

Qatar

**From the sandy desert to the deep blue sea,
Qatar is a sun shined, vibrant destination!**

Immerse yourself in the traditional Qatari hospitality and experience a true oasis of calm amidst the hustle and bustle of modern life. From the soothing sound of the Arabian Sea to the tranquil sands of the desert, Qatar offers a unique and indulgent wellness experience.

Health and Fitness Travel Insider

“Discover a new sense of wellbeing in Qatar, where the blend of traditional therapies and contemporary techniques in luxurious surroundings create a sanctuary of relaxation.”

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.

Your passport will need to be valid for at least 6 months from your day of arrival in Qatar. 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/qatar/entry-requirements>

Visa

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

Less than 30 days: Full British Citizens entering Qatar can get a free 30 day visa-waiver on arrival to Qatar. But if you are travelling for any other reason than tourism then you will need to apply for a visa before you travel. For further information about Visa's read the following:

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

More than 30 days: If you choose to stay more than 30 days you will need to apply for an extension on your visa waiver before it expires. This can be done through the Ministry of Interior.

For further information about visa requirements and extensions visit the Qatar Ministry of Interior website here: <https://portal.moi.gov.qa/qatarvisas>

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 Qatar from the UK, London, the total flight duration is around 6 to 7 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 +3

Capital City: Doha

Currency: Qatari Riyal

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 **Hamad International Airport (DOH)**, Doha. 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.

Tipping is not common practice in Qatar; therefore, you are not expected to tip the porters or taxi drivers. However, that does not mean that you can give a small amount as a show of appreciation if thought appropriate.

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/middle-east/qatar>

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 Qatar is Arabic. Here are some useful phrases in Arabic:

Basics		Food and Drink	
Hello	Mrhban	Could I have...?	hal astatiea?
How are you?	Kayf halika?	Water	ma'
Fine	Bikhayr	Tea	shay
Thank you	Shkran lak	Coffee	qahwa
Never mind	La tahtama	Beer	jieatan
What's your name?	Ma asmuk?	Milk	laban
My name is...	Asmi hu	Iced water	ma' muthalaj
Sorry/excuse me	'ana asf / aiedhirni	Noodles	almaekaruna
I can't speak Arabic	La aistutie altahaduth bialearabia	Fish	samaka
Can you speak English?	Yumkinuk takalum al'iinjiliziati?	Prawn	rwbyan
Do you understand?	Hal tafhama?	Egg	bayda
I don't understand	La'afham	Rice	'arz
Where is the toilet?	'ayn alhamami?	Fruit	fakiha
How much is it?	Kam sierahu?	Very delicious	ladhidh jidana
What's the time?	Kam alsaaeati?	I don't want	'ana la 'urid
Very expensive	Ghali jidana	Not too spicy	lays har jidana
The bill please	Alfaturat min fadlik	No sugar	bidun sukar
See you later	'arak lahqan		
Goodbye	Mae alsalama		
Numbers		Directions	
One	wahid	I want to go...	'urid 'an 'adhaba...
Two	aithnayn	Where is...?	'ayn hu...?
Three	thalatha	Turn left	aineataf lilyasar
Four	'arbaea	Turn right	aineataf yaminan
Five	khamisa	Go straight	aintalaq al'amam
Six	sita	Stop here	tawaqaf huna
Seven	sabea	Slow down	aibti
Eight	thamania	Be careful	ahris
Nine	tise		
Ten	eashra		
Twenty	eishrin		
Thirty	thalathwun		
Forty	'arbaeyn		
Fifty	khamswun		
One Hundred	miaya		
One Thousand	'alf		
Places			

Health Fitness

T R A V E L

— the wellness holiday specialists —

Airport Bus station Embassy	matar mahatat albas alsifara	Police Station Hospital Toilet	qism alamin mustashfaa alhamam
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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: 999

Ambulance: 999

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