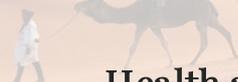


Morocco

A uniquely rich culture centred on religion and tradition, surrounded by astonishing deserts, beaches and mountains.

Found in the vibrant heart of North Africa, this captivating country beckons travellers with its rich history, breathtaking landscapes and warm hospitality. Morocco offers an extraordinary blend of cultural heritage and natural wonders, from bustling markets and ancient medinas to majestic desert dunes and coastal paradises.



Health and Fitness Travel Insider

"Morocco is a place where you can lose yourself in the maze-like medinas, feel the sand beneath your feet in the desert, and be embraced by the warmth of its people. It's a destination that invites you to step out of your comfort zone and discover the beauty of embracing the unknown."

Paul Joseph, Health and Fitness Travel Founder



Location

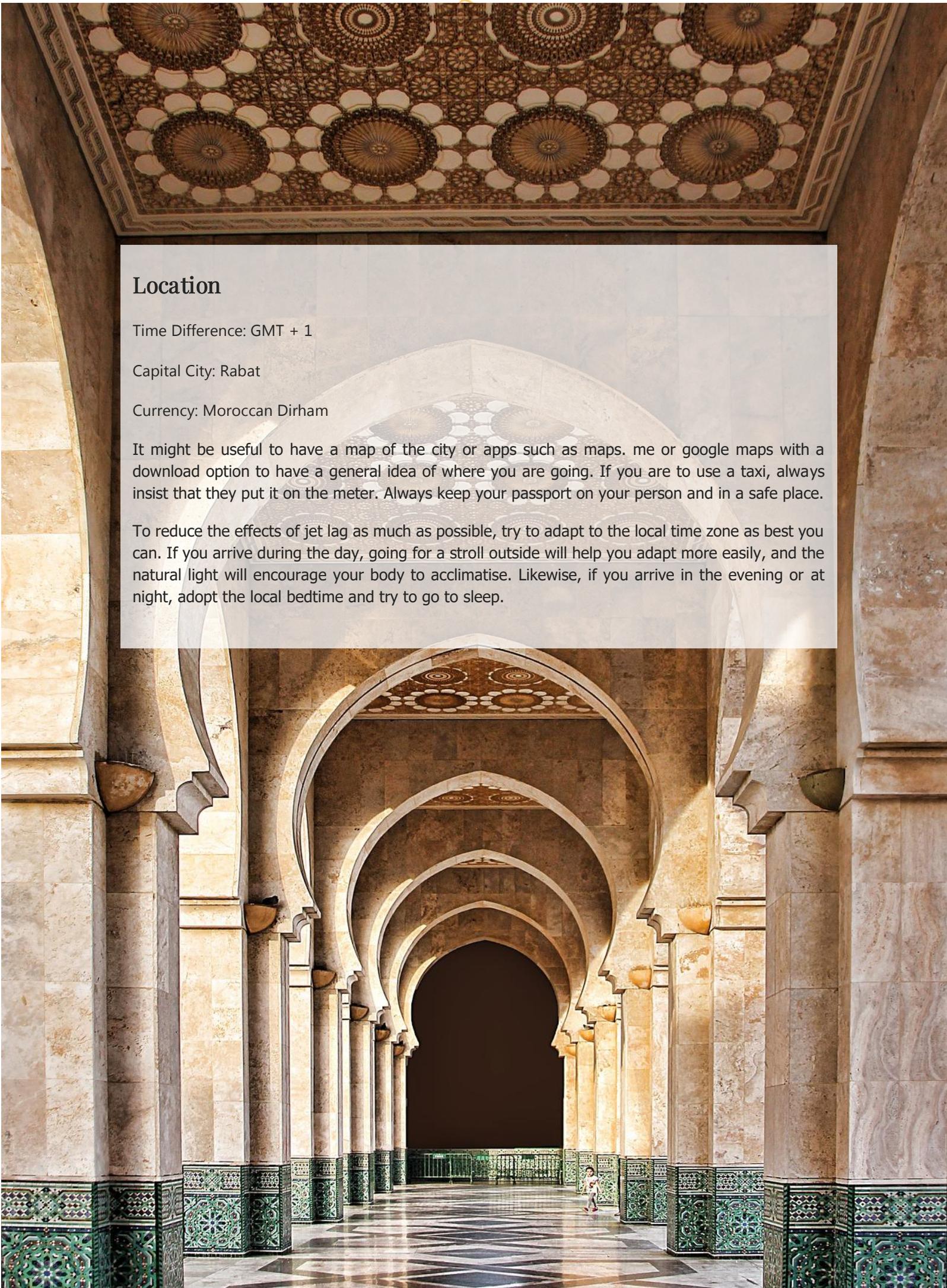
Time Difference: GMT + 1

Capital City: Rabat

Currency: Moroccan Dirham

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 at night, adopt the local bedtime and try to go to sleep.



Travel Logistics

Passport

Before flying, 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.

Your passport must be valid for at least three months after arriving in Morocco. However, we always recommend leaving your passport at least six months of validity.

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

Visa

Before your holiday, checking whether you need a Visa to fly to your chosen destination is important.

Visas are not required for stays in Morocco under 3 months. British nationals who wish to stay longer can get extensions from the local police station. For more information, head to the government website: <https://www.consulat.ma/en/ordinary-visas>

Visa requirements are subject to change, and we recommend checking the current requirements. This website allows you to select your nationality and the country you are flying to:

Overstaying your visa is an offence; please ensure you exit the country before your visa expires.

Flights

From the UK: Please check your travel documentation for your flight details. You will need your flight, booking and transfer vouchers, and passport. Flights to **Casablanca/Marrakech** from the UK usually take around 4 hours. The typical baggage allowance is 20 – 23 kilograms for economy class, but we advise you to 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](#).

Airport

You will fly into **Mohammed V International Airport in Casablanca/Menara Airport in Marrakech**. After going through passport control and collecting your luggage, you must go 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 you do not want this, just politely (and firmly, if necessary) say no. Taxi drivers are also likely to offer 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 will make several trips a year.

It is also important to consider repatriation insurance if 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/africa/morocco>

Local medical facilities in Morocco are not comparable to those in the UK, especially in more remote areas. In major cities, private medical care is available but expensive. A list of the most commonly used hospitals can be found on the British High Commission website.

Phone Numbers

In the unlikely event of something going wrong with your travel plans, writing down the necessary phone numbers somewhere safe is important. You should promptly contact your insurance/medical assistance company if you are referred to a medical facility for treatment.

Police: 190

Ambulance: 150

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

Language

Most people in Morocco speak Moroccan Arabic (Darija) and Standard Moroccan Berber. Here are some useful phrases in Moroccan Arabic

Basics		Food and Drink	
Hello	ssalamū 'lekum	Could I have...?	Hal astatie ?
How are you?	kīf halek?	Water	Maa
Fine	Bikheer	Tea	`ataay
Thank you	Shokran	Coffee	qhwa
Never mind	Gheer Koon Haanee	Beer	beerraa
What's your name?	Shnoo Smeetek ?	A bottle of...	zujajatan man
My name is...	Smeetee	Dish of the day	tabaq alyawm
Sorry/excuse me	Asf	Chicken	Djaaaj
I can't speak Moroccan	La `astatie	Fish	Hoot
	altahaduth	Prawns	Jumbiri
Can you speak English?	bialmaghrib	Beef	Bgree
	yumkinuk takalum	Rice	Rooz
Do you understand?	al'iinjilizia	Chilies	Fifla
I don't understand	Hal Tufham	Very delicious	Bneen
Where is the toilet?	La `afham	I don't want	`ana la `urid
How much is it?	`ayn almirhad	Not too spicy	Lays har jidana
What's the time?	Kam sieruh	No sugar	Bidun sukar
Very expensive	Magkano ito ?	The bill please	Alfaturat min
See you again	ghaalee		fadlik
Goodbye	`aruk lahqan		
Good luck	bslaama		
	hazun saeid		
Numbers		Directions	

Health & Fitness

T R A V E L

the wellness holiday specialists

One	waaHd	I want to go...	`urid `an `adhhab
Two	Jooj	Where is...?	`ayn hu
Three	tlaata	Turn left	Aineataf lilyasar
Four	rb3a	Turn right	Aineataf yaminan
Five	khamisa	Go straight	Aintalaq al'amam
Six	stta	Stop here	Tawaqaf huna
Seven	sb3a	Slow down	aibti
Eight	tmeneeya	Be careful	ahris
Nine	ts3ood		
Ten	3shra		
Twenty	3shereen		
Thirty	tlaateen		
Forty	rb3ayn		
One Hundred	meeya		
One Thousand	`alf		
Places			
Airport	maTaar	Market	Sooq
Bus station	blaaSa	Police Station	Koomeesaareeya
Embassy	Seefaara	Beach	Shati
Hotel	`oteel	Toilet	Beet
Hospital	SbeeTaar		