

Cook Islands

Speaking to regional participants at a regional summit on climate change and relocation in May 2013. Prime Minister Henry Puna told delegates he had had first-hand experience on communities affected by climatic conditions. He said Cyclone Martin in 1997 had had a tremendous impact on the lives of the people of his home island, Manihiki, which is just 4 metres (13 feet) above sea level at its highest point.

‘As a resident in Manihiki, I have a deep appreciation of how serious the implications of forced human mobility can be,’ Puna said. ‘Traumatised and devastated by this disaster, our people – including the children – required counselling as well as relief assistance.’

Puna said devastation caused by Cyclone Martin – including wind and sea surge damage – forced many islanders to relocate and move to other islands within the group. Many families left the Cook Islands entirely, relocating to New Zealand or Australia. He told the Nansen Initiative-Secretariat Pacific Regional Consultation on Human Mobility, Natural Disasters and Climate Change that ‘The internal displacement had a profound effect and impact upon the island and the population numbers have not recovered to this day.’

The Manihiki experience was one of the issues highlighted at the meeting, held in Rarotonga. It was supported by the Secretariat of the Pacific Regional Environment Programme and was the first in a series of international summits organised by the Nansen Initiative, a joint effort of the Norwegian and Swiss governments.

About 50 ministers, permanent secretaries and technical experts from the region attended the four-day event. Puna said that Pacific countries faced several threats – sea surges, coral degradation, *tsunami* and strengthened cyclones.

‘We need to strengthen the collective Pacific voice in the area of cross-border displacement, climate change and natural disasters,’ Puna said. He added that ‘This is the first step towards global dialogue.’

Puna said the issue of relocation of any community needed serious attention and all stakeholders – including donors,

leaders and communities – had a collective responsibility to address the issues.

The economy

Public spending on infrastructure and a stronger tourism sector contributed to a jump in gross domestic product (GDP) for financial year (FY) 2012 to 3.3 per cent from 1.0 per cent in 2011. As infrastructure construction slows with the completion of projects and public spending declines, so growth in FY2013 is expected to slow to 3.0 per cent. However, growth in Australia and New Zealand is expected to improve in 2014, which in turn will impact positively on the Cook Islands.

Tourist arrivals have increased by an average of 8 per cent over the last two years – to maintain this growth, the sector will need to expand facilities. Inflation, thanks to declining food and fuel prices, is expected to remain relatively low at 3 per cent for 2013. Higher tax collections and grant inflows in FY2013 are expected to cover increases in personnel and capital expenditures, keeping the fiscal deficit within government targets at 2.3 per cent of GDP.

Inflation rose to 2.8 per cent for FY2012, a sharp increase over 0.6 per cent in FY2011, largely due to higher transport and utility costs. By the end of the year, however, inflation began to drop as international food and fuel costs fell. For FY2013, thanks to the continuing decline in food and fuel prices, inflation is expected to remain relatively low at 3 per cent. Higher tax collections and grant inflows in FY2013 are expected to cover increases in personnel and capital expenditures, keeping the fiscal deficit within government targets at 2.3 per cent of GDP.

Risk assessment

Politics	Fair
Economy	Fair
Regional stability	Good

COUNTRY PROFILE

Historical profile

1200 The islands were believed to have been settled by neighbouring Tahitians.

KEY FACTS

Official name: Cook Islands

Head of State: Head of State Queen Elizabeth II; represented by HM the Queen’s Representative in the Cook Islands, Tom Marsters (from 27 July 2013); High Commissioner Linda Te Puni (from 10 Mar 2010)

Head of government: Prime Minister Henry Puna (CIP) (from 18 Nov 2010)

Ruling party: Cook Islands Party (CIP) (from 18 Nov 2010)

Area: 234 square km (15 islands); Rarotonga (67 square km)

Population: 17,791 (2011; census figure)

Capital: Avarua, on the island of Rarotonga

Official language: English and Cook Islands Māori

Currency: New Zealand dollar (NZ\$) = 100 cents; Cook Islands’ own currency is defunct

Exchange rate: NZ\$1.25 per US\$ (Jul 2013)

GDP per capita: US\$20,452 (2010)

GDP real growth: 3.30% (2012)

GDP: US\$241.30 million (2010)

Inflation: 0.60% (2011)*

Balance of trade: -US\$105.00 million (2012)*

Visitor numbers: 99,500 (2009–10)

* estimated figure

1596 The Spaniard, Alvaro de Mendana, was thought to be the first European to sight the islands.

1733 The islands were named in honour of Captain James Cook.

1789 Rarotonga, the main island, was sighted by the Bounty mutineers.

1888 The islands became a British protectorate.

1901 New Zealand became colonial administrators of the Cook Islands.

1945 The island of Pukapuka (55km north-west of Nassau island) was bought by the Cook Islands Administration for UK£200 and then sold to the Island Councillors and Chiefs of Pukapuka six years later for the same price.

1965 The islands became self-governing, as a New Zealand dependency. Albert Henry of the Cook Islands Party (CIP) became prime minister.

1978 The Democratic Party (DP) won the election and Tom Davis became prime minister.

1994 The CIP won the general elections with 20 seats in the 25-seat parliament – the greatest margin of victory in 30 years. Geoffrey Henry became prime minister.

1997 The DP experienced internal conflict and a majority of party members broke away to become the Democratic Alliance Party (DAP). A faction of the DP became the New Alliance (NA) Party, led by Norman George.

1999 The CIP lost the general election and Terepai Maoate of the DAP formed a government with the NA.

2001 The Cook Islands was placed on the international money laundering blacklist of the Organisation for Economic Co-operation and Development (OECD).

2002 Maoate was ousted as prime minister in a vote of no-confidence. Robert Woonton (DAP) formed an all-party coalition.

2003 The DAP and the NA merged and reverted to their original name, Democratic Party (DP). Cook Islands Māori became an official language.

2004 Jim Marurai, leader of DP was elected prime minister.

2005 After a dispute with his party, Marurai, remained prime minister with the support of the CIP. The Cook Islands was removed from the OECD international money laundering blacklist. Marurai's alliance with the CIP broke down and he returned to the DP for support, but not the party leadership.

2006 A by-election tipped the balance of power in parliament. The DP won snap elections, called by Prime Minister Marurai. A census was held in which 19,569 people were recorded, including tourists.

2008 Brian Donnelly became high commissioner but was forced to resign

because of ill-health; he later died in New Zealand. Sophia Vickers became acting high commissioner until Tia Barrett was appointed acting high commissioner.

2009 The OECD published a list of countries that had not implemented international tax information exchange standards, of which Cook Islands was one, despite signing a co-operation agreement in 2002. High Commissioner Tia Barrett died suddenly.

2010 Linda Te Puni became high commissioner. Sir Frederick Goodwin was re-appointed as the Queen's Representative, for the third time. In a referendum, to reduce the number of parliamentary members, 76 per cent of the votes approved the motion; however as less than two-thirds of the voting population participated the proposed change was unsuccessful. In parliamentary elections the opposition CIP won 16 seats (out of 24). Henry Puna became the prime minister.

2011 In July the first direct flight from Sydney (Australia) landed at Rarotonga International Airport. A population census was held on 1 December, and recorded 17,791 people, which included tourists and other visitors. The majority of people were on the island of Rarotonga; the gender split was almost 50/50 per cent.

2012 Initial results of the population census showed that although there had been a 30-year decline in population numbers, since 2006 the population had increased by over 10 per cent on three major islands and that nearly 50 per cent of the population was aged 15–44. The first Ui Ariki Day (the day of Chiefs) holiday was held on 6 July. On 29 August, the leaders of seven Pacific island countries signed a maritime boundary agreement (MBA) that agreed to an official, legal and accurate boundary position of several overlapping jurisdictions among neighbouring islands. The new MBA should provide improved governance, protection, conservation and management of resources within the territories.

2013 Prime Minister Henry Puna visited the US, France and Belgium in July. He returned with some US\$6.5 million of funding to develop energy from renewable sources.

Political structure

Constitution

Under the 1965 constitution, New Zealand has responsibility for defence and foreign affairs and the Cook Islands is self-governing with full responsibility for internal affairs. Local affairs are handled by island councils and village committees in the outer islands.

Form of state

Self-governing state in free association with New Zealand.

The executive

Executive power is exercised by the prime minister and cabinet, through the High Commissioner (Queen's Representative).

National legislature

The unicameral parliament comprises 25 members (10 representing the main island of Rarotonga, 14 representing constituencies on other islands, and one representing expatriate Cook Islanders), elected by universal suffrage for a five-year term. Parliament chooses a prime minister from among its members, who then appoints a cabinet.

The House of Ariki is a 15-member chamber of hereditary chiefs, which advises on matters of land and issues of tradition.

Last elections

17 November 2010 (parliamentary and referendum)

Results: Parliamentary: Cook Islands Party (CIP) won 44.5 per cent of the vote (16 seats out of 24), Democratic Party (DP) 39.2 per cent (eight); two other political parties and independent candidates failed to win any seats.

Referendum: 76 per cent of the votes approved the motion to reduce the number of members of parliament (MPs); however as a two-thirds majority of the voting population did not participate the referendum was unsuccessful.

Next elections

September 2015 (parliamentary)

Political parties

Ruling party

Cook Islands Party (CIP) (from 18 Nov 2010)

Main opposition party

Democratic Party (DP)

Political situation

In October 2009 the government of the Cook Islands adopted an economic support programme. The government hoped the programme would give a lift to the economy by supporting infrastructure expenditure, which would create employment; the programme would also target vulnerable groups in society by giving extra support.

There was an increase in tourist arrivals in 2009, largely as a result of an increase in tourism marketing overseas and a number of special events. The government has agreed to extend airline subsidies, especially on the Los Angeles–Rarotonga route, and the new direct air link to Sydney.

The Asian Development Bank (ADB) has provided a loan for some 15 projects totalling US\$55 million, of which infrastructure and information and communication technology (ICT) accounted for US\$20.91 million, by December 2009.

Economic growth in 2011 was estimated at 3.4 per cent.

Population

17,791 (2011; census figure)

The 2011 population census recorded 17,791 people, which included tourists and other visitors and registered a gender split of almost 50/50 per cent. The majority of people located were on the island of Rarotonga at 73.6 per cent of total numbers.

Initial results of the population census showed that although there has been a 30-year decline in population numbers, since 2006 the population has increased by over 10 per cent on three major islands and that nearly 50 per cent of the population was aged 15–44.

Last census: 1 December 2011: 17,791

Population density: 97 inhabitants per square km (2010). Urban population 75 per cent (2010 Unicef).

Annual growth rate: 0.7 per cent, 1990–2010 (Unicef).

Ethnic make-up

Polynesian (81 per cent), Polynesian and European mixed (8 per cent), Polynesian and non-European mixed (8 per cent), European 2 per cent.

Religions

The majority are Cook Islands Christian Church (70 per cent), although Roman Catholics, Latter Day Saints, Seventh-Day Adventists and Assembly of God are also represented.

Health

The National Health Service in the Cook Islands is of a good standard relative to the needs of the country, managed by the ministry of health. There is a 90 bed central hospital on Rarotonga, seven outer island hospitals, 13 outpatient clinics, five healthcare centres and 58 maternity-child clinics. Difficult clinical cases are referred to New Zealand for specialised treatment. There is a comprehensive and compulsory immunisation programme for all new-born children. There are no dangerous animals, no poisonous insects and no lethal viruses such as malaria indigenous to the Cook Islands.

HIV/Aids

The first case of HIV infection by a resident of the Cook Islands was reported in December 2010.

Life expectancy: 72 years, 2004 (WHO 2006)

Fertility rate/Maternal mortality rate: 2.6 births per woman, 2004 (WHO 2006)

Child (under 5 years) mortality rate (per 1,000): 11 per 1,000 live births (WHO 2012)

Head of population per physician: 0.78 physicians per 1,000 people, 2001 (WHO 2006)

Main cities

Avarua, on the island of Rarotonga (capital, estimated population 13,509 in 2012), Amuri (334), Mangaia (258).

Languages spoken

Rarotongan is spoken on Rarotonga; Pukapuka and Nassau both have their own quite different languages, while other islands have differing versions of Cook Islands Māori. Most of the islanders also speak English.

Official language/s

English and Cook Islands Māori

Media

Elijah Communications (EC) owns and operates radio and television stations and publishes a newspaper.

Press

Dailies: EC publishes the *Herald* (www.ciherald.co.ck), while the *News* (www.cookislandsnews.com) is another independent newspaper; both are weeklies.

Broadcasting

Radio: There are two radio stations with services that are broadcast in English and Māori. The EC-owned Radio Cook Islands has a network that includes AM, FM and Internet streaming for coverage throughout the islands. It also operates HITZ 101.1 aimed at a young audience. Radio Ikurangi is also a private station.

Television: The EC-owned Cook Islands Television broadcasts for up to 18 hours per day. Services are provided via satellite and include not only domestic programmes but also some broadcast from New Zealand.

Other news agencies: ABC Pacific Beat: www.radioaustralia.net.au/pacbeat
Pacific Magazine: www.pacificmagazine.net
Pacific Islands News Association (Pina): www.pina.com.fj

Economy

Tourism and some offshore financial services are the principal components of the economy. Subsistence agriculture and fishing, particularly for pearls, continue as important activities for the population. Remittances from migrant workers, aid from New Zealand and Australia, sales of postage stamps and export of agricultural produce also play a role. The pearl industry, based on the islands of Manihiki and Penrhyn, has become a significant export sector and the government has invested in the industry's future through quality control and marketing. There has been a shift to paid labour and small businesses on the southern atolls, although many still work their own plantations. A significant offshore banking business has developed; regulations have been revised and a Financial Supervisory Commission established, allowing for further improvements

to be implemented. The sale of fishing licences to foreign fleets is a key revenue earner.

Major infrastructure projects include expansion of the electricity system, installation of photovoltaic units in the Northern Group Islands, and improvements to telecommunications and the harbour and shipping services.

The long term prospects for the Cook Islands economy is not particularly bright. The economy had been in recession, averaging -2.4 per cent over 2007–09, before growth picked up in 2010 at 0.2 per cent, increasing to an estimated 3.4 per cent in 2011. With growth came a rise in GDP per capita of US\$15,528 in 2009 to US\$20,452 in 2010.

Tourism remains steady; the industry catered for 99,500 visitors in 2009–10 and is expected to be over 101,000 in 2010–11.

The government has problems in maintaining basic health and education services on the outer islands, due to continued migration of skilled workers to New Zealand. The local population is not only aging but also in decline as migration takes the younger, productive workforce overseas. Although the subsequent remittances sustain elderly family members, who are no longer productive, the goods and services provided are increasingly based on their needs and are not necessarily used in capital investment.

External trade

The Cook Islands is a member of the South Pacific Regional Trade and Economic Co-operation Agreement (Sparteca) along with 12 other regional nations. This allows products duty free access by Pacific Island Forum (PIF) members (which includes the Cook Islands) to Australian and New Zealand markets (subject to the country of origin restrictions).

The Cook Islands suffer from an adverse balance of trade, particularly with New Zealand, with which it maintains a free trade agreement and free movement of workers.

Imports

Principal imports are manufactured goods, foodstuffs, textiles, fuels, timber, capital goods and live animals.

Main sources: New Zealand (84.4 per cent of total in 2011), Australia (5.1 per cent), US (2.5 per cent).

Exports

Principal exports are predominantly black pearls, copra, papayas, fresh and canned citrus fruit, fish, and pearl shells and clothing manufacture.

Main destinations: Japan (58.8 per cent of total in 2011), New Zealand (4.3 per cent), US (6 per cent).

The rich volcanic soil on the southern islands helps subsistence farming cater for local consumption.

Long-line catches of tuna and billfish are most often exported to either American Samoa or Japan. The problems of the Cook Islands' huge fishery exclusive economic zone includes the continued attraction of illegal operators, too little data on migratory fish stock and the high cost of its operation. In order to develop the domestic fishing industry, the government introduced exemption on levies for fuel, bait and equipment, but labour shortages are a constant constraint.

In January 2012 the government issued fishing licences to 17 Taiwanese vessels. They will be allowed to fish for tuna and swordfish until 2015. However, local fishermen see competition from these vessels as potentially devastating and called on the international environmental campaign group, Greenpeace, to provide support for their cause in reversing the decision. By mid-2013 there was concern that the vessels were looking to sell catch locally, thereby hitting local businesses. Pearl farming used to be the second-largest income earner, after tourism. Commercial fishing generates three times as much export income as pearl production. The bases for pearl fishing are the northern group atolls Manihiki, Penrhyn and Rakahanga.

The Cook Islands enforces a strict ban on shark finning. The Luen Thai Fishing Venture, a multinational fishing company licensed to fish in Cook Islands waters with 14 vessels, has been fined US\$120,000 and stripped of its fishing licence for Marshall Islands waters since being found with shark fins on board their vessels. There is a 1.9 million square kilometre shark sanctuary, established in 2012, in Cook Islands waters.

Industry and manufacturing

The Cook Islands economy earns around US\$4.5 million per annum from its pearl industry. The other main secondary industries include agricultural exports, clothing manufacture, fruit canning/processing, electronic component assembly and handicrafts.

Tourism

Cook Islands' palm fringed, largely white beaches and azure seas fulfil most visitor's idea of a tropical paradise and the sector offers visitors as much of the local Polynesian culture as any could wish. The sector constituted around 60 per cent of GDP in 2010, which is higher than the regional average. There are direct, daily international flights from New Zealand and Australia, to the recently upgraded and expanded Rarotonga International Airport, opened in June 2010.

The government policy is to redirect the sector from a reliance on 'sea and surf' holidays to value-added geo-tourism, 'that sustains or enhances the geographical character of a place – its environment, culture, aesthetics, heritage, and well-being of its residents'.

The largest number of visitors are from New Zealand, with 78,000 in 2012 followed by Australia with 21,000. Total number of visitors in 2012 was 117,000, an increase of 8.3 per cent over 2011.

Mining

The Japanese government's Metal Mining Agency has discovered significant reserves of manganese in nodules on the seabed in Cook Islands territorial waters. New techniques are being developed to exploit this resource.

There are no known hydrocarbon reserves. Consumption of oil was 1,009 barrels per day (bpd) in 2012, all of which was imported.

Energy

Total installed generating capacity was 8MW in 2010, producing 3.1 million kilowatt hours. The Rarotonga Electricity Authority is responsible for electricity supply to Rarotonga only.

Banking and insurance

Legislation to enable Cook Islands' development as an offshore financial centre and tax haven was enacted in 1981/82. Since 2001, when the Cook Islands was among nine countries listed by the OECD Financial Action Task Force (FATF) as havens for money laundering, offshore banking regulations have been revised and the Financial Supervisory Commission established in 2003 to license and regulate all trustee companies both domestic and international.

In February 2005, the Cook Islands came off the list of non-co-operative countries and territories of the OECD FATF.

There have been limited attempts to consolidate the banking sector, with 16 licensed banks in operation.

Central bank

The Cook Islands do not have a central bank.

Main financial centre

Avarua (on Rarotonga).

Offshore facilities

The offshore financial industry provides 8 per cent of GDP.

Time

GMT minus ten hours.

Geography

The Cook Islands comprise 13 inhabited and two uninhabited islands located in the southern Pacific Ocean, between American Samoa to the west and French Polynesia to the east. The islands are spread

over about two million square km (more than 750,000 square miles) of ocean, and form two groups – the Northern Group of the six atolls of Nassau, Pukapuka, Rakahanga, Penrhyn, Suvarrow and Manihiki, and the more populous Southern Group which includes Rarotonga, Aitutaki, Mangaia, Palmerston and Takutea, all volcanic islands.

Rising sea levels as a result of global climate change are a potential threat to the low-lying islands. Heights above sea level range from Te Manga, Rarotonga at 652m (2,139ft) to Manihiki at 4m (13ft) above sea level at its highest point.

Hemisphere

Southern

Climate

Damp and tropical, mild from Apr–Nov but Dec–Mar hot and humid, with likelihood of hurricanes. The mean temperature is 24 degrees Celsius, with average yearly rainfall over 2,000mm; heaviest on the forested volcanic slopes of the southern islands.

Entry requirements

Passports

Required by all, valid for six months beyond initial visa-free 31 days. Proof of onward passage, adequate funds and suitable booked accommodation are also required.

Visa

For tourist purposes, visas are not required for stays of up to 31 days. Monthly extensions can be arranged up to a maximum of five months.

Currency advice/regulations

No restrictions on import of local and foreign currency. Export of local currency is limited to NZ\$250 and of foreign currency to amount declared on arrival.

Customs

Incoming passengers are permitted to bring in a maximum of 200 cigarettes, 1kg of tobacco or 50 cigars and two litres of wine or spirits or 4.5 litres of beer.

Health (for visitors)

There are no dangerous animals, no poisonous insects and no lethal viruses such as malaria indigenous to the Cook Islands.

Mandatory precautions

None.

Advisable precautions

Vaccinations for diphtheria, tuberculosis, hepatitis A and B, polio, tetanus and typhoid are recommended.

The World Health Organisation has warned of a high risk of catching dengue fever.

Hotels

A 10 per cent Government Turnover Tax applies. Tipping is not customary.

Credit cards

Visa and Mastercard are accepted.

Public holidays (national)**Fixed dates**

1 Jan (New Year's Day), 25 Apr (Anzac Day), 6 July (Ui Ariki Day (Day of Chiefs)) 25 Jul (Gospel Day, Rarotonga), 4 Aug (Constitution Day), 27 Oct (Gospel Day), 25 Dec (Christmas Day), 26 Dec (Boxing Day).

Variable dates

Good Friday, Easter Monday, Queen's Official Birthday (first Mon in Jun).

Working hours**Banking**

Mon–Thur: 0900–1500; Fri: 0900–1100.

Business

Mon–Fri: 0800–1600.

Government

Mon–Fri: 0800–1600.

Shops

Mon–Fri: 0900–1600; Sat: 0900–1200.

Telecommunications**Mobile/cell phones**

GSM900 network and 2.5G Edge technology for data. Local mobiles can be hired in Rarotonga from the Telecom office near Cook Islands Tourist Corporation.

Electricity supply

240V DC/50 cycle. Mostly diesel generators; supply is continuous on Rarotonga, Aitutaki and Mauke, but may be 12 hours per day elsewhere. Plugs are the same as Australia and New Zealand i.e. three prongs set at an angle.

Social customs/useful tips

Bargaining is discouraged. Gratuities are not customary, as tradition requires that something is then given in return. Dress: Brief attire (eg bikinis) should not be worn in towns or villages. Nude or topless sunbathing will cause offence. Homosexuality is generally accepted, although officially illegal (for men, not women). Public displays of affection would be considered offensive though. Same sex marriage is not permitted and civil unions aren't recognised. 'Kia orana' is the usual greeting; it means 'May you live long'.

Getting there**Air**

There are direct, daily international flights from New Zealand and Australia.

International airport/s: Rarotonga (RAR), three kilometres west of Avarua. Restaurants, duty-free shop, shops, car rental. Hotel coaches meet each flight and taxis and buses are also available.

Airport tax: Included in air fares. From 2013 it is NZ\$65 and applies only to international travel.

Surface

Water: Inter-island shipping services are provided by major passenger carrying cargo lines, operators include Express Cook Islands Line Shipping Ltd and Hawaii-Pacific Maritime Ltd.

Main port/s: Avatiu (on Rarotonga), and Aitutaki. Penrhyn Island (northern Cook Islands) is also a Port of Entry.

Getting about**National transport**

Air: Air Rarotonga operates inter-island services. Airstrips for small planes on Aitutaki, Penrhyn, Rakahanga, Mitiaro, Aitiu, Mauke, Mangala and Manitiki. Services do not operate on Sunday.

Road: The Ara Tapu surfaced road runs 32km around Rarotonga coast. There is also an older inland road, which winds cross-country.

Buses: *The Island Bus* (yellow buses) – a round-the-island service in both directions (Mon–Fri 0700–1600; Sat 0800–1300).

Taxis: Taxi service is available on Rarotonga.

Water: There are harbours on Aitutaki, Aitiu, Penrhyn and Suwarow.

Car hire

Car, scooter and bicycle hire are available on Rarotonga and Aitutaki. Driving is on the left.

A local licence is required; they can be obtained from the police station on Avarua, on presentation of an international or Commonwealth national driving licence. In 2013 the cost was NZ\$20 (US\$15.50).

BUSINESS DIRECTORY

The addresses listed below are a selection only. While World of Information makes every endeavour to check these addresses, we cannot guarantee that changes have not been made, especially to telephone numbers and area codes. We would welcome any corrections.

Telephone area codes

The international direct dialling (IDD) for Cook Islands is +682 followed by subscriber's number.

Useful telephone numbers

Police: 999

Fire: 996

Ambulance: 998

Chambers of Commerce

Cook Islands Chamber of Commerce PO Box 242, Avarua, Rarotonga (tel: 20-925; fax: 20-969).

Banking

Bank of the Cook Islands, PO Box 113, Rarotonga (tel: 29-341; fax: 29-343).

Wall Street Banking Corporation Ltd, PO Box 3012, CITC House, Avarua (tel:

23-445; fax: 23-446; e-mail: info@wallbank.co.ck).

Westpac Banking Corporation, PO Box 42, Rarotonga (tel: 22-014; fax: 20-014).

Travel information

Air Rarotonga (tel: 22-888; e-mail: bookings@airraro.co.ck; internet site: http://www.airraro.com).

Flight information (24 hours) (tel: 25-890).

Government Information Office, PO Box 106 (tel: 29-304; fax: 20-856).

Principal Immigration Officer, Ministry of Foreign Affairs and Immigration, PO Box 105, Rarotonga (tel: 29-347; fax: 21-247).

Rarotonga International Airport, PO Box 90, Rarotonga (tel: 25-890; fax: 21-890; e-mail: aaci@airport.gov.ck).

National tourist organisation offices

Cook Islands Tourism Corporation, PO Box 14, Avarua, Rarotonga (tel: 29-435; fax: 21-435; e-mail: headoffice@cook-islands.com).

Other useful addresses

Asian Development Bank (ADB), South Pacific Regional Mission, La Casa di Andrea, Fr. Dr. W. H. Lini Highway; PO Box 127, Port Vila (tel: +678 2 23-300; fax: +678 2 23-183; email: adbsprm@adb.org; internet: http://www.adb.org/SPRM).

Cook Islands Development Investment Board, Rarotonga (tel: 24-296; fax: 24-298; e-mail: cidib@oyster.net.ck; internet site: http://www.cookislands-invest.com).

Cook Islands Investment Corporation, Rarotonga (tel: 29-391; fax: 29-381; e-mail: ciic@oyster.net.ck).

Cook Islands News, PO Box 15, Rarotonga (tel: 22-999; fax: 25-303; e-mail: editor@cookislandsnews.com; internet site: http://www.cinews.co.ck).

Other news agencies: ABC Pacific Beat: www.radioaustralia.net.au/pacbeat

Pacific Magazine: www.pacificmagazine.net

Pacific Islands News Association (Pina): www.pina.com.fj

Internet sites

Cook Islands government: www.cook-islands.gov.ck

Cook Islands shipping movements: www.ck/shipping.htm

Cook Islands website: http://www.cookislands.org.uk/