Planning an Unforgettable 2020 Vacation

Presented here is a survey designed to help individuals think creatively about their 2020 vacation plans, along with suggestions to consider based on their answers.

WORKPLACE OPTIONS

While popular vacation destinations are beginning to open up in some parts of the world, it may be a while before some people feel safe enough to plan a trip. Even small family gatherings to mark important occasions, like graduations and weddings, have been canceled, postponed, or replaced with a virtual alternative. As a result, many employees are approaching the halfway mark of 2020 with unused vacation time on their hands.

Now is the time for employees to think creatively about how to take advantage of well-earned paid time off. This has been a difficult year on many different fronts. If there has ever been a time when people need a chance to recharge from job and life stressors, it is now.

While this year's vacation will no doubt look different than previous years, there is no reason why it cannot be just as fun, rejuvenating, or restful.

TAKE THE 2020 VACATION SURVEY

1. What do you look forward to the most while on vacation?
   a. Resting and relaxing
   b. Seeing or learning something new
   c. Having a new adventure

Answer: _____

2. Which of the following answers best describes your 2020 vacation reality?
   a. I will likely not leave my house.
   b. I will likely not leave my city.
   c. I can travel throughout the country.

Answer: _____

3. Which of the following answers is true of you for 2020?
   a. I will vacation alone.
   b. I will vacation with one or more adults.
   c. I will vacation with children.

Answer: _____

NEXT STEP

For question #1, if you answered:
a – go to page 2 | b – go to page 3 | c – go to page 4

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a. You look forward to resting and relaxing

Good for you. You recognize the value of rest for overall wellbeing. Now, pick the row (red) below that corresponds with your answer to question two. Then select the column (yellow) based on your travel companions. Based on your answers, we've put together some suggestions to kick-start your vacation planning efforts.

Vacation Ideas for the "Recuperator"

Your Answer to Question #2 (below)	Your Answer to Question #3		
	a. Alone	b. With other adult(s)	c. With children
a. Staycationing at home	Your goal is to relax. Just because you are staying home, that doesn't mean you can't enjoy a restful "me" day. Make a list of activities that can be done from home that you find relaxing. Is it watching sports? Reading? Enjoying an at-home facial? Research relaxation resources available online, like mindfulness recordings, relaxing music, and yoga sessions. Once your vacation begins, put away your work phone or laptop unless it is absolutely necessary. If you are required to check in for work, set a specific time and respect those boundaries.	Your goal is to encourage each other to relax. Each adult should make a list of activities they find relaxing and then decide which ones to do together and which ones to do alone. Remember, what is work for some people might be relaxing for others, so make it a judgment-free zone. Whether it's working in the garden or tinkering in the garage, do what works for you. If you enjoy cooking, this could be a great time to try out some new healthy recipes. Or, go the other direction. Treat yourself to comfort foods, recognizing this is a special occasion. See the square to the left for more ideas.	Your goal is to model the value of self-care. Select age-appropriate, self-care activities for children to choose from. Examples include listening to music, reading a book, or watching a movie. For very young children, consider stretching to music or deep breathing exercises. Adults should identify some activities they can enjoy as well. See the squares to the left for ideas. Have adults take turns with child care to allow for uninterrupted time alone. If that is not an option, perhaps you can work around sleep schedules.
b. Staycationing in your home city	Your goal is to relax. Make a list of activities you find relaxing that you can do in your city. Double check to make sure they are open. Whether it is golfing or a long overdue visit to the hair salon, the goal is to disconnect from work. Consider taking a yoga class or trying out a new restaurant. Maybe it's a quiet day at the library reading. You may even consider booking a night (or two) at a hotel so you can enjoy the amenities.	Your goal is to encourage each other to relax. Each adult should make a list of relaxing activities that are available within the city. See the square to the left for ideas. Then decide which ones to do together and which ones to do alone. Maybe day one you go your own ways and come back together in the evening for dinner to share about your day. Then spend day two together, making new memories in your home city.	Your goal is to model the value of self-care. Find out what family-friendly areas are open and identify options that allow children to play while you relax. For example, maybe your children can play at a park while you enjoy a book. If day camps are open, consider letting your child select a camp to attend while you enjoy a quiet morning, or enjoy a relaxing walk at a local park. See the squares to the left for more ideas.
c. Traveling within your country	Your goal is to relax. Find out what hotels are offering specials to lure back guests. Or better yet, look into retreat centers that offer opportunities to focus on wellbeing.	Your goal is to encourage each other to relax. Why not turn it into a game? Each adult can propose two options for relaxing getaways. See the square to the left for ideas. Then each person can nix one idea. Either vote between what options are left or draw the winning location from out of a hat.	Your goal is to model the value of self-care. Find out what hotels are offering special packages for families. See if any currently offer on-site spas or recreational opportunities. Some resorts offer on-site camps for children so parents can enjoy the property while the children are entertained. See the squares to the left for other ideas.

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b. You look forward to seeing or learning something new

Maybe you are a history lover or just love visiting new places. Whatever it is, you make the most of your vacation time. Now, pick the row (red) below that corresponds with your answer to question two. Then select the column (yellow) based on your travel companions. Based on your answers, we've put together some suggestions to kick-start your vacation planning efforts.

Vacation Ideas for the "Learner"

Your Answer to Question #2 (below)	Your Answer to Question #3		
	a. Alone	b. With other adult(s)	c. With children
a. Staycationing at home	Your goal is to broaden your horizons. Just because you are staying at home, it doesn't mean you can't enjoy a fascinating vacation. With the internet, you have access to an unlimited number of opportunities. Maybe it's taking an art history class or virtually touring a museum. Ask yourself: What is something I have always wanted to learn? Make a list of topics you would like to explore and then start bookmarking websites that match your list.	Your goal is to broaden your horizons. With the internet, you have access to an unlimited number of opportunities. Each adult should answer the question: What is something I have always wanted to learn? Then start bookmarking websites that match those interests. See the square to the left for ideas. Share your lists and decide which ones to do together and which ones to do alone.	Your goal is to model how learning can be fun. Parents can help children brainstorm what new skill they want to develop or interest they want to explore. Maybe it is an online guitar lesson or a virtual concert. Other family members can join in if they are interested. The parents get to select their activity as well. See the squares to the left for ideas. If needed, have adults take turns with child care to allow for uninterrupted time alone. If that is not an option, perhaps you can work around sleep schedules.
b. Staycationing in your home city	Your goal is to broaden your horizons. Find out what tourists do when they come to your city—are there museums, walking tours, or attractions that are open that you can explore? Check with a hotel to see if they have any recommendations. If that doesn't work, expand on your interests. If you are a history buff, research your town's history and then visit key sites. If photography is your thing, spend the day photographing your favorite places.	Your goal is to broaden your horizons. Each person should make a list of possible activities available in your home city. See the square to the left for ideas. Then decide which ones to do together and which ones to do alone. Consider booking a night or two at a local hotel, if they are open in your city, so you feel like you have truly gotten away. Perhaps invite friends to join you for dinner so you can share what you learned that day.	The goal for this vacation is to model how learning can be fun. Find out what family-friendly activities are open and plan from there. See the squares to the left for ideas. Consider letting each person in the family choose an activity from the options available. Consider booking a night or two at a local hotel, if they are open in your city, so you feel like you have truly gotten away. Perhaps invite friends to join you for dinner so you can share what you learned that day.
c. Traveling within your country	Your goal is to broaden your horizons. Is there a location you have always wanted to visit or a topic you have always wanted to learn more about? Can those interests be combined? For example: photography lessons in the capital or an architectural walking tour in a historic city. Visit online travel sites to identify your top five options. Then, do some research to find out what activities are open and what kinds of discounts are being offered.	Your goal is to broaden your horizons. Why not turn it into a game? Each adult can propose two options for a getaway activity. See the square to the left for ideas. Then each person can nix one idea. Either vote between what options are left or draw the winning activity from out of a hat.	Your goal is to show that learning can be fun. Identify a list of possible family-friendly options in the area(s) you are interested in and then let family members vote for their favorite choice. Or, maybe each child gets to pick one activity for the entire family. Find out what hotels are offering special packages for families.

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c. You look forward to having a new adventure

For you, it's not a vacation unless there is some sort of adrenaline involved. Now, pick the row (red) below that corresponds with your answer to question two. Then select the column (yellow) based on your travel companions. Based on your answers, we've put together some suggestions to kick-start your vacation planning efforts.

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Vacation Ideas for the "Adventurer"

Your Answer to Question #2 (below)	Your Answer to Question #3		
	a. Alone	b. With other adult(s)	c. With children
a. Staycationing at home	Your goal is to have an adventure. Just because you are staying at home, it doesn't mean you can't enjoy an exciting vacation. First, identify what it is you enjoy about an adventure. Is it the risk? The unexpected? Pushing yourself physically? Once you know why you crave adventure, start brainstorming ways to bring that element into your staycation. If it is physical adventure you live for, can you push yourself to the next level with an online exercise class? Are you willing to try recipes using ingredients you have never even heard of? What about building something challenging from scratch? Make your selection and then pour 100 percent of yourself into it.	Your goal is to share an adventure. First, each adult should identify what it is they enjoy most from adventure. Is it the risk? The unexpected? Pushing themselves physically? Once that has been identified, help each other brainstorm ways to bring that element into the home. See the square to the left for ideas. Then each adult can recommend several options. Decide which adventures you will try together and which ones you will do on your own.	Your goal is to model the importance of adventure. For this staycation, you are going to have to make your own adventure. Consider setting up a family, Olympics-style competition. Consider a campout in the yard or the living room. Since adventures often require some element of courage, this could be a good opportunity to try something new. This might look like taste-testing recipes with unfamiliar ingredients and then voting on the best and the worst, or performing at a family talent show.
b. Staycationing in your home city	Your goal is to have an adventure. What activities for thrill seekers exist in your city? Think outside the box. Ziplining is certainly a thrill. But so is roller skating if you have never tried it before. Check to see if these activities have opened back up to the public. Check with a local hotel to see if they have any recommendations. If that doesn't work, you may have to create your own adventure. Consider coordinating a citywide scavenger hunt for your friends or putting together a bicycle race or long run for coworkers.	Your goal is to share an adventure. Each person should make a list of possible activities available in your home city. For ideas, see the square to the left. Then decide which ones to do together and which ones to do alone. Consider booking a night or two at a local hotel, if they are open in your city, so you feel like you have truly gotten away.	Your goal is to model the importance of adventure. Adventure usually involves stepping outside your comfort zone. It may involve a little risk. Find out what families visiting your area do for adventure. Check with a hotel to see if they have any recommendations. If that doesn't work, you may need to create your own adventure. Consider coordinating a family-friendly scavenger hunt for friends or a neighborhood footrace.
c. Traveling within your country	Your goal is to have an adventure. Research the areas you are interested in visiting and find out what options for thrill seekers are available for each location. What about rock climbing, a motorcycle tour, or hang gliding? Check to confirm the activities are open for service.	Your goal is to share an adventure. Why not turn it into a game? Each adult can propose two options for a getaway activity. See the square to the left for ideas. Then each person can nix one idea. Either vote between what options are left or draw the winning activity from out of a hat.	Your goal is to model the importance of adventure. Adventure usually involves stepping outside your comfort zone. It may involve a little risk. Find out what child-friendly adventures are open in the area(s) you are interested in visiting. Consider letting family members vote to determine the 2020 adventure.

2020 will be a year to remember. You might as well enjoy an unforgettable vacation as well. All it takes is a little creativity and a commitment to turn your vacation plans into

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