

# Turkey

---

**Unique history, diverse culture, beautiful beaches and majestic mountains.**

Turkey is a fusion of worlds. The Aegean, the Mediterranean and the Black Sea converge on the meeting point of Europe and Asia. At the centre is Istanbul, a thriving, vibrant city with a huge population of nearly 16 million. Minarets, domes, brightly coloured buildings and towering skyscrapers make up the varied skyline of this teeming city. Outside of the focal point are relaxed, easy-going Mediterranean fishing communities like the ones lining the Bodrum peninsula. Crystal clear waters meet the sandy beaches, creating the perfect spot for a sunny healthy holiday in-keeping with the relaxed atmosphere of the region.

## Health and Fitness Travel Insider

“Turkey is a place where every visitor can find something for themselves. The world-class cuisine, vibrant marketplaces, warm hospitality of the Turkish people, architectural splendour of the mosques and castles, and an unparalleled natural beauty make Turkey an ideal holiday destination”

Paul Joseph, Founder

## Travel Logistics

### Passport

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 into Turkey. You must have a full blank page in your passport for entry and exits stamps. 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/turkey/entry-requirements>

### Visa

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

British nationals need a visa to enter Turkey for up to 90 days and e-Visas are available online through the [official Republic of Turkey e-Visa website](#). Most other nationalities do the same. However, citizens of other nationalities can check their visa requirements here: <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 Bodrum from the UK usually take around 4 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

— T R A V E L —

## Location

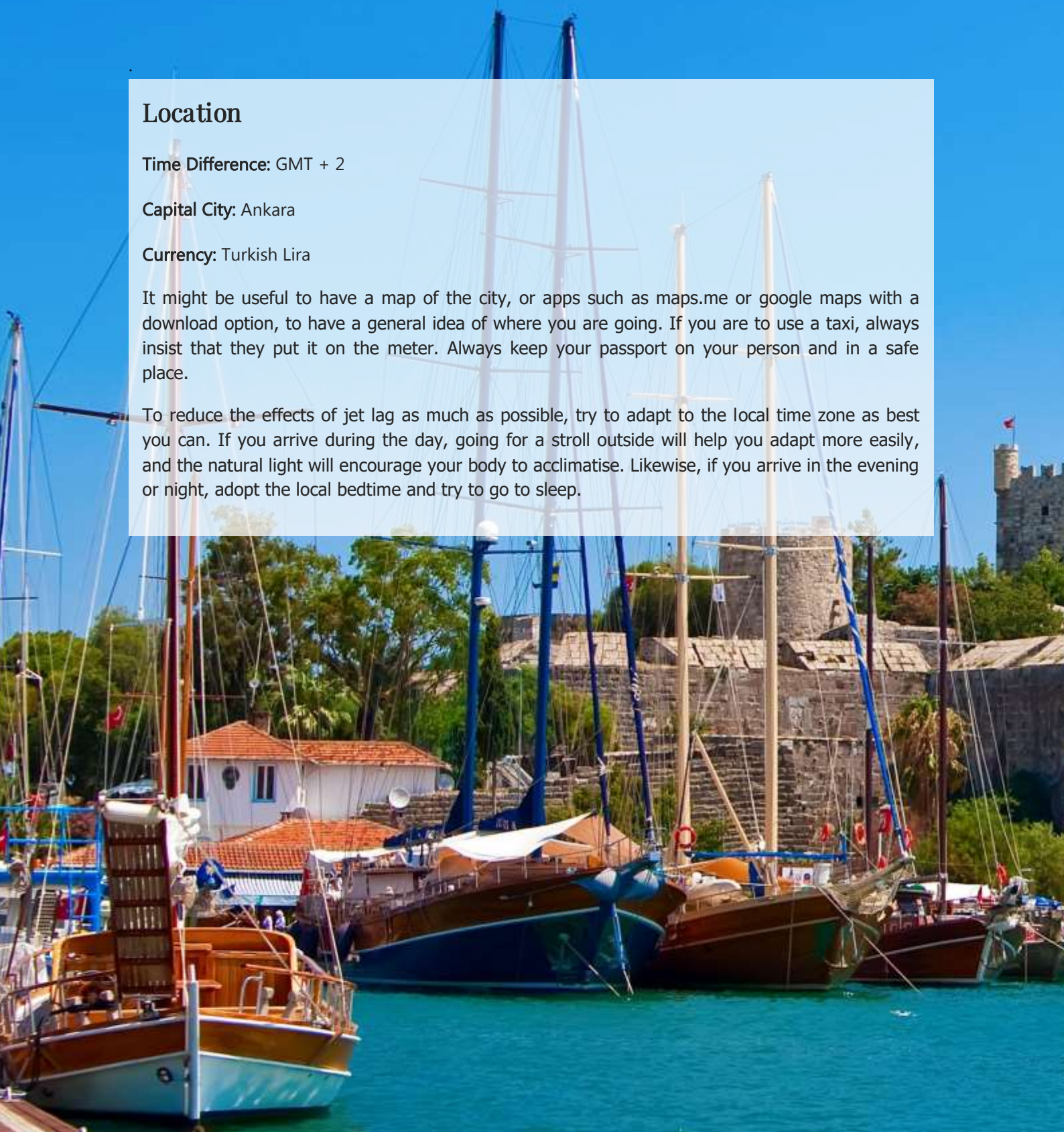
**Time Difference:** GMT + 2

**Capital City:** Ankara

**Currency:** Turkish Lira

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 **Milas-Bodrum (BJV)** Airport. 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/turkey>

The European Health Insurance Card (EHIC), is not valid in Turkey. Make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment abroad and repatriation.

## Language

The official language in Turkey is Turkish. Here are some useful Turkish phrases spelt out phonetically:

Basics		Food and Drink	
Hello	Merhaba	Could I have...?	... istiyorum?
Yes	Evet	Water	Soo
No	Hayir	Tea	Chaay
How are you?	Na-sel-sin?	Coffee	Kaahh-veh
Fine	Ee-im	Beer	Bee-rah
Thank you	Teshe-querr ed-errim	Juice	May-veh-soo-yoo
Please	Lut-fen	Ice	Buz
What's your name?	Aduhnuhz ne deer?	Chicken	Tah-vook
My name is...	Ad uhm...	Fish	Bah-luhk
Sorry/excuse me	Parrdon/ Affeddarsaniz	Cheese	Pay-ner
I can't speak Turkish	Turkjeh billmi-yorum	Beef	Suh-uhr-ae-tee
Can you speak English?	Innglizje connushor musunuz?	Bread	Ehk-mehk
I don't understand	Sizi annlamayorum	Salad	Sah-lat-ta
Where is the toilet?	Affeddersiniz toowalet nerrey-de?	Sugar	Sheck-air
How much is it?	Boo kach pa-ra?	It was delicious	Chok leh-zeez-dee
What's the time?	Zaman nedir?	I don't want it	Istemiyorum
See you again	Gor-us-uruz	Menu please	Menoo lewt-fen
Goodbye	Hosh-cha-kal	That's enough	Yeht-uhr
		The bill please	He-sap
		Expensive	Pahali

Numbers		Directions	
One	Beer	I want to go...	Ben gitmek istiyorum...
Two	Icki	Where is...?	....nar-ede?
Three	Ooch	Left	Sole
Four	Dirt	Right	Saa
Five	Besh	Straight	Dooz
Six	Alte	Here	Burada
Seven	Yedi	There	Orada
Eight	Sekiz	Be careful	Dikkatli olmak
Nine	Dokuz		
Ten	On		
Twenty	Yirmi		
Thirty	Otuz		
Forty	Kuhrk		
One Hundred	Yuz		
One Thousand	Bin		

Places			
Airport	Havali-man-uh	Market	Pazar
Police station	Auto-gahr	Bus Station	Kah-rah-kol
Embassy	El-chil-ik	Beach	Plaj
Hospital	Has-tan-eh	Toilet	Too-vah-let

## 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.

**Medical Emergency:** 112

**Fire:** 110

**Police:** 155

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