

Don't sweat it

Summer is the perfect time to learn to chill out, writes Eugene Yiga



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There's no such thing as a perfect holiday. The zip on your bag will break. (Twice.) You'll cut your finger when you're running late. And you'll come dangerously close to forgetting your passport in the hotel safe.

These are a few of my least favourite things. And yet they all happened to me on my trip to Mauritius, despite the fact that the yellow garland of flowers I received from the tour guide at the airport was meant to bring me good luck.

Still, I had a wonderful time. It's not just because I spent five nights at the ultra-luxurious One&Only Le Saint Géran, which once hosted the late former president Nelson

Mandela and his family. It is because I also learned some important lessons about embracing the chaos of travel.

ASK FOR HELP

1 The first thing you should do when things go wrong is to ask for assistance. It sounds simple enough but too many of us try to sort things out on our own. For example, as soon as I realised I'd forgotten my universal adaptor and couldn't charge my laptop or phone, I called my 'butler' and he brought me one to use. Problem solved.

LIVE WITH IT

2 Not everything is that easy to fix, of course. In which case, you might as well just accept things the way they are. For example, when the frame of my spectacles came apart, the

hotel offered to call in an optometrist to create a new pair. But, given that I only use my glasses for work, I realised that I could just as easily spend a few days without constantly staring at a screen. I was in Mauritius after all!

KNOW THAT IT'S TEMPORARY

3 Nothing lasts forever. That applies to both the good things and the bad. Whatever you're going through, at home or at work or in a faraway land, it's only a matter of time before things get better. Indeed, even though part of our trip involved heavy rain – we passed the time by sampling exotic new foods – the sun came out in the end. Who could ask for anything more? **C**