

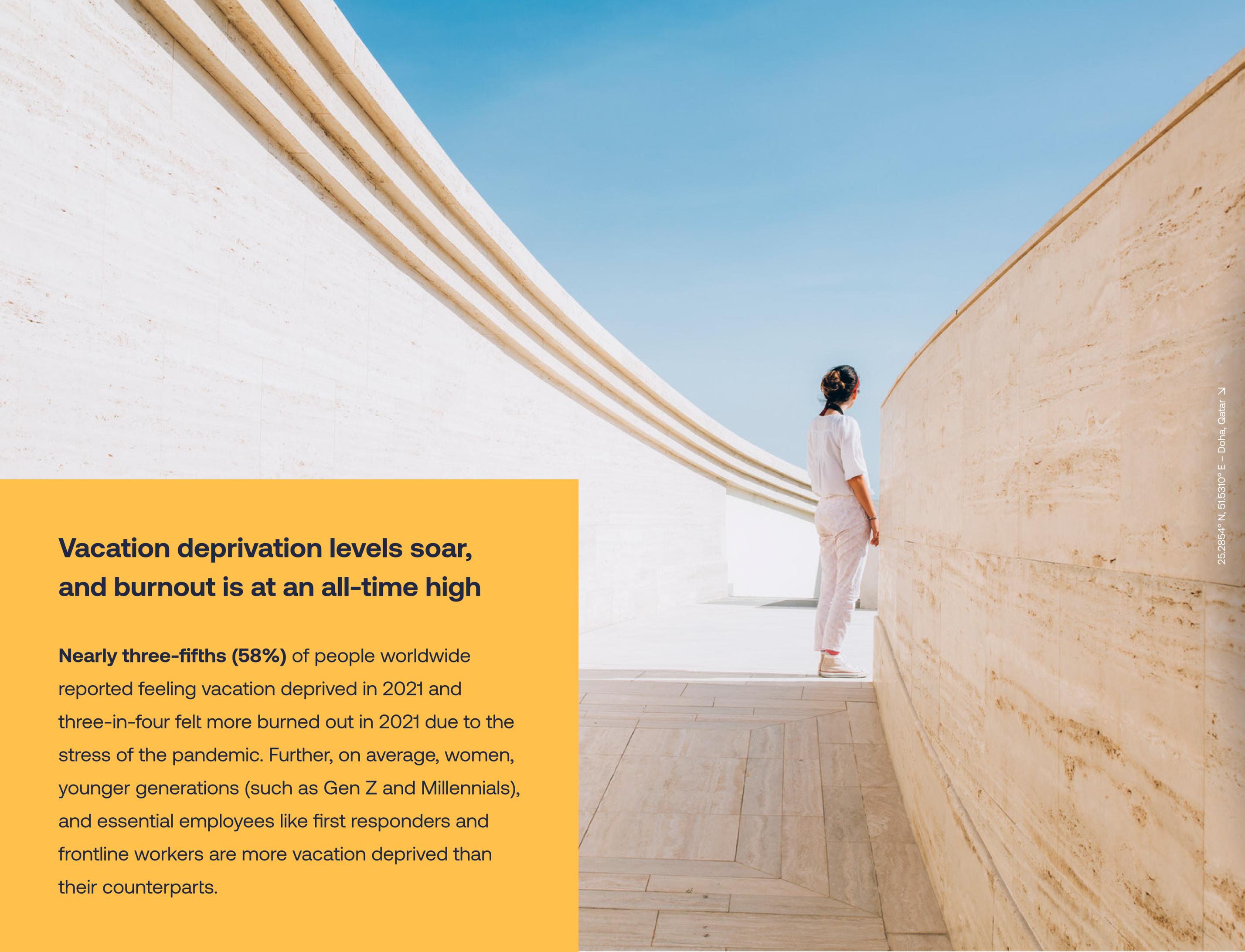
# Expedia Vacation Deprivation Report 2022

The state of vacations in the world  
of flexible work arrangements

## Unpacking vacation deprivation since 2000

Being one of the world's leading full-service travel brands, Expedia launched the Vacation Deprivation report to **examine the work-life balance of people worldwide** more than two decades ago. Dedicated to driving awareness of the benefits of vacation and, most importantly, helping remove the barriers that keep travelers from **making the most of them**, the 2022 study surveyed **14,544 respondents in 16 countries** across North and South America, Europe, and Asia-Pacific.

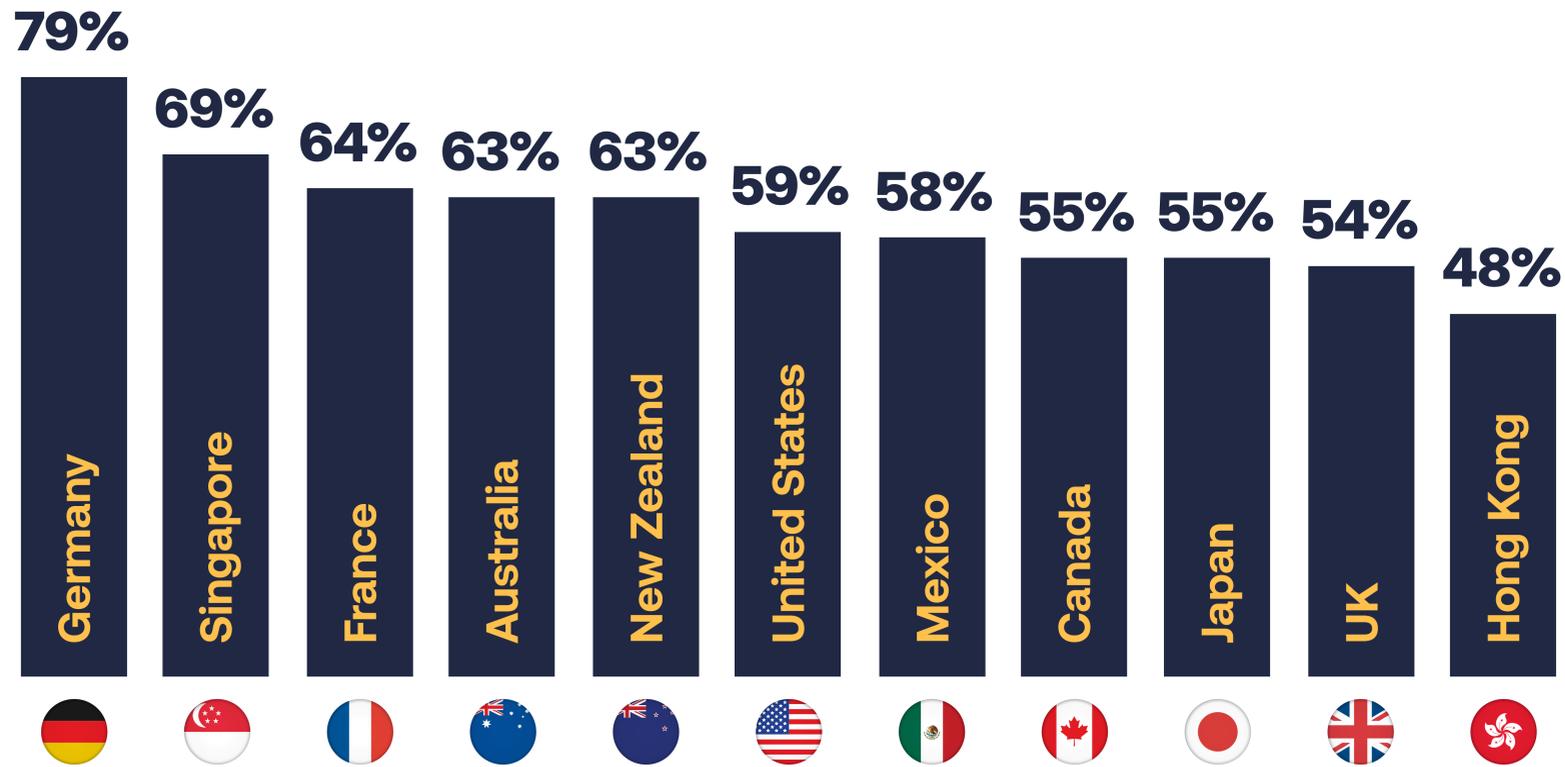
Read on to find out how people are adjusting to the “new normal,” the impact of flexible work arrangements, and how travelers are prioritizing the things that matter by giving themselves **permission to PTO** in 2022.

A woman in a white outfit stands in a curved, stone-walled walkway under a clear blue sky. The walkway is made of light-colored stone tiles and is flanked by high, curved walls. The woman is looking towards the end of the walkway.

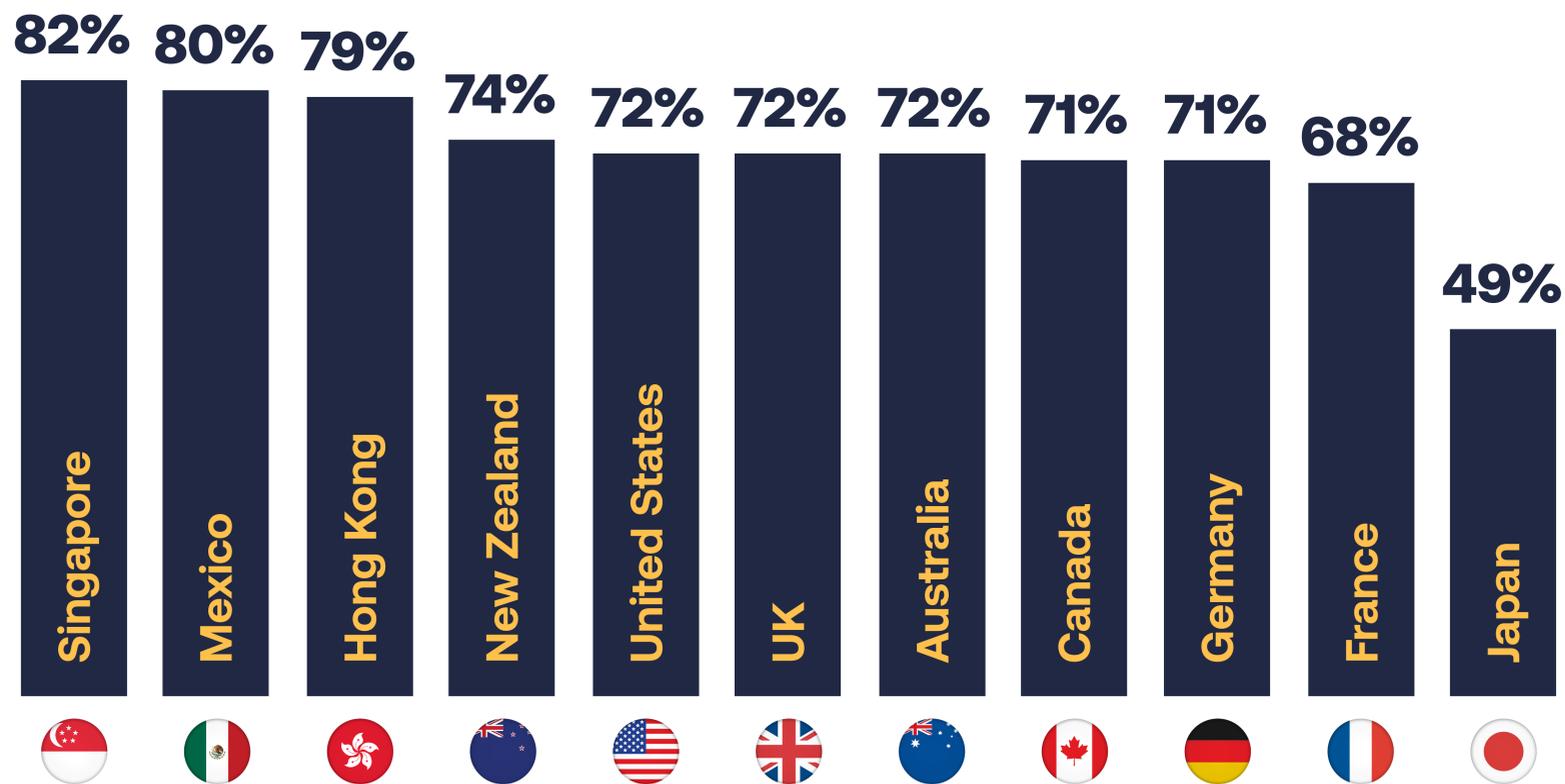
## Vacation deprivation levels soar, and burnout is at an all-time high

**Nearly three-fifths (58%)** of people worldwide reported feeling vacation deprived in 2021 and three-in-four felt more burned out in 2021 due to the stress of the pandemic. Further, on average, women, younger generations (such as Gen Z and Millennials), and essential employees like first responders and frontline workers are more vacation deprived than their counterparts.

## Vacation Deprivation by Country

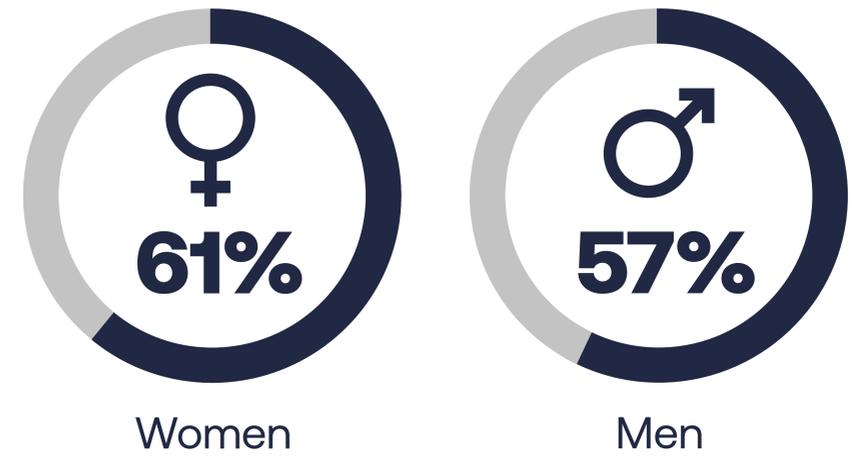


## Burnout by Country

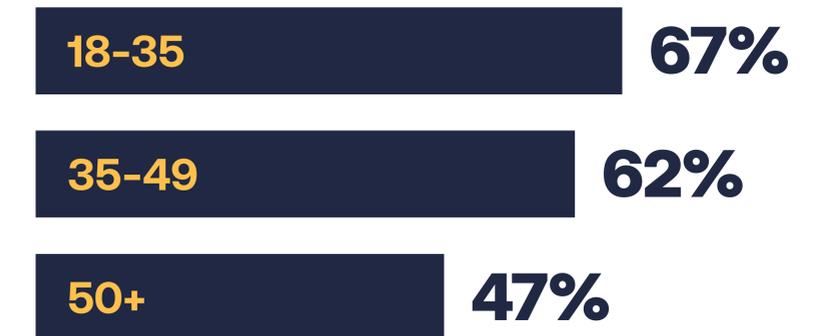


## Vacation Deprivation...

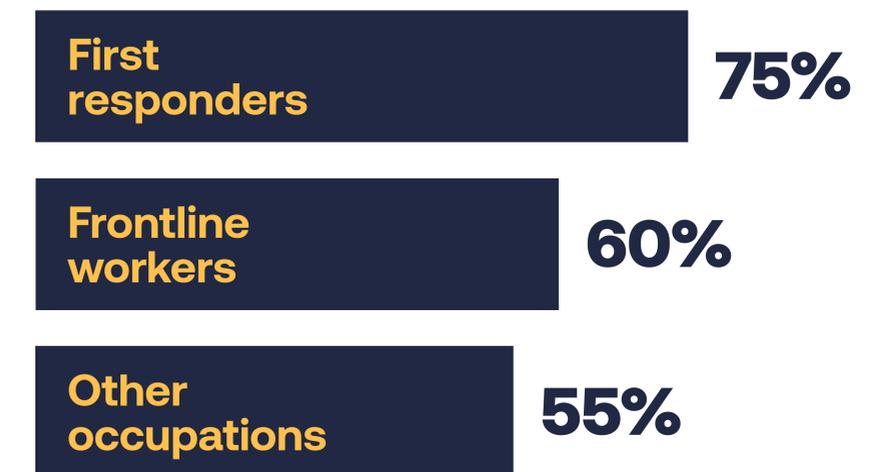
### by Gender



### by Age



### by Occupation



## Vacation days received, used, and left on the table

Globally, on average, people took 18 vacation days in 2021 and **40% left vacation days unused** and, overall, **those that received the fewest vacation days from their employers seemed to leave more on the table.** For example, the US not only used the least vacation days but also received the least vacation days and had one of the highest percentages of people leaving the year with vacation days unused (just behind New Zealand, Australia, and Singapore).

Surprisingly, respondents in Germany were the most vacation deprived despite being one of the countries to take the most amount of vacation days.

Conversely, those in Hong Kong are one of the least vacation deprived, though they were offered fewer vacation days than the majority of countries surveyed.



## Vacation days used vs. typically received by country

France  
27 out of 29



Germany  
26 out of 27



Japan  
25.5 out of 21



UK  
16 out of 17



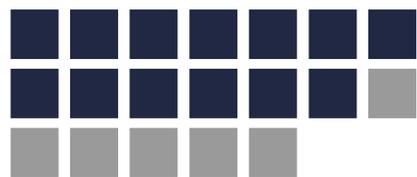
Canada  
14 out of 18



Australia  
13 out of 19



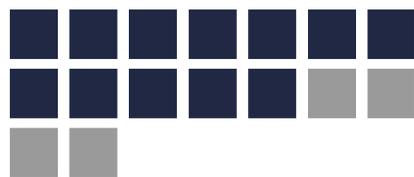
New Zealand  
13 out of 19



Mexico  
13 out of 14



Singapore  
12 out of 16



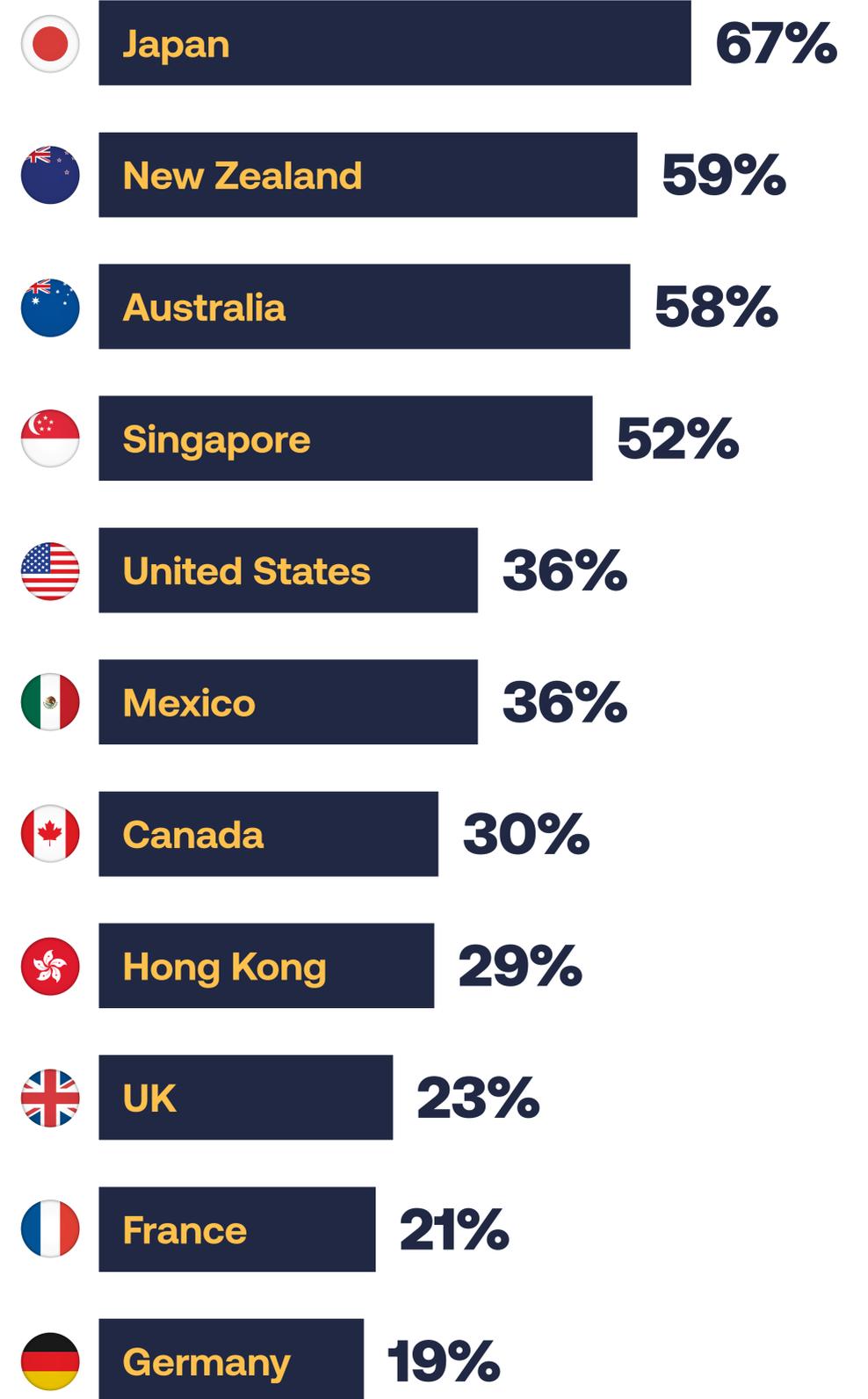
Hong Kong  
12 out of 15

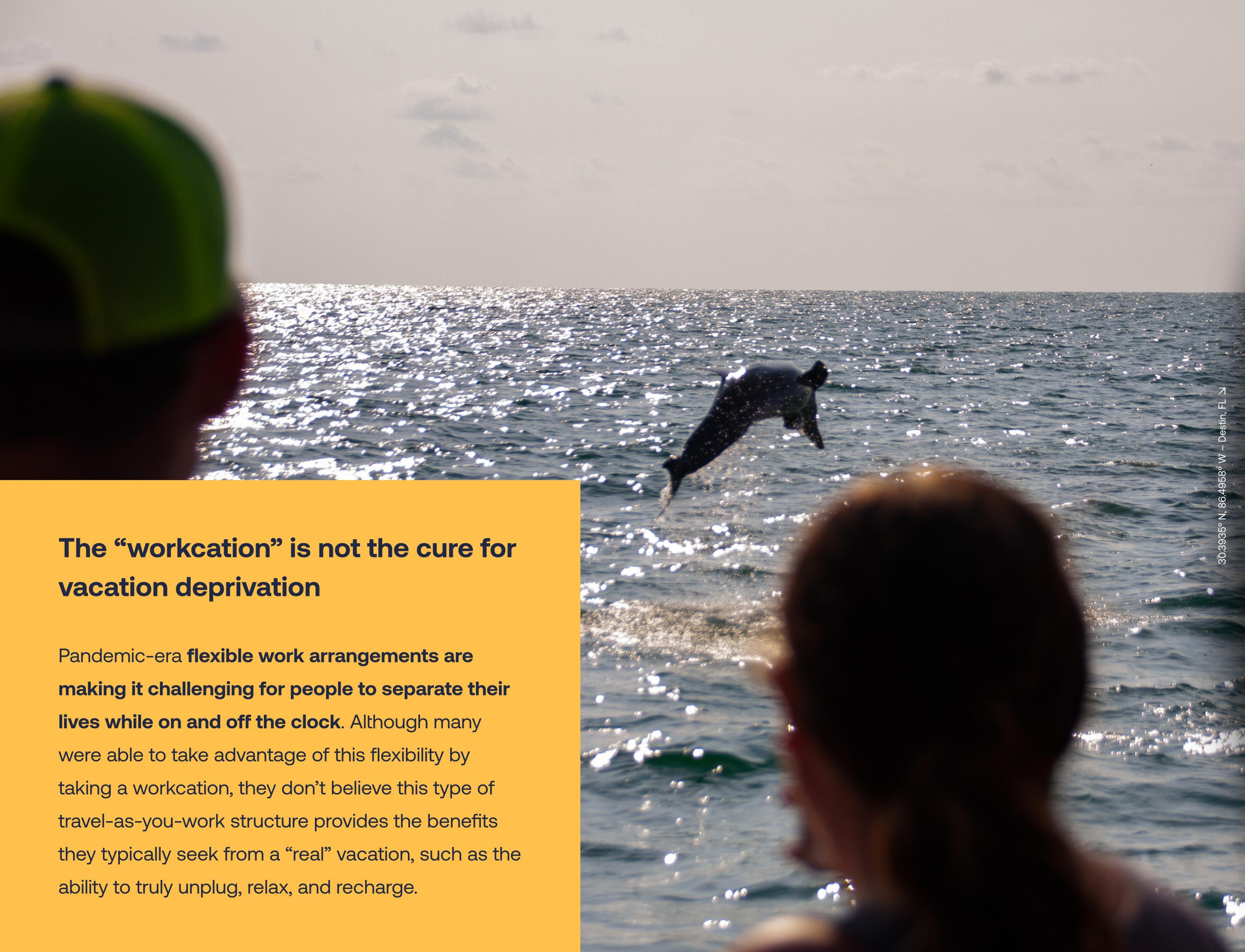


United States  
11.5 out of 12



## How many people left vacation days behind



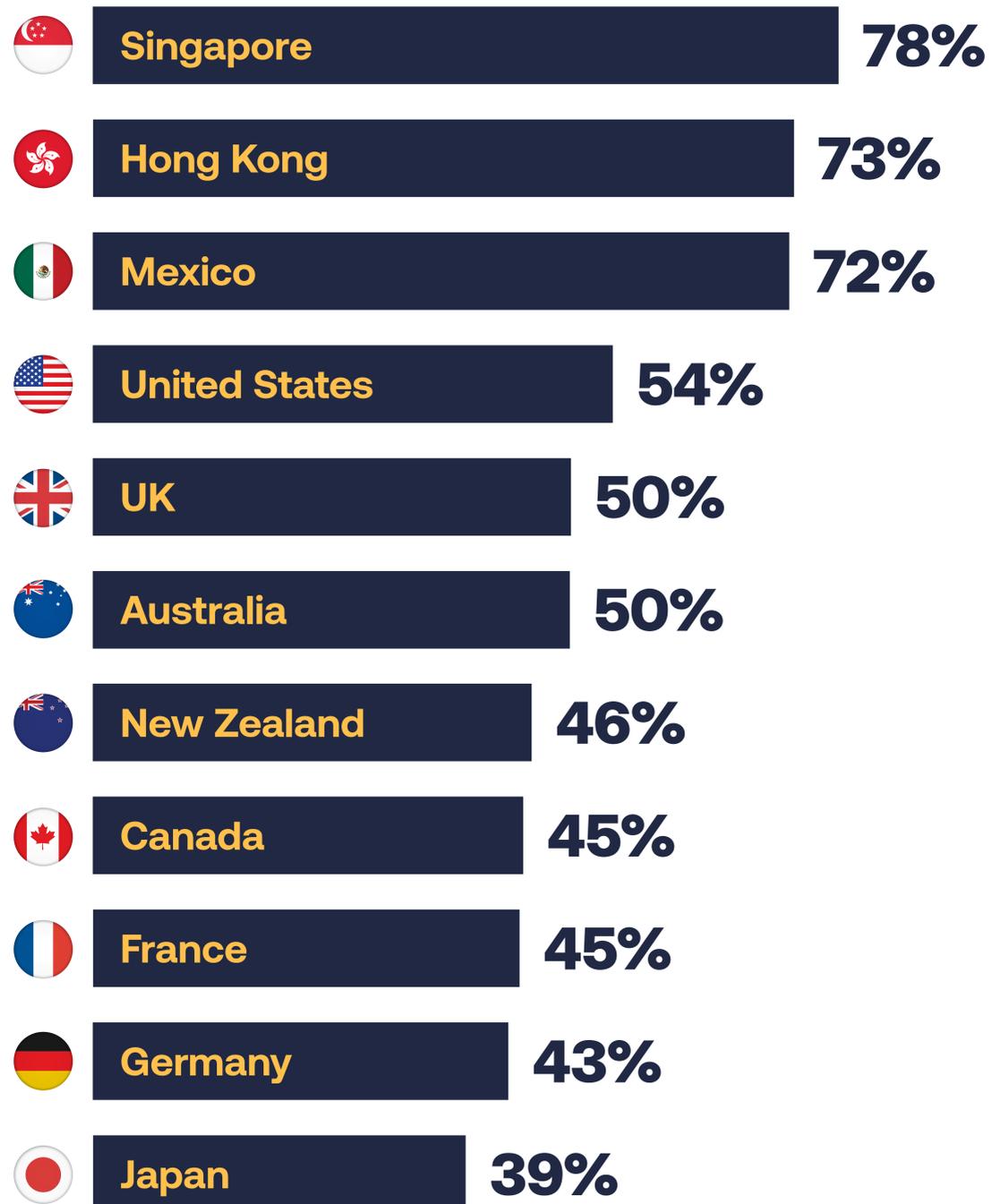


## The “workcation” is not the cure for vacation deprivation

Pandemic-era **flexible work arrangements** are **making it challenging for people to separate their lives while on and off the clock**. Although many were able to take advantage of this flexibility by taking a workcation, they don't believe this type of travel-as-you-work structure provides the benefits they typically seek from a “real” vacation, such as the ability to truly unplug, relax, and recharge.

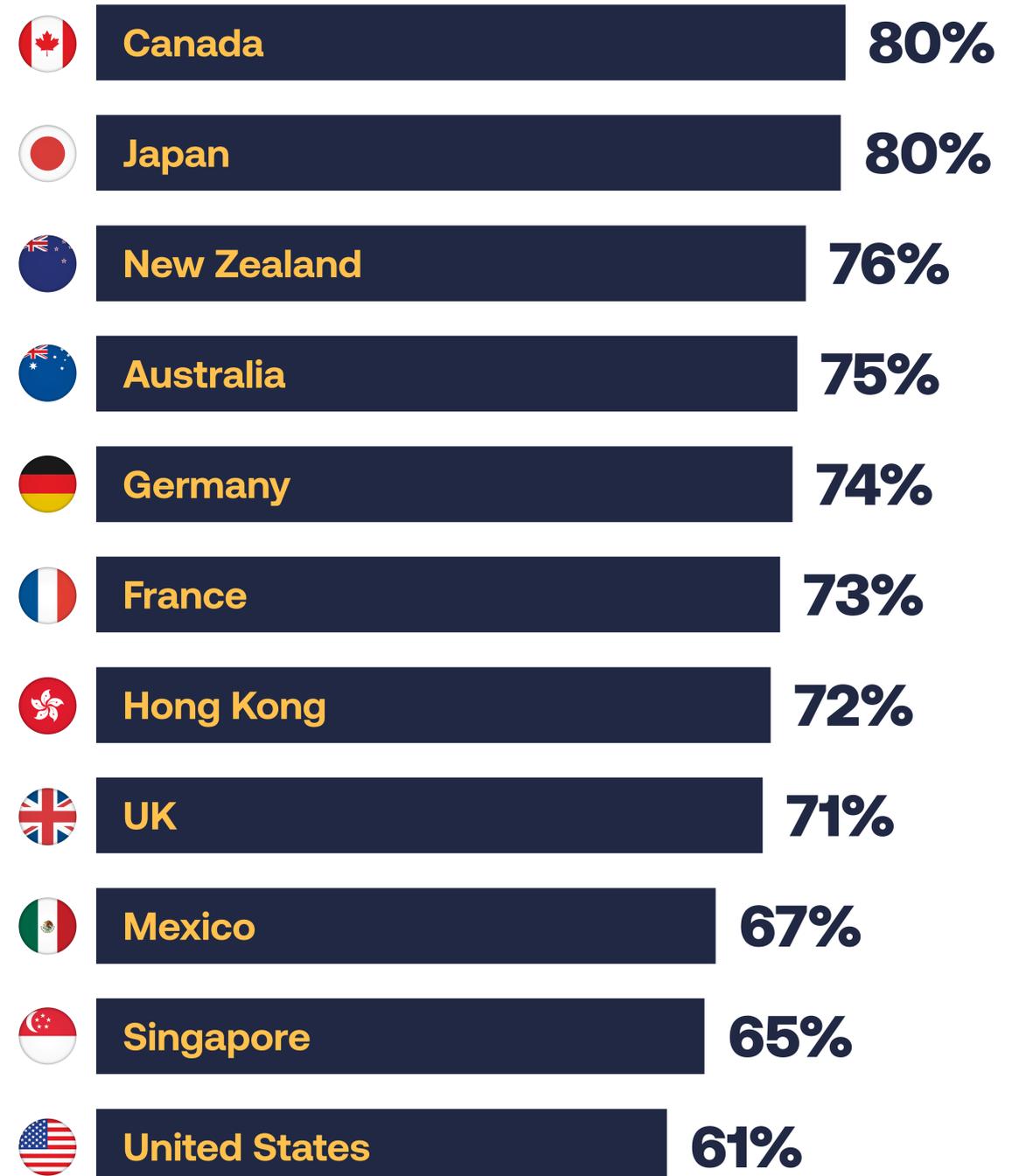
## Impact of flexible work arrangements by country

% of people who agree that flexible work arrangements or working from home has made it more difficult to be unplugged from work when on PTO.



## Feelings on workcations by country

% of those that took a workcation in 2021 that do not consider workcations to be true vacations.



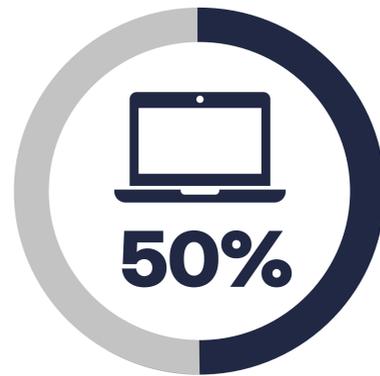


33.6891° N, 78.8867° W - Myrtle Beach, SC ↗

## A less productive vacation

From reconnecting with loved ones to easing burnout, research consistently underscores the benefits of vacation. However, this struggle to balance work and life along with the sometimes-unforgiving relationship to productivity has enabled a few **bad vacation habits** that need to be broken.

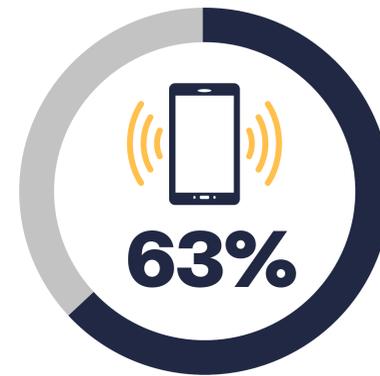
## Bad vacation habits the US needs to break



Typically bring their work laptops



Frequently join Zoom calls



Put their cell phone numbers in their OOO work emails or give them to coworkers or clients



Spend some time doing a "side hustle"

---

## America's relationship to productivity and vacation guilt



Enjoy feeling unproductive



Feel their colleagues are supportive of them taking vacations



Worry about coming back from vacation to large amount of emails



Feel guilty having coworkers covering work while they are out



Feel the need to apologize or make excuses for taking vacation time

## 2022 is the year people give themselves permission to PTO

Thankfully, people continue to acknowledge just how vital taking time off to recharge is—**they just need a little reminder** to take control of how they vacation. In 2022, it's clear people are ready to give themselves permission to take time off and create **fulfilling experiences that matter**.



# 14



Americans plan to take 14 vacation days in 2022, nearly 3 days more than they took in 2021



# 44%

have already booked their travel for 2022

## Based on 2021 travel habits, Americans are more likely to:



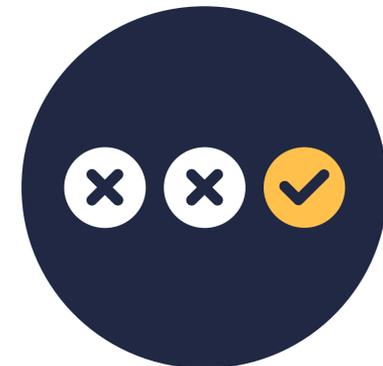
Splurge on upgrades (like choosing a bigger room, flying first class, etc.)



Take longer trips (of 1 or more weeks)



Go to multiple destinations during a single trip



Book backup trips (in case their original trip falls through)



**2022 is the year vacations go back to being what they were meant to be: a chance to rest, recharge, and reconnect.**

**After all, work can wait.**

22.9871° S, 43.2048° W – Rio de Janeiro, Brazil

All trends based on Vacation Deprivation online study; Commissioned from December 14 – December 30, 2021 on behalf of Expedia by Northstar Research Partners, a global strategic research firm, responses were gathered using an amalgamated group of best-in-class panels. Looking at the margin of error for the global average, a 1% difference is statistically significant at 90% confidence. For more information, contact Christie Hudson or Rachel Shin at [press@expedia.com](mailto:press@expedia.com).

