

Health & Vaccinations

Most passengers who travel with Families Worldwide stay healthy throughout their journey. However, we realise what an important consideration your family's health is when you travel, so Families Worldwide have teamed up with Nomad Travel Clinic to help you and give you peace of mind.

Nomad Travel Store and Clinics specialise in travel goods, expedition equipment, vaccinations and travel pharmacies. We have negotiated a 10% discount for Families Worldwide passengers travelling in 2008 for any purchases made through Nomad (either in stores, clinics or on-line).

Health information shown in the table has been compiled by Nomad to help you prepare. Please feel free to call into one of their stores to speak to a nurse or call their health line 0906 863 3414.

Visas & Vaccinations

Country	Visa Required?	Hepatitis A	Typhoid	Tetanus	Polio	Diphtheria	Hepatitis B	Rabies	Japanese B Encephalitis	Tuberculosis	Meningitis ACWY	Tick B Encephalitis	Yellow Fever	YF certificate required only if travelling FROM infected country	Choice of Malaria tablets
Austria	X														
Borneo	X	●	●	●	●	●	○	○	○	○				✓	Mal/Mef/Doxy**
Botswana	X	●	●	●	●	○	○	○	○	○				✓	Mal/Mef/Doxy - North only
Bulgaria	X	●		●		○	○	○	○	○					
Cambodia	✓	●	●	●		●	○	○	○	○				✓	Mal/Doxy**
Canada	X							○							
Cape Verde	✓	●	●	●	●	●	○		○					✓	
Costa Rica	X	●	○	●		○	○	○	○						Chlor or Prog**
Cyprus	X	○													
Ecuador	X	●	●	●		●	○	○	○				●*	✓	Mal/Mef/Doxy/Chlor/Prog**
Egypt	✓ obtainable on arrival	●	●	●	●	●	○	○	○					✓	Chlor+Prog - North border
Finland	X							○							
France	X														
Greece	X	○													
India	✓	●	●	●	●	●	○	○	○	○				✓	Chlor+Prog**
Jordan	✓	●	●	●	●	●	○	○	○	○				✓	
Kenya	✓	●	●	●	●	●	○	○	○	○			●	✓	Mal/Mef/Doxy**
Malawi	X	●	●	●	●	●	○	○	○	○				✓	Mal/Mef/Doxy
Maldives	✓ obtainable on arrival	●	●	●	●	○	○	○	○					✓	
Morocco	✓ obtainable on arrival	●	○	●	●	○	○	○	○						
Namibia	X	●	●	●	●	○	○	○	○	○				✓	Mal/Mef/Doxy - North only
Nepal	✓	●	●	●	●	●	○	○	○	○				✓	Chlor+Prog - below 1200m
Oman	✓	●	●	●	●	○	○	○	○	○				✓	Chlor+Prog - North border
Peru	X	●	●	●		○	○	○	○	○			●*	✓	Mal/Mef/Doxy/Chlor/Prog**
Romania	X	●	○	●		○	○	○	○	○					
Slovenia	X	●	○	●		○	○	○	○	○					
South Africa	X	●	○	●	●	●	○	○	○	○				✓	Mal/Mef/Doxy**
Spain	X	○													
Sri Lanka	✓ obtainable on arrival	●	○	●	●	○	○	○	○	○				✓	Chlor+Prog**
Tanzania	✓	●	●	●	●	●	○	○	○	○			●	✓	Mal/Mef/Doxy
Thailand	X	●	○	●	●	●	○	○	○	○				✓	Mal/Doxy - North, Koh Chang
Tibet	✓ through local agent	●	●	●	●	●	○	○	○	○				✓	Chlor+Prog - below 1200m
Tunisia	✓	●	○	●	●	○	○	○	○	○				✓	
USA	✓ waiver program rules apply							○							
Zambia	✓	●	●	●	●	●	○	○	○	○			●*		Mal/Mef/Doxy

Always seek advice from either your GP or local Travel Clinic prior to departure.

Visa information provided by Travcour UK - www.travcour.com. Health and vaccination info provided by Nomad Travel Clinics - www.nomadtravel.co.uk

* Dependant on area to be visited

Visa requirements shown are for British nationals only - other nationalities should consult the relevant embassy or our visa agency.

● = Recommended

○ = To be considered if travelling for long periods e.g over 1 month or taking part in high risk activities.

Mal = Malarone
Mef = Mefloquine
Doxy = Doxycycline
Chlor = Chloroquine
Prog = Proguanil

This information is correct at the time of going to print in October 2007.

Visas & Passports

Before you travel you must ensure that you are in possession of a full passport (with at least six months validity from the date of your return to the UK). Allow at least 1 to 2 months when applying for a new passport. It is also your responsibility to ensure that you have the necessary visa(s) to enter or transit any countries visited during your journey. Visa requirements are shown here but please bear in mind that this information may be subject to change.

Visas can be obtained through our recommended visa agency - Travcour Ltd - or through the relevant consulate. Passport(s) and completed application forms are normally required six weeks prior to departure date.

To obtain your visa, contact: **Travcour UK - (0207) 223 5295** or visit www.travcour.com

Important: You should also allow for postage from/to your mailing address. Fees are normally charged for visas. For fee, the Post Office will cover against consequential loss of passports.

Some countries refuse admission to travellers not meeting their accepted standards of dress/appearance (even if holding a visa). Entry may be refused to certain countries if passport bears stamps/visas (valid or expired) for Israel.