

### THE APH 'NO NONSENSE' GUIDE TO CALLING ABROAD

<b>O2</b>	<b>Monthly Contract (cost per min)</b>				<b>Pay as you go (cost per min)</b>				<b>Preferred network – n/a – fixed O2 rates</b>
<b>Destination</b>	<b>Calls to UK</b>	<b>Text to UK</b>	<b>Receive calls from UK</b>	<b>Send picture message</b>	<b>Calls to UK</b>	<b>Text to UK</b>	<b>Receive calls from UK</b>	<b>Send picture message</b>	
Greece	85p	25p	94p	Not available	99p – 149p	49p	99p	Not available	Cosmote, Vodafone & TIM
Spain	85p	25p	94p	Not available	149p	49p	99p	Not available	Amena, MOVISTAR & Vodafone
France	85p	25p	94p	Not available	149p	49p	99p	Not available	SFR, Bouygues & Orange F
Dubai	170p	40p	165p	Not available	199p	49p	99p	Not available	Etisalat
North America	137p	25p	129p	Not available	149p	49p	99p	Not available	Cingularwireless West, Cingularwireless East, Cingularwireless, T mobile & Nextel

**Important Note:**

Information correct at time of publication – May 2006. It is travellers responsibility to check mobile rates with mobile phone providers before travel. APH can not be held responsible for changes to information.

**Source:**

Information gathered from mobile phone providers websites.

<b>Virgin</b>	<b>Monthly Contract (cost per min)</b>				<b>Pay as you go (cost per min)</b>				<b>Preferred networks – fixed price</b>
<b>Destination</b>	<b>Calls to UK</b>	<b>Text to UK</b>	<b>Receive calls from UK</b>	<b>Send picture message</b>	<b>Calls to UK</b>	<b>Text to UK</b>	<b>Receive calls from UK</b>	<b>Send picture message</b>	
Greece	60p	25p	30p	30p	95p	35p	60p	30p	Cosmote & TIM Stet
Spain	60p	25p	30p	30p	95p	35p	60p	30p	Amena, Telefonica, MOVISTAR & Vodafone
France	60p	25p	30p	30p	95p	35p	60p	30p	SFR, Bouygues & Orange F
Dubai	100p	25p	50p	30p	170p	35p	80p	30p	Etisalat
North America	100p	25p	80p	30p	140p	35p	80p	30p	T Mobile

<b>Vodafone</b>	<b>Monthly Contract (cost per min)</b>				<b>Pay as you go (cost per min)</b>				<b>Preferred Network – for lowest cost calls</b>
<b>Destination</b>	<b>Calls to UK</b>	<b>Text to UK</b>	<b>Receive calls from UK</b>	<b>Send picture message</b>	<b>Calls to UK</b>	<b>Text to UK</b>	<b>Receive calls From UK</b>	<b>Send picture message</b>	
Greece	75p-99p	35p	75p	411p/mb +36p	75p-99p	49p	75p	411 p/mb +36p	Vodafone Greece
Spain	75p-99p	35p	75p	411p/mb +36p	75p-99p	49p	75p	411p/mb +36p	Vodafone Spain
France	75p-99p	35p	75p	411p/mb +36p	75p-99p	49p	75p	411p/mb +36p	SFR
Dubai	149p-169p	35p	125p	411p/mb +36p	149p-169p	49p	125p	411p/mb +36p	No preferred network
North America	125p-149p	35p	99p	411p/mb +36p	125p-149p	49p	99p	411p/mb +36p	No network published

<b>Orange</b>	<b>Monthly Contract (per min)</b>				<b>Pay as you go (per min)</b>				<b>Preferred Networks – calls charged at a fixed rate</b>
<b>Destination</b>	<b>Calls to UK</b>	<b>Text to UK</b>	<b>Receive calls from UK</b>	<b>Send picture message</b>	<b>Calls to UK</b>	<b>Text to UK</b>	<b>Receive calls From UK</b>	<b>Send picture msg</b>	
Greece	70p	30p	30p	75p	120p	40p	60p	100p	Panafone Vodafone, Cosmote & STET Hellas telecom
Spain	70p	30p	30p	75p	120p	40p	60p	100p	Telefonica-Movistar, Retevision mobile – Amena & Vodafone – Airtel
France	70p	30p	30p	75p	120p	40p	60p	100p	Orange F, SFR & Bouygues
Dubai	130p	35p	80p	150p	Not Available	Not Available	Not Available	Not Available	Etisalat
North America	110p	35p	65p	150p	130p	45p	70p	165p	T Mobile, Powertel PCS, AT&T Wireless, Cincinnati wireless, Bell South Mobility, Cingular, Cingular Wireless & Suncom

<b>T Mobile</b>	<b>Monthly Contract (per minute)</b>				<b>Pay as you go (per minute)</b>				<b>Preferred Networks – calls charged at a fixed rate</b>
<b>Destination</b>	<b>Calls to UK</b>	<b>Text to UK</b>	<b>Receive calls from UK</b>	<b>Send Picture message (same price for P&amp;G)</b>	<b>Calls to UK</b>	<b>Text to UK</b>	<b>Receive calls From UK</b>	<b>Receive texts From UK</b>	
Greece	70p	20p	70p	20p	100p	40p	100p	20p	Vodafone, Cosmote & TIM
Spain	70p	20p	70p	20p	100p	40p	100p	20p	Telefonica, Amena & Vodafone – Airtel
France	70p	20p	70p	20p	100p	40p	100p	20p	Orange F, SFR & Bouygues
Dubai	140p	40p	130p	20p	180p	40p	180p	20p	Etisalat
North America	90p	40p	70p	20p	120p	40p	90p	20p	T Mobile, Cincinnati Bell wireless, Cingular East, West & Genesis, Suncom & TMP Corp

### **International Call Saver**

The cheapest foreign call options available with O2, Orange, Vodafone and T Mobile are as part of their international call saver (ITS) options.

The cost of this is an additional £30 - £36 per year and international call charges range from 14p-140p per minute as part of these options. To cover the additional cost of the service customers must make a minimum of two hours of calls per year while abroad.