

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



**SUMMER LAW
PROGRAM
IN
BARBADOS**

**INFORMATION
HANDBOOK
PART TWO**

“LIVING IN BARBADOS”

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

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I. CUSTOMS CHECKLIST

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

Passport

**Letter of Enrollment from the Dean's Office
(see Handbook, Part One, Preparation, Checklist)**

Your ATM card, so you can get Barbados Dollars out of the ATMs.

Put this handbook in your carry-on luggage because it contains important phone numbers, etc. that you will need upon arrival.

II. PACKING

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

Inquire about luggage size, weight, and number restrictions imposed by your airline – many times students end up having to pay extra for overweight baggage, so be judicious about what you bring with you and what you bring back. Be sure if you are flying more than one airline that you pack for the airline with the lowest baggage restrictions, not the most liberal one.

Take lightweight, summer clothing. Former students recommend bringing shorts, tank tops, only one very lightweight long sleeve top (in case your skin needs a break from the sun), a warm jacket or sweatshirt for the cool AC in the classroom, at least two bathing suits (at least one sports/board swimsuit), a lightweight rain poncho/jacket, umbrella, lightweight lounging-around-the-dorm clothes, sun dresses, a sun hat, and some bright colored “clubbing” clothes. As one former student advised “If you won’t wear it when you sweat a lot, don’t bring it.” Because of the warm weather with high humidity (highs of 86-89 degrees), pack clothing made of lightweight fabrics such as light cotton, linen and other clothes that can be easily washed and line-dried. Also, the locals wear bright colors, so bring bright colored clothes if you have them. **Please note that Barbados has a law strictly prohibiting any camouflage material entering the country. Do not bring any camouflage backpacks, hats or any other clothing items. These items will be confiscated at customs.**

There is a laundry room in the dormitory. Use only cold water when washing your clothes until you know the temperature of the hot water – your clothes might get ruined if the water is too hot. Also be careful using the dryer until you know how hot it dries. Consequently, bring clothes that dry quickly on a drying rack or on a clothes line strung in your dorm room. When washing your clothes make sure you stay with your laundry to

avoid theft. Your clothing may disappear if you leave it unattended—US clothing is highly desirable. Some students recommend taking only clothes they are willing to leave behind – and leave them at the Good Will equivalent or a church before they come back to the States. You will need extra room for all those souvenirs! You also might want to pack an empty carry-on size duffle bag that will not take up much room and use it to bring home some of your goodies.

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

A. PACKING SUGGESTIONS

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

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

Professional Clothing: While Barbados is a fun island, there are dress codes and, because of the British heritage, formal clothing is not uncommon. Some night clubs have dress codes and you will need to bring professional clothing for the field trips. Men should bring a short-sleeve dress shirt and tie and nice lightweight slacks. Women should have a nice dress or blouse and slacks. Students dress more informally for classes.

Towels and Bedding: Bring a beach towel and **face cloth** but otherwise there will be a clean supply of bath towels and bed linens provided twice a week in the dorm.

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

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

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

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

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

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

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

Travel Alarm: Many battery operated inexpensive models are available. (Be aware that should you use your phone for an alarm and you have the Internet on, you will be charged thousands of dollars for using your phone. Shut off your US phone unless you have an international plan that includes the Internet).

Batteries: Bring extra because they are expensive.

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

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

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

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

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

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

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

Ethernet Cord: Students will need to bring an Ethernet cord to attach their laptops to the Internet in the dorm rooms. The cord also can be purchased at the university bookstore. (There is sketchy wireless access in the dorm rooms—former students brought a router and set up a wireless network for the dorm rooms, which worked great for Internet access.)

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

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

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

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

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

B. WEATHER

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

III. TRANSPORTATION FROM AIRPORT TO CAMPUS

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

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

A. GENERAL TRANSPORTATION

Public Transportation

All vans and buses cost \$2.00 BD one way.

Van # 3-White with a maroon stripe

To get from campus to Bridgetown, catch the #3 Van. You will have to flag it down as it comes down the hill by the traffic light at the road into campus. It usually is crammed full of people and is not air conditioned. You will give \$2.00 BD to the driver or another person who is on the van to collect the fare. You may have to give the fare during the ride or as you get out. You do not need exact change. Be aware these vans blare out loud music, so sitting in the back by the speakers is a challenge.

Mini-Buses-Yellow with a blue stripe

You can catch these buses at the bottom of the hill going either north (to Holetown, Sandy Crest or Speightstown) or south to Bridgetown. The buses are marked “To City” meaning to Bridgetown or “Out of City”, which means going in a direction away from Bridgetown. Like the vans, these buses are crammed with people, play very loud music and are not air conditioned. There will be a person on the bus who collects the fare and you do not need exact change.

Large Buses—Blue with a yellow stripe

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

Taxis

Taxis can be a good means of transportation, particularly from the clubs after an evening out. The taxis have set fares for most routes but tourists can be taken advantage of (taxi drivers are the same the world over). Some taxi services have mini-vans for larger groups and generally charge by the person. If you like a taxi driver, get his or her

business card and you can call on a regular basis to have the driver transport you. The security guards at the entrance to the dorms will also call a taxi for you if you ask them.

B. DRIVING

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

IV. PRACTICAL INFORMATION

A. BARBADOS

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

Barbados is the easternmost Caribbean island. It is 166 square miles, 8 miles wide and 21 miles long. The island has a population of 282,000 residents and boasts the lowest crime rates in the Caribbean. The country has a very diverse geography, with calm beaches on the western coast's Caribbean Sea, and larger surf on the eastern Atlantic coast. The interior has an extensive limestone cave system, a wildlife preserve, and “rain shadow” lush tropical regions.

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

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

Campus Security

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

The Dormitories or “Halls”

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

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

The rooms are not air conditioned, however the law school, the cafeteria and the Student Guild are air conditioned and good places to study. There is sketchy wireless access in the dorm rooms, but all rooms have Ethernet service. Students are to provide their own Ethernet cables, which are available for purchase at the university bookstore or you can bring one with you. (Former students suggested future students have someone bring a router and set up a wireless network for the dorm rooms.)

There are communal bathrooms and kitchens in the residence halls. The communal bathroom has sinks, toilet stalls, and shower stalls. If there are not sufficient pots and pans in the kitchen, look in other kitchens that are not being used for the summer. These pots and pans have been abandoned because students need to provide their own cookware.

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

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

Former students have discovered the TV reception was not reliable and they suggest subscribing to Netflix. **However, be aware that Netflix subscriptions are not accessible from the Ethernet cables in the dorm rooms (Netflix only works on Ethernet accessible within the U.S.) and although Netflix could be accessed through the wireless, the wireless connection also is not very reliable.**

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

(After the first three weeks, students can elect to stay off campus. Special rates have been negotiated with the South Gap Hotel at St. Lawrence Gap, with rooms renting at a 25% discount—make sure to add in the 10% service charge and another 8.75% for taxes and fees. See <http://www.southgapbarbados.com/index.php> Students are responsible for transportation to and from campus and all meals. Students should make a written request to stay off campus before the end of the first three weeks of classes.)

Cafeteria

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

selection! Students will have meal tickets to use for one meal a day, Monday through Thursday (class days). The meal ticket also may be used at the snack kiosk, located down the hill from the law school building.

Student Health Services

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

University Bookstore

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

Campus ATM

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

Student Services

The student services office is open 9:00-5:00 Monday through Friday. The office will assist in planning excursions and tours to sites on the island. The university has mini-vans and buses that can be rented for special events. Make sure to make reservations a week in advance. Generally it will cost around \$200-400 USD to book a bus or mini-van.

Snack Kiosk

Student may use their meal tickets at the snack kiosk down the hill from the law school. The snack kiosk has more limited hours of operation than the campus cafeteria and the times are posted on the kiosk.

Campus Mart

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

The Law School Building

The law school is at the end of campus, up a hill. (See Maps Section) The law school has spotty wireless Internet access and there may be no Internet access in the classroom.

The law library and the classrooms are air-conditioned. There also is an open-air “pit” area with soda machines and picnic tables.

The Student Guild Building

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

Student Weight Room

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

C. GUESTS AND VISITORS

Students are not allowed overnight guests in their dorm rooms. The university does rent out dorm rooms at a fee of approximately \$55 BD per night for a single room.

D. CONTACT INFORMATION

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

Chief of Campus Security
Mr. Boyce
243-5590

Security Window, Sherlock Hall
417-4177

Campus Mart
439-9188

Student Cafeteria
Angela Buckmire, Supervisor
421-3461

Off Campus Emergency Numbers

Police 211
Fire 311
Ambulance 511
QEH Hospital 436-6450

E. IDENTIFICATION

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

F. TIME ZONE

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

G. TELEPHONES AND MOBILE PHONES

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

Do not use your US smart phones to access the Internet in Barbados. This will result in a huge mobile phone bill (thousands of dollars)! Turn off the Internet on your phone before arriving. Do your Internet searching on your laptop, not your smart phone.

H. MAIL

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

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

Some students suggest bringing up to 3 debit and credit cards in case you have problems with one or two of them, then you will always have a backup. You will want to have a card that will work at ATMs in order to get local currency in Barbados. It is suggested that at least one of the cards is a check/debit card, which appears to be a credit card, but the funds used on the card are actually drawn directly out of your checking account. These cards are available at most banks or credit unions that have checking accounts. Be

aware that these cards may have daily withdrawal limits – generally \$300-\$500 per day. **Make sure you contact your bank and any other credit card companies BEFORE you leave and let them know you are traveling to the Caribbean.** If you use your card in another country without notifying them, they will likely freeze your account, because their system will indicate that there is potential fraudulent activity on your card. Make sure your ATM/debit card works before you get to the Caribbean.

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

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

Do not buy Barbados dollars in the U.S. before leaving for the Caribbean; this is quite costly. The best way to get Barbados dollars is to withdraw Barbados dollars from an ATM machine upon arrival in Barbados. ATM machines are prevalent throughout the island. Also, the exchange rates at ATMs are outstanding. VISA, Mastercard, ZIP, Bankmate, Plus, or Cirrus can be used at most ATM machines. In addition, U.S. dollars are accepted throughout the Caribbean, but you will receive change in local currency. Consequently, you will need to know the exchange rate in order to determine whether you have received the correct change. **In Barbados this is relatively easy because the informal exchange rate is 2 Barbados dollars to 1 U.S. dollar (although the student cafeteria uses an exchange rate of \$1.98 BBD to 1 USD).**

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

K. SHOPPING

The closest grocery store is Carlton's via the #3 Van. The grocery stores provide shuttle vans back to campus, if you're willing to wait for the van and the numerous drop-offs for the other shoppers in the van. **Shops and most grocery stores are closed on Sundays**, so make sure you have purchased adequate groceries on Saturday if you plan to cook in the dorm over the weekend. There is a small convenience store down the hill and to the right that is open on Sunday, at the Esso gas station (Tiger Mart). The convenience store has bread, juice, milk, eggs, bananas, etc. The Super Centre grocery stores (in Warrens or at Holetown) also are open on Sunday, but keep in mind they are more expensive, catering to tourists and high income clientele. As a general rule, expect to pay more for groceries because you are on an island.

There are shopping centers in the Sandy Crest area, at Holetown, in downtown Bridgetown, and at Sheraton's Mall east of Bridgetown. Of particular interest is a pedestrian shopping area in Bridgetown on Swan Street. The major department store in Barbados is Cave Shepherd. Also near the Van terminal in downtown Bridgetown is an early Saturday morning outdoor farmers' market. Cheapside Market also sells

inexpensive produce and other items by different vendors. If you need electrical appliances, go to Courts in Bridgetown.

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

If you would like to try local alcoholic beverages, Mount Gay is a famous Bajan rum that is manufactured on the island and Banks beer is the local island brew.

L. EATING ESTABLISHMENTS

Restaurant Delivery Service

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

Eddy's BBQ Truck

On Wednesday through Saturday evenings, Eddy's BBQ truck pulls into the dirt parking lot behind the bank on the way down the hill. Eddy has great ribs, chicken and fish. Stand in line with the locals—a sure sign it's good eating!

TNT BBQ

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

New York Pizza

Across from the Esso gas station (Tiger Mart) is a building which houses the New York Pizza in the back. It is a take-out place with only thin crust pizza. Eat the pizza at the picnic tables at the Esso gas station across the street—otherwise the crust gets soggy on the walk back up the hill to the dorms.

Chefettes

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

Oistins

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

Bar and Grills

Oasis Beach Bar on Rockley Beach

Bubba's Sports Bar and Restaurant on Rockley Road

The Tiki Bar on Accra Beach

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

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

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

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

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

FINE DINING

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

St. Lawrence Gap, East of Bridgetown

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

Brown Sugar—A traditional Bajan buffet, near St. Lawrence Gap.

Zen—Thai and Japanese fine dining restaurant at The Crane luxury hotel.

Il Tempio—An Italian restaurant at Fitts Village, on the way to Holetown.

The Beach House—A restaurant on a huge deck on the beach, located across from the Holetown Chattel Village

Holetown, Central West Coast

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

M. NIGHT LIFE

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

N. BEACHES

There are no private beaches in Barbados—the public is allowed on all the beaches. The beaches on the southwest part of the island get rave reviews. Former students recommend Accra, Miami, Brown (has the most amenities), Rockley (best waves), Brandons, Batts Rock Bay, Boatyard, South Beach, Long Beach, Paradise (now called Clear Water Bay, where the Four Seasons Hotel is being built). Silver Sands is good form kite boarding, jet skiing, and surfing. The eastern beaches have dangerous undertows—no swimming! The beaches on the west coast (known at the Platinum Coast) have gentle water—the closest beach is Batt’s Rock Bay, down the hill and along a path a little bit north of the Esso (Tiger Mart) gas station.

O. HOTELS

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

Stay at the St. Lawrence Gap or Holetown area all-inclusive hotels—you can’t beat the air-conditioned rooms and the swimming pool/beaches.

South Gap Hotel, St. Lawrence Gap—not fancy but great rates, a swimming pool, a great restaurant (Salvio’s) with good service and an ocean view (ask for the special Washburn student hotel rates).

Divi Southwinds Hotel—mixed reviews, some said it was alright, some said avoid it because the management was rude, and others said the food wasn’t that great.

The Almond Casuarina Beach Resort in St. Lawrence Gap (Dover Beach) had some good comments, but avoid the other Almond hotels.

Amaryllis Hotel—inexpensive, nice pool, quiet.

Ocean 12—go with a group of people.

The Crane—very expensive (check for Internet specials), but beautiful.

P. TIPPING IN THE CARIBBEAN

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

Restaurant Tipping

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

you may, of course, leave more than 15 percent. (Make sure to tell your server **before** you order if you want separate checks or you are going to split the bill.)

Taxi Tipping

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

Hotel Tipping

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

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

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

Q. SUGGESTED FIRST WEEKEND ACTIVITIES

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

R. SUGGESTED ISLAND ACTIVITIES AND SIGHTS

Former student recommendations:

- Bathsheba Beach is beautiful, and the east coast in general is breath-taking.
- Wildlife Animal Reserve—time it so you're there at 2:00 for feeding time. Take the bus to the Speightstown terminal and then take the Bathsheba bus.
- Scuba diving, snorkeling, para-sailing, kite boarding, jet skiing.

- St. Nicholas Abbey.
- Avoid the Animal Flower Cave.
- The north point of the island.
- Harrison’s Cave
- Check out the dates for the Rally Car Races.
- Concerts at the Boatyard or at Oistins.
- Buy some beverages at the Esso (Tiger Mart) gas station and hang out at the beach.
- Surfing lessons—surf with Brian Talma at Silver Sands beach
- Boat tours

S. SUMMER CULTURAL EVENT

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

T. ISLAND HOPPING

Airlines for intra-Caribbean Travel:

REDjet - <http://www.flyredjet.com/en>

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

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

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

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

Grenada—Site of US invasion in 1983

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

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

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

Trinidad and Tobago—Developed and sophisticated Caribbean island; oil and gas reserves and refining and petroleum engineering school; 7 miles from South America and contains flora and fauna of both the island and the South American continent; extremely

ethnically and culturally diverse country; 1980 square miles and population of 1.2 million. (Check with Professor Bahadur on places to go and see—he recommends staying at the Kapok Hotel in Port of Spain, eating the shark sandwich at Richard’s Bake and Shark on Maracus Beach—and don’t forget to eat “doubles” at the roadside stands!)

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

V. HINTS AND TIPS FROM FORMER STUDENTS

In general

- Be prepared for little inconveniences and don't get irritated. You're in a different country, so don't expect everyone should change to accommodate you!
- Account for "Island Time" – locals are not on time, most of the time, and that's just the way it is.
- Be prepared to take a long time to get around the island. There's lots of traffic—and lots of people.
- Plan three things you want to do before you get to Barbados—and then do them.
- Get to know the UWI students—they will have lots of advice and know what's happening on the island and can be your tour guides.
- Avoid group drama.
- Explore as much of the island as possible.
- It's helpful to travel in groups of four—larger groups get unmanageable.
- Don't complain—you'll ruin the experience for yourself and your classmates, and you'll offend the Caribbean citizens. If you want everything to be like it is in the U.S., stay in the U.S.

Classes

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

Clothing

- Don't take jeans and only one light-weight long-sleeved shirt in case you need a break from the sun—go with shorts and tank tops.
- Don't bother taking heels (for women)—you have to walk everywhere and you can't walk in heels for very long.
- Have light weight sun dresses (for the women) to wear out in the evening.
- Make sure you have nice, lightweight slacks (for men) for the professional dress for the field trips.

- Take breathable fabrics—avoid silk because it doesn't breathe and it shows perspiration quickly.
- Bring plenty of lightweight lounging type clothing for hanging out at the dorm
- Bring running shoes for the grass track and work out clothes for the campus weight room if you want to work out.
- It's hot and humid, but the AC can be cool in the classrooms, so bring something to throw on during class.
- Bring lots of swim suits.
- Have a backpack or bag to take to the beach (and don't use it for anything else—sand will get into anything else you use the bag for!)
- Don't wear perfume, cologne or use scented soap—you'll be a bug magnet if you do—and bring bug spray.

Culture

- Caucasians are in the distinct minority—it was interesting and educational being in the minority as a Caucasian.
- Customer service is not a priority, so be persistent but polite.
- Come early and get acclimated to the weather.
- Stay later at an all-inclusive hotel.
- Work on your dance moves and dance yourself crazy!
- Study a map of the island and read a travel book so it doesn't take until halfway through the six weeks before you have things figured out.
- Utilize your time in the dorms—bring cards, download Skype, enjoy hanging out in the TV lounge with your classmates.
- Bring a book or an e-book—it's a great way to relax in the dorm or on the beach.
- Try new foods.
- Don't spend all your time with your U.S. classmates—get to know some locals and experience Bajan culture.

Money

- Make sure to have your ATM card with you when you go out because many places do not take credit cards.
- Make sure you have budgeted enough money to take advantage of the fine dining opportunities on the island.

Transportation

- Make sure you get a price BEFORE getting in a taxi.
- Get to know the routes of the vans and mini-buses.
- In 2010 it was \$35 BD to go from St. Lawrence Gap to UWI—don't let the taxi cab drivers take advantage of you.
- Take a taxi to and from Oistins because it takes too long to take the bus.
- When booking a mini-van taxi, ask how much it will be before making a reservation—in 2010 it was about \$5 BD per person.

Shopping

- Enjoy the duty free shops in Bridgetown (make sure you bring your passport)—also the duty free shops will be open in the airport upon departure.
- Check out the House of Cuban Cigars (but don't take any back to the US!)
- For washing clothes, use Woolite, not the brand "Breeze".

- Fresh groceries go bad quickly—no preservatives!
- Sometimes it's nice not to have to leave the dorms for dinner, like on the night before the final exams, so pick up a frozen pizza or a quick meal like spaghetti and fix a meal in the dorm kitchen.

Security

- Avoid traveling the island alone, and stick with the group, particularly at night. Although the island is quite safe, it's important to realize that you are a stranger in a foreign country.
- Don't leave any belongings unattended on the beach—take turns hitting the surf so someone is with your belongings at all times.