

Welcome to Canouan!



C.C.A.
L · I · M · I · T · E · D



Hello and Welcome to Canouan!

This guide contains information about living and working in Canouan and we hope it will make your transition into life on this island smooth & trouble free. It is just a start and we'll be more than happy to assist you with any other questions you may have about your new life and work here.



Canouan Island, the Carib-Indian name for “island of turtles” is located in the heart of the Grenadines in the southwestern Caribbean. It is approximately 100 miles west of Barbados and a few miles southwest of Mustique. Stretching a mere three and a half miles by four and a quarter miles, it is one the Caribbean’s best kept secrets with acres of unspoiled lush landscape and secluded coves to explore.



General Information

Language

English is the official language on the island but CCA's workforce is multinational, therefore a variety of languages can be heard.

Time Zone

St. Vincent & the Grenadines is in the Atlantic Standard Time zone, 1 hour ahead of Eastern Standard Time and 4 hours behind GMT during winter, but same EST when clock s spring ahead.

Climate

Temperatures range from 24C (75F) to 34C (94F). Dry season is January - April, and rainy season is between July - October.

What to wear

Light informal clothing should be worn outside of work hours. Swimsuits or mini shorts are not to be worn in the streets or stores. It is advisable to bring long pants and hiking shoes if you intend to hike.

Population

Approximately 1100 people comprise the permanent population of Canouan. Additionally CCA, its parent company CRD and associated groups employ an additional 1,000 people of varying nationalities and job roles.

Government

St. Vincent & the Grenadines is a fully independent state within the British Commonwealth. The government is democratically elected.

Currency

The currency of St. Vincent and the Grenadines is the Eastern Caribbean dollar (EC\$). Notes are issued in denominations of \$100, \$50, \$20, \$10, and \$5. Coins are issued in denominations of \$1 and 0.25, 0.10, 0.05, 0.02 and 0.01 cent pieces. The exchange rate is tied to the US dollar at a rate of \$2.68.

Banking

National Commercial Bank (Tel: 784 452 4176) opens 8:00am to 2:00pm on Mondays, Tuesdays, Wednesdays and Fridays, and 8:00pm to 5:00pm on Thursdays. To open an account you need a letter of employment from the company and a letter from your local banking group indicating when the account was opened and that account is current. The letter from the bank has to be original, on letter head. Copies are not accepted.

CCA staff is paid on the last Thursday of each month.

Credit cards

All major credit cards are accepted in existing hotels and upmarket businesses. Cash payment in \$US is accepted alongside EC\$ everywhere else in Canouan.

Electricity

St. Vincent and the Grenadines has a reliable supply of electricity. Electricity is generally 220/240 volt, 50 cycles. Most hotels have 110-volt shaver outlets.

The standard electrical plug has 3 rectangular pins so remember to pack an adapter. Transformers and local surge suppressors are a good idea to protect your electronic equipment.



This is the type of adapter you need.

Water

Water in the island is supplied by desalination plant. It is strongly recommended to drink bottled water. We ask that you please be considerate by not wasting water which is precious on the island.

Internet

A good internet service is available in many locations.

Flights

The Canouan airport was officially opened in 1998 with the air strip extension and major renovations to the airport completed in May 2008. There are scheduled direct flights to Canouan from Barbados and St. Vincent with onward connections with LIAT and Grenadine Airways. Mustique Airways and SVG operate private charters between the islands. A government departure tax of EC \$40.00 is charged to all passengers leaving the country. No taxes are imposed on inter-island travel within St. Vincent and the Grenadines.

Ferries

Large car ferries operate daily during the week from Canouan to St Vincent (2.30mins approx) and to Union island (1hr approx).

There is a new fast ferry passenger service called Jaden Sun that travels to St Vincent via Bequia (1.30mins approx). Affordable and fast. See boats chart for more info.



Transportation

Local individuals provide a fixed route bus service from the village to the main entrance gate of the Raffles Resort, Monday through Saturday, from 6am to 6pm. The cost of one-way ticket is EC\$1.00. The bus stops are located at Main Junction (Market), Cherry Hill, Friendship and Tamarind.

Taxi Services

- ❖ Asi : 431 8973
- ❖ Donna: 529 6820

Customs regulations

Small quantities of alcohol and tobacco are duty free, as are personal effects and tools of profession, trade or employment. Other items are dutiable or restricted.

Immigration, Work Permits and Visas

All international arrivals into St. Vincent and the Grenadines must present a valid passport. Only CARICOM Nationals are allowed to enter St. Vincent and the Grenadines on a Driver's License, Voters Registration Card, and National Identification Card. A return or onward ticket is required of all visitors. The Human Resources department of CCA Limited handles all requests for work permits and/or residency permits.

Illegal Drugs

There are very severe penalties for possession of illegal drugs like Cannabis (weed or ganja), cocaine - up to life imprisonment. The presence, use and/or sale of illegal drugs in your apartment/house or surroundings is strictly prohibited. Any occupants found in possession of, using, or selling illegal drugs will be immediately reported to the police. In addition person(s) will be deported and have their employment permanently terminated.

Schools

Educational facilities are available on the island for children between the ages of two and twelve. There are three Preschools for children under the age of five. The Canouan Government School provides primary education, and CRD Limited operates Pelican School, a private primary school, for children between the ages of five and twelve years old along with a pre-school, Coral Reef for children between the ages of 2 and 5 years.

Medical Facilities

The Canouan Clinic is located in Retreat Village. Open daily between 9am-5pm.

Tel: 784-458-8305

There is a Dentist that comes to the island once a month (usually on Thursdays)

Below is contact information at his Clinic in St Vincent to confirm when he is coming and if you want to make an appointment with him

DENTAL ARTS CLINIC

Dr Francois Truchot

Phone# 457 2136

Mobile# 528 3384

Email: ftruchot@vincysurf.com

For specialist doctors in SVG – (pediatrician / optician etc) please contact HR

Driver's license

If you want to drive in Canouan you must purchase a local drivers permit, which can be acquired at the Police Station on Canouan. A valid driver's license from your country of residence is required. The cost of the license is EC\$65.00 and is valid for 6 months. Please remember to drive on the **LEFT**.

Gas Station

Near the Sailing Club, open every weekday 8am-4pm. CCA staff gets free gas for company cars. Please call ahead to advise you will be getting gas.

Cable TVs

A deposit of EC\$125.00 along with a completed application form is needed in order to apply for cable TV. Application forms for cable television can be obtained at Bare Necessity in Balance Village. Their opening hours are 4pm-9pm. For further information contact Carlita Deroche at (784) 458 8074.

Garbage

Garbage is collected in the village twice per week, on Tuesdays and Fridays. It is advisable that you put out your garbage the night before, as the collection time is very early. Not everywhere has garbage collection from their door, so please check with Staff housing and they can guide you properly.

What to bring with you

Relocating to Canouan is a great adventure that requires careful planning and consideration.

- ❖ summer clothes (casual and elegant) and beach wear.
- ❖ any hobbies material (sport, electronic gadgets, crafts, books).
- ❖ try to find some room for: sport equipment, laptop/charger/adaptors, music and DVDs,
- ❖ your favourite toiletries, mosquito repellent, lotions, perfumes and colognes ,tweezers, general medicines and a thermometer; high factor sunscreen and after-sun; diapers, as they are very expensive here; if you're wearing prescription glasses or contact lenses bring a spare pair and cleaning liquid;
- ❖ hairdryer; coffee machine;
- ❖ Visa Electron credit card (you can get a prepaid one just before leaving your country) and enough US\$ for the first couple of weeks on the island, as you'll receive your salary after a month of work.
- ❖ any documents you might need for immigration (see attached list) and birth certificate if registering your children in school.

You are likely to have to limit the amount of personal items to your luggage allowance, please check in advance with your flight operator.

Shopping

Canouan Foods Limited and Rebecca's Place carry the widest supply of grocery items. There are also other small grocery shops in the village and a small daily market selling fruit, vegetables and fish.

- ❖ Salads, herbs and vegetables can be ordered from CCA hydroponic farm.
- ❖ The Fisheries in Friendship Bay is open all day.
- ❖ A limited supply of hardware is now available at K&W Supplies.

The boutique at The Tamarind Beach Hotel sells postcards, gifts, and limited beach wear and clothes. Other shops in the village are Karen's Boutique, Bare Necessity and Teddy Vs. There is also a gift shop and a boutique in Carenage Bay Resort.

Other supplies can be found in St Vincent: Aunt Jobe's Supermarket, C K Greaves & Co Ltd. and Food City are the three major Supermarkets, with a wide variety of local and imported goods. Gourmet Food also carries a variety of quality fresh and frozen food. CCA can facilitate employees in the opening of accounts with these shops, which delivers goods regularly to Canouan by ferry and can be ordered by phone or via e-mail. Please contact HR for more info about opening an account.

Local newspapers (The News, Vincentian and Search Light) come on Fridays from St Vincent and can be purchased at the Government school for ECD 1.00.

Housing

Housing will be provided to you and it is completely furnished. You will be given a set of linen, towels and kitchen equipment. Television sets are available from the Staff housing department. A deposit of USD 200.00 is required and refundable at the end of your contract once returned in good condition.

Canouan Beach Hotel Restaurant (CBH)

Restaurant and bar in Glossy Bay, with wonderful views of Tobago Cays, Union, Mayreau, Carriacou and even Grenada on a clear day. Open only to CCA, CRD, RCI, TBH staff and families - the place to unwind, play pool, relax and enjoy yourself after work. Tel: 482-2224. You can also call and order for pick up.

Bar opens daily 4pm-11pm (closed Wednesdays)

Restaurant opens 5:30pm-9:30pm (closed Wednesday)

Great food, great drinks, great value, great view.

Tamarind Beach Hotel and Yacht Club (TBH)

A lively Italian owned and managed beachfront oasis with 45 hideaways surrounded by tropical gardens, on a long white sand beach, with breathtaking views of the Caribbean Sea.



The hotel has two restaurants and one beach bar:

Palapa Restaurant

Serves breakfast (7-10am), lunch (12-2pm) and dinner (7 to 10pm). The dress code is elegantly casual. For reservations call 458-8044.

Pirate's Cove Bar

Opens from 5pm-11pm during the week and till later on the weekends. A variety of pizza, pasta, fish and meat dishes are available (also as take away) and the dress code is informal.

The resident DJ provides entertainment on Monday and Saturday evenings, Happy hour is on Wednesday 6-7.30pm and on occasion there is a buffet night which is very popular.

Beach Bar opens for drinks, cocktails and light food from 10am to 6pm.

All CCA managers are entitled to a special 50% discount at the bars and restaurants, and for Day Spa treatments.

Discounts are only applicable when a personal account is opened at TBH. To open a personal account a reference letter, along with your credit card details (kept as a guarantee) or a cash deposit of US\$100.00 are needed.

An account number will be assigned, and each time you eat or drink in the restaurant or bar you will sign your bill stating your account number. Your statement will be sent to you at the end of each month and payments can be made at the Reception of Tamarind Beach Hotel.

Beach facilities are available upon request/availability. Please remember that activities on the beach cannot be of any disturbance to the hotel operation and hotel guests have priority on the facilities.

Carenage Bay Resort

An ultra luxurious resort set on 300 acres of a 1,200 acre private estate featuring three secluded white sand beaches, all surrounded by one of the world's largest coral reefs. The Carenage Bay Resort is set in an amphitheatre style around the protected bay with each of the 156 accommodation provisions offering breathtaking views. It features the Trump International Golf Club, a challenging 18-hole, par 72 golf course, designed by Jim Fazio.



A 17th century Anglican church, brought to the island stone by stone from England at the end of the last century, has been lovingly restored and can be found in the center of the resort. The church now features beautiful murals and stained glass windows by renowned Italian artist Costanzo Rovati.



The Resort offers a distinct gourmet restaurant and bars offering a variety of cuisine:

- ❖ **La Verenne** - For an elegant evening out, La Varenne, has a sophisticated gourmet European haute cuisine at the Villa Monte Carlo.
- ❖ **La Piazza** -A stylish Italian concept, will pamper its guests with a sleek and contemporary design.
- ❖ **Jambu's**- Has a spectacular take on transethnic culinary art; voted one of the most romantic restaurants in the Caribbean.
- ❖ **Godhal's** Beach Bar and Grill- For less formal dining watch the bobbing boats with great pizza and Italian/Caribe creations. Grill and salad bar make Godhal's the place to be whilst taking the sun or on a star lit evening.

All Managers are entitled to a special 50% discount at the restaurants, on non-alcoholic beverages and at the resort's Hair Salon. Discounts are only applicable when a personal account is opened at the resort.

What to do in Canouan ?

Diving

Canouan Dive Center Tel: 482 0820/528 8030

Located at the Moorings, offers diving courses, diving and snorkeling trips in the beautiful coral reef of Canouan and nearby islands.



Sailing

Moorings has established a yacht base right next to Tamarind Beach Hotel, offering their bare boat and crewed sailing charters. The location is especially ideal for sailing in the southern Grenadines.

Tel: 482 0654

www.moorings.com

Canouan Sailing Club organizes Sunday activities with small sailing boats, and sailing races events.

Volley Ball

There is a beach volley ball court located at the CBH property for all employees to use. People gather every Saturday at 5:00 pm to play and have fun.

Soccer, basketball, cricket and tennis

Courts available at the new recreation facility by the Fisheries

Music

Steel Pan lessons are available at the De Pan Yard in the village

Tours

A number of private tour operators are available to arrange your sightseeing tours throughout St. Vincent and the Grenadines. Book directly or through Tamarind Beach Hotel reception, which offers several daily trips by boats.

Captain Yannis – Sea Tours Tel (784) 458 8513

Baleine Tours – Sea Tours Tel (784) 457 4089

Fantasea Tours – Sea Tours Tel (784) 457 4477

HazECO Tours – Land Tours in St Vincent Tel (784) 457 8634

Hair Salon

Diane's Hair Salon located in Balance offers a wide variety in hair care for both men and women, also specializes in manicures, pedicure and facials. Call 784-482-0688.

Raffles Resort Hair Salon offer 50% discount to Managers of CCA Limited.

Sea Scape Room Spa at Tamarind Beach Hotel

Treat yourself to relaxing massages, facials, waxing, manicures and pedicures and all with 50% discount offered to CCA employees. Call 784-458 8044 for appointments and prices.

Churches

- ❖ The Roman Catholic Church is located in Retreat, Sunday service at 9am.
- ❖ The Apostolic church is located in Moon Hole, Sunday Service at 10am and 7 pm
- ❖ The Seventh Day Adventist and Anglican churches (Sunday service 9am) are located on Grand Bay Street.

Island life

Close your eyes and imagine a Caribbean island. Canouan is like that: palm trees sway in the trade wind on white sandy beaches. Most people don't dare imagine improving on something so near to paradise but some have and by bringing water, an airport, employment even fresh salad they have helped create something truly unique.

Become part of a small community, and bring your talents and skills here. Whether you like music or sport, there are activities and clubs you can get involved in or start. What you really need is a sense of adventure and an acceptance of the slower island pace in The Caribbean.

A typical Sunday in Canouan

Locals in Canouan usually spend the Sunday together - going to Church in the morning and to the beach afterwards, often organizing a barbeque, a beach picnic or a cookout with fresh fish or lobster...

Canouan is famous in the Grenadines for its unspoiled fine sandy beaches and coral reef- all yours to be discovered!

- ❖ **Grand Bay** - you can walk to the end of the bay and to the Sailing Club, on the Caribbean Sea
- ❖ **Glossy Bay**- near the airport, on the Atlantic side CBH staff restaurant and bar. A fantastic view on Mayreau, Tobago Cays, Union Island, Palm Island and on to Grenada on clear days.
- ❖ **Twin Bay**
- ❖ **Friendship Bay**
- ❖ **Dallis Bay** (opposite the airport)

Inside Carenage Bay Resort:

- ❖ **Godhal Beach**- great for snorkeling
- ❖ **Point du Jour**- also called Seashell Beach
- ❖ **Mahault**

SAFETY INSTRUCTIONS

Manchineel



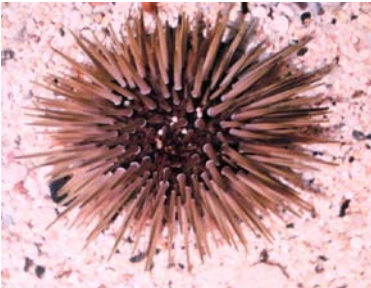
Avoid contact with Manchineel trees or fruit. The fruit, commonly known as Manchineel Apples, since they look and smell just like small apples, are very poisonous and sap from the tree and fruit blisters the skin. Therefore, if it is raining, be sure that the tree you are sheltering under is not a manchineel, as drops of rain falling off can still produce the same unpleasant effect.

Mosquitoes and Sand flies

Some months of the year there are a lot of mosquitoes and people with sensitive skin may be bothered.

There are many repellents you can use to prevent bites, however creams are available in pharmacies to relieve itching and promote healing if required. There are also mosquito coils, insect sprays and citronella candles available at the stores.

Sea Urchins



A sea urchin is a black sea egg with long black spines. If the spines are protruding from your skin then you can try to carefully remove them; but if they are beneath the skin DO NOT try to "dig" them out as this could cause infection. If you leave them in your skin then they eventually dissolve and disappear. To be safe, soak with vinegar or some form of antiseptic.

HISTORY

Set in the middle of the Grenadine archipelago, Canouan is an island of only 5 square miles. Like its sister islands, Canouan's first settlers (circa 3,000 BC) were a nomadic people from South America collectively referred to as the Ciboney. The next wave of migrants was the Arawaks who arrived around 250 BC by canoe. They brought with them the rudiments of farming and established corn and cassava crops. Living as one with the land for over 1,500 years, the Arawak people of Canouan were brutally displaced by the invading Caribs. The warlike Caribs succeeded in keeping the Europeans at bay through a series of aggressive battles. Possession of the Grenadines swung back and forth between the British and the French until the British defeat of the Caribs in 1797.

In 1770, during England's claim to the islands, King George III sent a team to survey the lands. Reputedly, Canouan was granted to five families -Brisbane, Decato, De Cazeau, Patrice and Snagg-with the latter family becoming the most powerful. The Snagg brothers cultivated sugar and gradually accumulated lands until they held 1,700 of the 1,830 acres. When the price of sugar plummeted they switched to the cultivation of cotton. Wind-driven cotton gins were built at Carenage, Barbruce and Rameau. One of Snagg sons invited the British shipwright, Benjamin George Compton, to teach boat building techniques. These boats became the basis for the whaling trade that was established in the area. While Bequia dominated the trade, two whaling fisheries were set up on Canouan.

Originally the main settlement was on the north side of the island. After the hurricane of 1921 destroyed the village, it was moved to Charlestown, which provided greater shelter. In 1929 St Vincent and the Grenadines gained its independence and has an independent democratic government. In the mid-1990s, 800 acres were sold to an Italian consortium (Canouan Resorts Development Ltd.) that began the development of a luxury resort. The Carenage Bay Beach and Golf Club, designed by the Italian architect Luigi Vietti, occupies 300 acres. Between 2005 -2010 the hotel was managed by Raffles. In December 1998, the Canouan airport was officially opened, allowing easier access for those wishing to visit this serene and beautiful island.



Useful links

www.canouan.com/

www.liat.com

www.svgair.com

www.jadeninc.com/

CANOUAN EMERGENCY NUMBERS

POLICE STATION TEL: 458 -8100
DR. Natty GARAYGAY TEL: 533-4582 OR 458 8305
MEDICAL CLINIC TEL: 458 -8305 (24 hrs hotline)

OTHER LOCAL CONTACTS

CCA LIMITED TEL: 458 8773
CARENAGE BAY RESORTS TEL: 458 8000
POST OFFICE TEL: 482 0006
LIME (OFFICE) TEL: 482 0199
LIME (ENQUIRES) TEL: 123
KARIB CABLE AGENT TEL: 458 8074
LIAT AIRLINE TEL: 482 0613
GRENADINE AIRWAYS TEL: 457 5124

RESTAURANTS:

C.B.H RESTAURANT: TEL: 482 2224
TAMARIND BEACH HOTEL RESTAURANT: TEL: 458 8044
HONEY COMB RESTAURANT: TEL: 458 8034
POMPEY'S RESTAURANT & BAR: TEL: 482 0037
GLIMPSEY'S RESTAURANT AND BAR: TEL: 482 0162
CRYSTAL'S APARTMENTS AND RESTAURANT: TEL: 458 8356
CASA DEL MAR: TEL: 482 0536
THE MANGROVE RESTAURANT: TEL: 482-0761



Please make sure you have the following necessary documents ready to bring with you:

- ❖ Police Report,
- ❖ Medical Certificate,
- ❖ 2 recent passport pictures,
- ❖ Valid driver's license, so you can obtain a temporary one here,
- ❖ Letter from your current bank in the US, original on letter head, stating that you have an active account and providing your account details such as account number, routing number and location. (this is necessary so you can have an account opened here for salary deposit)

We are looking forward to your arrival and hope you have a great trip to Canouan Island!!!

