



INTERNATIONAL STUDENT PRE-ENROLMENT PACK



School of Business Ltd trading as Exercise Academy
Education Organisation Number 7577

Kia Ora and Welcome

We are delighted that you are considering studying with Exercise Academy, part of the School of Business, in New Zealand.

New Zealand is known for its stunning natural landscapes, welcoming communities, high-quality education system, and excellent quality of life. As an international student, you will have the opportunity to gain a globally recognised qualification while experiencing a unique culture and lifestyle. The Māori greeting "Kia Ora" means hello, welcome, and good health. You will hear this greeting often throughout New Zealand and it reflects the friendly and inclusive nature of New Zealand society.

Quick Facts

- Capital City: Wellington
- Largest City: Auckland
- Population: Approximately 5.3 million people
- Official Languages: English, Māori, and New Zealand Sign Language
- Currency: New Zealand Dollar (NZD)
- Time Zone: New Zealand Standard Time (NZST)
- Government: Parliamentary Democracy

New Zealand is consistently ranked as one of the safest countries in the world and is recognised for its clean environment, political stability, and welcoming multicultural communities.

Culture and Diversity

New Zealand is a diverse and multicultural country. People from many cultures, ethnicities, and backgrounds live, work, and study here.

The country's unique identity is shaped by both Māori culture and the many communities that have made New Zealand their home. International students are encouraged to learn about Māori customs, values, and traditions while studying in New Zealand.

Respect, inclusion, and cultural understanding are important values in New Zealand society.

Living in New Zealand

New Zealand offers an excellent quality of life, with modern infrastructure, reliable public services, and access to world-class healthcare, recreation, and outdoor activities.

Popular activities include:

- Hiking and walking trails
- Beaches and water sports
- Fitness and sporting activities
- Cultural festivals and events
- Exploring national parks and scenic attractions

International students are encouraged to balance their studies with social, cultural, and recreational activities to make the most of their New Zealand experience.

Welcome to Auckland

Auckland is New Zealand's largest and most diverse city and is often referred to as the "City of Sails" due to its beautiful harbours and strong boating culture. Auckland is home to more than 1.7 million people and serves as New Zealand's major business, education, and transport hub.

Why Students Love Auckland

Auckland is one of the most popular destinations for international students because it offers:

- A vibrant multicultural environment
- Excellent public transport networks
- World-class education providers
- Extensive shopping, dining, and entertainment options
- Beautiful beaches and outdoor recreation areas
- Strong employment opportunities



Living in New Zealand

Climate

New Zealand enjoys a temperate climate with four distinct seasons.

Summer December – February Average temperatures: 20°C – 30°C

Autumn March – May Average temperatures: 10°C – 25°C

Winter June – August Average temperatures: 5°C – 15°C

Spring September – November Average temperatures: 10°C – 20°C

Weather can change quickly, so it is recommended that students bring clothing suitable for a variety of conditions.

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Clothing

Make sure you have some warm clothes such as sweaters, jackets, sweatshirts, trousers (jeans), socks, scarves and gloves for the cooler months. In the summer months (December - February), most students wear t-shirts, skirts, shorts, jeans or light cotton clothing. Although New Zealand students dress quite casually (informally), we suggest that you bring at least one formal outfit for any special occasions.

Electricity and Appliances

Electricity in New Zealand is supplied at 230-240 volts, 50 hertz. Power outlets use either two-pin or three-pin flat plugs. If you are bringing electrical devices from overseas, you may need a travel adapter or voltage converter depending on your home country's electrical system. Small appliances such as hair dryers, kettles, alarm clocks, and kitchen equipment are readily available and reasonably priced in New Zealand, so many students choose to purchase these items after arrival.

New Zealand Culture

More than 200 ethnic groups are represented in Auckland, creating a welcoming and inclusive environment for students from around the world. Various social and cultural events are celebrated throughout the year. These events include concerts, operas, art exhibitions, food and wine festivals, Asian festivals, Māori cultural gatherings and many others.

A useful website that lists what's happening in Auckland for the year is:

<https://www.eventfinda.co.nz/>

For information about New Zealand as a tourism destination, visit:

www.newzealand.com/int



Food

As New Zealand's largest and most multicultural city, Auckland offers a wide variety of food options from around the world. Whether you are looking for familiar foods from home or want to try local New Zealand cuisine, you will find plenty of choices throughout the city. Supermarkets such as Countdown, New World, Pak'nSave, and Asian and specialty grocery stores are located throughout Auckland. Fresh fruit and vegetables, meat, seafood, dairy products, and international food products are widely available. Students can also enjoy Auckland's many cafés, restaurants, food courts, and weekend markets offering cuisine from a diverse range of cultures.

The amount you spend on food will depend on your lifestyle and dietary preferences. Cooking at home is generally the most affordable option for students.



Living in New Zealand

Holidays and Academic Breaks

We recommend that international students avoid making travel plans during teaching periods unless absolutely necessary. When booking return flights, ensure your departure date is after the completion of your programme and any assessment requirements.

New Zealand observes a number of public holidays throughout the year, including Christmas, New Year, Waitangi Day, Easter, ANZAC Day, Matariki, and Labour Day. School of Business and Exercise Academy may close on public holidays and during scheduled holiday periods. Students will be advised of important academic dates and holiday closures before commencing their studies.



Sport and Recreation in Auckland

Auckland offers a wide range of sporting and recreational opportunities and is known for its active outdoor lifestyle. As New Zealand's largest city, Auckland is home to professional sports teams, world-class sporting facilities, parks, beaches, and walking trails.

Rugby is New Zealand's national sport and is widely followed throughout Auckland. Other popular sports include cricket, football (soccer), netball, basketball, tennis, cycling, and water sports.

Auckland's unique geography, surrounded by two harbours and numerous beaches, makes it an ideal location for outdoor activities such as swimming, sailing, kayaking, surfing, hiking, and fishing. Students can enjoy popular destinations such as Mission Bay, the Waitākere Ranges, the Auckland Domain, and numerous regional parks and reserves.

Participating in sport and recreation is a great way to stay healthy, meet new people, and experience New Zealand culture.



Religion and Places of Worship

Auckland is a culturally diverse and inclusive city with places of worship representing many faiths and religions. Students will find churches, temples, mosques, gurdwaras, synagogues, and other religious and cultural centres throughout the city.

New Zealand recognises major Christian holidays such as Christmas and Easter, while Auckland's diverse communities also celebrate a wide range of cultural and religious festivals throughout the year. International students are encouraged to maintain their cultural and religious practices while studying in New Zealand.

For more information regarding New Zealand and your stay
<https://www.naumainz.studywithnewzealand.govt.nz/studying-in-nz/before-your-arrival>



New Zealand Laws and Regulations

New Zealand Law and Your Responsibilities

While living in New Zealand, all students must comply with New Zealand laws and regulations. Failure to do so may result in serious consequences, including fines, criminal convictions, imprisonment, or impacts on your visa status.

During orientation, students will receive information about important New Zealand laws, their rights and responsibilities, and where to seek assistance if required.

New Zealand Police are respected for their professionalism and community-focused approach. If you require assistance, support services are available, and emergency help can be accessed by calling 111.

Driving in New Zealand

International visitors and students can generally drive in New Zealand for up to 12 months using a current overseas driver's licence or a valid International Driving Permit (IDP). If your licence is not in English, you must carry an approved English translation or an International Driving Permit with your licence.

After 12 months, you may be required to convert your overseas licence to a New Zealand driver's licence. Students should ensure they understand local road conditions, speed limits, and driving laws before driving in New Zealand.

The minimum age to rent a vehicle in New Zealand is typically 21 years, although some rental companies may have different requirements and additional charges for younger drivers.

Road Rules

In New Zealand, vehicles drive on the left-hand side of the road. Road rules may differ significantly from those in your home country, so it is important to familiarise yourself with New Zealand driving regulations before driving.

For information about the New Zealand Road Code, visit: www.nzta.govt.nz

Currency

New Zealand's currency is the New Zealand Dollar (NZD).

There is no restriction on the amount of foreign currency you can bring into or take out of New Zealand. However, if you are carrying NZD \$10,000 or more in cash, or the foreign currency equivalent, you are required to complete a Border Cash Report when entering or leaving New Zealand.

Foreign currency can be exchanged at banks, international airports, and some currency exchange providers in major city centres. Most shops, supermarkets, restaurants, and service providers accept EFTPOS, debit cards, and major credit cards. Students are encouraged to carry only small amounts of cash and use a New Zealand bank card or secure electronic payment methods for most transactions.

Opening a Bank Account

Opening a New Zealand bank account is highly recommended for international students. Having a local bank account makes it easier to receive funds, pay bills, manage expenses, and avoid international transaction fees.

Many banks offer services specifically designed for international students and may have multilingual staff available to assist you.

To open a bank account, you will generally need:

- A valid passport
- Proof of enrolment or Offer of Place
- Proof of your New Zealand residential address
- Your visa documentation (if applicable)

Most banks can assist students with setting up accounts shortly after arrival in New Zealand. Some banks also allow international students to begin the application process before they arrive.

Tax

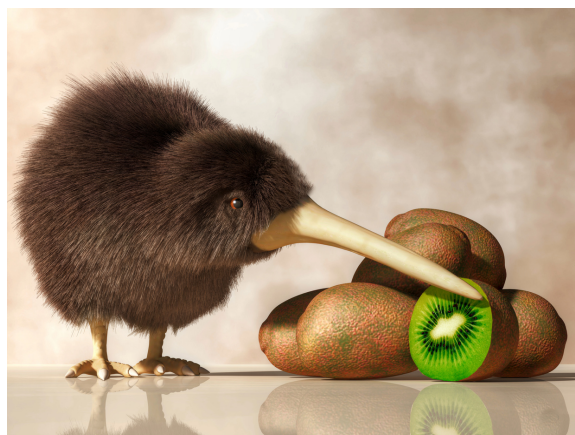
Tax in New Zealand is managed by Inland Revenue, also known as IRD.

International students may need to pay tax if they:

- Work while studying in New Zealand
- Earn interest from a New Zealand bank account
- Receive other taxable income while in New Zealand

If you work in New Zealand, you will need an IRD number so that your income is taxed at the correct rate. Without an IRD number, you may be taxed at a higher rate.

You can apply for an IRD number through Inland Revenue. For more information, visit: www.ird.govt.nz



Health and Travel Insurance

To complete your enrolment with us, international students are required to have appropriate medical and travel insurance for the duration of their stay in New Zealand.

These insurance policies must comply with The Education (Pastoral Care of Tertiary and International Learners) Code of Practice 2021, which is part of Immigration New Zealand requirements. We are responsible for ensuring all international students have insurance at the time of enrolment. We have found that many insurance policies do not meet the Code of Practice criteria for insurance. We highly recommend that you also purchase medical and travel insurance for your family if they travel to New Zealand with you. If you have children who are studying in New Zealand schools, it will be compulsory for them to have insurance cover.

At least two weeks before classes start, you must provide a Certificate of Insurance and the policy wording issued by the insurer. The documents must be in English and must show the policy name and number, your name, and the policy start and end dates.

Eligibility for health services

Most international students are not entitled to publicly funded health services while in New Zealand. If you receive medical treatment during your visit, you may be liable for the full costs of that treatment.

Accident insurance

The Accident Compensation Corporation provides accident insurance for all New Zealand citizens, residents and temporary visitors to New Zealand, but you may still be liable for all other medical and related costs.

Suggested International Student Insurance Providers

The following insurers offer policies commonly used by international students studying in New Zealand:

Student Insurance Providers	
Insurance Provider	Policy
Studentsafe (Allianz Partners)	Studentsafe Inbound University / Studentsafe Inbound Learners
OrbitProtect	International Student Insurance (Prime or Lite)
Southern Cross Travel Insurance (SCTI)	International Student Travel Insurance
Uni-Care	NZ Student Plan
nib New Zealand	International Student Health Insurance

Students may choose another insurer provided the policy meets the requirements of the Education (Pastoral Care of Tertiary and International Learners) Code of Practice 2021 and is approved by School of Business.

Before commencing study, students must provide a Certificate of Insurance showing:

- Student name
- Policy number
- Insurance provider
- Policy start and end dates
- Evidence that cover meets New Zealand Code of Practice requirements

For further information:

Accident Compensation Corporation (ACC)

www.acc.co.nz

Health New Zealand / Te Whatu Ora

www.tewhatauora.govt.nz

NZQA Code of Practice

www.nzqa.govt.nz/providers-partners/education-code-of-practice



Enrolment Requirements

Once you have decided to make the decision to enrol the following steps outline the path:

Steps for Enrolment

1. Complete the enrolment form in English and email to admissions@sobl.ac.nz including proof of your English language competency, passport, approved visa and your medical and travel insurance certificate.
2. Review of information sent and interview scheduled if required
3. A letter of placement and information including your start and end dates and an invoice will be sent to you upon acceptance of your application.
4. You are required to accept your offer of study and payment of our initial programme fees is required
5. Once the School of Business has received your payment a receipt and confirmation of enrolment will be sent to you.
6. You can then apply for your study visa/permit. Please note that you will need the following papers for the study visa/permit application:
 - A letter of placement from the school
 - A receipt as evidence that fees have been paid
 - An address in New Zealand where you will be staying (we can assist you in finding accommodation)
 - Evidence of medical and travel insurance for the duration of your study
 - Evidence of sufficient funds to cover the length of your visit
7. Once your visa has been approved, please contact the International Student Advisor at +64 272 800 239 or email admissions@sobl.ac.nz to let us know your approval status and arrange for your pre-departure support, programme start date and campus orientation.

Student Orientation

Orientation will include a tour of the school, discussion of school rules, living in New Zealand, support systems and resources available if applicable. It is important that you bring your original enrolment form, passport, student visa documents and medical insurance certificate to your orientation meeting for us to copy and hold on file.

Programme Information and Class Attendance

Students must attend the class schedule as outlined within their letter of placement and./or programme outline. If you require assistance with your schedule of classes, require advice and/or information about your programme, please either come into the school and see one of our team members or contact them for assistance.

Attendance is mandatory unless prevented by illness or other urgent causes unless discussed with your student advisor beforehand.

If you are absent for any reason you must phone programme support and you will need to provide evidence accounting for your absence to the international student coordinator.

Any student with health or personal problems that affect their attendance/programme requirements should discuss the matter with the international student coordinator or programme support.



Programme Details



New Zealand Certificate in Exercise (Level 4)

Learn to help people reach their health, wellness and fitness goals

This qualification provides you with the skills and knowledge to deliver exercise instruction to individuals, groups and communities and succeed in the health, wellness and fitness industry once you graduate.

Welcome

Thank you for considering Exercise Academy for your studies in New Zealand.

This pre-enrolment information pack has been designed to help you make an informed decision about your study options before enrolling. It contains important information about your programme, fees, living costs, visa requirements, student support services, and your rights and responsibilities as an international student.



New Zealand Certificate in Exercise (Level 4)
NZQF Level 4
Credits: 60
Workload: Requires 20 hours of face-to-face mode in the classroom including structure self-study and 5 hours of self-directed study
Duration: 50 Weeks
Delivery mode: A combination of classroom lectures and online access to learning material with practical assessments

The NZ Certificate in Exercise (Level 4) is designed to prepare you for safe, effective work in the exercise and fitness industry. You will develop practical skills, industry knowledge, and professional behaviours that support client wellbeing and quality practice.

Graduates of the NZ Certificate in Exercise (Level 4) will be able to:

- Apply knowledge of anatomy, physiology, and exercise principles to support safe and effective exercise.
- Conduct pre-exercise screening and risk assessment.
- Deliver exercise sessions under supervision in a fitness or community setting.
- Apply professional and ethical behaviour in line with industry expectations.
- Communicate effectively with clients and colleagues in a fitness environment.
- Support client motivation and wellbeing using evidence-based approaches.

These outcomes are aligned with the NZQA Graduate Profile for this qualification.



Personal trainers usually earn between \$45 and \$90 an hour.

Self-employed personal trainers can earn between \$50 and \$120

source: Careers.gov.nz



Programme Outcomes

This qualification may support entry-level roles such as:

- Personal trainer
- gym or fitness assistant/exercise consultant
- community exercise instructor
- exercise facility support roles
- community health or wellbeing support roles

This qualification provides the skills and knowledge required to deliver safe and effective exercise programmes and support clients in achieving their health, wellness and fitness goals. Graduates are eligible to apply for registration with the New Zealand Register of Exercise Professionals (REPs).

What Will You Learn

Upon successful completion of this qualification, graduates will be able to:

- Deliver safe and effective exercise programmes.
- Conduct exercise pre-screening and testing.
- Apply anatomy and physiology knowledge in exercise prescription.
- Adapt exercise programmes using exercise science principles.
- Apply motivational and communication techniques.
- Support clients using health, wellness and nutrition principles.
- Use marketing and business tools to support exercise-related business practices.

New Zealand Certificate in Exercise (Level 4)
Programme Outline

Modules	
1	Working in the Fitness Industry
	Preparing your Client: Foundations for Safe and Effective Practice
2	Creating Client Programmes
3	Understanding your Clients
	Adapting Programmes for Success
	Your Future Path: Business Planning and Marketing

Call us to start your journey in this exciting industry - help others achieve their health and wellness goals.

Call us today on +64 272 800 239

Delivery and Study Requirements

This programme is delivered online and includes:

- Online learning materials
- Interactive webinars
- Practical learning activities
- Assessments
- Workplace-based practical experience

Students should expect to spend 20 hours per week on study activities in a classroom environment.

Trainers

All trainers have a qualification that is equivalent or higher than the Level 4 Certificate in Exercise and practical experience training clients. They will support you in all aspects of your education and training.

The fitness industry has expanded as more New Zealanders pursue the health benefits of an active lifestyle.

Help other achieve their goals of health and wellness





Access to a gym facility

As part of this qualification, students are required to complete practical assessments within a fitness or gym environment.

Exercise Academy will facilitate the execution of the required practical tasks required within the fitness environment on campus and/or work with students to identify suitable practicum opportunities where possible. Students who already have access to an appropriate fitness facility may work with that centre for their placement with appropriate trainer/facility approvals.

Computer and online access

This programme is delivered in a combination of classroom lectures and online access to learning material.

To complete this programme you will need access to a computer, reliable internet connection and a data plan able to support online learning such as streaming of videos (including YouTube), downloading content, and writing and submitting online assessments. If you are unsure if your current computer or internet access allows you to complete your online learning with us, please contact us before applying to enrol.

The campus will have computers and internet access available to students while completing classroom learning.

Pathways to further study

After completing this qualification, you may progress to:

- Level 5 or 6 qualifications in exercise, sport, health, or related fields
- Specialist fitness certifications or short courses
- Higher-level vocational or academic programmes in health, sport, or related areas

Employment opportunities

This qualification may support entry-level roles such as:

- Gym or fitness assistant
- Exercise facility support roles
- Community health or wellbeing support roles

Actual roles will depend on employer requirements and your experience.

Residency pathways

Residency pathways are not applicable for this qualification. This programme is designed to support skills development and employment, not direct residency outcomes.



Entry requirements

- NCEA Level 2 or equivalent or an equivalent International qualification supported by academic transcripts
- Must be 18 years of age or older at programme start
- Hold a valid passport
- English Language Requirements
 - International students must demonstrate English language proficiency through one of the following:
 - IELTS Academic score of 5.5 overall with no band lower than 5.0; or
 - Equivalent evidence of English language proficiency accepted by NZQA.

Students should also have:

- An interest in health, wellness and fitness.
- The motivation to support others in achieving fitness goals.
- The ability to study independently and complete online learning requirements.



Programme Details

Fees and Costs

Tuition Fees

Tuition Fee - NZD \$13,300

Non-Tuition Costs

- course materials
- uniform (if applicable)
- equipment
- administration fees NZD \$250
- Student Services Levy NZD \$1000

Estimated Additional Costs

International students should budget for:

- accommodation
- food
- transport
- personal expenses

Approximate Additional Cost of Study	
Medical Insurance	\$600-\$900 per year
Gym Membership	\$15-30 per week
Local Transport	\$50-\$100 per week (depending on type and frequency)
Internet and Mobile	\$20-\$40 per week
Estimated Living Costs - Immigration New Zealand recommends students budget approximately: NZD \$20,000 - \$27,000 per year depending on location and lifestyle.	
Accommodation	\$10,000-\$18,000 / year
Food	\$4,000-\$6,000/year
Transport	\$1,000-\$2,500/year
Personal Expenses	\$2,000-\$4,000/year

For independent estimates and budgeting advice visit: NauMai NZ Study Cost of Living Calculator

<https://www.studywithnewzealand.govt.nz/en>

Transport

Auckland has an extensive public transport system including:

- Buses
- Trains
- Ferries

Students may be eligible for discounted public transport fares through an AT HOP card. For more information visit: www.at.govt.nz



Call us to start your journey in this exciting industry - help other achieve their health and wellness goals.

Call us today on +64 272 800 239

Intake Schedule

Exercise Academy offers four intakes per year for the NZ3563 New Zealand Certificate in Exercise (Level 4)

International learners may begin study on any of the following dates:

2026 Intakes	
Intake	Start Date
October Intake	Starts 14 October 2026

2027 Intakes	
Intake	Start Date
February Intake	Starts 1 February 2027
April Intake	Starts 27 April 2027
July Intake	Starts 19 July 2027
October Intake	Starts 13 October 2027

Notes for International Learners

- Places are limited for each intake.
- Learners must complete the enrolment, visa approval, initial payment and insurance verification before the intake start date.
- Orientation is held in Week 1 of each intake.



We're Here to Support You

Moving to a new country can be both exciting and challenging. Exercise Academy and the School of Business are committed to supporting international students throughout their study journey.

Our team can assist you with:

- Orientation and settling into study
- Academic support
- Wellbeing and pastoral care
- Accessing support services
- Understanding life in New Zealand

We look forward to welcoming you to New Zealand and helping you achieve your educational and career goals. If you need information, support or just want to talk please see one of our student service staff in the following areas on site or contact them by phone or email.

The School of Business has an open door policy, you may meet with any staff member to ask questions, make suggestions and address problems or concerns.

Important Contact Details

Kia ora, tough times affect each of us differently. It's okay to reach out if you need to or, if you're worried about someone else, to encourage them to reach out. We all need a bit of support from time to time. If you or someone you know is struggling, we want you to know that however you or they are feeling, there is someone to talk to and free help is available.

People are here for you if you just want to seek advice around how to support people that you're worried about. Whatever support you're looking for, there is a variety of online tools and helplines.

If it is an emergency situation and anyone is in immediate physical danger, phone 111. Alternatively, you can go to your nearest hospital emergency department (ED).

Important Contact Information	
Contact for Emergencies	
Emergency and accident Phone 111, ask for police, ambulance or fire department, whichever is required	
Emergency Phone Counselling	
National helplines	need to talk? Free call or text 1737 any time for support from a trained counsellor
Lifeline	0800 543 354 or (09) 5222 999 within Auckland
Suicide Crisis Helpline	0508 828 565 (0508 TAUTOKO)
Healthline	0800 611 116 free call or text 1737 any time for support from a trained counsellor
Samaritans	0800 726 666 if you are experiencing loneliness, depression, despair, distress or suicidal feelings
Depression Helpline	0800 111 757 or free text 4202 to talk to a trained counsellor about how you are feeling or ask any questions
Mental Health Crisis numbers	Auckland (Central) phone: 0800 800 717 Auckland (East and South) phone: 09 261 3700 or 0800 775 222 Henderson phone: 09 822 8501 North Shore phone: 09 486 8900 Rodney phone: 09 427 0360
Anxiety NZ	0800 269 4389 (0800 ANXIETY)



For more information about where to get support, visit <https://www.mhwc.govt.nz/where-to-get-support/>

or visit Te Whatu Ora's website: <https://www.tewhatuora.govt.nz/about-us/>
and the Mental Health Foundation's website: <https://mentalhealth.org.nz/>