

**SEYCHELLES COUNTRY INFORMATION**



*In preparation for your Seychelles Sojourn please find below some interesting facts about the country. For further information you can visit the official Seychelles Tourism Authority's website: <https://www.seychelles.travel/en/>*



**The country:**

*The Seychelles' 115 granite and coral islands extend from between 4 and 10 degrees south of the equator and lie between 480km and 1,600km from the east coast of Africa in the western Indian Ocean. This Indian Ocean republic occupies a land area of 455 km<sup>2</sup> and an Exclusive Economic Zone of 1.4 million km<sup>2</sup>. It represents an archipelago of timeless beauty, tranquillity and harmony that is famous for its world-beating beaches and for its great diversity which rolls from lush forests down to the warm azure ocean.*

*Of these 115 islands, 41 Inner Islands constitute the oldest mid-oceanic granite islands on earth while a further 74 form the 5 groups of low-lying coral atolls and reef islets that are the Outer Islands. Seychelles is home to no less than two UNESCO World Heritage Sites: the legendary Vallée de Mai on Praslin where the wondrously shaped Coco-de-mer nut grows high on ancient palms and the fabled Aldabra, the world's largest raised coral atoll, first seen by early Arab seafarers of the 9th century A.D.*

**Currency:**

*In Seychelles the currency is the Seychelles Rupee (SR) but US dollars and Euros are also legal tender. Most hotels only accept foreign currency as payment. MasterCard, Visa, American Express and Diners Club are widely accepted in the larger hotels, restaurants and shops. Smaller establishments do not always accept credit cards.*

**Visa's:**

*You must have a valid passport that does not expire for at least **six months** after your return home date. Please ensure your passport has at least 2 blank visa pages for any visas required and for entry/departure stamps. Seychelles is a visa-free country which means that there are no visa requirements for any persons wishing to travel provided an onward ticket, valid passport, proof of accommodation and sufficient funds are shown.*

**Health:**

*There is no risk of contracting malaria, yellow fever, cholera or other common tropical diseases in Seychelles. No vaccinations are required except for yellow fever and this is only required of you are travelling from a yellow fever endemic area.*

**Security:**

*Safety and security is a matter of common sense. It's sensible to take the same precautions as you would in any of the world's metropolitan areas. Never leave luggage unattended in front of the hotel or in the lobby. Deposit your valuables in the hotel's safety deposit box.*

**Packing tips:**

*Light clothing suitable for Seychelles' warm tropical climate is recommended and visitors should prepare themselves for the relatively hot, humid atmosphere. Also, for plenty of sun.*

*Bring hats, sunglasses and adequate UV protection - SPF30+ is advisable. It is important to remember that even on an overcast day the tropical sun is still strong and able to cause unpleasant sunburn. Wearing a t-shirt for the first swim or snorkel is a good idea.*

*A camera is an absolute must! Please bring a stock of film (particularly for non-standard cameras and video cameras) together with a supply of batteries.*

*Casual eveningwear (long trousers for men), together with appropriate footwear, is necessary for dining out and for gaining entrance to casinos and most hotels.*

*Sturdy walking shoes are recommended if you intend to take guided walk and trail excursions.*

*Visitors suffering from a specific medical condition should be sure to bring an adequate stock of the appropriate medication along as well as their preferred brand of sun cream, mosquito repellent etc.*

**Electricity:**

*Throughout Seychelles the voltage is 220-240 volts AC 50 Hz. Seychelles uses the British standard square three-pin, 13 amp sharp electric plug. Visitors from countries other than the United Kingdom are advised to bring their own adaptors.*

**Language:**

*English, French and Creole are the three languages spoken in the Seychelles. The language of business and law is English, French is often spoken, but the common language of daily communication is Creole, a French patois.*

**Time:**

*Seychelles is four hours ahead of Greenwich Mean Time (GMT+4). Throughout the year, sunrise is generally around 06h15 and sunset around 18h30 with no lengthy twilight*

**Climate:**

*Being equatorial, the Seychelles is hot and humid all year round, without much seasonal variation. Temperatures range between 24 degrees and 30 degrees throughout the year. The Southeast trade winds blow steadily from May to October.*

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*The Northwest monsoon winds, which blow from November to March are more gentle. December and January are the wettest months, the rain usually falling in short heavy downpours.*

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