

## Italy

**Beautiful scenery, unbeatable cuisine, modern cities  
and world-famous culture.**

The fertile ground of this southern European country is widely regarded as the birthplace of all modern civilisation. To this day, Italy's metropolitan cities continue to lead the world in art, fashion, music and cuisine. From the sunny shores of Sicily to the snow-capped Alpine peaks, the wonderfully varied landscapes of Italy strike visitors with indescribable awe. For a holiday destination that marries incomparable cultural history with breath-taking landscapes and glorious weather, you can't do much better than Italy.

### Health and Fitness Travel Insider

"Italy provides you with a first-hand experience of how true Italian cuisine should be. The food, the Roman architecture and incredible landscapes make Italy one of the most beautiful places you can visit."

Paul Joseph, Founder

## Passport

Before flying make sure to check that your passport has plenty of time before it expires. We always recommend flying with at least 6 months validity on your passport. For more information on the passport rules following Brexit, click here: <https://www.gov.uk/guidance/passport-rules-for-travel-to-europe-after-brexit>

Check to see if your passport is valid for European travel here: <https://www.gov.uk/check-a-passport-for-travel-to-europe>

## Visa

It is important to check before your holiday whether you need a Visa to fly to your chosen destination.

Citizens of the UK and other EU countries can stay for up to 90 days without a Visa. Most destinations require that you have enough blank Visa pages in your passport, allowing for any necessary stamps upon arrival and departure. We advise leaving at least two pages free before any international travel.

In the event of Brexit, UK citizens will still be able to stay for up to 90 days without a visa. For more information regarding European travel, follow this link: <https://www.gov.uk/visit-europe-brexit>

Citizens of other nationalities can check their visa requirements here: <http://www.visahq.co.uk>

## Flights

**From the UK:** please check your travel documentation for your flight details. You will need your flight, booking and transfer vouchers and passport with you. Flights to Cagliari, Brindisi Florence, Pisa, Rome, Venice and Verona, Italy, from the UK take between 1 hour 45 minutes – 2 hour 55 minutes. 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](#).





# Health & Fitness

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## TRAVEL

### Location

Time Difference: GMT + 1

Capital City: Rome

Currency: Euro

It might be useful to have a map of the city, or apps such as maps.me or google maps have 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 night, adopt the local bedtime and try to go to sleep.



## Airport

You will be flying into **Cagliari (CAG), Brindisi (BDS), Florence (FLR), Pisa (PSA), Rome (FCO), Venice (VCE)** or **Verona (VRN)**, Italy, from the UK. After going through passport control and collecting your luggage, you will then need to make your way 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 this is something you do not want, just politely (and firmly if necessary) say no.

## 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 are going to make several trips a year.

It is also important to consider repatriation insurance in the off chance that you suffer illness or injury and need help to be brought back to your home country.

## Health and Vaccinations

Vaccination and medication 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 vaccination, medication and other health risks can be found at:

<https://www.fitfortravel.nhs.uk/destinations/europe-russia/italy>

If you're visiting Italy you should get a free European Health Insurance Card (EHIC) before leaving the UK. The EHIC isn't a substitute for medical and travel insurance, but it entitles you to state provided medical treatment that may become necessary during your trip. Any treatment provided is on the same terms as Italian nationals. The EHIC won't cover medical repatriation, ongoing medical treatment or non-urgent treatment, so you should make sure you have adequate travel insurance and accessible funds to cover the cost of any medical treatment and repatriation.

## Language

The majority of Italians speak good English, especially the younger generation, but here are some useful phrases in Italian:

Basics		Food and Drink	
Hello	Buon giorno	Could I have...?	Vorrei
How are you?	Come sta?	Water	Un'acqua
Fine	Bene	Tea	Tè
Thank you	Grazie	Coffee	Caffè
Never mind	Non importa	Beer	Una birra
What's your name?	Come ti chiami?	A bottle of...	Una bottiglia di...
My name is...	Il mio nome è	Dish of the day	Il piatto del giorno
Sorry/excuse me	Mi dispiace/ Mi scusi	Chicken	Pollo
I can't speak Italian	Non parlo italiano	Fish	Pesce
Can you speak English?	Parla inglese	Prawns	Gamberi
Do you understand?	Hai capito ?	Beef	Manzo
I don't understand	Non capisco	Rice	Riso
Where is the toilet?	Dov'è la toilette ?	Chilies	Peperoncini
How much is it?	Quanto costa ?	Very delicious	Molto delizioso
What's the time?	Qual è il momento ?	I don't want	Non voglio
Very expensive	Molto costoso	Not too spicy	Non troppo piccante
See you again	Rivederti	No sugar	Senza zucchero
Goodbye	Arrivederci	The bill please	Il conto per favour
Good luck	Buona fortuna		

Numbers		Directions	
One	Uno	I want to go...	Voglio andare
Two	Due	Where is...?	Dov'è...?
Three	Tre	Turn left	Girare a sinistra
Four	Quattro	Turn right	Girare a destra
Five	Cinque	Go straight	Andare dritto
Six	Sei	Stop here	Fermarsi qui
Seven	Sette	Slow down	Rallentare
Eight	Otto	Be careful	Attenzione
Nine	Nove		
Ten	Dieci		
Twenty	Venti		
Thirty	Trenta		
Forty	Quaranta		
One Hundred	Cento		
One Thousand	Mille		

Places			
Airport	Scalo	Market	Mercato
Bus station	Stazione degli autobus	Police Station	Posto di polizia
Embassy	Ambasciata Hotel	Beach	Spiaggia

## Phone Numbers

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

Emergency number (for all services): 112

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