

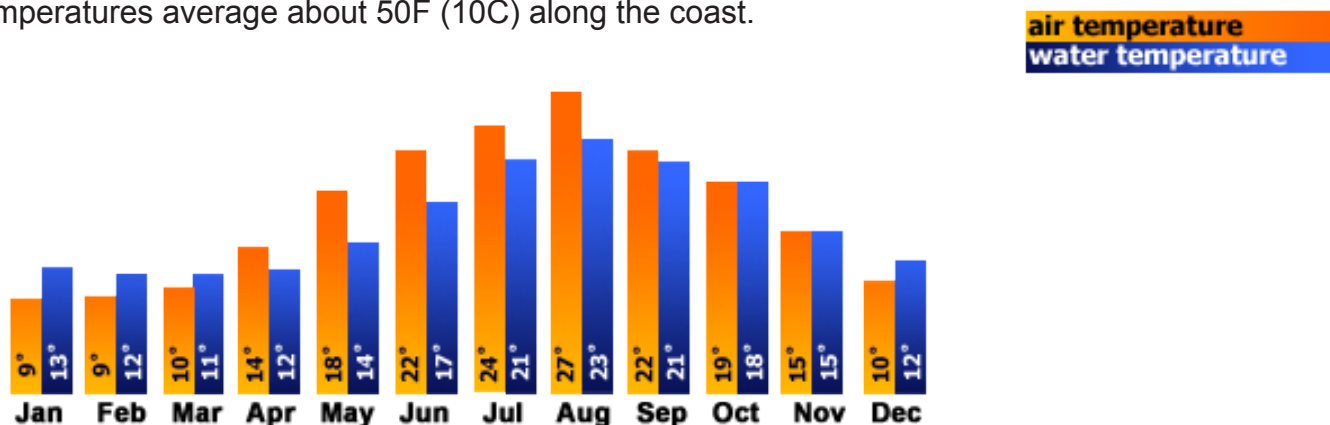
Location: Sardinia is the second largest island in the Mediterranean. The first one is Sicily. Sardinia is the second largest island in the Mediterranean Sea, with an area of 23,821 km². It is situated between 38° 51' and 41° 15' latitude north and 8° 8' and 9° 50' east longitude. The coasts of Sardinia (1,849 km long) are generally high and rocky, with long, relatively straight stretches of coastline, many outstanding headlands, a few wide, deep bays, many inlets, and with various smaller islands off the coast.

Languages: The official language of Italy is Italian. English is understood in the larger cities but not in the more remote parts of the country.

Religion: Roman Catholicism: 85%.

Time: GMT +1 (+2 in summer)

Weather & Water Temperature: Sardinia has a typically Mediterranean climate, but the south is generally much drier than the north-western region, which receives a lot of rain in winter. The wettest months are November and December, while July and August are the hottest and the driest with an average temperature of around 95F (35C) and sometimes reaching 104F (40C). In winter temperatures average about 50F (10C) along the coast.



Electricity: Electrical current in Italy is 230 volts, 50Hz. A variety of plugs are in use including the European-style two-pin plug. We highly recommend that you take a surge adaptor with you if using expensive and valuable appliances. If you have a specific electrical requirement please contact one of the Scuba Team who can discuss this with you and advise you accordingly.

Currency: Sardinia's currency (as a part of Italy) is now the Euro, called francu in Sardinian.

Tipping: Tipping is customary in Italy and 10-15% of the bill is acceptable in restaurants (unless, as is increasingly the case, a 15% service charge has already been added to the bill). Hotels add a service charge of 15-18%, but it is customary to tip the service staff extra. Italians rarely tip taxi drivers, but a 5-10% tip is always appreciated.

Visas: British passport holders do not need a visa to visit Italy for up to 90 days. Other passport holders require a visa. Non UK passport holders can contact the French embassy on +44 (0)20 7312 2200.

Food & Drink: The cuisine of Sardinia could be described as simple but don't be fooled, it is full of strong, natural flavours that will excite your palate and make your mouth water. One of the most satisfying aspects of your holiday will be the chance to explore the rich culinary. Those familiar with Italian cuisine will recognise many old favourites on the menus, such as pasta or pizza - but be sure to sample the exquisite local recipes, which will usually be offered in any restaurant on the island, from the simplest trattoria to the most glamorous restaurant in Porto Cervo.

Foreign & Commonwealth Office Travel Advice: For up to date advice on foreign travel please visit <http://www.fco.gov.uk>.

Health & Vaccinations: Requirements vary from country to country, your own GP is the best person to speak to regarding relevant requirements. Make your GP aware that you will be scuba diving, as some medication is not recommended for Scuba divers.

Clothing: Lightweight except in winter when the evenings can be cool. Towels are provided in the rooms but we recommend taking your own beach towel for after diving.

Passports: Passports must be valid for at least 6 months on your return to the UK.

Please note that although we maintain and revise this information frequently, the information contained within these documents is subject to change without notice. Please check with one of our travel consultants for the latest information.