

## Helpful Tips

### Car Hire & Driving

Make the most of your stay on Mahé & Praslin by enjoying the flexibility that a hire car offers. Visit the beaches, traverse the cool mountain passes, stop and capture the moment in your own time. There is a wide choice of operators and an array of cars to choose from: open-top and closed jeeps as well as air-conditioned cars. On request Seyunique can arrange for a vehicle to be delivered and collected at the airport or your hotel.

It is extremely difficult and **VERY** expensive to obtain spare parts in Seychelles. This, together with the climatic conditions and remoteness of the islands, contributes to high hiring costs. Car hire is only available on Mahé & Praslin. For "specials" on car hire please contact our office prior to departure. When hiring a car, it is important to check the excess amount with the car hire company on both islands, as the excess will be due and payable by the hirer, **REGARDLESS** of whether Collision Damage Waiver (**CDW**) is included. It is important to note that the excess amount for a rental vehicle is taken from a credit card in the form of a pre-authorisation (Visa/MasterCard) and this is required on delivery of the car to the hirer. If the hirer refuses this pre-authorisation, the car hire company, in most cases, will not proceed with the hire.

Please obtain an International Driving Licence (local AA will assist promptly). Kindly remember at all times that people drive on the left-hand side of the road in Seychelles. As service stations close at varied times during the evening, it is better to fill up before sunset. Petrol is rather expensive but since the islands are small one cannot really travel very far...

In Victoria there are "Pay Parking" zones and ALL vehicle users need to observe these laws or pay a fixed penalty. Parking coupons in the form of "scratch cards" are available at all service stations and a few selected shops in Victoria.

The general speed limit in Seychelles is 40km/hour and in some places 60km/hour, so take this as an opportunity to enjoy the wonderful scenery. It is worthwhile noting that the roads in some areas are narrow and people tend to stop and park just about anywhere, at any time!

### Clothing


Very casual, light tropical clothing (suits, jackets & ties are rarely worn). For evening dining, however, hotels and restaurants usually require gentlemen to wear long trousers/chinos and short sleeve shirts, and for ladies to wear a light cotton dress or smart cotton slacks. These dress requirements also apply to the exclusive island lodges. Should you be in doubt please enquire at our office for any further information.

### Communication

Seychelles is linked with International cellular communication networks. Please call your local service provider for further information. The cost of overseas telephone calls from hotels is extremely high, however, for a lower call rate, call from Cable & Wireless in Victoria. Public telephones/call boxes are located on Mahé, Praslin and La Digue.

The international dialling code from South Africa to all 115 islands of the Seychelles is 00248 followed by the subscriber's number.

There are internet cafes situated on Mahé, La Digue & Praslin.



The address of the main post office in Seychelles is: Post Offices  
Independence Avenue, Victoria, Mahé  
PO Box 60, Victoria, Mahé, Seychelles  
Tel: 225 222 Fax: 224 417  
Email: [seypost@seychelles.net](mailto:seypost@seychelles.net)  
Hours: 08h00 – 16h00, Monday to Friday, and 08h00 – 12h00 on Saturday.

### **Credit Card Transactions**

With the exception of small businesses and some small hotels, self catering properties and guest houses, Visa/MasterCard (and to a lesser extent American Express & Diners Club) credit cards are widely accepted in Seychelles. Cash may be withdrawn from ATMs with an International MasterCard or International Visa Card and this will be in Seychelles currency (Rupees). American Express cards are not accepted at the ATMs. It is worth bearing in mind, however, that due to currency fluctuations and bank/commission costs there is often a service fee charged for payments made by credit card.

### **Currency**

The Seychelles Rupee is divided into 100 cents. Notes are in denominations of SR 500, 100, 50, 25 and 10. The Bureau de Change at Mahé International Airport opens with the arrival of every international flight. Rates for exchanging travellers' cheques are usually better at banks than hotels. The Banks & Bureau de Change will exchange leftover Rupees but only if you are able to produce the bank slips from the original purchase. Exchanging money may only be done at banks, authorised money dealers at the Seychelles International Airport or with the hotel cashier. It is a criminal offence to change money with an unauthorised person.

Please bear in mind that Seychelles currency (Rupees) is not a freely convertible currency and therefore cannot be bought/exchanged in South Africa.

It is **ILLEGAL** to enter or leave the country with more than 2000 Seychelles Rupees, in Seychelles currency, without authorisation

**NB.** We suggest that if possible, half of foreign exchange is ordered in cash and half in travellers cheques. All too often, hotels do not have sufficient change and it is therefore recommended that you order any currency in small denominations.  
Recommended currencies: Euros or US dollars.

Visitors are required to use only foreign currency in making payments at hotels, guesthouses and for other holiday-related expenses such as hiring of cars and boats, the services of tour operators or travel agents, patronage of casinos and domestic transactions within Seychelles. Incidental purchases or payments to restaurants independent of hotels, shopping (excluding duty free shops) and taxi fares are payable in local currency.

### **Drinking Water**

Tap water is chlorinated to W.H.O (World Health Organisation) specifications and is safe to drink on Mahé, Praslin and La Digue. If you have any concerns regarding chlorine, bottled mineral water is widely available and you should avoid ice in drinks and cocktails. Beer and soft drinks have been manufactured locally by Seychelles Breweries Ltd for more than 25 years. <http://www.seybrew.com/history.html>

## Duty Free Allowance

Duty free allowances for arriving visitors to Seychelles are as follows:

two litres wine, two litres spirits, 400 cigarettes or 50 cigars or 250 grams of tobacco per person over the age of 18. (Imported cigarettes are approximately US\$8 per pack of 20).

The cost of local beer bought over the shop counter is approximately US\$4 or US\$8 when purchased at a hotel.)

## Electricity Supply

The electricity supply is 240 volts (50 cycles AC) and plugs are three-point square pin (UK type).

## Hotel Check-In/Check-Out

The time for check-out at most hotels is 10h00 latest and the earliest check-in time is usually around 14h00. Please check with the hotel reception to confirm check-out time. Often, if possible, a hotel will allow its guests to check-in/out a little earlier or later but this request must be made directly to the hotel. If a request cannot be accommodated, most hotels will usually store luggage on behalf of guests.


## Medical & Health

Medical facilities and call out doctors are available to visitors on request from all accommodation establishments. Health clinics are situated in most districts and telephone numbers can be obtained from hotels or found in the local telephone directory.

The Intensive Care Unit headquarters is at the Victoria Hospital, Mont Fleuri on Mahé. There are dental surgeries on Mahé, Praslin and La Digue.

For emergency situations please call 999.

Emergency Service	Name	Location	Contact Number
Doctor	Dr Jivan Haresh	Mont Fleuri	Clinic – 34 48 03 After hours – 32 40 08
Doctor (Hotel visits after 18h00)	Dr m Kumaran	English River	Clinic – 33 34 35 After hours – 51 69 85
Hospital		Victoria	38 80 20
Dentist	Dr Samsoodin	Oceangate House, Victoria	22 48 52
Ambulance			999
Fire Brigade			999
Local Police		Beau Vallon Bay	24 72 42
Main Police Station		Victoria	28 80 00



\* A non-fatal flu (Chikungunya), carried by affected mosquitoes, has periodically been reported in Comoros, Mauritius, Reunion and Seychelles. Although not critical or contagious this flu can cause discomfort. Symptoms include a rash and fever as well as potentially severe joint pain. In similar fashion to the common cold, the treatment for this virus is only symptomatic (i.e. aspirin or other pain relievers), as the infection runs its natural course through the body in a period between 7 and 12 days.

The fever and rash may pass within only a few days whereas in rare cases the joint pain can last longer. The risk of infection in Seychelles is very low but we recommend you use mosquito repellents (at all times, especially at sunrise/sunset) and mosquito coils as a precautionary measure.

Please note that there is **NO** malaria or yellow fever in Seychelles, and **NO** vaccinations are required for Seychelles-bound travellers unless passengers are travelling from a yellow fever area.

## Public Transport

Bus services on Mahé run between ±06h30-19h00 and on Praslin (less frequently) between ±06h30-17h30. On La Digue bicycles (or ox-carts if you are feeling less energetic) are the order of the day unless, you wish to flag down one of the **VERY** few taxis that are available for hire. There are two Taxi Stands available in the Beau Vallon area.

To call a taxi, please dial:

- 247 141 – located at the Berjaya Beau Vallon Hotel, please ask for the taxi stand
- 621 000 – located at the Coral Strand Hotel, please ask for the taxi stand

When booking your taxi, please:

- Check the cost of your trip in advance to avoid any confusion at the end of your journey

## Sea Links (Schooners & Ferries)

Local schooners provide daily services between Mahe, Praslin and La Digue. These services are extremely flexible and tend to vary according to the tide. Ferries and schooners may depart as early as 5am and it should be noted that not all of these services are pre-payable nor can they always be booked in advance. In cases when it may be booked in advance (Mahe to Praslin, Praslin to La Digue etc) we advise that you purchase your tickets at least 2 hours prior to departure due to limited seating. When using these services one must be prepared to sit amongst the general cargo that is shipped from one island to another. Cargo may include tomatoes, cement and even a car. If you are prone to sea sickness be especially careful when using these services during June, July and August as the crossing can be somewhat 'interesting'. Should you suffer from sea-sickness please take precautions such as Valoid, Avomine or similar (please consult your doctor/pharmacist).

For people travelling on the ferry to La Digue or booked on a yacht charter it is advisable to take include a light jacket (Dri-Mac type) for use **ONLY** if it rains.

To find out exact departures times enquire at Victoria Port.

Inter Island Ferry Pty Ltd (William Rose)  
La Digue / Praslin

Day	Departs Praslin for La Digue	Departs la Digue for Praslin
Mon – Sun	07h00	07h30
	09h00	09h30
	10h00	10h30
	11h15	12h00
	14h30	15h30
	16h00	16h30
	17h45	18h15

Non-Seychellois & Non-Residents payable in Foreign Currencies  
To avoid disappointment & for your comfort please **RESERVE YOUR SEAT IN ADVANCE**  
Telephone: 232329 / 232394 Fax: 232374 (Office hours: 08h00-12h00 & 13h00-17h00)

**“Cat Cocos” or similar catamaran**  
**Inter Island Boats Ltd**  
**Mahe/Praslin/Mahe**

Day	Departs Praslin for La Digue	Departs la Digue for Praslin
Monday	07h30 + 16h00	09h00 + 17h30
Tuesday	09h00	09h30
	10h00	10h30
	11h15	12h00
	14h30	15h30
	16h00	16h30
	17h45	18h15

In order to ensure that the information is correct Inter- Island Boats Ltd may be contacted at:  
Mahe Office: Tel: 09248 324843/4 Fax: 09248 324845  
Praslin Office: Tel: 09248 232 616 Fax: 09248 232617  
e-mail: [catcocos@seychelles.net](mailto:catcocos@seychelles.net)

The above information is a guide only and it should be noted that prices and timings CAN & DO change.  
There are NO ferry services to: Denis, Desroches, Bird, Alphonse, Cousine etc; these islands can only be accessed by air.

## Shopping

Seychelles is a million miles from any where in any given direction making it the perfect destination to completely unwind in. This remoteness does however come with a price.....expensive shopping and limited choices and availability. Seyunique has thus compiled for you, a list of items we recommend you take with you on your island getaway.

### Bring from home for all clients

The following list of items is available in Seychelles but tend to be quite expensive:

- Camera film
- Cigarettes
- Spirits & wine
- Sun tan lotion
- Mosquito repellent
- Sweeties (chocolate, chewies - anything. There are virtually NO South African type sweets in Seychelles and when available really expensive)

### Items to pack from home

- General first aid kit
- Torch (for walking along the beach and roads at night)
- Sun hats, sun hats, sun hats!!!
- Old sneakers, jelly shoes or dive booties
- Continental adaptor with 3 point square pin (as used in the U.K.)
- Broad spectrum anti-biotic (medicine is VERY COSTLY & RANGE AVAILABLE IS EXTREMELY LIMITED)
- Swimming costumes – don't wait until you arrive - it is NOT easy to purchase in Seychelles
- Snorkelling equipment - expensive to hire & if you wish to buy "Win the Lotto" first.

### For Self-catering clients

As shopping can sometimes be quite expensive in Seychelles, we suggest that you take SOME provisions from South Africa – however not so much that you resemble a Woolworth's supply truck. The following list will give you some idea of items to buy prior to leaving and those items that can be purchased without too much difficulty.

#### Take With

- Tea (normal)
- Coffee (instant)
- Croissants
- Pate
- Salami
- Sweets / Chocolate
- Pasta
- Toiletries
- Powdered Milk
- Cremora
- Cheese (vacuum packed)
- Huggies / Pampers
- Long Life Milk

#### Purchase When there

- Flora (or equivalent)
- Bread
- Everyday commodities
- Herbs / Spices / Chilli
- Fish
- Fruit
- Coconuts
- Vegetables
- Tuna
- Sugar
- Fruit Cordial
- Coco Cola

### Please note:

- There is **NO** fresh milk is available in Seychelles
- If your itinerary includes island hopping it is advisable to purchase salads & fruit prior to leaving Mahe as supplies on Praslin can be rather limited
- Fresh fruit and vegetables may **NOT** be imported without a Seychelles Government permit.
- Vanilla and Citronelle tea is widely available in Seychelles but normal tea is not.

## Where to Shop:

**Victoria Market** – located in Victoria, the market is a good source of fresh produce including fish, fruit and vegetables. Although a number of local farmers have stands at the market where you can select your fruit and vegetables yourself, the selection may be limited due to seasonality. Fish is available at the large fresh fish section where you can see the “catch of the day”. This section is not for the faint-hearted as the fisherman clean and gut the fish in front of you and the strong smell of fresh fish can become over bearing.

There are also several craft shops at the market where interesting items and souvenirs can be purchased. The market is open from 06h00 -16h00 during the week (or as long as stocks are available) and from 06h00 – 12h00 on a Saturday. It is closed on Sundays. It is worth being at the market early if you are hoping to purchase fresh produce as they tend to sell out quickly and the items are at their freshest early in the morning.

**Oceana Fish Market** – located on the dock side, Oceana offers an upmarket fish and seafood shop with both fresh and frozen fish available. Fresh fish is delivered daily and is then prepared and packed on-site enabling you to buy fish fillets, whole fish, lobster and prawns (frozen and only when available) as well as various other seafood items. For those wanting to avoid the hassle of fresh whole fish, Oceana is a great stop.

**General Grocery Stores** – the three most popular stores are the SMB Supermarket, the SuperSave and Docklands supermarket. All three can be found in Victoria with SMB Supermarket and the SuperSave located in the main street albeit at opposite ends. SMB Supermarket can be limited whilst the SuperSave offers a much wider selection of internationally recognized brands and products. All three also sell fresh produce as well as having meat and chicken counters. Temoljee’s can also be found in the main street and their bakery often produces delicious breads and other items.

**Chemist – Behram’s Pharmacy** offers a selection of medicines and first aid items. The supply is limited but will cover most basic ailments. For more acute problems, it is worth making an appointment with one of the Doctor’s in town who have their own dispensaries.

Within 100 metres of Le Petit Village are three local stores where guests can buy daily provisions. Should one store not be particularly well stocked one day, do try one of the others as they often stock different products. These shops are usually open from 08h00 until about 19h00 during the week and are open for restricted hours on Saturday and Sunday as well as Public Holidays (usually about 10h00 - 16h00 although these times may differ slightly from weekend to weekend).

Should you not find what you need at the abovementioned stores, there are several options available to you in Victoria - although it is worth bearing in mind that supplies and groceries in Seychelles can be limited and you may not always find what you are looking for.

## Travel Insurance

Credit Card Payments... for clients paying for air tickets or all inclusive packages by credit card, we are unable to advise or offer information regarding the nature of cover provided by the credit card company. Seyunique will not be held liable for any claim whatsoever.

### PLEASE NOTE:

It is the credit card holder’s responsibility to advise the credit card company that any payment made covers any airfare in the travel arrangements. Insurance Provided By Credit Card Companies. Please contact your credit card company and check, where insurance is provided, exactly what is covered. For example: When does cancellation and curtailment commence? Is it before you check-in or when you



pass through Passport Control on the day of travel. Are there excess amounts to be paid before medical and baggage cover commences, and how much would these excess amounts be?

Is Personal Liability included in the credit card cover? Are cameras, luggage, jewellery and sports equipment covered, and what is the excess? Are sports injuries covered? (For example: scuba diving and professional sports etc.)

## Visas

ALL visitors (irrespective of nationality) to Seychelles are automatically given a Visitors Permit on arrival, the validity of which corresponds to the ticketing details. However, the following documents are required for immigration clearance:

- A passport valid from the date of entry to the date of exit from Seychelles
- Return or onward ticket
- Proof of accommodation
- Sufficient funds for the duration of the stay

### **For all extensions of the Visitors Permit please contact:**

Department of Immigration

Independence House, PO Box 430, Victoria, Mahé, Seychelles

Alternately, ask our representative in Seychelles, Creole Travel Services for information and assistance.

There may be a small fee for the extension of the Visitors Permit and this will only be granted if you have sufficient funds and a revalidated return ticket. Please note that some special offer airfares may not be amended and even when an amendment is permitted the cost can be quite high.

The Passenger Service Fee (currently US\$ 50) is included in the taxes and levies, and is charged at time of payment for air tickets.

## Weather Information

Seychelles lies 4 degrees south of the equator and experiences a typical tropical weather pattern. The climate is generally warm and humid and is divided into two seasons influenced by the trade winds.

### **Southeast trade winds: May to September**


Seychelles is kept lush and green due to year round rainfall but rain lessens considerably during these months, resulting in dryer sometimes overcast days. As the season progresses winds build up resulting in choppy seas. Average temperatures during this season range between 24 - 30° c with 80% humidity and light intermittent rainfall.

### **Northwest trade winds: Late December to early February**

This is Seychelles rainy season and clouds settle on the hills bringing heavy showers that can last for hours. It is worth noting that if it is raining on Mahe it does not necessarily mean it will be raining on the other islands. Rain often catches one unawares and arrives in short sudden bursts.

### **Transission Periods: April - October**

During the transition periods the seas are calmer, with little or no breeze and it is often fairly hot and humid.





	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	YEAR
RAINFALL (mm)	392	300	180	192	101	51	63	110	125	221	230	306	2271
SUNSHINE (hrs per day)	5.1	6.2	6.8	7.6	8.4	7.9	7.4	7.5	7.6	7.1	6.7	5.2	6.9
MEAN MAX TEMP (Deg. C)	29.8	30.3	30.0	31.3	30.5	29.3	28.3	28.4	29.0	29.5	30.0	29.8	29.8
MEAN MIN TEMP (Deg. C)	24.1	24.7	24.8	25.0	25.5	24.8	24.1	24.0	24.3	24.3	24.0	23.8	24.4
HUMIDITY (Average %)	82	80	79	80	79	79	80	79	79	80	80	82	80

### GENERAL FOR DIVERS

**End March, April & May**

**End September, October & November**

Best visibility and conditions for divers, seas are calmest. However conditions are normally good throughout the year

### GENERAL FOR BIRDWATCHERS

**May to September**

Most seabirds nest during this period

**April**

Onset of new breeding season is often the most exciting month

**October** onwards

Good for migrants. Seychelles unique land birds can be seen all year round

### GENERAL FOR WALKERS

**May to September** - Conditions are drier and less humid and paths are easier, considered a better period for walking.

