



If you are considering a holiday overseas in 2012 you will find that resort costs are cheapest in Sri Lanka and Spain, according to the new Post Office Worldwide Holiday Costs Barometer.

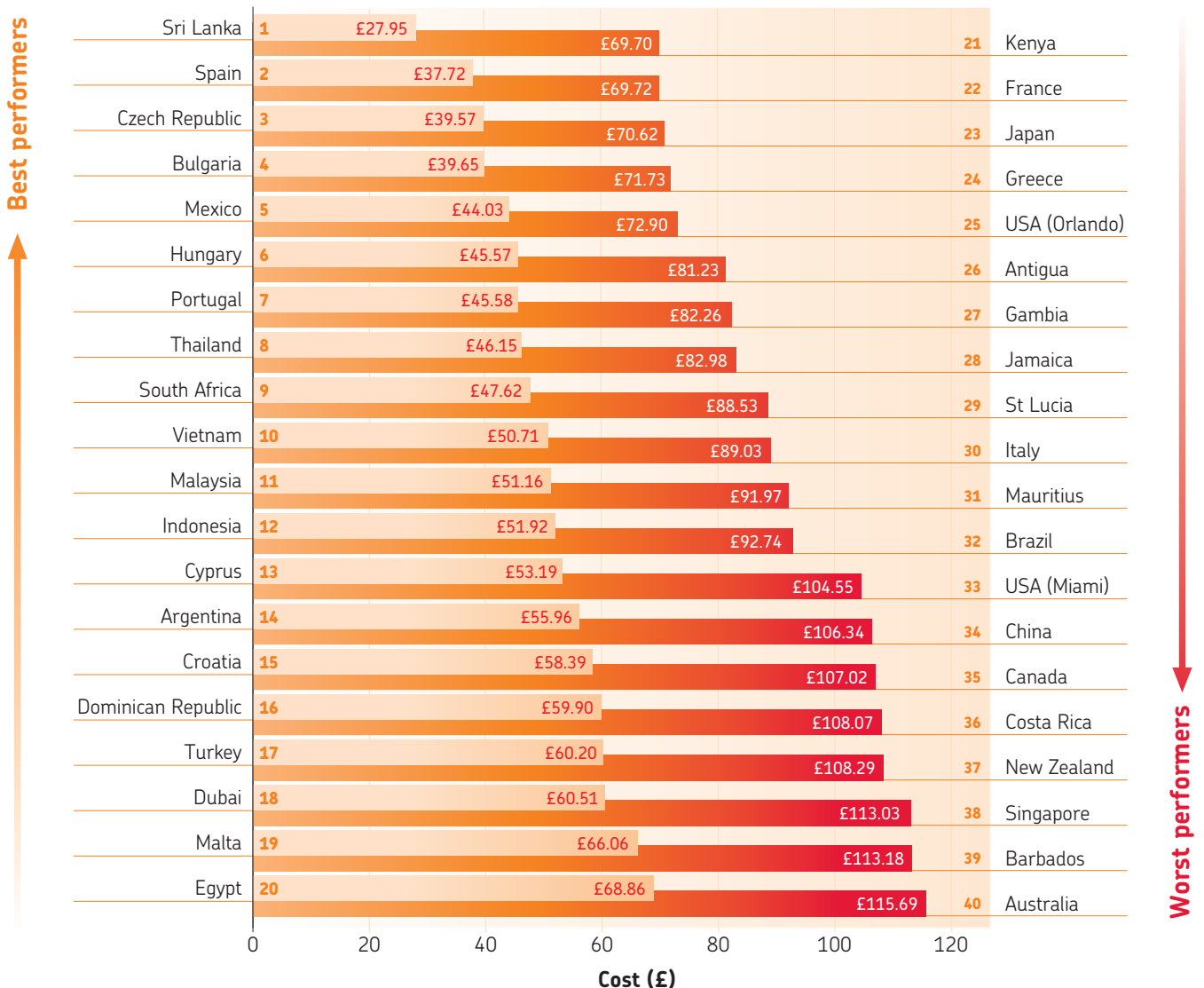
The annual barometer monitors the price of eight popular tourist items in 40 holiday destinations worldwide - including dinner for two, light refreshments and suncream. Key findings include:

- A fall of almost one-third in the cost of tourist staples has made Sri Lanka cheapest of 40 destinations surveyed
- Spain has overtaken Portugal to become Europe's cheapest holiday destination, narrowly beating the Czech Republic and Bulgaria and over a third cheaper than Turkey
- Thailand is the cheapest Far Eastern destination - although just £5 divides Thailand, Vietnam, Malaysia and Indonesia.

Holidaymakers can change pounds into euros over the counter at over 8,500 Post Office bureau de change branches, while US dollars and Turkish liras are available at over 4,000 of these.

Many of the other currencies featured in the barometer are among 30 available on demand at 1,600 larger Post Office branches.

Additionally, over 70 currencies can be pre-ordered for collection or home delivery at all 11,800 Post Office branches and online at postoffice.co.uk, with 0 per cent commission on all foreign currency and travellers' cheques.



Data relates to exchange rates on 16 December 2011

POST OFFICE® TRAVEL MONEY

Worldwide Holiday Costs Barometer 2012



Price breakdown by country and resort area

ITEMS	SRI LANKA Bentota	SPAIN Costa del Sol	CZECH REP. Prague	BULGARIA Sunny Beach	MEXICO Cancun	HUNGARY Budapest	PORTUGAL Lagos	THAILAND Phuket
Cup of coffee <i>Bar/café</i>	£0.47	£1.09	£1.39	£0.96	£1.51	£0.76	£0.64	£0.91
Bottle of local beer/lager <i>Bar/café</i>	£1.50	£1.82	£1.31	£1.92	£2.35	£1.26	£1.36	£1.40
Bottle/can of Coca-Cola <i>Bar/café</i>	£0.55	£1.09	£0.94	£0.96	£1.72	£0.95	£1.36	£0.35
1.5l bottle of mineral water <i>Supermarket</i>	£0.75	£0.35	£0.56	£0.72	£0.63	£0.32	£0.15	£0.47
Suncream (factor 15) <i>Supermarket</i>	£2.50	£4.50	£7.12	£7.21	£6.78	£7.89	£10.90	£5.25
Insect repellent <i>Supermarket</i>	£1.25	£2.50	£4.50	£1.44	£2.87	£3.95	£5.71	£1.17
Pack of 20 Marlboro Lights cigarettes	£2.81	£3.64	£3.15	£2.40	£2.09	£2.02	£3.64	£1.63
3-course evening meal for 2 adults (incl. bottle house wine) <i>in local restaurant</i>	£18.12	£22.73	£20.60	£24.04	£26.08	£28.42	£21.82	£34.97
TOTAL COSTS	£27.95	£37.72	£39.57	£39.65	£44.03	£45.57	£45.58	£46.15

ITEMS	SOUTH AFRICA Cape Town	VIETNAM Hanoi	MALAYSIA Penang	INDONESIA Bali	CYPRUS Paphos	ARGENTINA Buenos Aires	CROATIA Pula	DOMINICAN REPUBLIC Punta Cana
Cup of coffee <i>Bar/café</i>	£1.11	£1.40	£0.45	£1.22	£1.91	£1.75	£1.00	£0.95
Bottle of local beer/lager <i>Bar/café</i>	£1.45	£1.75	£1.80	£1.62	£1.91	£3.15	£1.63	£2.48
Bottle/can of Coca-Cola <i>Bar/café</i>	£0.77	£1.40	£0.56	£1.22	£1.91	£2.10	£1.75	£0.95
1.5l bottle of mineral water <i>Supermarket</i>	£1.71	£0.70	£0.68	£0.41	£0.25	£1.75	£0.94	£0.76
Suncream (factor 15) <i>Supermarket</i>	£6.83	£2.10	£3.38	£2.03	£12.27	£6.29	£8.14	£7.63
Insect repellent <i>Supermarket</i>	£2.56	£0.70	£3.15	£1.22	£2.70	£4.20	£4.63	£5.15
Pack of 20 Marlboro Lights cigarettes	£2.99	£0.70	£1.73	£1.14	£4.06	£1.75	£2.75	£3.82
3-course evening meal for 2 adults (incl. bottle house wine) <i>in local restaurant</i>	£30.20	£41.96	£39.41	£43.06	£28.18	£34.97	£37.55	£38.16
TOTAL COSTS	£47.62	£50.71	£51.16	£51.92	£53.19	£55.96	£58.39	£59.90

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ITEMS	TURKEY Marmaris	DUBAI Jumeirah	MALTA St. Julians	EGYPT Sharm	KENYA Mombasa	FRANCE Vendee	JAPAN Tokyo	GREECE Corfu
Cup of coffee <i>Bar/café</i>	£1.89	£3.47	£1.36	£1.24	£1.37	£1.00	£2.26	£2.27
Bottle of local beer/lager <i>Bar/café</i>	£1.89	£4.82	£1.82	£1.48	£1.71	£2.18	£3.61	£2.73
Bottle/can of Coca-Cola <i>Bar/café</i>	£1.89	£3.08	£1.68	£0.74	£0.94	£2.09	£2.62	£1.82
1.5l bottle of mineral water <i>Supermarket</i>	£0.94	£0.58	£0.29	£0.19	£1.50	£0.73	£1.16	£0.36
Suncream (factor 15) <i>Supermarket</i>	£7.55	£4.82	£8.18	£9.90	£6.00	£7.27	£6.30	£10.91
Insect repellent <i>Supermarket</i>	£1.89	£3.85	£4.09	£1.86	£1.07	£5.45	£4.49	£4.55
Pack of 20 Marlboro Lights cigarettes	£2.64	£1.35	£3.64	£1.48	£3.52	£5.55	£3.97	£3.64
3-course evening meal for 2 adults (incl. bottle house wine) <i>in local restaurant</i>	£41.51	£38.54	£45.00	£51.97	£53.59	£45.45	£46.21	£45.45
TOTAL COSTS	£60.20	£60.51	£66.06	£68.86	£69.70	£69.72	£70.62	£71.73

ITEMS	USA Orlando	ANTIGUA English Harbour	GAMBIA Kololi	JAMAICA Montego Bay	ST LUCIA Rodney Bay	ITALY Sorrento	MAURITIUS Port Louis	BRAZIL Praia do Forte
Cup of coffee <i>Bar/café</i>	£1.22	£1.39	£0.75	£1.96	£1.39	£1.27	£1.77	£1.42
Bottle of local beer/lager <i>Bar/café</i>	£4.37	£0.69	£1.85	£2.13	£1.67	£2.27	£2.90	£1.72
Bottle/can of Coca-Cola <i>Bar/café</i>	£1.75	£1.39	£0.96	£0.85	£1.11	£2.18	£1.51	£1.21
1.5l bottle of mineral water <i>Supermarket</i>	£0.62	£0.83	£0.55	£1.02	£1.17	£1.14	£2.02	£1.11
Suncream (factor 15) <i>Supermarket</i>	£6.64	£7.50	£6.72	£7.33	£5.00	£10.45	£15.14	£10.12
Insect repellent <i>Supermarket</i>	£5.24	£4.43	£4.94	£3.92	£4.72	£9.09	£7.57	£2.37
Pack of 20 Marlboro Lights cigarettes	£4.11	£1.94	£0.69	£6.13	£4.03	£4.45	£3.03	£1.92
3-course evening meal for 2 adults (incl. bottle house wine) <i>in local restaurant</i>	£48.95	£63.06	£65.80	£59.64	£69.44	£58.18	£58.03	£72.87
TOTAL COSTS	£72.90	£81.23	£82.26	£82.98	£88.53	£89.03	£91.97	£92.74

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Price breakdown by country and resort area

ITEMS	USA Miami	CHINA Beijing	CANADA Toronto	COSTA RICA Guanacaste	NEW ZEALAND Auckland	SINGAPORE Orchard Road	BARBADOS Various	AUSTRALIA Brisbane
Cup of coffee <i>Bar/café</i>	£1.75	£3.39	£1.28	£1.29	£1.89	£1.35	£1.99	£2.43
Bottle of local beer/lager <i>Bar/café</i>	£4.20	£2.26	£5.41	£3.42	£4.32	£3.78	£1.08	£3.82
Bottle/can of Coca-Cola <i>Bar/café</i>	£2.10	£1.13	£1.01	£1.90	£1.89	£0.57	£0.72	£2.08
1.5l bottle of mineral water <i>Supermarket</i>	£2.10	£1.13	£4.05	£1.90	£1.22	£0.65	£2.17	£1.40
Suncream (factor 15) <i>Supermarket</i>	£7.69	£3.39	£6.08	£12.92	£8.11	£9.22	£6.50	£8.10
Insect repellent <i>Supermarket</i>	£4.89	£2.83	£5.07	£6.84	£4.86	£4.59	£6.50	£7.83
Pack of 20 Marlboro Lights cigarettes	£3.15	£1.70	£6.42	£2.28	£7.73	£6.38	£3.97	£11.56
3-course evening meal for 2 adults (incl. bottle house wine) <i>in local restaurant</i>	£78.67	£90.51	£77.70	£77.52	£78.27	£86.49	£90.25	£78.47
TOTAL COSTS	£104.55	£106.34	£107.02	£108.07	£108.29	£113.03	£113.18	£115.69

Source: Post Office. Data relates to exchange rates on 16 December 2012.

Prices supplied by tourist offices of participating countries, except Argentina, Canada, China, Dubai, Indonesia, South Africa, St Lucia and Vietnam provided by Hayes & Jarvis and Gambia by Serenity Holidays. Prices were also provided, for comparison purposes, by Balkan Holidays (Bulgaria), Cosmos (Turkey) Hidden Croatia (Croatia), Hayes & Jarvis (Antigua, Barbados, Brazil, Costa Rica, Dominican Republic, Egypt, Jamaica, Japan, Kenya, Mauritius, Mexico, Singapore, Sri Lanka, Thailand and USA) and Meon Villas (Cyprus, Italy, Malta and Spain).