

## Overview of Micronesia

Greek for 'small' and 'islands', Micronesia is neither small nor a culturally cohesive group. Micronesia is in fact comprised of about eight different countries; the Federated States of Micronesia (commonly referred to as just Micronesia) is one of these countries and is itself comprised of over 600 islands. The country is further divided into four states that are home to a number of unique cultures.

Micronesia can be a fascinating place to visit as the country's prior isolation has ensured the preservation of the many unique cultures of the islands. Many of the islanders still live much as they have for centuries, with local customs refreshingly untouched by modernisation and the global melting pot. Cultural practices vary drastically between the islands and travellers should be sensitive to this.

The diverse cultures are not the only unique aspect of the country, which has a dramatic volcanic history that has spawned some unusual geographical features including wonderful reefs and numerous lagoons. The turbulent origins of the landscape also mean that the islands come in vastly different shapes and sizes.

Chuuk is a popular state to visit for scuba divers. A Japanese fleet was sunk off its shores in WWII making it among the best shipwreck diving sites in the world. Yap Island has unique hill scenery in contrast to the volcanic formations and coral atolls that created the rest of the FSM. Pohnpei is the most populated of the states while Kosrae is the most sparsely inhabited. Both are welcoming to tourists and promise a very different holiday experience.

Although the islands stretch for 1,800 miles (2,900km), Micronesia is largely off the tourist map. As a result, tourism infrastructure isn't yet highly developed and many of the islands are difficult to reach and hard to explore. For willing adventurers this also means there are hundreds of secluded blue water beaches and lush landscapes to discover. Micronesia is a thrilling off-the-beaten-track holiday destination, with still largely unspoilt nature and culture.

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## Key Facts

**Language:**

English is the official language of Micronesia.

**Passport/Visa:**

**Currency:**

**Electricity:**

Electrical current in Micronesia is generally 110 to 120 volts, 50Hz. Plug types are similar to those in the US and Canada, with three blades.

# Travel to Micronesia

## Health Notes when travelling to Micronesia

Visitors to Micronesia should be up to date on vaccinations for hepatitis A and B, typhoid, and measles. Medical facilities are adequate for simple treatment, but more serious problems may require medical evacuation to Guam or Australia. Adequate travel health insurance is a must and should cover the cost of any medical treatment abroad, as well as repatriation, including medical evacuation by air ambulance.

## Customs in Micronesia

Social etiquette in Micronesia is underpinned by non-assertive, respectful behaviour. Visitors should ensure at all times that they behave in a humble fashion, and especially that they do not indulge publicly in bawdy or overtly sexual behaviour. Visitors should always ask permission before taking someone's photo and should not click their tongue (in frustration or disappointment) if they refuse, as this is considered a form of swearing in Micronesia.

Male visitors should not rub their bellies, nor beckon someone toward them with their palm facing skyward, as both actions are construed as sexual overtures. It is often considered inappropriate for women (foreign or local) to be alone in public, which can make solo travel in Micronesia somewhat difficult for women.

## Duty Free in Micronesia

Travellers to Micronesia may import up to 200 cigarettes, 20 cigars or 450g of tobacco, and 1.5 litres of liquor. Guns and ammunition are prohibited.

## Entry Requirements

### Entry requirements for Americans:

US passports must be valid for a minimum of 120 days beyond the period of intended stay. Visitors can get a tourist visa on arrival. It's valid for 30 days.

### Entry requirements for Canadians:

Canadian passports must be valid for a minimum of 120 days beyond the period of intended stay. Visitors can get a tourist visa on arrival. It's valid for 30 days.

### Entry requirements for UK nationals:

UK passports must be valid for a minimum of 120 days beyond the period of intended stay. Visitors can get a tourist visa on arrival. It's valid for 30 days.

### Entry requirements for Australians:

Australian passports must be valid for a minimum of 120 days beyond the period of intended stay. Visitors can get a tourist visa on arrival. It's valid for 30 days.

### Entry requirements for Irish nationals:

Irish passports must be valid for a minimum of 120 days beyond the period of intended stay. Visitors can get a tourist visa on arrival. It's valid for 30 days.

### Entry requirements for New Zealanders:

New Zealand passports must be valid for a minimum of 120 days beyond the period of intended stay. Visitors can get a tourist visa on arrival. It's valid for 30 days.

### Entry requirements for South Africans:

South African passports must be valid for a minimum of 120 days beyond the period of intended stay. Visitors can get a tourist visa on arrival. It's valid for 30 days.





# Currency

# Overview of the Attractions in Micronesia

# Public Holidays in Micronesia