# 5 Tips on How to Make a Holiday Fairly Stress Free by Julie Spooner

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Taking pleasure in relaxing in the company of loved ones, taking in an exotic and beautiful oasis is motivation for many hardworking folk. It can however be time consuming and stressful to organise the best retreat. Here are 5 tips which will hopefully take the anxiety out of the decisions.

## Travel Insurance

Getting travel insurance from a travel company or the post office is a sensible option in the unpredictable economic and political climate in many holiday destinations. Flights are frequently cancelled; hotels might not be available when they said they would be. There may be many other circumstances which affect your plans. Insurance will cover you against these expensive and unforeseen events.

## Giving yourself time

Plan, plan, plan! Deciding beforehand what you want to get out of your holiday be it: what sites you want to see, the museums you want to visit, booking a boat at the beach, finding the best nightclub or bar: all mean you can relax in the knowledge that the fun you have been dreaming of is organised. Also knowing the times of your flights and plans and creating plenty of le-way for traffic, children's tantrums, or duty free shopping.

## Advance planning

Liaising with the holiday company on your lunch break or contacting venues around your destination to guaranttee the best service and to confirm availability will mean less things to take you away from sun bathing. Booking a table in that exclusive restaurant means you have less to worry about and more to be excited about.

## Child care

If this is something that you need to consider it is important that the standard of care is what you want. The holiday company will be able to provide information and reviews on the kids clubs at the resort. It may be worth employing a nanny from an agency if the plan is for a city break.

## Health and Safety Precautions

Health insurance throughout Europe is very sensible. A European Health Insurance Card will mean you can claim back the expense of most hospital and dentist costs incurred abroad. Keeping an eye on the news from the place you are visiting will mean you are aware of any unexpected event in the destination that might mean changes to your plans.

Hopefully with these five tips considered the worry often attached to going abroad or taking a family to an unknown resort will be eased. Insurance, time, planning, pre-booking, checking out the kids club and making sure you have sun cream and know what to do in an emergency are great things to have sorted. Being organised and informed will mean you can enjoy the company of fellow tourists and locals whilst getting everything you want from your precious break.

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