

Spain

Vibrant atmosphere, stunning beaches, outgoing people and mouth-watering cuisine.

Spain has the third highest number of UNESCO World Heritage Sites which should be of little surprise to anyone who has come into contact with just some of the incredible culturally history of the Iberian Peninsula. Most contact between the UK and Spain is made at the Costa Del Sol but there is so much more to this country than sunny seaside resorts. It was the birthplace of some of the greatest artists in human history: Salvador Dali, Pablo Picasso and Diego Velazquez. The cities of Madrid, Barcelona and Seville are some of the most beautiful in Europe, each with their own distinctive feel. For its coasts, culture and cities, Spain has justifiably become the second most popular country for tourism in the world.

Health and Fitness Travel Insider

“From Spain’s big modern cities to its sleepy villages and luxury coastal resorts, there is a wealth of things to see and do wherever you go in this fascinating country.”

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.

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>

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>

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 Alicante, Ibiza, Mallorca, Murcia, Malaga, Spain from the UK usually take around 2 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.

Location

Time Difference: GMT + 1

Capital City: Madrid

Currency: Euro

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 **Alicante (ALC)**, **Ibiza (IBZ)**, **Mallorca (PMI)**, **Murcia (MJV)** or **Malaga (AGP)** airport. 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

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/europe-russia/spain>

If you're visiting Spain 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 Spanish 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 the Spanish people speak good English, especially the younger generation, but here are some useful phrases in Spanish:

Basics		Food and Drink	
Hello	Hola	Could I have...?	Puedo tomar...?
How are you?	Que tal?	Water	El agua
Fine	Bien	Tea	El té
Thank you	Gracias	Coffee	El café
Please	Por favor	Beer	La cerveza
What's your name?	Como te llamas?	Orange juice	El zumo de naranja
My name is...	Me llamo	Ice	El hielo
Sorry/excuse me	Lo siento/ Perdon	Chicken	El pollo
I can't speak Spanish	No hablo el espanol	Fish	El pescado
Can you speak English?	Hablas el ingles?	Prawns	Las gambas
Do you understand?	Comprendes?	Beef	La carne
I don't understand	No comprendo	Rice	El arroz
Where is the toilet?	Donde esta el servicio?	Vegetables	Las verduras
How much is it?	Cuanto cuesta?	Fruit	La fruta
What's the time?	A que hora es?	Chilies	Los chiles
Very expensive	Muy caro	Very delicious	Muy delicioso
The bill please	La cuenta por favour	I don't want	No quiero
See you again	Hasta luego	Not too spicy	Demasiado picante
Goodbye	Adios	No sugar	Sin azúcar
Good luck	Buena suerte		

Numbers		Directions	
One	Uno	I want to go...	Quiero ir a...
Two	Dos	Where is...?	Donde esta...?
Three	Tres	Turn left	Gire a la izquierda
Four	Cuatro	Turn right	Gire a la derecha
Five	Cinco	Go straight	Siga recto
Six	Seis	Stop here	Detengase aqui
Seven	Siete	Slow down	Ralentizar
Eight	Ocho	Be careful	Tenga cuidado
Nine	Nueve		
Ten	Diez		
Twenty	Viente		
Thirty	Treinta		
Forty	Quarenta		
One Hundred	Cien		
One Thousand	Mil		

Places			
Airport	El aeropuerto	Market	El mercado
Police station	La estacion de policia	Bus Station	La estacion de autobuses

Embassy La embajada
Hotel El hotel

Beach La playa
Toilet El servicio

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.

European Emergency number (for all services): 112

National services:

- **Police:** 091
- **Health emergency:** 061
- **Fire:** 080

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