

# Health & Fitness TRAVEL

## Austria

**Experience the perfect blend of nature, relaxation and culture in picturesque Austria!**

Austria is the ideal wellness getaway destination with its stunning Alpine scenery and natural hot springs. Indulge in relaxing spa treatments and soak in mineral rich thermal baths at the luxurious retreats on offer. Make the most of the glorious scenery with long hikes and be sensationalised by Austria's culinary delights.

### Health and Fitness Travel Insider

"Travelling to Austria is an unforgettable travel experience with its breathtaking landscapes, rich history and warm hospitality."

Paul Joseph, Founder



## Travel Logistics

### Passport

Before flying make sure to 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. It must also be issued less than 10 years before the date you enter the country.

Before flying make sure to check that your passport has plenty of time before it expires. Your passport will need to be valid for at least 6 months from your day of arrival in Austria. However, we always recommend leaving at least 6 months validity on your passport.

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

### Visa

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

**Less than 90 days:** Citizens of the UK entering Austria and the Schengen Area can stay up to 90 days within any 180-day period without a visa. Most other nationalities can also do the same. To see if you are eligible for visa free entry on arrival or for a tourist and transit visa on arrival check here:

<https://www.gov.uk/foreign-travel-advice/austria/entry-requirements>

**More than 90 days:** If you choose to stay more than 90 days you should apply for a visa before you travel. We advise applying for your visa at least one month in advance of your holiday to allow room for error. To extend your stay you will need to meet the Austrian government's entry requirements. Check with the Austrian Embassy for the type of visa or work permit you may need.

You can apply for your travel visa here: <https://www.bmeia.gv.at/en/austrian-embassy-london/>

### 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 Austria from the UK has an average of 2 flight duration of around 2 hours if flying from London. 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](#).



AUSTRIAN TRAVEL GUIDE

## Location

Time Difference: GMT +1

Capital City: Vienna

Currency: Euro (EUR)

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.

There is likely to be only mild effects from jet lag considering the one-hour time difference. But to reduce such it is best to stay hydrated, avoid alcohol and caffeine and ensure that you get plenty of rest before the flight. It is ideal to adjust to the new time zone as quickly as possible to reduce further jet lag by sleeping and eating according to the local time.

## Airport

There are several airports that you can fly from the UK into Austria. These include: **Vienna International Airport (VIE), Salzburg Airport (SZG), Innsbruck Airport (INNI), Graz Airport (GRZ), Linz Airport (LNZ)**. 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.

It is not common to tip porters in Austria, but it is still appreciated for good service. Tipping Taxi Drivers is not mandatory either, but it is common practice to do so if there is a high fare. But it is up to you whether you would like to or not.

## 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/indonesia>

The standard of local medical care can be poor and some medical tests can't be done reliably. Good medical care can be very expensive and in remote areas attention for serious injuries or illness is likely to be unavailable. You may require expensive medical evacuation costing up to tens of thousands of pounds. Make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment abroad and repatriation.

## Language

The official language of Austria is German which the majority of people speak. Although there also small groups that speak Croatian, Hungarian, Slovene and Burgenland Croatian. Here are some useful phrases in German:

| Basics                 |                            | Food and Drink   |                            |
|------------------------|----------------------------|------------------|----------------------------|
| Hello                  | Hallo                      | Could I have...? | Könnte ich bitte haben...? |
| How are you?           | Wie geht es dir?           | Water            | Wasser                     |
| Fine                   | Gut / Fein                 | Tea              | Tee                        |
| Thank you              | Danke                      | Coffee           | Kaffee                     |
| Never mind             | Macht nichts               | Beer             | Bier                       |
| What's your name?      | Wie heißen Sie?            | Milk             | Milch                      |
| My name is...          | Ich heiße...               | Iced water       | Eiswasser                  |
| Sorry/excuse me        | Entschuldigung /Verzeihung | Noodles          | Nudeln                     |
| I can't speak German   | Ich kann kein Deutsch      | Fish             | Fisch                      |
| Can you speak English? | Sprechen Sie Englisch?     | Prawn            | Garnele                    |
| Do you understand?     | Verstehst du?              | Egg              | Ei                         |
| I don't understand     | Ich verstehe nicht         | Rice             | Reis                       |
| Where is the toilet?   | Wo ist die Toilette?       | Fruit            | Obst                       |
| How much is it?        | Wie viel kostet das?       | Very delicious   | Sehr lecker                |
| What's the time?       | Wie viel Uhr ist es?       | I don't want     | Ich möchte nicht           |
| Very expensive         | Sehr teuer                 | Not too spicy    | Nicht zu scharf            |
| The bill please        | Die rechnung bitte         | No sugar         | Ohne Zucker                |
| See you later          | Bis später                 |                  |                            |
| Goodbye                | Auf Wiedersehen            |                  |                            |

| Numbers      |         | Directions      |                      |
|--------------|---------|-----------------|----------------------|
| One          | Eins    | I want to go... | Ich möchte gehen...  |
| Two          | Zwei    | Where is...?    | Wo ist...?           |
| Three        | Drei    | Turn left       | Biegen Sie links ab  |
| Four         | Vier    | Turn right      | Biegen Sie rechts ab |
| Five         | Fünf    | Go straight     | Gehen Sie geradeaus  |
| Six          | Sechs   | Stop here       | Hier anhalten        |
| Seven        | Sieben  | Slow down       | Langsamer werden     |
| Eight        | Acht    | Be careful      | Seien Sie vorsichtig |
| Nine         | Neun    |                 |                      |
| Ten          | Zehn    |                 |                      |
| Twenty       | Zwanzig |                 |                      |
| Thirty       | Dreißig |                 |                      |
| Forty        | Vierzig |                 |                      |
| Fifty        | Fünzig  |                 |                      |
| One Hundred  | Hundert |                 |                      |
| One Thousand | Tausend |                 |                      |

## Places

|             |           |                |                |
|-------------|-----------|----------------|----------------|
| Airport     | Flughafen | Police Station | Polizeistation |
| Bus station |           | Hospital       |                |

## 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.

Police: 112

Ambulance: 112

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