



For immediate release

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Prepare yourself for a stress free holiday!

Go Travel Insurance, a leading travel insurance provider insists that the key to a stress free holiday is preparation.

With the summer now in full swing and the school holidays upon us, once again British holidaymakers will want to get away from it all. Research has shown that planning 'that perfect trip' can be very stressful, that is why Go Travel Insurance has come up with an easy to follow plan to ease the stress levels this summer.

To get that stress free holiday, the seven steps to holiday heaven are:

1. Once you know where you want to go, get it booked. It is a common misconception that leaving it to the last minute automatically means a "holiday bargain".
2. Look at the Foreign & Commonwealth Office website (www.fco.gov.uk) for information on your destination. For instance, are there any do's and don'ts which you need to be aware of? Find out by looking at the *Know Before You Go* campaign. This part of the site gives valuable information on how travellers can best prepare for their trip abroad.
3. Buy yourself a guidebook and plan your activities before you go – where to eat, where to drink, what sights to see – and of course where to let your hair down which is the ultimate way to reduce your stress levels.
4. Make use of any information available – check with your GP, to make sure that you have any necessary jabs at least six weeks before you travel or look at the Go Travel Insurance website for more details.
5. Don't leave everything until the last minute – this is a sure fire way to build stress levels. Give yourself time to get everything you need.

6. If you need to hire a car, we recommend that you book it in the UK to get the best deal. You may find that booking when abroad could be expensive and not understanding any small print in a foreign language could be an expensive mistake.
7. Make sure you have adequate travel insurance cover. Don't be one of the 78%* of UK residents who don't take out adequate cover. You cannot legislate for accidents happening whilst you are away, but you can relieve the stress levels by making sure that you and your family are covered. Single Trip cover with Go Travel Insurance, starts from as little as £3.95, with annual cover starting at £31.43.

Commenting on the plan, Christian Young, Chief Executive of Go Travel Insurance said: "Even with the proliferation of mini breaks and people taking multiple trips all year round, the annual summer holiday is still the focus for most Britons. This simple guide will, we hope, help to reduce stress levels and increase the enjoyment of the holiday.

Just by taking a few simple steps, consumers can help eliminate the risks of foreign travel – whether they are taking a mini break or a two week holiday."

-ends-

* - based on a survey of 2,000 Go Travel Insurance customers.

For more information, please call Tim Ledebor at MNC, on 020 7520 6989 or email tim@mnc.uk.com.

Full details of Go Travel Insurance's cover can be found on their website (www.gotravelinsurance.co.uk).

Editors Notes:

- Go Travel Insurance is a division of Drakefield Insurance Services Limited. Drakefield is an experienced operator of established travel insurance websites and is regulated by the Financial Services Authority.

- Go Travel Insurance offers a truly end to end service, with our claims department, call centre and medical screening, all handled in house in the UK, giving a customer-focused and professional service every time
- The Go Travel Insurance website has been operating since 2000 attracting over 10,000 hits per day.
- Go Travel Insurance is committed to customer service, always ensuring that the customer is delivered a quality product at a competitive cost.