



Good Homestay

您在紐西蘭生活的第一步

Your First Step to NZ Life

Auckland, New Zealand

1. 前言

Introduction

Kia Ora, 歡迎來到紐西蘭!

本指南旨在幫助您順利適應在紐西蘭的新生活，並充分享受寄宿家庭的體驗。您可以把它當作一本在紐西蘭生活的「旅行指南」。

寄宿家庭和飯店不同，它更像是成為這個家庭的一份子。您可能會對一些文化差異感到驚訝，但這正是海外生活最有趣、最珍貴的部分！。

在開始之前，請先和您的寄宿家庭一起閱讀這本指南。這是一個很好的破冰方式，也能幫助大家互相了解並討論家中的規則。

Kia Ora and Welcome to New Zealand!

This guide is designed to help you settle into your new life and enjoy your homestay experience to the fullest. Think of it as your "Travel Guide" for living in NZ.

Homestay is different from a hotel, it is about becoming a member of the family. You might be surprised by some cultural differences, but discovering them is the best part of living overseas!

To get started, please look through this guide with your host family. It's a great way to break the ice and talk about house rules and each other.

2. 交換聯絡資料

Let's Exchange Contacts

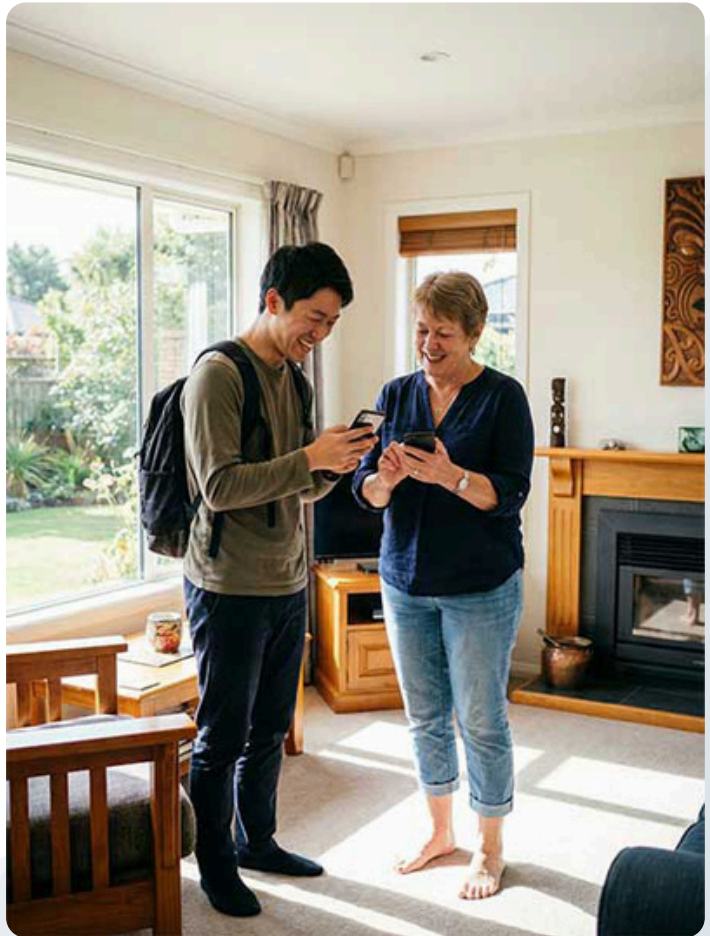
在彼此認識之後，讓我們交換聯絡方式吧。

在紐西蘭，SMS（簡訊）非常普遍，另外也常使用 Messenger、WhatsApp 或 Instagram 等通訊軟體。請詢問您的寄宿家庭偏好的聯絡方式，以方便彼此保持聯繫。

Once you've introduced yourselves, let's exchange contact details. In New Zealand, SMS (text messaging) is very common, along with apps like Messenger, WhatsApp, or Instagram. Please ask your host family which method they prefer so you can stay in touch easily.

Contact Info

- 學生電話 (Student Mobile):
- 寄宿家庭姓名 (Host Name):
- 寄宿家庭電話 (Host Mobile):



3. 公共交通

Public Transport

在奧克蘭，我們主要使用巴士、火車和渡輪。您可以使用 AT HOP 卡、感應式信用卡、Apple Pay 或 Google Pay 付款，交通工具不接受現金。

In Auckland, we use buses, trains, and ferries. You can pay with an AT HOP Card or a contactless credit card, Apple Pay and Google Pay. Cash is not accepted.

App: 請下載「AT Mobile」App，以查詢路線與巴士即時位置。

App: Download the "AT Mobile" app to check routes and real-time bus locations.

如何搭乘巴士 (重要) : 巴士不會自動停靠，當您看到巴士接近時，請向司機揮手示意。

How to catch a bus (Important): Buses won't stop unless you signal. When you see your bus coming, please wave your hand to the driver.

下車時: 請按下車鈴，下車時向司機說一句「Thank you! (謝謝)」是很有紐西蘭風格的禮貌喔！

Getting off: Press the button to stop. Say "Thank you!" to the driver when you get off. It's the Kiwi style!



[下載 AT Mobile](#)

4. 前往學校

Getting to School

在陌生的國家、使用陌生的語言去語言學校上課，是一場很大的冒險。為了避免迷路或遲到，請提前做好準備！請使用地圖 App（例如 Google Maps）以及 AT Mobile App 查詢路線與時刻表。AT Mobile 對於查看每日通勤的巴士即時資訊特別有幫助。

Going to a language school in a new land and in a new language is a big adventure. To ensure you don't get lost or run late, let's prepare well in advance! Please check your route using both a map app (e.g. Google Maps) and the AT Mobile app, which shows bus routes and timetables. AT Mobile is especially useful for checking real-time bus information for your daily commute.

Check List

- Save Locations:** Have you saved your home and school locations on a map app (e.g. Google Maps)?
- Check Route:** Have you checked which bus number to take using the AT Mobile app?
- Practice Run:** Let's actually walk to the bus stop with the host family.

如果您對以上內容有不明白的地方，請向您的寄宿家庭詢問！

5. 手機與 SIM 卡

Mobile Phone & SIM Card

使用香港 SIM 卡的數據漫遊可能非常昂貴，因此建議購買紐西蘭 SIM 卡來使用通話與網路。

主要電信公司包括 [Spark](#) , [One NZ](#) , [2degrees](#) 同 [Skinny](#)。

Using data roaming with your Hongkonger SIM card can be very expensive, so let's purchase a New Zealand SIM card for calls and data. The main carriers are Spark, One NZ, 2degrees, and Skinny.



您可以在手機門市（Skinny 沒有實體店）、超市或電子產品商店購買SIM卡。若要使用 eSIM，可直接在電信公司網站購買，並依照電子郵件中的設定說明完成安裝。

You can buy SIM cards at mobile shops (Skinny has no physical shops), supermarkets, or electronics stores. For eSIMs, purchase them on the carrier's website and follow the setup instructions sent via email.

「預付方案（Prepay Plans）」很受國際學生歡迎。方案通常每 4 週自動續約，且沒有長期綁約，因此可以隨時取消。幾乎所有操作，包括續約與取消，都可以透過 App 完成。

"Prepay Plans" are popular among international students. The contract renews every 4 weeks, and since there is no long-term binding contract, you can cancel anytime. Almost everything, including renewal and cancellation, can be done via the app.

6. 開心寄宿小貼士

Tips for a Happy Homestay

以下是一些「Kiwi（紐西蘭人）生活方式」的小貼士，幫助大家更舒適地共同生活。了解這些小細節，能幫助您和寄宿家庭建立良好的關係。

Here are some tips on the "Kiwi way of life" to help everyone live together comfortably. Understanding these little things will help you build a great relationship with your host family.

淋浴與熱水 Shower & Hot Water



在紐西蘭家庭中，熱水通常儲存在稱為「熱水桶（cylinder）」的設備裡。如果熱水用完，下一個人可能就只能洗冷水澡了！

In NZ homes, hot water is often stored in a tank called a "cylinder." If we use it all up, the next person might be left with a cold shower!

Tips

請盡量將洗澡時間控制在 5 至 10 分鐘內

Please keep your showers short, around 5 to 10 minutes.

即使家中有浴缸，大多數人也只會淋浴

Even if there is a bathtub, it is common to just take a shower.

建議詢問寄宿家庭什麼時間洗澡最合適

It's a good idea to ask your host when the best time is to take a shower.

洗衣 Laundry

頻率: 通常每週洗衣 1 至 2 次，請向寄宿家庭確認。

Frequency: Laundry is typically done once or twice a week. Please check with your host.

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家規: 請詢問是需要自己洗衣，還是由寄宿家庭幫忙洗。

House Rules: Ask if you should do your own washing or if the host will do it for you.



不要在房間內晾衣服：請不要在臥室晾毛巾或濕衣物。紐西蘭的房屋很多都有地毯，在室內晾衣容易造成潮濕與發霉。

No Drying in Bedrooms: Please do not hang wet towels or clothes in your bedroom. NZ houses often have carpets, and drying clothes inside can cause dampness and mold.

房間整潔同噪音 **Tidy Room & Noise**

房間整潔：請保持房間整齊。每天早上整理床鋪是一個很棒的習慣，寄宿家庭也會很欣賞！

Tidy Room: Please keep your room tidy. Making your bed in the morning is a lovely habit that hosts appreciate!



安靜時間：紐西蘭的晚上通常較安靜，請注意深夜講電話或觀看影片時的音量，建議使用耳機。

Quiet Time: Evenings can be quiet in NZ. Please be mindful of volume when making calls or watching videos late at night. Using earphones are recommended.



吸煙同飲酒 **Smoking & Alcohol**

一般來說，室內不允許吸菸或使用電子煙。

Smoking and vaping are generally not allowed inside the house.

請確認寄宿家庭對吸菸與飲酒的規定（紐西蘭合法飲酒年齡為 18 歲）。

Please check the house rules regarding smoking and alcohol (The legal age in NZ is 18).

用電 **Electricity**

紐西蘭的電費相當昂貴。離開房間時請記得關燈，冬天使用暖氣時也請特別注意節約用電。

Electricity can be quite expensive in NZ. Please help by turning off lights when you leave a room. Be careful with heaters in winter, too. Saving power is very much appreciated!



溝通 Communication

Magic Word: 「Thank you (謝謝)」與「Please (請)」在這裡非常重要，常常使用會讓大家都感到開心

Magic Words: "Thank you" and "Please" work like magic here. Using them often makes everyone happy.

打招呼: 一句親切的「Good Morning (早安)」、「Good Night (晚安)」或「See you (再見)」都非常重要。

Greetings: A cheerful "Good Morning," "Good Night," or "See you" goes a long way.

YES / NO: 在紐西蘭，清楚表達很重要。請盡量明確說「Yes」或「No」，而不是「maybe」，這樣寄宿家庭才能更了解您的需求。

Yes / No: In NZ, it's helpful to be clear. Please say "Yes" or "No" clearly instead of "maybe." It helps your host understand what you need.

聽不懂時: 可以直接詢問！您可以說：Pardon? (不好意思?) 或 Could you say that again, please? (可以再說一次嗎?)，寄宿家庭會很樂意再重複一次。

If you don't understand: It's okay to ask! Just say, "Pardon?" or "Could you say that again, please?" Your host will be happy to repeat it.



餐飲 Meals

平日與週末 Weekdays & Weekends

平日: 通常包含早餐與晚餐。早餐多為自助式，例如吐司、麥片等。若需要平日午餐，通常需額外付費。

Weekdays: Usually includes breakfast and dinner. Breakfast is often "help yourself" style (toast, cereal, etc.).

If weekday lunches are requested, an additional fee will apply.

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週末: 午餐通常是自助式，使用寄宿家庭提供的食材或即食食品。每個家庭習慣不同，請務必先確認。

Weekends: Weekend lunches are often self-service, using ingredients or instant foods provided by the host. Every family is different, so please make sure to check!



晚餐時間 Dinner Time

晚餐是與家人聊天交流的好時機。
用餐時不使用手機會比較有禮貌。

Dinner is a great time to chat with the family. It's polite to keep phones away from the table.

主動幫忙: 主動協助擺餐具或洗碗，是融入家庭的好方法。

Helping out: Offering to help set the table or do the dishes is a wonderful way to be part of the family.

聯絡: 如果不需要吃晚餐或會晚回家，請提前通知寄宿家庭。

Contact: If you don't need dinner or will be late, please let your host know in advance.

Rule Check

請確認: 如果您不需要晚餐，最晚需要在「什麼時間」以及透過「什麼方式（簡訊 / 電話）」通知寄宿家庭？

Let's confirm: "By what time" and "how" (text/call) should I contact you if I don't need dinner?

memo



7. 開設銀行帳戶

Opening Bank Account

開設銀行帳戶通常需要以下文件：● 護照 ● 簽證影本 ● 地址證明。大部分銀行都需要預約。



主要銀行: [ANZ](#), [ASB](#), [BNZ](#), [Westpac](#), [Kiwibank](#)

由於開戶需要親自前往分行，建議選擇離學校或寄宿家庭交通方便的銀行。

To open a bank account, you will usually need your Passport, Visa copy, and Proof of Address. Most banks require an appointment. Since you need to visit a branch to open an account, we recommend choosing a bank that is easy to access from your school or homestay.



8. 在紐西蘭工作

Work in New Zealand

當然，學習英文非常重要，但如果您也想體驗在紐西蘭工作，以下是一些基本資訊！

Of course, studying English is important, but if you also want to try working in New Zealand, here are some basic information!

可工作的簽證 **Visas with Work Permission**

開始工作前，請先確認您的簽證是否允許工作。

Before you start working, please check if your visa allows you to work.

打工度假簽證 (Working Holiday Visa)：可全職工作（每週約 30 - 40 小時）。

Working Holiday Visa: You can work full-time (30-40 hours per week).

學生簽證 (Student Visa)：通常可於就學期間每週工作最多 20 小時（請確認您的簽證條件）。

Student Visa: You can often work up to 20 hours per week while studying (please check your visa conditions).

觀光簽證 (Visitor Visa)：不允許工作。

Visitor Visa: Unfortunately, you are not allowed to work.



領取薪金 To Get Paid

為了領取薪水，您需要準備以下兩項：提早準備會讓一切更加順利！

To get paid, you will need the following two things. Getting them ready early will make everything smoother!

銀行帳戶：薪水會匯入您的銀行帳戶（請參考第 7 部分）。

Bank Account: You need this for your salary to be paid into (see section 7)

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IRD Number (稅號)：用於報稅用途。開設銀行帳戶後，即可免費[在線申請](#)。請務必申請，否則可能會被扣較高稅率！

IRD Number (Tax Number): This is for tax purposes. Once you have a bank account, you can easily apply online for free. Don't forget this, or you might be taxed at a higher rate!

求職 Job Hunting

除了瀏覽網站之外，直接把履歷（CV）交給店家經理，也是紐西蘭非常常見且有效的找工作方式！

Checking websites is good, but handing your CV directly to shop managers is also a common and effective way to find work in NZ!

網站：Website

[Trade Me Jobs](#)，[Seek](#)，[SKYKIWI](#) 等。

9. 搵房／合租

Finding a Flat / Share House

雖然您可以自己租房，但在離開寄宿家庭後，「合租（Flat / Share House）」是最常見且經濟的居住方式。

Although you can rent a place on your own, sharing a flat (room share) is the most common and economical way to live after homestay.

您可以透過網站、Facebook、學校公告欄，或其他學生介紹來尋找新住處！

Let's find your new home using websites, Facebook groups, school notice boards, or referrals from other students!

網站：Website

[Trade Me Property](#) , [NZ Flatmates](#) , [Facebook Groups](#)  等。



10. 緊急聯絡方式

Emergency Contacts

如遇緊急情況，請聯絡以下號碼。

If you have an emergency, please contact the numbers below.

- 警察 / 消防 / 救護: 111
Police / Fire / Ambulance: 111
- 寄宿家庭: _____

備註 Memo

Have a wonderful stay in New Zealand!

Updated: 10 May 2026