$1 NZ = $0.95 AUS. Write a program which converts $500 NZ to Australian dollars and converts $500 AUS to New Zealand dollars using the above exchange rate. The output of the program should be:

```python
amount_to_convert = 500
nz_to_aus_rate = 0.95
nz_dollars = amount_to_convert
NZ $500 = AUS $475.0
AUS $500 = NZ $526.3157894736842
```