

Regional Directory

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ACCOMMODATION

Whether you are touring the region on a bare-bones budget or in five-star luxury, you'll have no trouble finding accommodation. As with the rest of Europe, the cheapest places to stay are camping grounds, followed by hostels and student dormitories. Guesthouses, *pensions* and private rooms often offer good value, as do rooms in religious institutes. Self-catering flats and cottages are also worth considering for group stays, especially for longer sojourns. You can also bunk down in a B&B, stay on a working farm or crash out on a local's couch. Through one of the new online hospitality clubs, such as **Couch Surfing** (www.couchsurfing.com), **Global Freeloaders** (www.globalfreeloaders.com)

or **Hospitality Club** (www.hospitalityclub.org) you can contact 'members' across the world who'll let you sleep on their sofa or in their spare room for free.

Throughout this book accommodation has been divided into budget, midrange and top-end categories. These price-brackets are country-specific, reflecting the different costs of living throughout the region. For example, a night in a midrange *pensione* in Rome might cost the same as a top-end hotel in Albania.

Unless otherwise stated, prices are for rooms with private bathrooms. And in all chapters prices are quoted in the currency in which they're advertised on the ground – so expect to come across local currencies, euros and US dollars. For an overview of local accommodation options see the directories in the individual country chapters.

Mediterranean Europe is a hugely popular holiday destination and although there's plenty of accommodation available, it can be hard to find in peak holiday periods (Easter, summer and Christmas). The answer is, wherever possible, to book ahead. Cheap hotels in big destinations such as Paris, Rome and Madrid are busy year-round and beach resorts swarm in July and August. It's a good idea to make reservations as many weeks ahead as possible – at least for the first night or two. Increasingly, hotels and hostels accept online reservations, although you'll probably have to provide a credit-card number in lieu of a deposit.

In the low season, it's often worth bargaining a little as many places reduce their rates without necessarily advertising the fact.

REGIONAL DIRECTORY EXPLAINED

This chapter provides information on Mediterranean Europe as a whole. It complements both the Getting Started chapter at the beginning of the book and the individual country directories. So if, for example, you're planning to visit more than one country, refer first to this Regional Directory for the big picture and then to individual country chapters for specific details.

BOOK ACCOMMODATION ONLINE

For more accommodation reviews and recommendations by Lonely Planet authors, check out the online booking service at www.lonelyplanet.com. You'll find the true, insider low-down on the best places to stay. Reviews are thorough and independent. Best of all, you can book online.

Most airports and many large train stations have accommodation-booking desks, although they rarely cover budget hotels. Tourist offices can generally supply extensive accommodation lists and the more helpful ones will even help you find a hotel. There's usually a fee for this service, but it tends to be low and, if accommodation is tight, it can save you hassle. Agencies offering private rooms are also worth considering.

In some destinations locals wait in train stations or at ferry terminals touting rented rooms. Before accepting, make sure such accommodation isn't in a far-flung suburb that requires an expensive taxi ride to and from town. Also check that both parties are clear on the price beforehand. As always, be careful when someone offers to carry your luggage: they might carry it off altogether.

B&Bs

B&B accommodation is no longer the strictly budget option that it once was. Alongside the traditional B&Bs (private homes offering a room or two to paying guests) there's a growing number of smart, boutique-style B&Bs that offer quality accommodation at mid- to top-end prices. That said, a B&B room is still generally cheaper than a hotel room of corresponding comfort. You, could, for example, find yourself paying no more than two-star prices for a magnificent frescoed room in a 16th-century city-centre townhouse, complete with mod cons and private bathroom.

Most B&Bs will give you a key, allowing you to come and go as you like, although some places might insist that you're back by a certain hour. Most smarter rooms will have private bathrooms, in others you might have to share with other guests or the host family.

Contact tourist offices or check on the internet for lists of local B&Bs. Two helpful resources are www.ibbp.com and www.bedandbreakfastineurope.com.

Camping

Camping is very popular in Mediterranean Europe with thousands of grounds dotted around the region. These range from large, resort-style sites with swimming pools and supermarkets to more simple affairs in out-of-the-way locations. National tourist offices and local camping organisations can provide lists. At designated grounds, there's usually a charge per tent or site, per person and per vehicle. Many places also have bungalows or cottages accommodating from two to eight people.

Cheap as it is, camping is not without its drawbacks. For one thing you'll have to cart your own tent, sleeping bag and cooking equipment around with you – not a problem if you've got wheels, a real pain if you haven't. For another, most city camping grounds are some distance from the city centre, meaning that if you're on foot, the money you save on accommodation can quickly be eaten up in bus and train fares.

Free camping is often difficult as it can be hard to find a suitably private spot. It's also usually illegal without permission from the local authorities (the police or local council) or from the owner of the land (don't be shy about asking – you may be pleasantly surprised by the response). In some countries (eg France), free camping is illegal on all but private land, and in Greece it's illegal altogether. This doesn't prevent hikers from occasionally pitching their tent for the night, and you'll usually get away with it if you have only a small tent, stay only one or two nights, take the tent down during the day and don't light a campfire or leave rubbish. At worst, you'll be woken up by the police and asked to move on.

If you're intent on camping around the region consider the **Camping Card International** (CCI; www.campingcardurope.net), an ID-style card that can be used instead of a passport when checking into a camping ground. It also provides third-party insurance and entitles you to discounts of 5% to 10% at many camping grounds. CCIs are issued by automobile associations, camping federations and, sometimes, on the spot at camping grounds. In the UK, the **RAC** (☎ 0800 550005; www.rac.co.uk) issue them to their members for UK€6.50.

Farmstays

Farmstays are an excellent way of escaping the bustle of the cities. They are particularly popu-

lar in Italy where an *agriturismo* can mean anything from a working farm to a luxurious rural resort in a converted castle. Ideal for gourmets, many serve beautiful home-cooked food, and for travellers with children – think large car-less spaces and cute animals to feed – they are often good value. Room rates are usually much less than in hotels of comparable comfort, and many offer activities such as horse riding, hiking, cycling and even wine tasting. On the downside, you'll almost certainly need a car to get to an *agriturismo*.

You should always book ahead, as in the high season (May to September) many places are often full and in the low season (October to April) many only open on request.

Tourist offices have lists of farmhouses for specific areas. Online information is available at www.agriturist.it.

Guesthouses & Pensions

The distinction between a guesthouse (*chambre d'hôte*, *domatia* etc) and a hotel is fairly blurred. Although most guesthouses are simple family affairs offering basic rooms and shared bathrooms, there are more expensive ones with rooms on a par with hotel rooms.

Widespread throughout the region, a *pension* is basically a modest hotel. In cities, they are often housed in converted flats occupying one or two floors in a large apartment block. Rooms tend to be simple, often with a basin and bidet.

A common problem, especially in older buildings, is to find you have to cart your luggage up three or four flights of stairs. This is because there is either no lift, or, if there is one, it's way too small for you and your luggage.

Homestays

Renting a private room in a local home is a good, cheap option for longer stays, especially if you have someone to share with (most rooms are set up as doubles or triples). It's also a good way of meeting locals, always the best source of information about the place you're in. It's not, however, the ideal solution for party animals.

The quality and price of rooms ranges considerably; some come with private bathrooms, some have cooking facilities, some might even have both. When you book, either privately or through an agency (to whom you'll have to pay a fee), make sure you check if the price is per room or per person and whether or not breakfast is included.

If you've booked a room, it's always worth phoning ahead to say when you're arriving as, in many cases, the owners will pick you up at the station or port.

Hostels

Hostels offer the cheapest (secure) roof over your head in Mediterranean Europe. If you're over 26 you might, however, have to pay a small surcharge of around €3 to stay in an official HI hostel.

Hostels referred to as official are members of the National Youth Hostel Association (YHA), which is itself affiliated with **Hostelling International** (HI; www.hihostels.com).

To stay at an HI hostel you need to be a YHA or HI member although, in practice, you can stay by buying a 'welcome stamp'. Accumulate six welcome stamps and you automatically qualify for full membership, valid for a year from the purchase of the first stamp. The cost of these stamps varies from country to country.

To join Hostelling International, ask at any affiliated hostel or contact your national hostelling association – there's a list on the HI website. The offices for English-speaking countries appear below, otherwise, check individual country chapters for addresses.

Australia Australian Youth Hostels Association (☎ 02 9261 1111; www.yha.com.au; 422 Kent St, Sydney, NSW 2000)

Canada Hostelling International Canada (☎ 613 237 7881; www.hihostels.ca; 205 Catherine St, Suite 400, Ottawa, Ont K2P 1C3)

England and Wales Youth Hostels Association (☎ 0870 7708 808; www.yha.org.uk; Trevelyan House, Dimple Rd, Matlock, Derbyshire DE4 3YH)

Ireland An Óige (Irish Youth Hostel Association; ☎ 01 8304 555; www.anoige.ie; 61 Mountjoy St, Dublin 7)

New Zealand Youth Hostels Association of New Zealand (☎ 03 379 9970; www.yha.co.nz; Level 1, 166 Moorhouse Ave, PO Box 436, Christchurch)

Northern Ireland Hostelling International Northern Ireland (☎ 028 9032 4733; www.hini.org.uk; 22-32 Donegall Rd, Belfast BT12 5JN)

Scotland Scottish Youth Hostels Association (☎ 01786 891400; www.syha.org.uk; 7 Glebe Crescent, Stirling FK8 2JA)

South Africa Hostelling International South Africa (☎ 021 424 25 11; www.hisa.org.za; PO Box 4402, St George's House, 73 St George's Mall, Cape Town 8001)

USA Hostelling International (☎ 301 495-1240; www.hiusa.org; 8401 Colesville Rd, Suite 600, Silver Spring, MD 20910)

Hostels have beds in dorms of varying sizes – small ones typically for four or five people, larger ones for up to 12 people. Many private hostels also offer private rooms with en-suite bathrooms. Dorms might or might not be single-sex – if this is important, check with the hostel beforehand. Typical facilities include a communal kitchen where you can prepare your own meals, a TV room where DVD showings might be held, laundry facilities and internet access.

Hostel rules vary per facility and country, but most HI hostels impose a maximum length of stay and many insist that guests vacate the rooms during the day. Curfews, usually around midnight, are also common. You'll often have to bring (or hire) a sleeping sheet as sleeping bags are usually not permitted. Many hostels offer a complimentary breakfast and some, an evening meal (generally about €9).

Whenever possible it is a good idea to book ahead, especially during summer when popular hostels are packed to the gills. The easiest way is to book online, either through individual hostel websites or through www.hihostels.com. Many hostels also accept reservations over the phone or by fax, but not usually during peak periods when you will probably have to call in person to bag a bed. If you are heading on to another hostel, most places will book the next place for you for a small fee. You can also book through national hostel offices.

Hotels

Hotels in the region range from dodgy fleapits with rooms to rent by the hour to some of the world's grandest five-star palaces. Each country operates its own hotel-classification system, so a three-star hotel in İstanbul, say, might not correspond exactly to a three-star hotel in Barcelona or Crete. For more on hotel classifications see individual country directories. As a rule, the hotels recommended in this book range from one to three stars.

You'll often find inexpensive hotels clustered around bus and train stations. These are convenient for late-night and early-morning arrivals or departures, but in some places are used as ad-hoc brothels. Check your room and the bathroom before you agree to take it and make sure you know what it's going to cost. Discounts are often available for groups

or for longer stays, particularly in the slower winter months. It's also worth checking hotel websites for weekend discounts. Many business hotels (usually from three stars and upwards) in France and Italy slash their rates by up to 40% on Friday and Saturday nights when business is slow.

Also ask about breakfast: sometimes it's included, other times you'll have to pay extra for it. If you have the choice, bear in mind that you could easily find yourself paying €5 for something that would cost €2 in the café across the road.

Well-known hotels in the major destinations fill quickly in high season so always make sure you phone ahead to check room availability. Some hotels insist on a faxed confirmation of your reservation together with a credit-card number as a deposit. If you don't have a credit card you'll often be asked to send a money order to cover the first night's stay. Booking over the internet will usually spare you the bother. Many cheaper hotels (and hostels), however, do not accept reservations unless made on the same day that you arrive.

To avoid embarrassing scenes at reception always check that your budget hotel accepts payment by credit card. Most do, but it's dangerous to assume that a request for a credit-card number with your booking means that the hotel accepts payment by plastic.

University Accommodation

An alternative to sleeping in a hostel, student digs are sometimes opened to travellers in the holidays, particularly in France where you should ask about *foyers d'étudiant*.

Accommodation will sometimes be in single rooms but is more commonly in doubles or triples. There might also be cooking facilities available. Inquire at the university direct, at student information services or at local tourist offices.

ACTIVITIES

Blessed with beautiful seas, mountains, lakes and rivers, Mediterranean Europe is a magnificent outdoor playground. Activities run the gamut from gentle bike rides along lush valley floors to hardcore mountain treks, and from windsurfing and scuba diving to bungee jumping and paragliding. In winter, there's skiing, snowboarding, sledging and snowshoe hiking.

What follows is a general overview of some of the many activities on offer. For more detailed information see individual country directories.

Adventure Sports

Mediterranean Europe is not normally recognised as an adventure-sport hotspot, but Bovec (p681) in Slovenia is making a name for itself among thrill seekers. Here you can try paragliding, caving, canyoning, hydrospeed (boogie-boarding down a river) and rafting, as well as a host of more traditional activities. To the southeast, in Bosnia and Hercegovina (see p83) you'll find canyoning, climbing, rafting and skiing.

Cycling

Cycling is a popular sport in southern Europe. The great cycle races, such as the Tour de France and Giro d'Italia, are followed by millions of fans, while thousands of enthusiasts regularly take to the roads at the weekend. Note, however, that local driving habits and the lack of dedicated cycle paths mean that it's a recreation best exercised in the countryside rather than in the cities.

In summer, many of the region's ski resorts offer great mountain-bike trails. Popular destinations include Andalucía and Catalonia in Spain (see p697), Tuscany and Umbria in Italy (see p419), the Dordogne in France (see p199) and Portugal's Parque Nacional da Peneda-Gerês (see p654). Cycling is also a good, environmentally-friendly way of getting round the Med's islands.

If you're arriving from outside Europe, you can often bring your own bicycle on the plane. Alternatively, you can hire – see the Transport sections in the individual country chapters for rental agencies and tips on places to visit.

On a health note, never underestimate the effects of the heat. Always cover your head (preferably with a helmet or a cap/sunhat) and make sure you drink plenty of fluids. Sunburn can be highly unpleasant and heatstroke very serious. See p893 for tips on dealing with heat-induced problems.

Hiking

Keen hikers can spend a lifetime exploring Europe's many trails. In the Italian Dolomites (see p477), one of the region's top hiking destinations, you'll find everything from severe high-altitude routes to gentle paths suitable

for family strolls. Trails are well-marked and, in season (end of June to September), food and accommodation are available along the way. Less developed but no less impressive are the Spanish Pyrenees (see p750). Elsewhere you'll find exciting hiking in Cyprus (see p177), the Atlas mountains in Morocco (see p567), Croatia (see p117) and Turkey (see p809).

It's also worth noting that while most high-level Alpine paths are only open in the summer, there are possibilities for hiking in the winter snow. Contact tourist offices for information on routes and local guides.

Skiing & Snowboarding

In winter the region's mountains sing to the sound of skis on snow. Thousands flock to resorts to ski (downhill or cross-country), snowboard and snowshoe hike (walk uphill with rackets on your feet). These activities are rarely cheap, however. For a ski holiday you'll need to budget for ski lifts, accommodation and the inevitable après-ski entertainment. You'll save a bit by bringing your own equipment, but often not enough to compensate for the hassle of lugging it around with you. As a general rule, cross-country skiing costs less than downhill since you don't rely as much on ski lifts.

The region's swishest and most expensive resorts are in the French and Italian Alps although there are plenty of opportunities elsewhere. Some of the cheapest skiing is to be found in the Durmitor National Park in Montenegro (see p562) and near Sarajevo in Bosnia and Hercegovina (p98). There's also good-value skiing in the Sierra Nevada mountains in the south of Spain (see p786), in Greece (see p409), and in Turkey (see p850).

The skiing season traditionally lasts from early December to late March, though at higher altitudes in the French and Italian Alps it may extend an extra month either way. Snow conditions vary greatly from one year to the next (in recent years poor snowfall has often delayed the start of the season) and from region to region, but January and February tend to be the best, busiest and most expensive months.

Spectator Sports

Between September and May, spectator sport for the most part means football (soccer). Most countries in the region have a football league and Spain's *Liga* is currently the strongest

in Europe – Barcelona won the 2005/6 Champions League and Valencia, the UEFA Cup. Matches are generally held at the weekend and big matches can easily attract crowds of 50,000 people. Soccer hooliganism isn't the issue it once was, but it hasn't been eradicated altogether and games between archrivals can sometimes provoke crowd violence.

Spring is the time when the great cycle races (the Tour de France and Giro d'Italia) take place. The races are absolutely free – simply find out where and when the race is passing and plonk yourself by the side of the road.

In Spain bullfighting is still popular, especially in the south, and in Turkey wrestling provides a novel spectacle.

Other popular sports in Med Europe include basketball, motor racing and, in the summer, tennis.

Water Sports

DIVING

The Med's limpid azure waters are ideal for diving. Throughout the region there are hundreds of diving centres offering everything from beginners courses to exploring sunken wrecks. Cave diving is a speciality in Croatia (see p168), one of the region's top diving destinations. You'll also find excellent diving off Greece (see p408) and Malta (see p547).

KAYAKING & RAFTING

The region's lakes, rivers and reservoirs offer ample sport. In mountainous areas kayaking and white-water rafting provide thrills and possibly the odd spill. Both sports are well catered to in the Dordogne in France (see p273) and the Julian Alps in Slovenia (see p676). Sea kayaking is also available in Croatia (see p169).

SURFING AND WINDSURFING

After swimming and fishing, windsurfing is probably the most popular of the Med's water sports. It's easy to rent sailboards in many tourist centres, and courses are usually available for beginners. Two top spots are Tarifa in Spain (see p795) and Paros in Greece (see p372).

Surprisingly you can also surf in the region. There are excellent waves on the Atlantic coast of France (see p327) and Portugal (see p656), and along the north and southwest coasts of Spain (see p801). The Atlantic beaches near Rabat, Morocco (see p582), also have great surf from late autumn to early spring.

BUSINESS HOURS

Although there are no hard and fast rules respected by all the countries in this guide (or even all the businesses in any one country), the Mediterranean countries do share some similar habits. It's not unusual, especially outside the larger cities, for businesses (including shops) to close for a long lunch. Typically a shop might open from 8.30am until 1.30pm and then from 3.30pm to about 7.30pm.

Banks generally open early and either close for the day at around 1.30pm or reopen for a brief two-hour window in the early afternoon, perhaps from 2.30pm to 4.30pm.

Businesses usually operate from Monday to Friday and possibly Saturday morning; Sunday opening is not unheard of, but it's not widespread. It's also worth noting that many museums are closed on Mondays.

See individual country directories for specific hours.

CHILDREN

Travelling with children poses no special problems in Mediterranean Europe. In fact, you'll probably be pleasantly surprised. There are few taboos about taking kids into restaurants, for example, and the idea that kids should be in bed by a certain hour is absolutely not a Mediterranean concept.

You will, however, need to plan your time carefully. A common cause of strife is to try and do too much – high summer temperatures and crowded streets can fray the nerves of even the most patient of kids (and parents!). Always allow free time for play and make sure that you balance those heavy days at the city art museum with a day at the beach or a visit to the local aquarium. Where possible, include children in the trip planning – if they've helped to work out where to go, they'll be much more interested when they get there.

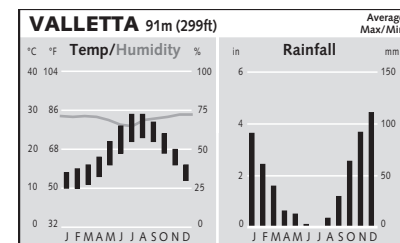
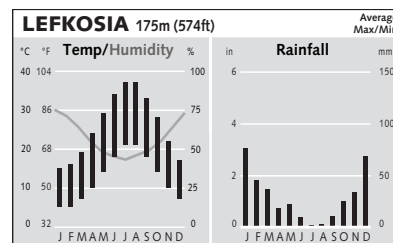
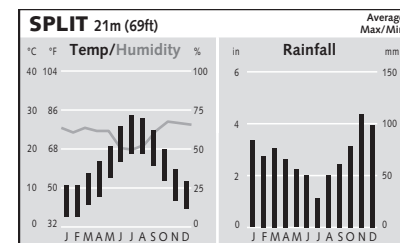
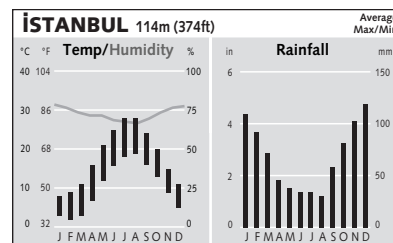
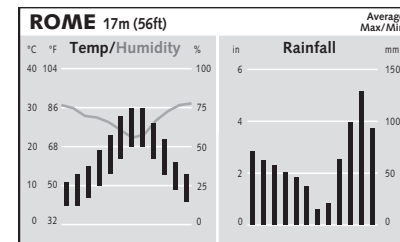
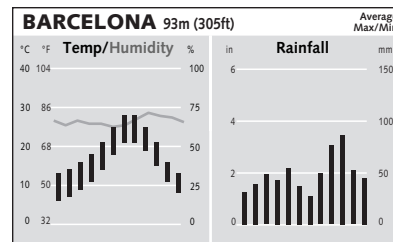
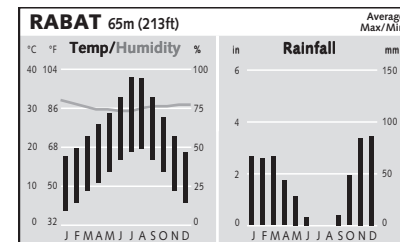
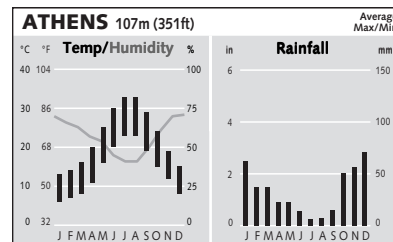
The region boasts fewer child amenities than northern Europe, but you will have no problems finding baby food, formulas, soy and cow's milk, disposable nappies (diapers) etc. Remember that shop opening hours might be different from those at home, so run out of nappies on Saturday afternoon and you could be in for a messy weekend. Most car-rental firms have safety seats for hire at a nominal cost, but it's essential you book them in advance. The same goes for highchairs and cots (cribs) – they're available in most restaurants and hotels, but numbers will be limited.

For more information, see Lonely Planet's *Travel with Children* or check out www.travelwithyourkids.com and www.familytravelnetwork.com.

CLIMATE CHARTS

The classical Mediterranean climate consists of long hot summers and mild winters. Which isn't to say that it doesn't get cold in winter – it does, especially in mountainous

areas where winter snow is an annual fixture. Summer sunshine is virtually guaranteed between June and September with temperatures regularly topping 40°C in some parts. Early October can also be pleasantly warm as summer gives way to autumn, the wettest period of the Mediterranean year. And if you were thinking that it doesn't rain much in the Med, think again – Rome regularly receives more annual rainfall than London. It's just that it



tends to fall at more predictable times and in heavier downpours. Summer storms are distinct possibilities in many places, but they are usually short violent affairs that blow over fairly quickly.

The following climate charts provide a snapshot of the Med's weather patterns.

COURSES

Holiday courses are booming in much of Europe, and the Med is no exception. Language and cooking are the most popular choices but the list of subjects is endless – art, literature, architecture, drama, music, fashion and photography etc.

Language courses are widely available at universities and in private language schools – see the country chapters for specific details.

On a more general level, information is available from the cultural institutes maintained by many European countries around the world such as Italy's Istituto Italiano di Cultura and the Spanish **Istituto Cervantes** (www.cervantes.es). National tourist authorities, student-exchange organisations, student travel agencies, and outfits such as **Hostelling International** (www.hihostels.com) should also be able to help. Ask about special holiday packages that include a course.

CUSTOMS

Duty-free sales within the EU no longer exist. Travelling from one EU country to another you're allowed to carry 800 cigarettes, 200 cigars or 1kg of loose tobacco; 10L of spirits

(more than 22% alcohol by volume), 20L of fortified wine or apéritif, 90L of wine or 110L of beer; and – ooh la la! – unlimited quantities of perfume.

Entering or leaving the EU, you can carry duty free 200 cigarettes, 50 cigars or 250g of tobacco; 2L of still wine plus 1L of spirits over 22% or another 2L of wine (sparkling or otherwise); 50g of perfume, 250cc of eau de toilette. On leaving the EU, non-EU residents can reclaim value-added tax (VAT) on expensive purchases (see the Get Your Money Back box, below).

Non-EU countries often have different regulations, although most forbid the exportation of antiquities and cultural treasures; see individual country directories.

DANGERS & ANNOYANCES

Travelling in Mediterranean Europe is pretty safe. Violent crime is relatively rare and although international terrorism has not bypassed the area – witness bomb attacks in Madrid (March 2004), Istanbul (November 2003 and June 2004) and Casablanca (May 2003) – you're more likely to be struck by sunburn than a bomb. Ethnic tensions, however, remain across the Greek-Turkish divide in Cyprus and in some parts of Bosnia and Hercegovina. For up-to-date travel advice consult the following:

Department of Foreign Affairs and Trade (DFAT; www.smarttraveller.gov.au)

Foreign and Commonwealth Office (FCO; www.fco.gov.uk)

US State Department (<http://travel.state.gov>)

GET YOUR MONEY BACK

Tax-free shopping is not the only form of tax avoidance practised in Mediterranean Europe but it's the method most likely to interest souvenir-hungry shoppers.

Value-added tax (VAT) is a sales tax imposed on most goods and services sold in Europe; it varies from country to country but is typically around 20%. In most countries visitors who spend more than a certain amount can claim back VAT on purchases they're taking out of the country. EU residents, however, are not entitled to a refund on goods bought in another EU country. Thus an American citizen resident who is a resident in Madrid is not entitled to a VAT rebate on items bought in Paris, while an EU-passport holder living in New York is.

The procedure for making the claim is straightforward. First, and most obviously, make sure the shop you're buying from offers duty-free sales (look for a 'Tax-Free for Tourists' sticker in the window). If it does, ask the shop assistant for a VAT-refund voucher (sometimes called a Tax-Free Shopping Cheque), to be filled in with the date of your purchase and its value. You can then claim your refund either directly at international airports on departure – look for the tax-refund counter – or by getting the voucher stamped at ferry ports or border crossings and mailing it back for refund.

For further information see www.globalrefund.com.

More than terrorism or civil unrest, however, petty crime is the traveller's biggest worry. Bag-snatchers, pickpockets and scam artists are active in many areas and while they won't hurt you they're quite capable of ruining your trip.

Drugs

Drugs are plentiful throughout Mediterranean Europe and even if you're sorely tempted you'd do well to desist. Local laws vary – in Italy and Spain cannabis laws have been tightened; in Portugal drug possession has been decriminalised; in Turkey and Morocco it can lead to imprisonment. In many places a smidgen of hash might be overlooked if you can persuade the police that it's for personal use, but if they decide you've got enough to deal (and it's often difficult to know how much this is) your trip could take a serious turn for the worse. In some countries the police can hold you for as long as it takes to analyse your case. Hard drugs are rarely overlooked anywhere.

If you do decide to dabble, beware of new 'friends'. A classic scam involves your just-acquired mate selling you a lump of hash and then threatening to call in the cops unless you pay-up.

Pollution

Air pollution is a problem in many of the region's larger cities. Relentless traffic fumes and heat make unpleasant bedfellows, and after a day walking the streets of Athens or Rome, you could well find your head thumping from the effects of carbon monoxide and lead. Children, the elderly and people with respiratory problems are particularly vulnerable. Some cities are experimenting with traffic restrictions but much still needs to be done.

The Mediterranean Sea also suffers from pollution although the waters in the main resorts should be clean enough. For details of the region's cleanest beaches consult www.blueflag.org.

Scams

Mediterranean con artists are an imaginative lot. Just as people catch on to cons, new ones appear to replace them. The best defence is generally common sense and a healthy dose of scepticism – if someone seems just a little too friendly or if an offer sounds too good to be true, chances are that something's not quite right.

Some simple rules to avoid being duped include the following:

- Never accept food or drink from someone you've just met (it could be drugged).
- Never sleep alone in a train compartment; if you have to, lock it with your own padlock.
- Never show your passport or cash to anyone on the street. If approached by someone claiming to be a police officer, offer to go with them to the nearest police station.
- Be extremely wary of people at train stations who claim they know of a great hotel just down the road. Great hotels don't have people preying on travellers at train stations.

Many scams play on people's insecurity with foreign banknotes. Short-changing is a common trick, as is the practice of swapping notes. This con involves you paying for a taxi fare or a train ticket with a €20 note. The taxi driver or ticket seller then deftly palms your note and produces a €5 note claiming that you paid with this and not the €20 you thought you had. In your confusion you're not quite sure what you did and so accept their word.

Theft

Theft is the biggest problem facing travellers in Mediterranean Europe. There's no need for paranoia but be aware that pickpockets and bag-snatchers are out there. As always, common sense is the key. Don't store valuables in train-station lockers or luggage-storage counters, and be careful about people who offer to help you operate a locker. Also, be vigilant if someone offers to carry your luggage: they might carry it away altogether. Carry your own padlock for hostel lockers.

When going out, spread your valuables, cash and cards around your body or in different bags. A money belt with your essentials (passport, cash, credit cards, airline tickets) is usually a good idea. However, to avoid delving into it in public, carry a wallet with a day's cash. Don't flaunt watches, cameras and other expensive goods. Cameras and shoulder bags are an open invitation for snatch thieves, many of whom work from motorcycles or scooters. A small daypack is better, but watch your rear. Also be very careful at cafés and bars – always loop your bag's strap around your leg while seated.

KEEP A COPY

All important documents (passport, visa, credit cards, travel-insurance policy, air/bus/train tickets, driving licence etc) should be photocopied before you leave home. Leave one copy with someone at home and keep another yourself. Alternatively, scan the relevant data pages and email them to yourself if you're sure your webmail account is secure. Remember also to record the serial numbers of your travellers cheques, crossing them off as you cash them.

While you're on the road keep all these photocopies separate from your passport, cheques and cash. Add some emergency money (eg US\$50 to US\$150 in cash) to this separate stash as well. If you do lose your passport, notify the police immediately to get a statement, and contact your nearest consulate.

Pickpockets are most active in dense crowds, especially in busy train stations and on public transport. A common ploy is for one person to distract you while another whips through your pockets. Beware of gangs of dishevelled-looking kids waving newspapers and demanding attention. In the blink of an eye, a wallet or camera can go missing. Remember also that some of the best pickpockets are well-dressed.

Be careful even in hotels; don't leave any valuables lying around in your room.

Parked cars, particularly those bearing foreign number plates or rental-agency stickers, are prime targets for petty criminals. While driving through cities, beware of thieves at traffic lights – keep your doors locked and the windows rolled up high. A favourite tactic of scooter snatchers is for a first rider to brush past your car, knocking the side-mirror out of position; then, as you reach out to re-adjust the mirror, an accomplice on a second scooter will race past snatching the watch off your wrist as he goes.

In case of theft or loss, always report the incident to the police and ask for a statement. Without one, your travel-insurance company will probably not pay up.

DISCOUNT CARDS

Many major cities now offer city cards with discounts available on public transport and entry to selected sights. See individual city entries in the country chapters or log onto www.europeancitycards.com for further information.

Senior Cards

EU citizens over 65 are often entitled to free or discounted entry to museums and tourist sites, provided proof of age can be shown. A passport or ID card is usually sufficient.

There are a growing number of tour operators specialising in senior travel, all of which can provide information about special packages and discounts (eg on car hire).

For information about senior rail passes see the Transport in Mediterranean Europe chapter, p891.

Student & Youth Cards

The most universally recognised student card is the International Student Identity Card (ISIC), one of three cards issued by the **International Student Travel Confederation** (ISTC; www.istc.org). The other two are the ITIC (International Teacher Identity Card) and the IYTC (International Youth Travel Card) for non-students under 26. All three offer worldwide discounts on transport, museum entry, youth hostels and even some restaurants. They also provide access to a 24-hour emergency telephone helpline. You can get these cards at hostelling organisations, student unions and youth-oriented travel agencies such as STA Travel (www.statravel.com). Their price varies from country to country but in the UK they cost UK£7, in Australia A\$18 and in the USA US\$22.

If you're under 26, you can also apply for an International Youth Travel Card (IYTC), issued by the **Federation of International Youth Travel Organisations** (FIYO; www.fiyto.org) or the Euro<26 card (www.euro26.org). Both go under different names in various countries and give much the same discounts and benefits as an ISIC.

See the Accommodation section earlier in this chapter, p858 for information on the Camping Card International.

ELECTRICITY

Most of Mediterranean Europe runs off 220V, 50Hz AC. The exceptions are Malta, which has 240V (like the UK), and Spain, which runs off

220V but sometimes still uses the old 110V or 125V. Some old buildings and hotels in Italy might also have 125V. All EU countries are supposed to run off 230V by now, but like many things in the EU, this is taking a lot longer than anticipated.

Check the voltage used in your home country. Most appliances set up for 220V will handle 240V without modifications (and vice versa); the same goes for 110V and 125V combinations. If you want to run an American appliance (the US uses 110V) in a European hotel room you'll need a transformer. When using a transformer always check that its power rating (in watts) exceeds that of all the appliances you're plugging in.

You'll also need a plug adaptor. Apart from Cyprus and Malta, which use UK-style plugs (three flat pins), the rest of Mediterranean Europe uses the 'europlug' with two round pins. In Greece and Italy, however, you'll find plugs with three pins (two for current and one for earth), and even then the standard two-pin plug should still fit into wall sockets. Always get an adaptor before you leave, as the adaptors available in Europe usually go the other way. If you find yourself without one, a specialist electrical-supply shop should be able to help.

Several countries outside Europe (such as the USA and Canada) use 60Hz AC, which will affect the speed of electric motors even after the voltage has been adjusted to European values. This will affect CD players where motor speed is all important, but things like electric razors, hair dryers, irons and radios will be fine.

EMBASSIES & CONSULATES

See individual country directories for contact details of embassies and consulates.

As a traveller, it's important to realise what your embassy can and can't do for you. Generally speaking, it won't be much help in emergencies if the trouble you're in is remotely your own fault. Remember, you're bound by the laws of the country you're in. Your embassy will not be sympathetic if you end up in jail after committing a crime locally, even if such actions are legal in your own country.

In genuine emergencies you might get some assistance, but only if other channels have been exhausted. For example, if you need to get home urgently, a free ticket home is exceedingly unlikely as the embassy would expect you to have insurance. If you have all

your money and documents stolen, it might assist with getting a new passport, but a loan for onward travel is almost always out of the question. In genuine emergencies, however, your consulate can help in several ways. Most importantly it can (a) issue an emergency passport (b) help get a message to friends or family and (c) offer advice on money transfers. In exceptional circumstances it might provide a loan for a ticket home.

GAY & LESBIAN TRAVELLERS

Discretion is the keyword. Although homosexuality is acknowledged and in the large part tacitly accepted, attitudes remain largely conservative, especially outside of the major cities. Spain is the only Mediterranean country to have legalised same-sex marriages, although France offers limited rights to same-sex partners. Homosexuality is officially illegal in Morocco and North Cyprus.

Paris, Madrid and Lisbon have thriving gay communities, while the Greek islands of Mykonos (see p370) and Lesbos (see p398) are popular gay destinations.

Contact addresses and gay and lesbian venues are listed in the individual country directories. Useful resources include the following:

Damron (www.damron.com) The USA's leading gay publisher offers guides for lesbians and gays as well as a subscription listings service.

Gay Journey (www.gayjourney.com) Travel services (package deals, accommodation, insurance etc) for gay and lesbians plus lists of gay-friendly hotels in Europe.

Spartacus International (www.spartacusworld.com) Publishes the Spartacus International Gay Guide (US\$32.95, UK£19.95), a male-only directory of worldwide gay venues.

HOLIDAYS**Public Holidays**

Most holidays in the southern European countries are based on the Christian calendar. Although not all of the following are celebrated in all of the countries in this guide (see country directories for specific information) the major holidays are as follows:

New Year's Day 1 January

Epiphany 6 January

Easter Sunday and Monday in March or April

Labour Day 1 May

Feast of the Assumption 15 August

All Saints' Day 1 November

Feast of the Immaculate Conception 8 December

Christmas Day 25 December

St Stephen's Day 26 December

In the countries with a Muslim majority (Morocco, Turkey and Albania) the month-long holiday of Ramadan is celebrated, usually around September and October. It's exact timing depends on lunar sightings and changes each year.

School Holidays

August is the prime holiday period for Mediterranean dwellers. The major school holidays generally run from about June to September and many businesses simply shut up shop for much of August. The roads heading towards the southern coastal resorts are not a good place to be in late July or early August.

INSURANCE

Travel insurance to cover theft, loss and medical problems is highly recommended. There is a whole range of policies available so make sure you get one tailored to your needs – if you're going skiing you'll need one policy, if you're planning a beach holiday you'll need a different one – and always check the small print. The policies handled by STA Travel and other student travel agencies are usually good value. In the UK, the website **Money Supermarket** (www.moneysupermarket.com) does an automated comparison of 450 policies and comes up with the best for your needs.

Factors to consider include the following:

- Does the policy have lower and higher medical expense options? If you're from a country with high medical expenses (such as the USA) go for the latter.
- Are 'dangerous activities' (scuba diving, motorcycling and, for some policies, trekking) covered? Some policies might not cover you if you're riding a motorbike with a locally acquired motorcycle licence.
- Does the policy cover every country you're planning to visit? Some policies don't cover certain countries, such as Montenegro.
- Does it cover ambulance service or an emergency flight home?

You may prefer a policy that pays doctors or hospitals directly rather than you having to pay on the spot and claim later. If you have to claim later make sure you keep all documentation. (Similarly, if you have to claim for a theft make sure you've got a statement from the local police.) Some medical policies ask

you to call back (reverse charges) to a centre in your home country where an immediate assessment of your problem is made.

EU nationals can obtain free emergency treatment in EU countries on the presentation of a European Health Insurance Card (the successor to the E111 which went out of business on 1 January 2006), available in your home country.

For more information on health insurance see the Health chapter (p892) and for car insurance refer to the Transport in Mediterranean Europe chapter (p887).

INTERNET ACCESS

The easiest way to access the internet on the road is at an internet café, of which there are thousands across the region – see individual country chapters or log on to www.cybercafes.com for an up-to-date list. Wi-fi hotspots are becoming more widespread throughout the region and you'll find them at many airports and hotels. To find them, the website www.jiwire.com provides a worldwide hotspot locator.

Most travellers use free web-based email such as **Yahoo** (www.yahoo.com), **Hotmail** (www.hotmail.com) or **Google** (www.google.com), which can be accessed from any internet-connected computer in the world.

If, however, you're bringing your own kit (laptop or PDA), you'll need to find an internet service provider (ISP) with local dial-up numbers. **AOL** (www.aol.com), **AT&T** (www.att.com) and **CompuServe** (www.compuserve.com) all have dial-in nodes throughout Europe. Remember also that if you have to plug your computer into a power socket you might need a power transformer (to convert from 110V to 220V if your notebook isn't set up for dual voltage), an RJ-11 telephone jack that works with your modem, and a plug adaptor.

Apart from the cafés listed in country chapters, you might also find public internet access in banks, department stores, post offices, libraries, hostels, hotels and universities.

LEGAL MATTERS

The most likely reason for a brush with the law is to report a theft. If you do have something stolen and you want to claim it on insurance, you must make a statement to the police as insurance companies won't pay up without official proof of a crime.

Throughout the region the laid-back atmosphere should not be equated with a *laissez-*

faire free for all. For example, you're required by law to prove your identity if asked by police, so always carry your passport, or ID card if you're an EU citizen. Road checks are also common in some parts so, if driving, make sure (a) you are sober and (b) you have the correct documents to hand; see p885 for further driving information.

Smokers should note that smoking in public places is officially forbidden in Spain, Montenegro and Italy. In Italy's case, the ban extends to pubs, bars and restaurants.

MAPS

Good maps are easy to find in bookshops throughout the region. The maps in this book will help you get an idea of where you might want to go and will be a useful first reference when you arrive. Proper road maps are essential if you're driving or cycling.

Lonely Planet publishes plastic-coated full-colour maps of Barcelona, Paris, Rome and Venice. High quality maps are also produced by **Michelin** (www.michelin.com), **Freytag & Berndt** (www.freytagberndt.com), **Kümmertly+Frey** (www.kuemmerly-frey.ch) and **Hallwag** (www.hallwag.com).

As a rule, maps published by European automobile associations (for example ACI in Italy or ELPA in Greece) are excellent and sometimes free if membership of your local association gives you reciprocal rights. Tourist offices are another good source for free, basic maps.

MONEY

The best way to carry your money is to bring a mix of ATM card, credit card, cash and one or two travellers cheques. Before you leave home you could also set up an internet banking account, so you can track your spending. However, be careful about logging off in internet cafés; always erase the browser's history after you've finished. Using Internet Explorer, go to the Tools menu, scroll down to Internet Options, click on History and Clear History.

If you have to have money sent to you, international bank transfers are good for secure one-off movements of large amounts of money, but they might take three to five days and there will be a fee (about UK£25 in the UK). Be sure to specify the name of the bank, plus the sort code and address of the branch, where you'd like to pick up your money.

It's quicker and easier (although more expensive) to have money wired via an Amex office (www.americanexpress.com), Western Union (www.westernunion.com) or MoneyGram (www.moneygram.com).

ATMs

The easiest, and most popular way to access your cash on the road is through an ATM (Automated Teller Machine). They're widely available throughout the region and easy to use (many have instructions in English). It's always prudent, though, to have a back-up option in case something goes wrong with your card or you can't find a working ATM (in some remote areas they might be scarce).

There are four types of card you can use in an ATM: a cash (ATM) card, a debit card, a credit card and a prepaid cash card (sometimes called a stored value card). ATM cards, which you use at home to withdraw money from your bank account, can be used in ATMs linked to international networks such as Cirrus and Maestro. Ditto for debit cards, which can also be used to make purchases over the counter. Credit cards and prepaid cash cards can be used in ATMs displaying the appropriate logos – for further information see the Credit Card section, p870.

Note that you'll need a four-digit PIN for most European ATMs and might have difficulties if your card doesn't have a metallic chip. Check with your bank. Sometimes you might also have problems using your card if it's very early in the morning back in your home country, when banks sometimes back up their systems. If your card is rejected, try again in a few hours' time. Make sure you bring your bank's phone number, and if your card fails again, call them.

When you withdraw money from an ATM, the amounts are converted and dispensed in local currency. However, there will be fees. Typically, you'll be charged a withdrawal fee (usually 2% with a minimum of €2 or more) as well as a conversion charge; if you're using a credit card you'll also be hit by interest on the cash withdrawn. Fees vary from company to company: in the UK, the Nationwide is the only issuer not to charge for withdrawals and foreign currency purchases; in the USA, Citigroup and HSBC charge 1% for currency conversions and US\$1.50 for ATM withdrawals.

As a security measure, be wary of people who offer to help you use an ATM or, at ports or stations, people who claim that there are no ATMs at your destination.

Black Market

Black-market money exchange is relatively rare in Mediterranean Europe although you might come across it in countries like Albania. If you do, stay well clear. The rates rarely outweigh the risk of being caught and by dealing with unofficial moneychangers you greatly increase your chances of being conned – many people offering illegal exchanges are professional thieves.

Cash

Nothing beats cash for convenience, or risk. If you lose it, it's gone forever and very few travel insurers will come to your rescue. Those that will, limit the amount to somewhere around US\$300. For tips on carrying your money safely, see the Dangers & Annoyances section on p864. As a general rule of thumb, carry no more than 10% to 15% of your total trip money in cash.

It's still a good idea, though, to bring some local currency in cash, if only to tide you over until you get to an exchange facility or find an ATM. The equivalent of, say, US\$50 or US\$100 should be enough. Some extra cash in an easily exchanged currency (eg US dollars) is also a good idea.

Credit Cards

Credit cards are good for major purchases such as airline tickets or car hire as well as providing emergency cover. They also make life a lot easier if you need to book hotels while on the road – many places request a credit-card number when you reserve a room.

Visa and MasterCard are more widely accepted in Mediterranean countries than American Express and Diners Club. MasterCard is linked to Europe's Eurocard system, and Visa (sometimes called Carte Bleue) is particularly strong in France and Spain. That said, Visa and MasterCard can be difficult to replace if lost abroad while Amex has offices in many cities, which will replace a lost card within 24 hours.

Using your credit card in ATMs can be costly. On every transaction there's a fee which, with some credit card issuers, can reach US\$10 plus interest per withdrawal.

Check with your issuer before leaving home. Remember, also, that there'll probably be a daily limit on what you can withdraw.

As a backup to your debit or credit card (or even as an alternative), consider a pre-paid cash card like the Visa TravelMoney card. Before you leave home load the card with as much money as you want to spend and then use it as an ATM card – the money you withdraw comes off the card and not out of your account. If necessary, you can then reload it via telephone or online. Note, however, that you'll still be stung by ATM and conversion fees.

If you want to rely heavily on bits of plastic, go for two different cards – an American Express or Diners Club, for instance, along with a Visa or MasterCard. Better still is a combination of credit or ATM card and travellers cheques so you have something to fall back on if an ATM swallows your card or the banks in the area are closed.

Make sure you can always see your card when making transactions and, if possible, let your credit-card company know of your travel plans – it'll lessen the risk of fraud, or of your bank cutting off the card when it sees (your) unusual spending.

Moneychangers

Of the countries covered in this book, six (France, Greece, Italy, Portugal, Slovenia and Spain) use the euro. Malta and Cyprus have set a target date of 2008 to join them. Admission to the euro-zone, however, depends on them meeting strict financial criteria regarding inflation, debt and long-term interest rates.

There are seven euro notes (5, 10, 20, 50, 100, 200 and 500) and eight euro coins (1 and 2 euros, then 1, 2, 5, 10, 20 and 50 cents); one euro is equivalent to 100 cents.

US dollars, pounds sterling and the euro (outside of the euro-zone) are the easiest currencies to exchange in Europe. The major European currencies are fully convertible, but you may have trouble exchanging some lesser-known ones at small banks. The importation and exportation of certain currencies (for example, Moroccan dirham) is restricted or banned entirely, so get rid of any local currency before you leave those countries.

Most airports, central train stations, big hotels and many border posts have banking facilities outside of working hours, sometimes on a 24-hour basis. Post offices in Europe

often perform banking tasks, tend to have longer opening hours, and outnumber banks in remote places. However, while they'll always exchange cash, they might not change travellers cheques unless they're in the local currency.

The best exchange rates are generally offered by banks. *Bureaux de change* usually, but not always, offer worse rates or charge higher commissions. Hotels are almost always the worst places to change money. American Express and Travelex offices don't usually charge for changing their own travellers cheques, but don't always offer great rates.

Travellers Cheques

Increasingly overlooked by card-wielding travellers, travellers cheques are a dying breed. They should not, however, be written off entirely as they're an excellent form of backup, especially as you can claim a refund if they're stolen (providing, of course, you've kept a separate record of their numbers).

American Express, Visa and Thomas Cook travellers cheques are widely accepted and have efficient replacement policies. In remote places, it's worth sticking to Amex as small local banks may not always accept other brands. Cheques in US dollars, British pounds or euros are the easiest to cash. When changing them, ask about fees and commissions as well as the exchange rate. There may be a service fee per cheque, a flat transaction fee or a percentage of the total amount irrespective of the number of cheques. Some banks charge exorbitant fees to cash cheques, but not to change cash; others do the reverse.

American Express now offers a travellers-cheque card, similar to the prepaid cash cards described in the Credit Card section. Available to UK and US residents, it can be loaded with a set sum, which is refundable if the card is lost or stolen.

PHOTOGRAPHY & DVDS

Film and video equipment is available everywhere in the region, but most travellers now use digital cameras. The most important thing to remember if shooting digitally is to check that you have enough memory to store your snaps. Memory cards of up to 2GB are available but two 128MB cards will probably be enough. If you do run out of memory your best bet is to burn your photos onto a CD, something which many processing labs and some internet cafés will do for you.

To download your pics at an internet café you'll need a USB cable and a card reader. Some places provide a USB cable on request but be warned that many of the chain cafés don't let you plug your gear into their computers, meaning that it's back to plan A – the CD.

Remember that you might need a plug adaptor and transformer (to ensure the correct voltage) for your battery charger.

For tips on taking the perfect holiday snap see Lonely Planet's *Travel Photography* by Richard I'Anson.

When buying a DVD in Europe you'll need to check two things: its regional code and its format. All DVDs are encoded with a regional code (for America and Canada this is 1, for Europe, Japan and South Africa 2, and for Australia and New Zealand 4). Always check that the code of the disc you're buying corresponds with that of your player at home – a DVD player coded 1 or 4 will not play a disc coded 2. A way around this is to look for universally compatible players and discs carrying a 0 code.

Furthermore, European DVDs and players are formatted for the PAL (Secam in France) TV system as opposed to the NTSC system used in the USA and Japan. As a general rule a DVD player bought in a PAL country (including Australia) will play NTSC and PAL formatted discs. On the other hand, most NTSC players can't play PAL discs. In other words, DVDs bought in Europe probably won't play on your TV back home – although they'll probably work on your computer. On the other hand, DVDs brought to Europe from elsewhere will probably (but not necessarily) work.

POST

From major European centres, airmail typically takes about five days to North America and a week to Australasian destinations. Postage costs vary from country to country, as does post-office efficiency – the Italian and Greek post offices, for example, are notoriously slow.

Most central post offices offer poste-restante services, where people can write to you care of the post office, but email has rendered these largely obsolete. Ask people writing to you to print your name clearly and underline your surname. When collecting mail, you'll probably need your passport and you may have to pay a small fee. If an expected letter

has not arrived, ask to check under your first name; letters commonly get misfiled. Post offices usually hold mail for about a month, but sometimes less.

You can also have mail (but not parcels) sent to you at American Express offices so long as you have an Amex card or travellers cheques. Courier services such as **DHL** (www.dhl.com) are best for essential deliveries.

SOLO TRAVELLERS

Lone travellers should face no special problems in Mediterranean Europe. It's a relatively safe place with plenty of accommodation and an efficient transport network. Security issues for solo travellers are mainly a matter of common sense – watch your possessions, don't go wandering down dark alleys at night and be wary of overly friendly people you've just met. For more on possible dangers see the Dangers & Annoyances section, p864; specific advice for female travellers is included in the Women Travellers section p875.

If you're thinking about travelling alone, bear in mind that single rooms in hotels are often more expensive (relatively speaking) than doubles or triples, and that crowded restaurants might be reluctant to give a table for one. Seasoned soloists advise staying in hostels as much as possible, not only to save money but also as a means of meeting people.

TELEPHONE & FAX

Telephoning into, or out of, Mediterranean Europe is not difficult. Public pay phones are widespread and, once you've got a phonecard, simple to use. They are also considerably cheaper than calling from a hotel.

To call abroad simply dial the international access code (IAC) of the country you're calling from (most commonly 00), the country code (CC) of the country you're calling to, the local area code (usually, but not always dropping the leading zero if there is one) and then the number.

Area codes for individual cities are provided in the country chapters; for country codes, see the Phone Codes section, opposite.

To have someone else pay for your call, you can, from many countries, dial directly to your home-country operator and then reverse the charges. Alternatively, you can use the Home Direct (or Country Direct) system which lets you phone home by billing the long-distance carrier you use at home. Home Direct num-

bers, which can often be dialled from public phones without even inserting a phonecard, vary from country to country.

Toll-free numbers throughout Mediterranean Europe generally have a 0800 prefix. Emergency numbers are listed in individual country chapters.

Fax

Largely outmoded by email, faxes are sometimes required by hotels as confirmation of a reservation. You can generally send faxes and telexes from major post offices and large hotels, though they will charge you more.

Mobile Phones

Most European mobile phones operate on the GSM 900/1800 system, which also covers Australia and New Zealand, but is not compatible with the North American GSM 1900 system. Some American GSM 1900/900 phones, however, do work in Europe although high roaming charges make it an expensive business.

If you have a GSM dual or tri-band phone that you can unlock (check with your service provider) the easiest way of using it is to buy a prepaid SIM card in each country you visit. Typically, you'd pay around €50, which would include about €25 worth of prepaid calls. You can then top up the account as you go along. Remember though that each time you change your SIM you change your telephone number and that most SIMs expire if not used within a certain time limit. Most country-specific SIMs can only be used in the country of origin.

Phonecards

You can ring abroad from almost any phone box in the region. Public phones accepting stored-value phonecards (available from post offices, telephone centres, newsstands and retail outlets) are virtually the norm now; in some countries (France for example), coin-operated phones are almost impossible to find.

There's a wide range of local and international phonecards. Most international cards come with a toll-free number and a PIN code, which gives access to your prepaid credit. However, for local calls you're usually better off with a local phonecard. It's also worth noting that (a) many cards have an expiry date and (b) those sold at airports and train stations are rarely good value for money.

Without a phonecard, you can ring from a booth inside a post office or telephone centre and settle your bill at the counter. Reverse-charge (collect) calls are often, but not always, possible.

Phone Codes

The following are the country codes you need to call into these countries:

Albania	☎ 355
Bosnia & Herzegovina	☎ 387
Croatia	☎ 385
Cyprus	☎ 357
North Cyprus (Turkish)	☎ 90+392
France	☎ 33
Gibraltar	☎ 350
Greece	☎ 30
Italy	☎ 39
Malta	☎ 356
Morocco	☎ 212
Portugal	☎ 351
Montenegro	☎ 381
Slovenia	☎ 386
Spain	☎ 34
Turkey	☎ 90

TIME

Most of the countries covered in this book are on Central European Time (GMT/UTC plus one hour) except for Portugal which runs on Western European Time; Cyprus, Greece and Turkey, which are on East European Time (GMT/UTC plus two hours); and Morocco, which stays on GMT/UTC throughout the year.

In most European countries, clocks are put forward one hour for daylight-saving time on the last Sunday in March and turned back again on the last Sunday in October. Thus, during daylight-saving time, Western European Time is GMT/UTC plus one hour, Central European Time GMT/UTC plus two hours and East European Time GMT/UTC plus three hours.

TOILETS

To find a public toilet in many Med countries is difficult; to find a free one often impossible. A small fee (up to €0.50) is required in many places. If you can't find a loo anywhere, the best bet is to dive into the nearest bar/café, wolf down a quick drink, and use the on-site facilities.

Most loos in the region are of the sit-down Western variety, but don't be surprised to

find the occasional hole-in-the-ground model. And don't ever assume that public loos will have paper – they almost certainly won't.

TOURIST INFORMATION

Tourist information is widely available throughout the region. Most towns, big or small, have a tourist office of some description, which at the very least will be able to provide a rudimentary map and give information on accommodation. Some even provide a hotel-reservation service, which might or might not be free. In the absence of a tourist office, travel agencies and hotel receptionists are useful sources of information.

Many Mediterranean countries also have tourist offices abroad. For country-specific tourist information see the country chapters.

TOURS

Tours exist for all ages, interests and price ranges. Specialist operators offer everything from tours of the region's gardens to island-hopping tours of the Aegean, and from walking holidays to adventure-sports packages. Check newspaper travel sections, travel agents and occasionally online booking sites, such as www.lastminute.com.

Specialising in tours for 18- to 35-year-olds, **Contiki** (☎ UK 020 8290 6777; www.contiki.com) and **Top Deck** (☎ UK 020 7370 4555; www.topdecktravel.co.uk) offer a range of tours across Europe. You can cruise the Aegean, sail down Croatia's craggy coast or party at Contiki's own resort on the Greek island of Mykonos. Both companies have London offices, as well as representatives in Europe, North America, Australasia and South Africa. There are also numerous camping and hotel-based bus tours to Europe's major cities.

Other reliable operators include: **Busabout** (☎ 020 79 501661; www.busabout.com) A London-based company that offers bus tours of Europe (see p885), short breaks to Italy, Spain (UK£99 respectively) and Morocco (from UK£209), and island-hopping tours of Greece (from UK£119) and Croatia (from UK£209).

CBT Tours (☎ USA 800 736 24 53; www.cbtours.com) This US operator specialises in walking and cycling holidays, including a six-day walking tour of Italy's Cinque Terre (US\$1995) and an 11-day bike ride through Tuscany and Provence (US\$2695).

Ramblers Holidays (☎ UK 01707 33 11 33; www.ramblers.holidays.co.uk) A British-based outfit that offers hiking holidays, ski packages, garden tours and traditional sightseeing itineraries.

Saga Holidays (UK ☎ 0800 300500, US ☎ 617 262 22 62; www.saga.co.uk) Serving the over-50s only, Saga sells everything from cheap coach tours to luxury cruises, and travel insurance to budget air tickets. It has an office in the UK and in the USA.

Many national tourist offices offer organised trips. These range from one-hour city tours to several-day circular excursions. They often work out more expensive than going it alone, but are sometimes worth it if you are pressed for time. A short city tour will give you a quick overview of the place and can be a good way to begin your visit.

TRAVELLING WITH DISABILITIES

With the notable exception of Croatia and Bosnia and Hercegovina, both of which are improving wheelchair access for the large number of wounded war veterans, the region does not cater well to disabled travellers. Cobble streets, ancient lifts and anarchic traffic all make life difficult for wheelchair-using visitors. Access is often limited to the more expensive hotels and major airports; public transport is usually woefully ill-equipped; and tourist sites rarely cater well to those with disabilities.

However, it's not impossible to travel the region, even independently. If you're going it alone, pretrip research is essential – find out about facilities on public transport, work out how to get to your hotel or hostel, check if there are care agencies available and how much they cost. Experts also recommend that you give your wheelchair a thorough service before departing and prepare a rudimentary tool kit (punctures can be a problem). Also pretest ways of carrying your luggage – maybe in a rucksack hung on the back of your wheelchair.

National support organisations can help. They often have libraries devoted to travel, and can put you in touch with travel agents who specialise in tours for the disabled. The following are also useful resources:

Access-able (www.access-able.com) Practical advice, including tips for the blind and visually impaired.

Accessibility (www.accessibility.com.au) Click on Europe in the Travel section for links to European disabilities websites.

BBC (www.bbc.co.uk/holiday/accessible-travel) The Beeb's up-to-date website provides information on navigating airports and travelling independently.

Lonely Planet (www.lonelyplanet.com) The Thorn Tree forum has a section dedicated to travellers with disabilities.

Mobility International USA (www.miusa.org)

Publishes guides and advises travellers with disabilities or mobility issues.

Royal Association for Disability and Rehabilitation (www.radar.org.uk) British-based organisation that can advise on all aspects of travelling.

VISAS

Citizens of the USA, Australia, New Zealand, Canada and the UK need only a valid passport to enter most of the countries in this guide for up to three months, provided they have some sort of onward or return ticket and/or 'sufficient means of support' (money).

If you do require a visa (and this includes South African nationals), remember that it will have a 'use-by' date, and you'll be refused entry after that period has elapsed. Your visa might not be checked when entering a country overland, but major problems can arise if it is requested during your stay or on departure and you can't produce it.

France, Greece, Italy, Portugal and Spain have all signed the Schengen Convention, an agreement abolishing customs checks between signatory states; Cyprus, Malta and Slovenia have also signed but have yet to implement the provisions. Note, however, that signatories retain the right to reinstate border checks if national security is deemed to be at risk.

Legal residents of one Schengen country do not need a visa for another; nationals of Australia, Canada, Israel, Japan, New Zealand, and the USA do not need a visa for tourist visits of up to 90 days. The UK and Ireland are not part of the Schengen area but their citizens can stay indefinitely in other EU countries, only needing paperwork if they want to work long-term or take up residency. For details of the Schengen visa see opposite.

Of the other countries in this book, only Turkey requires visas from Australian, Canadian, Irish, British and American nationals. They can be bought at any point of entry into the country. See the Turkey chapter directory (p853) for more details.

Visa requirements change, and you should always check with the embassy of your destination country or a reputable travel agent before travelling.

It's generally easier to get your visas as you go along, rather than arranging them all beforehand. Carry spare passport photos (you may need from one to four every time you apply for a visa).

SCHENGEN VISA

Citizens of the USA, Australia, New Zealand, Canada and the UK need only a valid passport to enter any of the 16 Schengen countries (Austria, Belgium, Denmark, Finland, France, Germany, Greece, Iceland, Italy, Luxembourg, the Netherlands, Norway, Portugal, Spain, Sweden and Switzerland). Other nationals, including South Africans, need to apply for a Schengen Visa.

The Schengen Visa comes in various forms (short-stay, transit, airport transit, visa with limited territorial validity). Of these it's the short-stay visa that's the most relevant to travellers. Divided into single-entry and multiple-entry models, it allows for either an uninterrupted stay of 90 days in the Schengen area or several stays for a total of 90 days in any half-year period. Remember, though, the clock starts ticking from the moment you enter the Schengen area.

It's obligatory to apply for a Schengen visa in your country of residence at the embassy of your main destination country or, if you have no principal destination, of the first Schengen country you'll be entering. A visa issued by one Schengen country is generally valid for travel in other Schengen countries, but individual countries may impose restrictions on certain nationalities. You can only apply for two Schengen visas in any 12-month period.

Always check which documents you'll need, but you'll almost certainly require a passport valid for three months beyond the end of your proposed visit; a return air/train ticket; proof of a hotel reservation or similar accommodation arrangement; proof of your ability to support yourself financially; and medical insurance to a value of €30,000.

Further information is available at www.eurovisa.info.

Schengen Visas are not available for stays of more than 90 days.

For more information about work visas and permits see Work, below.

WOMEN TRAVELLERS

Sad to report but male machismo is alive and well in Mediterranean Europe, a region in which tradition and religion tend to set the social norms. As a result, women travellers continue to face more challenging situations than men do, most often in the form of unwanted harassment. If you find yourself being pestered by local men and ignoring them isn't working, tell them you're waiting for your husband (marriage is highly respected in the area) and walk away. If they continue, call the police.

Gropers, particularly on crowded public transportation, can also be a problem. If you do feel someone start to touch you inappropriately, make a fuss – molesters are no more admired in Mediterranean Europe than they are anywhere else.

In Muslim countries, where women's roles are clearly defined and unmarried men have little contact with women outside of their family unit, women travelling alone or with other women will attract attention. This is rarely dangerous, but you'll need to exercise common sense. Dress conservatively, avoid eye contact and, if possible, don't walk alone at night.

The *Handbook for Women Travellers* (Piatkus Books; 1995) by Maggie and Gemma Goss is useful for women who travel solo. Online check out the following:

Journeywoman (www.journeywoman.com) An online women's travel magazine.

Lonely Planet (www.lonelyplanet.com) Click on the Women Travellers branch of the Thorn Tree forum.

Women's Travel Tips (www.womentraveltips.com) Experienced female travellers provide plenty of on-the-road tips.

For further information see the individual country directories.

WORK

Finding work in Mediterranean Europe is not always easy. Officially, an EU citizen is allowed to work in any other EU country, but the paperwork can be complicated for long-term employment and after three months you'll probably need to apply for a residency permit. Other nationalities require work permits that can be difficult to arrange, especially for temporary work.

That said, opportunities abound. Enterprising travellers have, for years, been topping up their funds working in bars and restaurants, at beach and ski resorts, teaching English or au pairing. And they don't always have to do it illegally.

In France, for example, you can get a visa for work as an au pair if you follow a recognised study course (eg a French-language course) and complete all the paperwork before leaving your country. Your national student-exchange organisation may be able to arrange temporary work permits to several countries.

If one of your parents or a grandparent was born in an EU country, you may have certain rights you never knew about. Get in touch with that country's embassy and ask about dual citizenship and work permits – if you go for citizenship, ask about any obligations, such as military service and residency. Be aware that your home country may not recognise dual citizenship.

Much of the temporary work offered in the region is seasonal – looking for work in a ski resort in August makes as little sense as trying for a beach bar job in February. Remember, if you find a temporary job, the pay might be less than that offered to locals. Typical tourist jobs (picking grapes in France, washing dishes in Alpine resorts, working at a bar in Greece) often come with board and lodging, the pay being little more than pocket money.

Teaching English is a favourite option although many schools now ask for a degree and a TEFL (Teaching English as a Foreign Language) certificate. There are no such requirements to give private lessons. In the UK, teaching jobs are advertised in the Tuesday *Guardian* and in the *Times Educational Supplement* on Thursdays. For information regarding courses and jobs, try **TEFL International** (www.teflinternational.org.uk), **Jobs in Europe** (www.jobs-in-europe.net) and the **British Council** (www.britishcouncil.org). Alternatively, approach the big

schools like **Berlitz** (www.berlitz.com), **Inlingua** (www.inlingua.com) or **Wall Street Institute International** (www.wallstreetinstitute.com).

If you can afford it, a volunteer work placement is a great way to gain an insight into local culture. Typical volunteer jobs include working on conservation projects, participating in research programmes, or helping out at animal-welfare centres. In some cases volunteers are paid a living allowance, sometimes they work for their keep; some programmes even require the volunteer to pay, typically US\$300 to US\$1000 per week.

There are hundreds of guides and websites dedicated to working abroad. The following are among the better ones:

Gap Work (www.gapwork.com) Comprehensive website with advice, job searches and hundreds of useful links.

Go Abroad (www.goabroad.com) Information on hundreds of jobs and volunteer opportunities.

International Willing Workers On Organic Farms Association (WWOOF; www.wwof.org) International organisation that puts volunteers in contact with organic farms in France, Spain, Portugal and Italy. In exchange for your labour, you'll receive free lodging and food.

Transitions Abroad (www.transitionsabroad.com) Publishes *Work Abroad: The Complete Guide to Finding a Job Overseas* and the *Alternative Travel Directory: The Complete Guide to Work, Study and Travel Overseas*. Also lists paid positions and volunteer programmes. **Vacation Work** (www.vacationwork.co.uk) Produces the classic guide to working travel, Susan Griffith's *Work Your Way Around the World*, now in its 12th edition. Another useful title is *Summer Jobs Abroad*, edited by David Woodworth.

Working Abroad (www.workingabroad.com) Has information on overseas projects, volunteer organisations and working as an English teacher.

Working Overseas (www.workingoverseas.com) Now in its 4th edition, the *BIG Guide to Living and Working Overseas* is aimed principally at US and Canadian readers.

Transport in Mediterranean Europe

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This chapter provides a general overview of the main transport issues in Mediterranean Europe. For more detailed country-specific information see Transport under the individual country chapters.

Unless otherwise specified, all telephone numbers are local numbers and do not include international dialling codes.

Flights, tours and rail tickets can be booked at www.lonelyplanet.com/travel_services.

GETTING THERE & AWAY

ENTRY REQUIREMENTS

There are no special entry requirements for EU citizens and nationals of Australia, Canada, New Zealand, and the USA. For most places (with the exception of Turkey) a valid passport is all you need for a stay of up to three months. South African nationals, however, require visas for a number of the countries in this book. For general visa information see p874; for country-specific details refer to country chapters.

AIR

Finding a flight into Mediterranean Europe is not difficult. Most major airlines fly into the region and there are up to 49 low-cost carriers

THINGS CHANGE...

The information in this chapter is particularly vulnerable to change. Check directly with the airline or a travel agent to make sure you understand how a fare (and any ticket you may buy) works, and be aware of the security requirements for international travel. Shop carefully. The details given in this chapter should be regarded as pointers and are not a substitute for your own careful, up-to-date research.

ers operating in the area. Fierce competition means that you should be able to pick up a reasonably priced flight even if you're coming from as far away as the USA or Australia.

Major hubs include the two Paris airports, Orly and Roissy Charles de Gaulle; Rome's Leonardo da Vinci airport (better known as Fiumicino); Madrid's Barajas airport; and Atatürk international airport in Istanbul. Many no-frills airlines use secondary provincial airports – see individual country chapters for details.

Expect to pay high-season prices between June and September; two months either side of this period are the shoulder seasons. Low season is November to March.

Airports & Airlines

The following are the region's major international airports:

Athens (Eleftherios Venizelos international airport; ATH; ☎ 2103 530 000; www.aia.gr)

Barcelona (BCN; ☎ 93 298 38 38; www.barcelona-airport.com)

Casablanca (Mohammed V international airport; CMN; ☎ 022 539040; www.onda.org.ma, in French)

Cyprus (Larnaca international airport; LCA; ☎ 2481 6130)

Istanbul (Atatürk international airport; IST; ☎ 0212 465 5555; www.ataturkairport.com)

Lisbon (Portela airport; LIS; ☎ 218 413 700; www.ana-aerportos.pt)

Madrid (Barajas airport; MAD; ☎ 902 353 570; www.aena.es)

Malta (MLA; ☎ 21 249 600; www.maltaairport.com)

Milan (Malpensa airport; MXP; ☎ 02 748 52 200; www.sea-aerportmilano.it)

Paris Only (ORY; ☎ 01 49 75 15 15; www.adp.fr) Roissy Charles de Gaulle (CDG; ☎ 01 48 62 12 12; www.adp.fr)
Rome (Leonardo da Vinci airport; FCO; ☎ 06 659 55 571; www.adr.it) Also known as Fiumicino.

Many of the world's major airlines serve the region.

Air Canada (code AC; ☎ 1-888 422 75 33; www.aircanada.ca; hub Pearson international airport, Toronto)
Air France (code AF; ☎ 0 820 820 820; www.airfrance.com; hub Roissy Charles de Gaulle airport, Paris)
Air Malta (code KM; ☎ 2169 0890; www.airmalta.com; hub Malta airport)
Air New Zealand (code NZ; ☎ 0800 73 70 00; www.airnewzealand.com; hub Auckland international airport)
Air Portugal (code TAP; ☎ 289 800 218; www.tap.pt; hub Portela airport)
Alitalia (code AZ; www.alitalia.it; ☎ 06 22 22; hub Leonardo da Vinci airport, Rome)
American Airlines (code AA; ☎ 1-800 433 73 00; www.aa.com; hub Chicago O'Hare airport)
British Airways (code BA; ☎ 0870 8509 850; www.britishairways.com; hub Heathrow airport, London)
Cathay Pacific (code CX; ☎ 2747 3022; www.cathaypacific.com; hub Hong Kong international airport)
Cyprus Airways (code CY; ☎ 2266 3054; www.cyprusairways.com; hub Larnaca international airport)
Delta Air Lines (code DL; ☎ 1-800 221 12 12; www.delta.com; hub John F Kennedy airport, New York)
Emirates (code EK; ☎ 4 2244435; www.emirates.com; hub Dubai international airport)
Iberia (code IBE; ☎ 902 40 05 00; www.iberia.com; hub Madrid Barajas airport)
KLM (code KL; ☎ 08705 074074; www.klm.com; hub Schiphol airport, Amsterdam)
Lufthansa (code LH; ☎ 018 0583 8426; www.lufthansa.com; hub Frankfurt airport)
Olympic Airways (code OA; ☎ 8011 144 444; www.olympic-airways.gr; hub Eleftherios Venizelos international airport, Athens)
Qantas (code QF; ☎ 02 9691 3636; www.qantas.com.au; hub Kingsford Smith international airport, Sydney)
Royal Air Maroc (code AT; ☎ 022 321122; www.royalairmaroc.com; hub Mohammed V airport, Casablanca)
Singapore Airlines (code SQ; ☎ 622 388 88; www.singaporeair.com; hub Changi airport, Singapore)
South African Airways (code SA; ☎ 0861 35 97 22; www.saa.co.za; hub Johannesburg international airport)
Thai Airways International (code TG; ☎ 0 2513 0121; www.thaiair.com; hub Bangkok international airport)

Europe's main budget airlines include the following:

Air Berlin (code AB; ☎ 01805 73 78 00; www.airberlin.com; hub Berlin Tegel airport)

Bmibaby (code WW; ☎ 0871 224 0224; www.bmibaby.com; hub Nottingham East Midlands airport)

EasyJet (code U2; ☎ 0870 6000 000; www.easyjet.com; hub Stansted airport, London)

Germanwings (code 4U; ☎ Germany 0180 595 5855; www.21.germanwings.com; hub Cologne/Bonn airport)

Hapag-Lloyd Express (code X3; ☎ 0180 509 3509; www.hlx.com; hub Cologne/Bonn airport)

Jet2 (code LS; ☎ UK 0207 170 0737; www.jet2.com; hub Leeds Bradford airport)

RyanAir (code FR; ☎ 0871 246 0000; www.ryanair.com; hub Stansted airport, London)

Virgin Express (code TV; ☎ 070 35 36 37; www.virgin-express.com; hub Brussels national airport)

Courier Flights

If you're travelling alone courier flights are a fare-saving option. You get a cheap flight in return for accompanying packages or documents through customs and delivering them to a representative at the destination airport. Note, however, that courier tickets are very restrictive – for example, you'll probably only be allowed to take hand luggage. For more information try the **International Association of Air Travel Couriers** (☎ USA 303 632 3273; www.courier.org) or **Courier Travel** (☎ USA 303 570 75 86; www.couriertravel.org).

Tickets

The internet is the easiest way to find and book tickets, especially if you're after simple one-way or return trips on specified dates. You can log onto airline websites direct (many companies offer excellent online fares and most no-frills carriers operate solely on the web), or try one of the many online agencies. The following are major travel websites:

Air Treks (www.airtreks.com) Specialists in multistop, round-the-world (RTW) tickets.

Cheap Tickets (www.cheaptickets.com)

Expedia (www.expedia.com)

Flight bookers (www.ebookers.com)

Opodo (www.opodo.com)

Priceline (www.priceline.com) An online ticket-auction service.

Qixxo (www.qixxo.com)

Travelocity (www.travelocity.com)

If, however, you're planning a more complex itinerary, you're probably better off talking to a competent travel agent, the best of whom will be able to find you the best fares, advise on connections and sell you travel insurance. There are plenty of travel agencies specialising

CLIMATE CHANGE & TRAVEL

Climate change is a serious threat to the ecosystems that humans rely upon, and air travel is the fastest-growing contributor to the problem. Lonely Planet regards travel, overall, as a global benefit, but believes we all have a responsibility to limit our personal impact on global warming.

Flying & Climate Change

Pretty much every form of motor transport generates CO₂ (the main cause of human-induced climate change) but planes are far and away the worst offenders, not just because of the sheer distances they allow us to travel, but because they release greenhouse gases high into the atmosphere. The statistics are frightening: two people taking a return flight between Europe and the US will contribute as much to climate change as an average household's gas and electricity consumption over a whole year.

Carbon Offset Schemes

Climatecare.org and other websites use 'carbon calculators' that allow travellers to offset the greenhouse gases they are responsible for with contributions to energy-saving projects and other climate-friendly initiatives in the developing world – including projects in India, Honduras, Kazakhstan and Uganda.

Lonely Planet, together with Rough Guides and other concerned partners in the travel industry, supports the carbon offset scheme run by climatecare.org. Lonely Planet offsets all of its staff and author travel.

For more information check out our website: www.lonelyplanet.com.

ing in cheap flights, often known as brokers, consolidators or bucket shops. Most are honest but it pays to be cautious. Never, for example, pay cash for a ticket that you can't pick up immediately and never send money (or cheques) through the post unless the agency is well known or accredited to an official body such as the UK's Air Travel Organisers' Licensing (ATOL) scheme. Paying by credit card offers some protection, as most card issuers provide refunds if you can prove you didn't get what you paid for. After you've made a booking or paid your deposit, call the airline and confirm that the booking has been made.

If you purchase a ticket and later want to change it or get a refund, you'll need to contact the original travel agency. Airlines issue refunds only to the purchaser of a ticket – usually the travel agency that bought the ticket on your behalf.

Full-time students and people aged under 26 (under 30 in some countries) have access to discounted fares. You'll have to show a document proving your date of birth such as a valid International Student Identity Card (ISIC) or an International Youth Travel Card (IYTC) when buying your ticket. See www.istc.org for more information.

Africa

Nairobi and Johannesburg are the best places in Africa to buy tickets to Europe. **Flight Centre** (www.flightcentre.co.za) has offices in both cities, as well as in Cape Town and Durban. **STA Travel** (www.statravel.co.za) is another agency that is well represented, with offices in Johannesburg, Cape Town, Durban, Pretoria, Bloemfontein, Rosebank and Bryanston. Elsewhere, **Rennies Travel** (www.renniestravel.com) has agencies in Botswana, Malawi, Namibia, South Africa and Zimbabwe.

If you're going to Morocco, you're better off getting a cheap return ticket to Paris, London, Madrid or Amsterdam and getting a flight from there. Some West African countries, such as Burkina Faso, Gambia and Morocco, offer cheap charter flights to France.

Asia

Hong Kong, Singapore and Bangkok are the discount airfare capitals of Asia. STA Travel has branches in all three.

Bangkok (www.statravel.co.th)

Hong Kong (www.hkst.com.hk/statravel)

Kuala Lumpur (www.statravel.com.my)

Singapore (www.statravel.com.sg)

Tokyo (www.statravel.co.jp)

In Hong Kong you could also try **Four Seas Tours** (www.fourseastravel.com), while in Japan **No 1 Travel** (☎ 03 3205 6073; www.no1-travel.com) has offices in Tokyo and Yokohama. In India, **STIC Travels** (www.stictravel.com) is a good bet, with agencies in dozens of Indian cities, including Delhi (☎ 11 2373 1480) and Mumbai (☎ 22 2218 1431).

A website worth checking is www.zuji.com, an online agency serving the Asia-Pacific region.

Australia

Europe-bound flights from Australia generally travel via southeast Asian capitals, typically Kuala Lumpur, Singapore or Bangkok. If a long stopover is necessary, transit accommodation is sometimes included in the price of the ticket; if it's not, consider a more expensive ticket with better connections.

Many travel agencies specialising in discount air tickets advertise in the Saturday travel sections of the *Sydney Morning Herald* and Melbourne's *Age*. It's also worth checking out special deals in the ethnic press.

Flight Centre (☎ 131 600; www.flightcentre.com.au) and **STA Travel** (☎ 1300 733 035; www.statravel.com.au) both have offices across the country; you'll also find STA on many university campuses. For online bookings, try www3.travel.com.au.

Return flights from Sydney to Paris start at about AUD\$1950/1700 in high/low season, but many airlines offer frequent promotional fares, so it pays to check daily newspapers. Flights from Perth are a couple of hundred dollars cheaper than from east-coast cities.

Canada

Canadian consolidators often advertise cheap fares in the *Globe & Mail*, *Toronto Star*, *Montreal Gazette* and *Vancouver Sun*. Canadian fares tend to be about 10% higher than those sold in the USA.

Canada's main student travel organisation, **Travel Cuts** (☎ 800 667 2887; www.travelcuts.com), has offices in all major cities. Also worth checking are **Airhitch** (☎ 212 864 2000; www.airhitch.org) and, online, www.expedia.ca and www.travelocity.ca.

Continental Europe

With so many low-cost carriers operating in the region it's always worth scanning airline websites for cheap fares. You'll find a list of airlines and the routes they serve at www.flycheapo.com.

BELGIUM

WATS Reizen (☎ 03 233 70 20; www.wirtz-air.be)

FRANCE

Anyway (☎ 08 92 30 23 01; www.anyway.fr)
Lastminute (☎ 08 99 78 30 00; www.fr.lastminute.com)
Nouvelles Frontières (☎ 08 25 00 07 47; www.nouvelles-frontieres.fr)

OTU Voyages (☎ 08 20 81 78 17; www.otu.fr) Student travel specialist.

Voyageurs du Monde (☎ 08 92 23 56 56; www.vdm.com)

GERMANY

Munich is Germany's budget-travel centre although there are plenty of deals to be found elsewhere.

Expedia (www.expedia.de)

Just Travel (☎ 089 747 3330; www.justtravel.de)

Lastminute (☎ 018 0528 4366; www.lastminute.de)

STA Travel (☎ 069 7430 3292; www.statravel.de)

ITALY

CTS Viaggi (☎ 06 462 04 31; www.cts.it) Italy's main student travel agency.

THE NETHERLANDS

Airfair (☎ 0206 20 51 21; www.airfair.nl)

ISSTA (☎ 0206 18 80 31)

SPAIN

Barcelo Viajes (☎ 902 200 400; www.barceloviajes.com)

Viajes Zeppelin (☎ 91 542 51 54; www.viajeszeppelin.com)

SWITZERLAND

STA Travel (☎ 058 450 49 20; www.statravel.ch)

New Zealand

The cheapest fares to Europe are routed through Asia. **Flight Centre** (☎ 0800 24 35 44; www.flightcentre.co.nz) is based in Auckland but has branches throughout the country, as does **STA Travel** (☎ 0508 782 872; www.statravel.co.nz). Also check out the ads in the *Herald* or log onto www.travel.co.nz.

Reckon on NZ\$1900/1700 in high/low season for a return ticket from Auckland to Paris.

UK

London is Europe's discount travel capital. Many agencies advertise in the *Independent* and *Guardian* on Saturdays, in the *Sunday Times*, and in publications like *Time Out*, the

Big Issue and the free magazine *TNT* – often available outside train and underground stations.

Flying with a low-cost airline you should be able to get a one-way flight to Rome or Barcelona for between UK£25 and UK£90. Book early for the best deals.

Charter flights sometimes work out cheaper than scheduled flights, especially if you don't qualify for the under-26 and student discounts. See your travel agency for possibilities.

Reliable operators include the following:

Discount Tickets (www.discount-tickets.com)

Flight Centre (☎ 0870 499 0040; www.flightcentre.co.uk)

North-South Travel (☎ 01245 608291; www.northsouthtravel.co.uk) North-South donate part of their profits to projects in the developing world.

Quest Travel (☎ 0871 423 0135; www.questtravel.com)

STA Travel (☎ 0870 160 0599; www.statravel.co.uk)

Trailfinders (☎ 0845 058 5858; www.trailfinders.com)

Travel Bag (☎ 0870 607 0620; www.travelbag.co.uk)

USA

San Francisco is heralded as the ticket-consolidator capital of America, although some good deals can be found in most other big cities. The *New York Times*, *LA Times*, *Chicago Tribune* and *San Francisco Chronicle* all have weekly travel sections in which you'll find plenty of ads.

STA Travel (☎ 800 781 4040; www.statravel.com) has offices in Boston, Chicago, Los Angeles, New York, Philadelphia and San Francisco.

Fare prices fluctuate wildly depending on season, availability and luck, but budget for US\$970/550 in high/low season for a return fare from New York to Paris. Equivalent fares from the west coast will cost you roughly US\$100 to US\$300 more.

If you're happy to fly at a moment's notice, flying stand-by is an option. New York-based **Airhitch** (☎ 212 864 2000; www.airhitch.org) can get you to/from Europe for US\$165/199/233 each way from the east coast/Midwest/west coast, plus US\$56 taxes and a processing fee of US\$29.

The following are online resources:

American Express Travel (www.itn.net)

Cheap tickets (www.cheaptickets.com)

Lowestfare (www.lowestfare.com)

Orbitz (www.orbitz.com)

STA Travel (www.sta.com)

See also the list of websites on p878.

LAND Border Crossings

The main overland routes into Mediterranean Europe enter the region from the north and east. Countries bordering the region to the north include Switzerland, Austria and Hungary; and to the east, Romania, Bulgaria and Macedonia. France is bordered on the east by Switzerland, Germany, Luxembourg and Belgium. To the east of Turkey lies Iran and to the south Syria and Iraq. Morocco is bordered by Algeria.

For details of overland transport into individual countries, refer to the Transport sections in individual country chapters.

Africa

Discounting the complicated Middle East route, going to/from Africa involves a Mediterranean ferry crossing, typically from Morocco to Spain or France, or from Tunisia to Italy or France. See Transport under individual country chapters for details.

Asia

The overland trail to/from Asia passes through Iran, Afghanistan and Pakistan. At the time of writing, the volatile situation on the ground made this route inadvisable. If you're determined to try it, check with your own foreign office for the latest security situation.

To get to Mediterranean Europe from central and eastern Asia by train, allow at least eight days.

Continental Europe

Bus and train links to/from the region are comprehensive. A good resource for researching train connections is the German Deutsch Bahn journey planner (reiseauskunft.bahn.de/bin/query.exe/en?datesel=custom). For more train information see p889 and individual country Transport sections.

Eurolines (www.eurolines.com) is a consortium of European coach companies that operate across Europe and have offices in all major European cities. Another option is London-based **Busabout** (☎ 020 79 501661; www.busabout.com), which covers at least 60 European cities and towns.

See p885 for more on these companies.

UK

It's not exactly on *terra firma* but the Channel Tunnel provides a rail link between Britain

and France. If you're travelling without a car you'll need the Eurostar. With wheels, head for the Eurotunnel vehicle service.

Eurostar (☎ UK 08705 186186, France 08 92 35 35 39; www.eurostar.com) operates direct trains between London (or Ashford in Kent) and various destinations in France and Belgium, including Paris' Gare du Nord station, Paris Disneyland and several Alpine ski resorts. At the time of writing, Eurostar trains departed from Waterloo International Terminal, adjacent to London's Waterloo train station. However, as of mid-2007, St Pancras will be the main point of arrival/departure for Eurostar trains (assuming, of course, that the high-speed rail link between London and the Channel Tunnel is completed on time). The revamped line will cut about half an hour off the current 2¾-hour journey time between London and Paris.

There are up to 13 ticket types available (child, youth, senior, minimum one night stay, Saturday night stay etc) with a corresponding range of fares and restrictions – the cheapest are generally nonrefundable with restrictions on departure times and length of stay. However, there are often special deals on offer, so always check out the website. A standard 2nd-class one-way ticket from London to Paris costs UK£149. Tickets are available direct from Eurostar, from travel agencies, at Waterloo and other UK mainline stations, and from **Rail Europe** (☎ UK 0990 300003; www.raileurope.com), which also sells other European rail tickets.

You can take a bike on Eurostar as part of your luggage only if it's in a bike bag. Otherwise it must go as registered baggage, for which there's a UK£20 fee.

The **Eurotunnel vehicle service** (☎ UK 08705 353535, France 08 10 63 03 04; www.eurotunnel.com) operates between Folkestone and Calais. Trains run 24 hours a day, every day of the year, with up to four departures an hour.

To save money it makes sense to book in advance, although it is possible to drive into the terminal, buy a ticket and get on the next train. Fares start at UK£49 one-way for a car including all passengers, unlimited luggage and taxes. Note that both terminals are directly linked to motorways (the M20 in the UK and the A16 in France) and both have petrol stations.

Bicycles can be taken on only two trains per day and they must be booked 24 hours in advance. The standard fares for cyclists are UK£16/32 for a single/return.

SEA

Not surprisingly, the Mediterranean region is well connected by sea. Whether you're travelling south from the UK or north from North Africa there are ferry options available. For information on European ferry timetables, routes, ports and prices check out www.aferry.to.

Africa

To enter Europe from North Africa there are regular ferries from Morocco to Spain and France, and from Tunisia to Italy and France. Ferries are often filled to capacity in summer, so book well in advance if you're taking a vehicle across.

Ferry companies operating on these routes include the following.

Trasmediterranea (☎ Spain 902 45 46 45; www.trasmediterranea.es) From Algeciras to Tangier; Almeria to Nado and Ghazaouet; and Alicante to Oran.

SNCM (☎ France 08 36 672 100; www.sncm.fr) From Tunis to Marseille and Genoa; and from Marseille to Algiers, Oran, Béjaia, Skikda and Annaba.

UK

In recent years the cross-Channel ferry business has been hit by competition from low-cost airlines and the faster Eurotunnel service (left). As a result ferry companies have been forced to cut routes and, more relevantly, to reduce their fares.

There are several ferry routes. The quickest, busiest and most expensive is Dover to Calais (foot passenger/car from UK£6/24 return, 1¼ hours), but Dover to Dunkirk (car from UK£19, two hours), Newhaven to Dieppe (foot passenger/car from UK£12/33, four hours), and Poole to Cherbourg (foot passenger from UK£48, 4¼ hours) are also popular.

Fares depend on the usual mix of factors – the time of day/year, the flexibility of the ticket and, if you're driving, the length of your vehicle. Vehicle tickets include the driver and often up to five passengers free. There are also plenty of reductions on off-peak crossings and advance-purchase tickets. On most routes, apart from one-day or short-term excursion returns, there is little price advantage in buying a return ticket as opposed to two singles.

Rail-pass holders are entitled to discounts or free travel on some lines and most ferry companies give discounts to drivers with disabilities.

Major ferry companies include the following listings:

Brittany Ferries (www.brittany-ferries.com) Between Portsmouth, St Malo and Caen; from Poole to Cherbourg; and from Plymouth to Santander, Spain.

LD Lines (www.ldline.co.uk) From Portsmouth to Le Havre.

Norfolk Line (www.norfolkline.com) From Dover to Dunkirk.

P&O Ferries (www.poferries.com) Between Dover and Calais; from Portsmouth to Le Havre and Bilbao, Spain.

Seafrance (www.seafrance.net) From Dover to Calais.

Transmanche Ferries (www.transmancheferries.com) Between Newhaven and Dieppe.

USA

Unless you've got a real desire to see the Atlantic close up, or hate flying, then sailing from the USA doesn't make much sense. It's slow (typically between seven and 10 days) and not especially cheap. If, however, you're determined to test your sea legs, you've got two choices: you can either sign up for an expensive passage on a cruise ship or you can hop on a freighter as a paying passenger. Freighters are cheaper, more frequent and offer more routes.

Passenger freighters usually carry five to 12 passengers (more than 12 would require a doctor to be on board) with passage costing between US\$80 and US\$140 per day. Vehicles can often be included for an additional fee. If you're not travelling with a car, you'll need to organise transport from the port to the centre of town – ask the port agent (who'll be on board when the vessel docks) to arrange a taxi for you.

For further information see www.freighter-travel.com.

GETTING AROUND

Travelling in the region is pretty straightforward. There's a comprehensive transport network and relations between countries are generally good. Passage between the region's Schengen countries (France, Greece, Italy, Portugal and Spain) involves no border controls and elsewhere there are no special problems.

Ensure that you have a valid passport and check any visa requirements before travelling – see the Visas section in the Regional Directory (p874) and individual country directories for further information.

AIR

Travelling the region by air has never been cheaper. There are 49 low-cost airlines operating in Europe – competing as much with international train services as with the bigger airlines – as well as regular scheduled flights and, in summer, a huge number of charter flights. With a credit card, access to the internet and a little patience, you'll usually find a fare to tempt you.

For tips on finding tickets see the Tickets section earlier in this chapter, (p878); for details about fares and routes to specific countries see Transport under the individual country chapters.

It is worth noting that many budget airlines fly to provincial airports that might be a considerable distance from your destination city. For example, Ryanair's Venice flights actually land at Treviso, which is some 30km from the lagoon city. If you're arriving late at night make sure you have checked up on transport options into town, otherwise you could end up forking out for an expensive taxi ride. On the whole, though, the region's main airports are well connected to city centres via dedicated shuttle services or public transport links.

Air Passes

If you're planning a whistle-stop tour of the region and prefer to sort out your transport before you leave, check out the European air passes that many major airlines offer. They are generally only available to non-Europeans who must purchase them in conjunction with a long-haul international return ticket. Typically, they involve the purchase of flight coupons (usually around US\$100 to US\$150 each) for travel between a number of European destinations.

The following are typical examples:

Europe by Air Pass (www.europebyair.com) Valid for one-way travel between 150 European cities, nonrefundable coupons cost US\$99 per flight. They are only available in the USA but are valid for 120 days and are very flexible – decide where and when to use them as you go along.

Oneworld Visit Europe Pass (www.oneworld.com) Available to non-Europeans buying an intercontinental ticket, this pass is valid on European flights operated by Aer Lingus, American Airlines, British Airways, Cathay Pacific, Finnair, Iberia, LAN and Qantas. When you buy the pass you must state your chosen destinations and pay for a minimum of two flights, costing between US\$85 and US\$345. You must also confirm your first flight.

Star Alliance European Air Pass (www.star-alliance.com) When you buy a round-trip international ticket with a Star Alliance operator (including Air Canada, Air New Zealand, Bmi, Lufthansa, South African Airways, Singapore Airlines, Thai Airways International, United Airlines) you can buy a minimum of three and a maximum of 10 coupons (from US\$65) for one-way flights between 41 European countries. Coupons, the first of which you must reserve when you buy the pass, are valid for three months.

BICYCLE

Although a popular leisure activity in France, Spain and Italy, cycling as a means of everyday transport is not particularly common in Mediterranean Europe. Outside certain areas there are very few dedicated cycle lanes and drivers tend to regard cyclists as a bizarre novelty.

There are no special road rules for cyclists, although it's sensible to carry a helmet, lights and basic repair kit. This might contain a spare brake and gear cables, spanners, Allen keys, spare spokes and some strong adhesive tape. Take a good lock and make absolutely sure to use it when you leave your bike unattended.

Transporting your bike to the region poses no great problems. Different airlines apply different rules – some insist that you pack it in a bike bag, others simply require you to remove the pedals and deflate the tyres, some even sell specially designed bike boxes. Check with your airline before travelling and remember that the bike's weight will be included in your luggage allowance.

Bikes can generally be carried on slower trains, subject to a small supplementary fee. On fast trains they might need to be sent as registered luggage and will probably end up on a different train from the one you take. This is often the case in France and Spain.

In the UK, **Bike Express** (☎ UK 01642 713710; www.bike-express.co.uk) is a coach service where cyclists can travel with their bikes. It runs in the summer from Stokesley in northeast England to France, Italy and Spain, with pick-up and drop-off points en route. Return fares range from UK£179 to UK£199. Members of the **Cyclists' Touring Club** (CTC; ☎ 0870 873 0061; www.ctc.org.uk; membership adult/student/senior UK£33/12/20) travel for UK£10 less. The CTC can also offer advice and organise tours for you.

For more information on cycling see the Activities section in the Regional Directory, p860; the Tours section, p873; and individual country chapters.

Hire & Purchase

It is not as easy to hire bikes in some parts of Mediterranean Europe as it is elsewhere on the Continent, but where available they are hired out on an hourly, half-day, daily or weekly basis. Local tourist offices will have information on rental outlets. See the country chapters for more details.

There are plenty of shops selling bikes, although you'll need a specialist outlet for a touring bike. The CTC (left) can provide members with a leaflet about purchasing bikes. European prices are quite high (you can expect to pay between €100 and €200 for a new bike), but non-Europeans can often claim back VAT on the purchase (see Get Your Money Back, p864).

BOAT

The Mediterranean's ferry network is comprehensive, covering all corners of the region. There are routes between Morocco, Spain and France; between Italy, Spain, Greece, Croatia, Turkey and Malta; and between the hundreds of Mediterranean islands. The Greek islands are covered by a spider's web of routes; Lonely Planet's *Greek Islands* guidebook gives details. Ferries also link Corsica with Nice and Toulon; Sicily and Sardinia with Genoa, Naples and Reggio di Calabria in Italy and with Marseille in France; and Malta with Sicily, Salerno, Reggio di Calabria and Genoa. See the relevant country chapters for details.

Popular routes get very busy in summer, so try to book ahead.

The following are the major companies operating in the region.

Adriatica (☎ Italy 199 12 31 99; www.adriatica.it) Between Ancona in Italy and Split in Croatia; also Bari in Italy and Durrës in Albania.

Corsica Ferries (☎ Corsica 04 95 32 95 95; corsicaferries.com) Between Bastia in Corsica and Toulon or Nice in France.

Grimaldi Ferries (☎ Italy 06 420 83 567, Spain 93 318 53 50; www.grimaldi-ferries.com) From Barcelona or Valencia in Spain to Civitavecchia or Salerno in Italy; also Salerno to Malta.

Hellenic Mediterranean Lines (☎ Italy 0831 52 85 31; www.hml.it) Between Brindisi in Italy and Igoumenitsa, Patra, Corfu and the Ionian islands.

Jadrolinija (☎ Croatia 211 444; www.jadrolinija.hr) Between Split or Dubrovnik in Croatia and Ancona or Bari in Italy.

Marmara Lines (☎ Italy 071 207 61 65; www.marmara-lines.com) From Ancona in Italy to Çesme in Turkey.

Minoan Lines (☎ Italy 071 20 17 08; www.minoan.gr) Links Ancona in Italy with Igoumenitsa and Patra in Greece; also Venice to Corfu, Igoumenitsa and Patra.

SNAV (☎ Italy 0831 52 54 92; www.snav.it) Between Ancona in Italy and Split in Croatia; also between Naples, Sicily and the Aeolian Islands; and from Brindisi to Corfu.

Superfast Ferries (☎ Italy 071 207 02 40; www.superfast.com) Between Ancona in Italy and Igoumenitsa and Patra in Greece.

Trasmediterránea (☎ Spain 902 45 46 45; www.trasmediterranea.es) Between Barcelona, Valencia, Palma de Mallorca, Maò and Ibiza City.

Turkish Maritime Lines (☎ Turkey 464 8864; www.tdi.com.tr/eng/index_ing.shtml) Links Çesme in Turkey with Brindisi and Ancona in Italy.

BUS

Travelling by bus is the cheapest way of getting round the region, although it's neither comfortable nor particularly quick. Generally speaking, you'll do better travelling by train, especially if you've got a rail pass.

Eurolines (www.eurolines.com) comprises 32 European coach operators serving destinations throughout the region. Country contact details are as follows:

Bosnia & Hercegovina (☎ 033 211 282)

Croatia (☎ 051 660 322)

France (☎ 08 92 89 90 91)

Italy (☎ 055 35 71 10)

Morocco (☎ 022 43 82 82)

Spain (☎ 934 90 40 00)

Turkey (☎ 444 1888)

In conjunction with Eurolines, the Moroccan national bus line, **CTM** (Compagnie des Transports Marocains; www.ctm.co.ma) operates buses from Spain, France and northern Italy to most large Moroccan towns.

London-based **Busabout** (☎ UK 020 7950 1661; www.busabout.com) runs buses that complete three loops (Northern, Southern and Western) around Europe, stopping off at the major cities. The Western and Southern loops cover cities in Germany, Austria, Italy, France, Spain and Switzerland. When you buy a ticket you're paying for unlimited travel within the specified loop, allowing you to 'hop on, hop off' at any scheduled stop, then resume with a later bus. See p873 for ticket information.

Buses are often oversubscribed, so book each sector to avoid being stranded. Departures are every two days from May to October.

See the individual country chapters for more information about long-distance buses.

Bus Passes

Bus passes make sense if you want to cover a lot of ground as cheaply as possible. However, they're not always as extensive or flexible as rail passes and to get your money's worth you're going to be spending a lot of time crammed into a coach seat.

The Eurolines Pass covers 40 European cities. Most of the trips must be international although a few internal journeys are possible between major cities. The cost of a 15-day high-season pass is €329/279 for an adult/under 26, low season costs €199/169; a 30-day high-season pass costs €439/359 for an adult/under 26, low season costs €299/229.

Busabout offer various tickets. A pass for a single loop costs UK£275, for two loops UK£450. The Flexitrip Pass allows you to choose where you want to go and buy tickets (flexistops) for those destinations; you can then add extra flexistops as you go along. The pass is valid for the entire operating season (May to October) and costs UK£225 for six flexistops, then UK£25 for each additional stop.

For information on Busabout tours to Italy, Spain and the Greek and Croatian islands see p873.

Costs & Reservations

Booking a seat in advance is not obligatory, but if you know when you want to travel it makes sense to do so. In summer it's always advisable to book on popular routes.

As a rough guide, a one-way bus ticket from Paris to Rome costs €94, and from Barcelona to Lisbon costs €78.

CAR & MOTORCYCLE

Driving brings its own pleasures and pains. Once you've got used to driving on the right and mastered the local driving habits, you'll begin to enjoy the increased flexibility that a car/motorcycle offers. On the other hand, congestion and city parking can both be a pain. In winter, ice and fog can prove hazardous, particularly in places like Albania and Bosnia and Hercegovina where roads are badly sign-posted and often in poor condition.

Motorways (*autoroutes, autostrade* etc) in France, Italy and Spain are toll roads.

You can generally pay by cash or credit card and in some cases you can avoid the queues altogether by buying a prepaid card. See Transport under the individual chapters for details.

Mediterranean Europe is well suited to motorcycle touring, with good-quality roads and an active motorcycling scene. On ferries, motorcyclists can sometimes be squeezed in without a reservation, although booking ahead is advisable in peak travelling periods. Take note of local customs about parking on pavements. Technically it's illegal in many countries, but the police will often turn a blind eye as long as the vehicle doesn't obstruct pedestrians.

Useful motoring resources include the following:

British Motorcyclists Federation (☎ UK 0116 254 8818; www.bmf.co.uk) Click on the Touring link for information on European accommodation, ferry routes, maps, specialist tour operators and a whole lot more.

Idea Merge (www.ideamerge.com/motoeuropa/guide) An extensive US guide to motoring in Europe, with information on renting, leasing, purchasing, road rules and tolls, and fuel availability in individual countries.

International Motorcyclists Tour Club (www.imtc.org.uk) Provides practical touring advice (what bike to use, what to take, how to carry it etc) and loads of links to other motorbike sites.

Automobile Associations

Information is also available from automobile associations in individual countries.

Automobile & Touring Club of Greece (☎ 2106 068 800; www.elpa.gr, in Greek)

Automobile Association of Serbia & Montenegro (☎ 011 9800; www.amsj.co.yu)

Automobile Association of Slovenia (☎ 01 530 53 00; www.amzs.si)

Automobile Club de France (☎ 01 43 12 43 12; www.automobileclub.org, in French)

Automobile Club d'Italia (☎ 06 499 81; www.aci.it, in Italian)

Automóvel Club de Portugal (☎ 213 180 100; www.acp.pt, in Portuguese)

Bosnia and Hercegovina Automobile Club (☎ 033 777 106; www.bihamk.ba)

Cyprus Automobile Association (☎ 22 31 32 33; www.cyprusaa.org)

Hrvatski Autoklub (☎ 01 66 11 999; www.hak.hr)

Real Automóvil Club de España (☎ 902 40 45 45; www.race.es, in Spanish)

Türkiye Turing ve Otomobil Kurumu (☎ 0212 282 8140; www.turing.org.tr)

Bringing Your Own Vehicle

Bringing your own vehicle into Mediterranean Europe is fairly straightforward. In addition to your vehicle registration document you'll need a valid driving licence and insurance coverage (opposite).

In certain countries you'll also need to carry certain equipment: you'll need a first-aid kit in Croatia, Greece and Slovenia; a warning triangle in Cyprus, Greece, Italy, Portugal and Slovenia; a fire extinguisher in Greece and Turkey; and a spare bulb kit in Croatia and Spain.

Vehicles crossing an international border should display a sticker showing its country of registration. However, UK-registered vehicles fixed with Euro-plates (a circle of 12 stars on a blue background) no longer need a GB sticker when driving in EU countries.

Note that there's sometimes a maximum time limit (typically six or 12 months) for keeping your car in a foreign country.

For more information contact the **RAC** (☎ 0800 550005; www.rac.co.uk) or **AA** (☎ 0870 5500 600; www.theaa.com) in the UK, or the **AAA** (American Automobile Association; www.aaa.com) in the USA.

Driving Licence

A European Union driving licence is valid for driving throughout Europe. However, if you have got an old-style green UK licence or a licence issued by a non-EU country you will need an International Driving Permit (IDP). Valid for 12 months, these are inexpensive (about US\$21 or UK£5.50) and are easily available from your national automobile association – take along a passport photo and your home driving licence. When driving in Europe you should always carry the IDP with your home licence, as it is not valid on its own.

An IDP is recommended for driving in Turkey even if you have a European licence.

Always check what type of driving licence is required in your chosen destination before you head off.

Fuel & Spare Parts

The ongoing military situation in Iraq has contributed to surging fuel prices throughout Europe. Prices vary from country to country (reckon on about €1.09 for unleaded petrol and €1 for diesel in Spain; €1.34 and €1.25 in Italy) and often bear little relation to the general cost of living.

As a general rule, diesel is about 25% cheaper than unleaded petrol, although in Slovenia it's actually more expensive. Prices tend to be higher at motorway service stations and lowest at supermarket petrol stations. You'll also save by filling up in the cheapest countries (for example, Spain rather than France) and in the cool of the morning or evening when fuel is more dense.

You should have no great problems getting spare parts, although you'll need to exercise common sense. If you're stuck in the middle of nowhere on a Sunday afternoon, you could be in for a wait.

Hire

Car-hire agencies are thick on the ground. **Avis** (www.avis.com), **Budget** (www.budget.com), **Europcar** (www.europcar.com) and **Hertz** (www.hertz.com) have offices throughout the region and there are any number of local firms. The international firms are generally more expensive, but guarantee reliable service and a good standard of vehicle. Usually you'll have the option of returning the car to a different outlet at the end of the rental period.

Regulations vary but there's often a minimum hire age (typically 21 or 23) and sometimes a maximum age (usually about 65 or 70). The hire company might also insist that you've held your licence for at least a year. You'll almost certainly need a credit card.

If you know in advance that you want a car you'll get a better deal arranging it at home. Walk into a hire office, particularly one at an airport, and ask for a car on the spot and you'll pay over the odds, even allowing for special weekend deals. Fly-drive packages and other programmes are also worth considering.

Hiring through a broker can cut costs. Reliable operators include the following.

Autos Abroad (☎ UK 08700 667788; www.autosabroad.com)

Holiday Autos (www.holidayautos.com)

Kemwel Holiday Autos (☎ USA 877 820 0668; www.kemwel.com)

You can combine train and car travel with a rail-and-drive pass. The Eurail Selectpass Drive is typical, allowing three days of 1st-class train travel and two days Avis or Hertz car hire. Available to non-European residents, it's valid for two months and covers travel in three/four/five bordering countries, costing from US\$365/405/440.

No matter where or what you hire, it's imperative to understand exactly what's included in your rental agreement (collision waiver, unlimited mileage etc). Most agreements provide basic insurance that you can supplement by buying additional coverage. This supplemental insurance is often expensive if bought direct from the hire agency. As an alternative, check if your home car insurance covers foreign hire or if you're credit-card company offers insurance – Amex, Visa Gold, MasterCard Gold and Diners Club all provide limited car insurance for rentals in most countries. If you're going to be crossing national borders, make sure your insurance policy is valid from one country to the next.

For longer stays, leasing can work out cheaper than renting. The **Renault Eurodrive** (www.renault-eurodrive.com) scheme provides new cars for non-EU residents for a period of between 17 and 170 days. Under this arrangement, a Renault Clio 1.2 for 17 days in France costs about €710, including comprehensive insurance and roadside assistance. In the US, Kemwel Holiday Autos arranges similar deals.

Motorcycle and moped hire is common in Italy, Spain, Greece and the south of France. See Transport under individual country chapters for further details.

Insurance

To drive your own vehicle in Europe you'll need third-party motor insurance – most UK motor insurance policies automatically provide this for EU countries – and an International Insurance Certificate, commonly called a Green Card. When you get this, check with your insurance company that it covers all the countries you intend to visit, and if driving in Turkey, make sure that it covers both the European and Asian parts.

In the event of an accident a European Accident Statement form is a useful document to have. Available from your insurance company, it allows each party at an accident to record identical information for insurance purposes. The **Association of British Insurers** (☎ 020 7600 3333; www.abi.org.uk) can give more information. Never sign statements that you don't understand – insist on a translation and only sign it if it's acceptable.

For non-EU countries check insurance requirements with your insurer. For further information contact the Association of British Insurers.

Taking out a European motoring assistance policy to cover roadside assistance and emergency repair is a good idea. In the UK, both the AA and the RAC offer such services. The price varies depending on the area where you'll be travelling, the age of your car and the number of passengers, but is usually about UK£60 for two weeks. Non-Europeans might find it cheaper to arrange international coverage with their national motoring organisation. Ask about free services offered by affiliated organisations around Mediterranean Europe (see the list of Automobile Associations on p886).

Purchase

Buying a car in Mediterranean Europe is generally not worth the hassle. The biggest challenge is to get round the law that bans non-EU residents from buying cars in the EU. The only practical way of doing this is to convince a resident friend to buy the car for you.

If you want a left-hand drive vehicle (as is the norm in most of Continental Europe), prices are usually best in Greece and France. Paperwork can be tricky wherever you buy, and many countries have compulsory roadworthiness checks on older vehicles.

Road Conditions

Road conditions vary enormously across the region. At best, you'll find well-maintained four- or six-lane dual carriageways or motorways. At worst, rough, badly signposted single-lane tracks. You will, for example, encounter some pretty dodgy roads in Albania and Bosnia and Hercegovina; minor roads might also be less than smooth in Morocco, Malta and Greece.

Motorways in France, Italy and Spain incur tolls. In France, Paris to Lyon costs €22 and Calais to Nice €69; in Italy, Milan to Rome is €24, Milan to Naples €32.50; and in Spain, Seville to Cádiz costs €8.25.

Road Rules

Motoring organisations can supply members with country-by-country information on road rules. Online, www.ideamerge.com/motoeuropa/guide.html has details on driving in Croatia, France, Greece, Italy, Portugal, Slovenia, Spain and Turkey.

With the exception of Malta and Cyprus, driving in Mediterranean Europe is on the right and cars are set up with the steering

wheel on the left. If you're bringing over a UK or Irish right-hand-drive vehicle you should adjust its headlights to avoid blinding oncoming traffic at night (a simple solution on older headlights is to cover up a triangular section of the lens with tape).

In countries where you drive on the right, unless otherwise indicated, you should always give way to cars entering a junction from the right.

Take care with speed limits, as they vary from country to country. You may be surprised at the apparent disregard for speed limits (and traffic regulations in general) in some places, but as a visitor it's always best to be cautious. Random police checks are common in some countries and many driving infringements are subject to on-the-spot fines. If you're clobbered with a fine, always ask for a receipt.

Drink-driving laws are strict, with the blood-alcohol concentration (BAC) limit generally between 0.05% and 0.08%. See under Transport in the individual country chapters for more details.

On two-wheel vehicles, the wearing of crash helmets is compulsory everywhere in Mediterranean Europe. It's also recommended that motorcyclists use their headlights during the day.

HITCHING

Hitching is more common in northern Europe than in Mediterranean countries, and although it is possible, you'll need to be patient. It's never entirely safe, however, and we don't recommend it. If you do decide to go for it, there are a few, simple steps you can take to minimise the risks.

- Travel around in pairs – ideally a man and a woman together. Two or more men must expect some delays; two women together will make good time and should be relatively safe. A woman hitching on her own is taking a big risk, particularly in some parts of southern Europe, Turkey and North Africa.
- Let someone know where you're going and when you'll be on the road. If possible, carry a mobile phone.
- When a driver stops, ask where they're going before getting in. This gives you the time to size up the driver and, if you don't like the look of them, to politely decline the ride.

- Don't let the driver put your backpack in the boot; if possible, keep it with you in the car.

Don't try to hitch from city centres – take public transport to suburban exit routes. Hitching is often illegal on motorways so stand on the slip roads, or approach drivers at petrol stations and truck stops. Look presentable and cheerful and make a cardboard sign indicating the road you want to take. This gives you the chance to ask drivers where they're headed and, if necessary, to refuse the lift. Never hitch where traffic passes too quickly (drivers will want to check you out before stopping – so no sunglasses) or where drivers can't stop without causing an obstruction.

If your itinerary includes a ferry crossing, try to score a ride before the ferry rather than after, as vehicle tickets sometimes include all passengers free of charge.

It is sometimes possible to arrange a lift in advance: scan student notice boards in colleges, or contact car-sharing agencies. Such agencies are particularly popular in France – try **Allostop Provoya** (☎ 01 53 20 42 42).

Further information is available online: for general facts, destination-based information and rideshare options visit www.bugeurope.com; to connect with drivers worldwide log onto www.hitchhikers.org.

LOCAL TRANSPORT

The region's local transport network is comprehensive and efficient. Ferries steam between Greek islands, buses trundle to remote villages in the Balkans, and commuter trains convey crowds of workers to the region's great cities. Clearly, in remote rural regions, services may be irregular, but wait long enough and you'll usually find a bus sooner or later.

In many places you have to buy your ticket before you get on the bus/boat/train. Once on board you then have to validate it if the driver hasn't already checked it. It's often tempting not to do this – many locals don't appear to – but if you're caught with an unvalidated ticket you risk a fine.

If you're going to use public transport a lot, check out the daily, weekly and monthly passes available.

Boat

The diffusion of islands in the Mediterranean means that in some countries local ferry ser-

vices are an integral part of the public transport network. Perhaps the most obvious example is Venice, where *vaporetti* (canal ferries) are the city's main mode of public transport. However, they are expensive, unlike the cheap ferries that ply Istanbul's waterways. In some places ferry tickets cover other means of public transport.

Bus

In most of the countries covered in this book, the best way to cover short distances is by bus. Buses are usually cheaper than trains and although they're often slower, they cover more routes. In some of the mountainous eastern countries (eg Albania and Greece) they are sometimes the only option.

On city buses you usually buy your ticket in advance from a kiosk or machine and validate it upon boarding.

See the country chapters and individual city sections for more details on local bus routes.

Metro

All the region's major capitals (Athens, Paris, Madrid and Rome) have metro systems, as do several other large cities (Milan, Barcelona, Istanbul). It's often quicker to travel underground, but it can get unpleasantly hot and crowded, especially in summer rush hours.

Taxi

Taxis are generally metered and rates are uniformly high. There are also supplements for things such as luggage, time of day, the pick-up location and for extra passengers. As a rule, always insist on a metered fare rather than an agreed price, as it minimises the risk of unpleasant disagreements on arrival.

To catch a cab you'll usually have to phone for one or queue at a taxi rank, often found outside major train stations and big hotels.

TRAIN

Despite competition from the low-cost airlines, Europe's trains are still a popular way of travelling the region. The rail network is comprehensive and trains are comfortable, frequent and generally punctual.

To check train schedules in any European country get hold of the *Thomas Cook European Timetable* (UK£11.50), which lists train, bus and ferry times. Updated monthly, it can be ordered online from www.thomascooktimetables.com or bought from Thomas Cook outlets in

the UK. Another useful publication, the *Euro-pean Planning & Rail Guide*, is available to US residents from **Budget Europe Travel** (☎ US toll-free 800 441 9413; www.budgeteuropetravel.com).

The speed, and cost, of your journey depends on the type of train you take. Fast trains include the TGV in France, Spain's AVE and, in Italy, the Eurostar. Supplements usually apply on fast trains, and it's often obligatory to make seat reservations. See individual country chapters for further details.

Overnight trains usually offer a choice of couchettes or sleepers. Couchettes are mixed-sex and fitted with four or six bunks, for which pillows, sheets and blankets are supplied. Sleepers are for between one and four passengers and are more expensive. They are generally single-sex, come with towels and toiletries, and have a washbasin in the compartment.

Most long-distance trains have a dining (buffet) car or an attendant with a snack trolley. If possible, buy your food before travelling, as on-board prices tend to be high.

You should be quite safe travelling on most trains in Mediterranean Europe, but it pays to be security conscious nonetheless. Keep an eye on your luggage at all times (especially when stopping at stations) and lock the compartment doors at night.

Note that European trains sometimes split en route in order to service two destinations, so even if you're on the right train, make sure you're also in the correct carriage.

You'll find as much train information as you can digest at www.seat61.com.

Classes

On most trains there are 1st- and 2nd-class carriages. As a rough guide, a 1st-class ticket generally costs just under double the price of a 2nd-class ticket. In 1st-class carriages there are fewer seats and more luggage space.

Costs

Rail travel throughout the region is pretty economical, especially if you're used to expensive British trains. How much you pay depends on the type of train you take (high-speed trains are more expensive), whether you travel 1st or 2nd class, the period (August or January, overnight or during the day), and whether or not you have a seat or a couchette/sleeper. As a rough guide, a ticket from Madrid to Seville costs from €54.70; from Paris to Marseille is €75.20; and from Rome to Florence €24.95.

Reservations

On many local services it's not possible to reserve a seat – just jump on and sit where you like. On faster, long-distance trains it's often a good idea, especially on popular routes in peak periods, and sometimes obligatory. Most international trains require a seat reservation and you'll need to book sleeping accommodation on overnight trains. Bookings can be made when you buy your ticket for a small, nonrefundable fee, usually about €3.

Supplements and reservation costs are not covered by most rail passes.

Train Passes

Train passes are only worth buying if you're planning to cover a lot of ground in a short space of time. When weighing up options, consider the cost of other cheap ticket deals, including advance purchase deals, one-off promotions or special circular-route tickets. Note also that normal international tickets are valid for two months and allow you to stop as often as you like en route.

Which pass you choose depends on a number of factors – how many countries you want to see, how flexible you want to be, whether you want to go 1st or 2nd class – but most importantly on whether or not you're a European resident. Non-Europeans can buy the Eurail stable of passes and various regional and country passes; European residents, on the other hand, can choose between an Inter-Rail pass, Euro Domino passes, regional and national passes.

Available online or at travel agents, passes vary in price, so shop around before committing yourself. Once purchased, take care of your pass as it cannot be replaced or refunded if lost or stolen. Pass-holders must always carry their passport for identification purposes.

Comprehensive information and online bookings are available at **Rail Europe** (www.rail-europe.com) and **Rail Pass** (www.railpass.com).

EURAIL

Eurail (www.eurail.com) passes are available to non-European residents only and are best bought before you leave home. You can buy them in Europe – provided you can prove you've been on the continent for less than six months – but sales outlets are limited and you'll pay up to 20% more than you would at home.

There are five types of pass – Eurailpass, Flexipass, Selectpass, Regional and National

passes – most of which come in adult (over 26), saver and youth (under 26) forms. Prices quoted here are for the adult and youth versions; savers, available for two to five people travelling together, cost about 15% less than adult passes. With adult and saver passes, children under four generally travel free and kids between four and 11 for half price.

Eurailpass (15-/21-day pass US\$605/785, 1-/2-/3-month pass US\$975/1378/1703) Provides unlimited 1st-class rail travel within five validity periods in 18 countries, including France, Greece, Italy, Portugal and Spain. The youth version (15-/21-day pass US\$394/510, 1-/2-/3-month pass US\$634/896/1108) offers the same in 2nd class. The pass is also valid on some ferries between Italy and Greece. Before using the pass for the first time, you need to have it validated at a ticket counter (for which you'll need your passport).

Eurail Flexipass (10-/15-day pass US\$715/940) Valid for 1st-class travel on 10/15 days within a two-month period. The under 26s travel 2nd class with the youth flexipass (10-/15-day pass US\$465/611). Overnight journeys commencing after 7pm count as the following day's travel.

Eurail Selectpass (per 4 countries 5-day pass adult/youth US\$428/278, 10-day pass US\$625/404) Unless you're going to take a train virtually every day this is better value than the other two. The Selectpass allows travel between three, four or five bordering countries for five, six, eight or 10 days within a two-month period. Countries covered include Croatia, France, Greece, Italy, Portugal, Montenegro, Slovenia and Spain.

For Eurail's regional and national passes see opposite.

EURO DOMINO

Euro Domino passes allow for three to eight days travel within a one-month period in a single country. There are passes available for Croatia, France, Greece, Montenegro, Morocco, Portugal, Slovenia and Spain.

To buy one you must have been living in a European country for at least six months. You can not, however, get one for travel in your country of residence. Examples of adult/youth prices for eight days in 2nd class are €359/268 in France, €273/205 in Italy, €263/220 in Spain and €94/70 in Turkey. Prices include most high-speed-train supplements.

For further information consult www.euro-domino.com.

INTER-RAIL

Inter-rail passes are only available to European residents of at least six months' standing (passport identification is required). Each pass is valid for 2nd-class travel within a zone: zone D includes Bosnia and Hercegovina and Croatia; E includes France; F includes Spain, Portugal and Morocco; G includes Italy, Greece, Turkey, Slovenia, and Italy-Greece Blue Star and Superfast ferries; and zone H covers Montenegro.

A one-zone pass, valid for 16 days, costs €286/195 an adult/under 26; a two-zone, 22-day pass costs €396/275. There's also an all-zone, one-month pass for €546/385. You can buy passes up to two months before the validity period.

Before you start each trip fill in the journey details on the provided form.

NATIONAL & REGIONAL PASSES

If you're going to stay in one country it makes sense to go for a Euro Domino pass or a national rail pass. **Rail Europe** (www.raileurope.com) and **Rail Choice** (www.railchoice.co.uk) detail passes available for travel in France, Germany, Italy, Portugal, Spain and the Balkan countries. Typically, these allow for three or four days unlimited travel within a set period.

Eurail (www.eurail.com) offers 16 regional passes, including ones for travel in Austria-Hungary, Slovenia and Croatia; in France and Italy or France and Spain; in Greece and Italy; and in Spain and Portugal. As an example, the France/Italy pass (2nd class US\$278) gives four days' unlimited travel within a two-month period.

You'll need to plan ahead if you intend to buy a national/regional pass as most can only be purchased prior to arrival in the country concerned.

SENIOR RAILCARD

Senior passes are available to the over 60s. Check out www.raileurope.com for details of the Balkan Flexipass Senior which gives five/10/15 days' travel in a one-month period in Bulgaria, Greece, Macedonia, Romania, Turkey, Serbia and Montenegro; and the France Senior Pass (US\$218) which covers three days' 1st-class travel.

Health

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BEFORE YOU GO

Prevention is the key to staying healthy while abroad. Some predeparture planning will save trouble later. See your dentist before a long trip, carry a spare pair of contact lenses and glasses, and take your optical prescription with you. Bring medications in their original, clearly labelled, containers. A signed and dated letter from your physician describing your medical conditions and medications, including generic names, is also a good idea. If carrying syringes or needles, be sure to have a physician's letter documenting their medical necessity.

INSURANCE

If you're an EU citizen, a European Health Insurance Card (EHIC) entitles you to reduced cost, sometimes free, medical care in EU countries. It does not, however, cover you for nonemergencies or emergency repatriation. It's available from health centres or, in the UK, post offices; you can also apply by ringing ☎ UK 0845 606 2030 or clicking onto www.ehic.org.uk. Citizens from other countries should find out if there is a reciprocal arrangement for free medical care between their country and the country visited. If you do need health insurance, consider a policy that covers you for the worst possible scenario,

WARNING

Codeine, which is commonly found in headache preparations, is banned in Greece; check labels carefully or risk prosecution. There are strict rules applying to the importation of medicines into Greece, so obtain a certificate from your doctor that outlines any medication you may have to carry into the country with you.

such as an accident requiring an emergency flight home. Find out in advance if your insurance plan will make payments directly to providers or reimburse you later for overseas health expenditures. The former option is generally preferable, as it doesn't require you to pay out of pocket in a foreign country.

RECOMMENDED VACCINATIONS

No jabs are necessary for Mediterranean Europe. However, the World Health Organization (WHO) recommends that all travellers, regardless of their destination, should be covered for diphtheria, tetanus, measles, mumps, rubella and polio. Since most vaccines don't produce immunity until at least two weeks after they're given, visit a physician at least six weeks before departure.

INTERNET RESOURCES

The WHO's publication *International Travel and Health* is revised annually and available online at www.who.int/ith/. Other useful websites include www.mdtravelhealth.com (travel health recommendations for every country; updated daily), www.fitfortravel.scot.nhs.uk (general travel advice for the layperson), www.ageconcern.org.uk (advice on travel for the elderly) and www.maristopes.org.uk (information on women's health and contraception).

FURTHER READING

'Health Advice for Travellers' (known also as the 'T7' leaflet) is an annually updated leaflet by the Department of Health in the UK available free from post offices. It contains some general information, legally required and recommended vaccines for different countries,

reciprocal health agreements and an EHIC application form. Lonely Planet's *Travel with Children* includes advice on travel health for younger children.

IN TRANSIT

DEEP VEIN THROMBOSIS (DVT)

Blood clots may form in the legs during plane flights, chiefly because of prolonged immobility. The chief symptom of DVT is swelling or pain of the foot, ankle or calf, usually but not always on just one side. When a blood clot travels to the lungs, it may cause chest pain and breathing difficulties. Travellers with any of these symptoms should immediately seek medical attention.

To prevent the development of DVT on long flights you should walk about the cabin, contract the leg muscles while sitting, drink plenty of fluids and avoid alcohol and tobacco.

IN MEDITERRANEAN EUROPE

AVAILABILITY OF HEALTH CARE

Good health care is readily available, and for minor illnesses pharmacists can give valuable advice and sell over-the-counter medication. They can also advise when more specialised help is required and point you in the right direction. The standard of dental care is usually good, however it is sensible to have a dental checkup before a long trip.

TRAVELLER'S DIARRHOEA

If you develop diarrhoea, be sure to drink plenty of fluids, preferably an oral rehydration solution such as Dioralyte. If diarrhoea is bloody, persists for more than 72 hours or is accompanied by a fever, shaking, chills or severe abdominal pain, you should seek medical attention.

ENVIRONMENTAL HAZARDS

Altitude Sickness

Experiencing a lack of oxygen at high altitudes (over 2500m) affects most people to some extent. Symptoms of Acute Mountain Sickness (AMS) usually develop during the first 24 hours at altitude but may be delayed up to three weeks. Mild symptoms include head-

ache, lethargy, dizziness, difficulty sleeping and loss of appetite. AMS may become more severe without warning and can be fatal. Severe symptoms include breathlessness, a dry, irritative cough (which may progress to the production of pink, frothy sputum), severe headache, lack of coordination and balance, confusion, irrational behaviour, vomiting, drowsiness and unconsciousness. There is no hard-and-fast rule as to what is too high: AMS has been fatal at 3000m, although 3500m to 4500m is the usual range.

Treat mild symptoms by resting at the same altitude until recovery, usually a day or two. Paracetamol or aspirin can be taken for headaches. If symptoms persist or become worse, however, *immediate descent is necessary*; even 500m can help. Drug treatments should never be used to avoid descent or to enable further ascent.

Diamox (acetazolamide) reduces the headache of AMS and helps the body acclimatise to the lack of oxygen. It is only available on prescription, and those who are allergic to the sulphonamide antibiotics may also be allergic to Diamox.

In the UK, factsheets are available from British Mountaineering Council, 177-79 Burton Rd, Manchester, M20 2BB.

Heat Exhaustion & Heat Stroke

Heat exhaustion occurs following excessive fluid loss with inadequate replacement of fluids and salt. Symptoms include headache, dizziness and tiredness. Dehydration is already happening by the time you feel thirsty - aim to drink sufficient water to produce pale, diluted urine. Replace lost fluids by drinking water and/or fruit juice, and cool the body with cold water and fans. Treat salt loss with salty fluids such as soup or add a little more table salt to foods than usual.

Heat stroke is much more serious, resulting in irrational and hyperactive behaviour and eventually loss of consciousness and death. Rapid cooling by spraying the body with water and fanning is ideal. Emergency fluid and electrolyte replacement by intravenous drip is recommended.

Insect Bites & Stings

Mosquitoes are found in most parts of Mediterranean Europe. They may not carry malaria, but they can cause irritation and infected bites. Use a DEET-based insect repellent.

Sandflies are found around the Mediterranean beaches. They usually cause only a nasty, itchy bite, but can carry a rare skin disorder called cutaneous leishmaniasis.

Water

Tap water is generally safe to drink in Mediterranean Europe, but in Eastern European countries it's best to stick to bottled water or purified water. Don't drink water from rivers or lakes as it may contain bacteria or viruses that can cause diarrhoea or vomiting.

TRAVELLING WITH CHILDREN

Travellers with children should know how to treat minor ailments and when to seek medical treatment. Ensure the children are up to date with routine vaccinations, and discuss travel vaccines well before departure, as some are not suitable for children under one year.

WOMEN'S HEALTH

Travelling during pregnancy is usually possible, but always seek a medical checkup before planning your trip. The most risky times for travel are during the first 12 weeks of pregnancy and after 30 weeks.

SEXUAL HEALTH

Condoms are widely available in Mediterranean Europe, however emergency contraception may not be, so take the necessary precautions. The **International Planned Parenthood Federation** (www.ippf.org) can advise about the availability of contraception in different countries.

When buying condoms, look for a European CE mark, which means they have been rigorously tested. Remember also to keep them in a cool, dry place so that they don't crack and perish.

Language

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This language guide has basic vocabulary and pronunciation tips to help you get around Mediterranean Europe. For more coverage of the languages included here, see Lonely Planet's *Europe* and *Eastern Europe Phrasebooks*.

ALBANIAN

PRONUNCIATION

Written Albanian is phonetically consistent and pronunciation shouldn't pose too many problems for English speakers. The *rr* is trilled and each vowel in a diphthong is pronounced. Some Albanian letters are present in English but are pronounced differently.

ë	often silent; at the beginning of a word it's as the 'a' in 'ago'
c	as the 'ts' in 'bits'
ç	as the 'ch' in 'church'
dh	as the 'th' in 'this'
gj	as the 'gy' in 'hogyard'
j	as the 'y' in 'yellow'
q	between 'ch' and 'ky', similar to the 'cu' in 'cure'
th	as in 'thistle'
x	as the 'dz' in 'adze'
xh	as the 'j' in 'jewel'
zh	as the 's' in 'pleasure'

ACCOMMODATION

hotel	<i>hotel</i>
camping ground	<i>kamp pushimi</i>

Do you have any rooms available?	<i>A keni ndonjë dhomë të lirë?</i>
a single room	<i>një dhomë më një krevat</i>
a double room	<i>një dhomë më dy krevat</i>
one night	<i>një natë</i>
two nights	<i>dy natë</i>
How much is it per night/per person?	<i>Sa kushton për një natë/ për një njeri?</i>
Does it include breakfast?	<i>A e përfshin edhe mëngjesin?</i>

CONVERSATION & ESSENTIALS

Hello.	<i>Tungjatjeta/Allo.</i>
Goodbye.	<i>Lamtumirë. Mirupafshim. (informal)</i>
Yes.	<i>Po.</i>
No.	<i>Jo.</i>
Please.	<i>Ju lutem.</i>
Thank you.	<i>Ju falem nderit.</i>
That's fine.	<i>Ehtë e mirë.</i>
You're welcome.	<i>S'ka përse.</i>
Excuse me.	<i>Me falni.</i>
Sorry. (excuse me, forgive me)	<i>Më vjen keq. or Më falni, ju lutem.</i>
Do you speak English?	<i>A flisni anglisht?</i>
How much is it?	<i>Sa kushton?</i>
What's your name?	<i>Si quheni ju lutem?</i>
My name is ...	<i>Unë quhem ... or Mua më quajnë ...</i>

EMERGENCIES – ALBANIAN

Help!	<i>Ndihmë!</i>
Call a doctor!	<i>Thirrni doktorin!</i>
Call the police!	<i>Thirrni policinë!</i>
Go away!	<i>Zhduku!/Largohuni!</i>
I'm lost.	<i>Kam humbur rrugë.</i>

SHOPPING & SERVICES

a bank	<i>një bankë</i>
a chemist/pharmacy	<i>një farmaci</i>
the ... embassy	<i>... ambasadën</i>
the market	<i>pazarin</i>
newsagency	<i>agjensia e lajmeve</i>
the post office	<i>postën</i>
the stationers	<i>kartoleri</i>
the telephone centre	<i>centralin telefonik</i>
the tourist office	<i>zyrën e informimeve turistike</i>

SIGNS – ALBANIAN

Hyrje	Entrance
Dalje	Exit
Informim	Information
Hapur	Open
Mbyllur	Closed
Policia	Police
Stacioni i Policisë	Police Station
E Ndaluar	Prohibited
Nevojtorja	Toilets
Burra	Men
Gra	Women

What time does it open/close? Në ç'ore hapet/mbyllet

TIME, DAYS & NUMBERS

What time is it?	Sa është ora?
today	sot
tomorrow	nesër
yesterday	dje
in the morning	në mëngjes
in the afternoon	pas dreke

Monday	e hënë
Tuesday	e martë
Wednesday	e mërkurë
Thursday	e enjte
Friday	e premte
Saturday	e shtunë
Sunday	e diel

1	një
2	dy
3	tre
4	katër
5	pesë
6	gjashhtë
7	shtatë
8	tetë
9	nëntë
10	dhjetë
100	njëqind
1000	njëmijë

TRANSPORT

What time does the ... leave/arrive?	Në ç'orë nisjet/arrin ...?
boat	barka/lundra
bus	autobusi
tram	tramvaji
train	treni

I'd like ...
a one-way ticket
a return ticket

Dëshiroj ...
një biletë vajtje
një biletë kthimi

1st class klas i pari
2nd class klas i dytë
timetable orar
bus stop stacion autobusi

Directions

Where is ...? Ku është ...?
Go straight ahead. Shko drejt.
Turn left. Kthehu majtas.
Turn right. Kthehu djathtas.
near afër
far larg

CROATIAN & SERBIAN

PRONUNCIATION

The writing systems of Croatian and Serbian are phonetically consistent: every letter is pronounced and its sound will not vary from word to word. With regard to the position of stress, only one rule can be given: the last syllable of a word is never stressed. In most cases the accent falls on the first vowel in the word.

Serbian uses both the Cyrillic and Roman alphabet, so it's worth familiarising yourself with the latter (opposite). Croatian uses a Roman alphabet.

The principal difference between Serbian and Croatian is in the pronunciation of the vowel 'e' in certain words. A long 'e' in Serbian becomes 'ije' in Croatian (eg *reka*, *rijeka* (river), and a short 'e' in Serbian becomes 'je' in Croatian, eg *pesma*, *pjesma* (song). Sometimes, however, the vowel 'e' is the same in both languages, as in *selo* (village). There are also a number of variations in vocabulary between the two languages. We haven't marked these differences in pronunciation in the following words and phrases, but you'll still be understood, even with a Croatian lilt to your language. Where significant differences occur, we've included both, with Croatian marked (C) and Serbian marked (S).

ACCOMMODATION

hotel	hotel	хотел
guesthouse	privatno prenočište	приватно пренојиште

SERBIAN & CROATIAN ALPHABETS

Cyrillic	Roman	English Pronunciation
А а	A a	as in 'rather'
Б б	B b	as in 'be'
В в	V v	as in 'vodka'
Г г	G g	as in 'go'
Д д	D d	as in 'do'
Ђ ђ	Đ đ	as the 'du' in British 'duty'
Е е	E e	as in 'there'
Ж ж	Ž ž	as the 's' in 'pleasure'
З з	Z z	as in 'zero'
И и	I i	as in 'machine'
Ј ј	J j	as the 'y' in 'young'
К к	K k	as in 'keg'
Л л	L l	as in 'let'
Љ љ	Lj lj	as the 'lli' in 'million'
М м	M m	as in 'map'
Н н	N n	as in 'no'
Њ њ	Nj nj	as the 'ny' in 'canyon'
О о	O o	as the 'aw' in 'shawl'
П п	P p	as in 'pop'
Р р	R r	as in 'rock'
С с	S s	as in 'safe'
Т т	T t	as in 'to'
Ђ ђ	Ć ć	as the 'tu' in 'future'
У у	U u	as in 'plume'
Ф ф	F f	as in 'fat'
Х х	H h	as in 'hot'
Ц ц	C c	as the 'ts' in 'cats'
Ч ч	Č č	as the 'ch' in 'chop'
Џ џ	Dž dž	as the 'j' in 'judge'
Ш ш	Š š	as the 'sh' in 'shoe'

youth hostel

omladinsko prenočište оmlадинско пренојиште

camping ground

kamping кампинг

Do you have any rooms available?

Imate li slobodne sobe?

Имате ли слободне собе?

How much is it per night/per person?

Koliko košta za jednu noć/po osobi?

Колико кошта за једну ноћ/по особи?

Does it include breakfast?

Da li je u cijenu uključen i doručak?

Да ли је у цену укључен и доручак?

I'd like ...

Želim ... Желим ...

a single room

sobu sa jednim krevetom собу са једним креветом

a double-bed room

sobu sa duplim krevetom собу са дуплим креветом

CONVERSATION & ESSENTIALS

Hello.

Zdravo. Здраво.

Goodbye.

Doviđenja. Довиђења.

Yes.

Da. Да.

No.

Ne. Не.

Please.

Molim. Молим.

Thank you.

Hvala. Хвала.

You're welcome. (as in 'don't mention it')

Nema na čemu. Нема на чему.

Excuse me.

Oprostite. Опростите.

Sorry. (excuse me, forgive me)

Pardon. Пардон.

Do you speak English?

Govorite li engleski? Говорите ли енглески?

How much is it ...?

Koliko košta ...? Колико кошта ...?

What's your name?

Kako se zovete? Како се зовете?

My name is ...

Zovem se ... Зовем се ...

EMERGENCIES – CROATIAN & SERBIAN

Help!

Upomoć! Упомоћ!

Call a doctor!

Pozovite (lekara) (S)/
liječnika! (C) Позовите лекара!

Call the police!

Pozovite policiju (S)/
policiju! (C) Позовите милицију!

Go away!

Idite! Идите!

I'm lost.

Izgubljen/Izgubljena
sam se. (m/f) Изгубио/Изгубила сам
сам се. (m/f)

SHOPPING & SERVICES

I'm looking for ...

Tražim ... Тражим ...

a bank

banku банку

the ... embassy

... ambasadu ... амбасаду

the market

pijacu пијаци

the post office

poštu пошту

the tourist office

turistički biro туристички биро

TIME, DAYS & NUMBERS

What time is it? *Koliko je sati?* Колико је сати?

today *danas* данас

tomorrow *sutra* сутра

yesterday *jučer* јуче

in the morning *ujutro* ујутро

in the afternoon *popodne* поподне

Monday *ponedjeljak* понедељак

Tuesday *utorak* уторак

Wednesday *srijeda* среда

Thursday *četvrtak* четвртак

Friday *petak* петак

Saturday *subota* субота

Sunday *nedjelja* недеља

1 *jedan* један

2 *dva* два

3 *tri* три

4 *četiri* четири

5 *pet* пет

6 *šest* шест

7 *sedam* седам

8 *osam* осам

9 *devet* девет

10 *deset* десет

100 *sto* сто

1000 *hiljadu (S)* хиљаду
tisuću (C)

TRANSPORT

What time does the ... leave/arrive?

Kada ... polazi/dolazi? Када ... полази/долази?

boat *brod* брод

bus (city) *autobus (gradski)* аутобус (градски)

bus (intercity) *autobus (međugradski)* аутобус (међуградски)

train *voz (S)/vlak (C)* воз

tram *tramvaj* трамвај

one-way ticket

kartu u jednom pravcu карту у једном правцу

return ticket

povratnu kartu повратну карту

1st class *prvu klasu* прву класу

2nd class *drugu klasu* другу класу

SIGNS – CROATIAN & SERBIAN

Ulaz/Izlaz Entrance/Exit

Улаз/Израз

Informacije Information

Информације

Otvoreno/Zatvoreno Open/Closed

Отворено/Затворено

Slobodne Sobe Rooms Available

Слободне Собе

Nema Slobodne Sobe Full/No Vacancies

Нема Слободне Собе

Milicija (S)/Policija (C) Police

Милиција

Stanica Milicije (S)/ Police Station

Полисије (C)

Станица Милиције

Zabranjeno Prohibited

Забрањено

Toaleti (S)/Zahodi (C) Toilets

Тоалети

Directions

Where is the bus/tram stop?

Gdje je autobuska/tramvajska stanica (S)/postaja (C)?

Где је аутобуска/трамвајска станица?

Can you show me (on the map)?

Možete li mi pokazati (na karti)?

Можете ли ми показати (на карти)?

Go straight ahead.

Idite pravo naprijed. Идите право напред.

Turn left.

Skrenite lijevo. Скрените лево.

Turn right.

Skrenite desno. Скрените десно.

near

blizu близу

far

daleko далеко

FRENCH**PRONUNCIATION**

Most letters in French are pronounced more or less the same as their English counterparts. Here are a few that may cause some confusion:

c before **e** and **i**, as the 's' in 'sit'; before **a**, **o** and **u** it's pronounced as English 'k'. With a 'cedilla' (ç) attached, it's always pronounced as the 's' in 'sit'.

j as the 's' in 'leisure', eg *jour* (day)

m, n where a syllable ends in a single **n** or **m**, these letters aren't pronounced, but the preceding vowel is given a nasal pronunciation

r pronounced from the back of the throat while constricting the muscles to restrict the flow of air

ACCOMMODATION

a hotel *un hôtel*

a guest house *une pension (de famille)*

a youth hostel *une auberge de jeunesse*

Do you have any rooms available? *Est-ce que vous avez des chambres libres?*

for one person *pour une personne*

for two people *pour deux personnes*

How much is it per night/per person? *Quel est le prix par nuit/par personne?*

Is breakfast included? *Est-ce que le petit déjeuner est compris?*

CONVERSATION & ESSENTIALS

Hello. *Bonjour.*

Goodbye. *Au revoir.*

Yes. *Oui.*

No. *Non.*

Please. *S'il vous plaît.*

Thank you. *Merci.*

That's fine, you're welcome. *Je vous en prie.*

Excuse me. *Excusez-moi.*

(to get someone's attention)

Sorry. (apology) *Pardon.*

Do you speak English? *Parlez-vous anglais?*

How much is it? *C'est combien?*

What's your name? *Comment vous appelez-vous?*

My name is ... *Je m'appelle ...*

EMERGENCIES – FRENCH

Help! *Au secours!*

Call a doctor! *Appelez un médecin!*

Call the police! *Appelez la police!*

Leave me alone! *Fichez-moi la paix!*

I'm lost. *Je me suis égaré/e.*

SHOPPING & SERVICES

I'm looking for ... *Je cherche ...*

a bank *une banque*

a chemist/pharmacy *une pharmacie*

the ... embassy *l'ambassade de ...*

the market *le marché*

a newsagency *un agence de presse*

SIGNS – FRENCH

Entrée Entrance

Sortie Exit

Renseignements Information

Ouvert Open

Fermée Closed

Chambres Libres Rooms Available

Complet Full/No Vacancies

(Commissariat de) Police Police Station

Interdit Prohibited

Toilettes, WC Toilets

Hommes Men

Femmes Women

the post office *le bureau de poste*
a public telephone *une cabine téléphoniqueue*
a stationers *une papeterie*
the tourist office *l'office de tourisme/le syndicat d'initiative*

What time does it open/close? *Quelle est l'heure de ouverture/fermeture?*

TIME, DAYS & NUMBERS

What time is it? *Quelle heure est-il?*

today *aujourd'hui*

tomorrow *demain*

yesterday *hier*

in the morning *du matin*

in the afternoon *de l'après-midi*

Monday *lundi*

Tuesday *mardi*

Wednesday *mercredi*

Thursday *jeudi*

Friday *vendredi*

Saturday *samedi*

Sunday *dimanche*

1 *un*

2 *deux*

3 *trois*

4 *quatre*

5 *cinq*

6 *six*

7 *sept*

8 *huit*

9 *neuf*

10 *dix*

10 *dix*

11 *onze*

12 *douze*

1000 *mille*

TRANSPORT

When does (the next) ... leave/arrive? *À quelle heure part/arrive (le prochain) ...?*

boat	<i>bateau</i>
bus (city)	<i>bus</i>
bus (intercity)	<i>car</i>
tram	<i>tramway</i>
train	<i>train</i>

the bus stop *l'arrêt d'autobus*
the ferry terminal *la gare maritime*
the left luggage office *la consigne*

a timetable *un horaire*
the train station *la gare*
the tram stop *l'arrêt de tramway*

I'd like a ... ticket. *Je voudrais un billet ...*
one-way *aller simple*
return *aller retour*
1st-class *de première classe*
2nd-class *de deuxième classe*

I'd like to hire a car/ bicycle. *Je voudrais louer une voiture/ un vélo.*

Directions

Where is ...? *Où est ...?*
Go straight ahead. *Continuez tout droit.*
Turn left. *Tournez à gauche.*
Turn right. *Tournez à droite.*
near *proche*
far *loin*

GREEK

PRONUNCIATION

Pronunciation of Greek letters is shown in the Greek alphabet table. The pronunciation guides use the closest-sounding English letter to represent the Greek.

Letter Combinations

Some pairs of vowels are pronounced separately if the first has an acute accent (eg **á**), or the second has a dieresis (eg **ï**). All Greek words of two or more syllables have an acute accent which indicates where the stress falls.

ει, οι	i	as in 'marine'
αι	e	as in 'bet'
ου	u	as in 'plume'

THE GREEK ALPHABET

Greek	English	Pronunciation
A α	a	as in 'father'
B β	v	as in 'vine'
Γ γ	gh, y	like a rough 'g', or as the 'y' in 'yes'
Δ δ	dh	as the 'th' in 'then'
Ε ε	e	as in 'egg'
Ζ ζ	z	as in 'zoo'
Η η	i	as in 'marine'
Θ θ	th	as in 'throw'
Ι ι	i	as in 'marine'
Κ κ	k	as in 'kite'
Λ λ	l	as in 'leg'
Μ μ	m	as in 'man'
Ν ν	n	as in 'net'
Ξ ξ	x	as the 'ks' in 'looks'
Ο ο	o	as in 'hot'
Π π	p	as in 'pup'
Ρ ρ	r	a slightly trilled 'r'
Σ σ	s	as in 'sand' ('ç' at the end of a word)
Τ τ	t	as in 'to'
Υ υ	i	as in 'marine'
Φ φ	f	as in 'fit'
Χ χ	kh, h	as the 'ch' in Scottish <i>loch</i> , or as a rough 'h'
Ψ ψ	ps	as the 'ps' in 'lapse'
Ω ω	o	as in 'lot'

μπ	b	as in 'be'
	mb	as in 'amber' (or as the 'mp' in 'ample')
ντ	d	as in 'do'
	nd	as in 'bend' (or as the 'nt' in 'sent')
γκ	g	as in 'go'
γγ	ng	as the 'ng' in 'angle'
γξ	ks	as in 'yaks'
τζ	dz	as the 'ds' in 'suds'

The suffix of some Greek words depends on the gender of the speaker, eg *asthmatikos* (m) and *asthmatikya* (f), or *epileptikos* (m) and *epileptikya* (f).

ACCOMMODATION

a hotel	<i>ena xenothohio</i>
a youth hostel	<i>enas xenonas neoitos</i>
a camp site	<i>ena kamping</i>

I'd like a ... room. *Thelo ena dhomatio ...*
single *ya ena atomo*
double *ya dhio atoma*

EMERGENCIES – GREEK

Help!	<i>voithia!</i>
Call a doctor!	<i>fonakste ena yatro!</i>
Call the police!	<i>tilefoniste tin astinomia!</i>
Go away!	<i>fighe/dhromo!</i>
I'm lost.	<i>eho hathi</i>

How much is it ...? per person per night *Poso kostizi ...? ya ena atomo ya ena vradhi*

for one night *ya mia nichta*
for two nights *ya dhio nictes*
Is breakfast included? *Simberilamvanete to proiono?*

CONVERSATION & ESSENTIALS

Hello.	<i>Yasu/Yasas (informal/polite)</i>
Goodbye.	<i>Andio</i>
Yes.	<i>Ne</i>
No.	<i>Okhi</i>
Please.	<i>Sas parakalo</i>
Thank you.	<i>Sas epharisto</i>
That's fine/You're welcome.	<i>Ine endaksi/parakalo</i>
I'm sorry.	<i>Signomi</i>
Do you speak English?	<i>Milate anglia?</i>
How much is it?	<i>Poso kani?</i>
What's your name?	<i>Pos sas lene/pos legeste?</i>
My name is ...	<i>Me lene ...</i>

SHOPPING & SERVICES

Where is a /the ...?	<i>Pu ine ...?</i>
bank	<i>mia trapeza</i>
... embassy	<i>i ... presvia</i>
market	<i>i aghora</i>
newsagency	<i>to efimeridhon</i>
pharmacy	<i>to farmakio</i>
post office	<i>to takhidhromio</i>
telephone centre	<i>to telefoniko kentro</i>
tourist office	<i>to ghrafio turistikon pliروفorion</i>

What time does it open/close? *Ti ora aniyi/klini?*

TIME, DAYS & NUMBERS

What time is it?	<i>ti ora ine?</i>
today	<i>simera</i>
tomorrow	<i>avrio</i>
in the morning	<i>to proi</i>
in the afternoon	<i>to apoyevma</i>

Monday	<i>dheftera</i>
Tuesday	<i>triti</i>
Wednesday	<i>tetarti</i>

SIGNS – GREEK

Εισοδος	Entrance
Εξοδος	Exit
Πληροφορίες	Information
Ανοικτο	Open
Κλειστο	Closed
Αστυνομικο Τμημα	Police Station
Απαγορευεται	Prohibited
Τουαλετες	Toilets
Ανδρων	Men
Γυναικων	Women

Thursday	<i>pempti</i>
Friday	<i>paraskevi</i>
Saturday	<i>savato</i>
Sunday	<i>kiryaki</i>

1	<i>ena</i>
2	<i>dhio</i>
3	<i>tria</i>
4	<i>tesera</i>
5	<i>pende</i>
6	<i>eksi</i>
7	<i>epta</i>
8	<i>okhto</i>
9	<i>enea</i>
10	<i>dheka</i>
100	<i>ekato</i>
1000	<i>khilya</i>

TRANSPORT

What time does the ... leave/arrive?	<i>Ti ora fevryi/ftani ...?</i>
boat	<i>to plio</i>
bus (city)	<i>to leoforio (ya tin poli)</i>
bus (intercity)	<i>to leoforio (ya ta proastia)</i>
train	<i>to treno</i>

I'd like a ... ticket. *Tha ithela isitirio ...*
one-way *horis epistrofi*
return *me epistrofi*
1st-class *proti thesi*
2nd-class *dhefteri thesi*

left luggage *horos aposkevon*
timetable *dhromologhio*
bus stop *i stasi tu leoforion*

Directions

Go straight ahead. *Pighenete efthia*
Turn left. *Stripste aristera*
Turn right. *Stripste dheksya*
near *Konda*
far *Makria*

ITALIAN

PRONUNCIATION

Vowels

a	as in 'art', eg <i>caro</i> (dear); sometimes short, eg <i>amico/a</i> (friend)
e	short, as in 'let', eg <i>mettere</i> (to put); long, as in 'there', eg <i>mela</i> (apple)
i	short, as in 'it', eg <i>inizio</i> (start); long, as in 'marine', eg <i>vino</i> (wine)
o	short, as in 'dot', eg <i>donna</i> (woman); long, as in 'port', eg <i>ora</i> (hour)
u	as the 'oo' in 'book', eg <i>puro</i> (pure)

Consonants

c	as the 'k' in 'kit' before a , o and u ; as the 'ch' in 'choose' before e and i
ch	as the 'k' in 'kit'
g	as the 'g' in 'get' before a , o , u and h ; as the 'j' in 'jet' before e and i
gli	as the 'lli' in 'million'
gn	as the 'ny' in 'canyon'
h	always silent
r	a rolled 'rr' sound
sc	as the 'sh' in 'sheep' before e and i ; as 'sk' before a , o , u and h
z	as the 'ts' in 'lights', except at the beginning of a word, when it's as the 'ds' in 'suds'

Note that when **ci**, **gi** and **sci** are followed by **a**, **o** or **u**, the 'i' is not pronounced unless the accent falls on the 'i'. Thus the name 'Giovanni' is pronounced jo-van-nee.

A double consonant has a longer, more forceful sound than a single consonant.

Word Stress

Stress is indicated in our pronunciation guide by italics. Word stress generally falls on the second-last syllable, as in spa-*ghet*-ti, but when a word has an accent, the stress falls on that syllable, as in cit-*tà* (city).

ACCOMMODATION

hotel	<i>albergo</i>
guesthouse	<i>pensione</i>
youth hostel	<i>ostello per la gioventù</i>
camping ground	<i>campeggio</i>

Do you have any rooms available?	<i>Ha delle camere libere/C'è una camera libera?</i>
How much is it per night/person?	<i>Quanto costa per notte/persona?</i>
Is breakfast included?	<i>È compresa la colazione?</i>

EMERGENCIES – ITALIAN

Help!	<i>Aiuto!</i>
Call a doctor!	<i>Chiama un dottore/ un medico!</i>
Call the police!	<i>Chiama la polizia!</i>
Go away!	<i>Vai via!</i>
I'm lost.	<i>Mi sono perso. (m) Mi sono persa. (f)</i>

a single room	<i>una camera singola</i>
a twin room	<i>una camera doppia</i>
a double room for one night for two nights	<i>una camera matrimoniale per una notte per due notti</i>

CONVERSATION & ESSENTIALS

Hello.	<i>Buongiorno. (polite) Ciao. (informal)</i>
Goodbye.	<i>Arrivederci. (polite) Ciao. (informal)</i>
Yes.	<i>Sì.</i>
No.	<i>No.</i>
Please.	<i>Per favore/Per piacere.</i>
Thank you.	<i>Grazie.</i>
That's fine/You're welcome.	<i>Prego.</i>
Excuse me.	<i>Mi scusi.</i>
I'm sorry.	<i>Mi perdoni.</i>
Do you speak English?	<i>Parla inglese?</i>
How much is it?	<i>Quanto costa?</i>
What's your name?	<i>Come si chiama?</i>
My name is ...	<i>Mi chiamo ...</i>

SHOPPING & SERVICES

a bank	<i>una banca</i>
a chemist/pharmacy	<i>una farmacia</i>
the ... embassy	<i>l'ambasciata di ...</i>
the market	<i>il mercato</i>
a newsagency	<i>un'edicola</i>
post office	<i>la posta</i>
a stationers	<i>un cartolaio</i>
the tourist office	<i>l'ufficio di turismo</i>
What time does it open/close?	<i>A che ora (si) apre/chiede?</i>

TIME, DAYS & NUMBERS

What time is it?	<i>Che ora è?/Che ore sono?</i>
today	<i>oggi</i>
tomorrow	<i>domani</i>
morning	<i>matina</i>
afternoon	<i>pomeriggio</i>
Monday	<i>lunedì</i>
Tuesday	<i>martedì</i>

SIGNS – ITALIAN

Ingresso/Entrata	Entrance
Uscita	Exit
Informazione	Information
Aperto	Open
Chiuso	Closed
Polizia/Carabinieri	Police
Questura	Police Station
Proibito/Vietato	Prohibited
Gabinetti/Bagni	Toilets
Uomini	Men
Donne	Women

Wednesday	<i>mercoledì</i>
Thursday	<i>giovedì</i>
Friday	<i>venerdì</i>
Saturday	<i>sabato</i>
Sunday	<i>domenica</i>

1	<i>uno</i>
2	<i>due</i>
3	<i>tre</i>
4	<i>quattro</i>
5	<i>cinque</i>
6	<i>sei</i>
7	<i>sette</i>
8	<i>otto</i>
9	<i>nove</i>
10	<i>dieci</i>
100	<i>cento</i>
1000	<i>mille</i>

TRANSPORT

When does the ... leave/arrive?	<i>A che ora parte/arriva ...?</i>
boat	<i>la barca</i>
bus	<i>l'autobus</i>
ferry	<i>il traghetto</i>
tram	<i>il tram</i>
train	<i>il treno</i>

bus stop	<i>fermata d'autobus</i>
train station	<i>stazione</i>
ferry terminal	<i>stazione marittima</i>
1st class	<i>prima classe</i>
2nd class	<i>seconda classe</i>
left luggage	<i>deposito bagagli</i>
timetable	<i>orario</i>

I'd like a one-way/ return ticket.	<i>Vorrei un biglietto di solo andata/di andata e ritorno.</i>
I'd like to hire a car/bicycle.	<i>Vorrei noleggiare una macchina/bicicletta.</i>

Directions

Where is ...?	<i>Dov'è ...?</i>
Go straight ahead.	<i>Si va sempre dritto.</i>
Turn left.	<i>Giri a sinistra.</i>
Turn right.	<i>Giri a destra.</i>
near	<i>vicino</i>
far	<i>lontano</i>

MALTESE

You'll have no problems getting around Malta using English, but if you know a few words in Maltese it'll always be welcome.

PRONUNCIATION

ç	as the 'ch' in child
g	as in good
ġ	'soft' as the 'j' in job
gh	silent; lengthens the preceding or following vowel
h	silent, as in 'hour'
ħ	as the 'h' in 'hand'
j	as the 'y' in 'yellow'
ij	as the 'igh' in 'high'
ej	as the 'ay' in 'day'
q	a glottal stop; like the missing 't' in the Cockney pronunciation of 'bottle'
x	as the 'sh' in shop
z	as the 'ts' in 'bits'
ż	soft as in 'buzz'

ACCOMMODATION

Do you have a room available?	<i>Għandek kamra jekk jogħġbok?</i>
Is breakfast included?	<i>Il-breakfast inkluz?</i>

Do you have a room for ...?	<i>Għandek kamra għal ...?</i>
one person	<i>wieħed</i>
two people	<i>tnejn</i>
one night	<i>lejl iljijeli</i>
two nights	<i>zewġt iljijeli</i>

CONVERSATION & ESSENTIALS

Hello.	<i>Merħba.</i>
Good morning/ Good day.	<i>Bonġu.</i>
Goodbye.	<i>Saħħa.</i>
Yes.	<i>Iva.</i>
No.	<i>Le.</i>
Please.	<i>Jekk jogħġbok.</i>
Thank you.	<i>Grazzi.</i>
Excuse me.	<i>Skuzani.</i>
Do you speak English?	<i>Titkellem bl-Ingliż?</i>

EMERGENCIES – MALTESE

Help!	<i>Ajjut!</i>
Call a doctor.	<i>Qibghad ghat-tabib.</i>
Police!	<i>Pulizija!</i>
I'm lost.	<i>Ninsab mitluf.</i>
hospital	<i>sptar</i>
ambulance	<i>ambulans</i>

How much is it?	<i>Kemm?</i>
What's your name?	<i>X'ismek?</i>
My name is ...	<i>Jisimni ...</i>

SHOPPING & SERVICES

the bank	<i>il-bank</i>
chemist/pharmacy	<i>l-ispizerija</i>
the ... embassy	<i>l'ambaxxata ...</i>
the hotel	<i>hotel/il-lakanda</i>
the market	<i>is-suq</i>
the post office	<i>il-posta</i>
a public telephone	<i>telefon pubbliku</i>
shop	<i>ħanut</i>
stamp	<i>timbru</i>

What time does it open/close?	<i>Fix'ħin jiftah/jaghlaq?</i>
--------------------------------------	--------------------------------

TIME, DAYS & NUMBERS

What's the time?	<i>X'ħin hu?</i>
today	<i>illum</i>
tomorrow	<i>ghada</i>
yesterday	<i>il-bierħ</i>
morning	<i>fil-ghodu</i>
afternoon	<i>nofs in-nħar</i>

Monday	<i>it-tnejn</i>
Tuesday	<i>it-tlieta</i>
Wednesday	<i>l-erbgha</i>
Thursday	<i>il-ħamis</i>
Friday	<i>il-gimgha</i>
Saturday	<i>is-sibt</i>
Sunday	<i>il-ħadd</i>

0	<i>xejn</i>
1	<i>wieħed</i>
2	<i>tnejn</i>
3	<i>tlieta</i>
4	<i>erbgha</i>
5	<i>ħamsa</i>
6	<i>sitta</i>
7	<i>sebgħa</i>
8	<i>tmienja</i>
9	<i>disgħa</i>
10	<i>ghaxra</i>

SIGNS – MALTESE

Dħul	Entrance
Hrug	Exit
Informazjoni	Information
Miftuh	Open
Magħluq	Closed
Tidħolx	No Entry
Pulizija	Police
Toilets	Toilets
Rgiel	Men
Nisa	Women

11	<i>ħdax</i>
100	<i>mija</i>
1000	<i>elf</i>

TRANSPORT

When does the boat leave/arrive?	<i>Meta jitlaq/jasal il-vapur?</i>
When does the bus leave/arrive?	<i>Meta titlaq/jasal il-karozza?</i>

I'd like a ... ticket.	<i>Nixtieq biljett ...</i>
one-way return	<i>'one-way' 'return'</i>
1st-class	<i>'1st-class'</i>
2nd-class	<i>'2nd-class'</i>

left luggage	<i>hallejt il-bagalji</i>
bus/trolleybus stop	<i>xarabank/coach</i>
I'd like to hire a car/ bicycle.	<i>Nixtieq nikri karozza/rota.</i>

Directions

Where is ...?	<i>Fejn hu ...?</i>
Go straight ahead.	<i>Mur dritt.</i>
Turn left.	<i>Dur fuq il-lemin.</i>
Turn right.	<i>Dur fuq il-ix-xellug.</i>
near	<i>il-vicin</i>
far	<i>il-bogħod</i>

MOROCCAN ARABIC**PRONUNCIATION**

Arabic is a difficult language to learn, but even knowing a few words can win you a friendly smile from the locals.

Vowels

a	as in 'had'
aa	as in 'far'
e	as in 'bet'

i	as in 'hit'
ee	as the 'e' in 'here', only softer
o	as in 'hot'; sometimes as in 'for'
u	as the 'oo' in 'book'
oo	as the 'oo' in 'food'

Vowel Combinations

aw	as the 'ow' in 'how'
ai	as the 'i' in 'high'
ei, ay	as the 'a' in 'cake'

CONSONANTS

Many consonants are the same as in English, but there are some tricky ones:

j	as in 'John'
H	a strongly whispered 'h', almost like a sigh of relief
q	a strong guttural 'k' sound
kh	a slightly gurgling sound, like the 'ch' in Scottish <i>loch</i>
r	a rolled 'r' sound
s	as in 'sit', never as in 'wisdom'
sh	as in 'she'
z	as the 's' in pleasure
gh	similar to the French 'r', but more guttural

GLOTTAL STOP (ʔ)

The glottal stop is the sound you hear between the vowels in the expression 'oh oh!'. In Arabic it can occur anywhere in a word – at the beginning, middle or end. When the glottal stop occurs before a vowel (eg 'ayn), the vowel is 'growled' from the back of the throat. If it is before a consonant or at the end of a word, it sounds like a glottal stop.

ACCOMMODATION

Where is a ...?	<i>feen kayn ...?</i>
campground	<i>shee mukheyyem</i>
hotel	<i>shee ootayl</i>
youth hostel	<i>daar shshabab</i>

Is there a room available?	<i>wash kayn shee beet khaweeya?</i>
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How much is a room for one day?	<i>bash hal kayn gbayt l wahed nħar?</i>
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Is breakfast included?	<i>wash lftur mhsoob m'a lbeet?</i>
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air-conditioning	<i>kleemateezaseeyun</i>
bed	<i>namooseeya</i>
blanket	<i>bttaaneeya</i>
hot water	<i>lma skhoon</i>
room	<i>beet</i>

EMERGENCIES – MOROCCAN ARABIC

Help!	<i>'teqnee!</i>
Call a doctor!	<i>'ayyet 'la shee tbeeb!</i>
Call the police!	<i>'ayyet 'la lboolees!</i>
Go away!	<i>seer fhalek!</i>

sheet	<i>eezar</i>
shower	<i>doosh</i>
toilet	<i>beet lma</i>

CONVERSATION & ESSENTIALS

Hello.	<i>ssalamu 'lekum</i>
Goodbye.	<i>m'a ssalama</i>
Yes.	<i>eeyeh</i>
No.	<i>la</i>
Please.	<i>'afak</i>
Thank you (very much).	<i>shukran (jazilan)</i>
You're welcome.	<i>la shukran 'la wezħ</i>
Excuse me.	<i>smeh leeya</i>
Do you speak English?	<i>wash kat'ref negleezeeya?</i>
What's your name?	<i>asmeetek?</i>
My name is ...	<i>smeetea ...</i>
I understand.	<i>fħemt</i>
I don't understand.	<i>mħfemth</i>
How much (is it)?	<i>bish-hal?</i>

SHOPPING & SERVICES

the bank	<i>al-banka</i>
the ... embassy	<i>as-seefara dyal ...</i>
the market	<i>as-sooq</i>
the police station	<i>al-koomeesareeya</i>
the post office	<i>al-boosta</i>
a toilet	<i>beet lma</i>

TIME, DATES & NUMBERS

What time is it?	<i>shal fessa'a?</i>
today	<i>al-yoom</i>
tomorrow	<i>ghaddan</i>
yesterday	<i>al-bareh</i>
in the morning	<i>fis-sabaħ</i>
in the evening	<i>fil-masa'</i>

Monday	<i>(nħar) letneen</i>
Tuesday	<i>(nħar) tllat</i>
Wednesday	<i>(nħar) larb'</i>
Thursday	<i>(nħar) lekħmees</i>
Friday	<i>(nħar) zhzhem'a'</i>
Saturday	<i>(nħar) ssebt</i>
Sunday	<i>(nħar) lhedd</i>

Arabic numerals are simple enough to learn and, unlike the written language, run from

left to right. In Morocco, European numerals are also often used.

1	wahed
2	zhoozh
3	tlata
4	reb'a
5	khamisa
6	setta
7	seba'a
8	tmenya
9	tes'ood'
10	'ashra
20	'ashreen
100	mya
1000	alf

TRANSPORT

What time does the ... leave/arrive?	Wufooqash katwsul/keiwsul ...?
boat	flooka
bus (city)	ttubees
bus (intercity)	lkar
train	tran

bus stop	blasa dyal tobeyesat
train station	lagaar
1st class	ddarazha lloola
2nd class	ddarazha ttaneyya

Where can I hire a car/bicycle?	Feen yimken li nkri tumubil/bshklit?
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Directions

Where is (the) ...?	Feen ...?
I'm looking for ...	Kanqellab 'la ...
Go straight ahead.	Seer neeshan
Turn right.	Dor 'al leemen
Turn left.	Dor 'al leeser

PORTUGUESE

Portuguese uses masculine and feminine word endings, usually '-o' and '-a' respectively, to say 'thank you', a man will therefore use *obrigado*, a woman, *obrigada*.

PRONUNCIATION

Vowels

a	short, as the 'u' in 'cut'; long, as the 'ur' in 'hurt'
e	short, as in 'bet'; long, as in 'there'
é	short, as in 'bet'
ê	long, as the 'a' in 'gate'

i	short, as in 'it'; long, as the 'ee' in 'see'
o	short, as in 'pot'; long as in 'note' or as the 'oo' in 'good'
ô	long, as in 'note'
u	as the 'oo' in 'good'

Nasal Vowels

Nasalisation is represented by an 'n' or an 'm' after the vowel, or by a tilde over it, eg *ã*. The nasal 'i' exists in English as the 'ing' in 'sing'. You can practise by trying to pronounce vowels while holding your nose, as if you have a cold.

Diphthongs

au	as the 'ow' in 'now'
ai	as the 'ie' in 'pie'
ei	as the 'ay' in 'day'
eu	as 'e' followed by 'w'
oi	similar to the 'oy' in 'boy'

Nasal Diphthongs

Try the same technique as for nasal vowels. To say *não*, pronounce 'now' through your nose.

ão	nasal 'ow' (owng)
õe	nasal 'ay' (eing)
õe	nasal 'oy' (oing)
ui	similar to the 'uing' in 'ensuing'

Consonants

c	as in 'cat' before a , o or u ; as the 's' in 'sin' before e or i
ç	as the 'c' in 'celery'
g	as in 'go' before a , o or u ; as the 's' in 'treasure' before e or i
gu	as in 'guest' before e or i
h	never pronounced when word-initial
nh	as the 'ni' in 'onion'
lh	as the 'lli' in 'million'
j	as the 's' in 'treasure'
m	not pronounced when word-final – it simply nasalises the previous vowel, eg <i>um</i> (oong), <i>bom</i> (bõ)
qu	as 'k' before e or i ; elsewhere as in 'queen'
r	when word-initial, or when doubled (rr) within a word it's a harsh, guttural sound similar to the 'ch' in Scottish <i>loch</i> ; in the middle or at the end of a word it's a rolled 'r' sound. In some areas of Portugal it's always strongly rolled.

s	as in 'so' when word-initial and when doubled (ss) within a word; as the 'z' in 'zeal' when between vowels; as 'sh' when it precedes a consonant, or at the end of a word
x	as the 'sh' in 'ship', as the 'z' in 'zeal', or as the 'x' in 'taxi'
z	as the 's' in 'treasure' before a consonant or at the end of a word

Word Stress

Word stress is important in Portuguese, as it can affect meaning. It generally occurs on the second-to-last syllable of a word, though there are exceptions. In words with a written accent, the stress always falls on that syllable.

ACCOMMODATION

hotel	hotel
guesthouse	pensão
youth hostel	pousada da juventude
camping ground	parque de campismo

Do you have any rooms available? *Tem quartos livres?*

How much is it per night/per person? *Quanto é por noite/por pessoa?*

Is breakfast included? *O pequeno almoço está incluído?*

a single room	um quarto individual
a twin room	um quarto duplo
a double room	um quarto de casal
for one night	para uma noite
for two nights	para duas noites

CONVERSATION & ESSENTIALS

Hello.	Bom dia.
Goodbye.	Adeus.
Yes.	Sim.
No.	Não.
Please.	Se faz favor.
Thank you.	Obrigado/a. (m/f)
You're welcome.	De nada.
Excuse me.	Com licença.
I'm sorry.	Desculpe.
Do you speak English?	Fala Inglês?
How much is it?	Quanto custa?
What's your name?	Como se chama?
My name is ...	Chamo-me ...

SHOPPING & SERVICES

a bank	um banco
a chemist/pharmacy	uma farmácia
the ... embassy	a embaixada de ...

EMERGENCIAS – PORTUGUESE

Help!	Socorro!
Call a doctor!	Chame um médico!
Call the police!	Chame a polícia!
Go away!	Deixe-me em paz! (pol)/ Vai-te embora! (inf)
I'm lost.	Estou perdido/a. (m/f)

the market	o mercado
the newsagents	a papelaria
the post office	os correios
the stationers	a tabacaria
the tourist office	o (posto de) turismo
What time does it open/close?	A que horas abre/fecha?

TIME, DAYS & NUMBERS

What time is it?	Que horas são?
today	hoje
tomorrow	amanhã
yesterday	ontem
morning	manhã
afternoon	tarde

Monday	segunda-feira
Tuesday	terça-feira
Wednesday	quarta-feira
Thursday	quinta-feira
Friday	sexta-feira
Saturday	sábado
Sunday	domingo

1	um/uma (m/f)
2	dois/duas (m/f)
3	três
4	quatro
5	cinco
6	seis
7	sete
8	oito
9	nove
10	dez
11	onze
100	cem
1000	mil

TRANSPORT

What time does the ... leave/arrive?	A que horas parte/chega ...?
boat	o barco
bus (city/intercity)	o autocarro/a camioneta
tram	o eléctrico
train	o comboio

SIGNS – PORTUGUESE

Entrada	Entrance
Saída	Exit
Informações	Information
Aberto	Open
Fechado	Closed
Posto Da Polícia	Police Station
Proibido	Prohibited
Lavabos/WC	Toilets
Homens (h)	Men
Senhoras (s)	Women

bus stop	<i>paragem de autocarro</i>
train station	<i>estação ferroviária</i>
timetable	<i>horário</i>

I'd like a ... ticket.	<i>Queria um bilhete ...</i>
one-way	<i>simples/de ida</i>
return	<i>de ida e volta</i>
1st-class	<i>de primeira classe</i>
2nd-class	<i>de segunda classe</i>

I'd like to hire ...	<i>Queria alugar ...</i>
a car	<i>um carro</i>
a bicycle	<i>uma bicicleta</i>

Directions

Where is ...?	<i>Onde é ...?</i>
Go straight ahead.	<i>Siga sempre (a direita/em frente).</i>
Turn left.	<i>Vire à esquerda.</i>
Turn right.	<i>Vire à direita.</i>
near	<i>perto</i>
far	<i>longe</i>

SLOVENE

PRONUNCIATION

Slovene pronunciation isn't difficult. The alphabet consists of 25 letters, most of which are very similar to English. It doesn't have the letters 'q', 'w', 'x' and 'y', but it does include the following letters: **ê, é, ó, ò, ç, š** and **ž**. Each letter represents only one sound, with very few exceptions, and the sounds are pure and not diphthongal. The letters **l** and **v** are both pronounced like the English 'w' when they occur at the end of syllables and before vowels.

Though words like *trn* (thorn) look unpronounceable, most Slovenes add a short vowel like an 'a' or the German 'ö' (depending on dialect) in front of the 'r' to give a Scot's pronunciation of 'tern' or 'tarn'.

c	as the 'ts' in 'its'
č	as the 'ch' in 'church'
ê	as the 'a' in 'apple'
e	as the 'a' in 'ago' (when unstressed)
é	as the 'ay' in 'day'
j	as the 'y' in 'yellow'
ó	as the 'o' in 'more'
ò	as the 'o' in 'soft'
r	a rolled 'r' sound
š	as the 'sh' in 'ship'
u	as the 'oo' in 'good'
ž	as the 's' in 'treasure'

ACCOMMODATION

hotel	<i>hotel</i>
guesthouse	<i>gostišče</i>
youth hostel	<i>počitniški dom</i>
camping ground	<i>kamping</i>

Do you have a ...?	<i>Ali imate prosto ...?</i>
bed	<i>posteljo</i>
cheap room	<i>poceni sobo</i>
single room	<i>enoposteljino sobo</i>
double room	<i>dvoposteljino sobo</i>

for one night	<i>za eno noč</i>
for two nights	<i>za dve noči</i>
How much is it per night?	<i>Koliko stane za eno noč?</i>
How much is it per person?	<i>Koliko stane za eno osebo?</i>
Is breakfast included?	<i>Ali je zajtrk vključen?</i>

CONVERSATION & ESSENTIALS

Hello.	<i>Pozdravljeni. (polite)</i> <i>Zdravo/Zvivo. (informal)</i>
Good day.	<i>Dober dan!</i>
Goodbye.	<i>Nasvidenje!</i>
Yes.	<i>Da. or Ja. (informal)</i>
No.	<i>Ne.</i>
Please.	<i>Prosim.</i>
Thank you (very much).	<i>Hvala (lepa).</i>

You're welcome.	<i>Prosim/Ni za kaj!</i>
Excuse me.	<i>Oprostite.</i>
What's your name?	<i>Kako vam je ime?</i>
My name is ...	<i>Jaz sem ...</i>
Where are you from?	<i>Od kod ste?</i>
I'm from ...	<i>Sem iz ...</i>

SHOPPING & SERVICES

Where is the/a ...?	<i>Kje je ...?</i>
bank	<i>banka</i>
consulate	<i>konzulat</i>

SIGNS – SLOVENE

Vhod	Entrance
Izhod	Exit
Informacije	Information
Odperto	Open
Zaprto	Closed
Prepovedano	Prohibited
Stranišče	Toilets

embassy	<i>ambasada</i>
exchange	<i>menjalnica</i>
post office	<i>pošta</i>
tourist office	<i>turistični informacijski urad</i>

TIME, DAYS & NUMBERS

today	<i>danes</i>
tonight	<i>nocoj</i>
tomorrow	<i>jutri</i>
in the morning	<i>zjutraj</i>
in the evening	<i>zvečer</i>

Monday	<i>ponedeljek</i>
Tuesday	<i>torek</i>
Wednesday	<i>sreda</i>
Thursday	<i>četrtek</i>
Friday	<i>petek</i>
Saturday	<i>sobota</i>
Sunday	<i>nedelja</i>

1	<i>ena</i>
2	<i>dve</i>
3	<i>tri</i>
4	<i>štiri</i>
5	<i>pet</i>
6	<i>šest</i>
7	<i>sedem</i>
8	<i>osem</i>
9	<i>devet</i>
10	<i>eset</i>
100	<i>sto</i>
1000	<i>tisoč</i>

TRANSPORT

What time does ... leave/arrive?	<i>Kdaj odpelje/pripelje ...?</i>
boat/ferry	<i>ladja/trajekt</i>
bus	<i>avtobus</i>
train	<i>vlak</i>

one-way (ticket)	<i>enosmerna (vozovnica)</i>
return (ticket)	<i>povratna (vozovnica)</i>
bus stop	<i>avtobusno postajališče</i>
train station	<i>železniska postaja</i>

EMERGENCIES – SLOVENE

Help!	<i>Na pomoč!</i>
Call a doctor!	<i>Pokličite zdravnika!</i>
Call the police!	<i>Pokličite policijo!</i>
Go away!	<i>Pojdite stran!</i>
I'm lost.	<i>Izgubil/Izgubila sem se. (m/f)</i>

Directions

Where is ...?	<i>Kje je ...?</i>
Go straight ahead.	<i>Pojdite naravnost naprej.</i>
Turn left.	<i>Obrnite levo.</i>
Turn right.	<i>Obrnite desno.</i>
near	<i>blizu</i>
far	<i>daleč</i>

SPANISH

PRONUNCIATION

Vowels

An acute accent (as in *días*) generally indicates a stressed syllable and doesn't change the sound of the vowel.

e	as in 'met'
i	as in 'marine'
o	as in 'or' (without the 'r' sound)
u	as in 'rule'; the 'u' is not pronounced after q and in the letter combinations gue and gui , unless it's marked with a diaeresis (eg <i>argüür</i>), in which case it's pronounced as English 'w'

Consonants

b	a cross between English 'b' and 'v'
c	a hard 'c' as in 'cat' when followed by a, o, u or a consonant; as the 'th' in 'thin' before e and i
ch	as in 'church'
g	as in 'get' when word-initial and before a, o and u ; elsewhere much softer. Before e or i it's a harsh, breathy sound, similar to the 'h' in 'hit'
h	silent
j	a harsh, guttural sound similar to the 'ch' in Scottish <i>loch</i>
ll	as the 'lli' in 'million'; some pronounce it more like the 'y' in 'yellow'
ñ	a nasal sound, as the 'ni' in 'onion'
q	as the 'k' in 'kick'; q is always followed by a silent u and combines only with e (as in <i>que</i>) and i (as in <i>qui</i>)
r	a rolled 'r' sound; longer and stronger when initial or doubled

s	as in 'see'
v	the same sound as b
x	as the 'ks' sound in 'taxi' when between vowels; as the 's' in 'see' when it precedes a consonant
y	at the end of a word or when standing alone (meaning 'and') it's pronounced like the Spanish i. As a consonant, it's somewhere between the 'y' in 'yonder' and the 'g' in 'beige', depending on the region.
z	as the 'th' in 'thin'

ACCOMMODATION

hotel	hotel
guesthouse	pensión/casa de huéspedes
youth hostel	albergue juvenil
camping ground	camping

Do you have any rooms available? ¿Tiene habitaciones libres?

How much is it per night/per person? ¿Cuánto cuesta por noche/por persona?

Is breakfast included? ¿Incluye el desayuno?

a single room	una habitación individual
a double room	una habitación doble
a room with a double bed	una habitación con cama de matrimonio
for one night	para una noche
for two nights	para dos noches

CONVERSATION & ESSENTIALS

Hello.	¡Hola!
Goodbye.	¡Adiós!
Yes.	Sí.
No.	No.
Please.	Por favor.
Thank you.	Gracias.
You're welcome.	De nada.
I'm sorry.	Lo siento/Discúlpeme.
Excuse me.	Perdón/Perdóneme.

Do you speak English?	¿Habla inglés?
How much is it?	¿Cuánto cuesta?/¿Cuánto vale?
What's your name?	¿Cómo se llama?
My name is ...	Me llamo ...

SHOPPING & SERVICES

a bank	un banco
chemist/pharmacy	la farmacia
the ... embassy	la embajada ...
the market	el mercado
newsagents	el quiosco
stationers	la papelería

EMERGENCIES – SPANISH

Help!	¡Socorro!/¡Auxilio!
Call a doctor!	¡Llame a un doctor!
Call the police!	¡Llame a la policía!
Go away!	¡Váyase!
I'm lost.	Estoy perdido/a. (m/f)

the post office	los correos
the tourist office	la oficina de turismo
What time does it open/close?	¿A qué hora abren/cierran?

TIME, DAYS & NUMBERS

What time is it?	¿Qué hora es?
today	hoy
tomorrow	mañana
yesterday	ayer
morning	mañana
afternoon	tarde

Monday	lunes
Tuesday	martes
Wednesday	miércoles
Thursday	jueves
Friday	viernes
Saturday	sábado
Sunday	domingo

1	uno, una
2	dos
3	tres
4	cuatro
5	cinco
6	seis
7	siete
8	ocho
9	nueve
10	diez
11	once
100	cien/ciento
1000	mil

TRANSPORT

What time does the next ... leave/arrive?	¿A qué hora sale/llega el próximo ...?
boat	barco
bus (city/intercity)	autobús, bus/autocar
train	tranvía

I'd like a ... ticket.	Quisiera un billete ...
one-way	sencillo/de sólo ida
return	de ida y vuelta
1st-class	de primera clase
2nd-class	de segunda clase

SIGNS – SPANISH

Entrada	Entrance
Salida	Exit
Información	Information
Abierto	Open
Cerrado	Closed
Comisaría	Police Station
Prohibido	Prohibited
Servicios/Aseos	Toilets
Hombres	Men
Mujeres	Women

left luggage	consigna
timetable	horario
bus stop	parada de autobús
train station	estación de ferrocarril

I'd like to hire ...	Quisiera alquilar ...
a car	un coche
a bicycle	una bicicleta

Directions

Where is ...?	¿Dónde está ...?
Go straight ahead.	Siga/Vaya todo derecho.
Turn left.	Gire a la izquierda.
Turn right.	Gire a la derecha/recto.
near	cerca
far	lejos

TURKISH

PRONUNCIATION

The new Turkish alphabet is phonetic and thus reasonably easy to pronounce once you've learned a few basic rules. Each Turkish letter is pronounced, there are no diphthongs, and the only silent letter is ğ.

Vowels

Turkish vowels are pronounced as follows:

A a	as the 'a' in 'art' or 'bar'
E e	as in 'fell'
İ i	as 'ee'
ı ı	as the 'a' in 'ago'
O o	as in 'hot'
U u	as the 'oo' in 'moo'
Ö ö	as the 'ur' in 'fur'
Ü ü	as the 'ew' in 'few'

Note that both ö and ü are pronounced with pursed lips.

Consonants

Most consonants are pronounced as they are in English, with a few exceptions:

Ç ç	as the 'ch' in 'church'
Ç c	as English 'j'
Ğ ğ	not pronounced; draws out the preceding vowel a bit as in 'gun'
G g	as the 'h' in 'half'
H h	as the 's' in 'treasure'
J j	as in 'stress'
Ş ş	as the 'sh' in 'shoe'
V v	as the 'w' in 'weather'

ACCOMMODATION

hotel	otel(i)
guesthouse	pansiyon
student hostel	öğrenci yurdu
camping ground	kampink

Do you have any rooms available? Baş oda var mı?

a single room	tek kişilik oda
a double room	iki kişilik oda
one night	bir gece
two nights	iki gece

How much is it per night/per person? Bir gecelik/Kişibaşına kaç para?

Is breakfast included? Kahvaltı dahil mi?

CONVERSATION & ESSENTIALS

Hello.	Merhaba.
Goodbye.	Allahaismarladık/Güle güle.
Yes.	Evet.
No.	Hayır.
Please.	Lütfen.
Thank you.	Teşekkür ederim.
That's fine/You're welcome.	Bir şey değil.
Excuse me.	Affedersiniz.
Sorry/Pardon.	Pardon.
Do you speak English?	İngilizce biliyor musunuz?
How much is it?	Ne kadar?
What's your name?	Adınız ne?
My name is ...	Adım ...

SHOPPING & SERVICES

a bank	bir banka
a chemist/pharmacy	bir eczane
the ... embassy	... büyükelçiliği

EMERGENCIES – TURKISH

Help!/Emergency!	<i>İmdat!</i>
Call a doctor!	<i>Doktor çağırın!</i>
Call the police!	<i>Polis çağırın!</i>
Go away!	<i>Gidin/Git!/Defol!</i>
I'm lost.	<i>Kayboldum.</i>

the market	<i>çarşı</i>
the newsagency	<i>haber agansı</i>
the post office	<i>postane</i>
the stationers	<i>kırtasiyeci</i>
the telephone centre	<i>telefon merkezi</i>
the tourist office	<i>turizm danışma bürosu</i>

What time does it open/close?	<i>Ne zaman açılır/kapanır?</i>
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TIME, DAYS & NUMBERS

What time is it?	<i>Saat kaç?</i>
today	<i>bugün</i>
tomorrow	<i>yarın</i>
yesterday	<i>dün</i>
morning	<i>sabah</i>
afternoon	<i>öğleden sonra</i>

Monday	<i>pazartesi</i>
Tuesday	<i>salı</i>
Wednesday	<i>çarşamba</i>
Thursday	<i>perşembe</i>
Friday	<i>cuma</i>
Saturday	<i>cumartesi</i>
Sunday	<i>pazar</i>

January	<i>ocak</i>
February	<i>şubat</i>
March	<i>mart</i>
April	<i>nisan</i>
May	<i>mayıs</i>
June	<i>haziran</i>
July	<i>temmuz</i>
August	<i>ağustos</i>
September	<i>eylül</i>
October	<i>ekim</i>
November	<i>kasım</i>
December	<i>aralık</i>

1	<i>bir</i>
2	<i>iki</i>
3	<i>üç</i>
4	<i>dört</i>
5	<i>beş</i>
6	<i>altı</i>
7	<i>yedi</i>

SIGNS – TURKISH

Giriş	Entrance
Çıkış	Exit
Danışma	Information
Açık	Open
Kapalı	Closed
Polis/Emniyet	Police
Polis Karakolu/Emniyet Müdürlüğü	Police Station
Yasak(tir)	Prohibited
Tuvalet	Toilets

8	<i>sekiz</i>
9	<i>dokuz</i>
10	<i>on</i>
11	<i>on bir</i>
12	<i>on iki</i>
13	<i>on üç</i>
100	<i>yüz</i>
1000	<i>bin</i>
1,000,000	<i>bir milyon</i>

TRANSPORT

What time does the next ... leave/arrive?	<i>Gelecek ... ne zaman kalkar/gelir?</i>
ferry/boat	<i>feribot/vapur</i>
bus (city)	<i>şehir otobüsü</i>
bus (intercity)	<i>otobüs</i>
train	<i>tren</i>

I'd like ...	<i>... istiyorum.</i>
a one-way ticket	<i>gidiş bileti</i>
a return ticket	<i>gidiş-dönüş bileti</i>
1st-class	<i>birinci mevkii</i>
2nd-class	<i>ikinci mevkii</i>

left luggage	<i>emanetçi</i>
timetable	<i>tarife</i>
bus stop	<i>otobüs durağı</i>
tram stop	<i>tramvay durağı</i>
train station	<i>gar/istasyon</i>
ferry/ship dock	<i>iskele</i>

I'd like to hire a car/bicycle.	<i>Araba/bisiklet kirala mak istiyorum.</i>
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Directions

Where is a/the ...?	<i>... nerede?</i>
Go straight ahead.	<i>Doğru gidin.</i>
Turn left.	<i>Sola dönün.</i>
Turn right.	<i>Sağa dönün.</i>
near	<i>yakın</i>
far	<i>uzak</i>

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