DESTINATION TRAINING

The Islands of Tahiti

TAHITI TOURISME
‘Ia ora na e Maeva!

The Islands of Tahiti
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GEOGRAPHY & GENERAL FACTS
In the heart of the South Pacific
Getting there is... closer than you think!

• Just under 8 hours from Los Angeles (LAX) with Air Tahiti Nui or Air France

• New Air Lift from San Francisco (SFO) – Frenchbee (already in service) and United Airlines (starting October 30, 2018)

• A 5-hour flight from Honolulu (HNL) with Hawaiian Airlines

• One international airport and point of entry into French Polynesia: the Faa’a International Airport (international and domestic flights arrivals and departures)

• In the same time zone as Hawaii and equidistant South of the Equator as Hawaii is North
Quick Facts

- *The Islands of Tahiti* are a French Overseas Country, officially named French Polynesia
- The islands are autonomous and have their own government
- French and Tahitian are the two official languages
- Tahiti is the main island and the capital of French Polynesia
• No visa requirements for citizens of the United States, Canada or Mexico for stays under 90 days
• Holding a Green Card does not grant entry into French Polynesia
• For more information on visas and entry, please refer to the French Consulate’s website. To find a consulate: [http://www.ambafrance-us.org/](http://www.ambafrance-us.org/)
Customs

- Liquor allowance: 2 liters per person
- Cigarettes: 200 cigarettes, 100 cigarillos, 50 cigars per person
- It is strictly prohibited to bring live animals, all plant material, flowers, fruits, seeds, in order to protect the islands
- More information is available on: www.TahitiTourisme.com
Quick Facts

• The local currency is the Pacific Franc, XPF or CFP
• Credit cards can easily be used in most resorts and stores
• Banks are located on the main islands
• Currency exchange services are available from hotels and resorts (currency exchange also available at LAX & SFO airports)
• Traveler’s cheques are subject to high fees
Electricity, Phone, Internet

• Electricity: is 220 volts (French plugs), but most resorts will have 110 volts

• Cell phones: check with your operator for use of your phone in French Polynesia

• Wifi: most resorts will have wifi internet available, either complimentary or at cost

• Bring your adaptor if you are traveling with your electronic appliances. Those can be purchased in electronic stores or onboard Air Tahiti Nui
Weather

- Tropical weather, typically warm and sunny year-round with an average temperature of 80º (air and water), making it a year-round destination

- Summer is from November through April (warmer and more humid)

- Tahitian winter is from May to October (peak season)

- According to a weather study, Tahiti gets more sunny months and less rain than Hawaii
Health

• No vaccination is required when traveling to Tahiti from North America

• Guests under specific medical treatments should make sure they bring a supply of their prescription medicine for the length of their stay
What to Bring

- Light, comfortable clothing, shoes, water shoes
- Reef-safe sunscreen, after sun lotion and insect repellent
- Any prescription medicine guests are under
- Adaptors if you are bringing a large number of electric appliances
- Any electric appliance with heating element (hair dryer, hair straightener etc.) is not recommended
A Few Essential Words

- ‘Ia ora na: hello
- Maeva: welcome
- Nana: good bye
- Mauruuru: thank you
- Tiki: tiki (statue)
- Marae: ancient sacred site
- Motu: islet
- Ahima’a: Tahitian Feast/Oven
- Nui: big
- Iti: small
- Tama’a: eat
- Monoï: Tahitian coconut oil
- Aita pe’ape’a: no worries
- Fare: house, home