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**How To Deal With Airport Stress**

**By Neil Stelling**

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Your flights booked, and now it's airport time. Airport's can be stressful places nowadays, and these tips are designed for stress reduction...

\* Leave home early

Airport stress starts the moment you leave home. Don't sit in traffic watching minutes tick away. Aim to arrive at the airport two hours early (usually required for International flights). Then if there's traffic delays, you've still got plenty of time.

\* The check-in Line

Now you've arrived, next step's check-in. Usually, there's multiple lines you can choose from. Which looks quickest ? Maybe the longest line is quickest ? Here's a couple tips. If you see lots of families and children in a line, avoid it. By the time they've found all their tickets, and sorted their luggage jumble, they've taken twice the time of a couple or single person.

Look for a short check-in line that's not easy to see. Look at each end of the check-in aisles, and maybe there's a valid check-in hidden by a pillar, that few people see. Happened to me just recently, and cut a half hour off my check-in time – a half hour I spent relaxing in the bar.

\* How long to walk from lounge to gate ?

Maybe I should publish a guide to 'walk-time' at different airports ! I've walked anything from 2 minutes to 20 minutes after a call to Gate.

Ask at check-in. It's an important question. When that screen flashes 'Go to Gate', it's much less stressful if you know how long you'll take to walk there. All your good work of stress-reduction goes

## How To Deal With Airport Stress

down the tubes if you walk 5 minutes and then realize your gate is way the other side of the airport terminal.

Sometimes you even have to go through more security, or another passport check, and find a line waiting there. I once travelled out of Spain, and this exact same thing happened. A long passport control line stood between me and my gate, where departure was scheduled just 15 minutes later. Luckily myself and 5 others decided to go right to the front and explain the situation – no one objected to us going thro first.

But try to avoid this un–necessary stress by checking in advance.

\* Invest in the Executive Lounge

If you travel often you might get free entry to an airport executive lounge. If not, you can often pay a

small amount to use it. The ideal low–stress airport experience begins in the executive lounge. Away from all the airport hustle & bustle, relax with free drinks and nibbles. Read a newspaper or magazine and you're soon in just the right, relaxed frame of mind for your journey.

\* Nervous ?

Don't feel embarrassed to be nervous. A lot of people are nervous of flying, but you know it's much safer than your car journey to the airport. If you can't use an executive lounge, then there's a couple other options to reduce your stress. Try shopping ! Yes, retail therapy can help take your mind off your nervousness and stress. No need to buy anything – just wander around looking...

Follow the above tips and you'll have a relaxed and stress free airport experience, all ready to enjoy your vacation or business trip.

by Neil Stelling B.Sc, MBA  
Marketing Manager, DigiLectual Inc.

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Neil Stelling is Marketing Manager of New York based, DigiLectual Inc. He travels extensively, and shares his travel experiences in a series of helpful air travel articles.

## **Do You Know The Way Around Airport Parking Luton**

**By Jenny Riley**

Located about 30 miles outside of Central London, Luton airport serves scheduled and charter flights to destinations all over the U.K. and Europe, the Middle East, and North Africa.

Airport parking Luton is not a problem for both the traveler on vacation or the businessperson on the road.

Three options are available when you need to park at Luton Airport.

The Short Term Parking lot is considered the premium product. The lot is situated adjacent to the Luton terminal and is suited to executive stays and meeting and greeting passengers.

You will pay by the hour up to the maximum of a six-hour stay to take advantage of the daily executive rate for in this lot for airport parking Luton.

Some people want the advantage of being parked very close to the terminal even if they are going be away for some time. You may park at the short term lot for almost as long as you want.

Convenience is the by word when airport parking Luton. The airport recommends that for speed and convenience you insert your credit card into car park entry barrier. This opens the gate.

You can then park and lock your car and make your way to the terminal. Otherwise, obtain your entrance ticket from the barrier. Park and secure your car and make your way to the terminal.

And if you paid with credit card, when you return, just drive out without having to deal with the cashier. Follow the gold signs to get to the short term lot.

For longer term and less expensive parking, you may use the Mid Term airport parking Luton airport. This lot is designed primarily for longer trips.

Free fully accessible shuttle buses service the car park with drivers that are fully competent to help disabled customers to board or disembark the buses.

There is even a Special Assistance intercom enabling disabled customers to call for free assistance to their check-in desk.

For five days or even more, the Mid Term lot is the best for airport parking Luton. Follow the green signs and here again, use your credit card to make it easier and quicker to get in and out of the lot.

If you are taking an extended trip and need airport parking Luton, follow the pink signs to the Long Term parking facility. Parking rates are very much less expensive and the shuttle bus ride is a breeze.

And by the way, parking for motorcycles is available free of charge in the Short Term Car Park for

airport parking Luton.

Jenny Riley – Airport Parking Luton

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