The NZ Army deploys several hundred personnel overseas each year. Currently there are personnel in the following locations:

AFGHANISTAN
The NZ Army has played a key role in Bamyan, Afghanistan, dating back to 2003. Although the NZ Provincial Reconstruction Team (NZ PRT) closed in April 2013, there are still NZ Army personnel in mentoring roles at the Afghan National Army Officer Academy.

SINAI, EGYPT
There are 28 NZDF personnel in Sinai, Egypt as part of the New Zealand Contingent Multinational Force and Observers. Usually around 20 of the NZDF team is NZ Army. The mission of the Multinational Force and Observers is to supervise the implementation of the security provisions of the Egypt-Israel Treaty of Peace.

MIDDLE EAST
There are currently eight NZDF personnel serving as part of the United Nations Truce Supervision Organisation in the Middle East, and usually at least two of these personnel are NZ Army. They work as military observers and are based in Israel and Southern Lebanon.

SOUTH SUDAN
On 9 July 2011 South Sudan became the newest country in the world. The birth of the Republic of South Sudan is the culmination of a six-year peace process and a new chapter in a region that has seen little peace in the last 50 years. The NZDF has three personnel working in South Sudan as part of United Nations Mission in Southern Sudan, with at least one person usually being from the NZ Army.

SOUTH KOREA
There are four NZDF personnel involved with the United Nations Military Command Armistice Commission in South Korea, monitoring the compliance of the Armistice Agreement between North and South Korea. Usually one or two of the NZDF team are from the NZ Army.

ANTARCTICA
Each year Antarctica New Zealand requests New Zealand Defence Force support for the forthcoming Antarctic summer season. The NZDF also provides support to the United States Antarctic Programme. NZ Army personnel are often in jobs on the ice as Scott Base support personnel, engineers, and unloading the supply ship.