegan and vegetarian eateries in 195 countries

### **Eatwith**

Dine with locals all over the world

### **Meetup**

Connects you with locals who share your interests

### **Skyview**

Identifies constellations and heavenly bodies

### **Travello**

Find travel friends on the road

### **ALIX for One**

Created by and for women, it identifies solo-friendly dining spots in major international cities

### **TripWhistle**

Maps your location and provides emergency numbers for police, medics, and more

### **GeoSure**

Safely navigate neighborhoods around the world

### **Chirpey**

For women only, connect with other women, find out what's safe, meet up, and more