

## Sri Lanka

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**The pearl of the Indian Ocean, a fantastical escape and a dream wellness destination.**

Immerse yourself in the tranquillity of Sri Lanka's serene surroundings and rejuvenate your mind, body and soul. Be dazzled by the island's natural beauty and ancient healing traditions to restore your balance and wellbeing.

### Health and Fitness Travel Insider

"From Sri Lanka's diverse landscape, to their rich cultural heritage and natural wonders, it is an island to inspire and awe."

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.

Before flying make sure to check that your passport has plenty of time before it expires. Your passport will need to be valid for at least 6 months from your day of arrival in Sri Lanka. 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/sri-lanka>

### Visa

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

**30 days:** Citizens of the UK entering Sri Lanka will need a visa, they are normally valid for 30 days. Most other nationalities can also do the same. We advise applying for your visa at least one month in advance of your holiday to allow room for error. To see if you are eligible for visa on arrival or for a tourist and transit visa on arrival check here:

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

**More than 30 days:** If you choose to stay more than 30 days, you will need to apply for an extension through the Department for Immigration and Emigration. You can phone them at +94707101050

You can apply for your extension visa here: [https://www.immigration.gov.lk/pages\\_e.php?id=14](https://www.immigration.gov.lk/pages_e.php?id=14)

### 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. 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 +5 hours and 30 minutes

Capital City: Sri Jayewardenepura Kotte (Kotte)

Currency: Sri Lankan rupee (LKR)

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 main international airports you will be flying into are either **Bandaranaike International Airport (CMB)** in Katunayake and **Mattala Rajapaksa International Airport (HRI)** in Hambantota, Bali. 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 may expect a tip, typically around 50-100 LKR. 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 if you would like to tip, a roundup of the fare is a gesture of appreciation.

## 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/asia-east/sri-lanka>

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 two main languages in Sri Lanka are Sinhala and Tamil, however Sinhala is more commonly spoken. Here are some helpful phrases in Sinhala:

Basics		Food and Drink	
Hello	āyubōvan	Could I have...?	maṭa puḷuvanda...?
How are you?	oyāṭa kohoma da?	Water	jala
Fine	hoṅdayi	Tea	tē
Thank you	oyāṭa stūtiyi	Coffee	kōpi
Never mind	gaṇan ganna epā	Beer	biyar
What's your name?	oyāgē nama kumak da?	Milk	kiri
My name is...	magē nama vannē...	Iced water	ayis vatura
Sorry/excuse me	samāvenna/samāvenna	Noodles	nūḍls
Can you speak English?	oyāṭa imgrīsi kathā kaḷa hæki da?	Fish	māḷu
Do you understand?	oyāṭa tēreṇava da?	Prawn	issan
I don't understand	maṭa tērennē næhæ	Egg	bittaraya
Where is the toilet?	væsikiliya kohēda?	Rice	sahal
How much is it?	ehi gāṇa kiya da?	Fruit	palaturu
What's the time?	velāva kiya da?	Very delicious	itā rasavat
Very expensive	itā mila adhikayi	I don't want	maṭa ōna nāe
The bill please	karuṇākara bila denna	Not too spicy	væḍi særa næhæ
See you later	oyāva pasuva hamuvennam	No sugar	sīni næta
Goodbye	āyubōvan		

Numbers		Directions	
One	eka	I want to go...	maṭa yannaṭa ōna...
Two	deka	Where is...?	koheda...?
Three	tun	Turn left	vamaṭa haravanna
Four	siv	Turn right	dakuṇaṭa haravanna
Five	paha	Go straight	kelinma yanna
Six	haya	Stop here	metana navatvanna
Seven	hata	Slow down	vēgaya aḍu karanna
Eight	aṭa	Be careful	pravēsam vanna
Nine	navaya		
Ten	dahaya		
Twenty	vissayi		
Thirty	tis		
Forty	hataḷihaki		
Fifty	panahayi		
One Hundred	siyaya		
One Thousand	ek dahasak		

## Places

Airport	guvan toṭupaḷa	Police Station	polis sthānaya
Bus station		Hospital	rōhala

## 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: 118/119

Ambulance: 110

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