

*Maeva !*

*Notebook of  
welcome*



Classée



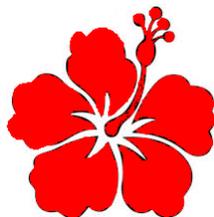
Eco Label



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## *Ia ora na e Manava*

*The Manager's word of the "Pension de la Plage"*



*Anne-Marie et Vincent,  
Julien et Théo*

Madam, Sir, Dear customers,

Vincent, Anne-Marie and the staff of the "Pension de la Plage" are pleased to welcome you and wish you a nice stay.

It is always with passion, dynamism and ethics that the team of the "Pension de la Plage" works to bring you the best service.

Since the implementation of our quality system based on the ISO 9001 and our environmental management based on our green key labelling, the liveliness of the "Pension de la Plage" continues and the actions add up for a sustainable tourism.

The objective is to improve constantly our performance to satisfy you trying to reduce the environmental impact of the activity.

You will find in this notebook of welcome our commitment to bring you the best quality of stay as possible through the description of our services. And you may also join to our environmental approach which we present you in the following pages.

We have also applied you practical information on our environment as well as on the Polynesian culture in the last part of this notebook.

Do not hesitate to let us know your opinion at the end of your stay; this will help us to improve.



*Jean-Claude, Vincent,  
Jean-Marc, Anne-Marie*

*A. Marie Moreel*      *V. Moreel*





Welcome in our guesthouse, we are here for you if you have any request.

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We are aware that each daily small gesture, on a large scale, can help preserving the environment.



## Our environmental charter

For us, for you and for the future generation, we set up an environmental management and we have committed ourselves to protect and respect the environment.

We have obtained international label "Green Key".

Thereby,

- Our rooms are maintained with organic products.
- Our septic tanks and grease tanks are maintained with natural products weekly.
- Our gel shower is made from natural ingredients without any preservatives.
- Our warm water comes from a solar water heater (95% of our warm water).
- We clean bed sheets and towels on customer's request.
- We have already fitted more than 90% of our taps with water saving devices.
- Each lamp has an energy saving light bulb. We have already fitted more than 95% of our lamps; our aim is to reach 100%.
- We advise you to put the air conditioning maximum 8° less than the outside temperature.
- Photovoltaic panels (generating their own electricity using energy from the sun) allow us to produce 10% of our electricity.
- Each month we control the water and electricity levels, in order to improve consumption.
- We are studying the implementation of water saving.
- For breakfast we serve local fruits and fruits from the garden, homemade jam, butter, cheese, and all these products are not packaged individually.
- Meals are made with local fruits, vegetables and some are from the garden.
- Old towels are transformed into bath mats. The bed sheets are transformed into tablecloths.
- Our toilet paper, hand paper towels and printing paper are eco-label (A voluntary program, FSC: Forest Stewardship Council, who protects forests for future generations).
- We take care about not wasting paper (using scrap paper, small flyers).
- We give you information about the natural sites around.
- We have always sorted trash for recycling. We set up in rooms 2 different bins and we encourage you to use them. One part of trash is transformed into compost. We built that structure.
- Our green areas are maintained without pesticides except for the insecticides used against mosquitoes.
- We collect rainwater for watering the garden.



During your stay, you too can participate  
in our environmental management.

## Small simple gestures for our planet

### Energy

*More than 70% of Polynesian electricity is still provided with thermal power stations, and 20% is provided with hydraulic power station, solar system is still marginal.  
The electricity of French Polynesia is the most expensive in the world.*

- ✚ Switching off the light when you leave the room.
- ✚ Using natural lighting as much as possible.
- ✚ Putting the air conditioning maximum 8° less than the outside temperature and closing the doors. Switching it off when you're cold in the room.
- ✚ Put out or disconnect unused appliances.
- ✚ Opening the fridge only if it is necessary.

### Water

- ✚ Pointing out to us if there are any water leaks and not letting water run.
- ✚ In the shower, close the faucet while you soap.
- ✚ Putting towels on the floor only if you think that they need to be washed.

We will change your bed sheets on request.

- ✚ Flushing only toilets paper in the toilets, to ensure the good functioning of our septic tanks and grease tanks.

### Environment

- ✚ Encouraging the use of public transport (ref: bus paragraph).
- ✚ Participating in the selective sorting of waste using the 2 bins in your rooms and bins in the parking :
  - One green recycling bin for recyclable waste: food cartons, paper, box, aluminium can, plastic bottles.
  - One black for non-recyclable waste.
  - One bin for glasses (bottles, broken glasses...).
  - One little blue box for batteries.
- ✚ Encouraging the local purchases and local products.
- ✚ Prefer biodegradable packaging (paper, cardboard) or recyclable (glass, metal, milk bricks ...) rather than plastic packaging.
- ✚ For your information, in our small shop at the reception you can find natural and local products.





You are in Punaauia, 15,4 km away from the centre of Papeete, the pension is just facing the white sand beach: Toaroto

## Schedule

### Reception opening hours :

**From Monday to Saturday 8.am to 7.pm  
And on Sunday from 8.am to 12.pm.**

Thank you for paying your invoice in the opening hours of the reception

### Arrival and departure of the room

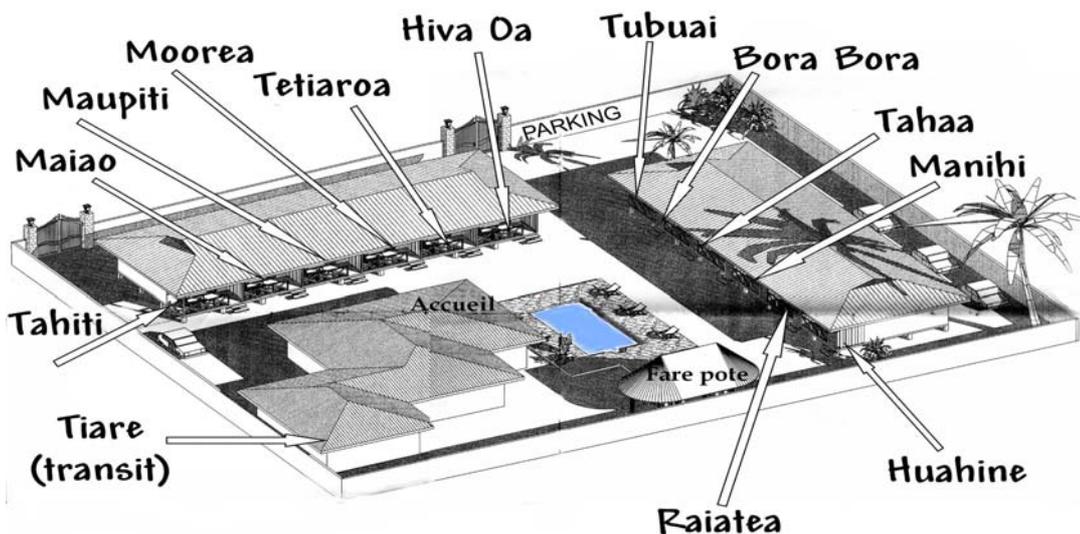
**Check-in: 11.am.  
Check-out: 10.am.**

For a late check out: see the reception if possibilities.



Once you left your room,  
you can still take advantage of the services of the guesthouse until 6.pm.

Map of our guesthouse:



## Your room

**The front door is opposite the bay window.**

You have on your key ring:

-  One small key for the front door (*remember to shut the bay window before leave*)
-  One big key for the safe on the wall
-  One remote control key for the garage door.
-  One keychain with the name of your room

You will find in your room a brewer of air, a flat screen television, a fridge, a safe, a cloakroom. For your bathroom with shower, washbasin and WC, you will have a towel per person and a shower gel without chemicals. At your disposal there are two bins for selective sorting.

With the option kitchen there is also: a microwave oven, an induction cooker, a bar with dishes and a sink.

You are here at your home; we thank you to respect the equipment and furniture.

Reminder: The cleaning is done everyday except on Sunday and bank holidays.

## The swimming pool

The swimming pool is a free service unsupervised; you can use it whenever you want. Thank you to rinse your feet in the footbath and to be quiet at night.

**Children must be under the responsibility of an adult.**

## The « Fare Pote'e »

The "Fare Pote'e", "oval house" in French, was initially often used to shelter a traditional Tahitian oven. By extension, today, it often refers to the place of restoration. It is located at the end of a swimming pool, recognizable by its roof of pandanus. You will find a microwave at your disposal.

## The Parking

At the entrance of the pension you can find the parking lot where you can park your car.



Thank you for letting the garage door as you find it :

- If it was closed at your arrival close it behind you
- If it was opened leave it opened.

Note: It is mostly disjointed open the day.

**Meals available under the « Fare pote’e »**

<p><b>- Breakfast</b> is a buffet served from 6.15am on day week and 7.15am on Sunday and bank holidays, to 9.am. On customers request it can be extended. There you can find coffee, tea, milk, fruit juices, homemade jam or locals, bread, fruits, cheese and hard boiled eggs.</p>	<p>1200 XPF (10,06 €)</p>
<p><b>- Your lunch</b> You will find many places to eat near the pension.</p> <p>You can find at least 5 restaurants and a food car for lunch, and at least 3 caterers and 2 restaurants in the evening, where you can taste Polynesian dishes, such as Polynesian raw fish for example. You can also find dishes composed of grills, skewers, hamburgers, etc ...</p> <p>You also have a supermarket open 24 hours a day in the Mobil gas station at 50 meters, where there are several food products.</p> <p>The hotel “Le Meridien” is just 500 meters from the pension, where there are 2 bars and 2 restaurants. You will discover the subtleties of the French culinary art allied to the sensual flavours of Polynesia.</p> <p>At the Tamanu Shopping Center, which is also 500 meters of the pension, you will find a supermarket of general food which proposes diverse take-away food, as well as 5 restaurants and 4 caterers.</p>	



There is a bar under the « Fare pote’e ». If you would like to enjoy a drink, please order to the reception:



- Non-alcoholic beverages for 200 XPF
  - >Water (1,5L),
  - >Coffee, tea
  - >Fruit juice (25cl), Coca Cola, Sprite
- Sparkling water and Alcoholic beverages:
  - > Sparkling water: 300 XPF
  - > Hinano Beers: 300 XPF
  - > Red wine, white and rosé (bottles): 2800 XPF

The organic shower gel and the blue bed sheets Tifaifai in your rooms are sold at the reception.

## Services



### Shop (at the reception)

- Postcards
- Local and organic products
- Tikis
- Necklaces
- Paintings



### Free :

- Parking
- Luggage storage (from 8.am to 6pm or between two stays)
- Cot, and children bed (-12years old)
- Swimming pool
- Board games
- Library, newspaper
- Flippers, plastic shoes
- Hair dryer
- Iron
- Ironing tables
- Scales



### Paying :

- Wifi per room : 250 XPF per night
- Impression : 50 XPF the page
- Small laptop with wifi: 250 XPF for 30mins.
- Telephony:
  - IP Minute
  - Vodafone SIM card and recharge
  - Vodafone mobile phone
  - Calling card 1000XPF
- Catering
- Bar
- Laundry (Except on Sunday and bank holidays)
  - Washing machine : 900 XPF
  - Tumble dryer : 900 XPF
- Activities



## Useful information

### *Emergency numbers:*

SAMU (15), Firemen (18), Police (17).

### *Climate:*

Tahiti and its islands have a tropical climate warm and humid, with plenty of sunshine (2500h a year)

The wet season starts in October until March. The dry season is from April to September, with milder temperatures at night (23-25°).

### *Jet lag:*

England (winter time) : + 11 hours	England (summer time) : + 12 hours
Marquises : + 30 minutes	New York : + 5 hours
Auckland : + 23 hours	Nouméa : + 21 hours
Los Angeles : + 2 hours	Sydney : + 21 hours

### *Currency: the Franc Pacific (CFP, XPF)*

On 2016, December 6<sup>th</sup>,

the exchange rate for pounds 1£ = 141.205 CFP and for dollars 1\$ = 111.339 CFP

The exchange rate is not fixed. You can change money at the bank at the Tamanu Center.

### *PK/ Kilometric point:*

The kilometric point 0 of Tahiti Nui starts at the Cathedral of Papeete.

The kilometric point 0 of Tahiti Iti starts at the fort of Taravao.

The pension is located at the PK 15.4 west coast, which is 15.4 kms from the cathedral.

### *The « roulottes »:*

Typical itinerant restorations that take place almost daily, from 5pm until midnight. On weekends it is possible that the schedules exceed midnight. On Tahiti, the most famous place for the “roulottes” is the Place Vaiete, in the city center. But you can find them by the roadside and most of them are surrounded by tables.

### *Museum of Tahiti and its Islands:*

It is located 800 meters from the pension and presents collections linked to Oceania, more specifically to Polynesia. It is on a ground giving onto the lagoon which covers 4 hectares completely enclosed with a botanical garden.

### *Catholic Church service:*

Saint-Étienne Church: PK12.3 seaside Punaauia: Monday - Saturday at 6.pm/ 6.30pm,  
Sunday at 8.am

Cathedral of the Immaculate Conception: Papeete: Saturday at 6.pm and on Sunday at 8.am



## *The bus:*

To catch a bus, you have to wave to the bus driver. Sometimes the driver may not stop if the bus is already full. You will just have to wait for the next one. Normally, there are buses every 20 minutes; however this is not always the case.

Bus timetable: from 5.am to 4.pm.

To get off you just need to press the stop button.

In these buses there is no space for baggage and it is not possible to go around the island with them, this is why it is better to rent a car.

### **The bus to go from the pension to the airport in Faa'a or to Papeete.**

One way ticket: 250 XPF

The nearest bus stop is on the other side of the Tamanu Shopping Center, opposite the car park of the supermarket "Super U". But you just have to wave to the bus driver for example from the station "Mobil", next to the pension.

Schedule: from 5am to approximately 1.30pm

All buses go to the airport and to Papeete from Punaauia.

### **The bus to go from Papeete or from the airport in Faa'a to the pension.**

One way ticket: 250 XPF.

We recommend you to take the last bus at 4.pm maximum. Otherwise, all the other buses coming after will be full, and won't stop anymore.

You have to take the bus number 3. There is a large orange strip around the white bus.

Normally, there is a sign at the top of the bus "PUNAAUIA – PAPARA" or "PUNAAUIA – PAEA".

The bus stop is called "plage de Toaroto" and it is facing the pension.

#### **- From Papeete :**

The bus stop is rue du maréchal FOCH, next to the shop "Vodafone".

#### **- From the airport in Faa'a :**

The bus stop is outside the airport, there are no shuttles. You will have to cross the central parking of the airport then take several long stairs which will guide you until the bus stop. It takes about 200 meters between the airport and the bus stop.



On our website: [www.pensiondelaplage.pf](http://www.pensiondelaplage.pf) you can find an article with more details about buses. And we can give you a map at the reception.



## Polynesian dance shows

### **InterContinental Tahiti Resort**

2 themed evenings with a Polynesian show are held each week:

- ↪ Wednesday : Marquesan evening
- ↪ Friday : Wonderful evening

You can enjoy these shows:

At the restaurant with a gourmet buffet:  
 - Wednesday: 7600 XPF  
 - Friday: 9990 XPF



*(Half price under 12 years)*

Shows start at 8:30 p.m. and end at 9:30 p.m. and the buffet starts at 7:00 p.m

Information *(our prices are indicative only)* and booking: (689) 40 86 51 10.

### **Méridien Tahiti**



The hotel “Le Meridien” proposes two evenings entertained by the group “Tahiti ora”

- Every Friday : Polynesian magic
- Every 1st Saturday of the month : The Fire Dance

You can enjoy this show at the restaurant with a gourmet buffet or at the bar.

- Buffet of Friday: 9500XPF
- Buffet of the 1<sup>st</sup> Saturday of the month : 6200 XPF

Buffet starts at 7:00 p.m and the shows start at 8:00 p.m.

Information *(our prices are indicative only)* and booking: (689) 40 47 07

## Location plan

← *Taravao Direction*

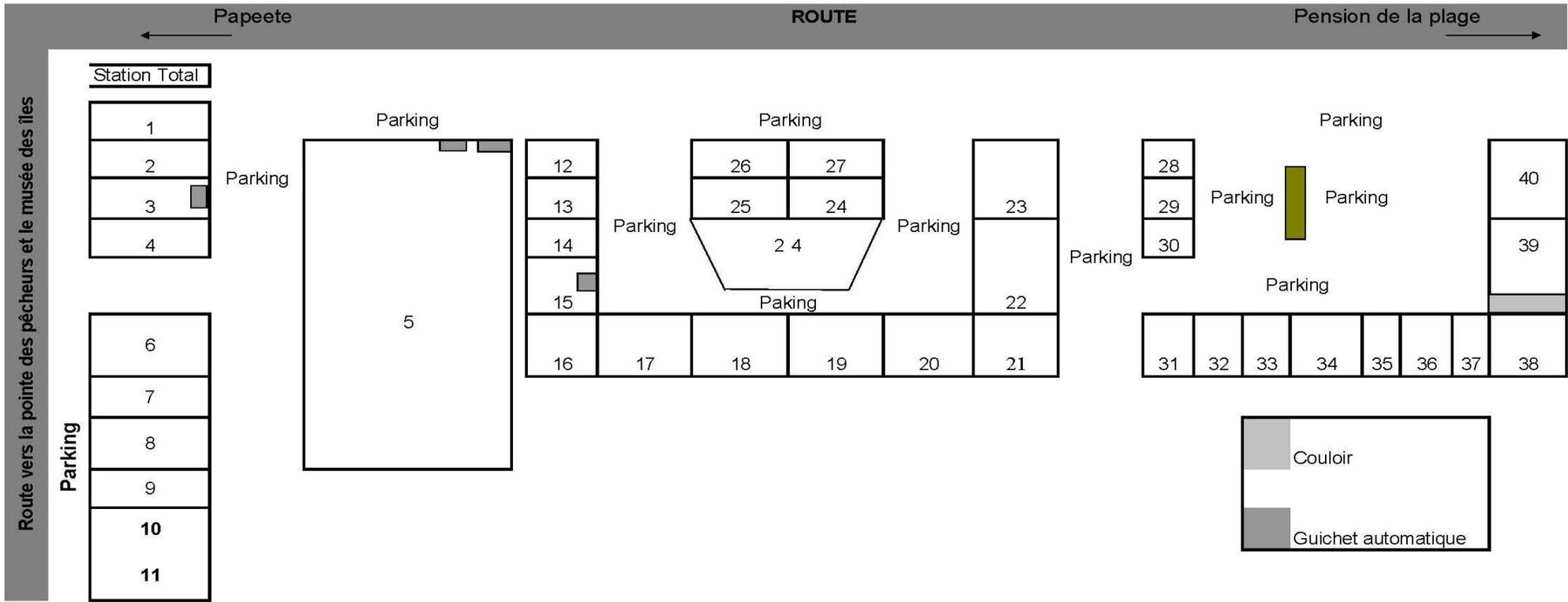


*Direction Papeete* →





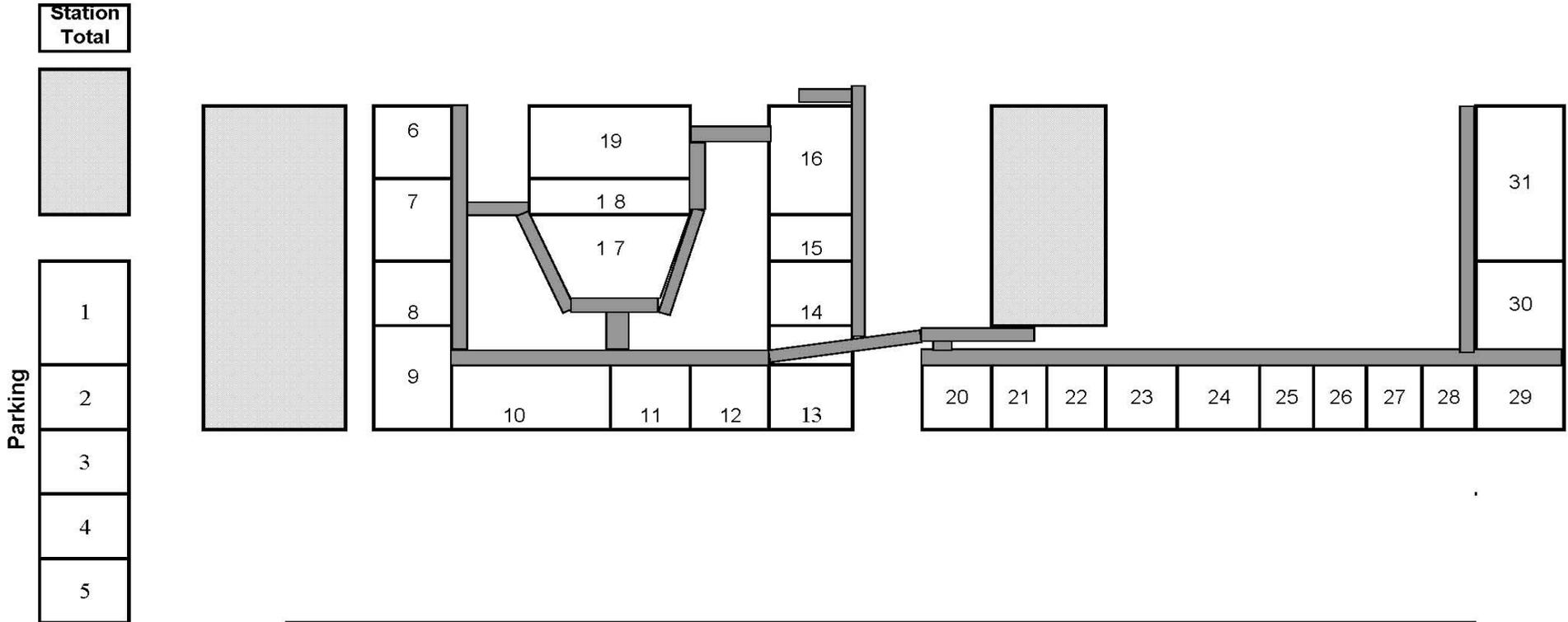
## Map of the center Tamanu, Tamanu Nui and Tamanu Iti (ground floor)



- |  |                                    |  |
|--|------------------------------------|--|
| 1. Artisan Boulanger Le Fournil Hautbois       | 15. La poste                       | 29. Beezz (prêt-à-porter)                  |
| 2. Ambiance escale shopping                    | 16. Tamanu création                | 30. Art'Or (artisan bijouterie)            |
| 3. Banque Polynésie                            | 17. Institut capillaire esthétique | 31. Clinique vétérinaire                   |
| 4. Java Express (restaurant et snack)          | 18. Infini'tif coiffure            | 32. Raura (prêt-à-porter)                  |
| 5. Supermarché Tamanu                          | 19. Cordonnerie Clé-Minute         | 33. Les ateliers du goût                   |
| 6. Vétérinaire                                 | 20. Bijouterie Tamanu              | 34. VIP accessoires tahiti (prêt-à-porter) |
| 7. La pâte à crêpes tél: 832 332 (restaurant)  | 21. Cabinet dentaire               | 35. Cristal coiffure                       |
| 8. Cabinet de kinésithérapie                   | 22. Médecins/kinésithérapeute      | 36. Lucky nails & spa                      |
| 9. Shop Sapinus (prêt-à-porter)                | 23. Pharmacie Tamanu               | 37. Vidéo futur                            |
| 10. Fare des délices (pâtisserie) tél: 723 945 | 24. Chez Rémy (restaurant)         | 38. Cabinet de kinésithérapie              |
| 11. Restaurant l'atelier du Fare               | 25. Tahiti Phone                   | 39. Axa (Assurance)                        |
| 12. Info, loisir, presse, cyber center         | 26. Tamanu sport                   | 40. Jordache (prêt-à-porter)               |
| 13. Pâtisserie Hibiscus                        | 27. Photonett (photographe)        |  |
| 14. Patrimonia (assurance)                     | 28. Orthophonistes                 |  |



Route vers la pointe des pêcheurs et le musée des îles



- |                                  |                                |  |
|----------------------------------|--------------------------------|--|
| 1. Tikimano Tattoo               | 15. Cabinet infirmier          | 29. Restaurant Le Nemo                 |
| 2. Cabinet de pédiatrie          | 16. Laboratoire médical Tamanu | 30. Coco cannelle (institut de beauté) |
| 3. Allianz (assurance)           | 17. Infini'nail spa            | 31. Us info                            |
| 4. Vahine Nails                  | 18. Beauty spa                 |  |
| 5. Expert Capillaire             | 19. Radiologie Tamanu          |  |
| 6. Patitifa (agence immobilière) | 20. Centre de danse            |  |
| 7. Cuisine de la pâtisserie      | 21. US info (SAV)              |  |
| 8. Haapii school & formations    | 22. United States consular     |  |
| 9. Tamanu fitness                | 23. Centre de danse Tamanu     |  |
| 10. AIKIDO AIKIKAI de Tahiti     | 24. Hotu tattoo                |  |
| 11. Tamanu fitness               | 25. Frivoles (prêt-à-porter)   |  |
| 12. Local vide                   | 26. Tendances (chaussures)     |  |
| 13. Isitech informatique         | 27. Scarpa (prêt-à-porter)     |  |
| 14. Orthophoniste                | 28. Auto école                 |  |

