



2023 Sub regional Advisory Women's Committee Meeting (SUBWOC)

May 15

2023 Sub-regional Advisory Committee Meeting (SUBRAC)

May 16 and 17

Cortsland Hotel, Upper Gambles,
ABWU Conference Centre, Newgate Street, St John's

CONTACT/HOST IN ANTIGUA	<p>Immigration officials may ask you for your contact in the country: Antigua & Barbuda Workers' Union (ABWU) Freedom House, Newgate Street, St John's Antigua T.268-462-2005/462-0442/562-6541/562-6542 Dave Massiah, general secretary</p>
AIR TRAVEL	<p>Please carefully review your e-ticket(s), ensuring that you have information for all segments of your travel. Please also visit the website(s) of your carrier(s), carefully noting, baggage allowance, security requirements and other advice to ensure a hassle-free journey.</p> <p>All airports follow the guidelines established by the USA TSA.</p> <p>Please use online check-in facilities where available.</p> <p>The airlines will have the mobile number for those for whom PSI has arranged flights, in case of any schedule changes or delays. We urge those who have organised their own travel arrangements to use the notification facilities available on airlines' websites and/or ensure that your travel agent/airlines have your mobile number and personal email address.</p>
ACCOMMODATION	<p>Cortsland Hotel Upper Gambles Antigua Tel: +1 268 462-0756/1395</p> <p>All reservations are in the name(s) of participant(s).</p>
MEETING VENUES	<p>SUBWOC – Cortsland Hotel SUBRAC – ABWU Hall, St John's. There will be transportation to the ABWU and back.</p>
TRANSPORTATION FROM V C BIRD INTERNATIONAL TO THE CORTSLAND	<p>On exiting the Arrivals Terminal, there is a taxi dispatcher directly across from the building for your convenience.</p> <p>The official fare is USD20.00 (XCD54.00) from the airport to Cortsland Hotel (vehicle carrying up to 4 passengers plus luggage). There may be a premium for additional passengers in the same vehicle.</p>

TIME ZONE	<p>At the time of the meetings, the time in Antigua is:</p> <ul style="list-style-type: none"> ▪ same time as in the Eastern Caribbean, Dutch Caribbean, Haïti, and the USA; ▪ one hour behind the time in Bermuda; ▪ one hour ahead of the time in Jamaica; ▪ two hours ahead of the time in Belize ▪
CURRENCY	<p>The official currency is the East Caribbean dollar (XCD). The US dollar (USD) is also widely used and accepted. The exchange rate is USD1.00 = XCD2.70.</p> <p>On exiting the Customs Hall there are two ATMs to the right of the Arrivals Terminal (near the Big Banana concession stand). These ATMs dispense US and East Caribbean dollars.</p> <p>ATMs are also available in two shopping centres near the Cortsland as well as in St John's.</p>
ELECTRICITY	<p>110 volts, (2 flat pins or 2 flat pins with round ground pin).</p> <p>For those who use 220 volts, please bring your pin adaptors</p> <p>The hotel provides irons and ironing boards in rooms.</p>
TAXIS	<p>We recommend that you organise taxis through the front desk at the Cortsland.</p>
FACILITIES AT THE HOTEL	<p>The hotel has a swimming pool.</p> <p>There are extensive grounds (with many fruit trees) for those who may wish to walk as part of their exercise regimen.</p> <p>Tennis courts are next door to the hotel.</p> <p>A gym is nearby. The front desk staff will provide details.</p> <p>All rooms have refrigerators and microwave ovens. Some have full kitchens.</p> <p>Laundry facilities are available. Hotel can launder for you or you may use washer and dryer that are available for guest use.</p> <p>Some rooms have both cable TV and Netflix.</p>

SUPERMARKET/SHOPPING	<p>Two shopping centres are near the hotel – on Friar’s Hill Road. You can walk and/or take a taxi.</p> <ol style="list-style-type: none"> 1. Woods Mall* – has the largest supermarket in Antigua – The Epicurean 2. Village Walk <p>St John’s – the capital city – is not far away. A taxi ride is USD8.00/XCD20.00.</p> <p>Duty free shopping is available at Heritage Quay and Redcliffe Quay.</p>
EATING OPTIONS	<p>The Cortslund will have available light lunch and dinner options for arrivals on May 14. On Sundays, there are hardly any restaurants open.</p> <p>In St John’s there are some popular restaurants/bistros on Redcliffe Quay and nearby.</p> <p>Pizzas are available at the Big Banana on Redcliffe Street, St John’s.</p>