

## Dominican Republic

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**Vibrant island with diverse, panoramic scenery, and an abundance of opportunities for fitness pursuits.**

A destination that something to offer for everyone – families, solo travellers, couples, avid explorers... This dazzling Island is home to silky sanded beaches, rich culture and exciting activities; it is an ideal location for both a relaxing and adventurous holiday!

### Health and Fitness Travel Insider

“This enamouring island offers the perfect opportunity to get a full refresh, with its crystal-clear waters and palm-fringed beaches.”

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 Dominican Republic. 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/dominican-republic/entry-requirements#entry-rules-in-response-to-coronavirus-covid-19>

### Visa

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

**Less than 30 days:** Citizens of the UK entering Dominican Republic do not need a visa for visits up to 30 days. 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/dominican-republic/entry-requirements#entry-rules-in-response-to-coronavirus-covid-19>

**More than 30 days:** If you choose to stay more than 30 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. By paying an extension you can stay up to 120 days. This can be done online at the Dominican Directorate General for Migration website or at the airport on departure.

You can apply for your travel visa here: <https://migracion.gob.do/en/servicio/stay-extension/>

### 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 Dominican Republic from the UK can be flown directly when booking with TUI, Qatar Airways, Iberia and British Airways. The total flight duration is around 9 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

# Health & Fitness

T R A V E L

— the wellness holiday specialists —

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 +5

Capital City: Santo Domingo

Currency: Dominican Peso (most places take US Dollar)

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

The most popular airports to fly into Dominican Republic from the UK are **Punta Cana International Airport (PUJ)**, **Las Americas International Airport (SDQ)** and **Gregorio Luperón International Airport (LRM)**. 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. If you are willing to tip, it is best to do so with Pesos if possible. Taxi drivers are also likely to offer their 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 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/caribbean/dominican-republic>

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 majority of people in Dominican Republic speak Spanish. Many people in the tourist industry will speak English but to ease your travels; here are some useful phrases in Spanish:

Basics		Food and Drink	
Hello	Halo	Could I have...?	¿Podría darme...?
How are you?	¿Cómo estás?	Water	Agua
Fine	Bien	Tea	Té
Thank you	Gracias	Coffee	Café
Never mind	No importa	Beer	Cerveza
What's your name?	¿Cómo te llamas?	Milk	Leche
My name is...	Me llamo	Iced water	Agua helada
Sorry/excuse me	Lo siento	Noodles	Fideos
I can't speak Spanish	No puedo hablar español	Fish	Pescado
Can you speak English?	¿Hablas inglés?	Prawn	Camarón
Do you understand?	¿Entiendes?/ ¿Comprendes?	Egg	Huevo
I don't understand	No entiendo	Rice	Arroz
Where is the toilet?	¿Dónde está el baño?	Fruit	Fruta
How much is it?	¿Cuánto cuesta?	Very delicious	Muy delicioso(a)
What's the time?	¿Qué hora es?	I don't want	No quiero
Very expensive	muy caro	Not too spicy	No muy picante
The bill please	La cuenta, por favor	No sugar	Sin azúcar
See you later	Hasta luego		
Goodbye	Adiós		

Numbers		Directions	
One	Uno	I want to go...	Quiero ir a...
Two	Dos	Where is...?	¿Dónde está...?
Three	Tres	Turn left	Gire/ Dobla a la izquierda
Four	Cuatro	Turn right	Gire/ Dobla a la derecha
Five	Cinco	Go straight	Siga derecho / Vaya derecho
Six	Seis	Stop here	Deténgase aquí / Pare aquí
Seven	Siete	Slow down	Reduzca la velocidad / Desacelere
Eight	Ocho	Be careful	Ten cuidado / Sé cuidadoso(a)
Nine	Nueve		
Ten	Diez		
Twenty	Viente		
Thirty	Treinta		
Forty	Cuarenta		
Fifty	Cincuenta		
One Hundred	Cien		
One Thousand	Mil		

## Places

Airport	Aeropuerto	Police Station	Estación de policía
Bus station	Estación de autobuses	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.

Police: 911

Ambulance: 911

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