

# Overview of Newfoundland And Labrador

The Atlantic province of Newfoundland and Labrador offers visitors a peek into the quiet, unassuming splendour and solitude of one of the world's few unspoilt and unique destinations. Tourists are quickly caught up in the wild natural beauty of the province, from the rugged rocky cliffs and outcrops to streams and rivers that interweave the rolling green hills and countryside. Labrador attracts many visitors to its tundra, which features the historic Avalon Peninsula, and is home to the charming capital city of St. John's.

Travellers enjoy coming here for the world-class fishing, exciting outdoor trails, wildlife viewing, hunting and dozens of breathtakingly beautiful national parks. Newfoundland and Labrador is a haven for outdoor sports enthusiasts, who enjoy activities such as camping, sea kayaking, hiking, canoeing, snowmobiling and birdwatching.

The wildlife here is truly something to behold, with thousands of moose, black bear, caribou, Northern River otters, Newfoundland Lynx and Arctic hares all native to Newfoundland and Labrador. The millions of seabirds and thousands of humpback whales that frequent the freshly carved icebergs off the 18,000 miles (29,000km) of coastline are also spectacular sights.

Other key attractions in Canada's easternmost province include the Western Brook Pond, a land-locked fjord and L'anse aux Meadows, a National Historic Site of Canada and a UNESCO World Heritage Site. L'anse aux Meadows also happens to be the site of the only confirmed Viking settlement in North America.

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## Key Facts

### **Language:**

The official languages are English and French (spoken predominantly in Quebec).

### **Passport/Visa:**

All visitors must hold a valid passport, and it's recommended that passports always be valid for six months after the intended period of travel. Visitors are required to hold onward or return tickets, all documents needed for the next destination and sufficient funds to cover the period of intended stay. Travellers from most visa-exempt countries arriving in Canada by air need to fill in an Electronic Travel Authorisation (eTA) form online prior to visiting Canada. This requirement is applicable to all but U.S citizens and travellers with a valid Canadian visa. Canadian citizens, including dual citizens, and Canadian permanent residents cannot apply for an eTA. As part of the Western Hemisphere Travel Initiative (WHTI), all travellers travelling between the United States and Canada, Mexico, Bermuda, and the Caribbean region are required to present a passport or other valid travel documents to enter or re-enter the United States. If departing from the USA a valid passport will be required by immigration authorities.

### **Currency:**

The currency used is the Canadian dollar (CAD). Banks and bureaux de change will change cash, as will some hotels. Major credit cards are widely accepted and ATMs are widespread. US dollars are widely accepted.

### **Electricity:**

Electrical current is 120 volts, 60Hz. American-style flat two-pin plugs and a plug with a third round grounding pin are standard.

# Travel to Newfoundland And Labrador

## Health Notes when travelling to Canada

Travellers should be up to date with your COVID-19 vaccines before traveling to Canada, and should consider taking routine vaccines as a standard precaution. Medical care is excellent but expensive, so medical insurance is advised.

## Safety Notes when travelling to Canada

While most visits to Canada are trouble-free, the country does share the common international risk of terrorism. The crime rate is low but travellers are advised to take sensible precautions to safeguard their belongings, as they would anywhere. Parts of Canada are prone to tornadoes between May and September.

## Customs in Canada

Rowdiness and loud speech are inappropriate except under special circumstances or in places such as bars, as Canadians tend to be soft spoken, patient and almost apologetic in their public behaviour. They are generally tolerant of the complex network of cultural differences in public behaviour, particularly in cities where such diversity is more common place. Recreational cannabis is legally available throughout Canada, though local laws can vary depending on the province or territory travellers are visiting.

## Duty Free in Canada

Travellers to Canada are allowed to enter the country with the following items without incurring custom duties: gifts to the value of C\$60 per recipient (excluding advertising material, tobacco and alcoholic beverages); 200 cigarettes, 50 cigars or cigarillos and 200g of tobacco or 200 tobacco sticks; 1.14 litres of liquor or wine or 24 x 355ml bottles or cans of beer or ale. There are strict regulations governing the import of the following: explosives, endangered animal and plant species, items of heritage, fresh foodstuffs and weapons.

## Doing Business in Canada

Vancouver, Toronto, Calgary, and Montreal are the main business centres, and English is the language of business except in French-speaking Quebec, where all written material and business cards should be in French. Business cards are not traditionally exchanged during an initial meeting, but at some appropriate time thereafter; it is best to wait for the host to offer theirs first.

A firm handshake is used by way of greeting and punctuality should be taken seriously for meetings. Canadians dress conservatively and smartly for business and suits are the norm. Gifts can be given in conclusion to celebrate a deal, but should be understated; taking someone out for a meal is a popular way to conclude business dealings.

Canadians are reserved and frown on emotional outbursts. Business is based on facts and figures rather than relationships, so it is best to be as prepared as possible for meetings. Hours of business are usually 9am to 5pm, Monday to Friday.

## Communication in Canada

The international access code for Canada is +1. The outgoing code is 011 followed by the relevant country code. The outgoing code is not necessary for calls to the US and the Caribbean. Hotels, cafes and restaurants offering free WiFi are widely available. As international roaming costs can be high, purchasing a local prepaid SIM card can be a cheaper option.

## Tipping in Canada

A tip of around 15 percent is standard in restaurants, and hairdressers and taxi drivers are usually tipped at the same rate. Bellhops, doormen, porters, and similar service providers at hotels, airports, and stations are generally paid at the customer's discretion.

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# Airports in Newfoundland And Labrador

## St Johns Airport (YYT)

### *St. John's International Airport*

**stjohnsairport.com**

**Location:** St Johns The airport is situated 6 miles (9km) northwest of downtown St Johns.

**Time:** Local time is GMT -2:30 (GMT -3:30 from November to February).

**Contacts:** Tel: 709-758-8500

**Getting to the city:** The Metrobus provides public transport from the airport to popular spots in St. John's metro.

**Car rental:** Car rental is available at the airport. Companies include Alamo, Avis, Budget, Enterprise, National, and Thrifty.

**Airport Taxis:** Taxis are found outside the Arrivals Area.

**Facilities:** Airport facilities include free WiFi, ATMs, children's play areas, shops, restaurants, and an information centre.

**Parking:**

## St Johns

Although St John's is the capital and largest city of Newfoundland, its population of a little more than 200,000 people means it still retains its small-town charm. The city's position on the steep shore of the Avalon Peninsula means visitors will find themselves meandering around brightly-coloured houses on hilly streets, all sloping down to the historic city harbour.

Originally founded as an English fishing town in 1583, it has been argued that St John's is the oldest city in North America. While the cod fishing industry collapsed in the 1990s, the city is now an Eastern Canadian hub for oil and gas, enjoying a reputation as a growing centre for entrepreneurs.

The city is a major tourist destination in the province, with a vibrant arts and culture community as colourful as its buildings. Water Street and Duckworth Street, both in the downtown area, are bustling thoroughfares with many restaurants and shops, while George Street is the centre of St John's' nightlife.

St John's has a few interesting historical museums and urban parks, but the most popular attraction by far is the beautiful view from Signal Hill which overlooks the city. While nearly all tourists in St John's come to enjoy the views, it gets even busier during summer when it plays host to the military demonstrations of the Signal Hill Tattoo.

Another major event taking place at this time of year is the Royal St John's Regatta, which dates back to 1816, and is North America's oldest sporting event. The coast offers a number of interesting places to explore, including Middle Cove Beach, Bell Island, Petty Harbour and Bay Bulls.

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# Currency

The currency used is the Canadian dollar (CAD). Banks and bureaux de change will change cash, as will some hotels. Major credit cards are widely accepted and ATMs are widespread. US dollars are widely accepted.

## Exchange rate for 1 CAD - Canadian Dollar

<b>0.00</b> BMD Bermudan Dollar	<b>0.68</b> EUR Euro	<b>0.73</b> USD U.S. Dollar	<b>0.58</b> GBP U.K. Pound Sterling	<b>111.95</b> JPY Japanese Yen	<b>0.66</b> CHF Swiss Franc
<b>1.11</b> AUD Australian Dollar	<b>28.83</b> UAH Ukrainian Hryvnia	<b>324.82</b> KZT Kazakhstani Tenge	<b>68,104.49</b> LBP Lebanese Pound	<b>3.55</b> LYD Libyan Dinar	<b>5.02</b> BOB Bolivian Boliviano
<b>0.00</b> NPR Nepalese Rupee	<b>0.00</b> OMR Omani Rial	<b>0.00</b> QAR Qatari Rial	<b>0.99</b> SGD Singapore Dollar	<b>7.92</b> SEK Swedish Krona	<b>0.00</b> TTD Trinidad Tobago Dollar
<b>0.00</b> VEF Venezuelan Bolivar	<b>42.52</b> DOP Dominican Peso	<b>0.00</b> HRK Croatian Kuna	<b>12.41</b> MXN Mexican Peso	<b>446.74</b> XOF West African CFA Franc	<b>0.00</b> PGK Papua New Guinean kina
<b>0.00</b> BSD Bahamian Dollar	<b>0.00</b> FJD Fiji Dollar	<b>0.00</b> HNL Honduran Lempira	<b>97.95</b> DZD Algerian Dinar	<b>0.00</b> MMK Myanma Kyat	<b>0.00</b> BWP Botswana Pula
<b>2.72</b> PEN Peruvian Nuevo Sol	<b>686.67</b> CLP Chilean Peso	<b>283.06</b> AMD Armenia Dram	<b>17.04</b> CZK Czech Koruna	<b>12.90</b> MDL Moldova Lei	<b>102.36</b> ISK Icelandic Krona
<b>9,206.75</b> UZS Uzbekistan Sum	<b>2.72</b> ILS Israeli New Sheqel	<b>0.52</b> JOD Jordanian Dinar	<b>0.00</b> KWD Kuwaiti Dinar	<b>27.92</b> UYU Uruguayan Peso	<b>0.00</b> MUR Mauritian Rupee
<b>0.00</b> NIO Nicaraguan Córdoba	<b>7.96</b> NOK Norwegian Krone	<b>2.95</b> PLN Polish Zloty	<b>2.74</b> SAR Saudi Riyal	<b>0.00</b> LKR Sri Lanka Rupee	<b>26.92</b> THB Thai Baht
<b>2.68</b> AED U.A.E Dirham	<b>3.73</b> BRL Brazilian Real	<b>3.39</b> RON Romanian New Leu	<b>5.72</b> HKD Hong Kong Dollar	<b>446.74</b> XAF Central African CFA Franc	<b>18,589.76</b> VND Vietnamese Dong
<b>642.71</b> ARS Argentine Peso	<b>0.00</b> XCD East Caribbean Dollar	<b>0.00</b> GTQ Guatemalan Quetzal	<b>7.36</b> MAD Moroccan Dirham	<b>0.00</b> BHD Bahrain Dinar	<b>0.73</b> PAB Panamanian Balboa
<b>1.24</b> AZN Azerbaijan Manat	<b>2,868.33</b> COP Colombian Peso	<b>64.70</b> KGS Kyrgyzstan Som	<b>264.88</b> HUF Hungarian Forint	<b>7.97</b> TJS Tajikistan Ruble	<b>11,761.39</b> IDR Indonesian Rupiah
<b>35.09</b> EGP Egyptian Pound	<b>994.29</b> KRW South Korean Won	<b>5,456.06</b> PYG Paraguayan Guaraní	<b>3.47</b> MYR Malaysian Ringgit	<b>371.94</b> CRC Costa Rican Colón	<b>1.22</b> NZD New Zealand Dollar
<b>203.32</b> PKR Pakistani Rupee	<b>66.87</b> RUB Russian Rouble	<b>13.54</b> ZAR South African Rand	<b>2.29</b> TND Tunisian Dinar	<b>0.00</b> BBD Barbadian Dollar	<b>1.33</b> BGN Bulgarian Lev
<b>23.66</b> TRY Turkish Lira	<b>41.92</b> PHP Philippine Peso	<b>23.64</b> TWD New Taiwan Dollar	<b>852.33</b> NGN Nigerian Naira	<b>0.00</b> XPF CFP Franc	<b>0.00</b> GHS Ghanaian Cedi
<b>0.00</b> JMD Jamaican Dollar	<b>0.00</b> ANG Neth. Antillean Guilder	<b>0.00</b> BND Brunei Dollar	<b>79.69</b> RSD Serbian Dinar	<b>5.30</b> CNY Chinese Yuan	<b>5.08</b> DKK Danish Krone
<b>2.55</b> TMT New Turkmenistan Manat	<b>61.04</b> INR Indian Rupee				