



THE UNIVERSITY OF TRINIDAD AND TOBAGO

INTERNATIONAL STUDENT GUIDE



www.u.tt/international





Greetings from the International Office and Grant Funding Unit (IOGF)!

We would like to take this opportunity to welcome you to The University of Trinidad and Tobago. We wish you a successful and happy stay in Trinidad and Tobago.

This Guide will help you through most of the formalities and procedures both before and after your arrival. You will find information ranging from the immigration regulations to the local banking system. Also included are the contact details of the many services, which are available to support you throughout your stay.

After reading this Guide, if you have any unanswered questions, please feel free to contact the International Office and Grant Funding Unit.

Email: internationaloffice@utt.edu.tt



About Us

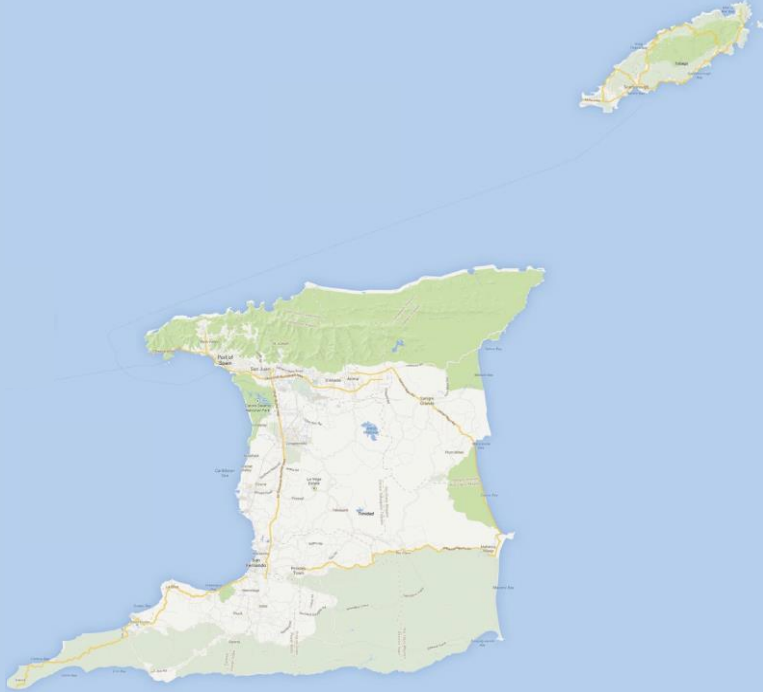
The International Office and Grant Funding (IOGF) Unit continues the work towards the implementation of the internationalisation strategy of UTT.

Members include:

FLORENCE LOUIS-EDOUARD
Senior Manager, IOGF

PATTI MOHAN-THOMPSON
Coordinator, Grants Programme

DEBRA HANIFF-GOBIN
Grants and Proposals Writer



About Trinidad and Tobago...

Trinidad and Tobago is the economic powerhouse of the Caribbean. We have been blessed with hydrocarbon resources and we are the world's number one exporter of methanol and ammonia from a single site. Additionally, we export approximately 60% of the Eastern United States' demand for Liquefied Natural Gas.

This twin island, located just 7 miles off the coast of South America, with a multi-ethnic population of 1.4 million, has a liberalised communications network and the largest energy and manufacturing sectors in the English-speaking Caribbean; a rapidly emerging financial services sector and a very stable political system.

TRINIDAD

When visitors come to the Caribbean, they may expect to find a laid-back paradise of piña colodas and pool sides. Trinidad challenges that mould and ultimately breaks it! We have a unique mix of the laid-back and adrenaline-generating activities.

Our bustling capital city, Port-of-Spain, is filled with an enchanting myriad of art galleries and restaurants. At the National Museum you can delve into the culture of our country and its diverse people.



The country's North Coast is home to a plethora of gorgeous, sandy beaches that provide the perfect atmosphere for seclusion, rest and recreation. In fact, the northern interior offers excellent hiking trails framed by canopies of lush, indigenous rain forest.

Protected wetlands and miles of beach frontage lined by groves of coconut palm frame the East Coast of Trinidad. Picturesque fishing villages and modern oil towns combine to make the country's East Coast a must-see.



TOBAGO

A perfect complement to bustling Trinidad, Tobago is home to the oldest protected rainforest in the Western Hemisphere. Once you behold her beauty you will understand why Tobago was Robinson Crusoe's isle and why our European settlers fought over her ownership more than any other Caribbean island.

The South Coast is washed by the dark green, wave-whipped Atlantic and is lined with vibrant fishing villages, while the North Coast provides Tobago with some of the most beautiful beaches in the world.

THE LANGUAGE

Although our official language is English, we do have other segments of the population which, mostly through culture and heritage, speak other languages, including "patois" a slang version of French that provides a window into our island's former French days. Additionally, due to our proximity to South America and our robust trading relationship with Latin America, there is currently a thrust to introduce Spanish as the country's first official foreign language.



Nevertheless, every Trinbagonian speaks English and you will find our charming accent one of the easiest to understand – it is rhythmic and full of flavour – just like our people.

PEOPLE AND ETHNICITY

Trinidad and Tobago's population figures, now stand at about 1.4 million. Most Trinbagonians are of African or East Indian descent, comprising 40% of the population while the rest of the ethnic mix trace their history back to European, Chinese or Middle Eastern ancestry. This diversity is reflected in the religious mix as well – Christianity is the largest faith, followed by Hinduism, Islam and the traditional African faiths.



Passport

Useful Links

Click below for:

- T&T Embassies, Missions and Consulates
- VISA Requirements for each country
- VISA Application Form
- Immigration Requirements Checklist (new students)
- Immigration Requirements Checklist (returning students)
- Trinidad and Tobago Customs Regulations
- Caribbean Airlines
- Expedia
- Orbitz
- Kayak
- Contact Information for UTT Student Support Services
- Additional Support Services

Getting to Trinidad and Tobago

Applying for your VISA

It is important that you have correct documentation before coming to Trinidad and Tobago for study.

All students are encouraged to contact the nearest Trinidad and Tobago consulate to verify that you meet all requirements for entry. [Click here for VISA Requirements.](#)

Applying for your Student Permit

Vetting of your student permit application will be conducted on UTT's online portal. You are required to log-in to CANVAS using your UTT credentials and upload the required documentation for the Non-National Student Permit Application. All students must ensure that they prepare all the required documents in advance. [Click here to begin your student permit application.](#)

Issuance of a Bond

A security bond or landing deposit may be accepted by the Immigration Division in lieu of a return plane ticket. The cost attached to the attainment of a bond varies based on the nationality of the student. Students are encouraged to liaise directly with the Immigration representative to determine the particulars regarding eligibility and payment bond. Once approved, the student may not be required to purchase a return flight annually, for the duration of their academic programme at UTT.

Return Flights

Should a student be required to present a plane ticket as a requirement for their student permit application, it should be noted that the student permit may only be granted until the date of the return ticket. As such, students are encouraged to purchase their ticket in keeping with the end of their academic year. In this regard, all attempts should be made with the relevant academics to confirm the end-date for classes.

CSME Permits

According to Article 46 of the Revised Treaty of Chaguaramas, CARICOM nationals who are university graduates, artistes, musicians, media workers and sportspersons may work in Trinidad and Tobago, after having obtained their CSME permit from The Ministry of CARICOM and Foreign Affairs. As such, non-national students who believe they are eligible may contact the Ministry directly to initiate the process. If you are successful in obtaining your CSME permit, you may be enrolled in part-time course of study at UTT and gain employment. Please note that this process is independent of UTT support and must be fulfilled by the student. For more information, please refer to the following link: [CSME Permit Application](#)

Transport

The local airline is Caribbean Airlines Limited. You may also refer to the international booking websites provided. Reservations may be made using the following link: [Caribbean Airlines](#).

Temporary Accommodation

Once you've arrived in Trinidad and Tobago, you're going to need a place to stay. There are many hotels and apartment complexes that offer reasonably priced accommodation options for all budgets. For a detailed list of accommodation options, please contact our Student Development Unit at UTT.



On Arrival

Banks and Bureaux de Change

There are seven (7) major commercial banks in Trinidad and Tobago.

Links to their websites for more information on them can be found below:

Bank of Baroda

CIBC First Caribbean International Bank

First Citizens Bank

JMMB Bank

RBC Royal Bank

Republic Bank

Scotiabank

Money

The currency used in Trinidad and Tobago is the TT dollar (hereafter TTD).

Below are the exchange rates for some of the more popular world currencies as it relates to the TTD.

1 USD =6.75 TTD

1 EUR =7.39 TTD

1 GBP = 9.31 TTD

1 CAD =5.11 TTD

1 AUD =5.01 TTD

Food and plant imports

According to the customs regulations associated with entering the country, food items are defined under “personal effects” and so, must be declared on your form upon coming into the country. However, fruits, meat and vegetables MAY pose a problem depending on the condition of the actual item and on the discretion of the Immigration Officer.

Telephones

There are three major telephone companies that offer both landline and cellular phone services. They are TSTT, Flow Trinidad and Digicel. Their websites are listed below for your perusal.

Flow

Blink Home (Landline)

Digicel Play (Landline)

bmobile (Mobile)

Digicel (Mobile)

Post Office

There are several postal services available for the shipping of items to and from Trinidad and Tobago.

The first is the local postal service; TTPost. Trinidad and Tobago also holds branches of the international companies FEDEX and UPS.

Their website links are below.

TT Post

FedEx

UPS

DHL

Internet

There are five major internet providers in Trinidad and Tobago. They are Blink, Flow Trinidad, Green Dot Limited, Digicel Play and Massy Communications.

Their websites are listed in order for you to learn more about them and the various packages they offer.

Blink Broadband

Flow

GreenDo

t Digicel

Play

Massy Communications



Electricity

Trinidad and Tobago uses standard US110V sockets.

Depending on your device and the region you're coming from, you may need to purchase adapters that make them compatible with Trinidad's standard.

T&TEC is the relevant authority in Trinidad and Tobago with regards to electricity.

Their FAQ has been provided below to help answer any questions you may have.

T&TEC

Television

With regards to television services in Trinidad and Tobago, Blink, Flow Trinidad and Green Dot offer respective television services with a range of packages to suit your needs.

Blink Entertainment

Flow Trinidad

Green Dot Television

Digicel Play

Massy Communications





Settling In

Medical Services

It is highly recommended that all international students entering UTT have vaccinations for:

Measles, Mumps, Rubella (MMR)

Varicella (Chicken pox - 2 Doses)

Meningococcal Meningitis and Rabies

Tetanus

Yellow fever

Hepatitis B (3 Doses)

Tuberculosis Skin Test (Mantoux)/ Chest X-Ray Report

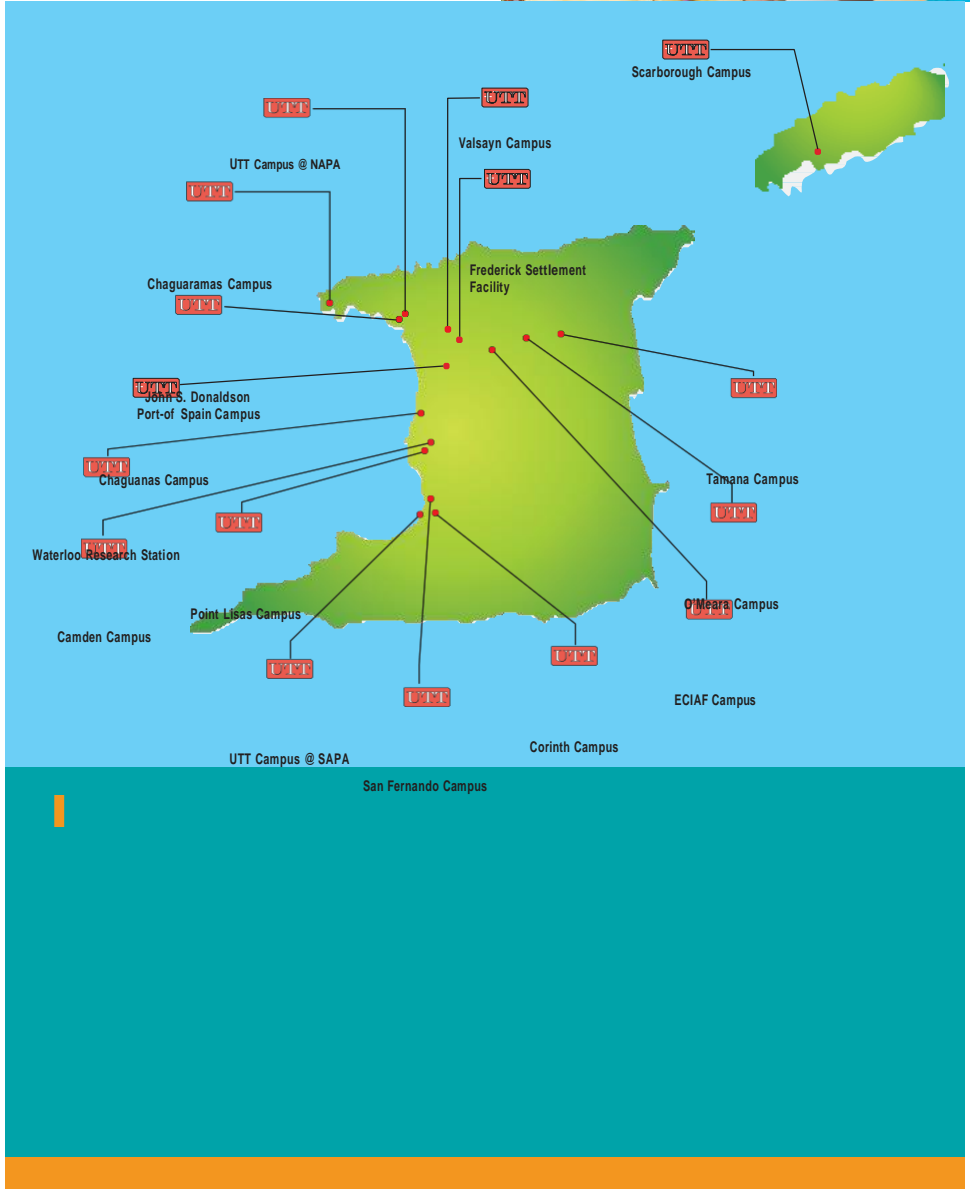
International students are asked to note the following:

- International students coming to Trinidad and Tobago from Malaria endemic countries are required to report to the Campus Nurse immediately upon their arrival.
- A completed immunisation record must be submitted together with an immunization card for validation at the Office of the Campus Nurse.
- Due to the ongoing Ebola outbreak, new or returning students arriving from West African countries are encouraged to take the necessary precautions and contact the University's International Office for guidance before visiting any campus.

University Libraries

There are eight (8) campus libraries belonging to UTT, situated at various points across Trinidad and Tobago. Information on library locations as well as more details can be found at the link below.

[UTT Libraries](#)





Getting Around

Cost of Living

The cost of living can vary far and wide depending on one's disposable income, living habits, and choice of rental among other factors. As a result, instead of listing an average estimated cost for living per month, the link below features the average cost of living as it relates to many different factors.

[Trinidad and Tobago — Cost of Living](#)

Other Libraries

There are also local libraries, which fall under NALIS, located across most of Trinidad and Tobago. You can find out more about NALIS libraries at the link below.

[NALIS](#)

Transport and Motoring

Buses

In terms of bus services available once within Trinidad and Tobago, the primary authority is the PTSC. Information on them and the services they offer can be found at the link below.

[PTSC](#)

Travel Information

There are many more modes of transport available to you within the country outside of buses or student shuttles. There are car rentals, maxi taxis, ferries, among others. The link below is a good starting point for information on other transport methods.

[Getting Around in Trinidad and Tobago](#)

Useful Links

There are multiple options for sporting or recreational activities within Trinidad and Tobago.

Also linked are the biggest cinema multiplexes within the country, including an IMAX centre.

Click on the below web links for entertainment and activity options in T&T.

[Outdoors Trinidad](#)

[MovieTowne](#)

[Caribbean Cinemas](#)

[Digicel IMAX](#)

[C3](#)

• Eco and Adventure

• **10 FREE THINGS TO ENJOY IN TRINIDAD**



Shopping and Services

Shops

Groceries are located all over Trinidad and Tobago. They range from small parlours and mini marts to large scale Supermarkets. Some of the larger supermarket chains are TruValu, Xtra Foods, Massy Stores, SuperPharm and PriceSmart.

Links for information on those chains are listed below:

TruValu
Xtra-
Foods
Massy
Stores
SuperPharm
PriceSmart

Malls

The link below shows malls located across Trinidad and Tobago, so no matter where you are you have access to a shopping centre:

[Trinidad Malls](#)

Bookshops

Click the link below for some of the major chains as well as the smaller bookstores that one can find in the country.

[Bookstores](#)

Tipping

The link below shows malls located across Trinidad and Tobago, so no matter where Tipping is not common, and most restaurants or bars typically include a service charge in the bill. The link below provides tipping etiquette advice.

[Tipping and Etiquette](#)

[***www.u.tt/international***](http://www.u.tt/international)

SAFETY TIPS

- Be cautious, especially at night when walking or driving along an unmarked or unlit road.
- Public transportation is generally safe but be sure to enter marked cars which are registered taxis (registration plate will begin with “H”).
- Be particularly vigilant when using ATM machines and never disclose your personal banking information to anyone.
- Wearing expensive jewellery or carrying large volumes of cash should be avoided.
- While at the beach, safeguard your valuables.
- If possible, utilise a safe to store personal items.
- Keep doors and windows secured, especially at night. Utilise outdoor lighting around your apartment, if possible.
- Natural disasters rarely affect Trinidad and Tobago, but flooding occurs frequently during the rainy season.
- In the event of a medical emergency, you may refer to any one of the health facilities listed here: [Click here for public medical facilities in North West Trinidad](#)
- For medical treatment at a private health facility (required for non-nationals), please refer to the following link: [Click here for private health facilities](#)

Other Emergency Contact Information:

Police: 999

Fire and Ambulance: 990

Reporting A Crime: 555

Coast Guard: 634-4440



INTERNATIONAL OFFICE AND GRANT FUNDING

Entrepreneurship and Business Development Unit
The University of Trinidad and Tobago

Phone: (868) 642-8888 ext. 21203

Email: internationaloffice@utt.edu.tt

[http: www.u.tt/international](http://www.u.tt/international)