



SURVIVING PARADISE

A Funny Guide for Couples to Finally Enjoy Their Holiday



TIPS FROM 50 COUPLES

HOW TO ARGUE LESS & LAUGH MORE ON HOLIDAY



BY NOCCITO

“Holiday can be expensive but you cannot put a price on fighting with your partner in an exotic destination”

Going on holiday is one of the most amazing things a couple can do together, but it can also be a painful, possibly the worst, experience of your year ! And I am not talking about pirates hijacking your cruise in the horn of Africa , or swarms of zombies overwhelming your all inclusive resort in Cancun. I am simply talking about spending time, and a lot of it, with the person you cherish the most.

Remember the movie “The Hunger Games”, an annual event in which one boy and one girl, each of the twelve districts surrounding the Capitol, are selected by lottery to compete in a televised battle royale to death.

Going to a paradise resort as a couple is a mini version of hunger games, except the game’s objective is the other way around. You win if you avoid murdering each other over a poor hotel selection, lost suitcase, or how loud one breath on a long car ride.

Why is this? Very simple: you have to adapt to the new equation of being together non stop. Very few couples (except high school ones maybe), spend their entire time together. The whole year you crave for more intimacy, more quality couple time, and then all of a sudden you feel suffocated.

For a successful holiday, respect each other's travelling preferences, your favourite family therapist may typically recommend. You might not agree with those so-called preferences though, like arriving at the airport 3h in advance or spending half your weekly food budget in the airport food court, but you need to be patient with each other. Because in the end it is worth it. Or is it really?

There is no better location to practise problem solving and compromising skills than while travelling as a pair. Teamwork is necessary while organising and scheduling vacation, navigating a foreign city, and dealing with unforeseen difficulties like late trains, stolen credit cards, or even con artists. The excitement

of overcoming such challenges together will inevitably deepen your bond and increase your level of trust.

We surveyed over 100 respondents about their holiday and travel patterns as a couple. Here are a few extracts from the responses that contributed to the writing of this guidebook.

What is one thing your partner does on holiday that drives you absolutely, or only a little, crazy?

"Make fun of the big size of my luggage, then ask if he can put some of his stuff in my bag on the way back."

"Being systematically late at checkout. And I mean, veeery late. And here I am, apologising to or fighting with the receptionists..."

"Plans Absolutely nothing"

"Sleep all day"

"Spend way too much money on holiday vs what we can afford."

"Being constantly on his phone"

"Very late wake up in the mornings or too much alcohol on holidays, which means we hardly have any sex as he is always too boozed up."

"Needs to have a new Adventure everyday."

"He doesn't know where anything is in his suitcase and asks me to help him all the time."

"Taking suitcases to the car when I still need them."

"He tries to be the leader without having any clue of what is going on"

4. What's the funniest argument you've ever had while on vacation/travelling?

"Husband: You don't care about my ideas Wife: I already asked you 6 times what you like to eat for dinner."

"Too much sex. My wife wants too much sex"

"Not enough Sex"

What's your secret to surviving long car rides, flights, and trains together without driving each other crazy?

"Marriage in itself is a long trip: compromise, love and patience"

"Listening to a lot of music"

"A cup of damn good coffee"

Break up

On a personal level, holidays mean three things: a necessary time to rest, an ideal opportunity to discover new things, and the best time to create lasting memories with your partner. Yet, paradoxically, they are also the time when my relationship feels most vulnerable. Most of my serious breakup dilemmas have occurred while on holiday. What should be a period of relaxation often transforms into one filled with confusion, stress, and anger.

I've lost count of the friends who have broken up with their partners during what was supposed to be the most enjoyable time of the year. And I've experienced the same patterns myself far too often. Holidays and travel, while romanticized, can sometimes be the ultimate test for couples. Far from being the respite we envision, they can become a crucible for relationship challenges.

Chapter 1 Expectation is a bitch

Holidays can feel like a blank slate, an escape from the daily grind. As a couple, the excitement of travel can amplify expectations—there's a hope to create perfect memories, rekindle romance, or experience something magical together. These high expectations often come from a desire for connection and adventure, but they can also be shaped by social media, movies, or past experiences that we want to top.

The first days of a trip often bring a clash between the idealised vision of the perfect vacation and the reality of travel. You might expect instant relaxation, excitement, and connection, but instead, you're met with packing or airport stress, jet lag, or logistical issues. These initial hurdles can lead to disappointment, frustration, and even blame-shifting. If one person's mood dips or if plans don't go perfectly, it can trigger feelings of "this isn't what we imagined," leading to tension.

Martine Teillac is a couple counsellor. She always recommends couples "not to overinvest in this vacation for two. **We are not Robinson Crusoe, alone on an island sharing our love. We belong to the real world.** We will therefore have to compose and let go of some of our expectations".

That's it, finally both of us. Day and night. But 24-hour cohabitation does not always come naturally, to the great dismay of lovers, who can even feel like they are suffocating. "During the holidays, the couple goes from too little to too much," analyses Martine. This excessive fusion side is a trap. What matters is that there are moments of sharing, but we don't have to share everything! Especially since it is essential to be desired: how can we achieve this if we are permanently glued to each other? »

Chapter to be continued....

"I love you even more than I am annoyed by you. Which is a lot."

Chapter 2: Who are you? Who is the tourist, traveler, or holidaymaker version of you ?

Know yourself and your partner on a different level, before trying to find out where to go, what to do, where to stay, what to eat, what to visit. Trust me and trust the millions of couples who, every year, have epic arguments while on holiday. Knowing your partner's desire, feelings, expectations on a 9 to 5 week day is not the same as understanding them while you are stuck at the airport waiting for your 5 hours delayed flight.

To know where to go, you need to know who you are as an individual, and as a couple. And you can decide to have different needs, depending on the time of the year, the number of colleagues that get on your nerves, or how annoying your kids have been during the year.

Chapter to be continued....

Travel Fail stories

While you digest the interpretation, and consequences, of your travel/holiday personality, nothing makes us feel better than the travel fail stories of other couples. Hopefully the ones below will make you feel a lot better. ¹

This dangerously petty girlfriend.

"My girlfriend and I broke up on the US–Canada border. The Border Patrol agent asked us how we knew each other, and she said that we didn't, because we had just had an argument and she was pissed at me. We were detained for hours."

–[wolfgangnightblade](#)

This unfortunate day at Disney.

¹ <https://www.buzzfeed.com/hayleYROCHELLET/et/couples-vacation-horror-stories>

"My boyfriend and I got into a stupid argument at Disney World about how many rides we should go on, and we broke up right in the middle of Magic Kingdom. 'Happiest Place on Earth,' my ass."

—[torresta](#)

Allergy

"I had an allergic reaction to the detergent a hotel used and my face swelled up like I'd been beaten up. The staff at the hotel accused my boyfriend of assaulting me and asked if I wanted to call the cops. Oops."²

How not to start a road trip.

My ex tried to argue that seatbelts weren't safe and shouldn't be worn, because they can cut you in half if worn wrong. Once I realised he wasn't joking and truly believed seatbelts were dangerous, we had a legitimate argument about it. I couldn't rise above the stupidity of what he was saying.

[Mirandawhitten](#)

Chapter to be continued....

Chapter 4: Choosing a Restaurant

- Delayed flight
- Having to read the full terms & conditions of your rental car agreement
- Walls all in your Ibiza hotel room made of lego bricks
- Out of order elevator for the Eiffel Tower
- Transport Strike, or worse transport strike in France
- Hurricane season in Cancun
- Coup D'état in Myanmar

Those are a few of the unpleasant experiences that can happen to you during your travel and holiday! However, one tops it all ! Ending up in a shitty restaurant

²<https://www.buzzfeed.com/>

for your first holiday dinner. Having poor restaurant experience on your first night , not even talking about food poisoning is likely to traumatise us for the rest of our stay, maybe for life.

Finding great food abroad is as essential a part of the holiday experience! It ranks as high as getting up at 5 a.m. to get a sunbed by the pool before they are all taken for the whole day in your overcrowded hotel in Spain

Chapter to be continued....

What You Will Learn in This Book

Discover how to identify your travel personality—and just as importantly, that of your partner. Understanding these dynamics is crucial for a successful trip or holiday. Taking the time to recognize who you are as an individual when travelling/vacationing along with your specific needs and expectations, can make all the difference, especially for longer vacations or adventurous trips.

The next step is learning how to clearly communicate your desires and expectations to your significant other. Open and honest communication about what you both want from the trip is essential for a harmonious travel experience.

Finally, the book dives into practical advice, helpful tips, and amusing anecdotes—the most enjoyable and entertaining part of the guide.

I've aimed to make this guide a light and humorous read. As humor is deeply subjective. While some readers may find the comedy engaging and laugh-out-loud funny, others might not connect with it in the same way. I fully acknowledge that humour can be a personal experience, and what makes someone smile or laugh may leave another unfazed.

For the readers in a hurry to salvage their trip, limit yourself to the 10 key tips below. It should be enough to salvage just about your holiday with him or her !