



BE A TRAVELLER

Not a tourist

A CULTURE GUIDE BROUGHT TO YOU BY



Table of Contents

Cultures of the world	4
Egypt	3
Kenya	3
Nigeria	3
Tanzania	3
Tunisia	3
Bahrain	3
China	3
India	3
Indonesia	3
Kazakhstan	3
Kyrgyzstan	3
Lebanon	3
Malaysia	3
Singapore	3
Sri Lanca	3
Thailand	3
Turkey	3
United Arab Emirates	3



Table of Contents

Cultures of the world	4
Egypt	3
Kenya	3
Nigeria	3
Tanzania	3
Tunisia	3
Bahrain	3
China	3
India	3
Indonesia	3
Kazakhstan	3
Kyrgyzstan	3
Lebanon	3
Malaysia	3
Singapore	3
Sri Lanca	3
Thailand	3
Turkey	3
United Arab Emirates	3



CULTURES of the world

This guide has been prepared for CKD travellers. Those who want to delve into the culture of each country they travel to, and to explore each place as a local. Go beyond sightseeing, learn some basic facts about each country, as well as the hidden gems and do's & don'ts. Get all the information you need to be able to mingle with the locals, and be a traveller, instead of a tourist.

 bookdialysis.com



Africa

Egypt

HIDDEN GEMS



The White Desert

This surreal landscape features chalk-white rock formations that resemble otherworldly sculptures. Camping under the starry desert sky while surrounded by these formations is a memorable experience.



Siwa Oasis

Located in the Western Desert, Siwa Oasis is a serene and remote destination, known for its natural springs, palm groves, and unique architecture. The ancient town of Shali with its mud-brick buildings is a highlight, and visitors can also enjoy the soothing waters of Cleopatra's Bath.



Dahab

This coastal town on the Sinai Peninsula offers stunning beaches, clear waters, and excellent diving & snorkelling opportunities, including the famous Blue Hole.

FIND A CLINIC



Cairo, Giza, Hurgada



bookdialysis.com



What characterises the Egyptians

Honour
Loyalty
Communitarianism
Education
Modesty
Pride



General Info

Egypt is located in the north and it is a transcontinental country spanning the northeast corner of Africa and the Sinai Peninsula in the southwest corner of Asia. The country's capital is Cairo and its time zone is GMT+3.

The population of Egypt is around 95 millions the majority being Arabic speaking Muslims.



A common phrase that accompanies a greeting is 'Salaam aleikum' (May peace be with you), which should be replied to with 'Waaleikum us salam' (May peace be with you too).



Do

When entering a group, always greet those already present. Handshakes are expected in a situation involving people you are familiar with.

Be modestly dressed and polite.

Praise their strengths and virtues when possible. Egyptians tend to give compliments generously.

Address Egyptians by using titles (e.g. Mr, Mrs, Dr, etc.) along with one's first name or surname, depending on the relationship.

 bookdialysis.com



Don't

Avoid telling crass or dirty jokes as this type of humour is generally not appreciated in Egypt.

Avoid openly criticising Egyptian politics as criticism from a foreigner may be perceived as an insult or suspicious.

Often, how people greet one another is based on the class, religion and gender of the person. If you are unsure about the most appropriate greeting, it is best to follow the lead of the Egyptian you are meeting.

How to say thank you: Shukran (شكرا)

Kenya

BE A TRAVELLER, NOT A TOURIST



LAKE TURKANA

Known as the "Jade Sea", Lake Turkana is the largest desert lake in the world and a UNESCO World Heritage Site. It's surrounded by volcanic landscapes, ancient archaeological sites, and vibrant local cultures.



HELLS GATE NATIONAL PARK

Located near Lake Naivasha, this park is known for its dramatic scenery of towering cliffs, gorges, and geothermal activity. It's also one of the few parks in Kenya where you can hike or cycle.



KAKAMEGA FOREST

This is the last remaining section of the ancient Guineo-Congolian rainforest, that once stretched across the continent. It's a haven for birdwatchers, with over 350 species of birds, as well as a variety of primates.

FIND A CLINIC



Mombasa



Nairobi



Nakuru

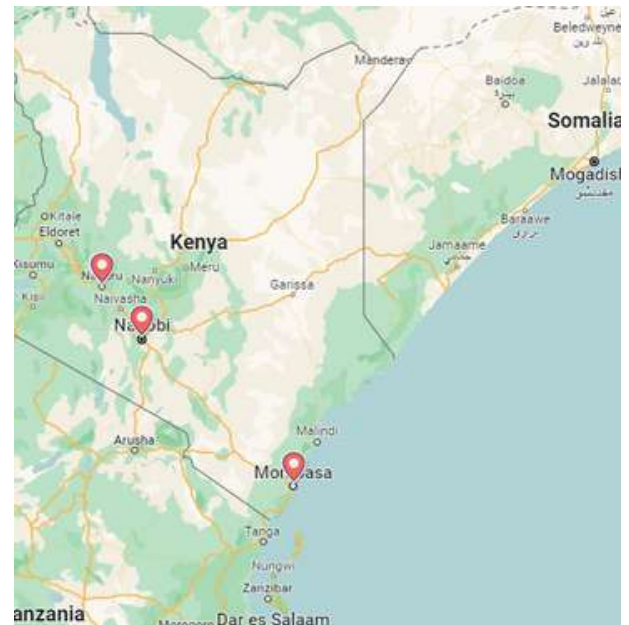
General Info

Kenya is a country located in East Africa. Nairobi is the capital and largest city of Kenya. It's a major economic and political hub in East Africa.

The official languages of Kenya are English and Swahili. Swahili is widely spoken across the country and is the lingua franca (common language) for many Kenyans.

The currency of Kenya is the Kenyan Shilling (KES).

Kenya is in the East Africa Time (EAT) zone, which is UTC+3.



What characterises Kenyans

Hospitality & Friendliness

Strong Sense of Community

Entrepreneurial Spirit

Strong Work Ethic

Environmental Consciousness



Do

Greet people warmly.

Ask permission before taking photos.

Negotiate prices respectfully.

Dress modestly, especially in rural areas.

Don't

Display affection in public.

Disrespect wildlife and nature.

Give money to children on the streets.

Overlook safety precautions.

How to say thank you: Asante

Morocco

HIDDEN GEMS



Chefchaouen

Often called the "Blue Pearl", this small town in the Rif Mountains is known for its striking blue-painted buildings. It offers a peaceful atmosphere, beautiful mountain scenery, and a unique cultural experience.



Tafraoute

Nestled in the Anti-Atlas Mountains, Tafraoute is known for its striking pink granite rock formations. The landscapes here are surreal, and the area is great for hiking & exploring Berber villages.



Volubilis

These ancient Roman ruins near Meknes are often overshadowed by more famous sites like Fes or Marrakech. However, they offer a fascinating glimpse into Morocco's Roman past, with well-preserved mosaics and architecture.

FIND A CLINIC



Agadir



Casablanca



Marrakesh



Tanger



Fes



What characterises Moroccans

Hospitality
Cultural Diversity
Strong Sense of Community
Respect for Tradition



General Info

Morocco is a country located in North Africa. It is bordered by the Atlantic Ocean and the Mediterranean Sea to the west and north, Algeria to the east, and Western Sahara to the south. The capital city of Morocco is Rabat.

The official languages of Morocco are Arabic and Berber. French is also widely spoken, especially in business and government.

The currency of Morocco is the Moroccan dirham (MAD).
Islam is the predominant religion in Morocco, with the majority of the population being Sunni Muslims.



Do

Respect local customs and traditions.

Dress modestly.

Haggle in the markets (Souks).

Ask for permission before taking photos.

Bring cash and bargain in cash transactions.

Use greetings.

Negotiate taxi fares.

Try local cuisine.



Don't

Display affection in public.
Raise your voice or display aggression.
Consume alcohol in public.

Ignore local dress codes.
Enter mosques if not muslim.
Point with your feet.
Touch people's heads.



How to say thank you: Shukran (شكرا)

Nigeria

BE A TRAVELLER, NOT A TOURIST



**AWHUM
WATERFALL, ENUGU**

Tucked away in the town of Awhum in Enugu State, this waterfall is surrounded by lush vegetation and rock formations, making it a serene and picturesque spot.



**IDANRE HILLS,
ONDO**

These ancient hills are located in Ondo State and offer stunning panoramic views. The hills also house the ancient town of Idanre, with its unique architecture and history.



**OGBUNIKE CAVES,
ANAMBRA**

These caves are a complex of caves and tunnels with streams flowing through them. It's a spiritual site for the local community and offers a unique underground adventure.

FIND A CLINIC



Abuja



Jos South



Lagos

General Info

Nigeria is a country located in West Africa. It is bordered by Niger to the north, Chad to the northeast, Cameroon to the east, and Benin to the west. It has a coastline along the Gulf of Guinea to the south.

English is the official language of Nigeria, inherited from its colonial history under British rule. The currency of Nigeria is the Nigerian naira (NGN).

Nigeria is incredibly diverse, with over 250 ethnic groups, each with its own languages, customs, and traditions.



What characterises Nigerians

Hospitality

Strong Family & Community Bonds

Resilience & Adaptability

Pride in Cultural Heritage



Do

Greet with respect.

Respect elders.

Use formal language.

Dress modestly.



Don't

Touch heads.

Point with the index finger.

Disrespect religious customs.

Display affection in public.

Litter or pollute.

How to say thank you in Igbo: Daalụ

Tunisia

HIDDEN GEMS



Matmata

Matmata is a small Berber village in southern Tunisia known for its distinctive troglodyte dwellings. These homes are carved into the desert cliffs and offer a unique experience of traditional Berber architecture.



Chott el Jerid

This is a large salt flat located in southern Tunisia, near the border with Algeria. The landscape here is surreal, especially during sunset or sunrise, when the colours of the sky reflect off the salt flats.



Ksar Ouled Soltane

Located in the northeast of Tunisia, this is one of the most impressive granaries (ksour) in the country. It's an architectural masterpiece that dates back to the 15th century, and is a UNESCO World Heritage Site.

FIND A CLINIC



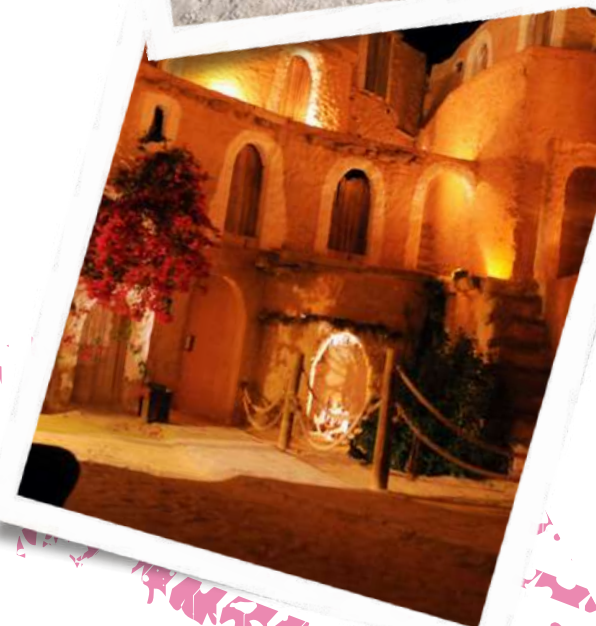
El Ghazala



Laouina Tunis



Sousse

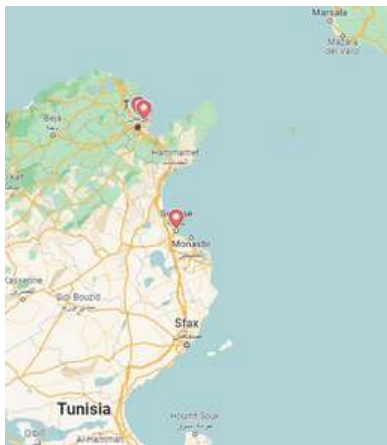


What characterises Tunisians

Strong Family Ties
Modern Outlook
Religious Tolerance
Hospitality
Cultural Diversity



General Info



Tunisia is a country located in North Africa. It is bordered by Algeria to the west and southwest, Libya to the southeast, and the Mediterranean Sea to the north and east. It also has a coastline along the Gulf of Gabes in the south.

Arabic is the official language of Tunisia, with Tunisian Arabic - a local dialect - being widely spoken. French is also widely used in business, education, and government.

The currency of Tunisia is the Tunisian dinar (TND). Islam is the predominant religion in Tunisia, with the majority of the population adhering to Sunni Islam. There are also small Christian and Jewish communities.



Do

Remove shoes.

Dress modestly.

Negotiate prices.

Ask for permission before taking photos.

Respect religious sites.



Don't

Drink in public during Ramadan.

Public displays of affection.

Give money to children.

Use your left hand.

Take pictures of military or government buildings.

Go topless on beaches.



How to say thank you: Shukran(شكرا)

Tanzania

BE A TRAVELLER, NOT A TOURIST



LAKE NATRON

Located in the Great Rift Valley, Lake Natron is known for its striking red colouration due to the presence of algae and minerals. It's a haven for birdwatchers, with thousands of flamingos making the lake their home. The surrounding landscapes are otherworldly, with the Ol Doinyo Lengai volcano in the background.



SELOUS GAME RESERVE

Another under-visited gem, Selous is one of the largest protected areas in Africa. It's a UNESCO World Heritage Site and boasts a diverse range of wildlife, including the rare African wild dog. The Rufiji River, which runs through the reserve, is home to hippos and crocodiles.



KITULO PLATEAU NATIONAL PARK

Known as the "Serengeti of Flowers", this park is a botanical wonderland. It's home to a wide variety of flowers, many of which are endemic to the area. The best time to visit is during the wet season, when the wildflowers are in full bloom.

FIND A CLINIC



Dar es Salaam



Tanzania

General Info

Tanzania is a country located in East Africa. It is bordered by Kenya to the north, Uganda to the north-west, Rwanda and Burundi to the west, the Democratic Republic of the Congo, Zambia, and Malawi to the south-west, Mozambique to the south, and the Indian Ocean to the east.

The capital city of Tanzania is Dodoma, although the largest city and economic hub is Dar es Salaam.

The official languages of Tanzania are Swahili and English and the official currency is the Tanzanian shilling (TZS).



What characterises Tanzanians

Hospitality

Strong Sense of Community

Respect for Elders

Strong Work Ethic



Do

Drink bottled or purified water.

Ask for permission before taking photos.

Negotiate prices at markets.

Learn basic swahili phrases.



Don't

Point with your finger.

Enter religious sites without permission.

Take photos of sensitive areas or people without permission.

Book your holiday dialysis anywhere



Destination



Clinic check-in/out



- ✓ Real-time availability of clinics
- ✓ No booking or cancellation fees
- ✓ Validated reviews from real patients



bookdialysis.com



Asia

Bahrain

HIDDEN GEMS



Tree of Life (Shajarat al-Hayat)

This ancient mesquite tree is located in the middle of the desert, and is believed to be over 400 years old. It stands alone in an arid landscape, which adds to its mystique.



Jidhafs Heritage Trail

Located in the village of Jidhafs, this trail takes you through a historical neighborhood with traditional Bahraini houses, and provides insights into the island's past.



Al Areen Wildlife Park

This park is home to a variety of local and exotic wildlife species. It's a peaceful place to spend a day and learn about the island's natural biodiversity.

FIND A CLINIC



El Manama



Segaya



What characterises Bahrainis

Strong Sense of Identity
Family-Centric Society
Islam as a Central Influence
Entrepreneurial Spirit
Cosmopolitan Lifestyle



General Info



Bahrain is an archipelago consisting of 33 islands, the largest of which is Bahrain Island. It is situated to the east of Saudi Arabia and is connected to it by the King Fahd Causeway. The capital city of Bahrain is Manama, which is also the largest city on the island.

Arabic is the official language of Bahrain, but English is widely spoken and used in business & education.

Bahrain is a constitutional monarchy with a parliamentary system. The ruling monarch is King Hamad bin Isa Al Khalifa.

The currency of Bahrain is the Bahraini dinar (BHD).



Do

Wear clothes that cover the shoulders and wear knee-length skirts or pants.

Negotiate in souqs (traditional markets).

Use right hand for greetings and eating.

Respect Ramadan rules.



Don't

Drink alcohol in public.

Display affection in public.

Engage in political discussions.

Take pictures of military or government buildings.

How to say thank you: Shukran(شكرا)

China

BE A TRAVELLER, NOT A TOURIST



JIUZHAIGOU VALLEY, SICHUAN PROVINCE

Known for its stunning turquoise lakes, waterfalls, and colourful forests, Jiuzhaigou is a UNESCO World Heritage Site. It's a hidden gem due to its remote location.



TIGER LEAPING GORGE, YUNNAN PROVINCE

This dramatic gorge along the Yangtze River is one of the deepest in the world. It offers breathtaking views and excellent hiking opportunities.



DANXIA LANDFORM, ZHANGYE, GANSU PROVINCE

The colourful Danxia landforms in Zhangye are a geological wonder, with vivid reds, oranges, and yellows creating a surreal landscape.

FIND A CLINIC



Ningguo



Guangzhou



Wuhu



Hong Kong



Wuxi City

General Info

With over 1.4 billion inhabitants, China is the world's most populous country and one of the oldest continuous civilisations, with a history dating back thousands of years. The capital city of China is Beijing, which is also one of the most populous cities in the world.

Mandarin Chinese, or Standard Chinese (Putonghua), is the official language. There are also numerous regional languages and dialects spoken throughout the country.

The official currency of China is the Renminbi (RMB), also known as the Chinese Yuan (CNY).



What characterises Chinese people

Respect for Elders
Emphasis on Education
Work Ethic
Filial Piety
Harmony with Nature



Do

Greet people with a friendly "Nǐ hǎo" (Hello) and a nod.

Accept and offer gifts with both hands.

Remove shoes indoors.

Wait for the host or eldest person at the table to start eating before you do.



Don't

Point with your finger.

Raise your voice or lose your temper.

Give clocks or white flowers as gifts.

Write in red ink.

India

HIDDEN GEMS



Ziro, Arunachal Pradesh

This picturesque valley in the northeastern state of Arunachal Pradesh is known for its lush green landscapes, rice fields, and vibrant local culture. It's a UNESCO World Heritage Site and a haven for nature lovers and trekkers.



Kanatal, Uttarakhand

A lesser-known gem in the Garhwal region of Uttarakhand, Kanatal offers breathtaking views of the Himalayas, apple orchards, and numerous trekking options.



Majuli, Assam

The largest river island in the world, Majuli is located in the Brahmaputra River. It's known for its unique culture, Satras (Vaishnavite monasteries), and scenic beauty.

FIND A CLINIC



Chennai



Ranchi



Vadodara

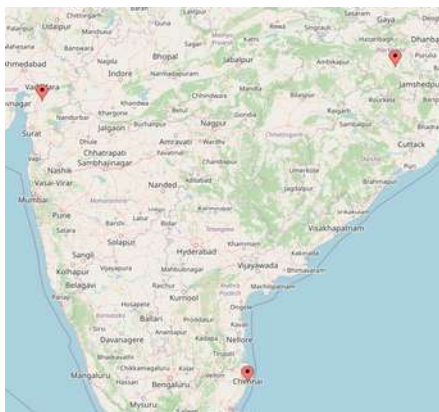


What characterises Indians

Multilingualism
Hospitality
Strong Family Ties
Respect for Elders
Spirituality and Religion
Entrepreneurial Spirit



General Info



India is the seventh-largest country in the world by land area. It shares its borders with Pakistan to the northwest, China and Nepal to the north, Bhutan to the northeast, and Bangladesh & Myanmar to the east. To the south, it is bounded by the Indian Ocean.

The capital city of India is New Delhi, which is part of a larger metropolis known as the National Capital region (NCR).

India is a multilingual country with several languages spoken across its regions. Hindi and English are the official languages of the central government, while each state may have its own official languages as well.



Do

Remove your shoes before entering someone's home or a place of worship.

Ask for permission before taking photos.

Negotiate prices.

Use both hands to offer or receive.



Don't

Point your feet.

Disrespect privacy.

Stare.

Touch sacred animals.

Display affection in public.

How to say thank you: dhanyavaad (धन्यवाद)

Indonesia/ Bali

BE A TRAVELLER, NOT A TOURIST



AMED

Amed is a tranquil coastal area located on the eastern side of the island of Bali, Indonesia. It is known for its serene ambiance, picturesque black sand beaches, excellent diving and snorkeling spots, and stunning views of Mount Agung, Bali's highest volcano. It is the perfect location if you love diving and snorkelling and trekking.



SEKUMPUL WATERFALL

Often overshadowed by more famous waterfalls, Sekumpul Waterfall is a breathtaking natural attraction located in the northern highlands of Bali, Indonesia. It is often considered one of the most beautiful waterfalls on the island, as it actually a collection of seven narrow cascades surrounded by lush greenery.



SUWEHAN BEACH

Suwehan Beach is a hidden gem located on the island of Nusa Penida, which is part of Bali, Indonesia. Nusa Penida is known for its rugged cliffs, stunning coastal scenery, and crystal-clear waters. Suwehan Beach is one of the less frequented spots on the island, making it an excellent destination for travelers seeking a peaceful and less crowded experience.

FIND A CLINIC



Bali

General Info

Bali is a popular tourist destination known for its rich culture, stunning landscapes, and vibrant arts scene. It is an island and province of Indonesia, located in Southeast Asia. Its capital is Denpasar, which is also the largest city on the island.

Bali has a tropical climate, with a wet season from November to March, and a dry season from April to October. However, due to its location near the equator, temperatures remain fairly consistent year-round.



What characterises Balinese people

Respect for Nature
Warm Hospitality
Strong Cultural Identity
Community-oriented
Ceremonial Practices



Do

Show respect in temples.

Haggle respectfully.

Use both hands for gestures and giving something.

Respect the environment.



Don't

Disrupt ceremonies or processions.

Step on offerings.

Negotiate aggressively.

Wear revealing or inappropriate clothing.

How does it work?

3 simple steps

1

Select treatment details

CKD travellers can select their preferred destination and treatment dates to start browsing available clinics.

2

Browse clinics to find the right one for you

Browse through hundreds of dialysis clinics that have availability based on their search criteria.

3

Book treatments, safely!

CKD travellers manage their bookings directly from their account, and our team is at their disposal for any questions they have along the way.

Jordan

HIDDEN GEMS



Little Petra (Siq al-Barid)

Often referred to as the "Sister of Petra," Little Petra is a smaller, less-visited archaeological site, located just a few kilometers north of Petra. It features similar architectural elements and offers a quieter, more intimate experience.



Dana Biosphere Reserve

Located in southern Jordan, the Dana Biosphere Reserve is a vast protected area known for its diverse wildlife, dramatic landscapes, and traditional Bedouin villages. It offers excellent hiking opportunities.

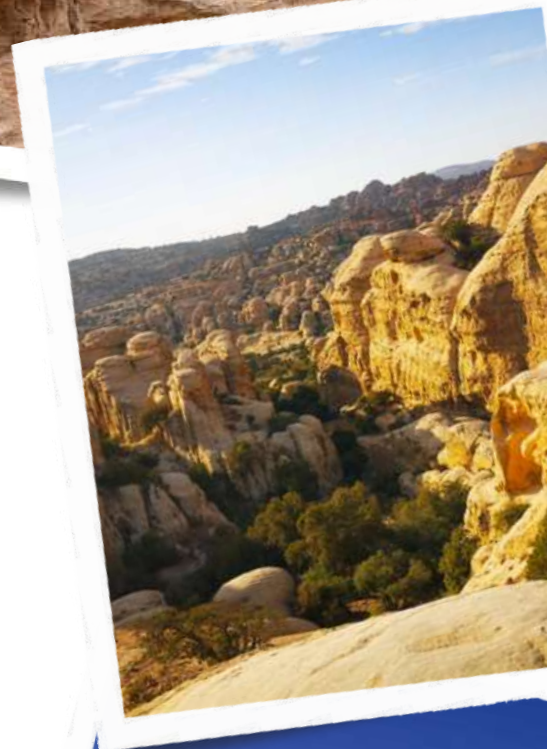
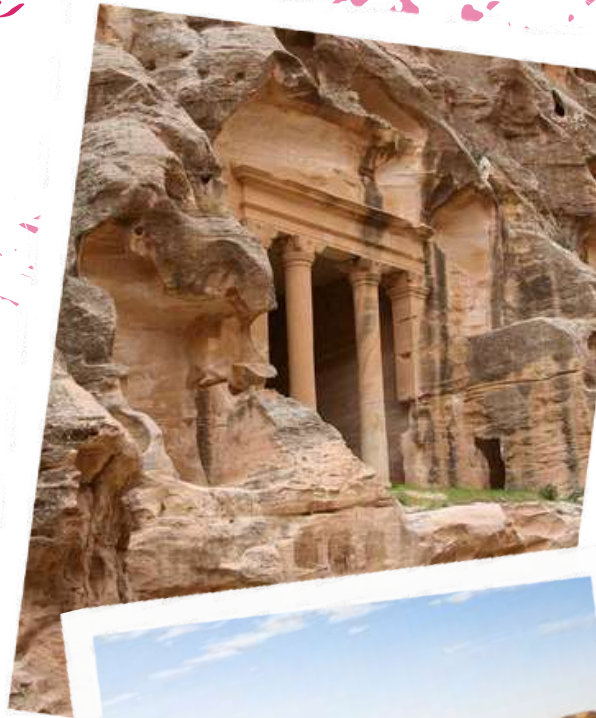


Qasr Amra

This UNESCO World Heritage Site is a small desert castle known for its well-preserved frescoes depicting scenes from the Umayyad period. It's located in the Eastern Desert of Jordan.

FIND A CLINIC

 Amman



What characterises Jordanians

Cordiality & Politeness
Strong Sense of Community
Educational Attainment
Civic-Mindedness
Resilience



General Info



Jordan is a country located in the Middle East, bordered by Syria to the north, Iraq to the northeast, Saudi Arabia to the south and southeast, and Israel & Palestine to the west. It also has a coastline along the northeastern tip of the Red Sea.

Amman is the capital and largest city of Jordan. It serves as the economic, cultural, and political centre of the country.

Arabic is the official language of Jordan and the official currency of Jordan is the Jordanian dinar (JOD). Jordan is considered one of the safest countries in the Middle East, with a relatively low crime rate.



How to say thank you: Shukran(شكرا)



Do

Use your right hand for greetings and eating.

Be mindful of water usage.

Haggle in markets.

Remove shoes before entering homes.



Don't

Point your feet at people or religious objects.

Ignore dress codes.

Raise your voice or lose your temper.

Disrespect religious customs.

Kazakhstan

BE A TRAVELLER, NOT A TOURIST

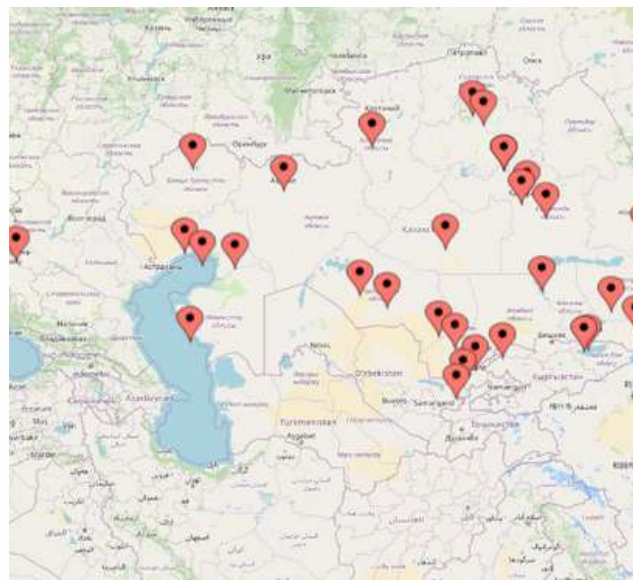
General Info

Kazakhstan is the world's largest landlocked country, located in Central Asia and Eastern Europe. It shares borders with Russia to the north, China to the east, Kyrgyzstan, Uzbekistan, and Turkmenistan to the south, and has a coastline along the Caspian Sea to the west. The capital city is Nur-Sultan, but the largest city and major cultural & economic hub is Almaty, located in the southeast.

Kazakh is the state language, while Russian holds the status of an official language and is widely spoken. The official currency of Kazakhstan is the Kazakhstani tenge (KZT).

Find a Clinic

- | | | |
|-------------|----------------------|---------------|
| 📍 Aksai | 📍 Kostanay | 📍 Shymkent |
| 📍 Aktau | 📍 Kulsary | 📍 Taldykorgan |
| 📍 Aktobe | 📍 Kyzylorda | 📍 Taraz |
| 📍 Almaty | 📍 Nur-Sultan | 📍 Temirtau |
| 📍 Astana | 📍 Poselok Osakarovka | 📍 Turkistan |
| 📍 Asykata | 📍 Poselok Topar | 📍 Uralsk |
| 📍 Balkhash | 📍 Saryagash | 📍 Zhanakorgan |
| 📍 Gres | 📍 Satpayev | 📍 Zharkent |
| 📍 Karaganda | 📍 Selo Kulan | 📍 Zhezkazgan |
| 📍 Kaskelen | 📍 Selo Shelek | |
| 📍 Kazali | 📍 Selo Uzunagash | |
| 📍 Kokshetau | | |

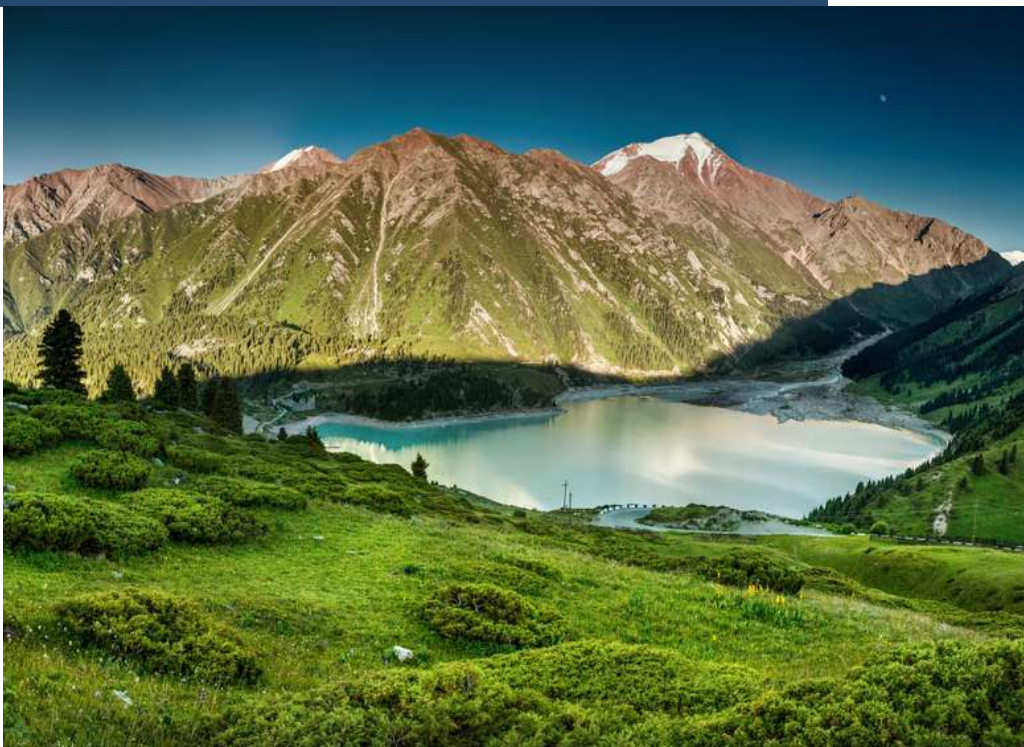
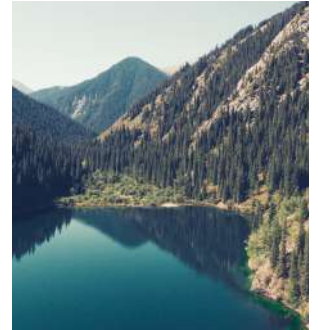


Kazakh beauty

Kazakhstan is characterised by a diverse landscape, including vast steppes, deserts, mountains, and the Caspian Sea coastline. The country is known for the Altai Mountains, the Caspian Depression, and the vast Kazakh Steppe.

Kazakhstan has a rich cultural heritage influenced by its nomadic history, Islamic traditions, and Russian & Soviet influences. In addition, traditional music, dance and art, are important aspects of Kazakh culture.

Kazakhstan is famous for being the launch site of the Baikonur Cosmodrome, which was used by the Soviet space programme and is still active today for Russian and international space missions.



What characterises Kazakhs

Nomadic Heritage
Hospitality
Strong Sense of Community
Rich Oral Tradition
Multilingualism
Horse Culture



Do

Greet people politely.

Accept hospitality.

Remove shoes before entering homes.

Be punctual.



Don't

Raise your voice.

Point your feet at people or religious objects.

Waste food or disrespect hosts.

Ignore traffic rules.

Kyrgyzstan

HIDDEN GEMS



Sulaiman-Too Sacred Mountain

Located in Osh, Sulaiman-Too is considered sacred by many and offers panoramic views of the city. It's a UNESCO World Heritage site and an important pilgrimage destination.



Jeti-Oguz

Known for its striking red rock formations, Jeti-Oguz is a picturesque valley near Karakol. It's a great place for hiking and offers a unique landscape.



Tash Rabat Caravanserai

Located in the Naryn Region, this ancient stone caravanserai served as a stop along the Silk Road. It's a fascinating historical site in a rugged and remote setting.

FIND A CLINIC

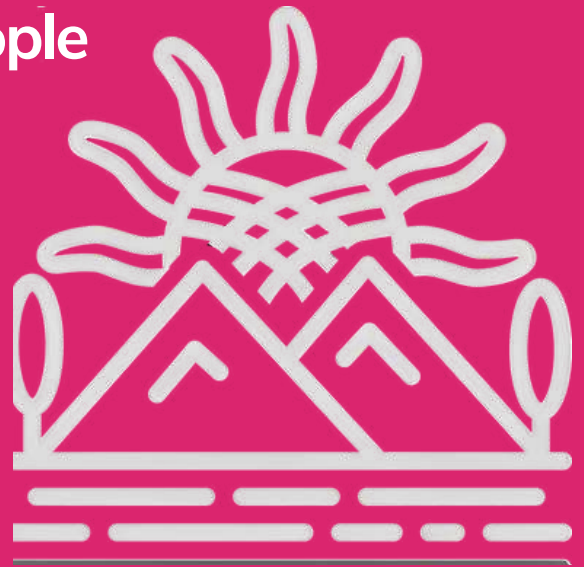


Bishkek



What characterises Kyrzys people

Resilience
Hospitality
Craftsmanship
Patriarchal Society
Cultural Etiquette



General Info



Kyrgyzstan is a landlocked country located in Central Asia. It is known for its stunning natural landscapes, including mountains, lakes, and vast expanses of untouched wilderness.

It gained independence from the Soviet Union on 31 August 1991, following its dissolution.

The capital city of Kyrgyzstan is Bishkek and the official currency is the Kyrgyzstani som (KGS). The official language of Kyrgyzstan is Kyrgyz, but Russian is also widely spoken and used in various aspects of daily life, especially in urban areas.

Kyrgyzstan is characterized by its mountainous terrain, with the Tian Shan mountain range dominating the landscape. It is often referred to as the "Switzerland of Central Asia" due to its rugged, alpine scenery.



Do

Dress modestly.

Use both hands for gestures and giving.

Ask for permission before taking photos.

Respect the environment.



Don't

Disrupt ceremonies or rituals.

Disrespect religious sites.

Argue or raise your voice.

Lebanon

BE A TRAVELLER, NOT A TOURIST



QADISHA VALLEY (KADISHA VALLEY)

This UNESCO-listed valley is a stunning natural site with rugged cliffs, ancient monasteries, and lush vegetation. It's a UNESCO World Heritage Site and a haven for hikers and history buffs.



AANJAR

This ancient Umayyad city in the Bekaa Valley is a well-preserved archaeological site. It offers a fascinating glimpse into early Islamic urban planning and architecture.



JAJ

Nestled in the mountains, Jaj is a picturesque village with traditional stone houses, terraced fields, and stunning views. It's a perfect destination for those seeking tranquility and natural beauty.

FIND A CLINIC



Metn

General Info

Lebanon is a small, diverse country located in the Middle East, known for its rich history, vibrant culture, and stunning landscapes.

The capital city of Lebanon is Beirut, which is also the largest city and the country's economic, cultural, and administrative centre.

Arabic is the official language of Lebanon, but French and English are also widely spoken, especially in urban areas and among educated segments of the population.

The official currency of Lebanon is the Lebanese pound (LBP).



What characterises Lebanese people

Culinary Enthusiasm
Adaptability
Strong Family Ties
Entrepreneurship
Civic Engagement



Do

Receive and pass objects with the right hand only, or with both hands.

Bring a gift when visiting a local home.

Expect delays. Punctuality is not strict in Lebanon.



Don't

Cross your legs with your ankle on your knee.

Swear in the presence of women.

Give someone an object to hold (for example, while you do something else).

Malaysia

HIDDEN GEMS



Raub (Pahang)

Known for its gold mining history, Raub is a town surrounded by lush rainforest and is home to the scenic Sungai Chiling Waterfall, where you can see the Rafflesia, the world's largest flower.



Pulau Kapas (Terengganu)

Often overshadowed by the more popular Perhentian Islands, Pulau Kapas is a quieter, smaller island with beautiful beaches, crystal-clear waters, and excellent snorkelling opportunities.



Kuala Selangor Fireflies (Selangor)

This is one of the largest firefly colonies in the world. Taking a boat tour at night to see these twinkling insects is a magical experience.

FIND A CLINIC



Petaling Jaya



Sri Petaling



Shah Alam

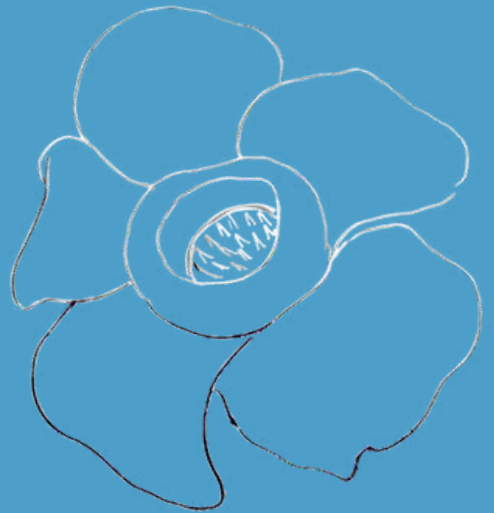


Subang Jaya

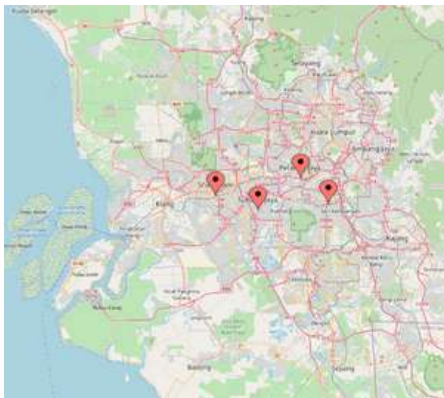


What characterises Malaysians

Multiculturalism
Hospitality
Collectivism
Adaptability & Openness
Food Enthusiasm



General Info



Malaysia is a country located in Southeast Asia. It is divided into two main regions: Peninsular Malaysia (also known as West Malaysia) and Malaysian Borneo (known as East Malaysia). It shares borders with Thailand, Indonesia, and Brunei, and is separated from Vietnam and the Philippines by the South China Sea.

The capital city of Malaysia is Kuala Lumpur, often abbreviated as KL. It is the largest city in the country and serves as the economic, cultural, and administrative centre.

The official language of Malaysia is Malay, known as Bahasa Malaysia. English is also widely spoken and is used in business, education, and government.

The currency of Malaysia is the Malaysian ringgit (MYR).



Do

Dress modestly.

Compliment people's hospitality.

Discern the social hierarchy among your company and respect it.



Don't

Display signs of anger in public.

Criticise Malaysia or the Malay royal family.

Mention the divisive topic of ethnic relations.

Singapore

BE A TRAVELLER, NOT A TOURIST



CONEY ISLAND

Also known as Pulau Serangoon, this island off the northeastern coast of Singapore, is a tranquil nature reserve, with lush greenery and mangrove swamps. It's a great place for birdwatching and cycling.



HAJI LANE

Located in the Kampong Glam neighborhood, Haji Lane is a narrow street filled with colourful, independent boutiques, street art, and cafes. It's a great place for shopping and exploring.



MACRITCHIE TREETOP WALK

This elevated walkway takes you through the treetops of the rainforest in MacRitchie Reservoir Park. It provides a unique perspective of the lush canopy.

FIND A CLINIC



Singapore

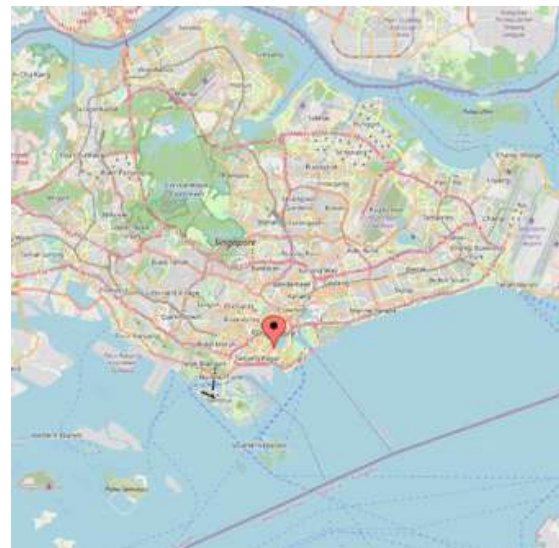
General Info

Singapore is a relatively small city-state, but it's filled with hidden gems and unique experiences that may not always be on the typical tourist itinerary. It is situated at the southern tip of the Malay Peninsula, just north of the equator.

The capital of Singapore is Singapore City. Unlike many other countries, Singapore is both a city and a country.

Singapore has four official languages: English, Malay, Mandarin Chinese, and Tamil. English is the primary language of administration and is widely spoken and understood.

The currency of Singapore is the Singapore dollar (SGD).



What characterises Singaporeans

Hard work & Ambition
Respect for Rules & Regulations
Efficiency & Punctuality
Family Values
Global Outlook



Do

Allow the host to do the ordering at a restaurant.

Refuse a gift three times before accepting to show that you're not greedy.

Give a slight bow for older Chinese people.



Don't

Wrap gifts in white and open them until later.

Eat until the host begins when dining with people of Chinese descent.

Tap your foot.

Sri Lanka

HIDDEN GEMS



Knuckles Mountain Range

This lesser-known range in central Sri Lanka is a haven for hikers and nature enthusiasts. It's known for its diverse flora and fauna, waterfalls, and scenic trails.



Jaffna

Located in the northern part of the island, Jaffna has a unique cultural heritage and is home to historic temples, forts, and vibrant markets. The Jaffna Library is a symbol of resilience and learning.



Polonnaruwa

Often overshadowed by Sigiriya and Anuradhapura, Polonnaruwa is a UNESCO World Heritage Site with well-preserved ancient ruins. The Gal Vihara, with its giant Buddha statues, is a highlight.

FIND A CLINIC

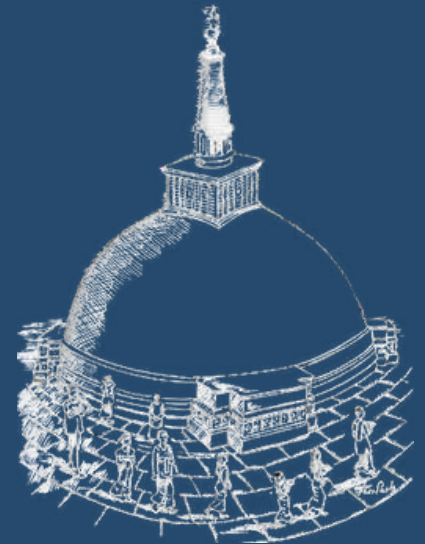


Colombo

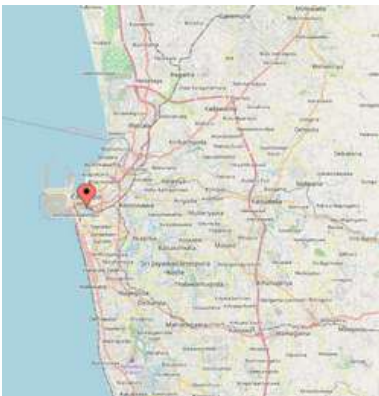


What characterises Sri Lankans

Religious Tolerance
Family-Centric Values
Education & Aspiration for Learning
Appreciation for Nature



General Info



Sri Lanka, officially known as the Democratic Socialist Republic of Sri Lanka, is an island nation located in South Asia. It is situated in the Indian Ocean, to the southeast of India and it is known for its beautiful landscapes, rich culture, and warm hospitality.

The capital city of Sri Lanka is Sri Jayawardenepura Kotte, commonly referred to as Kotte. However, Colombo, located nearby, is the country's largest city and economic hub.

Sri Lanka has two official languages: Sinhala and Tamil. Sinhala is the language of the majority Sinhalese ethnic group, while Tamil is primarily spoken by the Tamil ethnic group.

The currency of Sri Lanka is the Sri Lankan rupee (LKR).



Do

Leave any leather accessory before entering hindu temples.

Motion with your chin or extend your hand, palm flat and skyward than showing with your index finger.

Remove footwear and hats when entering a home or a temple.



Don't

Tip poorly.

Say "goodbye" as it is considered too final. Use "see you later" instead.

Shake hands with people of the opposite gender.

Thailand

BE A TRAVELLER, NOT A TOURIST



RANONG

This province in Southern Thailand is known for its hot springs, lush forests, and proximity to the Myanmar border. It's a great place for nature lovers and those looking for a peaceful retreat.



PHIMAI, NAKHON RATCHASIMA PROVINCE

Phimai is home to the ancient Phimai Historical Park, which features well-preserved Khmer temples. It's a quieter alternative to the more famous Angkor Wat in Cambodia.



NAN

This tranquil town in Northern Thailand is known for its cultural heritage, with well-preserved temples, traditional architecture, and a rich history. It's a great destination for those seeking an authentic Thai experience.

FIND A CLINIC



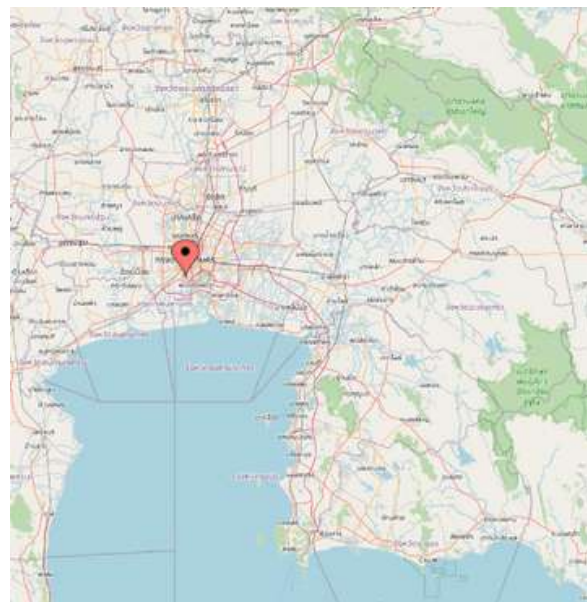
Bangkok

General Info

Thailand is a country with a rich cultural heritage, stunning natural landscapes, and a diverse range of attractions. It is located in Southeast Asia and it is bordered by Myanmar to the northwest, Laos to the northeast, Cambodia to the southeast, and Malaysia to the south. It also has coastlines along the Gulf of Thailand and the Andaman Sea.

The capital city of Thailand is Bangkok, which is also the largest city in the country. It serves as the political, economic, and cultural centre of Thailand.

The official language of Thailand is Thai and the official currency is Thai baht (THB).



What characterises Thais

Collectivism
Adaptability
Playfulness & Humor
Respect for Nature



Do

Return a wai greeting (bow)

Use a spoon to eat (fork are used only to scoop the food onto the spoon but should never enter the mouth).

Smile.



Don't

Touch a person's head or hair- including ruffling children's hair.

Take images of the Buddha out of the country without special permission.

Point with your feet.

Turkey

HIDDEN GEMS



Safranbolu

A UNESCO-listed town known for its well-preserved Ottoman architecture and cobblestone streets.



Zeugma Mosaic Museum

Located in Gaziantep, it houses one of the finest collections of Roman mosaics in the world covering an area of 1700 m2. It opened to the public on 9 September 2011.



Ağva and Şile

Located on the Black Sea coast near Istanbul, these towns offer a peaceful escape from the city with lush forests, rivers, and secluded beaches.

FIND A CLINIC



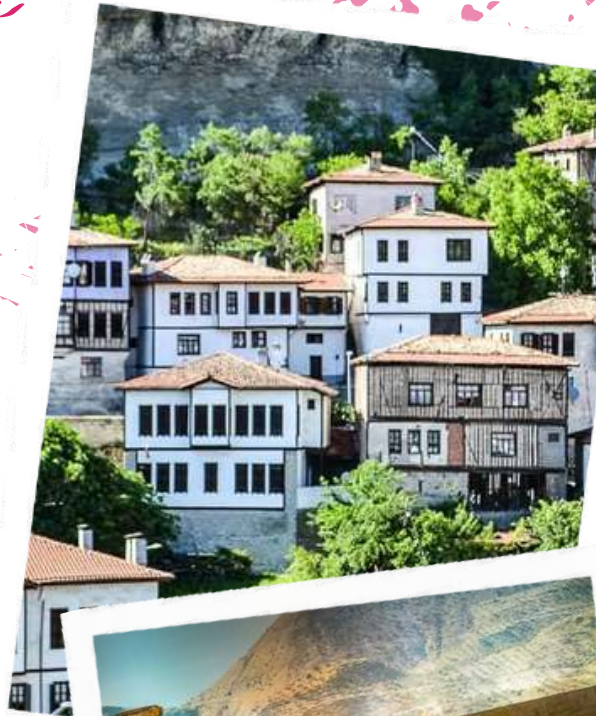
Alanya



Ankara



Istanbul

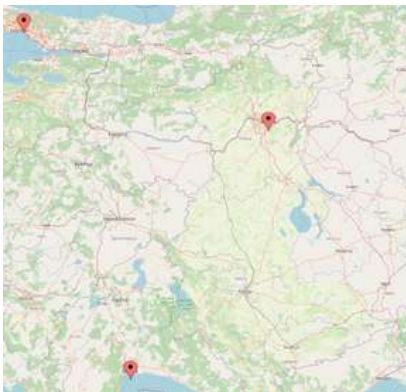


What characterises Turkish people

Openness to Conversation
Expressive Communication
Religiosity
Strong Sense of National Identity



General Info



Turkey, officially known as the Republic of Turkey, is a transcontinental country located mainly on the Anatolian Peninsula in Western Asia, with a smaller portion on the Balkan Peninsula in Southeast Europe. Its capital and largest city is Ankara and its currency is the Turkish lira (TRY).

The majority of the population in Turkey identifies as Muslim, predominantly of the Sunni branch of Islam. However, Turkey is officially a secular state, with a separation of religion and state.

Turkey boasts several UNESCO World Heritage Sites, including the Historic Areas of Istanbul, Göreme National Park, and the Rock Sites of Cappadocia.



Do

Haggle in Bazaars and Markets.

Remove Shoes.

Use Both Hands.

Greet with a handshake.



Don't

Take Photos of Military or Restricted Areas.

Refer to Turks as Arabs or presume that they speak Arabic.

Criticise Mustafa Kemal Atatürk.

United Arab Emirates

BE A TRAVELLER, NOT A TOURIST



HATTA

Nestled in the Hajar Mountains, Hatta offers a serene getaway with stunning landscapes, including Hatta Dam and Hatta Pools. It's a great place for outdoor activities like hiking, kayaking, and mountain biking.



AL AIN OASIS

Located in the city of Al Ain, this oasis is a UNESCO World Heritage Site, and provides a peaceful escape from the urban hustle & bustle. It features traditional falaj irrigation systems and lush date palm groves.



RAS AL KHAIMAH'S OLD TOWN

This historic area in Ras Al Khaimah is rich in culture and heritage, with traditional Emirati architecture, old souks, and a museum showcasing the region's history.

FIND A CLINIC



Dubai



Sharjah

General Info

The United Arab Emirates (UAE) is a sovereign state located in the southeastern region of the Arabian Peninsula. It is known for its modern cities, stunning architecture, and significant contributions to global business and tourism. Arabic is the official language, but English is widely spoken and used for business and tourism.

Abu Dhabi is the capital city of the UAE and the currency of the UAE is the United Arab Emirates dirham (AED).

The UAE has a hot desert climate, with extremely high temperatures in the summer. Winters are mild and comfortable, making it a popular destination for winter tourism.



What characterises the people of UAE

Pride in Achievements

Cultural Awareness

Entrepreneurial Spirit

Strong Sense of National Identity



Do

Wear a swimsuit on beaches and in swimming pools but cover up outside the beach.

Stand up when meeting new people.

Ask for permission before taking photos of locals.



Don't

Drink alcohol - it is allowed only in licensed hotels, bars and restaurants.

Stay in a room with a person of the opposite sex unless you are married.

Point with your finger.



America

Brazil

BE A TRAVELLER, NOT A TOURIST

General Info

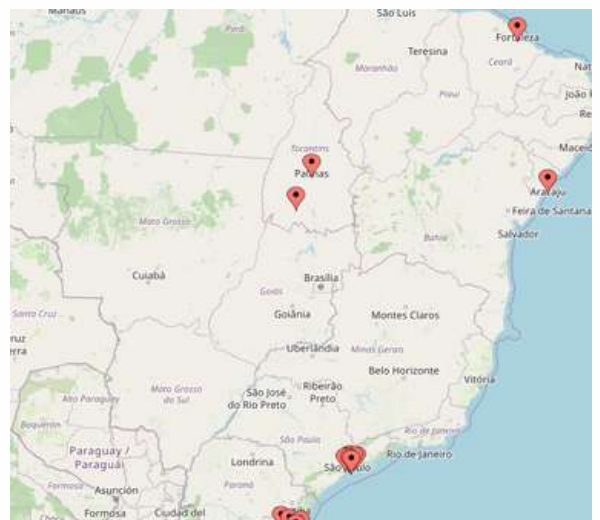
Brazil is the largest country in South America, both in terms of land area and population, sharing borders with every South American country except Chile and Ecuador. Brasília is the capital city of Brazil, while other major cities include São Paulo, Rio de Janeiro, Salvador, Fortaleza, and Belo Horizonte.

Brazil has a rich cultural heritage, influenced by a mix of indigenous, African, and European cultures. It is famous for its music and dances, such as samba and bossa nova, the Rio carnival, and its vibrant cuisine.

The official language spoken is Portuguese and the local currency is Brazilian real (BRL).

FIND A CLINIC

- Aracaju
- Balneário Camboriu
- Fortaleza
- Guarulhos
- Gurupi
- Jaragua do Sul
- Joinville
- Mafrá
- Mauá
- Mogi das Cruzes
- Palmas
- Salvador
- Santo André
- Sao Bento do Sul
- Sao Paulo
- Suzano
- Taboão da Serra



Brazilian beauty

Brazil is an incredibly diverse and beautiful country, offering a stunning array of natural landscapes and cultural richness. It is home to the Amazon Rainforest, which is the largest tropical rainforest globally, and the Amazon River, the world's second-longest river. Additionally, the Iguazu Falls, shared with Argentina, are one of the most breathtaking natural wonders in the world.

The beauty of Brazil lies not only in its natural wonders but also in its diverse cultures, warm-hearted people, and the amalgamation of tradition and modernity. The country's immense size and diversity, offer a plethora of experiences travellers seeking adventure, relaxation, or cultural exploration.



What characterises Brazilians

Easygoing Lifestyle
Warmth & Friendliness
Love for Music & Dance
Strong family ties
Resilience & Optimism



Do

Take the time to greet each person individually, making direct eye contact.

Try to accept appeals for help and support.

Be mindful of safety.



Don't

Use hand gestures towards a Brazilian.

Refer to Brazilians as 'Hispanic'.

Expect Brazilians to be punctual.

How to say thank you: Obrigado/a

Chile

BE A TRAVELLER, NOT A TOURIST



CHILOÉ ARCHIPELAGO

This group of islands is known for its unique culture, wooden churches (some are UNESCO World Heritage sites), and the iconic stilt houses called Palafitos. The local traditions, folklore, and distinctive cuisine, make it a captivating destination.



VALLE DE LA LUNA (VALLEY OF THE MOON)

Situated in the Atacama Desert, this lunar-like landscape is characterised by its otherworldly rock formations, salt flats, and vast sand dunes. The sunset and stargazing experiences it offers are exceptional.



PARQUE NACIONAL LAUCA

Found in the far north of Chile, this national park boasts high-altitude landscapes, including the stunning Chungará Lake, surrounded by volcanoes and diverse wildlife, like vicuñas and flamingos.

FIND A CLINIC



Cañete



Llay Llay



Santiago



Talagante

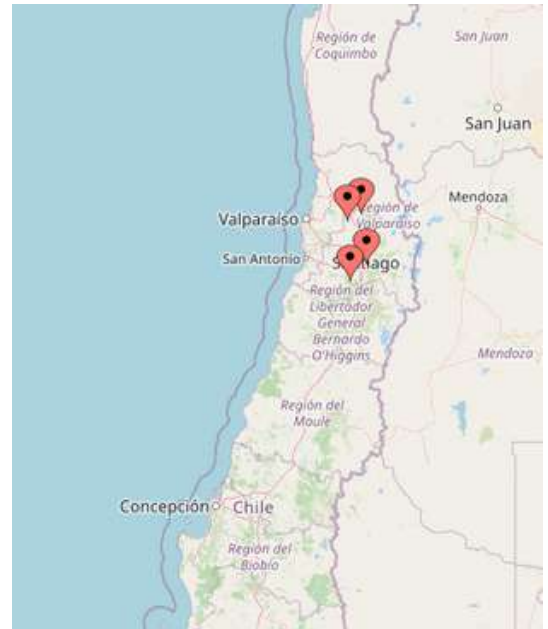


Villarrica

General Info

Chile is located along the western edge of South America, bordered by Peru to the north, Bolivia to the northeast, Argentina to the east, and the Pacific Ocean to the west. Its geography is diverse, featuring a long coastline, the Andes Mountains to the east, deserts in the north, fertile valleys, forests, and glaciers in the south.

The official language is Spanish. When it comes to the local currency, it has a rich history. While the Chilean peso was initially in circulation in the 19th century, in 1960, a new currency was established: the escudo. However, in 1977, the peso was reintroduced and it has been the currency in Chile ever since.



What characterises Chileans

Strong Family & Community Bonds
Warmth & Hospitality
Cultural Pride
Entrepreneurial Spirit



Do

Be Aware of Altitude Sickness.

Stay Hydrated (due to the altitude).

Take Care of Your Belongings.



Don't

Drink tap water.

Be Offended by Personal Space.

Flush Toilet Paper.

Take Unauthorized Photos.

Uruguay

HIDDEN GEMS



Quebrada de los Cuervos

A stunning natural reserve located in the Treinta y Tres Department. It features deep gorges, hiking trails, waterfalls and a variety of flora and fauna, providing excellent opportunities for outdoor activities and nature lovers.



Valle Eden

Situated in the Tacuarembó Department, Valle Eden is known for its picturesque landscapes, rolling hills, and rural tranquility. Visitors can explore vineyards, enjoy horseback riding, and experience the gaucho culture.



Salto del Penitente

A beautiful waterfall nestled in a wooded area near Minas. This serene spot offers hiking trails, natural pools for swimming, and a peaceful environment for relaxation and picnics.

FIND A CLINIC



Canelones



Lavalleja



Maldonado



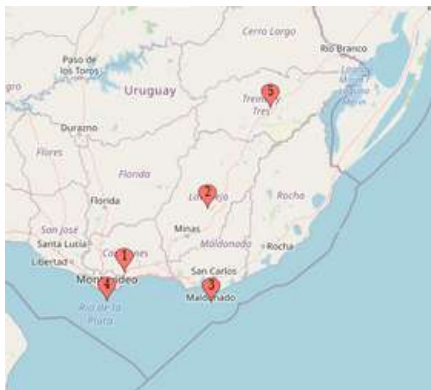
Montevideo



Treinta y Tres

What characterises Uruguayans

Progressive Social Policies
Warm & Friendly Nature
Passion for Football
Respect for Education &
Culture



General Info

Uruguay is a country located in the southeastern region of South America. It is bordered by Argentina to the west, Brazil to the north and northeast, and the Atlantic Ocean to the southeast. The capital city is Montevideo, which is also the largest city in the country. Uruguay has a population of around 3.5 million

people of whom nearly 2 million live in the metropolitan area of Montevideo. Spanish is the official language of Uruguay. English is also widely spoken, especially in tourist areas and among younger generations. The local currency is the Uruguayan peso (UYU).



Do

Be Punctual.

Stand close when conversing.

Dress conservatively and avoid wearing bright colours.

Ask about politics.



Don't

Use a toothpick in public.

Do the OK sign.

Drink Tap Water.

Be Loud in Public Spaces.

Dominican Republic

BE A TRAVELLER, NOT A TOURIST



BARAHONA

Located in southwest, Barahona offers stunning natural beauty with its lush landscapes, rivers and beautiful beaches, such as Playa San Rafael. Explore the nearby Parque Nacional Sierra de Bahoruco, for hiking and eco-tourism adventures.



MONTE CRISTI

This northwestern province offers breathtaking landscapes, including the stark beauty of El Morro, a limestone mesa rising from the sea, and Playa El Morro, a stunning beach nearby. It's ideal for those seeking natural beauty off the beaten path.



CONSTANZA

Known as the "Switzerland of the Caribbean", Constanza is nestled within the mountains and offers a cooler climate, beautiful landscapes, and opportunities for hiking, birdwatching and exploring agricultural areas.

FIND A CLINIC



Punta Cana

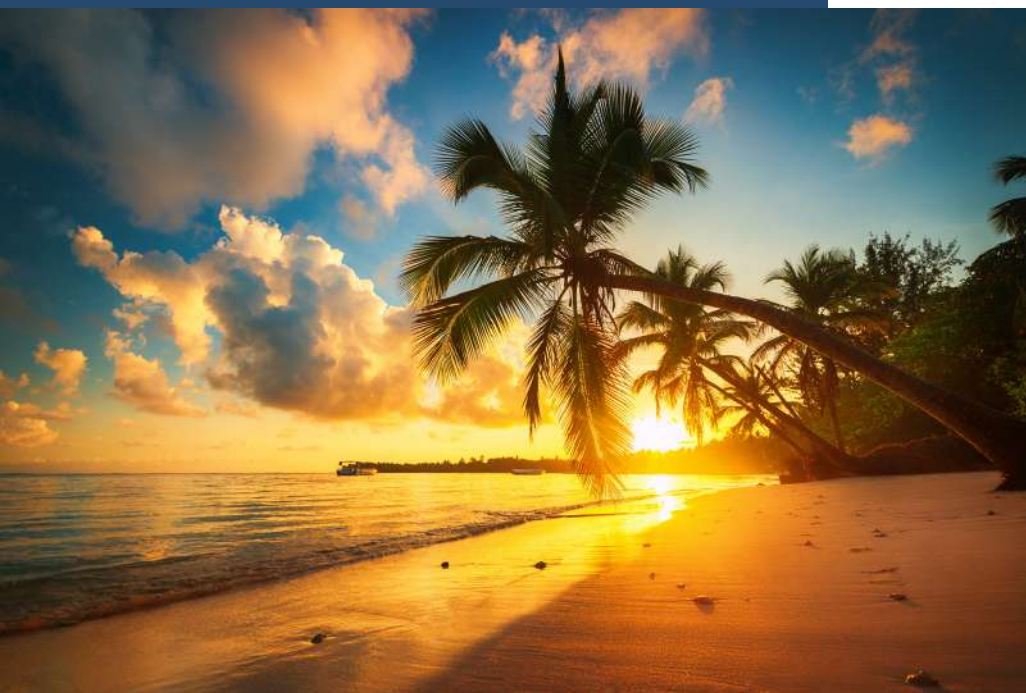


Santo Domingo

General Info

Dominican Republic is a Caribbean country located on the island of Hispaniola, which it shares with Haiti. It is situated to the east of Cuba and Jamaica, and shares a border with Haiti to the west. The capital is Santo Domingo, which is also the largest city in the country and serves as its cultural, financial and political centre. The official language is Spanish and the local currency is the Dominican peso (DOP).

Dominican Republic offers a blend of history, natural beauty, and a lively cultural scene, making it a diverse and inviting destination for travellers seeking sun, culture and adventure in the Caribbean.



Do

Carry a sunblock and bug repellent spray.

Negotiate Prices.

Dress stylishly, but modestly.



Don't

Drink tap water.

Discuss Politics.

Expect them to be punctual.

Drive.

What characterises Dominicans

Laid-back Lifestyle
Sense of Humor
Passion for Baseball
Religious Spirit
Resourcefulness

Haiti

HIDDEN GEMS



Île-à-Vache

This picturesque island off the southern coast of Haiti boasts stunning beaches with crystal-clear waters. It's an ideal spot for relaxation, snorkelling, and exploring the local way of life away from the crowds.



Bassin Bleu

A series of stunning turquoise pools and waterfalls tucked away in the hills near Jacmel. This hidden natural wonder is accessible via a short hike and offers a refreshing swim in a beautiful setting.



Cap-Haïtien

Home to the UNESCO World Heritage Site of Citadelle Laferrière and the nearby Sans-Souci Palace, Cap-Haïtien is rich in history. It offers a glimpse into Haiti's past and provides breathtaking views of the surrounding countryside.

FIND A CLINIC



Port au Prince



What characterises Haitians

Matriarchal society
Artistic Expression
Resilience and Strength
Hospitality
Respect for Elders



General Info



Haiti is located on the western portion of the island of Hispaniola in the Caribbean Sea. It shares the island with the Dominican Republic, which occupies the eastern part. Port-au-Prince is the capital and largest city of Haiti. It is bordered by Argentina to the west, Brazil to the north and northeast, and the Atlantic Ocean to the southeast.

Haitian Creole (Kreyòl) and French are the official languages. Kreyòl is an essential part of Haitian identity and culture, used in daily communication among locals. The local currency is the gourde (HTG).



Do

Use Reputable Transportation.

Be Cautious with Street Vendors.

Greet with a handshake.



Don't

Wander around alone at night.

Drink Tap Water.

Assume Western Norms.

Jamaica

BE A TRAVELLER, NOT A TOURIST



LIME CAY

A tiny uninhabited island off the coast of Port Royal, accessible by boat, Lime Cay offers pristine white sands, clear turquoise waters, and a peaceful escape from the mainland.



MILK RIVER BATH

Tucked away on the less-touristy south coast, YS Falls is a stunning seven-tiered waterfall, surrounded by lush gardens and natural pools. Visitors can swim, zipline and take tractor rides in this serene environment.



COCKPIT COUNTRY

Located in the interior of Jamaica, Cockpit Country is a geological marvel, with unique limestone formations and dense forests. It's an ideal spot for nature lovers, offering opportunities for hiking, birdwatching and exploring caves.

FIND A CLINIC



Montego Bay

General Info

Jamaica is an island country situated in the Caribbean Sea, south of Cuba and west of Hispaniola (shared by Haiti and Dominican Republic). The capital city is Kingston, which is also the largest city and the cultural hub of the country. Kingston is known for its music, arts, and historical significance.

English is the official language of Jamaica. However, Jamaican Patois (also known as Jamaican Creole or Patwa) is widely spoken among the locals in daily conversation. The local currency is the Jamaican dollar (J\$).



Do

Look to your left when crossing the road.

Avoid Beach Hassles.

Haggle politely.

Always have sunblock and insect repellent with you.

What characterises Jamaicans

Argumentation & Direct Approach

Sense of Humour

Sports Excellence

Expressiveness

Vibrant And Lively Spirit



Don't

Get into a taxi with a stranger that doesn't have a red number plate.

Don't wear camouflage clothing (it is illegal).

Display valuables.



Europe

Albania

HIDDEN GEMS



Theth

Tucked away in the Albanian Alps, Theth is a remote village offering breathtaking landscapes, traditional stone houses, and access to the stunning Grunas Waterfall. It's a haven for hikers and nature lovers.



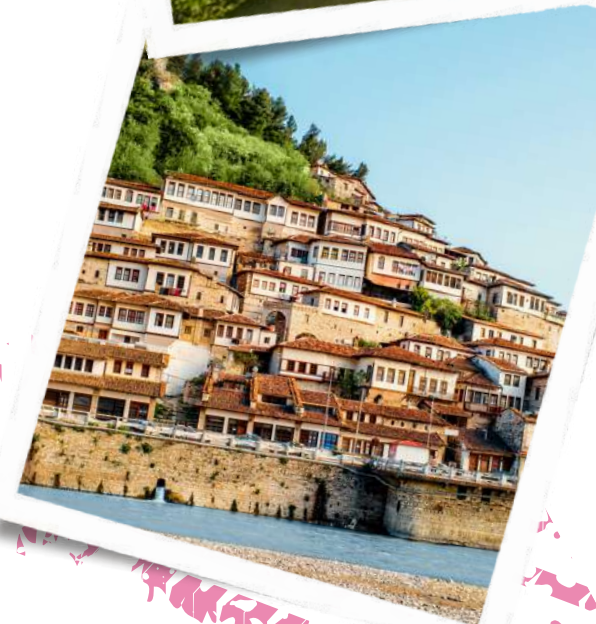
Bassin Bleu

An ancient city with ruins that date back to Greek, Roman, Byzantine, and Venetian periods. It's a UNESCO World Heritage Site and offers a fascinating journey through history amidst beautiful surroundings.



Berat

Often called the "City of a Thousand Windows" due to its well-preserved Ottoman architecture, Berat is a charming town with a castle, historic mosques, and churches.



FIND A CLINIC



Elbasan



Lezhë



Vlorë



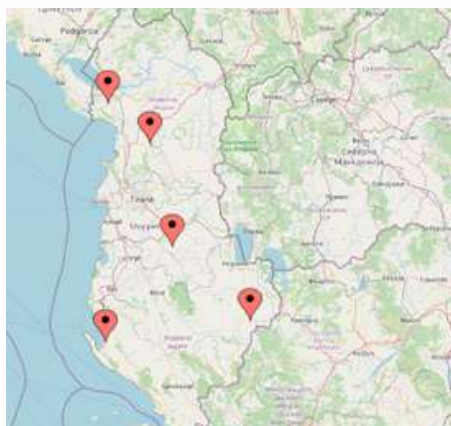
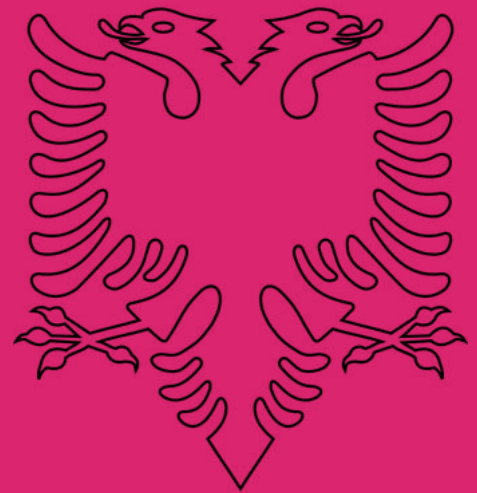
Korçë



Shkodër

What characterises Albanians

Pride
Independence
Openness
Perseverance
Strong Work Ethic



General Info

Albania is a country in Southeastern Europe, bordered by Montenegro to the northwest, Kosovo to the northeast, North Macedonia to the east, and Greece to the south. It has a western coastline along the Adriatic Sea and an eastern coastline along the Ionian Sea. Tirana is the capital and largest city, which it serves as

the political, economic, and cultural centre of the country. Albanian is the official language. It is an independent branch of the Indo-European language family, with two main dialects: Gheg in the north and Tosk in the south. The local currency is the albanian lek (ALL).



Do

Shake hands.

**Be open to conversations-
even with people you don't
know well.**

Ask for directions.



Don't

Expect to see a train.

Hitchhike

Drink tap water.

Bulgaria

BE A TRAVELLER, NOT A TOURIST



SEVEN RILA LAKES

This stunning group of glacial lakes in the Rila Mountains, offers breathtaking views and excellent hiking opportunities. Each lake carries a name associated with its most characteristic feature, with one of them being called "The Kidney"!



NESEBAR

Often overshadowed by Sunny Beach, Nesebar is a UNESCO World Heritage Site, with a rich history dating back to ancient times. Its well-preserved Old Town, situated on a peninsula, is a charming maze of narrow cobblestone streets, ancient churches, and traditional houses.



DEVETASHKA CAVE

This colossal cave, located near Lovech, is an impressive natural wonder. It has a ceiling reaching up to 30 metres high, and it's also home to a bat colony.

FIND A CLINIC



Burgas



Pazardzhik



Plovdiv



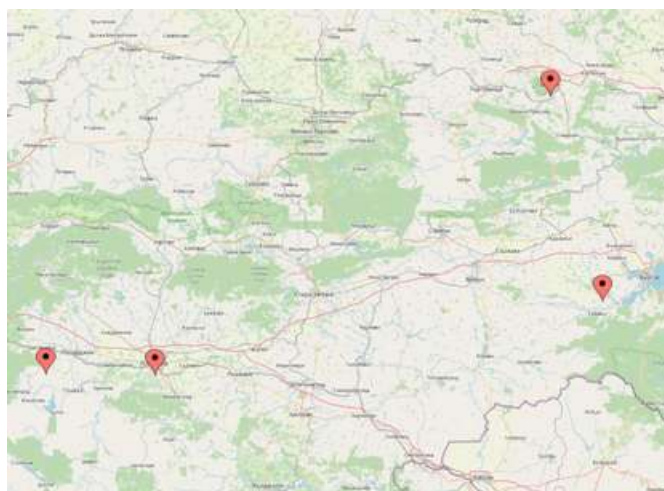
Shumen

General Info

Bulgaria is situated in Southeastern Europe, bordering Romania to the north, Serbia and North Macedonia to the west, Greece and Turkey to the south, and the Black Sea to the east. Its capital city is Sofia and the local currency is the Bulgarian lev (BGN).

Bulgarian is the official language and is spoken by the majority of the population and the Cyrillic script is used for writing.

86.6% of the population is Eastern Orthodox, while 13% is Muslim. The Bulgarian Orthodox Church is autonomous and headed by a Patriarch.



What characterises Bulgarians

Patriotism
Linguistic & Cultural Identity
Adaptation to Modernity
Strong Family Values



Do

Shake your head for "yes" and nod for "no".

Take your shoes off when visiting a Bulgarian home.

Leave tips at restaurants for good service.



Don't

Show up empty-handed.

Make the fig sign.

Expect great customer service.

Cyprus

HIDDEN GEMS



Choirokoitia Neolithic Settlement

A UNESCO World Heritage Site, Choirokoitia is an ancient archaeological site, dating back to 7000 BC. It's one of the best-preserved prehistoric sites in the eastern Mediterranean, offering insights into Cyprus' ancient history.



Lefkara Village

Famous for its lacework and silver handicrafts, Lefkara Village exudes traditional charm. Visitors can explore the narrow streets lined with stone houses, visit local workshops, and appreciate the intricate craftsmanship.



Paphos Forest and Venetian Bridges

This forested area near Pafos, hides a series of beautiful Venetian bridges dating back to the medieval period. The tranquil setting and historical bridges make it a serene place for a nature walk.

FIND A CLINIC

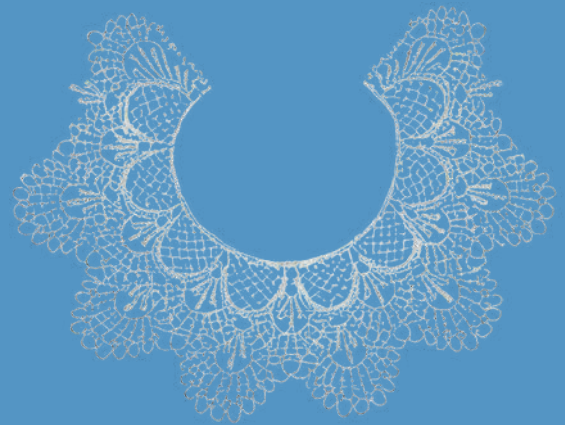


Pafos

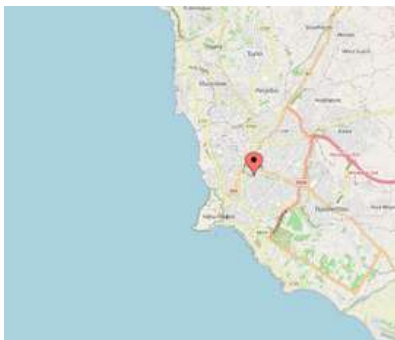


What characterises Cypriots

Strong National identity
Strong Religious Beliefs
Friendliness
Love for Food & Sharing Meals



General Info



Cyprus, officially the Republic of Cyprus, is characterised by diverse landscapes, including plains, mountains, and coastal areas with beautiful beaches. Situated at the north-eastern end of the Mediterranean basin and at the crossroads of three continents - Europe, Asia and Africa - it is the third largest island in the region.

Lefkosia (Nicosia) is the capital and largest city of Cyprus. Centrally located on the island, it serves as the administrative, political, financial and cultural capital. The official languages are Greek and Turkish, whilst Cypriot – a local dialect of Greek – is the everyday spoken language. In addition, English is widely spoken, due to the historical influence of British colonisation of the island.

While the majority of Greek-Cypriots are Greek Orthodox Christians, other denominations are represented on the island, including Armenians, Maronites and Roman Catholics.

The local currency is the euro (EUR).



Do

Be open to interaction.

Stay hydrated and use sun protection.

Respect elders.



Don't

Decline when someone offers you a meze.

Expect late-night dining on weekdays.

Forget to tip.

France

BE A TRAVELLER, NOT A TOURIST



ANNECY, HAUTE-SAVOIE

Romance is the lifeblood of Annecy, a town in the Rhone-Alpes region of southeast France, that's replete with castles and cathedrals, and softly curving architecture. Often called the "Venice of the Alps", Annecy charms visitors with its picturesque canals, colourful houses, and a beautiful lake surrounded by mountains.



CARCASSONNE, OCCITANIE

Since the pre-Roman period, a fortified settlement has existed on the hill where Carcassonne now stands. In its present form, it is an outstanding example of a medieval fortified town, with its massive defences encircling the castle and the surrounding buildings, its streets and its fine Gothic cathedral.

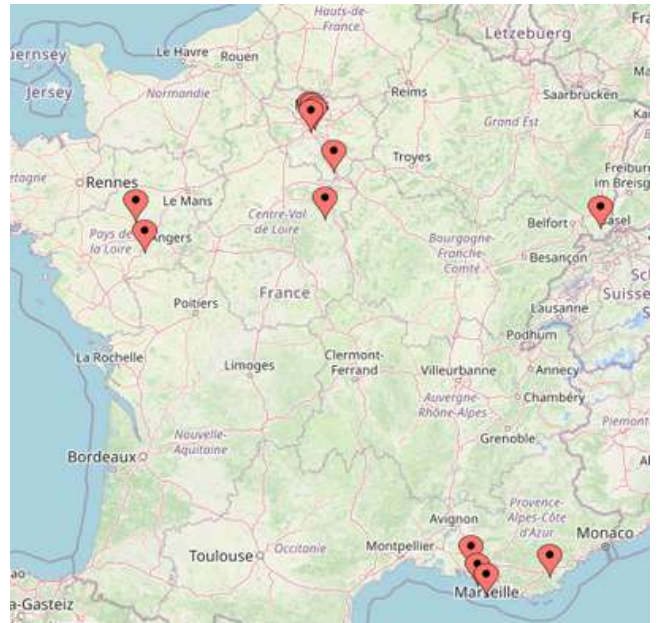


DUNE DU PILAT, AQUITAINE

Europe's tallest sand dune offers stunning views of the Atlantic Ocean and the surrounding pine forests. This massive dune was formed over thousands of years, shaped by wind and ocean currents, depositing sand from the Atlantic Ocean onto the shoreline.

FIND A CLINIC

- Angers
- Arles Cedex
- Chateau Gontier
- Draguignan
- Epinay sur Seine
- Marignane
- Avon
- Montereau
- Pantin
- Mulhouse
- Marseille
- Saint Denise
- Paris
- Salon de Provence



What characterises French people

Art & Intellectualism
Direct Communication
Importance of Work-Life Balance
Love for Debate & Discussion



Do

- Greet with politeness.
- Respect personal space.
- Use cutlery properly.
- Take your time with meals.



Don't

- Be overly casual.
- Rush meals.
- Be excessively noisy.
- Expect service 24/7.

Germany

HIDDEN GEMS



Bamberg, Bavaria

A UNESCO World Heritage City, Bamberg boasts medieval and baroque architecture, cobblestone streets, the Altes Rathaus (Old Town Hall) situated in the middle of the river, and a unique smoked beer (Rauchbier) tradition.



Wadden Sea National Park, Lower Saxony

A UNESCO World Heritage Site, this coastal region offers unique landscapes, tidal flats, and diverse wildlife. Take guided tours to explore its natural beauty.



Würzburg Residence, Bavaria

A stunning Baroque palace and UNESCO World Heritage Site, the Würzburg Residence showcases magnificent architecture, frescoes by Tiepolo, and beautiful gardens.



FIND A CLINIC



Anklam



Grimmen



Ludwigsfelde



Potsdam



Stralsund



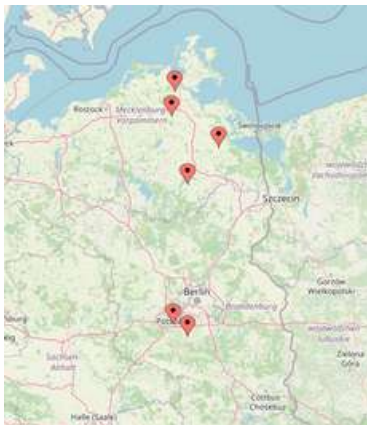
Neubrandenburg



Berlin

What characterises Germans

Efficiency & Punctuality
Thoroughness & Precision
Orderliness & Organisation
Respect for Rules & Law
Hard Work Ethic



General Info

Germany, situated in Central Europe, is known for its rich history, vibrant culture, technological innovation, and economic prowess. Berlin is the capital city, known for its diverse culture, historical landmarks and vibrant arts scene. Germany has one of the largest economies globally and is known for its strong manufacturing sector, including automobiles,

machinery, and technology. It's also a leader in engineering, innovation and exports. German is the official language spoken throughout the country. Regional dialects and variations exist, but High German is the standardised form taught in schools and used in formal settings.



Do

Use formal titles and last names.

Be punctual.

Wait until everyone is seated before starting to eat.



Don't

Address people informally right away.

Engage in small talk.

Jaywalk.

Gran Canaria

BE A TRAVELLER, NOT A TOURIST



FIRGAS

This small town is renowned for its impressive staircase, adorned with ceramic tiles, representing the coats of arms of Gran Canaria's municipalities. The town also offers stunning viewpoints and a tranquil atmosphere.



TEJEDA

Nestled in the heart of the island, Tejeda is a charming mountain village, offering stunning vistas of the Roque Nublo rock formation. It's an ideal spot for hiking and enjoying local gastronomy.



AGÜIMES

A historic town featuring traditional Canarian architecture, including whitewashed houses, cobble streets, and the striking Church of San Sebastián. The town also boasts the Barranco de Guayadeque, located nearby.

FIND A CLINIC



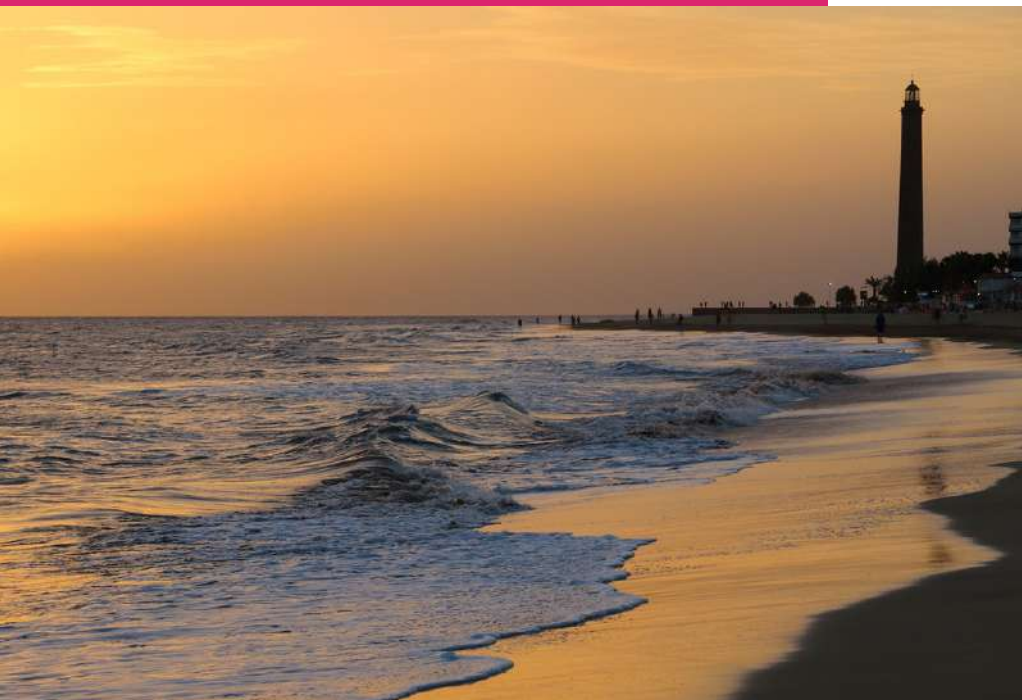
Las Palmas

General Info

Gran Canaria, part of the Canary Islands in Spain, is a diverse island, offering more than just its popular beaches and resorts. It is an autonomous community of Spain, located in the Atlantic Ocean, off the northwest coast of Africa and it is the third-largest island in the Canary archipelago.

Las Palmas de Gran Canaria is the capital city of Gran Canaria and also serves as the capital of the Canary Islands. It's a vibrant city with a historic old town (Vegueta), beautiful beaches, and cultural attractions.

Spanish is the official language, but English and German are widely spoken in tourist areas.



What characterises Gran Canarians

Relaxed Lifestyle
Culinary Traditions
Connection to Nature
Pride in Identity



Do

Use sunscreen.

Greet locals with a friendly and polite "Hola" (hello).

Follow dress code rules when visiting religious and cultural sites.



Don't

Overlook siesta time.

Expect late-night dining.

Wear beachwear anywhere but the beach.

Greece

BE A TRAVELLER, NOT A TOURIST



**METEORA
MONASTERIES**

Situated in central Greece, Meteora is a UNESCO World Heritage Site, known for its stunning rock formations, topped with monasteries. It offers incredible views and a sense of spirituality.



MONEMVASIA

A hidden gem in the Peloponnese, Monemvasia is a fortified town perched on a rocky islet, offering a glimpse into Byzantine history, with its cobbled streets and medieval ambiance.



**ELAFONISOS
ISLAND**

Located in the Peloponnese, Elafonisos boasts stunning beaches with crystal-clear waters, such as Simos Beach, perfect for relaxation and swimming.

FIND A CLINIC



Athens



Aegina



Aigio



Chalkida



Crete



Evosmos



Kalamata



Koropi



Livadeia



Patra



Salamina



Serres



Thessaloniki



Volos

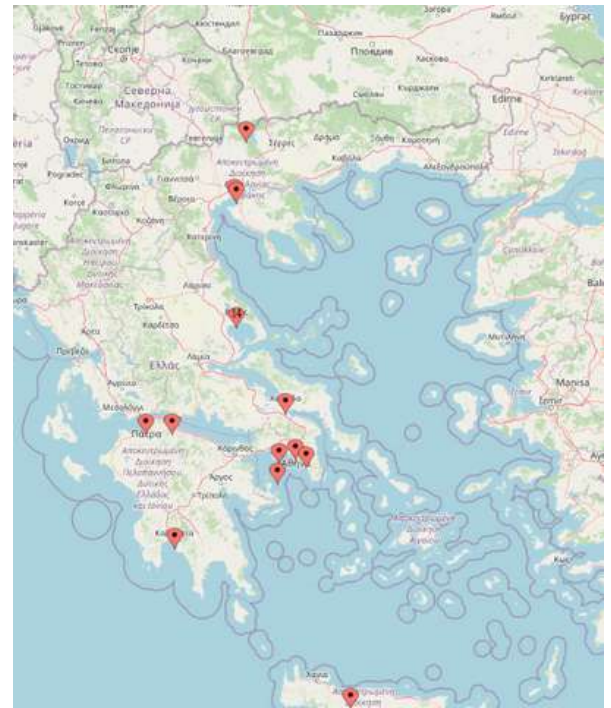
General Info

Greece is located in Southeastern Europe and it shares borders with Albania, North Macedonia, Bulgaria, and Turkey. It's situated at the crossroads of Europe, Asia, and Africa, with the Aegean, Ionian, and Mediterranean Seas surrounding it.

The capital city of Greece is Athens, known for its ancient history, iconic landmarks such as the Acropolis and Parthenon, and a vibrant modern culture.

Greek is the official language, with the Greek alphabet being used for writing. English is widely spoken in tourist areas and major cities.

The local currency is the euro (EUR).



Do

Dress respectfully when visiting villages.

Be mindful that common gestures might have a different meaning.

Accept food/drink when offered.



Don't

Rush dining.

Toss paper in toilets.

Haggle aggressively.

What characterises Greeks

Passion & Expressiveness

Strong Family Bonds

Strong Work Ethic

Love for Conversation

Hungary

HIDDEN GEMS



Eger

Often overshadowed by Budapest, Eger is a charming town known for its historic castle, thermal baths, and the famous Eger Cathedral. It also boasts a beautiful Baroque city centre and excellent wine regions.



Aggtelek National Park

This park is home to the renowned Baradla Cave, part of a UNESCO World Heritage Site. It's one of the largest stalactite caves in Europe, offering mesmerising underground formations.



Visegrád

Known for its medieval citadel and palace ruins, Visegrád offers breathtaking views of the Danube River, and hosts various cultural events throughout the year.

FIND A CLINIC



Baja



Budapest



Kalocsa



Karcag



Keszthely



Szolnok



Hodmezovasarhely

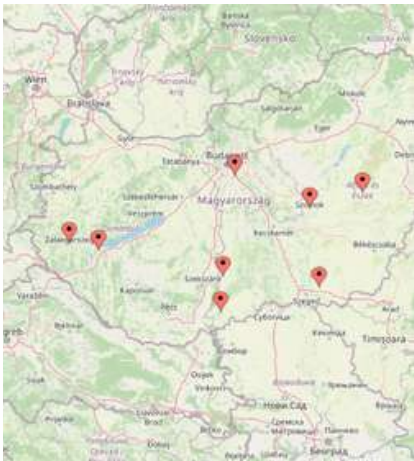


Zalaegerszeg



What characterises Hungarians

Reserved Demeanor
Strong Sense of National Identity
Emphasis on Education
Love for Sports & Outdoor Activities



General Info

Hungary is a landlocked country situated in Central Europe. It shares borders with Austria, Slovakia, Ukraine, Romania, Serbia, Croatia, and Slovenia. Budapest, often referred to as the "Paris of the East", is the capital and largest city of Hungary. It's divided by the Danube River and known for its stunning architecture, historical landmarks and vibrant culture.

Hungarian, also known as Magyar, is the official language of Hungary. It's part of the Finno-Ugric language group and is quite distinct from most other European languages. The official currency of Hungary is the Hungarian forint (HUF).



Do

Greet with a handshake.

Use formal titles.

Carry cash.



Don't

Forget to tip.

Address people by their first name immediately.

Whistle indoors.

Italy

BE A TRAVELLER, NOT A TOURIST



**CIVITA DI
BAGNOREGIO**

Often referred to as the "dying town", Civita di Bagnoregio is a picturesque, hilltop village accessible only by a footbridge. Its stunning views and ancient charm make it a hidden gem.



PROCIDA

A colourful and picturesque island in the Bay of Naples, often overshadowed by its more famous neighbours Capri and Ischia, Procida offers charming, pastel-coloured houses, authentic Italian atmosphere, and stunning views.



ORVIETO

A charming hilltop town in Umbria known for its stunning Duomo (cathedral), and underground caves & tunnels. It's a great destination for history enthusiasts, and offers panoramic views of the countryside.

General Info

Italy is a country located in Southern Europe. It is a peninsula that extends into the Mediterranean Sea, bordered by France, Switzerland, Austria, and Slovenia. Rome is the capital city and is known for its rich history, iconic landmarks like the Colosseum, the Roman Forum, Vatican City, and artistic treasures.

The official language of Italy is Italian. There are also numerous regional dialects and languages, spoken across different parts of the country.

The official currency of Italy is the euro (EUR).



Do

Use "please" and "thank you".

Take time for coffee.

Tip (but not excessively).



Don't

Expect a quick service.

Rush dining experiences.

Order non-seasonal dishes.

What characterises Italians

Passion & Expressiveness

Fashion & Style

Emotional Intelligence

Laid-back Lifestyle

FIND A CLINIC

- 📍

Acireale
- 📍

Adrano
- 📍

Arzano
- 📍

Acquaviva delle
Fonti
- 📍

Aversa
- 📍

Bari
- 📍

Brucoli
Mare
- 📍

Barcellona Pozzo
di Gotto
- 📍

Camposano
- 📍

Caserta
- 📍

Casoria
- 📍

Castel Volturno
- 📍

Castelvetro
- 📍

Catania
- 📍

Copertino
- 📍

Cava de Tirreni
- 📍

Corato
- 📍

Fondi
- 📍

Frosinone
- 📍

Fiano Romano
- 📍

Grottaglie
- 📍

Ladispoli
- 📍

Latina
- 📍

Frattamaggiore
- 📍

Lentini
- 📍

Maddaloni
- 📍

Marsala
- 📍

Mesagne
- 📍

Napoli
- 📍

Nissoria
- 📍

Palagonia
- 📍

Nocera Inferiore
- 📍

Paternò
- 📍

Pozzuoli
- 📍

Procida
- 📍

Petralia Soprana
- 📍

Ribera
- 📍

Riesi
- 📍

Rome
- 📍

Santa Maria la
Carità
- 📍

Sciacca
- 📍

Sicily
- 📍

Rome
- 📍

Saturnia Spigno
- 📍

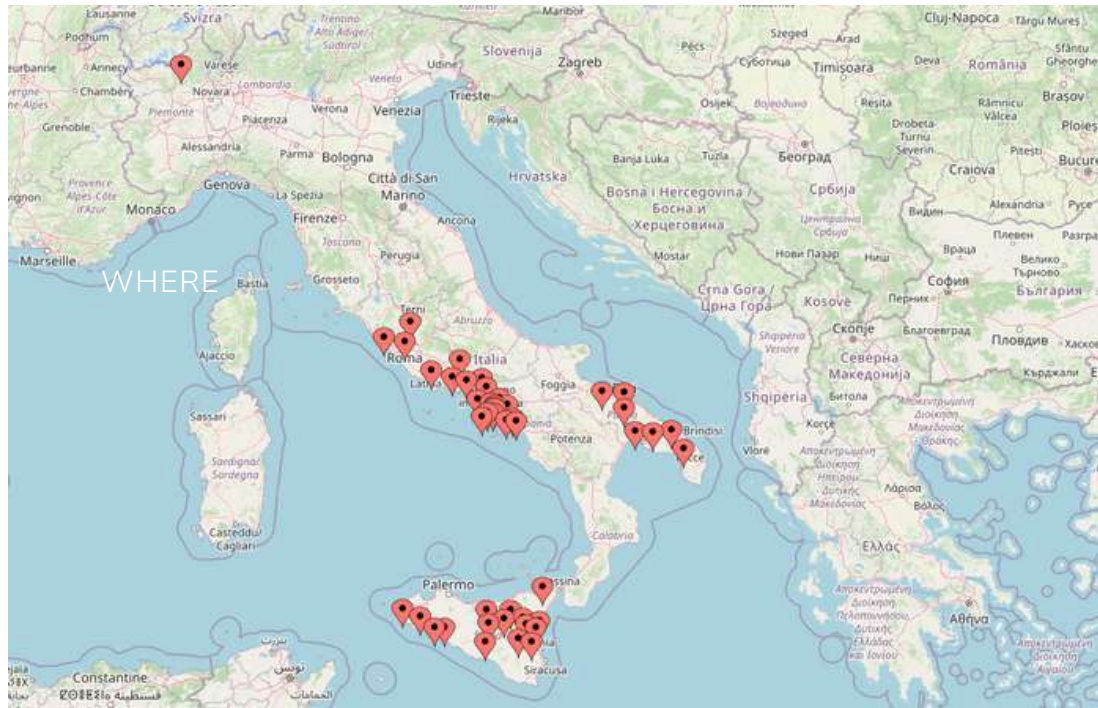
Taranto
- 📍

Troina
- 📍

Tora E Picilli



bookdialysis.com



Latvia

HIDDEN GEMS



Rundāle Palace

This stunning Baroque and Rococo-style palace, located in Pilsrundāle, is a masterpiece of Latvian architecture. It features beautifully landscaped gardens and hosts various cultural events.



Sigulda

Often referred to as the "Switzerland of Latvia", Sigulda is a picturesque town, known for its stunning natural landscapes, including the Gauja National Park, medieval castles (such as Turaida Castle), and adventurous outdoor activities like bobsledding and hiking.



Daugavpils Fortress

Situated in Daugavpils, this impressive 19th-century fortress, is one of Eastern Europe's largest fortification ensembles. It includes military buildings, ramparts, and historical exhibitions.

FIND A CLINIC

- | | | | |
|------------|--------|------------|---------|
| Aizkraukle | Bauska | Daugavpils | Jurmala |
| Limbazi | Preiļi | Rīga | Tukums |
| | | Saldu | |

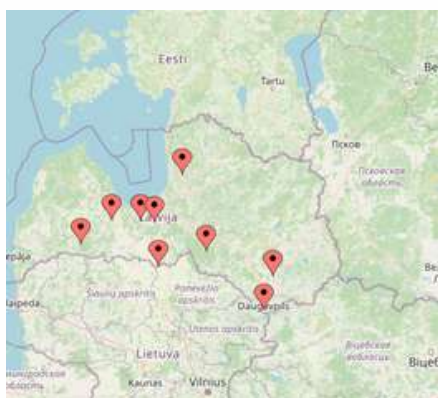


What characterises Latvians

Creativity & Craftsmanship
Reserved Demeanor
Resilience & Strength
Pride in Independence



General Info



Latvia is a country in the Baltic region of Northern Europe. It is bordered by Estonia to the north, Lithuania to the south, Russia to the east, Belarus to the southeast, and the Baltic Sea to the west. Riga is the capital and largest city of Latvia. It's known for its well-preserved medieval Old Town, vibrant cultural scene and Art Nouveau architecture.

Latvian is the official language of Latvia. It's a Baltic language spoken by the majority of the population. Russian is also widely spoken, especially in urban areas.

The official currency of Latvia is the euro (EUR).



Do

Be punctual.

Use polite greetings like "Labdien" (Good day).

Respect personal space.



Don't

Discuss politics or recent history.

Be overly familiar.

Display affection in public.

Lithuania

BE A TRAVELLER, NOT A TOURIST



KAUNAS NINTH FORT

A haunting, yet historically significant site, that was used as a prison and execution site during various occupations. It now houses a museum and memorial.



TRAKAI ISLAND CASTLE

Located on an island in Lake Galvė near Vilnius, this stunning medieval castle is a symbol of Lithuania's history and is surrounded by picturesque scenery.



DZŪKIJA NATIONAL PARK

Known for its dense forests, tranquil lakes, and authentic wooden villages, it's an excellent destination for nature lovers and outdoor enthusiasts.

FIND A CLINIC



Elektrenai



Jonava



Jurbarkas



Kaisiadorys



Kaunas



Kedainiai



Kelme



Klaipeda



Kretinga



Plunge



Salcininkai



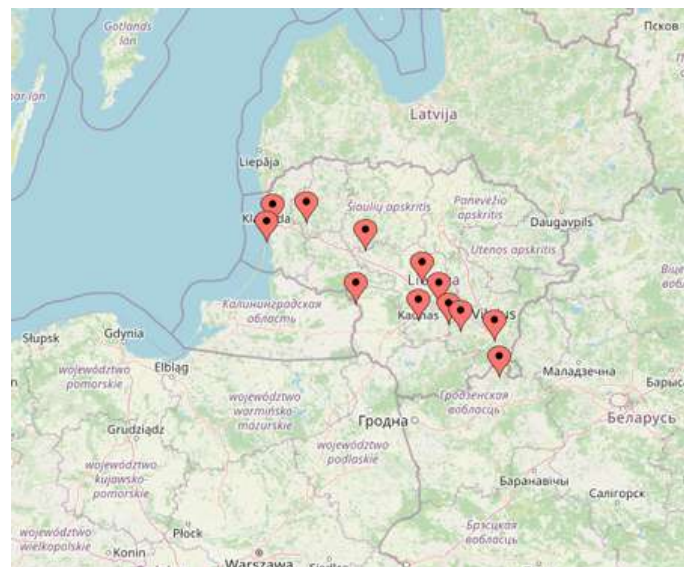
Vilnius

General Info

Lithuania is a country located in the Baltic region of Europe. It is situated in the southeastern part of the Baltic Sea and shares borders with Latvia to the north, Belarus to the east and south, Poland to the south, and Russia (Kaliningrad Oblast) to the southwest. The capital and largest city is Vilnius, known for its well-preserved medieval Old Town, historical architecture, and cultural landmarks.

Lithuanian is the official language of Lithuania and one of the oldest languages in the world. It's a Baltic language, and while English is spoken to some extent, especially in urban areas, Lithuanian remains the primary language.

The official currency of Lithuania is the euro (EUR).



Do

Greet with a handshake.

Respect silence in public spaces.

Make eye contact when raising a toast.



Don't

Wear shoes indoors.

Shake hands over a threshold.

Be intrusive.

What characterises Lithuanians

Determination

Introversion

Intellectual Curiosity

Work Ethic

North Macedonia

HIDDEN GEMS



Kratovo

A small town known for its stone bridges, towers and medieval architecture, Kratovo offers a glimpse into Macedonian history, and boasts natural attractions like the nearby Markovi Kuli rock formations.



Stobi Archaeological Site

An ancient city and archaeological site, situated between the cities of Veles and Gradsko. Stobi was an important urban center in the Roman and Byzantine periods, and features well-preserved ruins.



Lake Prespa

Lesser-known than Lake Ohrid, Lake Prespa offers tranquil surroundings, beautiful landscapes, and diverse wildlife. It's a great spot for birdwatching and enjoying nature.

FIND A CLINIC

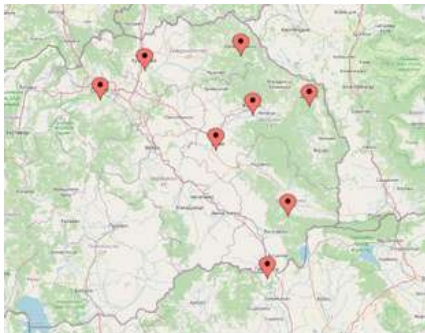
- | | | | |
|----------|-----------|---------|---------------|
| Delchevo | Gevgelija | Kochani | Kriva Palanka |
| Kumanovo | Skopje | Stip | Strumica |

What characterises North Macedonians

Strong Religion
Hospitality
Resilience
Commitment to Tradition



General Info



North Macedonia is a landlocked country in the Balkan Peninsula in Southeast Europe. It shares borders with Kosovo to the northwest, Serbia to the north, Bulgaria to the east, Greece to the south and Albania to the west. The capital and largest city is Skopje, which is also the political, cultural, and economic centre of the country.

The official language is Macedonian, a South Slavic language. Albanian is also recognised as a co-official language and spoken by a significant minority. The local currency is the Macedonian denar (MKD).



Do

Greet with a handshake.

Dress modestly.

Tip.



Don't

Engage in political discussions.

Take photos without permission.

Make comparisons with neighbouring countries.

Poland

BE A TRAVELLER, NOT A TOURIST



**BIAŁOWIEŻA
FOREST**

This ancient forest, a UNESCO World Heritage Site, is one of Europe's last primeval forests. It's home to a diverse flora and fauna, including the European bison.



**WIELICZKA SALT
MINE**

Located near Krakow, this historic salt mine is a UNESCO-listed site with stunning underground chambers, chapels, and sculptures made entirely from salt.



MALBORK CASTLE

One of Europe's largest brick castles, Malbork Castle is an impressive fortress and a testament to Poland's medieval history.

FIND A CLINIC



Gdansk



Koscierzyna



Lubartów



Sanok



Starogard
Gdanski



Gdynia



Jaroslaw



Lublin



Tczew



Gizycko



Katowice



Nysa



Warszawa



Głubczyce



Kielce



Przemysl



Wloclawek



Ilawa



Krakow



Przeworsk



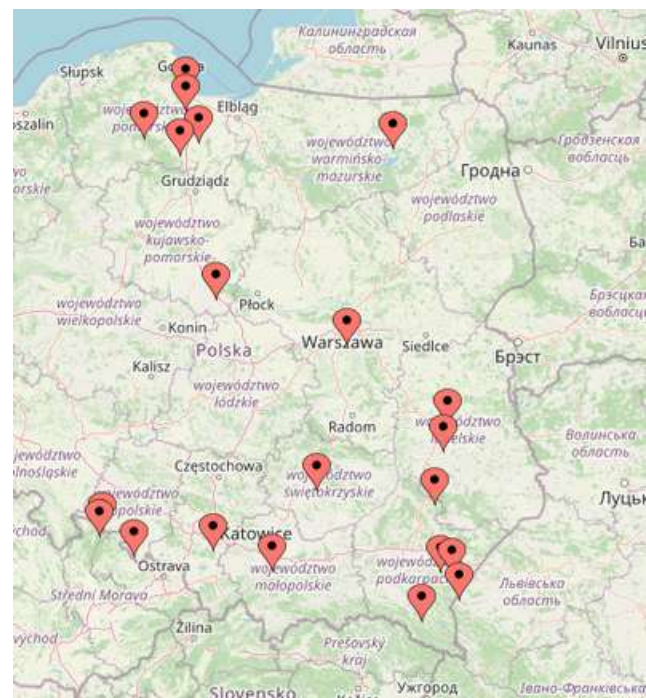
Janów Lubelski

General Info

Poland is a country in Central Europe, bordered by Germany to the west, the Czech Republic and Slovakia to the south, Ukraine and Belarus to the east, and Lithuania and Russia (via the Kaliningrad Oblast) to the northeast. It has a coastline along the Baltic Sea to the north.

Warsaw is the capital and largest city of Poland. It's a bustling metropolis with a rich history, cultural diversity, and a vibrant urban lifestyle.

Polish is the official language spoken. The currency used in Poland is the Polish złoty (PLN).



Do

- Greet with a handshake.
- Be punctual.
- Stand in lines.

What characterises Poles

Politeness & Etiquette
Resilience & Determination
Intellectualism
Humor



Don't

- Refuse food or drink offered.
- Use excessive gestures.
- Overlook table manners (don't rest your elbow on the table!).

Portugal

BE A TRAVELLER, NOT A TOURIST



ÉVORA

A UNESCO World Heritage city known for its well-preserved medieval streets, ancient Roman temple, and the eerie Chapel of Bones.



PROCIDA

Portugal's highest mountain range offers breathtaking scenery, charming villages and it's also a great spot for skiing and snowboarding during the winter.



AVEIRO

Often referred to as the "Venice of Portugal", due to its picturesque canals lined with colorful boats (moliceiros), Aveiro boasts beautiful Art Nouveau architecture.

General Info

Portugal is a country located on the Iberian Peninsula in Southern Europe. It shares the Iberian Peninsula with Spain, and has a coastline along the Atlantic Ocean. Lisbon is the capital and largest city of Portugal. It's known for its colorful neighbourhoods, historic sites, and scenic viewpoints.

Portuguese is the official language spoken in Portugal. It's similar to Spanish, but has its own unique characteristics.

The currency used in Portugal is the euro (EUR).



Do

Be patient.

Embrace dining etiquette.

Use “por favor” (please) and “obrigado” (thank you) in any given occasion.



Don't

Be overly rushed.

Dress too casual.

Interrupt Fado music performances with loud conversations or the use of mobile phones.

What characterises Portuguese people

Sociability & Friendliness

Relaxed Pace of Life

Love for the Sea

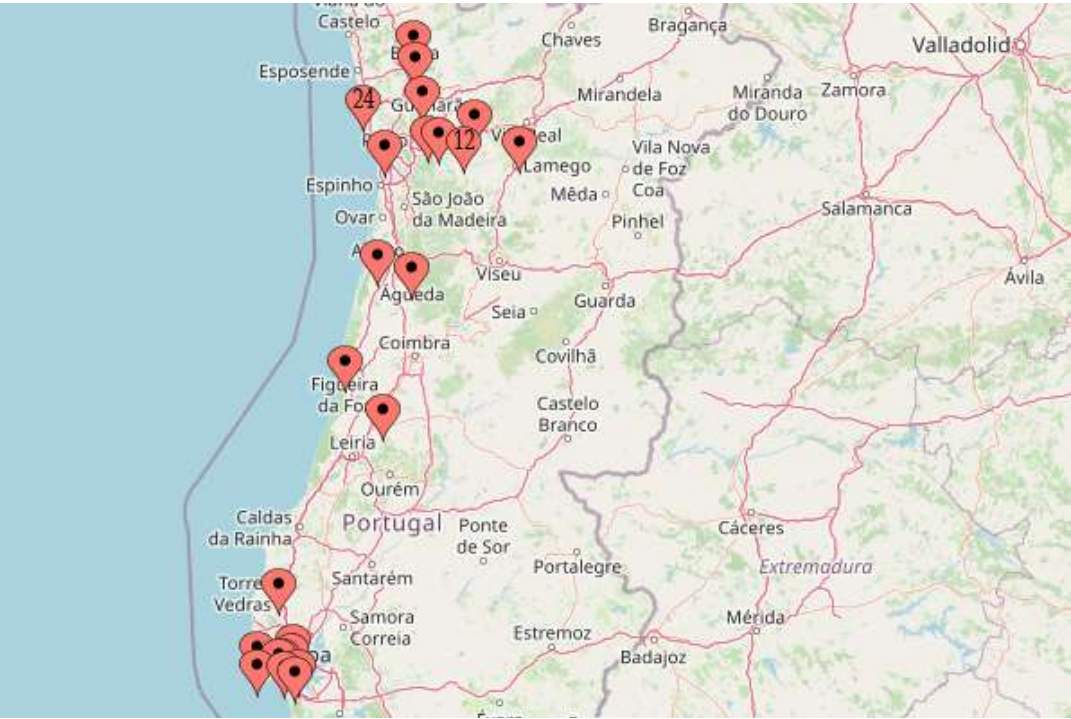
Saudade*

*This is a term that encapsulates a feeling of nostalgic longing or melancholic yearning, which is an integral part of Portuguese culture.

How to say thank you: obrigado

FIND A CLINIC

- Agueda
- Paredes
- Braga
- Vila Verde
- Algés
- Penafiel
- Estoril
- Vila do Conde
- Almada
- Pombal
- Lisbon
- Torres Vedras
- Amadora
- Queluz
- Loures
- Marco de Canaveses
- Amarante
- Sintra
- Odivelas
- Riba de Ave
- Aveiro
- V.N. Gaia
- Oporto
- Figueira da Foz



Romania

BE A TRAVELLER, NOT A TOURIST

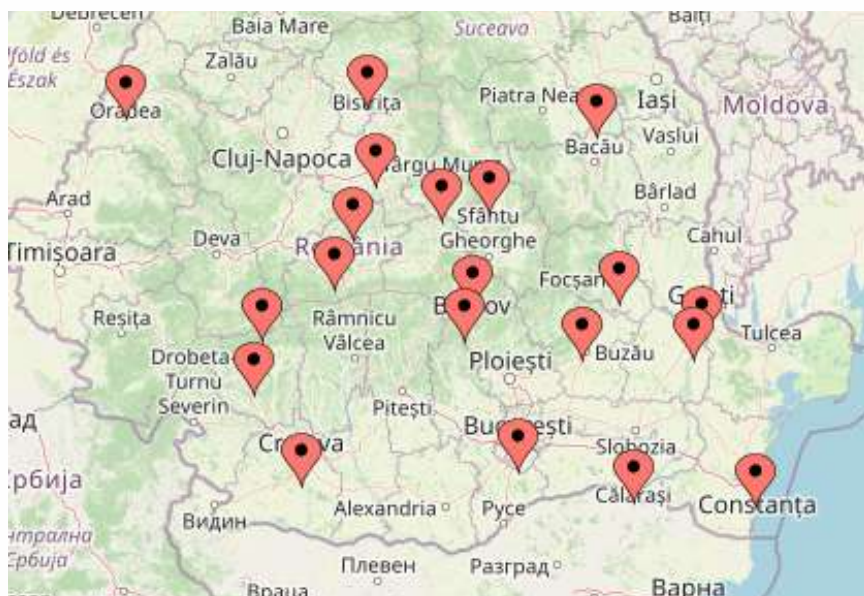
General Info

Romania is a country located in Southeastern Europe, in the northeastern part of the Balkan Peninsula. It shares borders with several countries, including Bulgaria to the south, Serbia to the southwest, Hungary to the west, Ukraine to the north, and Moldova to the east. Its eastern border is largely defined by the Black Sea. Bucharest is the capital and largest city of Romania. It is a cultural, industrial, and financial centre known for its eclectic architecture, vibrant nightlife, and historical landmarks.

Romanian is the official language spoken in Romania. It is a Romance language with influences from Latin, and it is related to Italian, Spanish, French, and Portuguese. The currency used in Romania is the Romanian leu (RON).

FIND A CLINIC

- | | |
|-------------|---------------------|
| 📍 Bistrita | 📍 Galati |
| 📍 Braila | 📍 Medias |
| 📍 Brasov | 📍 Miercurea Ciuc |
| 📍 Bucuresti | 📍 Odorheiu Secuiesc |
| 📍 Busteni | 📍 Oradea |
| 📍 Buzau | 📍 Petrosani |
| 📍 Calarasi | 📍 Roman |
| 📍 Constanta | 📍 Sibiu |
| 📍 Craiova | 📍 Tg Jiu |
| 📍 Focsani | 📍 Tg Mures |



Kazakh beauty

Romania is a beautiful country with diverse landscapes, rich history, vibrant culture, and charming traditions. It is blessed with stunning natural beauty, including the Carpathian Mountains covering a significant part of the country. The Transylvanian Alps, the Danube Delta (one of Europe's largest and best-preserved deltas), lush forests, picturesque valleys, and the Black Sea coast offer diverse landscapes.

The country is home to numerous historic sites and medieval towns. Bran Castle (often associated with Dracula), Peleş Castle, the painted monasteries of Bucovina, and the fortified churches of Transylvania are just a few examples of Romania's rich historical heritage.



Do

Offer your seat to an elderly person.

Tip (for all services, even doctor's visits).

Dress neatly.

What characterises Romanians

Openness
Short Temper
Strong Religious faith
Resourcefulness
Sense of Humor



Don't

Chew gum or keep your hands in your pocket when speaking to someone.

Yawn without covering your mouth.

Bring food or drinks when visiting someone's house.

Serbia

HIDDEN GEMS



Uvac Canyon

A hidden natural gem, Uvac Canyon is known for its meandering river, stunning landscapes, and rare Griffon vulture population. Boat tours offer visitors a chance to explore the canyon and its breathtaking scenery.



Drvengrad (Küstendorf)

This ethno-village was built by the famous Serbian filmmaker Emir Kusturica. Nestled in the mountains of western Serbia, Drvengrad resembles a traditional village, with wooden houses and cobblestone streets. It hosts a film festival and cultural events.



Daugavpils Fortress

A UNESCO World Heritage Site, this archaeological site is an ancient Roman complex located near Zaječar. It includes the remains of a palace built by Emperor Galerius and impressive mosaics, offering insights into Serbia's Roman history.



FIND A CLINIC



Nis

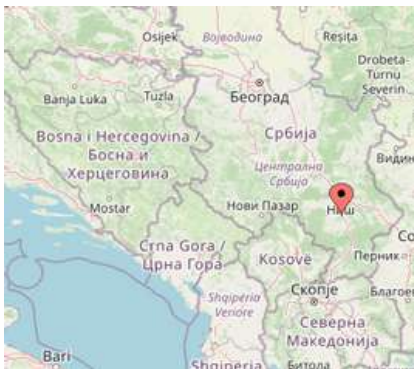


What characterises Serbians

Strong Sense of Community
Adaptability to Change
Passion for Music & Arts
Pride in National Identity



General Info



Serbia is a landlocked country situated in Southeast Europe, in the central and western part of the Balkan Peninsula. It shares borders with Hungary to the north, Romania to the northeast, Bulgaria to the southeast, North Macedonia to the south, Croatia and Bosnia & Herzegovina to the west, and Montenegro to the southwest.

The capital city of Serbia is Belgrade, which is not only the largest city in the country, but also a significant cultural and economic hub in the region.

The official language of Serbia is Serbian. Cyrillic and Latin scripts are both used for written communication. The local currency is the Serbian dinar (RSD).



Do

Expect to be offered assistance, even when not asking.

Take shoes off when indoors.

Ask Serbians about their opinion on any subject.



Don't

Discuss personal wealth or flaunt one's social status.

Ask for anything, while visiting a house. The host will offer it to you.

Complain.

How to say thank you: **Хвала**

Spain

BE A TRAVELLER, NOT A TOURIST



**BARDENAS REALES,
NAVARRRE**

This semi-desert landscape in northern Spain, offers a unique terrain with eroded clay, chalk, and sandstone formations, resembling a moonscape. It's an excellent destination for hiking and photography.



**CUENCA, CASTILLA-
LA MANCHA**

Known for its hanging houses, perched on cliffs overlooking the Huécar River gorge, Cuenca is a UNESCO World Heritage Site with a stunning medieval old town.



**LAS MÉDULAS,
CASTILE AND LEÓN**

This historic gold-mining site features unique red-hued landscapes, formed by ancient Roman mining techniques. The area is now a natural park and a UNESCO World Heritage Site.

General Info

Spain is located on the Iberian Peninsula in southwestern Europe, which it shares with Portugal. Its territory includes the Balearic Islands in the Mediterranean Sea, the Canary Islands in the Atlantic Ocean and two enclaves in North Africa, Ceuta and Melilla. Its capital is Madrid, which is not only the largest city in the country, but also its political, cultural, and economic centre.

The official language of Spain is Spanish (Castilian). Additionally, there are several co-official regional languages like Catalan, Galician and Basque, spoken in their respective autonomous communities.

Spain's local currency is the euro (EUR).



What characterises Spanish people

Deep Love of Spain
Personal Honour
Confidence
Enthusiasm

How to say thank you: Gracias



Do

Stay a more hours after a meal to talk.

Speak up when you have something to say.

Expect Spaniards to give you lots of recommendations and advice.



Don't

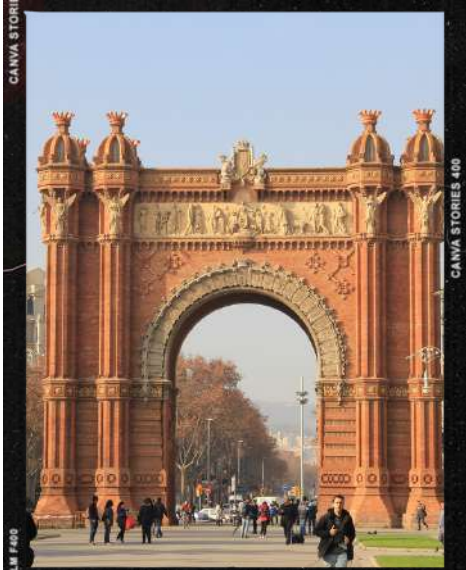
Criticise someone's favourite football team.

Take it personally if someone interrupts you while you are talking.

Bring up the topic of Catalan independence.

FIND A CLINIC

- A Parda
- Burjassot
- Estepona
- Madrid
- Motril
- Abaran
- Cadiz
- Gandía
- Malaga
- Orihuela
- Alfafar
- Cartaya
- Huelva
- Mallorca
- Oropesa Del Mar
- Alicante
- Catarroja
- Inca
- Maspalomas
- Palma de Mallorca
- Badalona
- Ceuta
- Jaen
- Minas de Riotinto
- Minas de Riotinto
- Barcelona
- Elche
- Lliria
- Molina de Segura
- Molina de Segura
- Paterna
- Ponferrada
- Requena
- Puerto de Sagunto
- Pineda de Mar
- Torrent
- Valencia
- Vinaroz
- Torremolinos
- San Vicente del Raspeig
- Xirivella
- Yecla
- Torre del Mar
- Santiago de Compostela



Sweden

HIDDEN GEMS



Gotland

Gotland is an enchanting Swedish island situated in the Baltic Sea, known for its rich history, stunning landscapes, and unique culture.



Göta Canal

Often overshadowed by the more famous Swedish attractions, this remarkable canal stretches from Gothenburg to Stockholm, offering serene boat cruises, biking trails, and picturesque countryside.



Tyresta National Park

Situated near Stockholm, this national park features ancient forests, hiking trails and tranquil lakes, providing an escape into nature, just a short distance from the capital.

FIND A CLINIC



Järfälla



Nacka



Solna



Södertälje



What characterises Swedes

Humbleness
Open-mindedness
Honesty
Quietness



General Info



Sweden is located in Northern Europe, on the eastern part of the Scandinavian Peninsula. It shares borders with Norway to the west and Finland to the northeast and is also connected to Denmark via the Öresund Bridge. The capital city of Sweden is Stockholm, which is not only the largest city in the country,

but also its political, economic and cultural centre. The official language of Sweden is Swedish. English is widely spoken and understood, especially in urban areas and among the younger population.

The local currency is the Swedish krona (SEK).



Do

Respect personal space.

Be punctual.

Embrace fika (a Swedish tradition of taking a coffee break with friends or colleagues).



Don't

Skip the queue.

Make loud noises.

Be overly familiar.



Switzerland

BE A TRAVELLER, NOT A TOURIST



LAUTERBRUNNEN VALLEY

Nestled amidst the Swiss Alps, this valley is a picturesque paradise with dramatic cliffs, 72 waterfalls, and charming alpine villages. It's an excellent starting point for hikes and outdoor adventures.



THE ALETSCHE GLACIER

The largest glacier in the Alps, this UNESCO World Heritage site offers breathtaking views and is accessible via hiking trails or cable cars from places like Bettmeralp or Fiesch.



ST. URSANNE

Situated in the Jura Mountains, St. Ursanne is a medieval town with narrow streets, old houses and a stunning abbey. The town hosts various cultural events and is perfect for a peaceful getaway.

FIND A CLINIC



Horgen



Zurich

General Info

Switzerland is a landlocked country in Central Europe. It is bordered by Germany to the north, France to the west, Italy to the south, and Austria and Liechtenstein to the east.

The capital city of Switzerland is Bern, known for its well-preserved medieval old town and the iconic Zytglogge clock tower.

Switzerland has four official languages: German, French, Italian and Romansh. Different regions within Switzerland predominantly speak one of these languages, based on their proximity to neighbouring countries.

The local currency is the Swiss franc (CHF).



What characterises Swiss people

Punctuality
Perfectionism
Thriftiness
Respectfulness



Do

Be patient.

Keep both hands on the table during meals, but keep elbows off the table.

Be punctual.



Don't

Point your index finger to your head.

Be noisy.

Give expensive and extravagant gifts.

United Kingdom

BE A TRAVELLER, NOT A TOURIST

General Info

The United Kingdom (UK) is situated in Northwestern Europe and is made up of four constituent countries: England, Scotland, Wales, and Northern Ireland. It is surrounded by the Atlantic Ocean, the North Sea, the English Channel and the Irish Sea. The capital of the UK is London, political, economic and cultural hub of the country.

English is the primary and official language spoken throughout the UK. However, in Wales, the Welsh language Cymraeg is also spoken, and in parts of Scotland and Northern Ireland, there are regional languages and dialects such as Scots, Scottish Gaelic, and Irish.

FIND A CLINIC

- | | |
|--------------|------------------|
| Aldeburgh | Rotherham |
| Burnley | Salisbury |
| Colchester | Stockton-On-Tees |
| Crawley | Thamesmead |
| Darlington | Ulverston |
| Eastbourne | Poselok Topar |
| Great Bridge | Walsall |
| Havant | Redditch |
| Hereford | Nottingham |
| Ipswich | |



British beauty

The UK is renowned for its diverse and captivating beauty, featuring a combination of stunning landscapes, historic architecture and cultural richness.

It boasts picturesque countryside scenes, including rolling hills, lush green landscapes, charming villages and expansive farmlands. Areas like the Lake District in England, the Scottish Highlands, Snowdonia in Wales, and the Causeway Coast in Northern Ireland, offer breathtaking natural beauty. At the same time, the UK offers historical landmarks, gardens and parks but also vibrant cities and metropolis.



What characterises the British

Patience
Tolerance
Politeness
Humor
Frugality



Do

Be polite.

Be patient and respect processes.

Keep in mind that rudeness is often remembered.



Don't

Boast or make ostentatious comments.

Ask about personal matters.

Take their jokes too seriously or literally.

Find and book your
holiday dialysis at
www.bookdialysis.com.
Now, you are free to
explore new worlds.



