



PLAN YOUR FAMILY JOURNEY!

Tips for travelling with kids.





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Introduction

The most long-awaited time of the whole year is fast approaching: the holidays!

It's time to plan your trip! Travelling with the family is a unique chance to create fantastic memories for your kids. It's quite easy for the holidays to turn into a complete nightmare though if you don't plan them properly.

The goal of this simple and easy-to-read guide is to offer you a series of **tips for travelling with kids**, to ensure that you don't have to worry about anything apart from enjoying the experience.

Choosing the destination

The first and most important thing is to choose the destination, which is also one of the things that can cause most dispute in a family: should it be the beach, the mountains, an adventure holiday, a relaxing holiday...?

Will the kids get bored? We need to rest but we want to have a good time as a family. How can we achieve this?

These and other questions are ones you can ask yourselves when the moment for deciding a destination arrives.

At Hotels VIVA we are very aware of the requirements of a good family holiday destination, and this is why we're offering you a series of tips so you don't have to worry about anything apart from having a good time.

In the first place, when it comes to choosing a destination you should bear in mind:

- **The age of your kids.** This is fundamental in choosing the destination, for both your and your children's convenience.
- **The weather.** An agreeable climate will enable you to enjoy the holidays much more, allowing you to organise excursions, explore the area, use the swimming pool, go to the sea...
- **The distance.** It is not advisable to embark on long haul journeys for pleasure with babies or small children; they won't remember it, whereas you are certain to, but not for having a good time – you'll be restricted by their needs and timetables.
- **Leisure services and offers** both for the grown-ups and for the kids.

Whenever you can and the age of your kids permits it, involve them in the planning of your journey. There are thousands of ways of doing this – they will love it and it will enable you to have a great time together. You can consult maps of the destination, read a book about the customs of the area, plan trips, excursions...



Mallorca

Mallorca is one of many families' preferred destinations for spending their summer holidays. Mallorca with kids is a delight: not only does it have incredible beaches, it also offers a host of leisure options for grown-ups and children alike.

Transport

When it comes to planning a journey with kids, there are all sorts of factors to bear in mind. One of the most important is how to complete the route to the chosen destination, where (after a long year of looking forward to it) a much-anticipated holiday awaits.

Let's not delude ourselves: travelling by car is not the same as going by train, by boat or by aeroplane and, above all, the travelling conditions and the preparation required by each of these modes of transport is quite different.

Aeroplane

If you're thinking about crossing the ocean, or your dream destination is a dreamy island, the obvious thing is to opt for the aeroplane (many adventurers prefer a sea crossing, but due to the weather and possible seasickness issues I wouldn't recommend it, unless you want to plough through the high seas and have the feeling of being an adventurer like the great explorers of days gone by).



When it comes to getting a plane, if you're travelling with children there are a series of issues you ought to take into account, but the first, and the one that will either make your journey easier or otherwise, is the choice of airline. These days airlines are well set up for helping families travelling with children, doing all that they can to prevent the much-needed holidays turning into an authentic disaster from the outset. It's important to get off to a good start because, as the saying has it, what begins well ends better. Choose the airline that offers you the best service in terms of travelling with children.

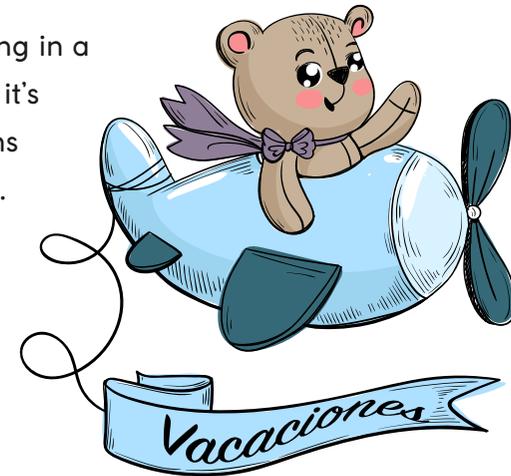
Boarding:

The majority of airlines give boarding priority to families with kids aged up to 7- 12. While this is the normal thing to do, don't forget to check prior to buying your tickets.

Flying with babies:

Pay attention to the prices! In general the price of an airfare for a baby travelling in a parent's arms should not be particularly high, apart from the airport taxes, but it's not always the case.... It's imperative therefore to check the terms and conditions of the flight so that the youngest ones don't land you with unpleasant surprises. Another important issue is the age of the child, because the airlines have restrictions for newborn babies and many do not allow you to fly with babies aged between 0 and 15 days.

As far as the pushchair is concerned, virtually all of the airlines allow you to take it right up to the boarding gate, to be subsequently picked up at arrival at no extra cost.



Luggage:

Generally from the age of 2 children have to have a full-price ticket and are subject to the same conditions as the rest of the family. Some airlines offer exclusive advantages, which you're certain to find of interest: Ryanair for example offers to check in a pushchair and a seat or travel cot free, while both Norwegian and Ryanair offer an extra 5 kg of checked-in luggage either in a suitcase or in a separate bag for the baby.

Entertainment on board:

Iberia, which is the main airline in Spain, boasts on-board entertainment for members of its *Iberia Plus Kids* club. With other airlines, particularly some of the Asian ones, the kids are likely to have a stupendous flight to look forward to!

Gulf Air, an airline that flies to destinations in Europe, the Middle East and Africa, offers a “sky nanny” service to take care of the kids during the flight; Emirates, with its *Skywards Skysurfers* programme, enables kids to swap air miles for discounts at theme parks and boasts a host of entertainment channels for all the family. On Japan Airlines flights, children will find building blocks, origami, playing cards, soft toys and even toy aeroplanes; while Qatar Airways is not to be left behind, because if you fly with a baby you’ll be given a bag with everything you need (milk, wet wipes, cream for the baby, nappies, talcum powder...) and kids up to 12 receive a Spongebob Squarepants bag full of gifts. Enough to make anyone want to fly!

Car

I’m bored! Are we there yet?... such are the typical laments that ring in all parents’ ears during a long car journey. But don’t worry! The only remedy involves not forgetting to take a series of distractions... you’ve got it, toys! Never neglect to take their favourite toys, the ones that can keep them entertained for hours and hours; soft toys, a book, a tablet, DVDs... These will make the journey much more bearable.

And of course don’t forget to take a small picnic, something simple, water, snacks... just in case you run into traffic jams and the journey is longer than you bargained for.



Cars give us more freedom and flexibility than other forms of transport but we should ensure that the kids aren’t exhausted by the journey. How? By making stops every few hours, looking for intermediate places to see and, if possible, staying overnight at such a place if the journey lasts more than 10 hours.

Ship

- Try to make the crossing at night, the voyage will seem shorter if you can take advantage of the hours of sleep.
- Check to see if the ship offers any children's entertainment; this will make the voyage more bearable, particularly if you're travelling by day.
- Don't forget their toys!
- Protect yourself and your family with sun lotion, sun glasses... don't ruin your holidays before they've even started with sunstroke.
- Very important! Don't forget to take some sort of treatment for sea-sickness.



Train



The train is a relatively comfortable way of travelling with children since it enables you to walk with them along the corridors, so they can stretch their legs and even sleep in a family cabin.

Mallorca

The journey to Palma de Mallorca can be made by plane or by ferry. There are a host of airlines that fly to Mallorca. Palma airport is located 10 kilometres away from the city, which can easily be reached by bus. The number 1 bus takes you directly to Plaza de Espanya, right in the centre of the city, and stops at all the main tourist sites. You can also get to the port with this service. If you prefer to come by ferry, the main shipping companies are Corsica Ferries and Balearia.



Luggage



Don't go crazy! Holidays are not the same thing as moving house. Take the essentials: obviously, there are always things that can't be left out under any circumstances when it comes to packing a child's suitcase, but to be clear about what the essential things are it is advisable to have a list. Seeing this on paper or a screen will prevent you from flinging everything that occurs to you in the suitcase without any kind of filter.

A good way of ascertaining the clothing that's needed is to base the calculation on the number of days away. It's best to pack a set of clothes per day plus an extra couple of sets in case of any possible accident.

One recommendation for limiting the amount of clothing is to take, or to buy when you get there, a small quantity of detergent to enable you to wash things by hand as a last resort. On the other hand if you're thinking of spending your holidays at a hotel, everything will be much easier because you'll be able to avail yourselves of the hotel laundry service.

A small first aid kit

Always take the typical medications for kids with you, whether for a fever or a sore throat, as well as plasters and ointment for bumps and scrapes.

As far as toys are concerned, try to restrict them to a favourite doll, a book or a game to keep them entertained on the journey. And remember, try to avoid the classic "just in case..." syndrome – there are shops at your destination where you'll find everything you need.



Documentation

This is fundamental if you want to have everything under control, so find a folder and prepare all the documents needed to enable you to have a perfect holiday.

- A national **ID** card is not compulsory for children in Spain before the age of 14, but children should have one for travelling, because it is obligatory for visiting EU or Schengen Area countries. The National Security Plan states as an exception to this that those under 14 can fly to places within Spain without an ID card, on condition that they travel with their parents and the latter have their *libro de familia*.



- **Passports:** Children wanting to travel to countries that do not belong to the EU or the Schengen Area must have a valid passport, just like adults. It is also important to find out if the country or countries on the itinerary require visas or health certificates.

- **Visas:** In the event that the country or countries to which children are travelling require a visa, you should check what you need to request one with the embassy or consulate. Each country sets its own conditions and in the case of children these are usually different from adults in terms of the cost of issuing them. There are also countries that allow group or family visas to be obtained.



- **Travel insurance:** Unforeseen circumstances proliferate when you're travelling with kids, which is why it's very important to take out travel insurance including cancellation coverage. These days there are travel insurance policies geared towards families, but make sure that the family insurance you take out covers all incidents such as: medical care, lost luggage, delays and cancellations, civil liability, among others.



The Accommodation

The choice of the accommodation is another of the crucial points of the holidays. A hotel for couples is not the best bet, nor is a sparsely-populated village cut off in the middle of the mountains. Naturally it depends on everyone's individual preferences and the vacation plans that each family may have. Some people prefer to get away with their family to an isolated village, but the kids will probably have a much better time in the company of other children, which will moreover reinforce their abilities to interact with others.

There are a host of accommodation options in Mallorca that will delight children and grown-ups alike. The time has come to savour the holidays!



VIVA Cala Mesquida Resort & Spa

Located right next to the beach, the Aparthotel VIVA Cala Mesquida Resort & Spa is perfect for enjoying a richly-deserved holiday. A spectacular aparthotel with a wide offering of restaurants and a variety of swimming pools for everyone: two central swimming pools, an outdoor heated pool, two large jacuzzis and an aquatic Pirate Ship perfect for aspiring cabin boys and girls, a mini-club area for kids and the Balneum Spa with all the best wellness treatments. Everything you need for family holidays with exceptional views of Cala Mesquida.



VIVA Blue & SPA

VIVA Blue & Spa is an aparthotel with premium facilities and a fantastic location next to the S'Albufera Natural Park, which UNESCO has designated as a site of national importance. You'll be able to bliss out while your kids have a whale of a time at the mini-club, Pirate Ship, aquatic games or with an array of children's entertainment. This aparthotel boasts heated pools, a Cycling Station and a professional gym for training at the highest level. If in addition to all this you throw in massages, a sauna and a jacuzzi...you have the ingredients for a superb holiday.



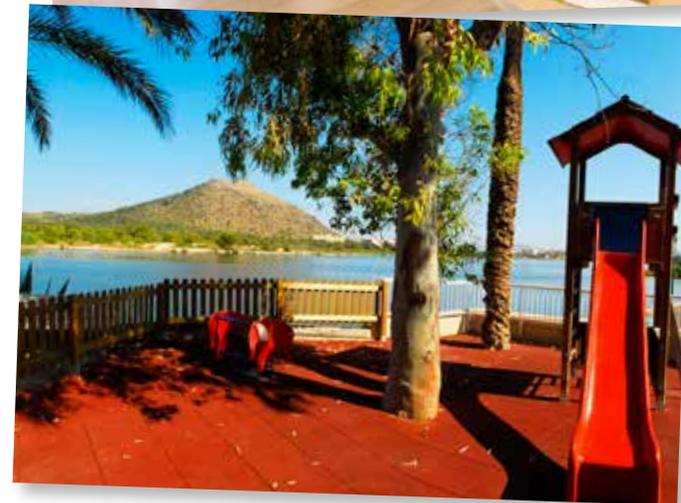
VIVA Sunrise

One of Mallorca's best hotels for children. The port of Alcudia is one of the island's best coastal zones, packed with charm. It offers a wide range of leisure pursuits, restaurants and open-air activities. The VIVA Sunrise is a family hotel next to a canal, a location that in itself lends it a very special flavour. The VIVA Sunrise Aparthotel combines a relaxing range of services for adults with a host of entertainment and leisure activities for children. The whole family will enjoy fun and relaxation in equal measure, as well as spending long days on the beach just a few metres from the hotel. Can you think of anything better for your holidays?



VIVA Eden Lago

Prominent features at the VIVA Eden Lago Hotel, with its all-inclusive service, are its fantastic facilities and its location next to a coastal lagoon that make it different from any other place you have ever visited. A holiday awaits in which you can enjoy themed dinners, sunsets, a bird observation point, long walks in a natural setting, going for runs, kayaking and trying your hand at paddle surfing... the fun is guaranteed!



Having fun is a family



HOTELS VIVA & RESORTS
FUN BEGINS HERE!



The fun starts here! Having a good time with the family is the main goal of the holidays. Going to the beach, organising a trip to the mountains or simpler things like playing with a ball or eating an ice cream – whatever it is as long as it's together.

Having free time to spend with your children is a luxury not to be squandered and, unfortunately, something that during the rest of the year is often not possible. So holidays provide the opportunity to enjoy it to the full!

Ensuring that each member of the family can enjoy the leisure activities that most appeal to them is fundamental: games for the little ones, spas, sport, sunbathing or whatever each person prefers.

Enabling each member of the family to enjoy what he or she most likes doing helps both mum and dad and the children to have their own relaxation space and later enjoy shared family activities to the full.

VIVA hotels offer a very comprehensive programme of activities and facilities so that the whole family can be sure of having a great time. In addition to the programme of family activities, they offer a host of entertainment services to ensure that the kids have a whale of a time while the grown-ups are able to switch off safe in the knowledge that the kids are happy and well looked after.

BUFO

This piratical mascot captivates children. Every time the youngest members of the family bump into Bufo around the hotel their faces break into smiles. At night he puts on an entertainment show that will leave them open-mouthed and wreathed in smiles.



PIRATE SHIP

The bees' knees for the kids! If you give them a swimming pool and they never want to get out, imagine combining a swimming pool with a pirate ship, slides and attractions specially designed with kids in mind. The water level matches their height so they can move around with total freedom and peace of mind. The pirate ship is synonymous with unadulterated fun in the summer months.

VIVA CIRCUS

A place where kids can become authentic circus stars; clowns, lions, acrobats, etc. In addition there are small shows for the children with clowns, magicians and a mini interactive game between the children and the hotel mascots.



VIVA KIDS ONLY CLUB

The children are the true stars here: every day they have a fun plan full of adventures and activities. In addition, to make it more personalised and in line with the little ones' interests depending on their ages, the VIVA Kids Only Club is divided into the Mini Club, for 4-7 year-olds, and the Maxi Club, for 8-11 year-olds.



