

24.

For evening entertaining, the standard dress is usually casually elegant. Trinidadians prefer to dress up rather than down in most cases.

(Canadians tend to dress far more casually than Trinidadians in most cases. For example, it is not acceptable to wear shorts and a T-shirt if invited by a Trinidadian to a barbecue dinner.)

International and Local Clubs and Associations

Several international clubs are represented in Trinidad and Tobago. Among them are the International Rotary Club, the Kiwanis Club, the Lions Club, the Optimists and the Soroptimists. There is also a Canadian Women's Club which meets monthly and is involved in charity fund-raising activities.

Recreational Facilities

Most sporting activities are available in Trinidad. There are several excellent bird watching reserves. Also, fishing, hiking, horse racing, jogging, sailing & yachting, squash, swimming, tennis and other water sports are all available. In addition, there are a few good beaches within driving distance from Port of Spain. For more information, check with your hotel information desk or the Trinidad and Tobago tourist book.

Security and Safety

As in most other major metropolitan centres around the world, visitors should take certain precautions not to put themselves in dangerous situations.

Be discreet in your travels and take care not to draw attention to yourself by carrying large amounts of cash or wearing lots of jewellery.

Never travel alone in isolated areas. Travel in groups.

Most hotels have 24 hour security staff on site for your protection. You will also find that many stores and restaurants have security guards on staff and offer secure parking, especially in the evening.

In case of an emergency, police can be contacted by dialing 999.

You may also reach the Canadian High Commission at 622-6232 during working hours.

For visitors health care the St. Clair Medical Facility a private hospital is usually recommended.