



Regional Office of the
World Health Organization

Representation of The Bahamas
& Turks and Caicos Islands

Welcome!



Dear DOTA Participant:

The Staff at the PAHO/WHO Representation in The Bahamas would like to warmly welcome you to the beautiful islands of The Bahamas.

We have reserved accommodation at the following Hotel:

Holiday Inn

West Bay Street
Nassau, Bahamas

Tel: (+242) 356-0000

Fax: (+242) 323-1408

Room rate: **\$88.78** per night plus taxes.

It is indeed our pleasure to have you with us and we will be happy to provide assistance wherever possible.

Office Accommodation

The Pan American Health Organization address is as follows:

Union Court Building
Shirley Street & Elizabeth Ave
Nassau, Bahamas

Tel: (+242) 326-7299 **or** 326-7390 **or** 326-7299

Office hours are 9:00 a.m. to 5:00 p.m., Monday through Friday.

If assistance is required after office hours you may contact the following persons:

Ms. Barbara Knowles

Administrator
Tel: (home) 324-3317 **or**
(cell) 422-0243

Ms. Lynda Campbell

PAHO/WHO Representative
Tel: (home) 393-2027

Ms. Judith Scavella

National Coordinator DOTA Workshop
Tel: (work) 502-4708 **or**
(cell) 558-4946

Local transportation

There are taxis, car rentals, buses, and private limousines available at the Airport and throughout the country.

Taxi rates are government controlled. All taxis are required to have meters in good working condition. The first quarter-mile is \$3.00 for one or two passengers; each additional quarter-mile is \$0.40. Additional passengers pay \$3.00 per person.

A taxi from the Airport to the Down Town area takes 20 minutes and cost approximately \$20.00. A taxi from the Airport to the Cable Beach area takes 10 minutes and cost approximately \$15.00.

Introduction to the country

Geography: The Bahamas is a 100,000 sq-mile archipelago that extends over 500 miles between Southeast Florida and northern Hispaniola. The waters surrounding The Bahamas are virtually free of pollution and silt, making them among the clearest and most colourful in the world.

Population: The capital of the Bahamas is New Providence (Nassau). Its population consists of approximately 303,611 inhabitants.

A census was conducted in the year 2000 and the results are as follows:

↵ New Providence (210,832)	↵ Ragged Island (72)
↵ Grand Bahama (46,994)	↵ Andros (7,686)
↵ Crooked Island, Eleuthera, Long Island (11,165)	↵ Cat Island (1647)
↵ Exuma (3,571)	↵ Mayaguana (259)
↵ Abaco (13,170)	↵ Acklins (428)
↵ Bimini (1,717)	↵ San Salvador, Rum Cay (1,050)
↵ Berry Island (709)	↵ Little Inagua and Great Inagua (969)

Climate: The Bahamas has a tropical maritime climate with winter incursions of modified polar air and generally experiences neither frost, snow, sleet nor extreme temperatures.

Month / Average temperature					
Jan	70°	Apr	75°	July	81°
Feb	70°	May	77°	Aug	82°
Mar	72°	Jun	80°	Sep	81%
				Oct	78°
				Nov	74°
				Dec	71°

The Islands of The Bahamas experience rain year-round; however, the months of May through October constitute the rainy season. The northern islands normally receive twice as much rain as the southern islands with heavy squalls or thundershowers which clear quickly.

Hurricane Seasons: The Bahamas can be affected by hurricanes or tropical storms between June 1st and November 30th. An efficient warning system gives ample notice for necessary precautions to be taken.

Language: English is the official language.

Religion: The Bahamas is a religious country claiming to have the greatest number of churches per capita in the world. Denominations include Baptist, Roman Catholic, Seventh - Day Adventist, Anglican, Latter-Day Saints, Pentecostal and Church of God.

History and Politics: It is believed that the original inhabitants were Aborigines of Mongol descent (Arawaks). Their roots dated to the first great Migration from the Old World.

The Bahamas has a parliamentary system of government which consists of, a Senate or Upper House and House of Assembly or Lower House. The Bahamas became the free and sovereign Commonwealth of the Bahamas on July 10, 1973, ending 325 years of British rule. Government is presently headed by a Prime Minister.

United Nations Exchange Rate: Legal currency of The Bahamas is the Bahamian dollar; however, the US dollar is accepted throughout the islands. The Bahamian dollar is on par with the US dollar.

International Organizations:The Pan American Health Organization is the only UN Agency Representation located in The Bahamas.The other International Organization with offices in the Bahamas

are The Inter-American Development Bank (IDB), The Organization of American States (OAS), and The Inter-American Institute for Cooperation in Agriculture (IICA).

Telephone: The Bahamas telephone company (BATELCO) provides dependable Domestic and International services. A 100% digital switching system allows direct distance dialing to more than 100 countries. BATELCO provides a range of services including, telephone, fax, telex, cellular and radio phone networks, private line services, packet switching, satellite and internet services. The area code for The Bahamas is +1-242.

Electricity: The Bahamas, electricity is generated by the Bahamas Electricity Corporation (BEC) at Clifton pier. Standard North American 120 volts, 60 cycles.

Education: The Bahamas has a 95% literacy rate. There are 58 schools on the islands of New Providence and 134 on the Family Islands. Secretarial, vocational and technical courses are offered by several institutions. Princess Margaret Hospital has its own School of Nursing. The University of the West Indies Centre for Hotel and Tourism Management is located in Nassau at Oakes Field. The Center offers B.Sc degrees in Hotel Management and Tourism. The college of The Bahamas was founded in 1974 in Nassau, is the only tertiary level educational institution in the Bahamas offering a wide range of programs leading to the Bachelor of Arts Degree.

Health/Vaccinations: Most visitors to The Bahamas do not need special vaccinations before entering the country. However, travelers over one year of age must provide a valid yellow fever vaccination certificate if they are coming from the following countries: Angola, Benin, Bolivia, Brazil, Burkina Faso, Colombia, Cameroon, Democratic Republic of Congo, Ecuador, French Guiana, Gabon, Gambia, Ghana, Guinea, Liberia, Nigeria, Sierra Leone, Peru and Sudan. Travelers are required to be vaccinated 10 days prior to entering the islands of The Bahamas.

Local attractions

Theatre & Performing Arts – Features Local and International plays, revues, musical and dance by art groups including the Bahamas National Choir and the National Dance Company of the Bahamas.

- 📍 **Straw Market:** Straw market is located on Bay Street. Features quality straw work and crafts made in the Bahamas.
- 📍 **Fort Charlotte:** Located West Bay Street, overlooking Clifford Park. Features original dungeons and mounted cannons. (Tours are available)
- 📍 **Arawak Cay:** Located West Bay Street, opposite Clifford Park. Features colourful mix of fresh seafood, such as conch salad, cracked conch, lobster, fried fish etc.

Safety: Precaution should be exercised during outings, especially at night. It is advisable that you travel in groups of two or more persons and Avoid dimly lit areas and carrying of excessive cash and jewelry. Staff at the Bahamas representation will provide further details upon request.

Medical facilities: In the event that you may need to seek medical attention during your stay here, The Bahamas has several clinics and two hospitals in New Providence and one in Freeport, Grand Bahama.

The Princess Margaret Hospital (Government facility)
Shirley Street
Nassau, Bahamas
P.O. Box N-3730
Tel: (+1-242) 32-22861

Rand Memorial Hospital
East Atlantic Drive
P.O. Box F 40071
Freeport, Grand Bahama

Doctors Hospital (Private facility)
Collins Avenue
Nassau, Bahamas
P.O. Box N-3018
Tel: (+1-242) 32-28411

PAHO Medical Referee:
Dr. Franklyn Walkine
83 Collins Avenue
P. O. Box N-4302
Tel: 326-7562
Emergency number: 911