

Tops tips for New Zealanders living overseas and thinking of returning to live in NZ

WHAT TO DO BEFORE YOU RETURN HOME

Stay in contact with family/friends/work networks

Follow the news before you come home to reduce cultural shock

Be strategic about when is the best time career-wise for you to return

- mid-career rather than at the peak of your career, so more job opportunities available?
- upon retirement or to start studying to minimise labour market issues?

Throw things out when packing – you won't need them!

Check out online information sources for returnees at

Plan and research your return (as much as you would if you were moving to a new country)

- Consider a trial run return (not just a holiday)
- Ask for help while still overseas– from others who have returned, friends, family – so you can get an accurate picture of current NZ life
- Use networks to check out job opportunities and/or alert employers (rather than just recruiters/agents) that you plan a return
- Check out the cost of living and the cost of housing BEFORE you arrive

<https://www.newzealandnow.govt.nz/kiwis>

<https://www.keanewzealand.com/news/watch-advice-for-returning-kiwis/>

<https://welcomehomekiwis.com/>

<https://www.stuff.co.nz/travel/kiwi-traveller/88944499/back-to-the-future-returning->

<http://tonyalexander.co.nz/wp-content/uploads/2015/08/Expahiring.pdfhome-to-new-zealand-after-five-years-overseas>

<http://www.stuff.co.nz/business/unlimited/8764223/Research-shines-new-light-on-expats>

WHAT TO EXPECT WHEN YOU RETURN HOME

These tips summarise the thoughts of 42 New Zealanders who returned home and took part in an interview study called: 'New Zealand expatriates who return: Does citizenship engagement overseas make a difference to their reintegration and benefit New Zealand society?' This study was conducted by Associate Professor Louise Humpage, Sociology, University of Auckland in 2017.

Expect to feel like a new immigrant rather than a returnee

Don't expect New Zealand to be the same

- accept there will be culture shock
- accept that even the friends/family you stayed in contact with have moved on/are at different stages of their lives than when you left

Accept that a change of career may be necessary – and/or you will earn less than you earned overseas

Bring back another culture for NZ to appreciate and make your overseas experience useful when home – but don't assume others are interested!

Invite new arrivals out to make them feel welcome

Use your more critical view of NZ gained overseas to challenge the status quo and show New Zealanders/politicians that there are other ways of doing things

BUT

Don't compare too much!

AND

Regularly articulate what travel overseas has made you appreciate about New Zealand

- embrace the things you missed - go to the beach/bush, wear jandals to work, casually invite people over for a BBQ!
- Value Māori culture at home, not just overseas

Make an effort to socialise and get involved to reintegrate

- Join clubs/try new things to meet new people
- Don't just hang out with other returnees (although they can be a great source of support in your early days)