

**WASHBURN UNIVERSITY SCHOOL OF LAW  
LEARN LAW IN THE WEST INDIES**



**SUMMER LAW  
PROGRAM  
IN  
BARBADOS**

**INFORMATION  
HANDBOOK  
PART TWO**

**“LIVING IN BARBADOS”**

**\*\*\*\*TAKE THIS HANDBOOK WITH YOU\*\*\*\***

## TABLE OF CONTENTS

<b>I.</b>	<b>CUSTOMS CHECKLIST .....</b>	<b>1</b>
<b>II.</b>	<b>PACKING .....</b>	<b>1</b>
	<b>A. Packing Suggestions .....</b>	<b>2</b>
	<b>B. Weather .....</b>	<b>5</b>
<b>III.</b>	<b>TRANSPORTATION FROM AIRPORT TO CAMPUS.....</b>	<b>5</b>
	<b>A. General Transportation.....</b>	<b>5</b>
	<b>B. Driving.....</b>	<b>6</b>
<b>IV.</b>	<b>PRACTICAL INFORMATION.....</b>	<b>6</b>
	<b>A. Barbados .....</b>	<b>6</b>
	<b>B. The University of the West Indies, Cave Hill Campus.....</b>	<b>7</b>
	<b>C. Guests and Visitors.....</b>	<b>9</b>
	<b>D. Contact Information.....</b>	<b>9</b>
	<b>E. Identification.....</b>	<b>10</b>
	<b>F. Time Zone .....</b>	<b>10</b>
	<b>G. Telephones and Mobile Phones .....</b>	<b>10</b>
	<b>H. Mail.....</b>	<b>11</b>
	<b>I. Credit/Debit Cards (For more information, refer to Handbook One) .....</b>	<b>11</b>
	<b>J. Money and ATMS (For more information, refer to Handbook One) .....</b>	<b>11</b>
	<b>K. Shopping.....</b>	<b>12</b>
	<b>L. Eating Establishments.....</b>	<b>12</b>
	<b>M. Night Life .....</b>	<b>14</b>
	<b>N. Beaches .....</b>	<b>14</b>
	<b>O. Hotels.....</b>	<b>15</b>
	<b>P. Tipping in the Caribbean.....</b>	<b>15</b>
	<b>Q. Suggested First Weekend Activities.....</b>	<b>16</b>
	<b>R. Suggested Island Activities and Sights .....</b>	<b>16</b>
	<b>S. Summer Cultural Events .....</b>	<b>17</b>
	<b>T. Island Hopping .....</b>	<b>17</b>
	<b>U. Important Notice to LGBTQ Students.....</b>	<b>18</b>
<b>V.</b>	<b>HINTS AND TIPS FROM FORMER STUDENTS .....</b>	<b>19</b>
<b>VI.</b>	<b>MAPS .....</b>	<b>22</b>

## I. CUSTOMS CHECKLIST

When you pack, have on your person or in carry-on luggage the following items, two of which will be necessary to have when you go through customs:

1. **Passport**
2. **Letter of Enrollment from the Dean's Office (for Customs) (see Handbook, Part One, Preparation, Checklist)** The customs officials in Barbados may ask for verification of your student status when you come into the country and if you don't have this letter, there may be a big hassle (they will insist on you having a student Visa to gain entry into the country, which is not necessary for our summer program, as explained in the Dean's letter).
3. **Your ATM card, so you can get Barbados Dollars out of the ATMs.**
4. **This handbook:** Put this handbook in your carry-on luggage because it contains important phone numbers, etc. that you will need upon arrival.
5. **These directions to your dormitory:** Unless you have made private arrangements to stay off campus, you will be staying at Frank Worrell Hall on the Cave Hill Campus. Go through the chain link fence to the reception window to the right. You will obtain your dorm room key from the security officer behind the window—there is a security officer on duty 24 hours a day.

## II. PACKING

Pack light. It is also a good idea to pack a few clothes and hygienic products in your carry-on, just in case your luggage gets lost. It also is advised to make two copies of all your important documents and keep these copies in separate pieces of luggage.

**Inquire about luggage size, weight, and number restrictions imposed by your airline – many times students end up having to pay extra for overweight baggage, so be judicious about what you bring with you and what you bring back. Be sure if you are flying more than one airline that you pack for the airline with the lowest baggage restrictions, not the most liberal one. Some airlines (American or United Airlines for example) offer a free checked bag if you are flying to the Caribbean.**

Take lightweight, summer clothing. Former students recommend bringing shorts, tank tops, only one very lightweight long sleeve top (in case your skin needs a break from the sun), a warm jacket, sweatshirt, or scarf for the cool AC in the classroom, at least two bathing suits (at least one sports/board swimsuit), a lightweight rain poncho/jacket, umbrella, lightweight lounging-around-the-dorm clothes, sun dresses, a sun hat, and some bright colored “clubbing” clothes. As one former student advised “If you won't wear it when you sweat a lot, don't bring it.” Because of the warm weather with high humidity

(highs of 86-89 degrees), pack clothing made of lightweight fabrics such as light cotton, linen and other clothes that can be easily washed and line-dried. Synthetic, moisture-wicking fabrics commonly used for exercise clothes are also a good option. Also, the locals wear bright colors, so bring bright colored clothes if you have them. **Please note that Barbados has a law strictly prohibiting any camouflage material entering the country. Do not bring any camouflage backpacks, hats or any other clothing items. These items will be confiscated at customs.**

There is a laundry room in the dormitory. Use only cold water when washing your clothes until you know the temperature of the hot water – your clothes might get ruined if the water is too hot. Also be careful using the dryer until you know how hot it dries. Consequently, bring clothes that dry quickly on a drying rack or on a clothes line strung in your dorm room. When washing your clothes make sure you stay with your laundry to avoid theft. Your clothing may disappear if you leave it unattended—US clothing is highly desirable. Some students recommend taking only clothes they are willing to leave behind – and leave them at the Good Will equivalent or a church before they come back to the States. You will need extra room for all those souvenirs! You also might want to pack an empty carry-on size duffle bag that will not take up much room and use it to bring home some of your goodies.

The number one purchase on your list should be comfortable walking sandals, flip flops, or athletic shoes. Some students buy walking sandals here and break them in before they go. You will get blisters if your shoes are not broken in or are not well made. Former students recommend bringing more than one pair of good walking shoes/sandals or several flip-flops; just being able to change in the middle of a long walk or after a couple of days can make a world of difference (because different shoes will have different pressure points and you will avoid getting blisters).

### **A. PACKING SUGGESTIONS**

**List of Numbers:** Keep a list of all numbers appearing on your passport, credit cards, bank accounts, etc., AND leave the list with a trusted relative or friend.

**Clothing** (See Packing II. above): In the Caribbean the weather is warm and humid. The average summer temperatures range from 86°F to 89° May to July, but it will feel warmer because of the humidity. Bring clothes for the tropics. A light travel rain poncho/jacket also is recommended for the tropical showers, which can occur almost daily. Beachwear should include bathing suits, a cover-up or shirt, sunglasses, sun block, sun hat and beach footwear. Bathing suits are strictly for the beach or beach bars. It is not acceptable in Barbadian culture to wear bathing suits if you are off of the beach area. (Again, please note that Barbados has a law strictly prohibiting any camouflage material entering the country. Do not bring any camouflage backpacks, hats or any other clothing items. These items will be confiscated at customs.)

**Professional Clothing:** While Barbados is a fun island, there are dress codes and, because of the British heritage, formal clothing is not uncommon. Some night clubs have

dress codes and **you will need to bring professional clothing for the field trips.** Men should bring a short-sleeve dress shirt and tie and nice lightweight slacks. Women should have a nice dress or blouse and slacks. Remember to pack at least one nice pair of shoes to wear when you dress up. Students dress more informally for classes.

**Towels and Bedding:** Bring a beach towel and **face cloth** but otherwise there will be a clean supply of bath towels and bed linens provided twice a week in the dorm. One student brought an old sheet she wasn't going to use anymore and would put it down on the sand with her towel on top of it. It created a layer that kept the towel from getting sandy and therefore kept her from getting all sandy when she was ready to dry off. Since the sheet was bigger than a towel, she also had plenty of room on the sheet to keep books, clothes, bags, etc., from getting sandy too.

**Toiletries:** U.S. brands will be expensive. If you decide to bring supplies from home, bring small extra bottles that you can toss when they are used up, making more room in your luggage for the return trip. Make sure you have your favorite sun block—you'll need it! Also Clorox Wipes come in handy—and don't forget the bug spray.

**Sanitary Supplies:** Tampons/napkins are available but are more expensive. Don't expect to find your particular brand – selection is very limited.

**Razors and Blades:** These are expensive on the island, so bring your own.

**First Aid Kit:** Include band-aids, antibiotic ointment, aspirin, aloe, and cold medication. You also can purchase these items on campus at the bookstore, the student health center or the Campus Mart, a small convenience store, or at any drugstore. You also will want to take a small bottle of vinegar to the beach in case you have a run-in with a jelly fish—vinegar helps stop the pain from a jelly fish sting.

**Sewing Kit:** A small kit will come in handy for sewing on buttons, etc.

**Notebooks/Paper:** If you have notebooks or filler paper you prefer, take them with you. It is fun, however, to use local products, which have a different paper size and hole punches. You will be able to obtain paper, pens, etc., at the university bookstore. A binder for the course “reader” is handy, but give away your binder to a UWI classmate so you won't have the bulk coming back to the States.

**Driver's License:** Take your driver's license even if you do not plan to rent a car or a moped. It is a secondary form of identification (and in some instances you may be required to show two forms of ID).

**Travel Alarm:** Many battery operated inexpensive models are available. (Be aware that should you use your phone for an alarm and you have the Internet on, you can be charged thousands of dollars for using your phone. Some phones will not be charged for using wifi while on airplane mode. Check with your provider before you leave).

**Batteries:** Bring extra because they are expensive.

**Flip-Flops:** These will prove useful in the dorm showers, at the beach, or in hotels. You may want to bring several pair.

**Liquid Detergent:** Pack a travel-size container so you can wash out clothing should you travel to other islands. Ivory dish detergent works for dishes and clothing. Detergent also can be purchased locally upon arrival.

**Pocket Knife:** A Swiss army knife is a good choice. Buy the one that includes a can opener, cork screw, and other features that will come in handy when you buy food in the markets. If you bring one with you, pack it in your checked bags, otherwise it will be confiscated by airport security. NOTE: Large knives are considered concealed weapons – leave them at home.

**Umbrella:** Buy one that is small enough to fit into a jacket pocket. This also can be purchased upon your arrival.

**Anti-Bacterial Gel:** The gel is nice to have if you find yourself without a place to wash your hands.

**Film or Extra Memory Card:** Purchase film or an extra memory card in the U.S. because these items are expensive. You cannot take too many photos!

**Back Pack or Carrying Bag:** For carrying groceries back to the dorm, or for weekend travel, take a shopping bag, such as a flight or shoulder bag or a back pack. Use a separate back pack or carrying bags for the beach or you will end up with sand in all your groceries.

**Lightweight Clothes Line Cord:** Some student recommend bringing a clothes line cord to line-dry clothes in the dorm room (caution: line drying outside sun-bleaches your clothes). You can purchase clothes pins at the Campus Mart.

**Reusable Water Bottle/Insulated Koozies:** Bring a reusable water bottle (stainless steel or CamelPack) and take it with you whenever you leave the dorm because being hydrated is important in a warm, humid climate (you will find you sweat away much more moisture than you'd expect). Pack some koozies—drinks get warm very quickly without one.

**Toiletries Bag or Caddy:** Bring something to carry your toiletries from your dorm room to the shower and then back to your dorm room when you're done showering. Inexpensive toiletries bags can be found at Target, Wal-Mart, K-Mart, etc. Select the style that unfolds and has a hook, so you can hang it in the shower.

**Insect Repellant:** You will want to have insect repellant—and leave your perfume, cologne or scented soaps at home. The scents will attract insects.

**Sunscreen:** You're in the tropics near the equator, so you will need a good sunscreen—bring one that is waterproof and preferably unscented.

**Extension Cord:** Electricity in Barbados is the same voltage as in the U.S., so there is no need for converters or adaptors. You may want to bring an extension cord to use your computer in the commons area of the dormitory apartment or in the classroom.

## **B. WEATHER**

The average summer temperature can range from 75°F to 89°F., with high humidity. The weather is usually warm and sunny. The later part of June is the beginning of the rainy season. Rain is usually quick, comes in showers, and can be a daily occurrence.

## **III. TRANSPORTATION FROM AIRPORT TO CAMPUS**

The airport that serves Barbados is Grantley Adams International Airport (airport code BGI).

When you arrive at the airport, you can find an ATM to withdraw Barbados Dollars for a taxi, but you also can pay the taxi drivers in U.S. dollars. (The exchange rate is 1 U.S. Dollar to 2 Barbados Dollars.) The taxi fare is around \$50 USD (or \$100 BD). Taxis are easy to find at the airport. To cut the cost of the taxi, share one with a couple of classmates if you arrive on the same flights. **Tell the taxi cab driver to take you to Frank Worrell Hall on the UWI Cave Hill Campus.**

### **A. GENERAL TRANSPORTATION**

#### **Public Transportation**

**In 2013, all vans and buses cost \$2.00 BD one way.**

#### **Van # 3-White with a maroon stripe**

These buses are known locally as “Zed-Rs.” To get from campus to Bridgetown, catch the #3 Van. You will have to flag it down as it comes down the hill by the traffic light at the road into campus. It usually is crammed full of people and is not air conditioned. You will give \$2.00 BD to the driver or another person who is on the van to collect the fare. You may have to give the fare during the ride or as you get out. You do not need exact change. One advantage of the white vans is that they will pick up and drop off anywhere along their route, not just at bus stops. Be aware these vans blare loud music, so sitting in the back by the speakers is a challenge.

#### **Mini-Buses-Yellow with a blue stripe**

You can catch these buses at the bottom of the hill going either north (to Holetown, Sandy Crest or Speightstown) or south to Bridgetown. The buses are marked “To City” meaning to Bridgetown or “Out of City”, which means going in a direction away from

Bridgetown. Like the vans, these buses are crammed with people, play very loud music and are not air conditioned. There will be a person on the bus who collects the fare and you do not need exact change.

### **Large Buses—Blue with a yellow stripe**

You can catch these buses at the bottom of the hill going either north (to Holetown, Sandy Crest, or Speightstown) or south to Bridgetown. These buses, operated by the government, are less crowded and some are air-conditioned, but they come less frequently than the mini-buses. You also need to have exact change. For more information see <http://www.transportboard.com/>

### **Taxis**

Taxis can be a good means of transportation, particularly from the clubs after an evening out. The taxis have set fares for most routes but tourists can be taken advantage of (taxi drivers are the same the world over). Some taxi services have mini-vans for larger groups and generally charge by the person. If you like a taxi driver, get his or her business card and you can call on a regular basis to have the driver transport you. Regularly using, and building a rapport with a particular taxi driver may allow you to negotiate discounts, and arrange for other driving services such as island tours. The security guards at the entrance to the dorms will also call a taxi for you if you ask them.

## **B. DRIVING**

Vehicles are driven on the left side of the road; therefore the vehicles have the steering wheel on the right hand side of the car. Seat belts must be worn at all times. A permit must be obtained to drive in Barbados. Visitors seeking a permit must be at least 21 years and hold a valid driver's license. The cost of the permit is \$10 BD (or \$5 USD). If you rent a car, the car rental company will issue you the permit as part of the rental fee. Otherwise a permit can be obtained from the Ministry of Transport Licensing at The Pines or Oistins (towns in Barbados). **Be aware that driving a motorcycle or moped is HIGHLY dangerous for persons not used to driving on the opposite side of the road.**

## **IV. PRACTICAL INFORMATION**

### **A. BARBADOS**

Citizens of Barbados refer to themselves as “Bajan” (bay'-jun). Although Barbados is a prosperous island, with living conditions higher than other parts of the Caribbean, the standard of living is below what most law students experience in the U.S. On the other hand, Barbados has one of the highest literacy rates in the world, with over 97% of the population being able to read and write. The make-up of the population is 90% African descent, 6% Asian and mixed races and 4% Caucasian.

Barbados is the easternmost Caribbean island. It is 166 square miles, 8 miles wide and 21 miles long. The island has a population of 282,000 residents and boasts the lowest



crime rates in the Caribbean. The country has a very diverse geography, with calm beaches on the western coast's Caribbean Sea, and larger surf on the eastern Atlantic coast. The interior has an extensive limestone cave system, a wildlife preserve, and "rain shadow" lush tropical regions.

**The water in Barbados is not only safe to drink, but it is some of the purest water in the world.** Unlike most of the other Caribbean islands, which were formed by volcano eruptions, Barbados was formed when two plates were pushed together and the ocean bottom was forced up above sea level. Therefore the island is made of limestone from compacted shells from the ocean floor. When it rains, that water is filtered through the layers of limestone until it reaches the aquifers nine months later.

Caribbean Map: <http://washburnlaw.edu/studyabroad/barbados/transportation/maps.php>

## **B. THE UNIVERSITY OF THE WEST INDIES, CAVE HILL CAMPUS**

The Cave Hill Campus is located in St. Michael's Parish and sits on top of a steep hill, overlooking the western beaches of the Caribbean Sea. The campus surrounds a large cricket "oval" (playing field) with a 428 meter grass track. Next to Sherlock Hall, one of the student dormitories, is a row of campus buildings that house the campus cafeteria, the student government offices ("The Student Guild"), the student weight room, the student health services, the bookstore, a secure ATM kiosk and the student services office.

### **Cave Hill Campus Map:**

<http://washburnlaw.edu/studyabroad/barbados/accommodations/cavehillcampusmap.pdf>

### **Campus Security**

The University of the West Indies is patrolled day and night by friendly security guards. If you have any problems, do not hesitate to ask for their assistance. The Chief of Security is Mr. Boyce, 243-5590.

### **The Dormitories or "Halls"**

**Dormitory rules do not allow alcoholic beverages anywhere on the dormitory premises. Smoking is not allowed anywhere on campus.**

The residence halls have a 24 hour security entrance to gain access to the dormitory. You can leave your room key with the security guard at the window when you go out. This is particularly advantageous if you are out at the night clubs for the evening. **Lost keys will result in a lost key fee and no access to your room overnight.**

The rooms are not air conditioned, however the law school, the cafeteria and the Student Guild are air conditioned and good places to study. There is wireless access in the dorm rooms, and all rooms have Ethernet service.

There are communal bathrooms and kitchens in the residence halls. The communal bathroom has sinks, toilet stalls, and shower stalls. If there are not sufficient pots and pans in the kitchen, look in other kitchens that are not being used for the

summer. These pots and pans have been abandoned because students need to provide their own cookware.

Individual dorm rooms are cleaned twice a week, with daily cleaning of the common areas Monday through Friday. Students also are provided with clean bed and bath linens twice weekly.

There is a laundry provided for dormitory residents to use. The washers and dryers are operated by tokens that are purchased at the housing office, located at Frank Worrell Hall.

Former students have discovered the TV reception was not reliable and they suggest subscribing to Netflix. **However, be aware that Netflix subscriptions are not accessible from the Ethernet cables in the dorm rooms (Netflix only works on Ethernet accessible within the U.S.) and although Netflix could be accessed through the wireless, the wireless connection may not be totally reliable.** Also, Netflix's selection of movies and television may vary in the Caribbean.

More information is available in the Visitor Information Booklet, Halls of Residence. Please be familiar with the regulations in this booklet.

### **Cafeteria**

The campus cafeteria is usually open Monday through Friday from approximately 8:30-4:30 p.m. The cafeteria may be open on weekends if there are special events occurring on campus. The cafeteria offers typical Bajan food—be adventurous in your food selection!

### **Student Health Services**

The student health services are open 9:00-5:00 Monday through Friday. There is a doctor, nurses and a psychiatrist on staff, as well as a small pharmacy located in the front of the health services office.

### **University Bookstore**

The university bookstore is open 9:00-5:00 Monday through Friday. It has two floors, with school supplies in addition to university t-shirts and other UWI items. One can also purchase a mobile phone and buy minutes at the bookstore (ask about any special promotions going on—one year the special promotion was two phones for the price of one, so two students shared the cost for the one phone and each had a phone. Another year the promotion was buy one phone and get the second phone half price with 100 minutes).

### **Campus ATM**

There is an air conditioned ATM kiosk on the side of the bookstore. In addition, there are ATMs at the bank on the way down the hill and at the Esso gas station (Tiger Mart), at the bottom of the hill and to the right.

### **Student Services**

The student services office is open 9:00-5:00 Monday through Friday. The office will assist in planning excursions and tours to sites on the island. The university has mini-

vans and buses that can be rented for special events. Make sure to make reservations a week in advance. Generally it will cost around \$200-400 USD to book a bus or mini-van.

### **Snack Kiosk**

There is a snack kiosk down the hill from the law school. The snack kiosk has more limited hours of operation than the campus cafeteria and the times are posted on the kiosk.

### **Campus Mart**

The Campus Mart is open 9:00-5:00 Monday through Friday and 10:00-3:00 on Saturday. The Campus Mart is a small convenience store located in the large classroom building up on the hill with the law school. It has some food items, soft drinks, school supplies, laundry detergent, clothes pins, etc. This is a popular place to get snacks during class breaks. (The Campus Mart does sell beer, which may be consumed outside on the campus grounds, but alcohol may not be brought into the dorm.)

### **The Law School Building**

The law school is at the end of campus, up a hill. (See Maps Section) The law school has spotty wireless Internet access and there may be no Internet access in the classroom. The law library and the classrooms are air-conditioned. There also is an open-air “pit” area with soda machines and picnic tables.

### **The Student Guild Building**

The Student Guild building is next to the cafeteria and is air-conditioned, which makes it a good place to study, particularly on the weekends and in the evening when the law library is closed. There is a conference room upstairs, and on the main floor there is a pool table, and snack and soda machines. Occasionally the UWI Student Guild will hold student parties in the building (which sometimes go until 5:00 in the morning!).

### **Student Weight Room**

Underneath the cafeteria is the student weight room—access is through the Student Guild Building to the outdoor deck in back of the building and down the stairs to the right. At certain times of the day there is a personal trainer available in the weight room.

## **C. GUESTS AND VISITORS**

Students are not allowed overnight guests in their dorm rooms. The university does rent out dorm rooms at a fee of approximately \$60 BD (\$30 US) per night for a single room.

## **D. CONTACT INFORMATION**

Housing Administrator  
Patricia Reece-McComie  
Frank Worrell Hall Dormitory Complex  
Business Office 417-4175, 417-4176

Chief of Campus Security  
Mr. Boyce  
243-5590

Security Window, Frank Worrell Hall  
417-4689

Campus Mart  
439-9188

Student Cafeteria  
Angela Buckmire, Supervisor  
421-3461

Off Campus Emergency Numbers

Police 211  
Fire 311  
Ambulance 511  
QEH (Hospital) 436-6450

**E. IDENTIFICATION**

Make sure you have your passport and a second form of identification, generally a driver's license or your Washburn student identification card. Also, your UWI dorm card may get you discounts in clubs or other places of business. Make copies of these documents and spread them throughout your luggage when you travel—a copy in your suitcase, a copy in carry-on luggage, and always have a copy in your back pack or purse.

**F. TIME ZONE**

Barbados is one hour **later** than Topeka (Central Daylight Savings Time); i.e. 12:00 p.m. noon in Barbados is 11:00 a.m. in Topeka.

**G. TELEPHONES AND MOBILE PHONES**

The cell phone provider in Barbados is Digicel. Cell phones, and prepaid plans can be purchased for very reasonable amounts. You might want to check with your US cell phone provider to determine if you can use your cell phone in Barbados. You may also be able to purchase a Digicel SIM card for your phone. Be aware that it might be quite expensive to use your US cell phone in the Caribbean (for example it is \$1.80 per minute with some US cell phone providers). Some stores also rent cell phones on a weekly basis. For calls back to the US, download Skype for free calls on the Internet, using your laptop. For family and friends calling Barbados, there is no need to use an international code; dialing 1-246 area code is all that is necessary to reach Barbados.

Do not use your US smart phone's data to access the Internet in Barbados. This will result in a huge mobile phone bill (thousands of dollars)! Check with your provider about using wifi while in airplane mode and the charges that might be associated with it. Otherwise, turn off the Internet on your phone before arriving. Do your Internet searching on your laptop, not your smart phone.

## **H. MAIL**

It will take anywhere from 7 to 14 days for a mail to arrive from the U.S. All packages sent from the US must be picked up at the main post office in Bridgetown. Make sure you bring a government-issued form of identification (passport is best) to retrieve packages at the main post office. Do not mail anything from Barbados and expect it to arrive in the United States, or arrive in a timely manner. Consequently, set up "bill pay" with your bank and pay all your bills on-line.

## **I. CREDIT/DEBIT CARDS (For more information, refer to Handbook One)**

Some students suggest bringing up to 3 debit and credit cards in case you have problems with one or two of them, then you will always have a backup. You will want to have a card that will work at ATMs in order to get local currency in Barbados. It is suggested that at least one of the cards is a check/debit card, which appears to be a credit card, but the funds used on the card are actually drawn directly out of your checking account. These cards are available at most banks or credit unions that have checking accounts. Be aware that these cards may have daily withdrawal limits – generally \$300-\$500 per day. **Make sure you contact your bank and any other credit card companies BEFORE you leave and let them know you are traveling to the Caribbean.** If you use your card in another country without notifying them, they will likely freeze your account, because their system will indicate that there is potential fraudulent activity on your card. Make sure your ATM/debit card works before you get to the Caribbean.

Sign the back of your credit or check cards before you leave the States and always sign receipts exactly the same way you have signed the back of the card. Most major credit cards are accepted in many establishments but some places require cash, so make sure you have your ATM card with you to get quick cash.

## **J. MONEY AND ATMS (For more information, refer to Handbook One)**

Do not buy Barbados dollars in the U.S. before leaving for the Caribbean; this is quite costly. The best way to get Barbados dollars is to withdraw Barbados dollars from an ATM machine upon arrival in Barbados. ATM machines are prevalent throughout the island. Also, the exchange rates at ATMs are outstanding. VISA, Mastercard, ZIP, Bankmate, Plus, or Cirrus can be used at most ATM machines. In addition, U.S. dollars are accepted throughout the Caribbean, but you will receive change in local currency. Consequently, you will need to know the exchange rate in order to determine whether you have received the correct change. **In Barbados this is relatively easy because the**

**informal exchange rate is 2 Barbados dollars to 1 U.S. dollar (although the student cafeteria uses an exchange rate of \$1.98 BBD to 1 USD).**

While many of the islands in the Caribbean have their own money, most islands also accept U.S. Dollars. Otherwise you can get local currency in that country's ATMs.

## **K. SHOPPING**

The closest grocery store is Carlton's via the #3 Van. The grocery stores provide shuttle vans back to campus, if you're willing to wait for the van and the numerous drop-offs for the other shoppers in the van ( while there is a schedule posted, do not depend on it. The vans will leave when full and come back when empty). **Shops and many grocery stores are closed on Sundays**, so make sure you have purchased adequate groceries on Saturday if you plan to cook in the dorm over the weekend. Carlton's, as well as the Super Centre grocery stores (in Warrens or at Holetown), are open with limited hours on Sunday, but keep in mind the Super Centre stores are more expensive, catering to tourists and high income clientele. There is a small convenience store down the hill and to the right that is open on Sunday, at the Esso gas station (Tiger Mart). The convenience store has bread, juice, milk, eggs, bananas, etc. As a general rule, expect to pay more for groceries because you are on an island.

There are shopping centers in the Sandy Crest area, at Holetown, in downtown Bridgetown, and at Sheraton's Mall east of Bridgetown. Of particular interest is a pedestrian shopping area in Bridgetown on Swan Street. The major department store in Barbados is Cave Shepherd. Also near the Van terminal in downtown Bridgetown is an early Saturday morning outdoor farmers' market. Cheapside Market also sells inexpensive produce and other items by different vendors. If you need electrical appliances, go to Courts in Bridgetown.

Former students also like the street/beach vendors and shops, recommending Lazy Days at Rockley Beach for Reef sandals, and Quayside at Accra Beach or Lantern Mall across from Accra Beach which have some nice boutiques, souvenir shops and snack counters.

If you would like to try local alcoholic beverages, Mount Gay is a famous Bajan rum that is manufactured on the island and Banks beer is the local island brew. There are several other local brands worth trying which you won't be able to find in the United States.

## **L. EATING ESTABLISHMENTS**

### **Restaurant Delivery Service**

If you want restaurant food delivered to the dorm (maybe be limited menu items), check out: [http://www.csmwww.com/food\\_courts/](http://www.csmwww.com/food_courts/) (Former students recommend Big John's).

### **Eddy's BBQ Truck**

On Wednesday through Saturday evenings, Eddy's BBQ truck pulls into the dirt parking lot behind the bank on the way down the hill. Eddy has great ribs, chicken and fish.

Stand in line with the locals—a sure sign it's good eating! The ribs meal is a large quantity of good food, and as of summer 2013 was \$25 Barbados.

### **TNT BBQ**

Half-way down the hill is TNT BBQ. Try the BBQ pig's tail (for real).

### **Chefettes**

This is the Bajan version of McDonalds, only more expensive (remember, you're on an island). Larger Chefettes also have more than fast food.

### **Oistins**

East of downtown Bridgetown is the fishing village of Oistins. On Friday nights the fish market area is teeming with people, who buy grilled fish from the numerous stands and eat at the many picnic tables. Live bands also play on Friday nights. Saturday night there also is Karaoke in Oistins.

### **Recommended Bars and Grills**

Oasis Beach Bar on Rockley Beach

Bubba's Sports Bar and Restaurant on Rockley Road

The Tiki Bar on Accra Beach

Just Grillin—Great grilled fish at two locations, Accra Beach on the Quayside Centre Boardwalk, and Sunset Crest in Holetown.

Opa! Opa!—A Greek restaurant that has casual dining, with gyros and hummus. It is located at Accra Beach in the Quayside Shopping Centre.

Joan's Beach Hut—This was a favorite of former students to refresh with cold slushy drinks and enjoy flying fish cakes or a chicken sandwich and fries. It is located on Accra Beach, on a deck full of similar small huts. "The service is friendly and it's an easily accessible place to get cold drinks on a hot day on the beach!"

Salvios—The restaurant at the South Gap Hotel. Reasonably priced food and great service. Let them know you're a Washburn law student—they look forward to seeing the next summer's group of students.

Apsara Indian/Tamnak Thai—One restaurant split in half. Great and not-too-expensive food, choice of Indian or Thai on the menu, located near St. Lawrence Gap.

### **FINE DINING**

Barbados has wonderful fine dining restaurants—make sure you budget for these great restaurants! Let your server know that you will want separate checks **before you order** because it is difficult for servers to split the bill after the meal and they may refuse to do so.

### **St. Lawrence Gap, East of Bridgetown**

This is the place for nightclubs and restaurants. Recommended are Pisces, Sweet Potatoes, Café Sol (2 for 1 drink specials), Champers, Taboo, Café Luna (Miami Beach, top of the Little Arches Hotel), Tapas (on the south sea boardwalk), and Bellini's Trattoria (Italian, great food and view of the ocean). Students also recommend:

- Brown Sugar—A traditional Bajan buffet, near St. Lawrence Gap.
- Zen—Thai and Japanese fine dining restaurant at The Crane luxury hotel.
- Il Tempio—An Italian restaurant at Fitts Village, on the way to Holetown.
- The Beach House—A restaurant on a huge deck on the beach, located across from the Holetown Chattel Village

### **Holetown, Central West Coast**

One of the oldest areas of the island, with fine dining. Recommended are Nishi (sushi), Ragamuffins, Tides, and The Mews.

### **M. NIGHT LIFE**

One of the best area for clubbing and restaurants is St. Lawrence Gap, east of downtown Bridgetown. Make sure you check on any dress codes before venturing out. Some clubs have no cover charge on certain nights if you show your UWI picture ID issued by the residence halls. Recommended clubs include Sugar Ultra Lounge, McBrides (Friday night live music), Café Sol (2 for 1 drink specials), Bump N Wine (in Bridgetown, Friday night live music), Priva (in Holetown), The Boatyard, Taboo, Tiki Bar (Accra Beach), Reggae Lounge, bands playing Friday night at Oistins fish market.

### **N. BEACHES**

There are no private beaches in Barbados—the public is allowed on all the beaches. The beach closest to campus is Batt’s Rock Bay, down the hill and along a path a little bit north of the Esso (Tiger Mart) gas station. Please be aware that the small apple-like fruit on the ground and in the trees on Batt’s Rock Bay **are poisonous and have an acid coating which cause severe blistering**—please do not pick them up or bite into them or stand under the trees in the rain. The poison fruit trees will ideally have red rings around their trunk, but some appear unmarked. See <http://h2g2.com/dna/h2g2/brunel/A2346400>

The beaches on the southwest part of the island get rave reviews. Former students recommend Accra, Miami, Brown (has the most amenities), Rockley (best waves), Brandons, Boatyard, South Beach, Long Beach, Paradise (now called Clear Water Bay, where the Four Seasons Hotel is being built). Silver Sands is good for kite boarding, jet skiing, and surfing. The eastern beaches of the Atlantic Ocean have dangerous undertows—no swimming! The beaches on the west coast (known as the Platinum Coast) have the gentle waves of the Caribbean Sea.

**Do not leave your personal items unattended on any beach.** There are thieves who are waiting for you to do so and your things will not be there when you come out of the water. Take turns going into the ocean so that your items are always protected.

### **O. HOTELS**

A number of former students recommend staying at an all-inclusive hotel for the weekend or at the end of the program. Here are some comments:



- Stay at the St. Lawrence Gap or Holetown area all-inclusive hotels—you can't beat the air-conditioned rooms and the swimming pool/beaches.
- South Gap Hotel, St. Lawrence Gap—not fancy but great rates, a swimming pool, a great restaurant (Salvio's) with good service and an ocean view (ask for the special Washburn student hotel rates).
- Divi Southwinds Hotel—mixed reviews, some said it was alright, some said avoid it because the management was rude, and others said the food wasn't that great.
- The Almond Casuarina Beach Resort in St. Lawrence Gap (Dover Beach) had some good comments, but avoid the other Almond hotels.
- Amaryllis Hotel—inexpensive, nice pool, quiet.
- Ocean 12—go with a group of people.
- The Crane—very expensive (check for Internet specials), but beautiful.

## **P. TIPPING IN THE CARIBBEAN**

Tipping is fairly standard throughout the Caribbean, and, as with any tourist destination, you may encounter various industry-specific taxes and service charges. Carefully read your bills and the fine print, and don't hesitate to ask for an explanation of the bill.

### **Restaurant Tipping**

Caribbean restaurants often incorporate an automatic gratuities charge into the final bill, which is usually 10 percent of the total cost of the meal, so make sure you check your bill before determining a tip. Additional tipping is at the individual's discretion, but it is not expected. If a tip is not automatically included in your final bill, you should leave 10-15 percent for servers, and either \$1 (USD) to \$2 (USD) per round of drinks for bartenders, or 10-15 percent of the total bar tab. If you are particularly delighted with your service, you may, of course, leave more than 15 percent. **(Make sure to tell your server before you order if you want separate checks or you are going to split the bill.)**

### **Taxi Tipping**

Taxi service is available throughout the Caribbean. On some islands, taxis operate on a meter system; on other islands taxis do not use meters but usually adhere to fixed government rates. Also, depending on the island, you may have to pay either per car or per person. Most islands' laws require cabs to display their rate card on the interior of the vehicle. Nonetheless, you should establish a flat fare with the driver before service begins. It is customary to tip taxi drivers approximately similar to the US. Plan on tipping more after midnight and on Sundays.

## **Hotel Tipping**

When perusing hotel rates, keep in mind that most hotels in the Caribbean add a government tax of approximately 7.5 percent in addition to an average 10 to 15 percent service charge to the price of the room. There may be other charges for items not included with the room such as special amenities or upgrades. High-end resorts or luxury hotels may charge surplus fees up to or beyond 20 percent. If you ask, employees at a hotel reservation desk will gladly provide details of these taxes and fees.

If your particular hotel does not add service charges to the final bill, tipping is acceptable for employees such as bellhops and maids. Generally, Caribbean bellhops expect \$1 (USD) to \$2 (USD) per bag as a flat rate, but this rate increases as the class of the hotel does. A minimum tip for hotel maids is typically \$2 (USD) per day, and, just as with bellhops, tipping standards may be higher in more expensive hotels. Traveler's tip: Consider keeping smaller bills in an easily accessible location for quick tipping.

Many Caribbean all-inclusive hotels and resorts expressly discourage tipping. Your accommodation rate generally includes all tipping and service charges, although "all-inclusive" may mean different things at different hotels. Consult your travel agent, hotelier, or reservations clerk concerning the finer points of your all-inclusive package.

## **Q. SUGGESTED FIRST WEEKEND ACTIVITIES**

Oistins on Friday night for fish, go swimming at Accra Beach (or any beach), go to St. Lawrence Gap for the night life, get groceries.

## **R. SUGGESTED ISLAND ACTIVITIES AND SIGHTS**

Former student recommendations:

- Bathsheba Beach is beautiful, and the east coast in general is breath-taking.
- Wildlife Animal Reserve—time it so you're there at 2:00 for feeding time. Take the bus to the Speightstown terminal and then take the Bathsheba bus.
- Scuba diving, snorkeling, para-sailing, kite boarding, jet skiing.
- St. Nicholas Abbey.
- Avoid the Animal Flower Cave.
- The north point of the island.
- Harrison's Cave
- Check out the dates for the Rally Car Races.
- Concerts at the Boatyard or at Oistins.
- Buy some beverages at the Esso (Tiger Mart) gas station and hang out at the beach.
- Surfing lessons—surf with Brian Talma at Silver Sands beach
- Boat tours

- Deep-sea fishing
- Sandy’s Seaside Bar at Accura Beach has a beach party every Sunday and 2 for 1 happy hour—great for local culture and pre-Cropover festivities

## **S. SUMMER CULTURAL EVENT**

The Crop Over Festival is a huge internationally known cultural event involving musicians and artists from the entire Caribbean region. The Crop Over Festival will be gearing up during summer school and there will be many opportunities to listen to regional musicians and observe other artists as they prepare for the celebration.

## **T. ISLAND HOPPING**

### **Airlines for intra-Caribbean Travel:**

LIAT - <http://www.liatairline.com/>

Caribbean Airlines - <http://www.caribbean-airlines.com/index.html>

Air Jamaica - <http://www.airjamaica.com/>

Make sure you take your “Dean’s Letter” with you and keep it with your passport if you island-hop. The customs officials in Barbados may ask for verification of your student status when you come back into the country and if you don’t have the letter, there may be a big hassle (they will insist on you having a student Visa to gain entry into the country, which is not necessary for our summer program, as explained in the Dean’s letter).

There are very short flights to other Caribbean islands with vastly different histories and cultural norms than Barbados

**Grenada**—Site of US invasion in 1983

**St. Vincent and the Grenadines**—Undeveloped Caribbean island with strong population of original Caribbean people, the Carib Indians

**St. Lucia**—Small volcanic island with a sophisticated tourism base

**Dominica**—Small, very undeveloped, mountainous island, known as the Eden of the Caribbean; leading player in sustainable development models and ecotourism; international programs for sea turtle and marine life conservation

**Trinidad and Tobago**—Developed and sophisticated Caribbean island; oil and gas reserves and refining and petroleum engineering school; 7 miles from South America and contains flora and fauna of both the island and the South American continent; extremely ethnically and culturally diverse country; 1980 square miles and population of 1.2 million. (Check with Professor Bahadur on places to go and see—he recommends staying at the Kapok Hotel in Port of Spain, eating the shark sandwich at Richard’s Bake and Shark on Maracus Beach—and don’t forget to eat “doubles” at the roadside stands!)

**Guyana**—on the South American mainland (some students visited Guyana and did not feel safe and could not drink the water—FYI)

## U. IMPORTANT NOTICE TO LGBTQ STUDENTS

As is the case in most of the Commonwealth Caribbean, homosexual sexual conduct is illegal. Sodomy between two men, which is referred to as “buggery”, is illegal and punishable by life imprisonment. Sexual offenses are covered by Chapter 154 of the Laws of Barbados and § 9 criminalizes male sodomy:

*“Any person who commits buggery is guilty of an offence and is liable on conviction on indictment to imprisonment for life.”*

<http://www2.ohchr.org/english/bodies/hrc/docs/ngos/lgbti2.pdf>

Female homosexual activity appears to be illegal, and punishable by 10 years imprisonment. The law is not written to specifically target female homosexual relations, but §12 prohibits a wide range of conduct:

*“(1)A person who commits an act of serious indecency on or towards another or incites another to commit that act with the person or with another person is guilty of an offence and, if committed on or towards a person 16 years of age or more or if the person incited is of 16 years of age or more, is liable on conviction to imprisonment for a term of 10 years.*

*(2) [Addresses the same, but with a person under 16. 15 years imprisonment.]*

*(3) An act of “serious indecency” is an act, whether natural or unnatural by a person involving the use of the genital organs for the purpose of arousing or gratifying sexual desire.”*

Efforts to change laws targeting homosexual activity have not made much headway (<http://www.nationnews.com/index.php/articles/view/lashley-no-buggery-decision/>). Some politicians, however, have condemned violence against homosexuals, and homosexuals in Barbados are unlikely to face violence, but this is not the case in Jamaica, which has been referred to as one of the most homophobic and dangerous countries in the world, particularly for gay men. (<http://76crimes.com/2013/03/06/progress-in-barbados-despite-harsh-anti-gay-laws/>). See also the Commonwealth Human Rights Initiative: [http://www.humanrightsinitiative.org/london/lgbt\\_rights/caribbean.pdf](http://www.humanrightsinitiative.org/london/lgbt_rights/caribbean.pdf)

Travel advice from the United Kingdom's foreign travel advice web page states:

*“Barbados has a very conservative attitude to homosexuality and homophobic views are common. Sodomy remains a criminal offence, although penalties concerning sexual relations between members of the same sex are rarely enforced when this takes place in private. There is no overtly public gay scene in Barbados and no gay and lesbian publications. Many gay Barbadian couples are known and live together without problems by keeping a low profile.”*

<https://www.gov.uk/foreign-travel-advice/barbados/local-laws-and-customs>

## V. HINTS AND TIPS FROM FORMER STUDENTS

### In general

- Be prepared for little inconveniences and don't get irritated. You're in a different country, so don't expect everyone should change to accommodate you!
- Account for "Island Time" – locals are not on time, most of the time, and that's just the way it is. Getting your check may take a while at restaurants as well.
- Be prepared to take a long time to get around the island. There's lots of traffic—and lots of people.
- Plan three things you want to do before you get to Barbados—and then do them.
- Get to know the UWI students—they will have lots of advice and know what's happening on the island and can be your tour guides.
- Avoid group drama.
- Explore as much of the island as possible.
- It's helpful to travel in groups of four—larger groups get unmanageable.
- Don't complain—you'll ruin the experience for yourself and your classmates, and you'll offend the Caribbean citizens. If you want everything to be like it is in the U.S., stay in the U.S.
- Be sure to experience the local food but if money is getting tight, a good way to save is by cooking in the dorms.
- Arrange to prepare an American-style meal for your entire class group, and ask if your Caribbean classmates would enjoy preparing their own local cuisine for you. It makes for good group bonding, and is a fantastic way to try new foods

### Classes

- Read ahead before you arrive.
- Read ahead when possible and make sure you read the current day's assignment if you get behind.
- Take reading to the beach with you.
- Study with a partner.
- Schedule any trips to other islands before arriving in Barbados. Time evaporates and it gets hectic as the weeks go on—and there's a lot to do and see in Barbados.
- Get your reading done before going out for the afternoon/evening—or spend 2-3 hours after class at the beach because it gets dark at 6:30 and then prepare for classes Sunday through Wednesday evenings.
- Do a lot of the reading early in the week so you can play on the weekends.
- Do a lot of the readings Sunday evening and read ahead.
- Be prepared for a different teaching method with the UWI faculty—they tend to use the lecture method.
- Study in the AC (perhaps at the Student Guild building in the evening) because it is easier to focus.

## **Clothing**

- Don't take jeans and only one light-weight long-sleeved shirt in case you need a break from the sun—go with shorts and tank tops.
- Don't bother taking heels (for women)—you have to walk everywhere and you can't walk in heels for very long. If you feel you must, take wedges instead.
- Have light weight sun dresses (for the women) to wear out in the evening.
- Make sure you have nice, lightweight slacks (for men) for the professional dress for the field trips.
- Take breathable fabrics—avoid silk because it doesn't breathe and it shows perspiration quickly.
- Bring plenty of lightweight lounging type clothing for hanging out at the dorm
- Bring running shoes for the grass track and work out clothes for the campus weight room if you want to work out.
- It's hot and humid, but the AC can be cool in the classrooms, so bring something to throw on during class.
- Bring lots of swim suits.
- Have a backpack or bag to take to the beach (and don't use it for anything else—sand will get into anything else you use the bag for!)
- Don't wear perfume, cologne or use scented soap—you'll be a bug magnet if you do—and bring bug spray.

## **Culture**

- Caucasians are in the distinct minority—Caucasian students have found it interesting and educational being in the minority.
- Customer service is not a priority, so be persistent but polite.
- Come early and get acclimated to the weather.
- Stay a day or two after the program ends—you'll love being there without the responsibility of class!
- Work on your dance moves and dance yourself crazy!
- Study a map of the island and read a travel book so it doesn't take until halfway through the six weeks before you have things figured out.
- Utilize your time in the dorms—bring cards, download Skype, enjoy hanging out in the TV lounge with your classmates.
- Bring a book or an e-book—it's a great way to relax in the dorm or on the beach.
- Try new foods.
- Don't spend all your time with your U.S. classmates—get to know some locals and experience Bajan culture.

## **Money**

- Make sure to have your ATM card with you when you go out because many places do not take credit cards.
- Make sure you have budgeted enough money to take advantage of the fine dining opportunities on the island.
- The ATM's smallest bill is a \$20; keep that in mind if you're sharing a cab. The best thing to do is always have small bills on you (so make change ASAP).

### **Transportation**

- Make sure you get a price BEFORE getting in a taxi.
- Get to know the routes of the vans and mini-buses.
- In 2012 it was \$50 BD to go from St. Lawrence Gap to UWI—don't let the taxi cab drivers take advantage of you. Be firm but not rude.
- Take a taxi to and from Oistins because it takes too long to take the bus.
- When booking a mini-van taxi, ask how much it will be before making a reservation—in 2012 it was about \$8 BD per person.

### **Shopping**

- Enjoy the duty free shops in Bridgetown (make sure you bring your passport)—also the duty free shops will be open in the airport upon departure.
- Check out the House of Cuban Cigars (but don't take any back to the US—new regulations on this matter are not at all final or clear as of this writing!)
- For washing clothes, use Woolite, not the local brand “Breeze.”
- Fresh groceries go bad quickly—no preservatives!
- Sometimes it's nice not to have to leave the dorms for dinner, like on the night before the final exams, so pick up a frozen pizza or a quick meal like spaghetti and fix a meal in the dorm kitchen.

### **Security**

- Avoid traveling the island alone, and stick with the group, particularly at night. Although the island is quite safe, it's important to realize that you are a stranger in a foreign country. Look out for each other and be alert if anyone is missing.
- Don't leave any belongings unattended on the beach—take turns hitting the surf so someone is with your belongings at all times. Like any other beach in the world, thieves may be waiting for you to leave your belongings unattended.
- Be sure to lock your dorm room whenever you leave and, at night, lock both your dorm room door and the front doors to the apartment.