



# WELCOME TO Barbados

PRACTICAL GUIDE



ROSS UNIVERSITY  
SCHOOL OF MEDICINE





**Barbados has rich English, African, and West Indian roots. A former British colony for 334 years, Barbados is now an independent nation, and part of the Lesser Antilles of the West Indies. The first indigenous people, the Arawaks, arrived from Venezuela. Later, the Carib Indians arrived in Barbados around 1200. There is still a Kalinago presence in Dominica, however, the culture of the Carib Indians has mostly vanished in Barbados.**

Barbados got its name from Portuguese sailors in the early 1600's. The Portuguese named the island Los Barbados (bearded ones) after the fig trees, which looked like beards. Later in the 1600's the English colonized the island for the production of sugarcane, Tobacco, and cotton. Barbados held a dominant market share in the sugar industry in the late 1600's. The Dutch Merchants supplied slaves to meet the labor demands of the sugarcane plantations during this time. Slavery was abolished in Barbados in 1834.

Barbados gained full independence from Britain in 1966, but is still a member of the Commonwealth. Our current prime minister is Mia Mottley, the first female prime minister of Barbados.

Barbadians, or Bajans, are friendly and welcoming, and have a strong religious and spiritual conscience. English is the official language of Barbados, but you'll likely hear the Bajan dialect spoken. Locals will greet you with a "Good morning" and "good evening" on the island.

Throughout your time here, you'll get to experience the traditional foods of Barbados. Flying fish and cou-cou is the national dish of Barbados. Cou-cou is similar to grits, made from cornmeal and okra. You can also try pudding and souse, a weekend lunch dish made from pork. We also recommend macaroni pie, fish cakes, and cutters (sandwiches) from local vendors and restaurants on the island.

Barbadians love a good party, or fete. Crop Over is the annual summer celebration, marking the end of the sugar cane harvest. Other festivals on the island include the Holetown Festival and the Oistin's Fish Festival. Barbados is home to Rihanna, and you can also hear Calypso and steel pan music around the island.

We hope you'll immerse yourself in the local culture and experience all that Barbados has to offer!



## General

### Government

Parliamentary democracy with constitutional monarchy

### Head of Government

- Prime Minister – Hon. Mia Mottley, Q.C.M.P.
- Governor General: Dame Sandra Mason, GCMG DA Q.C.

### Area

430 sq km (166 sq miles) with a coastline of 97 km

### Location

Atlantic Ocean, north-east of Venezuela

### Time Zone

Barbados is GMT/UTC -4

### Towns

Capital: Bridgetown  
Towns: Oistins, Speightstown, Holetown

### Average Temperature

27 Celsius or 80 degrees Fahrenheit: warm and sunny

### Elevation

Relatively flat; rises gently to central highland region

## Economy

### Currency

Barbadian Dollar (BBD) 2 BBD = 1 USD  
Barbados has a market-based economy with both the private and public sectors actively involved in determining the goods and services made available to consumers.

### Primary Business Sectors

Tourism, International Business and Financial Services, Manufacturing and Agriculture

## Culture & History

### Official Language

- English
- Colloquial: Bajan (English-based creole dialect, widely spoken in informal settings)

### Food

- National Dish: Cou-Cou and Flying Fish
- Popular: Pudding and Souse  
A wide variety of seafood and meats are also available.



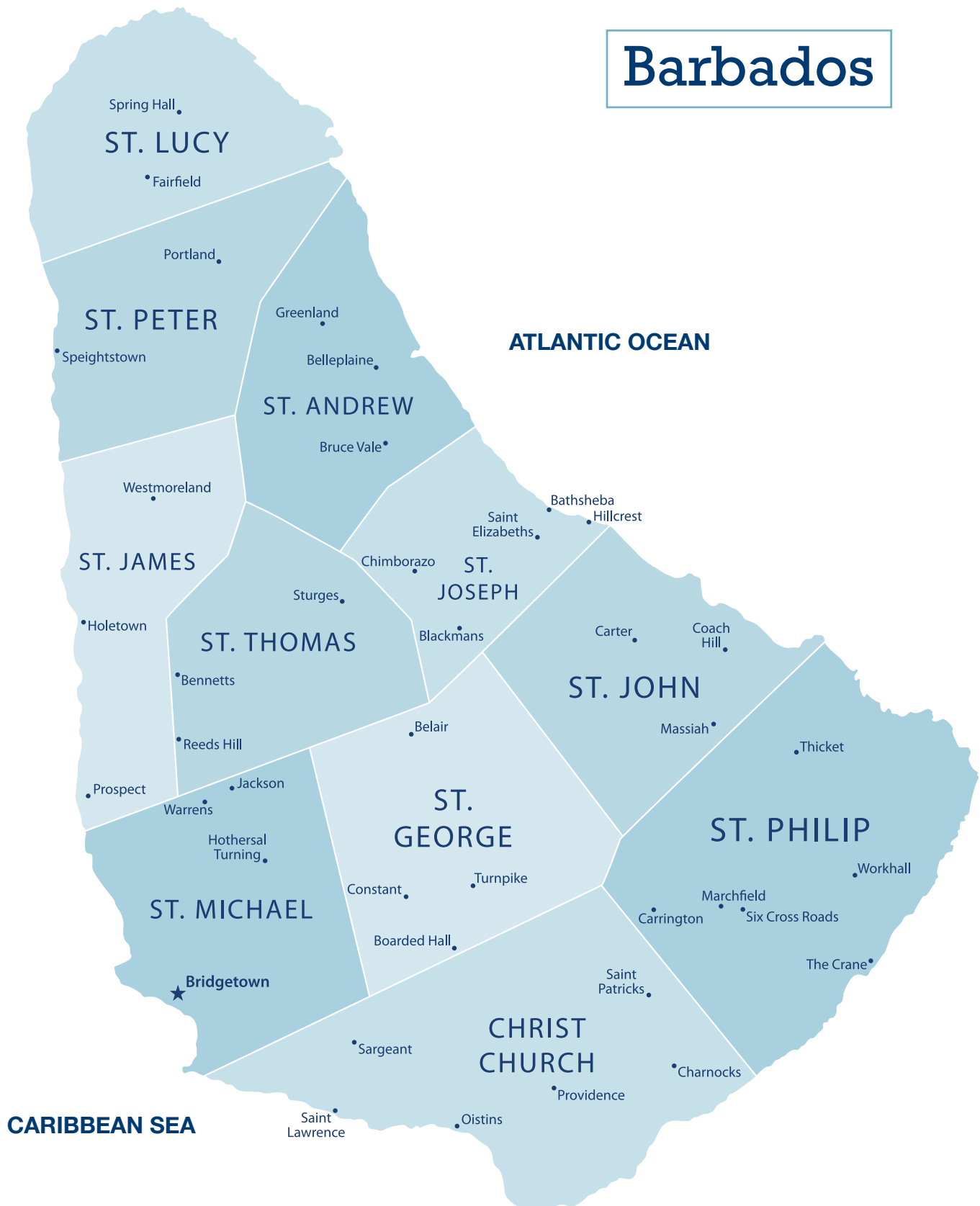
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# Barbados





## Emergency Phone Numbers

**RUSM EMT PARAMEDIC** (246) 266-3342

**RUSM CAMPUS SECURITY**

LESC (246) 627-8000/8001

COVERLEY (246) 627-8010/8011

**ROSS MAIN RECEPTION (LESC)** (246) 627-7937

**POLICE EMERGENCY** 211

**POLICE P.B.X.** (246) 430-7100

**FIRE SERVICE** 311

**AMBULANCE SERVICE** 511

**CRIME STOPPERS** 1-800-8477

## Medical Care

If you need to seek medical treatment on the island, you have a number of options for care:

*Note: RUSM has our own ambulance service to quickly escort students/colleagues who are at our Coverley and LESC (main campus) locations in need of medical emergency care. Ambulance will take you to either Coverley Medical Centre, Sandy Crest Medical Centre, hospitals or any other medical clinics depending on the situation. Ambulance service is available at Coverley Medical Centre between hours of (7pm to 7am) and our academic campus at LESC from (7am to 7pm). EMT services are available with the ambulance 24/7.*



## Hospitals & Medical Clinics

### QUEEN ELIZABETH PUBLIC HOSPITAL

Martindale's Rd, Bridgetown, St. Michael

Phone: (246) 436-6450

Website: <http://www.qehconnect.com/>

### BAYVIEW PRIVATE HOSPITAL

St. Pauls Ave, Bayville, St. Michael (246) 436-5446

Email: [info@bayviewhospital.com.bb](mailto:info@bayviewhospital.com.bb)

Website: <http://www.bayviewhospital.com.bb/>

*If you are covered under United Healthcare Global medical, direct billing process can be done by contacting UHCG (763) 274-7362 to provide a "Guarantee of Payment" (GOP) letter to Bayview Hospital. Point person at Bayview Hospital for directed billing is:*

**Andrea Graham**

Phone (246) 436-5446

Email: [agraham@bayviewhospital.com.bb](mailto:agraham@bayviewhospital.com.bb)

*Have your UHCG "Member I.D." and "Group Number" information ready.*

### COVERLEY MEDICAL CENTRE

Charnocks, Christ Church (246) 627-1000

Email: [medicalcentre@sandycrest.net](mailto:medicalcentre@sandycrest.net)

Website: <https://sandycrest.net>

*If you are covered under United Healthcare Global direct billing process can be done by contacting UHCG (763) 274-7362 to provide a "Guarantee of Payment" (GOP) letter to Coverley Medical Centre. Point person at Coverley Medical Centre for directed billing is:*

**Sharry Dowell**

Phone: (246) 419-4911

Email: [medicalcentre@sandycrest.net](mailto:medicalcentre@sandycrest.net)

*Have your UHCG "Member I.D." and "Group Number" information ready.*

*\*Note for students using Aetna Student Health Insurance: Direct Billing is also available for you at Sandy Crest Medical Centre and Coverley Medical Centre.*

### SANDY CREST MEDICAL CLINIC (24 HOURS)

Sunset Crest, St. James

Phone: (246) 419-4911

Website: <https://sandycrest.net>

*If you are covered under United Healthcare Global, direct billing process can be done by contacting UHCG (763) 274-7362 to provide a "Guarantee of Payment" (GOP) letter to Sandy Crest Medical Clinic. Point person at Sandy Crest Medical Clinic for directed billing is:*

**Antoinette Hunte,**

Phone: (246) 622-4911

Email: [ahunte@sandycrest.net](mailto:ahunte@sandycrest.net)



Have your UHCG "Member I.D." and "Group Number" information ready.

\*Note for students using Aetna Student Health Insurance: Direct Billing is also available for you at Sandy Crest Medical Centre and Coverley Medical Centre.

#### FMH EMERGENCY CLINIC

4A - 3rd Ave, Belleville, St. Michael  
Phone: (246) 228-6120 / 228-6121  
Website: <https://www.fmhclinic.com>

#### WARRENS HEALTHCARE COMPLEX

Lot 34, Warrens, St. Michael  
Phone: (246) 623-3000  
Email: [info@warrenshealthcare.com](mailto:info@warrenshealthcare.com)

#### ELCOURT MEDICAL CLINIC

Maxwell Main Road, Maxwell, Christ Church  
Phone: (246) 428-9452  
Website: <https://www.elcourtclinicbarbados.com>

#### MEDPLUS MEDICAL CENTRE

Dr. Sandra Reece  
(works with US & Canadian Embassies for medical forms for Work Permits and Visas)  
Beckles Road, St. Michael  
Phone: (246) 622-6337  
Email: [urtmbbs@gmail.com](mailto:urtmbbs@gmail.com)

#### URGENT CARE (MOBILE – 24 HOURS)

18 Pine Road, Belleville, St. Michael  
Phone: (246) 538-3838  
Email: [info@urgentcare.barbados.com](mailto:info@urgentcare.barbados.com)  
Website: <https://www.urgentcarebarbados.com>

#### RUSM DIRECTOR OF COUNSELING (Students only)

Coverley  
Phone: (246) 627-8016  
Email: [rusmwellnessandcounseling@rossu.edu](mailto:rusmwellnessandcounseling@rossu.edu)

### Employee Assistance

#### GINGER EMOTIONAL SUPPORT APP

Download the Ginger Emotional Support app on your smart device

### Mental Health

#### BARBADOS SOCIETY OF PSYCHOLOGISTS – Recommended Registered Psychologists

Dr. Natalie Moore\*  
(PhD Counselling Psychology Med Educational Psychology)

P.O. Box 5043, Warrens, St. Michael  
Phone: (246) 250-9509  
Email: [nataliemore.cmhc@gmail.com](mailto:nataliemore.cmhc@gmail.com)

Services include: psychotherapy for career development, life transitions/adjustment challenges, marriage/relationship conflicts, mood & anxiety disorders, and trauma recovery  
Population served: adults, individuals and couples

#### MS. AYODELE HARPER (MSC COUNSELLING PSYCHOLOGY UNSHACKLED COUNSELLING SERVICES)

Kingsland Gardens, Ch. Ch.  
Phone: (246) 230-7062/624-3819  
Email: [ayodele.harper@hotmail.com](mailto:ayodele.harper@hotmail.com)

Services include: bereavement counseling, crisis intervention (natural disasters, accidents, trauma (e.g. sexual abuse, rape, etc.)). Population served: children, adults and families

#### MRS. FRANCES BELLO\* (MSC CLINICAL PSYCHOLOGY FAMILY HEALTH CLINIC)

49 Warrens Business Ctr.  
Phone: (246) 425-2099  
Email: [francesbello@gmail.com](mailto:francesbello@gmail.com)

Services include: individual & couples therapy for a broad range of challenges, also recovering addicts and trauma. Population served: individuals aged 12 and up, couples

#### DR. LISA COSSY\* (PHD HEALTH AND REHABILITATION SCIENCES MSC CLINICAL PSYCHOLOGY PSYCHOLOGICAL AND EDUCATIONAL SERVICES)

Ronald MacDonald House, 10th Avenue Belleville, St. Michael  
Phone: (246) 248-5934

Services include: psycho-educational assessment, psychotherapy for depression, anxiety, life challenges, stress, health challenges, parenting stress, behavioral problems, and relationships. -Population served: children, adolescents, adults and couples.

Note: Although telehealth can't replace face to face counseling, we wanted to share with you two new resources called: <https://www.betterhelp.com/> and [www.talkspace.com](http://www.talkspace.com)  
What is great about this resource is the access people have to the therapist they're linked to via teletherapy.

### Dentist

#### DR. STUART MCINTYRE

Grafton Cot #2, Holetown, St. James  
Phone: (246) 426-3001/426-9140  
Email: [beckdentreception@gmail.com](mailto:beckdentreception@gmail.com)





### Dentist (continued)

#### DR. AMANDA STOREY

Ballyclare Dental in Peronne Village behind Massy  
Worthing, Worthing  
Phone: (246) 435-8118

#### ALWAYS DENTAL CARE

##### DR. KAREN JONAS

Black Rock St. Michael  
Phone: (246) 537-9555 or (246) 417-9555  
Email: [alwaysdental@caribsurf.com](mailto:alwaysdental@caribsurf.com)

##### DR. KIMBERLY STRAUGHN

1 Haggatt Hall, Suite #5 (Close to LESC)  
Phone: 246-231-5217  
Website: <https://www.studiodentalbb.com/>

### Gynecologist

#### OB/GYN TOTAL CARE—DR. VIKASH K. CHATrani OR DR. GARTH MCINTYRE

Windsor Medical Centre  
Corner of Government Hill & Pine Plantation Road,  
St. Michael  
Phone: (246) 622-4070  
Email: [obgyntotalcare@gmail.com](mailto:obgyntotalcare@gmail.com)

### Ophthalmologist

#### DR. DAVID CALLENDER

Lisburn Court, Two Mile Hill, St. Michael  
Phone: (246) 228-3209

##### DR. NIGEL BARKER

Warrens Eye Care Centre, Manor Lodge Complex Green  
Hill, St. Michael  
Phone: (246) 437-8858

### Optometrists

#### DR. EDWARD HASLETT

Harcourt Carter, The Dome Mall, Warrens, St. Michael  
Phone: (246) 417-5651  
Website: <https://www.harcourtcarteroptical.com>

### Dermatologist

#### DR. BLONDELLE DURANT

Caribbean Dermatology & Laser Centre, 3rd Avenue,  
Belleville, St. Michael  
Phone: (246) 436-0804

### Family Medicine

#### DR. SANDRA REECE

Jessamine Cot, Corner of Beckles Road & Jessamine Ave,  
St. Michael  
Phone: (246) 622-6337

### Pediatrician

#### DR. CLYDE CAVE

Palm Court 28 Pine Rd Bellville, Saint Michael  
Phone: (246) 427-0316

### Physiotherapy

#### JADE PHYSICAL THERAPY INC.

##### DR. JONELLE DRAKES

South Fort, Hastings, Christ Church  
Phone: (246) 435-3252, Email: [physio@jadetherapyinc.com](mailto:physio@jadetherapyinc.com)

## Embassies

**It is advised that you register with your embassy for the duration of your stay in Barbados.**

You may find that you need services provided by the Embassy while here in Barbados. The U.S. Embassy and Canadian High Commission can provide passport services, notarial services, and emergency services for U.S. and Canadian citizens.

#### US EMBASSY IN BARBADOS & EASTERN CARIBBEAN:

Phone: (246) 227-4000  
Website: <https://bb.usembassy.gov/>  
Email: [bridgetownfacebook@state.gov](mailto:bridgetownfacebook@state.gov)

#### HIGH COMMISSION OF CANADA (BARBADOS):

Phone: (246) 629-3550 or (246) 437-7436  
Website: <https://www.international.gc.ca/world-monde/barbados-barbade/index.aspx?lang=eng>  
Email: [bdgtn-cs@international.gc.ca](mailto:bdgtn-cs@international.gc.ca)

Be sure to enroll in the traveler programs prior to your move to Barbados:

**U.S. Citizens:** <https://step.state.gov/>

**Canadian Citizens:**

<https://travel.gc.ca/travelling/registration>

If you are a citizen of another country outside the U.S. and Canada, be sure to research your closest embassy in regard to services and visas:

**OTHER WORLD EMBASSIES:**

[www.embassyworld.org](http://www.embassyworld.org)



## Notary Services

### CORPORATE AFFAIRS & INTELLECTUAL PROPERTY OFFICE (CAIPO)

Warrens, St. Michael

Phone: (246) 535-2401/535-2402 (Linda Benjamin (Notary))

Book appointments online at <https://caipo.gov.bb/>

*Hours of Operation: 8:30am to 3:00pm (due to pandemic, call for hours/appt. not required)*

*Requirements & Cost: I.D. required—\$50 BBD for Notary services + \$10 BBD stamp*

### SUPREME COURT

White Park Road, St. Michael

Phone: (246) 535-9743/535-9700

(Ms. Knight or Ms. Clarke (Registrar's of Supreme Court))

*Hours of Operation: 8:30am to 3:00pm (due to pandemic, call for hours/appt. not required)*

*Requirements & Cost: I.D. required—\$55 BBD for Notary services + \$10 BBD stamp*

### JUSTICE OF THE PEACE & NOTARY SERVICES

*Note: Barbados documents pacifically and not international use*

**Appointment:** Justice of the Peace in Barbados is appointed, by a warrant issued by the Governor-General and on the advice of the Prime Minister David R. A. Williams (J.P.)

Phone: (246) 231-0362 (24/7 services)

Email: [draw362@yahoo.com](mailto:draw362@yahoo.com)

*Requirements & Cost: I.D. required—depends on type of service*

#### Statutory Functions:

- **The Court Process Act**—the signing of any/all Affidavits
- **Under the Magistrates Court**—the authority is given to issue warrants of arrest and sign as Magistrate
- **Under the Barbados Citizenship Act**—administer oaths in respect of application for citizenship, renunciation of Barbados citizenship
- **Under the Immigration Act**—certify/witness as correct, the particulars of any declaration required to be made by an applicant for Permanent Residence or Immigration Status
- **Under the Bills of Sale Act**—affidavits required for the purposes the Act are sworn before a Justice of the Peace

- **Under the Building Societies Act**—Justice of the Peace may attest to the swearing of affidavits

- **In respect of applications for Barbados Passport**—signing of passport photographs and application form

## Banking Services

### CIBC/FCIB

[www.cibcfcib.com](http://www.cibcfcib.com)

Phone: (246) 367-2300

### ROYAL BANK OF CANADA

[www.rbcroyalbank.com](http://www.rbcroyalbank.com)

Phone: (246) 467-4000

### FIRST CITIZENS BANK

[www.firstcitizensbb.com](http://www.firstcitizensbb.com)

Phone: (246) 431-4500/431-4589

## Daycare & Schooling Options

If you are bringing your children with you and want to learn more about day care and schooling options, please visit: <https://www.barbadoschildrendirectory.com/>

**Be sure to join the Ross Spouse's Organization to network with other parents:**

<https://www.facebook.com/groups/170861379594491/>

#### Daycares:

- [Home Away from Home Daycare](#)
- [Warrens Primary and Preschool](#)

**Some of the private schools parents have their children in are:**

- [Providence School](#)
- [St. Winifred's School](#)
- [St. Luke's Academy Montessori](#)
- [Codrington School \(International Baccalaureate Program\)](#)
- [Lockerbie College](#)
- [Beyond the Box Education](#)





## Volunteer Opportunities

- Barbados National Trust
- Barbados RSPCA
- Ocean Acres Animal Sanctuary
- CORALL

## Recycling

### B'S RECYCLING

Phone: (246) 438-9285 / 228-0992 / 421-8409 / Fax: 438-9248

Email: [bsrecycling2010@gmail.com](mailto:bsrecycling2010@gmail.com)

Website: [www.bsrecyclingbarbados.com](http://www.bsrecyclingbarbados.com)

*Cane Garden Depot location in St. Thomas. Monday to Saturday from 8:00am – 5:00pm.*

*Eagle Hall Depot location in St. Michael. Monday to Saturday from 8:00am – 6:00pm*

*Glass and Plastic Bottle returns are available at most Massy locations.*

## Natural Disasters

Even though Barbados is located just on the outskirts of the hurricane belt of the Lesser Antilles, it is best to be prepared! Hurricane season runs from the **beginning of June** to the **end of November**.

It is recommended to visit the following web sites where further information is available on ways to personally prepare, on hurricanes specifically, emergency preparedness and natural disasters in general.

### GET PREPARED AT:

<http://www.getprepared.gc.ca/index-eng.aspx>

### THE US NATIONAL HURRICANE CENTRE AT:

<https://www.nhc.noaa.gov/?atlc>

### THE CANADIAN HURRICANE CENTRE AT:

<http://www.ec.gc.ca/ouragans-hurricanes/>

### THE CARIBBEAN DISASTER MANAGEMENT AGENCY (CDEMA) AT:

<http://www.cdema.org>

### ALL NATURAL DISASTERS AT:

[www.ready.gov](http://www.ready.gov)

### BARBADOS WEATHER SERVICE AT:

<https://www.barbadosweather.org/>

### BARBADOS GOVERNMENT INFORMATION SERVICES:

<https://gisbarbados.gov.bb/>

You can also call the following numbers:

### BARBADOS METEOROLOGICAL SERVICES

Barbados Weather (Civil Aviation)

(246) 535-0022/23/24 or 535-0016, 535-0017

### THE BARBADOS OFFICE OF DISASTER MANAGEMENT

(246) 417-2727

### THE BARBADOS RED CROSS

(246) 417-2727

Updated information on severe weather can be obtained via the following:

### BARBADOS METEOROLOGICAL SERVICES

website, social media pages and hotline <http://www.barbadosweather.org>

- [@Barbados Meteorological Services on Facebook](#)
- [@BarbadosMetServices on IG](#)
- [@BarbadosMet on Twitter](#)
- Phone: (246) 976-2376

**CAPCAP APP** which can be downloaded from the Play Store or Apple Store

### MEDIA HOUSES

- Caribbean Broadcasting Corporation - CBC Channel 8, 94.7fm and 900am
- Starcom Network—92.9fm

**Your safety is a priority to us!**



## Safety Advice/Tips

Like anywhere else in the world, Barbados is not without crime. There are certain things you can do to stay safe and keep yourself out of harm's way.

### General

- Avoid carrying large sums of cash
- Use Visa or debit cards where possible
- Make copies of original documents
- Save all emergency numbers on your cell phone
- Keep electronics, purses, backpacks, and other valuables hidden from view through home or car windows
- Keep doors locked at all times at your home/apartment
- The wearing of camouflage clothing or the carrying of any article containing the camouflage pattern is illegal in Barbados
- Report any safety or security incidents to Ross Security immediately!

### On The Beach And Sightseeing

- Marijuana is illegal, avoid persons who try to offer it or other illicit drugs to you
- Avoid walking or frequenting lonely beaches
- Do not leave cameras, cellular phones and other valuable items unattended
- Adhere to beach signs and follow the advice of lifeguards on duty
- When sightseeing, if you're seeking help with directions, look for a police officer, a public employee (in uniform) or an official business place
- Avoid deserted/isolated areas. If you feel uneasy, leave the area.
- Do not litter
- Avoid picking flora or disturb wildlife
- Keep a lookout for manchineel trees, they are very poisonous. Standing under one during a rain shower can cause skin blisters as the sap is very acidic. These trees are marked with a red circle.
- When at public beaches, avoid holding on to ropes and buoys, as sea lice can cause skin rashes.
- Don't give money to beggars

### When Driving

- Keep on the left side of the road
- Avoid leaving packages in plain sight in motor vehicles
- Lock all doors while driving
- Follow speed limits and traffic arrows
- Be mindful on roundabouts:  
<https://www.totallybarbados.com/articles/get-around-barbados/roundabouts/#.X6QJg4hKiUk>

To sum up, Barbados continues to be a generally safe place to live, visit and enjoy. This is due partly to the efforts of the members of the Royal Barbados Police Force.

We implore you to take all necessary precautions to ensure your safety and protect your personal effects as you move around enjoying all the island has to offer!

### Other General Tips

- Turn your AC on right before going to bed. Turn it off as you wake up and saves on costs.
- Hang out clothes rather than using the dryer. A drying rack is a good investment!
- Leave home before 7:00am to avoid traffic
- Massy has free transport to nearby locations once you shop there. There is a shuttle that will take you home.
- Bridgetown has duty free shopping as well as all Cave Shepherds in Barbados.
- Roads are very heavily trafficked so one needs to be cautious if they are biking.
- Although Barbados is a relatively safe island, still lock up at night
- Don't wear camouflage, it is illegal!
- Keep your distance from the monkeys. They are beautiful creatures but they can get aggressive.
- You cannot turn on a red light
- On a roundabout the person on the right is always correct
- Buses to city stops always get you back to a highway (or civilization)



## Travel

### AIRPORT:

Grantley Adams International Airport

### INTERNATIONAL FLIGHTS:

- USA – (35 flights weekly)
- UK – (16 flights weekly)
- Canada – (11 flights weekly)
- Frankfurt, Europe – Once weekly
- Panama – twice weekly, Dusseldorf & Munich,
- Germany (seasonal)

### MAJOR SEAPORTS:

The Port of Bridgetown on the southwest coast

### MARINAS:

- Port St. Charles – St. Peter
- Port Ferdinand – St. Peter
- Careenage Marina - Bridgetown

### GROUND TRANSPORTATION:

Established public transportation system includes buses, (ZRs & ZMs) and rental cars

## Important Travel Tips

Being well prepared is essential for a successful move to Barbados. Some important tips include:

- Make several copies of your passport and/or visa for your personal records. It is also recommended that you copy the contents of your wallet
- Assemble all your important documents (Ross acceptance letter, plane tickets, hotel reservations, driver's license, marriage certificate, birth certificate, record/reference of prior insurance, and immunization records) and make several copies of each document
- Bring enough cash and/or traveler's checks to sustain you for two months (for rent, deposit, food, utilities, transportation and other necessities)
- Pack an extra set of clothing, medicines, laptop, and perishable items in your carry-on and personal luggage (meeting airline requirements, so that your carry-on is not taken away from you) in the event that your luggage does not arrive on the same flight as you
- Confirm your itinerary with your airline 72 hours prior to departure

## Luggage

If you are bringing toiletries in your carry-on luggage, all airlines require you to pack them in a clear, quart-sized zip lock bag. Each item in the bag cannot have more than 3 oz. of fluid in it. All liquid items are required to fit in the quart-sized bag.

Small, roll-on luggage that can be checked planeside offers the most secure baggage handling, meaning you will stand the highest probability of arriving at your destination at the same time as your baggage.

## Public Transportation, Taxi Services, Vehicle Rentals & Fuel

### Public Transportation

You can utilize the network of public buses and ZR vans to get around the island. The cost for a one-way ticket is \$3.50 BDS, paid in Barbados cash, when you get on the bus. You'll notice signs along the roads in Barbados that mark bus stops. "Out of city" is away from Bridgetown, and "To city" is towards Bridgetown. You can learn more about the bus routes here:

<https://www.transportboard.com>

ZR Vans are small white mini-buses, with a maroon stripe, and license plates start with ZR. These vans are seen often through the Oistin's to Bridgetown coast road, but are available all over the island. These are privately owned vans and are numbered 1-11 depending on the route. ZR vans are one of the quickest and unique ways to get around the island.

### Here is a link to information on buses:

<https://www.totallybarbados.com/articles/get-around-barbados/bus/>

## Taxi Services

Local taxis are readily available in Barbados, but keep in mind that this can be an expensive option for getting around the island. Taxis here do not have meters, so be sure to agree upon the price and currency before accepting a ride. Fares are regulated by the government, and you can pay with USD or BDS. However, always ask for the local rate or the cost in Barbados dollars. A good tip is to get to know one or two drivers and use them whenever you need a taxi to get better service and fares.





### Taxi Services (continued)

Here is a link to taxi services and typical fares:  
<http://caribya.com/barbados/taxis/>

Rates, Fares, and Fees as is the case on many Caribbean islands, cabs are not metered on Barbados. Rates are government regulated, however, with fees hovering around \$20 USD per hour

### Vehicle Rentals

Whether you are looking to rent a car for the weekend or long-term, there are plenty of options for car rentals here on the island. Keep in mind that you need to also purchase a local driving permit when you rent a car, so you'll need to bring your valid driver's license with you. We drive on the left side of the road, speed limits vary across the island, and instead of stop lights, there are roundabouts. You can visit <https://www.visitbarbados.org> to learn more about rental options.

#### GO CAR RENTALS

Phone: (246) 262-6923  
<https://gocarsbb.com>

#### TOP CAR RENTAL

Phone (246) 230-1224 or (246) 435-0378  
Email: [topcar@caribsurf.com](mailto:topcar@caribsurf.com)  
<http://www.barbadoscarrentals.com/>

#### CARIBBEAN RENTALS

<https://www.caribbeanrentalcars.com/>

#### BAJAN CAR RENTALS

Phone: (246) 429-4327  
Email: [rent@carrentalsbarbados.com](mailto:rent@carrentalsbarbados.com)  
[www.carrentalsbarbados.com](http://www.carrentalsbarbados.com)

#### DRIVE BARBADOS

<https://drivebarbados.com/>

#### SOUTHERN RENTALS BARBADOS

<https://www.southernrentalsbarbados.com/>

#### HONEY BEE CARS

Phone: (246) 231-0033  
Email: [rentals@honeybeecars.com](mailto:rentals@honeybeecars.com)

#### DRIVE-A-MATIC

Phone: (246) 434-8440 (ext. 4002)  
Email: [valencia.boyce@carhire.tv](mailto:valencia.boyce@carhire.tv)

### STOUTES

Phone: (246) 416-4456, Email: [info@stoutescar.com](mailto:info@stoutescar.com)

### Fuel (Global Petrol Prices)

Compares current gasoline prices in Barbados to the rest of the world: [https://www.globalpetrolprices.com/Barbados/gasoline\\_prices/](https://www.globalpetrolprices.com/Barbados/gasoline_prices/)

### Auto Mechanic

#### EXECUTIVE AUTO CENTRE INC.

Newbury, St. George  
Phone: (246) 244-7326  
Email: [rensealy@executiveautocentre.com](mailto:rensealy@executiveautocentre.com)

## Obtaining A Barbados Driver's License

### Permit Requirements (Temporary)

- Current/valid driver's license
- Passport
- Cost—\$100 BBD for 1-year permit

Complete the license online at <https://bra.gov.bb/> and email to [permits@bra.gov.bb](mailto:permits@bra.gov.bb). Call (246) 243-1698 for assistance.

### LICENSING AUTHORITY

Pine East Blvd  
Phone: (246) 536-0268

### License Requirements (Permanent)

- Current/valid driver's license
- Barbados I.D. card
- Passport photo size pictures (2)
- Cost—\$50 BBD for 1-year. After one year, you can extend in to a 3-year license

## Housing Information

### Students

If you have questions or concerns, contact our **Housing Office**. To contact Housing, email: [housing@rossu.edu](mailto:housing@rossu.edu)

### Faculty

If you have questions, contact **Carol Laviolette-Durand** (Community Liaison Representative) at [claviolette-durand@rossu.edu](mailto:claviolette-durand@rossu.edu)



## Pets

If you are planning to bring your pet to Barbados, be sure to work with a local Customs Broker to make sure you have all the requirements met prior to your travel. Brokers used by colleagues and students include Michael Greaves Associates and Codgie's Customs. The import permit requirements can be expensive, so check with your broker about import costs.

There are a few steps to follow when migrating with your pet, for more information visit:

- <https://www.pettravel.com/immigration/Barbados.cfm>
- <https://www.airanimal.com/index.cfm>

COVID-19 Pet Protocol at the Ministry of Agriculture—Animal Reception Centre (ARC) <https://www.gisbarbados.gov.bb>

### CUSTOMS BROKERS

<https://www.findyello.com/barbados/?search=customs%20brokers>.

### CANINE CAMP–DOG DAYCARE

<https://www.facebook.com/CanineCampBarbados/>

**There is one good veterinarian on the island who provides comprehensive vet care:**

### CENTRAL VET

St. George

<https://www.centralvetbarbados.com/>

Regarding pet food, you can find some U.S. brands at local grocery stores. Central Vet has a special pet food store, if your pet has dietary restrictions. There is also a pet food delivery service, Spartan Animal Kingdom, that can deliver pet food: <https://spartananimalkingdom.com/>

### GROOMING: PAWS R US

(246) 836-1668

## Farmers Markets

### BRIGHTON FARMERS MARKET

Coverley, Ch. Ch.

**Every Saturday from 6:30 am to 11:00 am**

Website: [www.facebook.com/brightonfarmersmarket](http://www.facebook.com/brightonfarmersmarket)

Brighton Farmers Market was started by the Pile Family in 2001 to sell extra produce from their farm. It has become over the years a Saturday morning hangout to meet and greet old and new friends. Fresh produce, locally made treats and a great breakfast or prepared foods for the week. If you miss the market, their fresh produce is available at the Clifton Meats Market on the south coast.

### HASTINGS FARMERS MARKET/ARTSPLASH

Hastings, Ch. Ch.

**Every Wednesday, Saturday and Sunday morning from 8:00 am to 2:00 pm**

Website: [www.artsplashbarbados.com](http://www.artsplashbarbados.com)

In the heart of the South Coast just across from the beautiful Hastings Boardwalk with lovely sea views is the Hastings Farmers Market inside Artsplash complex. Everything sold at this market is homemade, homegrown or home created in Barbados! There is a wide-ranging selection of local fruits, organic vegetables and eggs; freshly baked breads and culinary treats including gluten free options. You'll also find a lovely selection of prepared meals including Trinidadian and Bajan dishes.

### HOLDERS FARMERS MARKET

Holders Hill, Holetown, St. James

**Every Sunday from 9:00 am to 1:00 pm**

Website: [www.holdersfarmersmarket.com](http://www.holdersfarmersmarket.com)

Holders Farmers Market brings the organic farmers to you! Offering breakfast with delicious coffee, tea, fresh juices and their special "British Banger"—which is totally homemade and a favorite of many! There is local honey, coconut chips, arts and crafts and many more treats to enjoy! The organizers make every effort to ensure that the food and the vendors are as organic and local as possible.

### CHEAPSIDE PUBLIC MARKET

Bridgetown, St. Michael

**Monday to Saturday from 7:00 am to 6:00 pm**

Website: [www.visitbarbados.org/cheapside-public-market](http://www.visitbarbados.org/cheapside-public-market)

Cheapside Public Market is the main and largest market in Barbados and is a hub of activity in Bridgetown. Vendors and farmers sell their fresh fruits, vegetables, plants, spices, fresh meats and food, clothing and crafts, etc. Also, there are plenty of roadside vendors at the back of Cheapside.



## Villages At Coverley (Student Housing)



Hours may be subject to change

### Restaurants

#### **RAW JUICE BARBADOS**

Open Daily: 7:00am–7:30pm

#### **URBAN KITCHEN / CHUTNEY'S / RB'S**

Open Sunday–Thursday: 11:00am–9:00pm,  
Friday & Saturday: 11:00am–10:00pm

#### **ITALIA COFFEE HOUSE**

Open Daily: 7:00am–9:00pm

#### **CHICKEN BARN**

Open Monday–Saturday: 10:30am–10:30pm,  
Sunday: 12:00pm–9:00pm

#### **PITA PIZZA**

Open Daily: 11:00am–9:00pm

#### **DRAGON HOUSE CHINESE**

Open Daily: 11:00am–9:00pm

#### **CHILLZ DELIGHT ICE CREAM**

Open Daily: 12:00pm–9:00pm

#### **MISO**

Monday–Thursday: 12:00pm–7pm

#### **HAPPY TACO**

Friday–Saturday: 11:00am–8:30pm

### Shopping

#### **MASSY SUPERMARKET**

Open Monday–Saturday: 8:00am–9:00pm,  
Sunday: 9:00am–3:00pm

### Services

#### **COVERLEY MEDICAL CENTRE**

Open Daily: 7:00am–7:00pm

#### **COVERLEY DIAGNOSTIC RADIOLOGY SERVICES INC.**

Open Monday–Friday: 8:00am–4:30pm

#### **CLUB FITNESS & GYM\***

Open Monday–Friday: 4:30am–10:00pm,  
Saturday: 6:00am–8:00pm,  
Sunday: 8:00am–6:00pm

*\* Your gym membership is included in your rent if you reside in Ross Housing.*

#### **EXECUTIVE CLUB BARBER & BEAUTY SALON**

Open Monday–Saturday: 9:00am–9:00pm,  
Sunday: Appointments Only

#### **GLOW UP BEAUTY SUPPLY**

Open Monday–Saturday: 10:00am–9:00pm,  
Sunday: 11:00am–8:00pm

#### **FIRST CITIZENS BANK (BARBADOS) LTD.**

Open Tuesday–Friday: 10:00am–6:00pm,  
Saturday: 10:00am–4:00pm

#### **RUBIS SERVICE STATION**

Open Monday–Friday: 6:30am–10:30pm,  
Saturday & Sunday: 7:00am–10:30pm  
Blackman Insurance Agent Inc.  
Open Monday–Friday: 10:00am–5:00pm

#### **BLACKMAN INSURANCE AGENT INC.**

Open Monday–Friday: 10:00am to 5:00pm





## Food Trucks, Bajan Style

Experience some wonderful food sold from food trucks/vans here in Barbados...literally gourmet dining on wheels! Many food vans offer fabulous traditional Bajan food fare of macaroni pie, rice and peas, lamb, baked chicken, pork chops, stew, rotis, fried fish, and salads among other amazing dishes. Here's a list of some of the favorite and popular food trucks around Barbados:

- **Worthing Square Food Court/Garden**—located in Worthing/Rockley area. Gourmet food trucks: very popular, live music on Wednesdays and Friday nights. Highly recommended!
- **Sandra's Food Van (traditional Bajan)**—located parked along the Sandy Lane road in Holetown. Sandra's food van is very popular and highly recommended!
- **Curbside Café**—located in Bagatelle Terrace, heading north of Warrens, St. James. Curbside Café is one of the more popular food trucks. They offer incredible dishes from Philly cheesesteaks and loaded tacos, pasta bowls, BBQ ribs, homemade burgers and fish & chips.....all finished off with their signature aioli sauce which pretty much go on any of the dishes! You can follow Curbside Café on [Instagram@curbsidecafe246](#), Phone: (246) 233-3159
- **FRII Guys**—another popular food truck! Their main ingredient we all can't resist and love—french fries! They've taken a simple concept of fries and kicked it up a notch to their various chip dishes. They serve their FRII Guys calamari, cast iron steak, BBQ wings to braided pulled chicken all loaded on fries. You can follow FRII Guys on their Instagram page [@FRIIGUYS](#), Phone: (246) 234-9241
- **Bucks Gourmet Hot Dogs**—also very popular! Buck offers classic hot dogs, pulled pork hot dogs, Trini hot dogs, chilly cheese hot dogs and Bajan (Barbados) hot dogs  
Phone (246) 832-6060
- **Papa Earl (Vegetarians)**—heading north to Speightstown on the right side of the road just beyond Limegrove Lifestyle Centre. Papa Earl is well known for his legendary deliciously seasoned Ital and Vegetarian cuisine!

## Storage, Shipping/Moving Services, Custom Brokers, Couriers

### Storage

#### STORE-ALL

Phone: (246) 429-7428  
Email: [info@storeallbds.com](mailto:info@storeallbds.com)  
[www.storeallbds.com](http://www.storeallbds.com)

### Shipping/Moving

#### CORLEC FORWARDING/SHIPPING

Elliot & Duanne Corbin  
Phone: (246) 230-0198/228-1494  
Email: [corlec@caribsurf.com](mailto:corlec@caribsurf.com)  
[www.corlecforwarding.com](http://www.corlecforwarding.com)

#### TROPICAL SHIPPING

Phone: (246) 426-9990  
Email: [customercare@tropical.com](mailto:customercare@tropical.com)

#### LAPARKAN

Phone: (246) 436-5322  
Email: [customerservice@laparkan.com](mailto:customerservice@laparkan.com)

#### CARGO BGI

Phone: (246) 537-2244  
Email: [office@cargobgi.com](mailto:office@cargobgi.com)

#### ERIC HASSELL & SON LTD.

Phone: (246) 436-6102  
Email: [info@ehshipping.com](mailto:info@ehshipping.com)

### Custom Brokers

#### CHADD BLACKMAN

Phone: (246) 844-9499

#### CODGIE'S CUSTOM SERVICES

Phone: (246) 844-9499/230-4312

#### RON'S SERVICES

Phone: (246) 424-9791/231-2603

#### MICHAEL GREAVES ASSOCIATES

Phone: (246) 426-2417  
Email: [info@mgassociates.net](mailto:info@mgassociates.net)  
<http://www.mgassociates.net>

### Courier Services

#### FEDEX

(Sheraton Mall, Christ Church)  
Phone: 1-800-463-3339  
<http://www.fedex.com/bb/>

#### DHL EXPRESS

(Airport Commercial Centre, Christ Church)  
Phone: (246) 538-7800/538-3333



## Barbados Attractions



There's a lot to see and do here in beautiful Barbados. You can learn all about what Barbados has to offer here:  
<https://www.visitbarbados.org/>

### Animal Flower Cave

A favorite stop on our 360 Island Tour (Sunday before classes begin), this cave is at the northern most point of the island and offers stunning cliff views, an opportunity to go into the cave, and a restaurant and souvenir shops.

### Harrison's Cave

Head underground to Harrison's Cave and opt for the tram tour, or the eco-adventure tour. Learn more at  
<http://harrisonscave.com/>

### Oistin's Fish Fry

A Barbados institution! Oistin's is the place to be on a Friday night. Find a picnic table, order fresh fish, shop the souvenir booths, and enjoy live music and dancing. We'll go as a group on the Friday of Orientation Week, but you can visit any time during the semester, as Oistin's is a short taxi ride from Coverley.

### Bathesheba/Soup Bowl

Surfing capital of Barbados and home of the famous Soup Bowl surf spot and "mushroom" rock formations. Come at low tide to swim in the tide pools. Stop by [RoundHouse](#) or Dina's for lunch, and a visit to St. John Parish Church makes a nice day on the East Coast. Swimming at Bathesheba is dangerous due to undercurrents, waves, and riptides.

### Carlisle Bay

One of the most beautiful beaches in Barbados, and there's tons to do! Relax at one of the beach clubs, head into the marine park to snorkel with the sea turtles and stingrays, rent a kayak or SUP, and enjoy the sunshine. Beach Clubs like Copacabana Beach Club and The Boatyard offer lounge chairs and umbrellas, food and drinks, and water sports. *(left picture)*

### Barbados National Trust Hiking

If you're interesting in hiking here in Barbados, you can join the free (donations accepted) National Trust Hikes, and also join the Ross Hiking Club for hiking opportunities

### Surfing Lessons

- **Barry's Surf School:** <http://www.surfing-barbados.com/>
- **Zed's Surfing Adventures:** <http://www.zedssurftravel.com/>
- **Learn to Surf Barbados:** <http://learntosurfbarbados.com/>

### Snorkeling Trips & Catamaran Cruises

- **Tranquility Cruises:** <https://www.tranquilitycruises.com/>
- **El Tigre Sailing Cruises:**  
<http://www.eltigretravels.com/index.html>
- **Tiami Catamaran Cruises:**  
<http://tiamicatamarancruises.com/>

### Sports

There's some great sports to watch and play here on the island. Cricket is the national sport of Barbados, and you can watch the national team play at Kensington Oval in Bridgetown. There's also world class golf courses, pro surfing competitions on the east coast, sailing, tennis, aquatics, and more on the island. RUSM also offers intramural sports at Coverley!

### Swimming Beaches

- Accra/Rockley Beach
- Batts Rock Beach
- Brandons Beach
- Brighton Beach
- Brownes Beach/ Pebbles Beach
- Carlisle Bay
- Crane Beach
- Dover Beach
- Folkstone Marina



### Swimming Beaches (continued)

- Gibbs Beach
- Miami Beach
- Mullins Beach
- Paynes Bay Beach

### Other Adventures

There are a variety of other ways to see Barbados besides the ones already listed. Call ahead for prices and availability when planning any of these activities.

- Atlantis Submarine Barbados
- Island Safari Barbados
- Barbados Turf Club: horse racing
- Bushy Park Race Track: Karting, driving experiences, etc..
- Hunte's Gardens, Andromeda Gardens, Orchid World: botanical gardens
- Barbados Wildlife Reserve
- Coco Hill Forest: Hiking

### Reputable Tour Guides

#### SUN TOURS BARBADOS

Phone: (246) 434-8430  
<https://www.suntoursbarbados.com/>

#### THOMAS TOURS

Phone: (246) 844-7073

#### RCR TOURS

Phone: (246) 231-5357

#### ISLAND ROUTES

Phone: (877) 384-4360

## Shopping

### Home Goods And Electronics

#### CARTER'S GENERAL STORE

Wilkey  
Housewares, décor, lawn and garden, tools  
<https://www.cartersonline.bb/>

#### ABED'S

Sheraton Mall  
Sheets, curtains, decor  
<http://abeds.bb/>

#### DO-IT-BEST

Sheraton Mall  
Housewares, kitchen supplies, bedding and bath  
<https://www.doitbest.com/>

#### SLEEPRITE

Bridgetown  
Mattress toppers  
<https://www.sleepritebarbados.com/>

#### COURT'S

Sheraton Mall (Sky Mall)  
Furniture, small appliances, electronics  
<https://www.shopcourts.com/barbados/>

#### ISHOP

Sheraton Mall  
Authorized Apple reseller and service provider  
<https://www.ishopbarbados.com/>

#### ASHLEY FURNITURE – TWO MILE HILL

Furniture

#### MASSY HOME

Sheraton Mall  
Furniture, electronics, housewares, fans

#### SMARTSTORE- LIMEGROVE MALL

Electronics store

#### DWELLINGS, WALKERS WORLD, ASHLEY FURNITURE, AND GAJAH

Canewood/Warrens  
Luxury Furniture, housewares, small appliances, kitchen supplies, bedding and bath, accent rugs, pillows, etc...

### Hardware

#### KOOYMAN

Kendal Hill, Ch. Ch.  
Phone: (246) 434-3333  
Lumber, hardware, plumbing supplies, power tools, housewares and essentials for lawn, garden, patio, etc.





## Hardware (continued)

### DO-IT-BEST

Four locations: Sheraton Mall, Warrens, Bridgetown, Walk at Welches) Automotive products, housewares, plumbing supplies, power tools and essentials for lawn and garden

### ACE H & B HARDWARE

Warrens, St. Michael  
Sole local distributor of ACE hardware in Barbados

### CARTER'S

Wilkey, Bridgetown, St. Michael  
Lumber, hardware and homeware

### BARBADOS LUMBER COMPANY LTD.

Waterford, St. Michael  
A wide range of general hardware products

### HOME IMPLIMEGROVE MALL LIFESTYLE CENTRE

Holetown  
Phone: (246) 620-5463, Email: [info@limegrove.com](mailto:info@limegrove.com)

### Luxury shopping in Holetownrovement & Hardware Supplies

Oistins, Ch.Ch.  
Hardware, plumbing supplies, housewares

## Malls

### SHERATON MALL

Ch. Ch.  
Phone: (246) 437-0970, Email: [office@sheratonmall.com](mailto:office@sheratonmall.com)  
Full service mall with cinema and food court

### SKYMALL

St. Michael  
Phone: (246) 430-8004  
Walking distance from campus!

### LIMEGROVE MALL LIFESTYLE CENTRE

Holetown  
Phone: (246) 620-5463, Email: [info@limegrove.com](mailto:info@limegrove.com)  
Luxury shopping in Holetown

### LANTERNS MALL

Hastings  
Phone: (246) 271-0069, Email: [info@lanternsbarbados.com](mailto:info@lanternsbarbados.com)  
Across from KFC

### COLONNADE

Phone: (246) 431-0936  
Email: [colonnademallbarbados@gmail.com](mailto:colonnademallbarbados@gmail.com)

### THE WALK AT WELCHES

Phone: (246) 622-1304  
Email: [schenai.armstrong@terracaribbean.com](mailto:schenai.armstrong@terracaribbean.com)

### QUAYSIDE CENTRE

Hastings  
Phone: (246) 429-9080  
Email: [quaysidecentre@caribsurf.com](mailto:quaysidecentre@caribsurf.com)  
Across Accra Hotel

### DOME MALL

Warrens  
Across from Massy Supercentre—CIBC banking, Nature's Discount, clothing, etc.

## Grocery Stores & Major Supermarkets

### MASSY SUPERMARKET

Phone: (246) 417-5200,  
Email: [customerservicebb@massystores.com](mailto:customerservicebb@massystores.com)  
Coverley, Oistin's, SkyMall, Warrens  
Largest grocery chain on the island

### POPULAR SUPERMARKET

Kendall Hill—discount groceries

### PRICESMART

Phone: (246) 417-6278  
Email: [memberservicebarbados@pricesmart.com](mailto:memberservicebarbados@pricesmart.com)  
Warren's—similar to Costco, requires membership

### COST U LESS

Phone: (246) 537-8201, Email: [Barbados@costuless.com](mailto:Barbados@costuless.com)  
Warren's—bulk store, no membership required

### A-1 SUPERMARKETS

Six Cross Roads; Grocery store

### TRIMART

Hasting's; Grocery Store

### CLIFTON MEATS

<https://cliftonmeats.com/>  
Worthing and St. George locations  
Grocery Store (Butcher, Vegan & Gluten Free Groceries)

### PRICEWHIRL

Grocery Delivery Service  
<http://www.pricewhirl.com/>



### Grocery Stores & Major Supermarkets (continued)

#### **PELICAN PRODUCE**

Produce delivery <https://pelicanproduce.com/>

#### **YARN HOUSE FARMS**

Farm delivery <https://yamhousefarm.com/>

### Pharmacies And Health Stores

Please note that there is a Pharmacy at most Massy Grocery stores, including Coverley.

#### **IMART**

Sheraton Mall, Lanterns Mall, Hagatt Hall just down a block from LESC <https://www.imartstores.com/>

#### **NATURE'S DISCOUNT**

Sheraton Mall, Dome Mall and Hastings area  
Vitamins, protein powders, health foods

#### **BODY RESTORATION**

Health Food, Vitamins/Supplements, Eco-friendly products  
<https://brbarbados.com/>

### Babysitters / Housekeepers / Nannies

#### **ISLAND SITTERS**

Email: [info@islandsitters.com](mailto:info@islandsitters.com)

### Personal Care

Hairdressers (international hair salons for all hair types, styles, treatments, services for men and women)

#### **ZENA & CO. HAIR SALON**

Phone: (246) 435-8364  
Zena (Manager), Hastings Ch. Ch.

#### **DÉJÀ VU SALON**

Phone: (246) 836-8521  
Tina (Manager), Hastings Ch. Ch.

#### **THE LOFT SPA & BLOWDRY BAR**

<https://www.theloftbarbados.com/>  
Holetown, St. James

### Hair Removal (Waxing & Treatments)

#### **DARE TO BARE BEAUTY STUDIO**

Phone: (246) 266-1863  
Angela Mayer (Owner)—located in St. George opposite the Post Office.

### Massage Therapy & Spa Treatments

#### **MOBILE MASSAGE & BEAUTY THERAPIST**

Phone: (246) 833-8159  
Marcia Jones (Owner)

#### **PREP DAY SPA & ATELIER BY GIGI**

The Avenue, Canewood for day spa and hair services

#### **KARMA SPA, SUGAR BAY BEACH RESORT & BOUGAINVILLEA BEACH RESORT**

Email: [karma@bougainvillearesort.com](mailto:karma@bougainvillearesort.com)  
Mention RUSM for a discount

#### **CORAL REEF SPA**

Phone: (246) 422-2372  
Email: [reservations@coralreefbarbados.com](mailto:reservations@coralreefbarbados.com)

#### **SANDY LANE**

Phone: (246) 444-2000

#### **SINGITA**

Phone: (246) 438-5577  
Email: [hello@singitawellness.com](mailto:hello@singitawellness.com)

#### **SUGAR CANE CLUB**

Phone: (246) 422-5026

#### **LOFT SPA**

Phone: (246) 622-5638  
Email: [theloftbarbados@gmail.com](mailto:theloftbarbados@gmail.com)

#### **GOLDEN TOUCH SPA BARBADOS (BEAUTY SALON)**

Phone: (246) 418-9090  
Online Booking: <http://www.goldentouchspabarbados.com>  
Maxwell Hill Ch. Ch.

### Ordering Items Directly To Barbados/ Online Shopping

#### **DESERTCART**

Phone: +9-714-524-5555  
<https://barbados.desertcart.com/>

#### **BAJAN PACK**

Gabriela Godoy  
Phone: (246) 836-5498  
Email: [gabrielagodoy@bajanpack.com](mailto:gabrielagodoy@bajanpack.com)



## Public Holidays/Cultural Events

Each holiday listed is a national holiday and/or religious holiday. Most businesses including banks and grocery stores are closed on each of these days unless otherwise noted. Always check if a business is open on a holiday, if you're unsure. Transports do not usually run on holidays.

<b>January</b> New Years Day/Merchants Day Errol Barrow Day	<b>July</b> Independence Day Celebrations
<b>February</b>	<b>August</b> Emancipation Day Kadooment Day
<b>March</b>	<b>September</b>
<b>April</b> Good Friday Easter Monday	<b>October</b>
<b>May</b> Whit Monday	<b>November</b> Independence Day, Nov 30th
<b>June</b>	<b>December</b> Christmas Day Boxing Day

## Other Links Of Interest, Websites & Additional Resources

### Links Of Interest

- **Expats in Barbados**  
<https://www.facebook.com/groups/expatsinbarbados/>  
Expats in Barbados – The Expats in Barbados Facebook group is one I would recommend you join. Since I joined just a couple of weeks ago, people have posted a number of different questions such as recommendations on dentists, seamstresses, kids classes (ballet, karate, etc.), how to buy a car, how to import pets, you name it!
- **Rediscover Barbados Dining Event**  
<http://www.re-discover.com/>  
Restaurants around Barbados have a promotion in the summertime where you can get a 3 course meal and half a bottle of wine for BBD \$99 (USD \$50). This is the website that tells you about it.

- **Copacabana Beach Club**  
[https://www.facebook.com/pg/copacabanabb/reviews/?ref=page\\_internal](https://www.facebook.com/pg/copacabanabb/reviews/?ref=page_internal)  
Email: [loyalty@copacabanabb.com](mailto:loyalty@copacabanabb.com)  
FREE beach membership at a fantastic beach bar and restaurant on the beautiful Carlisle Bay. You can reach out to Copacabana to get your free membership which includes free beach chairs and umbrellas and cash back on your loyalty cards!

### Websites

The Internet is a valuable source for information on Barbados. Some of the most useful sites available include:

1. <https://rossmed.overturestore.com/default.aspx>  
RUSM Merchandise store is available online for your shopping convenience.
2. **RUSM Craigslist**  
A resource for getting those necessities from others on the island and can be found by searching "RUSM Craigslist" on Facebook.
3. <https://medical.rossu.edu/>  
This is the official Ross School of Medicine website. Everything from applications and scholarships to a list of faculty members and an informational video on campus life are available through this site.
4. <https://gisbarbados.gov.bb/>  
The official Barbados government website.
5. **Buy & Sell Facebook Groups**  
<https://www.facebook.com/groups/1837141729830679/>  
<https://www.facebook.com/groups/socamarket>  
<https://www.facebook.com/groups/yardsalebarbados>

### Books/Periodicals

- **Barbados in a Nutshell:** a yearly publication, these are available free of charge at the Tourism Office, many souvenir shops, bookstores and even restaurants. Graphics Designer, Paul Toulon (767) 448-1974 Distribution, Cathleen Archipelago (767) 449-3394
- **Absolutely Barbados:** Author and BBC broadcaster (Julian Armfield) – his mission to explore Caribbean island life

## Feedback Link

If you have any information to add or feedback on the Guide, please submit it [here](#). We appreciate your feedback in advance! The guide is reviewed annually, so you may not see your additions reflected in the guide immediately.



## Appendix: Cost of Living in Barbados

### Summary of Cost of Living

Barbados has been ranked as the 12th most expensive country in the world to live. It's important to take this into consideration in your decision-making process as to a relocation to this country:

- <https://www.forbes.com/sites/ceciliarodriguez/2020/03/02/the-most-expensive-countries-to-live-in-2020-europeans-at-the-top-with-switzerland-first/#171ddad96dc1>
- <https://www.nationnews.com/nationnews/news/243861/barbados-tops-expensive>



### Estimated Monthly Cost

#### FAMILY OF FOUR

\$8,900+ BBD // \$4,450+ USD

#### SINGLE PERSON

\$4,200+ BBD // \$2,100+ USD

*NOTE: These estimates are based on data that may have some inconsistencies at the moment. They provide a decent estimate but are not written in stone.*

### Cost Of Living Facts

- Cost of living in Barbados is 6.98% **more expensive** than in United States (combined data for all cities, rent is not taken into account).
- Rent in Barbados is 51.18% **less expensive** than in United States (average data for all cities)
- Cost of living in Bridgetown is **about the same** as in Orlando, Florida

- Cost of living in Bridgetown is 25% **more expensive** than in Memphis, Tennessee
- Cost of living in Bridgetown is 16% **less expensive** than in Miami, Florida
- Cost of living in Bridgetown is **about the same** as in Salt Lake City, Utah
- Cost of living in Bridgetown is 34% **less expensive** than in San Francisco, California

Housing	Price BBD	Price USD
<b>Studio</b>	\$1,000 to \$1,600	\$500 to \$800
<b>1bed/1bath</b>	\$1,200 to \$1,800	\$600 to \$900
<b>2bed/1-2 bath</b>	\$1,700 to \$5,000	\$850 to \$2,500
<b>3+ bed/2-3 bath</b>	\$2,500 to \$7,000	\$1,250 to \$3,500

- Please note that price of housing could vary considerably depending on location, amenities and finishes
- Please find information related housing and other resources in the Terra Caribbean 2020 "Red Book" here: <https://www.terracaribbean.com/The-Red-Book/>

Electricity	Price BBD	Price USD
<b>0.28 per/kwt</b>	\$0.28	\$0.14
<b>Average Monthly Cost</b>	\$150 to \$350	\$75 to \$175

- Please note price will vary providing how much the AC and/or Dryer is in use
- Electricity in Barbados is 110 volts/50 cycles
- Please note utilities are estimates and with the exclusion of Internet/cable/telephone are based on consumption. This estimate is also on a per person basis

Water	Price BBD	Price USD
<b>Average Monthly Water</b> (1-2 people)	\$80	\$40

- A fee of \$1.25 (BBD) a day has been implemented recently. Your bill will now be \$1.25\* number of days in the month + your usage
- Please note utilities are estimates and with the exclusion of Internet/cable/telephone are based on consumption. This estimate is also on a per person basis





Cooking Gas	Price BBD	Price USD
<b>22lb Tank</b>	\$39.57	\$19.79
<b>100lb Tank</b>	\$135.87	\$67.94
<b>Natural Gas</b> per/month depending on usage	\$15.00	\$7.50

Internet, Phone, Cable	Price BBD	Price USD
<b>Internet/Cable/Telephone Bundles/Packages</b>	\$180 to \$240	\$90 to \$120
<b>Cell Phone Packages</b> local, international calls and data	\$150	\$75

- **FLOW:** <https://discoverflow.co/barbados/bundles/overview>
- **Digicel:** <https://www.digicelgroup.com/bb/en/home/bundle---save1.html>

Transportation	Price BBD	Price USD
<b>Taxi's</b> Roundtrip from BGI Airport to RUSM Main Campus	\$60 to \$100	\$30 to \$50
Private Tour (per hour)	\$50 to \$80	\$25 to \$40
<b>Buses</b> Standard Bus Fare	\$3.50	\$1.75

- Plus 10% service charge on all/total
- Taxi's, fares, general information, etc.  
<http://caribya.com/barbados/taxis/>
- Bus routes: <https://www.transportboard.com>

Vehicle	Price BBD	Price USD
<b>Rental by Day</b>	\$100 to \$130	\$50 to \$65
<b>Rental by Month</b>	\$1,300 to \$3,000	\$650 to \$1500
<b>Purchase from Dealership</b>	\$55,000 to \$200,000	\$27,500 to \$100,000

Please note vehicle purchase price would drop considerably if you qualify for the "Duty Free Concession Program."

Learn more about rental options: <https://www.visitbarbados.org>

Fuel	Price BBD	Price USD
<b>Gasoline Fuel</b>		
Liter	\$4.130	\$1.762
Gallon	\$15.634	\$6.670
<b>Diesel Fuel</b>		
Liter	\$3.460	\$1.499
Gallon	\$13.098	\$5.674

Housekeeping	Price BBD	Price USD
<b>Daily Cleaning</b> base rate with no NIS rate	\$120	\$60
<b>Daily Cleaning</b> base rate + NIS (.2385)	\$150	\$75

- Base rate x .2385 for NIS (National Insurance)
- Rates will vary depending on accomodation size and duties assigned

Eateries	Price BBD	Price USD
<b>Basic Lunchtime Menu</b> (including drink) in the business district	\$25	\$12.50
<b>Combo Meal</b> in fast food restaurant	\$17	\$8.50
<b>KFC</b> 3 pc Chicken Combo Meal	\$24.60	\$12.30
<b>Chefette</b> Regular Size Pizza Pepperoni Slice All Beef Roti	\$38.00 \$9.50 \$9.95	\$19.00 \$4.75 \$4.98
<b>Burger King</b> Whopper Meal	\$16.50	\$8.25
<b>Chicken barn</b> (No. 4: 1/4 Chicken Combo)	\$20.95	\$10.48
<b>Coffeebean</b> Chicken Alfredo Curry Chicken Wrap Coffee Americano	\$29.50 \$20.50 \$6.00	\$14.75 \$10.25 \$3.00



Local Grocery	Price BBD	Price USD
<b>Milk (Pinehill fresh whole)</b> (1/2 gallon jug)	\$13.35	\$6.68
<b>Water</b> (1.5 liter bottle)	\$3.50	\$1.75
<b>Ocean Spray Cranberry Juice</b> (64 oz)	\$16.99	\$8.50
<b>Mott's Apple Juice</b> (64 oz)	\$12.99	\$6.50
<b>Loaf White Bread</b> (550 gm)	\$4.50	\$2.25
<b>White Rice</b> (1 kg)	\$6.00	\$3.00
<b>Dozen Large Eggs</b>	\$10.00	\$5.00
<b>Local Cheese</b> (1 kg)	\$11.00	\$5.50
<b>Kellogg's Corn Flakes</b> (14 oz, 400 gm)	\$11.99	\$5.99
<b>Honey Nut Cheerios</b> (10.8 oz, 309 gm)	\$10.99	\$5.50
<b>Coca-Cola</b> (2 liter)	\$6.00	\$3.00
<b>Chicken Breast</b> (Boneless, Skinless, 1 lb)	\$9.00	\$4.50
<b>Beef Round</b> (1 kg)	\$25.00	\$12.50
<b>Apples</b> (1 kg/2 lb)	\$7.33	\$3.67
<b>Banana</b> (1kg/2lb)	\$3.17	\$1.59
<b>Oranges</b> (1 kg/2 lb)	\$4.83	\$2.42
<b>Tomato</b> (1 kg/2 lb)	\$5.50	\$2.75
<b>Potato</b> (1 kg/2 lb)	\$10.00	\$5.00
<b>Onion</b>	\$3.50	\$1.75
<b>Head of Lettuce</b>	\$4.12	\$2.06
<b>Baby Formula</b> (Powder, 22.5 oz)	\$54.00	\$27.00
<b>Baby Diapers</b> (1 carton)	\$73.00	\$36.50
<b>Pet Food: Purina Dog Chow</b> (50 lb bag)	\$100.00 \$73.00	\$50.00 \$36.50
<b>Pet Food: Purina Friskies Cat Food</b> (3.15 lb bag)	\$20.49	\$10.25
<b>Cat Litter: Arm &amp; Hammer</b> (20 lb bag, 9.07 kg)	\$31.00	\$16.00
<b>Bottle of Wine</b> (mid-range)	\$30.00	\$15.00
<b>Domestic Beer</b> (0.5 liter, 16 oz bottle)	\$2.75	\$1.38
<b>20 Pack Cigarettes</b> (Marlboro)	\$14.00	\$7.00

Toiletries	Price BBD	Price USD
<b>Suave Shampoo</b> (12 oz)	\$7.99	\$4.00
<b>Suave Conditioner</b> (12 oz)	\$10.00	\$5.00
<b>Dove Deodorant</b> (2.6 oz)	\$7.99	\$4.00
<b>Colgate Max Fresh</b> (6 oz)	\$7.99	\$4.00
<b>Irish Spring Soap Original</b> (3.75 oz), 3 pk	\$8.15	\$4.08
<b>TreSemme Shampoo/Conditioner</b> (28oz)	\$15.19	\$7.60

Household Products	Price BBD	Price USD
<b>Paper Towel</b> (1 roll)	\$4.00	\$2.00
<b>Bathroom Tissues</b> (6 pk)	\$10.50	\$5.25
<b>Clorox Bleach</b> (1 gal)	\$13.49	\$6.75
<b>Tide Ultra Liquid</b> (46 oz)	\$24.99	\$12.50
<b>Breeze Laundry Detergent Powder</b> (900 gm)	\$8.99	\$4.50