

## Mauritius

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**Welcoming people, tranquil beaches, exceptional cuisine, and crystal-clear lagoons.**

Mark Twain summed up this island best: "you gather the idea that Mauritius was made first and then heaven, and that heaven was copied after Mauritius." For a country the size of Surrey, there is an incredible amount of variation in the landscape: vast ridges of granite protrude from the ground and colourful sand beaches divide the cobalt water from the verdant jungle. The former home of the dodo bird still has all the charm with which it greeted the first settlers.

### Health and Fitness Travel Insider

"Mauritius has something for everyone; lie on a beautiful beach all day long or occupy your time with limitless activities, from kayaking and sailing to yoga and tennis"

Paul Joseph, Founder

## Passport

Before flying make sure to check that your passport has plenty of time before it expires. Your passport should be valid for the duration of your stay in Mauritius and have at least one blank page. However, we always recommend leaving at least 6 months validity on your passport at all times.

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

## Visa

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

**Less than 90 days:** citizens of the UK entering Mauritius do not need a visa for visits up to 90 days. Most other nationalities can also do the same.

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: <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 Mauritius from the UK usually take around 12 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](#).

A tropical resort at dusk. The background shows a building with a thatched roof and palm trees under a twilight sky. In the foreground, there is a swimming pool with a large, illuminated, golden-colored sculpture of a person's head and shoulders. The pool reflects the sky and the surrounding landscape.

## Location

**Time Difference:** GMT + 4

**Capital City:** Port Louis

**Currency:** Mauritian rupee

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 **Sir Seewoosagur Ramgoolam International Airport** in Mauritius. 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/africa/mauritius>

Good private healthcare is available but can be costly if you are not insured. More complex cases could require evacuation to Reunion or South Africa. Make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment abroad and repatriation.

If you need emergency medical assistance during your trip, dial 999 or 114 and ask for an ambulance. You should contact your insurance/medical assistance company promptly if you are referred to a medical facility for treatment.

## Language

Most people in Mauritius are bilingual and are equally fluent in French and English. Creole and French are the main languages Here are some useful phrases in French:

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
Very expensive	Très cher	Not too spicy	Trop épicé
See you later	A toute à l'heure	No sugar	Sans sucre
Goodbye	Au revoir	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	Trente		
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
Hotel	L'hôtel	Toilet	La toilette
	L'hôpital		

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 services:** 999

**Medical assistance:** 114

**Fire service:** 115

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