

The Maldives

Private beaches, palm-fringed islands, cooling sea

According to legend, the iconic white sands and blue waters were first discovered by an ancient sea faring people from Northern India around 2,500 years ago. Since then, the Maldives has been a secluded and beautiful tropical haven for travellers looking for a taste of paradise. This small archipelago, of some 200 islands and atolls, sports a hidden world of blossoming coral reefs and marine diversity. An avid water sports fanatic could not ask for a more picturesque setting for a holiday of paddle boarding, sailing or swimming.

Health and Fitness Travel Insider

"Every resort in the Maldives is on its very own island with bright white beaches and clear cyan waters providing you with a taste of heaven on earth."

Paul Joseph, Founder

Passport

Before flying make sure to check that your passport has plenty of time before it expires, and we always recommend leaving at least 6 months validity on your passport.

Your passport will need to be valid for at least 6 months from your day of entry into the Maldives. Entry is normally refused if you have a damaged passport or missing pages.

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

Visa

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

British citizens can get a tourist visa for up to 30 days on arrival in the Maldives when providing the immigration official with a valid onward/return ticket and proof of funds to cover the full stay.

Visa requirements are subject to change and we therefore recommend checking the up to date requirements. This website allows you to select your nationality and the country you are flying to: <http://www.visahq.co.uk>

Overstaying your visa is an offence, please make sure you exit the country before your visa expiration.

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 **Malé** from the UK usually take around 11 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](#).

Health & Fitness

TRAVEL

Location

Time Difference: GMT + 5

Capital City: Malé

Currency: Maldivian rufiyaa

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 night, adopt the local bedtime and try to go to sleep.

Airport

You will be flying into **Malé International Airport (MLE)**. You will then take a connecting sea plane flight to COMO Maalifushi. 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. Taxi drivers are also likely to offer their 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 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

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/maldives>

Medical facilities are limited. There are only a handful of fully equipped hospitals on the capital island, Malé and in Hulhumale. Although most resort islands are within reach of a doctor, (and some high-end resorts have their own medical facilities), many are several hours' travel away from the hospital facilities on Malé.

Language

Most people in the resort you will be staying in will be well practiced in English. However, the national language of The Maldives is Divehi and here are a few basic phrases:

Basics

Hello	Assalaam `alaikum
Yes	Aan
no	Noon
Please	Pleez
Thank you	Shukuriyyaa
You're welcome	Maruhabaa
Excuse me	vaguthukolhehdhee
I'm sorry	Soree
Goodbye	Varah salaan
Good morning	Baajjaveri hendhuneh
Good night	Baajjaveri reyakah edhen
How are you?	Haalu kihineiy?
Fine, thank you	Fain, shukuriyyaa
What is your name?	Thibaage namakee koba?
Nice to meet you	bahdhaluveethee ufaakuran
Do you speak English?	In'gireysi bahun vaahaka dhakkanee heyeyeve?
Help!	Eheevun!
I only eat vegetarian food	aharen kaanee hamaekani vejeteyrian kaanaaeve
Can I use your phone?	Thi foanu beynun kureveynetha?
How much does it cost?	Kihaavaregge kharadheh heyeyeve?

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: 119

Ambulance: 102

Fire: 118

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