

# Information Sheet

## The Cook Islands



The Cook Islands consist of 15 islands scattered over some 2 million square kilometres of the Pacific Ocean. The total population of the islands is approximately 18,000 people. Some 2000 live on the Northern Group of Islands and about 6000 on the Southern Group.

The beauty and charm of the islands is only matched by the friendliness of the people. Pause to make yourself known and discover how the culture is open for all to share. Relax and rejuvenate your soul on one of the many beautiful beaches.

- BANKS:** ANZ, Westpac & Western Union.
- CLIMATE:** Tropical. The summer wet season from December to March with temperatures from 22-28 degrees. All other times of the year the temperature is 26 degrees on average.
- DRESS:** Casual. Brief attire is not appropriate in public places. A light sweater may come in handy for the cooler evenings.
- CURRENCY:** The Cook Islands unit of currency is the New Zealand dollar. The unique local coins are not negotiable outside the Cook Islands.
- FOOD:** Whatever your style of cuisine, you are sure to be tempted from an eclectic offering of satisfying dishes, many with distinctive island ingredients or characteristic of flavour. From high class and renowned establishment offering superb international cuisine to cafes serving light meals and espresso coffee, you are sure to find something that suits you. Favourites include Chinese, Italian, Continental, Seafood and friendly "Island Style" restaurants.
- ELECTRICITY:** 240 volts 50 cycles A.C Most hotels have 110 volt converters for shaving apparatus.

**ENTRY**

**REQUIREMENTS:** Visitors do require a valid passport and a bone-fide visitor does not need an entry permit provided he or she possesses onward passage and does not intend on staying more than 31 days.

**MEDICAL SERVICES:**

Medical and Dental services are available and there is a well equipped hospital with New Zealand trained staff. There are almost no poisonous animals or insects in the Cook Islands.

**SPORT & RECREATION:**

Scuba diving, bonefishing, gamefishing, golf, horse riding, jogging, surfing, windsurfing, sailing, tours, cruises and yacht charters.

**TIPPING:**

Tipping is not compulsory in The Cook Islands but visitors may give a gratuity for excellent service.

**TRANSPORT:**

Vehicles are driven on the left-hand side of the road. The maximum road speed limit in town is 40kmph and 50kmph out of town. A Cook Islands drivers licence can be obtained from the police station in Avarua at a cost of \$NZ10 on presentation of your own licence.