

# Portugal

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**Unspoilt beaches, enchanting history, a Mediterranean climate and quaint village life.**

Portugal is one of the most incredible European nations for visitors, boasting diverse and copious wildlife, stunning coastline and picturesque mountains. With idyllic beaches, a leading capital city and a charming heritage, Portugal has something to suit all tastes in travel.

## Health and Fitness Travel Insider

"Portugal has a wide variety of scenic beauty: tranquil beaches and secluded coves; mesmerising sandstone cliffs that rise from the white of the surf. The Portuguese landscape is as staggering and varied as the exquisite cuisine."

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.

**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: <https://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 Faro, Portugal, from the UK usually take around 2.5 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](#).



The logo for Health & Fitness TRAVEL is centered at the top. It features the words "Health" and "Fitness" in a white serif font, with a stylized yellow infinity symbol between them. Below this, the word "TRAVEL" is written in a smaller, white, all-caps sans-serif font, flanked by two horizontal lines.

# Health & Fitness

## TRAVEL

### Location

**Time Difference:** GMT + 1

**Capital City:** Lisbon

**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 **Faro (FAO)**, **Lisbon Portela (LIS)** or **Madeira (FNC)** airport, Portugal. 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/portugal>

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

Basics		Food and Drink	
Hello	Olà	Could I have...?	Eu poderia ter..
How are you?	Como Vai?	Water	Água
Fine	Maltar	Tea	Chà
Thank you	Obrigado	Coffee	Café
Never mind	Não se preocupe!	Beer	Cerveja
What's your name?	Qual o seu nome?	Wine	Vinho
My name is...	Meu nome é	Ice	Gelo
Sorry/excuse me	Descuple / Com licenca	Chicken	Frango
I can't speak Portuguese	Eu não sei falar portuges	Fish	Peixe
Can you speak English?	Voce pode falar em ingles?	Prawn	Camarão
Do you understand?	Voce entende?	Beef	Carne
I don't understand	Eu nao entendo	Pork	Carne de porco
Where is the toilet?	Onde e o banheiro?	Chilies	Pimentões
How much is it?	Quanto isso custa?	Dish of the day	Prato do dia
What's the time?	Que horas são?	Very delicious	Muito delicioso
Very expensive	Muito caro	I don't want	Eu não quero
See you again	Ver voce de novo	Not too spicy	Não muito picante
Goodbye	Adeus	No sugar	Sem açúcar
Good luck	Boa sorte	The bill please	A conta por favor

Numbers		Directions	
One	Um	I want to go...	Eu quero ir...
Two	Dois	Where is...?	Onde e...?
Three	Tres	Turn left	A esquerda
Four	Quarto	Turn right	A direita
Five	Cinco	Go straight	Siga sempre a direito
Six	Seis	Stop here	Pare
Seven	Sete	Slow down	Desacelerar
Eight	Oito	Be careful	Ser cuidadoso
Nine	Nove		
Ten	Dez		
Twenty	Vinte		
Thirty	Trinta		
Forty	Quarenta		
One Hundred	Cem		
One Thousand	Mil		

Places			
Airport	Aeroporto	Market	Mercado
Bus station	Rodoviária	Police Station	Delegacia de polícia
Embassy	Embaixada	Beach	Praia
Hotel	Hotel	Toilet	Banheiro
Hospital	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.

**Emergency number (for all services): 112**

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