

Abu Dhabi Dubai

TEAM ELITE 2024 • NU SKIN

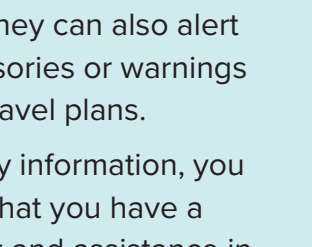


Pre-Departure Abu Dhabi and Dubai

Planning a trip can be exciting and overwhelming at the same time. As you prepare for your journey to our Team Elite trip destination, it's important to keep in mind these essential details to help you out. From packing smartly to getting the necessary documents in order, there are various pre-departure reminders that can help ensure a smooth and hassle-free trip.

In this section, we'll cover the essential pre-departure reminders that every Team Elite Abu Dhabi and Dubai 2024 participant should keep in mind before embarking on this exciting adventure. So, let's get started!

Firstly, don't forget to make copies of important documents such as your passport and visa (if required), and keep them in a separate location in case they are lost or stolen.



VISA REQUIREMENTS

You might be required to apply for a tourist visa to enter the UAE, depending on your home country.

You can apply for a tourist visa through airlines and travel agents (the agency you used to book your flights).

Please note that Team Elite hotels do not provide visa support but can provide a hotel confirmation letter via the Nu Skin Events Team to support your application.

To view all the visa requirements for the UAE, click here.

EMBASSY INFORMATION

It is important to know your embassy information when traveling for several reasons:

- Assistance in case of emergency:** In the event of an emergency, such as a natural disaster, political unrest, or a personal crisis, your embassy can provide assistance and support. They can help you locate medical care, provide consular services, and help you contact family and friends.
- Passport and visa services:** If your passport is lost or stolen, your embassy can issue you a temporary passport or help you obtain a replacement. They can also assist with visa-related issues, such as extending your visa or resolving any issues that may arise with immigration officials.
- Legal assistance:** Your embassy can provide you with legal assistance if you encounter legal issues while traveling. They can help you find a local attorney, provide you with information about local laws, and help you navigate the legal system.

- Safety and security information:** Your embassy can provide you with information about safety and security risks in your destination country. They can also alert you to any travel advisories or warnings that may affect your travel plans.

By knowing your embassy information, you can have peace of mind that you have a reliable source of support and assistance in case of emergency or unexpected situations while traveling. It's a good idea to research your embassy's contact information and location before you travel and to keep this information with you at all times.

Please click on the links to search for your country's embassy information in Abu Dhabi and Dubai.

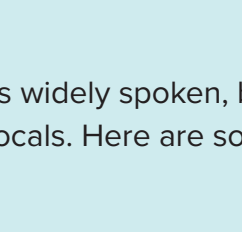
TRAVEL INSURANCE

Now more than ever it is important to be adequately covered by your own Travel Insurance Policy, this helps cover any expenses incurred both prior to and during your trip, such as if you need medical assistance while travelling or if your trip is disrupted or cancelled.

The policy must extend for your trip dates, including any days spent travelling in and out of the UAE.

Policies should cover yourself for medical costs as well as any valuable possessions you may be bringing.

Please ensure your travel insurance also covers disruptions and cancellations due to the Covid-19 pandemic.



LANGUAGE

The official language in Abu Dhabi and Dubai is Arabic. English is widely spoken, but learning a little Arabic is helpful if you plan in engaging more with the locals. Here are some helpful words and phrases you can learn:

Hello	Marhaba
Good morning	SabaaH alkhayr
Good evening	Masaa' alkhayr
Please	Min faDlik
Thank you	Shukran
You're welcome	Āafwan
Do you speak English?	Hal tataHaddath al'ingliiziyya?
Peace be upon you	As-Salaam-Alaikum
Excuse me	Alāafw
Yes	Naāam
No	laa



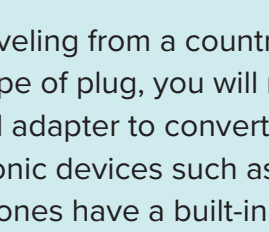
THE WEATHER

In April, the average temperature in Abu Dhabi and Dubai is 27°C. With highs of 33°C, you'll need to apply sunscreen regularly, seek shade, and stay hydrated to be safe in the sun. In the evenings, temperatures drop to a welcome 20°C.

Remember to pack your sunscreen, hat, sunglasses, and anything else that will protect you from the sun. Check the weather forecast before you travel and pack accordingly.

THE TIME

Local time in the UAE is +4 GMT.



POWER SOCKETS

In Abu Dhabi and Dubai, the power sockets use G-type plugs. This plug has three rectangular pins in a triangle pattern. The voltage is 230 V and the frequency is 50Hz.

If you are traveling from a country that uses a different type of plug, you will need to bring a travel adapter to convert your plug. Some electronic devices such as laptops and smartphones have a built-in voltage converter, so you will only need an adapter to use them in the UAE. It is important to check the voltage and frequency of your electronic devices before plugging them in, as some devices may not be compatible with the 230V/50Hz power supply.

CURRENCY

The official currency is the UAE dirham (AED or Dhs).

You may purchase AED/Dhs upon arrival. You may also opt to withdraw some directly from banks, ATMs or visit currency exchange outlets in the airport or around the city.

When changing money, be sure to compare exchange rates and fees, and ask for the final amount in writing before handing over your cash, and make sure you get a receipt.

Major credit cards, such as Mastercard, Visa and American Express, are widely accepted in most hotels, restaurants, and shops.



CULTURAL TIPS

The people of the UAE are warm and welcoming. Considering that the country's population comes from more than 200 nationalities, cultural diversity and tolerance are embraced. Nevertheless, the UAE is an Islamic country that is governed by the Sharia law, and everyone is strongly advised to be familiar with and abide by local laws. Customs, traditions, and cultural practices are highly valued. Respect, in all aspects, is key.

Be in the know and observe proper decorum. Otherwise, guests may find themselves facing serious penalties for doing something that may not be illegal in their country.

Here are some helpful tips to keep in mind before going to the UAE.

- Respect the local customs and tradition:**

Islam is a religion founded on respect, and if you act in a respectful and humble way, you will find that people will greet you with a smile and offer you their warmest hospitality. This includes things like not using your left hand. This might seem like an odd rule, but in Muslim culture the left hand is used for body hygiene and is therefore considered unclean. You should never shake hands or greet anyone with your left hand, and you definitely shouldn't be caught eating with it!

- Dress appropriately:** You are expected to dress modestly when outside of the resort/hotel, clothes should cover the tops of arms and legs, and underwear should not be visible. Shopping malls will often have dress codes that you are expected to adhere to.

Swimming at water parks only be worn on beaches, attire should only be worn on swimming pools at your hotel.

When visiting a religious site, women are required to wear a headscarf.

Women should wear loose clothing that covers the shoulders and the knees. Avoid wearing tight-fitting or revealing clothing outside of your resort, such as leggings or cut off shorts and spaghetti strap tops. Carry a shawl or light scarf around with you, outside the resort, that you can use to cover up if needed.

For men, full-length trousers are typically

worn by those who live in Abu Dhabi—even during the height of summer. So we recommend you do the same during your stay. Some lightweight chinos are a good call when venturing outside your resort. Or, if you can't bear to part with your shorts, simply ensure they're knee-length.

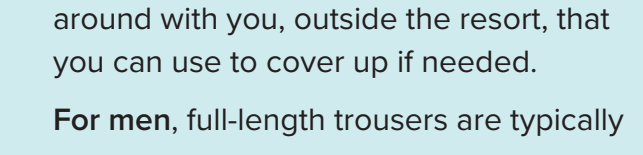
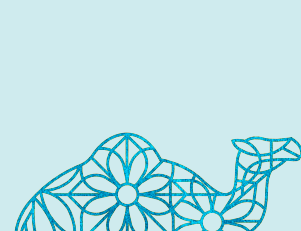
- PDAs:** Public Displays of Affection (PDA) are not acceptable in the UAE. In all public places, holding hands may be permitted, but kissing and petting are not permitted.

- Swearing and making indecent gestures:** Be mindful of your language and actions in expressing yourself. Offensive behavior may get one fined or imprisoned.

- Taking photographs:** The sights of the UAE are picture perfect; but there are people who are sensitive about having their photographs taken. Do not take and share on social media photos of people without their consent. Taking photos of aircraft and restricted areas like military buildings, palaces, and courts is not permitted.

- Alcohol consumption:** Alcohol consumption is illegal for the Muslim-majority population of the UAE, just as it is for many other parts of the region. Non-Muslims are able to purchase alcohol in licensed bars, restaurants, and hotels. But be careful not to drink too much, as it is illegal and a punishable offense under UAE law to drink or be under the influence of alcohol in public.

- Tipping:** There are no rules when it comes to tipping in Abu Dhabi and Dubai. How much you tip varies from profession to profession, and is also largely down to personal preference. It is customary to offer a little extra in most cases, but it certainly isn't compulsory.

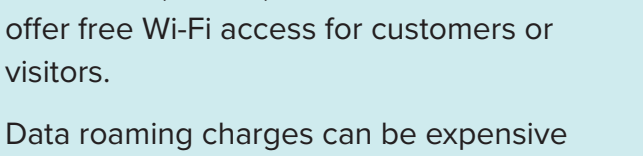


MOBILE DATA AND WIFI

Mobile data and Wi-Fi are widely available in Abu Dhabi and Dubai. Most cafes, restaurants, hotels, and tourist attractions offer free Wi-Fi access for customers or visitors.

Data roaming charges can be expensive in the UAE, so please check this with your network provider prior to travelling.

Should you prefer to use a local SIM, the best way to purchase a SIM card in Abu Dhabi and Dubai is to buy it from one of the major telecom providers in the city. Etisalat and DU are the two most popular providers, but there are also a number of smaller providers that operate in the city. You can also buy a SIM card online.



PUBLIC TRANSPORTATION

If you would like to use public transportation, both Abu Dhabi and Dubai have an extensive and efficient public transport system.

Here are some things to keep in mind when using public transport.

Dubai:

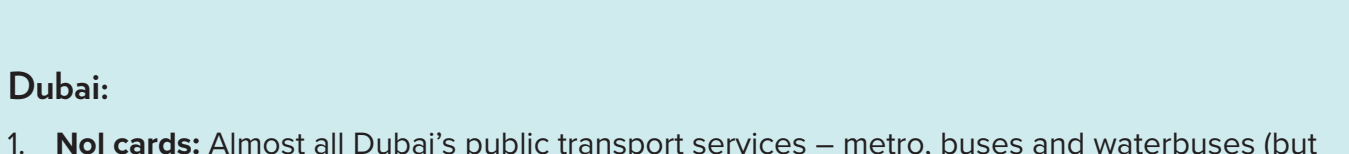
- Nol cards:** Almost all Dubai's public transport services – metro, buses and waterbuses (but not abras) – are covered by the Nol system, which provides integrated ticketing across the entire transport network. To use any of these forms of transport you'll need to buy a pre-paid Nol card or ticket ahead of travel. Cards can be bought and topped up at any metro station; at one of the machines located at 64 bus stops around the city; or at branches of Carrefour, Spinneys and Redha Al-Ansari Extractions; no tickets are sold on board metro trains, buses or waterbuses. You swipe the card or ticket as you pass through the metro ticket barriers or as you board, and the correct amount is automatically deducted from your pre-paid account.

There are different types of Nol Cards, but the best ones for tourists are:

- The **Silver Card** costs 20dh (including 14dh credit). This is the best one if you plan to use public transport frequently during the trip.
- Red Ticket** (a paper ticket, rather than a card). This has been specifically designed for tourists, costs just 2dh and is valid for 90 days, although it has to be pre-paid with the correct fare for each journey and can only be recharged up to a maximum of ten times.

- Metro:** The Dubai Metro offers a cheap, fast and convenient way of getting around, with state-of-the-art driverless trains running on a mixture of underground and overground lines, and eye-catching modern stations. The metro consists of two lines, the Red line and the Green line. Trains run roughly every 4–8 minutes, with services operating Sat–Thurs from around 5.30am until midnight (and until 1am on Thurs), and on Fridays from 10am to 1am. All trains also carry a dedicated carriage for women and children next to the Gold Class compartment.

- Tram:** The tram system in Dubai is extremely fast and convenient, linking seamlessly with the Metro, with interconnecting stations at Jumeirah Lakes Towers and DAMAC Properties/Dubai Marina. Operating hours are Sat–Thurs 6.30am–1am, Fri 9am–1am, with departures every 8min.



- Taxi:** Taxi cabs are usually plentiful at all times of day and night almost everywhere in the city with the important exception of Bur Dubai and Deira, where you might sometimes struggle to catch one. Large malls and big hotels are always good places to pick up a cab; if not, just stand on the street and wave at anything that passes. Taxis are operated by various companies and come in assorted colours, though all have yellow taxi signs on the roof, illuminated when the vehicle is available for rent.

- Ferry, water bus and water taxi:** The Dubai ferry services run three times daily in each direction between Bur Dubai and Dubai Marina (75min). There are also once-daily one-hour round-trips from the Marina out towards the Burj al Arab; from the Marina around Palm Jumeirah to Atlantis; from Bur Dubai down the coast to Jumeirah Public Beach; and from Bur Dubai up and down the Creek. Fares on all trips are 50dh (or 75dh in Gold Class). For short hops, a small fleet of water buses zigzags up and down the Marina (Sat–Thurs 10am–10pm, Fri noon–midnight). There are four stations along the Marina. Fares cost 3/5dh, with departures every 15–20min. Buy your ticket at the water bus station where you get on; **Nol cards are not accepted.**

Water taxi service, with 32 stations dotted across the city offering rides on rather swanky modern a/c boats seating around ten people with panoramic windows. There are no regular scheduled services – you'll have to charter a water taxi either by calling t800 90 90 or by booking online at wrta.ae. Taxis are available daily from 10am to 10pm.

TAX FREE SHOPPING

Tax free shopping is available in the UAE. Refunds for VAT are only available on goods purchased during your stay in the UAE that will be exported.

Process: When you make a purchase, request a 'tax free' purchase, valid on a minimum expenditure of AED250. Present your passport to be scanned for use on the payment system. The retailer will attach a 'tax free' tag to the back of your sales receipt and a digital 'tax free' form is created.

Validation: Before you leave the UAE you will need to have your 'tax free' form validated. You will need to take the purchased goods and the tagged receipts to the 'tax free' validation points, located at the airport. Remember to do this before checking in for your flight and going through security. Please ensure you allow enough time for this process, as it can take some time.

