

Switzerland

Extraordinary skiing, innovative culture, alpine forests and rich cuisine

Bordering four countries, Switzerland is rich with culture. The cities of Zurich, Geneva and Bern are home to avant-garde artistry, attention-grabbing architecture and classically indulgent foods. The rural landscape is no less staggering. Clusters of quaint alpine cabins, nestled between fresh water lakes and sweeping pine forests, provide fire-lit sanctuaries to the cold. Breathe in the cool mountain top air and push out all lingering anxiety with a wellness retreat in Switzerland.

Health and Fitness Travel Insider

“Everyone must visit the sensational mountain ranges of Switzerland. Enjoy breathtaking views in this fantastic country that takes wellness very seriously.”

Paul Joseph, Founder

Travel Logistics

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 your proposed length of stay in Switzerland, and no longer.

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

Visa

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

If you hold a British passport, you don't need a visa to enter Switzerland.

Following Brexit, British citizens will still be able to visit countries in the Schengen area or elsewhere in the EU for up to 90 days without a visa.

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 **Zurich** 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](#).



Health & Fitness

TRAVEL

Location

Time Difference: GMT + 1

Capital City: Bern

Currency: Swiss Franc

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 **Zurich International (ZRH) 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. 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/europe-russia/switzerland>

When travelling you should get a free European Health Insurance Card (EHIC). The EHIC entitles you to state provided medical treatment that may become necessary during your trip. Any treatment provided is on the same terms as Swiss nationals.

Language

Given Switzerland's many borders, there are numerous languages prevalent in the country. However, the most spoken language is German. Here are so useful words and phrases to help you on your trip:

Basics		Food and Drink	
Hello	Hallo	Could I have...?	Konnte ich haben..?
How are you?	Wie gehts?	Water	Wasser
Fine, thank you	Gut, Danke	Tea	Tee
Never mind	Keine ursache	Coffee	Kaffee
What's your name?	Wie heisst du?	Beer	Bier
My name is...	Mein name ist...	Wine	Wein
Sorry/excuse me	Bedauere/entschuldigung	Milk	Milch
I can't speak	Ich kann nicht deutsch	Ice	Eis
German	sprechen	Chicken	Hahnchen
Can you speak	Sprechen die englisch	Fish	Fisch
English?		Beef	Rindfleisch
Do you understand?	Verstehst du?	Pork	Schweinefleisch
I don't understand	Ich verstehen nicht	rice	Reis
Where is the toilet?	Wo ist die toilette	bread	Brot
How much is it?	Wie viel kistet das	Cheese	Kase
What's the time?	Wie viel uhr ist es?	Tasty	Lecker
Expensive	Teuer	Sugar	Zucker
See you again	Wir sehen uns wieder	I'm hungry	Ich habe hunger
Goodbye	Auf Wiedersehen	Not too spicy	Nicht zu scharf
		The bill please	Die rechnung bitte

Numbers		Directions	
One	Eins	I want to go...	Ich will gehen
Two	Zwei	Where is...?	Wi ist...?
Three	Drei	Turn left	Biegen sie links ab
Four	Vier	Turn right	Biegen sie rechts ab
Five	Funf	Go straight	Geh geradeaus
Six	Sechs	Stop here	Stoppe hier
Seven	Sieben	Slow down	Langsamer
Eight	Acht	Be careful	Achtung
Nine	Neun		
Ten	Zehn		
Twenty	Zwanzig		
Thirty	Dreissig		
Forty	Vierzig		
One Hundred	Einhundert		
One Thousand	Eintausend		

Places

Airport	Flughafen	Market	Markt
Bus station	Bushaltestelle	Police Station	Polizeistation
Embassy	Botschaft	Beach	Strand
Hospital	Krankenhaus	Toilet	Toilette

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: 112

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