

A
GUIDE TO NEW CALEDONIA
COMPILED FOR
ENGLISH-SPEAKING NEWCOMERS
BY
LINKS 1993

Update 1997



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INTRODUCTION

This guide has been prepared for English-speaking expatriates entering New Caledonia on working contracts with the South Pacific Commission (SPC) and other enterprises represented in the territory. It was originally compiled by *Links*, a group originally formed in 1987 by the spouse of the then Secretary-General of the South Pacific Commission.. *Links* provides a network of support and friendship for the families of the SPC and their friends and encourages social contact with other families in the community.

The subjects covered within this guide were chosen to help formulate a perception of the country's life-style and setting. This is not only useful for those who are newly arrived but also for those contemplating moving to New Caledonia for an overseas posting.

Besides being prepared for a new job in this French territory, people going abroad to work need competence in cross-cultural skills. To this end, notes on culture and social customs have been included wherever possible or appropriate. The territory has a record of offering special challenges for most expatriates.

The information has been kept brief and is by no means comprehensive. Rather, it is based on the experiences and perceptions of many people living in New Caledonia. **Thus it is a subjective guide to living here and the views expressed may not necessarily be the views of the South Pacific Commission or any other organisation.** Wherever possible readers are directed to information sources already published and widely available. Subjects are listed alphabetically and cross referencing is given where needed.

Information such as what to expect when you first arrive, where to send your children to school and how to find a local doctor, etc. are all included. French words and phrases have been given under headings to start you off on your inquiries. Also in the appendix is a list of useful English and French translations in subjects most commonly needed by newly-arrived families to Nouméa.

It is hoped that the guide will assist in decision making and make settling into the Nouméa lifestyle a little easier.

NEW CALEDONIA BRIEFLY *Nouvelle-Calédonie en Brèf*

This is a French Overseas Territory (T.O.M. is the common French abbreviation for *Territoire d'Outre-Mer*) located in the Southwest Pacific just north of the Tropic of Capricorn. It is made up of a group of four major islands, the largest being *La Grande Terre* (400km long and 50km wide). This island has 800km of coral reef surrounding it, creating the largest lagoon in the world. Australia is its closest neighbouring continent, 2 000km to the west. The political status of New Caledonia and its dependencies is in a state of transition and up-to-date information on political changes and their effects on daily life in New Caledonia may be obtained from French embassies, Foreign Affairs offices or from personal contacts in the country. Sources such as the Public Affaires Information Service publications and Keesing's

Contemporary Archives provide useful background and may be consulted in most universities and major public libraries.

Melanesian people inhabited the territory before European discovery in 1774 by Captain Cook. It was not until 1853 that official French possession took place. Today Melanesians make up 4% of the total population of nearly 197 000. The remainder are mainly of French origin, either *Caldoche* (born in New Caledonia) or *Metropoles* (residents from mainland France who work here). There are quite a number of French Polynesians, Wallisians and Futunians and people from other Pacific islands, as well as a sprinkling of Vietnamese, Indonesians (Javanese), Chinese, Indian (mainly of Pondicherry origin) and Japanese. (The appendix at the end gives a statistical breakdown of the population.) The English-speaking section of the community is very small but there is more interest taken in the language now that tourism and trade with neighbouring countries are gaining importance. . It is surprising how many people you will find in Nouméa who know a little English.

New Caledonia holds 30% of the world's reserves of nickel and this contributes up to 90% of the country's exports. The territory's administration and security are funded by France. Tourism is an important and growing sector of the economy.

More information on these subjects is available in the Appendix at the end, in the enclosed booklet *Bonjour Calédonie et Vila* and the pamphlet *Bonjour Calédonie* (You may not always receive this booklet and pamphlet if they are out of print at the Tourism Office, but a replacement will be sent out). Once inside the Territory consult your telephone directory (*Annuaire Officiel*) and look for books on sale in town. We recommend you familiarise yourselves with your new home as soon as you can. There is a book list in the Appendix section which covers topics relevant to New Caledonia.

ARRIVAL *l'arrivée*

Most international flights into New Caledonia land at Tontouta Airport which is about 50km (50 minutes drive) north of the capital, Nouméa. SPC employees can expect to have transport already arranged for them. For non-SPC newcomers, it is advisable to have private transportation organised prior to arrival. Minibus fares are US\$17 per person, and a taxi can cost between US\$75 - \$100. **Pacific Transport** has a minibus service which is very reliable. You can fax them at 27.61.31 (attention Jean-Claude Cronstadt) for transport into Nouméa.

Visas *Le visa*

A valid passport and onward or return ticket is required for everyone. A visa is required before arrival except for French citizens, nationals from EU countries, Japan, New Zealand and USA.

Visas for long stays or employment (*carte de séjour*) are normally organised by your employer before your arrival. This takes AT LEAST 6 weeks. To get employment in the Territory fluency in French is of course an advantage (SPC is an exception) and specialist qualifications not locally available are usually required.

With some effort and a good deal of perseverance a spouse may be able to find employment, especially as a teacher of English. Adult education classes are available and may appeal to those with a good command of French. See under **French Language** for classes.

Customs *Les douanes*

There are importation restrictions on tobacco, spirits, perfumes, coffee and tea. Cash in excess of 50,000 FF (French francs) must be declared. The three SPC principal officers and diplomats are duty exempt for most goods during the duration of their appointment. Other SPC expatriate staff may import personal effects duty-free within a six month period following date of arrival. Valuable goods are only exempt from customs duty if over six months old. It is possible for expatriate SPC staff to arrange temporary duty-free entry of products such as cars which are destined for re-export after use, but it is necessary to begin organising this early.

Quarantine *La quarantaine*

Yellow fever and cholera vaccinations are required only if arriving within six days of leaving or transiting through an infected country. Importation of parrots, parakeets, pigeons and turtle doves is strictly prohibited. A sanitary certificate is required for all plants, seeds, foodstuffs and related materials. Because the Territory is rabies-free, permission is only given to import cats and dogs from certain countries and the animals must spend a certain period in quarantine. In all cases enquiries should be made with your local authorities before leaving the country.

Hotels *Les hôtels*

There is a variety of hotels in Nouméa. Tourist booklets are available which list them with relevant information. Hotels which have been used by incoming expatriates and which have cooking facilities include: Le Lagon, Le Lantana, Le Surf Novotel, Le Stanley and Kuendu Beach Motel. (SPC tends to use the first three of the above hotels for their staff because of their closeness to the SPC buildings) An idea of the range of prices can be found on page 42. More information about hotels can be found in *Bonjour Calédonie*.

BANKING *Les opérations bancaires*

General

The local currency is the Franc CFP (CFP stands for *Communauté Financière du Pacifique*). It is used in New Caledonia, French Polynesia, Wallis and Futuna and although the coins and notes vary they are interchangeable amongst the territories. The value of the Franc CFP is fixed against the French Franc, and 1 French Franc has been equivalent to 18.18 Francs CFP for the past several years. CFP note denominations are 10000, 5000, 1000, and 500. Coins values are 100, 50, 20, 10 5, 2 and 1 francs.

Exchange rates at June 1997 were:

Au\$1= 84CFP	NZ\$1=76CFP
US\$1=108CFP	STG£1=175 CFP
Fiji\$1=78CFP	100 Vatu=97CFP
1 Kina=76 CFP	WS Tala=41CFP
SI\$1=29cfp	

Check the exchange rate with your country before leaving. You will find a list of banks in the appendix at the end

Funds Transfer

The simplest means of transferring funds to Nouméa is to arrange a bank cheque payable to one's self. Major currencies and travellers cheques can be readily exchanged on arrival. Local practice is to use cheques for all purchases although the local debit cards "*Carte Jade*" and "*Carte Bleu*" have now become popular. If you have a *Carte Bleu* you need to know your secret PIN number for making purchases; otherwise you may use it as a Visa card.

Many stores have an automatic cheque machine which enables quick processing of cheques. You need only to sign your name and the machine fills in the remaining details. This is very helpful for those still learning how to write out numbers in French. In the **Food** section of the guide is noted which shops have this facility.

When cashing a cheque at the bank to yourself, you need to write *moi-même*, on the front as payee, and sign the cheque again at the back before handing it to the cashier, although for some banks, the relevant phrase is *pour acquit*.

In French "change" is *monnaie* and "money" is *argent*.

Monthly Money Home Transfers

SPC employees enjoy a system which provides set-rate monthly money home transfers. Inquiries can be made about this system at the SPC Finance section.

Personal Finances

At least a month before departing for New Caledonia a visit to an investment adviser and a taxation adviser is recommended. Discuss such things as bank deposits, liquid assets, properties and shares which may remain inactive for the period that you are outside your country. A taxation consultant may give advice on the impact of earnings overseas and income from investments, etc. These two consultants should be independent.

CHILDCARE See under EDUCATION

CLOTHING *Les vêtements*

General

It is strongly advised that you purchase most of your clothing before arriving since nearly all good-quality items are very expensive in Nouméa. Check the validity of duty free purchases with your return air ticket.

Department stores sell clothes for all. Generally one can find a comparatively cheap range of clothes and footwear, but quality is lower than one would expect in countries like the Fiji, USA, Australia, New Zealand and UK for the same price. Shoes and sandals are moderately priced but large sizes are difficult to find. If you are looking for cheaper items, then head down to the area of town near the bus station where you can find a number of shops run by the Asian community. It is about the only area you may pick a bargain. You will find a list of the more well known shops for ready-to wear clothes (*prêt-à-porter*) for the whole family in the appendix at the end. Also in the appendix you will find addresses for someone to make your clothes.

Women

Dress shops offer a varied and attractive selection of imported outfits but generally in small sizes and more expensive than one is accustomed to. Shops can be found all over town and your own taste will direct you to the right one for you, that is, if you've given in to the asking prices! If you prefer to have your clothes made see the appendix for some addresses,

Children

A wide range of fashionable children's clothing and shoes is available, although again quite expensive. Babywear of good quality is available but because the French use disposable nappies, plastic pants and nappy liners are not available in town. Muslin and towelling nappies of an inferior quality can be found in the shops around town near the bus station. All baby accessories like cots, prams etc. are expensive but of acceptable quality.

In the appendix is a list of the more well known shops for women and/or children's clothing:

CULTURE *La culture*

General

Although located in the South West Pacific, New Caledonia, and Nouméa in particular, retain a strong cultural link to France. The official language is French but there is more interest being taken in English these days. As with all cultures the way of life is moulded by the cultural norms and ideas, particularly the strong cultural identity of the indigenous Kanak population. Yet here there is a uniqueness created by the French culture absorbed into the Pacific Islands

way. If you are not arriving from another Pacific Island, be aware of both the 'island pace' of life, and that if you have occasion to use the bureaucracy here, it may take a long time.

Much of the territory's administrative and educational expenses are borne by France, which also provides development funds. The local economy is based on nickel mining which accounts for 90% of domestic exports.

Most goods and services are imported from the European Union but more recently, a limited variety of goods comes from New Zealand and Australia. For this reason the price of commodities is high and even local produce does not seem to be exempt due to relatively high local wages. Waiting for the next shipment to arrive is a common predicament and is normal for many island nations. The supermarkets are generally well stocked with a good selection of different products. If you fancy French cuisine there is plenty of it here. A Vietnamese population in Nouméa enables one to buy oriental ingredients and oriental restaurants of this type are popular.

There is a great emphasis on sport and out-door leisure activities. Nouméa has good facilities for nearly every sport imaginable, including those that are water related. You even go whale-watching in NC. This country is also excellent for hiking, but bring your boots etc. with you as although available here, they may seem expensive, and the shop assistants may not know much about the product they are selling (one exception is *Clin d'Oeil* where the staff do know what they are talking about. The golf course is a little way out of town, however a new one has just been constructed on the far outskirts of Magenta Airport. Because there are plenty of bays around the city you can find a variety of pleasant running and walking paths adjacent to the sea. The local council seems to be continually upgrading these kinds of facilities. It may be worth noting that the hours between about 11am and 2pm are considered siesta time and neighbours will favour you unkindly if you disturb them with noisy activities such as mowing the lawn!

An interesting statistic stated about New Caledonia is that per head of population this country consumes more champagne than any other in the entire world. This may give you the idea of how popular socializing is and how grand a style it can be done in. Christmas and especially New Year are much celebrated in this town with many restaurants catering for clients looking for a good night out.

Dress Customs

Men: The clothes men tend to wear are mostly informal yet stylish. Virtually all political figures, businessmen and administration officials wear open neck short sleeved shirts and long trousers to the office all year around. However, you will probably notice that choice of coordinating colours is more daring than blue and greys. Suits (*tenue de ville*) are seldom worn except for the more official and formal occasions. Safari suits are not worn. Any invitation to dinner or cocktails describing dress as *tenue légère* or *tenue décontractée* includes sport-style shirts, Tahitian shirts and dress shorts. A dinner jacket (black tie) is rarely worn. Tails and morning dress are never worn. A lightweight suit is suitable for those few occasions when it is required. A blazer may be worn as an alternative and can be useful. A few light cotton pullovers, sweatshirts, casual jackets, an umbrella or light raincoat would be

useful in winter. It may be useful to note that generally French men are well groomed as well as smartly dressed.

Women: Dressing has a distinct French flavour, and is fashionable, stylish but informal. Daytime wear consists of smart lightweight and figure-hugging knit dresses, slacks, shirts and blouses. French women are usually quite figure conscious and this is reflected in their choice of fashions. Office dress is casual with lightweight suits and short straight skirts being very common. For evening engagements, including cocktails, slightly formal wear is worn. A few evening dresses will be required for those attending formal or work related occasions. Jewellery is very popular.

For the cooler season, a lightweight stole or coat, a jumper, sweatshirt, cardigan or cotton pullover or two, a light raincoat and an umbrella are necessary.

As in most Pacific Island countries, the "traditional" dress of New Caledonia is in fact the dress introduced by the missionaries. It is commonly referred to in French as just that: *robe mission*. When first introduced over 100 years ago it was compulsory wear and it wasn't until the 1970s that younger women started to wear varied clothes. Young women were punished for such behaviour, sometimes even banished from the tribe. However, at about the same time some educated Kanak women began wearing the *robe mission* to emphasize their cultural identity. Those restrictions have given way to a broader outlook on clothing and women in New Caledonia today are increasingly expressing personal taste in the clothes they wear. Foreigners dressing in the *robe mission* should do so with an attitude of respect.

Culture Shock

Most of us suffer from a phenomenon known as "culture shock" to some degree when we move to a new home overseas, no matter how many times we have made a foreign move previously. New Caledonia is no exception especially if you are not a French speaker.

The symptoms tend to surface between the first and third months after arrival when the novelty of a new environment begins to fade and "settling in" becomes imperative. They usually taper off as soon as this process gets underway and generally disappear by the third or fourth month when equilibrium is restored. If not, professional help should be sought. Culture shock is quite simply a form of psychological stress experienced when familiar cues or patterns are no longer present. These cues include the thousand and one ways in which we orient ourselves to the situation of daily life - simple things like what to say when we meet people or when and how to give tips, when to accept and refuse invitations, when to take statements seriously and when not, even how close to stand to someone when you are talking. This lack of familiar cues may cause discomfort, often accompanied by irritability, bitterness, resentment, home sickness and depression.

It is important to be familiar with the symptoms of "culture shock" for yourself and other members of your family so that you can respond with understanding. To begin with, it is essential to recognise that operating in a new setting, with a foreign language is a different experience for each member of the family. When the strain of adjusting to change is marked, several physical and emotional responses are common. These include sleepiness, apathy, depression, compulsive eating or drinking, homesickness and exaggerated yearning for all

things and friends from back home, negative stereotyping of host country nationals, fear of being cheated, decline in efficiency, recurrent minor illnesses and obsession with cleanliness/health. In young children stress may manifest itself as regression in toilet training or social behaviour, interrupted sleep, skin eruptions or stomach disorders. Older children sometimes find it difficult, at least initially, to maintain their previous academic standards, others work out their anxiety in disruptive behaviour, in school or out.

Responses to culture shock

Some things to consider in easing the adjustment process for yourself and your family can be found on page 36. For further reading on this topic see **Who Succeeds Abroad** on page 37.

Counselling

Le Centre De conseil Familial 10 Avenue Paul Doumer City Centre, (Tel: 27.23.70)

Do you have any questions on contraception? Are there any difficulties in your relationship? Do you need help or counselling for your family (domestic violence etc.)? If so, and you need help contact this centre and ask for Dr Kolb. She can speak adequate English and will be able to direct you to the assistance you require. The police in New Caledonia are very helpful in cases of domestic violence.

Personal Security

The police service in Nouméa is quite diligent and visible which seems to deter some crime. Security is quite good yet there are certain sections of town with a lot of house burglaries. It is always wise to reduce temptation by locking the home when you are away and advising a neighbour that you will be away for the weekend etc. As anywhere else be aware when walking alone in town or along the promenades, but the “harassment level” for lone women here is a lower than in many other countries.

DOMESTIC HELP *L'aide ménagère*

It is difficult to obtain trained domestic helpers, known in French as *femmes de ménage*. Most people seeking this type of employment would like three days or more of work per week, but at the same time it is rare to have live-in housekeepers. They are usually Indonesian, Kanak, Tahitians, Wallisians or Vietnamese workers. Rarely will they speak English but most speak French. At 1 rue de la Somme is the Nouméa employment agency (*L'agence pour emploi*) where you can go if you are having difficulty finding home help. Salary, working conditions, medical insurance and holidays are regulated by law and employers are required to make social security contributions and pay overtime. CAFAT is the government body which handles all this matters. At 16 rue de la Republic is the CAFAT *Service des Employeurs* where you go to register yourself and where you will be given your employer number. This office will send you a form to fill in for work done every three months by your home help, and on which you will work out your contribution to the employee's social security fund. The minimum wage is 466CFP/hr for just housework, and 496CFP/hr if the work includes ironing and other extras (June1997). More information can be obtained from the *Direction du Travail* (tel 27.55.62).

Monthly payment is the norm with workers, many of whom may commonly request advances. This practice can get out of hand if not discouraged.

One's domestic help may be able to also provide occasional child care. An alternative source could be the older children of friends or co-workers.

If you are not a keen gardener, gardening work is usually done by contractors (*les jardiniers*) who charge a fixed rate per visit and/or rates/hour.

EDUCATION *Le système scolaire*

General

There is a strong emphasis on high scholastic achievement here and many of the teachers are employed from mainland France. Some primary and junior schools may not offer many non-academic facilities like music, art, library, computing, sport etc. There are classes Monday to Friday with Wednesday afternoons free. Many French children take extra classes during this time and on Saturday mornings, particularly if their parents have to work during these hours.

After the age of six there is no schooling in English available in Nouméa. There are a couple of kindergartens for children between the ages of 1½ to 5+ years. When children turn 6 they are expected to enter the formal school system. A child entering a French school for the first time in fifth grade or below should be able to progress without repeating grades. If the initial entry is at a higher grade it is more likely that the child will have insufficient French to cope without repeating.

Primary schools have on average about 300 students with classes of up to thirty, maybe less, usually not more. Schooling is free but there are costs to parents for excursions, insurance stationery etc., costing about 4 000 CFP per year. Enrollment procedures involve the parent approaching the headmaster (*le directeur*) of their local school. Prior notice is not required and enrollment is straight forward. For the children of SPC employees, at the more popular schools SPC may need to give you an *attestation* to prove to the *Directeur* that the child has a right to go to the school. For other families, a *Certificat de Residence* may be required from the town hall (*la mairie*) to verify that the child is applying for entry to the school for the zone in which (s)he lives. Children are required to undergo a medical for which, due to the crowds at the school medical centre, (corner of Avenue Paul Doumer and rue du Général Gallieni), it is advisable to visit a your GP to obtain a certificate of fitness. **An up-to-date immunisation record is also required (diphtheria, whooping cough and tetanus, polio, measles and rubella), so don't forget to bring it with you from home.**

The school year starts at the beginning of March and finishes in mid-December. The normal primary school day begins sometime between 7.30 to 8.00 am for 3½ hours and continues in the afternoon from 1.00 to 1.30 pm for 2½ hours. School hours for secondary schools are more difficult to generalise. Lunch at a school canteen is available for those children unable to return home. If you wish to send your child to the school canteen it is necessary to buy a canteen card. For primary schools the cost per month is 7 000 cfp (1997 prices), regardless of the number of days in the month. The canteen cards have to be shown to the school on the

first of every month. The card is available from the *Caisse des Ecoles* at the corner of .rue Gen. Gallieni and rue Jean Juarez. Working parents can pay to have their children cared for by a *girder* during the lunchbreak (*le repas*). These meals need to be organized and paid for before the beginning of each month.

Education Levels

Below is an outline of the education levels found in New Caledonia:

Enfantine

Name	Age
Petite Maternelle	3+
Moyenne Maternelle	4+
Grande Maternelle	5+

The *enfantine* schools nearest the Receiving site are **Les Frangipaniers** and **Les Lys**. That nearest to the Mont Coffyn houses is **Margarite Lefrançois**.

Primary Section

Cours Préparatoire	C.P.1	6+
Cours Elementaire	C.E.1	7+
Cours Elementaire	C.E.2	8+
Cours Moyen	C.M.1	9+
	C.M.2	10+

The primary schools nearest the Receiving site are **Yvonne Dupont**, **Eloi Franc** and **Fernande Leriche**. That nearest the Mont Coffyn houses is **Charles Bichon**

College

6e (sixième)	11+
5e (cinquième)	12+
4e (quatrième)	13+
3e (troisième)	14+

The lower secondary schools nearest the Receiving site are **Jean Mariotti** and **Georges Baudoux**; the latter is the one nearest Mont Coffyn.

Lycée	2e (deuxième)	15+
	1e (premier)	16+

Terminal - Baccalauréate 17 to 18

The nearest upper secondary school to both housing areas is **Lycée La Prouse**.

University

There is one university in Nouméa at Magenta - **Université Française du Pacifique Sud**. The majority of French students tend to return to mainland France for their tertiary education.

For those fortunate enough to have a good grasp of French there are various courses that can be enrolled for, Two such courses being followed by a French non-working is Japanese and English History.

Childcare *La garderie*

In French families, since both parents tend to work there is a childcare system in operation in Nouméa. The garderies will look after babies from 3 months and children up to 3 years old, after which the children attend kindergarten or *maternelle*. Since working hours and school hours do not always coincide, the garderies will also pick up school age children and look after them after school hours until parents can take them home. Childcare is not a free service. An average figure is 30 000 CFP/month per child. Some primary schools have a childcare system for their school children for 15 minutes before and after school; again, this costs money. Most garderies are run privately with no required standard. However, some have a *patentee* or *license* and usually these are the better ones to look for. **Educare** is a school which provides both *maternelle* and *prematernelle* education.

For evening baby minding there is a minimum flat-rate of 2 000 CFP/ night and/or 550 CFP/hour.

Maternelle

When children reach the age of three (and are potty trained) they can attend *Maternelle* (kindergarten) until the age of five. The French method of schooling is quite formal and some children at this age get their school work graded. Since school attendance is not compulsory until the age of six application to attend a *maternelle* is on a first come, first served basis. For this reason one may not necessarily be able to send one's child to the nearest kindergarten.

Maternelle hours are generally from 7.30am to 11am and then 1.30pm to 4pm, for all days except Wednesdays when ALL schools finish at 10.30 to 11.00am. On that day the afternoon is free for extra-curricular activities which incidentally are not organised by the schools but are privately run.

Bilingual kindergartens:

Kindy School is a private bilingual pre-*maternelle* and *maternelle*. Children are accepted after the age of two and when they are toilet-trained. English is taught for two hours per day while the rest is in French. All the teachers speak good English. You may leave your child there from 6.45am until 5.30pm except on Wednesdays when (s)he has to be picked up by 11am. Classes commence at 8.15am and until 11am, at which time you may take your children home. If they remain at school, they will have lunch at the canteen and then a sleep. Afternoon classes start at 2.30pm and continue until 4pm. Extra classes in music and dance are also available. It costs about 40 000 CFP/month if your child attends morning and afternoon classes, or 30 000 CFP/month for mornings only. This does not include the canteen fee. Kindy School starts on 1 February and finishes on 20 December (other schools begin around 1 March every year).

Educare at 78 Bis rue A. Bénébig (25.96.01) is both a *prematernelle* and a *maternelle* run by an English speaker. Thus every morning you can take children from the age of 1½ to 3¼ years

where activities are held in French. In the afternoons Educare is run as a *maternelle* in English. Times are 7.15-11.30am and 1.30-4.30pm. Prices range from 11 000CFP/month for 2 sessions per week, to 23 000CFP/month for 5 sessions per week.

Centre d'Enfants Mary Poppins at 2 rue Ed. Spahr (28.91.60) is a recently started *garderie* where the proprietor speaks English and which has been recommended.

Primary School *Ecole primaire*

Formal schooling starts after three years at *enfantine* level. Most anglophone parents who have placed their children in French schools have found them to be quite rigid and regimented - there is not as much creativity in the classroom parents would wish for. Some older children find the transition into the French system too difficult and traumatic and parents have had to either tutor them at home or send them to boarding school overseas.

There is no school uniform and schools are free. However, you will need to pay for school insurance at the beginning of the year and there are incidental costs for stationery, etc.

Private Schools *Les écoles privées*

There are some schools run by churches, either Catholic or Protestant.

N.B. The French keep a stringent check on school children's health so it is important for new parents to bring to New Caledonia their children's health records, especially vaccination cards.

A list of some schools and their reference location on the Nouméa town map are in the appendix at the end.

ENTERTAINMENT *Les distractions*

There are several night clubs and discotheques around town. For a listing of clubs see your enclosed booklet, In addition there is gambling at the Casino Royal at Hôtel Surf Novotel, at the Hôtel Meridien and at the "Bingo" downtown. There are several 'nakamals' serving Vanuatu kava in Nouméa. Ask at SPC for the locations.

The five cinemas in Nouméa show first run films usually dubbed in French. Very occasionally films are shown in English with French sub-titles. SPC has a social club and bar open on Friday evenings for SPC employees, their families and guests.

When invited to dinner for the first time at a private home a generous bouquet of flowers is generally given to the hostess. Florists are found in abundance throughout the suburbs. Although reasonably expensive the presentation of the bouquet is always beautiful. Most florists stay open until 7 or 8 pm in the evenings.

A recommended florist for those special occasions is "Nouméa Fleurs", Route 1, 7 km (on the road to Mont Dore). Give a list of florists at the end.

Fresh flowers are also available daily at the markets and are more reasonably priced.

FOOD *L'alimentation*

There is a variety of foods available in Nouméa. You will find almost anything you want but prices are a lot higher than you are probably used to. Most people say that on average the grocery bill will be double that what you would expect.

Foods difficult to get hold of include cream of tartar (for playdough makers), whole wheat flours, cracked wheat (can use couscous) and other health foods, chocolate chips for cooking, Cherry Ripes, sour cream, mint jelly, a variety of Maggi dried soup mixes, Rose's lime juice, pumpkin seeds, Goodearth teas, gelatine, correctly-textured cottage cheeses (there is something available here called *La Faisselle au Lait* and *Fromage Battu*, which are a little similar). Nuts and brown rice are available, but are expensive. Fresh milk is not in great supply but is available (always check use-by date). Most people use long-life tetra-pack milk..

The pharmacies sell baking powder and bicarbonate of soda.

If you are coming from another Pacific Island you will notice that root crops are not so abundant and those that are available are a lot more expensive than you are used to.

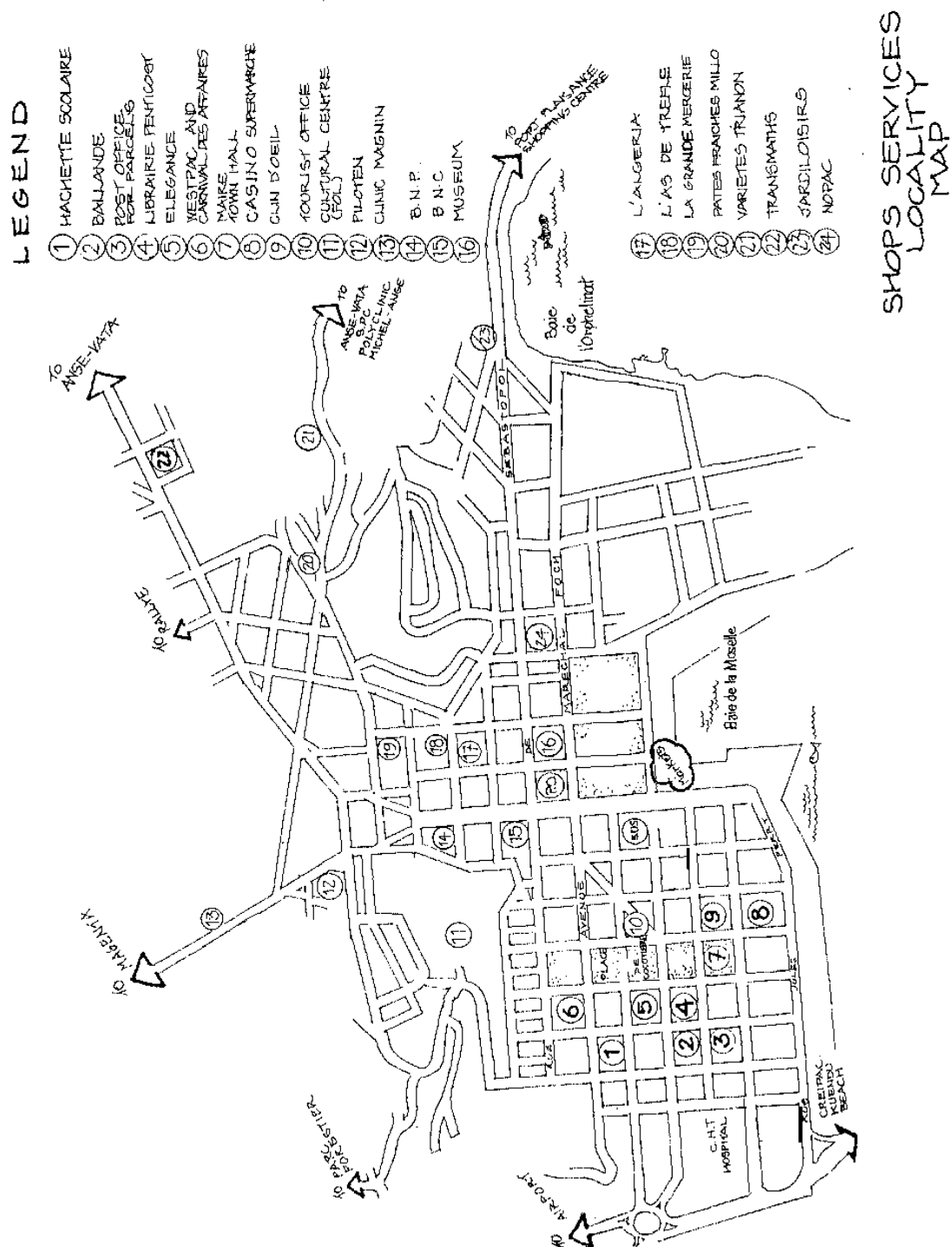
Good quality fresh meats and a wide selection of cheeses are available at all the supermarkets. Delicious French bread and pastries are baked daily. Nearly every neighbourhood has a *pâtisserie* and most people have no trouble discovering their favourite one..

Alcohol is sold in the supermarkets at all times. Several brands of bottled water are available for those who choose to drink it.

Shops/Supermarket List *Les magasins/les supermarchés*

You will find a list in the appendix of shops where food can be bought. Notice that some of these have also been named for buying clothes for the family. **The SPC supermarket** at the SPC Headquarters, Anse-Vata sells duty-free alcohol, perfume and other imported products to SPC staff and families, and to certain diplomatic staff. Check the expiry date on all products before you make your purchases.

Shops Services Locality Map



FRENCH LANGUAGE La langue française

Classes

One of the more obvious educational pursuits one can take advantage of here is to learn French. There are private teachers and schools all differing in style and class make-up.

Teachers working from their own homes normally take individual students or small groups. Rates are negotiated.

For private lessons contact Claude Tordjman at 41.16.11 (work) or 27.16.11 (home, after 8pm), Veronique ????? or Corlet Dombal at 33 rue du Marechal Declerc, Mont Coffyn. Her telephone number is 27.53.50

Transmaths

A private school where individual or small group classes are available for French, maths and sciences. Teachers are all well qualified. It is situated at rue Porte Despointes, Faubourg Blanchot (Tel.27.16.00)

CREIPAC

Centre of International Cultural and Linguistic Exchanges in the Pacific. Located at Nouville, (Tel. 25.41.24) There are a variety of courses available here. Creipac offers classes for "Foreigners Living in Nouméa" and there are beginners, intermediate and advanced courses. Classes are conducted during the day and in the evenings, generally on a twice weekly basis.

There are two sessions per year each session is usually fifteen weeks long , and are run between March and November every year. There are four hours of teaching per week The following are prices for this year:

- Registration fee for a year..... 6 000CFP
- Office expenses for a session 2 000CFP
- Instruction fee for a session(/hour)..... 500CFP

Private or small group tuition(/hour), maximum five persons:

- Per person: 3 500CFP
- 2 people same level:..... 2 600CFP
- 3 people same level:..... 1 600CFP
- 4 people same level:..... 1 300CFP
- 5 people same level:..... 1 000CFP

If you want to buy text books and dictionaries for learning French the store with the most comprehensive selection are **Hachette Scholaire** in town and **L'As de Trèfle** in Quartier Latin.

The English Bookshop has on sale books and audio-classes designed for the person learning alone at home and for children, a book and cassette package intended primarily for 4 to 9 years olds. Includes music, mime and games and is intended for children with no previous knowledge of French. There is also an 'on hire' video course. All of these can be used as "teach yourself" materials or to supplement classes you are already attending.

Hachette Scholaire	6 av Marechal Foch	(Tel: 28.28.81)
L'As de Trèfle	13 rue du Dr Lescour, Quartier Latin	(Tel: 27.82.41)
English Bookshop	11 bis Route du Port Despointes, Please ring to find out the opening times.	(Tel: 27.23.25)

HEALTH *La santé*

The main differences incoming families have found are that a visit to a medical practitioner is expensive (around 2 800CFP) and that doctors tend to prescribe too large a number of medications. Where, for example, one might expect at the most three different medicines for a bad bronchitic chest and cough at home, expect to be given five or more here! Some children's medication is given in the form of suppositories which has raised a few eyebrows! The medication itself is not cheap with a single visit to the doctor can run up a medicine bill of about 10 000CFP.

A woman giving birth to her second or subsequent child back home may expect a short hospital stay (2 days?). Here mother and baby are expected to stay at least four days. Breastfeeding is not encouraged as much as it is in other countries.

Because New Caledonia is located in the Tropics there can be problems with mosquitoes(there is dengue here but no malaria) and skin, ear and general infections. Parents coming from temperate climates should be aware that children here tend to be barefoot more and therefore more likely to pick up common ailments like worms, impetigo etc. The town of Nouméa is regularly sprayed for mosquito control, and keeping gardens clear (i.e. reducing all sources of stagnant water) helps to keep mosquitoes at bay. There has been a dengue epidemic here in the past, so you do need to be careful. Wear anti-mosquito sprays or lotions on skin, use repellents in the house or install mosquito nets over windows. The dengue mosquito is an all-day (but mainly early morning and evening) biting mosquito with black and white striped legs. "Rid" is a well-known insect repellent found in Australia and some other surrounding countries, which has the reputation of being one of the better ones, so it might be a good idea to bring it with you when you come.

During summer months when rainfall is low there can sometimes be a problem with the town water supply. Many local people drive to Mont Dore where there is a spring and bottle their own water. This of course has a limited life as it is not sterilized. The snails found in the gardens can carry meningitis so be careful with children playing with them.

Cigarette poisoning (*la grate*) develops in humans after eating reef fish which have eaten contaminated coral or from fish which eat such reef fish. Therefore if you eat oceanic or

deepwater fish like *vivaneau* (deepwater snapper), *thon* (tuna) or *espadon* (swordfish) you will run less risk of encountering the poison.

Hospital/Ambulance *L'hôpital/l'ambulance*

The ambulance services are privately run and are listed in the telephone directory under **AMBULANCES** in the yellow pages.

There is a general hospital in the centre of town called CHT or Centre Hospitalier Territorial de Nouméa, 7 Avenue Paul Doumer (Tel. 27.21.21). There is also a separate children's hospital called *Hôpital de Magenta* which can be contacted through the same telephone number as above. Health care is available for children up to the age of 12 years and free vaccinations are given here. In addition to the public hospitals there are a number of privately run health clinics where are listed below:

PolyClinique Anse -Vata	180 route de l'Anse-Vata	(Tel: 26.14.22)
Clinique de la Baie de Citrons	5 rue F. Legras	(Tel: 26.18.66)
Clinique Magnin	1 rue RP. Roman Vallée des Colons	(Tel. 27.27.84)

(For the birth and care of babies)

These clinics generally have an outpatients or emergency section which may be easier and quicker to use than going to the main hospital in town. Most expatriates will have health insurance incorporated into their contracts.

There is a list of medical practitioners used by expatriates in the appendix and it is noted where English is spoken. Some practitioners will take appointments while the system in others seems to be first come first served.

Health Insurance

CAFAT is a public health insurance and superannuation scheme which is obligatory for all wage and salary earners to join, except for SPC staff. SPC, as an international organisation, has its own health insurance scheme (SPC staff consult your official handbook, but it broadly follows the same lines as CAFAT in New Caledonia. CAFAT is levied on a pay-as-you-earn basis. The amount is around 8% for the employee and 32% for the employer up to a set ceiling. The health benefit works in a similar fashion to the Australian Medibank scheme. There are specific doctors and pharmacies which are run by the CAFAT and where you do not have to pay or the cost is reduced. If you choose to go to your private doctor then a set rate is charged for each service and you pay the doctor on the spot. CAFAT will reimburse you their set fee or part thereof after you have sent in the appropriate forms to the CAFAT office. Health insurance (for the gap) is also available through private companies. Health claims are settled by them direct to you and they deal with the CAFAT. If you employ domestic staff, as employer you need to pay into this. In all probability your home help will be already registered, in which case you need to go to the Service des Employeurs at 16 rue de la République.

HOUSING *Le logement*

Finding a house or apartment. (*Je cherche une maison ou un appartement*)

Firstly it must be said that this is no easy task in Nouméa, but for nearly all SPC staff accommodation is provided at either Mont Coffyn or at Receiving. (Unfortunately, for those who have to look for their own accommodation, there are no clear rules as to how to go about the task but here is a guide from others' experiences. There are a lot of "word of mouth" and private connections with agents, due to a current under supply of rental accommodation. Depending on where you are arriving from, housing can seem expensive - equivalent, for example, to rental prices in Sydney, Australia. A small range of housing is available each week and your decision on whether to take a place or not needs to be immediate. We recommend that if possible your name and preferences be sent ahead of your arrival in Nouméa so that someone can list your name with all the real estate agents.

Renting a house

When you have successfully secured a house or apartment you need to watch out for the following points which have been found to be peculiar to New Caledonia. These matters should be cleared before signing the contract which should be read closely and make sure the duration is for the period you want. Most agents charge for handling a new contract, the average fee is 75% of the monthly rent. This is a one off payment.

- Most electrical wiring is not up to French standards.
- Insurance against theft is generally only available if there are cyclone shutters on windows and glass doors, but one insurance company is prepared to insure you without shutters.
- Take a close look at the equipment in the kitchen:- some places do not have ovens.
- Laundry (*buanderie*) facilities vary widely with some not even having taps.
- If you decide on an apartment ask whether or not there is a caretaker for the building and the exact extent of service you can expect.
- There may be no ceiling lights in the bedrooms. This is true for all Receiving housing, except for the two Executive houses, so if you happen to be arriving in the country after dark it might be worth bringing lamps with you. Even in many newly constructed dwellings, you may find a wire sticking out of the ceiling with a light bulb attached to the end of it, instead of a proper light fitment, which are considered as items of furniture.

Household Effects

For SPC families, on arrival here SPC provides a very basic survival kit for use until your own belongings arrive. You may prefer to supplement the kit with your own linen, kitchen knives and a good quality short-wave radio to keep in touch with the outside world. Overseas staff are provided with furnished housing by the SPC. Furnishings include tables, chairs, sofa, beds, chest of drawers, electric refrigerator and gas stove. Any other "white goods" (microwave,

clothes dryer etc.) you will need to provide for yourself. Staff are expected to provide their own crockery and kitchen items and linen. For living at the SPC Receiving compound bring an opaque shower curtain, as the bathroom windows, though frosted, do not provide much privacy

Most electrical appliances are available here but are expensive (except during a 2-week period of sales at the beginning of the summer season, called “Bravo l’ete) if you come from Australia, USA or New Zealand. Therefore we suggest you bring vacuum cleaners, microwaves, blenders and other kitchen appliances, stereos, short-wave radios and lights. (Remember that you will need transformers for 110 volt electrical items.) Some other things worth bringing are muffin tins and craft materials (e.g. rotary cutter and mat for patchwork, etc.). As well, toys of good quality are very expensive, so it is worth it bringing them with you, especially “Lego”, “Duplo”, “Playmobil” etc. Bring a good cutlery set with you. What you get here is not very good, plus it’s expensive.

For SPC staff:- SPC deals with Customs on your behalf to release your shipped goods. You must give to the Procurement and Shipping Section a bill of lading from the removals company and an inventory of goods shipped to New Caledonia. Be aware that release of household goods from Customs can take a month or more. Provided it arrives within the first six months after taking up your contract, a car can be brought into the country duty-free and free of tax. However you must provide SPC with a detailed brochure describing the vehicle. At the end of your contract it may be sold locally and duty will be payable according to mileage and age. Of course it can be sold duty-free to another privileged person. For those of you who wish to own Japanese 4WD vehicles it may be worth knowing that people have bought them either in Fiji or Western Samoa and had them shipped here. With respect to computers, if you are working at the SPC you will not need a computer for work. If you wish to bring a computer, that is a good idea, but in recent times the prices here for computers have become comparable with Australia.. The software you can get here is mostly in French and quite expensive. In particular **Conforama** at Kenu-In just by **Continent**, and **Megafun/L’enfer de Jeux** in the arcade called **Centralma**, at 18 rue Clemenceau have been found to have the best prices. SPC employees have their own e-mail address, and there is a local internet service provider for non-SPC people.

Non-SPC families: You need to liaise with your employer in New Caledonia for details of housing. Each contract will be different with regard to the household effects needed and or the type of accommodation supplied. If you have the option to bring your own or buy new here we recommend that you bring as much as possible with you because of the generally high prices in New Caledonia. Those who have to buy goods will find that quality of the furniture is either basic or very good with not much in between. White goods such as refrigerators, washing machines and stoves are of high quality with a high price. Stereo equipment and computer hardware are not cheap. (Read also similar information for SPC families-above.)

LEISURE AND RECREATION: *Les loisirs et la récréation*

General

New Caledonia offers a wide variety of activities and things to do in your leisure time. For more complete information on recreational activities we recommend you look in your telephone book, " Bonjour Calédonie" and other brochures for visitors. Visit the **Tourist Information Office** in town, on the corner of rue du Governor Stuart and rue Entail France. The following are some recommendations to help get your toes wet:

Beaches *Les plages*

There are three beautiful beaches around Nouméa - Anse-Vata, Baie des Citrons and Kuendu Beach. All offer good swimming and sun-bathing, some with rentals of kayaks and/or wind-surfers. Picnic and public toilet facilities are not found at these beaches, however some have fresh water showers. Kuendu Beach is especially good for those with small children because even at high tide the water level stays shallow for a long way out. Anse-Vata at the Club Ed end and Kuendu along the south shore both have good snorkeling.

Children

There are four playgrounds for children: Owen Toro, Baie de l'Orphelinat, Parc de la Rivière Salée and Enfantasia.. The latter is run by F.O.L. and costs about 1500 francs for a half day of *prematernelle* supervision. You may leave your children there. *Le Petit Train* is a fun ride through the city of Nouméa for both adults and children.

School Holiday Activities

All activities are conducted in French. Here is a list of establishments:

Ecole Provinciale de Voile (Sailing school) Found at the top end of the walking track, Promenade Pierre Vernier

Le Gymnase has gymnastic classes for children between the ages of 2 and 10 on Wednesday afternoons and Saturday mornings (see below under "Clubs" and page 411 of the telephone directory for more information).

Pilotin, Atelier d'Eveil 51 Route 13 Vallée du Genie. (Tel. 27.19.32) This is a type of childcare centre for all ages. They usually conduct activities during the holidays at the beaches or day outings depending on the age of the children. Pilotin will also provide casual childcare services.

For parents working full time holiday classes/clubs and holiday camps are organised by the education department and information is given to children through school.

Tours

Several tour companies offer half and full day trips out to the nearby islands and to other parts of the main island.

In Nouméa there is a museum with a very interesting collection of Melanesian and South Pacific items, a small but good Aquarium, Parc Forestier(a botanical garden and zoo) several art galleries and many shops.

Sports

There are many sports clubs in Nouméa and they offer a great way to find training partners and meet local residents. Throughout the year Nouméa hosts numerous international sports matches and races. The Ministry of Youth and Sport (*Ministre de la Jeunesse, des Sports et des Loisirs* - Tel 27.13.68) is a good source of information.

Nouméa offers tennis courts, golf courses, an Olympic size pool, a squash club, a bowling alley, rugby, cricket and football fields and running and walking tracks. There is also horse-riding, para-sailing, martial arts, cycling, triathlons and an international marathon. In particular, for water-lovers, there is sailing, wind-surfing, fishing, kayaking, outrigger canoe paddling, jet-skis, swimming, snorkelling and scuba diving.

Clubs

Along with the sports club there is variety of gym and health clubs. A few addresses are given below to help you get started:

Gym Style	Hôtel Surf Novotel Anse-Vata	(Tel: 26.44.00)
Pleine Forme Motor Pool (the cheapest monthly)	27 rue Kervistin Motor Pool	(Tel: 26.42.42)
Le Gymnase	10 rue Roffey Orphelinat	(Tel: 28.58.62)
The Nouméa Yacht Club (<i>Cercle Nautique Calédonien</i>)	2 rue du Capitaine Desmier	(Tel: 26.27.27)
Ecole de Voile (sailing for persons for all ages)		(Tel: 27.43.36)

Hiking Club (*Association de Loisirs du plein nature*)

Environmental Group (*Association Sauvegarde de la Nature N.C.*) (Tel: 28.32.75)

The English Club

The English Club meets for a restaurant luncheon once a month where there is usually a guest speaker. The club also conducts theatre, poetry and literature recital evenings where members

participate. There are also family days for socializing organized throughout the year. Contact Annette Laubreaux (Tel. 27.62.55) for more information.

Links

Links provides a network of support and friendship for SPC families and friends and encourages social contact with other families in the community. The group meets once a month for a morning tea and there are various social activities organized throughout the year for both the adults and their children. Contact Mary Lamm (25.99.00) for information.

Picnics/Camping

There are many hiking, picnicking and camping spots in New Caledonia. On page 39 we have a summary of places taken from "The English Language Guide to Hiking, Swimming and Rafting". For more information from this guide enquire through *Links*.

Libraries

Bibliothèque Bernheim. This is the central public library which is housed in a magnificent colonial building. There are only a few books in English but there are many children's books in French. These are an excellent way of improving their and your French. Also available for loan are books with French/English audio cassettes, as well as compact discs and cassettes. This is a beneficial resource as such items are expensive to buy in Nouméa.

Opening Hours:

Tuesday-Thursday-Friday:	1.00pm-5.30pm.
Wednesday:	9.00am-5.30pm.
Saturday :	9.00am-4.00pm.

Annual membership:

Depending on which time of the year you join, you will pay differently. The prices below are for 1996, and prices for 1997 are about the same:

	1 Jan	1 Apr	1 July	1 Dec
Ordinary Borrowers:				
• 18years+:	2 800 CFP	2 100CFP	1 400CFP	700CFP
• -18years, +60years, students:	1 200 CFP	900CFP	600CFP	300CFP
Researchers (reserved material):				
• Annual Cardholders:	4 000CFP	3 000CFP	2 000CFP	1 000CFP
• Student Cardholders:	2 400CFP	1 800CFP	1 200CFP	600CFP
Cassettes and Discs(<i>Discotheque</i>):		3 600CFP	2 700CFP	1 800CFP
900CFP				

The SPC has an extensive library stocked with reference books and journals in English. It is available to the public for reference. Out of town at Rivière Salée is another good library.

Nouméa Museum is open during every day in the week except Tuesdays at the following times: 9.00-11.30am and 12.15-4.30pm

ADCK the Agency for the Development of Kanak Culture has its offices at 51 rue de Sébastopol, Nouméa (28.08.20) and at 100 Av James Cook, Nouville (28.32.90). The office in town also houses a media library of Kanak history and culture and has a shop which sells handicrafts of good quality, books and other attractive items. Here also are exhibition rooms, one of which holds an impressive model of the Jean-Marie Tjibaou Culturel Centre which will be opened next year in Nouméa. It is well worth a visit if you are in Nouméa for any period of time. The site at Nouville often holds open-air concerts of Kanak songs and dance. The whole area of buildings at Nouville are very important historically because they are where the initial group of France's political prisoners were first housed about a century ago.

Dressmaking *La couture*

There is limited range of paper patterns available, including Burda, Vogue (in French) and New Look (in English). Butterick and Style patterns are available by order from **Frou Frou**. The price is higher than in most countries. Shops stock only a limited range of fabrics. For materials of consistently good quality the shop (**Frou Frou**) on Route 13 opposite Casino supermarket in Vallée des Colons has been recommended. In town "Elégance" in rue D'Austerlitz, sells cheaper fabrics as do many of the Chinese and Indonesians shops around the area of the bus station.

Theoretically most brands of sewing machines can be serviced. **SOS Coudre** is the place for repairs and it is also found on Route 13, but a bit further out of town, on the right.

The best haberdashery in town is **La Grande Mercerie** at 16 route de l'Anse-Vata, Quartier Latin.

Art

In Nouméa there are a number of shops which cater for the artist. Some are located within the larger stationery stores called *Le Papeterie*, whilst others are scattered around the suburbs. The following is a list of the more well known:

- **Nopac**: at the corner of rue Sébastopol and rue Duquesne, Quartier Latin. Available are paints of all types, Technical Drawing equipment, paper, brushes and other stationery materials. English spoken.
- **L'As de Trèfle** 13 rue Dr. Lescour, Quartier Latin. Available are similar things to the above but there are more materials for children's artistic activities. English spoken.
- **Idéfix** 101 route de l' Anse-Vata (Shop Centre Vata). Paints of all types and associated materials. Craft materials including things for jewellery making.
- **Librairie Pentecost SA**, 43 rue d'Alma Town Centre.

Art classes

There is an Art School in Nouméa . For 1996, there are courses available in 2-3 hour blocks once a week for 10 weeks. Subjects for study include sculpture, sketching and principles of perspective. Contact **Centre Cultural de Ko We Kara** at 27.77.71 for further information.

La Maison de Métiers is a group of buildings situated on the wharf area on the road to Nouville. It has a central exhibition hall for visiting displays with a periphery of boutiques run by artisans who may give lessons in their craft.

Mr. Ly (pronounced *Lee*) is one such person who no longer works there, but has his own business at 12 Bis, Rue du R. P. Rougeyron, Faubourg Blanchot, and will give lessons in:

- Painting-ceramic, acrylic, water-colour
- Drawing

His telephone number is 28.96.75. He is excellent with children. Private groups may exist so ask around.

Art Exhibitions *Les expositions*

For the size of Nouméa there are quite a lot of galleries and visiting exhibitions. The following is a list of locations where you can view paintings, but be aware of the prices. **F.O.L.** is the cultural centre for Nouméa and it is located on the summit of a hill over looking the town.

- **L'Hotel de Ville** The Town Hall Located at the bottom of the Place de Cocotiers. Exhibitions are not permanent and can be quite interesting. Check the newspaper for details.
- **Surf Novotel Hotel** There is an exhibition room on the ground floor behind the coffee shop.
- **Galerie Aquitaine**, which is located at 8 rue de la Somme. Its telephone number is 25.16.25
- **Galerie Galleria**, at 3 rue du General Galliéni is an exhibition hall as well as a clothes shop. Its phone number is 27.19.85.

Gardening

- **Jardiloisirs**, 102 rue Sébastopol, has a good range of gardening necessities, except plants; their nursery, called **Jardiplantas Trianon**, is at 108 route de l'Anse-Vata
- **Geant** Garden Centre in the Rallye Supermarché carpark.
- **Central Vert**, RT1, Sixième Kilometre (Map Ref. F9) has a large range of plants and other accessories. English spoken

- **Pacifique Jardin**, lot 1 D, route de l'ancienne Carrière, Pont de Français. It is the biggest of the garden centres and is located on the road to Mont Dore, a few hundred metres back from the drive-in cinema
- Projardin, lot7, rue J Chalier (map ref.G7)

MEDIA

Radio

There are four main radio stations in Nouméa, one of which broadcasts in both AM and FM bands while the others broadcast on FM only.

There are no English-speaking services here, but during cyclone emergencies, there is an English translation.

A short-wave radio will enable you to tune into international news and programs in English. Radio Australia provides news relevant to the South Pacific Region. The quality of reception is usually good but variable depending on the location of one's home. After 7 pm and before dawn some Australian radio stations can be reached on the AM band. Frequency 612 enjoys the best reception. Radio New Zealand can be easily tuned into. The BBC World Service is easier to tune into at night. The New Zealand and Australia consulates will give you information about tuning frequencies, as these change every few months.

Television

There are two government-owned, local television stations which broadcast in a modified Secam system. (Secam with FM sound plus 6.5 MHz relative to the television carrier.) Television sets purchased in other countries will generally need to be modified. Secam systems for sound and Pal systems once modified will work, but in black and white only. A third satellite channel called CANAL+ is available for rental, at some hi-fi shops and large supermarkets. Needless to say, video systems will need to be compatible. Modifications are possible if you buy a local television. Although TV programs are heavily metropolitan French in content, experience has shown that television is a good medium for improving one's spoken French. Residents at the SPC Receiving site also receive two satellite TV channels from Australia (SBS, ABC)

Short Wave Frequencies

Radio New Zealand (current at June 1997):

UTC	kHz
0101-0500	15 115
0501-0758	9 795
0759-1206	6 100
1650-1849	6 145
1850-2215	9 580
2216-0100	15 115

Note: UTC is 11 hours behind local time. The above frequencies cover the whole day in New Caledonia from 6.00am to 11.00pm.

BBC World Service (current in 1996):

GMT	kHz	MHz	metres
0500-0800	15 360	15.360	19.53
0500-0915	11 955	11.955	25.09
0600-0815	7 145	7.145	41.99
0900-1030	15 280	15.280	19.63
1100-1130	9 700	9.700	30.93
1130-1615	9 740	9.740	30.80
1830-2200	9 740	9.740	30.80
2000-2400	11 955	11.955	25.09
2200-2300	11 695	11.695	25.65

Note: These frequencies are given for Australia, New Zealand, Pacific Islands and Papua Guinea, so there is no reason why they will not work in New Caledonia. For further information contact:

BBC World Service,
PO Box 76s
Bush House
Strand
London WC2B 4PH
Fax: (+44) 171 240 4899

Radio Australia (current in 1996):

UTC	kHz	MHz
0030-0100	17 860	17.860
0030-0400	13 755	13.755
0030-0600	17 795	17.795
0030-0700	9 660	9.660
0100-0700	15 240	15.240
0400-0730	11 880	11.880
0600-1230	9 860	9.860
0700-0900	6 020	6.020
as above	5 995	5.995
0730-2100	9 580	9.580
1230-1700	11 880	11.880
as above	5 995	5.995
1430-1830	6 060	6.060
1430-2100	12 080	12.080
1700-2130	9 860	9.860
1830-2200	11 640	11.640
2100-2400	9 660	9.660
2130-2400	17 860	17.860
as above	17 795	17.795
as above	13 755	13.755

Further information about Radio Australia can be obtained from the following address:

Radio Australia
GPO Box 428G
Melbourne
Victoria
Australia 3001
Fax: (+61) 3 9626 1825

Note: GMT (Greenwich Mean Time) and UTC (Universal Time Co-ordinate) are equivalent i.e. they are both the same time.

Newspapers *Le journal*

There is one morning newspaper appearing six days a week (not Sunday) and no evening paper. It are available at Newsagents (*tabacs*) and most corner shops.

PUBLIC UTILITIES AND SERVICES

Postal PTT

Postal boxes are the norm, but mail addressed to your residence will be delivered. Domestic mail within New Caledonia has been found to be extremely slow, and airmail to French-speaking destinations is usually much faster than to other countries. Most parcels need to be

collected from the *Office Des Postes Et Telecommunications* rue, D'Alma. A handling fee is charged and sometimes depending on the value of the parcel, a tax is also added.

The closest post offices to Receiving and Mt. Coffyn are 19 rue M. Lacabanne, Receiving and 7 rue E. Porcheron, Quartier Latin, respectively.

Postal tariffs are as follows (covers letters, small packets, documents etc., but not postcards - see note below) (Charges in CFP). (Zone 1 - Pacific Islands and Australasia, Zone 2 - America and Asia, Zone 3 - Europe and Africa)

Weight (up to)	Airmail Zone 1	Airmail Zone 2	Airmail Zone 3	Airmail class 2 (Europe only)	Sea mail (All zones except Europe)
20 g	100	130	150	460	200
50 g	200	275	325	460	200
100 g	360	550	650	460	200
200 g	540	880	1,080	590	250
300 g	720	1,210	1,510	720	300
400 g	900	1,540	1,940	850	350
500 g	1,080	1,870	2,370	980	400
600 g	1,260	2,200	2,800	1,110	450
700 g	1,440	2,530	3,230	1,240	500
800 g	1,620	2,860	3,660	1,370	550
900 g	1,800	3,190	4,090	1,500	600
1 kg g	1,980	3,520	4,520	1,630	650
1 kg 100	2,160	3,850	4,950	1,760	700
1 kg 200	2,340	4,180	5,380	1,890	750
1 kg 300	2,520	4,510	5,810	2,020	800
1 kg 400	2,700	4,840	6,240	2,150	850
1 kg 500	2,880	5,170	6,670	2,280	900
1 kg 600	3,060	5,500	7,100	2,410	950
1 kg 700	3,240	5,830	7,530	2,540	1,000
1 kg 800	3,420	6,160	7,960	2,570	1,050
1 kg 900	3,600	6,490	8,390	2,800	1,110
2 kg	3,780	6,820	8,820	2,930	1,150
3 kg *	3,850	8,500	11,500	4,150	1,500
4 kg *	3,950	11,500	15,500	5,600	2,000
5 kg *	4,000	14,000	20,000	7,100	2,500

Notes:

- Pre-franked aerogrammes and postcards are charged at 100CFP, no matter what the destination.
- * No mail of more than 2kg in weight, except for catalogues and directories, can be sent to non-French destinations. Presumably a freight service must be used.

Stamps *Les timbres*

As well as at Post Offices they are also widely available at Newsagents (*tabacs*), hotels and some book stores. There is also a philatelic bureau in the post office in Magenta at 35 rue 18 Juin, the road on which Magenta Hospital is situated. It is on the right as you drive in the direction of Magenta roundabout from the hospital.

Check the telephone directory for the unusual opening hours of the post offices in this country.

Telephone

The telephone system is of a high quality, but has been said to be amongst the most expensive in the world. *La Télécarte* (a phone card used instead of coins) is widely used in public booths and are available at Post Offices, newsagents (*tabacs*) and some shops. Getting a telephone installed will cost you about 20 000CFP. Monthly line and telephone rental is not negligible

Charges **within Nouméa** and Province Sud: 30F CFP/3 minute., 8am-11am

30F CFP/4.5 minutes, 2pm-4pm

30F CFP/6 minutes, 6-8am, 11am-2pm, 4-9pm

30F CFP/9 minutes, 9pm-6am

Inter-Provincial calls are even more expensive and their tariffs can be found in the telephone directory (*annuaire officiel*).

International calls are very expensive compared to other countries. : See page 11 in the 1997 telephone directory for the cost. To avoid paying these expensive tariffs you can register with **Pacific Services** at tel/fax 25.12.99 to give you access to IDT. You have to go through the only telecom company (**OPT**, 9 rue G. Gallieni) to get your telephone, which costs in the region of 20 000CFP for installation. It is also worth comparing the rental price of the telephone with buying it outright, especially if you are certain you are going to be in the country for at least three years. Once you have got a telephone number, Cecelia Michet at **Pacific Services** will put you on IDT either after you have given your credit card number, or after leaving a deposit of 30 000CFP.

Electricity

The electricity supply is 220 volts 50Hz (i.e. cycles) AC. Cuts in power occur occasionally when the weather is very stormy but usually last no more than one hour. Most power points in homes are European 2 or 3 pin, round, as are all electrical appliances on sale in Nouméa. Plugs and sockets are the same as those used in France. Most 240 volt appliances, except televisions sets, operate satisfactorily in Nouméa, although adapter plugs need to be purchased for appliances coming from Australia, New Zealand and other Pacific Islands. Another alternative is to put a European plug onto a multi-socket adapter that fits your existing appliance plugs. The cost per unit of electricity is 26.85CFP

Gas

There is no mains gas in New Caledonia although gas water heaters and stoves are found in most homes; this is also the case in SPC houses. Gas cylinders, most often of capacity 26.5 litres are used to supply the gas and these cost around 1 900CFP each. Many corner stores and petrol stations sell gas or it can be ordered by phone for home delivery e.g. M. Cheval

(Tel. 27.31.01). SOGAPAC at 5 rue de Verdun also does home deliveries. The most commonly used gas cylinders come in two colours-red and cream, and some of the smaller corner stores will sell only one type or the other. Thus whereas the **Mobil petrol station** near the Michel-Ange traffic lights sells both types, **Océania**, at the bottom end of route de l'Anse-Vata sells only the cream-coloured ones.

Sewage

Most homes in Nouméa are connected to septic tanks. It is worthwhile noting that a weekly dose of "Eparcyl" should keep the system (the sewage, not yours!) functioning correctly. You as the tenant can be liable for repairs if a blockage occurs. There are private services available for septic tank emptying. Look under **Pacific Vidange** in the telephone directory. Ask what the status is with Receiving and Mt. Coffyn.

Garbage Collection

This occurs three times per week and householders are provided with grey wheely bins for this purpose. If you move into a house which does not already own one contact CSP (*Calédonienne de Services Publics* Tel.28.75.75) and they will deliver one. However, anyone moving into SPC housing should already have one. Any rubbish left outside the bin will not be collected. Garden refuse will be collected by the local municipality at stipulated times of every month. Leave it on the nature strip.

Opposite CSP in Ducos a re-cycling centre has recently opened: *Centre de Selectif*, rue Simone, Ducos. However it might come as a shock to many expatriates (although not to island-dwellers) how little re-cycling is done here.

Water rates.

Water rates are as follows;

28.52CFP per cubic metre for the first 40 cubic metres or less used per quarter

34.22CFP per cubic metre from 41 to 100 cubic metres used per quarter

49.05CFP per cubic metre from 101 to 200 cubic metres used per quarter

58,18CFP per cubic metre for any quantity above 200 cubic metres used per quarter

In addition to the above, there will be a levy of 40.40CFP per cubic metre as a contribution to investments in water and sanitation.

RELIGION

The traditional Christian churches are represented here. The Catholic church is the state religion. Saturday night mass is generally attended by the Caldoche and French while on Sundays the majority of people attending are Wallisians and Futunians. The Melanesians are predominately Protestant.

There is a Muslim Mosque and a Buddhist community.

Church services are generally conducted in French. There are exceptions where Pacific Island languages such as Tahitian and Bislama are spoken. There is now an English service at the Assemblies of God church on Sunday evenings at 6.30 pm. This is held at 5 rue Reims, Faubourg Blanchot.

More information about services is available by ringing the numbers indicated in the list of places of worship in the appendix:

Details of Religious services are regularly published in the local newspaper.

RESTAURANTS *Les restaurants*

It is useful to know that most restaurants in Nouméa have a special set lunch time menu (*plat du jour*). This is a reasonable price of around 1200 to 2000 francs and includes 3 courses with coffee. The evening menu is a lot more expensive.

A comprehensive guide to the restaurants of Nouméa is available at the tourist office. There is also information in "Hello New Caledonia".

Note: There is no tipping in New Caledonia.

A list of the recommended restaurants is given in the appendix>

SERVICES

Catering *Les Traiteurs*

Service Gamelle: A form of meals on wheels for the fit and agile which offers you a three course meal delivered to your home each day or you pick it up from their kitchen. The service is amazingly reasonable for price and is a great standby if life for one reason or the other doesn't allow for home cooking. There are an abundance of these establishments so check out the one nearest to your home or ask around for recommendations. It roughly works out to 800CFP per meal for one person. Servings are generous and the menu changes each day. It is a good interim measure while you are waiting for kitchenware and household goods to arrive. Some of the staff at SPC have their preferred *gamelle* from which they order their meals. You can enquire there as well.

Laundry and Dry-cleaning *Pressing*

This will unfortunately also cost you more than you are accustomed. You might find yourself using them only when it is absolutely necessary.

Pat Pressing

15 rue August Brun, Quartier Latin. (Tel: 27.11.81)

Self Laverie Route de l'Anse-Vata, Trianon.
You can do your own washing here.

New Wash 10 rue Jules Garnier
Provides ironing and pressing (*repassage et pressing*), washing and drying (*lavage et sechage*)

Hairdressers *Les Coiffeurs*

Generally charge high rates. Standards are not necessarily related to price. Ask around for recommendations for your hair type or style preference.

Michel Angelis Coiffure 2 av Michel Ange Motor Pool (Tel: 26.36.37)

Christelle Coiffure 33 rue Jules Garnier. B. Pêcheurs (Tel. 26 17 79)
No appointment is needed; prices reasonable.

Kenu-Coiffure Continent Shopping Centre. Koutio (Tel. 41.55.15)
English speaker, ask for Diana.

Salon Coiffure Moana Center Coiffure 11 rue E. Porcheron Q. Latin (Tel.28.20.18)
One English speaker.

Beauty Salons *Institute de Beauté*

Institute De Beauté Mixte Centre Clarins. 9 Avenue Marechal Foch. City Centre. English spoken enough to communicate the essentials.. Facials, manicures, waxing etc.

Chemists, Pharmaceuticals

Pharmacie de la Vallée des Colons, 32 Route 13 Vallée des Colons (Tel: 28.30.25)
Pharmacist speaks good English.

Pharmacie de l'Anse-Vata 91 Route de l'Anse-Vata (Tel: 26.10.66).
An English speaker on staff.

Pharmacy du Val Plaisance 28 rue Gabriel Laroque Val Plaisance (Tel: 26.16.91)
Good for homeopathic products. Ask for Claire who speaks English and can advise you on the products available.

In general pharmaceuticals are quite expensive (e.g. dental floss costs about 750CFP, as does a small pack of pain-killers), and many common pharmaceuticals are only available on prescription. so bring supplies of your favourites.

TRANSPORT

The road system in Nouméa is well maintained but the town has many one-way streets especially in the central shopping area. Cars are driven on the right-side of the road as in mainland France. Always give way to the right unless the intersection is marked otherwise. If traffic on your right has a stop sign and thick white line on the road, you do not give way. In the middle of town you will notice junctions with a dotted thick line: you do not give way to traffic on your right at those intersections either. It sounds confusing but after a few drives around town you will become familiar with these junctions. New arrivals here should note that car drivers don't usually stop for pedestrians, *particularly* at pedestrian crossings, so be careful when walking through town. If a car does stop to allow you to cross at a pedestrian crossing, beware of following drivers trying to overtake!

Buying a Car

Secondhand cars are expensive yet they seem to have low mileages (around 20 000 km per year). There is a well established guide to used car prices called *The Argus*. This comes out bimonthly and gives prices for different year models which seems to be a good indication of current prices. It is worth noting that Japanese cars incur a greater import duty than those from Europe so this may be reflected in the price of the vehicle. New cars are very expensive, but certain SPC staff have duty-free privileges for the first six months of their contract here..

Public Transport *Transport en commun*

The main form of public transport is the municipal bus service which is regular and reasonably priced. There is a set price of 120CFP in town. The prices are higher at weekends. There is also a NC-wide bus service, but there are no trains. Further information is available in pamphlets available at the Tourist Bureau in town, as well as at the Bus Station which will give you free a booklet of bus timetables.

Licences/Insurance/Petrol

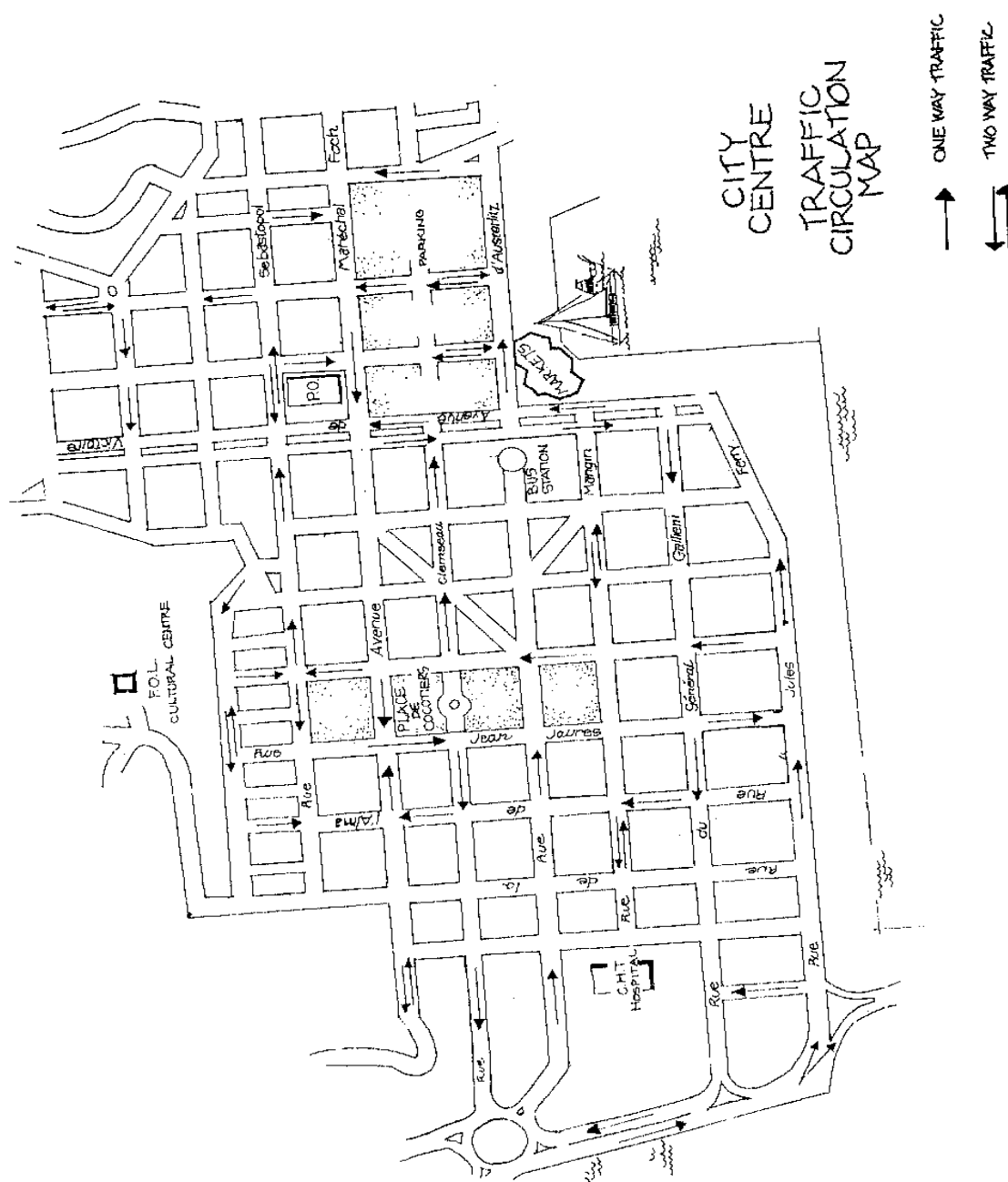
Registration of your car can only be done in August or September, depending on the vehicle group indicated on its *carte grise*. You are obliged to retain your driving licence from your own country for the first twelve months and carry a French translation of it. After this time you have to obtain a local licence. If your home country has a reciprocal arrangement with France, then you can exchange your licence for a New Caledonian one. If there is no such agreement then you will have to sit for a driving test in NC. The test has a written as well as practical component. Enquire at the *Service des Mines*, Vallée du Tire. Always carry your licence, *carte grise* (*le certificat d'immatriculation*) and insurance papers in the car with you - these may required at police road checks which tend to become prominent during public holidays, and after serious accidents.

Most petrol is "super" (98 octane). There is no standard petrol (93 octane) and lead-free has only just become available. The French word for petrol is *essence*. To fill the tank just say to the assistant *le plein s'il vous plaît*. Diesel prices are about 20% cheaper. Each SPC staff member to duty-free fuel for one vehicle Most petrol stations have a carwash service, which costs about 800 CFP.

Car maintenance *L'entretien des voitures*

Car maintenance is an expensive business here. Expect hourly tariffs of about 3 000CFP (these are normally displayed outside the garage repair bays) plus the price of parts which, because they are imported, tend to be expensive. However, just recently, the big Australian car parts firm REPCO has opened an office in Nouméa inside the Autoplat office- 18 rue Ampère, Ducos. (Tel/Fax: 24.01.60). This company will be of use for spare parts for the types of cars here which are found in abundance in Australia.

City Centre Traffic Circulation Map



FURTHER RESOURCES

Book List

Below is a list of books covering topics concerning New Caledonia which may be of interest to some:

Connell, John

New Caledonia or Kanaky? : the political history of a French Territory.

Canberra: Australian National University Press, 1987

Pacific research monograph no.16)

Christnacht, Alain

La Nouvelle-Calédonie La Documentation Française.

Paris: 1987 (revised 1990)

Dornoy, Myriam

Politics in New Caledonia.

Sydney: Sydney University Press, 1984

Fraser, Helen

Your flag's blocking our sun.

Crow's Nest, NSW: ABC Enterprises, 1990

Kircher, Ingrid

The Kanaks of New Caledonia.

London: Minority Rights Group, 1986

Lyons, Martin

Totem and Tricolor: a short history of New Caledonia.

Sydney: University of New South Wales Press

Morehead, Alan

The fatal impact.

London: Hamilton, 1966

Spencer, M.

New Caledonia: essays in nationalism and dependency.

St. Lucia: Queensland University Press, 1988

Tjibaou, J-M

Kanaké: The Melanesian way.

Les éditions du Pacifique.

Ward, Alan

Land and politics in New Caledonia.

Canberra: Australian National University. Research School of Pacific Studies, 1982.

NEW CALEDONIA-General information

The 1989 population census gives a total number of 164 173 inhabitants in the Territory. The urban area of Nouméa, with a population of 81 480 inhabitants is one of the largest in the Pacific Islands after Port Moresby and Suva and represents 49.63% of the total population.

Population breakdown, from the 1996 census:

Melanesians:	86 778	Europeans:	67 151
Wallisians and Futunians:	17 763	Tahitians:	5 171
Indonesians:	5 003	Vietnamese:	2 822
Ni-Vanuatu:	2 244	Other Asian:	856
Other:	6 829	Undeclared:	2 201

HOTEL PRICES

This has been included to give you an idea of prices should family or friends come to stay.

For a medium-price hotel expect to pay about 7 000CFP/night for 2 adults, the rate becoming cheaper if you stay for a week or longer. For the more expensive hotels expect to pay on average 11 000CFP/night. Expect to have seasonal variations as well. You will find a list of hotels and prices in the booklet “*Bonjour Calédonie*”.

RESPONSES LIST TO CULTURE SHOCK

Recognise that adjusting is hard work. It will take up a lot of time and energy. Expect less of yourself and others during this period. Plan on accomplishing less than you normally do. Figuring out how to do things a new way takes time.

- Make special efforts to appreciate, encourage and help other members of the family. Discuss reactions and problems together. Good communications and support is critical during periods of family stress.
- Learn the rules for living here. If you can understand how and why the French and Melanesians do things the way they do, you are likely to be less frustrated and more productive. Try to view the how and why of behaviour here as **different** from what you are used to, rather than good or bad.
- Learn some French. Knowing even a little will help greatly.
- Plan some positive time for yourself into your daily schedule.

- Get involved. There is much to do here especially recreational and it's helpful for those who will not be working to become involved in activities which interest them.
- Try to establish a routine in eating, sleeping, personal and family time as soon as possible. This provides an "anchor", a base of stability in the context of a tremendous amount of newness.
- Try to identify and deal with problems early. Recognise that you may need and can get outside help, whether from "old timers", professional counsellors or the pastor or priest of the church you attend.

WHO SUCCEEDS ABROAD?

For enterprises sending people abroad, costs for maintaining personnel are roughly three times what they are domestically. There are specific qualities one needs to look for in candidates for overseas assignments that are virtually none of a company's concern when screening for back-home positions. Yet these qualities tend to be indicators of stability, adaptability and staying power abroad. These are of equal, if not greater, importance for the wording so that it appears from the "I" point of view rather than a company sending out an employee.

Qualities needed for good overseas adjustment include the following:

- Relaxed attitude towards time pressures and minor hardships, high tolerance for frustration, ability to deal with ambiguities both on the job and off, and the ability to modify expectations for self and others based on the situation.
- Strong family relationship. The nuclear family is the base of support overseas. A strong, supportive family system in which there is mutual support and communication is a significant resource in dealing with the stresses of adjustment and long-term overseas living. When people go overseas hoping to shore up an uncertain marriage, it virtually never works.
- Adaptability. Most overseas assignments require an ability to go around roadblocks, to be especially inventive in substituting and improvising. Non-working spouses too need to be resourceful with children, within the home itself and in their own activities.
- Internal focus of control. Tendency to anticipate rather than react; belief that the person has the ability to influence his/her environment rather than merely respond to it; comfortable enough that s/he can stick with his/her own judgements under stress but also can yield and compromise when flexibility is needed.
- Genuine friendliness/interest in other. Those who are ready to really trust, like and respect all kinds of people do both the employer and themselves great service. Spouses who can and will mix readily with people of varied backgrounds and nationalities are a tremendous asset.

- Cross-cultural interest. People who value diversity, see cross-cultural differences as interesting and challenging rather than negative, are more likely to succeed overseas. These people are better able to communicate with colleagues who are different from them. People who are really interested in the host country will find it much easier to adapt, make friends and settle into a new country.
- Self-sufficiency/independence. Those who are able to provide interests of their own, independent of outside stimulants, do better in the transient overseas environment. Those dependent to a large degree on TV, spectator sports, alcohol, a small coterie of close home neighbours, their spouses or other close family members often do not.
- Zest for the Unknown. Those who have an openness to new experiences and are supported by a family with inquisitive, interested attitudes are the ones who roll best with the punches.
- Sense of humour. An ability to take work seriously and yourself lightly is essential in the overseas environment. Ability to laugh at yourself and keep the long-term perspective in sight and not get bogged down in the day-to-day frustrations is critical.

Obviously, no individuals will be consistently high on all of the above qualities. However, the company that spends time selecting personnel and family members with the above qualities in mind is likely to have a greater chance of success in ensuring that those employees and family members will be productive overseas and likely to stay for the duration of their assignment. Change 2nd sentence to be from the 'I' point of view.

SCHOOL LIST

The following is a list of some schools mentioned in this guide, and their locations within Nouméa.

Maternelle Les Frangipniers M3	rue Marcel Kollen, Receiving (Tel: 26 25 06)	
Maternelle Les Lys R3	20 rue Blaise Pascal	(Tel: 26 49 83)
Ecole Yvonne Dupont Q3	38 rue Paddon	(Tel. 26 24 88)
Ecole Eloi Franc R4	rue Pierre Sauvan	(Tel: 26.23.59)
Ecole Fernand Leriche R4	rue Pierre Sauvan	(Tel: 26.22.01)
Ecole Margarine Lefrançois O4/P4	Orphelinat	(Tel: 27.28.81)
Ecole Charles Bichon O3	rue V Rolley	(Tel: 27.46.29)
College Georges Baudoux N3	1 av Frère Carcapino	(Tel: 27.31.12)

Dumbéa River Probably the most popular swimming spot close to Nouméa.

North Fork of Dumbéa A two hour hike up the north fork of the Dumbéa river brings you to great swimming hole with deep pools and cliffs. Absolutely the best swimming spot in New Caledonia!

Dzumac Rd This drive takes you most of the way across the island along high ridges with good views.

Mts. Koghi A developed trail system with hikes ranging from very easy to quite strenuous, including hikes to the summit, waterfall, and great points of view. There is also a restaurant to quench your thirst after your hike.

Tiaré Beach Hike A nice long hike along the beach, pleasant in cool weather.

Tontouta River Good for float trips. There are some nice shady picnic spots.

Plâteau de Dogny A full day hike that climbs up to the plateau and offers great views and an interesting terrain.

Cascade de Ciu From the road takes you to the top of a beautiful waterfall. Its not known if there's a trail to the bottom of the falls

Hienghène area There are interesting drives and hikes for exploring and several falls and pools for swimming and cooling off.

Poé Beach Approximately two and half hour drive north from Nouméa. Beautiful long white beach with protected lagoon and reef for snorkelling. Camping is free if you camp in the areas without showers and toilets, or 400 cfp per tent per day if you use these facilities. There is a resort and bungalows run by the *Mutuelle des Fonctionnaires* (Public servants health association) for their members.

Bank List

Banks are open from 7.30am to 3.30pm and are represented by:

B.N.C. *Banque Nouvelle-Calédonie Credit Lyonnais* (Tel: 28.50.69)
Agence 21,25 Av H. Lafleur, Q. Latin, B.P.K3, Nouméa Cedex

B.N.P. *Banque Nationale de Paris* (Tel: 27.55.55)
37 Av Henri Lafleur, B.P.K3, Nouméa Cedex
(SPC deals with this bank at its Anse-Vata branch.)

Société Générale Calédonienne De Banque (Tel: 27.22.64)
Agence Principale, 56 Av Victoire, Q. Latin, B.P.GZ,
Nouméa Cedex

PARIBAS *Banque Paribas Pacifique* (Tel: 27.51.81)
33 rue de l'Alma, Nouméa B.P.J3, Nouméa Cedex

WESTPAC Westpac Banking Corporation (Tel: 27.22.12)
Bureau Principale des Services, 44 rue Alma, B.P.T3
Nouméa Cedex

Note that you cannot access or draw on foreign Westpac accounts from the New Caledonia Westpac branches. You must do normal bank transfers (telex or draft) as with other banks.

There are two savings banks as well:

Caisse d'Epargne de Nouvelle Calédonie (Tel: 25.57.00)
13 rue de la Somme, B.P. H5. Nouméa Cedex
Caisse Nationale d'Epargne OPT (Tel: 26.88.00)
7 rue Eugène, Quartier Latin, Nouméa.

List of Shops for Clothing

Ballande Department Store	21 rue D'Alma, City Centre.	(Tel:27.20.31)
Continent Hypermarché	RT2,(between expressway and old road to Dumbéa), Kenu-in.	(Tel:41.28.27)
Casino Johnston Supermarché	rue Anatole France City Centre	(Tel: 27.20.81)
Rallye Hypermarché	7 rue Henri Schmidt, Sainte Marie.	(Tel: 28.55.55)
Variétés Trianon SA	27 Route de l'Anse Vata, Trianon.	(Tel: 26.13.51)
Ghanty/Sildy	33 Bis, rue de l'Alma, City Centre	(Tel: 28.82.80)

Men

There are a couple of good quality and not outrageously priced stores for men's clothing, including shoes. The department stores stock a wide selection.

Clin D'oeil	16 rue General Magnin, City Centre	(Tel: 27.47.65)
Ballande	21 rue Alma, City Centre	(Tel: 27.20.31)
Rallye	7 rue Schmidt, Sainte Marie	(Tel: 28.55.55)

Mrs. Walters, 13 rue de la Malmaison, Vallée des Colons (Tel: 27.54.76) She speaks English.

Chantal Quatier (shop), 33 rue de la Somme (near bus station) (Tel: 27.25.77)

Variétés Trianon SA 27 Route de l'Anse Vata, Trianon. (Tel: 26.31.51)

Rallye Hypermarché 7 rue Henri Schmidt, Sainte Marie. (Tel: 28.55.55)

Ballande Dept. Store 21 rue D'Alma, City Centre (Tel: 27.20.31)

Continent Hypermarché RT 2 Kenu-in.

Carnival des Affaires 41 rue Jean Jaures, City Centre. (Tel: 27.45.80)

Elégance 8 rue Austerlitz, City Centre. (Tel: 27.62.88)

Clin D'Oeil 18 rue General Magnin (Tel: 27.47.46)

Variétés Trianon 27 route de l'Anse-Vata, Trianon (Tel: 26.13.51)
This is a variety store which contains a small food-hall.

Continent Hypermarché Centre Commercial Koutio/Dumbéa (Tel: 41.28.27)
This Hypermarket in Koutio has a large selection of food as well as household goods. Like most other shops in town it will accept cheques, but for shopping over 5 000CFP some form of identity is required. The shopping centre at Koutio also houses a pharmacy (i.e. drug store), hair salon, bookshop, TV and Hi-Fi store, clothing store, patisserie and restaurant. Conforama a home-furnishings store, is also at Koutio. Both have automatic cheque-writing machine

Casino Supermarché 8 rue Anatole France, City Centre (Tel: 27.20.81)
Sells a lot of imported Australian and American food products. (Automatic cheque-writing machine)

Rallye Hypermarché 7 rue Henri Schmidt, Sainte Marie (Tel: 28.55.25)
Large selection of food, also sporting goods, clothing, auto and household goods. (Automatic cheque-writing machine)

Casino Port Plaisance 10 rue Jules Garnier, Baie de Pêcheurs (Tel: 26.17.33)

L'Algérie 8 rue du Dr. Lescour, Quartier Latin (Tel: 27.77.00)
Spices and dried fruits from the Mediterranean, fresh pastas (*pâte*) and other exotic foods. One of the few places in town that sells good curry spices and pastes. Sells Tahini.

The Municipal Market Baie de la Moselle

A new complex of buildings with blue tiled roofs buildings adjacent to the water. Open from 5 am to 12am daily. Fresh fruit, flowers and vegetables, fish and pastries. You will also find a butcher's stall. In the third hall you will find a Chinese vendor who speaks English, and who sells herbs. In the central area around the snack kiosk, there are many stalls selling local jewellery and crafty things.

Michel Ange 93 Route de l'Anse-Vata, Trianon (Tel: 26.19.48)
A good sized supermarket with a very good selection of fresh fruits and vegetables.

Ballande 21 rue d'Alma, City Centre (Tel: 27.20.31)
Medium sized supermarket as well as a general department store.

Pâtes Fraîches Millo 17 route de l'Anse-Vata, Trianon (Tel: 27.75.35)
Homemade Italian pasta and food, ready to cook or take away meals.

La Cabosse D'or 10 rue Jules Garnier, Port Plaisance (Tel: 26.39.38)
A specialty store for chocolates from France.

Pâtisserie Candi 1 rue A. Berlioz Trianon (Tel 28.31.22)

Pâtisserie Le Sabayon 10 rue Jules Garnier Baie de Pêcheurs.(Tel: 28.61.06)

List of General Practitioners

Dr Ronan Divanach 39 rue Gabriel Larocque, Val Plaisance (Tel: 26.37.57)
Is as Acupuncturist and Homeopathic Practitioner as well. Speaks English.

Dr Philippe Rossin Cabinet 10 rue Schmidt (Tel: 28.63.11)

Dr Yves-Alain Daynes Centre Commercial Port Plaisance (Tel. 26.45.75)
Speaks English Cabinet 10 rue Jules Garnier Baie de Pêcheurs

Dr Lionel Iabre 32 Route B, Vallée des Colons (Tel. 27.33.42)

Dr Jean-Michel Vu Cabinet 14 av Michel-Ange (Tel: 26.36.63)

Gynaecologists/Obstetricians (all speak English to some extent)

Dr F. Quinaud-Greene Magenta Hospital Gynaecology Department (Tel: 27.21.21)

Dr Pierre Bourgoin Cabinet 25 rue Duquesne Latin Quarter (Tel: 28.30.22)

Dr Maurice Gailhbaud Centre Commercial Port Plaisance (Tel: 27.82.30)
Cabinet 10 rue Jules Garnier Baie de Pêcheurs

Dr Ann-Marie Mestre Centre Commercial Port Plaisance (Tel: 27.82.30)
Cabinet 10 rue Jules Garnier Baie de Pêcheurs

Paediatricians

Dr Rolland Lonjaret Cabinet, 25 rue Duquesne Quartier Latin (Tel: 27.14.63)

Dr Menager: Will only take children who need to be admitted to hospital and is reputed to be very good. Work contact is Magenta Hospital Paediatrics Section (Tel: 27.21.21)

Dentists

Antoine Borde 35 rue d'Alma City Centre (Tel: 27.26.80)

André Pomarat 26 Avenue de Verdun (Tel: 27.54.21)

Claude Van Nerum 42 rue Clemenceau (Tel: 27.81.70)

Daniel Motaïs de Narbonne Cabinet 8 av Marechal Foch (Tel: 27.11.33)

Norbert Improta Cabinet 8 av Marechal Foch (Tel: 27.11.33)

Optometrists

Dr Daniel Weimann 52 Avenue Foch City Centre (Tel: 27.70.44)

Speaks English

Dr Djalil Achour Cabinet 19 rue Anatole France (Tel: 27.24.01)

Ear Nose And Throat Specialist

Dr. Briault Cabinet 25 rue Duquesne Quartier Latin (Tel: 28.77.28)

Treats allergies too.

Dr Dennis Draillard Cabinet 19 rue Anatole France (Tel: 27.20.30)

Has perfect English

Allergy Specialist

Dr. Sylvie Delaunay Centre Commercial Port Plaisance (Tel: 26.46.34)

Speaks basic English Cabinet 10 rue Jules Garnier Baie de Pêcheurs

Roman Catholic Cathedral (Tel. 27.32.88)

Eglise du Vœu (Catholic) (Tel 26.10.77)

VieuxTemple (Protestant) Service in Bislama (Tel. 27.29.62)

Flambeaux Christian Fellowship & Christian Book Store rue Gambetta Vallée du Tir.

Baptist (Tel. 27.52.24).

Evangelical Church of French Polynesia (Tel. 27.44.85)

Eglise Evangelique de Koutio (Tel.43.34.36)

Assembles du Dieu (Tel. 43.47.32)

Apostolic (Tel. 27.53.62)

Mormon Church of Jesus Christ of the Latter Day Saints	(Tel. 25.44.63 or 25.33.03)
Adventist Seventh Day Adventist	(Tel. 27.47.79)
Baha'i	(Tel. 27.56.24)
Muslim	(Tel. 27.43.21)
La Palette Chez Angele	51 rue J. Jaures. Centre Ville (Tel. 28.28.78)
Le Tartarie	7 rue Taragnat Vallée des Colons (Tel. 27.74.17)
Is very popular at lunch times.	
San Remo (Pizza Restaurant)	119 rue Roger Laroque Anse-Vata. (Tel:26.18.02)
La Saladière	Baie de Citron, good atmosphere, salads, steaks, fish.
Chez No-No (Pizza Restaurant)	5 rue Pasteur Maurice Leenhardt (Tel:26.12.10)
Le Shanghai	11 route Vélodrome, Orphelinat
They don't seem to mind children	
Mayflowers	next to Hotel Nouvata
La Grande Muraille	Promenade Vernier Anse-Vata (Tel.26.13.28)
Chinese, good with children.	
Restaurant du Vallon Dore	62 promenade Vallon Dore (Tel:43.32.08)
Is a good place for a family Sunday outing . There is a deep swimming pool with an attached toddler pool. Sunday fare is a choice between a seafood platter and a buffet.	
Le Miretti Gascon	24 rue Gabriel Laroque (Tel: 26.40.41).
Delicious French cuisine, but expensive	
Le Petit Canotier	rue Felix Broche (Tel: 25.14.14)
L'Ami Pierrot	56 route Port Despointes (Tel: 26.35.93)
Bistro du CNC	2 rue Capitaine Desmier (Tel: 24.11.45)
Baie des Pêcheurs	

USEFUL FRENCH WORDS AND PHRASES

Food *la nourriture, l'alimentation*

Caterers: *les traiteurs*
 Cheese: *le fromage*
 Chicken: *le poulet*
 Confectioner: *la confiserie*
 Delicatessen: *la charcuterie, le traiteur*
 Drink: *le boisson*
 Fatty: *gras*
 Fish: *le poisson*
 Apple: *la pomme*
 Juice: *le jus de fruit*
 Bakery: *la boulangerie*
 Banana: *la banane*
 Baby Food: *L'aliments pour bébé*
 Butcher: *la boucherie*
 Garlic: *l'ail*
 Honey: *le miel*
 Ice-cream: *la glace*
 Lamb: *l'agneau*
 Liver: *la foie*
 Leek: *le poireau*
 Lemon: *le citron*
 Lunch: *le déjeuner*
 Menu for the day: *le plat de jour*
 Milk: *le lait*
 Mulberry: *la mûre*
 Non alcoholic: *sans alcool*
 Non smoking: *non fumeurs*
 Onion: *l'oignon*
 Orange: *l'orange*
 Oyster: *l'huître*
 Raspberry: *la framboise*
 Red currant: *la groseille*
 Rice: *le riz*
 Shallot: *l'échalot*
 Slice: *la tranche*
 Spinach: *l'épinard*
 Take-away: *plats- à- emporter*

Health *la santé*

Antibiotic: *l'antibiotique*
 Antiseptic: *l'antiseptique*
 Aspirin: *l'aspirine*
 Appointment: *le rendez-vous*
 Doctor: *le médecin*

Emergency: *l'urgence*
 Medicine: *les médicaments*
 Pain: *douleur*
 Pain killer: *le calmant*
 Headache: *la mal a la tête*
 Toothache: *la mal aux dents*
 To deliver: *livrer*
 Hospital: *l'hôpital*
 Pharmacy: *la pharmacie*

Relevant phrases for shopping

Librairie: bookshop
Location des voitures: car rental
Bureau de change: currency exchange
Bon marché: good price
Bibliothèque: library
Epuisé: out of stock
Hors service: out of order
Journal: newspaper
Magasin d'alimentation: grocery shop
Coiffure: hairdresser
Quincaillerie: hardware shop
Location: hire, rent
Louer: to hire, rental
Renseignement: information, inquiries
Banque: bank
Cabinet: practice (e.g. medical)
Vente: soldes: sale
Quartier commerçant: shopping area
Réparer: to repair
Stationnement: parking
Tailleur: tailor
Réservé: taken
Pneus: tyres
Horloger: watchmaker
Divers: miscellaneous, various,
Mercerie: haberdashery
Bijouterie: jeweller
Salon de beauté: beauty salon
Nettoyage à sec: drycleaners
Agence de voyage: travel agency
Fleuriste: florist
Buanderie: laundry
Voitures d'occasions: second-hand cars

Signs on Buildings

Aéroport: airport

Agence d'Immobilier: estate agent

Ascenseur: lift

Bâtiment: building

Bureau(x): office(s)

Fermé: closed

Ouvert: open

Poussez: push

Tirez: pull

Climatisé: air conditioned

Salle d'attente: waiting room

Accueil: reception, welcome

Caisse: till

Caissier: cashier

Eglise: church

1 Etage: first floor

Pâques: Easter

Marché: markets

Meubles: furniture

Papeterie: stationary shop

Rez-de-chaussée: ground floor

vous pouvez parler en anglais s'il vous plaît?

I would like to make an appointment please
: *je voudrais prendre un rendez-vous s'il vous plaît.*

Driving Around Town

Arrêt: stop

Attention travaux: workmen ahead

Carrefour: intersection

Priorité piétons: give way to pedestrians

Priorité à droite: give way to the right

Quartier: district or suburb

Attention!: look out!

Rappel: remember (the speed limit)

Useful General Phrases

I would like to buy this : *Je voudrais acheter ce-ci s'il vous plaît.*

Cheers : *A votre santé*

Congratulations : *Félicitations*

Cheque book : *Carnet des chèques*

Fill it (i.e. the petrol tank) : *le plein*

How much is it? : *C'est combien?*

Help! : *Au secours!*

Hello on the telephone : *Allô*

Family name or last name : *Nom (de famille)*

First name : *prénom*

Do you speak English? - *Vous parlez anglais?* : or (more politely) *Est-ce que*

