

## *Rarotonga Living Expenses*

Typical out of pocket volunteer expenses include food, entertainment, transportation & travel. A typical volunteer may expect to spend \$150-200 per week excluding entertainment and travel. The following prices are listed in NZD & are subject to change:

**FOOD:** Available fruits and vegetables include the following: bananas, papaya, oranges, lemons, apples, coconut, green beans, beets, cabbage, lettuce, potatoes, tomatoes, green peppers. The Saturday Market in Avarua offers locally grown produce. Produce is actually quite expensive, and availability is limited. Clients typically do donate some produce.

**FRUIT:** Papaya \$1.00 -2.00 ea. / Bananas 40¢ ea. / Watermelon: \$7 ea.

**PROTEIN:** Eggs \$5.50 doz / Milk \$2.20-1 liter / Fish \$23.00 kg

**VEG:** Broccoli \$3 per bundle / Green beans \$2.50 per bundle / Capsicum \$2 ea.

**CARBS:** Box of cereal \$5.95 - \$8.50 / Rice -\$2 for 4 servings / Bread \$5.30 per sliced loaf

**DINING OUT:** Sushi \$6.00 per roll / Individual Pizza \$15.00-20.00 / Island Buffets: \$30-50.00

**Take Away:** Fish and Chips \$7.00-\$9.00 / Burgers \$5.00-\$10.00 / Toasted Cheese Sandwich \$5.00

**Restaurants:** \$20-30 main, \$15 starter, \$10-15 desserts

**Drinks:** Water \$3/bottle, soda \$2.50 can, wine \$7-9/glass \$40/bottle, beer \$4-5/bottle.

**Other Expenses:** Laundry \$10-20/wk/person, internet \$9/hour, phone \$3.14/minute to the US, toiletries can be expensive: Shampoo from \$6 to \$15/bottle

**ENTERTAINMENT:** The Tourist Authority Visitor Center in Avarua (Tel: 29-435) has excellent brochures and information sheets.

**AVARUA** has several tourist shops, black pearl stores, hardware stores, post office, government offices, grocery stores, book stores, Survey office (maps of the islands), museum and library, restaurants, Internet Cafes, movie theater that shows relatively current films (\$8).

**Business hours:** 8 AM- 4 PM weekdays, 8 AM-12 PM Saturday, Closed Sundays

**ACTIVITIES:** Diving, sailing, kayaking, snorkeling, tennis, squash, biking, climbing, hiking windsurfing, golf

**Guided Cross Island Hike:** \$55, **Cultural Village Tour:** \$65 with lunch, **Museum Admission** \$5,

**Cheap Pearls** \$35-75, **Island night buffet and Show at Staircase:** \$25, **at Edgewater:** \$55

**Open Water Dive Course with Dive Rarotonga:** \$300, \$45 per dive (Esther Honey deal).

**TRANSPORTATION:** The clinic van is for business use only, but personal errands can be coordinated with business trips. There is reasonably priced and convenient (stops right by the clinic every half-hour during daytime hours) bus service available. Bus fares - \$4 one way \$6.00 return - \$15 day pass and \$22.00 for 10 rides. Scooters can be rented: long term (one month plus): \$90/week + fuel, short term: \$130/week + fuel. Car rental: \$60/day.

**OUTER ISLAND TRAVEL:** The fifteen islands of the Cooks are divided into two groups, the Southern Group and the Northern Group. Most volunteers travel within the Southern Group. You will definitely want to consider traveling to one or more of the outer islands during your stay. For additional information about inter-island travel, visit

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

**Current airfares to the southern group islands:**

**Aitutaki** \$183.00 one way and \$366.00 return

**Atiu** \$167.00 one way - \$334.00 return

**Mangaia** \$167.00 one way - \$334.00 return

**Mitiaro** \$167.00 one way - \$334.00 return

**Mauke** \$239.00 one way - \$478.00 return