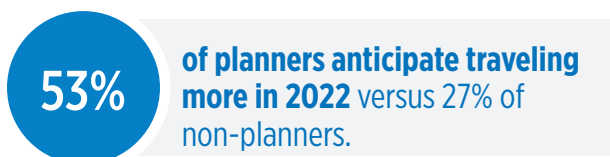


National Plan for Vacation Day encourages Americans to plan their vacation days for the **whole year at the start of the year.**

- Planning is the key to taking time off and traveling: a new study from Destination Analysts reveals that Americans who plan out their paid time off take more time off to travel—but one-quarter (24%) of American households don't take this simple step.
- **We could all use a break from the stressors of daily life.**
- After nearly two years of living through the COVID-19 pandemic, Americans are feeling burned out.
  - More than two-thirds (68%) of **American workers feel at least moderately burned out.**
  - Nearly three-quarters (71%) of Americans are prioritizing a change of scenery in 2022.
  - More than six in 10 Americans (64%) feel **they desperately need a vacation.**
- This year, it's so important to look ahead to your next trip, for a variety of reasons.
  - Close to six in 10 (59%) agree that **travel is more important than ever.**
  - Data shows that travel is good for our health and relationships and helps us learn more about the world around us.
  - More than nine in 10 (91%) **Americans say it is important to use their paid time off to travel.**
- Additionally, vacation can give our psyches a much-needed lift.
  - Close to eight in 10 (79%) **Americans believe vacations are important to their overall health and well-being.**
- Not only is vacation necessary to combatting burnout, but American workers say it is also an essential employment benefit.
  - Paid time off is the second most important employee benefit an employer could offer after health insurance benefits, with nearly 70% **agreeing that their ability to take vacations is an important factor in keeping them in the workforce.**
- The fundamental freedom to travel is one of the aspects of our lives that has been most profoundly changed by the pandemic. We can all do ourselves a favor by looking ahead and planning travel experiences throughout the year.
- If you would like to learn more, visit [ustravel.org/npvd](https://ustravel.org/npvd) or search #PlanForVacation.



Source: Destination Analysts, 2021

**Methodology:** This research is based on an online survey of employed Americans distributed to the Dynata Business Professionals Panel, one of the largest in the world. Survey respondents must have worked at least 20 hours a week at a company that employed at least two people and earned paid time off in 2021. The survey was fielded December 6th – December 17th, 2021. In total, 1,200 completed surveys were collected.