PCA



WINTERING ABROAD

INFORMATION PACK

WELCOME TO NEW ZEALAND

GET TO KNOW THE BASICS

CAPITAL CITY
Wellington

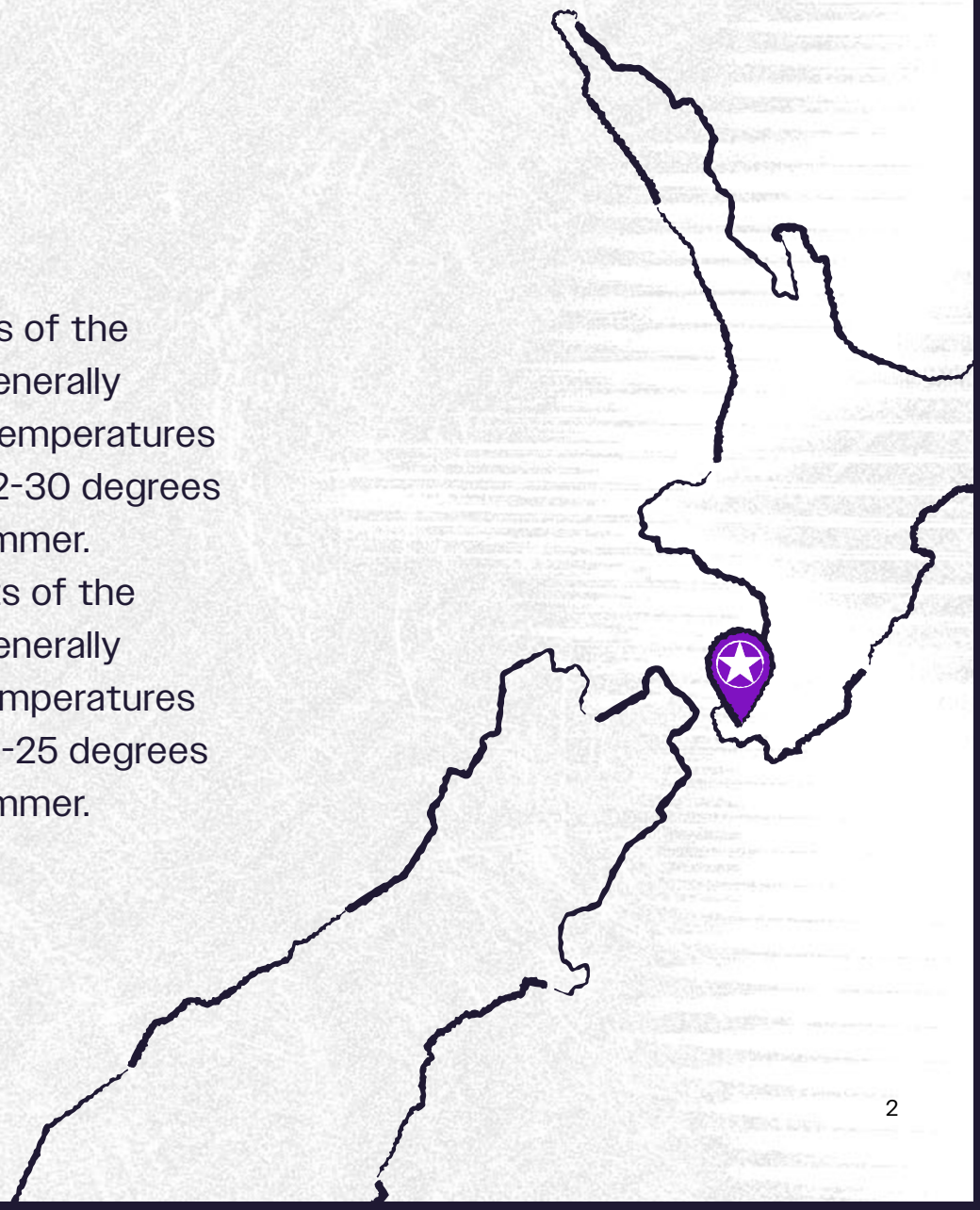
CURRENCY
NZD

CONVERSION RATE
1 NZD = 0.5 GBP (approx.)

POPULATION
5.25 million

OFFICIAL LANGUAGES
English, Te Reo Māori, and New Zealand Sign Language

CLIMATE
Northern parts of the country are generally warmer with temperatures of between 22-30 degrees during the summer. Southern parts of the country are generally colder with temperatures of between 16-25 degrees during the summer.





PCA

Loved my time out there in New Zealand, Weedons was a great club with a great bunch of people. Definitely helped me develop as a player because I couldn't rely on coaches to tell me what was going wrong, I had to figure it out for myself which I think is a huge thing in cricket. From a personal point of view, I think it was massive as well, making new friends having to put yourself out of your comfort zone, also being the overseas player there is a responsibility and added pressure, so being able to deal with that and perform was really good and important for my own development.

GEORGE HILL
Yorkshire CCC

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BEFORE TRAVELLING TO NEW ZEALAND

Planning Your Winter
Preparing To Travel
Arranging Finances



1 PLANNING YOUR WINTER

FINDING A CLUB & COMMUNICATING WITH YOUR COUNTY

A. HOW TO FIND A CLUB

Typically, players tend to find Club's through word of mouth and existing relationships. It's likely some of your teammates or coaches will have travelled to New Zealand before and will be able to help you make connections. Don't be afraid to ask around in your dressing room for someone who might have played in New Zealand. Often messages will go round a dressing room or WhatsApp group about an opportunity overseas.

Alternatively, you can contact Clubs directly by finding their contact details online. We would usually recommend being quite focused on a particular league or area rather than spreading the search too wide. Make sure you do your homework on the league and its standard before travelling.

Finally, there are agents and connection style services which help players find deals with Clubs. These often come with a commission or sign-up charge but can take the stress and uncertainty out of the search.

CONTACT RICH FOR MORE INFO
RICH.HUDSON@THEPCA.CO.UK

Whichever route you take, always be proactive. Those players who tend to secure the most attractive options or packages tend to be the ones who are proactive about the winter away.

B. COMMS WITH YOUR COUNTY

While you are away on your travels it is important that you keep in regular contact with your county. It is advisable to keep in touch with your coaches and support staff so they can track your wellbeing and performance. If you have any issues with communication with your county, then please contact your PDM.

1 PREPARING TO TRAVEL

TRAVEL DOCUMENTS

PASSPORT

To enter New Zealand, your passport must have an 'expiry date' at least 3 months after the day you plan to leave - renew your passport if you need to. You will be denied entry if you do not have a valid travel document or try to use a passport that has been reported lost or stolen.

VISA'S

New Zealand has strict immigration rules, particularly on employment. If you will be receiving any kind of income, it is imperative that you apply for a visa. Receipt of any type of income without a visa could result in a deportation and multi-year ban from the country.

If you are being paid to play whilst in New Zealand, your best option is the **Specific Purpose Work Visa**, which allows for sports players to come to New Zealand and take up a paid position.

If you are not being paid, but are getting your flights/accommodation paid for, you may also be able to apply for the **Specific Purpose Work Visa.**

If you are not being paid to play but are planning to work while you are in New Zealand, your best option is the **Working Holiday Visa.**

If you are not being paid to play, not planning to work while you are in NZ and staying less than six months, you do not need a visa to enter the country. You will need a **New Zealand Electronic Travel Authority (NZeTA)** which will be valid for up to two years. You will also need to pay an International Visitor Conservation and Tourism Levy when you apply – allow up to 72 hours for it be processed.

At New Zealand border control, you will also need to show that you meet the criteria of visa-free entry:

- Proof of a return or onwards ticket.
- Proof that you have enough money for your stay.

SPECIFIC PURPOSE WORK VISA: MORE INFORMATION >

WORKING HOLIDAY VISA: MORE INFORMATION >

APPLYING FOR A NZETA: REQUEST AN NZETA >

1 PREPARING TO TRAVEL

TRAVEL INSURANCE & MEDICATION

TRAVEL INSURANCE

As a PCA member, you are automatically covered on the PCA Travel Insurance Policy. Please note, there is a £250 excess on all non-medical claims.

FOR MORE INFORMATION:
INSURANCES - THE PCA >

OR CONTACT ALI PROSSER AT
ALI.PROSSER@THEPCA.CO.UK



MEDICATION

If you need prescribed medicine for your health condition, talk to your GP or practice nurse about your travel plans at least 2 months before your departure date. They can tell you if you need to make any special arrangements.

Check the rules for all the countries you're going to, including countries that you're just passing through. Different countries have different rules and regulations about:

- The types of medicine they allow to be taken into the country.
- The maximum quantity you can take in.

Some medicines available over the counter in the UK may be controlled in other countries and vice versa.

FIND OUT MORE ABOUT
WHAT YOU CAN / CAN'T BRING >

You can also contact the New Zealand embassy if you are unsure.



1 PREPARING TO TRAVEL

PACKING CHECKLIST



- [ ] HIKING BOOTS



- [ ] INSECT REPELLANT



- [ ] PASSPORT, VISA & IMMIGRATION DOCUMENTS



- [ ] NZD / CREDIT OR DEBIT CARD



- [ ] SWIMWEAR



- [ ] NZ TRAVEL ADAPTER
  (same as Aus)



- [ ] MEDICATION
  especially if unable to order a repeat in NZ.



- [ ] SUN PROTECTION
  sunscreen, sun hat, sunglasses, etc.

1 PREPARING TO TRAVEL

VACCINATIONS

There are no vaccinations required to enter New Zealand, however travellers should be up to date with routine vaccination courses and boosters as recommended in the UK.



PHONE (COUNTRY CODE: +64)

If you would prefer to stick with your UK sim, ensure you check roaming costs before you travel, to avoid any unexpected charges.

The easiest way to use your phone is by purchasing a NZ sim card and pre-paid minutes/text/data package – this can be purchased online in advance and sent to your accommodation, or you can collect in store.

Alternatively, there will often be mobile providers advertising sim card/package deals as you leave the airport – this can be a convenient option which will give you access to the network straight away, but you may find a cheaper alternative outside of the airport by ordering online.

The three largest mobile phone providers in NZ are:

- One (Vodafone)
- Spark
- 2degrees



1 ARRANGING FINANCES

A. USING YOUR BANK CARD

Most bank cards will allow overseas use but be sure to check with your bank about the fees for transacting in a different country. It is a good idea to have a second option such as a credit card in case you lose your primary bank card.

B. LETTING YOUR BANK KNOW

Ensure you let your bank know (via email or private message on your Bank's App) that you will be leaving the country – provide exact dates (if known). This will avoid your card being blocked when the bank flags overseas charges.

C. OPEN A NZ BANK ACCOUNT

If you are planning to apply for a Visa, you can open a bank account – usually before arriving in the country.
The four major banks in New Zealand are:

- ANZ Bank New Zealand Ltd
- ASB Bank
- BNZ
- Westpac New Zealand

It is important that you do your research and choose a bank that is best suited to your needs. You will need an IRD number to open a bank account in NZ.

D. IRD NUMBER

If you are planning on working (or opening a bank account) while you are in New Zealand, you will need to apply for an IRD number. Like your NI number in the UK, your IRD number keeps track of the tax you pay and helps make sure you pay the right amount or get the right entitlements.

APPLY FOR AN IRD NUMBER:
IRD NUMBERS >

E. ONLINE BANKS

Online banks are the most cost-effective and convenient solution for spending overseas. There are several online banking options, some of which allow you convert between currencies for low rates. Examples include:

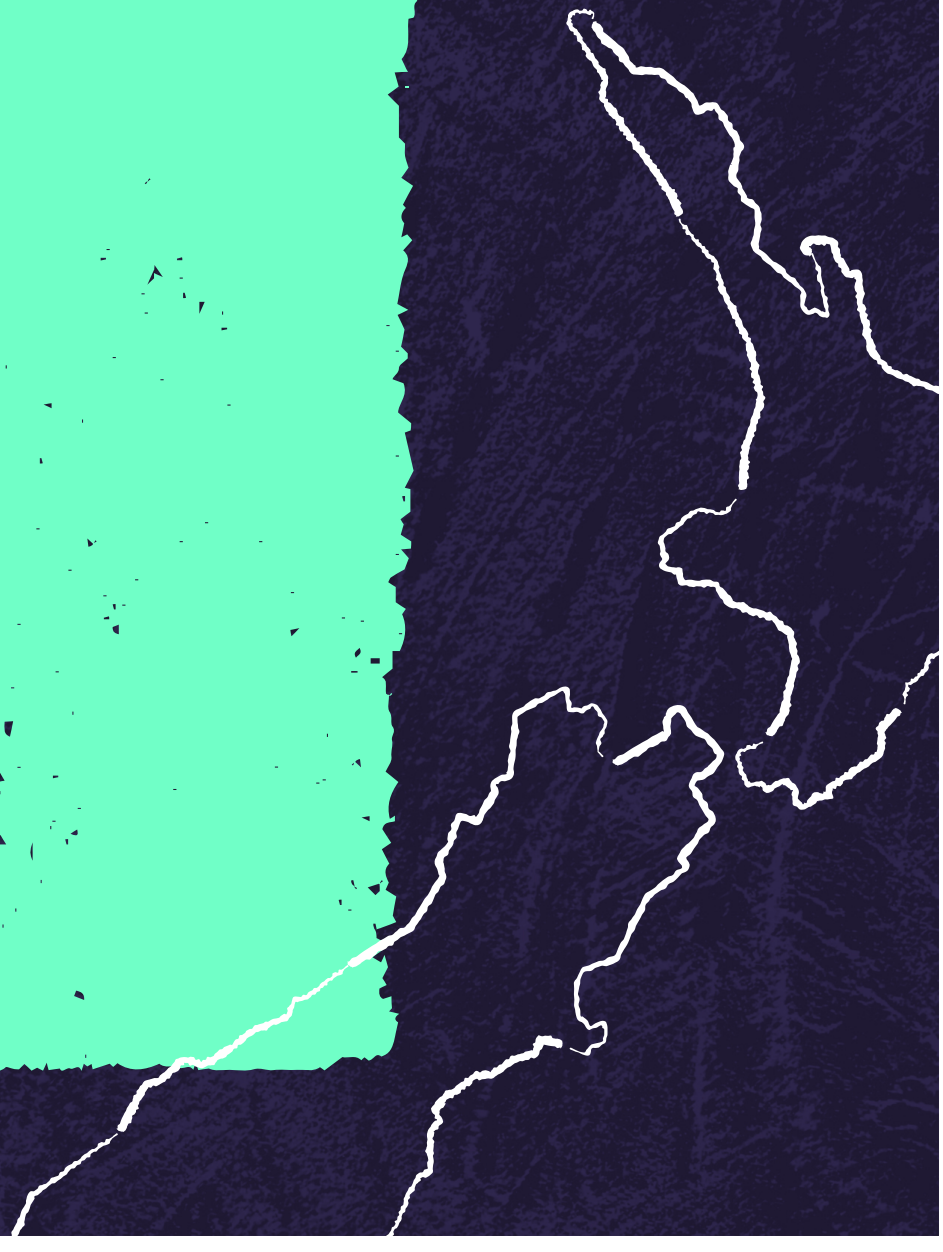
- Wise
- Starling Bank
- Revolut

If you are being paid to play, or for other work (both for which you must have an appropriate work visa), you may also be able to get your salary/wages paid into your online bank account. This could be a good option if you are only staying for a few months and don't want to open a NZ bank account.

ARRIVING
TO NEW ZEALAND

Arriving Into The Country

Adjusting To Your New Environment



2 ARRIVING INTO THE COUNTRY

CUSTOMS

There are strict rules about goods you can take into or out of New Zealand - it is illegal to import most food products and you must declare anything that may be prohibited or subject to tax or duty.

If in doubt, declare items to a Biosecurity New Zealand official or dispose of them in one of the marked bins available at the airport.

If you break any of these rules you could get a fine of up to $100,000 NZD or a prison sentence.

CHECK WHAT YOU CAN / CAN'T BRING TO NZ
MORE INFORMATION >

TAKING MEDICATION INTO NZ

If you are arriving into New Zealand with prescription medicines (other than medicines containing controlled drugs), you must:

- Have a copy of the prescription from your doctor, or a letter from your doctor stating that you are being treated with the medicine(s).
- Carry the medicine(s) in their original containers.
- Have a quantity not exceeding three months' supply for prescription medicines (with the exception of oral contraceptives which can be supplied in six-month quantities).

If you are carrying more than three months' supply of prescription medicines or medicines that is not prescribed to you or a family member, this must be declared on your arrival declaration.

If you are arriving into New Zealand with controlled drugs on you or in your luggage, you must:

- Declare the controlled drugs on your arrival declaration.
- Carry your controlled drugs in the original labelled containers.
- Carry a copy of your prescription or a letter from your doctor stating that you are being treated with the controlled drug(s) and the name and strength of these drugs.
- Have a quantity not exceeding one months' supply.

CHECK THE CLASSIFICATION OF YOUR MEDICINE HERE >

2 ARRIVING INTO THE COUNTRY

TRAVEL FROM THE AIRPORT

If you are being picked up from the airport, follow the signs to the pickup area.

If you are required to catch an Uber from the airport, make your way to the taxi rank and order from there.

If you are required to take public transport into the city, you can find more information via the links below:

- Auckland Airport Public Transport
- Wellington Airport Public Transport
- Christchurch Airport Bus Services



2 ADJUSTING TO YOUR NEW ENVIRONMENT

PCA

JETLAG

ADJUSTING TO THE TIME ZONE

The adjustment period in the new time zone is likely to be the most challenging, as your body is trying to shift its internal clock. As you are adjusting, ask yourself:

- Am I physically and mentally ready to play?
- Am I feeling unsettled?
- Am I struggling to build relationships?

All of these can be negatively affected during the first few days.

Here's a rough guideline for how long it might take to synchronize to a new time zone:

1-2 Time Zones	1 or 2 Days
3-5 Time Zones	2 to 4 Days
6-8 Time Zones	4 to 6 Days

THINGS YOU CAN DO TO HELP YOURSELF:



Pre-Travel Preparation
- Start adjusting to the new time zone.
- Try to arrive in the country well in advance of the start of the season.



Training & Performance
- Can you ease in to training as your body adjusts?
- Focus on good nutrition.



During Travel
- Stay hydrated
- Match your sleep to the new local time.



Recovery
- Emphasise mobility work early on.
- Communicate with coaches and staff about how you're feeling.



Upon Arrival
- Expose yourself to natural light as soon as you can.
- Match your sleep to the new time zone.

2 SLEEPING IN A NEW **ENVIRONMENT**

IMPROVING YOUR SLEEP

When you're away for a prolonged period time sleeping in a new environment can become hard work, especially for those who struggle to adapt to different rooms and beds. Disrupted sleep inevitably leads to impaired physical and mental performance and overall wellbeing, especially in the jet lag adjustment period. These are some things to consider to help with better sleep:



HAVE YOU GOT YOUR OWN PILLOW?
Your body is familiar with your regular pillow and can help you get to sleep quicker.



IS YOUR ROOM TIDY?
Cluttered rooms can stop the body from feeling settled.



HAVE YOU SET YOUR THERMOMETER?
Getting this right can increase how comfortable you feel in bed.



HAVE YOU GOT A SLEEP ROUTINE?
Preparing your body and mind for sleep through a routine will improve sleep.



HAVE YOU LIMITED YOUR SCREEN TIME?
Try not to use your phone or laptop at least 1 hour before bed.



WHITE NOISE?
Drown out any noise using white noise or sleep stories.



WHAT DOES YOUR WEARABLE TECH SAY?
Use the data from Whoop or watch to make necessary adjustments.



DID I HAVE CAFFEINE OR ALCOHOL BEFORE BED?
Both drastically impact sleep, limit well before bed (4+ hours)

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EXPERIENCING NEW ZEALAND

Driving in New Zealand
Public Transport
Healthcare & Travel Insurance
VPN's
Cultural & Political Considerations



3 INFO FOR DRIVING IN NEW ZEALAND

DRIVING LICENSE

You can drive in New Zealand without a New Zealand drivers licence if:

- You have a current and valid overseas licence or driver permit.
- You haven't been given a disqualification or suspension in New Zealand.
- You came into New Zealand less than 12 months ago.
- Your overseas licence is in English, or you have an accurate translation.
- You haven't been granted a New Zealand driver licence since you last entered New Zealand.

If you don't meet all these requirements, you must apply for a New Zealand driver licence to drive in New Zealand.

If you hold a valid and current overseas driver licence, you're considered to hold a New Zealand driver licence of a class that allows you to drive the motor vehicles you are allowed to drive under your overseas licence.

All drivers must know the road rules, what the road signs mean and how to drive safely:

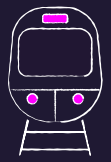
- Drive on the left side of the road.
- There are many hilly, narrow or windy roads that mean your journey may take longer than you expect.
- You must always carry your driver licence on you.

MORE INFORMATION:
DRIVING IN NEW ZEALAND >



3 PUBLIC TRANSPORT IN NEW ZEALAND

A. AUCKLAND



Train
A small network but transports to all major areas of the city including South, CBD, West and North Shore.



Bus
Runs every 7-15mins from 6am to midnight (approximately).



Uber/Taxi
Both are readily available around the city. Uber is linked to your credit/debit card and will cost less than a taxi.

MORE INFORMATION:
MAP OF THE TRAIN NETWORK >

MORE INFORMATION:
MAP OF THE BUS NETWORK >

Download the Auckland Transport (AT) app and use the journey planner, or Google Maps to decide the best route.

- As bus fares must be paid for using an AT HOP card, and using one provides at least 20% off each fare, it is recommended that a pre-paid AT HOP card is purchased and used to pay for public transport.

- Train tickets can be purchased at the station machines using cash or card or via a pre-paid AT HOP card.

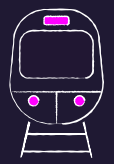
- AT HOP Purchase Method: Online/ via the AT App or at a retailer (there is an AT HOP card vending machine in Auckland Airport).

- AT HOP Cost: $5 NZD plus pre-paid top up amount (at least $1 if bought in person or $5 if bought online).

3 PUBLIC TRANSPORT IN NEW ZEALAND

PCA

B. WELLINGTON



Train
The train network in Wellington transports out of the city, so you may be less likely to use the train if you are staying central.



Bus
Run regularly throughout the city.



Uber
Linked to your credit/debit card, Uber is a popular method of transport around the city.



Download the Metlink app and use the journey planner, or Google Maps to determine the best route.

- Although bus and train fares can be purchased using cash (on board), it is recommended that a pre-paid Snapper Card is purchased and used to pay for public transport, as it provides at least 25% off each fare.
- Snapper Card Purchase Method: Online or at a retailer (can be purchased from Ted and Rose on Level 0 at Wellington airport or there is a Snapper Kiosk on Level 0 by the exit door near International Arrivals).
- Snapper Card Cost: $10 NZD plus pre-paid top up amount.

WELLINGTON:
MAP OF THE BUS NETWORK >

WELLINGTON:
MAP OF THE TRAIN NETWORK >

C. CHRISTCHURCH



Bus
Run regularly throughout the city.



Uber
Linked to your credit/debit card, Uber is a popular method of transport around the city.



Use Google Maps to determine the best route. Unfortunately Metro doesn't have an App yet.

- Although bus fares can be paid for in cash, it is recommended that a pre-paid MetroCard is purchased and used to pay for public transport, as it provides around 50% off each fare, along with other benefits.
- MetroCard Purchase Method: Online or at a Metro agent around the city (no agent at the Airport).
- MetroCard Cost: $5 NZD plus pre-paid amount (must be at least $5 to activate).

CHRISTCHURCH METRO BUS NETWORK - MORE INFO >

3 HEALTHCARE & TRAVEL INSURANCE

A. EMERGENCY NUMBER - 111
(Police, Fire, Ambulance)

B. URGENT HEALTHCARE:
British nationals who live in the UK and who are on a short-term visit to New Zealand are eligible for urgent healthcare treatment under the reciprocal health agreement with New Zealand.

This agreement does not extend to routine, non-emergency medical treatment including prescriptions.

C. TRAVEL INSURANCE
If you need a doctor, dentist, x-ray, scan or emergency physiotherapy while away, please pay for treatment there and once you have returned, contact Ali Prosser on 07769 880888 or email alison.prosser@thepca.co.uk for a claims form.

Full receipts should be kept in all circumstances and all claims must be logged within 28 days of occurrence.



3 SETTING UP A VPN

When travelling overseas it is worth looking into using a Virtual Private Network when using the internet.

In fact, using a VPN while traveling abroad can be particularly useful for several reasons:



Privacy and Security
When you connect to the internet using public Wi-Fi networks in foreign countries, your data can be more vulnerable to hackers and cyberattacks. Using a VPN encrypts your internet connection, making it more secure and protecting your data from potential threats.



Access to Geo-Restricted Content
VPNs allow you to bypass geo-restrictions imposed by websites and streaming services. If you're traveling and want to access content from your home country, such as streaming services or websites, a VPN can make it appear as though you're browsing from your home region.



Avoiding Censorship
In some countries, internet censorship and restrictions on specific websites or services are common. A VPN can help you access blocked content and websites by tunneling your traffic through servers in other locations.



Online Banking and Security
If you need to access sensitive online accounts, like your bank, while abroad, a VPN can add an extra layer of security to your connection, reducing the risk of unauthorized access.

3 CULTURAL & POLITICAL CONSIDERATIONS

A. PERSONAL SAFETY

Terrorism
The UK Government website advises that terrorist attacks in New Zealand cannot be ruled out – always remain vigilant.

Crime
Crime levels are generally low, but street crime can happen in major towns and cities.

Natural Disasters
New Zealand is a major earthquake zone and tsunamis can happen along the coastline – familiarise yourself with safety procedures and follow Local Civil Defence Emergency Management Agency advice. There are several active volcanoes on the North Island of New Zealand – follow local advice.

MORE INFORMATION:
PERSONAL SAFETY & SECURITY >

B. CULTURAL DIFFERENCES

LGBT+ travellers
New Zealand has an established tradition of tolerance towards same-sex relations, but there are still isolated incidents of homophobia-related crime.

Māori Culture
Māori are the indigenous people of New Zealand - the following article helps to explain Māori culture, history and some tikanga (rules of conduct and respect) that are observed across New Zealand, mainly in the presence of Māori people or on the marae (meeting grounds).

10 THINGS TO KNOW ABOUT
MĀORI CULTURE IN NEW ZEALAND >

C. POLITICAL CONSIDERATIONS

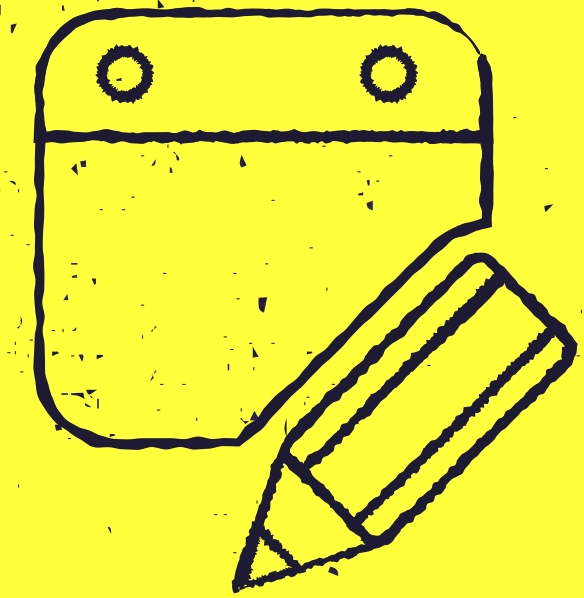
Generally, there are low levels of political tension in New Zealand, however, there has been a recent change of leadership.

Protests are generally peaceful but can attract large crowds, so it is recommended that you follow the advice of local authority.



LIVE THE EXPERIENCE

Using Your Spare Time Wisely
Recommended Reads
Podcasts
Isolation & Loneliness



4 USING YOUR SPARE TIME WISELY

LIVING THE FULL NEW ZEALAND EXPERIENCE

While away you should utilise your time as much as possible to learn about new cultures, make new friends and create a support network around you to assist with your development and general wellbeing.

You may find yourself with spare time – it is important that you use this time wisely to make the most of your time away from the UK.

...NOT JUST PLAYING CRICKET

Utilise your time to experience the many delights that New Zealand has to offer with examples highlighted in this pack. Exploring a new country on the other side of the world will help you develop a renewed perspective and gratitude for the position you are in, as well as have a significant positive impact on your overall personal development. You may never travel to that part of the world again, so make the most of it and experience what New Zealand has to offer.

NETWORKING & BUILDING RELATIONSHIPS

The people around you in your new environment are likely to be supportive of your endeavour to forge a professional cricket career and therefore will want to get to know you. Talk to as many people as possible, ask questions, be curious! You might find that these relationships help you later in life.

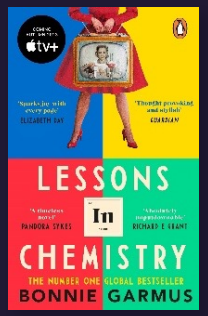
WORK & STUDY

Although your primary purpose in travelling to New Zealand is to develop your cricket, you might find you have spare time to either work or study. There are many long-distance study options in a variety of subjects – if this is something you want to explore, please discuss this with your PDM either before you travel or while you are away. Engaging in part-time work while you are away is another way of taking a significant step forward in your personal development. Speak to people in your network or around your club in New Zealand to find out what options are available. Don't be too picky, experiencing working life in a different country will offer brilliant perspective for the future!

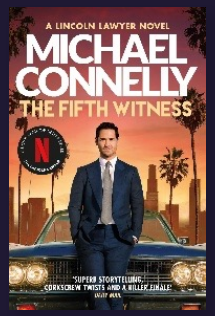
4 RECOMMENDED READS

PCA

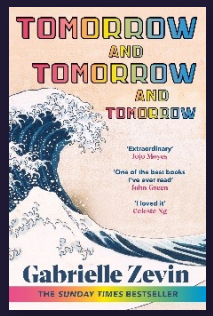
SOME RECENT RECOMMENDED READS TO PASS THE TIME WHILE YOU ARE TRAVELLING:



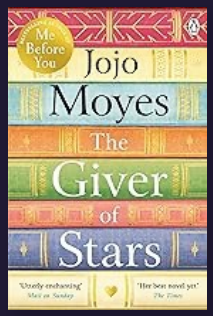
Lessons in Chemistry
By Bonnie Garmus



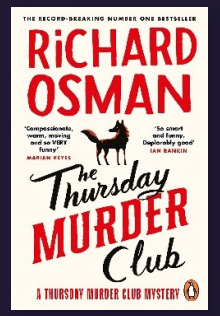
The Fifth Witness
By Michael Connelly



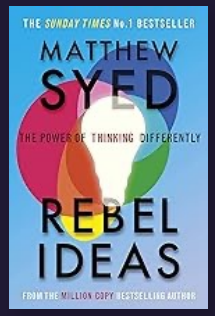
Tomorrow, and Tomorrow, and Tomorrow
By Gabrielle Zevin



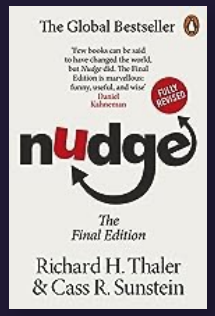
The Giver of Stars
By Jojo Moyes



The Thursday Murder Club
By Richard Osman



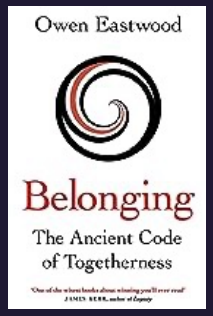
Rebel Ideas
By Matther Syed



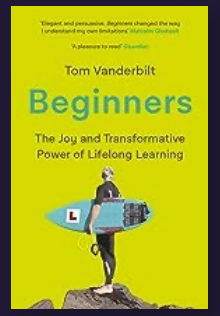
Nudge
By Richard Thaler



Back From The Edge
By Luke Sutton



Belonging
By Owen Eastwood



Beginners
By Tom Vanderbilt

4 RECOMMENDED PODCASTS

SOME RECENT RECOMMENDED LISTENS TO PASS TIME WHILE YOU ARE TRAVELLING:



The Huberman Lab
Andrew Hubermann is a neuroscientist who has made a podcast covering a wide variety of behavioural based topics such as growth mindset, maximising mental wellbeing, shaping identity and goal setting.



Empire
How empires rise and fall and how they have shaped the world around us.



Diary of a CEO
Entrepreneur Steven Bartlett talks to highly successful people from all walks of life.



Jonny Wilkinson - I am...
Conversations about human potential, uncovering new connections with life. Through discussions about peace, performance and potential, this podcast takes you to places you may not expect with people you may not expect it from.



High Performance Podcast
Award winning podcast covering high performance stories are a variety of industries and backgrounds.



The Rest is Politics
Rory Stewart and Alastair Campbell review the current affairs in the UK politics scene.

4 ISOLATION AND LONELINESS

THINGS YOU CAN DO TO HELP YOURSELF

Playing in a different country is a really exciting opportunity, and for most leads to great experiences meeting new people. However, we know that this isn't always the case and some players struggle with feelings of isolation and loneliness.

Cultural differences, language differences, accommodation and security considerations can all be a barrier to establishing new relationships whilst being away from home for any period of time can lead to you missing loved ones and friends.

1. CONSIDER CONNECTING

Before you leave, check if anyone else you know is heading to the same country. If they are, consider connecting before you depart and set time aside to socialise

2. POSITIVE CONVERSATIONS

Schedule regular time to catch up with home. You'll need to consider time difference but building that time with your family and friends will help maintain connection. Try to keep conversations positive but make sure you have people you can confide in.

3. SETUP ONLINE SESSIONS WITH FRIENDS

If you're a gamer, think about setting up online sessions with your mates back home.

4. BUILD KEY RELATIONSHIPS

Before you leave, connect with important people at your Club – this will help build key relationships for when you arrive. There may be someone there who enjoys padel, golf or other similar activities that you can do together or as a group

5. BE CURIOUS & ASK QUESTIONS

You may have to do a little more work at the start, but by going that extra mile with your teammates at the start may help you build some vital connections.

6. CONFIDENTIAL HELPLINE

Don't forget your contacts at your club. This includes coaches, science and medicine and of course your PDM. In addition, the PCA Confidential Helpline is available both domestically and abroad.

4 ISOLATION AND LONELINESS

Not everything you can do is about speaking with others, both locally and back home. There are a number of activities that you can do to pass the time and keep your mind active:



Journaling



If possible, get stuck into the local culture by exploring the sights



Reading and Podcasts



Mindfulness and Meditation



Career development including online learning and education

PCA

TO DO IN NZ

Auckland
Wellington
Christchurch
Other Things To Do In NZ

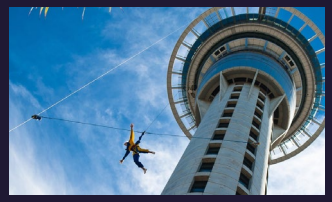


5 THINGS TO DO IN AUCKLAND

PCA

SKY TOWER
A magnificent 328m focal point of the Auckland skyline.





AUCKLAND MUSEUM
Diverse exhibits set within a grand building amidst scenic parkland

MOUNT EDEN
A volcanic crater walk with tranquil ambiance and panoramic city views.



AUCKLAND ZOO
Home to the largest collection of native and exotic animals in New Zealand.



TAKAPUNA BEACH
A vibrant beachside destination with an abundance of golden sand. Its crystal clear, perfectly safe swimming waters and just ten minutes from the city centre.

RANGITOTO ISLAND
An island retreat featuring scenic walking trails to a summit with panoramic views, diverse landscapes and lava caves.



VIADUCT HARBOUR
Waterfront district brimming with dining venues, scenic marina walks and a mix of modern yachts and heritage vessels.

CORNWALL PARK
A lovely urban park with oak tree-lined roads, winding paths and grazing sheep and cattle.

WAIHEKE ISLAND
Pristine beaches, stunning coastal headlands, wineries, olive groves and seaside villages.

TIRITIRI MATANGI ISLAND
An hour from Auckland and brimming with native wildlife, this is one of New Zealands's oldest island sanctuaries.

5 THINGS TO DO IN WELLINGTON

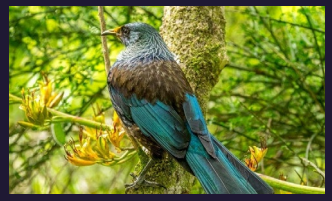
PCA



TE PAPA
New Zealands's most famous museum featuring an earthquake simulator and a natural wildlife section.

WELLINGTON CABLE CAR
Scenic cable car ride through colourful LED-lit tunnels, ending with panoramic city and harbour views.





ZEALANDIA ECOSANCTUARY
Wildlife sanctuary with nature trails amidst lush forest and a suspension bridge.

WELLINGTON BOTANICAL GARDEN
Tranquil botanical garden with a scenic cable car ride, themed gardens and a greenhouse

MOUNT VICTORIA
Scenic lookout with 360-degree panoramic views, ideal for sunset and plane watching enthusiasts.

THE BEEHIVE
Iconic New Zealand parliament buildings.







WELLINGTON ZOO
Native wildlife encounters, playful animal exhibits and conversation programs.

CUBA STREET
Pedestrian-only access to Wellingtons most popular street with vintage shops galore, alongside an abundance of world class cafes, restaurants and bars.

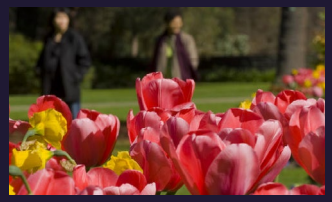
ORIENTAL BAY
Sandy beach, ideal for swimming and great cafes and restaurants just minutes from the city centre.

WELLINGTON MUSEUM
Historical museum by the waterfront with a maritime theme.

5 THINGS TO DO IN CHRISTCHURCH

PCA





CHRISTCHURCH BOTANIC GARDENS
Tranquil botanical space with diverse flora, themed gardens and scenic walking trails.

CHRISTCHURCH TRAMWAY
Hop-on-hop-off historical tram that traverses the city's main sights.

CHRISTCHURCH GONDOLA
Mountain top attraction with 360 degree views, historical exhibits and scenic trails.





INTERNATIONAL ANTARCTIC CENTRE
The world's premier Antarctic experience

QUAKE CITY
Interactive museum dedicated to earthquake history with emotive personal stories and engaging exhibits.

WILLOWBANK WILDLIFE RESERVE
Hosts rare species like the kiwi, in a nocturnal setting, interactive encounters with farm and native animals.

LAKE TEKAPO
beautiful glacial lake, three hours drive from Christchurch.

HAGLEY PARK
Tranquil urban park with diverse flora, walking paths and cycling routes.

BANKS PENINSULA
Stunning views, beautiful bays and quirky campgrounds.





TRANZALPINE TRAIN
New Zealands's most spectacular train journey, which winds its way through the dramatic gorges and alpine forests of the Southern Alps.

5 OTHER THINGS TO DO IN NEW ZEALAND

PCA

HOBBITON MOVIE SET
Tour around the beautiful farmland that is the set of the Hobbiton movie.

MILFORD SOUND
New Zealand's most stunning natural attraction with a magical combination of mountain peaks, dark waters and dramatic forest-clad cliffs.





REDWOODS WHAKAREWAREWA FOREST
Network of superb mountain biking and walking tracks in a magnificent stand of Californian Coast Redwoods.



HAMILTON GARDENS
Magnificently explores the context, history and meaning of gardens through time and form around the world.



HUKA FALLS TRACK
Walking track to a thundering 11m high waterfall with amazing crystal blue water.

QUEENSTOWN / WANAKA
The crystal-clear lakes and stunning mountainous ranges make this one of the most beautiful places in New Zealand.

KEY CONTACT INFORMATION

PCA CONTACT INFO

If you require any tournament specific support please reach out to one of the following from the PCA.



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