
**Australia,
New Zealand & Fiji**

ESCORTED TOUR

Plus optional extensions in

**Melbourne & the Outback;
Fiji Islands Cruise**

ANZ/ANL/BNZ/BNL 2012

Australia, New Zealand & Fiji

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INTRODUCTION

ABOUT THIS HANDBOOK

We've gathered some introductory information that may prove helpful for this Grand Circle itinerary. If you expect to embark on personal exploration, or wish to discover more about the countries you visit, we suggest that you consult your choice of the many in-depth travel guidebooks devoted to your destinations. For detailed and timely information, it's wise to visit appropriate websites and confirm luggage regulations, weather conditions and other variable elements of your trip. Refer to our recommended reading list (at the end of the handbook) for alternate sources of insight.

ABOUT GRAND CIRCLE TRAVEL

Grand Circle Travel, founded in 1958 to serve the American Association for Retired Persons (AARP), is the leader in international travel, adventure and discovery for Americans aged 50 and over. Grand Circle vacations have been recommended by *The New York Times*, *Condé Nast Traveler*, *The Los Angeles Times*, *Travel+Leisure*, *The Wall Street Journal*, *Arthur Frommer's Budget Travel*, among other publications. But our most impressive reviews come from the more than one million people who have traveled with us and from readers of *Condé Nast Traveler* who placed Grand Circle Cruise Lines, the cruise branch of Grand Circle, in the Top 10 of the World's Best Cruise Lines for seven years. Grand Circle has earned a spot on the prestigious *Condé Nast Traveler* Gold List for seven consecutive years as well. For 2011 *Condé Nast Traveler* named seven Grand Circle river ships among the 20 best river ships in the world; for 2012 the Grand Circle Cruise Lines was named to their Platinum Circle of top cruise lines.

YOUR GCT PROGRAM DIRECTOR

During your exclusive Grand Circle Escorted Tour, you'll have reliable assistance available at all times from an onsite Grand Circle Travel Program Director. Your Program Director is a resident of Australia or New Zealand and can give you an inside perspective on your destinations. They are supported along the way by local tour guides, who guide you expertly through particular sites and cities.

Many Grand Circle Program Directors are graduates of professional education programs for travel guides. In addition, they receive specialized training directly from Grand Circle, training that is based on what we've learned from thousands of past travelers about how to make the trip most enjoyable. Your Program Director offers both a deep knowledge of the region and a commitment to make this a very pleasant, informative, and rewarding travel experience for you.

Your Program Director will provide sightseeing trips, handle all travel details, reserve optional tours you choose to take, oversee your Discovery Series events, and provide any other assistance you may need. You will be in the company of the Program Director throughout your Escorted Tour (and during the optional *Melbourne & the Outback* and *Fiji Islands Cruise* extensions if you take them).

1. PASSPORTS, VISAS AND TRAVEL DOCUMENTS



Passport Required

You need a passport for this itinerary.

Note

Your passport should meet these requirements for this itinerary:

- It should be valid for at least 6 months after your scheduled return to the U.S.
- It should have the recommended number of blank pages (see below for details).
- The blank pages must be labeled “Visas” at the top. Pages labeled “Amendments and Endorsements” are not acceptable.

Recommended number of blank pages:

This recommendation is based on a “worst case” scenario. When you are on this adventure, you might use fewer pages, depending on the whims of the Immigration official on duty that day. Since the consequence of having too few pages can be severe—you could be denied entry into a country—we feel that it’s better to be safe than sorry, and we strongly recommend that you follow these guidelines.

- **Main trip only:** 3 blank “Visa” pages for entry into Australia, New Zealand and Fiji.

Please take moment to check if your passport meets all of these requirements. If not, you could be refused entry into a country. And if that happens, you might be required by that country to return to the U.S. immediately, **which would be at your own expense.**

If you need to renew your passport or get extra pages:

Contact the National Passport Information Center (NPIC) at **1-877-487-2778**, or visit their website at www.travel.state.gov for information on obtaining a new passport, renewing your existing passport, or for additional pages. You can renew your passport by mail if it is not damaged, you obtained it within the last fifteen years, and it’s in the name you want on your new passport. Many local post offices carry forms for renewing by mail or obtaining extra pages. Allow several weeks for processing your passport. You may also contact our recommended visa service company, PVS International, at **1-800-556-9990** for help with your passport.

***NOTE:** When updating your passport, it is worthwhile to check the prices on all the different services that might apply to you. For example, it might be less expensive to renew your passport than to have pages added, depending on the number of pages you need.*

Visa Required

U.S. citizens need a visa to enter Australia. We will send you the necessary visa application form and instructions approximately 100 days before your departure so you can apply for your visa in advance of your trip. (*Note: Applying for your visa within 30 days of your departure will result in additional expenses and fees.*)

New Zealand: No visa is required for U.S. citizens to enter New Zealand for stays up to 3 months. **However, New Zealand's officials require that the ticket numbers for your international flights be on record with them.** If you have arranged your international flights with GCT, we will automatically provide the ticket numbers to the correct authorities; there are no additional steps for you to take. If you have made your own international flight arrangements, we will send you a form to report your ticket numbers approximately 100 days prior to departure.

No U.S. Passport?

Non-U.S. citizens or non-U.S. passport holders: If you are **not** a U.S. citizen or if you possess a passport from a country other than the U.S., it is your responsibility to check with your local consulate or embassy about possible visa requirements. Or you can contact PVS International, who can also assist non-U.S. citizens:

PVS International
Passport & Visa Services
1700 N Moore Street
Rosslyn Center, suite 310
Arlington, VA 22209
Telephone: 1-800-556-9990

Backup Photocopies

The smartest security precaution you can take is to make photocopies of your passport's personal information pages, your air tickets, your traveler's check serial numbers (if you're using them), and your credit cards. Also, bring extra passport-sized photos. Make a list of the phone and fax numbers for reporting lost credit cards, your travel protection plan company (if you have an optional travel protection plan) and medical emergency network. Keep these documents separate from the originals, and they can save you immeasurable time, money, and trouble if your originals are lost or stolen as you travel. In addition, scan these photocopies and email them to your email address; you can then print out replacement copies if necessary.

2. YOUR HEALTH



Keep Your Abilities In Mind

Journeys sometimes present the traveler with unaccustomed challenges — this escorted tour, for instance, features an active itinerary with a fair amount of walking, sometimes following steep, unpaved, or cobblestone pathways. Some of the places you visit have not been improved with elevators, escalators, ramps, railings or other aids that you may be used to. If you have difficulty walking in terms of balance or stamina, or are generally inactive in your daily life consider an exercise program to tone up for your trip. For your comfort and safety, we recommend this program only to individuals in good physical condition. If in doubt, consult your physician describing the length and type of rigors you'll encounter. *Please note that this trip is **not** wheelchair accessible; nor can Grand Circle Travel accommodate motorized scooters of any kind.* If you have difficulty walking or are wheelchair-bound, please consider a different Grand Circle vacation.



Health Check and Inoculations

If you have any ongoing medical conditions or concerns about your health, we highly recommend that you schedule a checkup with your personal physician at least six weeks in advance of your departure date. Discuss with your doctor any aspects of your international itinerary that may affect your health and be guided by his or her advice. Feeling healthy and confident of your mobility is essential if you want to fully enjoy your trip abroad. A loose filling or developing cavity would be difficult to remedy while you are traveling. You may want to have a dental exam before your trip.

If you have a condition that requires special equipment or treatment, you must bring and be responsible for all necessary items related to your condition. If you take medications regularly, be sure to pack an ample supply that will last your entire trip, as obtaining refills of your medication can be difficult during your trip. Pack these medications in your carry-on bag, and keep them in their original, labeled containers. To be prepared for any unforeseen loss of your medications, you should also bring copies of the prescriptions, written using the generic drug name rather than a brand name.

Vaccinations

Check with the CDC: To ensure you receive any needed vaccinations we suggest that you check the current recommendations of the U.S. Centers for Disease Control and Prevention (CDC) for your destination. You can contact them at:

Online — If you have access to the Internet, we suggest you visit the CDC's website at www.cdc.gov/travel, where you will find comprehensive information about preventing illness while traveling.

By phone— at the CDC's Hotline toll-free at **1-800-232-4636**, 24 hours a day. Please note that automated information may be arranged topically by disease, rather than by country or region.

Consult your doctor: After you check the CDC's recommendations we strongly suggest that you consult your family physician (at least 6 weeks prior to departure) concerning any vaccinations or medications that you may need on this trip. At the time of print there were no specific vaccinations required for entry into any of the countries on your itinerary.



Jet Lag Relief

You will feel better on the first days of your trip if, shortly before you leave home, you start to adjust to the different time zone of your destination. Since you will cross several time zones to reach your destination, you may lose many hours of regular sleep. On arrival, your body then will have to suddenly adjust to new sleeping and eating patterns. The result is jet lag. Its symptoms are fatigue—often compounded by insomnia and general restlessness—irritability, and vague disorientation. You cannot totally avoid jet lag, but you can minimize it. Here's how:

- Start your trip well rested. Try to begin a gradual transition to your new time zone before you leave.
- Switch to your destination time zone when you get on the plane. Attempt to sleep and eat according to the new schedule.
- Try to sleep on overnight flights.
- Avoid heavy eating and drinking caffeine or alcoholic beverages right before—and during—your flight.
- Drink plenty of water and/or fruit juice while flying.
- Stretch your legs, neck, and back periodically while seated on the plane, and make an effort to get up and walk about the cabin a few times to keep your blood circulation normal.
- After arrival, avoid the temptation to nap.
- Don't push yourself to see a lot on your first day.
- Try to stay awake your first day until after dinner.

3. LUGGAGE REGULATIONS



Size, Number and Weight Restrictions

It may seem early to discuss luggage and packing, but if you know current industry standards for international flights you can start to plan what type of luggage you'll use, how much clothing to bring, etc. The following information can help you in your trip preparations. We'll remind you to confirm your U.S./international luggage limits (and update regional limits, if applicable) in your final documents (arriving about two weeks before your departure).

MAIN TRIP LIMITS	
Pieces per person	One checked bag and one carry-on bag per person
Weight restrictions	Varies by airline. The current standard is 50lbs for checked bags and 15 lbs for carry-on bags.
Size restrictions	Varies by airline. Measured in linear inches (<i>length+width+depth</i>). Generally, 54 linear inches is the checked bag limit; carry-on limit is 45 linear inches.
Luggage Type	A sturdy, fabric-sided suitcase with built-in wheels and lockable zippers is recommended.
TRIP EXTENSION(S) LIMITS	
The extensions have the same luggage restrictions as the main trip.	
REMARKS / SUGGESTIONS	
<p>The limits on maximum baggage weight and size for your flights within Australia and New Zealand flights, given above, may be more restrictive than those for your international flights but are strictly adhered to for flights within these countries.</p> <p>Penalty for excess baggage: In Australia and New Zealand, when you check in for domestic flights, both your carry-on and suitcase will be weighed and measured. If your carry-on exceeds the size or weight restriction, you must check the bag as luggage; it then will be stored in the plane's cargo area. If your suitcase exceeds the weight restriction, you will be required to open it on the spot and unpack enough items to reduce the weight. You must carry your unpacked items yourself.</p> <p>Carry-on bags with wheels: The popular roll-aboard carry-on bags often do not fit in overhead compartments, particularly on our motorcoaches and the smaller aircraft used on our internal flights in New Zealand. If you must bring a wheeled carry-on bag, be sure to include the size of the wheels when you measure its dimensions. Select a lightweight style with recessed wheels, which protrude minimally from the base of the suitcase. On Grand Circle motorcoaches, any luggage with wheels must be stowed in the luggage compartment underneath the coach.</p> <p>Due to the limitation of space on motorcoach transfers, you'll be restricted to one piece of checked luggage and one carry-on per person. We do not consider a personal effect that you carry yourself (such as a purse or an umbrella) a carry-on.</p> <p>Note: Enforcement of published restrictions by countries and airlines is a matter of governmental and corporate policy. Enforcement may include spot checks and may be inconsistently applied. Expect penalties and fines to be imposed immediately, however, when and if enforced. Before you choose to ignore the published restrictions you should ask: <i>Do I feel lucky?</i> And, even if you answer yes, you should make sure that you have the ability to pay the fine.</p>	

Should I confirm luggage restrictions with my U.S./international airline(s) before departure?

Absolutely, confirm current restrictions about a week or so before your departure. You should take this step no matter if your vacation has a lower limit than the average international flight or not, because there may be recent changes, such as new security regulations, or an update to the standard weight/size allowances. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our webpage in the *FAQ* section.

You should also check with the airlines on luggage fees—many airlines charge to check luggage, even on international flights. Others may charge a fee if you bring a second carry-on item, like a purse or a laptop. **These fees are not included in your trip price;** they are payable directly to the airlines. If you are making a connecting flight, you should also confirm if your luggage can be checked through to your final destination. For more information about air travel, see the “Air Travel” section of your *Important Information* booklet.

Luggage Suggestions

Consider using a daypack or small backpack as your carry-on bag for flights. It can do double duty during excursions and walking trips. A daypack leaves your hands free and distributes the weight of whatever you carry onto your back or hips. Packed with your daily travel needs (sweater, camera, rain/wind jacket, water bottle, etc.), it can compress to fit the snug storage space of foreign motorcoaches, and yet still have space for that impulse buy at a local street market.

One soft-sided suitcase: We suggest one with heavy nylon fabric, sturdy handles, built-in frame/wheels, and a heavy-duty lockable zipper. This type of suitcase is useful because it is easy to store and load, but provides some “give” when packing. **Please note that due to the loading procedures on our motorcoaches, we request that you do not use a duffel bag.** Porterage at airports and hotels is provided for one bag per person. All bags should have luggage tags. Packing is easier if you use inner bags to help organize your gear. Plastic shopping bags, nylon stuff sacks, small zipper duffels, or special mesh bags can separate clothing, gear and dirty laundry inside your suitcase. Isolate liquid toiletries in heavy-duty Ziploc style bags – which are generally quite handy to have when traveling.

Optional: a second, empty lockable bag folded into your main suitcase, with a luggage tag and small lock. Use this to carry souvenirs home (remember that you may incur extra luggage fees.)

TSA locks

For flights that originate in the U.S.:

To reduce the risk of damage to your luggage, please do not lock your bags when checking in for flights that originate in the U.S. The Transportation Security Administration (TSA) has the responsibility for screening every piece of checked luggage at commercial airports throughout the U.S. According to the TSA, baggage-handling agents may require access to the contents of your luggage and will break locks as required. There are some locks available from retailers that are “accepted and recognized” by TSA. TSA screeners have tools for opening and re-locking bags using those locks, thus avoiding damage to the lock or bag if a physical inspection is required. Visit their website at www.tsa.gov/public for a list of TSA-accepted locks and other travel suggestions.

For flights outside the U.S.: We strongly recommend you lock your luggage.

4. WHEN YOU ARRIVE



GCT Air Travelers

U.S. Departure: If you are among a group of ten or more GCT travelers who depart the U.S. from your international gateway city, it is our goal to have a GCT Representative assist you at the U.S. airport with the check-in of your flight (beginning your main trip or your optional pre-trip extension). Unless there are extenuating circumstances beyond our control, the Representative will be at the check-in counter three hours before your departure time and at the gate one hour before your departure time (security permitting).

Please note: If you are arriving at your international gateway city via a connecting domestic flight, the Grand Circle Representative will be stationed at the check-in counter for your departing international flight, not at the domestic arrival gate.

Arrival: Base Program in Cairns (via Sydney or Brisbane). On arrival at the Sydney or Brisbane airport, proceed through Passports & Immigration. A Grand Circle Representative will meet you when you exit from this checkpoint. The Representative will assist you with transferring to the domestic terminal for your connecting flight to Cairns. When you land in Cairns, a Grand Circle Representative will meet you at the arrival gate and assist you with the transfer to your hotel.

Arrival: Optional Pre-Trip Extension in Melbourne. On arrival at the Melbourne airport, you will proceed through Passports & Immigration, collect your baggage, and pass through customs. You exit from these checkpoints into the arrival hall, where your Grand Circle Program Director will meet you.

Important note: *Airport porters are NOT allowed in the customs hall area. On arrival, you must take your luggage off the baggage carousel and load it onto a complimentary cart, which you then will move through customs. When you exit customs, you'll handle your cart until reaching your motorcoach. Your motorcoach driver will load your luggage onto your motorcoach.*

U.S. Return: At the end of your base trip or optional post-trip extension, you'll be transferred by motorcoach to the airport for your return flight to the U.S. If you are among a group of ten or more GCT travelers who return to the same U.S. gateway city, a GCT Representative will meet you as you exit Customs and help you find taxis, buses, hotel accommodations, or connecting flights. Again, it is our goal to have our GCT Representative waiting to assist your group. In rare instances, unforeseen circumstances may prevent this service.

Important Note on Name Tags: *Please remember to wear your Grand Circle Travel name tag when you exit customs, upon arrival and when you return to the U.S., so that you are readily identifiable as a GCT traveler.*

Flying with a Travel Companion

If you're traveling with a companion from a different household, and both of you are beginning and ending your trip at the same airport on the same dates, let us know you'd like to travel together and we'll make every effort to arrange this (please note, however, that this is not always possible). If you request any changes to your flights, please be sure that both you and your companion tell us that you still want to fly together.

5. MONEY MATTERS



In General

How to Carry Your Money

Traveler's checks—not recommended: We urge you not to rely on traveler's checks for your personal expenses. They can be difficult to exchange and the commission fee for cashing them is quite high. It's most practical to view any traveler's checks you might bring as a last "cash" resort in the event of a special situation.

U.S. dollars have an advantage. Cash is more readily exchanged and accepted than traveler's checks, and sometimes commands a better exchange rate. You might also consider using a debit card, another reliable payment method.

There is no need to obtain local currency before your trip. You can change money at banks, most hotels, and money exchange offices. Please note that torn, dirty, or taped bills may not be accepted.

Currency exchange rates fluctuate daily. Your Program Director will advise you of the exchange rate upon your arrival. For current exchange rates, please refer to the our website or the financial section of your newspaper. On our website select the region and then click on the country you'll be visiting. A link to the currency converter is included in the menu on the page of each individual country.

ATMs

When traveling, typically PLUS, Cirrus, and other bank networks are available throughout large cities and small towns. Always notify your bank before you leave home that you are going abroad so that they may remove any blocks on your account, and also ask them about the number of withdrawals you may make abroad. For cash withdrawals, don't forget to memorize the actual digits of your card's 4-digit PIN (Personal Identification Number), as many keypads at foreign ATMs do not include letters on their numeric keys, they only display digits.

***Note on ATM use:** Many banks have begun imposing a fee ranging from \$1 to \$5 every time you use an ATM in a foreign city. You may want to limit the number of withdrawals that you make. Your Program Director/Hospitality Desk Representative can advise you on locations, but when to exchange money is left to your discretion.*

Credit Cards

Though major American credit cards (American Express, Visa, and MasterCard) are accepted abroad, always inquire if your type of credit card is accepted before deciding on your purchase. It is also wise to notify the credit card company that you will be using your cards abroad so that they may remove any security block. When using a major credit card you may receive a different exchange rate than if you pay with cash; inquire about the rate first. Please be aware that credit cards might not be accepted for small purchases or in the markets. Discover credit card does not operate outside the U.S. Keep your receipts in case you have questions about the conversion or exchange rate. Also, keep your receipts as proof of purchase for items to be shipped home.

Please note: Optional tour payments made by credit card may take up to 3 months to process. For this reason we ask that you use a credit card that will not expire until three months following your trip. Because our headquarters are in Boston, charges may appear to be from Boston or might be labeled as "OPT Boston" (depending on your credit card company).

By Destination

Australia

The dollar is the official currency of Australia, although its value differs from the U.S. dollar, so you will have to calculate the applicable exchange rate. The Australian dollar is divided into cents. Banknote and coin denominations are as follows:

- Banknotes: 5, 10, 20, 50, and 100 dollars
- Coins: 5, 10, 20, and 50 cents; 1 and 2 dollars

Banking Hours: Banks are typically open Monday through Thursday, 10 am–4 pm; Friday, 10 am–5 pm.

New Zealand

The dollar is the official currency of New Zealand, although its value differs from the U.S. dollar, so you will have to calculate the applicable exchange rate. The New Zealand dollar is divided into cents. Banknote and coin denominations are as follows:

- Banknotes: 5, 10, 20, 50, and 100 dollars
- Coins: 10, 20, and 50 cents; 1 and 2 dollars

Banking Hours: Banks are typically open Monday through Friday, 9 am–4:30 pm.

Fiji

The Fijian dollar is the official currency, although its value differs from the U.S. dollar so you will have to calculate the applicable exchange rate. Fiji's dollar is divided into cents. Banknote and coin denominations are as follows:

- Banknotes: 1, 2, 5, 10, and 20 dollars
- Coins: 1, 2, 5, 10, 20, and 50 cents

Banking Hours: Banks are typically open Monday through Thursday, 9:30 am–3 pm; Friday, 9:30 am–4 pm.



Shopping

It is Grand Circle Travel's goal to identify and provide you with shopping opportunities that highlight unique, locally produced products with good value from reliable vendors. For this reason there may be scheduled visits to local shops during your adventure. There is **no** requirement to make a purchase during these stops, and any purchase made is a direct transaction with the shop in question, subject to the vendor's terms of purchase. **Grand Circle Travel cannot be responsible for purchases you make on your trip or for the shipment of your purchases.**

If you plan a major purchase, we strongly recommend that you research the prices and quality available at home before your trip. Just one visit to an import shop or gold dealer will put you way ahead when you go shopping. This is the only way to know if you are getting a good price.

By Destination

Australia

The South Pacific is a shopper's paradise. Some of the regional specialties you can find in Australia are gems, including diamonds and opals; jewelry; Aboriginal arts and crafts; sheepskin products, including hats, coats, and rugs; boomerangs; stuffed toys, including koalas and kangaroos; and prints.

Hours: Shopping hours are generally 8:30 am-5:30 pm, Monday through Friday; Thursday, 8:30 am-9 pm (this is a special "Shopping Night" in Sydney only); and Saturday, 8 am-4 pm. Many stores are now offering Sunday hours as well.

Sales tax: The GST in Australia is 10%, and is charged on all goods and services, including food and beverages at restaurants.

Australian Customs Regulations

Keep in mind that Australian Customs regulations apply when you enter Australia. In general, travelers are allowed to bring into Australia \$A900 (approximately \$730 U.S.) worth of goods duty and sales tax free, not including alcohol or tobacco, when the goods accompany the passenger. The limit is \$A450 (approximately \$365 U.S.) for travelers under 18 years of age. The maximum amount of alcohol allowed per person is 2.25 liters. The maximum amount of tobacco allowed per person is 250 cigarettes or 250 grams of cigars. For more information you may want to contact the Australian Customs Service.

For more information, telephone from the United States: 011-612-6275-6666. Or on the web: www.customs.gov.au

Security: In addition to their customs restrictions, the Australian government has introduced a new security measure to limit the amount of liquids, aerosols, and gels that can be taken through the screening point for people flying to and from Australia. All containers with drinks, creams, perfumes, sprays, gels, toothpaste, and similar substances should not exceed 100ml (3.3 ounces) each and will have to be carried in a re-sealable clear plastic bag, no larger than 20cm x 20cm, and be inspected separately. There is a limit of one bag per person.

Telephone from the United States: 011-612-6275-6666. Or on line at www.customs.gov.au

New Zealand

Wonderful regional items can be found in New Zealand, including Maori handicrafts, especially woodcarvings and nephrite green stones; abalone pearls; sheepskin products, including rugs; jewelry made from the paua shell; and goods made from wool, wood, and leather.

Hours: Stores are usually open 8 am-6 pm, Monday through Friday; Saturday and Sunday, 9:00 am-5:30 pm.

Sales tax: The GST in New Zealand is 15%, and is charged on all goods and services, including food and beverages at restaurants. If you mail your purchases home from New Zealand, the tax will be deducted from your sales total (a minimum purchase is required).

Fiji

Fiji has creations of its local artisans available for purchase, including jewelry, handcrafts, a wide-ranging assortment of baskets, and various types of art.

Hours: Shops are typically open 8:00 am-4:30 pm, Monday through Friday; 8:30 am-1 pm on Saturday.

U.S. Customs Regulations and Shipping Charges

Exemption Amounts

Articles totaling \$800, at fair retail value where they were acquired, may be imported free of charge if you bring them with you. A flat rate of duty—usually a percentage—will be applied to the next \$1,000 worth (fair retail value) of merchandise. The U.S. Customs Inspector determines the value of your items when you enter, and is not bound by your bill of sale. In almost every case, however, a genuine bill of sale will be honored.

Fees on Items Shipped Home

Items shipped home are *always* subject to duty when received in the U.S. There will also be charges for shipping. Although some shops abroad may offer to include shipping and duties in the price, this typically means shipping to the customs facility closest to you and payment of the *export* duties (the fee to remove an item from its country of origin) not door-to-door shipping or *import* duties (the fee the U.S. government charges to bring an item into the U.S.). All additional duties or shipping charges would be the responsibility of the purchaser—you.

Therefore unless the item is small enough to mail or to be sent by a global parcel service (like FedEx) you should be prepared to pay customs duties and for shipping or pick-up from the nearest customs facility. This is why the U.S. Customs & Border Protection service states: “The most cost-effective thing to do is to take your purchases with you if at all possible.”

Illegal Items

It is illegal to import products made from endangered animal species. U.S. Customs & Border Protection will seize these items, as well as most furs, coral, tortoise shell, reptile skins, feathers, plants, and items made from animal skins. For more information on what you may or may not bring back into the United States, you can obtain the publication “Know Before You Go” from the U.S. Bureau of Customs & Border Protection by phone, mail or from their website:

U.S. Bureau of Customs & Border Protection
1300 Pennsylvania Avenue NW
Washington, DC 20229
Tel. **1-877-272-5511**
www.cbp.gov/xp/cgov/travel/

Problem with a Purchase?

The best way to address a problem with a purchase is to not have one in the first place! So don't forget to examine merchandise before paying for it, check contracts or agreements before signing, and review your receipt before leaving the shop. For major purchases, don't hesitate to ask in advance about the return policy—local practice may vary from U.S. standards, so don't assume that you have a certain number of days after the purchase to speak up.

But what if you do discover an issue with an item later on? In that case, your best recourse is to contact the vendor directly. For this reason we recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop's contact information. Expect that any resolution will take longer than it would in the U.S. due to delays in communication, the complexities of international shipping/customs duties, and even cultural differences in how business is conducted.

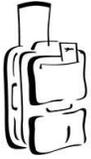


To Tip or Not to Tip

We're actually fresh out of Shakespearean soliloquies, which is likely a good thing. To tip or not to tip (and how much to tip if you so choose) is *always* at your discretion. We offer these guidelines to answer requests for appropriate tipping amounts – which can vary for different services and between countries, and which can be confusing when you're visiting multiple destinations. Tips below are quoted in U.S. dollars; tips can be converted and paid in local currency (usually preferred) or in U.S. dollars (personal/traveler's checks should *never* be used for tips).

- **GCT Program Director:** It is customary to express a personal “Thank You” to your Grand Circle Program Director at the end of your trip, especially if he or she has provided you with individual assistance. We recommend \$4-\$6 U.S. per person, per day. Please note that tips for our Program Directors can only be in the form of cash; U.S. dollars are usually preferred.
- **Airport/Hotel/Pier Porterage & Transfers:** If you are using GCT transfer services, tips to hotel, airport, and pier porters are included in the cost of your trip for *one* piece of luggage per person.
- **Tours & Excursions:** During your vacation, you have the opportunity to participate in included and optional tours. Please note that optional tours can only be paid with a credit card. A tip to your motorcoach driver (and local tour guide, if one accompanies the tour—i.e. the Sydney Opera House tour) is customary, and the following are suggested amounts for each of them:
 - \$2 per person for each half-day tour
 - \$3 per person for each full-day tour

6. PACKING FOR YOUR TRIP



In General

Travel light. A good rule of thumb is to gather together everything you want to bring; then take half of that. Eliminate all but the essentials and start packing a few days before you leave. That way, you'll have time to think—not fret—about what you might be forgetting. To have a varied travel wardrobe, yet keep your luggage light, we recommend you select a color scheme and pack color-coordinated clothing items that can be mixed to create different outfits. If you are taking the pre-trip extension, during your time in the Outback, we suggest that you wear brown or dark-colored clothing; the red desert sand makes white or light-colored clothing very dirty and is difficult to wash out.

Pack casual clothes. Comfortable, low-key apparel is acceptable at each of your destinations and aboard ship. Basic pants, shirts, walking shorts, sportswear, everyday dresses and skirts, supportive shoes, and functional outdoor clothes are recommended. Include some long-sleeve shirts for sun protection (especially in the Outback). Your daily travel outfits should be comfortable, as well as relatively easy to care for and pack. **At dinner, you will not need to wear "dressy" clothing; men do not need a tie or jacket.** You may want one or two “smart casual” outfits for the Welcome Reception or Farewell Dinner, but it’s completely up to you.

Clothes for mild weather: For the temperate climate at each of your Australian destinations, pack lightweight, drip-dry clothing made of breathable fabric, such as cotton, cotton knits, or Dacron/cotton. The latter two material blends dry very quickly after washing and stay comparatively wrinkle-free. Evenings can be cool and may require a sweater or jacket. You can select an outer layer from the cold-weather gear that you need to bring for New Zealand’s South Island, as outlined in the next paragraph.

Warm clothes for the year-round volatile weather on South Island, New Zealand: “Be prepared” is the best maxim for travel to the South Island, where every kind of weather imaginable is possible—all within one day! Cold, wet weather is especially apt to occur near the island’s southern Alps, where there may even be some snow. Winter lasts from May through September, but all the elements of that season—ice, hail, snow, sleet—can happen any time of year. An insulated jacket with hood (preferably waterproof), fleece pullover or wool sweater, gloves, and waterproof shoes are recommended for your comfort. Your outer jacket should be roomy enough to comfortably fit over your sweater or fleece top. Since spurts of very warm weather are equally common, dress in layers so you can easily adjust to any sudden temperature shifts.

Comfortable, supportive walking shoes are an absolute must! In addition, sneakers or casual shoes are fine for dinner and evening activities. Aboard ship, if you take the optional extension, you'll want non-slip shoes.

Sports attire: Don't forget your swimsuit and exercise clothing if you plan on these activities.



Packing Your Carry-On

Using a daypack as a carry-on bag for your flights is a smart solution. We **strongly urge** you to pack your carry-on with at least one full change of clothes, your camera gear, medications, changes of socks and underwear, your important travel documents, and other irreplaceable items, in case your checked bags go astray. Store camera gear and important papers in plastic bags to protect them from dirt and moisture. With a daypack you can then remove these items on arrival and load your bag with the gear you'll need on walking tours and excursions.

NOTE: Restrictions on what can be included in your carry-on luggage change frequently. To avoid inadvertently packing any restricted items in your carry-on luggage, we strongly suggest that you consult the Transportation Security Administration website, www.tsa.gov, which keeps a current list of restricted items. From the main website click on *Our Travelers*, then *Air Travel*, and then you will see a link for *Prohibited Items*.



Clothing Options

We've included information below on the weather you can expect for the regions you'll be visiting on your travels. Taking into account the climate you'll encounter and the general suggestions we offer above will enable you to create a flexible wardrobe that's light enough for sophisticated travel and will guarantee comfort in all the conditions you can expect to encounter. The luggage weight and size restrictions imposed by travel realities today have made traveling light an absolute necessity. With modern fabrics – Gore-Tex, Polarfleece, polypropylene, etc. – lightweight packing for comfort and protection through a wide range of weather is easy. A visit to any on-line or local sporting goods/outdoor stores (L.L. Bean, REI, EMS, etc.) will yield a treasure trove of lightweight, specialized, and fashionable clothing and gear that is readily adaptable to your itinerary.



Travel Gear Suggestions

Though it's often fun to do things as the locals do, it can be frustrating when daily necessities or conveniences from home aren't available. To travel wisely these days you must juggle your personal needs and preferences against the physical constraints of your transportation—whether it's an international airplane, a transfer motorcoach, a small ship or a day-long trek on a camel. You'll have to distinguish between what you **must** have, what you'd *like* to have, whether you can zip your suitcase closed, and what you can reasonably expect to wrestle through airport hallways and security checkpoints. Consult the following items to create your personal checklist – ignoring what you don't need and making the tough decisions over borderline cases. Remember that many airlines today will charge you extra for added luggage.

What not to pack: Do *not* pack aerosol cans and avoid packing glass bottles; use plastic containers instead. Leave at home checkbooks and any credit cards not essential for your trip, valuable jewelry, and anything that you would hate to lose.

Custom's regulations prohibit some foods: Australia and New Zealand impose very strict regulations on the importation of food. Visitors **must declare all food products at customs** upon arrival and, as a general rule, are not allowed to bring dairy products (including cheese and foods containing powdered milk), fruit, crackers, meat, flowers, etc., into Australia or New Zealand. For further details, contact the Australian Tourist Commission or the New Zealand Tourist Board (contact information is provided under "Tourist Boards Addresses" in this handbook). Please adhere to these regulations.

Consider ...

- Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, shampoo/conditioner, shower cap, body soap, etc.
- Spare eyeglasses/contact lenses and your prescription
- Sunglasses with a neck strap
- Sunscreen, SPF 15 or stronger
- Insect repellent: Important December-March in tropical northern Australia. We suggest you purchase it on arrival. *Rid Tropical Strength* is a recognized brand.
- Moisturizer, lip balm
- Wide-brim sun hat, *essential* for the Outback
- Pocket-size tissues
- Moist towelettes (packets) and/or anti-bacterial "water-free" hand cleanser
- Flashlight, extra batteries/bulb
- Compact umbrella
- Travel money bag or money belt
- Photocopies of passport, air ticket, credit cards (as well as your originals)
- Extra passport-size photos

Medicines

- Your own prescription medicines
- Vitamins
- Cold remedies (Sudafed/Dristan)
- Pain relief (Ibuprofen/aspirin/naproxen)
- Laxatives (Senokot, Ex-Lax)
- Upset stomach (Pepto-Bismol/Mylanta)
- Anti-diarrheal (Imodium)
- Band-Aids
- Moleskin foot pads
- Antibiotics (Neosporin/Bacitracin)

Optional Gear

- Travel alarm
- Compact binoculars
- Hanging toiletry bag with pockets
- Hair dryer (this is provided at all hotels in Australia and New Zealand)
- Washcloth
- Handkerchiefs
- Basic sewing kit
- Hand-wash laundry soap (Woolite), clothespins/ travel clothesline/stopper
- Electrical transformer & plug adapter—see "Regional Electricity" below
- Reading materials
- Travel journal/note pad
- Swimsuit, if your ship or hotel has a pool/whirlpool
- Home address book
- Photos, small gift for home-hosted visit
- Phrase book
- Water bottle for land excursions
- Collapsible walking staff
- Pocket calculator for exchange rates



7. REGIONAL CLIMATE INFORMATION

We can't predict what the weather will be during your travels, but you'll find historical averages and general information on the climate of your destinations below. As your departure nears it's a good idea to visit the *My Account* feature of www.gct.com, where you'll find monthly temperature averages for the countries you'll visit as well as a current 10-day forecast of local temperatures and conditions. Or check Internet weather sites (www.wunderground.com is very comprehensive) for those forecasts.

Australia: Don't forget, in Australia the seasons are reversed from the Northern Hemisphere. In general, the summer months are December, January, and February; autumn includes March, April, and May; winter comes in June, July, and August; spring runs through September, October, and November. The rainy season in the tropical north is during the summer months. The seasons in the regions of Australia that you visit are not as marked as they are in the Northern Hemisphere. Temperatures are relatively warm the majority of the time, and most plants keep their foliage all year. In summer, it can get very hot, with temperatures reaching above the 100° mark in some areas—such as Alice Springs, which has a desert climate.

New Zealand: Like Australia, the seasons in New Zealand occur in the reverse of those in the U.S. The winter season runs from May to September, but since weather in New Zealand is changeable throughout the year, especially on the South Island, all types of weather conditions can occur during any season. All months are at least moderately wet; though extended periods of settled, sunny weather can occur at any time of the year. Overall, the country has more sunshine than might be expected in such a variable climate. Weather conditions on the milder North Island differ from those on the tempestuous South Island as follows:

North Island: The northern region of New Zealand and its eastern coast tend to be sunnier and drier than the southern half of the country. While snow can occur almost anywhere at sea level in New Zealand, it is very rare in the extreme north of North Island. Here the climate is almost subtropical, with gentle winters and warm, humid summers. Temperatures become cooler as you move south toward New Zealand's second major island.

South Island: Known as the South Pacific's "Gateway to Antarctica," the South Island is equally famous for its unpredictable weather shifts. At any time of year, it's not unusual for a day to start with bright sunlight, turn to wind-driven rain, intensify to snow and sleet, and then miraculously go back to dazzling sunshine. Temperatures may soar into the 80s and 90s, then plummet into the 40s and 30s, all within a few hours.

Fiji: This island has a tropical climate, with sunny skies and warm temperatures year-round. The weather is most pleasant April through October, when there is less humidity and sea breezes are constant. Fiji does experience a wet season (November to April), but much of the Fiji's rain falls in heavy, brief local showers.

Here is the data from the weather observation stations closest to our destinations.

WHAT'S THE TEMPERATURE?

Average highs (taken at 2 pm) and lows (taken just before sunrise) in °F.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Melbourne (optional extension)												
High	79	80	75	68	62	56	55	57	61	66	71	76
Low	56	57	55	51	47	43	41	42	44	47	50	53
Alice Springs (optional extension)												
High	97	95	90	81	73	67	67	73	81	88	93	96
Low	70	69	63	54	46	41	39	43	49	58	64	68
Cairns/Port Douglas												
High	88	88	87	84	81	78	78	80	82	85	87	88
Low	74	75	73	71	68	64	63	63	65	69	72	74
Sydney												
High	79	79	77	73	68	63	62	64	68	72	75	78
Low	65	66	63	57	51	47	44	46	50	55	59	63
Queenstown												
High	71	70	67	60	52	47	46	50	56	60	64	69
Low	49	50	47	43	36	33	31	34	37	41	44	48
Auckland												
High	73	73	71	66	62	58	56	58	60	62	66	69
Low	62	62	60	56	52	49	47	48	50	52	53	58
Fiji												
High	86	86	86	84	82	80	79	79	80	81	83	85
Low	74	74	74	73	71	69	68	68	69	70	71	73

Please note: The data cited here reflect *climate* as opposed to *weather* conditions, and serve only as general indicators of what can reasonably be expected. A 60 degree *average* high temperature means that days may be as warm as 80 or as cool as 40 – but it’s most likely you’ll encounter temperatures in the 50 to 70 degree range.

8. TRAVEL AND TECHNOLOGY



In General

Cell phone, digital camera, camcorder, PDA, MP3 player: travel today can involve technology that didn't even exist as recently as ten years ago. The variety of digital gadgets and their usefulness when you travel – en route or after you arrive – is enormous. An e-book reader allows you to keep guidebooks for uncounted countries at your fingertips and not increase your luggage weight by an ounce. (*Tip: you can download **this** document from the Grand Circle Travel website and import it into your tablet or e-reader. Many of those devices can display PDF files. A large screen is best, however, since PDF documents don't scale like documents designed specifically for e-readers.*) Lightweight digital camcorders and cameras let you bring home high definition movies and still images of the people you meet and places you visit on your travels.

Laptops/netbooks/tablets can keep you connected and promise up-to-the-minute information via Wi-Fi and the Internet, but, as with all gadgets, you'll need to determine if bringing them makes sense. Particularly with laptop computers it's often wiser to rely on Internet cafes or, when available, hotel Internet access than pay the packing weight and space penalty for casual Internet use. And, of course, the more time you spend gazing into gadgetry, the less time you have to relish the local people and sights.

To take advantage of the devices you do bring, you'll need to consider some basic variables—particularly in regard to the services that will be available in the countries you visit. You'll encounter a range of electrical current standards, varied physical plug configurations to access that current, erratic availability (electricity and internet access), and different standards (cell phone networks can differ across borders.)

You'll need to coordinate your power and data storage needs, and the accessories required to recharge/connect/use these devices under the different conditions you'll encounter. You'll find some tips below aimed at ensuring that your gadgets achieve their full potential. As a general rule, it's good to familiarize yourself with the device(s) you bring by reading the owner's manual *before* you depart. Pay particular attention to electrical, charging and storage requirements to ensure that you understand exactly what you need under which circumstances. And remember that thorough preparation is the best guarantee that you'll get the most benefit from your devices.



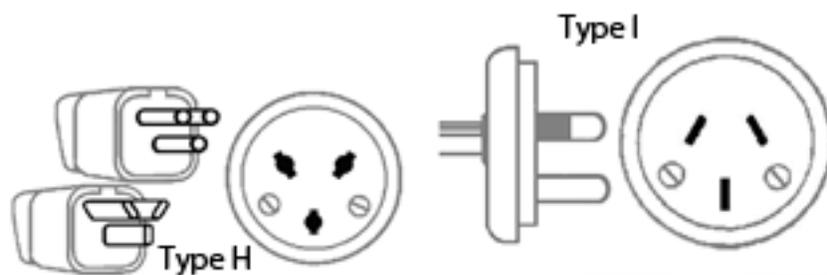
Regional Electricity

Outside the U.S. most countries use electrical systems that differ from the standard U.S. 110 V 60 Hz current and flat two- or three-pronged polarized plug system. The use of 220-240 V and 50/60 Hz current is the overwhelming choice for the rest of the world. Plug shapes, sizes, and configurations vary from country to country and often inside countries as well. In addition, some plugs will work with multiple receptacles others won't. Europe is largely standardized to the Type C "Europlug."

Plugging a 110 V U.S. appliance into 220/240 V 50/60 Hz service will result in a broken appliance, since the motor will burn out as it tries to run twice as fast as it was designed to run. We suggest that you bring dual voltage appliances that will work on both 110 and 220/240 voltage. These are widely available, though you may have to read the fine print to confirm the dual voltage capability. With dual voltage appliances you'll only need to carry whatever plug adapters you need - which are both inexpensive and reliable.

If you do choose to bring 110 V American appliances, such as a hair dryer (note that hotels often supply hairdryers and coffee makers) or shaver, you'll need a current transformer (to cut the 220/240 V in half) as well as the necessary plug adapters. Transformer/adaptor kits can usually be found at your local hardware or at many online stores. Note, however, that transformers are unreliable and tend to burn out - which will render your 110 V appliance useless. Another option is to use battery-operated appliances-which don't need adapters or transformers-just an ample supply of batteries. (Rechargeable batteries are an economical option, but then you'll need a charger.)

The electric current in the South Pacific varies. In Australia, it is 240V, 50 Hz; in New Zealand, 230V, 50 Hz; and in Fiji, 220V, 50 HZ, though some hotels have 110V outlets—for electric shavers only. Wall outlets in Australia, New Zealand, and Fiji take a slanted three-prong or two-prong plug (see below).



Type H and I receptacle/plugs are used in Australia, New Zealand and Fiji. Alternate plugs, which lack the grounding post(s) shown above, fit H receptacles.

If you use multiple digital devices—cell phone, digital camera, and MP3 player for instance – it's handy to have a travel power strip to increase the number of available outlets for charging these devices. Some types include surge suppressors and USB-style plugs capable of charging cell phones and MP3 players without the need for a brand-specific charging block – saving weight and packing space. You'll have to review the specifications of your device to ensure that it will work with the power strip you choose—and that the power strip will work with the various voltages you may encounter.



Cell Phones

If you want to use a cell phone while traveling overseas, be sure to check whether your own phone will work outside the U.S. or whether you're better off renting an international phone. The websites www.travelcell.com and www.globalcellularrental.com have good information on rentals. You may also want to consider buying an inexpensive local phone for your stay.

To use your own phone, it's best to investigate the options and fees your plan offers for international use. Consult your service provider (www.verizon.com, www.t-mobile.com etc.) for details. U.S. service is dominated by the CDMA technology standard, while most of the world uses the incompatible GSM standard. Some U.S. providers do offer GSM, but in either case you may incur high international roaming fees. With GSM, however, you can often choose to have your phone “unlocked” and then add a local SIM card for lower fees. If you can access the Internet as you travel, you can take advantage of email or a Skype Internet telephone (VOIP) account for the best value.

Phone Calling Cards

When calling the U.S. from a foreign country, we advise that you use a prepaid calling card, because the only additional charge you'll normally incur (besides the prepaid long distance charges) is a local fee of a few cents and possibly a connection fee if you are using your card at your hotel. It is best to check with the hotel's reception desk prior to making phone calls to avoid unexpected charges.

Do not call U.S. 1-800 numbers outside the continental United States. This can result in costly long distance fees, since 1-800 numbers do not work outside the country.



Photo Gear

One of the most enjoyable aspects of traveling to new places is the chance to photograph some of the highlights of your experience and bring them home. You can share them with friends and family, relive some of the important moments, and savor them for years to come. Lightweight and compact, digital cameras and camcorders are excellent travel accessories—and you can find models of either cameras or camcorders that will record both movies *and* still images. Camcorders weighing as little as 9 ounces and about the size of your fist can capture high definition movies and high quality still photos; compact still cameras are great for snapshots and can capture casual movie clips. With an ample supply of high-capacity memory cards you can have all you need for your whole trip in a very compact, lightweight package.

Be sure to bring enough batteries. Recharging batteries is not always possible, due to a lack of outlets, electrical shortages or outages—and some cameras go through batteries *very* quickly. Whether your camera uses standard-size (double or triple A) rechargeables or proprietary batteries, it's handy to have backup for extended shooting or for an emergency. Be sure your battery charger will work with the local electrical current. You'll need to bring enough memory cards—these can be hard to find and, if found, will often be pricier than in the U.S. Whatever the storage format (usually Compact Flash or Secure Digital) memory cards are small, light and thin and, as with being thin, there's probably no such thing as too much storage. MiniDVD discs are compact to pack, as well.

Compact cameras, however, are impractical for capturing distant subjects (such as wildlife in Africa or architectural details on Europe's taller buildings), as their lenses rarely reach long distances. Some compact models have a zoom lens of up to 120mm, which is acceptable for moderate distances. For photographing distant subjects a *megazoom* compact (physically larger than a compact – and built for lenses that telescope to 500+mm) or a single lens reflex (35mm film SLR—or DSLR for the digital variety) camera with a telephoto lens of 200mm to 300mm is ideal. With a DSLR you can also consider wide-angle lenses, which are valuable for panoramic shots. As your photographic gear gets more complex, however, you'll need to consider luggage weight and size constraints. Professional quality equipment weighs more, is larger in size, and multiple lenses add size and weight. A single megazoom lens for your DSLR may be the best option for a walk-around travel lens. Large lenses that need tripod support, or double reflex cameras are impractical for casual travel photography. If you use a SLR camera, protect your lens with a UV filter and remember to bring lens caps and covers. When traveling it is easy to get dirt or moisture on the front of your lens, which could permanently damage it. A screw-in filter can protect the lens and if the filter is damaged, it is much less expensive to replace than a lens; caps and covers are common sense.

Bring lens paper for cleaning the lens and a waterproof bag to protect your camera—a heavy duty Ziploc style bag is a good choice. If your camera's flash is detachable, remember to pack it. Be sure to bring a camera with a flash that can be turned off, and learn how to turn it off when it's not needed. (At some sites, and in many museums, flashes are not permitted; in other situations flashes can frighten wary wildlife.) It's good to note that in some countries you may be charged for photography at specific sites; and that some cultures and individuals are less receptive to photography than others. It's always best to respect local customs.

Disposable cameras are also an option. They are inexpensive and capable of perfectly acceptable photos in light that is not too dim *or* bright. A panoramic disposable can add a particularly interesting perspective when compared to standard photo formats—and may suggest inventive ways of seeing your subjects. X-rays do not damage the data of digital cameras (in any media format), and so poses no problems for travelers using digital cameras.

9. ABOUT YOUR DESTINATIONS

We're including some handy practical details and a brief introduction to the places you'll visit on your Escorted Tour. If you expect to explore in depth on your own, we recommend that you consult one of the many available book-length guides to your destinations. If you have one or two specific sites, museums or features that you're interested in, an internet search is the ideal way to get-up-to-date information and details. And of course your Grand Circle Travel Program Director or Hospitality Desk Representative will be able to assist you with suggestions and arrangements of activities you wish to participate in during your stay.

Australia in Brief



Cuisine

Two of the most popular cooking styles in sunny Australia are Mediterranean and Southeast Asian—though every type of cuisine under the sun can be found in its plethora of fine city restaurants, including Indian, Japanese, American, and French. The fresh local seafood is especially good, and the colorful regional vegetables are cooked up a hundred tasty ways to accompany traditional game dishes made with duck, beef, lamb, or kangaroo.

Dining on Your Own

Although many of your meals are included, you'll have opportunities to dine on your own in Australia. Past travelers, however, have noted that Australian prices seemed higher than they expected. "Higher" is a relative term, of course, and depends on the restaurant you choose, what you order, what you're accustomed to paying at home, and on the currency exchange rate. Rest assured: it won't be difficult to find affordable dining options, but we're passing these comments on so that you can better prepare your budget. We suggest that you research restaurants on-line before you leave to get a timely sense of the Australian scene and prices you can expect to encounter on your itinerary. When you are in Australia, feel free to consult your Program Director—who will be able to offer you a list of dining options to fit both your taste and pocket.



Drinking Water

Tap water in Australia is perfectly fine for drinking.



Laundry Service

Laundry facilities (self-service, coin-operated) are available at many of our hotels.



Newspapers & Magazines

The Australian is the country's national newspaper. Other popular newspapers include *The Herald Sun*, *Sydney Morning Herald*, *Daily Telegraph*, and *Sunday Times*. Copies of *Time* and *Newsweek* are available at newsstands.

New Zealand in Brief



Cuisine

Major cities in New Zealand offer cosmopolitan dining and a wide range of restaurants that serve every choice of international cuisine. In rural areas, menus often still reflect the traditional English-style of cooking—a meat and two vegetables. New Zealand specialties include lamb and venison dishes; orange roughy, a delicate white fish; crayfish, known as spiny or rock lobster; and the succulent, white-shelled Bluff oysters, available from March to about July.



Drinking Water

New Zealand's tap water is safe to drink. In the bush, visitors should avoid drinking water from rivers and lakes (which can carry *giardia*, a waterborne parasite that causes diarrhea).



Newspapers & Magazines

New Zealand has no official national newspapers, although a large percentage of Kiwis read the *New Zealand Herald*, published in Auckland. *The Dominion* (Wellington) and *The Press* (Christchurch) are also widely read.

Fiji in Brief



Drinking Water

Fiji's tap water is safe to drink at main towns and resort areas, except during periods of continuous heavy rain, when bottled water is recommended until the city's plumbing system has a chance to refresh.



Newspapers & Magazines

Two national newspapers are published in English, the *Fiji Times* and the *Daily Post*.

10. DEMOGRAPHICS & HISTORY

Australia

Area: 2,967,893 square miles

Capital: Canberra

Language: English

Location: Situated in the Southern Hemisphere and south of Asia, Australia is an island continent surrounded by three oceans and four seas. It is roughly the same size as the continental United States, measuring 2,500 miles from east to west, and 2,000 miles from north to south. Australia is about 7,700 miles from Los Angeles.

Population (2011 estimate): 22,384,513

Religions: Catholic 24%, Anglican 20%, other Christian 20%

Time Zone: Australia is 15 hours ahead of New York; 14 ahead during Daylight Savings Time. When it is 7 am Sunday in New York, the local time in Sydney is 10 pm Sunday.

Holidays:

01/01 New Year's Day
01/26 Australia Day
04/06 Good Friday
04/09 Easter
04/25 ANZAC Day
06/11 Queen's Birthday Celebrations
12/25 Christmas Day
12/26 Boxing Day

THE FIRST INHABITANTS OF AUSTRALIA were the Aborigines. They migrated from Southeast Asia during the Ice Age at least 40,000 years ago, before the sea levels rose and isolated Australia from the rest of Asia. Anthropologists believe that the Aboriginal culture flourished on its own for tens of thousands of years, basically free from outside influences. During that expanse of time, the Aboriginal population consisted of many tribal groups and at least 200 different languages. A common link among the diverse ancient tribes was their deep spiritual beliefs, including their concept of the Dreamtime, the practices of which are still observed today among surviving Aboriginal clans such as the Wathaurong, Arrente, Walpiri, and Anangu.

At the height of Aboriginal culture, there may have been between 500,000 to 1,000,000 Aborigines. Despite the harsh elements of life in the bush, they had developed into skilled hunters, farmers, and tradesmen who bartered with each other across the continent. The long, fruitful isolation of the Aborigines, however, changed drastically and quickly with the arrival of the Europeans.

Dutch, Portuguese, and Spanish ships sighted Australia in the 17th century. The Dutch inadvertently landed at the Gulf of Carpentaria after being thrown off course, but had no interest in settling on the land they called "New Holland." In 1642, Dutchman Abel Tasman explored the southern coast (the Tasman Strait and Tasmania were named after him). The British arrived in 1688, but it was not until Captain James Cook's voyage in 1770 that Great Britain claimed possession of the vast island, calling it New South Wales.

After the American Revolutionary War, Britain had to find a new destination for its colonists and exiled convicts, so a British penal colony was set up at Port Jackson (now Sydney) in 1788. About 161,000 convicts were shipped over until the system was suspended in 1839; nearly 20% of them were women. Free settlers established six colonies: New South Wales (1786), Van Diemen's Land (1825—renamed Tasmania in 1854), Western Australia (1829), South Australia (1834), Victoria (1851), and Queensland (1859). Various gold rushes attracted settlers, including many Chinese, who settled in the cities, especially Melbourne and Sydney. Sheep farming and grain also soon became important economic enterprises.

Meanwhile, as the white settlements scared off kangaroos and other game and usurped the fishing waters, the Aborigines lost their sources of food. Moreover, while the Aborigines welcomed some of the accoutrements of the European's lifestyle, they could not cope with alcohol or with the diseases that the white man introduced. Thousands upon thousands of Aborigines died from smallpox, venereal disease, and other infections. In a relatively short time, the Aboriginal lifestyle went into a rapid decline.

The six colonies became states and in 1901 federated into the Commonwealth of Australia with a constitution that incorporated British parliamentary and U.S. federal traditions. One of the new government's first acts was to prevent further immigration from countries outside of Europe, Canada, and America, under a policy called "White Australia." It conditioned attitudes to immigration for almost 70 years, until the 1960s and 1970s brought serious reform laws. Thereafter, about 40% of Australia's immigrants came from Asia, diversifying a population that was predominantly of English and Irish heritage. Additionally, an Aboriginal movement grew in size and influence, resulting in full citizenship and improved education policies being granted to Australia's indigenous people, who had become the country's poorest socioeconomic group.

Australia played an important role in both World Wars. They fought alongside Britain in World War I, notably with the Australia and New Zealand Army Corps (ANZAC) in the Dardanelles campaign (1915). Australia's participation in World War II brought it closer to the United States, and culminated in the ANZUS alliance.

Australia's parliamentary power in the second half of the 20th century shifted between three political parties: the Australian Labor Party, the Liberal Party, and the National Party. In March 1996, the opposition Liberal Party-National Party coalition easily won the national elections, removing the Labor Party after 13 years in power. In 1999, Australia led the international peace-keeping force sent to restore order in East Timor, Indonesia. The year 2000 was especially eventful and historic for Australia, as Sydney created and hosted a spectacular Summer Olympics.

New Zealand

Area: 103,737 square miles

Capital: Wellington

Language: English

Location: New Zealand is situated about 1,250 miles southeast of Australia. It consists of two main islands—the North Island and the South Island—plus some little offshore isles. Stewart Island is the largest of the lesser islands; it lies just below South Island and points toward Antarctica. The Cook Strait, a rather turbulent waterway, separates the North Island from the South Island. New Zealand is surrounded by three vast bodies of water: to the north and east is the South Pacific Ocean, to the west is the Tasman Sea, and to the south is the Southern Ocean. From tip to tip, the whole country measures about 1,000 miles. Despite its generous length, its widest point is only 174 miles across.

Population (2011 estimate): 4,400,000

Religions: Christian, 81%; none or unspecified, 18%; Hindu, Confucian, and other, 1%.

Time Zone: New Zealand is 17 hours ahead of New York's time; 16 ahead during Daylight Savings Time. When it is 7 am Sunday in New York, the local time in Auckland is midnight Sunday. Daylight Saving Time starts the first weekend in October and ends in mid-March.

Holidays:

01/01 New Year
02/06 Waitangi Day
04/06 Good Friday
04/09 Easter Monday
04/25 ANZAC Day
06/04 Queen's Birthday
10/22 Labour Day
12/25 Christmas Day
12/26 Boxing Day

NEW ZEALAND'S HISTORY IS DIVIDED INTO TWO DISTINCT PHASES: Pre-European settlement by the Maori, and European settlement from the 18th century onward. The land's first inhabitants, the Maori, arrived from Polynesia by canoe in about C.E. 1000. New Zealand's snow-frosted mountain peaks, dense verdant forests, aquamarine lakes, spurting geysers, sparkling fjords, and thick mists composed a landscape the likes of which the Maori had never seen on their palm-fringed South Pacific isles. The Maori named their new homeland "Aotearoa," meaning "land of the long white cloud."

Over the 12th century, more Maori canoes arrived from Polynesia. These newcomers intermarried with the "Moa Hunters" they found already living there—a people named for the tall wingless bird they hunted. Little else is known about these hunters, and they are sometimes referred to as the Archaic Maori. Descendants of these two groups—the Polynesian canoe paddlers and the Moa Hunters—now form the basis of New Zealand's two current Maori tribes.

In the mid-1300s, a second wave of Maori settlers came. They arrived in great numbers from Hawaiki, where tribal warfare had become rampant. According to Maori legend, the canoes traveled in groups of one to seven boats. When they hit land, canoe groups kept together and settled in various parts of the country. Most contemporary Maori trace their roots to the paddlers of the largest canoe group, known as “the fleet,” which contained seven canoes crammed with hopeful voyagers.

The Maori settlers lived off the land’s rich supply of fish, berries, and tropical vegetables, and eventually cultivated permanent agricultural villages that included a central *marae* (village common) and *whare runanga* (meeting house). In these sites, the Maori’s unique wood carving and tattooing techniques evolved, alongside a steadfast commitment to family, community, and living in harmony with nature. The Maori culture as such was flourishing when Captain James Cook first came to New Zealand.

Though Abel Tasman, a Dutch navigator, was in 1642 the first European to sight New Zealand, his attempts to come ashore at Golden Bay were thwarted by hostile Maori in war canoes who attacked and killed four sailors rowing in a cockboat between Tasman’s ships. Tasman put up a brief fight, but soon put out to sea. For years to come, idyllic Golden Bay was known as Murderer’s Bay.

Between 1769 and 1777, British Captain James Cook made three voyages to the islands. Explorers of other types also flocked to the region and, unfortunately, greatly exploited the land’s natural resources. Sealers ruthlessly plundered the thriving seal colonies in the waters around South Island and practically decimated them by 1792. Other settlers came to take lumber, flax, and whales. They made isolated, lawless camps along the West Coast of the South Island, and conducted business with no respect for the environment, destroying great forests and burning down sacred bush lands to clear land. Sadly, the muskets they traded with the Maori only served to intensify the violence between tribes, and soon they were killing each other off. But the biggest violation came from the introduction of liquor and European diseases against which the Maori had no immunity. Thousands died from epidemics of normally minor ailments, such as influenza and measles.

Missionaries, too, traveled to the new land to spread Christianity. On Christmas Day, 1814, Reverend Samuel Marsden, aided by a friendly young chief, preached his first sermon to the Maori. By the late 1830s, the Maori were beginning to accept the concept of a god of peace, perhaps in part because they were impressed at the missionaries’ ability to cure diseases that Maori healers could not. However, as more and more Maori embraced Christianity, fewer aspects of the centuries-old Maori society were observed. Traditional Maori culture began to dissolve.

In 1840, Britain formally annexed the islands. In order to free up more land for new settlers, many Maori tribes were tricked into signing the infamous Treaty of Waitangi, which promised to grant the Maori the full rights of British citizens in exchange for their recognition of supreme British rule. In essence, this meant Britain had exclusive rights to buy whatever land they wanted from the Maori. The Maori had mistakenly thought they were making some sort of small trade agreement for goods, not land. On September 18, 1840, Britain hoisted its flag at Kororareka (Russell), and Auckland was designated New Zealand’s first capital. In 1844, Maori Chief Hone Heke, resentful of Britain’s relentless purchasing of native lands, hacked down the British flagpole. His act instigated 20 years’ worth of battles over land rights. Ultimately, the British won, but their seizure of Maori lands continues to be an area of debate.

Meanwhile the colonists were finding the semi-mountainous, thickly forested lands of New Zealand difficult to farm. Eventually they turned their efforts to sheep farming, and then the discovery of gold brought new economic prospects. During the 1860s, boomtowns cropped up at certain coastal sites, as prospectors flooded in from Australia and North America. The gold rush was short-lived, but it gave the country a boost in commercial development. When refrigeration was invented, New Zealand jumped into the world economic scene, as it could now export perishable products like meat, butter, and cheese. The first shipment on ice was made to Britain in 1882. Its smashing success laid the cornerstone of New Zealand's economy.

Politically, New Zealand has been in the forefront of social welfare legislation. In 1893, it was the world's first country to grant women the right to vote. It also adopted old age pensions (1898); a national child welfare program (1907); social security for the aged, widows, and orphans (1938); and minimum wages, a 40-hour work week, and unemployment and health insurance (also in 1938). Socialized medicine went into effect in 1941.

New Zealand fought with the Allies in both World Wars as well as in Korea. It achieved complete independence from Britain in 1947. Since the 1960s, New Zealanders have adamantly protested nuclear power. In 1985, their "No Nukes" stance intensified after a Greenpeace ship in the Auckland harbor was sunk by French intelligence agents (and one crew member killed). New Zealand immediately banned any nuclear-armed or nuclear-powered ships, including those of the U.S. navy, from its ports. By 1991, relations between the U.S. and New Zealand, weakened by the 1985 antinuclear ban, began to improve.

Major recent events include the 1996 eruption of Mt. Ruapehu, whose ash clouds made air travel problematic all across the country. On the political scene, Jenny Shipley became the nation's first female prime minister in 1997. And on the sports front, in 1995, New Zealand enjoyed worldwide fame after winning the America's Cup. In 2000, Auckland had the honor of hosting the America's Cup. A severe earthquake resulted in serious damage to Christchurch in early 2011.

Fiji

Area: 7,054 square miles

Capital: Suva

Language: English is the official language; Fijian and Hindustani are also spoken.

Location: The Fiji Islands consist of some 300 bits of land ranging in size from Viti Levu ("Big Fiji"), one of the largest South Pacific islands, to tiny atolls that barely break the surface of the sea. With a total land area of 7,054 square miles, Fiji is slightly smaller than the state of New Jersey. Viti Levu has 4,171 of those square miles.

Population (2011 estimate): 918,675

Religions: Christian, 52%; Hindu, 38%; Islam, 8%; other, 2%.

Time Zone: Fiji, like New Zealand, is 17 hours ahead of New York's time; 16 ahead during Daylight Savings Time.

Holidays:

01/01 New Year's Day
02/04 Birth of the Prophet Mohammad
04/06 Good Friday
04/07 Easter Saturday
04/09 Easter Monday
05/04 National Youth Day
05/25 Ratu Sir Lala Sukuna Day
06/14 Queen's Birthday
10/11 Fiji Day
11/13 Diwali
12/25 Christmas
12/26 Boxing Day

THE FIRST KNOWN EUROPEAN TO SIGHT FIJI was Abel Tasman in 1643. His accounts of dangerous waters kept seamen away until, 131 years later, Captain James Cook stopped there in 1774. But probably the most famous visitor—albeit inadvertently—was Captain William Bligh, who had been ousted from his ship, HMS *Bounty*, and set adrift in a small boat. His passage between the islands of Vanua Levu and Viti Levu is still called “Bligh Water.”

Fiji's history is a long and sometimes violent one. Inhabited for over 2,500 years, the original Melanesian settlers were invaded by Polynesians from Tonga and Samoa. Intertribal wars forced the people into fortified villages, and cannibalism became so common that Fiji became infamous as “The Cannibal Isles.” Further Tongan invasions in the 1800s added to the volatile atmosphere, while American, Australian, French, and British interests vied for supremacy. Levuka became so lawless that it eventually was destroyed by fire in 1847. When Fiji was annexed by the British, indentured labor was imported from India. By the time this system was abolished in 1919, more than 60,000 Indians lived in Fiji, creating tension between Fijians and Indians and leading to racial segregation.

In 1970, Fiji gained its independence, although the political parties were organized by race. Violence against Indians destabilized the new government until 1987, when Col. Stiveni Rabuka seized power in a bloodless coup. He was formally elected in 1991. In 1999, Fiji elected its first Prime Minister of Indian descent, Mahendra Chaudhry, whose government was overturned by a coup in 2000. Fiji is now a Democratic Republic governed by President Ratu Epeli Nailatikau, elected by the Great Council of Chiefs.

11. REFERENCE MATERIALS



Recommended Reading

Eyewitness Travel Guide to Australia (Guidebook)

This lavishly illustrated guide covers Australia's landscape, history, Aboriginal culture, arts, wines, beaches, and climate. In addition to many photographs of the Land Down Under's most notable features, the guide contains detailed background information and full-color maps.

Insight Guide to New Zealand edited by Brian Bell (Guidebook)

Combining vivid photojournalism with illuminating text, this guide provides a comprehensive introduction to New Zealand. The book begins with a lively history, followed by a series of essays designed to give insight into the lives and culture of New Zealand's people. Next, there is a complete rundown, with maps, of historical, cultural, and natural sights.

Cultural Atlas of Australia, New Zealand and the South Pacific by Richard Nile and Christian Clerk (Cultural)

A readable survey of the peoples and rich cultural traditions of the Pacific region. Coverage includes the ancient civilization of the Australian Aborigines, the diverse cultures of New Guinea and the Pacific Islands, the Polynesian voyagers, the Maori colonizers of Aotearoa (New Zealand), and the white settler societies of Australia and New Zealand.

Two Worlds: First Meetings Between Maori and Europeans, 1641-1772 by Anne Salmond (Culture)

A richly illustrated analysis of the first encounters between Maori and Europeans in New Zealand. The author draws on European discovery accounts and local tribal knowledge to reveal that both Maori and Europeans had their own practical and political agendas.

A Dream of Islands by Gavan Dawes (Travel Account)

Dawes brings to life the stories of various men who sailed to the South Seas for inspiration—the missionary John Williams, writers Melville and Stevenson, and painter Paul Gauguin.

The Fatal Shore by Robert Hughes (History)

This best-selling account of the early settlement of Australia (1788—1868) by boatloads of prisoners from Great Britain and Ireland is both refreshingly readable and scholarly in its approach.

A Traveler's History of Australia by John H. Chambers (History)

A concise account of Australia's history—from the arrival of the earliest Aborigines around 50,000 years ago to the preparations for the Sydney Olympics in the year 2000.

Road from Coorain by Jill Ker Conway (Fiction)

A beautifully written narrative of Conway's girlhood on an isolated sheep farm in the grasslands of Australia prior to her departure for America. She eventually went on to become the first female president of Smith College.

True History of the Kelly Gang by Peter Carey (Fiction)

Undoubtedly Australia's most potent legend, this mythic hero and outlaw is simply a man in full. This is a breathless adventure, both a lament and a tribute, a boy's defense of his mother, and a man's confiding letter to a daughter he will never meet. (winner of the 2001 Booker Prize.)

A Natural History of Australia by Tim M. Berra (Natural History)

A thorough introduction to the unique natural history of this island continent, which skillfully draws on illustrations, photographs, tables, charts, and lucid text to explain Australia's geography and geology, its Aboriginal people, the Great Barrier Reef, and its flora and fauna.

Tracks and ***From Alice to Ocean: Alone Across the Outback*** by Robyn Davidson (Travel Account)

The inspirational true story of a young woman who walked from Alice Springs to the Western Australia coast with only her camels for company. The second title contains excerpts from *Tracks* complemented by lush photographs and a CD containing sounds of the Outback.

Culture Shock!: Australia by Ilsa Sharp (Culture)

Learn what differentiates Australian culture from all others in this witty, amusing guide to the social customs down under—some of which may take outsiders by surprise.

The Happy Isles of Oceania: Paddling the Pacific by Paul Theroux (Travel Account)

In the early 1990s, Paul Theroux, looking to heal after a recent divorce, took a kayak trip through the South Pacific. These travel yarns grew out of his encounters with some colorful island characters and his adventures in some out-of-the-way places.

A History of Australia by Manning Clark (History)

One of the most accessible introductions to Australian history, written by a respected Aussie historian.

An Illustrated Guide to Maori Art by Terence Barrow (Culture)

Guide to a unique art in the context of Maori culture.

In a Sunburned Country by Bill Bryson (Travel Account)

Humorist, naturalist, and historian Bill Bryson recounts his experiences trekking through sun-baked deserts and up endless coastlines, crisscrossing the "under-discovered" down under.

Kiwi Tracks: A New Zealand Journey by Andrew Stevenson (Travel Account)

A humorous, observant chronicle of the author's backpacking adventures across New Zealand, from being stranded in a mountain snowstorm to living amidst a Maori settlement.

Mad About Islands: Novelists of a Vanished Pacific edited by A. Grove Day (Travel Account)

A collection of letters, essays, and stories about the islands, written by literary figures Herman Melville, Robert Louis Stevenson, Jack London, and W. Somerset Maugham.



Grand Circle Community & Useful Websites

If you have access to the Internet, the following sites offer a wealth of information:

Visit the Grand Circle Community website for a world of travel news and information:

www.gct.com/community

Government websites:

International health information: CDC (Centers for Disease Control)

www.cdc.gov/travel

U.S. Customs & Border Protection: traveler information

www.cbp.gov/xp/cgov/travel

Transportation Security Administration (TSA): agency responsible for screening luggage in U.S.

www.tsa.gov/public

National Passport Information Center (NPIC): for passport information

www.travel.state.gov

General travel information websites:

Travel books

www.amazon.com

www.barnesandnoble.com

World weather

www.intellicast.com

www.weather.com

Foreign languages for travelers: basic terms in more than 80 languages

www.travlang.com/languages

Travel tips: packing light, choosing luggage, etc.

www.travelite.org

Net café guide: 100s of locations around the globe

www.cybercafes.com

Electric current and plug types

www.kropla.com/electric2.htm

Foreign exchange rates

www.oanda.com/converter/classic

ATM locators

www.mastercard.com/atm for **Cirrus ATMs**

www.visa.com/pd/atm for **PLUS ATMs**

Country information:

www.australia.com **Australia**

www.newzealand.com **New Zealand**

www.bulafiji.com **Fiji**



Tourist Board Addresses

Tourist offices in the U.S. and abroad offer free brochures, maps, and pamphlets with information that pertains to many of your destinations. If these materials would enhance your vacation planning, you can write or call the following tourist board offices:

Australian Tourist Commission

2029 Century Park East, Ste. 3150
Los Angeles, CA 90067-3121
Telephone: 1-310-229-4800
Fax: 1-847-635-3718

New Zealand Tourist Board

501 Santa Monica Blvd., Suite 300
Los Angeles, CA 90401
Telephone: 1-310-395-7480
Fax: 1-310-395-5453

Fiji Visitor's Bureau

5777 W. Century Blvd., Ste. 220
Los Angeles, CA 90045
Telephone: 1-310-568-1616
Fax: 1-310-670-2318

Measurement & Temperature Conversions

Conversion Chart	
U.S. Standard to Metric	Metric to U.S. Standard
1 inch = 2.54 centimeters	1 centimeter = 0.4 inch
1 foot = 30 centimeters	1 meter = 3 feet 3 inches
1 mile = 1.6 kilometers	1 kilometer = 0.6 mile
1 ounce = 28 grams	1 gram = 0.04 ounce
1 pound = 454 grams	1 kilogram = 2.2 pounds
1 US gallon = 3.8 liters	1 liter = 1.1 US quarts

To convert Kilometers to Miles:

Multiply the first digit by 6. A 40-kilometer drive is about 24 miles (6 x 4). For a one-digit figure, use .6. For a three-digit number, multiply the first two digits by 6; thus, 150 kilometers equals about 90 miles (15 x 6 = 90).

To convert Celsius to Fahrenheit:

Double the Celsius temperature, then add 30 degrees.

For example, if the temperature is 20° C, that's about 70° F: (2 x 20 = 40; 40 + 30 = 70).

For Celsius temperatures below zero, ignore the minus sign, double the number, and subtract it from 32.

Thus, -10° C equals 12° F (2 x 10 = 20; 32 - 20 = 12).

To convert hectares to acres:

Multiply the hectares by 2.471. For example, a 3-hectare area is equal to 7.413 acres: (3 x 2.471=7.413).