

GENERAL INFORMATION

ENTRY REQUIREMENTS FOR TRINIDAD

Business travellers and tourists must produce passports valid for three months longer than the intended stay and a return ticket, for entry into Trinidad and Tobago. For tourism and business related visits of up to 90 days, visas are not required for citizens of the United States, CARICOM (except Haiti), European Union and British Commonwealth

Please note:

Visitors arriving in Trinidad and Tobago within five days of leaving an area with yellow fever must present a vaccination certificate to Immigration Officials.

Travellers are also cautioned against wearing military or camouflage clothing, as it is illegal in Trinidad and Tobago. Persons dressed in camouflage risk being detained by Customs officials and having the garments confiscated.

New travel document requirements under the Western Hemisphere Travel Initiative requires persons from the United States and North America who wish to re-enter or visit the United States to present a valid passport.

CURRENCY

The local currency is the Trinidad and Tobago dollar. US dollars are widely accepted at an approximate rate of TT\$6.45 to US\$1 and you can find rate information at local banks, or the daily newspapers.

Traveller's cheques and international credit cards are accepted at most hotels, restaurants and malls.

ATM machines are located at the airport, banks, malls, cities and towns.

LANGUAGE

The official language of Trinidad and Tobago is English, but Spanish and to a lesser extent French patois, Hindi.

BANKING AND BUSINESS

Banks are open on Monday to Thursday, 8am-2pm and Friday, 8am to 1pm; 3pm-5pm. Banks located in shopping plazas and malls are the exception to this rule with business hours from 11am to 6pm.

The principal banks are Citibank, First Citizens Bank, Intercommercial Bank, Republic Bank, RBC and Scotiabank.

As a rule, the day starts at 8am and ends at 4pm, from Monday to Friday at most Government Departments and private business. Shops open from 8 am to 5 pm from Monday to Saturday - except for stores in malls, which are open from 10am to 7pm.

Most malls and shops are closed on Sundays and Public Holidays.

HEALTH AND MEDICAL FACILITIES

No special vaccines or precautions are required before your trip to Trinidad and Tobago, however you should pack all prescription medication required for the trip. You will also need sunscreen, sunglasses, insect repellent and a hat, even during the Rainy Season.

Tap water is safe to drink, and bottled water is widely available at supermarkets, bars, neighbourhood shops and food stalls.

Trinidad and Tobago has several modern private hospitals and a network of public hospitals, district health centres and community clinics. For divers, Tobago has a recompression facility based at the Roxborough Medical Clinic on the island's northeast coast.

Treatment is free to non residents at all public health facilities. Walk-ins are welcome, but priority is given to emergency cases.

Below is a listing of Trinidad and Tobago's major public hospitals

Port of Spain General Hospital

160 Charlotte Street

Port of Spain

Tel: (868) 623-2951

Eric Williams Medical Sciences Complex

Uriah Butler Highway
Champ Fleurs
Tel: (868) 645-HOPE
(Referrals, Accident & Emergency only)
Opening Hours: 24 hours

San Fernando General Hospital

Independence Avenue
San Fernando
Trinidad
Tel: (868) 652-3581-6
Opening Hours: 24 hours

Arima Health Facility

Queen Mary Avenue
Arima
Trinidad
Tel: (868) 667-1766 (Accident & Emergency), (868) 667-3503
Opening Hours: 24 hours

Chaguanas Health Facility

Main Road Chaguanas (opposite RBC Bank)
Trinidad
Tel: (868) 671-0041 (Accident & Emergency), (868) 665-9297
Opening Hours: 24 hours

In the case of a medical emergency your hotel can recommend doctors, dentists or the nearest hospital. For minor complaints, common over the counter medicines can be purchased at local pharmacies. In the capital and major towns, pharmacies are usually open from 8am until 9 or 10pm - except on Sundays and Public Holidays.

ELECTRICITY

110/220 volts. If this voltage is different from your home country, some hotels offer adapters to their guests or adaptors can be purchased from local hardware and electrical stores.