

TIPS TO TAKE THE STRESS OUT OF BUSINESS TRAVEL

It's easy for busy travellers to forget how big a toll travel can take on the body and mind. But it needn't be a feat of endurance. Mark Stevens, Account Manager, explains how to get to your destination stress free and ready to do business.

Create an essentials list

Save yourself from panicking by making sure you have the absolute necessities.



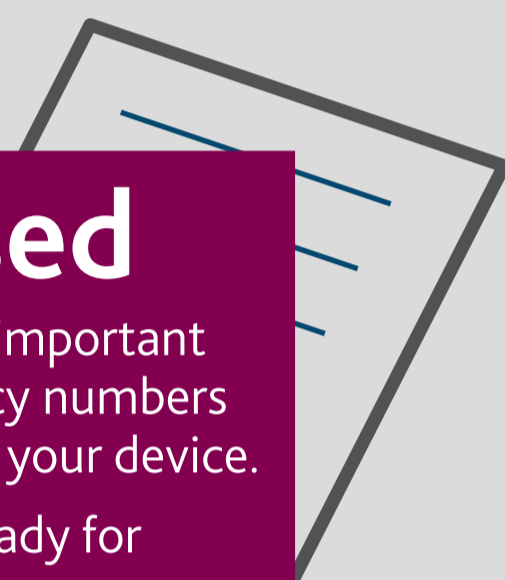
Book through a specialist

Booking through your specialist business travel agency can ensure you take advantage of perks as well as having access to a contact, 24/7 in case of an emergency.



Be organised

Have copies of bookings, important documents and emergency numbers printed or downloaded to your device. Arrange meeting notes ready for when you arrive.



Travel light

Hand luggage saves time at check-in and arrival, and saves you worrying about lost luggage.

Join an airline loyalty scheme

Take advantage of perks such as early boarding, comfortable lounges and upgrades.



Be prepared for delays and disruptions

Give yourself a large enough margin of error to deal with unplanned disruptions and delays. Check our travel alerts before you travel and download our app, [iris:go](#) for updates to your journey straight to your device.



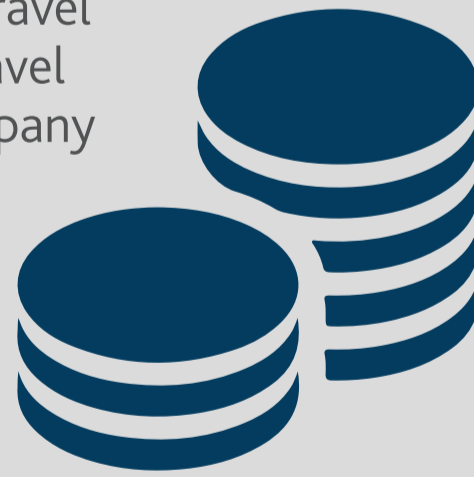
Take advantage of technology

Before leaving, load up your phone or tablet with any maps and addresses you might need. This can help reduce the stress of navigating around a new place. Our app, [iris:go](#) can help with this - it's a personal travel assistant in your pocket.



Limit payment admin

If it's within your travel policy, use your travel management company to invoice the cost of any business travel back to your organisation.



Learn the lingo

Learning a few courteous words and phrases such as "hello", "please" and "thank you" is seen as polite and will help you get by. Try one of the many [mobile apps](#) such as Duolingo or Google Translate.

Bonjour

你好

Give yourself time to acclimatise

Showing up to an important meeting with next to no sleep will not impress.



Take some downtime

Take time to enjoy some of your destination's unique attractions. It's a great way to pick up useful phrases and local etiquette, as well as helping you unwind - all of which could help you clinch the deal.

