



Health & Fitness

TRAVEL

The Philippines

Exotic beaches, expansive forests, and an abundance of volcanoes.

Experience the beauty of diversity in the culturally vibrant Philippines. This archipelago offers a variety of landscapes that will captivate your senses, from stunning beaches and crystal-clear waters to lush rainforests and majestic mountains. Immerse yourself in the unique culture and warm hospitality of the Filipino people. A stay in the Philippines will leave you enriched and amazed.

Health and Fitness Travel Insider

"The Philippines is one of the most beautiful countries for many reasons. Known for where Asia wears a smile. The expansive culture mixed with the old and new contrast makes it a top destination."

Paul Joseph, Health and Fitness Travel Founder

An aerial photograph of a tropical beach. The water is a vibrant turquoise color, transitioning to a deeper blue further out. A wide, white sandy beach curves along the shoreline. On the left side, several traditional outrigger canoes are beached. The background is filled with dense, lush green tropical forest. A semi-transparent white box is overlaid on the upper portion of the image, containing text.

Location

Time Difference: GMT + 8

Capital City: Manila

Currency: Philippine Peso

It might be useful to have a map of the city or apps such as maps. me or google maps with a download option to have a general idea of where you are going. If you are to use a taxi, always insist that they put it on the meter. Always keep your passport on your person and in a safe place.

To reduce the effects of jet lag as much as possible, try to adapt to the local time zone as best you can. If you arrive during the day, going for a stroll outside will help you adapt more easily, and the natural light will encourage your body to acclimatise. Likewise, if you arrive in the evening or at night, adopt the local bedtime and try to go to sleep.

Travel Logistics

Passport

Before flying, check that your passport has plenty of time before it expires. Your passport must be machine-readable, have two blank pages and be valid for at least 180 days at the time of your visa application.

Your passport must be valid for at least six months from your arrival in The Philippines.

For more information, follow this link: <https://www.gov.uk/foreign-travel-advice/philippines>

Visa

Before your holiday, it is important to check whether you need a Visa to fly to your chosen destination.

Visas are required for the Philippines, and you can get a free initial 30 days, with the option to extend. To book your visa, head to the government website: <https://www.visa.gov.ph>

Visa requirements are subject to change, and we recommend checking the current requirements. This website allows you to select your nationality and the country you are flying to:

Overstaying your visa is an offence; please ensure you exit the country before your visa expires.

Flights

From the UK: Please check your travel documentation for your flight details. You will need your flight, booking and transfer vouchers, and passport. Flights to **Manila/Clark/Cebu** from the UK usually take around 13 hours. The typical baggage allowance is between 20 – 23 kilograms for economy, but we advise that you check with your airline's direct website to verify this, as these can change without notice.

From other countries: please enquire for more details.

We also recommend that you keep moving about during the flight to relieve cramped muscles and ensure you arrive feeling healthy. Walking up and down the aisle when the seatbelt sign is off and flexing and stretching your legs when sitting will encourage blood flow around the body and limber up swollen ankles or feet. Here are some tips to [stay healthy whilst travelling](#) and [on long-haul flights](#).

Airport

You will fly into **Manila Ninoy Aquino Airport in Manila/ Cebu Airport in Mactan**. After going through passport control and collecting your luggage, you must go to your transfer meeting place, details of which can be found on your transfer or booking voucher.

Porters offering to carry your bags will expect a tip. If you do not want this, just politely (and firmly, if necessary) say no. Taxi drivers are also likely to offer services and can be quite persistent. It is best to approach this offer in the same manner.

Travel Insurance

We recommend shopping around on an insurance comparison website to ensure you get the right product and a competitive quote. It is worth considering annual multi-trip insurance if you will make several trips a year.

It is also important to consider repatriation insurance if you suffer illness or injury and need help to be brought back to your home country.

Health and Vaccinations

Immunisation and other preventative requirements will depend on your general health, destination travelled to and activities whilst there. We advise that you consult with your GP and/or book a specialist travel consultation at least two months before your trip.

Information on immunisation, medication and other health risks can be found at:

<https://www.fitfortravel.nhs.uk/destinations/asia-east/philippines>

While capable, local medical facilities in the Philippines are not comparable to those in the UK, especially in more remote areas. In major cities, private medical care is available but expensive. A list of the most commonly used hospitals can be found on the British High Commission website.

Phone Numbers

In the unlikely event of something going wrong with your travel plans, having the necessary phone numbers written down somewhere safe is important. You should promptly contact your insurance/medical assistance company if you are referred to a medical facility for treatment.

Police: 117 / 911

Ambulance: 117 / 911

If you are unsure about anything, please don't hesitate to call us on 020 3397 8891

Language

Most people in The Philippines speak Filipino and English. Here are some useful phrases in Filipino.

Basics		Food and Drink	
Hello	Kamusta	Could I have...?	Maaari ba akong magkaroon ?
How are you?	Kamusta Ka ?	Water	Tubig
Fine	Ayos Lang	Tea	Tsaa
Thank you	Salamat	Coffee	Kape
Never mind	Hindi Bale	Beer	Beer
What's your name?	Ano ang iyong pangalan ?	A bottle of...	isang bote ng
My name is...	Ang pangalan ko ay	Dish of the day	lutuin sa araw na
Sorry/excuse me	Sorry	Chicken	ito
I can't speak Filipino	Hindi ako marunong magsalita ng filipino	Fish	Manok
Can you speak English?	Marunong ka mag English ?	Prawns	Isda
Do you understand?	Naiintindihan mo ba ?	Beef	Hipon
I don't understand	Hindi ko maintindihan	Rice	Baka
Where is the toilet?	Nasaan ang Palikuran ?	Chilies	Kanin
How much is it?	Magkano ito ?	Very delicious	Mga sili
What's the time?	Anong oras na ?	I don't want	Napakasarap
Very expensive	Napakamahal	Not too spicy	Ayaw ko
See you again	Napakamahal	No sugar	Hindi masyadong maanghang
Goodbye	Paalam	The bill please	Walang asukal
Good luck	Good luck		Pakiusap ang bill

Health Fitness

T R A V E L

— the wellness holiday specialists —

Numbers		Directions	
One	Isa	I want to go...	Gusto kong
Two	Dalawa	Where is...?	pumunta
Three	Tatlo	Turn left	Nasaan Ang ?
Four	Apat	Turn right	Lumiko Pakaliwa
Five	Lima	Go straight	Lumiko Pakanan
Six	Anim	Stop here	Dumiretso
Seven	Pito	Slow down	Tumigil dito
Eight	Walo	Be careful	Magdahan-dahan
Nine	Siyam		Mag-ingat ka
Ten	Sampu		
Twenty	Dalawampu		
Thirty	Tatlumpu		
Forty	Apatnapu		
One Hundred	Isang Daan		
One Thousand	Isang Libo		
Places			
Airport	Paliparan	Market	Merkado
Bus station	Sakayan ng bus	Police Station	Himpilan ng pulis
Embassy	Embahada	Beach	Tabing dagat
Hotel	Hotel	Toilet	Palikuran
Hospital	Ospital		