



# Cook Islands

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HISTORY



The Cook Islands have Polynesian roots and were slowly populated by the Maori people as early as the 1500s BC.

## In The Beginning

Explorers from Spain, England, Portugal, and other parts of the world impacted the traditions and culture still present in the Cook Islands. For example, Christian missionaries influenced some of the churches and traditional songs that are now a part of the islands.

While countries such as the U.K. and Russia once held control over the islands, they are self-governing or mostly independent today. They are in free association with the government of New Zealand, which aids in their defense.



MONEY



The Cook Islands use New Zealand dollars.

## Credit Cards

Credit cards are accepted in most parts of the Cook Islands, although some smaller local vendors may request that you use cash.

## ATMS

The main islands of Rarotonga and Aitutaki have several ATMs available for you to use. Some of the more remote or smaller islands may have a limited amount of ATMs.





HELPFUL INFO

## Climate

When it comes to weather, the Cook Islands have an average year-round temperature of around 80-82°F, with occasional showers between December and March.

## Electricity

The electrical outlets are the same as those in New Zealand and Australia, three-pin plugs with a 240 AC/50 cycle.



## Technology & Communication

The sole telecommunications provider on the Cook Islands is Vodafone Cook Islands, which provides 4G, 3G, and 2G mobile data depending on which island you are on. SIM cards are available for purchase at the Cook Islands airport and in certain shops on the island.

## Infrastructure & Transport

Public transportation is very convenient on some islands, with two buses looping around the island of Rarotonga. Aside from public transportation, car rentals, bike rentals, scooter rentals, etc., are available.



# In Case Of An Emergency

Police: 999

Ambulance or hospital: 998

Fire: 996

Non-emergency police number: 22-499

## Language

The local language is Cook Islands Maori, although the vast majority of people also speak English.





# LGBT Travel

Same-sex marriage and homosexuality among men is illegal in the Cook Islands, although there are minimal protections against workplace discrimination of LGBT people. Many locals are tolerant or accepting of LGBT people.

## Religion

Due to the impact of missionaries, the dominant religion is Christianity.

## Dress

Because of the culture in the Cook Islands, modest clothing is generally expected when visiting places such as churches, towns, and villages. Sunbathing while topless may be considered offensive here.

## Time Zone

GMT-10 Hours is the official time zone of the Cook Islands.



## Getting There

Four airlines currently offer flights to the Cook Islands: Jetstar, Air Tahiti, Virgin Australia, and Air New Zealand. Flights depart from Los Angeles, Tahiti, Sydney, and Auckland.

## Driving

As long as you are at least 16 years old and have a valid driver's license, you are permitted to drive in the Cook Islands. Car rentals, scooter rentals, bicycle rentals, taxis, and public buses are all common ways to get around the islands.



THE EXPERIENCE

## Culture

The Cook Islands has a unique and rich culture rooted in traditional dancing, singing, cooking, and more. Locals are big on family values, festivals, and celebrations, and often have an outgoing and friendly spirit with visitors.





## Bucket List

Snorkeling on the island of Rarotonga

Paddle Boarding

Sea Scootering near the ocean floors

Taking a day tour of Aitutaki

Experiencing a Lagoon Cruise

Hiking the mountainous trails of Rarotonga

Going on a cultural tour

Visiting the Muri Night Markets

Spending a day relaxing on the beach



## Foods To Try

Coconut marshmallow

Ika Mata

Cook Island Poke

Paw Paw

Casava

Umu

Rukau



## Drinks To Try

Coconut water

Umukai

Matu Rori

Tumunu

Bush Beer



# Photography Hot Spots

Aitutaki Lagoon, Aitutaki

Muri Beach, Rarotonga

Suvarrow Atoll National Park

Motu Island

Te Rua Manga, Rarotonga

Mount Maungapu, Aitutaki

Arorangi Beach, Rarotonga

Papua Waterfull, Rarotonga

Aroa Marine Reserve, Rarotonga





## Souvenirs To Buy

Island CD music

T-shirts

Ukulele

Squilts (tivaivai)

Carvings

Keychains

