

# International Student Directory

*Giving links to various community  
groups and support organisations  
in the greater Wellington Region*



*please visit:*

**[multiculturalnz.org.nz](http://multiculturalnz.org.nz)**

NZFMC



MULTICULTURAL  
NEW ZEALAND



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HUTT MULTICULTURAL COUNCIL INC.

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Tertiary Providers (Universities and Technical Institutes) generally have significant support services and resources available within their own organisation. These services are specific to the institution and only available to students enrolled at that institution. However, some information published is generic and may be helpful to the greater international student community.

### NZQA Approved Wellington Tertiary Providers

| Provider Name                                    | Type | Address   | Email                             | Website                         |
|--|------|---|-----------------------------------|---------------------------------|
| Elite Management School                          | PTE  | Levels 3,4 & 6<br>Grand Central Tower<br>76 - 86 Manners St<br>Wellington                 | yes@ems.ac.nz                     | www.ems.ac.nz                   |
| NZ Institute of Sport                            | PTE  | NZIS Stadium Centre<br>Westpac Stadium<br>105 Waterloo Quay<br>Wellington                 | wellington@nzis.<br>ac.nz         | www.nzis.ac.nz                  |
| NZ School of Acupuncture and TCM                 | PTE  | Level 10, 57 Willis St<br>Wellington  | admin@nzsao.com                   | www.acupuncture.<br>ac.nz       |
| NZ School of Dance                               | PTE  | Te Whaea:<br>National Dance and<br>Drama Centre<br>11 Hutchison Rd<br>Newtown, Wellington | dance@<br>nzschooldance.<br>ac.nz | www.<br>nzschooldance.<br>ac.nz |
| Te Kura Toi Whakaari o Aotearoa: NZ Drama School | PTE  | Te Whaea:<br>National Dance and<br>Drama Centre<br>11 Hutchison Rd<br>Newtown, Wellington | drama@toiwhakaari.<br>ac.nz       | www.toiwhakaari.<br>ac.nz       |
| Te Rito Maioha: Early Childhood NZ Inc.          | PTE  | Ground Floor<br>191 Thorndon Quay<br>Wellington   | studentservices@<br>ecnz.ac.nz    | www.ecnz.ac.nz                  |
| The Learning Connexion Ltd                       | PTE  | 182 Eastern Hutt Rd<br>Taita, Lower Hutt  | c.vibert@tlc.ac.nz                | www.tlc.ac.nz                   |

| Provider Name                               | Type        | Address  | Email                                     | Website                         |
|---|-------------|--|---|---------------------------------|
| The Salvation Army Booth College of Mission | PTE         | 20 William Booth Grove, Trentham Upper Hutt  | michelle_collins@nzf.salvationarmy.org.nz | www.salvationarmy.org.nz        |
| Massey University Wellington                | University  | 63 Wallace St Mt Cook, Wellington  | contact@massey.ac.nz                      | wellington.massey.ac.nz         |
| Victoria University of Wellington           | University  | Kelburn Campus<br>Kelburn Parade<br>Pipitea Campus<br>Te Aro Campus<br>139 Vivian St | vi-support@vuw.ac.nz                      | www.vuw.ac.nz                   |
| Weltec: Wellington Institute of Technology  | Polytechnic | 21 Kensington Ave Petone and 15 Dixon St Wellington                                  | international@weltec.ac.nz                | www.weltec.ac.nz/international/ |
| Whitireia Community Polytechnic             | Polytechnic | 3 Wineera Drive Porirua  | international@whitireia.ac.nz             | www.whitireia.ac.nz             |
| Whitireia NZ Ltd                            | PTE         | Wineera Drive Porirua  | international@whitireia.ac.nz             | www.whitireia.ac.nz             |
| Youth Cultures and Community Trust: Praxis  | PTE         | Level 2, 138-140 Wakefield St Te Aro, Wellington                                     | neo@praxis.org.nz                         | www.praxis.org.nz               |



The marae (meeting ground) is the focal point of Maori communities throughout New Zealand. Most marae are iwi-based (tribal). Some urban community marae are pan-tribal.

Visitors are welcome to stop and take a look from the outside, but cannot walk on to the marae without being formally welcomed by the people of that place.

Visitors must remove their shoes before entering the marae and not eat food or drink inside. Always seek permission before taking photos.

| Marae   | Address   | Phone                | Email   website  |
|---|---|----------------------|--|
| Te Tatau o Te Po                                  | 437 Hutt Rd, Lower Hutt                           | 04 586 0978          | info@maorimaps.com                                     |
| Waiwhetu  | Puketapu Grove, Riverside Drive Waiwhetu          | 027 459 6870         | waimre@xtra.co.nz                                      |
| Takapuwahia                                       | 24 Ngati Toa St Takapuwahia, Porirua              | 04 237 7922          | marae@ngatittoa.iwi.nz                                 |
| Hongoeka:<br>www.maorimaps.com/<br>marae/hongoeka | 18 Hongoeka Bay Rd Plimmerton, Porirua            | 04 237 7922          | runanga@ngatittoa.iwi.nz;<br>hongoeka.marae@xtra.co.nz |
| Orongomai   | 1 - 5 Railway Avenue Upper Hutt                   | 04 528 9639          | uppervalleymarae@xtra.co.nz                            |
| Pipitea   | 55-59 Thorndon Quay Wellington                    | 04 916 4393          | www.pipiteamarae.co.nz                                 |
| Te Herenga Waka                                   | Victoria University Kelburn Parade, Wellington    | 04 464 7423          | www.victoria.ac.nz/about/<br>explore-victoria/marae    |
| Te Mangungu                                       | 3 Fleet Street, Naenae Lower Hutt                 | 04 567 0907          |  |
| Whakarongotai                                     | 2 Marae Lane Waikanae                             | 04 293 1538          | admin@teatiawakikipiti.co.nz                           |
| Kokiri  | 57 Oxford Terrace Lower Hutt                      | 04 566 5025/<br>8596 |  |
| Koraunui  | 146 Stokes Valley Rd Lower Hutt                   | 04 939 6662          |  |
| Te Kakano o Te Aroha                              | 136 Randwick Rd Moera, Lower Hutt                 | 04 568 3885          |  |
| Te Pou o Tainui                                   | Convent Rd Otaki                                  |                      | info@taiaoraukawa.co.nz                                |
| Raukawa   | Mill Rd Otaki                                     |                      | info@taiaoraukawa.co.nz                                |
| Wainuiomata                                       | Cnr Fitzherbert Rd and Wellington Rd, Wainuiomata | 04 564 8395          | wainuiomata@xtra.co.nz                                 |

Religious Groups offer a range of services – worship, celebrating cultural events eg Chinese New Year, Wesak Day (Buddhist), which are generally public events and open to all. Those wishing to take part in the services or events can contact the religious groups for worship times and calendar of cultural events.

Some churches and other places of worship are open to the public during the day. To arrange access it is best to contact the group before you plan a visit.



## University Chaplains can provide information about religious groups.

| Religious Groups   | Address  | Phone                           | Email   website   |
|--|--|---------------------------------|---|
| <b>ANGLICAN CHURCH</b>   |  |                                 |   |
| Diocesan Office which has links to all parishes and churches in the Wellington region      | Anglican Centre<br>18 Eccleston Hill<br>Wellington   | 04 472 1057                     | <a href="http://wn.anglican.org.nz/anglican_centre/anglican_centre_staff">http://wn.anglican.org.nz/anglican_centre/anglican_centre_staff</a> |
| Other Relevant Information   | Other services offered by some churches and community groups are Opportunity Shops "Op Shops" selling quality used furniture, kitchenware and clothing. For example: City Mission <a href="http://www.wellingtoncitymission.org.nz">www.wellingtoncitymission.org.nz</a> |                                 |   |
| Wellington Cathedral of St Paul  | Molesworth St  | 04 472 0286                     | <a href="http://www.wellingtoncathedral.org.nz">www.wellingtoncathedral.org.nz</a>  |
| <b>CATHOLIC CHURCH:</b> <a href="http://www.wn.catholic.org.nz">www.wn.catholic.org.nz</a> |  |                                 |   |
| Archdiocese of Wellington  | 22 - 30 Hill St<br>Wellington  | 04 496 1777 (office hours only) |   |
| Other Relevant Information   | The Cathedral in Hill Street is closed for earthquake strengthening  |                                 |   |
| Catholic Enquiry Centre  | Level 1, 72 Abel Smith St<br>Wellington  | 04 385 8518                     | <a href="mailto:info@catholicenquiry.nz">info@catholicenquiry.nz</a> ;<br><a href="http://www.catholicenquiry.nz">www.catholicenquiry.nz</a>  |
| St Mary of the Angels  | 17 Boulcott St<br>Wellington   | 04 473 8074                     | <a href="http://www.smoa.org.nz/">www.smoa.org.nz/</a>  |
| <b>BAPTIST CHURCH:</b> <a href="mailto:info@baptist.org.nz">info@baptist.org.nz</a>        |  |                                 |   |
| Wellington Central   | 46 Boulcott St<br>Wellington   | 04 472 1920                     |   |
| Wellington South   | 284 The Parade<br>Island Bay   | 04 383 6888                     |   |
| Chinese Baptist Church   | 24 Donald McLean St<br>Newtown   | 04 389 4152                     |   |
| Lutheran Church  | 12 King St<br>Mt Cook  | 04 972 3705                     |   |

| Religious Groups   | Address                                     | Phone       | Email   website  |
|--|---|-------------|--|
| METHODIST CHURCH   |   |             |  |
| Wellington Methodist Parish  | 75 Taranaki St<br>Wellington                | 04 384 7695 | <a href="http://www.wesleychurch.org.nz/">http://www.wesleychurch.org.nz/</a>  |
| PRESBYTERIAN CHURCH  |   |             |  |
| Assembly Office  | Level 1, 275 Cuba St<br>Wellington          | 04 801 6000 | <a href="http://www.presbyterian.org.nz">www.presbyterian.org.nz</a>   |
| St John's in the City  | Cnr Willis and Dixon St<br>Wellington       | 04 385 1546 | <a href="mailto:enquiries@stjohnsinthecity.org.nz">enquiries@stjohnsinthecity.org.nz</a>   |
| ASSEMBLIES OF GOD: <a href="http://agnz.org/find-a-church/">http://agnz.org/find-a-church/</a>   |   |             |  |
| Wellington AoG<br>Lifepoint Church   | 61 Hopper St<br>Wellington South            | 04 381 9310 |  |
| Waiwhetu<br>Multicultural AoG<br>(Wgtn)  | 66 Waiwhetu Rd, Waiwhetu<br>Lower Hutt      | 04 976 2567 |  |
| Wellington Indian<br>AoG   | 12 Bacroft Terrace<br>Newlands              | 04 232 7404 |  |
| Fijian AoG   | 137 Castor Crescent<br>Porirua              | 04 235 5437 |  |
| Trentham Christian<br>Family AoG   | 541 Fergusson Drive, Trentham<br>Upper Hutt | 04 529 8070 |  |
| THE SALVATION ARMY: <a href="http://www.wellingtoncitysalvationarmy.co.nz/">www.wellingtoncitysalvationarmy.co.nz/</a>                                       |   |             |  |
| Wellington City<br>Corps   | 92 Vivian St<br>Wellington                  | 04 801 9278 | <a href="http://www.salvationarmy.org.nz/find-churchcentre/new-zealand/lower-north-island/wellington-city/wellington-city-corps">www.salvationarmy.org.nz/find-churchcentre/new-zealand/lower-north-island/wellington-city/wellington-city-corps</a> |
| THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS: For all enquiries 0800 453 724  |   |             |  |
| BAHAI: <a href="https://www.facebook.com/Wellington-Bahai-Community-179861705361442">https://www.facebook.com/Wellington-Bahai-Community-179861705361442</a> |   |             |  |
| Wellington   |   | 04 382 8903 |  |
| Porirua  | 6 Parkinson Close, Whitby                   | 04 236 7347 |  |

| Religious Groups  | Address                                      | Phone       | Email   website  |
|---|--|-------------|--|
| JEWISH  |  |             |  |
| Progressive - Temple Sinai  | 147 Ghuznee St<br>Te Aro, Wellington         | 04 385 0720 | office@sinai.org.nz;<br>www.sinai.org.nz/jewish/<br>Wellington           |
| JEWISH: continued   |  |             |  |
| Orthodox - Beth El Synagogue - Wellington Jewish Community Centre | 80 Webb St<br>Wellington                     | 04 384 5081 | office@wjcc.nz   |
| HINDU   |  |             |  |
| Bharat Bhavan   | 48 Kemp St, Kilbirnie<br>Wellington          | 04 387 3003 | www.wia.org.nz/about.html  |
| Kurinji Kumaran Temple  | 1 Batchelor St, Newlands<br>Wellington       | 04 477 4346 | kktemple@xtra.co.nz  |
| BAPS Shri Swaminarayan Mandir                                     | 83 Eastern Hutt Rd, Wingate,<br>Lower Hutt   | 04 972 2024 | https://www.baps.org/<br>Global-Network/Asia-<br>Pacific/Wellington.aspx |
| Hare Krishna (ISKCON Wellington) Temple                           | 105 Newlands Rd<br>Newlands                  | 04 478 4108 | info@iskconwellington.<br>org.nz   |
| Indian Cultural Centre  | 2 Udy St<br>Petone                           |             | ▶ www.facebook.com/pg/<br>Indian-Cultural-Society-NZ-<br>Incorporated    |
| Gaura Yoga Bhakti Centre  | 175 Vivian St<br>Wellington                  |             | http://gaurayoga.co.nz/  |
| BUDDHIST  |  |             |  |
| Bodhinyanarama Buddhist Monastery                                 | 17 Rakau Grove, Stokes Valley<br>Lower Hutt  | 04 563 7193 | www.bodhinyanarama.<br>net.nz  |
| ISLAMIC   |  |             |  |
| Wellington Mosque   | 7 - 11 Queens Drive<br>Kilbirnie, Wellington | 04 387 4226 | www.facebook.com/<br>islaminiwellington/                                 |

| Religious Groups   | Address  | Phone   | Email   website  |
|--|--|---|--|
| <b>ISLAMIC PRAYER ROOMS</b>  |  |   |  |
| City Prayer Rooms  | Level 3, 26 Brandon St<br>Wellington   | Open weekdays from 12-6pm including<br>Friday prayers |  |
| Wellington Central<br>Library  | Mezzanine Floor<br>65 Victoria St, Wellington                                    |   |  |
| Victoria University<br>Wellington,<br>Muslim Prayer<br>Rooms   | 19 Kelburn Parade<br>Room 202A Kirk Building<br>Kelburn Campus                   | Room 404<br>Railway West Wing<br>Pipitea Campus       |  |
| WelTec Petone<br>Campus Prayer<br>Room   | International Student Office<br>T-Block Student Hub<br>11 Kensington Ave, Petone |   |  |
| Lower Hutt Islamic<br>Centre – Hutt Valley<br>Trust  | 14-20 Hunter St<br>Lower Hutt  | 04 970 2925   | <a href="http://www.facebook.com/islaminiwellington/">www.facebook.com/<br/>islaminiwellington/</a>        |
| Porirua Islamic<br>Centre  | 58-60 Waihora Crescent,<br>Waitangirua, Porirua East                             | 04 235 6637   | <a href="http://www.facebook.com/islaminiwellington/">www.facebook.com/<br/>islaminiwellington/</a>        |
| Newlands Islamic<br>Centre   | 40 Bracken Rd<br>Newlands  | 04 477 0290   | <a href="http://www.facebook.com/islaminiwellington/">www.facebook.com/<br/>islaminiwellington/</a>        |
| Upper Hutt Islamic<br>Centre   | 71 Merton St<br>Trentham, Upper Hutt   | 021 796 393   | <a href="http://www.facebook.com/islaminiwellington/">www.facebook.com/<br/>islaminiwellington/</a>        |
| <b>SIKH</b>  |  |   |  |
| Wellington<br>Gurudwara Sahib  | 4-10 Vogel St, Naenae<br>Lower Hutt  | 04 235 6246   | <a href="http://www.wellingtongurudwara.co.nz">www.wellingtongurudwara.<br/>co.nz</a>                      |
| Other Churches in Wellington Region – Korean, Tongan, Samoan, Chinese.<br>Contact information and details of religious services are available through cultural organisations   |  |   |  |
| INTERNATIONAL STUDENT MINISTRIES OF NEW ZEALAND: <a href="http://www.ismnz.org.nz/where-we-are.html">http://www.ismnz.org.nz/where-we-are.html</a>   |  |   |  |
| The Religious<br>Diversity Centre  |  | 027 432 7590  | <a href="mailto:rdc@rdc.org.nz">rdc@rdc.org.nz</a> ;<br><a href="http://www.rdc.org.nz">www.rdc.org.nz</a> |
| RDC publish annually a calendar of religious festivals and observances.  |  |   |  |
| <b>WELLINGTON INTERFAITH COMMUNITY:</b><br><a href="https://www.facebook.com/Wellington-Interfaith-Community">https://www.facebook.com/Wellington-Interfaith-Community</a><br><a href="mailto:wtninterfaithcouncil@gmail.com">wtninterfaithcouncil@gmail.com</a> |  |   |  |



The list below includes a wide range of organisations who provide cultural and sporting activities, social service and other community support services in the Wellington region




## Citizens Advice Bureau (CAB): 0800 367 222

At the CAB we try to help people to know and understand their rights and obligations and how to use this information to get the best outcomes, provide people with the confidence and support they need to take action, and work for positive social change within communities and wider society. We provide a free and independent service to all.

| Service providers              | Address   | Phone       | Email   website   |
|--------------------------------|---|-------------|---|
| <b>CAB BRANCHES</b>            |   |             |   |
| Kilbirnie<br>(Wellington East) | 56 - 58 Bay Rd<br>Kilbirnie   | 04 387 3573 | <a href="http://www.cab.org.nz/acabnearyou/easternsuburbswellington/Pages/home.aspx">http://www.cab.org.nz/acabnearyou/easternsuburbswellington/Pages/home.aspx</a> |
| Newtown                        | Cnr Rintoul & Colombo St<br>Newtown, Wellington                       | 04 389 3813 | <a href="http://www.cab.org.nz/acabnearyou/newtown/Pages/home.aspx">http://www.cab.org.nz/acabnearyou/newtown/Pages/home.aspx</a>                                   |
| Johnsonville                   | 1 Frankmore Ave<br>Johnsonville                                       | 04 478 5698 | <a href="http://www.cab.org.nz/acabnearyou/johnsonville/Pages/home.aspx">http://www.cab.org.nz/acabnearyou/johnsonville/Pages/home.aspx</a>                         |
| Petone                         | 6 Britannia St<br>Petone  | 04 568 8877 | <a href="http://www.cab.org.nz/acabnearyou/petone/Pages/home.aspx">http://www.cab.org.nz/acabnearyou/petone/Pages/home.aspx</a>                                     |
| Lower Hutt                     | Ground Floor, Russell Keown<br>House, Cnr Queens Drive &<br>Laings Rd | 04 566 6039 | <a href="http://www.cab.org.nz/acabnearyou/lowerhutt/Pages/home.aspx">http://www.cab.org.nz/acabnearyou/lowerhutt/Pages/home.aspx</a>                               |
| Upper Hutt                     | 2 Sinclair St<br>Upper Hutt   | 04 528 9040 | <a href="http://www.cab.org.nz/acabnearyou/upperhutt/Pages/home.aspx">http://www.cab.org.nz/acabnearyou/upperhutt/Pages/home.aspx</a>                               |
| Porirua                        | Level 2, Pember House<br>16 Hagley St, Porirua                        | 04 237 8846 | <a href="http://www.cab.org.nz/acabnearyou/porirua/Pages/home.aspx">http://www.cab.org.nz/acabnearyou/porirua/Pages/home.aspx</a>                                   |
| Kapiti                         | 1st Floor, Coastlands<br>Shoppingtown<br>Paraparaumu                  | 04 298 4944 | <a href="http://www.cab.org.nz/acabnearyou/kapiti/Pages/home.aspx">http://www.cab.org.nz/acabnearyou/kapiti/Pages/home.aspx</a>                                     |
| Otaki                          | 65a Main St<br>Otaki  | 06 364 8664 | <a href="http://www.cab.org.nz/acabnearyou/otaki/Pages/home.aspx">http://www.cab.org.nz/acabnearyou/otaki/Pages/home.aspx</a>                                       |

| Service providers  | Address   | Phone   | Email   website  |
|--|---|---|--|
| COMMUNITY LAW CENTRES: <a href="http://communitylaw.org.nz/centre/wellington-hutt-valley">http://communitylaw.org.nz/centre/wellington-hutt-valley</a><br>Student Rights Service (SRS) Free phone: 0800 499 488 (24 hrs)   |   |   |  |
| Wellington Community Law Centre  | Southmark House<br>Level 8, 203 Willis St<br>Wellington   | 04 499 2928   | <a href="http://www.wclc.org.nz">www.wclc.org.nz</a>   |
| Whitireia Community Law Centre<br>Provides a full range of community legal services to the Porirua and Kapiti communities.   | 3rd Floor, Pember House<br>16 Hagley St<br>Porirua        | 04 237 6811   | <a href="http://www.communitylaw.org.nz/centre/whitireia/">www.communitylaw.org.nz/centre/whitireia/</a><br><br>info.whitireia@communitylaw.org.nz |
| MULTICULTURAL NEW ZEALAND  |   |   |  |
| Multicultural New Zealand (NZ Federation of Multicultural Councils Inc.)   | Level 1, 192 Tinakori Road<br>Thorndon<br>Wellington 6011 | 04 916 9177   | <a href="https://multiculturalnz.org.nz/">https://multiculturalnz.org.nz/</a><br>Umbrella organisation for Regional Multicultural Councils         |
| Multi Cultural Council Wellington  |   | <a href="https://multiculturalnz.org.nz/Multicultural+Council+of+Wellington">https://multiculturalnz.org.nz/Multicultural+Council+of+Wellington</a> |  |
| Hutt Multicultural Council (Lower Hutt)  |   | <a href="https://multiculturalnz.org.nz/Hutt+Multicultural+Council">https://multiculturalnz.org.nz/Hutt+Multicultural+Council</a>                   |  |
| Upper Hutt Multi Cultural Council  | 2 Russell St<br>Upper Hutt                                | <a href="http://www.uhm.org.nz">www.uhm.org.nz</a>  |  |
| Porirua Multicultural Council  | 021 1233911   | daiphonevilay@hotmail.com   |  |
| Kapiti Multicultural Council   | 022 5887688   | amelia@pst.nz   |  |
| NEW ZEALAND NOW (IMMIGRATION NZ, MBIE)<br><a href="https://www.newzealandnow.govt.nz/regions-nz/wellington/">https://www.newzealandnow.govt.nz/regions-nz/wellington/</a><br><a href="https://www.newzealandnow.govt.nz/work-in-nz/support-in-the-workplace">https://www.newzealandnow.govt.nz/work-in-nz/support-in-the-workplace</a><br>This is a comprehensive website for living, working and studying in NZ including many associated support services. |   |   |  |
| OTHER SERVICES   |   |   |  |
| Tenancy Services   | Level 1<br>205 Victoria St<br>Wellington                  | 0800 836262   | <a href="https://www.tenancy.govt.nz">https://www.tenancy.govt.nz</a>  |
| Safer Wairarapa (Wairarapa Social Services): <a href="http://www.wairarapasocialservices.org.nz">http://www.wairarapasocialservices.org.nz</a><br>A comprehensive site for many services available in the Wairarapa  |   |   |  |

| Service providers  | Address   | Phone  | Email   website   |
|--|---|--|---|
| GREATER WELLINGTON REGIONAL COUNCIL: <a href="http://www.gw.govt.nz">www.gw.govt.nz</a> <a href="http://www.gw.govt.nz/parks/">www.gw.govt.nz/parks/</a><br>Metlink, Smart Travel, Cycling & Walking Journey Planner                           |   |  |   |
| ALL CITY COUNCILS: <a href="http://www.communityfinder.org.nz/">www.communityfinder.org.nz/</a>  |   |  |   |
| Wellington City Council  | 101 Wakefield St<br>Wellington  | 04 499 4444  | <a href="mailto:info@wcc.govt.nz">info@wcc.govt.nz</a><br><a href="http://www.wellington.govt.nz/">www.wellington.govt.nz/</a>              |
| SERVICES - COMMUNITY AND CULTURE: <a href="http://www.wellington.govt.nz/services/community-and-culture/arts">www.wellington.govt.nz/services/community-and-culture/arts</a><br>Wellington City art collection in various buildings and online |   |  |   |
| ABOUT WELLINGTON: <a href="http://www.wellington.govt.nz/about-wellington/what-to-do">www.wellington.govt.nz/about-wellington/what-to-do</a><br>Top 10 things to do in Wellington and also provides some free mobile apps.                     |   |  |   |
| Community News and Events  | <a href="http://www.wellington.govt.nz/events/event-calendar">www.wellington.govt.nz/events/event-calendar</a>  |  |   |
| Recreation   | <a href="http://wellington.govt.nz/recreation/enjoy-the-outdoors">wellington.govt.nz/recreation/enjoy-the-outdoors</a><br>Walks and walkways, beaches and coast, Parks and Reserves, Gardens, Mountain biking, Wellington BMX track, Swimming Pools, Recreation centres, ASB Sports Centre, Club Active Gym |  |   |
| Play Sport   | <a href="http://www.wellington.govt.nz/recreation/play-sport">www.wellington.govt.nz/recreation/play-sport</a><br>Tennis, Basketball, Golf and sportsgrounds in the area.   |  |   |
| Hutt City Council  | 30 Laings Rd<br>Lower Hutt  | 04 570 6666  | <a href="mailto:contact@huttcity.govt.nz">contact@huttcity.govt.nz</a><br><a href="http://www.huttcity.govt.nz/">www.huttcity.govt.nz/</a>  |
| Community Support  | <a href="http://www.huttcity.govt.nz/Services/Community-Support/Community-service-directory/">www.huttcity.govt.nz/Services/Community-Support/Community-service-directory/</a><br>Across the greater Wellington region  |  |   |
| Leisure and Culture  | 04 560 0310   | <a href="mailto:enjoylife@huttcity.govt.nz">enjoylife@huttcity.govt.nz</a> |   |
| Sport Link (A-Z directory to all sports available in Lower Hutt)   |   |  |   |
| SWIMMING POOLS: <a href="http://www.huttcity.govt.nz/pools-fitness/">www.huttcity.govt.nz/pools-fitness/</a><br>Huia Pool, Naenae Pool, Stokes Valley Pool   |   |  |   |
| Porirua City Council   | 16 Cobham Court<br>Porirua  | 04 237 5089  | <a href="mailto:enquiries@porirua.govt.nz">enquiries@porirua.govt.nz</a><br><a href="https://porirua.govt.nz/">https://porirua.govt.nz/</a> |
| Arena Aquatic Centre   | Te Rauparaha Arena<br>Porirua   | 04 237 1521  | <a href="http://aquaticsporirua.co.nz/arena-aquatic-centre/">http://aquaticsporirua.co.nz/arena-aquatic-centre/</a>                         |

| Service providers  | Address  | Phone  | Email   website   |
|--|--|--|---|
| Pataka Art and Museum  | 17 Parumoana St<br>Porirua   | 04 237 1511  | <a href="https://porirua.govt.nz/discover-porirua/things-do/pataka/">https://porirua.govt.nz/discover-porirua/things-do/pataka/</a><br>Includes other activities in the area                |
| Discover Porirua   | <a href="https://porirua.govt.nz/discover-porirua/things-do/">https://porirua.govt.nz/discover-porirua/things-do/</a><br>Includes a range of activities in the area  |  |   |
| Upper Hutt City Council  | <a href="https://upperhuttcity.com/">https://upperhuttcity.com/</a><br>See and Do in Upper Hutt: <a href="https://upperhuttcity.com/see-do-in-upper-hutt/">https://upperhuttcity.com/see-do-in-upper-hutt/</a><br>Various activities available ranging from swimming, arts, library, upcoming events and more. |  |   |
| Walks and Walkways   | <a href="https://upperhuttcity.com/parks-reserves/walkways/">https://upperhuttcity.com/parks-reserves/walkways/</a>  |  |   |
| Expressions Whirinaki Arts and Entertainment Centre  | 836 Fergusson Drive,<br>Upper Hutt   | 04 527 2168  | <a href="mailto:info@expressions.org.nz">info@expressions.org.nz</a>  |
| Kapiti Coast District Council  | 175 Rimu Rd<br>Paraparaumu   | 04 296 4700<br>or<br>0800 486 486  | <a href="https://www.kapiticoast.govt.nz/Services-(A-Z-of-services-and-facilities-in-the-area.)">https://www.kapiticoast.govt.nz/Services (A-Z of services and facilities in the area.)</a> |
| <p>ROTARACT: <a href="https://rotary9940.org/page/rotaract">https://rotary9940.org/page/rotaract</a></p> <p>“Rotaract is Rotary International’s service club for young adults 18-30. It is Rotary’s mechanism to introduce and engage young adults in their early career phases in the ethos and ideals of Rotary so the next step to becoming a Rotarian is a natural progression.</p> <p>Rotaractors commit to the objectives of Rotary. Rotaract Clubs are sponsored by a local Rotary Club or Clubs and remain self-governing and self-supporting. Rotaract Clubs engage in local and international service projects while providing an environment where members make friends and develop career and leadership skills.</p> |  |  |   |
| Rotary District  |  <a href="http://www.rotary9440.org">www.rotary9440.org</a><br>Service clubs hold community events  |  |   |
| Lions Clubs  | 04 570 0118  | <a href="http://members.lionsclubs.org.nz/clubs/202m/zone-6/wellington-host">http://members.lionsclubs.org.nz/clubs/202m/zone-6/wellington-host</a><br>Service clubs hold community events |   |



**Note: Tertiary Providers may recommend some health and counselling services.**

| Name of Organisation          | Address                         | Phone                                | Email   website                                      |
|-------------------------------|---------------------------------|--------------------------------------|--|
| Wellington Women's Collective | 5/175 Victoria St<br>Wellington | 04 384 7709<br>Text: 022 323<br>5008 | info@wwhc.org.nz<br>https://wwhc.org.nz/<br>contact/ |

*Services provided: Counselling service*

|                               |  |  |   |
|-------------------------------|--|--|---|
| Skylight Counselling Services | Level 3, 5-7 Vivian St<br>Te Aro, Wellington | Tel:<br>+64 4 939 6767<br><br>Fax:<br>+64 4 939 4759 | https://skylight.org.nz/<br>Counselling |
|-------------------------------|--|--|---|

*Services provided: Offers counselling for children, young people, family/whānau and individuals who are experiencing grief, loss and trauma no matter the cause.*

|                |  |   |  |
|----------------|--|---|--|
| Victim Support | National Office<br>180 Molesworth St<br>Wellington | 04 474 8862<br>Get Help: 0800<br>victim – (0800 842<br>846) | http://www.victimsupport.<br>org.nz/contact/ |
|----------------|--|---|--|

*Services provided: Provides 24 hour, seven day a week access to an integrated, personalised, professional support service to all victims of crime and trauma. Advocating for the rights and interests of these victims.*

|  |                                   |             |   |
|--|-----------------------------------|-------------|---|
| Wellington Sexual Health & Sexual Assault Services | 275 Cuba St, Te Aro<br>Wellington | 0800 188881 | https://www.justthefacts.<br>co.nz/get-help/find-local-<br>sexual-health-sti-clinic-<br>new-zealand/wellington-<br>coast-sti-clinics/ |
|--|-----------------------------------|-------------|---|

*Services provided: Free service. Providing 24 hour, seven day a week access to an integrated, personalised, professional support service to all victims of crime and trauma. Advocating for the rights and interests of these victims.*

|                        |   |             |  |
|------------------------|---|-------------|--|
| Women's Refuge (NCIWR) | National Office, Ground<br>Floor, Terralink Building<br>275 Cuba St<br>Wellington | 04 802 5078 | info@refuge.org.nz https://<br>womensrefuge.org.nz/<br>about-us/our-structure/<br>https://www.<br>wellingtonwomensrefuge.<br>co.nz |
|------------------------|---|-------------|--|

*Services provided: Known as the National Collective of Independent Women's Refuges Incorporated (NCIWR). Fourteen of these local refuges are for Māori wahine and tamariki and families, one is for Pasefika women and their children and families, and there is one associate refuge – Shakti – that is a community organisation for migrant, refugee and ethnic families.*

| Name of Organisation   | Address   | Phone  | Email   website   |
|--|---|--|---|
| Shakti   | We are in the process of establishing a centre in Wellington.<br><br>Shakti Crisisline is 0800 SHAKTI or 0800 742 584 04 568 3885 |  | <a href="https://womensrefuge.org.nz/get-help/migrant-and-refugee-women/">https://womensrefuge.org.nz/get-help/migrant-and-refugee-women/</a>   |
| Catholic Social Services   | 132 Tory St, Te Aro Wellington  | 04 385 8642  | <a href="https://yellow.co.nz/y/catholic-social-services-te">https://yellow.co.nz/y/catholic-social-services-te</a>   |
| <i>Services provided: Serving Individuals, Families, Children, Couples with concerns about Rape, Self-esteem, Sexual Abuse, Anger, Relationships, Abuse, Addictions, Grief, Disorders, Stress, Depression</i>  |   |  |   |
| Wesley Community Action Counselling Services   | Epworth House<br>75 Taranaki St<br>Te Aro, Wellington   | 04 3847695   | <a href="http://www.wesleyca.org.nz/">www.wesleyca.org.nz/</a>  |
| <i>Services provided: Throughout the Wellington region including, Otaki, Kapiti, Porirua, Hutt Valley &amp; Wellington. We work with people of all ages and stages of life.</i>  |   |  |   |
| Talking Works (Counselling Services)   | <a href="http://www.talkingworks.co.nz/dir.html">www.talkingworks.co.nz/dir.html</a>  |  |   |
| <i>Services provided: Counsellors have a variety of language skills.</i>   |   |  |   |
| Problem Gambling Foundation of NZ  | Level 5<br>148 Cuba St<br>Wellington  | 04 4734360<br>0800 664 262<br>(Free and confidential advise) | <a href="mailto:help@pgfnz.org.nz">help@pgfnz.org.nz</a><br><a href="https://www.pgfnz.nz/">https://www.pgfnz.nz/</a>   |
| Asian Family Services  |   | 0800 862 342   | <a href="https://www.asianfamilyservices.nz/">https://www.asianfamilyservices.nz/</a>   |
| <b>DOCTOR/ MEDICAL / HOSPITAL</b>  |   |  |   |
| Central Wellington Medical Centre  | Level 8, 111 Customhouse Quay, Wellington   | 04 912 2642  | <a href="http://www.centralwellingtonmedical.co.nz/">http://www.centralwellingtonmedical.co.nz/</a>   |
| <i>Services provided: Central Wellington Medical Centre offers a range of services including prescription, ACC consults, vaccinations and travel medicine advice. Open Monday to Saturday. It is the only Medical Centre in the city that offers a student rate to all tertiary students. Make sure you bring your student ID.</i> |   |  |   |
| Wellington Hospital  | Wellington Hospital<br>Riddiford St<br>Newtown  | 04 385 5999  | <a href="mailto:info@ccdhb.org.nz">info@ccdhb.org.nz</a><br><a href="https://www.ccdhb.org.nz/our-services/wellington-regional-hospital/">https://www.ccdhb.org.nz/our-services/wellington-regional-hospital/</a> |
| Kenepuru Community Hospital  | Raiha St, Kenepuru Porirua City   | 04 385 5999  | <a href="https://www.ccdhb.org.nz/our-services/kenepuru-community-hospital-porirua/">https://www.ccdhb.org.nz/our-services/kenepuru-community-hospital-porirua/</a>   |

| Name of Organisation                         | Address   | Phone       | Email   website   |
|--|---|-------------|---|
| Kapiti Health Centre                         | Warrimoo St<br>Paraparaumu  | 04 385 5999 | <a href="https://www.ccdhb.org.nz/our-services/kapiti-health-centre/">https://www.ccdhb.org.nz/our-services/kapiti-health-centre/</a> |
| Mental Health<br>New Zealand                 | <a href="https://www.mentalhealth.org.nz/">https://www.mentalhealth.org.nz/</a>   |             |   |
| New Zealand Now<br>(Immigration NZ,<br>MBIE) | <a href="https://www.newzealandnow.govt.nz/regions-nz/wellington/health">https://www.newzealandnow.govt.nz/regions-nz/wellington/health</a> |             |   |

*Services provided: This is a comprehensive website for living, working and studying in NZ including many associated support services.*

Links to upcoming events covering a variety of activities such as annual events for each month, festivals, concerts, sports, family events and more.



| Event   Organisation   | Contact   website   |
|------------------------|---|
| Public Holidays        | <a href="https://publicholidays.co.nz/2018-dates/">https://publicholidays.co.nz/2018-dates/</a>   |
| Unofficial Observances | <a href="https://en.wikipedia.org/wiki/List_of_unofficial_observances_in_New_Zealand">https://en.wikipedia.org/wiki/List_of_unofficial_observances_in_New_Zealand</a>                       |
| Wellington City        | <a href="https://www.wellingtonnz.com/discover/events/the-best-of-guide/whats-on-in-wellington/">https://www.wellingtonnz.com/discover/events/the-best-of-guide/whats-on-in-wellington/</a> |
| Lower Hutt City        | ▶ <a href="https://www.eventfinder.co.nz/whatson/events/lower-hutt">https://www.eventfinder.co.nz/whatson/events/lower-hutt</a>   |
| Upper Hutt City        | <a href="http://www.events.nz.com/upper-hutt/">http://www.events.nz.com/upper-hutt/</a>   |
| Porirua City           | <a href="https://poriruacity.govt.nz/discover-porirua/events/">https://poriruacity.govt.nz/discover-porirua/events/</a>   |
| Kapiti Coast           | <a href="https://www.kapiticoast.govt.nz/whats-on/">https://www.kapiticoast.govt.nz/whats-on/</a>   |
| Wairarapa              | <a href="http://www.events.nz.com/wairarapa/">http://www.events.nz.com/wairarapa/</a>   |

the 1990s, the number of people in the UK who are employed in the public sector has increased from 10.5 million to 12.5 million (12% of the population).

There are a number of reasons for this increase. One of the main reasons is the growth of the public sector. The public sector has grown from 10.5 million in 1990 to 12.5 million in 2000. This is a 20% increase. The public sector is now the largest employer in the UK.

Another reason for the increase is the growth of the service economy. The service economy has grown from 10.5 million in 1990 to 12.5 million in 2000. This is a 20% increase. The service economy is now the largest sector in the UK.

A third reason for the increase is the growth of the private sector. The private sector has grown from 10.5 million in 1990 to 12.5 million in 2000. This is a 20% increase. The private sector is now the largest sector in the UK.

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