

## Reasons Why You Need a Holiday Travel

If you are a busy person, working 24/7, feel tired, bored, and lack of enthusiasm for life, maybe it's time for you to get out there and book a holiday! Getting away for a short period or even long period can give amazing impacts for your body, mind, and spirit. Getting lost in the new place you had never visited before and enjoyed the wonders is what a **holiday travel** all about. Still not feeling convinced? Here are some reasons why you need to have a **holiday travel** and book your travel agent;

- 1. Say no to monotony.** As the motto goes " change is as good as a rest," so a trip of any kind provides you with a break from the norm. It's restorative to make a change from your daily routine – doing so put a stop for your mind and body from stagnating.
- 2. You will spend much of your time outdoors.** When you are going out somewhere, you are more likely to be outside instead of trapped within an office/your workplace. This means you will be out breathing fresh air, enjoying the views offer to you, and breathing more deeply, re-oxygenating the liquid that runs in your veins. Afraid of sunlight? Not to worry, a **holiday travel** will give you benefits from the contact to sunlight, but make sure to take necessary precautions to avoid getting sunburn.
- 3. You will be happier as you have reduced your stress levels.** Going on traveling gives you a chance to relax or de-stress. Even if traveling can be stressful especially when your trip consists of a lot of places to go or your destination is a full of life metropolitan area, but the travel stress is a positive stress; means that it's not a kind of anxiety caused by work.
- 4. You will be an interesting story-teller and more active.** Travel can involve additional activities. Though you don't take an activity holiday, you are more likely to do more walking than you would do at your office or home. Besides, **holiday travel** creates new stories you can share. The more you travel, the more you will have something to talk about – be it funny stories

or horrifying stories, and the worldlier you will sound to people you meet when you are coming back home.

- 5. You will have something to fill in your memory book.** If you have a pocket camera or DSLR (Digital Single-Lens Reflex) camera that hasn't been used since ages, don't worry, they are going to be useful when you take them to your **holiday travel**. Your cell phone will possess more pictures about views and '*selfies*' – or '*wefies*' if you tag along your group with you. You can just print the pictures of your choice to fill your memory book, and you are successfully created memorable experiences that can be remembered throughout eternity.

You are feeling more convinced, aren't you? You may start thinking that, "Oh, okay I'm going to need to take a **holiday travel** as soon as possible, but when is the right time to travel? Are there any specific travel dates where I can avoid getting trapped in the sea of humans taking the same time as me traveling over holidays?" That is a common question when people are just one step to take their **holiday travel**. Lastly, we also listed tips for **holiday travel** to find some happiness in holiday season;

- 1. Try to avoid peak travel dates.**

Depending on which days the holidays fall (usually at New Year's and Christmas), the peak travel dates change each year. You can figure out which dates will be the priciest for travel. For example, most people will want to go on travel days that will allow them to maximize long weekend without taking too many days off work. To maximize your searching in flexible travel dates, use a search engine as well.

- 2. Try traveling late or early in the day.**

Airports are known least overcrowded at times when people would rather be asleep or even at home. For morning flights, delays are far less likely to happen. And as the afternoon and evening peak passes, airports usually

unclog. This is not going always to work 100%, but this can be one of the options to avoid overloaded people.

### **3. Try leaving early during peak travel times.**

Much of the hassle you will face mostly lies ranging from full parking lots, security check-in, absent shuttles to long lines, and traffic jams. To anticipate all the delays, try to leave for the airport early.

There's no single human being that doesn't want a holiday. **Holiday travel** is indeed needed and beneficial, and if you still do not need **holiday travel**, you will most definitely regret ever to take that decision not to go out traveling when you have the time and the money. So start finding your suitable dates and your best travel agent for a lifetime experience! Bon voyage!