

General Information & Religions

VISA: Not necessary.

VACCINATION: Not necessary.

PASSPORT: Must be valid for all the stay in Seychelles.

LANGUAGES: Creole, English, French.

CURRENCY: Seychelles Rupies (11,07Rs=1Euro). Change only by banks or hotels.

DUTY FREE: 200 cigarettes, 1 litre alcohol.

TIME: Four hours ahead of Greenwich Mean Time, three hours ahead of Central European Time, two in summer (Legal time)

CLOTHING: Very casual and light. T-shirts, shorts, sandals, hat, sunglasses.

Long trousers required in the evening.

ELECTRICITY: 230 volts AC 50 HZ

RELIGIONS: Catholic, Anglican, Pentecostal Christians, Hinduism, Islam, Bahai.

No racialism or religious fanaticism.

POST OFFICE: Opening time: 8am - 4pm weekdays and 8am - 12am Saturdays.

TELECOMMUNICATIONS: Very good service. Telephone cards are available in most shops. GSM mobile or cards available by Cable & Wireless, Victoria or by Air Tel, Providence (3 km. from Victoria). Seychelles telephone prefix: 00248.

TIPPING: Normally included in the bill, warmly received for personal service.

SHOPPING: Opening time: 8am - 17pm, Saturdays 8am - 12am. Great variety of crafts, coco de mer nut only by reputable dealers, with special tag.

CUISINE: Creole, Indian, Chinese, French, Italian. Based mostly on fish, seafood, pork, chicken, rice and spicy sauces. Tropical fruits.

SAFETY: Valuables always under control, not to be left on beaches or open cars, but in the security of hotels.

MEDIA: Newspapers are scarcely available at bookshops, hotels and shops: Seychelles "Nation", Regard, The People, Echo des Iles, Seychelles Review. Foreign newspapers are to be found with delay.

PUBLIC SERVICES: Good taxi service at normal price. Bus service is good. Price 3Rs.

Emergency - Police - Ambulance
Fire Brigade/Pompiers **999**

Air Tel / Cable & Wireless **112**

HOSPITALS

VICTORIA HOSPITAL	Tel. 388000
ANSE ROYALE	Tel. 371222
PRASLIN	Tel. 233414
LA DIGUE	Tel. 234255

PHARMACIES

BEHRAM'S PHARMACY	Tel. 225559
AIRPORT	Tel. 384400
WEATHER/METEO	Tel. 383377

TELECOMMUNICATIONS

CABLE & WIRELESS - VICTORIA	Tel. 284000
AIR TEL - PROVIDENCE	Tel. 601602
ATLAS INTERNET SERVICE	Tel. 304060
KOKONET INTERNET SOL.	Tel. 322000
INTELVISION	Tel. 676700

PUBLIC TELEFAX: 322555

(C/O CABLE & WIRELESS)

414243

CHURCHES

ANGLICAN:

St Paul's Cathedral, Bel Ombre Rectory
Anse Royale Rectory, Praslin Rectory

CATHOLIC:

Cathedral of the Immaculate Conception Victoria,
Good Shepherd - Mont Fleuri
Our Lady of Assumption - La Digue
Our Lady of Seven Sorrows - Anse Boileau
St Anne - Baie Ste Anne - Praslin
St Anthony - Anse Etoile, St Francis - Baie Lazare,
St John the Baptist - Glacis, St Joseph - Anse
Royale, St Joseph - Grand Anse - Praslin,
St Mary Magdalene - Takamaka,
St Michel - Anse aux Pins, St Roch - Bel Ombre
St Theresa - Plaisance

OTHERS:

Seventh Adventist Mission - St Louis
Assemblies of God - Les Mamelles
Association of Jehovah's Witness - Mont Fleuri,
New Apostolic Church - Mont Fleuri, Pentecostal
Assembly of Seychelles - Riverside, Baha'i National
Haziratu'l-Quds - Roche Lane, Local Spiritual
Assembly - Bahai Centre, Grace & Peace Baptist
Church - Les Mamelles, Islamic Society of
Seychelles, Mosque & Islamic Centre - Victoria