

# Trinidad and Tobago Relocation Guide



By Appointment To  
Her Majesty The Queen  
Removals and Storage Contractor Abels

# ABELS™

THE ART OF MOVING

Freephone: 0800 626769 E-Mail: [export@abels.co.uk](mailto:export@abels.co.uk)

[www.abels.co.uk](http://www.abels.co.uk)



FIDI ACCREDITED  
INTERNATIONAL  
MOVER



Memb No: A001



FS 23942



198656



ISO 9001 + ISO 14001  
OHSAS 18001

<b>TELEPHONE:</b>	Country code (001) + Area Code.
<b>STANDARD TIME:</b>	GMT - 4 hours.
<b>WEIGHTS &amp; MEASURES:</b>	Metric.
<b>ELECTRICITY:</b>	115 Volts/60Hz.
<b>INOCULATIONS/VACCINATIONS:</b>	Hepatitis A and Typhoid are recommended.
<b>PUBLIC HOLIDAYS:</b>	1st January – New Year’s Day, Carnival – Monday and Tuesday prior to Ash Wednesday, 30th March – Spiritual Baptist Day, Good Friday – Friday before Easter, Easter Monday, 30th May – Indian Arrival Day, Corpus Christi – Thursday after Trinity Sunday, Eid Al Fatr – End of Ramadan – 10th month of Islamic Calendar, 19th June – Labour Day, 1st August – Emancipation Day, 31st August – Independence Day, 24th September – Republic Day, Diwali – October/November – 15th day of the, Hindu month of Kartik, 25th December – Christmas Day, 26th December – Boxing Day.
<b>OFFICE HOURS:</b>	Standard business hours are normally 08.00 hours to 1600/16.30 hours.
<b>BANK HOURS:</b>	Various according to Bank.
<b>EMERGENCY TELEPHONE NUMBERS:</b>	Police: 999. Ambulance & Fire 990.
<b>TRINIDAD &amp; TOBAGO HIGH COMMISSION:</b>	42 Belgrave Square London SW1X 8NT Tel: 0207 245 9351
<b>BRITISH HIGH COMMISSION:</b>	19 St Clair Avenue Port of Spain Tel: +1 868 350 0444

## **Part 1 – Background information on Trinidad and Tobago**

### **Background**

In 1498 Columbus discovered the island. He named it Trinidad because he saw 3 peaks. The first Spanish settlers arrived in 1592 and they built a settlement on the site of St Joseph.

In 1687 Spanish monks arrived in Trinidad and began to convert the Amerindians to Christianity. From 1783 foreign Catholics including many Frenchmen were invited to settle in Trinidad. They were granted land and they brought African slaves with them.

In 1796 Spain went to war with Britain and in February 1797 the British sent an expedition to Trinidad. Vastly outnumbered the Spanish quickly surrendered. Slavery was abolished in the British Empire in 1834. After the end of slavery there was a shortage of labour which was solved by importing labourers from India.

In the early 20th century Trinidadians began to lobby for self-government, and in 1913 the British government agreed to allow Trinidad an elected assembly. In 1902 drilling for oil began in Trinidad and in 1910 Trinidad Oilfields Ltd was founded. The 1930s were years of hardship and depression in Trinidad but nationalism was a growing force.

During World War II the USA leased large parts of Trinidad.

In January 1956 the Peoples National Movement was formed.

Trinidad became independent in 1962. However, the old social order remained and in the late 1960s strikes became more and more frequent. Finally, in March 1970, the Black Power Movement held demonstrations against racial discrimination.

Today the economy of Trinidad is heavily dependent on oil and gas although tourism is growing.

### **Geography**

Trinidad and her tiny sister island of Tobago lie off the Venezuelan coast. Along the north of Trinidad runs the Northern Range of mountains, looming over the country's capital, Port of Spain. South of Port of Spain on the west coast the terrain is low, and the Caroni Swamps contain a magnificent bird sanctuary largely inhabited by the scarlet ibis. On the north and east coasts lie beautiful beaches. Central Trinidad is flat and largely given over to agriculture.

The tropical climate is tempered by northeast trade winds. The dry season is from November to May but it is hottest between June and October.

### **Population**

The population in April 2018 was recorded at 1,371,852.

### **Currency**

The Trinidad and Tobago Dollar TTD / TT\$.

Coins: 1, 5, 10, 25 and 50 cents.

Bank Notes: 1, 5, 10, 25 and 50 cents.

### **Economy**

Trinidad and Tobago relies on its energy sector for much of its economic activity, and has one of the highest per capita incomes in Latin America. Trinidad and Tobago is buffered by considerable foreign reserves and a sovereign wealth fund that equals about one-and-a-half times the national budget.

Today the economy of Trinidad is heavily dependent on oil and gas although tourism is growing.

Trinidad and Tobago is home to one of the largest natural gas liquefaction facilities in the Western Hemisphere. Trinidad and Tobago produce about nine times more natural gas than crude oil on an energy equivalent basis with gas contributing about two-thirds of energy sector government revenue. The US is the country's largest trading partner.

## **Education**

Education in Trinidad and Tobago is free and compulsory but accessible from the preschool age of three which is considered non-mandatory. After the completion of secondary school, students are given the option of staying on for an additional two years of high school which can lead to an advanced proficiency certificate and entry into a tertiary institution.

University in Trinidad and Tobago is free at the undergraduate degree and only approved at the University of the West Indies, the University of Trinidad and Tobago and the University of the Southern Caribbean. The government of Trinidad and Tobago also provides subsidies for some master's programs making education in Trinidad and Tobago the best in the Caribbean.

In 2007, Trinidad and Tobago commenced a pilot study to focus on children with special needs outside of partnering with private preschools to develop four models that address childhood education.

## **Religion**

The Islands diversity is reflected in the different religions which exist. The largest religious groups are Christians, Hindus and Muslims.

## **Language**

English is the official language in Trinidad and Tobago. The other popular languages spoken in the country include Trinidadian English Creole, Tobagonian Creole, and Trinidadian Hindustani.

## **Healthcare**

The islands work under a two-tier system, a public sector and a private sector.

Expats are expected to pay for their own medication.

The private healthcare sector in Trinidad and Tobago is smaller than the public sector, the network has a variety of medical experts, including general practitioners, physicians, surgeons, dentists, pharmacists, optometrists, and other specialists. All the private hospitals that operate in the country are licensed.

Private healthcare across the island is expensive. Most get private health insurance for themselves as well as their families, to offset a major part of the medical costs.

Many foreigners assume that their healthcare cover from their provider back home will be accepted in Trinidad and Tobago. It is therefore best to check with the insurance company before visiting a private medical facility.

## **Part 2 – Trinidad and Tobago Import Customs Regulations**

**To the best of our knowledge, the following applies for the importation of household and personal effects into Trinidad & Tobago.**

### **General Information**

- You must have arrived in Trinidad and Tobago prior to the arrival of your effects. Your presence is required at a customs interview and the customs examination
- Used household and personal effects can be imported duty-free provided the items have been owned and used for at least one year prior to shipping
- You must make contact with our associate company on your arrival in the Country to make arrangements for your Importer Registration Number, which must have been allocated prior to the arrival of your effects
- An Import License is required for all appliances that contain refrigerant gas – like refrigerators, freezers and air condition units etc. – obtained from the Ministry of Trade and Industry

### **Documents required**

- Copy of Valid passport
- Work permit (non resident)
- Packing Inventory which we will prepare
- Import License for any appliances that contain refrigerant gas
- Import Registration Number

### **Diplomats removals**

#### **Documents required:**

- Packing Inventory which we will prepare
- Exemption Certificate, which your diplomatic agency will need to apply for prior to the arrival of your effects

### **Motor vehicles and motorcycles**

#### **General Information for tax and duty concessions**

- Vehicles must not be more than five years of age
- An Import license – obtained from the Ministry of Trade and Industry
- Returning nationals can import a car provided they have lived abroad for five years continuous without spending more than 90 days in Trinidad and Tobago

#### **Documents Required in addition to those required for household effects**

- Proof of residence abroad in the form of visa, employment records etc.
- Proof of ownership of the vehicle
- Registration Document
- Insurance Certificate
- Purchase Invoice
- Two passport size photos
- Import License
- Two Affidavits (sample supplied by our partner company)

### **New Items**

Usually attract duty.

### **Prohibited Items**

- Firearms and ammunition
- Narcotics
- Communications equipment such as CB radios, walkie-talkies etc.

### **Restricted/Dutiable Items**

- Swords etc
- Alcohol – please do not include without contacting us
- Foodstuffs – please do not include without contacting us
- Building materials

### **Fumigation of Imported and Exported Wooden Crates**

The Government has established the International Standards for Phytosanitary Measures – NIMF Number 15, with the purpose of almost eliminating in its totality the risk of entrance of most of pests that are in quarantine and considerably reducing the risk of other pests.

Please contact us for the treatment specification if you are going to construct your own crates.

### **Pets (dogs, cats, etc.)**

We work with a number of Pet Relocation Companies who can help you Import your pet to Trinidad and Tobago.

Please contact us if you wish to be put in contact with our partners.

### **Endangered Species**

A CITES certificate is normally required. There is a worldwide ban on the movement of Ivory without a CITES Certificate. **Please note old pianos usually have ivory keys and a CITES certification will be required.**

For information on obtaining a CITES certificate please visit:-

<http://www.gov.uk/government/publications/endangered-species-application-for-import-and-export-permit>

*Although every care is taken to ensure that all information in the Abels Relocation Guide is accurate and up to date Abels cannot accept liability for any inaccuracy.*