



Cook Islands Country Guide

Page 1 of 5 Important Information Prior to Travelling to the Cook Islands

Current DFAT Travel Advice

This advice is current for Thu, 1st November 2018.

Exercise normal safety precautions in the Cook Islands. Use common sense and look out for suspicious behaviour.

Motorcycle accidents are common. Helmets are compulsory. Don't travel by motorbike or motor scooter unless covered by your travel insurance. Don't drink and ride. See [Local travel](#).

Cook Islands experiences cyclones and tropical storms, mostly between November and April. See [Natural disasters](#).

The above information is an edited excerpt of the Travel Advice Summary from The Department of Foreign Affairs and Trade. Travellers are encouraged to read the travel advice in full, subscribe to updates to this advice and to register their presence in the Cook Islands at www.smartraveller.gov.au.

Tourist Visa Conditions

Australian ordinary passport holders usually do not require a visa to enter the Cook Islands as a tourist for a period of up to 31 days. Travellers with any criminal convictions must apply for permission to enter the Cook Islands via the Cook Islands Ministry of Foreign Affairs and Immigration (see contact details below).

Passports are recommended to be valid for 6 months beyond the period of intended stay. Travellers must have suitable accommodation arrangements, be able to show documentation confirming their ability to financially maintain themselves during their stay as well as return/onward tickets for their next destination.

For further information, please contact a representative of the Cook Islands on the details below.

Vaccinations and Health Precautions

The following information is intended as a guide only and in no way should it be used as a substitute for professional medical advice relative to a travellers individual needs and vaccination history. No guarantee is made as to its accuracy or thoroughness. For further information, please contact The Travel Doctor on 1300 658 844.

Vaccination against Hepatitis A is recommended for travellers to the Cook Islands. Vaccination against Hepatitis B should be considered by frequent or long stay travellers. Vaccination against Typhoid should be considered particularly when travelling to areas with poor sanitation and hygiene. As Dengue Fever occurs in the Cook Islands, insect avoidance measures may be required.

Regardless of destination, all travellers should be up-to-date with their routine "background" vaccinations, including for Tetanus and Diphtheria (with a booster within the last 10 years), Whooping Cough, Polio (with a booster in adult life), Measles, Mumps and Rubella (two combination vaccinations through life), Chicken Pox and a recent annual Influenza vaccination.

Please consult a medical practitioner or contact The Travel Doctor for your specific risk to these preventable diseases and the appropriate avoidance measures. Australians travelling to the Cook Islands should ensure that they have adequate travel insurance to cover the length of their stay. Medications that are legal in Australia may be illegal in other countries. For further information on insurance, taking medication overseas and other issues please visit www.smartraveller.gov.au/tips.

Cook Islands Representatives

Honorary Consulate of the Cook Islands, Sydney

8/8 Lauderdale Avenue
FAIRLIGHT NSW 2094

Tel: (02) 9949 1566
Fax: (02) 9949 6664

Ministry of Foreign Affairs and Immigration, Cook Islands

PO Box 105
Avarua
RAROTONGA

Tel: (+682) 29 347
Fax: (+682) 21 247

Web: www.mfai.gov.ck



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The Cook Islands are Greenwich Mean Time -10 hours. Daylight saving is not observed. The applicable time zone is called Cook Island Time (CKT). The following times in Australia are a day ahead of the time in the Cook Islands, for instance, if it's Sunday in the Cook Islands, it's Monday in Australia.

Cook Islands, 12 noon, June = Perth 6am; Adelaide, Darwin 7:30am; Brisbane, Hobart, Melbourne, Sydney 8am.

Cook Islands, 12 noon, December = Perth 6am; Darwin 7:30am; Brisbane 8am; Adelaide 8:30am; Hobart, Melbourne, Sydney 9am.

Important Contact Numbers

Country Code for Cook Islands: +682

To Dial Australia Call: 00 61 <City> <Number>

Travelex Card Services:
Call the US on 00 1 954 838 8294

Visa Global Assist:
Call the US on 00 1 303 967 1090

MasterCard:
Call the US on 00 1 636 722 7111

American Express Travellers Cheques:
Call Australia on 00 61 2 8223 9171

(the Visa, Mastercard and American Express contact numbers can all be called reverse charges by contacting the international operator)

International Operator: 015

Emergency Numbers:
 General - 999
 Fire - 996
 Ambulance - 998
 Police - 999

Important Information to be Recorded

Travellers are encouraged to carry photocopies of all important documents separately to their originals, and to leave a set of these photocopies with someone in Australia. This includes those documents listed below.

Passports

Name: _____ Passport #: _ _ _ _ _

Name: _____ Passport #: _ _ _ _ _

Credit Cards

Name: _____ Institution: _____

Card Number: _ _ _ _ _

Name: _____ Institution: _____

Card Number: _ _ _ _ _

Travel Insurance

Name: _____ Institution: _____

Policy #: _____ Emergency #: _____

Name: _____ Institution: _____

Policy #: _____ Emergency #: _____

Australian Representatives to the Cook Islands

Australian High Commission,
New Zealand

72-76 Hobson Street
Thorndon
WELLINGTON

Tel: (+64 4) 473 6411
Fax: (+64 4) 498 7135

Web: www.australia.org.nz

New Zealand High Commission,
Cook Islands

Level 1,
Philatelic Bureau Building
Takuvaive Road
Avarua
RAROTONGA

Tel: (+682) 22 201
Fax: (+682) 21 241

Australia does not maintain a permanent consular presence in the Cook Islands. The Australian High Commission in Wellington, New Zealand is accredited to this country. Limited consular assistance may be received from the New Zealand High Commission in Rarotonga. Alternatively, Australians may obtain assistance by contacting the 24 hour Consular Emergency Centre in Australia on (00 61 2) 6261 3305.

Australians in the Cook Islands are encouraged to register their presence and contact details online with the Department of Foreign Affairs and Trade at www.orao.dfat.gov.au.



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Duty Free Allowances

Duty Free limits when entering the Cook Islands:
 Alcohol: 2 L of wine or spirits or 4.5 L of beer.
 Tobacco: 200 cigarettes or 50 cigars or 250 g of tobacco.
 Other Goods: Up to \$NZ250.

Minors may not claim alcohol or tobacco products. For more information on Cook Islands customs please go to www.mfem.gov.ck. Further restrictions apply to these and other goods, travellers should familiarise themselves with these restrictions before entry.

Electrical and Telephone Adaptors

Electrical Socket: Australian
 Voltage: 220-240 volts
 (same as Australia)

Source: Korjo Travel Products.
 To purchase electrical/modem adaptors, or for further information on this matter, please view the Korjo adapter guide at www.korjo.com.au.



Duty Free limits when entering Australia:
 Alcohol: 2.25 L.
 Tobacco: 25 cigarettes plus one open packet of cigarettes.
 Other Goods: Up to a value of \$900 (\$450 if under 18 years).

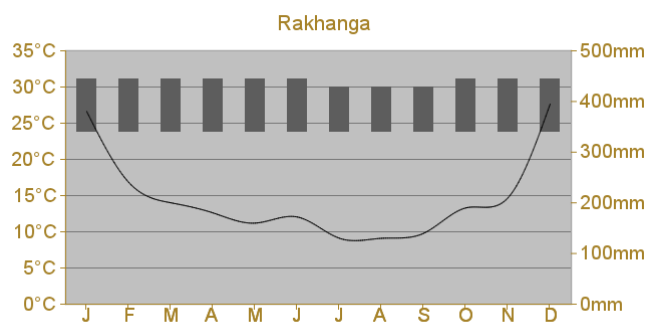
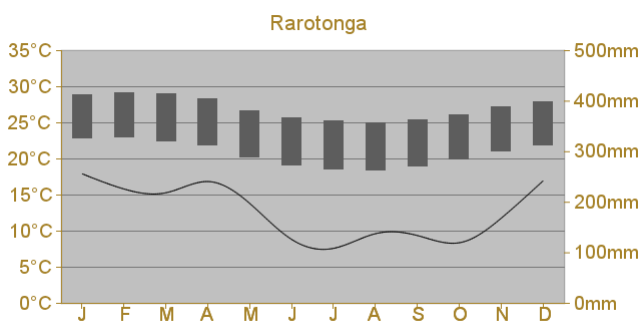
For further details on Australian duty free allowances and other customs restrictions please go to www.homeaffairs.gov.au.

Cook Islands Public Holidays 2018

01-02 Jan: New Year's Holidays	06 Jul: Ariki Day
30 Mar: Good Friday	04/06 Aug: Constitution Day
02 Apr: Easter Monday	26 Oct: Gospel Day
25 Apr: Anzac Day	25 Dec: Christmas Day
04 Jun: Queen's Birthday	26 Dec: Boxing Day

Each island also has its own Island Gospel Day at different dates throughout the year.

Average Temperature (Bar) and Precipitation (Line) in the Cook Islands



Source: Cook Islands Meteorological Service. For forecasts please go to <http://informet.net/ckimet> or www.foreca.com.

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Interbank Rate

1 Australian Dollar (AUD) = 1.09 New Zealand Dollars
 1 New Zealand Dollar (NZD) = 0.92 Australian Dollars

Buy Rate (average rate when buying NZD cash in Australia)

1 Australian Dollar (AUD) buys 1.04 New Zealand Dollars
 1 New Zealand Dollar (NZD) will cost 0.96 Australian Dollars

All rates were correct at a point in time on Monday, 05 Nov 2018. The "Interbank Rate" does not take into account any exchange fees, while the "Buy Rate" adds 4.2% to the exchange rate to simulate a typical margin paid when exchanging these currencies. These rates have been rounded and should not be used when calculating transactions of large value.

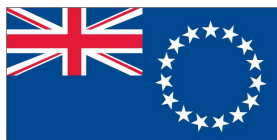
Currency Cheat Sheet

\$0.50 NZD = \$0.48 AUD				This cheat sheet uses the "Buy Rate" of exchange listed above.	
\$1 NZD	= \$0.96 AUD	\$10 NZD	= \$9.59 AUD	\$100 NZD	= \$95.86 AUD
\$2 NZD	= \$1.92 AUD	\$20 NZD	= \$19.17 AUD	\$200 NZD	= \$191.72 AUD
\$3 NZD	= \$2.88 AUD	\$30 NZD	= \$28.76 AUD	\$300 NZD	= \$287.58 AUD
\$4 NZD	= \$3.83 AUD	\$40 NZD	= \$38.34 AUD	\$400 NZD	= \$383.44 AUD
\$5 NZD	= \$4.79 AUD	\$50 NZD	= \$47.93 AUD	\$500 NZD	= \$479.30 AUD
\$6 NZD	= \$5.75 AUD	\$60 NZD	= \$57.52 AUD	\$600 NZD	= \$575.16 AUD
\$7 NZD	= \$6.71 AUD	\$70 NZD	= \$67.10 AUD	\$700 NZD	= \$671.01 AUD
\$8 NZD	= \$7.67 AUD	\$80 NZD	= \$76.69 AUD	\$800 NZD	= \$766.87 AUD
\$9 NZD	= \$8.63 AUD	\$90 NZD	= \$86.27 AUD	\$900 NZD	= \$862.73 AUD
				\$1,000 NZD	= \$958.59 AUD

Banknotes of the Cook Islands

The currency of the Cook Islands is the New Zealand Dollar. In addition to New Zealand currency, the Cook Islands also produces its own currency which circulates alongside the NZ dollar at the same value. Travellers should note that Cook Islands currency is not recognized outside the country. The following units of currency are the Cook Islands versions. Pictures are not to scale. As it is illegal in many countries to print copies of bank notes, travellers are advised to remove the below images before travelling.





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About the Cook Islands

Full Name: Cook Islands
 Founded: 1965 (became self-governing).
 Size: 236 km² (10% size of the ACT. One of the smallest countries on earth. Land area only).
 Population: 17,791 (2012 estimate).
 Ethnicity: Cook Island Maoris make up the vast majority of the population.
 Language: English (official), Maori.
 Religion: Protestant 70%, Catholic 17%, Mormon 4%.

Significant Dates:
 800 AD - First Polynesians arrive in Rarotonga from Tupua'i, now French Polynesia.
 1595-1606 - Two Spanish expeditions visit and name the islands.
 1773-1777 - Captain James Cook makes two visits to the islands, naming them Hervey Islands.
 1821 - First missionaries arrive.
 1823 - Russians rename the islands in honor of Captain Cook.
 1888 - Cook Islands are proclaimed a British Protectorate.
 1901 - New Zealand annexes the islands.
 1965 - Cook Islands become a self governing territory in free association with New Zealand.

Island Populations:

Rarotonga	pop - 13,097
Aitutaki	pop - 2,035
Mangaia	pop - 573
Atiu	pop - 481
Pukapuka	pop - 453
Mauke	pop - 307
Manihiki	pop - 243

