

# Fact Sheet



## Cook Islands

### Passports

You must be in possession of a valid passport to travel internationally. Instructions on how to obtain a US passport and an application form can be found on the web at:

[www.travel.state.gov/passport](http://www.travel.state.gov/passport).

You may also contact your local post office and they will advise you of the nearest passport issuing office. Your passport must be valid for at least three months after your scheduled date of return home.

### Visas – Cook Islands

US and Canadian citizens are not required to have a travel visa if their stay is 31 days or less, provided proof of onward passage, adequate financial means of supporting stay, and suitable accommodation is available. Otherwise, please contact the Cook Islands Embassy located in Washington, D.C. Tel: 202 638 3800 Fax: 202 638 4674

### Money

Currency is New Zealand dollar denominations:

Coins	Notes
5 cent	5 Dollar
10 cent	10 Dollar
20 Cent	20 Dollar
50 Cent	50 Dollar
1 Dollar	100 Dollar
2 Dollar	

The Westpac and ANZ Banks in Avarua are open Monday to Friday 9:00am – 3:00pm. In addition, visitors can exchange traveler's checks and principal currencies at larger stores and hotels. Banking facilities are also provided at the airport for currency exchange and cashing of traveler's checks. They are open for the arrival and departure of all International flights. Major credit cards are accepted throughout the island at most shops and restaurants.

ANZ have recently installed an ATM machine. Cash advances on major credit cards are accepted.

**Weather**

The Cook Islands enjoy a warm and sunny climate all year round. June to August are the cooler months, while November to March are warmer with occasional tropical showers. The drier months from April to November have an average temperature of about 79°F, while the warmer, more humid and damp season runs from December to March. During this season the temperature ranges between 72°F and 83°F. You may get a 10-day forecast for any city at the following website: [www.weather.com](http://www.weather.com) and click on the World tab.

**Language**

As in New Zealand, Maori is the official language of the Cook Islands.

**Telecommunication**

International telephone, facsimile, e-mail, Internet connections and services are available 24 hours from the telecommunications office (Telecom Cook Islands) in the main township of Avarua. Most accommodation properties have IDD facilities. There are also Cyber Cafes located in the main township.

**Public Transportation**

The Island Bus offers a convenient low cost method of transport, operating regular schedules around the island in both directions. It will pick you up and take you anywhere on request. Driving is on the left hand side of the road. Drivers of all vehicles are required to have a current Cook Islands Drivers License available from the Police Station in Avarua on presentation of your own license. Cost NZ\$10

**Customs/Duty Free**

Each visitor may bring the following items, free of duty, into the Cook Islands: 200 cigarettes or up to 1.2 pound (1 kg) of tobacco or up to 50 cigars, 2 liters of spirit or wine or 4.5 liters of beer.

Goods with total value of up to NZ \$250 are not open to duties, however goods in excess of NZ\$ 250 are liable to duty.

**Departure Tax**

Adults NZ \$30, Children under 12 years NZ \$15, Children 2 years and under are free of charge. This must be paid upon departure, and is not included as part of prepaid taxes with airline tickets.