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about delays, airport security and immigration – 1 per cent, 9 per cent and 8 per cent lower than average, respectively.

Survey data was also gathered from more than 7000 CWT travellers, who were asked to rank, on a stress scale of one to 10, 33 activities.

This revealed three types of stressors: lost time (such as the inability to work on a plane or in a hotel without an internet connection), surprise (such as lost luggage) and routine breakers (such as having to wake up early or the inability to eat healthy foods).

It also found that female travellers were more stressed than men in virtually every category, and more senior (presumably older) workers had more travel stress than juniors, yet were less likely to be stressed by surprises.

on the run

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average, \$7.86 was spent at Starbucks, representing 14.14 per cent of total expenses on the road, \$10.79 at Subway for 3.11 per cent, and \$7.01 at McDonald's for 1.74 per cent.

Top-expensed vendors for the first quarter of this year included Avis, Delta, Marriott, Shell, United and Verizon.

lounges named

2013 Lounge
International
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Asia Pacific: Louis' Tavern CIP First-Class Lounge, International Terminal at Suvarnabhumi International Airport, Bangkok.

Europe: Pau Casals VIP lounge, Barcelona El Prat.

Latin America/Caribbean: Sumaq VIP Lounge & Business Centre, Lima Jorge Chavez International Airport.

Middle East/Africa: Al Dhabi Lounge, Abu Dhabi International Airport.

North America: United Club, Terminal E at Houston Texas International Airport.

EXECUTIVE TRAVEL



In this new regular column, special guest writer Rob Salisbury, who travels widely as a corporate consultant, offers an inside look at high-end travel.

The judge

Rob Salisbury, reading *Executive PA Magazine* in the new \$9 million Qantas Lounge at Changi airport in Singapore, gives his verdict on the lounge...

What's cool

With my many visits to the airline's first-class lounges in Melbourne and Sydney, I find Singapore carrying on the tradition. Neil Perry's menu has local influences, and there are Australian wines. The staff is attentive to specialised diets. There are 20 showers, a free shoeshine and shirt/blouse pressing services.

What's not

Being open from 3pm to 11pm seems limited, yet it works for South-East Asia outbound connections.

Why I'd visit again

It's a six-star experience with a welcoming and traveller-focused team.

AIR POINTS

China Southern is introducing A380 aircraft for flights between Sydney and its Guangzhou hub in October. It joins Emirates, Qantas and Singapore Airlines in flying the world's biggest passenger jet to Australia.

QantasLink is upgrading the interiors of five Boeing 717 aircraft to include business class. The carrier is also testing the latest technology in individual in-flight entertainment. The aircraft will be used on Sydney-Canberra, Brisbane-Canberra and Melbourne-Canberra routes.

Philippine Airlines has increased its luggage allowances on all flights between Australia and Manila in The Philippines, providing an extra 7kg to both economy- and business-class passengers.