



Fall 2026 Frontiers Abroad Orientation Guide

Welcome to Frontiers Abroad's Geology of New Zealand and New Zealand Earth Systems Study Abroad Programmes.

We look forward to your arrival and hope you are ready to begin an incredible study abroad experience. To better prepare you for your arrival we have prepared this short guide. In it you will find items you will need in New Zealand, a very general itinerary (subject to change due to weather), health and safety information, general COVID health and safety information and information for your parents/guardians.

Our rules and regulations will be sent in an accompanying document, please carefully read over the contract of responsibilities (accompanying document) and hazards section and make sure you understand that circumstances may arise that will interrupt the programme.

In addition, please look over the material and if you or your parents have any questions or concerns please contact me or Max immediately. We hope to provide you with a safe and academically challenging study abroad experience in some of the most incredible field areas in the world. Please read and sign the Contract of Responsibility (accompanying document). Please return these forms to Max.

Thank you for choosing Frontiers Abroad and we look forward to seeing you soon!

Darren Gravley
FA Director

Important Notes:

1. Mental Health – Field camp is physically and mentally challenging. You will be living with 12 other students in close quarters. There is less personal space and free time than you are accustomed to. During field camp we will not have regular cell/WIFI service. You may not have access to the mental health services you are accustomed to. If you need mental health support during field camp you will need to have a support plan in place – developed by your mental health support team.
2. While on campus during field camp you are responsible for your own meals. There are several grocery stores in walking distance to your apartments. We also encourage you to purchase snacks for field camp if you are a “grazer” and have special treats you like!

Section 1 - Geology & ES Field Camp Itinerary

For Semester 2, Geology and ES programs are logistically run together, groups work both jointly and separately depending upon modules.

Geology Field Camp

For 4 weeks (2 weeks before the semester and 2 weeks after semester), students will travel through the South Island, deciphering the geologic evolution of New Zealand from a series of linked field modules. This is a field camp experience with the goal of providing students with a skill base of field-focused techniques that will enable them to understand the fundamental causes and timescales of geologic processes. Fieldwork is complemented by map preparation and exercises in the evenings, as well as lectures that highlight a wide variety of our staff’s field and laboratory-based studies.

During field camp you stay in field stations and lodges. Typically, you will be sharing a room with 3-4 other students. While in the field, meals (3) are provided for you.

Module 1	Introduction to Field Science, Observations, & Field Mapping	Kaikoura Peninsula	July 1-July 5
Module 2	Advanced Mapping and Kaitiakitanga and Indigenous	Banks Peninsula, Living Spring and Ilam Apartments	July 6-July 12

	knowledge. Introduction to Research Projects		
Module 3	Geomorphology and Sed/Strat mapping in the Southern Alps	Cass Field Station	Nov 9 – Nov 13
Module 4	Glacial geomorphologic mapping and Earth System connections	Aoraki/Mt Cook	Nov 14 – Nov 20

Earth Systems Field Camp

For 4 weeks (2 weeks before the semester and 2 weeks after semester), students will travel through the South and North Island of New Zealand, deciphering the earth systems of New Zealand from a series of field modules. This is a field camp experience with the goal of providing students with a skill base of field focused techniques that will enable them to understand the New Zealand Earth System. Fieldwork is complemented by exercises, lectures and reflections in the evenings.

During field camp you stay in field stations and lodges. Typically, you will be sharing a room with 3-4 other students. While in the field, meals (3) are provided for you. While you are on campus (between modules and during the research week) you are responsible for your own meals.

*** We strongly encourage ES students to enrol in MAOR172-24S2 Science, Maori and Indigenous Knowledge. This course has a field trip during mid semester break.

Module 1	Introduction to Field Science,	Kaikoura Peninsula	July 1-July 5
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	Observations, Field Mapping & Geosphere. Introduction to Marine Ecology		
Module 2	NZ Ecology & Kaitiakitanga and Indigenous knowledge. Introduction to Research Projects	Banks Peninsula, Living Spring and Ilam Apartments	July 6-July 12
Module 3	Glaciers and New Zealand Climate History Sub-Alpine Ecology	Cass Field Station	Nov 9 – Nov 13
Module 4	Glacial geomorphologic mapping and Earth System connections	Aoraki/Mt Cook	Nov 14 – Nov 20

Field Camp Gear List

You will need the following items for your stay in New Zealand. You will be in New Zealand for the Winter and Spring months when temperatures range between 20° F and 70° F. During the field component of the programme we will mostly be staying in research stations and lodges. This list is not comprehensive. Please be prepared to be in the cold and rain – and pack accordingly.

Suggested Field Camp Gear (this list is not comprehensive – if you feel you need something else, then please pack it!) You will be able to do laundry a few times over field camp but at most places there is a charge for this.

Remember – you will arrive at your apartments before we head into the field. So you will have a chance to re-pack for the field. We will return to Ilam in between

modules. At your apartments you are given a linen kit which includes a blanket, sheets, pillow and towel.

- 1 rain shell and rain pants
- Sleeping bag
- 1 fleece top
- 1 base layer (top and bottom – Capalene or synthetic)
- 1-2 sweatshirt
- 1-2 pairs of jeans/pants
- 1 pair warm pants
- 1-2 pairs of shorts
- 1 bathing suit
- 6 shirts (at least 1 wool/synthetic)
- 1 sun hat with brim all the way around
- 1 beanie (ski cap)
- warm gloves
- 6 pairs of undergarments
- 6 pairs of socks (wool or synthetic)
- bath towel
- 1 pair of hiking boots (make sure in good condition)
- 1 pair of shoes
- shower flip-flops
- small tent (not needed for field camp but good to bring if you want to go camping in your free time)
- sleeping pad (same as above)
- at least 2 water bottles
- headlamp
- day backpack (large enough to hold field supplies and food and comfortable to wear for the whole day)
- toiletries
- small pillow
- sunglasses
- laptop computer
- sun screen
- field notebook (make sure it is *write in rain type*)
- hand lens
- pens and pencils
- colored pencils, protractor, erasers

- If plan on doing outdoor adventuring on your own and you already have a Garmin Inreach or PLB, this is a great thing to have! PLBs are also easily hired at a fair price (~\$10/day) from outdoor retails in NZ.

Section 2 - Semester Programme at the University of Canterbury (UC)

Following part one of field camp, you transition to the University of Canterbury for your semester study. At UC, you will take 4 classes, one of which is the research methods course just for FA students – we will let you know which class to enroll in. The rest of your courses will have both international and Kiwi students. FA meets twice per week for their research course. In addition, our staff will be on campus during the week to support you. UC is large institution and courses will be different than you are used to. There will be fewer assessments/assignments and each assessment/assignment is worth more towards your overall grade. Students who are self-motivated succeed well. Students who require constant feedback from professors can have challenges with the educational system in New Zealand. You will also have more free time than you are used to. We encourage you to join clubs to explore New Zealand while you are here.

International Orientation

International orientation will be held Wednesday, July 8th. Classes begin on the 13th of July. Orientation is mandatory. You will be introduced to the University of Canterbury and their procedures and protocols. More information on the University of Canterbury's International orientation can be found here: <https://www.canterbury.ac.nz/international/how-do-i-enrol/welcome/>

UC Clubs

During orientation, you will also be introduced to the various clubs on campus. This is the best way to meet Kiwi's and get out into the outdoors. For more information on UC clubs visit this site: <https://ucsa.org.nz/clubs/> There is a club for every interest!

Housing

During the semester you will stay at Ilam Apartments. You will have your own room in a 4-5 person apartment on campus. To learn more visit: <https://www.canterbury.ac.nz/life/accommodation/>.

Apartments are self-catered and you will provide your own meals.

The Address of Ilam Apartments is 2 Homestead Lane, Ilam, Christchurch, 8041, New Zealand. You can receive mail at this address.

Section 3 - Medical Information

By designing our programmes in New Zealand we benefit from a developed nation with top rate medical facilities and emergency care. During most of the field camp component of our programme we will be within 1 hour of a hospital. New Zealand has socialized medical service so everybody in New Zealand has health care, including visitors. In addition, we provide our students with additional health insurance to minimize wait time and gain access to the best doctors in New Zealand. Please see our health and safety information in the following section of this document for more information.

Doctor's Offices/Medical Centers

During your semester at UC there are 4 hospitals/doctor's offices you should be aware of:

1. **UC Health Centre:** For general appointments (non-emergencies) and local counselors. Located on campus and you can make appointments online or via the phone. <https://www.canterbury.ac.nz/healthcentre/>
2. **Riccarton Clinic:** Urgent care between the hours of 8:00am and 8:00pm. This facility is near campus and used for more serious injuries that do not require the Emergency room. <https://www.riccartonclinic.co.nz/>. 4 Yaldhurst Rd, Church Corner, Christchurch
3. **24 Hour Surgery:** 24 hour Urgent care. This is further from campus but easily accessible via taxis or Uber. This is for non-emergency room after hour needs. <https://www.24hoursurgery.co.nz/>. 401 Madras St. Entrance on left before Bealey Avenue

4. **Christchurch Hospital Emergency Center:** For emergencies. Dial 111. Ambulance will transport you to hospital. Emergency Department, Ground Floor, Waipapa, Christchurch Hospital, Riccarton Avenue

Emotional Support

During the field camp programme, we across the South Island of New Zealand. Staff associated with the programme provide pastoral care; however, if further support is required prior to or during the programme, Frontiers Abroad will assist in facilitation. We recommend your US-based emotional supports (i.e. counselor, psychologist) be advised of your enrolment in the programme and that contact (if required) is maintained throughout your time in New Zealand.

Level of Fitness

A reasonable level of fitness is required throughout the field programme. This includes hiking over uneven terrain, in coastal environments, and mountainous areas. If you have any pre-existing conditions please consult your doctor and provide this information in the “forms” section of this guide.

Medication

Prior to arriving, make sure that you have visited with your doctor to ensure you are healthy and able to live and function in New Zealand. If you are on medication, you should have a sufficient quantity to last for your time in New Zealand. If your medications will not last the 5 months, then ensure that medications are available at pharmacies in New Zealand and that you have the proper prescriptions to obtain them.

If you have specific medical concerns and would like to consult with a New Zealand doctor, please visit this directory to identify the appropriate doctor. <http://www.nzs.com/health/region.html>

Information on NZ Vaccination and Medications from the Center for Disease control (<http://wwwn.cdc.gov/travel/destinationNewZealand.aspx#safety>)

We recommend seeing a health-care provider at least 4–6 weeks before your trip to allow time for your vaccines to take effect. Even if you have less than 4 weeks before you leave, you should still see a health-care provider for needed vaccines, medications, and information/advice about how to protect yourself from illness and injury while traveling. If your travel plans will take you to more than one country during a single trip, be sure to let your health-care provider know so that

you can receive the appropriate vaccinations and information for all of your destinations. If you plan on traveling to other countries, you may also need additional vaccinations as required. Please visit the Center for Disease Control at www.cdc.gov/ for more information.

Be sure your routine vaccinations are up-to-date. Routine vaccines, as they are often called, such as for influenza, chickenpox (or varicella), polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) are given at all stages of life; see the childhood and adolescent immunization schedule and routine adult immunization schedule.

Routine vaccines are recommended even if you do not travel. Although childhood diseases, such as measles, rarely occur in the United States, they are still common in many parts of the world. A traveler who is not vaccinated would be at risk for infection.

Medicines you may need:

The prescription medicines you take every day. Make sure you have enough to last during your trip. Keep them in their original prescription bottles and always in your carry-on luggage. Be sure to follow security guidelines if the medicines are liquids.

Note: Some drugs available by prescription in the US are illegal in other countries. Check the US Department of State Consular Information Sheets for the country(s) you intend to visit or the embassy or consulate for that country(s). If your medication is not allowed in the country you will be visiting, ask your health-care provider to write a letter on office stationery stating the medication has been prescribed for you.

New Zealand also has high levels of pollens that you have not been exposed to before. It is recommended that if you have known allergies that you carry antihistamines.

Section 4 – In Country Information

Personal Insurance

Insurance is provided as part of the Frontiers Abroad programme. Insurance is arranged for you through the preferred provider of the University of Canterbury. The following are the details of the insurance policy. Please visit the below LINK to learn about the policy. Again, you do not need to do anything.

<https://www.insurancesafenz.com/studentsafe/student-safe-inbound-university>

Please note: your student number on your “offer of place” is your policy number.

Important note: Pre-existing conditions of health are not covered (Unless you have applied to the insurer and have received notice of acceptance from the insurer). Please be in contact with Max if you have pre-existing conditions you want covered. There will be an additional charge.

In Country Services

Cell phone

Upon arrival to New Zealand you will have the option of purchasing a cell phone or New Zealand SIM card to go into your US cell phone. Prepay cards or plans may be purchased. We strongly recommend you get a NZ phone number and provide it to your family back home and to Frontiers Abroad representatives. This will be your primary means of communication as internet is not consistent throughout field camp.

Mail

You can have mail sent to your apartments (address given when you are assigned your room) or by sending to Frontiers Abroad at:

Frontiers Abroad
3 Harbour View Terrace
Lyttelton
Christchurch 8082
New Zealand

Banking

Free student banking is provided by the ANZ. ATM (MAC) machines are present throughout New Zealand to access your US account (fees may apply so research

this prior to leaving). Students will have weekly access to ATMs during the field camp and daily access during the campus component of the programme.

Food

During the field camp, Frontiers Abroad will provide meals when we are spending the nights at field stations. When we are at Ilam or on travel days, students provide their own meals. A special meal form will be sent to you online and is to be filled out and submitted prior to the start of the field camp if you have food allergies or special dietary needs.

During the campus component in Christchurch, you will provide your own meals. Several supermarkets are located near the University of Canterbury to accommodate most possible food needs.

Section 5 – Additional Health and Safety

SPECIAL NOTE: On February 22nd, 2011 a large earthquake caused extensive damage to Christchurch and the University of Canterbury semester was interrupted. As a result, Frontiers Abroad relocated its 2011 Geology programme to Victoria University in Wellington and its Earth Systems programme to the University of Auckland in order to ensure the well-being of our students and maintain the academic integrity of our programme. Today, earthquake activity has decreased considerably but there is the possibility that an earthquake could disrupt academic programmes at the University of Canterbury. If such an earthquake occurs during a future Frontiers Abroad programme and Frontiers Abroad feels the University of Canterbury cannot deliver a safe academic experience, then our students will be relocated to another region and the course will be accomplished remotely.

Providing a safe learning experience is Frontiers Abroad's primary objective. By designing our programmes in New Zealand we benefit from a developed nation with top rate medical facilities and emergency care. However, we cannot totally guarantee your safety while working in the outdoors during the field camp, and for the campus component, you will be living in a metropolitan area with all the hazards that go along with being in large cities. We can provide you with information on minimizing your risks while in New Zealand and ask you to act in a responsible adult manner. In addition, we have taken several measures to ensure that your experience will be as safe as possible.

During most of the field camp, we will be within one hour of a hospital and with nearly constant cell phone reception. New Zealand has socialized medical service so everybody in New Zealand has health care, including visitors. In addition, we provide our students with additional health insurance to minimize wait time and ensure that our students can see any doctor in New Zealand.

In this section we will present you with some of New Zealand's prevalent hazards, provide you with resources to learn how to minimize hazards, and techniques for mitigating and avoiding these hazards.

Hazards

New Zealand is an isolated country that presents an interesting array of safety hazards. Problems that make study abroad programmes in other regions of the world dangerous are rare in New Zealand. Civil and political unrest, water borne diseases such as cholera and hepatitis, and insects are rare. However, hazards do exist.

Earthquakes

See 'Special Note' above.

There is a possibility that an earthquake could disrupt academic programmes at the University of Canterbury. If such an earthquake occurs during a future Frontiers Abroad programme and Frontiers Abroad feels the University of Canterbury cannot deliver a safe academic experience, then our students will be relocated together to another New Zealand University or, potentially canceled.

Sun Exposure

Sun intensity during the austral summer is probably the strongest in the world. Being uncovered for more than 15 minutes can lead to substantial sunburn. This coupled with the exercise you will do while hiking and working in the field can lead to severe heat exhaustion and in some cases heat stroke. To avoid this we mandate that you bring and apply sun-screen, wear a wide-brimmed hat at all times while in the field, and drink lots of water. We will not work in the field if temperatures exceed 95 degrees. This is a hazard in New Zealand that we take seriously.

Active Volcanoes

During the field camp we may visit several active volcanoes. These volcanoes are active and have erupted in recent times (i.e. Mt. Tongariro in August, 2012). These volcanoes are constantly monitored and we will only work on them if the Geologic and Nuclear Sciences (GNS) deem them to be safe. Prior to entering an active volcano zone we will call up the volcanoes' monitoring center and see if it is safe to work on the volcano.

Geothermal Features

During our field camp we may visit several geothermal features (pools, geysers, production fields). These features contain waters in excess of 100 degrees Celsius. Students must take great care when visiting these areas and make sure they walk on designated paths.

Extreme Landscape

During our field camp we will be working in extreme environments. For example several exercises will take place on the sides of steep slopes. Twisted ankles and broken bones are all possible injuries that can be sustained. To minimize this hazard, students are required to bring hiking boots. Furthermore, no students will be allowed to work on slopes greater than 45°. If students do sustain injuries then we will follow the guidelines established in our emergency action plan below.

Swimming

During your stay in New Zealand you will be both swimming and working in coastal environments. You should be able to swim. If you cannot swim then you must let us know so we can take the necessary steps to providing a safe working condition for you.

Christchurch Hazards

The City of Christchurch has over 400,000 people and all the hazards and threats associated with large cities. These may include assault and crimes of dishonesty - including burglary, unlawful taking, theft and fraud. Accidents are always possible. Please refer to our safety education section to learn how to reduce your risks while in cities and foreign countries.

In Case of Emergencies

In case of emergencies that might arise during your study abroad experience, Frontiers Abroad will implement its Emergency Action Plan (EAP). Our EAP follows an established set of guidelines for dealing with emergencies in both field and city settings.

EAP Field Camp (off campus)

For non-life threatening situations (twisted ankle, broken limbs, etc), Frontiers Abroad representatives will administer first aid then transport the student to the nearest hospital. We will generally always be within 1 hour drive from the nearest hospital and in near-constant cell phone reception. If students are unable to move, then emergency medical technicians will be dispatched to the site. This scenario exists for Frontier Abroad staff members as well. A staff member will always be on site. Through our communication network, the family of the injured will be contacted as soon as it is safely possible to do so (if the student has authorized Frontiers Abroad to do so).

For life threatening injuries (significant falls, car accidents, etc.), if appropriate, Frontiers Abroad representatives will administer first aid and/or CPR and immediately contact New Zealand emergency medical facilities. The injured party will be transported to the nearest hospital. Through our communication network, the family of the injured party will be contacted as soon as possible.

All hospitals in our field areas have been mapped. Phone numbers of the emergency contacts and hospitals are carried by each student and Frontiers Abroad Staff.

For natural disasters (volcanic eruptions, earthquakes, floods, tsunamis), the best management is preparation and reliance upon existing monitoring networks. For instance, Frontiers Abroad will be in contact with those responsible for monitoring volcanic and seismic activity (in fact, some of these people will be teaching Frontiers Abroad modules) and we will determine if it is safe to work in these environments. In case of an emergency, Frontiers Abroad representatives will transport students to safe zones and contact New Zealand Civil Defense to determine the best course of action. During these emergencies we will contact the families of students as soon as it is safe to do so.

***** Please see special note at top of section for specific information on relocation due to earthquakes in Christchurch City.**

EAP Summary for Christchurch City

While at the University of Canterbury, Frontiers Abroad relies on the medical and emergency staff of the University of Canterbury and Christchurch city to provide emergency medical and mental health services. During this portion of the study abroad experience Frontiers Abroad is not constantly in contact with the students. We do, however, require weekly meetings to discuss both academic and health and living issues. Furthermore, Frontiers Abroad representatives work at the University of Canterbury. These representatives are available 24 hours to support the students.

In an emergency, either life threatening or non-life threatening situations, the University of Canterbury will be notified. **Frontiers Abroad representatives will make final decisions with respect to the welfare of the group. If a student does not abide by the rules established during an emergency situation then**

Frontiers Abroad retains the right to remove the offending student from the programme and a programme refund will not be provided. In the event of an emergency, students may be relocated to another New Zealand University or the program may be cancelled.

If the case is criminal in nature then Christchurch Police will be notified and assess the situation as well. As soon as Frontiers Abroad is notified of the situation, the student's family will be contacted and informed of the situation.