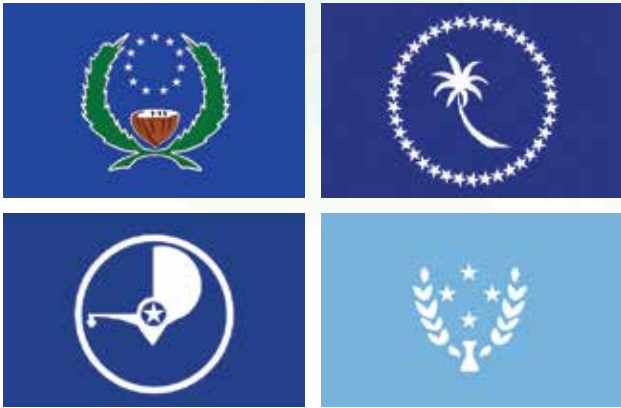


# FEDERATED STATES OF MICRONESIA

Federated States of Micronesia Visitors Board | (691) 320.5133  
www.visit-micronesia.com | www.visit-fsm.org

Chuuk Visitors Bureau | (691) 330.4133 | www.visit-chuuk.com  
Pohnpei Visitors Bureau | (691) 320.4851 | www.visitpohnpei.fm  
Yap Visitors Bureau | (691) 350.2298 | www.visit Yap.com  
Kosrae visitors Bureau | (691) 670.2228 | www.kosrae.com

The island states of Kosrae, Pohnpei, Chuuk, and Yap that make up the **FEDERATED STATES OF MICRONESIA (FSM)** consists of 600 tiny islands and atolls that stretch almost the entire width of Micronesia. 1,800 miles across the Pacific Ocean. A traditional island lifestyle prevails in these lands and embraced by its people, surrounded by the spectacular beauty of the islands and their surrounding seas. The uniqueness of each island state, its own language, culture, traditions and history, couples with the exoticness each respective destination is what lures the more adventurous travelers, experienced sports divers, underwater photographers, hikers and backpackers.



# PALAU

Palau Visitors Authority | (680) 488-2793/1930 | www.pristineparadisepalau.com

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# GUAM

Guam Visitors Board | (671) 646.5278/9 | www.visitguam.org

## WHERE AMERICA'S DAY BEGINS

Hafa Adai and welcome to Guam! Come explore where America's day begins. The largest island in Micronesia, Guam is host to some of the region's most beautiful beaches, WWII historic sites, world-class diving and a rich Chamorro culture that dates back to 2000 B.C. Hike along the lush tropical terrain, relax at a number of spas, or enjoy the scenic views from your choice of golf courses, some designed by Jack Nicklaus. An island territory of the United States, Guam offers all of the serenity of a tropical island with all the conveniences travelers are accustomed to.

Guam is located near the equator, giving us year-round tropical weather conditions, and boasts a plethora of activities to keep visitors entertained during their stay with us. From water activities - like snorkeling, scuba diving, parasailing, and more - to golfing, hiking, luxury weddings and shopping at any of our duty free stores and malls, and dining at a variety of restaurants specializing in local and international cuisines, there is much to do and see in Guam. History buffs will marvel at the many cultural and historic sites throughout the island.



# COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

Marianas Visitors Authority | (670) 664.3200 | www.mymarianas.com

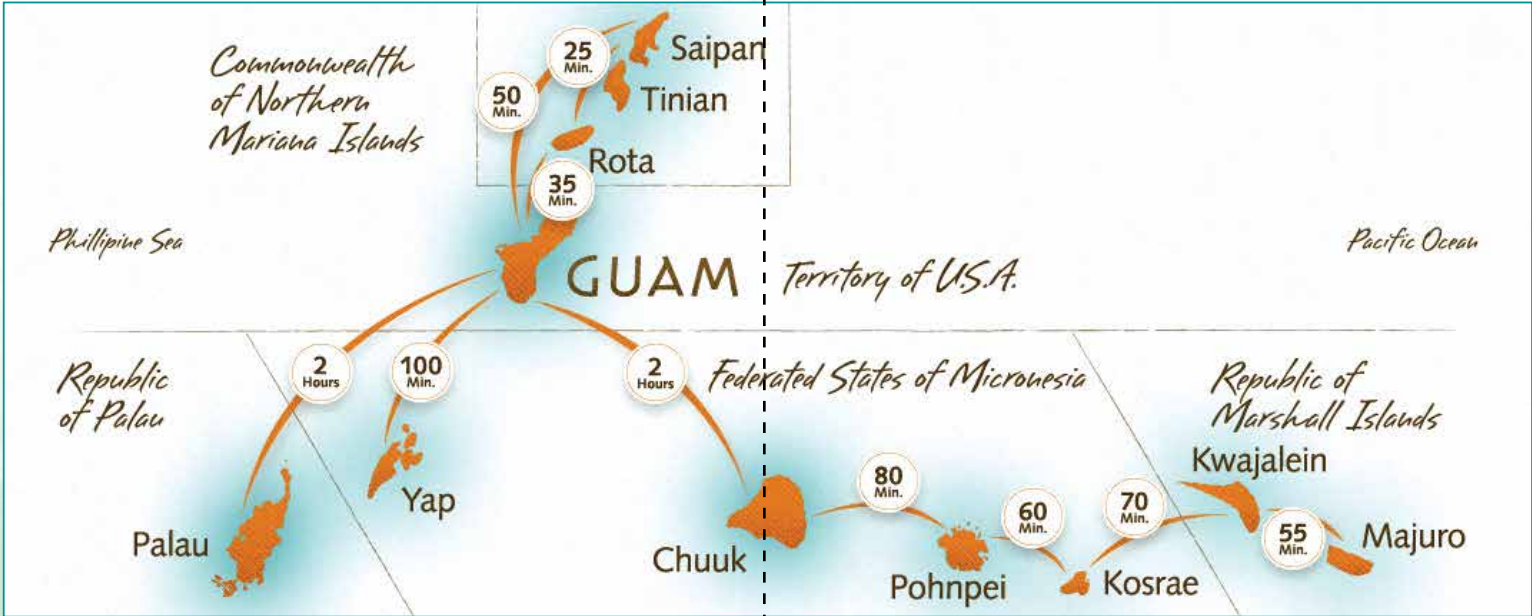
Located to the north of Guam, the **COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS** is composed of a chain of 14 volcanic islands that rise steeply from the great depths of the Marianas Trench. The three largest islands, Saipan (which is the capital of the CNMI), along with Tinian and Rota are the centers of the population. The outer islands, which encompass the remaining 375 square miles of the CNMI, are virtually untouched. Here, some of the mysteries of nature can be witnessed. Dive in waters coveted by divers around the world for its beautiful coral reef, abundant sea life and of course, mysterious caves that entice the adventurous. You can start your trek to the Marianas by catching an international flight to Saipan which are provided by Delta Airlines, Asiana Airlines, and connections via Guam from United Airlines. Connections to Rota and Tinian are available on regular scheduled flights or special charter flights.



# MARSHALL ISLANDS

Marshall Islands Visitors Authority | (692) 625.6482 | www.visitmarshallislands.com

The **MARSHALL ISLANDS** lie on the eastern edge of Micronesia. This pristine island paradise is made up of more than 1,200 islands in 20 separate atolls scattered across 750,000 square miles. The atoll formations, which are flat and narrow, forms a natural lagoon that is home to some of the most spectacular fishing and diving within Micronesia. With a rich heritage in canoe building and marine navigation, the Marshall islands is an untamed frontier for all sorts of aquatic sports enthusiasts, that is filled with action and adventure that most sportsmen only dream of.





# PALAU

**Official Bureau/Authority Name:**  
Palau Visitors Authority  
**Official Bureau/Authority Contact Number:**  
(680) 488-2793/1930 | Fax: (680) 4881453  
**Official Destination Email:** pva@pristineparadisepalau.com  
**Official Destination Website:** www.pristineparadisepalau.com  
**National Anthem:** “Belau rekid” which means in English “Our Palau”  
**Capital City:** Ngerulmud (located on the nearby island of Babeldaob, in Melekeok State)  
**Political Status:** Palau became an independent nation on October 1, 1994.  
**Official Language(s):** Palauan & English  
**Government:** Democratic government with a Compact of Free Association with the United States and a member of the United Nations  
**Currency:** US Dollar  
**How to get there:** There are daily flights from Guam and twice per week from Manila on United Airlines. From Hong Kong: Maga-Maldives Air Services, and Palau Pacific Airways. From Japan: Delta Airlines, and Japan Airlines. From Seoul, S. Korea: Asiana Airlines, and Korea Air. From Taiwan: China Airlines  
**Population:** 20,918 (2013)  
**Geographical Location:** Palau is located east of Mindanao, Philippines and southwest of Guam.  
**Time Zone:** UTC+09:00

The bounty of Palau’s waters come from generations of what’s known today as “ridge to reef” or sustainable land and ocean management. The traditional chiefs know when to fish, how to fish, but more importantly when NOT to fish. The women know how to till the land, and also how to stop land erosion by planting as natural sheds. Palau is one of the best and most aspired diving destinations in the world. You will not experience the wonders, but you will come to understand the reason why.

# CNMI

**Official Bureau/Authority Name:**  
Marianas Visitors Authority  
**Official Bureau/Authority Contact Number:**  
(670) 664-3200/3201  
**Official Destination Email:**  
**Official Destination Website:** mymarianas.com  
**National Anthem:** n/a  
**Capital City:** Capitol Hill, Saipan  
**Political Status:** US Common Wealth status  
**Official Language(s):** Chamorro, English, Carolinian  
**Government:** Common Wealth  
**Currency:** US Dollar  
**How to get there:** 8 Airlines operate out of Saipan Intl Airport. Offers nonstop flights to 9 cities. Every week, at least 7 domestic flights and 126 international flights depart from Saipan Intl Airport.  
**Population:** 48,220 (as of 2010)  
**Geographical Location:** Pacific Ocean; 15°10’51” N and 145°45’21” E  
**Time Zone:** UTC + 10:00

The Northern Marianas Islands are a tropical paradise offering the relaxing shores of magnificent beaches and crystal clear blue waters, as well as the lively bustle of night life, shopping, a wise range of ethnic restaurants, and a multitude of outdoor activities. Colorful underwater reed life at sites with names like Eagle Ray City, tropical jungles filled with endemic and elusive endangered birds, indigenous Chamorro and Carolinian lifestyle, WW2 relics, biking through quiet jungles, swimming in marine sanctuaries, trekking o unparalleled vistas, etc....

# GUAM

**Official Bureau/Authority Name:**  
Guam Visitors Bureau  
**Official Bureau/Authority Contact Number:**  
(671) 646-8861  
**Official Destination Email:** info@visitguam.org  
**Official Destination Website:** www.guamvisitorsbureau.com  
**National Anthem:** n/a  
**Capital City:** Hagatna City  
**Political Status:** US Trust Territory  
**Official Language(s):** English, Chamorro  
**Government:** Representative Democracy  
**Currency:** US Dollar  
**How to get there:** Guam A.B. Won Pat (GUM). Offers hundreds of airlines including Korea Air, United Airlines, and Delta Air.  
**Population:** 165,124 (2013)  
**Geographical Location:** Oceania, islands in the North Pacific Ocean, about a quarter of the way from the Philippine to Hawaii, US. 13°26’31” N 144°46’35” E / 13.44194° N 144.77639°E  
**Time Zone:** UTC + 10:00

A place of thrilling adventure or land and at sea, Guam is where you can find star-sand beaches, crystal clear, warm and hospitable people. It is where you can unravel 4,000 years of intriguing history, shop for the latest fashion and trends, taste the rich Chamorro food and wind down beneath some shady palm trees.

# KOSRAE

**Official Bureau/Authority Name:**  
Kosrae Visitors Bureau  
**Official Bureau/Authority Contact Number:**  
(691) 370-2228  
**Official Destination Email:** kosrae@mail.fm  
**Official Destination Website:** www.kosrae.com  
**National Anthem:** n/a  
**Capital City:** Tofol  
**Political Status:** Democratic Constitutional Government  
**Official Language(s):** English and Kosraen  
**Government:** State Government  
**Currency:** US Dollar  
**How to get there:** United Airlines with east and west bound flights from Honolulu and Guam. Nauru Airlines has weekly southbound flights to Australia and Fiji.  
**Population:** 8,000  
**Geographical Location:** 13 Hours from East is US and 6 House from west is Japan.**Time Zone:** 12 GMT

Kosra is isolated from other islands of Micronesia and as such the culture of Kosrae combines elements of the traditional culture along with the culture introduced by the missionaries in the 19th and 20th centuries. Kosrae has been describes as an unblemished garden of flowers, palms and citrus trees. It is known for its virgin reef and pristine waters, visibility up to 200+ ft. and thriving hard coral society. The famous mangroves of the island present a world of opportunity to see nature in all of its peace and solitude.

# CHUUK

**Official Bureau/Authority Name:**  
Chuuk Visitors Bureau  
**Official Bureau/Authority Contact Number:**  
691-330-4133  
**Official Destination Email:**  
chuukstatevb@gmail.com (English) | chuukvb.fsm@gmail.com (Japanese)  
**Official Destination Website:** www.visit-micronesia.fm  
**National Anthem:** This Year We Are Pledging  
**Capital City:** Weno  
**Political Status:** Compact of free association  
**Official Language(s):** Chuukese  
**Government:** Chuuk State Government  
**Currency:** US Dollar  
**How to get there:** 1.5 hr plane ride from Guam. United Airlines flies between Guam and Chuuk 4 times a week.  
**Population:** About 54,000  
**Geographical Location:** Approximately 7 degrees north of the equator and on a line of longitude approximately the same as the eastern coast of Australia  
**Time Zone:** same as Guam and Saipan

Chuuk offers both relaxing vacation and adventurous experience. If you have the spirit of adventure, wreck diving is a must. Chuuk Lagoon is one of the largest lagoon in the world. Within this vast, shallow, beautiful lagoon is a Mecca for wreck divers, unquestionably the world’s greatest shipwreck diving destination. There’s no other place to see the collections of more than 60 shipwrecks and aircrafts lying on the seabed of the lagoon all in warm and crystal clear ocean.

# POHNPEI

**Official Bureau/Authority Name:**  
Pohnpei Visitors Bureau  
**Official Bureau/Authority Contact Number:**  
(691) 320-4851/4823  
**Official Destination Email:** pohnpeivisitorsbureau@gmail.com  
**Official Destination Website:** www.visitpohnpei.com  
**National Anthem:** n/a  
**Capital City:** Kolonia  
**Political Status:** Independent with Freely Association with US  
**Official Language(s):** English and Pohnpei  
**Government:** State Government  
**Currency:** US Dollar  
**How to get there:** 2.3 Hours by air from Guam and 1 hour from Hawaii  
**Population:** 36,196 (2010 Census)  
**Geographical Location:** North-Western Pacific Ocean, 7 degrees north of the equator, 1690 km southeast of Guam, 5214 km south west of Honolulu.  
**Time Zone:** GMT +11:00

The largest and tallest island in the FSM. This host to the nation’s capital has much to offer he visiting nature lover, explorer and hiker. Much is still to be learned about the mysterious Nan Madol ruins. Called Venice of the Pacific, this manmade city with ocean-filled channels once housed a thriving, royal civilization. Pohnpei is famous for the relaxing drink “Sakau”, a kava-like brew. The island’s hard coral reef and colorful drop-offs are enchanting.

# MARSHALL ISLANDS

**Official Bureau/Authority Name:**  
Marshall Islands Visitors Authority  
**Official Bureau/Authority Contact Number:** (692) 625-6482  
**Official Destination Email:** gm@visitmarshallislands.com or tourism@ntamar.net  
**Official Destination Website:** www.visitmarshallislands.com  
**National Anthem:** “Forever Marshall Islands”  
**Capital City:** Majuro Atoll  
**Political Status:** Self-governing democracy in free association with the United States  
**Official Language(s):** Marshallese and English  
**Government:** Under a mixed parliamentary – presidential system  
**Currency:** US Dollar  
**How to get there:** Guam 1,500 miles; 8 Hours. United Airline Provides services to Marshall Islands from Guam and Honolulu on a weekly basis  
**Population:** 53,158 (2011 Census)  
**Geographical Location:** 29 Atolls. Central Pacific between 4 degrees and 14 degrees North latitude, and 160 degrees and 17 degrees East Longitude.  
**Time Zone:** GMT +12:00

Rich in its waters, the Bikini atoll offers a dynamic dive museum. The sea is open playground for kayaking and snorkeling. The fishes and the underwater garden of thriving and healthy corals at Robert Reimer Hotel's Eneko Island or the other small islands of Majuro lagoon is the best to swim at. There is a Peace Park Memorial that was constructed by the Japanese government in commemoration of the soldiers who fought and died in the Pacific during WWII. Majuro is the best place to shop for the hand-made, all natural and finest Marshallese handicrafts in Micronesia.

# YAP

**Official Bureau/Authority Name:**  
Yap Visitors Bureau  
**Official Bureau/Authority Contact Number:**  
T: (691) 350-2298/5005 | F: (691) 350-7015  
**Official Destination Email:** yvb@mail.fm  
**Official Destination Website:** www.visit Yap.com  
**National Anthem:** Same for all FSM  
**Capital City:** Colonia, Yap  
**Political Status:** A sovereign nation with COFA with the United States of America  
**Official Language(s):** Yapese/Ulithian/Woleaian/Satawalese/English  
**Government:** Democratic society with COFA with US  
**Currency:** US Dollar / Yap Stone Money  
**How to get there:** via United Airlines twice a week from Guam and once a week from Palau  
**Population:** 12,000  
**Geographical Location:** 09’29.302N 138’07.931E; 450NM SW of Guam, and 350NM SE of Palau  
**Time Zone:** +10 Guam Time Zone and Sydney Australia

In Yap, we like to say, there are no tourists, only new visiting friends, so please come to Yap to be a new friend.