



# French Polynesia

<b>US State Dept Travel Advisory</b>	The US State Department currently recommends US citizens exercise normal precautions in French Polynesia.  <a href="https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html">https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html</a>
<b>Passport/Visa Requirements</b>	For the latest passport and visa requirements for this country, please consult the U.S. State Department's "Learn About Your Destination" search tool, available through the link below.  <a href="https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html">https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html</a>
<b>US Embassy/Consulate</b>	None (overseas lands of France); US citizens may call US Dept of State (202)-501-4444 for emergencies; alternate contact is the US Consulate in Tahiti 689-40-426-535 or Tel: (+689) 40 42 65 35; US Embassy in Suva, 158 Princes Road, Tamavua, PO Box 218, Suva, Fiji
<b>LGBTQIA+ Travelers</b>	<a href="https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations.html">https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations.html</a>
<b>Telephone Code</b>	689
<b>Local Emergency Phone</b>	Ambulance: 15; Fire: 18; Police: 17
<b>Vaccinations</b>	The CDC and WHO recommend the following vaccinations for French Polynesia: hepatitis A, hepatitis B, typhoid, yellow fever, rabies, meningitis, polio, measles, mumps and rubella (MMR), Tdap (tetanus, diphtheria and pertussis), chickenpox, shingles, pneumonia, influenza, and COVID-19.  <a href="http://www.who.int/">http://www.who.int/</a>
<b>Climate</b>	Tropical, but moderate
<b>Currency (Code)</b>	Comptoirs Francais du Pacifique francs (XPF)
<b>Electricity/Voltage/Plug Type(s)</b>	220 V / 60 Hz / plug types(s): C, E  <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <span>Type C</span> <span>Type E</span> </div>
<b>Major Languages</b>	French, Polynesian
<b>Major Religions</b>	Protestant, Roman Catholic
<b>Time Difference</b>	UTC-10 (5 hours behind Washington, DC, during Standard Time)
<b>Potable Water</b>	Opt for bottled water
<b>International Driving Permit</b>	Suggested
<b>Road Driving Side</b>	Right
<b>Tourist Destinations</b>	Bora Bora (includes Mount Otemanu); Rangiroa (includes Ile aux Recifs); Maupiti (includes Tereia Beach); Moorea (includes Magic Mountain); Tuamotu Islands
<b>Major Sports</b>	Soccer, va'a (outrigger canoe racing), surfing, rugby
<b>Cultural Practices</b>	Tahitians tend to dress up when dining out.
<b>Tipping Guidelines</b>	Many hotels and restaurants include a service charge. It is considerate to leave a little extra for outstanding service. At restaurants that do not add service charges, tip 10% of the bill. Taxi drivers customarily are tipped 10% of the fare.
<b>Souvenirs</b>	Black pearls, mother-of-pearl jewelry and decorative items, pareau cloth, wood and stone carvings, vanilla
<b>Traditional Cuisine</b>	Poisson cru — raw tuna marinated in lime juice and coconut milk and served with various vegetables; often, fresh coconut meat is wrapped in cloth, and the milky juice is then squeezed over the fish and vegetables