

TRAVEL NEWS & NOTES

Stress-Free Travel Tips

(NAPSA)—At a time when the need for rest and relaxation is high—and when isn't it?—it's important to make travel as stress-free as possible. Because travelers may be out of their element, unfamiliar with their surroundings or the local language, stress management on the road can be challenging.

The key to stress-free travel is to be as knowledgeable and as well prepared as possible for whatever comes your way. Here are some travel tips that will help you avoid the most common travel stress hazards and help you decompress during your time away:

- **Knowledge is power:** To know what to expect, research what's going on in the destination(s) you plan to visit. The Internet is a rich source of information on weather, news and seasonal events around the world. If you're traveling abroad, learn basic phrases of the local language—it can help you feel more in control.

- **Plan for the unexpected:** Write down all the contact information you will need for your trip, including the numbers for your travel agent, airline, car rental, hotel and local contacts. Make photocopies of passports, driver's license, travel tickets and credit card and travelers cheque numbers, and leave them behind with a trusted friend or family member who can make them available in the event of an emergency.

- **Carry a diversified wallet:** Travelers should avoid large amounts of cash and instead carry a combination of payment options such as credit and charge cards, some local currency and American Express Travelers Cheques. These provide travelers with peace of mind, knowing that, unlike cash,

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Travelers Cheques are fully refundable if they are lost or stolen—usually within 24 hours.

- **Passport and credit card protection:** American Express Travelers Cheques provide U.S. customers worldwide passport and credit card replacement services and emergency medical referral and assistance, even if they haven't lost their cheques.

- **Book in advance:** Whether it's a special airline meal, a room with a view, excursions, spa treatments or babysitting services, book whatever you can ahead of time. It will minimize the possibility that the services you are looking forward to will be booked.

- **Know your added benefits:** American Express Card members are provided additional peace of mind against emergencies while traveling, thanks to American Express' Global Assist Hotline, which provides 24/7 emergency referral service on everything from local medical and legal providers to emergency cash.

Another tip is to exchange your money before you leave. American Express Travelers Cheques are available in many currencies, including euros, Canadian dollars, Australian dollars and Japanese yen, and can be purchased before leaving the U.S.

These cheques are available at more than 88,000 U.S. locations, including banks, credit unions and American Express Travel Service locations, as well as online. For more information, visit www.americanexpress.com/travelerscheques.