As an international student you are a valued part of our community. We want to ensure that during COVID-19, you stay safe and have access to the information, care and support you need.

With so many businesses closed around New Zealand, this is a really difficult time for a lot of people financially. We understand many students will be struggling.

If you are in urgent need of essentials like food, medicine or cleaning products, here are some places that can help:

**Your place of study**
Under the Education (Pastoral Care of International Students) Code of Practice 2016, your place of study has an important responsibility for your health and wellbeing. Contact the international office (or your usual contact) in the first instance to see if they can help you.

**Local groups**
Community, faith-based and cultural groups are providing support to those in need. To find out what is available in your area, contact Citizen’s Advice Bureau: complete the form at cab.org.nz/find-a-cab/contact-us or phone 0800 367 222.

**Civil Defence Emergency Management Groups**
This service is intended for people who don’t have any other options available to them. It operates seven days a week from 7am to 7pm. You can find your local group on the CDEM website. You can also ask to speak with a translator if you need help.

**Foodbanks**
If you are in urgent need of food or other essentials, you can get a free food parcel from a foodbank in your region on the New Zealand Foodbanks website. We suggest you have your student ID with you when you call.

**Embassies**
You can contact your home country’s embassy in New Zealand mfat.govt.nz/en/embassies

Please don’t be too proud to ask for help. These are difficult times and these organisations are here to help you.

Please also join us at NauMai NZ where you can find information to support you during your New Zealand journey – content is being updated regularly.

If you have any questions, please contact:

**Education New Zealand**
response@enz.govt.nz

Education New Zealand is the government agency responsible for international education.