

FOR IMMEDIATE RELEASE

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Make your Vacation a Staycation

Summer is here and you need a vacation, right? When setting your yearly vacation budget, chances are you did not plan for recent inflation or current gas prices. While it is important for mental health to take a break, you do not actually have to leave home to sit back and relax this summer.

There are many benefits to a 2022 Summer Staycation, which is basically a vacation, but with less travel.

1. You will save TIME. No time spent at the airport or on a multi-state road trip. Plan to try a new local restaurant or a visit a boutique in a neighboring town you have wanted to visit.

2. You will likely save money. Instead of the flights and hotel associated with a trip to Disney, consider a day trip to a local amusement park in a nearby city. Itching for a time at the beach? Visit a local lake with swimming access. You can still have fun in the sun without all of the costs of a beach vacation.

3. Supporting the local economy is a win/win! Go bowling, see a movie, have a spa day... all in your own backyard as you support your entrepreneurial friends and neighbors.

Just like planning a vacation, do not forget to budget and have a plan for your staycation. You are saving money on travel, but a set plan will help you avoid the less financially responsible option of going into debt. You are likely taking precious time off work, so treat it like a real vacation. Unplug...turn off your emails and remember you are on VACATION no matter where you are sleeping at night.

For more information, contact Julie Smith at juliesmith@ksu.edu or by calling 620.238.0704.

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