



## Bulletin - Tertiary Students

20<sup>th</sup> April, 2020

### COVID-19 Update

#### Moving to Alert Level 3

This afternoon the government has announced that New Zealand will move out of Alert Level 4, as at 11.59pm on Monday 27<sup>th</sup> April. We will move into Alert Level 3 on Tuesday 28<sup>th</sup> April. [Information about the four level alert system is here.](#)

#### What this means for you

##### Movement and travel

*Stay home.* If you can access your courses online, continue to do so. If you can't access your course online, some facilities at your tertiary organisation may open (e.g. for research, post-graduate teaching, lab/workshops, or noho-based delivery). Contact your provider for more details.

##### Student accommodation

*Stay in your "bubble".* Hostel, hall of residence or other accommodation provided by your tertiary organisation will remain open to those who have stayed during lockdown level 4. Ministry of Health guidelines on hygiene and social distancing will remain.

If you moved to join a "bubble" with friends, family or whānau, you must stay home. You cannot return to your student accommodation under Alert Level 3.

##### Student support

The [Student support package will continue](#) under Alert Level 3.

Claims can now be made via your MyStudyLink account. You should receive the payment into your nominated bank account within 24 - 72 hours of the claim being received.



Answers to questions about Student Allowance and Living Cost payments can be found on StudyLink's website <https://www.studylink.govt.nz/>.

### Student hardship

- If you need extra help during this time you can find information about emergency assistance on the StudyLink website [here](#)
- If you are an international student, you can access the following essential services to help with basic needs [here](#). You can also speak to your provider and/ or your embassy as they may be able to offer some support too.

### Stress counselling and support

Emergencies are usually unexpected, sudden and overwhelming. It's natural to feel emotionally and physically drained.

You're not alone in this and you don't need to cope on your own. Talk to your friends and family members to help you cope. You can get more help and also information from:

- your education provider
- your GP or local community health centre
- Youthline [0800 376 633](tel:0800376633) (Link 19) [www.youthline.co.nz](http://www.youthline.co.nz) (Link 20)
- [Need To Talk](#) (Link 22) by calling or texting [1737](tel:1737) (Link 23)
- In an emergency always call [111](tel:111) (Link 24).

### **Things change quickly so stay up to date by following the links below:**

For health advice, refer to the Ministry of Health's website

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>

For official Government information about COVID-19 (novel coronavirus), including health advice and travel restrictions visit the All-of-Government website <https://www.govt.nz/covid-19-novel-coronavirus/>

For more advice for students, visit the Ministry of Education website

<http://www.education.govt.nz/novel-coronavirus-2019-ncov-3/>