

Russia 2018

Russia 2018 FIFA World Cup

Healthy Travel Guide



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Are you World Cup ready?

As soon as Mile Jedinak completed his hat-trick in the play-off against Honduras, the Socceroos knew they'd be heading to Russia for the 2018 FIFA World Cup. The tournament involves 32 teams, including Brazil, Argentina, England, Croatia and holders Germany, and many fans will be making the trip to cheer on their soccer superstars.

Australia are in Group C with France, Peru and Denmark and will be playing matches in Kazan, Samara and Sochi during the group games. With the top two places leading to the knock out stages, there is potential for further matches.

When travelling overseas there are many preparations to undertake, this guide may not soothe your football fever but it will help when considering your health requirements before, and during, your trip to Russia.

There's also a section on documentation requirements and other handy travel tips, as well as a profile of each host city. Plus, an all important game planner so no matches will be missed!

Healthy travelling in Russia

Made up of 21 republics, the Russian Federation is the largest and most populous of the former Soviet republics. The Russian Federation is roughly twice the size of the USA and extends from the Baltic Sea in the west to the Pacific Ocean in the east. It also has coastlines on the Black Sea, the Sea of Japan, the Arctic Ocean and the Caspian Sea. Vast plains dominate its western half.

Climatic conditions vary dramatically ranging from polar conditions in the far north through subarctic and humid continental to subtropical and semi-arid conditions in the south. Permafrost covers almost the whole of Siberia. Rainfall is heavy along the Baltic, Black and Caspian Seas and at the southern end of the Pacific coast.

Summer monsoon conditions apply along the Pacific coast. Apart from the far north, which is the coldest region, summers in the rest of the country are short and hot. Moscow in July averages 24°C but the southern host cities of Volgograd, Rostov-on-Don and Sochi often reach 30°C.

The Socceroos campaign takes in three host cities and three different kick off times. It is wise to consider the time spent outdoors, apply repellent and sunscreen accordingly, keep well hydrated and, as evening approaches, keep warm with a light extra layer.



Pre-travel preparation will help protect your health while you are away. Please consult a Travel Doctor-TMVC doctor prior to departure to assess your risks in relation to your medical history and travel plans. Our doctors prescribe appropriate vaccination and medication that may minimise your risk of contracting potentially deadly diseases while you are away.

How we can help

Our medical and nursing staff at the Travel Doctor-TMVC are trained in international public health issues and have a focus on immunisation and preventative medicine. Travellers should undergo individual risk assessments whether they are short term holiday makers, business, or long term expatriate workers.

The Travel Doctor-TMVC has clinics throughout Australia. We are available to assist you whether it's pre-travel, on your holiday, or when you return.

You can book an appointment at any time of the day or night by visiting our website www.traveldoctor.com.au, or you can talk to one of our friendly team members during business hours on **1300 658 844**.



Health Check List

- Please make an appointment at the Travel Doctor - TMVC at least 6-8 weeks before you leave for tailored pre-travel medical advice.
- Check your routine immunisations such as Tetanus, Diphtheria, Pertussis (whooping cough), Measles, Mumps, Rubella (German measles) and Chickenpox are up-to-date.
- Our medical staff will discuss whether other vaccines such as Hepatitis A and Typhoid vaccines may be indicated based on your itinerary and activities whilst in Russia.
- Take out comprehensive travel insurance and make sure it covers you for the places you plan to visit.
- Make sure your passport has at least six months validity from your planned date of return to Australia
- Make a copy of your passport, travel insurance policy, emergency contact numbers and travel itinerary. Leave another set with family or friends.
- Visit www.smarttraveller.gov.au and register your itinerary.
- Check your ATM and credit cards to ensure you can easily access money and advise your bank that you will be travelling overseas.
- Check your global roaming pricing plans with your provider prior to departure, there are some great plans available now - you don't want to come home to a massive data bill!
- Remember if you're sick while you are away or on your return home, book in to see the Travel Doctor -TMVC for a check-up.
- Purchase a Travellers' Medical Kit from our clinics containing medication for treatment of travel-related illnesses whilst abroad.
- Be vigilant against biting insects, notably ticks in/near forested regions. Insect avoidance kits are available to purchase from Travel Doctor-TMVC Clinics.
- Stay well away from any local animals.
- Eat & drink safely - boil it, peel it, cook it...or forget it!
- Stay well hydrated.
- Drink alcohol sensibly & modestly
- Don't use, carry or get involved with drugs overseas.
- Practice safe sex.
- Cover up and apply sunscreen regularly.

Hepatitis A	In situations where travellers' diarrhoea is common, so is Hepatitis A. Hepatitis A is a viral disease of the liver and after influenza, is the second most common vaccine preventable disease in travellers to developing countries. Even 'five-star' travel is not without risk.
Hepatitis B	Hepatitis B is a blood borne viral infection that can lead to liver disease and in severe cases, death. Hepatitis B is spread through unsafe sexual practices, exchanging of bodily fluids, and sharing un-sterilised needles or piercing equipment (including tattooing).
Typhoid Fever	In areas of the world where poor environmental sanitation exists, bacteria can contaminate food and water. This includes Salmonella typhi the cause of typhoid fever. Food handlers are often responsible for the spread of typhoid, particularly when hands are not washed after using the lavatory. There is a higher risk of contracting typhoid fever when consuming buffet food.
Japanese Encephalitis	Japanese encephalitis (JE) is a viral illness transmitted by mosquitoes, primarily Culex species. It typically occurs in areas where rice growing and pig farming occur together, namely most of Asia, part of Papua New Guinea and the Torres Strait.
Tick-borne Encephalitis	Tick-borne encephalitis (TBE) virus has three subtypes: European, Siberian and Far Eastern. Infection can be fatal with the risk depending on the type of TBE. Travellers who spend time in regions where TBE is endemic - mainly forested areas of central and eastern Europe, Russia, northern China, and Mongolia - may be at risk. The highest risk is during the warmer months from April to November, especially when hiking or camping in areas below 1500m. Ticks climb onto grass and other vegetation then latch onto animals and humans as they pass by. TBE virus is transmitted to humans through the bite of infected tick of the Ixodes species. Ticks may breed around homes and in local parks too. Humans are often unaware that they have been bitten.
Influenza	This is a specific infection with one of the Influenza A, B or rarely, C, viruses. Influenza A, and to a lesser extent, B, are circulating all year round and have the ability to modify themselves frequently.
Measles	Measles is an extremely contagious viral disease which is common in many countries where childhood vaccination rates are low or absent. In recent years there have been significant outbreaks in countries such as Australia and New Zealand. The majority of these outbreaks are associated with travellers who are not immune and are bringing measles into the country. Measles is frequently contracted in crowded places and is a potentially serious disease.
Chickenpox (Varicella)	Chickenpox remains a very common and contagious illness.
Diphtheria	Diphtheria disease is found worldwide and the organism can be carried by healthy individuals and transmitted to susceptible individuals through inhalation or direct contact with contaminated wounds.
Pertussis (Whooping Cough)	Pertussis (whooping cough) is a serious, sometimes fatal, respiratory infection caused by the bacterium, Bordetella pertussis. The disease is most serious in infancy. Pertussis is responsible for an estimated 250,000 deaths in children annually. Pertussis is a highly infectious disease transferred rapidly to susceptible household contacts. Infection is spread by direct contact with droplets from the nose and throat of an infected person. The incubation period is commonly seven to ten days.
Rabies	Rabies is a deadly, but vaccine-preventable, viral disease. The virus is transmitted to humans through the saliva of infected animals, usually after a bite. In developing countries dogs are the main carriers, however monkeys, cats, bats and most other mammals can also transmit rabies. While most human cases are the result of bites, a scratch or even a lick from an animal on broken skin should be considered a potential exposure requiring urgent medical assessment. Based on conservative WHO estimates, 55,000 human rabies deaths occur worldwide each year with the majority of victims being children. Children are at higher risk of exposure due to their lack of awareness of the dangers that animals may present, while their smaller stature makes them more prone to bites in vulnerable places around the face and head. Although rare in travellers, rabies does occur in many countries around the world, with the highest risk in South Asian countries, notably India.
Tetanus	Tetanus, also known as lockjaw, is a painful and serious disease. Tetanus bacteria enter the body through wounds, more commonly through burns, deep or infected wounds.

Are you World Cup ready?

Visas

Collecting all the documentation required can take time, so begin this process at least a month in advance of departure. The standard time period for the issuing of a visa is approximately 10 working days, but are often dependent on the type of visa being applied for. The 'Tourist' visa is the most common visa and as the name indicates, it is issued for stays which are for tourism purposes. They are issued for a maximum of 30 days.

While your Visa will allow you entry to Russia, ensure you register with the Russian Ministry of Internal Affairs within seven days of arrival. Most hotels do this on behalf of guests, but you are legally responsible for registering. Confirm with hotel check-in staff on arrival that you have been registered. Police have the authority to stop people and request their documents at any time without cause. Due to the possibility of random document checks by police, foreign citizens should carry their original passports, registered migration cards, and visas with them at all times.

FAN ID

The FAN ID is an identification document required by the Russian authorities. All ticket holders need to have a FAN ID together with a valid match ticket in order to enter the stadiums hosting matches. Fans can apply for a FAN ID after obtaining a ticket or receiving a ticket confirmation for a match.

This document also provides visa-free entry to Russia for foreign citizens who have purchased match tickets. Holders can enter the country 10 days prior to the opening match and stay up to 10 days after the Final. A FAN ID will be required to leave Russia once it has been used for entry purposes.

Holders can also use certain transport services for free on match days, including inter-city trains and public transport in the host cities upon presentation of a FAN ID and match ticket. Visit www.fan-id.ru for more details.

Insurance

Insurance against accidents is obligatory for entry into Russia, and without such insurance you may not be issued with a visa. Along with your passport and Fan ID, carry your policy with you - this will allow you or the medics, in force majeure circumstances, to quickly contact the insurance company and resolve financial issues.



Travel Apps

The 2GIS app can make travelling around the host cities simpler, it doesn't require an internet connection once downloaded and supports English language.

Accommodation

Budget hotels are becoming more popular in Russia, which is ideal for travellers hopping from host city to host city. While prices will increase for major events, hostels are an attractive option for those following the Soccerroos on a shoestring.

Money

Make sure you are carrying cash upon your arrival in Russia. While the airport may have ATMs, it is possible they will be out of order. It is difficult to pay by credit card in Russia and close to impossible by debit card, so having cash is essential. Also, have notes in good condition as taxis, shops and even banks may refuse damaged notes. A money belt is also a good idea, you can also store your documentation inside this too.

Personal Hygiene

Carry toilet paper with you, or even a packet of tissues. Russian toilets are notoriously dirty and are often without paper. Menstrual products can be bought with ease, and usually international brands are available, but these are more expensive than Russian counterparts. It is advisable to bring your own. A small bottle of hand sanitiser will also be extremely useful.

Electronics

Chargers and power converters are essential items to bring with you. Check with your mobile phone service ahead of departure to confirm the cost of calls and internet usage while in Russia.

Language

Russian is hard to learn but pick a few useful phrases and remember them. Many people speak English in the cities but it will help you better connect with Russians and their culture to learn key phrases and courtesies.

Finally...

While you'll know the words to your national anthem or team song and sing it loud come the match, please note, it's considered bad luck to whistle indoors!

Host Cities



Russia 2018 has eleven host cities spread over four time zones and 2500 kilometres east to west. All kick off times listed in this guide are local times but please note the change in time zones for three venues which should be adjusted accordingly: Kaliningrad -1 hour; Samara + 1 hour; Ekaterinburg + 2 hours.

Moscow

Situated on the Moskva River, the Russian capital is the northernmost and coldest metropolis on Earth. But come June the temperatures will be beautifully poised between 20 and 25°C, perfect conditions for kicking off proceedings for the World Cup 2018 when hosting the opening match on 14 June at the Luzhniki Stadium, and closing the tournament with the Final a month later on 15 July.

Games will also be played at the Otkritie Arena Stadium, featuring powerhouse nations Argentina, Belgium and Brazil.

St. Basil's Cathedral mesmerises as an icon of Russia and the historical turbulence can still be felt as you walk the cobbles in Red Square. Public transport options are plentiful, yet it is the stunning stations of the Metro visitors should take in, as well as numerous galleries, museums and entertainment districts.



Health tip: Mentally refresh by talking to the locals and other travellers.



Saint Petersburg

Russia's imperial and cultural capital is nestled on the Baltic Sea. Founded by Tsar Peter the Great on 27 May 1703, the city has been through many turbulent times, yet the loss of its capital status in 1918 helped preserve its pre-revolutionary buildings.

Summer temperatures around 20°C allow visitors to walk the Fontanka Embankment, stroll around the Peterhof Grand Palace and absorb the architectural wonder of the Church of the Saviour on Spilled Blood.



The Metro is cheap and effective with purchasing metro cards highly recommended. Many stations close at midnight and re-open at 5.45am. Also, beware of the nightly drawing of bridges to allow boat traffic to pass through.

With Russia playing Egypt in the group stage on 19 June, a knock out round possibility of Brazil or Germany plus a semi-final game, expect sell-out crowds at the brand new Saint Petersburg Stadium.

Kazan

At the confluence of Europe and Asia, with a melting pot of history from the Volga Bulgars and the Tatars of the Golden Horde, Kazan sits on the Volga and Kazanka Rivers.

Serviced by a direct rail line to Moscow and an international airport, reaching this University City is easy. Once there most of the city centre is walkable, and buses are abundant and cheap.

The Millennium celebrations lead to a revitalising of the city with many new projects completed, including the Kul Sharif Mosque. Baumana Street is a must see; a pedestrian zone with boutiques, souvenir shops, bars and many options to try the local cuisine.



The Socceroos open their campaign at the Kazan Stadium on 16 June against European super talent France, and could return for the Round of 16 knockout stage.

Health tip: Sleep! Nothing will prepare you better for the exhaustion of extra-time.

Host Cities

Sochi

Along the Caucasian Riviera on the Black Sea, with temperatures in the high 20°Cs and vibrant seaside feel, Sochi is the resort town of Russia.

The sub-tropical gardens and extravagant Stalinist architecture coupled with a wide range of cuisines adds to the relaxed atmosphere in this southern most host city.

The city is walkable but with no trams or trolleybuses, bus is a reliable and cheap alternative to get around.

With its modern infrastructure, the city is ideal for hosting sporting events, including the Russian Grand Prix and the 2014 Winter Olympics, as well as home to a tennis school which spawned Grand Slam players Maria Sharapova and Yevgeny Kafelnikov.

The Fisht Stadium will host the Soccerroos showdown with Peru on 26 June and the mighty Iberian clash of Portugal v Spain.

Kaliningrad

Separated from Russia through the border changes of the late 20th Century, Kaliningrad stands alone in a geographical sense – sandwiched between Poland and Lithuania on the Baltic Sea. Which is important to take notice of when booking any tickets.

Home to its own vodka and beer brands, and the cooler, low 20°C temperatures of the Baltic Sea, Kaliningrad is a very green city, with many parks, broad avenues and quiet areas.

The best way to explore the city is by the well-connected bus service, where low fares are collected by on board conductors.

Although the Kaliningrad Stadium is the smallest capacity venue at Russia 2018, it will host group games featuring well supported teams from Croatia, Spain and England.

Health tip: A spiked massage ball can ease tired muscles of hours of travel.



Nizhny Novgorod

Nizhny for short was one of the Soviet Union's closed cities, and between 1932 and 1990 was named Gorky, after writer Maxim Gorky.

Yet modernisation and political control haven't damaged the history of this old Russian merchant town, which retains its timber planking, carved window frames and many unique architectural gems, including the Perchesky Ascension Monastery and the Chkalov stairs, the longest flight of stairs on the River Volga.



Whilst walkable it is advised to use public transport to avoid inclines and narrow pavements. A flat RUB20 per ride is enforced, preferably with exact change to pay the conductor or driver.

Averaging mid 20°C during the day, the cooler evening temperatures will suit the Argentina v Croatia group game at the Nizhny Novgorod Stadium on 21 June and a potential Round of 16 knockout game for the Socceros.

Volgograd

A centre for heavy industry, the formerly named Stalingrad turned back the German advance in 1943. Renamed Volgograd in 1961, the city symbolises success, showcasing broad boulevards and grand public buildings.

The Motherland Calls statue stands on the hill which saw the most intense fighting of the Battle of Stalingrad. Today, it is the tallest in Europe and, at twice the height of the Statue of Liberty, the tallest statue of a woman in the world.



Volgograd's public transport system includes a light rail service known as the Volgograd Metrotram, which runs on two lines.

Teams from England, Poland and Nigeria will grace the new Volgograd Arena, but will face temperatures close to 30°C during the day.

Health tip: Give your mind some "me" time, spend a little while alone.

Host Cities

Rostov-on-Don

A large and cosmopolitan city, Rostov-on-Don has many parks and squares, and at only 32 km from the Black Sea coast, is ideally located for summer temperatures approaching 30°C.

Public transport is limited and the system hard to understand, but it is very efficient and reliable with maps at many stops.

Central Rinok is a large assortment of tiny shops selling food and clothing, but you can find almost anything. Be prepared to haggle!

Zmievskaia Balka is an eternal flame in remembrance of 27,000 Soviets and Jews who were massacred by the German military over two days in August 1942. The site, which means “the ravine of the snakes”, has become the site of annual memorial ceremonies.

The 45,000 capacity Rostov Arena will host five games, featuring Brazil, Uruguay, South Korea and on 26 June, Iceland v Croatia.



Saransk

Perched on the Saranka River, the former closed city of Saransk has a European feel, combining historical buildings, crowded malls and cosy parks dotted amongst Soviet era apartment blocks.

While there is an airport, it does not serve internationally, so arrival is via Moscow on weekdays. Buses serve the residents around the city from early morning until late at night.

With its rock ‘n’ roll imagery and live bands, Rozmarin is a more traditional western bar; serving beer, whiskey, televised football and steaks for those wishing for a little reminder of home.

The Mordovia Arena holds over 44,000 fans and will host four games, including Socceroo opponents Peru v Denmark as well as games featuring Colombia and Euro 2016 champions Portugal.



Health tip: Eat healthily. Fibre, fruit and vegies to keep you in fine fettle.

Ekaterinburg

The fourth largest city in Russia boasts many intriguing landmarks; from the fanciful Sevastyanov House (House of the Trade Unions) to the notorious ‘Church upon the Blood,’ the huge Byzantine-style church built on the site where Tsar Nicholas II and his family were murdered in 1918.

The city is home to many restaurants, most serving Russian cuisine in a more rustic atmosphere.



Of a more quirky nature is the Keyboard Monument, a 30:1 scale of a modern computer keyboard, where rumour has it if you type your wish and hit enter, it will come true. Or you can visit the Michael Jackson statue on Weiner Street. The public transport system is extensive across trams, buses and trolleybuses with each ride costing RUB28.

A mild mid 20°C climate will see four matches at the Ekaterinburg Arena, including Socceroo Group C rivals France and Peru battle it out on 21 June.

Samara

With great weather and a relaxed atmosphere, Samara’s long and beautiful riverbanks are frequently packed with revelling locals.

Many of the older buildings are untouched and still radiate with traditional Russian styles. But with newer industries growing including aerospace production at the Samara State Aerospace University, this former closed city is growing in importance.



After sampling the locally made vodka, chocolate and beer, round the day off with a sunset walk on the bank of the Volga.

Among the six games at the new Cosmos Arena will be the Soccerooos taking on Denmark, Russia v Uruguay and possible knockout games featuring Brazil’s Samba Soccer and current World Cup holders, Die Mannschaft of Germany.

Health tip: Stretch to help relieve long journey-related circulation problems.

	Thursday 14 June	Friday 15 June	Saturday 16 June	Sunday 17 June	Monday 18 June	Tuesday 19 June	Wednesday 20 June	Thursday 21 June	Friday 22 June	Saturday 23 June	Sunday 24 June	Monday 25 June	Tuesday 26 June	Wednesday 27 June	Thursday 28 June
Ekaterinburg Ekaterinburg Arena		2 17:00 EGY v URU						21 20:00 FRA v PER			32 20:00 JPN v SEN			44 19:00 MEX v SWE	
Kaliningrad Kaliningrad Stadium			8 21:00 CRO v NGA						26 20:00 SRB v SUI			36 20:00 ESP v MAR			45 20:00 ENG v BEL
Kazan Kazan Arena			5 13:00 FRA v AUS				20 21:00 IRN v ESP				31 21:00 POL v COL			43 17:00 KOR v GER	
Moscow Luzhniki Stadium	1 18:00 RUS v KSA			11 18:00 GER v MEX			19 15:00 POR v MAR						37 17:00 DEN v FRA		
Moscow Spartak Stadium			7 16:00 ARG v ISL			15 18:00 POL v SEN				29 15:00 BEL v TUN				41 21:00 SRB v BRA	
Nizhny Novgorod Nizhny Novgorod Stadium					12 15:00 SWE v KOR			23 21:00 ARG v CRO			30 15:00 ENG v PAN			42 21:00 SUI v CRC	
Rostov-on-Don Rostov Arena					9 21:00 BRA v SUI		18 18:00 URU v KSA			28 18:00 KOR v MEX				40 21:00 ISL v CRO	
Saint Petersburg Saint Petersburg Stadium		4 18:00 MAR v IRN				17 21:00 RUS v EGY			25 15:00 BRA v CRC					39 21:00 NGA v ARG	
Samara Samara Arena					10 16:00 CRC v SRB			22 16:00 DEN v AUS						33 18:00 URU v RUS	48 18:00 SEN v COL
Saransk Mordovia Arena			6 19:00 PER v DEN			16 15:00 COL v JPN								35 21:00 IRN v POR	46 21:00 PAN v TUN
Sochi Fischt Stadium		3 21:00 POR v ESP				13 18:00 BEL v PAN				27 21:00 GER v SWE				38 17:00 AUS v PER	
Volgograd Volgograd Arena						14 21:00 TUN v ENG			24 18:00 NGA v ISL					34 17:00 KSA v EGY	47 17:00 JPN v POL

A Russia (RUS)
Saudi Arabia (KSA)
Egypt (EGY)
Uruguay (URU)

B Portugal (POR)
Spain (ESP)
Morocco (MAR)
Iran (IRN)

C France (FRA)
Australia (AUS)
Peru (PER)
Denmark (DEN)

D Argentina (ARG)
Iceland (ISL)
Croatia (CRO)
Nigeria (NGA)

World Cup Planner

27 June	Thursday 28 June	Friday 29 June	Saturday 30 June	Sunday 1 July	Monday 2 July	Tuesday 3 July	Wednesday 4 July	Thursday 5 July	Friday 6 July	Saturday 7 July	Sunday 8 July	Monday 9 July	Tuesday 10 July	Wednesday 11 July	Thursday 12 July	Friday 13 July	Saturday 14 July	Sunday 15 July
	45 20:00 ENG v BEL																	
			50 17:00 1C v 2D							58 21:00 W53 v W54								
				51 17:00 1B v 2A										62 21:00 W59 v W60				64 18:00 FINAL
						56 21:00 1H v 2G												
				52 21:00 1D v 2C						57 17:00 W49 v W50								
					54 21:00 1G v 2H													
						55 17:00 1F v 2E							61 21:00 W57 v W58				63 17:00 3RD PLACE	
	48 18:00 SEN v COL				53 18:00 1E v 2F					60 18:00 v W55 v W56								
	46 21:00 PAN v TUN																	
			49 17:00 1A v 2B							59 17:00 W51 v W52								
	47 17:00 JPN v POL																	

E Brazil (BRA)
Switzerland (SUI)
Costa Rica (CRC)
Serbia (SRB)

F Germany (GER)
Mexico (MEX)
Sweden (SWE)
Korea Republic (KOR)

G Belgium (BEL)
Panama (PAN)
Tunisia (TUN)
England (ENG)

H Poland (POL)
Senegal (SEN)
Colombia (COL)
Japan (JPN)

Times listed are local



Locations

Travel Doctor-TMVC Adelaide

53 Hindmarsh Square
Adelaide SA 5000

P: (08) 8223 6225

E: adelaide@traveldoctor.com.au

Open: Mon - Fri: 9:00am - 5:00pm
Thurs: 9:00am - 7:00pm
Sat: 9:00am - 1:00pm

Travel Doctor-TMVC Brisbane

Level 5, West Tower
410 Ann Street
Brisbane QLD 4000

P: (07) 3815 6900

E: brisbane@traveldoctor.com.au

Open: Mon - Fri: 8:00am - 4:30pm
Sat: By Appointment

Travel Doctor-TMVC Canberra

1 Childers Lane
Canberra ACT 2600

P: (02) 6222 2300

E: canberra@traveldoctor.com.au

Open: Mon - Fri: 8:30am - 5:00pm

Travel Doctor-TMVC Melbourne

Level 3, 393 Little Bourke Street
Melbourne VIC 3000

P: (03) 9935 8100

E: melbourne@traveldoctor.com.au

Open: Mon, Wed, Fri: 9:00am - 5:00pm
Tues, Thurs: 9:00am - 8:00pm
Sat: By Appointment

Travel Doctor-TMVC Perth

St Martins Arcade,
50 St Georges Terrace
Perth WA 6000

P: (08) 6467 0900

E: perth@traveldoctor.com.au

Open: Mon - Fri: 8:30am - 5:00pm

Travel Doctor-TMVC Sydney

Level 7 Dymocks Building,
428 George Street
Sydney NSW 2000

P: (02) 9221 7133

E: sydney@traveldoctor.com.au

Open: Mon - Fri: 9:00am - 5:00pm
Thurs Night: By Appointment
Sat: By Appointment