



NEW ZEALAND: PHYSIOTHERAPY AND OCCUPATIONAL THERAPY WORK EXPERIENCE

A unique opportunity to work closely with children of varying disabilities and help make their day to day lives happier and more productive whilst learning and gaining experience of working as an Occupational or Physio Therapist in a beautiful suburb of an exciting city!

"New Zealand is the ultimate outdoor playground and, if it hasn't been done, we invent it- Jet boating, Black-water Rafting and Bungee Jumping to name a few. Within easy reach you can also go Whale-watching, Sky-Diving, White-water Rafting, Abseiling and numerous other activities. The locals are invariably friendly and helpful and will make you welcome!"

– Annette Orchard, Travellers New Zealand organiser.



WHAT DO YOU GET?

- An exciting, never-to-be-forgotten adventure!
- New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
- An entry on your CV or résumé that will put you head and shoulders above most others in the job market.
- Experienced local staff with 24/7 back-up and support who'll meet you at the airport on your arrival - helps you **feel safe and never alone!**
- An in-depth Induction makes you **feel local straight away!**
- An opportunity to make lifelong friends from all over the world.
- And best of all ... **an unforgettable experience!**

► SUMMARY FACTFILE

Start Dates	All year round - you choose your start and finish dates! Placements may be subject to school terms (please see dates below).
Duration	From 4 weeks to 1 year, subject to visa requirements
Requirements	You should be currently studying Physiotherapy or Occupational Therapy or already qualified.
Price	For up-to-date prices, please see Full Price List and other Currencies .
What's included	► Accommodation ► Meeting you at the Airport ► Transfer to your accommodation ► Full pre-departure support ► Local in-country team support and backup ► 24-hr emergency support.
What's not included	Flights, Food, Insurance, Cost of Visas (if a visa is required, but we'll provide necessary documents and assistance), Transport to and from your project, Return transfer to the airport.
Who can do this Project?	All projects are open to all nationalities. You need to be 18 or over to participate in this project

PROJECT OVERVIEW

You will be working as an assistant to the existing therapists working alongside them with the children. You will work under supervision alongside other teacher aids and the staff in groups or one-on-one with the students.

You will also get the chance to work with the children in a classroom environment and this will give you additional experience in how to work with their disabilities and to overcome these obstacles within education something that is key to becoming a successful therapist and understanding the needs of the children and their various disabilities.



The unit has a round 30 children with a range of disabilities. Many of the children at the unit are wheelchair bound and require constant attention. The children are split into 3 classes according to the severity of their disability. This means that you can specialise in an area you are more interested in within these classes.

The staff and the parents work together to establish what the aims are for their children and how the physiotherapists can achieve them.

The centre has a number of staff working with the children, such as a Physiotherapist, Occupational Therapists, Teachers and a Speech Therapist. Together the staff members work to help the children in their specific area and get them involved in at least one subject within the mainstream college. There is plenty for you to get involved with.

Since the centre is connected to a school, this project is only available during school term times:

Term	2012	2013
1	7 February – 5 April	7 February – 19 April
2	23 April – 29 June	6 May – 12 July
3	16 July – 28 September	29 July – 27 September
4	15 October – 14 December	14 October – 18 December



WORK CONTENT

Each child will have different problems that you will be required to look at and you will have an individual programme for each child. As a therapist, your work may include:

- Goal setting
- Action planning
- Information gathering
- Ongoing assessments
- Exercise – stretching, positioning, using standard frames, looking at posture, and more
- Teaching new ways of approaching tasks
- Teaching children how to breakdown activities into achievable components. For example, cooking a meal, writing, or using a computer.

A lot of the work is about helping the child fit into the mainstream world and helping them to complete work for school and to complete day to day tasks which they find difficult to complete or understand. It is about helping them achieve a more independent future and you can be part of that!

LOCATION

Auckland is the gateway to New Zealand and a great place to start your travels. Water is at the heart of what has become New Zealand's most populated city, and it's position on a thin stretch of land tucked between two harbours encourages an active, outdoor lifestyle. The many yachts that sail through the harbours and across the adjoining

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Hauraki Gulf have led to Auckland's name as the 'City of Sails'. Auckland is incredibly picturesque, with a backdrop of extinct volcanoes looking out across the many islands clustered around the coast.

ACCOMMODATION & FOOD

You'll be accommodated in a centrally located lodge that is friendly and relaxing, making it ideal for long-term stays. You may have your own room or you may share a room with other volunteers. There is an excellent kitchen and storage area for cooking meals and plenty of space to relax.

Entertainment at your accommodation includes cheap internet access and cable TV (Sky) as well as an outside balcony. You are literally a stroll from the Sky Tower, harbour and waterfront. Trains and buses are also only a few minutes away to take you to parts of Auckland and New Zealand or to the many other 'things to do'!

The city centre boasts great shopping, restaurants and pubs or head over to the viaduct for more pubs, nightclubs and multicultural cuisine.

INDUCTION ON ARRIVAL

When you arrive, you will be welcomed at the airport by our New Zealand Manager, who will take you to your accommodation. During your first few days you will be given an induction so that you can learn about Auckland and its culture, as well as useful information like how to use the transport system etc.



GETTING TO YOUR PROJECT

Transport budget is not included in your placement. You'll travel to your project using public transport. On your first day, you'll usually be accompanied by a Travellers team member who will show you how to use public transport to get to your placement. If you have any questions regarding the transport routes please ask your organiser who will be happy to help you.

VISAS

Visa requirements may differ between different nationalities, but don't worry we will liaise with you about your visa requirements, and make the visa process very easy.

POLICE CHECKS

Within New Zealand Law it is compulsory for all volunteers who work with children to undergo a police check. These checks are done to ensure the safety of children in New Zealand.

The checks are a simple process and we will provide you with all the details of what identity you need to take with you. On your arrival in Auckland, our New Zealand manager will complete the checks with you and take you through the process. As soon as you have registered, you'll be allowed to start working with children.

The fee for the checks is included in your project price and we will ensure that you have all the relevant information before you come to New Zealand.

FLIGHTS

You have the option to arrange your own flights or we can assist you with your flight arrangements. If you would like us to do this for you, we will liaise with you regarding available flights and dates to suit you. All arrangements for your flight bookings/payments will be fulfilled by [Murray Rogers Travel Limited](#), ATOL No. 6856.

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COSTS

Please see the prices pages of our website Full Price List. The price of this project is a reflection of the following costs:

- ✓ Accommodation
- ✓ Meeting you at the airport
- ✓ Local in-country team support and backup
- ✓ 24hr emergency helpline
- ✓ Full pre-departure support
- ✓ UK administration
- ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations)
- ✓ Project Research/Site Inspection
- ✓ Staff Training/Equipment
- ✓ Donations to worthwhile project

HOW YOU MAKE A DIFFERENCE

By joining a Travellers Program you enable us to keep donating money to worthwhile projects around the world; from clothing and feeding school children, building playgrounds or funding vital conservation research - your participation makes these donations possible.



The [Bridge The Gap Foundation](#) was set up by us to donate directly to particularly worthwhile and necessary projects for children and animals around the world, and partners with other NGO's to raise match-funding for worthy projects.

COUNTRY PROFILE

New Zealand is a must see destination – with its stunning scenery of rolling hills, beautiful mountains and amazing beaches it's no wonder New Zealand is one of the most popular places to visit in the world! New Zealand's most striking feature is its variety of landscapes, with great beaches, mountain ranges, big lakes, volcanoes and geysers.



Tourism in New Zealand rose dramatically after the success of the Lord of the Rings Trilogy, filmed on location throughout New Zealand. Auckland has a mixed climate. The hottest months are January and February where temperatures can frequently reach the mid to high 20's. Occasionally the weather can reach 30+ degrees.

THINGS TO DO IN NEW ZEALAND

This is an infinite list! New Zealand was made for all interests, passions, tastes and senses of adventure! You can throw yourself off a building attached to a bungee in Auckland, enjoy the serenity of Lake Taupo, bathe in natural hot springs in Rotorua or look for Hobbits in Mata Mata, and that's just the North Island!

If you venture south it's a whole new board game, with less of the board and more of the game! Trekking along the Fox Glacier, Whale watching in Kaikoura, Glow worm caves in Te Anau or visit Milford Sound...for absolutely no sound, just peace and scenery that will blow your mind! New Zealand really has it all, you will never forget your time there.

The North Island:

Auckland is dotted with the Hauraki Gulf islands, some of which are minutes away from the city and make great day trips. The islands provide a good escape from the hustle and bustle of the city and provide good views of Auckland as you sail away.

The most popular island is Rangitoto which includes a 50 minute hike to the top of the summit where you can look down into the crater of the extinct volcano which erupted for its last time 600 years ago.

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Waiheke Island is also a popular place to visit and is close to Auckland by ferry. The island boasts many beautiful beaches and rolling hills with vineyards on them. The Great Barrier Island is the largest island in the gulf and is a very rugged and scenic island - it is 88km from Auckland.

Northland & Bay of Islands: Northland is the winterless paradise, with varied and spectacular scenery – beautiful beaches, awesome trees, lush national parks and world-class dive sites.

The South Island:

The Abel Tasman National Park: The Abel Tasman National Park is a very popular hiking area (or tramping as it is known in New Zealand). There are a number of treks in the park that allow you to pass through some beautiful scenery (considered by some to be the best in New Zealand).

Franz Josef Glaciers is one of the most famous sights and tourist spots in New Zealand. The glaciers are well worth a visit - a hike with a tour guide is a must.

Christchurch is often described as the most English city in New Zealand - with its' English style buildings and heritage it is not hard to see why. Christchurch has a number of attractions and is a major stopping off point for people traveling down the east coast of the South island. There are a number of attractions to see in Christchurch including; cathedral square, the botanic gardens, museums or simply just walking through Christchurch to get a feel for the place.

Queenstown is referred to as New Zealand's adrenaline activity capital and with all the activities it has to offer it is not hard to see why. There are numerous white knuckle activities to test your nerves; these include bungee jumping, skiing, skydiving, rafting, sledging, jet boating, caving and hand gliding.

Milford Sound is a Fiord and one of New Zealand's biggest tourist attractions. The clear calm waters either side of the cliffs are very picturesque, with a 1692 peak in the distance and rainfall which creates amazing waterfalls. A beautiful and mysterious place.

Stewart Island is New Zealand's 3rd largest island and is very rarely visited by tourists. The island is south of the main South island and is renowned for its beautiful red sky and natural untouched beauty.

WHY GO WITH TRAVELLERS?

- Professional & structured programmes!
- Over 17 years' experience sending thousands of participants overseas!
- The largest variety of **flexible projects** that are **value for money!**
- Excellent support - second to none in the industry
- Accredited projects helps **appeal to future employers**
- Your own dedicated Project Coordinator to answer all questions prior to, during and after your **trip of a lifetime!**
- Detailed information on your project and country and suggestions, safety guide, tips and checklists, via our **EXTRANET, available from anywhere, 24/7.**
- 24/7 emergency helpline for you and your family
- Free pick up from the nearest airport.



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VOLUNTEER FEEDBACK

“The day starts with a rather early and long bus ride from the hostel into college, which is a good opportunity for a catch up on sleep. Walking into the centre involves a lot of hellos with the students and staff. At 8.30am its time for stretches with the students for 15 minutes before school starts, they might need a lot of encouragement but they have a laugh as well.

Then the school day starts and each day is different. You might have to work one to one with students to help them achieve their goals, such as scissor control, pencil skills and sequencing events; teach life skills such as road crossing, cleaning, self care (such as nail painting!!) and cooking; help students with school work and act as a teacher aide in main stream classes; help run brunch group with the students so planning what to buy, going shopping and finally making toasted sandwiches (those are good days!); go out to visits to the library and work experience placements; take children to appointments such as orthotic clinics and to try new mobility solutions; go out on visits to primary schools to help certain children with problems such as fine motor control and you may get the chance to be involved in physiotherapy, hydrotherapy, speech and language therapy and music therapy sessions.

It helps to be flexible and willing to help whenever and wherever, each day and each week is different, and sometimes the students you are meant to work with are unavailable or are poorly or have appointments. There is lots to do but be willing to offer and suggest things, don't always wait to be told what to do. The school day finishes at 3.05pm and then there is another bus ride home. In the evenings there are opportunities so go to the cinema, go out to dinner (Mt Fuji on Queen Street is very nice!), go for a wander around the harbour or up to the sky tower (very impressive at sunset!) or just hang around at the hostel catching up with friends and watching TV or films. There is plenty to do at the weekends too so expect to be busy then as well! There always seems to be lots of events going on in Auckland during the week and at the weekends so you shouldn't be short of things to do!”

- Tess Johnson / Occupational Therapy - New Zealand / British

HOW TO BOOK:

Please complete a [booking form](#) online or you can send a postal booking from our free brochure. When we receive this, we'll telephone you to discuss the details and then start the exciting process of planning your trip!

We do hope you'll join us and are confident that you'll find this an incredible experience. Don't hesitate to contact us with any questions - we'll be happy to help you plan your exciting adventure!

You may also be interested in other courses with Travellers – please visit our [website](#) for details of all our projects. In fact you can choose from over 300 projects in 19 countries!

MAKE A DIFFERENCE – GET INVOLVED!

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