

## Travel Easy

The way in which we travel by foot, wheels or air in our later years may take little more consideration. Let's investigate the impact of our choices.

The consideration given to getting around later in life might need to expand locally and even internationally. Perhaps it's not only age that can motivate a change of route – many of us are now considering the environmental impact of our travel choices too.



### Locally

Get walking! Move it or lose it! If you are retired, you'll hopefully have more time to get to places. Yes you could drive to the local supermarket for that loaf of bread, but what if you pop on some headphones, and get the blood pumping with a walk there instead?

If you can't drive anymore, consider going electric. Electric scooters can go up to around 17 km/hr and include a nice big basket on the front and a decent sized pack on the back. They're also easy on the environment. Electric bicycles have gained huge popularity amongst the older generation – providing an opportunity to combine transport with an inclusive level of exercise that suit so many types of bodies.

Companies such as Driving Miss Daisy offer wonderfully helpful services and can take you to appointments, shopping trips, scenic drives and airport transfers. Perhaps you'll give up driving as much when you hit 65 and are rewarded with a Gold Card which gives you access to free or reduced-price public transport. It's enticing to not have to factor in where to park and the cost of petrol plus you might enjoy the added benefit of meeting a nice like-minded soul to chat to during the journey!

### Nationally

If you'd like to see a bit more of this gorgeous nation we reside in, consider a bus tour. Often these tours cater to the over 65 market and make it easy going. Many tour companies offer guided tours specifically designed for seniors. They set the timetable, with activities, and places to stop and eat, and they organise accommodation all with a very comfortable spacious bus to get you from A to B.



There is also the option of self-driving. Rent a campervan to explore New Zealand's scenic landscapes and attractions. Don't forget to inquire about whether they offer senior discounts. The NZTA provides information on driver licensing requirements for seniors.

Cruise around the land of the long white cloud via ship! Our scenic waterways and coastline make a popular destination for cruises. The top cruise line companies offer special services and amenities depending on your age and abilities.

### Internationally

There is more than just cruises on the menu that can suit a more mature audience's appetite for adventure.

Take a flight from one of our nation's international airports. Many airlines offer special services for elderly passengers, such as wheelchair assistance and priority boarding.

Cruises speak for themselves with popularity amongst this age group! Aside from wheelchair-accessible cabins and medical facilities onboard, cruises are often tailored with knowledge of the types of activities and destinations you'd love to comfortably travel to.



As with nationally, consider using a travel agency to organise flights and transfers to indulge in a tour over land. Your travel agency will be able to recommend tours specifically designed for people just like you and take care of the boring admin of booking accommodation and knowing the best places to dine.

### **What about the dreaded jetlag?**

With the world now re-open to the savvy traveller in us all, the practical aspect of jumping on a plane to somewhere fabulous also needs to be investigated. Who wants to arrive in Europe feeling sleep deprived and moody when there are ways to alleviate the effects? The best approach is using the Old Girl Guide's motto: Be Prepared! Adjust your sleeping schedule ahead of time and begin to go to bed and wake up closer to your destination's time zone in the days and weeks leading up to the trip. Avoid coffee and alcohol (save the drinks to celebrate arrival at your destination) and choose to stay hydrated with water instead. Invest in some noise-cancelling headphones and get as much rest during the flight as possible, interspersed with occasional walks, if possible, up and down the aisles. The other option if you're not opposed to extra assistance in pill form, is jet lag pills. Often these can be purchased from the airport or try your local chemist. Melatonin can also be very helpful if taken for several days once you've arrived – but please do check with your Dr before throwing back extra medications. Lastly, avoid heavy meals. An upset digestive system won't do your time adjustment any favours.

### **Get assurance with insurance**

Whatever the travel you choose, it's important to obtain travel insurance that covers any medical emergencies or unexpected cancellations. Some insurance companies may have age restrictions or require additional medical information so it's recommended to shop around for the best policy.

Organisation is key to success for any kind of traveling you intend to do – plan your trip in advance and consult with a travel agent or tour company to ensure a smooth and comfortable, stress free experience.

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