

Seychelles Citizens are granted Visa Free for traveling to the following countries & regions
持有塞舌尔护照可享免签证到以下国家和地区旅游

	Destination Country in English	Country in Chinese	Remarks
1	Albania	阿尔巴尼亚	Visa free for a maximum stay of 90 days 免签证逗留最长90天
2	Algeria	阿尔及利亚	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
3	Andorra	安道尔	Apply the relevant regulations of France & Spain. 入境与逗留期按法国或西班牙规定
4	Angola	安哥拉	* Visa free for a maximum stay of 30 days * 免签证逗留最长30天
5	Anguilla	安圭拉	Visa free for a maximum stay of 90 days 免签证逗留最长90天
6	Antigua and Barbuda	安提瓜和巴布达	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
7	Aruba	阿鲁巴	* Visa free for a maximum stay of 30 days * 免签证逗留最长30天
8	Austria	奥地利	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
9	Bahamas	巴哈马	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
10	Bangladesh	孟加拉国	Visa free for a maximum stay of 90 days 免签证逗留最长90天
11	Barbados	巴巴多斯	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
12	Belarus	白俄罗斯	Visa free for a maximum stay of 30 days 免签证逗留最长30天
13	Belgium	比利时	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
14	Belize	百利兹	Visa free for a maximum stay of 1 month 免签证逗留最长1个月
15	Benin	贝宁	Visa free for a maximum stay of 30 days 免签证逗留最长30天
16	Bermuda	百慕达群岛	Visa free for a maximum stay of 90 days 免签证逗留最长90天
17	Bolivia	玻利维亚	Visa on arrival for a max. stay of 90 days 落地签证, 逗留期最长90天
18	Bonaire, St. Eustatius and Saba	博奈尔岛	Visa on arrival for a max. stay of 90 days 落地签证, 逗留期最长90天
19	Bosnia and Herzgoniva	波斯尼亚 - 黑塞哥维那	Visa free for a maximum stay of 90 days 免签证逗留最长90天
20	Botswana	博茨瓦纳	Visa free for a maximum stay of 90 days 免签证逗留最长90天
21	Brazil	巴西	Visa free for a maximum stay of 90 days 免签证逗留最长90天
22	British Virgin Islands	英属维京群岛	Visa free for a maximum stay of 30 days 免签证逗留最长30天
23	Burundi	布隆迪	Visa on arrival for a max. stay of 90 days 落地签证, 逗留期最长90天
24	Bulgaria	保加利亚	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
25	Cambodia	柬埔寨	Visa free for a maximum stay of 14 days 免签证逗留最长14天
26	Cape Verde Islands	佛德角	Visa free for a maximum stay of 60 days 免签证逗留最长60天
27	Cayman Islands	开曼群岛	Visa free for a maximum stay of 30 days 免签证逗留最长30天
28	China	中华人民共和国	Visa free for a maximum stay of 30 days 免签证逗留最长30天
29	Comoros	科摩罗	Visa free for a maximum stay of 90 days 免签证逗留最长90天
30	Cook Islands	库克群岛	Visa free for a maximum stay of 30 days 免签证逗留最长30天
31	Costa Rica	哥斯达黎加	Visa free for a maximum stay of 90 days 免签证逗留最长90天
32	Cote d'Ivoire (Ivory Coast)	科特迪瓦	Visa free for a maximum stay of 30 days 免签证逗留最长30天
33	Croatia	克罗地亚	Visa free for a maximum stay of 3 months 免签证逗留最长3个月

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34	Curacao	库来索岛	Visa free for a maximum stay of 30 days 免签证逗留最长30天
35	Cyprus	塞浦路斯	Visa free for a maximum stay of 90 days 免签证逗留最长90天
36	Czech Republic	捷克共和国	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
37	Denmark	丹麦	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
38	Djibouti	吉布堤	* Visa free for a maximum stay of 30 days *免签证逗留最长30天
39	Dominica	多米尼克	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
40	Dominican Republic	多米尼加共和国	Visa free for a maximum stay of 30 days 免签证逗留最长30天
41	Ecuador	厄瓜多尔	Visa free for a maximum stay of 90 days 免签证逗留最长90天
42	Egypt	埃及	Visa on arrival for a max. stay of 30 days 落地签证, 逗留期最长30天
43	Estonia	爱沙尼亚	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
44	eSwatini	斯雅蒂尼	Visa free for a maximum stay of 90 days 免签证逗留最长90天
45	Ethiopia	埃塞尔比亚	Visa on arrival for a max. stay of 30 days 落地签证, 逗留期最长30天
46	Faroe Islands	法罗群岛	Visa free for a maximum stay of 90 days 免签证逗留最长90天
47	Fiji	斐济	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
48	Finland	芬兰	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
49	France	法国	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
50	French Guiana	法属圭亚那	Visa free for a maximum stay of 90 days 免签证逗留最长90天
51	French Polynesia	法属波利尼西亚	Visa free for a maximum stay of 30 days 免签证逗留最长30天
52	French West Indies	法属西印度群岛	Visa free for a maximum stay of 30 days 免签证逗留最长30天
53	Georgia	格鲁吉亚	Visa free for a maximum stay of 90 days 免签证逗留最长90天
54	Germany	德国	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
55	Ghana	加纳	Visa free for a maximum stay of 30 days 免签证逗留最长30天
56	Gibraltar	直布罗陀	Visa free for a maximum stay of 180 days 免签证逗留最长180天
57	Greece	希腊	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
58	Greenland	格陵兰	Visa free for a maximum stay of 90 days 免签证逗留最长90天
59	Grenada	格林纳达	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
60	Guniea-Bissau	几内亚比绍	Visa on arrival for a maximum stay of 90 days 落地签证, 逗留期最长90天
61	Guyana	圭亚那	Visa free for a maximum stay of 30 days 免签证逗留最长30天
62	Haiti	海地	Visa free for a maximum stay of 90 days 免签证逗留最长90天
63	Hong Kong (SAR China)	香港特别行政区	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
64	Hungary	匈牙利	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
65	Iceland	冰岛	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
66	India	印度	Visa free for a maximum stay of 3 months 免签证逗留最长3个月 (在塞舌尔先领入境准许)

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67	Indonesia	印尼	Visa free for a maximum stay of 30 days 免签证逗留最长30天
68	Iran	伊朗	Visa on arrival for a maximum stay of 30 days 落地签证, 逗留期最长30天
69	Ireland (Republic of)	爱尔兰	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
70	Italy	意大利	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
71	Jamaica	牙买加	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
72	Jordan	约旦	Visa on arrival for a maximum of 30 days 落地签证, 逗留最长30天
73	Kenya	肯尼亚	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
74	Kiribati	基里巴斯	Visa free for a maximum stay of 30 days 免签证逗留最长30天
75	Kosovo (Rep. of)	科索沃	Visa free for a maximum stay of 90 days 免签证逗留最长90天
76	Laos	老挝	Visa on arrival for a max. stay of 30 days 落地签证, 逗留期最长30天
77	Latvia	拉脱维亚	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
78	Lesotho	莱索托	Visa free for a maximum stay of 90 days 免签证逗留最长90天
79	Liechtenstein	列支敦士登	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
80	Lithuania	立陶宛	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
81	Luxembourg	卢森堡	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
82	Macau (SAR China)	澳门特别行政区	Visa free for a maximum stay of 30 days 免签证逗留最长30天
83	Macedonia (FYROM)	马其顿	Visa free for a maximum stay of 90 days 免签证逗留最长90天
84	Madagascar	马达加斯加	Visa on arrival 落地签证
85	Malawi	马拉维	Visa free for a maximum stay of 90 days 免签证逗留最长90天
86	Malaysia	马来西亚	Visa free for a maximum stay of 30 days 免签证逗留最长30天
87	Maldives	马尔代夫	* Visa free for a maximum stay of 30 days *免签证逗留最长30天
88	Malta	马耳他	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
89	Marshall Islands	马绍尔群岛	Visa on arrival for a maximum stay of 30 days 落地签证, 逗留期最长30天
90	Martinique	马提尼克	Visa free for a maximum stay of 90 days 免签证逗留最长90天
91	Mauritius	毛里裘斯	Visa free for a maximum stay of 90 days 免签证逗留最长90天
92	Mayotte	马约特岛	Visa free for a maximum stay of 90 days 免签证逗留最长90天
93	Mauritania	毛里塔尼亚	Visa free for a maximum stay of 90 days 免签证逗留最长90天
94	Micronesia (Federated States of)	密克罗尼西亚	Visa free for a maximum stay of 30 days 免签证逗留最长30天
95	Moldova	摩尔多瓦	Visa free for a maximum stay of 90 days 免签证逗留最长90天
96	Monaco	摩纳哥	Visa free for a maximum stay of 90 days 免签证逗留最长90天
97	Montenegro	黑山共和国	Visa free for a maximum stay of 90 days 免签证逗留最长90天
98	Montserrat	蒙特塞拉特	Visa free for a maximum stay of 90 days 免签证逗留最长90天
99	Mozambique	莫桑比克	Visa free for a maximum stay of 30 days 免签证逗留最长30天

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100	Namibia	纳米比亚	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
101	Netherlands	荷兰	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
102	New Caledonia	新喀里多尼亚	Visa free for a maximum stay of 90 days 免签证逗留最长90天
103	New Zealand	新西兰	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
104	Nicaragua	尼加拉瓜	Visa on arrival for a max. stay of 30 days 落地签证, 逗留期最长30天
105	Niue	纽埃	Visa free for a maximum stay of 30 days 免签证逗留最长30天
106	North Macedonia	北马其顿	Visa free for a maximum stay of 90 days 免签证逗留最长90天
107	Norway	挪威	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
108	Oman	阿曼	Visa on arrival for a maximum stay of 30 days 落地签证, 逗留期最长30天
109	Palau Islands	帕劳	Visa on arrival for a max. stay of 30 days 落地签证, 逗留期最长30天
110	Panama	巴拿马	Visa free for a maximum stay of 90 days 免签证逗留最长90天
111	Philippines	菲律宾	Visa free for a maximum stay of 21 days 免签证逗留最长21天
112	Poland	波兰	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
113	Portugal	葡萄牙	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
114	Qatar	卡塔尔	Visa free for a maximum stay of 1 month 免签证逗留最长1个月
115	Reunion	留尼旺	Visa free for a maximum stay of 15 days 免签证逗留最长15天
116	Romania	罗马尼亚	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
117	Russia	俄罗斯	Visa free for a maximum stay of 30 days 免签证逗留最长30天
118	Rwanda	卢旺达	Visa free for a maximum stay of 90 days 免签证逗留最长90天
119	Samoa	萨摩亚	Visa on arrival for a max. stay of 30 days 落地签证, 逗留期最长30天
120	San Marino	圣马力诺	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
121	Senegal	塞内加尔	* Visa free for a maximum stay of 30 days *免签证逗留最长30天
122	Serbia	塞尔维亚	Visa free for a maximum stay of 90 days 免签证逗留最长90天
123	Singapore	新加坡	Visa free for a maximum stay of 30 days 免签证逗留最长30天
124	Slovakia	斯洛伐克	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
125	Slovenia	斯洛文尼亚	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
126	Solomon Islands	所罗门群岛	* Visa free for a maximum stay of 3 months *免签证逗留最长3个月
127	Somalia	索马里	Visa on arrival for a max. stay of 30 days 落地签证, 逗留期最长30天
128	South Africa	南非	Visa free for a maximum stay of 30 days 免签证逗留最长30天
129	South Korea	南韩	Visa free for a maximum stay of 30 days 免签证逗留最长30天
130	Spain	西班牙	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
131	Sri Lanka	斯里兰卡	Visa free for a maximum stay of 30 days 免签证逗留最长30天
132	St. Helena	圣海伦娜岛	Visa on arrival for a max. stay of 30 days 落地签证, 逗留期最长30天

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133	St. Kitts and Nevis	圣基茨和尼维斯	Visa free for a maximum stay of 90 days 免签证逗留最长90天
134	St. Lucia	圣卢西亚	Visa free for a maximum stay of 90 days 免签证逗留最长90天
135	Saint Maarten	圣马丁岛 (法属)	Visa free for a maximum stay of 90 days 免签证逗留最长90天
136	St. Vincent and the Grenadines	圣文森特和格林纳丁斯	Visa free for a maximum stay of 90 days 免签证逗留最长90天
137	Swaziland	斯威士兰	Visa free for a maximum stay of 90 days 免签证逗留最长90天
138	Sweden	瑞典	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
139	Switzerland	瑞士	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
140	Tanzania	坦桑尼亚	Visa free for a maximum stay of 90 days 免签证逗留最长90天
141	Timor-Leste	东帝汶	Visa on arrival for a max. stay of 30 days 落地签证, 逗留期最长30天
142	Togo	多哥	Visa on arrival for a max. stay of 30 days 落地签证, 逗留期最长30天
143	Tonga	汤加	Visa on arrival for a max. stay of 30 days 落地签证, 逗留期最长30天
144	Trinidad and Tobago	特立尼达和多巴哥	Visa free for a maximum stay of 90 days 免签证逗留最长90天
145	Tunisia	突尼西亚	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
146	Turks and Caicos Islands	特克斯和凯科斯群岛	Visa free for a maximum stay of 30 days 免签证逗留最长30天
147	Tuvalu	图瓦卢	Visa on arrival for a max. stay of 30 days 落地签证, 逗留期最长30天
148	Turkey	土耳其	Visa free for a maximum stay of 60 days 免签证逗留最长60天
149	Uganda	乌干达	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
150	United Arab Emirates	阿拉伯联合酋长国 (阿联酋)	Visa free for a maximum stay of 90 days 免签证逗留最长90天
151	United Kingdom (Great Britain)	英国	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
152	Uruguay	乌拉圭	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
153	Vanuatu	瓦努阿图	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
154	Vatican City	梵蒂冈	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
155	Zambia	赞比亚	Visa free for a maximum stay of 3 months 免签证逗留最长3个月
156	Zimbabwe	森巴布韦	Visa on arrival for a max. stay of 30 days 落地签证, 逗留期最长30天

以上资料仅作为参考, 如需旅行请前往目的地国家大使馆或政府官网进行查询核实, 确保旅途顺利
 免签国家时有更新, 最新资料可在以下网址查核: Latest information is available at the following website:
<http://www.iatatravelcentre.com/passport-visa-health-travel-document-requirements.htm>