

2026年度小樽商科大学ギャップイヤープログラム（海外派遣プログラム）派遣先
3. アラ・インスティテュート・オブ・カンタベリー

English + Volunteering Programme 2026

at Ara Institute of Canterbury, New Zealand

[Click here to see our School in action!](#)



About the Programme

The English + Volunteering Programme at Ara Institute of Canterbury begins with full-time English language study, followed by part-time English language study and part-time volunteering in the community. An upper-intermediate level of English is required for this course, as students interact with people in New Zealand businesses and community organisations.

The programme is available to international students only.

Students are invited to participate in cultural, recreational and sightseeing activities during their stay in Christchurch. These activities vary month to month and include conversation exchanges, cultural clubs and off-site field trips. All activities are optional and students pay any entry fees themselves.



About Ara

Ara Institute of Canterbury is a New Zealand government-owned tertiary education institution that has more than 100 years of teaching experience and is the largest institute of technology in the South Island of New Zealand. Ara provides accessible and innovative vocational training for the entire Canterbury region. We aim to produce graduates who are work-ready and equipped with internationally recognized qualifications and skills for a fast-changing world.



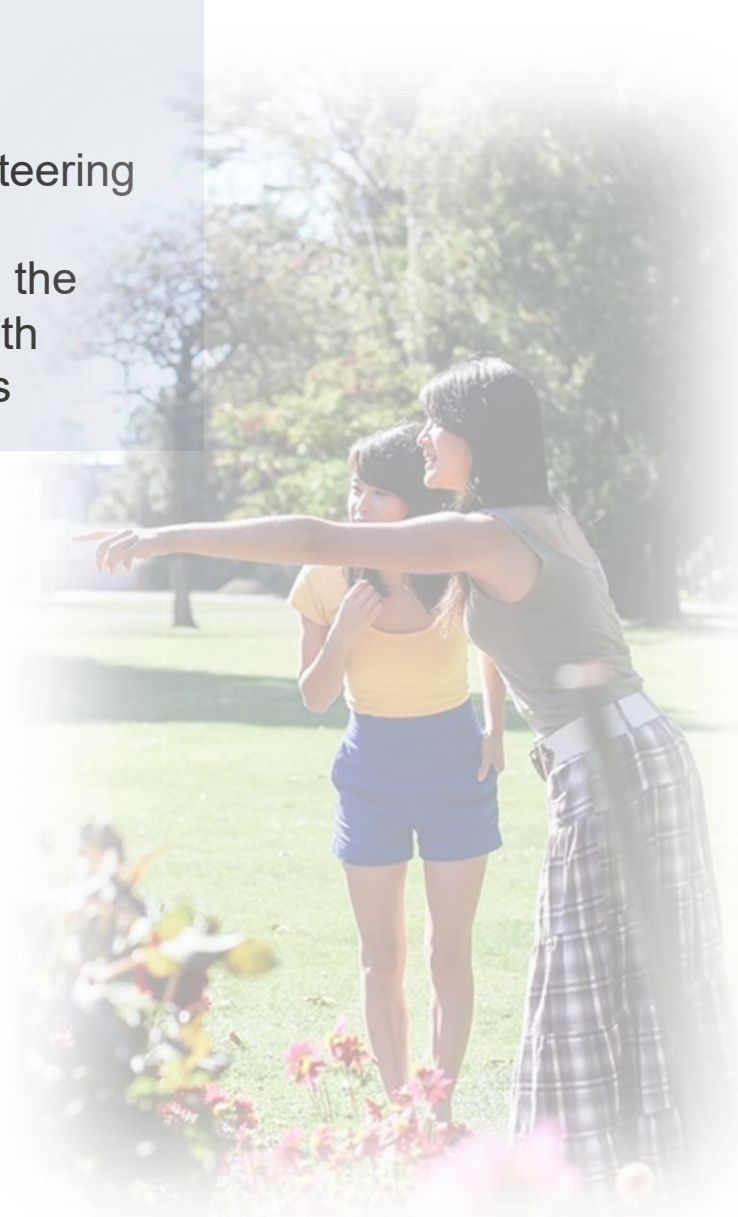
Programme Aims

- To develop English language skills so students can function with confidence in the community and voluntary workplace
- To improve cross-cultural awareness through living with a New Zealand family and interacting in a local organisation or business



Programme Content

- English language tuition
- Opportunities to engage in volunteering
- Supervised independent study in the Language Self-Access Centre with experienced Learning Facilitators



Programme Details:

On application, students complete a questionnaire on their prior experience and future plans, and their English language level is assessed. Our Workplace Placement Co-ordinator arranges suitable volunteering positions, introduces the student to the placement organisation and provides support during the placement period.

Students may be placed in positions involving:

- *Being a companion for elderly people*
- *Helping in schools or after-school activity programmes (police clearance required)*
- *Tree planting and community gardening*
- *Preparing and serving food at a homeless shelter*
- *Conservation activities e.g. beach and river clean-ups*
- *Tourism*
- *Recreation*
- *Caring for rescued animals in a shelter*

During the English + Volunteering module, students study English for 12 hours per week and participate in volunteering for approximately 8 hours per week; the timing of the volunteering varies according to availability at the organisation.



Facilities and Services

Students will have access to all facilities and services provided by Ara including:

- Library
- Computer access: free 24-hour internet and computer lab use
- Language Self-Access Centre: staffed by specialist Learning Facilitators; for independent language study, open before and after class
- Bilingual Japanese and Chinese student support advisors
- Homestay advisor
- Cafés and restaurant on campus
- Health centre
- Recreation centre and gym



Teaching and Learning

Teaching staff on the English Language programme are qualified and experienced English language teachers with a background in teaching international students.

Teaching is both interactive and communicative in style and involves students working in groups, individually and in simulated role plays.

As part of their programme, the students will also have access to our state-of-the-art Language Self Access Centre and specialised Learning Facilitator staff.

[Click here for a virtual tour of the School of English](#)



Module 1: 300 hours General English (20 hours/week for 15 weeks)

Sample schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9.00am – 10.30am	General English				Optional Friday activities e.g. sightseeing, sports and recreation, self study in the Language Self Access Centre
	15min break at 10.30am				
10.45am – 12pm	General English (continued)				
	Lunch break 12pm – 1pm				
1pm – 3pm	General English				
3pm	Optional afternoon activity e.g. clubs, self study in the Language Self Access Centre				



Teaching is both interactive and communicative in style and involves students working in groups, individually and in simulated role plays.

Module 2: 300 hours General English + Volunteering (20 hours/week for 15 weeks)

Sample schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9.00am – 10.30am	General English				Volunteer placements
	15min break at 10.30am				
10.45am – 12pm	General English (continued)				
	Lunch break 12pm – 1pm				
From 1pm	Volunteer placements				

Note: Students will complete 120 hours of volunteering (an average of 8 hours per week). The schedule of volunteering will vary according to the organisation or business's needs. Volunteering may be scheduled on Fridays, Saturdays, or from 1pm on Monday, Tuesday, Wednesday or Thursday.



Local attractions (not included in programme)

Christchurch Adventure Park



Christchurch Adventure Park is a network of mountain bike trails in the Port Hills. It is also home to the longest chair lift in New Zealand-1.8 kilometers long! Ride the chair-lift and enjoy exploring the hilly area.

<https://christchurchadventurepark.com/>

Mini Golf



Mini-golf is a popular weekend activity for New Zealand families. This 18-hole outdoor mini-golf range provides hours of fun!

<https://riccartonparkgolf.co.nz/mini-golf/>

He Puna Taimoana Hot Pools



The heated hot pools at New Brighton Beach include five heated pools, a separate plunge pool, sauna, and café.

<https://www.hepunataimoana.co.nz>

Indoor Rock Climbing



Originating in Christchurch in 2006, this indoor climbing facility provides a great venue for the physical and mental challenge of climbing, in a safe, monitored environment. Students can compete with each other or just challenge themselves.

<http://www.clipnclimb.com/>

Local attractions (not included in programme)

Willowbank Wildlife Reserve



Willowbank is one of Christchurch's top attractions. Learn about NZ wildlife, see a kiwi and other endangered species and learn about the work being done to preserve them.

<http://www.willowbank.co.nz/>

Christchurch Art Gallery



Christchurch Art Gallery, Te Puna o Waiwhetu, is the public art gallery of The city of Christchurch. It features a Range of works of both New Zealand and international artists.

<https://christchurchartgallery.org.nz/>

Canoeing on the Avon River



This has been a favorite activity for Christchurch people for 125 years. Students can choose to canoe or kayak through the very picturesque vessels are safe and experienced guides are on hand at all times.

<http://boatsheds.co.nz/>

Testimonials from visiting university students, 2023

•*"This is the first time I study abroad. It's depend on people's accent whether I can understand what people say or not, but I find myself slight improvement. And I learned difference of culture. There are so many kinds of people, and cultures similar to and different from Japan. I love the Kiwis' lovely personalities! Japanese tend to be shy and I'm the example as well. But now I can talk to strangers!"*

•*"Before I came to New Zealand, I was indifferent to it because it was not characterised in my mind. But now, I love New Zealand! Delicious foods, elaborate wall pictures, Māori, people's kindness, environments which don't exist in my country and so on. All of them are my unforgettable memories."*

•*"I left my country for the first time in my life. I was very nervous before coming here. But my host family and NZ people are so kind to me, so I enjoyed living here."*

•*"I experienced many things that I can't do in my country here, so it will become a valuable experience in my life."*



Accommodation

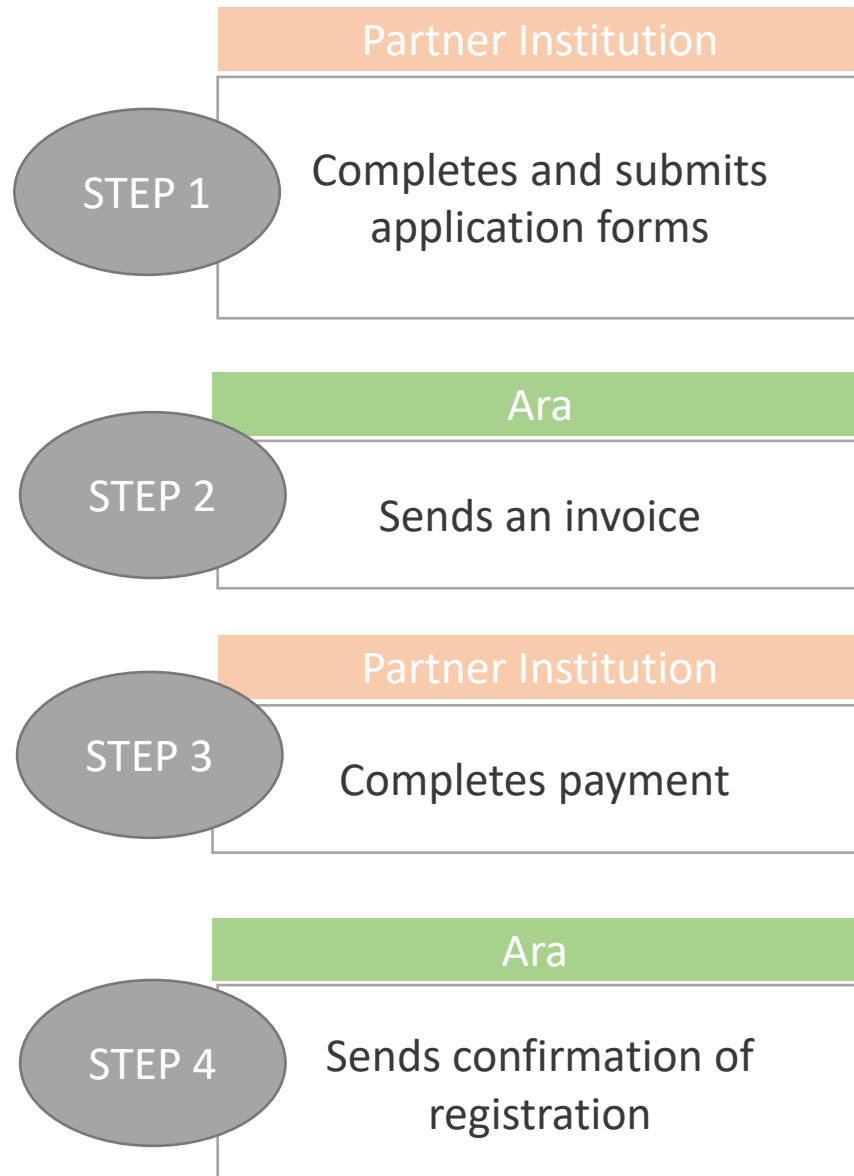
Accommodation is organized by a local company specializing in looking after overseas students. New Zealand homestay providers have a reputation for being friendly, hospitable and generous with their time to students.

All students are asked to complete a detailed application form before departure from their country. From this form, information relating to students and prospective families will be carefully examined to ensure suitable placements.

Accommodation costs can be paid separately to meal costs if required by institutions.



Application Process



Proposals and Agreements, Payment, Postponements, Cancellations, Refunds and Amendments

- Proposals and Agreements:**
 - This is a draft proposal for discussion. Ara will send a proposal with a signed agreement to offer the programme, for the institution or agent to sign and return.
- Payments**
 - Full payment is required to complete each participant's enrolment in this programme. The payment must be received by Ara **six weeks** prior to the programme starting date.
- Cancellations, Refunds and Amendments**

All cancellations must be received in writing. If a cancellation is made, Ara will refund the payments according to our Refund Policy and in the following manner:

 - Participant withdrawing prior to the programme start date: full refund less NZ\$500 administration fee.
 - Participant withdrawing within the first 7 calendar days of study: 80% of tuition fee paid and NZ\$500 administration fee
 - Participant withdrawing after 7 calendar days of study: no refund
 - No refund of the homestay placement fee under any circumstances.
- All prices are quoted in New Zealand dollars and include local Goods and Services Tax of 15%
- Ara reserves the right to alter the programme, itinerary or accommodation in the event of unforeseen circumstances (such as extreme weather and road closures) beyond its control. Ara will not be responsible for extra charges incurred due to unforeseen circumstances.
- The programme requires a minimum number of participants to operate. Ara reserves the right to cancel or reschedule the programme due to insufficient demand, unsafe conditions, events beyond Ara's control, or any other reason.

For more information, please contact
international@ara.ac.nz

