



ITINERARY

ARIZONA STATE UNIVERSITY

10 MAY – 5 JUNE 2019

EXPLORING HEALTH, CULTURE, SUSTAINABILITY & THE ENVIRONMENT IN NEW ZEALAND

Remember that **Assignment 1** (CITI Human Subjects Training) and **Assignment 2** (International Health System Comparisons) are due prior to departure; i.e., by May 10th.

DAY 1: 10 MAY, FRIDAY (students—unless going early—depart US)

DAY 2: 11 MAY, SATURDAY (day lost as a result of crossing the International Date Line)

DAY 3: 12 MAY, SUNDAY – Auckland/NZ Orientation, Urbanized Landscapes

05.30-06.15 Arrive in Auckland

Collect bags, clear Immigration & Customs/Quarantine, turn left after exiting the Customs Hall, and assemble in the vicinity of Door 11 at the western end of the terminal.

- 09.00 Transfer to downtown Auckland
- 10.30-12.00 Welcome and Orientation

Meeting room YHA; faculty-led welcome, safety briefing, group orientation, and introduction to assignments. Also check with students that dietary requirements are as expected.

- 12.00-13.30 Lunch on your own
- 13.30-16.30 **Highlights of Auckland City** Includes visit to summit of Mt Eden for faculty-led discussion of volcanic landscapes and human landscape alteration
- 16.30 Check into accommodation
- 17.40 Assemble in YHA lobby and walk to dinner
- 18.00 **Group Welcome Dinner** ? **Mai Thai**, Cnr Victoria and Albert Streets; Phone 09 366 6258
- 20.00 Group activities conclude

REMEMBER today is Mothers Day in the US (but make sure to determine the time

difference!!)

Accommodation:

YHA Auckland International, 5 Turner St, Auckland City. Phone +64-9-302-8200 (2GB free WiFi per guest per day).

DAY 4: 13 MAY, MONDAY – Population Health; Water Issues; Climate and Climate Change

07.30 Group Breakfast

Continental breakfast in dining room at YHA

08.30-12.15 Lectures Meeting room in accommodation





	08.30-9.45 9.45-11.00	Professor Boyd Swinburn: "Obesity Prevention Globally and in NZ" [to be confirmed] Dr Marama Muru-Lanning: "Blending Maori Knowledge and Science: Seeking Water Solutions in Aotearoa-New Zealand" [to be confirmed]	
	11.00-12.15	Dr David Feary: "Climate Science, Climate Change, and NZ"	
12.15	Trave	l to Manukau Mall, Manurewa	
12.30		Lunch on your own (cultural choice) Opportunity to observe/interact with the ethnic diversity of New Zealanders	
14.30	Retur	n to downtown Auckland; disembark coach close to Ferry Terminal and check in	
15.30		Ferry to Devonport; Terminal 2, Fullers. Time to explore Devonport, and then walk to Mt Victoria summit	
18.30	•	Dinner in Devonport ter, 333 King George Parade, Devonport	
20.30	Retur	n on Ferry to downtown Auckland	

Then walk to YHA

21.00 Group activities conclude

Accommodation:

YHA Auckland International, 5 Turner St, Auckland City. Phone +64-9-302-8200 (2GB free WiFi per guest per day).

DAY 5: 14 MAY, TUESDAY – Marine Sustainability, Leigh Marine Reserve

07.30 **Group Breakfast**

Continental breakfast in dining room at YHA

- 08.30 Travel to Leigh / Goat Island Marine Reserve Assemble in lobby to board coach
- 10.00 **Goat Island Research Centre** Auckland University lecture and tour of facility
- 12.00 Marine Reserve Experience
 - Pre-ordered Group Lunch, and then Glass Bottom Boat (GBB if possible, Clearyaks as back-up).
- 14.00 **Return to Auckland**
- 18.30 Group activities conclude Dinner on your own

Accommodation:

YHA Auckland International, 5 Turner St, Auckland City. Phone +64-9-302-8200 (2GB free WiFi per guest per day).

DAY 6: 15 MAY, WEDNESDAY - Auckland to Tauranga; Mining and Early Settlement

07.00 Check out of accommodation

Please make sure that you leave your room clean and tidy and that you do not leave anything

behind. Load coach

07.15 **Depart Auckland**

Stop for own breakfast en route; discussion of land use / dairy farming on the Hauraki Plains





- 10.15 Experience scenic Karangahake Gorge Historic mining site, restored for public use/recreation.
 12.15 Lunch on your own in Waihi Lots of small cafes within easy walking of the coach
- 13.15 Travel to Mount Maunganui
- 14.30 Explore Mauao and Introduction to Maori Culture
- 16.00 **Check in to accommodation** Group activities conclude

Dinner on your own

You may wish to visit the local Four Square supermarket (1200 Papamoa Beach Rd.) for breakfast and other food supplies

Accommodation:

Pacific Park, 1110 Papamoa Beach Road, Papamoa Beach. Phone +64-7-542-0018 (1 Free 1GB WiFi voucher / student / stay, additional data packs available for purchase online or from the office)

DAY 7: 16 MAY, THURSDAY – Terrestrial Sustainability, Tauranga Watersheds

07.30 Breakfast on your own

- 08.30-10.00 **Lecture** Pacific Park meeting room Doug Farr: 'Presentation on Catchments'
- 10.30-12.00 Estuary Ecosystem (low tide 10.43am)

Travel to McLarens Falls

Stop for own lunch in transit

- 14.30-16.00 Catchment tour, McLaren Falls
- 16.30-17.30 Kiwifruit experience
- 18.45 **Coach transfer to restaurant**
- 19.00 Group Dinner
- ТВА
- 21.00 Group activities conclude

Accommodation:

Pacific Park, 1110 Papamoa Beach Road, Papamoa Beach. Phone +64-7-542-0018 (1 Free 1GB WiFi voucher / student / stay, additional data packs available for purchase online or from the office)

DAY 8: 17 MAY, FRIDAY – Maori Health and Kaitiakitanga

- 07.00 Breakfast on your own
- 08.00 Final preparation/discussion for Hauora visit

08.45 Board coach

- Depart for day's activities
- 09.30/10.00 Introduction to Maori health and health services Introduction to Kaitiakitanga





12.00	Group Lunch
12.45	Depart for service learning/planting project
13.30	Service Learning: Wetland Ecology and Planting Kaituna River: management and water quality
17.00	Return to Accommodation Group activities conclude

Dinner on your own

Accommodation:

Pacific Park, 1110 Papamoa Beach Road, Papamoa Beach. Phone +64-7-542-0018 (1 Free 1GB WiFi voucher / student / stay, additional data packs available for purchase online or from the office)

DAY 9: 18 MAY, SATURDAY – Rotorua: Intersection of Maori Culture and Tourism

- 07.00 Breakfast on your own
- 08.00 Brief presentation on Rotorua

Outlining its history as a diverse center for tourism, and the role of tourism in delivering broadly sustainable outcomes in culture, health, and the environment.

- 08.45 **Board coach** Depart for Rotorua
- 09.30/10.00 Visit Hells Gate Discuss interrelationship of geothermal activity and Maori health and take a swim in the hot pools
- 12.00 Visit Rainbow Springs For kiwi encounter and guided park tour (Links to Ngai Tahu and Kaikoura)
 12.45 Group activities conclude

Lunch on your own in Rotorua

Afternoon available to explore Rotorua tourism activities

19.00 Meet at coach to return to accommodation

Accommodation:

Pacific Park, 1110 Papamoa Beach Road, Papamoa Beach. Phone +64-7-542-0018 (1 Free 1GB WiFi voucher / student / stay, additional data packs available for purchase online or from the office)

DAY 10: 19 MAY, SUNDAY – Maori Culture, Kaitiakitanga, Waitaia Lodge

- 07.00 Breakfast on your own
- 07.30 Check out of accommodation

Please make sure that you leave your room clean and tidy and that you do not leave anything behind. You will need to pack a small overnight bag (a backpack should be enough) for Waitaia Lodge; your main bag will remain on the coach. Note that you will need your own towel at the lodge.

09.00 Lecture Meeting room Pacific Park Doug Farr: Maori culture, world views, values, and interdependence with nature

10.00 Board coach

Later transfer to smaller coach (with backpacks) for final part of trip to Waitaia Lodge





10.30 Maori themed tour to Waitaia Lodge

Stop at Gate Pa for history/culture commentary

12.00 **Powhiri at Waitaia Lodge**

Waitaia Lodge is a purpose-built Maori Marae lodge in a sacred site where Maori teach and learn traditional practices with food and natural medicines of the forest. It's a Marae but does not have the carvings of a normal Marae. The whole group will be sharing one very large sleeping space. This is part of the experience of Noho Marae (overnight Marae stay). Introduction to Waitaia site and project.

Please note that there is no WiFi and often no cellphone reception while you are at Waitaia Lodge.

Group Lunch will be provided

13.30 Te Rongoa Maori learning session

14.00 Service Learning: Waiora and Manawhenua

16.30-17.00 **Potting native plants**

Group Dinner will be provided Noho / whakawhanaungatanga

Accommodation

Waitaia Lodge, Ngamanawa, Omanawa Rd, Tauranga (No WiFi or mobile service)

DAY 11: 20 MAY, MONDAY – Omanawa to Rotorua; Hobbiton

07.00	Breakfast provided at lodge
08.00	Clean up, pack up lodge The group has a responsibility to leave the Lodge clean and tidy; please ensure that you do not leave anything behind. Load coach
08.45	Poroporoaki / farewell ceremony (and group photo)
09.00	Travel to Hobbiton; Transfer back to original coach en route
10.15	Hobbiton Movie Set Tour
12.15	Travel to Arapuni dam Discuss hydroelectric power, water quality, sustainability, and the significance of the Waikato River
12.15	Assemble at coach Transfer to Information Centre, downtown Rotorua
13.00	Lunch on own
14.00	Check in to accommodation
15.00	Group activities conclude Remainder of afternoon available for work on assignments Kuirau Park, with geothermal pools and bubbling mud, is across the road from the accommodation and worth a visit. Dinner on your own
16.30	Supermarket Run to pick up group groceries (coach)



Accommodation:

Backyard Inn, 60 Tarewa Road, Rotorua. Phone +64-7-347-0931 (WiFi Vouchers for sale at \$5.00 for 24 hours or \$10 for 3 days per device [unlimited data]).

DAY 12: 21 MAY, TUESDAY – Whirinaki Forest Ecosystem and Rangitaiki Rafting

07.00 Group Breakfast

Students prepare own breakfast from groceries provided

- 08.00 Check out of accommodation
- Please make sure that you leave your room clean and tidy and that you do not leave anything

behind. Load coach

- 08.30 **Travel to Whirinaki Forest and Rangitaiki Rafting** (Foris, Tom Lynch) Discussions about forest ecosystems, invasive plants and animals Group Lunch
- 14.00 Board coach and travel to Taupo

15.00 Arrive Taupo Check in to accommodation

15.30 Group activities conclude

Accommodation:

Finlay Jacks YHA, 20 Taniwha Street, Taupo. Phone +64-7-378-9292 (2GB free WiFi per guest per day)

DAY 13: 22 MAY, WEDNESDAY – Taupo to Wellington

- 07.30 Breakfast on your own
- 08.30 Check out of accommodation
- Please make sure that you leave your room clean and tidy and that you do not leave anything behind.
- Load coach

Travel across the Central Volcanic Plateau, past "Mt Doom" and the mountains of the Tongariro National Park.

- 12.00 Lunch on your own in Levin
- 14.30 **Check in to accommodation** Time to work on assignments / do laundry etc.
- 18.15 Assemble in lobby and walk to **Group dinner** Istana Malaysia, 1-5 Allen St., Phone 04 801 7989

19.30Group activities conclude

Accommodation:

YHA Wellington City, 292 Wakefield St, Wellington. Phone +64-4-801-7280 (2GB free WiFi per guest per day)





DAY 14: 23 MAY, THURSDAY – NZ Healthcare Policy; Climate Perceptions; Te Papa

- 07.00 Breakfast on your own
- 08.30 Assemble in lobby

Short coach trip to Victoria University's Health Services Research Centre, Government Buildings, 55 Lambton Quay, Pipitea

09.00-12.00 Lecture – NZ healthcare policy [To Be Confirmed] Lecture Room GBLT3 Professor Jackie Cumming – 'Healthcare and Public Policy in NZ'

12.00 Return to accommodation

- 12.30 Faculty Introduction to National Climate Perceptions research interviews Lunch on your own.
- 13.00 You have 2 activities to complete over the next 24 hours; the order in which you do these is up to you. Your groups for the research interviews will be the same as your scavenger hunt groups.

Climate Perceptions Research Interviews Part 1

You can conduct your interviews anywhere in Wellington that you would like.

Te Papa Museum and Assignments

Assignment 5 Part 1 (Te Papa Scavenger Hunt)

The *Te Papa* Museum is an iconic building located near the YHA and on the waterfront, that was designed to be both a national art gallery and a national museum.

16.30 Group activities conclude

Dinner on your own

Accommodation:

YHA Wellington City, 292 Wakefield St, Wellington. Phone +64-4-801-7280 (2GB free WiFi per guest per day)

DAY 15: 24 MAY, FRIDAY – Weta Workshop; Climate Perceptions Research - Part 1

Breakfast and lunch on your own

- MorningClimate Perceptions Research Interviews Part 1 (continued)13.00Meet back at YHA
For transfer to Miramar for Weta Workshop Experience
Faculty will brief students on Weta Workshop Terms and Conditions
- 14.00 Weta Workshops Weta Workshop Experience
- 16.45 Return to Wellington City
- 17.00 Assignment 3: "Indigenous Health Disparities" due Assignment 4: "Climate Understanding Interviews Part 1" to be handed to Faculty
- 18.00 Meet in lobby to go to Group Dinner

19.00 Group activities conclude

Accommodation:

YHA Wellington City, 292 Wakefield St, Wellington. Phone +64-4-801-7280 (2GB free WiFi per guest per day)





DAY 16: 25 MAY, SATURDAY – Wellington to Blenheim

05.30 Breakfast on your own Alternatively, there is food available on the ferry 06.20 Check out of accommodation Please make sure that you leave your room clean and tidy and that you do not leave anything behind. Load coach 07.00 Check in for ferry crossing 08.00 **Bluebridge Ferry** Depart Wellington for Picton - 3.5 hour transit. **Disembark ferry at Picton** 11.30 Travel to Yealands Estate 12.45 **Group lunch** 13.30 **Yealands Estate** Wine tour, tasting, and film. 16.00 **Depart for accommodation** 16.30 Check in to accommodation Group activities conclude Dinner on your own

Accommodation:

Colonial Motel, 66 Main St, Blenheim. Phone +64-3-578-9284 (Free WiFi)

DAY 17: 26 MAY, SUNDAY – Kayaking, Queen Charlotte Sound

07.00	Breakfast on your own Pack clothing/sunscreen/water for day's activities
07.45	Meet in lobby to board coach

- 08.00 Travel back to Picton
- 08.30-16.30 Wilderness Guides guided sea kayak tour Lunch included in tour
- 17.00 **Return to accommodation** Group activities conclude

Dinner on your own

Accommodation: Colonial Motel, 66 Main St, Blenheim. Phone +64-3-578-9284

(Free WiFi)

DAY 18: 27 MAY, MONDAY – Blenheim to Kaikoura

- 08.30 Breakfast on your own
- 09.30 **Check out of accommodation** Please make sure that you leave your room clean and tidy and that you do not leave anything

behind.





Load coach

- 10.45 Arrive at Kaikoura Marae Session on community-health, sustainability, earthquake response-manākitanga with Lisa Bond
- 12.15 Continue to Kaikoura
- 12.30 **Lunch on your own** (?Fish and chips)
- 15.00 Check in to accommodation
- 17.30 Meet in lobby to walk to Group Dinner
- 18.30 Group activities conclude

Accommodation:

Dusky Lodge Kaikoura 67 Beach Lodge Phone: +64-3-319-5959 (Free unlimited wifi)

DAY 19: 28 MAY, TUESDAY – Kaikoura; Climate Perceptions Research Interviews Part 2

08.30 Breakfast on your own

09.30 Climate Perceptions Research Interviews Part 2

You can conduct your interviews anywhere in Kaikoura that you would like.

Lunch on your own

TBA - Possibility of dolphin viewing in in the afternoon – weather dependent

Dinner on your own

Accommodation:

Dusky Lodge Kaikoura 67 Beach Lodge Phone: +64-3-319-5959 (Free unlimited wifi)

DAY 20: 29 MAY, WEDNESDAY – Kaikoura to Christchurch

08.30 Breakfast on your own 09.30 Check out of accommodation Please make sure that you leave your room clean and tidy and that you do not leave anything behind. Load coach 09.45 **Travel to Christchurch** 12.30 **Arrive Christchurch** Possibly check in to accommodation, otherwise leave luggage in Meeting Room (need to reserve for the afternoon) Lunch on your own 13.30 Meeting room YMCA Recap; catching breath Assignment 4: "National Climate Perspective Interviews Part 2" handed in Assignment 4: Group "National Climate Perspective Interviews" presentations 15.30 Group activities conclude Accommodation:

Christchurch YMCA, 12 Hereford St, Christchurch. Phone: +64-3-366-0689





(Faculty provides limited student WiFi. Kuaka NZ pays for staff & faculty wifi)

DAY 21: 30 MAY, THURSDAY – Health and Natural Disasters

07.30 Breakfast on your own

08.30 Assemble in YMCA lobby

Walk to 32 Oxford Terrace (cross Avon at end of Rolleston St.)

08.45-12.30 Lectures - earthquakes & chronic health issues: [To Be Confirmed]

- 08.00 Welcome and Introduction
 - 08.15 Dr Matthew Hughes (University of Canterbury) 'Science of the Quakes, impacts on infrastructure and communities'
 - 09.00 Dr Michael Ardagh (Canterbury District Health Board CDHB) 'Physical Health impacts of the Quakes immediate aftermath and geospatial patterns'
 - 09.45 Dr Greg Hamilton (CDHB) 'Mental Health Impacts of the Quakes facts, figures, international patterns and precedents'
 - 10.30 Rose Henderson (CDHB) 'Lessons learned from the Christchurch Sequence of events, and how they were applied to Psychosocial Recovery following the Kaikoura sequence'
- 13.30 Lunch on your own
- 13.45 Canterbury Museum and Assignments Assignment 5 Part 2 (Canterbury Museum Scavenger Hunt)
- 16.30 Group activities conclude
- Dinner on your own
- 20.00 Assignment 5: "Scavenger Hunt Results" due

Accommodation:

Christchurch YMCA, 12 Hereford St, Christchurch. Phone: +64-3-366-0689 (Faculty provides limited student WiFi. Kuaka NZ pays for staff & faculty wifi)

DAY 22: 31 MAY, FRIDAY – Earthquakes and Service Learning

08.00	Breakfast on your own
09.30	Assemble in lobby Briefing for walking tour
09.45-12pm	Faculty lead a walk through parts of Christchurch to assess earthquake recovery activities
12.00	Lunch on your own
13.00-16.30	Greening the Rubble Department of Conservation-directed environmental restoration / maintenance activity Return to accommodation
18.15	Assemble in YMCA lobby Walk to dinner (cross Avon at end of Rolleston St.); bring photo ID/passports
18.30	Group dinner TBA
21.00	Walk back to accommodation Group activities conclude



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Accommodation:

Christchurch YMCA, 12 Hereford St, Christchurch. Phone: +64-3-366-0689 (Faculty provides some student WiFi. Kuaka NZ pays for staff & faculty wifi)

DAY 23: 1 JUNE, SATURDAY – Christchurch to Wanaka

- 07.30 Breakfast on your own
- 08.30 Board Coach Travel to Wanaka (5.5+ hours)

12.30 Lunch on your own

In Fairlie perhaps? I think that we need to be a bit flexible depending on weather. On the way to Wanaka, stop at SH1 Rakaia River crossing – discussion of braided rivers and water issues / piedmont coalesced alluvial fans If the weather is clear, head inland through Ashburton Forks and Mayfield. Stop at Tekapo Visit Church of the Good Shepherd The sheep dog statue Hydroelectric power scheme Continue to Wanaka

15.30 Check in to accommodation Group activities conclude

20.00 Assignment 6: "Complex Health Issues" due

Dinner on your own

Accommodation:

YHA Wanaka, 94 Brownston St Wanaka. Phone +64-3-443-1880 (2GB free WiFi per guest per day)

DAY 24: 2 JUNE, SATURDAY – Wanaka and High Country

07.30	Group Continental Breakfast Provided by YHA
08.30	Meet in lobby Note that we might need some flexibility because of weather considerations Load coach, and drive to track start
09.00	High Country Hike – Rocky Mountain/Diamond Lake Loop Final chapter of NZ water/agriculture/forestry investigation LOTR landscapes
12.15	Return to Wanaka
12.45	Group activities conclude
	Lunch and dinner on your own
19.00	Assignment 7: "Water and Well-Being" due

Accommodation:

YHA Wanaka, 94 Brownston St Wanaka. Phone +64-3-443-1880 (2GB free WiFi per guest per day)





DAY 25: 3 JUNE, SUNDAY – Wanaka to Queenstown / Glenorchy

- 08.45 Group Continental Breakfast Provided by YHA
- 09.30 **Check out of accommodation** Please make sure that you leave your room clean and tidy and that you do not leave anything behind. Please load your bags on the coach.
- 10.00 Transfer to Queenstown
- Lunch on your own
- 13.00 Assemble at coach Travel along Lake Wakatipu to Glenorchy (glacial landscapes and LOTR); return to Queenstown
- 16.30 Check in to accommodation Group activities conclude

Dinner on your own

Accommodation:

Pinewood Lodge, 48 Hamilton Rd, Queenstown. Phone +64-3-442-8273

DAY 26: 4 JUNE, MONDAY – Queenstown

- 08.45 **Group Continental Breakfast** (If available at wherever the Queenstown accom is?)
- 09.30 Morning free to complete assignments/see Queenstown etc.

Lunch on your own

- 01.30 Course review session Assignment 9: Oral Reflection Statements Meeting Room at accommodation? Complete your pre-order for dinner tonight (faculty to coordinate, and communicate this to restaurant) Ensure you take your photo ID / passports with you, as this will be required for entry to dinner tonight
- 17.30Group Farewell dinner1876, 45 Ballarat St., Queenstown, phone 03 409 2178

19.00 **Return to accommodation** Group activities conclude

Accommodation:

Pinewood Lodge, 48 Hamilton Rd, Queenstown. Phone +64-3-442-8273

DAY 27: 5 JUNE, TUESDAY – depart NZ

- 07.00 Breakfast on your own
- 07.30 **Check out of accommodation** Please make sure that you leave your room clean and tidy and that you do not leave anything behind. Please load your bags on the coach.
- 07.45 **Transfer to Queenstown airport** Group activities conclude





11.00 onwards Departure Flights

Flights to Auckland, and then onwards to the US

Remember that Assignment 10: Written Reflection Statements are due to be emailed to us by midnight on Saturday June 8^{th} .