Exercise & Nutritional Sciences in New Zealand - DRAFT Itinerary

The following itinerary is a working document and is subject to change. (revised 7/10/2019)

### January 9-10, 2020

**Departure**

- Students will depart on flights booked individually to Christchurch.

**Meals Included:**

- Per airline

### January 11

**Arrival and Acclimation in New Zealand**

**Saturday**

- Welcome to Christchurch! This vibrant South Island city is recovering by leaps and bounds since two devastating earthquakes demolished many of the buildings in 2011. Compact and walkable, Christchurch offers plenty of art installations, and an inviting atmosphere of chaotic and colorful creativity.

**Meals Included:**

- Per airline

**Christchurch Accommodations:**

- YMCA Christchurch (1 of 8)

- Transportation from the airport to the hotel will be arranged based on the most common arrival time of all students.
- Meet your guide and board your private coach at the airport for transfer to the hotel.
- Health & Safety Orientation on the coach en-route to the hotel.
- Check in to your hotel. Enjoy a free evening.

### January 12

**Welcome to Christchurch (City Overview & Welcome Dinner)**

**Sunday**

- Meet your guide and board coach for full day of sightseeing!

**Christchurch City Tour**

- Begin your tour on the Christchurch Tram. Along with being a historical icon in itself, the Christchurch Tram is also a way to travel across the city and enjoy its many scenic streets and parks. The tram runs along a route from near the intersection of Armagh Street and New Regent Street to the Botanic Gardens, making seven stops along the route and taking approximately 35 minutes to complete. Visit the Christchurch Museum which is a great resource to introduce the early cultural blending between Maori and European settlers. When the British came to New Zealand they had learned a lot from previous colonizations and the Maori people were very keen to engage with the new resources they saw. This set the scene for the early collaboration between government, settlers and the Maori as the indigenous people. Continue to the Botanic Gardens (self-guided), a must-visit location in the Garden City. Located in Hagley Park, the Botanic Gardens is home to exotic and native plants and flowers. The park is massive and spans nearly half of the city. Enjoy the different walking tracks including the ponds, amphitheater area, etc. (Entrances included)

- Enjoy lunch on own with a stop provided.
- After tour, return to your hotel.
- In the evening, meet your guide in the lobby and walk to a local restaurant.
- Taste the local cuisine with a Welcome Dinner!
- After dinner, walk back to you hotel. Enjoy a free evening.

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<table>
<thead>
<tr>
<th>January 13</th>
<th><strong>Christchurch: Academic Visits</strong></th>
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<tr>
<td>Monday</td>
<td>Meet guide and board coach for academic visits.</td>
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<td>Meals Included: Breakfast at the hotel</td>
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<tr>
<td>Christchurch Accommodations: [YMCA Christchurch](3 of 8)</td>
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**Guest Lecture: Evon Currie- General Manager, Population & Public Health, Canterbury District Health Board- Academic Visit 1**

*Evon is responsible for Community & Public Health, which promotes Health in All Policies, to support healthy environments. This involves developing policies to support communities and whānau to make living a healthy lifestyle the easy choice. She works with public health specialists, councils, government agencies, and community and NGO organizations. Evon has been in this role since January 1996. She is a member of the South Island Public Health Partnership, Hauora Alliance, and Public Health Clinical Network.*

To Be Confirmed. Sourced by WorldStrides' Global Academic Team. See [Your academic blueprint](#) for more.

- Enjoy lunch on own with a stop provided.

**Guest Lecture: Anita Preston- APFIT Fitness & Nutrition- Academic Visit 2**

*Anita is a successful personal trainer and nutrition coach and Nabba WFF Figure Athlete.*

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- Return to your hotel. Enjoy a free evening.

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<th>January 14</th>
<th><strong>Christchurch: Academic Visits</strong></th>
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<tr>
<td>Tuesday</td>
<td>Meet guide and board coach for academic visits.</td>
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**Guest Lecture & Tour of Apollo Center for High Performance Sport New Zealand- Academic Visit 3**

*New Zealand has an amazing legacy of winning on the world stage. But exceeding expectations can never be taken for granted. To ensure a new world-beating era for New Zealand sport, we work together with National Sporting Organisations (NSOs) to identify existing strengths and push them further than ever before by using innovative approaches to sports science, technology and athlete wellbeing. To do this, we have over 120 world class specialists which combine to promote winning performances. In collaboration with NSOs, we place carefully chosen teams of experts around elite athletes and coaches, and through a holistic and collaborative approach, provide the additional resources, knowledge and inspiration needed to enhance their capability.*

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- Enjoy lunch on own with a stop provided.

**Jellie Park Leisure Center Tour- Academic Visit 4**

*Jellie Park is one of the biggest and best Christchurch gym, fitness and swimming facilities. Experience a tour of this local council-run facility and hear about why these council facilities are so important for the health of our populations. Then spend some time swimming and enjoying the facilities! (Entrance to use facilities included)*

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- Return to your hotel. Enjoy a free evening.
January 15

Wednesday

Meals Included:
Breakfast at the hotel

Christchurch Accommodations:
YMCA Christchurch (5 of 8)

Christchurch: Academic Visits

- Meet guide and board coach for a full day of visits.

Guest Lecture: Dr. Carl Petersen - Academic Visit 5
Enjoy a guest lecture by Dr. Carl Petersen whose interests include defining the match and training demands of Cricket, and investigating potential performance enhancement strategies in Cricket and Triathlon. He has had a particular focus on the fitness and conditioning activities of athletes, and preparations for challenging environmental conditions through acclimation and acclimatization.
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- Enjoy lunch on own with a stop provided.

Practical Session with Dr. Carl Petersen - University of Canterbury - Sport & Exercise Research Lab (SERL) - Academic Visit 6
The Sport and Exercise Research Lab (SERL) is the result of an expansion of the previous Movement Pedagogy Research Hub to include strengths in research on sport and exercise science. SERL is a multi-disciplinary lab that focuses on research and development in and around sport and exercise with strong international leadership from codirectors, Professor Richard Light and Professor Nick Draper who have extensive international experience.
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January 16

Thursday

Meals Included:
Breakfast at the hotel

Christchurch Accommodations:
YMCA Christchurch (6 of 8)

Christchurch: Academic Visits

- Meet guide and board coach for a full day of visits.

Guest Lecture: Professor Nick Draper - Academic Visit 7
Nick’s research takes a primarily applied focus, most recently working on multi-center and multi-disciplinary research projects. He is currently leading an international multi-center trial of sport-specific measurement and evaluation for the sport of rock climbing (www.irca.rocks). He is also leading a $3M multi-disciplinary project, based in the UK, which takes a citywide approach to increasing physical activity levels. Currently Nick is supervising 10 PhD students whose research covers areas such as psychophysiology of rock climbing, movement analysis in rock climbing, the complex systems analysis in sport, novel strength and conditioning methods, coaching in martial arts (Nick holds a black belt 2nd Dan in Judo and coaching qualifications from UK and NZ) and physical activity promotion.
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- Enjoy lunch on own with a stop provided.

Practical Sessions with Professor Nic Draper - University of Canterbury - Sport & Exercise Research Lab (SERL) - Academic Visit 8
The Sport and Exercise Research Lab (SERL) is the result of an expansion of the previous Movement Pedagogy Research Hub to include strengths in research on sport and exercise science. SERL is a multi-disciplinary lab that focuses on research and development in and around sport and exercise with strong international leadership from codirectors, Professor Richard Light and Professor Nick Draper who have extensive international experience.
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- Return to your hotel. Enjoy a free evening.
### January 17  
**Christchurch: Free Day**  
- Enjoy a free day to explore the city!  
- Lunch and dinner on own.  

**Meals Included:**  
- Breakfast at the hotel  

**Christchurch Accommodations:**  
- YMCA Christchurch (7 of 8)

### January 18  
**Christchurch: Maori Experience & Farewell Dinner**  
- Enjoy a free morning to explore the city with lunch on own.  
- In the afternoon, meet your guide and board coach for an activity.  

**Meals Included:**  
- Breakfast at the hotel  
- Dinner  

**Christchurch Accommodations:**  
- YMCA Christchurch (8 of 8)  

#### Maori Cultural Experience  
*Experience traditional Maori culture at Ko Tane Maori Cultural immersion. Enjoy an introduction to Maori and their influence in New Zealand. Learn about the background and current lives of Maori, their world views, values and focus on community. Enjoy their cultural performances, learn of their history and end the evening with a wonderful traditional feast. (Fee included)*

- Reflect on your experiences with an authentic **Farewell Dinner** during your Maori experience.  
- After dinner, return to your hotel and enjoy a free evening.

### January 19  
**Return Home**  
- Meet your guide to check out of your hotel. Board coach and transfer to the airport for your return flight home.  
- Transportation from the hotel to the airport will be arranged at the most common departure time for all students.  
- Students will depart on flights home, booked individually.

**Program Ends**
Throughout your program
As part of our commitment to quality and value, we’ve included the following:

- English-speaking, trained professional tour guides, as noted
- Entrances for cultural sites, unless otherwise noted
- Ground transportation including:
  - Transportation in safe, clean motorcoach as noted in your itinerary - Full day= 8 hours; Half day= 4 hours
    - Transfers to visits within city limits (note visits outside city limits may incur additional costs)
    - Meal transfers, as noted
    - Airport transfers for one (1) most common arrival time and one (1) most common departure time
  - Intra-city transportation, as listed in your itinerary

Before your program departs

- Marketing website and resources to help promote your program to students
- Customized online registration portal to manage student registration, payments, dietary and health information collection, roommates, etc.
- A customized app with offline access to materials including your-day-to-day itinerary, group messaging, and important documents
- Customized pre-departure information for students and faculty

We thought of that too!

- One non-alcoholic drink at all included meals

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