



WIFI Network: beautifulview

WIFI Password: oceanview2015

WELCOME

Welcome to Sindiso

A warm welcome to our family home, "Sindiso" (Zulu word meaning "bliss"). We hope you have a memorable stay and enjoy our slice of paradise.

We are a family of six, originally from South Africa but living in Sydney since 2001. We first came to Vanuatu in 2013 on a house swap holiday and stayed in a gorgeous beach front home in the north-west part of the island near Havannah Harbour. We felt an instant connection to the place and by the end of our three-week holiday we were researching properties to buy. After a few failed attempts in finding the right house, we decided to build! We commenced building in September 2014, and moved in at the end of 2015.

We have two boys and two girls ranging from 8-15 years of age, and they are never bored here! We all spend hours snorkelling, stand up paddling, swimming (in the blue ocean hole and pool games), crab racing on the beach, trampoline games, table tennis, darts and cycling by day and then sundowners at the "nakamal", relaxed BBQ's, board games and family time at night. Whatever you are looking for in a holiday, we hope you will find it at "Sindiso".

Our home is relaxed, but treasured by us. We would really appreciate you looking after it as if it were your own. We understand that breakages and damage can occur, and would request you advise us or our agent, Bryan Death in such an event.

HOUSE NOTES

Electricity in Vanuatu is among the most expensive in the world, so we kindly request you don't leave lights, air conditioners or fans on unnecessarily, especially when out, and keep appliance usage to a minimum.

The power board is located in a cupboard at the front door, just in case you have a power outage (it's never happened before).

TV instructions are on top of TV box. The black remote is all you need for the operation of TV and DVD, so only use the white control for changing TV channels. It can be a bit sensitive so you may need to point the remote from a metre or two from the TV.

Instructions for BBQ - Turn gas bottle to "Open", turn the leftmost knob to the "on" or ignite position, then press gas ignition button underneath the panel until flame appears. Then turn on those gas burners required for plate or grill. The BBQ gets very hot, so keep controls low (around half or less) and don't forget to turn knobs and gas bottle off after use.



SINDISO

There is a local phone for you to use during your stay - the number is 566 7745. Additional air time can be purchased from Digicel or at Au Bon Marche.

Please don't leave masks, snorkels, fins, paddles or paddle boards on the beach as they may "disappear". Please also ensure you lock the nakamal when you are not on the beach. The code is 1006.

Please lock the house up every time you leave it and don't leave money or valuables lying around. There is a safe located under the desk in the lounge and is operated with a key, not the keypad. We haven't had any incidents, but don't want to tempt fate. When going to bed, lock the house up and leave the louvres open for ventilation.

We would love you to write in our visitor's book, and get someone to take a photo on our Polaroid camera as it is nice to see and read who has stayed here. We would also be interested in reading about what you did during your stay and what you enjoyed most. The camera works as follows:

Take picture, wait for mini polaroid to be released then immediately place face down so as not to expose to light, and leave to set for 30 minutes.

We hope you enjoy your stay.

If you have any issues please contact our agent, Bryan Death on +678 5577034 or Metas on +678 5522180

We can be emailed on angedower@icloud.com



SINDISO

Arrival

When you land in Vanuatu our transfer operator will take you to Au Bon Marche Supermarket enroute to **Sindiso** so that you can make purchases of food and beverages. The organic fruit and veg market (closed from 1pm Saturday afternoon through till 7am Monday morning, otherwise open 24 hours per day) is somewhere you can visit at your leisure to make further purchases of locally produced fruit and vegetables.

From experience it really pays to be well set up with supplies on your first day, as once you arrive at **Sindiso** you probably won't want to leave. We have included a sample grocery shopping in this section.

It is useful to note that if you are due to arrive on a Saturday or Sunday that you stock up with Duty Free Alcohol as the sale of Alcohol from retailer is restricted from Midday Saturday until Monday Morning

Sample Grocery List:

- Bread, Milk, Butter, Jam, Juice, Bacon, Eggs
- Alcohol (Bottle shops closed from 12.00 midday Saturday till Monday morning)

Directions

Drive right away from the airport, after about 1 km you will reach a roundabout, left will take you to Port Vila (about 10 min). Take the Left road towards Town. Follow this road for about 8 km. You will go past The Anchor Inn, The Town Centre, Markets, The Grand Hotel, Au Bon Marche (Supermarket open 7 days). Continue straight out of town and past the Le Lagon turnoff and then past Breakas Beach Resort .

Continue on until you come to the turnoff to Paradise Cove but do not turn right carry on straight ahead and follow this road until you reach **Sindiso** on your left as you turn right as the road turns towards Paradise Cove/Angelfish Cove Villas

VLHH will either escort you to the property on arrival or have our driver meet you and take you to the property as it is just a little difficult on your own



We Supply

TV with DVD Player (Satellite TV)

WIFI which is provided at no cost but should there be any issues with connectivity or the equipment we cannot guarantee immediate response to repair but will always do our best to ensure the service is available and working
Nespresso Coffee Machine (bring your own pods)
In-ground trampoline

Toilet paper

Toaster and kettle
Large fridge/freezer
Paddle Boards
Bicycles
Water on the property is UNEOLCO town water and quite ok to drink
Some snorkeling gear..bring your own reef shoes

A selection of DVD's, novels and magazines

Bath towels / Beach Towels

All bed linen

Soap and all cleaning products

All kitchenware

What to Bring

- Light clothing suitable for tropics
- Sunblock
- Reef Shoes
- Insect Repellent
- iPod
- Hydrogen peroxide antiseptic cream (for coral cuts)
- Snorkeling Gear
- Antibiotic ointment (for infected cuts) Plaster
- DVD's – you can purchase here for A\$5 approx
- Kids toys
- Crocs – most suitable tropical footwear (leave your fashion shoes at home)
- Toiletries
- Headlamps and torches are great for crab hunting so you don't stub your toes



You can bring many food items into the country as long as they are in their original packaging (Olive oil, nuts, favorite muesli bars, favorite kid's food etc). Don't bring fresh fruit or veg, and you need a permit for meat and cheese. You will find everything else you need at the French influenced Au Bon Marche supermarket, and the 24 hour organic fruit and veg markets in Port Vila.

Sample Shopping List

Here are some suggestions of the types of foods you can buy in Port Vila that will see you through a stay at **SINDISO**. Remember there is a large fridge, which is helpful as there is no supermarket close by (15mins drive to town) Au Bon Marche supermarket - (The largest one - in suburb Number Two).

For the freezer - Heaps of stuff for the BBQ such as sausages (they are the best sausages in the world), cordon bleus, Poulet (a local fish not unlike snapper), lots of French bread to freeze (sliced packaged bread doesn't really exist in Port Vila), croissants and pastries enough to freeze, frozen beans and peas (fresh greens go limp within a day, so it's good to have some frozen greens), eggs, butter, cereal, gorgeous French cheeses such as soft goats cheese, blue cheese and emmentaler, pate and salami, olive oil, canned goods, pasta and rice, snack foods, yoghurt, UHT milk (you can't get fresh milk in Port Vila), freshly ground Tanna coffee, tea bags, sugar, tomatoes, onions, and garlic (seem to be better at Bon Marche than at the market), condiments, water and juice, Tusker beer, French wines and champagne.

The 24 hr organic fruit and veg market - Take lots of loose change (rather than notes) as the vendors don't usually have any, also take your own shopping bags, the vendors don't supply them although you can buy plastic supermarket bags at the market if you're stuck. You can buy an amazing array of seasonal tropical fruit and veg, like bananas, passion fruit, mango, pawpaw, coconuts (the ones that have the brown husk on are best for eating, the coconuts that have the husk removed and are a light brown are full of milk for drinking) pineapple, limes, potatoes, long beans, lettuce, cucumber, avocado, chillies, wild raspberries and fresh flowers.

Car Rentals

Should you need a Rental car there are plenty of car rentals in Vila, all will have the car waiting for you at the airport on arrival.

Avis Rentals - + (678) 22570 reservations@avis.vu

Hertz – hertz@vanuatu.com.vu Phone 22468

World Car Rentals <http://www.vanuaturentalcars.com/> - Phone 26515



SINDISO

Internet / Phone

We have onsite WIFI.

The Available Network will be **beautifulview** and the password

oceanview2015

Any Problems call Telsat 23407 and they will instruct you.

Or call TMS office on 5522179 - Samantha

There is a house phone provided for local calls only

There are quite a few places around town where you can get free wireless internet, including The Nambawan Cafe – see recommendations for Restaurants and cafes.

Currency

The currency is Vatu, but you can also use Australian dollars. Any other currency can be exchanged on arrival at the airport but we do recommend Goodies Money Exchange which is opposite the BRED Bank in Vila town

Dining Out

Here is where you will find the best experiences in Efate...

Tamanu on the Beach - Phone + (678) 27279 – re-opens 1st October 2016

The food and selection of seafood is excellent, the setting right on the beach is gorgeous, the décor is subtle, modern, and tasteful (which is hard to find in Vanuatu). The atmosphere is always perfect. It's the sort of place that you go for lunch and stay all afternoon, the kids will probably play happily on the beach while you sit and drink champagne all afternoon. Don't leave Vanuatu without treating yourself to this experience. Tamanu Resort is located on the south coast about 30 mins drive from **Sindiso**

Paradise Cove Resort - Restaurant - Phone + (678) 22608

Just a short walk along the road in front of Sindiso (10 -15 Mins.) is Paradise Cove Resort.

Marc, Constance and the team will welcome you and they serve lunch and dinner 7 days
Regularly rated as one of the top dining spots in Port Vila .



SINDISO

The Stone Grill- (+678) 5464506

Cook your own Vanuatu Beef to perfection on your own hot rock

A handy location on Wharf Road

Excellent food and service

Open days for lunch and dinner

Kan Pai Japanese restaurant - Phone + (678) 26687

This restaurant is excellent. The restaurant décor is pretty ordinary but the food more than makes up for it.

It's an extra special treat if they've got a fresh tuna in that day, You will find the whole menu revolves around tuna - tuna sushi, tuna sashimi, tuna carpaccio, tuna salad, the list goes on and it just melts in your mouth.

Unbelievably great! Beware, they don't accept credit cards.

Harbourview Chinese Restaurant - Phone + (678) 23 668

If you are into Chinese you'll like this place. It is typical of the sort of large bustling Chinese restaurant that you'd find anywhere around the world, nothing unique, but delicious, with loads of atmosphere. Every time the kitchen door opens you hear a noise like a dragon roaring, it's the steamers.

L'Houstalet - Phone + (678) 22 303

This restaurant is an institution in Vanuatu. It serves an odd combination hearty old fashioned French food and Pizza. It's not the sort of place a sophisticated foodie would like, but it's a great fun night out because you can pretty much re live the seventies here, Lobster Mornay, lots of creamy sauces, wine in a carafe. If you can handle it please don't sit in the non smoking area as the lights are on and the atmosphere is dead, you need to be amongst the action to really enjoy this place.

Nambawan Café

Great place for breakfast. It is very casual, seating outdoors on the waterfront right in front of the Art and Crafts market, next to the dive shop and Vanuatu Helicopters. Here you can get wireless internet, fresh juices, and substantial bacon and egg breakfasts, croissants, and salads. They also have moonlit cinema in the evenings....more on that later.

Bakeries

With its French influence there are excellent pastries and bread products to be found in Vanuatu. La Parisienne and Ah Pow Bakeries are the two largest bakeries. La Parisienne has wonderful meat pies and is open all night, which is handy for a snack on the way home after a big night. Au Péché Mignon is



brilliant, have delicious quiches, pastries, cakes and handmade chocolates.

Beef

If you eat beef you're in for a treat. The cattle industry in Vanuatu is famous, and is mainly organic. The steaks are succulent, coming from superior grass fed beef and it is excellent value in the butchers and supermarkets. The only thing to remember in French restaurants is that the French medium-rare is almost mooing, so stress English medium-rare or pink.

What to do

Activities

Hideaway Island - Ph. + (678) 22963

This is a great place to go for kids of swimming age. If it's a busy time of year they will make loads of friends here. The snorkeling is really great as it's a marine reserve, and there is an underwater Post Office where you can dive down and send waterproof post cards to your friends. There is a restaurant/bar and lots of shade so you can lounge away the afternoon. It's not flash (even a little skuzzy if you look too hard), but it's loads of fun for a day out.

Activities

Wet & Wild - Ph. + (678) 5564353

<http://wetnwildvanuatu.com/>

This is a great place to go for kids and great family outing with a number of adventures to enjoy including the ZORB Ball, The Water Slide and the Sling shot. Give Rob a call, tell him you are staying at a VLHH property and he will give you a great locals discount

Coongoola Cruise - Phone+(678) 25020

The Coongoola is Vila's most famous day cruise. The 23m wooden sailing ketch sails the calm waters of Havannah Harbour and takes you to Happy Tok Beach at Sun & Moon Bay (the prettiest beach we've ever seen), Moso Island (turtle conservation area and caves). Snorkel, sunbathe, swim, and to top it off you usually get to sail with dolphins on the way home. Pick up time from Vila is 8:15am, return around 5:30pm. You can also sponsor and name a tagged turtle and release it back to the ocean from the turtle sanctuary. The atmosphere and food is good (barbecue beach picnic - vegetarians should pack their own - also take your own wine if you don't like beer or soft drinks). The only complaint we have about this tour is that at certain times of year there can be lots of really annoying flies at the beach, so

enquire whether this is the case before you book.

Moonlit Cinema - Phone + (678) 7744826

Every Wednesday, Friday and Sunday evenings the Nambawan Café (in the heart of Port Vila on the



SINDISO

water in front of the Art and Crafts market), has a free ‘Moonlight Cinema’ where recent release or movie classics are shown on a big screen with the harbour as a backdrop. Grab a beer and a snack and relax with the locals.

Picnic at Eton beach

This is probably the nicest white sand beach on Efate (there aren’t very many). It really is beautiful, with a gorgeous turquoise lagoon, and there are lots of little whares that you can set yourself up in for the day for a picnic. The locals own and look after this beach and as such will charge you a small entry charge.

Cascade Waterfalls

Mele Cascades is famous in Vanuatu. The climb to the waterfall is not a difficult one, and once there, it’s a rewarding experience. You can hop into the pool at the base of the waterfall and swim under the cascade itself. It’s the outpouring of an underground spring so the water is cool, clear and refreshing. There are five pools at the top to jump into and it’s your choice to return via the track or the stream.

Dive Course

Mike or Maggie at Big Blue. Ph: 27518 or 5544054.

If you want to get your PADI ticket you can do a course at Big Blue.

Game Fishing

Vanuatu offers some of the best fishing in the South Pacific. marlin, wahoo, dorado, yellowfin tuna, swordfish and a host of other fighting fish. The offshore reefs and ocean offer one of the best blue water and coral fishing playgrounds in the world. There are some excellent boats that leave from the Waterfront Bar and Grill. The catch belongs to the boat but anglers are invited to dine at the Waterfront that evening to join in eating the catch.

Helicopter ride - Phone + (678) 77 44106

Explore Vanuatu from the air with our good friend Simon, who owns Vanuatu Helicopters. The view is breath taking, and it will really help you get your bearings.

Nakamals

Try this for fun - Kava. It is completely safe, and is actually used as a natural anti anxiety medication in western cultures as it helps you to relax, with no bad side effects and no hangover. Nakamals are kava bars. Kava is sold in 50 vatu or 100 vatu shells the term shell coming from half a coconut shell that it’s served in.

To drink kava, take your shell and drink it down in one go (try not to breathe). It has a relaxing effect. As for the taste it’s like bitter peppered muddy water only worse. Ronnie’s Nakamal is popular with a lot of locals and expatriates. Wherever you see a light hanging from a tree, it means the adjacent house is selling kava.



SINDISO

Unlike in Fiji, there is no ceremony like 'hand clapping'. You can take along a plastic bottle for take away if you'd like to savor the wonders of kava back at Sindiso, where no one can see you grimace.

Surfing

There are good waves to be found around Port Vila but they are off reefs and should only be taken on by competent riders - novices could end up with some nasty coral cuts. There is a new surf shop open out Pango way (ask around for directions or a phone number if you are interested) for lessons in surfing, kite boarding and 'oldcomers' should bring their own boards.

You will find surf at the following locations:

BREAKA'S RESORT	Type of wave: occasionally barrelling wave	Bottom: coral
Drive on the Pango Point Road until you	Direction: left	Length of ride: 50-100 meters
Come to Breaka's Beach Resort. Type of wave: hollow barrelling wave Direction: left and right	Break: reef break Bottom: coral Length of ride: 50-100m	Best tide: high tide Wave size: good 4-6 ft in summer and ok 2-4 ft rest of year
Break: reef break Bottom: coral Length of ride: 40-50m	Best tide: high tide Wave size: good 6-8 ft in summer & autumn and ok 4-6 ft rest of year	Best months: January to June Best winds: north ,north-west ,east ,north- east
Best tide: high tide Wave size: good 6-8 ft in autumn and ok 4-6 ft rest of year	Best months: January to March Best winds: all directions Level of surfing: intermediate	Level of surfing: intermediate Ideal board: 6'4-6'8 thruster
Best month: April to June	Ideal board: 6'4-6'8 thruster	ERATAP ISLAND
Best winds: south-east	PANGO POINT	Head out to Eratap village and ask for a
Level of surfing: beginner	Drive out to Pango Village on the	Canoe ride out to the island. Type of wave: right-hander,



SINDISO

Ideal board: 6'2-6'4 thruster

Pango

hollow

Road. The Point is not far past

the Village

and Breaka's Resort is on the same road.

Type of wave: hollow barrelling wave

Direction: left and right

Break: reef break

ERAKOR POINT

Drive to the Erakor free ferry, followed by

a short walk. Ferry runs on the half hour

and the hour.



Health & Safety

Coral cuts - Coral cuts can be irritating and occasionally nasty. They can turn into tropical ulcers, although this is more likely to happen to someone who lives in the tropics because of the constant heat and humidity. If you get a scratch or graze (and it can happen without you knowing while snorkeling - it's only when the air hits do you realise), nature's cure is to squeeze lemon or lime onto the wound. The best stuff to cleanse the wound is Hydrogen Peroxide (if it doesn't fizz, it's not infected), followed by an anti-bacterial cream and cover with a dressing. In Australia or New Zealand you would leave it uncovered and let the air heal - in the tropics it's the reverse.

Having said that, cuts are rare if you wear reef shoes when walking on coral and if you watch where you snorkel.

Ciguatera - In the Pacific islands it is possible to get an illness called ciguatera from eating infected reef fish. It is impossible to tell if a fish is infected as to the eye the look perfectly healthy. The risk is very small, but the illness is awful, so it is best not to eat reef fish anywhere in the Pacific, although the Ni Vans eat the reef fish all the time, with apparently no ill effect. Tuna and Poulet are both great to eat and completely safe.

Malaria - Malaria tablets aren't necessary for a Port Vila/Efate type holiday (even though there have been occasional outbreaks in some villages). Mossies are not travellers and, from birth to death, don't migrate much further than the area of a small room. Tablets can make you nauseous, especially if you combine them with diving. If traveling to the outer islands, however, they should be taken as a precaution.

Flies - At certain times of the year flies can be annoying. Please dispose of all rubbish and compost materials regularly, and in a sanitary manner.

Emergency Numbers

The Port Vila Hospital isn't a place you would visit by choice, but in the case of an emergency, skilled doctors will treat you. There are anaesthetists, pediatricians and general surgeons. Insurance is still highly recommended, especially if a Medivac is necessary. There are limited outbound flights, so if the emergency didn't coincide with one and a plane had come to get you, the meter would tick over to in excess of AUD\$40,000. There is a good Medical Centre in Vila. There is also an excellent mobile paramedic (ProMedical).

Mobile Paramedic - **+678 115**

Any problems or queries while you are at **Sindiso** please don't hesitate to call:

Bryan or Val (Property Managers) on 5577034 or 7751979.

Enjoy Your Stay