

**Postal Service, Telephone and Telecommunications.** New Zealand has an efficient postal service with many post offices. Air mail to Canada takes from seven to ten days, while mail and parcels sent by surface mail take approximately one month.

## ***Business and Banking Hours***

**Banks:** 10:00 a.m. to 4:00 p.m.  
Monday to Friday  
Closed on statutory holidays.

**Shops:** 9:00 a.m. to 5:30 p.m.  
Monday to Friday  
Shopping to 9:00 p.m. on Thursdays or Fridays,  
depending on locality.  
Shops in the major centres are usually open until  
noon on Saturdays.

Industrial premises are open five days a week during normal business hours. Government offices are open from 8:30 a.m. to 5:00 p.m. The Canadian High Commission in Wellington is open from 8:30 a.m. to 4:30 p.m. year-round.

**Health.** No special health precautions are necessary. All local water supplies are potable. All food supplies meet strict New Zealand government regulations.

**Clothing.** Canadian spring and fall clothing is suitable year-round. Suits are recommended for evening wear. It is advisable to carry a raincoat and sweater during the winter months (June to August).