



# New Zealand

Two long green islands at the bottom of the Pacific, with snowy peaks, fiords, geysers and beaches, and a culture shaped by Maori and by settlers from far away.

## AT A GLANCE

## Facts to know

### CAPITAL

Wellington

### POPULATION

About 5.4 million (Stats NZ provisional estimate, 30 June 2026: 5,357,300)

### OFFICIAL LANGUAGES

Maori (by law since 1987), New Zealand Sign Language (since 2006) and English, the everyday language of almost everyone, which was also written into law as an official language in August 2026

### CURRENCY

New Zealand dollar (NZD), divided into 100 cents, in use since 1967

### AREA

About 268,000 km<sup>2</sup> of land, stretching more than 1,600 km from north to south

### GOVERNMENT

Parliamentary democracy and constitutional monarchy, with a single chamber of Parliament. The monarch is represented in New Zealand by the Governor-General

### HIGHEST MOUNTAIN

Aoraki / Mount Cook in the Southern Alps, 3,724 m (measured in 2014)

### LONGEST RIVER

The Waikato, 425 km, in the North Island

### NEIGHBOURS

No land borders. Australia lies more than 1,500 km to the west across the Tasman Sea; New Caledonia, Fiji and Tonga lie to the north

### DRIVES ON THE

Left

### CALLING CODE

+64

# A 45-minute trip to New Zealand

Everything you need is in this pack. No preparation beyond printing. Adapt the timing to your group.

- |                     |                                                                                                                                                                                                                             |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>0 to 5 min</b>   | Welcome. Show the map page and find New Zealand together. Ask: who has been there, or knows someone from there?                                                                                                             |
| <b>5 to 15 min</b>  | Read the facts at a glance, then three moments from the story: 1300: Polynesian voyagers settle the islands; 1907: New Zealand becomes a dominion; 2011: The Christchurch earthquake.                                       |
| <b>15 to 25 min</b> | At the table: talk about Hangi and Boil-up. Idea: bring a small taste (bread, cheese, fruit, tea) if your kitchen can help.                                                                                                 |
| <b>25 to 30 min</b> | Say it like a local: practise "Kia ora!" (Hello! Also: thank you, or good health), "Morena!" (Good morning!), "Tena koe." (Hello (to one person)). Everyone says them together.                                             |
| <b>30 to 40 min</b> | Quiz: read the questions aloud, or play the big-screen version at <a href="https://preview.worldstroll.com/countries/new-zealand/group">https://preview.worldstroll.com/countries/new-zealand/group</a> . No scores needed. |
| <b>40 to 45 min</b> | Talk about it (questions page), then stamp or sign everyone's passport page.                                                                                                                                                |

## You will need

- This printed pack (one per table, or one each)
- Pens for the quiz
- Optional: a world map or globe, a small tasting, music from the country

# New Zealand and its cities



- Wellington (Wellington): Parliament and the 'Beehive', its executive wing, Te Papa, the national museum, The red cable car up to the Botanic Garden
- Auckland (Auckland): The Sky Tower, Sailing, which gives it the nickname 'City of Sails', Volcanic cones such as Mount Eden
- Christchurch (Canterbury): Hagley Park and the Botanic Gardens, The Avon River / Otakaro, The Cardboard Cathedral
- Hamilton (Waikato): Hamilton Gardens, The Waikato River, Day trips to Hobbiton and the Waitomo caves
- Paihia (Northland): The Waitangi Treaty Grounds, Boat trips around the Bay of Islands, Dolphin watching
- Rotorua (Bay of Plenty): Pohutu Geyser at Whakarewarewa, Maori cultural performances and hangi dinners, Hot pools and mud pools
- Taupo (Waikato): Lake Taupo and its trout fishing, The Huka Falls, Views of the Tongariro volcanoes

- Napier (Hawke's Bay): Art Deco architecture, The yearly Art Deco festival, Hawke's Bay wine and fruit
- Queenstown (Otago): Bungy jumping from the Kawarau Gorge Suspension Bridge, Skiing at The Remarkables and Coronet Peak, Historic buildings from the gold rush era
- Te Anau (Southland): The road to Milford Sound, The Milford Track and the Kepler Track, The Te Anau glowworm caves, visited by boat
- Dunedin (Otago): Baldwin Street, called by Guinness World Records the steepest street in the world, The Dunedin Railway Station, Royal albatrosses at Taiaroa Head on the Otago Peninsula
- Invercargill (Southland): Bluff oysters from nearby Bluff, Cheese rolls, Streets named after Scottish rivers

# A short history of New Zealand

New Zealand's human story is short compared with most countries, but full of change. Polynesian settlers arrived only about 700 years ago and built the Maori world of tribes (iwi), carved meeting houses and great canoe traditions. Europeans came first as explorers, then as whalers, traders and missionaries, and from 1840 as settlers under British rule. Wars over land followed, and much Maori land was taken. The young colony became a pioneer of votes for women, a dominion and finally a fully independent country, which today continues to work through the promises of the Treaty of Waitangi.

## **1300** Polynesian voyagers settle the islands

Between about 1280 and 1350, Polynesians from the islands of eastern Polynesia sailed thousands of kilometres in ocean-going canoes (waka) and settled New Zealand. Maori traditions tell of the explorer Kupe and of canoes setting out from Hawaiki. Many Maori today trace their ancestry back to the crews of particular waka.

## **1642** Abel Tasman reaches New Zealand

On 13 December 1642 the Dutch explorer Abel Tasman sighted the north-west coast of the South Island. In a clash in what is now Golden Bay with Maori of Ngati Tumatakokiri, four of his crew were killed, and he sailed on without landing. Dutch mapmakers later named the land Nova Zeelandia, after the Dutch province of Zeeland.

## **1769** Captain Cook maps the coast

The British explorer James Cook reached New Zealand on 6 October 1769 in the Endeavour and landed at Poverty Bay (Turanganui-a-Kiwa) the next day, where several Maori were killed in the first meetings. The Tahitian navigator Tupaia, who could understand Maori, helped as an interpreter. Over six months Cook mapped almost the entire coastline.

## **1835** The Declaration of Independence

On 28 October 1835, at Waitangi in the Bay of Islands, 34 northern Maori chiefs signed He Whakaputanga, the Declaration of the Independence of New Zealand, with the British Resident James Busby. By 1839, 52 chiefs had signed it.

**1840**

### **The Treaty of Waitangi is signed**

On 6 February 1840 William Hobson, for the British Crown, and about forty Maori chiefs signed the Treaty of Waitangi at Waitangi. Copies travelled around the country, and in the end about 530 to 540 Maori, at least 13 of them women, signed the Maori text. The English and Maori texts differ, especially about sovereignty, and this led to long disagreement. 6 February is now Waitangi Day, the national day.

**1845**

### **The New Zealand Wars begin**

From 1845 to 1872 a series of wars was fought between the colonial government, with its Maori allies, and many Maori tribes. The first major conflict was the Flagstaff War in the far north in 1845 and 1846, and the largest campaign was the invasion of the Waikato in 1863 and 1864. Large areas of Maori land were confiscated after the fighting.

**1865**

### **Wellington becomes the capital**

Auckland had been the capital since 1841, but settlers in the South Island wanted a more central seat of government. Wellington, at the southern tip of the North Island, was chosen, and in 1865 Parliament began meeting there as the capital.

**1893**

### **Women win the vote**

After years of campaigning led by Kate Sheppard, a law giving women the vote received royal assent on 19 September 1893. New Zealand became the first country in the world where all women could vote in parliamentary elections, and they first voted in November 1893. Women could not stand for Parliament until 1919.

**1907**

### **New Zealand becomes a dominion**

On 26 September 1907, at the request of the New Zealand Parliament, King Edward VII proclaimed New Zealand a Dominion of the British Empire instead of a colony. The new name reflected that the country already governed itself.

**1915**

### **The Anzacs land at Gallipoli**

On 25 April 1915, during the First World War, soldiers of the Australian and New Zealand Army Corps (ANZAC) landed on the Gallipoli Peninsula in Turkey. The campaign failed, with heavy losses, and 25 April became Anzac Day, when New Zealanders and Australians remember those who served and died in war.

**1931**

### **The Hawke's Bay earthquake**

On the morning of 3 February 1931 a magnitude 7.8 earthquake struck near Napier, killing 256 people. It is still New Zealand's deadliest natural disaster. Napier and nearby Hastings were largely destroyed, and Napier was rebuilt in the Art Deco style of the time.

**1947**

### **The Statute of Westminster is adopted**

New Zealand adopted the Statute of Westminster with an act that received royal assent on 25 November 1947. From then on the British Parliament could no longer make laws for New Zealand without its consent, which gave the country full independence in law. The British monarch remained head of state.

**1953**

### **Hillary and Tenzing climb Everest**

On 29 May 1953 the New Zealand beekeeper and climber Edmund Hillary and the Sherpa mountaineer Tenzing Norgay became the first climbers confirmed to have reached the summit of Mount Everest. Hillary later spent much of his life building schools and hospitals in Nepal.

**1975**

### **The Waitangi Tribunal is set up**

The Treaty of Waitangi Act 1975 set up the Waitangi Tribunal, a permanent commission that hears Maori claims that the Crown broke the promises of the Treaty. From 1985 it could also look at grievances going back to 1840, and since the 1990s many tribes have reached settlements with the government.

**1987**

### **A nuclear-free New Zealand**

In 1987 Parliament passed a law declaring New Zealand a nuclear-free zone, including its waters and airspace, and banning nuclear-powered ships from its waters. The nuclear-free policy is still a strong part of the country's identity. In the same year, Maori became an official language.

**2011**

### **The Christchurch earthquake**

At 12:51 pm on 22 February 2011 a shallow magnitude 6.2 earthquake struck close to the centre of Christchurch, killing 185 people and destroying much of the city centre, including the spire of ChristChurch Cathedral. The rebuilding of the city took many years.

# What people eat in New Zealand

New Zealanders usually eat breakfast, lunch and an evening meal, which many older Kiwis still call 'tea'. Everyday cooking has British roots, such as roasts, meat pies and fish and chips, and the country's farms and cold seas give excellent lamb, dairy, mussels, oysters and fish. Maori cooking brought the hangi earth oven, the boil-up and rewena bread, and the kumara, a sweet potato brought by the first Polynesian settlers. Home baking is much loved, from Afghan biscuits to lolly cake, and the café culture is strong: the flat white is claimed by both New Zealand and Australia, as is the pavlova.

## Hangi

Maori tradition, all over New Zealand

A traditional Maori way of cooking food in a pit in the ground. Stones are heated in a large fire, baskets of meat and vegetables such as lamb, pork, chicken, potato, kumara and pumpkin are placed on them, and everything is covered with cloths and earth for several hours. The food comes out tender, with a smoky, earthy taste.

## Boil-up

Maori home cooking

A hearty broth of pork bones or meat simmered with potatoes or kumara and greens such as puha (sow thistle), watercress or cabbage, with flour dumplings called 'doughboys' cooked on top.

## Rewena bread (Paraoa rewena)

Maori baking

A round sourdough loaf leavened with a fermented potato starter, often called the 'bug'. It has a slightly sweet and sour taste and is delicious with butter and golden syrup, or with a boil-up.

## Whitebait fritters

The West Coast and rivers all over New Zealand

Tiny, almost see-through young fish bound with beaten egg and fried in butter into a thin golden pancake. They are often eaten between two slices of buttered white bread, with a squeeze of lemon.

## **Green-lipped mussels (Kuku or kutai)**

The Marlborough Sounds and coasts all over New Zealand

Large mussels with a bright green edge to the shell, found only in New Zealand. They are steamed with white wine or coconut milk, grilled on the half shell, or made into fritters and chowder.

## **Bluff oysters**

Foveaux Strait and Bluff, Southland

Plump, rich flat oysters dredged from the cold waters of Foveaux Strait at the bottom of the South Island. Most people eat them raw with lemon, or fried in batter. Raw shellfish is not advised for pregnant women, young children, older people or anyone with weak immunity.

## **Steak and cheese pie**

Bakeries all over New Zealand

A hand-sized pie of chunky beef steak in gravy, topped with melted cheese under a flaky pastry lid. Mince and cheese is just as popular.

## **Pavlova**

New Zealand or Australia, early 20th century

A large round of meringue, crisp outside and soft like marshmallow inside, topped with whipped cream and fruit such as kiwifruit, strawberries and passionfruit. It is the classic dessert of a summer Christmas.

## **Hokey pokey ice cream**

New Zealand, mid-20th century

Vanilla ice cream with small, crunchy lumps of honeycomb toffee, which New Zealanders call hokey pokey. It is a summer favourite in a cone at the beach.

## **Lolly cake**

New Zealand, known since the 1940s

An unbaked sweet log of crushed malt biscuits, butter and condensed milk, packed with soft, colourful fruit puff or explorer lollies, rolled in coconut and sliced.

## **Afghan biscuits**

New Zealand, recipes printed from the 1930s

Rich, buttery chocolate biscuits with crunchy cornflakes inside, topped with chocolate icing and half a walnut. They are only lightly sweet, which the icing makes up for.

## Cheese rolls

Southland and Otago

Slices of white bread spread with a cheesy, oniony filling, rolled up into tubes and toasted with butter until golden and crisp. They are a favourite at cafés in the south of the South Island.

## Kiwi onion dip

Nestlé New Zealand test kitchen, 1950s or 1960s

A thick, creamy party dip made by stirring a packet of onion soup powder into a can of reduced cream, often with a dash of lemon juice or vinegar, then chilling it. It is served with potato chips.

## L&P (Lemon & Paeroa)

Paeroa, Waikato, around 1907

A sweet, fizzy lemon soft drink. It was first made by mixing lemon juice with naturally sparkling mineral water from a spring in the town of Paeroa.

## Flat white

Café culture of New Zealand and Australia, popular from the 1980s

Espresso coffee with steamed milk and only a thin layer of fine, velvety foam, usually served in a smaller cup than a latte, so it tastes stronger.

## GOOD MANNERS

# At the table

- After the formal welcome (powhiri) on a marae, visitors are invited to the dining hall (wharekai) to share a meal with their hosts. Sharing food completes the welcome.
- If a powhiri is held indoors, visitors take their shoes off before entering the meeting house (wharenui).
- A hangi is usually made for a big gathering; the food is lifted from the ground after several hours and shared by everyone.
- Christmas falls in summer, so many families have a barbecue or a cold lunch of meats and seafood, often outdoors, with pavlova for dessert.
- A meat pie is a common quick lunch, bought at a bakery, dairy or petrol station and eaten from the hand.

# Boil-up

A hearty broth of pork bones or meat simmered with potatoes or kumara and greens such as puha (sow thistle), watercress or cabbage, with flour dumplings called 'doughboys' cooked on top.

## Ingredients

- 1.2 kg pork bones, bacon bones or pork pieces with bone
- 2.5 litres water
- 1 onion, chopped
- 4 potatoes, peeled and cut in half
- 2 kumara (sweet potatoes), peeled and cut into chunks
- 1 large bunch of watercress or puha, or half a green cabbage, chopped
- Salt and pepper
- For the doughboys: 150 g self-raising flour, a pinch of salt and about 100 ml water

## Method

1. Put the pork bones, onion and water in a large pot. Bring to the boil, skim off any foam, then cover and simmer gently for about 1 hour 30 minutes, until the meat is tender.
2. Add the potatoes and kumara and simmer for about 15 minutes.
3. Meanwhile mix the flour and salt with enough water to make a soft, sticky dough. Drop tablespoons of it on top of the simmering broth, cover the pot and cook for 15 minutes without lifting the lid.
4. Add the watercress, puha or cabbage and cook for another 5 to 10 minutes, until the greens are tender.
5. Season with salt and pepper and serve in deep bowls, with meat, vegetables, doughboys and plenty of broth.

# Whitebait fritters

Tiny, almost see-through young fish bound with beaten egg and fried in butter into a thin golden pancake. They are often eaten between two slices of buttered white bread, with a squeeze of lemon.

## Ingredients

- 250 g whitebait (fresh, or frozen and thawed)
- 2 eggs
- 1 tablespoon plain flour
- Salt and pepper
- Butter for frying
- Lemon wedges and buttered white bread, to serve

## Method

1. Beat the eggs in a bowl with the flour, a pinch of salt and some pepper until smooth.
2. Gently stir in the whitebait so that every fish is coated.
3. Heat a little butter in a frying pan over medium heat. Spoon in small rounds of the mixture and flatten them slightly.
4. Cook for 1 to 2 minutes on each side, until golden and the egg is completely set.
5. Serve at once with lemon wedges, on their own or between slices of buttered bread.

# Pavlova

A large round of meringue, crisp outside and soft like marshmallow inside, topped with whipped cream and fruit such as kiwifruit, strawberries and passionfruit. It is the classic dessert of a summer Christmas.

## Ingredients

- 4 egg whites, at room temperature
- 250 g caster (superfine) sugar
- 1 teaspoon white vinegar
- 1 teaspoon cornflour (cornstarch)
- 1 teaspoon vanilla extract
- 300 ml cream for whipping
- 3 kiwifruit, sliced, a handful of strawberries and the pulp of 2 passionfruit

## Method

1. Heat the oven to 150 °C. Draw a 20 cm circle on baking paper and put it upside down on a baking tray.
2. Beat the egg whites in a clean, dry bowl until soft peaks form. Add the sugar a spoonful at a time, beating well after each, until the meringue is thick and glossy.
3. Gently fold in the vinegar, cornflour and vanilla. Spread the meringue inside the circle, a little higher at the sides.
4. Put it in the oven, turn the heat down to 120 °C and bake for 1 hour 15 minutes. Turn the oven off and leave the pavlova inside with the door slightly open until completely cool, about 1 hour.
5. Just before serving, whip the cream, spread it over the top and arrange the fruit and passionfruit pulp on it.

# Lolly cake

An unbaked sweet log of crushed malt biscuits, butter and condensed milk, packed with soft, colourful fruit puff or explorer lollies, rolled in coconut and sliced.

## Ingredients

- 250 g plain malt biscuits
- 120 g butter
- 200 g sweetened condensed milk (about half a 395 g can)
- 180 g soft fruit puff or explorer lollies (or soft marshmallow sweets), cut in half
- 50 g desiccated coconut

## Method

1. Crush the biscuits into fine crumbs in a food processor or in a bag with a rolling pin, and put them in a large bowl.
2. Melt the butter and condensed milk together in a small pan over low heat, stirring.
3. Pour the butter mixture over the crumbs, add the lollies and mix well.
4. Sprinkle the coconut on a sheet of baking paper. Shape the mixture into a log about 6 cm thick, roll it in the coconut and wrap it in the paper.
5. Chill for at least 2 hours, until firm, then cut into slices about 1.5 cm thick.

# Afghan biscuits

Rich, buttery chocolate biscuits with crunchy cornflakes inside, topped with chocolate icing and half a walnut. They are only lightly sweet, which the icing makes up for.

## Ingredients

- 200 g butter, softened
- 75 g sugar
- 175 g plain flour
- 25 g cocoa powder
- 60 g cornflakes
- For the icing: 150 g icing sugar, 1 tablespoon cocoa powder and about 2 tablespoons hot water
- About 20 walnut halves

## Method

1. Heat the oven to 180 °C and line two baking trays with baking paper.
2. Beat the butter and sugar together until pale and creamy.
3. Sift in the flour and cocoa and mix, then gently stir in the cornflakes without crushing them too much.
4. Roll spoonfuls of the mixture into balls, put them on the trays and press them down a little. Bake for about 15 minutes, until firm, then cool on a rack.
5. Mix the icing sugar and cocoa with enough hot water to make a thick icing. Spread a little on each cold biscuit and press a walnut half on top.

# Cheese rolls

Slices of white bread spread with a cheesy, oniony filling, rolled up into tubes and toasted with butter until golden and crisp. They are a favourite at cafés in the south of the South Island.

## Ingredients

- 1 can (375 ml) evaporated milk
- 1 packet (about 30 g) onion soup mix
- 250 g grated tasty (mature cheddar) cheese
- 1 teaspoon mustard powder (optional)
- 12 slices white sandwich bread
- Soft butter, for the outside

## Method

1. Heat the evaporated milk in a pan over low heat. Stir in the onion soup mix, cheese and mustard powder and keep stirring until the cheese melts and the mixture thickens. Let it cool until spreadable.
2. Heat the oven to 200 °C, or heat the grill.
3. Spread a thin layer of filling on each slice of bread, right to the edges, then roll it up tightly like a tube.
4. Put the rolls on a tray with the join underneath and brush the tops with a little butter.
5. Bake or grill for 10 to 15 minutes, turning once, until golden and crisp. Serve hot.

## Useful phrases

### **Kia ora!**

kee-ah OR-ah · Hello! Also: thank you, or good health

### **Morena!**

MAW-reh-nah · Good morning!

### **Tena koe.**

TEH-naa kweh · Hello (to one person)

### **Tena korua.**

TEH-naa KAW-roo-ah · Hello (to two people)

### **Tena koutou.**

TEH-naa KOH-toh · Hello (to three or more people)

### **Nau mai, haere mai!**

now my, HIGH-reh my · Welcome!

### **Kei te pehea koe?**

kay teh PEH-heh-ah kweh · How are you?

### **Kei te pai.**

kay teh PIE · I'm fine, I'm good

### **Ka pai!**

kah PIE · Good! Well done!

### **Kia kaha!**

kee-ah KAH-hah · Be strong! Keep going!

### **Ko ... toku ingoa.**

kaw ... TAW-koo EE-ngaw-ah · My name is ...

### **Aroha mai.**

AH-raw-hah my · Sorry, please forgive me

### **Haere ra!**

HIGH-reh raa · Goodbye! (to someone who is leaving)

**E noho ra!**

eh NAW-haw raa · Goodbye! (to someone who is staying)

**Ka kite ano!**

kah KEE-teh ah-NAW · See you again!

**Ma te wa.**

maa teh WAA · See you later (literally 'in time')

**Nga mihi.**

ngaa MEE-hee · Thanks, kind regards

**Kia pai to ra!**

kee-ah PIE taw RAA · Have a good day!

## Things you might not know

1. Guinness World Records calls Baldwin Street in Dunedin the steepest street in the world. At its steepest point it rises about 1 m for every 2.86 m it runs forward.
2. The kiwi cannot fly. A female kiwi lays an egg that can weigh up to 20 percent of her own body weight, one of the largest eggs for the size of the bird.
3. New Zealand sits on Zealandia, a mostly sunken continent. About 94 percent of it lies under the Pacific Ocean, and in 2017 a team of geologists concluded that it counts as a continent of its own.
4. Lake Taupo fills the crater of a supervolcano. Its Oruanui eruption, about 25,600 years ago, was the largest known eruption in the world in the last 70,000 years.
5. The world's first commercial bungee jumping site is on the Kawarau Gorge Suspension Bridge near Queenstown, opened by AJ Hackett.
6. Sir Edmund Hillary has appeared on the New Zealand five-dollar note since 1992. Apart from monarchs, he is the only person to have appeared on a New Zealand banknote during his own lifetime.
7. A hill in Hawke's Bay has an 85-letter Maori name, Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupokaiwhe, one of the longest place names in the world. Most people just call it Taumata.
8. Matariki, the Maori New Year marked by the rising of the Matariki star cluster (the Pleiades), became an official public holiday in 2022. It falls in June or July.
9. Old New Zealand telephone dials were numbered backwards. The emergency number 111 was chosen in 1958 partly because on those dials it sent the same pulses as the British emergency number 999.
10. The All Blacks rugby team has performed a haka before matches since 1905. The best known one, 'Ka Mate', is credited to the Ngati Toa chief Te Rauparaha.
11. The silver fern, whose leaves are silvery white underneath, is a national symbol. Maori are said to have used the fronds to mark paths at night, and

it appears on the shirts of many national sports teams.

12. Wellington became the capital in 1865, chosen for its central position between the North and South Islands. As of 2026 it is also called the world's windiest city, with an average wind speed of about 27 km/h.
13. As of 2026, New Zealand has three UNESCO World Heritage Sites: Tongariro National Park, Te Wahipounamu in the south-west of the South Island, and the Sub-Antarctic Islands.

#### TALK ABOUT IT

## Questions for the group

- Have you ever been to New Zealand, or has someone in your family? What do you remember?
- Have you ever tasted Hangi or Boil-up? What is a dish you remember from a trip?
- The Waitangi Tribunal is set up (1975). Do you remember hearing about it? Where were you then?
- A nuclear-free New Zealand (1987). Do you remember hearing about it? Where were you then?
- Have you seen Milford Sound / Piopiotahi, in person or in pictures? Which famous place would you most like to see?
- If you could spend one day in any city of New Zealand, which would it be and why?

## QUIZ

# How well do you know New Zealand?

Circle the right answer. The answers are on the last page.

**1. Which Maori name for New Zealand is widely used today, often translated as 'land of the long white cloud'?**

- A) Aotearoa
- B) Te Waipounamu
- C) Hawaiki
- D) Rarotonga

**2. In te reo Maori, 'wh' is usually pronounced like the English 'f'.**

- A) True
- B) False

**3. As of 2026, Auckland's Sky Tower is the tallest freestanding structure in the Southern Hemisphere.**

- A) True
- B) False

**4. Who is a 'Pakeha'?**

- A) A New Zealander of European descent
- B) A respected elder
- C) A young child
- D) A tribal chief

**5. The Hobbiton Movie Set near Matamata was built for which films?**

- A) The Lord of the Rings and The Hobbit
- B) Harry Potter
- C) James Bond
- D) Star Wars

**6. The kiwi, New Zealand's national bird, can fly short distances.**

- A) True
- B) False

**7. What is the capital of New Zealand?**

- A) Dunedin
- B) Wellington
- C) Christchurch
- D) Auckland

**8. Matariki, the Maori New Year, became an official public holiday in 2022.**

- A) True
- B) False

**9. In the classic recipe, kiwi onion dip is made by stirring onion soup powder into what?**

- A) Plain yoghurt
- B) Mayonnaise
- C) A can of reduced cream
- D) Mashed avocado

**10. Hokey pokey ice cream is vanilla ice cream with small lumps of what?**

- A) Honeycomb toffee
- B) Dried kiwifruit
- C) Chocolate chips
- D) Roasted peanuts

**11. What is the longest river in New Zealand?**

- A) Waikato
- B) Waitaki
- C) Whanganui
- D) Clutha

**12. The Cardboard Cathedral in Christchurch was designed by the Japanese architect Shigeru Ban.**

- A) True
- B) False

# Quiz answers

## 1. A) Aotearoa

Aotearoa. Te Waipounamu is the Maori name of the South Island only, Rarotonga is in the Cook Islands, and Hawaiki is the homeland in Maori tradition.

## 2. True

True. That is why 'whanau' sounds like 'FAA-noh' and 'whare' like 'FAH-reh'.

## 3. False

False. At 328 m it held that title from its completion until 2022, when it was overtaken by the Autograph Tower in Jakarta.

## 4. A) A New Zealander of European descent

A New Zealander of European descent. An elder is a 'kaumatua' and children are 'tamariki'.

## 5. A) The Lord of the Rings and The Hobbit

The Lord of the Rings and The Hobbit, directed by Peter Jackson, who spotted the farm from the air in 1998.

## 6. False

False. The kiwi is flightless. The female lays an egg that can weigh up to 20 percent of her body weight.

## 7. B) Wellington

Wellington has been the capital since 1865. Auckland is the largest city and was the capital from 1841 to 1865.

## 8. True

True. It was first celebrated as a public holiday on 24 June 2022. Matariki is the Maori name of the Pleiades star cluster.

## 9. C) A can of reduced cream

A can of reduced cream, often with a little lemon juice or vinegar. The 'kiwi' in the name means New Zealand, not the fruit.

## 10. A) Honeycomb toffee

Honeycomb toffee, which New Zealanders call hokey pokey. It is the country's second most popular ice cream flavour after vanilla.

## 11. A) Waikato

The Waikato, 425 km long, flows out of Lake Taupo, over the Huka Falls and past Hamilton to the Tasman Sea.

## **12. True**

True. Shigeru Ban designed it without charge after the 2011 earthquake, using more than 90 large cardboard tubes. It opened in 2013.

# New Zealand visa page

Name: \_\_\_\_\_ Date: \_\_\_\_\_



## Next stops

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| Country: _____ | Country: _____ | Country: _____ |

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