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The Wait List – 5 routes to travel zen

I was recently approached by a journalist to comment on the findings of a [Booking.com survey](#) that names flight delays and cancellations as the primary causes of stress for Argentinian business travelers. 57% of respondents from my country experience anxiety. They're not alone. The same survey revealed that 93% of business travelers worldwide worry about the logistics of business travel.

Being a frequent traveler myself, I know the importance of having access to cutting-edge technology, and the best people behind it. If something occurs, I have complete peace of mind knowing that I can get the help I need, fast.

Let me share with you some other tips I use to get around potential complications, so I can focus on what's important.

1. Factor in buffer time - If your meeting is crucial, arrive at your destination well in advance, and leave enough of a margin on either side of your appointment. I normally fly the day before an important meeting so that if there's a delay or cancellation, I can find a suitable alternative.

2. Know who can help you - Keep your travel management company's contact details to hand. There are an awful lot of variables that can affect your trip. It's important that you have someone to contact immediately if something goes wrong.

3. Know your policy - Your company will have a travel policy that covers delays and cancellations but they can't help you if you're not aware of the policy, or re-book outside of it.

4. Avoid transit trouble - Keep an eye on your connecting time. Can you get to your next plane even if the first one is delayed? Are there later flights that you can book in case you miss your connection? Knowing this information will help you to avoid getting stuck midway.

5. Use travel apps - In case of delays, an app like [CWT To Go](#), our awarded mobile app is an invaluable resource. It lets me search alternative flights, as well as get updates and alerts on changing itineraries. Another feature I adore is the ability to share updates. If I'm going to be late, I can email my new schedule to clients, colleagues, and family.

Blog Author: Florencia Scardaccione, South Latam Director, Carlson Wagonlit Travel

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fill more than 100,000 hotel rooms, while our meetings and events division handles more than 100 events every 24 hours.

Contacts

CWT Solutions Group CWT Meetings & Events

CWT ERM **CWT** RoomIt

CWT SoloTravel

Media enquiries

Press Contact

CorePR@mycwt.com