

ELECTRICITY

Bangladeshi appliances operate on 220 voltage. Power fluctuations are common. Surge protectors should be used with sensitive equipment.

COMMUNICATIONS

Telephone, fax, Internet, email, Telex and airmail postal services are available in Bangladesh for business correspondence. International direct dial telephones and fax machines are increasingly available in major cities. Collect telephone calls or toll-free calls cannot be made from Bangladesh and phone cards are also not available. Cellular phone service is available in most areas of the country. Airmail post takes about two weeks to arrive from Canada. Registration of all letters sent by international mail is recommended. Express mail service is available to the major international cities. International courier services, including Airborne, DHL, Federal Express, TNT Skypack, and United Parcel Service, operate to and from Bangladesh.

TRANSPORTATION

Zia International Airport is located at Kurmitola, about 12 kilometres north of Dhaka city. The national air carrier, Biman Airlines, is the major domestic air travel provider. Private GMG Airlines has flights from Dhaka to Chittagong, Barisal, Jessore, Rajshahi and Sylhet. International connections with direct flights to Dhaka includes British Airways, Thai Airlines, Singapore Airlines, Emirates, Dragon Air and Malaysian Airlines.

LODGING

Two international class hotels- The Dhaka Sheraton and the Sonargaon Pan Pacific Hotel are located in Dhaka. In Chittagong, business visitors usually stay at the Hotel Agrabad. For longer stays, guesthouse accommodation is available in upper-class neighbourhoods in Dhaka and Chittagong.

HEALTH

Intestinal problems are common in Dhaka. Visitors must exercise care in what they eat and drink; food-related diseases are common. Even in hotels, presume all tap water is contaminated. Travellers are advised to drink bottled/boiled water and eat only fruits and vegetables that have been cooked or peeled. Undercooked meat should be avoided. Travellers should also avoid eating uncooked dairy products and food sold on the streets. Outbreaks of dengue fever are common during the rainy season. Visitors who take medication on a regular basis should bring enough for the duration of their visit. It is not always possible to find equivalents for North American prescriptions on the local market. In general, local medical facilities are substandard, except for a few outpatient clinics. Travellers are advised to obtain international medical insurance and establish contact with a doctor upon arrival. The following physicians/ facilities are present in Dhaka:

Dr M.A.Wahab, Dr Wahab's Clinic, House 3, Road 12, Baridhara, Dhaka. Tel: 882-1454, wahab@dhaka.agni.com
Sikdar Hospital. Road 104, Gulshan. Dhaka. Tel: 881-5363; 988-7458

FOOD:

Restaurants in Dhaka and Chittagong serve mainly local (Bengali), Indian, Chinese and other Asian cuisine. Continental food is available at Dhaka's internationally operated hotels. The main local foods are boiled rice and fish, or curries with mutton, beef or chicken. Vegetables and lentils are also popular. There is no effective system of health inspection of restaurants. A number of restaurants popular with expatriates have opened in the last several years.