

POST OFFICE® LONG HAUL REPORT 2013

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Holidaymakers planning a long haul trip this winter will find their pounds stretch furthest in Indonesia, South Africa and Vietnam, according to the new *Long Haul Report* by Post Office Travel Money. Key findings include:

- **The Indonesian island of Bali takes the top spot for value**
- **Runner-up South Africa overtakes Mexico, Sri Lanka, Thailand and Vietnam, helped by a 20 per cent rise in the strength of sterling**
- **Prices fall in Thailand pushing the Far East favourite back into the top four**
- **Jamaica is cheapest in the Caribbean, with prices down by over a third**

Over 1,600 Post Office branches offer a wide range of long haul currencies on demand. All major currencies can also be pre-ordered at over 11,500 Post Office branches or online at postoffice.co.uk for next day branch or home delivery.

With restrictions on importing Sri Lankan rupees, the Post Office recommends carrying cash on the Post Office Travel Money Card, a chip and PIN-enabled MasterCard accepted in over 28 million locations worldwide.

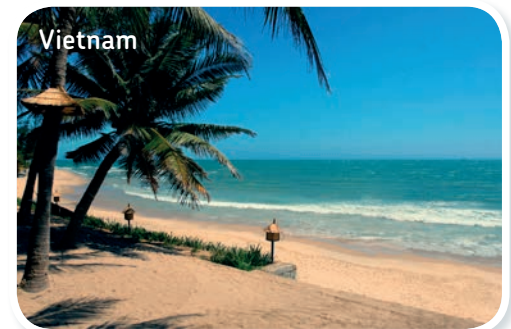
Bali



Cape Town, South Africa



Vietnam



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ITEMS	INDONESIA Bali	SOUTH AFRICA Cape Town	VIETNAM Hoi An	THAILAND Phuket	SRI LANKA Colombo	MEXICO Cancun	JAMAICA Various	KENYA Mombasa	USA Orlando	GAMBIA Kololi	SOUTH KOREA Seoul
Cup of filter coffee (Café/bar)	£1.21	£1.20	£0.83	£1.06	£0.26	£1.03	£1.50	£1.26	£1.28	£1.04	£1.90
Bottle of local lager (Café/bar)	£1.64	£1.33	£1.00	£2.11	£2.07	£1.81	£1.97	£1.79	£2.57	£0.93	£2.53
Bottle/can of Coca-Cola (Café/bar)	£0.88	£1.06	£0.50	£0.85	£0.67	£1.81	£0.67	£1.55	£1.60	£0.62	£1.26
Glass of wine (Café/bar)	£3.47	£1.66	£2.83	£3.17	£3.36	£3.62	£3.17	£2.33	£3.85	£2.59	£4.42
Cocktail (Café/bar)	£3.17	£2.32	£3.66	£2.54	£2.97	£3.62	£3.00	£3.11	£5.13	£3.62	£4.42
Small chocolate bar (58g Mars/Snickers)	£1.21	£0.43	£1.00	£0.59	£0.78	£1.03	£1.07	£0.60	£0.48	£0.56	£0.44
Bottle of mineral water (1.5l) (Supermarket)	£0.91	£0.60	£1.66	£0.32	£0.39	£0.62	£0.40	£1.36	£1.28	£0.41	£0.54
Suncream (Supermarket)	£2.72	£8.57	£4.99	£4.65	£3.88	£9.72	£5.47	£6.22	£5.13	£9.32	£3.79
Insect repellent (Supermarket)	£0.60	£2.52	£3.99	£1.90	£3.88	£4.76	£2.77	£1.94	£3.21	£3.00	£0.95
3 course evening meal for 2 including bottle of wine	£28.10	£29.88	£32.58	£37.20	£36.19	£29.43	£43.34	£45.09	£41.71	£47.64	£53.71
TOTAL COSTS	£43.91	£49.57	£53.04	£54.39	£54.45	£57.45	£63.36	£65.25	£66.24	£69.73	£73.96

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ITEMS	DOMINICAN REPUBLIC Punta Cana	TOBAGO Various	USA New York	ANTIGUA English Harbour	BARBADOS St James	USA San Francisco	USA Washington D.C	OMAN Muscat	MALAYSIA Penang	BRAZIL Rio de Janeiro	MAURITIUS Various
Cup of filter coffee (Café/bar)	£1.20	£1.07	£1.02	£1.27	£2.22	£1.70	£1.17	£2.27	£2.06	£0.46	£1.54
Bottle of local lager (Café/bar)	£2.41	£1.28	£3.85	£1.27	£2.05	£3.85	£3.21	£5.24	£5.00	£2.43	£1.76
Bottle/can of Coca-Cola (Café/bar)	£1.20	£0.64	£1.28	£1.27	£1.37	£0.96	£1.38	£0.87	£1.23	£1.22	£1.32
Glass of wine (Café/bar)	£4.01	£4.26	£5.78	£2.53	£5.12	£5.78	£4.81	£5.24	£5.47	£3.65	£3.03
Cocktail (Café/bar)	£4.01	£5.86	£5.13	£3.04	£3.41	£5.78	£5.78	£6.11	£6.59	£3.65	£5.24
Small chocolate bar (58g Mars/Snickers)	£0.80	£1.28	£0.55	£0.89	£1.02	£1.44	£0.82	£0.70	£0.72	£2.13	£0.46
Bottle of mineral water (1.5l) (Supermarket)	£0.48	£0.49	£0.83	£1.01	£1.71	£1.28	£1.07	£0.35	£0.82	£0.58	£0.42
Suncream (Supermarket)	£6.41	£9.06	£6.41	£6.84	£7.36	£6.10	£5.13	£6.98	£8.21	£7.60	£12.13
Insect repellent (Supermarket)	£6.41	£6.39	£4.17	£4.04	£4.10	£5.46	£3.84	£5.24	£4.10	£6.68	£2.09
3 course evening meal for 2 including bottle of wine	£48.11	£48.12	£50.06	£57.25	£53.17	£50.06	£55.67	£52.38	£51.31	£60.77	£66.15
TOTAL COSTS	£75.04	£78.45	£79.08	£79.41	£81.53	£82.41	£82.88	£85.38	£85.51	£89.17	£94.14

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ITEMS	ST LUCIA Rodney Bay	USA Miami	DUBAI Jumeirah	CANADA Vancouver	JAPAN Tokyo	COSTA RICA Tamarindo	CHINA Beijing	SINGAPORE China Town	NEW ZEALAND Auckland	AUSTRALIA Darwin
Cup of filter coffee (Café/bar)	£2.03	£1.93	£3.23	£1.40	£2.02	£1.35	£3.88	£2.64	£2.39	£2.42
Bottle of local lager (Café/bar)	£1.77	£3.21	£8.61	£3.92	£2.68	£2.45	£3.60	£4.23	£4.26	£3.62
Bottle/can of Coca-Cola (Café/bar)	£1.01	£1.93	£2.15	£1.11	£0.66	£1.78	£3.32	£1.59	£2.66	£2.11
Glass of wine (Café/bar)	£2.53	£5.78	£5.38	£5.00	£4.37	£4.99	£7.20	£6.35	£4.79	£4.83
Cocktail (Café/bar)	£4.56	£7.70	£3.77	£5.82	£6.35	£5.71	£7.20	£9.52	£7.98	£8.45
Small chocolate bar (58g Mars/Snickers)	£0.94	£0.96	£0.45	£0.79	£0.71	£2.85	£0.83	£0.79	£0.69	£1.81
Bottle of mineral water (1.5l) (Supermarket)	£0.76	£1.93	£2.69	£1.42	£1.11	£2.14	£0.55	£1.06	£1.28	£1.21
Suncream (Supermarket)	£6.08	£5.38	£6.28	£5.69	£6.58	£14.26	£8.86	£6.35	£10.32	£6.04
Insect repellent (Supermarket)	£5.07	£3.84	£2.87	£5.37	£3.53	£11.41	£2.77	£3.70	£3.96	£3.62
3 course evening meal for 2 including bottle of wine	£70.93	£64.18	£62.77	£70.86	£75.57	£59.14	£77.53	£84.62	£83.02	£90.58
TOTAL COSTS	£95.68	£96.84	£98.20	£101.38	£103.58	£106.08	£115.74	£120.85	£121.35	£124.69

Source: Post Office. Data relates to exchange rates on 16 September 2013.

Prices were provided as typical costs in resort areas popular with UK holidaymakers by National and Regional Tourist Offices, except Brazil, China, Indonesia and Vietnam (provided by Hayes and Jarvis), Gambia (provided by Serenity Holidays) and US destinations (provided by Brand USA). Random online checks were also made to authenticate prices provided.