**Barbados**Barbados offers sun, two seas, and an indescribable richness of colour. The island abounds with exotic locations and exciting history, while the extensive variety of culture, sports and activities make Barbados the gem of the Caribbean.

Located in the eastern Caribbean, Barbados is an independent island nation within the British Commonwealth. Bridgetown, the capital, has an array of shopping, historic colonial buildings and one of the Western Hemisphere’s oldest synagogues. It’s safe to say Barbadians do not lack excitement when their day can range from afternoon tea and cricket (their national sport) to adventures such as scuba diving at Dottins Reef and golfing on designer Oceanside courses.

Average temperatures during our stay will range from 21°C to 31° and with 3000+ hours of sunshine year round, will allow for plenty of beach time.

**History of Barbados**

Barbados being the eastern-most Caribbean island, is less than one million years old. It was created by the collision of the Atlantic crustal and Caribbean plates, along with a volcanic eruption. Later coral formed, accumulating to approximately 300 feet. It is geologically unique, being actually two land masses that merged together over the years.

The English, French and Dutch began to found colonies in the North American mainland and the smaller islands of the West Indies in the early 1600’s. Although Spanish and Portuguese sailors had visited Barbados, the first English ship touched the island on May 14, 1625, and England was the first European nation to establish a lasting settlement.

Barbados quickly grew to become the third major English settlement in the Americas due to its prime eastern location.

People with good financial backgrounds and social connections with England were allocated land. Within a few years much of the land had been deforested to make way for tobacco and cotton plantations. During the 1630s, sugar cane was introduced to the agriculture. The launch of sugar cane completely transformed society and the economy. Barbados eventually had one of the world's biggest sugar industries.

**Things to Know**

**Climate:**  Much of Barbados is considered a tropical monsoon climate. However, gentle breezes stir throughout the year, giving the island a moderately tropical climate.

**Temperature:**March and April temperatures range from 21°C to 31°C

**Language:**English is the primary language

**Population:** Approximately 281,968

**Currency:** Barbadian Dollar (currently 1 Barbadian Dollar = $0.65 Canadian)

**Airports:** Grantley AdamsInternational Airport is located about 25 minutes from the heart of downtown and serves international flights.

**Time:**Barbados is in the Eastern Caribbean Time Zone, the island is the same time as Ontario and Quebec

**Shopping:** When shopping in Barbados always have a copy of your passport number or drivers license as shops are required to complete a form that exempts you from paying VAT.

**Driving:**Out-of-Country driver’s licenses are accepted as long as it is valid and current in its place of issue. To rent a car in Barbados you will need to be 21+ years old with 2 -5 years of driving experience. Driving is British style with the steering being on the right hand side of the vehicle.

**Taxis:**Readily available at airports, hotels, and within the city.

**Hotel Information**

**HILTON BARBADOS RESORT**Needham’s Point St Michel,   
Bridgetown, BB 11000,   
Barbados  
+1-246-426-0200

[**www.hilton.com/Barbados**](http://www3.hilton.com/en/hotels/barbados/hilton-barbados-resort-BGIHIHH/index.html)

The Hilton Barbados gives off the air of relaxation as soon as you step foot into the lobby. The Hilton Barbados is located on 2 white sand beaches and each guest room boasts a private balcony overlooking either the Caribbean Sea or Carlisle Bay. It’s easy to stay active in their state-of-the-art fitness center, but don’t forget to end your training session with a relaxing body therapy at Eforea Spa.

In addition to its enviable beach location, the Hilton Barbados is also in walking distance to some of the top Barbadian attractions.

Paying homage to the culinary capital of the Caribbean, the Hilton Barbados has everything from light snacks on the beach to succulent specialties and coffee concoctions – there’s a treat for every taste. Please note that the Hilton Barbados is NOT an all inclusive resort so additional costs may apply.

**Amenities:**

• Private balcony

• High speed internet access

• In-room safe

• Cable TV

• Mini bar \*

• Coffee maker

• Iron & ironing board

• Bathroom amenities

\*Additional costs apply

**Inclusions:**

• Room & all taxes for 4 nights

• Alcoholic and non alcoholic drinks from 11 am – 11 pm each day of the program

• Breakfast daily

• All Group meals at group functions

**Facilities**

* Two white-sand beaches
* Infinity pool complex
* Fitness Centre
* Snorkeling\*
* Three tennis courts
* Kidz Paradise supervised children’s program
* Barbados Blue Scuba Diving and Watersports\*
* Eforea Spa\*
* Room Service\*
* World-class dining at four bars and restaurants\*
* Complimentary WiFi in public areas
* Laundry and Valet service\*
* Business center
* Concierge desk
* Salon & Shops\*

\*Additional Costs May Apply

**Dining**

Hilton Barbados offers a variety of delicious dining options, including 4 restaurants and bars. Dining at these restaurants is not included in your package.

Each of the Hilton Barbados resort's restaurants and bars overlook the turquoise waters of the Caribbean and offer a unique atmosphere with an array of savory cuisine and boutique-brand drinks

**Water's Edge Bar**

Step straight from the pristine sands into this informal poolside bar with azure ocean views. Sip sublime cocktails on your poolside lounger, or dine on lunch and snacks. (Drinks are included with your package).

**The Grille**

Indulge with gourmet fare in the memorable ambiance of our fine-dining restaurant. (Not included with your package – additional costs apply)

**Careenage Bar**

Enjoy seasonal entertainment at a welcoming watering hole that features the distinctive, laid-back Caribbean vibe. Uniquely styled as the hull of a keeled boat, Careenage provides a vibrant ambiance to socialize and soak up some sun. (Drinks are included with your package).

**Lighthouse Terrace**

Situated on the lobby level of the Hilton Barbados hotel, the Lighthouse Terrace features casual Barbados dining at its best. Serves lunches and dinner. (Not included with your package so additional costs will apply). Enjoy your meal indoors, or opt for an alfresco dining experience, complete with views of the Caribbean Sea and our lighthouse.

**Travel Information**

Proof of Citizenship

All travellers with a Canadian passport require a valid passport with an expiry date no earlier than 1 day past their anticipated departure date from Barbados. The government of Canada strongly urges all travellers to have a passport valid for at least 3 months following any travel outside of Canada. Citizens of Canada can refer to www.passport.gc.ca for forms and instructions for new passport applications and Canadian passport renewals. Please check your travel documents.

**Arrival at the Barbados Grantley Adams International Airport**

Please read over the following information in regards to your arrival.

During your flight to Barbados, you must complete an Immigration Form and Customs Declaration Form both sides of the form is to be completed (white side as well as blue). Prior to landing in Barbados, flight attendants will spray a non-toxic insect repellant throughout the plane – this is a mandatory routine. Please be aware that the plane lands and debarks on the tarmac, guests will have to walk down stairs to deplane carrying any hand luggage with them. When you arrive at the Barbados Grantley Adams International Airport, please look for the Region Builders sign and identify yourself to the staff. They will escort you through Immigration, where a portion of your Immigration form will be kept by Immigration officers. A section of your form will be given back to you, DO NOT LOSE IT as it is required to get you out of the country. You will also be requested to present your passport at this time.

Please keep your card in a safe place during your stay. If you lose your Tourist Card while in Barbados, you have to obtain a copy or permission to leave from the Immigration office located downtown.

Once the immigration process is complete, you will go to baggage claim and retrieve your luggage. You will then be escorted through Customs where your Declaration Form will be collected. For security reasons, as you go through Customs, your luggage may be searched through a purely random selection process. This in no way reflects on you or your luggage. Your escort will then direct you to the appropriate vehicle for transfer to the Hilton Barbados resort.

Insurance Coverage

Please consider purchasing a medical travel insurance policy in advance of your trip. Please refer to your policy to ensure both you and your travel-companions are adequately covered for the duration of your trip.

Safety Reminders – Before You Leave Home

* Have your neighbour check mail and pick up your newspaper
* Arrange for care of children, pets, yard, and houseplants
* Set up a timed lighting system
* Leave house key and trip itinerary with a neighbour
* Eliminate possible fire hazards (unplug appliances, etc.)
* Turn down thermostat
* Store valuables in a safe place
* Lock all doors and windows

Packing Suggestions

* Valid Passport
* Travel documentation wallet
* Emergency contact information
* Travel insurance and all pertinent phone numbers and policy numbers
* Major credit card
* Barbadian Dollars or U.S. dollars accepted
* Photocopies of documentation (passport, insurance policy, airline & hotel travel documents)

Basic personal items

* Travel clothing (layers to deal with temperature fluctuations)
* Shoes & sandals (for comfort, new shoes are not recommended)
* Visor or brimmed hat
* Camera, video camera, memory/digital card(s)/film/tapes, batteries and battery chargers (as a precaution, carry on plane – do not pack in luggage)
* Reading materials
* Sunscreen
* Sunglasses
* After sun
* Medication & First-Aid
* Personal prescriptions
* Aspirin/pain reliever
* Cold medicine
* Glasses/contact lens prescription & spare glasses
* Insect repellent
* Sunscreen
* Personal hygiene items
* Imodium/Pepto Bismol
* Antiseptic cream (Ozonal)
* Antacid tablets
* Throat lozenges
* Antihistamine or anti-itch cream for any potential insect bites
* Lip balm

A convenient way to carry your first-aid supplies is in a small sealed plastic container. If carrying on-board the plane, please note the carry-on regulations below. Note: most of the above listed items are available in Barbados, but may cost more.

Carrying Medication & Personal Items On-Board

If you are taking medication with you, do not pack it in your checked luggage. Carry necessary medicine with you.

Keep prescriptions in their original containers and ensure they are clearly labeled.

Passengers will be permitted to bring small amounts of liquids, gels, and aerosols in their carry-on luggage through security screening at Canadian airports. All items must be packaged in containers.

**Contacts**

For questions regarding registering for the (NAME) program or for any questions regarding program details, please contact:

Marilyn Watson

marilyn@lorandus.com

905-726-4945 ext. 115

OR

Averie Rice

averie@lorandus.com

905-726-4945 ext. 126