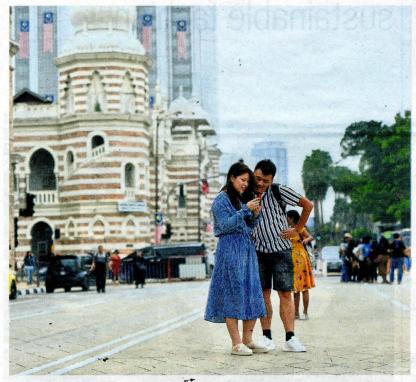*(22 April, 2021) The Star, p. 6*

Cheap meals and stress free

KL has been ranked one of the least stressful cities to travel to. — Filepic

KUALA Lumpur has emerged as one of the least stressful cities in the world for travellers to visit, according to a new study. The Malaysian capital city came in at 10th place and is favourably ranked in terms of friendliness and cost of food.

The Least Stressful Cities To Visit Worldwide 2021 survey, conducted by Love2Laundry, assessed various metrics to come up with the ranking.

These include friendliness, transport, quality of spas, availability of nature and parks, average cost of a meal, average sunlight hours, air pollution index and population density.

"Everyone perceives stress differently, especially on holiday, but we decided to rank cities on widely-regard activities/amenities which lend to a more peaceful experience.

"Our intention was to identify environmental and social factors which would help travellers feel more relaxed during their stay," the Britain-based dry cleaning company said on its website.

KL was ranked favourably for its citizens and the average cost of a meal for two people at a mid-range restaurant. In terms of friendliness, KL came in second place and is surpassed only by Vancouver, Canada.

The capital also came in at second place for cost of meals, behind Jaipur, India.

The average cost of a three-course meal for two people at a mid-range restaurant in KL is about £14.90 (RM84.90).

The study came as health experts warned of increased stress levels and mental anxiety amid the Covid-19 pandemic.

The World Health Organisation (WHO) said it is normal and understandable that people are experiencing fear during these uncertain times.

"Faced with new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues, it is important that we look after our mental, as well as our physical, health," WHO said. – **Chester Chin**

Top 10 list of least stressful cities:

1. **Adelaide, Australia**
2. **Vancouver, Canada**
3. **Honolulu, Hawaii, United States**
4. **Chiang Mai, Thailand**
5. **Tokyo, Japan**
6. **Taipei, Taiwan**
7. **Madrid, Spain**
8. **Singapore**
9. **Sydney, Australia**
10. **Kuala Lumpur, Malaysia**