

SURVIVING PARADISE

*A Funny Guide Guides for Couples to finally enjoy their
Holidays*

*With tips from 50 Couples on how to argue less & laugh
more on holiday*

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

Are you one of the lucky few who've enjoyed endless drama-free vacations with your partner, effortlessly agreeing on every destination, hotel, and restaurant? If so, this book isn't for you!

But if you've ever clashed over where to go, what to do, or where to eat—or if planning a trip together often feels like running an obstacle course—then welcome! You're in the right place. Don't buy into those "perfect couple vacation" stories everyone shares on social media. Most of us face a quite a few bumps along the way!

This playful, light-hearted guidebook is packed with tips to help you and your partner navigate the highs and lows of travelling together. Make your next holiday smoother, more fun, and filled with memorable moments for all the right reasons!

Preface

Drowning in a sea of unfinished projects, I'm desperate to silence my girlfriend's "you never finish anything" chorus. In reality, this is the true objective of this guidebook. Helping couples have fun on holidays is merely a secondary end product.

Pamela, my dear girlfriend ! Thank you for being my endless source of 'couples-arguing-while-on-vacation' material. I mean, without you, how would I ever know the pure joy of spending hours debating which road is best to take, irrespective of what google maps suggest, or at which exact time to leave the house in the morning to actually beat traffic? It's a real relationship builder, right? And let's be honest, our trips wouldn't be nearly as... entertaining without all the bickering. You've really made holiday travel a comedy goldmine—in both the best and worst possible ways."

Introduction

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 battle 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.

I am mixed French with Vietnamese origin, and my girlfriend is Italian. It is a vital piece of information that influences a number of this book's anecdotes, in particular when it comes to our food obsession on holiday.

I have been told you need to give of your person in your book. Kindly remember I take some risks you should salute: my girlfriend will make me pay for what you are about to read.

The reward of travelling or holidaying together.

Couples that travel together get to make new memories, and who doesn't love making new memories?

You know what they say, Couples that travel together stay together—probably because they've survived enough travel mishaps to laugh about them later. Honestly, travelling together is like co-writing a suspense novel where neither of you know the plot twists. One minute you're enjoying a romantic dinner, the next, you're debating if that sound in your hotel room is the plumbing or a small animal plotting your demise.

But hey, it's all about making new memories, right? Nothing bonds you like laughing about that time you both got food poisoning from the "authentic" street food. Or showing real bravery, like when you fought off a horde of aggressive seagulls for your beach picnic. And let's not forget those romantic moments – like getting lost in a sketchy neighbourhood and holding each other close... because you're both terrified.

Think about it – making new memories is like investing in your relationship's future. You're building a portfolio of stories and experiences to share at future dinner parties. "Oh, remember that time we almost got stranded on that tiny Greek island? Good times." And those shared memories will keep you entertained for years to come, long after your luggage has been found and your passports are safely back in your hands.

Methodology of this guidebook

A significant portion of the insights shared in this guide is drawn from our personal experiences of holidaying and travelling together over many years. We've encountered various challenges, whether travelling as a couple or with kids.

In addition to our experiences, we conducted research on the topic, which, while relatively light compared to other subjects like relationship counselling or couple's therapy, still offers valuable perspectives.

We also surveyed over 100 couples, asking them about their partner's habits or behaviours that cause irritation during holidays. Furthermore, we interviewed several couples, mostly friends and relatives, who provided honest and thoughtful feedback. Their responses revealed that we were not alone in facing challenges during shared holiday time. In total honesty, it meant my relationship was not doomed after all !

With their willingness to share tips and advice, we compiled the insights you'll find in this guidebook

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 !

Key Tips

1. Know yourself and what you need and want for your holiday. It is alright to have a different travel personality than your partner but this makes preparation and tolerance even more important on the agenda.
2. Learn how to communicate clearly your needs and expectations & how to listen to your partner while deciding on the vacation.
3. Manage your expectations: instagram is not quite the reality.
4. Follow the flow: something you did not expect to enjoy may become your best travel souvenirs.
5. We go on holiday to relax: yet the first few days before and right after the departure can be the most stressful. Learn to accept that. Learn from psychology to deal with your Emotional Holiday Triggers
6. Only accompany your partner to practise their favourite activity if you really want to. Not all intrusions into their universe are necessary. Don't force yourself, otherwise you'll come to blame them for liking something you don't like. However, always make an effort to try it. This will show your partner you care for them.
7. Learn when to pay attention to online reviews, and when to ignore them. Same for google maps.
8. In Bed, no pressure, but yet do not skip it over a guided tour of some ancient ruin.
9. We are no Robinson Crusoe on holiday: we cannot be self-sufficient as a couple. We need to feed ourselves from new or old encounters and friends.
10. And a lot more other fun tips.

Survey: a few extracts

We surveyed over 100 respondents about their holiday and travel patterns as a couple. Here are a few excerpts from the responses that contributed to the writing of this guidebook. In addition, the first exercise in this guidebook invites you to give this questionnaire a try as a way to begin your journey toward inner peace and successful couple holidays

1. Do you both have different travel personalities (for example planner vs. spontaneous)? How does that work out or not on holiday?

Your Reply:

"Absolutely different. We do two weeks per year together, rest is separate travelling"

"Yes, the spontaneous proposes, we both discuss, compromise, commit and the planner organises."

"More similar, we plan more now because of the kid"

"No. i like to cram in as much as possible while my partner prefer to sit in the hotel room"

"Yes. Combining two different personalities usually brings more fun on holidays"

"We are both the planner type, and it works well on holiday"

"Totally opposite. I plan through the vast majority of my life, so by holiday I mean taking time off planning, too"

"Not at all, I d like to plan a little in order to be relax and enjoy my trip and as the contrary he d like to be free and not planning anything and I ended up making booking and searching during the holiday and not fully enjoying my time"

"We are quite compatible. We would never book group travels. We like eating out, churches, ruins and swimming"

2. Has a Holiday/Travel ever taught you something about your partner?

Your Reply:

"Yes, different situations bring out parts of your partner's personality otherwise unseen. My girlfriend, normally a very "Cartesian", calm, poised, practical and by the numbers personality (accountant) all of the sudden becomes a wild adventurous junkie for adrenaline filled moments (skiing difficult slopes at speed) and challenging her limits."

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

Your Reply:

"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..."

"Makes me walk uphill, or gets me lost."

"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"

"Overpacking. Too heavy luggage."

"Not wanting to spend money on souvenirs"

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

Your Reply:

"Not while travelling, but getting everything at home ready and packing is always a drama. Holidays are meant to be relaxing, the run-up clearly isn't! Also, we don't fight between each other on holidays but we've had bizarre fights with others while

travelling."

"Choosing between a bus or a tram ride into from the airport to the city Venice, Italy - about the same transit time - which would be the most ecological transport, just to realise we'd taken a 29eur flight from Brussels with RyanAir 😊."

"Pictures (I am never in pics), activities (I have to organise), money (for everything), beach (he doesn't like to chill), car (who drives cannot enjoy the views)."

"Were you staring at her?!?!?" No honey, I'm actually short-sighted"

"Cooking vs going to restaurant; waking up early or late, booking hotels in advance on on the spot; cheap or expensive hotels"

"Not agreeing on where to eat."

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

"Not enough Sex"

"Rushing me when shopping"

"Looking at the opposite sex."

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

"Where to eat and finding gas stations that are easy to get in and out of with our 42 foot fifth wheel camper"

"Spending too much money on restaurants"

"I wanted to start the day early. my ex wanted to hang out in the hotel room until afternoon"

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

Your Reply:

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

"Talking about the many common points of interest we share, joking around about everything we see, remembering the best moments of prior trips and what we're looking forward to experiencing on the current trip together. Perhaps more importantly, caressing, smiling, looking into your partner's eyes, while paying loving attention to each other constantly... disregard the boring feeling of annoying practicalities, and share the tasks together as part of the adventure."

"Listening some music"

"A cup of damn good coffee"

6. If you had to describe your last trip as a movie genre (comedy, thriller, drama, etc.), what would it be and why?

Your Reply:

"Romantic adventure, we are ready excited to just snuggle with each other, home on the couch, and discover new far away places, everything new is just an exciting adventure! "

"Road Movie"

"Unfunny comedy"

7. What's your go-to strategy for the inevitable 'what & where do we eat' debate while travelling?

Your Reply:

"No working strategy - I like to read reviews and book in advance and he prefers to walk and look around"

"We google maps the best rated place nearby and just go there."

"We usually book places where the food is included so we can just enjoy ourselves."

"Following her wish one day and following my wish another day"

"Ask the locals (several) (for equal quality/cost expectations) for the best places to eat"

"No strategy, just looking around for the best place to eat"

"What do we fancy tonight, check options and reviews, and let's go!"

"He usually takes a back seat and lets me choose"

"Be quick and decisive with no regrets"

"I just stay quiet unless the place is too expensive"

"Bring food to save money."

"This is hard. Always debate about eating where what and how much"

"Actually, we agreed that we didn't want to waste much money eating out at

fancy places. We would just eat at basic places or get items we could eat in our room. We usually picked one new place to try for each vacation that was more expensive.

"I ignore him and pick the place"

"we walked around and eat somewhere that looked busy"

8. Do you have a holiday tradition that you always follow as a couple, no matter where you go?

Your Reply:

"My partner has this adorable habit of always packing extra snacks for our trips. It's so thoughtful."

"We bring this one matching T-shirt with us on holidays, that we wear on our most romantic night of the trip :)"

"Always plan in advance together, the better things are planned, the least inconveniences you might have to face."

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.

The Christmas season and summer holidays, in particular, are notorious for higher breakup rates. If you're in a serious relationship, chances are you'll spend Christmas, Thanksgiving, or other family-centered holidays with your partner's relatives—or they'll join yours. During these gatherings, seemingly innocuous comments from parents or in-laws can ignite unresolved or unspoken issues in your relationship. These matters are often left unaddressed in the moment to avoid conflict in front of family, but the resulting tension can foster resentment toward your partner—or even their family.

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? »

Her advice: "If vacations are an opportunity to find others, they also allow you to find yourself. It's one of the rare times of the year when you can take stock of yourself and connect with your true desires."

How to put this in practice, create two holiday wishlists, one you will share with your partner, one for yourself.

One way to manage expectations versus reality is to shift your mindset from perfection to flexibility. Instead of holding on too tightly to how things *should* go, approach the first few days as part of the adventure. If things don't go as planned, it's an opportunity to laugh about it, problem-solve together, and let go of control. Discussing your hopes and possible challenges before the trip can also help align both of your expectations.

Beyond the expectations for our couple, we also set expectations for the country, the cities, the attractions, and the places we'll visit. Expectations can vary greatly—sometimes a destination you've built up in your mind falls short, while other times it far exceeds your imagination. Reflecting on the past decade of my travels, I've encountered both scenarios: places that either disappointed or pleasantly surprised me. Each travel adventure is unique, and should not rely on someone else's Instagram post as it is never the best way to judge a destination.

Instagram, in particular, can create a curated, idealised version of travel and relationships. We see the highlight reels—beautiful locations, perfect lighting, happy moments—all filtered and edited. When we set our expectations based on these images, real life often feels less magical. Travel can be stressful: things go wrong, the weather isn't perfect, and reality rarely matches the picture-perfect posts. Social media, intentionally or not, can set an unrealistic standard. When reality doesn't match the idealised version we've built in our minds, disappointment can follow.

For the past two years, those same instagramers with their thousands of travel-perfect pictures have started the instagram vs reality trend of tourist spots around the world. They should do the same with their too good to be true couples travels pictures.

Alone Time Is Okay: Just because you're on holiday doesn't mean you have to be together 24/7. Take time apart to recharge.

Let Go of Perfection: Learn to appreciate the unexpected quirks of travel. Those bumps in the road? They're often where the best memories are made.

"So, we had this brilliant idea: let's put our 80 year old father-in-law in charge of planning the summer holiday for four families—8 adults, 6 kids, no big deal, right? He's always been a bit thrifty, so we figured we'd be staying in a budget-friendly spot. Fast forward to July, and we're all packed up, heading to the sunny south of Spain. Sure, no pool—fine, the beach is only a 320-minute drive. But what we didn't know was that air conditioning didn't make the cut either. Oh, the heat! The first night? None of us slept. Imagine tossing, turning, and sweating like we were in a sauna. By morning, we were all grumpy zombies, and as the days dragged on, the dread of another sleepless, sweat-filled night made everyone crankier. Let's just say the first week was rough—no sleep, all complaints!"

Tom

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

Chapter 2: 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.

2.1 Are you a Tourist or a Traveller?

Forget "travellers" versus "tourists" – that's some elitist nonsense.. Who decides where the line is? Let's get real: some people travel, some go on holiday. And trust me, they're not the same. And it's alright to be one or the other, or even just one of the two.

Holidays:

If you're all about holidays, you want relaxation, not education. You pick a spot, crash on a sun-lounger, sip cocktails out of coconuts, and roast yourself in the sun. Maybe you rent a beachside villa in Bali or just hang out in one city like Florence or New York, wandering around, shopping, and lying in parks. Even skiing or an African safari counts – as long as it's easy and organised.

Travelling:

Now, travelling? That's a whole different beast. Travelling is about getting out of your comfort zone, taking risks, and sometimes getting pissed off. It's backpacking around Europe, taking the Trans-Siberian without a guide, trekking the Andes, or moving solo through India. It's challenging, frustrating, but unforgettable.

Downsides?

Oh yeah. No one enjoys fighting with cab drivers, enduring overnight bus rides, or getting food poisoning. But that's part of the adventure. There's no wrong way to do this. Want to relax? Go on holiday. Want a challenge? Go travelling. Mix it up if you like: slog through South-East Asia, then chill on a beach. It's all good. Just do you. Travel responsibly and enjoy the ride.

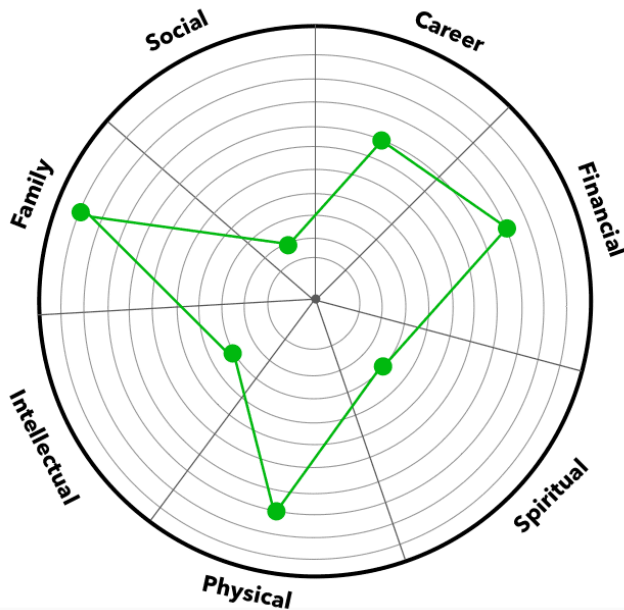
2.2 The wheel of holiday

I recommend you really take the time to create your wheel of holiday, as well as your partner. This is an adaptation of the Wheel of Life. It is a visual tool or exercise used to help us quickly understand how balanced or fulfilled our life is at this very moment. The wheel of life is usually made up of 8 categories or areas that are important for a whole or balanced life.

- Health
- Family & friends
- Significant Other
- Personal Growth
- Fun & leisure
- Home environment or Contribution to Society (depending on how altruist you are)
- Career
- Money

How does it work?

For each of the domains of a supposedly balanced life, you need to do some soul searching. You need to evaluate out of 10 how fulfilled you are in this specific domain at this precise moment. See example below of a wheel of life.



What this will give you is a representation of what is important for you, and how you rate this part of your life at this very moment. These tools help you correct the direction of your life, for hopefully, a happier life. You need to apply the same principles for your holidays. Obviously the domains are going to be different, and you need to select them yourself based on what you feel is the best mix for you. Here are a few ideas to get you started

- Adventure & Exploration:

- Relaxation & Rest:
- Cultural Experience:
- Connection with Others:
- Health & Wellness:
- Personal Growth:
- Fun & Recreation:
- Financial Comfort:

Below is what I think my next holiday should look like. In other words, how important each of these elements is (5 being vital) is for me. As you can see below, adventure and wellness are a 5 for me, I leave resting at home, and I am often broke when I return. This is my recipe for a successful holiday.



Adventure & Exploration: How much excitement and discovery am I looking for? This includes trying new activities, exploring new places, and stepping out of your comfort zone. Really ask yourself how much discovery your soul needs.

Translation: this is where I pretend I am Indiana Jones, except instead of finding ancient artefacts, I am just trying to find a decent Wi-Fi signal. "Ooh, let's explore that cave!" Sure, but I better be back in time for the hotel buffet.

Relaxation & Rest: Ensuring I have enough downtime to recharge. This can include time spent at the beach, spa, or simply unwinding.

Translation: I mean, isn't that the whole point of vacation? If I wanted to be stressed, I'd just stay home and check my email. My idea of exploring is seeing how many different nap spots I can find. "Hey look, a hammock! Challenge accepted!"

Cultural Experience: Engaging with the local culture, traditions, history, and cuisine of the destination. This adds depth and richness to the travel experience.

Translation: let's eat weird food and act like we understand art. "Oh, this abstract sculpture really speaks to me". For me this area is a 4 out of 5. I always enjoy local delicacies (who does not), but I can get tired after church number 10 in Rome (who doesn't).

Connection with Others: Some need to reconnect, some to disconnect. Whether travelling with family, friends, or meeting new people, this area covers the quality of your social interactions.

Translation: You know, like travelling with family, because nothing says relaxation like being stuck in a small space with your loved ones. Or better yet, trying to make small talk with strangers. "Evaluate how much you want to see your friends and relatives during your holiday, or how much you want to get away from them. Both are valid. For me, I often realise after the summer holiday,

that I should have created more opportunities to be with my close ones. This is especially true when your mates & family live far.

Health & Wellness: Maintaining your physical and mental well-being while travelling. This could include fitness activities, healthy eating, and mindfulness practices.

Translation: Because nothing says vacation like trying to convince yourself you're gonna hit the gym. "Oh yeah, I'll just do yoga on the beach!" Sure you will.

You can be the person "I'll work out every day!" or "I will go for a jog before dawn", or simply get some vitamin D with a nice tan. Rate how much you want to look after your body during this holiday. This will influence massively where you want to take your holiday.

Personal Growth: Opportunities for learning and self-discovery during your trip. This could involve attending workshops, reflecting, or challenging yourself in new ways.

Translation: This is the part where you tell yourself you're going to learn something new. Maybe you'll have a deep, introspective moment on a mountain.

It can mean meditation retreat, a week workshop to learn pottery, or all those self-development books that have been sitting on your shelves for months.

Fun & Recreation: Ensuring you have plenty of enjoyable activities that align with your interests, whether it's sports, entertainment, or hobbies.

Translation: This is what we tell ourselves vacations are all about. But let's be real, most of our "fun" is just eating too much and regretting it later. "Oh, another gelato? Don't mind if I do... wait, why can't I fit into my jeans?" It can also be about doing silly but fun things, like mini golf, aquapark, or inflatable water castle on the beach.

Financial Comfort: Ah yes, the true test of any holiday—can I enjoy myself without going broke? Sure, let's stay at that five-star hotel, as long as I can pay for it with Monopoly money.

Be selfish

When you create your wheel of holiday, be as selfish as possible. Exchange of ideas and compromise will come later. Now it's about making sure you are happy on holiday!

Your wheel of holiday

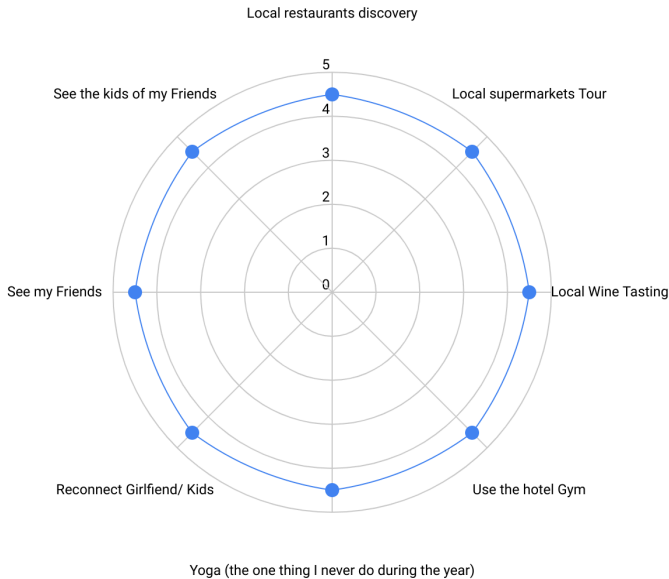


Your better half wheel of holiday



It is also recommended you ask your partner to do the same, this way you can quickly spot any irreconcilable differences in your respective needs, and discuss to find an acceptable compromise for both.

If I have to be really honest this is how my holiday wheel really looks like. It is important we are honest with ourselves, honest with how we want to be perceived vs how we really want to be.



- **Local restaurants discovery:** Probably my number one objective on holiday. No question about it.
- **Local supermarkets discovery:** Do not buy me a ticket to the latest museum in town, drop me to the largest local supermarket, where I can run a sociology study on local cooking habits and indulge my passion for delicious food.
- **Local wine tasting:** Good news is I can practise this activity both in local restaurants and supermarkets. Top score if we are able to visit a local vineyard.
- **Use the Hotel Gym:** Holiday is also for hobbies and activities you don't have the necessary time during the year. Going to the gym is my unloved child so I try to make up for it, especially when the gym is just an elevator click away.

- **Yoga:** Same as the gym, except you also get the chance to watch nicer looking people than in the hotel pool, and get you spiritual points a few points up.
- **Reconnect with my partner and kids**
Year is flying so fast that you feel like you are missing out on your partner and kids. Holiday season is definitely a way to reconnect and create lifetime souvenirs.
- **Reconnect with my friends**
As a “lad” living abroad, far away from my friends from childhood, any vacation that involves getting the chance to get a few drinks together is a good one.
- **Reconnect with my friends’ kids**
They grow up so fast and you want to be their favourite “uncle”.

2.3 Know yourself: What is you Travel persona¹

Hey there, world travellers! To further expand on the wheel of holiday, here is a quiz to help you figure out what kind of traveller you are. Here are 7 questions to help you find out. Through those questions, this is going to force you to think about what it is you really want for your upcoming vacation.

You know, we all have this thing called a “Travel Persona.” It’s like you, but on vacation—except this version of you is way more adventurous and fun. Your Travel Persona is the part of you that suddenly thinks it’s totally normal to wake up at 5 AM to watch the sunrise, even though you usually consider 5 AM as bedtime. It’s the version of you that says, “Sure, let’s try that exotic dish with a name I can’t pronounce,” even though you usually stick to the chicken fingers.

¹ Based on <https://fortheloveofwanderlust.com/whats-travel-persona/#:~:text=Your%20Travel%20Persona%20is%20you,Persona%20is%20your%20constant%20guide.>

This Travel Persona is your ultimate travel buddy, guiding you to the best destinations, the coolest activities, and the hotels with the fluffiest pillows. It's like having your own personal cheerleader saying, "Go ahead, you got this!" even if you're just trying to figure out how to work the foreign ATM.

It's the side of you that governs everything to do with travelling; from your destinations to the activities you choose to the hotels you stay in. Your Travel Persona is your constant guide, your north star of vacation & travel.

The 7 questions below will help you identify who is your main and secondary travel persona.

1. What's your ideal vacation setting?

- a) Somewhere in the middle of nowhere, surrounded by trees, bugs, and that "fresh air" everyone keeps raving about.
- b) In a hotel so fancy you feel like you need a butler just to help you figure out the light switches.
- c) A quiet place where you can contemplate life, find inner peace, and pretend you're not secretly checking your phone.
- d) Somewhere you can risk your life doing something "fun."
- e) A place full of museums and historical stuff that makes me feel smart.
- f) Wherever—I'm flexible.
- g) A spot where I can play or watch sports.
- h) On a beach, doing nothing, maybe working on my tan, if by "working" you mean "napping."

Reply to question 1

You:

Your partner:

2. What activities do you enjoy the most on vacation?

- a) Hiking and pretending you enjoy being sweaty.
- b) Kicking back with a glass of something expensive, preferably on a rooftop with a view that screams, "I'm better than you."
- c) Yoga, meditation, and making sure everyone on Instagram knows how zen you are.
- d) Anything that involves a helmet and an insurance waiver.
- e) Museums, historical sites, and spending hours reading tiny plaques next to old stuff.
- f) Whatever the locals are doing—I'm cool with it.
- g) Playing or watching sports, then talking about it all day.
- h) Lying on the beach. Hammock. Sunset. Snoring louder than the waves.

Reply to question 2

You:

Your partner:

3. What's your top priority when planning a trip?

- a) Finding a place where nature can try to kill you
- b) Making sure the hotel is fancier than my house.
- c) Going on a spiritual journey, because why not? Regular journeys are so mainstream.
- d) Ticking out the most dangerous activity possible, because nothing says "vacation" like a trip to the ER
- e) Ensuring that I visit every museum, monument, and historical site. Because why else travel if not to learn about dead people?
- f) Being able to change plans at the drop of a hat, because commitment is for marriage, not vacations.
- g) Finding the best spots for sports. If it's not sports-related, I'm not interested.
- h) Making sure there's a beach where I can perfect my tan and my ability to do nothing.

Reply to question 3

You:

Your partner:

4. What kind of souvenirs do you bring back?

- a) Rocks, leaves, and maybe a tick or two. Nature's free, right?
- b) Designer bags, expensive watches, and maybe a little debt, but who's counting?
- c) Crystals, incense, and that weird statue that's supposed to bring good vibes but just creeps everyone out.
- d) Photos of me hanging off a cliff or jumping out of a plane
- e) Art, books, and that ceramic thing that's probably worth a fortune but I'll use as a doorstop.
- f) A little bit of everything, because who doesn't love a random mix of junk?

- g) Enough Local teams sport jerseys, hats, and sports gear to open your own store.
- h) A bottle of sand, some seashells, and a swimsuit tan line that'll last until next summer.

Reply to question 4

You:

Your partner:

5. What's your dream destination?

- a) A remote island where Wi-Fi isn't even an option, and neither is your sanity.
- b) Paris, Dubai, or anywhere else where they charge \$20 for a cup of coffee and make you feel like it's worth it.
- c) The Himalayas, Bali, or some other place that's as chill as a Buddhist on his day off.
- d) Patagonia, New Zealand, or basically anywhere that looks great on a GoPro but is terrible for your insurance premium.
- e) Rome, Kyoto, or any other place where I can say, "I came, I saw, I took a selfie."
- f) Anywhere and everywhere. I'm a travel wild card—surprise me!
- g) The Alps, Hawaii, or anywhere else that's basically a giant playground for grown-ups who like to sweat.
- h) The Maldives, Bora Bora, or any other place where the biggest decision is "pool or beach?"

Reply to question 5

You:

Your partner:

6. How do you feel about travelling with a group?

- a) Only if everyone agrees to the "don't talk to me before coffee" rule.
- b) Love it, as long as we're all sipping champagne and pretending we're not broke.

- c) Small groups only. Or solo. Because nothing says “finding yourself” like avoiding other people.
- d) Bring on the crew, but only if they’re ready to do something that would make our moms worry.
- e) I’m cool with groups, as long as they’re down to get lost in a museum and act like they’re enjoying it
- f) I’m good either way. Whether I’m rolling solo or deep, I’ll make it work.
- g) Only if they’re as obsessed with sports as I am. Otherwise, I’m ditching them at the first stadium.
- h) Group travel is fine, as long as everyone agrees to do nothing, together.

Reply to question 6

You:

Your partner:

7. What do you want to take away from your travel experience?

- a) A renewed connection to nature. And maybe Lyme disease.
- b) A deeper appreciation for luxury, and a lighter bank account.
- c) Inner peace, or at least a convincing facade of it.
- d) Awesome stories to tell people who can’t believe I’m still alive.
- e) A head full of culture and a phone full of pictures that make me look smarter than I really am.
- f) A variety of experiences, because I’m basically a travel sampler platter.
- g) The satisfaction of having played or watched sports, and maybe a few new bruises.
- h) Total relaxation, a tan, and the ability to do nothing for hours without feeling guilty.

Reply to question 7

You:

Your partner:

How to evaluate what is your main Travel Persona?

- **Mostly a's:** You're The Nature-Lover! You love the great outdoors, even though it doesn't always love you back.
- **Mostly b's:** You're The Luxury Traveler! You believe life's too short to fly coach.
- **Mostly c's:** You're The Spiritual-Wanderer! Namaste...or should I say, "nap-a-stay"?
- **Mostly d's:** You're The Adventure-Junkie! You laugh in the face of danger, preferably while wearing a GoPro.
- **Mostly e's:** You're The Culture Vulture! You live for history, art, and finding the best spot for a cultured selfie.
- **Mostly f's:** You're The Travel Chameleon! You're adaptable, like the human version of a Swiss Army knife.
- **Mostly g's:** You're The Sport Addict! Your idea of vacation involves sweating, and not because you're on a beach.
- **Mostly h's:** You're The Beach Dolce-Farniente! You've mastered the art of doing nothing, and we're all jealous.

THE NATURE LOVER



A nature lover's travel personality is deeply rooted in a passion for the great outdoors and an insatiable curiosity about the natural world. This traveller finds joy in the simple beauty of nature, from towering mountains and lush forests to serene lakes and expansive deserts. For them, a fulfilling holiday isn't complete without immersing themselves in the sights, sounds, and smells of the wild.

So, you've got the nature lover. This is the person who thinks the perfect vacation involves dirt, bugs, and a complete lack of Wi-Fi. They're all about the great outdoors—mountains, forests, lakes, deserts—they love it all. To them, a vacation without some bug bites or sunburn just isn't a vacation.

Key Traits of a Nature Nut:

Adventure Junkie: These folks think hiking through dense forests or camping under the stars is "fun." Yeah, fun—like walking uphill for hours with a backpack the size of a small child or sleeping on the ground while bears decide if you're a burrito.

Zen Master: You also love peace and quiet.

Like, sitting-by-a-lake-and-watching-the-sunrise kind of quiet. You know, the stuff that makes the rest of us ask, "Where's the nearest coffee shop?"

Eco-Warrior: They're super eco-friendly, which is great, but you know they're secretly judging you for using a plastic straw once in 1997. They'll stay in treehouses or huts made of recycled potato peels if it means saving the planet.

Wildlife Stalker: If it moves, they want to see it. They're the ones with binoculars glued to their faces, whispering, "Look, a rare bird!" while you're just hoping it's not one that's going to poop on you.

Outdoor Maniac: If there's an activity that can be done outside, they're into it—hiking, biking, fishing, rock climbing. You name it, they've done it, or it's on their bucket list right between "swim with sharks" and "scale Everest."

Cultural Learner: You are also big on learning how locals live off the land. Because who doesn't want to spend their vacation harvesting yams with people who don't speak your language?

Minimalist Guru: You travel light—like, really light. A backpack, some granola, and maybe a flannel shirt. Who needs stuff when you've got trees, right?

Camera Crazy: They're always snapping pics of landscapes or the rare moss growing on a rock. You'll find them lying in the dirt, trying to get the "perfect shot" of a sunrise—because apparently, we all needed more sunrise photos.

Modern Life Dropout: You are all about unplugging and escaping modern life. You dream of places where your phone says "No Service," and you're forced to talk to actual people or, worse, yourself.

Dream Destinations: National parks, remote islands, places where "civilization" is a bad word. They fantasise about trekking through the Himalayas or exploring the Amazon while the rest of us are just trying to find the nearest fast-food joint. For the nature lover, the best holiday is one where they come back with a thousand pictures, ten mosquito bites, and a deep, inexplicable sense of peace—while the rest of us are still trying to figure out why they don't just book a hotel.

THE LUXURY TRAVELLER



You're like a luxury traveller who loves nature—a rare breed that enjoys the finer things in life while also craving the beauty of the great outdoors. You want the best of both worlds: comfort and exclusivity, but also a deep connection with nature. Here's how you roll:

1. Destination Choices:

- Remote and Pristine Spots: You're drawn to places where nature is untouched, like private islands, secluded mountain retreats, or

exclusive wildlife reserves. The more off-the-beaten-path, the better—it's all about serenity and discovery.

- Biodiverse Hotspots: You prefer places teeming with life, like the Galápagos, the Amazon, or luxury African safaris. You want to see rare wildlife while staying in top-notch accommodations.

2. Where You Stay:

- Eco-Luxury Lodges: You go for high-end spots that are both luxurious and eco-friendly, with sustainable designs that blend into the surroundings.
- Private Villas and Glamping: Privacy is key. You love staying in private villas with stunning views or upscale glamping setups that put you right in nature without skimping on comfort.
- Wellness Retreats: Spas and wellness retreats in natural settings are your thing, especially if they offer treatments using local, natural ingredients.

3. What You Do:

- Curated Wildlife Experiences: You're all about personalized, intimate wildlife encounters, like private safaris, birdwatching with experts, or snorkeling with marine biologists. You want exclusivity and a chance to learn from the pros.
- Adventure with Comfort: You're into adventure—hiking, kayaking, diving—but only if it's well-organized, with top-notch gear and guides. And of course, it ends with something luxurious, like a gourmet meal or a cozy lodge.

You've got high standards, but you also have a deep appreciation for nature. It's all about enjoying life's luxuries while staying close to the wild.

THE SPIRITUAL WANDERER



Oh, so you're a spiritual wanderer, huh? A yogist, even? Look at you! You're not just going on vacation; you're "seeking enlightenment." While the rest of us are looking for a good Wi-Fi connection, you're out there in the wilderness trying to connect with the universe. Yeah, that's right, you probably booked a one-way ticket to India and told everyone you're "finding yourself." Which, by the way, usually just means you're avoiding your email.

You probably start your day at sunrise, because nothing says inner peace like getting up before everyone else is even thinking about hitting the snooze button. And let's talk about your suitcase—or should I say your sacred satchel? I bet it's full of linen pants, a couple of crystals, and maybe a journal where you write down all your profound thoughts like, "What if the sky is just Earth's third eye?"

When you travel, it's never to a regular hotel. Oh no, you're going to a retreat, probably somewhere without air conditioning because "comfort is a distraction from true enlightenment." Meanwhile, the rest of us are in a nice hotel with a minibar and free HBO, wondering how you're surviving on green juice and positive energy.

You're the person who comes back from vacation and, instead of showing us pictures of landmarks or beaches, you start talking about the energy of a place. "Oh, the energy of that ancient temple was just so..." and we're all like, "Did you at least get a picture?" But no, you didn't take pictures because capturing the moment would disrupt the flow of your chakras or something.

And let's not forget yoga! You probably think every destination needs to be experienced through a sun salutation. "I really connected with this place through downward dog." Yeah, that's what I think when I'm travelling—"Boy, this mountain range sure would look better upside down with my legs in the air!"

So while the rest of us are sipping piña coladas by the pool, you're meditating by a waterfall, trying to reach your higher self. And hey, good for you! But maybe, just maybe, you could try sitting on a beach chair like the rest of us mere mortals, just for a day. I promise, your chakras will survive.

THE ADRENALINE JUNKIE



Oh, so you're an adrenaline junkie, huh? Let me guess—you're that person who looks at a peaceful, scenic view and thinks, "You know what this needs? A chance of death!" You're the type who can't just enjoy a beach vacation without wondering how high you can dive off the cliff that's dangerously close to those sharp rocks below. Because why not add a little spice to your life, right?

I bet your idea of relaxation is jumping out of a plane at 15,000 feet with nothing but a glorified backpack. "Ah, yes, nothing like the wind in your face and the ground rushing up to meet you to really clear your mind! "If there's not a real risk of injury, why even bother?" That's you, isn't it?

You see a bungee jump, and instead of thinking, "Why would anyone do that?" you think, "Can I go twice? Maybe I'll do it blindfolded this time. Really spice it up!" You're probably the person in the group who says, "Hey, let's go white-water rafting!" while everyone else is still trying to figure out how you convinced them to go anywhere with the word "rapid" involved.

When you plan a holiday, you don't look for comfort; you look for danger. You're not content unless there's a very real possibility of getting lost, injured, or attacked by some wild animal. "Let's hike this treacherous mountain trail with no map or supplies! What could go wrong?" That's just a typical Tuesday for you.

I'm sure you've considered swimming with sharks—without the cage, of course. Cages are for people who like living—not really your thing, is it?

So, while the rest of us are content with a calm day at the beach or a nice stroll through a quiet town, you're out there trying to find the next heart-stopping, palm-sweating activity. You're living life on the edge—literally—and loving every second of it. Just remember, the rest of us are here to welcome you back with a warm cup of tea when you finally decide that maybe, just maybe, solid ground and a heartbeat below 120 aren't so bad after all.

The CULTURE VULTURE



Oh, you're a Culture Vulture, huh? You know, the kind of person who hears about a new museum opening and immediately starts drooling like a dog that just heard the word "bacon" or "cheesecake". Yeah, that's you.

You're not just in it for the sandy beaches or the poolside margaritas—oh no, you're the type who gets giddy at the thought of spending hours in a dimly lit room, staring at a bunch of old paintings or a dusty mummy, whispering to yourself, "Oh, the artistry!"

And let's talk about your idea of a perfect vacation. You're not the person who picks a destination based on how many bars are nearby, are you? Nope, you're hunting for the next ancient ruin or the next gothic cathedral. You're the one who's got an itinerary that reads more like a college syllabus—starting with a sunrise tour of the Roman Forum, followed by an afternoon at the Louvre, and capping off the day with a three-hour lecture on mediaeval tapestries. I mean, who even does that? You do, that's who.

And monuments? Oh, monuments are your playground. You see a towering stone obelisk or an intricately carved statue, and you're not just snapping a quick selfie and moving on. No, no, you're standing there, staring at it, contemplating its meaning, its place in history, and maybe even what it had for breakfast back in 200 BC.

But let's not forget about the culture—oh, the culture! You don't just want to see it, you want to live it. You're out there trying to blend in with the locals, even though you're probably sticking out like a sore thumb in that fanny pack full of guidebooks. You're the one who thinks that visiting every single UNESCO World Heritage site is a perfectly reasonable life goal. You're probably learning the local language, ordering food you can't pronounce, and trying to get the full, unfiltered experience.

And don't even get me started on how you plan your trips. While everyone else is googling "best rooftop bars," you're busy plotting out the most efficient route to hit every historic site within a 50-kms radius. You've got more maps than a 16th-century explorer and more books on ancient civilizations than your average college library.

But hey, it's a beautiful thing. You're not just a tourist—you're an intellectual gladiator, wrestling with the past, grappling with culture, and pinning down every last historical fact like it's a medal-worthy achievement. So go on, get out there, and conquer that next museum or monument. The world's history isn't going to appreciate itself!

THE TRAVEL CHAMELEON



Oh, so you're a Travel Chameleon, huh? Yeah, you're the kind of person who, when you go on vacation, you don't just vacation—you become the vacation.

You're like a human Swiss Army knife, except instead of tools, you've got personalities for every occasion. You land in a new place, and BAM!—you're practically a local. I'm talking about the kind of person who can go from sipping coffee in a quaint café, like a French poet pondering the meaning of life, to hiking up a mountain, looking like you're auditioning for the next National Geographic cover. And somehow, you're pulling it off!

You don't just visit a place; you consume it. You dive into the culture like you're on some sort of culinary scavenger hunt. Oh, there's a bizarre local delicacy made from some unidentifiable part of an animal? You're eating it, and then Instagramming it with the hashtag #LivingMyBestLife. You've got a suitcase full of souvenirs, but they're not those cheap plastic bibelots—you've got artisanal crafts and spices you can't pronounce. You're in it for the experience, and you want everyone to know that you've squeezed every last drop out of it.

And don't even get me started on the destinations that have it all. You know the ones—beach, mountains, city life, a local festival where you can dance in the streets, and probably some kind of obscure sport that you suddenly become an expert at. You're there, blending in like some kind of travel ninja. People probably come up to you asking for directions because they think you live there, and you just roll with it, pointing them toward some hidden gem you found on your first day.

You, my friend, the world is your playground, and you're out there playing every possible game, winning all the prizes, and probably writing a blog about it too. You're not just on vacation—you're starring in your own travel documentary, and it's a box-office hit!

THE SPORT ADDICT



Oh, you're the Sport Addict traveller, huh? Yeah, you're the one who thinks a vacation is just an excuse to sweat in a different zip code.

You're not content with lying on the beach with a good book or enjoying a local cocktail—no, you've got to earn that relaxation by punishing yourself first.

Let's be real: you probably wake up at 5 a.m. on holiday. Not to catch the sunrise, but because you've mapped out a 10-mile run through the quaint village you're staying in. You're not sightseeing; you're sprinting past centuries-old

landmarks like they're just hurdles on your personal obstacle course. And then, after leaving the locals wondering if there's a new marathon in town, you'll find some ancient set of stairs to climb—because, you know, no elevator was ever built that could handle your level of fitness.

And God forbid you miss a workout. Oh no, you didn't pack all that Lycra and those moisture-wicking shirts just to let them sit in the suitcase. You're out there renting a bike to conquer hills that were probably meant to be admired from afar, not crushed under the relentless cadence of your pedal strokes.

But maybe you're a beach person, which for most of us means lying flat and occasionally flipping like a human pancake. Not you. You're scouting out beach volleyball courts, waiting for some innocent group of vacationers to walk by so you can rope them into a game. Because nothing says "relaxation" like spiking a ball in someone's face on the sand.

And if, heaven forbid, your body needs a day off, you're still not off the hook. Nope, you're glued to the nearest screen, watching someone do something athletic. Doesn't matter if it's football, surfing, or underwater basket weaving—you've got to get your fix. You're the person who books a hotel based on how many sports channels they have.

You call this a vacation, but really, it's just your daily workout in a slightly more exotic location. The locals are probably still talking about that tourist who ran a marathon between ancient ruins while the rest of the town was just waking up. Meanwhile, the rest of us are deciding whether it's too early for a cocktail.

So, enjoy your holiday, Sport Addict. While the rest of us are indulging in the local cuisine and lazily flipping through our vacation photos, you'll be out there, sweating in a foreign land. And hey, more power to you—I'll just be over here, working on my tan...and maybe another plate of local pastries.

THE BEACH DOLCE FARNIENTE



Oh, so you're a "Beach Dolce Farniente" type, huh? You know what that means, right? You're basically a professional at doing absolutely nothing—on purpose! You've turned lounging into an art form.

You're not here to hike up a mountain or find yourself in some remote jungle. No, no, you're here to perfect the delicate balance between sunbathing and napping.

You roll up to the beach with a magazine in one hand and a mission to get through at least five juicy celebrity gossip stories before you even think about moving. You know, the kind where they show some famous actor on a yacht, and you're like, "Yeah, I can do that. I am doing that—minus the yacht."

And let's talk about your workout routine: walking to the beach bar. That's cardio, right? I mean, you'll exert just enough energy to shuffle from your sunbed to the bar for an aperitivo or an ice cream. And when you get there, you make sure everyone knows you've "earned" this treat after all that intense sunbathing.

Oh, and let's not forget the tan. You treat your tan like it's your personal project—an ever-evolving masterpiece. You're out there, turning every 15 minutes like a rotisserie chicken, making sure you get that perfect golden glow. Suncream? Sure, you'll slap some on, but only enough to avoid looking like a lobster, because this tan isn't going to deepen itself.

Couples have different upbringing holiday memories.

Couples often have different upbringing and holiday memories. And if you want to add some fun to the challenge of spending 24/7 with someone other than yourself, just find a partner who grew up with a completely different holiday tradition than yours.

My girlfriend spent her summers in the south of Italy, enjoying warm temperatures, air conditioning, long sacred nap times, flat and transparent seas, where *dolce far niente* on the beach is an immutable tradition. On the contrary, my family vacations were either by the Atlantic coast, where the water is never warm, transparent, or calm, or in the mountains, spending our days on challenging hikes.

We each had very different vacation experiences as kids. Since most of us tend to replicate the type of holidays we had as children—especially when starting a family of our own—the clash between two very different ideas of what a vacation should be often leads to conflict.

"My partner Paul tends to drive a bit fast, which stresses me out, and in turn, I pass that stress onto him in the car. So, we found a solution: I take the fast train with our youngest, Hugo and I arrive at the destination in 3 hours by train, while he does the 7/8-hour drive to the south of France. Then, I take an Uber to meet him at the rented house. I like it because I enjoy travelling by train, and it gives me a nice moment with our youngest. Plus, it allows us to pack more into the car, which is practical, especially with two small children."

“Be careful who you make memories with. Those things can last a lifetime.”
— Ugo Eze

Let Astrology guide your holiday/ travel path

"If you're just too lazy to sit down, ask yourself the right questions, take a survey, and draft a Pinterest-worthy list of what you want for your holidays, don't sweat it—just let your astrological sign do the heavy lifting. Honestly, I wasn't a big believer in all this cosmic mumbo jumbo either, until my lovely girlfriend decided to shove her starry-eyed truth down my throat. Now? Well, let's just say I'm starting to see the light... or at least align my travel plans with Mercury.

The date we are born determines our **astrological sign**, which corresponds to the position of the Sun in the zodiac at that specific time. This alignment reflects the influence of celestial bodies, particularly the Sun, Moon, and planets, on our personality and traits. Here's how this translates to our travel personalities:

It is like a celestial travel agency, where the stars aren't just for stargazing—they're for trip-planning, too. Forget TripAdvisor; your zodiac sign is the ultimate travel guru. So, pack your bags and let's consult the cosmos to figure out why your vacation selfies look the way they do and why Cancerians insist on cozy Airbnbs with extra blankets.

"Imagine your birth date as the unique settings on a camera when a photo is taken."

- The **date of birth** is like setting the **exposure, aperture, and focus** on a camera. These settings determine how light (representing celestial influences like the Sun, Moon, and planets) interacts with the environment (your personality and life). The resulting photograph is your **astrological sign**, which reflects the snapshot of your core traits at that precise moment.

- Just as the camera settings influence the tone, clarity, and subject of a photo, your **Sun sign** shapes your core motivations, preferences, and how you express yourself. It determines what inspires you, how you interact with others, and what you seek in life—much like it influences your travel personality.
- For example, a **Leo** photo, born in the summer month, would be bold, bright, and attention-grabbing, much like a Leo's preference for glamorous, vibrant travel destinations. Meanwhile, a **Cancer** photo, that is more connected to the moon, would be soft, nostalgic, and comforting, reflecting their love for cozy and emotionally meaningful travel experiences.

1. The Role of the Birth Date and Zodiac Sign

The Sun sign, determined by the date of birth, represents the **core essence of your personality**—your motivations, preferences, and approach to life. These same traits influence how you view travel, what you seek in a holiday, and how you interact with others on a journey.

For example:

- **Fire signs (Aries, Leo, Sagittarius):** Energetic and adventurous, these signs crave excitement and action when traveling.
 - **Earth signs (Taurus, Virgo, Capricorn):** Practical and grounded, they prefer comfort, luxury, or meaningful, structured travel.
 - **Air signs (Gemini, Libra, Aquarius):** Curious and intellectual, they enjoy exploring diverse cultures and engaging with people.
 - **Water signs (Cancer, Scorpio, Pisces):** Emotional and introspective, they look for soulful, rejuvenating experiences.
-

2. How Celestial Bodies Shape Travel Preferences

The stars and planets influence specific aspects of travel personality traits based on their energy:

- **The Sun (Core Identity):** Governs the overarching purpose and theme of travel, such as self-discovery (Pisces) or seeking adventure (Aries).
 - **The Moon (Emotions):** Shapes emotional needs during travel. For instance, Cancers prefer nurturing environments, while Sagittarians enjoy freedom.
 - **Venus (Pleasure and Comfort):** Influences the type of environment one finds enjoyable—luxurious resorts for Taurus or aesthetic, artistic hubs for Libra.
 - **Mars (Energy and Action):** Determines the pace and activity preferences, such as dynamic exploration (Aries) or laid-back indulgence (Pisces).
-

3. Seasonal Influence on Travel Personality

The time of year (season) associated with your zodiac sign reflects symbolic themes in nature, which mirror your personality and travel desires:

- **Spring Signs (Aries, Taurus, Gemini):** Represent renewal and growth. These signs are often drawn to energizing or refreshing experiences. Example: Aries seeks adventure, Taurus enjoys blooming landscapes, and Gemini craves variety.
- **Summer Signs (Cancer, Leo, Virgo):** Reflect warmth, energy, and creativity. These signs lean toward emotionally fulfilling or luxurious travel. Example: Leo thrives in vibrant and glamorous locations, while Virgo enjoys meaningful, well-organized journeys.

- **Autumn Signs (Libra, Scorpio, Sagittarius):** Symbolize transition and exploration. These signs embrace beauty, mystery, and adventure. Example: Libra seeks harmony in cultural experiences, Scorpio craves transformative travel, and Sagittarius loves exploration.
- **Winter Signs (Capricorn, Aquarius, Pisces):** Reflect introspection and connection. These signs often prefer meaningful or unconventional travel experiences. Example: Capricorn enjoys historical sites, Aquarius thrives in unique destinations, and Pisces seeks spiritual escapes.

Aries (March 21 – April 19)

Destination

Dynamic and adventure-filled spots like Iceland for glacier hikes or Bali for snorkeling.

Objective

To embrace challenges, stay active, and create unforgettable stories.

Activities

Extreme sports, off-road adventures, or high-energy events like music festivals.

Your Ideal Travel Partner:

1. Libra - To balance Aries' boldness with charm.
 2. Leo - To match Aries' energy and love for adventure.
 3. Sagittarius - For shared spontaneity and love of exploration.
-

Taurus (April 20 – May 20)

Destination

Luxurious retreats like Provence, France, or the Amalfi Coast for indulgence and relaxation.

Objective

To unwind, rejuvenate, and enjoy sensual pleasures in a serene environment.

Activities

Spa days, wine tours, or scenic countryside exploration.

Your Ideal Travel Partner:

1. Cancer - For their shared love of comfort and tranquility.
 2. Virgo - For practical planning and shared attention to detail.
 3. Pisces - To bring creative flair to Taurus' grounded travel style.
-

Gemini (May 21 – June 20)

Destination

Culturally rich and fast-paced cities like Tokyo or New York City.

Objective

To learn, socialize, and explore as much variety as possible.

Activities

Museum hopping, nightlife adventures, or impromptu street performances.

Your Ideal Travel Partner:

1. Sagittarius - To match Gemini's adventurous and spontaneous spirit.
 2. Aquarius - For shared intellectual and creative curiosity.
 3. Libra - For their sociable and harmonious travel vibe.
-

Cancer (June 21 – July 22)

Destination

Cozy, family-friendly spots like Tuscany, Italy, or Cape Cod, USA.

Objective

To create meaningful memories and enjoy emotional comfort.

Activities

Family picnics, cooking classes, or beachside relaxation.

Your Ideal Travel Partner:

1. Virgo - For their planning skills and grounded presence.
 2. Taurus - To share a love for comfort and beauty.
 3. Pisces - For emotional connection and shared nostalgia.
-

Leo (July 23 – August 22)

Destination

Glitzy and vibrant locales like Las Vegas or Dubai, filled with entertainment and glamour.

Objective

To shine, be inspired, and enjoy luxury and excitement.

Activities

Shopping, attending exclusive parties, or engaging in creative pursuits.

Your Ideal Travel Partner:

1. Aries - To match Leo's high energy and enthusiasm.
 2. Sagittarius - For shared love of adventure and discovery.
 3. Libra - For their elegance and harmonious nature.
-

Virgo (August 23 – September 22)

Destination

Well-organized and culturally rich spots like Kyoto, Japan, or Zurich, Switzerland.

Objective

To relax with purpose, improve skills, and enjoy a sense of accomplishment.

Activities

Wellness retreats, historical tours, or detailed itineraries of local culture.

Your Ideal Travel Partner:

1. Taurus - For their shared appreciation of structure and beauty.
 2. Cancer - For emotional harmony and understanding.
 3. Capricorn - For practical planning and a love of tradition.
-

Libra (September 23 – October 22)

Destination

Beautiful and balanced places like Santorini, Greece, or Paris, France.

Objective

To find harmony, enjoy aesthetic beauty, and connect socially.

Activities

Gallery visits, boutique shopping, or relaxing by picturesque landscapes.

Your Ideal Travel Partner:

1. Aquarius - For creative collaboration and exploration.
 2. Gemini - For shared sociability and curiosity.
 3. Leo - For their charm and lively spirit.
-

Scorpio (October 23 – November 21)

Destination

Mystical and transformative places like Machu Picchu or Morocco.

Objective

To seek depth, uncover hidden truths, and transform emotionally.

Activities

Exploring ancient ruins, attending spiritual retreats, or diving into local legends.

Your Ideal Travel Partner:

1. Capricorn - For shared intensity and determination.
2. Pisces - For emotional depth and creativity.

3. Cancer - For mutual empathy and intuition.
-

Sagittarius (November 22 – December 21)

Ideal Holiday/Travel Destination:

Off-the-beaten-path adventures like trekking in Patagonia or exploring Southeast Asia.

Objective

To explore new horizons, embrace spontaneity, and learn about different cultures.

Activities

Hiking, trying exotic cuisines, or cultural immersion.

Your Ideal Travel Partner:

1. Gemini - For shared love of variety and spontaneity.
 2. Leo - To match Sagittarius' adventurous energy.
 3. Aries - For a shared bold and daring approach.
-

Capricorn (December 22 – January 19)

Destination

Historically rich places like Vienna, Austria, or Athens, Greece.

Objective

To learn, achieve a sense of accomplishment, and enjoy structured exploration.

Activities

Museum tours, historical site visits, or well-planned excursions.

Your Ideal Travel Partner:

1. Taurus - For their shared love of comfort and sophistication.
 2. Virgo - For practical planning and shared attention to detail.
 3. Scorpio - For shared intensity and depth of experience.
-

Aquarius (January 20 – February 18)

Destination:

Innovative or unconventional locations like Silicon Valley, USA, or Machu Picchu.

Objective

To expand intellectual horizons and connect with unique communities.

Activities

Volunteering, exploring unique landmarks, or trying innovative technologies.

Your Ideal Travel Partner:

1. Libra - For shared creativity and sociability.
 2. Gemini - For stimulating conversations and adaptability.
 3. Sagittarius - For shared love of new experiences.
-

Pisces (February 19 – March 20)

Destination

Serene and artistic places like Bali, Indonesia, or Santorini, Greece.

Objective

To rejuvenate emotionally, connect with creativity, and find inner peace.

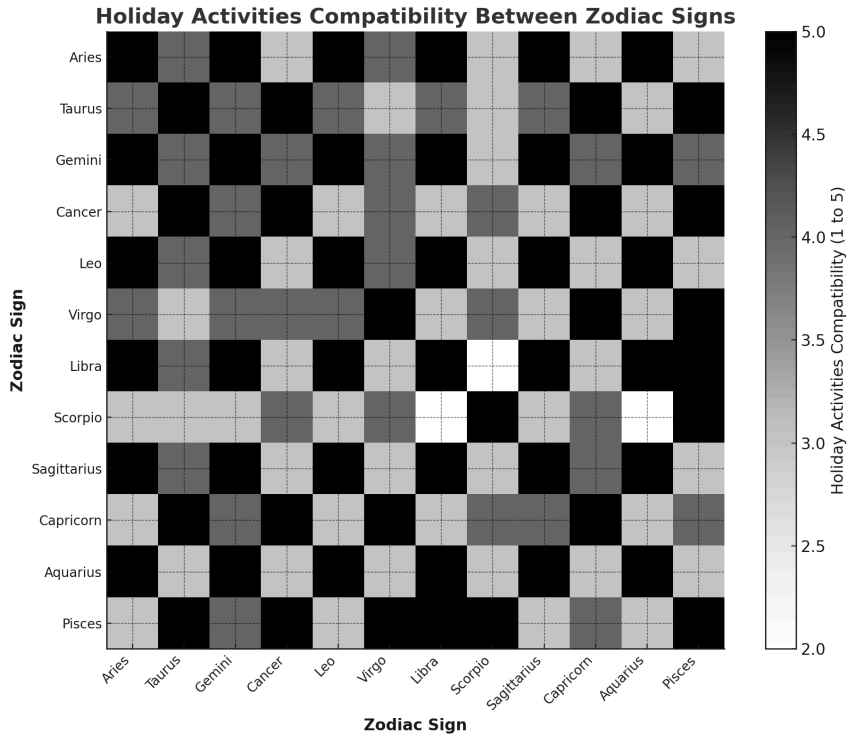
Activities

Yoga retreats, painting classes, or stargazing.

Your Ideal Travel Partner:

1. Scorpio - For emotional depth and shared intensity.
2. Cancer - For mutual understanding and empathy.
3. Taurus - For grounding Pisces' dreamy nature.

[illegible]



Chapter 3: Preparation

3.1 Destination

There are so many destinations to choose from, from the obvious family cottage located in the countryside, to the packed french or spanish riviera, the whole inclusive Cancun sea of resorts, or one of thousands islands in the philippines. When was the last time you agreed as a couple on a destination without any discussion, sometimes heated !

3.1 How couples can settle on vacation destinations without fighting about it

Some couples turn to a counsellor to work through issues such as parenting or finances or in-laws. Not Jennifer Barger and her husband Callan². “We wound up on a therapist’s couch over where to go on vacation. Sure, it’s a first-world problem, but squabbles about travel destinations were casting a shadow over our otherwise sunny relationship”, she explains.

“What to do on holiday isn’t our problem. In two-plus decades together, we’ve gotten into a nice vacation cadence. We spend the mornings at art or culture museums or exploring Town X’s historic synagogue/main square/Instagrammable pile of archaeological rubble. In the afternoon, we savour long lunches or go for hikes. We sometimes split up for a few hours — he goes birdwatching, I wander local crafts markets or shopping zones.

But choosing a destination often causes turbulence. I crave exotic, faraway locales (India, Laos, maybe a gorilla safari in Rwanda?). Callan loves U.S. national parks in the mountains, preferably with a high chance of bear encounters. He keeps a wanna-go list that seems to include every last, obscure

²https://www.washingtonpost.com/lifestyle/travel/how-couples-can-settle-on-vacation-destinations-without-fighting-about-it/2020/02/26/02e80420-5339-11ea-b119-4faabac6674f_story.html

city in Europe. ("Hey, what about Liepaja, Latvia? There's a prison museum!")

We've fought over why he doesn't want to see Morocco (Too dusty! Rug shopping is dull!) and why the suggestion of an Alaskan cruise makes my eyes glaze over (buffet lines, seasickness). And I'm much more willing to spend money on a jaunt somewhere than he is. He'll often bring up savings accounts and budgets when I'm talking about trekking in Bhutan or a nice weekend at the beach.

"In the U.S., working couples only have a few weeks off a year, and everyone has different interests," says Rebecca Lueck, a licensed clinical social worker and therapist in Berkeley, Calif. "Your time becomes precious, and everyone wants to get the most bang for their money. So, making that decision about where to go on holiday can be stressful."

3.2 Packing

According to an english study³ It turns out the males are quicker - but females are more organised and plan what to take more thoroughly. Women spend 31 minutes filling their case for a weekend break, while men take just 23 minutes.

³ <https://www.express.co.uk/life-style/life/1564413/men-versus-women-packing-for-a-trip-faster>

Adrian Crazy list⁴

Woman	Man
Make lists	Stare at his drawer and pick whatever t-shirt, short, pant, sweater come first
Pack all the necessary Pharmacy & reuse products not empty from last trip	Spend the first days at the pharmacy buying again suncream, shaving kit, tooth paste
Pack for kids	Forget your kids need cloth as well
Bring the biggest pair of booth a suitcase can fit, the same one she has not be wearing for the last 6 months	Get 2 pairs of sports shoes, in case he decides to play football/golf and go for a marathon. Those same pair of shoes will be used for romantic dinner, museum visits
Worry about all the things you forgot	Worry about your phone and credit card

3.3 Use Google Custom Map

Having something to look forward to can lift your mood and mindset, but without a plan in place, that excitement can quickly turn into anxiety. On a good day, whether i am staying at a resort on the italian seaside or backpacking in south east asia, I am spending at least 2 hours on google map on my phone.

⁴ <https://adrianscrazylife.com/wp-content/uploads/2018/09/MyPicMonkey-014.jpg>

The weeks and days prior to the departure are the same number of hours but the device is different. My point being although I am a heavy user of this service or similar for holiday or travel purposes, I realised I did not know how to make best use of the tool the day a friend of mine showed me what those tools are capable of.

We accidentally met on a plane, both going to the region of Yucatan in Mexico. I was with my girlfriend, he was with his. After the surprise of the encounter, we started to discuss the itinerary. I was in for a shock. I could vaguely remember what we were going to do, after all I did spend hours on tripadvisor, google maps, to vaguely prepare some sort of itinerary. My friend on the other side, probably spent half the time I did on the research, but the way he used maps was just a lot smarter.

I invite you to check the blog of <https://www.kevinandamanda.com/> where the couple share their custom map of New York where colour coding and icons are used to identify what to see, what to do, where to shop.

CREATE A CUSTOM TRAVEL MAP



WITH GOOGLE MAPS

Google Map fails⁵

Google Maps is generally quite useful, but it has occasionally made mistakes with location tagging. For instance, until 2017, many tourists trying to visit

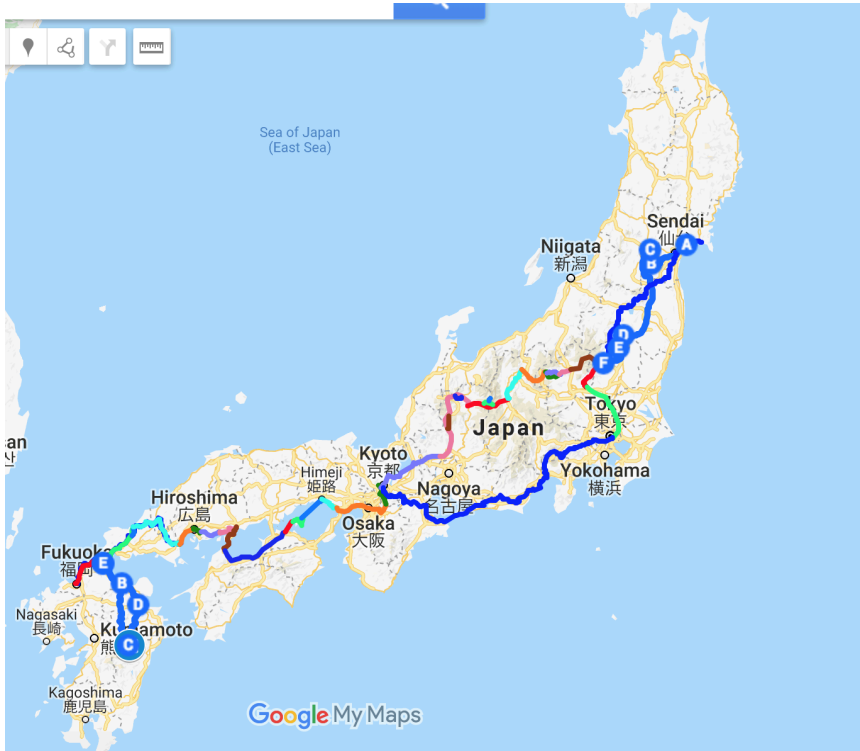
⁵<https://medium.com/@masterawesome9000/lost-in-translation-the-unexpected-and-hilarious-misadventures-when-google-maps-goes-wrong-e66d043ba52b>

Australia's Blue Mountains ended up in a quiet suburban cul-de-sac about half an hour away. The confusion became so common that local residents put up a sign stating, 'BLUE MOUNTAINS is not here (Google Maps is wrong)



A few years ago LAPD warned that navigation apps can direct people toward danger on certain occasions. During the California fires in December 2017, police advised drivers to ignore navigation apps that were leading cars to seemingly open roads. The catch? Those roads were clear because they were surrounded by fire."

In this website <https://gatherandgotravel.com>, they provide examples of custom Google "Maps" that can be shared to your friends. Or make them publicly searchable for any to find and use. Below is a twist to it with an example



Travel planning a dream trip is fun – but it can also bring a lot of anxiety. To give yourself peace of mind you can follow travel guides, copy other people's plans, or (Rene Emery⁶ favourite) create ahead of your trip an itinerary on google my map.

- Add destination points
- Colour code locations that you pin
- Get directions to multiple destinations
- Plan the perfect trip

⁶ <https://www.routific.com/blog/google-maps-trip-planner>

What drives me a little crazy: He takes forever to find the “perfect spot” on the beach. We’ve walked so far that by the time we pick a place, we could’ve set up on the original beach and gone swimming twice.

"I love you. You annoy me more than I ever thought possible. But I want to spend every irritating minute with you."
— Iona Mink

Chapter 4 Planning Activities: "Alternate Day Organization Strategy"

Dear Lovebirds,

So, you're tired of your romantic getaways devolving into gladiator-style battles over crucial decisions like "Should we explore ancient ruins or the cat café?" Well, brace yourselves for the ultimate fix: the "Alternate Day Organization Strategy" (ADOS, because acronyms make everything sound more official).

Here's the genius plan: Each of you gets to control the itinerary for one day, alternating back and forth. This ensures you both experience what you love while providing endless opportunities to mock each other's vacation styles!

Day 1: The Control Freak's Dream

On your day, you'll probably drag your girlfriend/boyfriend out of bed at dawn, brandishing a colour-coded itinerary packed with historical sites, gourmet meals, and a mandatory romantic sunset cruise. Matching outfits? Check. Selfies at every landmark? Double check. By the end of the day, your partner will be a walking zombie but hey, at least you stuck to your precious schedule.



Source: <https://kaftko.com/blogs/blog/matching-clothes-couples>

To help your control freak right brain, Here's a jam-packed itinerary for a day in Paris, designed to cover the maximum number of iconic monuments and sights. Get ready to hit the ground running!

The Ultimate One-Day Paris Marathon: A Control Freak's Delight

6:00 AM - Pre-Dawn Shock and Awe

- Set the alarm for an ungodly hour—6:00 AM—because nothing says “romantic getaway” like dragging your partner out of bed while it's still

dark. Gleefully announce, "Rise and shine! We've got a city to conquer!" as they glare at you with sleepy resentment.

6:30 AM - Military-Precision Breakfast

- March to the nearest café, the one that opens at the crack of dawn. Order the driest croissant and the most bitter espresso. Guzzle it down in 5 minutes flat because who needs to savour anything?

7:00 AM - Eiffel Tower Assault

- Arrive at the Eiffel Tower for the first ticketed entry. Insist on taking the stairs because "It's good exercise!" Ignore your partner's desperate gasps for air as you power up all 674 steps, only pausing to shout, "Keep up! We're burning daylight!"

8:30 AM - Louvre Lightning Tour

- Dash to the Louvre with pre-purchased tickets. Execute a military-style operation to see the Mona Lisa & the Venus de Milo in exactly 47 minutes. Your companion's pleas to "just wander" are silenced with a stern, "Wandering is for amateurs!"

10:00 AM - Napoleon's Tomb Time Trials

- Speed walk to Les Invalides to visit Napoleon's Tomb. Allocate precisely 15 minutes to bask in the glory of a dead emperor. Your partner's eyes glaze over as you recite fun facts they didn't ask for. Onward!

11:00 AM - Speedy Seine Stroll

- Power-walk along the Seine, pausing only to check your meticulously planned schedule. Ignore your partner's desire to sit and enjoy the view, barking, "No time for sitting! We've got bridges to cross!"

12:00 PM - Rushed Lunch at a Random Bistro

- Lunch is a 20-minute affair at a bistro you strategically picked for its proximity to the next destination. Order for both of you to save time, shoving a baguette into your partner's hands while outlining the next steps in excruciating detail.

12:30 PM - Montmartre Madness

- Hustle up to Montmartre, insisting on climbing every step to the Sacré-Cœur. Your partner's dreams of a leisurely afternoon are crushed as you exclaim, "We have exactly 12 minutes to enjoy this view!"

2:00 PM - Notre-Dame Nuisance

- Arrive at Notre-Dame, prepared for another ascent—this time, the tower's 387 steps. While your partner contemplates faking a fainting spell, you're halfway up, shouting motivational slogans like a deranged personal trainer.

3:30 PM - Tuileries Garden Gauntlet

- Speed-walk through the Tuileries Garden. Any suggestion of a leisurely stroll is met with, "We're on a tight schedule!" Your partner's attempts to appreciate the flowers are thwarted by your relentless pace and constant watch-checking.

4:00 PM - Champs-Élysées Charge

- Sprint down the Champs-Élysées, dodging tourists like a pro athlete. Allow exactly 3.5 seconds for photos at each landmark. When your partner lags behind, you remind them, "We have a boat to catch!"

5:00 PM - Seine River Cruise Sprint

- Board a Seine River cruise, sitting in the sunniest spot because you "forgot" sunscreen. Ignore your partner's pleas for shade, instead pointing out every historical factoid you memorised for this very moment.

6:30 PM - Dinner Drill

- Dine at a preselected restaurant, reservations timed down to the minute. Order the quickest meal on the menu, chewing mechanically while outlining the evening's "relaxed" plan, which is anything but.

8:00 PM - Eiffel Tower Light Show Chaos

- Insist on catching the Eiffel Tower's light show. Arrive just in time but pick a viewing spot crowded with other tourists. Your partner's longing for a quiet, romantic moment is dashed as you bark, "We need a better angle for photos!"
-

This ultimate one-day Paris marathon is guaranteed to make your laid-back partner reconsider ever letting you near an itinerary again. Enjoy the chaos!

Day 2: The Chaos Carnival

Then it's your partner's turn. You'll sleep in until noon, scarf down breakfast at the dodgiest food truck, and spend the afternoon wandering aimlessly through a local market like lost tourists. Expect detours, questionable food, and possibly a random dance-off with street performers. It's pure chaos, but hey, at least it's spontaneous chaos.

The Ultimate "Worst Day Ever" in Paris

6:00 AM - Pre-Dawn Wake-Up Call

- Wake her up at the crack of dawn with an obnoxious alarm. Who needs beauty sleep in the City of Light? Enthusiastically declare, "We're burning daylight!" while she glares at you.

7:00 AM - Breakfast at the Bottom of the Barrel

- Drag her to a café that looks like it hasn't been cleaned since the Revolution. Order the flakiest, most flavourless croissant, and the weakest, most bitter coffee. Bonus points if the waiter is rude.

8:00 AM - Metro Misery

- Insist on taking the metro during rush hour. Squeeze into the most overcrowded car next to someone who's clearly ignored deodorant. Get lost twice, and argue loudly about whose fault it is.

9:00 AM - Louvre Line Lunacy

- Head to the Louvre without pre-booking tickets. Stand in line for hours under the blazing sun, only to realise it's closed for a private event. Shrug and say, "I thought you'd enjoy the fresh air."

11:00 AM - Wander the Wasteland

- Decide to explore by wandering aimlessly, but choose the dullest, most industrial streets possible. Walk past endless grey buildings and construction sites while assuring her, "We're almost somewhere cool."

12:00 PM - Tourist Trap Lunch

- Pick the most overpriced, underwhelming restaurant in a touristy area. Order a €20 ham sandwich that tastes like cardboard. When she complains, say, "It's the ambiance you're paying for!"

1:00 PM - Montmartre Madness

- Visit Montmartre at peak tourist time. Fight through crowds, get photobombed at every attempt, and accidentally step in something questionable. Fail to find a decent café with a view and end up sitting on a hot, crowded bench.

2:00 PM - Eiffel Tower Torture

- Decide to visit the Eiffel Tower but pick the longest line. After waiting for an eternity, realise you're in the line for the stairs. Start climbing and dramatically huff and puff the whole way up. At the top, exclaim, "Totally worth it, right?"

4:00 PM - Hellish Seine Cruise

- Go for a Seine River cruise on the hottest, most crowded boat. Sit directly in the sun, listen to a guide who sounds like they're reading a phone book, and get splashed repeatedly by passing boats.

5:30 PM - Shopping Center Maze

- Drag her to Les Halles, the most confusing shopping centre. Spend hours wandering in circles, losing each other multiple times. Stop and ask for directions from a local who only speaks rapid French.

7:00 PM - Chain Restaurant Catastrophe

- End up at a global fast-food chain because you forgot to make a reservation at a fancy place. Order the greasiest, most uninspired meal. When she points out the Eiffel Tower in the distance, mumble, "It's the thought that counts."

8:30 PM - Light Show Letdown

- Promise a romantic Eiffel Tower light show but get the timing completely wrong. Arrive just as the last sparkle fades. Say, "We can just wait another hour!" while she contemplates pushing you into the Seine.

9:00 PM - Transport Trauma

- Attempt to take the metro back but choose the line with the most delays. Stand awkwardly close to strangers, miss your stop, and have to backtrack through a sketchy neighbourhood.

10:00 PM - Dessert Disaster

- Hunt for dessert but discover the famous patisserie is closed. Settle for a stale, pre-packaged pastry from a convenience store. When she takes a bite and grimaces, cheerfully say, "At least it's authentic!"

11:00 PM - Reflect on the Fiasco

- Back at your accommodation, plop down on the bed and enthusiastically ask, "So, did you have fun today?" while she gives you a look that could melt steel.

Repeat Until You Forget What Day It Is

The beauty of this method? Balance. You get to flaunt your planning superiority while also suffering through your partner's complete lack of it. By the end, you'll have the perfect blend of structure and anarchy.

Tips for "Success":

1. Respect the Day: No micromanaging on your partner's day. Suffer in silence.
2. Embrace the Madness: Whether it's an unplanned nap or an unexpected hike, just roll with the punches.
3. Laugh—or Cry—It Off: When things go horribly wrong, just laugh. Or cry. Or both.

So there you have it! The "key" to a harmonious holiday lies in alternating days of control. It's the perfect blend of your obsessive planning and their reckless spontaneity, ensuring a trip filled with "fun" and "memories" you'll treasure forever.

Happy travels and remember: today might be chaos, but tomorrow... oh who are we kidding, it'll still be chaos.

In a more serious way, it is vital that everyone has their own activity. As soon as the destination was decided, it was time for the list of activities. Sunbathe, visit, rest, play sports... We would like to do everything together. Except that

sometimes the desires are different. And once there, arguments can break out when one wants to play sports while the other prefers to read by the pool.

"Before leaving, make a list of your desires. To each their own, advises Martine Teillac. Check off what you would like to do together. Then, what you would like to do and which does not interest the other. Once on vacation, get organised! The ideal is that if one goes to practise his favourite activity, the other does, during that time, what makes him happy too ". Objective ? Avoid having one wait for the other, a source of resentment and even sometimes a feeling of abandonment. "And when you meet again, you'll be happy to share what you've been through separately."

Martine Teillac's advice: "Only accompany your spouse to practise his favourite activity if you really want to. Not all intrusions into his universe are necessary. Don't force yourself, otherwise you'll come to blame him for liking something you don't like.

Spice up your visits

Sure, here are some funny ideas, advice, and recommendations for couples on holiday and travel:

1. Go for theme visits (e.g visit of New York through the steps of david bowie past life)
2. Play tourist and take ridiculous photos at famous landmarks. Strike silly poses or make funny faces for the camera.
3. Try out cheesy couple activities like taking a horse and carriage ride or going on a sunset cruise.
4. Create a "bucket list" of things you want to do on your trip, and include some ridiculous or unconventional items, like bungee jumping or learning a local traditional dance.
5. Have a "fake fight" in public, and then make up in a really exaggerated and dramatic way.
6. Try to learn some phrases in a new language, but intentionally get them wrong for comedic effect.
7. Rent a tandem bicycle and attempt to ride it together, but deliberately steer in the wrong direction or pedal at different speeds.
8. Create a scavenger hunt for each other, with clues that lead to funny or unexpected locations.
9. Dress up in matching or themed outfits, and wear them out in public for a day.
10. Take a cooking class together and intentionally try to sabotage each other's dishes for fun.
11. Go on a ghost tour or visit a haunted location, and try to scare each other throughout the experience.

Remember, the most important thing is to have fun and create lasting memories together!

What's your go-to strategy for the inevitable 'what & where do we eat' debate while travelling?

"We play a game called "Restaurant Roulette." One of us scrolls through Google Maps and randomly stops at a place, and the other has to say "yes" or "no" without knowing any details. It's 50% fun, 50% chaos."

Chapter 5: Choosing 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 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

Let's be fair, good food during your trip is clearly a recipe for a memorable holiday. Well, that and hiding behind your sunglasses at the pool as you try to figure out if the American in the basketball shorts is with his wife or daughter. But for me the real focus is the menu.

- Traditional & local dish
- Mainly filled with locals, but feel reassured if there are few other tourists present.
- Out of the beaten path yet very close to the main tourist attractions
- Discovering unknown local chef

- Situated ideally in a medieval square, or overlooking some type of water (see, river, lake,)
- Dish can be ugly as hell as long as it tastes good
- The more food on the plate the better
- Hidden gem of a terrace
- Great decoration
- Great service
- Local wine
- Stunning sunset a bonus

What I am describing is my kind of restaurant jam. You probably also have your fine-tune criteria for finding the M. Right restaurant. Seeking this M. right during your holiday is a very exact science. However, the result is unfortunately often the same: Twenty other look-alike tourist couples like us trying to beat the crowd who also end up in the same restaurant as you. And yes, the American with his daughter/wife is there too. This type of eatery tends to have been fled from by locals years ago.

If and once this magic unicorn spot is found there is a good chance this is where you will choose to eat every night for the rest of the holiday and every time you return there over the next two decades. And just pray no one else finds it.

This is what makes the quest for this oasis of contentment of major importance. There always tend to be two teams in this selection process. Both with a very different methodology. We are talking about two different ends of the holiday restaurant quest spectrum here.

3.1 Team NSA (National Security Agency)

They can also often be called “Team Google review”, “Team trip Advisor”, depending on the region you are in. My partner calls it Team OCD (Obsessive-compulsive disorder) !

And there is the other team: “It looks nice and has free seats” (my girlfriend) This is a chaotic and dangerous methodology. I have a hunch” can lead to vanilla ice cream with soy sauce, or french fries on pizza (something that is actually quite popular in Italy I was shocked to discover recently) . But we will come back to this selection methodology later.

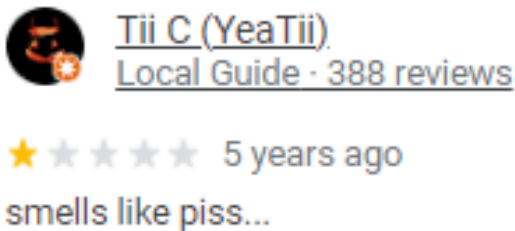
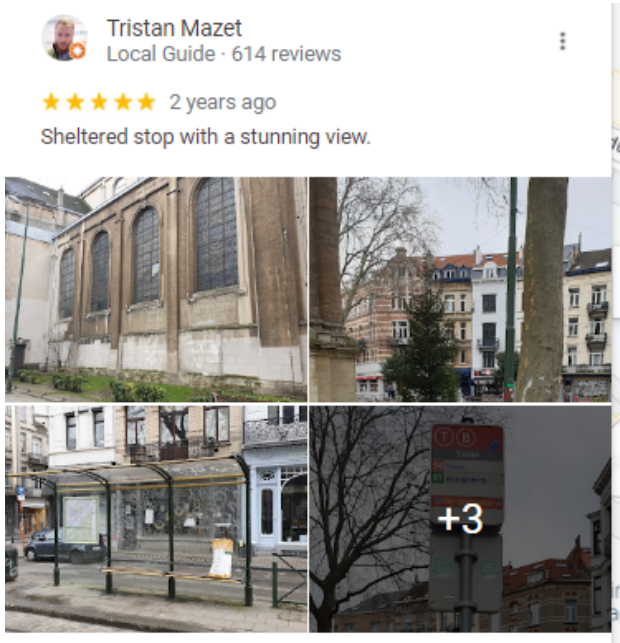
Team NSA, the team I proudly represent, is on the other hand spending a lot of energy hand picking & vetting carefully each restaurant. Often wasting more hours searching fruitlessly for the best one, than actually sitting in the selected restaurant. Some of you reading will already know this is you.

Personally I feel I deserve a master’s degree in my anthropological study of google reviews. My brain has been trained, enhanced, augmented to analyse, categorise, sort, rank, prioritise any reviews for any restaurant, cafe, bar, hotel, “I am looking into the details of this like a tax inspector going over Jeff Bezos books. “

I even check the reviews of the nearest bus stop to the chosen restaurant. Side note, there are surprisingly quite a lot of reviews on metros and bus stops for some reasons (Actually I know the reason. They are by people like me). I guess people wait at bus stops way too long, and therefore have plenty of time to give an honest review of the spot. See below 2 examples with a slightly different take for a same bus stop:

“Sheltered stop with a stunning view” - 5 stars from Andrew

“Smells like piss” - 1 start from Ty



Now, my favourite method to sort online reviews is by time of the year. I checked the exact day, month, year the review was published. The reason you may ask? Very simply, I am trying to put myself in the reviewer's shoes. I am trying to get a feeling for the conditions the person was in when he/she shared tried this very restaurant. What was the weather like back in December, what is humid? Sunny? Freezing? Any elements that affect someone's review needs to be taken into

account if you want to validate the review and consider it in your own selection.

“After all, can you truly trust the expertise of a Reviewer's negative experience in an ice cream shop they visited at 9 O'clock in the morning during the greatest winter storm the nation has ever seen? A poorly worded review which simply states “too cold” simply doesn't convey enough information without determining the outside factors. ”

I am so neurotic over this, that I would go check the profile of the reviewer & scan through their past reviews and evaluate what type of person this is. Is their critique to be valued or are they perhaps a sociopath or rival with an agenda?



●○○○○○ Reviewed July 12, 2020

Rude Service & Uneatable Food

*Food: Terrible *Price: Medium *Service: Terrible *Creativity: Average *Decoration: Average *The Best: Is a stone away from the Grand Place *The Worst: The service is horrible and the food uneatable (way too spicy, salty and oily)

Date of visit: July 2020

Helpful? 1

3.2 The other (not so good method) Remember them? It's team "It looks nice and it has free seats".

Let's picture a situation. It's a situation we have all been in. You are in the middle of a beautiful town center, on the main plaza, surrounded by dozens of very pretty restaurants with their colorful terraces. It is usually either heatwave or pissing down (never in between). After two hours of traipsing around trying to decide, you look at each other, and one of you two invariably says: should we have lunch before it's too late!

It's at this moment I mutate into a sort of captain NSA analyst, probing for the ideal meal. I would generally sit straight on the pavement, or lean on a post, with my phone scanning for the best food option (see methodology above!)

Fair to say this can take a bit of time and can potentially piss the other person off (remember it is often too hot or raining... Or maybe you've been married for 40 years yet somehow they still manage to tolerate this side of you).

After cutting down the long lists of restaurant to a top 3, then comes the arbitrage stage. This one is the hardest for any neurotic person!

As I am pondering the verdict like a judge weighing up a death sentence, it is at this very moment that my partner decides to ruin my efforts. I mean literally crush my soul and all the hard work I've put into this delicate and precise selection process.

She would just point to a random, *non-vetted*, restaurant and say: "Oh look, this one looks nice, let's go there." Then drag me in by the one hand I have available that is not holding my phone trying to do an extremely complex review calculus.

Hours of research put to bed with a hint and a dash of "I like the vibe of this place."

Plus her restaurant vibe radar is always so random and ever changing. There's zero methodology, zero research. It's so hard to keep up with her. Often choices revolve around things like she likes the style, the colours, the lighting of the place, and sometimes she would pick a completely run down place with the one plastic chair & sticky floor.

"My partner chose either the most instagrammable restaurant ever, or the cafeteria of the local organized crime gangs. There is no middle ground!"

This makes me so confused, angry, and often a little terrified!

3.3 v2 When to know when the battle is lost!

The worst thing is, once you are pulled into a restaurant by your partner, a waiter would, *without failing*, greet you so quickly that any escape manoeuvre you may have planned becomes futile.

Side note... I have this theory, right or wrong, that any waiter that greets you too quickly is a sign of an average restaurant, at best. Or even worse when the waiter herds you in from the street. Prominent Menu in the middle of the pavement with unrealistic Price for a set menu combined with a la carte Menu with hundreds of dishes.

With the waiter closing in on us I look like a deer freezing in the proverbial headlight! There is no escape. I would just stare at the waiter, without being able to move any muscle of my body, mouthing a long euhhhhhhhh of hesitation. I would glance at my girlfriend, who is already studying the colour/flower arrangement of the room, and realize fighting this fate is no longer an option. I would then in a quavering voice accept the sitting arrangement offer.

I am paying someone to cook food for me, I don't have to clean the dishes, I don't have to tidy up the leftovers. Even with all the benefits of going to a restaurant I feel like a sheep on its way to the slaughterhouse, glancing back at the entrance door, while the waiter brings us to our table!

I look so lost sitting in this unknown, unchecked restaurant. I have no idea if the food will be fresh or even palatable. I feel trapped. Anxiety starts to rise in me. What if the service is slow? What if I am stuck here for hours? And worse of all, what if the price is a rip off? Actually worse than any of that... What are the online reviews saying?

At this moment and for the next 4 minutes I look like the most depressed person on earth.

"One of the funniest arguments while travelling? We once had a heated debate over whether a cloud looked more like a dragon or a bunny while waiting for our delayed flight. It got so serious that a nearby couple actually chimed in to settle it. (It was definitely a bunny.)"

"I love you even when I'm really, really hungry." — Holly Wood

Chapter 6. Together or Separate (Cocoon or Swinger)

1. The silent dinner



Let's be real, we've all secretly judged those couples at holiday resorts – usually the older ones – who sit through entire three-course dinners without saying a single word to each other. He's fixated on the french fries, she's gazing vacantly out the window. It's easy to assume they've exhausted their lifetime word quota. And while we sip our caipirinhas, we feel pretty smug about our endless banter with our other half.

But then, out of nowhere, it hits you like an uninvited hangover. How is this possible? You've always been able to chat about anything and everything for hours! And with your jam-packed schedules, especially leading up to the holiday, you'd think you'd have tons to catch up on.

And yet, one day, without warning, it slaps you in the face. It sneaks up on you as subtly as weight gain or hair loss. It starts with a two-minute pause, then five, and before you know it, you've gone through an entire lunch without exchanging a single word. And no, I'm not talking about those young lovers who communicate through intense eye contact. I am talking about the sort of silence where you wonder if you've accidentally slipped into a parallel universe.

It's not that you don't love each other anymore. You just don't have the energy to talk to each other, you already know each other's childhood details from the name of the first lover, to which movie star was on the teenager bedroom walls, all the way to the list of every single country city your partner has visited. You already know too much. No one should know that much about a single person, when there are another 8 billions probably as interesting to discover.

Honestly, I could be worried if my girlfriend read this chapter. She could well be tempted to throw the book to my face. Fortunately for me, I'm fairly certain she doesn't make it to this page.

2. Connect with other, ideally couples while on holiday.



Researchers have identified three types of couples:

- Seekers: Those "very interested in meeting new couples."
- Keepers: Those "content with the couple friends they have, though open to new friendships."
- Nesters: Those "content staying within a very small circle of friends and not interested in making new couple friends."

My girlfriend and I are firmly in the "Seekers" category, always eager to meet new people to lighten the load of being each other's constant entertainment. Sounds perfect, right? Wrong. Our problem? We're never in sync. On days when I'm raring to socialise, she's all about cozying up for some romantic couple time. Conversely, when she's in the mood to mingle, I'm more inclined to hibernate in our hotel room.

The result? By the time I finally emerge, she's already befriended everyone in the hotel, from fellow guests to the cooking staff. Consequently, every time I walk down the hotel hallway, it feels like I'm starring in a reality show where everyone knows the intimate details of our couple's life.

This got me thinking: why isn't there a Tinder or Grindr for couples? Not in a swinger way, but for socialising. An app that helps us find other couples to share a few hours of beautiful distraction from our relentless togetherness. Until someone develops that genius idea, the best backup plan is Meetup.com. This app lets you filter activities and interests to find groups and events in your area. Finding other married couples to befriend isn't necessarily easy, but when you do find another couple you click with, it can be a lifesaver for your social life, mental health, and the health of your relationship. So, let's get out there and start swiping – for friendship!

Join Couples Activities:

- Couples Tennis or Golf: Nothing says "let's be friends" like a good-natured spat over who botched the last serve or missed the easiest putt. Just try not to channel your inner John McEnroe.
- Morning Yoga: Unplug with your special someone and meet other couples who enjoy stretching in ways the human body was never meant to.

Strike Up a Conversation:

- Ask about their trip, where they're from, or what they're interested in doing. Sounds basic, but it works. Breakfast at the hotel is prime time for this. If things go well, awkwardly suggest meeting up later for

dinner. Yes, it feels weird to ask another couple out, but someone has to make the first move in couple dating too.

- Be Open and Approachable:
- Smile, make eye contact, and show interest in what others are saying. Yes, you might look like a weirdo, but if you're approachable, other couples are more likely to strike up a conversation with you. Just try not to look too desperate.

Participate in Group Activities:

- Look for group hikes, yoga classes, or happy hour gatherings at the hotel. While I've never been a fan of herding like sheep, I'm starting to see the appeal with age. No planning, no risk of getting lost, and you can always fake a stomach bug if you need an escape plan. Just remember, you're trapped for half a day with a guide who thinks they're Indiana Jones and participants who might bore you to tears.

Exchange Contact Information:

- If you hit it off with another couple during that sunset margarita, find a reason to exchange numbers. Maybe you both hate the same tour guide or share a mutual disdain for the hotel's breakfast buffet. Just don't come on too strong – this isn't Tinder.

3. Opening lines

Remember, making friends as a couple on holiday is like speed dating, but with more sunscreen and less dignity. Embrace the awkwardness, laugh at the missteps, and who knows? You might just make some lasting friendships with fellow holiday makers who are as socially inept as you are.

Alright, folks, you're on holiday, trying to make friends with other couples. It's like being back in high school but with more wrinkles and responsibilities. Here are some tips to break the ice without breaking a sweat:

1. Ask for Recommendations:

- "Hey, any good places to eat around here? My stomach's about to stage a revolution." This is a top-notch move because everybody loves to share their secret dining spots. It's like being handed a golden key to the local treasures. Plus, you might end up with new friends or at least avoid food poisoning.
- You can also spontaneously share a Holiday-Changing Discovery: a fantastic bar you came across the night before. Share it with others as if you're the first person to ever find it.

2. Share Feedback:

- "So, what do you think of this hotel? Pretty swanky, right?"
- "How's the beach treating you? Sand in all the wrong places yet?"
- And the classic: "Did you catch the game last night? My team's got me stress-eating on vacation!"
- These questions get the conversation rolling because everybody's got an opinion, and if they don't, they're probably robots.

3. Talk About the Weather:

- I know, I know – talking about the weather is the granddaddy of all clichés. But trust me, it works. Try, "Isn't it beautiful out today? What are your plans?" It's like the Swiss Army knife of conversation starters. It can open up a chat about anything from sunbathing to skydiving.

4. Bond Over a Shared Experience:

- See another couple paddleboarding or hiking? Walk up and say, "We did that yesterday. Did you guys survive it?" This can spark a conversation about shared interests, and before you know it, you're swapping stories and sunscreen.

5. Discuss Current Events:

- Dragged your partner to a sports bar? Use that to your advantage. "Did you see that play? Man, I haven't been this confused since algebra class!" Whether it's football, basketball, or cricket, asking for opinions is a surefire way to engage. Even if you don't understand the game, just nod and laugh – works every time.

Remember, making friends with other couples on holiday should be fun and stress-free. Don't sweat it – just enjoy the experience and let the conversations flow. And if all else fails, just buy them a drink. Alcohol: the ultimate social lubricant. Cheers!

After putting your skills in practice, and finally meeting one or two nice couples you can do activities together, or have dinner with, I must warn you: There are couples that can make me regret my awkward silent dinner with your partner. I am sharing with you a few tips to spot early warnings about those newly met holiday or travelling pairs.

4. hostel as a couple

A wonderful way to get around this dilemma is to stay in a hostel, arrange tours through your lodging, or talk with people at a bar. Booking a private room at the hostel is a better option if you do not want to stay in a communal dorm. In this manner, you can maintain your privacy while taking advantage of the social contacts offered by living at a hostel.

5. Travelling with couples: The Types of Couples You Don't Want to Travel With

Travelling with other people is fun and all – unless they're unbearable. Or worse, a couple that's unbearable together. Most of the time, people don't mind travelling with a romantic pair. But sometimes, that pair tends to suck the fun

out of what's supposed to be a great trip. Whether or not they intend to, it's best to consider the 'couple factor' before saying yes to that trip!

That said, here are the types of couples you'd rather avoid travelling with. And if you're one half of a travelling couple, you might want to check if you and your boo fall under any of these dreaded categories.⁷

1. **The Glued Together Couple**

We get it, guys, you're in love and having the time of your lives. You're obviously in love/ Maybe it's the way you're practically eating each other's faces, or the way you're glued together and holding hands the entire time, or the way you're talking in weird baby voices to each other. Whichever it is, let us inform you: Yes, we get it. We're happy for you. But please, excessive PDA is not as cute as rom-coms make it look. Especially when we're stuck with you for days in a foreign land. Please, get a room.

2. **The Indecisive Duo**

You know that person who can't make a decision without consulting their significant other? Now imagine traveling with both of them. Making group decisions becomes a marathon of "What do you think, honey?" "I don't know, what do you think?"

As if deciding where to eat wasn't already time-consuming, this couple makes the process even harder. They need to present and discuss every option, ensuring their other half backs them all the way. Yes, Janet, we know your boyfriend wants the wagyu place downtown. That wasn't even an option. Whatever happened to individuality?

⁷ https://www.huffpost.com/entry/the-12-worst-couples-you-meet-on-vacation_b_6792100

3. **The “Can You Take Our Photo Again?” Couple**

Ah yes, the couple whose photos together garner at least a hundred likes within the first 30 minutes of posting. And why wouldn't they? They spent half the trip trying to get the perfect couple photo at every location.

This would be fine if they didn't ask you to take all those photos or demand endless retakes. Do you really need that many photos? Want options for Instagram? Hire a professional travel photographer. Or better yet, enjoy the actual sights instead of turning our vacation into a pre-nup photoshoot.

4. **The Wandering Pair**

Imagine walking along a busy district, then turning around to find your couple friends are nowhere to be seen. Did they lose sight of the group because of the crowd? Nope. They decided to stop by a sneaker store on a whim, without telling anyone.

Alternatively, this could be the couple who forces everyone to stick to their meticulously planned itinerary. Which begs the question – why did you even travel with others? If you wanted to do your own thing, just do it solo. We don't get it, man.

5. **The ‘Complicated’ Couple**

They say couples who travel together, stay together. But for this pair, we sort of hope that's not the case. They have toxic traits and aren't afraid to show them. While they might not fight in front of you, it's clear these two aren't good for each other.

Examples? The boyfriend who calls his girlfriend fat. The girlfriend who makes mean jokes about her boyfriend. That friend who dictates what their partner can and can't wear. These things call for an intervention,

but do you really want to do that on vacation?

6. **The Lion and the Tiger**

Or alternatively, the cat and the dog. Of course, we've saved the worst for last. These "star-crossed lovers" are constantly fighting over something – and they're not afraid to show it. It could be a glaring contest at best, or a full-blown fight at worst.

It's normal for couples to argue, especially while travelling. But please, consider the other people with you. If you really must fight, do it away from your friends' earshot. They didn't travel all this way to be stressed out by a fighting couple. Whatever the reason, talk about it privately. Or better yet, save it for after the trip. Your travel buddies will thank you.

Conclusion

If you think the couple you managed to meet, with so much effort, fall under any of these types, take a long, hard think before saying yes to a trip with them. Is it something you can tolerate, or would it ruin the trip for you? We'll let you be the judge. On the other hand, if you and your sweetheart are travelling with friends and suspect you might fall under some of these types – it's not too late to change!

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

Noise-canceling headphones. For both of us. That way, we can each listen to our own podcasts, and no one has to argue over whose playlist is better.

"Every day I fall in love with you more and more. Except yesterday, yesterday you were pretty annoying." — Earl E. Bird

Chapter 7 Random Tips

In bed: no pressure!

With summer holidays also comes the desire for more physical reunions. Libido is boosted by naked bodies and the languor in the air. "But let's not forget that it's a vacation!" It's when you want it, and because you want it." No rhythm, no frequency to sustain, therefore no pressure !

"And it's okay if it's not that often." What matters is the time we take, perhaps not so much for the sexual act, but to look at each other, caress each other, kiss each other..."

Martine Teillac's advice: "Above all, start by re-taming the other's skin, by inventing your own love rituals."⁸

Getting "Hangry"⁹

Hangry – an adjective that describes somebody who is angry because they are hungry.

This is how Dan and Bailey, not your typical thrill-seeking travellers couple, is describing the main risk for their relationship in the trips. Check out their website below if you want to discover them more.

This may sound silly, but it is a serious problem when backpacking. While travelling there will be long periods of time without food. For whatever reason, this seems to happen frequently no matter what country I am travelling in. Days get busy, places to buy food are far, and then people get hangry. Many arguments between couples while travelling happen simply because you are hungry!

⁸<https://www.psychologies.com/Couple/Sexualite/Desir/Articles-et-Dossiers/Pourquoi-nous-faisons-plus-l-amour-en-ete>

⁹ <https://destinationlesstravel.com/backpacking-as-a-couple/>

Solutions: Carry food with you! Keep a stash of granola bars or chocolate or fruit in your backpack at all times. This will save you when you find yourself trapped on a bus that is 5 hours behind schedule and won't stop for a break.

If you don't have any food handy and find yourselves getting hungry, the best thing to do is to limit conversation. Try not to make any important decisions, have serious conversations, or get yourself into stressful situations without eating first. Make getting food a priority and then try and sort out any important discussions!

Blow off some steam

No matter how active or sportive you are, one of the two will want more relaxing time, and one will want more activities than the other. Couples have for years adapted to this holiday conundrum. Various solutions have been adopted with the same objective: One of you two has to stop "rompe le palle". This is Italian for "break my balls" as my distinguished girlfriend always calls me, when I get super active during the holiday. And the way to stop "rompe le palle" of your partner, is to blow off steam by doing sports. There are a couple of options

- Force your companion to do a morning jog or cycle session of minimum 45 mins
- Find a holiday resort, camping, with a lot of sport activities (tennis, football, beach volley, even golf)
- Worst come to worst, check your Airbnb is not located too far off from a local run-down gym

Driving to your holiday destination

Alright, here's the deal—every road trip starts off like some cheesy car commercial, right? Everyone's smiling, the sun's shining, you're cruising along, thinking, 'This is gonna be great!' And then, boom! Five minutes in, you're about to lose your mind because you can't agree on the music or the AC. Suddenly,

you're trapped in this tin can on wheels with a person you love... but not enough to suffer through their terrible playlist.

Why do we get into more car arguments when going on holiday rather than during the rest of the year. After all, we are familiar with how our partner is driving from our day to day lives. However, do we really drive with them? True, we drive to the shopping mall and grocery store together on a saturday, maybe half an hour each time, in a known and familiar environment. Generally there are no tensions, nor any hostility on those trips.

But driving with your partner, as pilot or co-pilot for a long unknown destination, is a whole different story. If you want to make it really fun, rent a car in a foreign country, select a destination with a crazy driving culture (south of Italy comes to my mind), and make sure you select the bare minimum car insurance at the car rental desk. Trust me, knowing that any small dent on the car will cost 500 \$ out of your pocket, makes the driving, let alone parking, so much more "serene" with your partner. To tell you the truth, personally, to have a certain peace of mind with my girlfriend I no longer hesitate to subscribe to the overpriced full coverage insurance. I have realised the cost (daily full insurance coverage is often twice the price of the car rental) can save you an expensive peace offering as the result of another car dent heated discussion.

Now, listen—when you're on the road, don't turn into the Criticism Police. No one wants to be lectured while they're just trying to get from point A to point B. If something's bugging you, don't go full attack mode like you're auditioning as a prosecutor for Judge Judy. Try saying it without sounding like you're ready to strangle someone, alright?

And hey, instead of snapping, how about this revolutionary idea: use an 'I feel' statement. 'I feel uncomfortable when you drive like a maniac,' or 'I feel like I'm in a slow-motion chase scene from a horror movie when you go 20 under the limit.' Keep it simple, keep it calm. The last thing you need is an argument escalating while you're going fast on the highway. Save the drama for when

you're not hurtling down the road in a metal box, okay?"

If you and your significant other can't get through a drive without bickering about directions, then maybe, just maybe, you should try figuring out where you're going before you hit the road! What a concept, huh? You got all these fancy gadgets with GPS, yet somehow you're still out here arguing like it's 1995 with a fold-out map. Do everyone a favor—plan the route, and save yourselves from the 'I told you to take that exit!' disaster.

And, for the love of God, don't be that couple who decides to hash out life's big questions while trapped in a metal box on wheels! You think now's the time to talk about having kids or buying a house? Let's keep the stress levels down.

Speaking of stress, you're already stuck in this tiny, vibrating death trap they call a car, so do yourself a favour and avoid making it worse. Leave early, skip the rush hour, and don't turn your car into a mobile dumpster. Clear out the junk, give yourself some space to breathe—literally!

Which brings me to my next point: breathe! Not that huffy, passive-aggressive sigh you do when your partner misses a turn—I'm talking real, in-the-nose, out-the-mouth breathing. Calm yourself down before you start World War III over which rest stop to hit.

Finally, don't forget to take a break, alright? Pull over, stretch those legs, grab a coffee, and remind yourself why you love this person... even if they can't read a map to save their life."

According to surveys, couples fight for the following main reasons:¹⁰

- Style of driving (47%)
- Itinerary/Maps (37%)
- Speed (28%)
- Forgetting something and turning back

I will also add some very personal ones:

¹⁰https://actu.fr/societe/depart-en-vacances-pourquoi-les-couples-se-disputent-en-voiture_43388894.html

- My 1m60 / 5.2 girlfriend end tendency to search for fight with any local driver who decides to overtake her
- Deviation from the generally accepted rule that gives the driver the control over music selection.

What is important is to try to be tolerant. You're not on a reality show, you don't get to vote them out of the car. So relax! Everyone's got their quirks, and guess what? You've got 'em too. If you can manage to chill out about their little annoyances, you might just make it to your destination without losing your mind—or your relationship."

Get ready to avoid conflicts

Before departing, ask yourself what are the events that can annoy you the most. What are the main things that could disappoint you during your holidays? Have you ever had a terrible experience on a trip you really want to avoid repeating? What can annoys me during the trip

Event 1:

Event 2:

Event 3:

When both spouses talk to each other and share events or incidents that could be triggers for them, it greatly reduces the chances that one or the other will not know how to react if it were to happen.

Most common triggers

Travel Delays: Missed flights, long layovers, or unexpected delays can frustrate even the most patient travelers.

Lack of Communication: Misunderstandings or poor communication, especially during stressful moments like finding directions, can lead to tension.

Different Expectations: When one person wants adventure and the other wants relaxation, this mismatch in expectations can cause friction.

Overpacking/Underpacking: Disagreements over what to bring, or the stress of forgetting something important, can lead to arguments.

Exhaustion: Long days of travel, sightseeing, or packed schedules can lead to fatigue, which often results in irritability.

Money Issues: Disputes about spending too much or not sticking to a budget are common sources of tension on holiday.

Food Preferences: Being in a new place with unfamiliar food options can create frustration if dietary needs or preferences are not met.

Weather Problems: Bad weather, especially when it ruins a planned activity, can sour the mood quickly.

Personal Space: Spending a lot of time together without personal space or downtime can lead to irritation.

When shit hit the fan: how to defuse the bomb !

Stay calm in the face of the unexpected

Terrible weather, rental cars breaking down, hotels much less charming than expected... The holidays always reserve their share of unforeseen events. "Being on leave is not being in a bubble. It's unrealistic to think there won't be any problems." Only in the couple, a small annoyance can sometimes trigger a big conflict. And some people sometimes tend to dramatise and systematically blame their partner.

"Then you have to mark the limit. Especially if your spouse had a say and didn't. In this case, it was fine with him. He can only blame himself if he did not react at the time.

Martine Teillac's advice: "Try to put it into perspective: it's just a bad time to spend, which is very short, compared to the duration of the holidays. And then you have the "chance" to be together to live this situation ".

How to avoid in the first place a fight with your partner on holiday?

Here are 6 Tips to Avoid Couple's Arguments on Vacation—Because Who Needs a Meltdown in Paradise?¹¹

Ah, vacation—the time to relax, unwind, and, if you're not careful, have a full-blown argument about whether or not you're lost (spoiler: you're definitely lost). But don't worry! Here's your guide to keeping the peace, because nothing says "romantic getaway" like not fighting over whose idea it was to visit that "charming" bed and breakfast with no Wi-Fi.

1. Don't Be Velcro—Give Each Other Some Space

Look, I love my partner. But do we need to spend every single second together on vacation? I mean, I didn't sign up for a 24/7 buddy system. It's okay to split up for a bit and then—maybe one of you wants to check out the local art scene,

¹¹<https://www.passeportsante.net/fr/Actualites/Dossiers/DossierComplexe.aspx?doc=6-conseils-eviter-disputes-couple-vacances>

and the other wants to... take a nap. Seriously, a little breathing room never hurt anyone. Remember, absence makes the heart grow fonder—or at least less likely to snap over where to eat dinner.

2. Leave the Couples Therapy at Home

Some people think vacation is the perfect time to work on their relationship issues. Yeah, nothing says “relaxation” like bringing up that fight from six months ago about the laundry. Here’s a thought: how about we save the deep, soul-searching conversations for another time? Like, maybe when you’re not supposed to be enjoying a piña colada by the pool. Vacation should be a break, not an audition for Dr. Phil.

3. Actually Rest—You’re on Vacation, Not Competing in the Olympics

I know, I know. You’ve got a list of places to see, things to do, and foods to eat. But here’s the thing—if you’re running around like you’re on some kind of sightseeing marathon, you’re gonna end up exhausted and cranky. And nobody wants to argue in front of the Hollywood Boulevard. So maybe, just maybe, take a nap or lounge by the pool. Remember, vacation is about recharging, not seeing how many activities you can cram into one day.

4. Talk About What You Want to Do Before You Go

Here’s a novel idea—have a conversation before the trip about what you both want to do. I mean, nothing’s worse than getting to your destination and realising one of you wants to relax on the beach, while the other wants to visit every museum in a 50-mile radius. So, discuss, compromise, and avoid that awkward argument in the middle of a crowded tourist spot.

5. Get Organized—Because Missing the Flight Is Not a Great Start

Let’s be honest, nothing kills the vacation vibe faster than realising you forgot your passport or booked the wrong hotel. A little planning goes a long way, folks. So, maybe double-check those travel details before you leave. Trust me, starting your vacation stressed out is like starting a diet at an all-you-can-eat

buffet—it's just not gonna work.

6. Try Something New Together—It's Hard to Argue When You're Busy Not Falling Off a Paddleboard

And finally, one of the best ways to keep the peace is to try something new together. Whether it's learning to cook a local dish or attempting a tandem bike ride (and trying not to crash), new experiences can bring you closer and give you less time to argue about whose fault it was that you got lost. Plus, it's always fun to see your partner's face when they realise parasailing is a bit scarier than it looked in the brochure.

So there you have it! Six ways to avoid turning your dream vacation into an episode of *Couples Gone Wild*. Now go ahead, enjoy your trip, and remember: if all else fails, there's always room service.

Once unavoidable how to get out of the fight

If one is tired, if one is mad about the other for some obscure past, yet valid, reasons, if one arrives too late at the hotel bar to watch the sunset, triggering a fight is like playing with matches in a room full of gas canisters. You know it is going to occur, and you can be certain once it's triggered that the explosion will be a very large scale.

Handling disagreements on holiday, especially over choices like restaurants, hotels, or activities, requires a delicate approach to ensure both partners feel heard and valued while keeping the trip enjoyable. Here are some techniques to constructively resolve such arguments:

1. Pause and Breathe

- Take a moment to pause and breathe deeply. This helps to calm emotions and prevent the argument from escalating.

2. Acknowledge Emotions

- Recognize and validate each other's feelings. Saying something like, "I see that you're upset, and I want to understand why," can help the other person feel heard.

3. Take a Break

- If emotions are too high, suggest taking a short break to cool off. A few minutes apart can help you both gain perspective. Go find a quiet place, maybe the bathroom. It's the one place you're allowed to hide from your partner without getting in trouble

4. Focus on the Bigger Picture

- Remind yourselves that the goal of the holiday is to relax and enjoy each other's company. This can help put the disagreement in perspective.

5. Use "I" Statements

- Express your feelings using "I" statements rather than "you" statements to avoid sounding accusatory. For example, "I feel disappointed because I was really looking forward to this activity" instead of "You always choose the wrong things." Instead of saying, "You're ruining our vacation!" try saying, "I feel like you're ruining our vacation!" It's subtle !

6. Compromise

- Look for a middle ground. Perhaps you can alternate choices, or find an option that incorporates elements of both preferences. Compromise is key, folks. You want Italian, they want sushi, so you end up at a place that serves both poorly. Welcome to marriage!

7. Offer Solutions, Not Blame

- Instead of focusing on what went wrong, propose a solution. For example, suggest trying the restaurant or activity the other person prefers, or picking a new option together.

8. Practise Active Listening

- Listen attentively to what your partner is saying without interrupting. Repeat back what you've heard to ensure understanding, like, "So you're saying you'd prefer a quieter restaurant?". And they'll be like, "Yeah!" It's like a magic trick for avoiding sleeping on the couch.

9. Apologise if Necessary

- If you've said or done something hurtful, a sincere apology can go a long way in de-escalating the situation.

10. Reframe the Situation

- Try to find humour or a positive spin on the situation. Laughing together about the small things can ease tension. Try to make light of it. "Hey, at least we're fighting in a beautiful place! Look at that view—of the dumpster behind the hotel." Laugh it off, and maybe they'll forget why they're mad. Or not, but at least you tried.

11. Set Expectations

- Before the holiday, discuss expectations and preferences to avoid potential conflicts. Knowing each other's priorities can prevent misunderstandings. I repeat it over and over: Expectations are a bitch !

12. Prioritise Each Other's Happiness

- Remember that making your partner happy can lead to mutual satisfaction. Sometimes, letting go of your preference for the sake of your partner's enjoyment can enhance the experience for both of you. Sometimes, you gotta put your partner first. Let them pick the restaurant, the hotel, the activities. And then, when it all goes wrong, you can say, "Hey, this was your idea!"

13. Revisit the Argument Later

- If it's a recurring issue or something that needs a deeper discussion, agree to revisit the topic later when you're both calmer and in a better

place to communicate. Best to argue from the comfort of your own couch, where at least you're not paying resort prices to be miserable.

14. Focus on What's Going Well

- Shift the conversation to what's been great about the trip so far, reinforcing the positive experiences you're sharing.

By using these techniques, you can navigate disagreements in a way that strengthens your relationship rather than detracts from your holiday experience.

Phone or partner

Very likely we all touch and lay our fingers much more on our cell phone screen than on our partner's skin. This is true during the year and probably also true during the holiday. We for sure know more about how our phone works and operates, than how our partner functions.

"Real-life relationships may be ruined due to prioritising digital ones"¹² explains Natasha Huang-Smith in her article to help couples unplug during their honeymoon. The mobile phone gives us this "easy distractions, mindless scrolling apps and the inability to simply be in the moment".

The phone is the enemy of the travel experience. ¹³

Having your phone out during a conversation is like inviting a nosy neighbour to your intimate dinner. Picture this: you're deep in conversation, pouring your heart out about something meaningful, and then—bam! your deep, profound thoughts are competing with a cat and a dog meme. It's like your phone's saying, "Hey, I know you're having a moment, but look at this puppy!" It's not just rude; it's like your phone's elbowing you in the ribs, saying, "I'm more interesting than your partner!". This might be true at this moment in your dinner, but you need to do

¹² <https://www.theknot.com/content/unplugged-honeymoon-ideas>

¹³ <https://www.nomadicmatt.com/travel-blogs/travel-phone/>

your best for your partner to think their stories are less riveting than the latest TikTok trend. The Tip of Nathacha “: Be in the moment. Be aware of where your focus is when you are with your spouse. Observe them and take in their habits and motions. Simply acknowledging little things in your head about them keeps you focused in the moment.”



What is true for your couple, is true for yourself as well ¹⁴. Albeit a fantastic tool for travelling, the ones who have experienced the before and after appearance of smartphones can testify, it can also be the enemy of the travel experience. How many people have we seen on the open floor of a city tour bus, glued to their phone instead, sometimes watching tv series, instead of discovering, absorbing the vibe of the city under their eyes. The nomad back paper can confirm that “While hostels are still the best places to meet people, they aren’t as incredible as they used to be, because everyone is on their phone, computer, or iPad watching Netflix, working, or checking Facebook.”



¹⁴ <https://www.nomadicmatt.com/travel-blogs/travel-phone/>

If you had to describe your last trip as a movie genre (comedy, thriller, drama, etc.), what would it be and why?

"Comedy, for sure. Between getting lost in a foreign city because someone insisted we didn't need Google Maps, and me accidentally ordering something very questionable at a restaurant, we spent most of the trip laughing at our own mishaps."

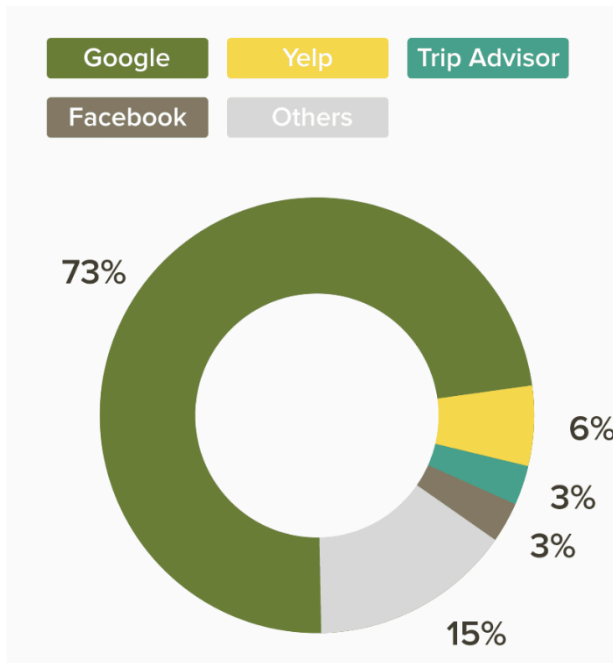
"I love you more than coffee. But please don't make me prove it." — Gerry Attrick

Chapter 8: Reviews: are they our new compass for a successful holiday?

A compass is an instrument containing a magnetised pointer which shows the direction of magnetic north and helps guide people to reach their destination. An oracle is a person of great knowledge or wisdom, someone you would go to see when needing some help or an answer.

Reviews, whether it is called Google Reviews, TripAdvisor, Booking or Airbnb reviews, are our new compass or new oracle. They will influence our choices of destination, activity, hotel, restaurant, they are our new compass. Below you will find what source of reviews and opinions are used during holidays and travels.

In 2023 2023, (Source: Power Reviews)



At its core, a Google Review is simply an evaluation written by someone who has experienced one of your products or services. It provides valuable insight into how people perceive your business—whether positively or negatively—and allows other potential customers to make informed decisions based on these experiences.

U.S. respondents in one survey showed that over 90 percent of diners check reviews before visiting a new establishment! However, let's be careful with reviews. In an excellent article by leo hetch¹⁵ put into light some every important statistics

“Very few people write reviews. It’s about 1.5 percent, or 15 people out of 1,000. Should we be relying on these people if we’re part of the other 985?” according Duncan Simester, marketing professor at the M.I.T. Sloan School of Management

An article last year in the New York Times quotes marketing studies showing that, while most people do care about reading product reviews online, they actually give more importance to negative reviews to guide their decision-making. It also shows that those same negative reviews are usually biased, subjective, and not representative of the global picture of the thing they actually claim to review.

¹⁵ https://medium.com/@leo_hetsch/why-i-dont-care-anymore-about-google-reviews-cf7ab978aedb

"Our holidays are quite smooth, the Mrs makes a suggestion of where to go and I check and say yes 😂 She does well most of the time but before the kids when we went to Croatia she made some interesting choices, think it was air BnB's, top floor with no air con in summer in Croatia.. it was roasting, we tried putting our bedding in the fridge one night! How to survive: both make the plans and check them or be willing to accept the other person's choices if you can't be bothered to check!"

Let's cuddle so I can steal your body heat." — Jack Pott

Chapter 9 Travel Fail stories

Nothing makes us feel better than the travel fail stories of other couples. Hopefully the ones below will make you feel a lot better. ¹⁶

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.

"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."

—[ttorresta](#)

This secret thalassophobe.

"My then-boyfriend and I booked a trip to Hawaii months in advance, but by the time the trip came around, I knew that the relationship wasn't going to work. We went anyway, and it was a disaster. It turned out that he hated the ocean, and he freaked out whenever we tried to do anything: jet skiing, snorkeling, you name it. None of this would have been a big deal had he told me about his fear of the ocean. But get this: All of the activities were his idea!"

—[casualphone88](#)

Check your passport

¹⁶ <https://www.buzzfeed.com/hayleYROCHELLEtillett/couples-vacation-horror-stories>

So long . "Not me but my husband. The night before our first trip to Barcelona he noticed his passport had expired. Hotels were nonrefundable at that point so I waved goodbye and did the trip solo."

Trekker_Cynthia

This calendar mix-up.

"One year, I booked a trip to Orlando that began on March 15. When we got to the hotel, they couldn't find our reservation, and they were completely booked. I started to get angry until I figured out that I had booked the hotel for Feb. 15. My husband was furious, and we had our worst fight of all time. I called my sister that night and told her I wanted a divorce. We were forced to stay in a roach motel that night, and just as we found a better hotel for the remaining days, I came down with what seemed like a cold. Turns out it was something much worse, and I was hospitalized for low blood counts. Worst five days of my life."

Kristin

This man-child vs. the wild.

"My then-boyfriend ruined our Hawaii vacation by spending the whole time filming his version of Man vs. Wild that he called 'Dan vs. Wild.' I spent the whole vacation filming this man jumping off rocks, walking across the same path multiple times until we got the shot right, and voicing over commentary. Not one kiss from him during our whole week in 'paradise.'"

emilyfae

The sleepover dinner

"Family of 4, we decided to travel to Rome for holiday. Our kids were 6 and 8, and we walked the whole day in the city. At the end of the day back at the hotel the only thing I wanted to do was to order room service. My loving husband had only one thing in mind, go out again & find this famous italian restaurant serving the best cacio & pepe (celebrated pasta dish from roma). After 40 mins of search, we found the place, got a table, and placed the orders for 4. Out of 4 guests at the table, 3 of them, myself included, were deep asleep, and by the time the food arrived, our face skin was imprinted by the colosseum, courtesy of the restaurant tablecloth. Our kids never woke up to eat their plate, and we took

their food as a doggy bag. At the end it was just a more expensive and more exhausting version of room service”

Do you have a holiday tradition that you always follow as a couple, no matter where you go?

"Yes, we always take a ridiculous selfie in front of some monument, pulling faces like tourists who've never seen a camera before. It started as a joke, but now it's a must—our photo albums are full of us squinting, making peace signs, and looking generally ridiculous."

“Behind every great man is a woman rolling her eyes.” – Jim Carrey

Chapter 10 How to take couple photos? ¹⁷

Pictures of your trip are, let's face it, more important than your actual trip for many reasons.

- Instagram, facebook showboating is the reason numero uno !
- Looking back at your beautiful moments together a few years down the road ! To be used right after an argument, or when your partner is really getting on your nerves.
- Again a few years later, looking back at how good looking you were with your summer tan.

1. Choose the Right Gear: Camera or Phone?

So, you're on vacation and want some couple photos, huh? First, you've got a decision: camera or phone? If you're after those magazine-quality, "Look, we're better than everyone!" shots, a camera's your best bet. It's fancy, has image stabilization, and people will treat you as a real artist..

But hey, if lugging around a camera isn't your thing (because you're on vacation, not a National Geographic assignment), your phone will do just fine. The latest phones have amazing cameras

2. Consider a Selfie Stick or Tripod

Ah, the selfie stick. Yes, you'll look like that tourist, but hey, it's better than the alternative—half a photo of your giant face and a sliver of your partner's ear. A selfie stick lets you fit both of you and some scenery into the shot. If you're feeling really ambitious a tripod is your friend. It's perfect for those dramatic, long-exposure shots that say, "We're in love, and we're also slightly better than you."

¹⁷ <https://couplestravelguidebook.com/how-to-take-couple-photos-when-travelling/>

Remember a beautiful, romantic, exotic picture of you and your partner can save your marriage in a few years time: “We looked so perfect together on that evening beach sunset of summer 92”.

3. Use Self-Timer

No selfie stick? No tripod? No strangers in sight? Time to break out the self-timer. Set the timer, place your phone or camera on whatever surface you can find (rocks, trees, that weird statue), and then sprint back into position. Sure, it's basically cardio, but you'll have a great story to tell about how you got that one perfect shot just before tripping over your own feet. Hey, relationships are all about timing, right?

4. Ask a Stranger

Sometimes, despite all the gadgets and gizmos, you just need to trust a random stranger with your phone or camera. What could go wrong? Just pick someone who looks like they won't run off with it. And here's the kicker: be specific about the kind of photo you want. Otherwise, you'll end up with 27 pictures of your feet and one blurry shot where you're pretty sure that's your nose. And remember, it's polite to offer to take their photo too. It's like a photo karma thing.

5. Work with the light

Our preferred time of day to shoot is ‘golden hour’ – the hour or so just after sunrise and before sunset. Everybody and everything looks better in this soft golden light! Plus, destinations are usually much less busy at this time of day too. If you are shooting in the middle of the day then I typically find taking photos in the shade is best, but play around with angles and see how you go! The blog of Renee¹⁸ gives excellent advice on how to take a great picture when

¹⁸ <https://www.reneeroaming.com/>

travelling with your partner.

6. Take your time:

We don't talk about it enough, like with sex taking your time and trying different positions is key. My husband and I often get people stare at us, comment or ask questions when we're doing it. It can be embarrassing at times but I just remind myself that they are strangers and I don't need to care what they think. People also often say things like "wow, that's such a cool memory to have" and I couldn't agree more! Take your time getting photos, try different angles, and review your images before heading off.

Best poses for couples In digital photography¹⁹ you will find some great suggestions for photography pose with your partner.

Worst couple on holiday: Don't be that couple ! ²⁰

Happy feet: This couple might struggle to remember where they were when this photograph was taken



¹⁹<https://digital-photography-school.com/posing-guide-21-sample-poses-to-get-you-started-with-couples-photography/>

²⁰ <https://www.dailymail.co.uk/femail/article-5227819/The-worst-holiday-photo-fails-web.html>

In trying to capture the view below, the photographer has sacrificed getting this man's head in



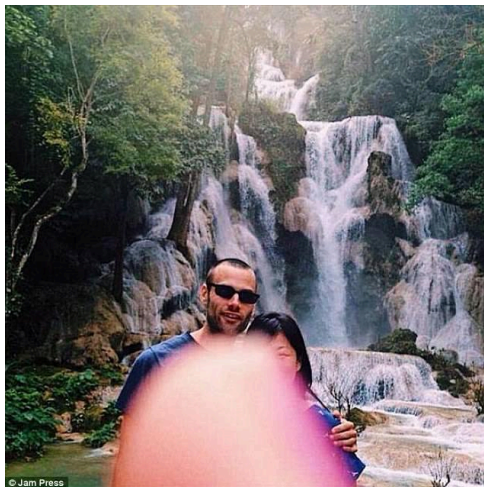
All that effort for a wonky snap that captures none of the landmark in the background



The photographer could have at least waited for the other half of this couple to turn around before hitting the button



Sometimes asking a passerby to snap a picture isn't worth the trouble



It's a classic pose at the Leaning Tower of Pisa... unfortunately this tourist hasn't quite nailed it



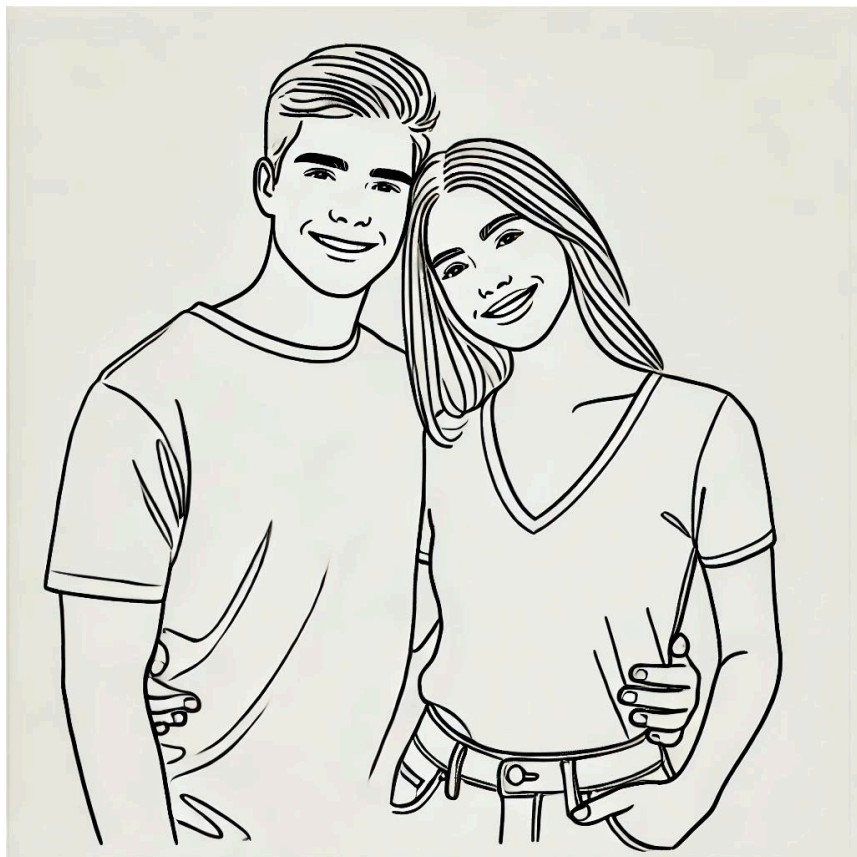
Best Poses for couples (No Selfie)

In this section we are giving you the best poses for your holiday with your lover.

The classic



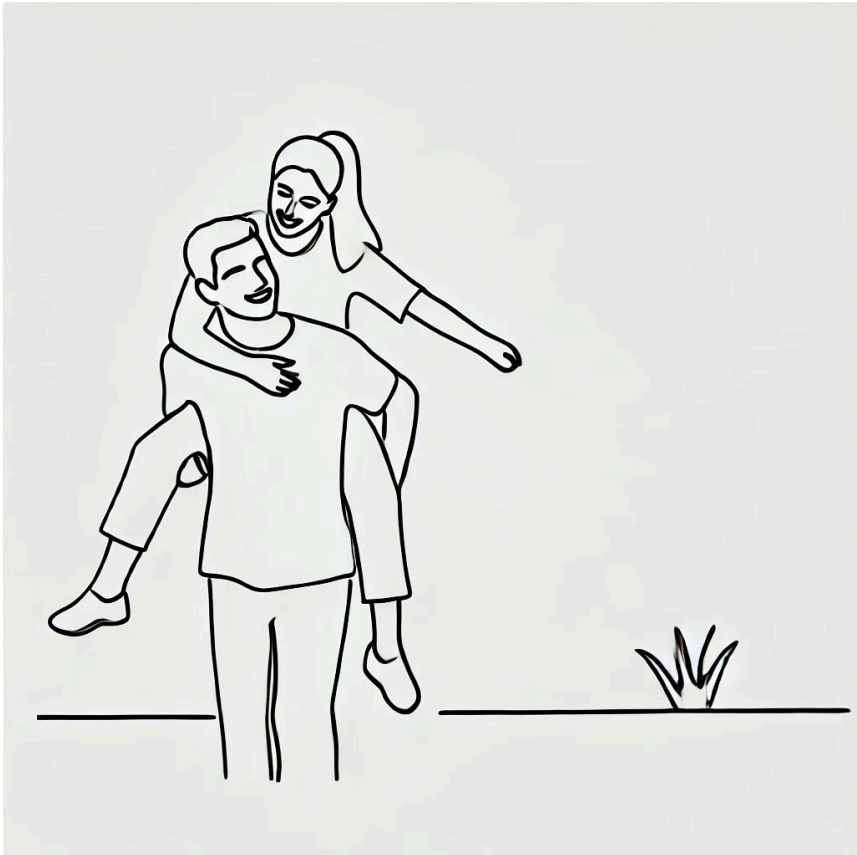
The Classic more cuddly: *He is thinking: What time is the game on tonight? And she is thinking What time are shops closing in this resort town?!*



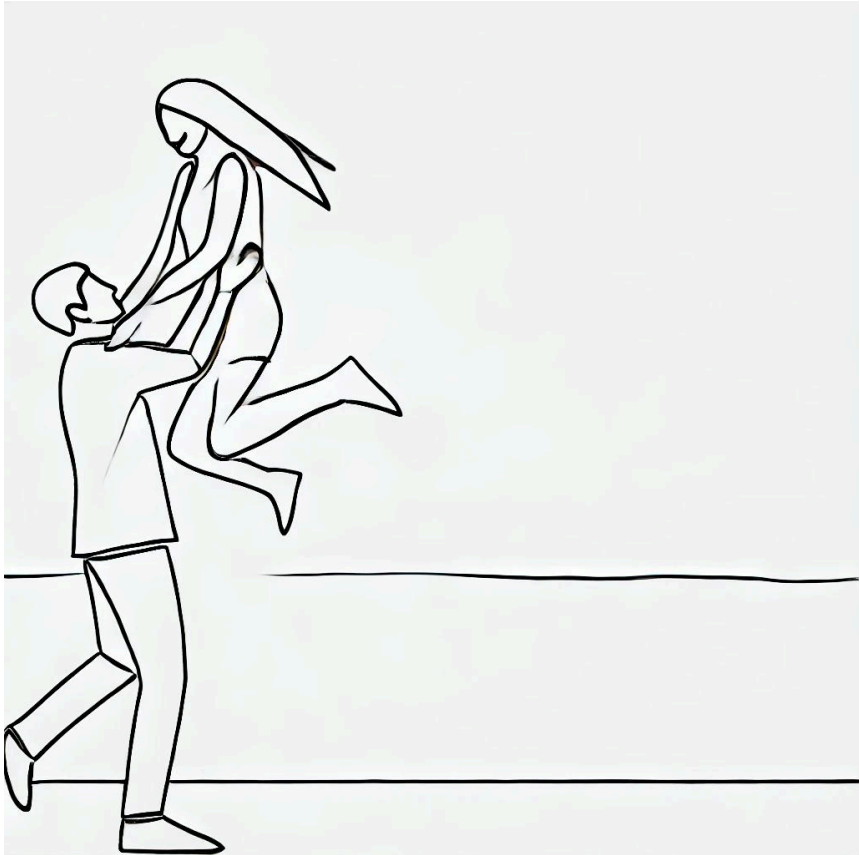
The eyes to eyes we are in love: *I secretly want to punch you because you left the alarm clock on this morning but lets have a war truce for the picture.*



The sporty: *I will carry you on my strong (no longer) shoulders, even if it means appointment at the physiotherapist the day after.*



The very sporty: *I will jump and you will catch me mid air, then fall down backward, break your hip, and ruin the rest of the holidays!*



From above (to avoid double chin):

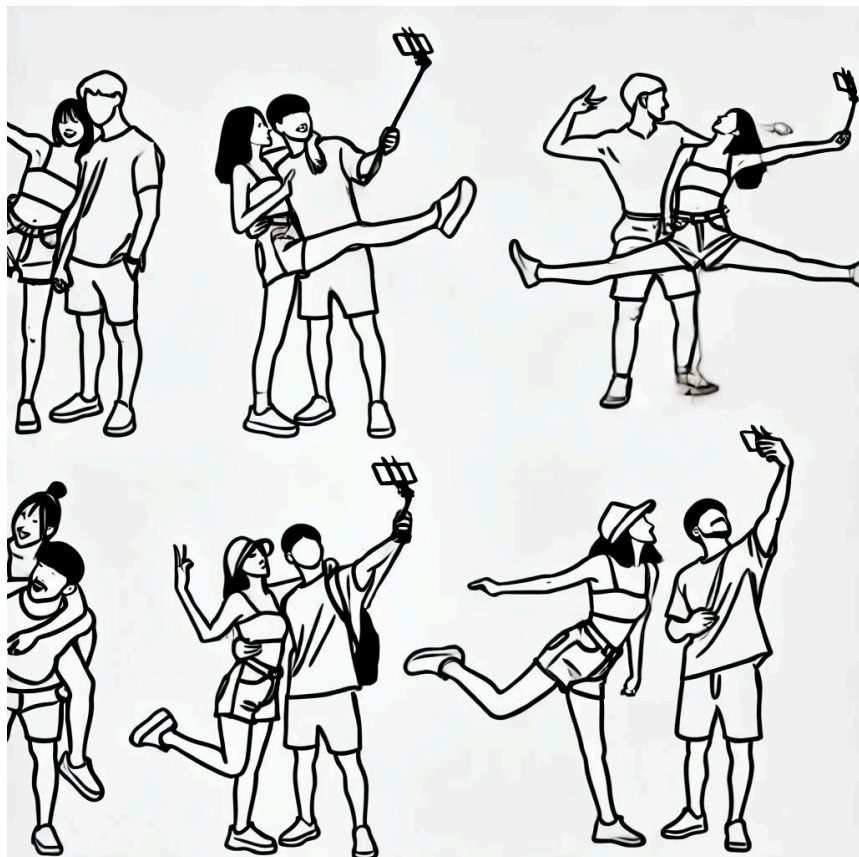
This is the picture we all need a few days in your 2 weeks all inclusive buffet caribbean resort!



Best Selfie poses for couples.

Very often, either because there is no one around us, and we can't be bothered to ask people, selfie comes handy. Here are a few ideas of selfie poses you can try, for a different result than the usual selfie we are familiar with





Chapter 11: Holiday Harmony - Turning Stress into Connection

Holidays: a time for joy, celebration, and connection with the people you love. But let's be honest—holidays can also be a hotbed of stress, tension, and unmet expectations. It's easy to imagine the perfect holiday season: cozying up by the fire, exchanging meaningful gifts, laughter filling the room. But often, reality looks more like scrambling to meet obligations, navigating family drama, and figuring out how to avoid that one relative who always manages to bring up politics at dinner.

This chapter is dedicated to transforming holiday stress into opportunities for deeper connection with your partner. By using therapeutic practices that focus on communication, emotional understanding, and self-care, you and your partner can approach the holidays as a united front rather than two exhausted soldiers fighting for survival. Think of this as your holiday survival guide—except with fewer battles and more peaceful moments.

Mindfulness-Based Practices: Savour the Season

The key to a successful holiday season isn't found in perfect gifts, perfectly cooked meals, or even perfect family photos (although, let's face it, those Instagram-worthy moments never hurt). The real secret lies in mindfulness—the ability to stay present and fully engage in each moment, no matter how chaotic it may seem.

Picture this: You and your partner are in the midst of a holiday gathering. The noise level is somewhere between a rock concert and a toddler's birthday party, and you can feel the stress building in your chest. This is the moment to take a deep breath, tune into your senses, and anchor yourself in the present. Instead of letting the noise and chaos overwhelm you, focus on the small, beautiful details—the smell of the mulled wine, the warmth of your partner's hand, the laughter of children playing nearby.

Mindfulness isn't about ignoring the stress; it's about acknowledging it and then choosing to focus on the moments of joy that are happening all around you. Mindfulness exercises like deep breathing or guided meditations can help you and your partner stay grounded during the holidays. If things get tense, take a few moments to breathe together. Just five minutes of deep, intentional breathing can reset your nervous system and bring you back to a place of calm connection.

Emotionally Focused Therapy: Dealing with Holiday Triggers

Holidays have a way of bringing up all sorts of emotional baggage—old family dynamics, unspoken expectations, and, of course, the inevitable stress of trying to make everything "perfect." This is where Emotionally Focused Therapy (EFT) comes in handy.

EFT is all about identifying emotional triggers and learning how to communicate your needs in a way that strengthens your relationship. During the holidays, emotions can run high, and it's easy for small disagreements to escalate into full-blown arguments. But by recognizing the underlying emotions driving those disagreements, you can de-escalate conflicts before they spiral out of control.

Imagine you're at a holiday dinner, and your partner makes a seemingly harmless comment about how you've "always been the messy one." Suddenly, you feel a wave of defensiveness rising within you. Instead of snapping back, EFT encourages you to pause and ask yourself, "What am I really feeling right now?" Maybe the comment triggered a deeper insecurity about not being seen as responsible or competent. Once you identify that core emotion, you can express it to your partner in a way that invites connection rather than conflict.

"I felt hurt when you mentioned that I'm messy. It made me feel like I'm not contributing as much as I should be." This kind of vulnerable communication opens the door for your partner to respond with empathy and understanding, rather than defensiveness or criticism.

The beauty of EFT during the holidays is that it helps you and your partner navigate emotional landmines with grace, turning potential conflicts into opportunities for deeper connection.

Cognitive Behavioral Therapy: Reframe Your Holiday Mindset

If you've ever found yourself thinking, "The holidays always go wrong," or "We'll never get through this without a fight," you're not alone. Cognitive Behavioral Therapy (CBT) is designed to help you recognize and reframe these negative thought patterns, replacing them with more realistic and positive alternatives.

CBT teaches that your thoughts directly influence your emotions and behaviours. So, if you're constantly telling yourself that the holidays are doomed to fail, you're setting yourself up for a self-fulfilling prophecy. The key is to catch those negative thoughts as they arise and challenge them.

For example, instead of thinking, "The holidays always go wrong," try reframing it to something like, "We've had challenging holidays in the past, but we can work together to make this one more enjoyable." It's not about ignoring the challenges—it's about acknowledging them while also recognizing your power to influence the outcome.

During the holiday season, practice reframing your thoughts as a couple. If one of you starts to spiral into negativity, gently remind each other to reframe. It's amazing how much power a single shift in perspective can have.

Couples Communication Therapy: Say What You Really Mean

Ah, communication—the cornerstone of every strong relationship and the source of many holiday meltdowns. When stress levels are high and expectations are through the roof, it's easy for communication to break down. Enter Couples Communication Therapy.

Couples therapy can be immensely helpful for partners who find themselves arguing frequently on holiday. Travel often amplifies underlying issues, as it involves unfamiliar environments, high expectations, and extended time together. Therapists can guide couples in developing tools to navigate these challenges and improve communication. Here are key tips and action points:

Therapeutic Exercises for Couples Before or During Holidays

1. **"What If" Planning Exercise:**
 - Predict potential stressors (e.g., delays, disagreements about activities) and brainstorm solutions together before they arise.
2. **Gratitude Journaling:**
 - Each partner lists daily positives about the trip and each other, even amidst challenges.
3. **Mindfulness Practices:**
 - Engage in mindfulness or relaxation techniques to manage stress during tense moments, such as deep breathing or grounding exercises.
4. **Create a Holiday Agreement:**
 - Write down shared goals for the trip (e.g., "Prioritise fun over perfection" or "Respect each other's need for downtime").

When to Seek Couples Therapy

If holiday arguments reflect deeper relationship patterns (e.g., chronic communication issues, power struggles, or unmet emotional needs), therapy can:

- Help identify and address the root causes of recurring conflicts.
- Teach long-term conflict resolution and stress management strategies.
- Build empathy and understanding, fostering a stronger bond.

By adopting these tips and strategies, couples can transform travel challenges into opportunities for growth, connection, and shared adventure.

Chapter 12 Buying Gifts on Holiday

Ever notice something on holiday? If you don't buy a single gift, you feel fantastic. No guilt, no obligation to please or thank anyone. But the moment you or your partner buys one single little souvenir, we all of a sudden go into a gift-buying frenzy. Excitement about making people happy morphs into sheer terror about forgetting someone. Here's a guide to navigating the Great Holiday Gift Dilemma, brought to you straight from our last holiday in the region of Tuscany in Italy.

The Tacky Tuscan Souvenirs

You're in Tuscany, sipping Chianti and devouring gelato better than therapy. Life's perfect until you remember the folks back home. So you wander into the tourist traps, buying miniature Leaning Towers of Pisa, olive oil keychains, and magnets with a tastefully censored Michelangelo's David. Sure, they're easy to find, but picture your best friend's face when you hand them the gift. They'll smile politely, wondering if you picked it up at a truck stop on your way back from the airport.

Edible Embarrassments

How about bringing back local delicacies? Brilliant idea—until that wheel of pecorino cheese transforms your luggage into a portable stink bomb.

High-End Horror

Spurging on Italian leather sounds classy, right? Until you realise you've blown your budget on a handbag that customs confiscates as a knock-off. Nothing says "I love you" like a luxury item with a side of international smuggling charges.

The Verdict

Should you buy gifts on holiday? Only if you enjoy tacky souvenirs, smelly luggage, financial ruin, and personalised embarrassments. Stick to a postcard

with “Wish you were here!” It’s the thought that counts—especially when the thought is, “I didn’t waste my holiday shopping for you.”

Buying gift for yourself: The Optimist vs. The Realist

My girlfriend, the eternal optimist, sees every market stall as a treasure trove. Me? I calculate baggage fees and customs hassles. She envisions the joy of our friends and family; I see broken souvenirs and smelly luggage.

The “Everything’s a Treasure” Technique

She buys anything colourful or shiny (I got sincerely worried when we planned a trip to Mexico). I stick to practical items like keychains and magnets. I shop with military precision and a list. She wanders and impulse-buys. It’s like going into battle with a well-prepared soldier versus an enthusiastic puppy. In many exotic destinations, I’m the one haggling for bargains. My girlfriend? She negotiates to buy more: “And if I buy 10, do you give me a good price? What about a container shipped directly home?” Bargain shopping on holiday is her powerful endorphin rush.

We shop differently when we are at home, and it gets worse when we are on holiday. She loves personalised gifts, risking misspelt names and awkward items. I opt for universal, one-size-fits-all trinkets. Her gifts are risky but personal and often resonate with our loved ones; mine are safe but generic.

The Verdict

Couples’ gift-buying styles clash between optimism and realism, strategy and spontaneity, bargains and quality. The best approach? Leave the gift-buying to your partner and enjoy the wine.

Chapter 13 Post holiday

13.1 The White House Press Briefing

Returning from your sometimes-not-so-refreshing holidays, we all have to assume the role of storyteller. This is especially true when you escape the frigid winter for a tropical paradise, while your friends and family are stuck at home, freezing.

Upon your return, meeting up with them usually for dinner at someone's place, you better have some juicy stories to share about your recent holiday. Preferably with a touch of disaster—like lost luggage, credit card mishaps, or a bout of food poisoning. Let's be honest, your friends all want you to have fun in your paradise holiday, but only to a certain point when they are enduring those dark, chilly January days.

The key to successful holiday storytelling?

Preparation! Yes, preparation with your partner. You need to align your narratives, compromise, and rehearse. Each of you may have a different take on the events. Getting mugged at knifepoint might be a thrilling adventure to you, while your partner might prefer to keep that little gem hidden to avoid killing the mood.

Many Couples Memory Biases. Human memory naturally reconstructs experiences over time. As a result, people may unintentionally emphasise the more vivid or meaningful parts of their holiday while forgetting the negative details. If you are a solo traveller, who cares, no one is going to check the exact veracity of your story telling facts. However two people in the same room, in front of the same audience of friends, co-telling the same story is a source of discrepancies in the account of the events any TV series detective can easily pick up on.

If you're at a dinner party, kick things off with your food poisoning and diarrhoea tales. Trust me, no one will touch your plate after that. One challenge when

recounting your holiday escapades is to synchronise your tones. Was the resort unbelievably beautiful or just kinda nice? Was the waitress at your last dinner the sexiest creature on the island or merely very professional? Tread carefully, folks.

Experts suggest checking the mood of your partner as soon as you're on the flight, train, or car ride home. Try something like, "I'd love to hear more about your holiday experience and how you're feeling about it. Anything you'd like to share?" This way, you can adjust your tone and avoid any major discrepancies in your stories.

I once realised, while listening to my partner recount our holiday, that we had completely opposite feelings about it. Neither of us had a clue. Reaching a joint statement requires communication, negotiation, compromise, and trust. It's a complex process, but vital to avoid your holiday debrief turning into an episode of a reality TV show or Mexican Soap Opera.

Remember, you may also have different motives in sharing your stories. Are you trying to wow your friends or keep it low-key to avoid a lecture on your holiday's carbon footprint?²¹.

2 Your eco-warrior best friend

Ah, the joys of having that one friend who makes Captain Planet look like a slacker. Whenever I tell my travel stories to my eco-warrior friend, I feel like I'm confessing to a crime. My friend is the sort of guy who brings his own paper bags to the market for fruits and vegetables. Not plastic. Paper! He does the same when we have a take away coffee together. He would always have with him his favourite reusable coffee cup. It's like he's single-handedly saving the world, one kale bunch at a time.

So, when I talk to him about my past trip, the one I took 2 connecting flights, and sometimes more (internal liaison) I tread very lightly & carefully. I always start the storytelling of the holiday with, "Since we haven't travelled far in ages, we decided to indulge in a long trip this time." Because, you know, nothing says 'I

²¹ Because nothing says "fun" like realising your Tahitian honeymoon emitted more CO2 than a family of four in Greenland for a year

care about the environment' like implying you've been grounded for so long that the Earth owes you this one.

For those moments when you have to face your green friends, you might want to mention you offset your carbon footprint by donating to environmental causes or participating in carbon offset programs. My personal favourite excuse is, "We haven't travelled far for so long, we thought it was the right time." This is perfect because it sounds vaguely responsible without actually making any sense, making it hard to argue against.

And if you really want to have some fun, tease them a bit. "Yes, we flew, but we did buy bamboo toothbrushes!" Because nothing balances out the carbon emissions of a transatlantic flight quite like a biodegradable toothbrush.

Post-Trip Traditions

A fantastic way to remember your holidays is those few traditions you can put in place after returning.

Matching Souvenirs: Collecting similar items like magnets, mugs, or t-shirts from every destination, building the largest collection of kitsch souvenirs in your fridge or wardrobe !

Memory Jar: Collecting small mementos (ticket stubs, receipts, shells) and adding them to a travel jar.

Opinion: Fun the first time

Photo Albums: Creating a scrapbook or photo album after every trip.

Thank-You Notes: Writing each other a note about their favorite moment from the trip.

Post-Trip Cuisine: Cooking a meal inspired by the destination's cuisine when they return home.

Chapter 14 Travelling with kids

- "Parents don't really go on vacation. They just take care of their kids in another city"
- "Parenting on vacation is just parenting, but in a less childproofed space."
- "Every parent needs a vacation...from the vacation."²²

Many parents have either heard about those 3 famous quotes, or are experiencing them vacation after vacation. Early in the guidebook, I talk about the high expectations couples set when they plan a holiday or travel together. Those expectations are even bigger when a dad or mum organise the holiday season for the family. Think lifelong memories, think perfect pictures, think parent/child bonding, think again. Even more so when your kids are in elementary school, and already our family finds itself split in a million directions: sports, dance, school, play dates during the whole year. So yes, we put a lot of hope on those family holidays.

Baby Travel: The Sleep Saboteur

Ah, the baby years. Picture this: you're halfway through packing when you realise your suitcase is just a car seat, stroller, pack n' play, formula (because you've accepted that breastfeeding isn't happening on this trip), and enough diapers to fill a small warehouse. And sleep? Forget about it. Your baby's usual nap schedule is on holiday too, which means crankiness is in full effect. Nights become endless, and so do your regrets. Solution? We simply gave up on travelling for the first three years, unless it was for family visits to share a parent. Trust me, there's no beach holiday worth the exhaustion of a cranky, sleep-deprived baby.

Toddler Travel: The Mobile Tantrum Factory

²²https://www.reddit.com/r/travel/comments/19dsj8m/what_are_the_biggest_hurdles_to_traveling_with/

Toddlers, they say, will test your patience, your endurance, and your will to ever travel again. Sure, they've finally got the hang of walking—but now they won't stop. Taking them on a flight? Ha! Good luck explaining why they can't run up and down the aisle like it's their personal playground. And once you arrive at your destination, brace yourself: disrupted routines lead to meltdowns of epic proportions. Naps? Gone. Relaxation? Also gone, especially on a beach. You'll be playing lifeguard while your toddler tries to dive headfirst into every body of water they see. We solved this by leaving the beach behind and sticking to pool vacations—when we weren't leaving the kid with the grandparents, of course.

Older Kids: Welcome to the Promised Land

You've made it! Your kid is now old enough to sit through a flight without causing a scene, they pack their own stuff, and they can even entertain themselves. No more diapers, no more tantrums, and (blessedly) no more nap schedules. Now the only downside? The expense. Five plane tickets, two hotel rooms, endless meals and activities—it all adds up fast. But hey, they're actually interested in things now. We've spent years doing outdoor adventures and hikes because that's what worked best for our family. The bonus? No more negotiating with toddlers over naps or meltdowns.

Tips for Survival: Redefine Vacation Expectations

To make this all work, we embraced the art of taking breaks. Early starts (8 a.m., not 5 a.m., we're not maniacs), hitting up popular spots before the crowds, and scheduling in downtime like a pro. You know, grab some treats, rest for an hour, and then head out again for dinner. Also, lower those expectations. You're not running the marathon, which is a full guided tour of the Colosseum with kids in tow, but you can definitely do the audio tour and still enjoy it. Shoes, water, snacks, and flexible plans are your best friends.

Reduce Ambitions, Not Enjoyment

We've found that travelling slower, staying in one place longer, and cutting down the number of destinations works wonders. If you can afford it, pay the premium for non-stop flights and comfortable accommodations. It's all about minimising stress so you can actually enjoy the trip. This kind of relaxed travel became our new norm—and it's been a game-changer. One vital tip for families is the rule of One. Always ensure you have planned for One highlight of the day, and not more. It can be a museum, an attraction, a monument, but it needs to be One only. Never ever organise more than one memorable event for your family in one day. First of all they will only remember one, and most importantly you save yourself all the logistical hassle of trying to organise two events at a time. Seriously you will not enjoy any of them, as you will be in your mind already planning for the next one.

Bonding Time: Family Edition

Vacations with kids are basically forced family bonding on steroids. With no one else around, your kids have no choice but to play nice with each other—and with you. They might even behave better than they do at home. Something about tropical climates and the ever-present danger of creature bites makes them cling to you like you're the last defence against disaster. Honestly, it's magical.

Flexibility Is Key

I have one kid who's famously inflexible, yet somehow on vacation, he adapted. The moral? Don't be afraid to travel even with a change-hating child. They might surprise you. Our kids learned to sleep on couches, try (and sometimes hate) new foods, and even bragged about the new holiday traditions we created. Sure, there were still a couple of meltdowns—travel's never perfect—but overall, we've come a long way from the days of toddler tantrums.

Here are the tips of some parents: Reduce your ambitions

"One thing that has served us well is adjusting expectations to what is realistic, and both planning for and paying a premium to minimise stress. Some examples:

- We arrive at the airport at least 2 hrs in advance for domestic and 3 hrs for intl
- We try to avoid any activity with strict timing
- We try to stay in places with lots within walking distance
- We almost exclusively fly nonstop, and if possible we upgrade to business (kids less than 2 fly free)
- We stay longer and go to fewer places
- We only schedule one major activity or visit in a day.

This kind of slower, less ambitious travel is working well for us and consistent with where we are in our lives right now. It's very different from the travel we did in our 20s and early 30s, pre-kids. But still very enjoyable and very doable.

"Our trip to New Zealand in a campervan with our four children was full of laughter. As soon as the tape got stuck in the cassette player at the beginning of our two-week journey, they knew every word of the Bee Gees. Amazing what you remember about a trip!"

KL Dayz

"We had dragged our four-year-old out all day around Paris and as art lovers we really wanted to see the Louvre and the Mona Lisa. We waited in line, finally got in and walked the thousands of steps to find her.

We were at the back of the line waiting to get to the front to see the painting when our four-year-old absolutely chucked a tantrum, started screaming the place down and cried so much she made herself vomit all over me and the floor of the Louvre.

Needless to say the crowds disappeared pretty quickly, and although we were mortified, at least we then got to have a front-row seat to see the painting, albeit apologising the whole time to the cleaning staff. – Jaime Newland"

"One parent shared the story about the one and probably time they went to New Zealand on a cruise for 14 nights with two adults and four kids under five. "The first night we all got food poisoning and spent the next three days in bed. Then when we got off the boat one kid got bitten by a bee and we discovered he was allergic, so we spent two days in the hospital. Then on the second-to-last day we lost one kid for four hours. He had found a 'friend' and was on the top deck getting a tan!" – Skye D.

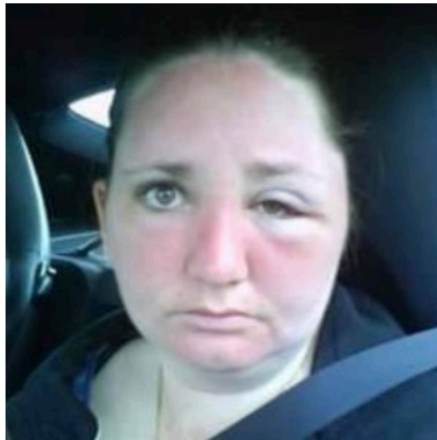
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²³ <https://www.readersdigest.com.au/travel/10-most-memorable-moments-while-travelling-kids>

"The greatest legacy we can leave our children is happy memories". OMandino

Chapter 15 Funny Stories

"I had an allergic reaction to the detergent a hotel used an 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."²⁴



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](https://www.buzzfeed.com/mirandawhitten)

When you stop for a break

²⁴<https://www.buzzfeed.com/>

"Our first ever row was about whether Diet Coke and Coke Zero have the same recipe."

[larab4aef8e04b](#)

Acknowledgement

Eighteen months ago, I made the mistake of having arguments with my girlfriend almost every day of our holiday. How could I be so unhappy and so dissatisfied during what is supposed to be the best period of my and our year, surrounded by the people I love? Why do I feel like everyone around me is having the time of their life (Thank you, Instagram!) when I feel grumpy, dissatisfied, and prone to fighting with my partner?

Am I the only one experiencing this? Should I have done better? Should I have spent more time preparing?

And more importantly, is a couple fighting on holiday such a common issue that it's worth a tweet, a video, or even a book?

You know those people who want to move to a city as soon as they spend a few hours there? I am like this with side projects. If I feel extremely hot & sweaty during a summer visit to a mediaeval's city centre: Should I try to invent a garment that diffuses heat? A lot of fruits (pineapple, mango, watermelon) seem to go to waste in this country I am just visiting. Should I start a dried fruits business? Loads of insects seem to go lemur style to their death into the hotel swimming pool. Can I invent a machine, possibly with radio or sonar waves, to protect biodiversity. Obviously, the same thing happened here with this venture. The initial title was *Surviving Paradise: A Guidebook for Couples on Holiday*. It was suggested to me by a friend who, although he refused to openly acknowledge it, I'm sure is also having trouble with his companion on holiday.

As with any project of mine, it generally takes longer to complete than I anticipate. I tend to be overly optimistic sometimes. As a result, before I could release this guidebook, the title *Surviving Paradise* became a Netflix reality series, where attractive contestants form alliances and compete to move from the wilderness into a luxurious villa. When I checked their trademark registration in more detail, I got worried. Could the US giant Netflix see my amateur guidebook, with a similar name, as a threat to the success of their TV series?

Will I have a swarm of lawyers from the Los Angeles office descending on me as soon as the book becomes available for purchase?

Being the brave, amateur writer I am, I opted for the safe route and chose a very generic book title. In a way, I now quite like this change. I have always been in favour of calling things what they are. It's a guide for couples on holiday, which you can read on the beach during those same holidays. Hopefully, the content will make the reader smile, either because they can relate to it on a deep personal level or thanks to the light comedic touch I've tried to infuse into the chapters. I am probably making a very incorrect assumption here: I love funny TV shows, the more sarcastic the better. I must have picked up some bits and bobs of a sense of humour from the hours spent in front of the screen. Who knows !

The content was not all written by me: in several paragraphs, I had the free help of friends who are much funnier than I am. I also made use of ChatGPT, either to get some ideas or to simply correct and refine the draft text I wrote. I even used it for image generation. Finally, I sought the paid assistance of freelance writers and comedians, who really helped me hopefully inject a touch of comedy into the text. Of course, humour is subjective, and I wanted to create this light-hearted guidebook as both constructive material and an opportunity for the reader to have a laugh on a few occasions.

I really hope you enjoyed reading this and made it to the last page – or at least made the physical effort of flipping through all the pages to find this acknowledgment at the end of the chapter and the book.

I want above all to thank the couples who have shared their views on the challenges they may face on holiday or travelling with their partner, and shed some light on their mechanisms to cope and solutions.

Are you one of the lucky few who've enjoyed endless drama-free vacations with your partner, then maybe this survey is not for you :)

Don't buy into those "perfect couple vacation" stories everyone shares on social media. Most of us face a few bumps along the way!

Think about your current or ex partner when you fill out this playful survey! :)

APPENDIX

Quizz: Checking holiday compatibility²⁵

This very short quizz is here to highlight any possible recipe for disaster when travelling with a lover. If you don't want your holiday to end abruptly, it is a good idea to have both you and your lover do it. Again the traveller type is always not so black and white but more in degree of shades, but that gives you a good idea of what, or should I say Who, to avoid.

Travel clash in Progress:

The High Roller vs The Penny-Pincher

The Thrill Seeker vs The Comfort Craver

The Instagram Star vs The Moment-Enjoyer

The Sun Worshipper vs The Urban Explorer

What type of traveller are you? Quiz

1. How do you prefer to book your flights?
 - A) First Class or Business, comfort is key.
 - B) Economy or whatever's cheapest, saving money matters.
 - C) A mix of both, depending on the destination.
2. What's your ideal accommodation?
 - A) A private room with all the amenities.
 - B) A budget-friendly dorm or hostel.
 - C) A comfortable mid-range hotel or Airbnb.
3. What type of food excites you the most on a trip?
 - A) Fine dining at Michelin-starred restaurants.
 - B) Street food and local cheap eats.

²⁵ <https://www.hostelworld.com/blog/travelling-couples/>

- C) Casual dining with a mix of local and familiar flavours.
4. How do you feel about trying new and unusual foods?
 - A) Excited to try something I've never had before.
 - B) I prefer familiar dishes, maybe something from home.
 - C) Open to trying some new things, but with caution.
 5. When you arrive at a new destination, what's your first move?
 - A) Seek out local markets and try new experiences.
 - B) Find a familiar restaurant or store for comfort.
 - C) Explore a bit of both – new spots and familiar places.
 6. What's more important to you: memories or photographs?
 - A) Capturing every moment on camera for social media.
 - B) Living in the moment and making mental memories.
 - C) A balance of taking some pictures and enjoying the moment.
 7. What does your perfect vacation setting look like?
 - A) A quiet beach with a cocktail in hand.
 - B) A bustling city with plenty to explore.
 - C) A mix of beach relaxation and city exploration.
 8. How do you feel about city vacations versus beach vacations?
 - A) I love the energy and culture of cities.
 - B) I crave the relaxation and peace of the beach.
 - C) I enjoy both depending on my mood.
 9. How do you prefer to spend your evenings while traveling?
 - A) Out all night, exploring the nightlife.
 - B) Up early to make the most of the day, mornings are key.

- C) A mix of late nights and early mornings, depending on the day.
10. When do you like to wake up on vacation?
- A) I love sleeping in and enjoying the night.
 - B) I'm up at the crack of dawn to seize the day.
 - C) Somewhere in between, enjoying both morning and night.

Result

- **Mostly A's:** You lean towards being a Baller, Comfort Zone Escape Artist, Social Media Queen, Beach Boss, or Night Owl.
- **Mostly B's:** You lean towards being a Budgeter, Home Comforts Lover, Live in the Moment-er, City Swooner, or Early Bird.
- **Mostly C's:** You're a versatile traveller, balancing comfort, adventure, spontaneity, and relaxation in your journeys.

Travelling Couples: 5 Pairs Destined to Fail

You know, there are some things that just don't mix—like oil and water, or kale and human taste buds. But today, we're talking about travelling couples who are about as compatible as a vegan at a steakhouse. So, let's break down the five types of travelling duos who are doomed to drive each other crazy on vacation.

1. The High Roller vs. The Penny-Pincher

Imagine one person wants to fly First Class, sip champagne, and sleep in a bed made of Egyptian cotton, while the other is Googling how to sleep comfortably in an airport. The High Roller's all about Michelin-star dining, and the Penny-Pincher? They're fine with food that's served from a truck and costs less than a latte. This duo is a financial disaster waiting to happen. It's like one of them wants to be in a Beyoncé video, and the other is trying to reenact Survivor.

2. The Thrill Seeker vs. The Comfort Craver

This pair is like mixing a skydiver with a couch potato. The Thrill Seeker is out

there trying to eat something they can't pronounce, and the Comfort Craver is frantically searching for a McDonald's in Paris. While one's on a quest to find the wildest experience possible, the other just wants to find a bathroom that's not a hole in the ground. It's like trying to plan a vacation with Indiana Jones and your grandma.

3. The Instagram Star vs. The Moment-Enjoyer

Oh, you know these two. The Instagram Star needs to document every second—because if you didn't post it, did it even happen? Meanwhile, The Moment-Enjoyer is rolling their eyes so hard they might need medical attention. One's got 500 pictures of the sunset, and the other's just trying to enjoy, well, the sunset. On Instagram, they're the perfect couple, but in reality? Let's just say the camera might get thrown off that scenic mountain.

4. The Sun Worshipper vs. The Urban Explorer

The Sun Worshipper is all about that sun, sand, and sipping something out of a coconut, while the Urban Explorer is thrilled to be dodging pigeons and pickpockets in the hustle of a crowded metropolis. The Sun Worshipper thinks heaven is a beach chair and a book, and the Urban Explorer? They're planning to climb a skyscraper for the view. This is basically the clash of relaxation and high blood pressure.

5. The Night Owl vs. The Dawn Riser

One half of this couple thinks vacation means waking up at noon to recover from last night's party, while the other is up at 5 AM, ready to do some sunrise yoga and hit every museum before lunch. It's a miracle these two even met, let alone planned a trip together. Their itinerary is a war zone of late-night bars and early morning hikes. The only thing they might agree on is brunch... if they can both stay awake for it.

And there you have it—five types of travelling couples that make you wonder why there isn't a reality show called *Why Are We Even Together?* Anyway, happy travels... and good luck!

