

## Cyprus

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**Dazzling beauty, year-long sunshine, relaxing atmosphere and welcoming people.**

Cyprus is a beautiful destination which rests in the stunning blue waters of the Mediterranean and encompasses two spectacular mountain ranges: the Kyrenia and the Troodos Mountains; the second of which is home to the mythical Mount Olympus. Boasting glorious beaches and one of the healthiest environments in the world, Cyprus guarantees a memorable experience for any wellness enthusiast.

### **Health and Fitness Travel Insider**

“Cyprus is an excellent wellness destination – particularly for its warm climate, friendly people and fantastic food.”

Paul Joseph, Founder

## Passport

Before flying make sure to check that your passport has plenty of time before it expires. For EU citizens a passport valid for the duration of stay is required whilst for non-EU visitors' passports must be valid for a minimum of three months from the date of return. However, we always recommend leaving with at least 6 months validity on your passport.

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, including Cyprus, 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.com/>

## 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 Cyprus from the UK usually take around 4.5 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

— T R A V E L —

## Location

Time Difference: GMT + 2

Capital City: Nicosia

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 **Paphos International Airport (PFA)**. 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 using 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 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/cyprus>

If you're visiting Cyprus 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 Cypriot 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 country of Cyprus has two official languages: Greek and Turkish. Eight per cent of the locals in Paphos speak Greek while 20 per cent speak Turkish. The majority speak good English, so we suggest you use English when travelling in Cyprus. Other international languages such as French, Russian, German, Armenian and Arabic are recognised as minority languages.

## 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 services: 112

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