

# France

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**Unwavering culture, Glorious coastlines, romantic views and indulgent cuisine.**

France is embodied by numerous worlds: the timeless glamour of the Riviera; the historic beauty of medieval villages; the romantic yet modern aura of Paris. Within these different worlds, there is always an immense pride in cuisine, art, history and culture. They champion their individuality and their distinct way of life. Regardless of which world you choose, immersing yourself in the vibrant and varied tapestry of France is an unforgettable experience.

## Health and Fitness Travel Insider

“A typical day in France could have you exploring medieval castles, wine tasting at world renowned wineries, visiting small fishing villages on the coast with quiet beaches and sampling the delicious local food by the evening.”

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, including Greece, 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>

Visa requirements are subject to change and we therefore recommend checking the up to date requirements. This website allows you to select your nationality and the country you are flying to: <http://www.visahq.co.uk>

## 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 France from the UK usually take around 1-2 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

TRAVEL

## Location

Time Difference: GMT + 1

Capital City: Paris

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 **Lyon Saint Exupery (LYS) Airport or Charles De Gaulle Airport (CDG)**. 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. 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/europe-russia/france>

When travelling you should get a free European Health Insurance Card (EHIC). The EHIC entitles you to state provided medical treatment that may become necessary during your trip. Any treatment provided is on the same terms as French 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 national language of France is French. Here are some useful phrases:

Basics		Food and Drink	
Hello	Bonjour	Could I have...?	Je prends...
How are you?	Comment ça va?	Water	L'eau
Fine	Bien	Tea	Té
Thank you	Merci	Coffee	Café
Don't worry	Ne vous inquiétez pas	Beer	Bière
What's your name?	Comment appelez-vous?	Orange juice	Jus d'orange
My name is...	Je m'appelle	Ice	Glaçons
Sorry/excuse me	Pardon/ Excusez-moi	Chicken	Poulet
I can't speak French	Je ne parle pas le français	Fish	Poisson
Can you speak English?	Parlez-vous l'anglais?	Prawns	Crevettes
Do you understand?	Vous comprenez?	Beef	Beouf
I don't understand	Je ne comprends pas	Rice	Riz
Where is the toilet?	Où est la toilette?	Chilies	Piments
How much is it?	Ça coute combien?	Very delicious	Très délicieux
What's the time?	A quelle heure est-il?	I don't want	Je ne veux pas
See you later	A toute à l'heure	Not too spicy	Trop épicé
Goodbye	Au revoir	No sugar	Sans sucre
		The bill please	L'addition s'il vous plait

Numbers		Directions	
One	Un	I want to go...	Je veux aller...
Two	Deux	Where is...?	Où est...?
Three	Trois	Turn left	Tournez à gauche
Four	Quatre	Turn right	Tournez à droite
Five	Cinq	Go straight	Allez tout droit
Six	Six	Stop here	Arretez là
Seven	Sept	Slow down	Se ralentir
Eight	Huit	Be careful	Faîtes attention
Nine	Neuf		
Ten	Dix		
Twenty	Vingt		
Thirty	Trentre		
Forty	Quarante		
One Hundred	Cent		
One Thousand	Mil		

Places			
Airport	L'aéroport	Market	Le marché
Bus station	La station de bus	Police Station	Le commissariat
Embassy	L'ambassade	Beach	La plage

## 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: 112

Police: 17

Ambulance: 15

Fire:18

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