

Five Tips for Travelling to the Middle East



1. Continue to check FCDO travel advice

Check FCDO (Foreign, Commonwealth and Development Office) travel advice when you book, pay instalments, and travel. Travel restrictions have been lifted but stay on top of the advice – setting up alerts is a great way to stay in the loop.



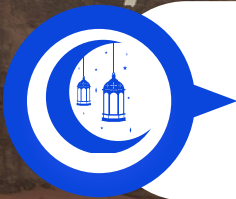
2. Check the local rules and customs

Different areas have different customs. For example, in Oman, they have a more traditional attitude towards dress. Ensure you check the local rules and customs beforehand so you can dress and act appropriately.



3. Use your right hand

Using your left hand for a handshake or to hand something over can be seen as rude or insulting.



4. Avoid travelling during Ramadan

Ramadan is the biggest event in the Muslim calendar. Most companies will avoid doing major business transactions during this period. In 2027, this religious festival will be celebrated from 7th February to 8th March.



5. Take out Travel Plus Travel Insurance

Take out comprehensive travel insurance. Travel Plus can cover you for up to 115 days per trip. [Get in touch with our team for more information.](#)

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