

# Vacation Deprivation



# Report 2023



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## The 23rd-Annual Expedia Vacation Deprivation Report

# What is Vacation Deprivation?

Vacation Deprivation is what happens when people **work too much** and have **too little time off**.

Expedia first commissioned the Vacation Deprivation Report in 2000, to examine the work-life balance of people worldwide, and to get a better picture of what barriers might be standing between travelers and their time away.

After 23 years of study, vacation deprivation remains a persistent problem. Globally, vacation deprivation levels are the highest they've been in 10 years. Travelers are weighing the desire for their next trip with worry over a possible recession.

Time off from work is something most people in the world see as a basic right, not a luxury. Time off for a 7-day/6-night vacation to Hawaii, but also for hobbies, furthering one's education, receiving personal medical care, caretaking for loved ones and regular, old rest and recuperation.

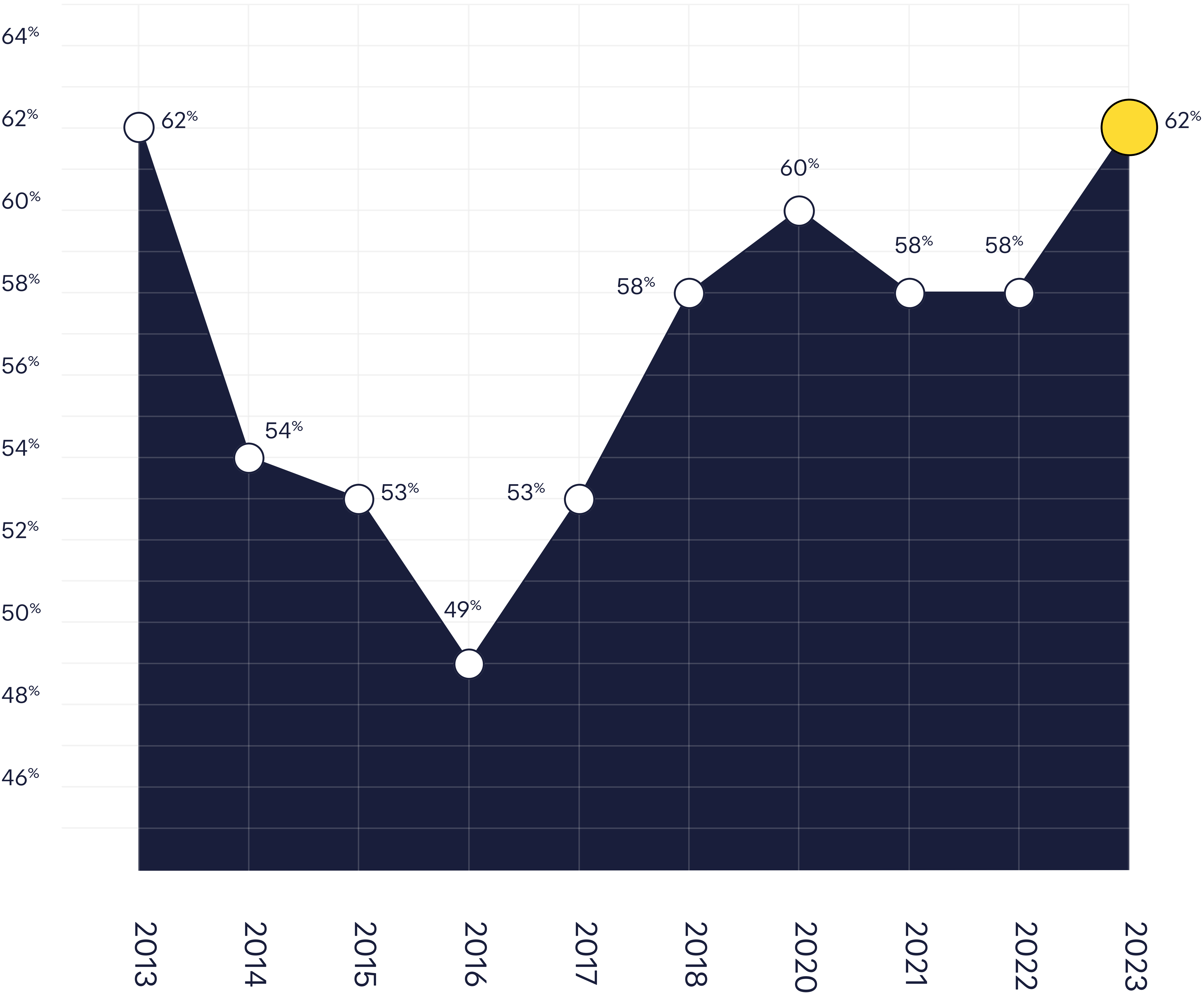
Perhaps that's why even when presented with challenges to going, this year's Vacation Deprivation report finds travelers more determined than ever to use their time off and get the most out of their vacations. And why, when asked how they're approaching travel in the coming year, the top response was, **"I plan to travel no matter what."**

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# Vacation Deprivation

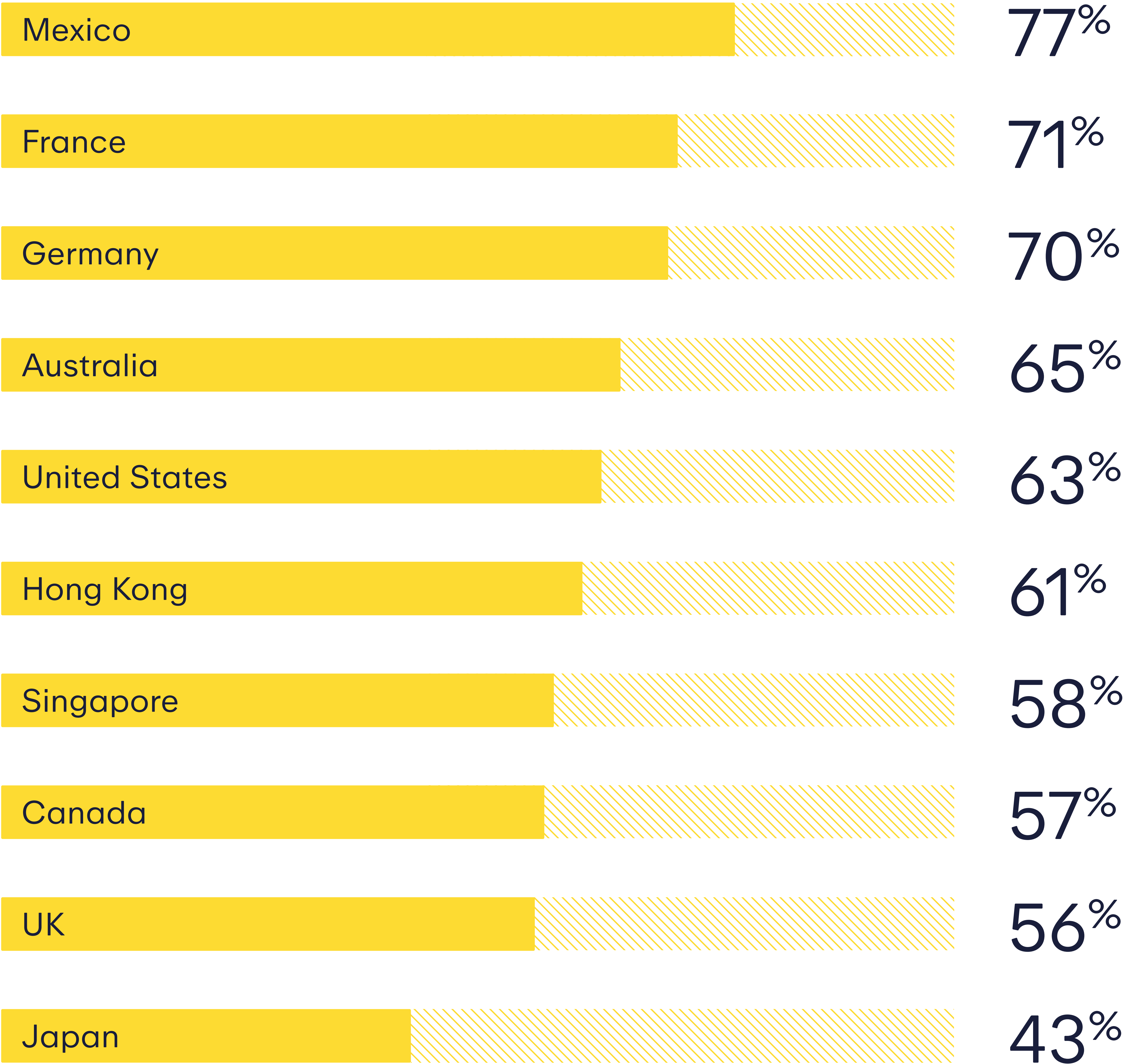
Globally, vacation deprivation levels have surpassed pandemic-era rates and are the highest they've been in 10 years.



\* A report was not issued in 2019. 2020 report included research from 2019 and 2020.

# Vacation Deprivation

2023



62%

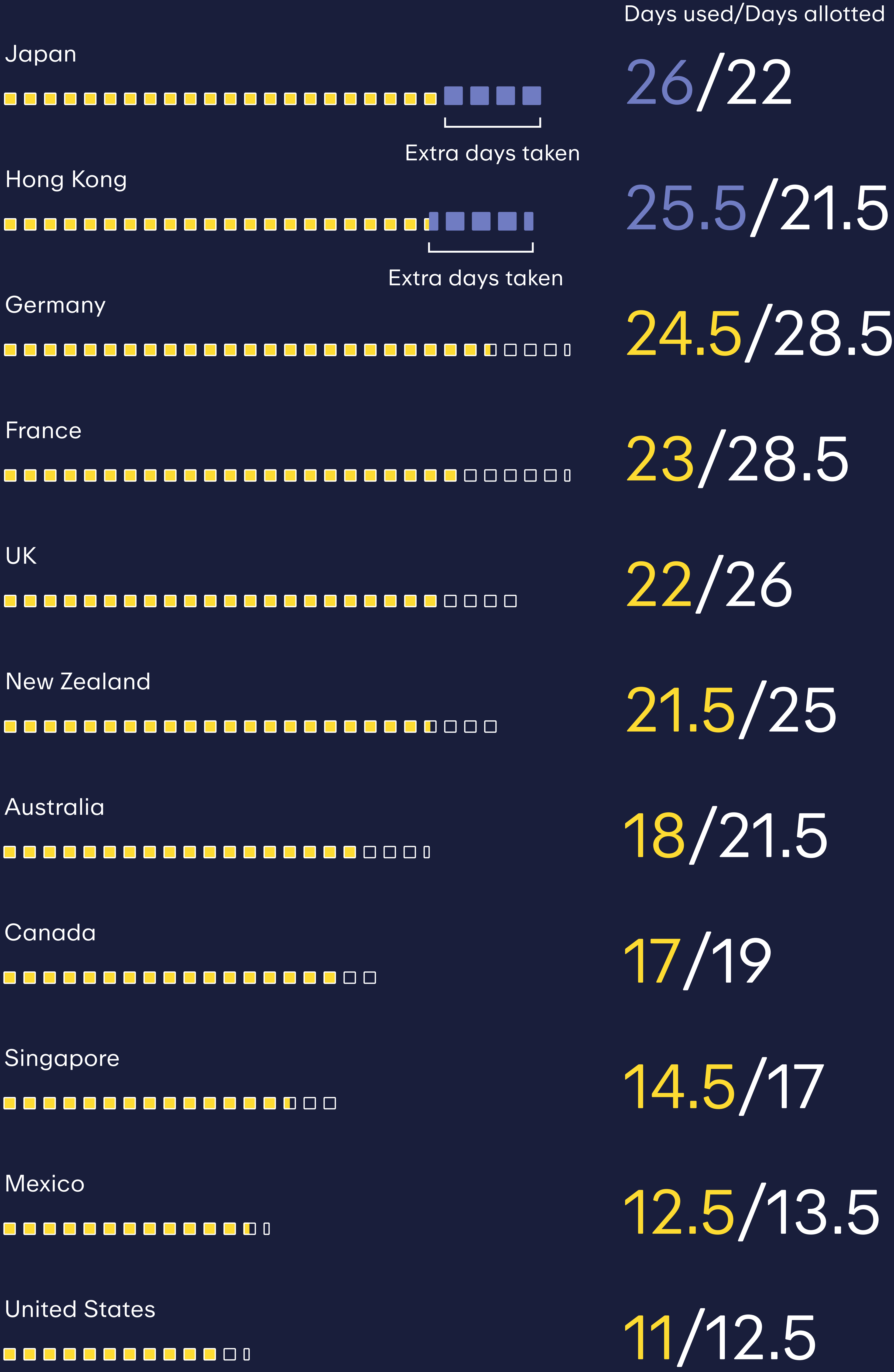
of working adults feel vacation  
deprived compared to last year's 58%.

# Time Off

The U.S., Mexico and Singapore received and took the **fewest vacation days in 2022.**

Respondents in France and Germany received the most vacation days while those in Japan and Hong Kong took the most time off, on average taking 4 additional days on top of what they were allotted.

- ☐ Days allotted
- ☒ Days used
- ☒ Extra days taken

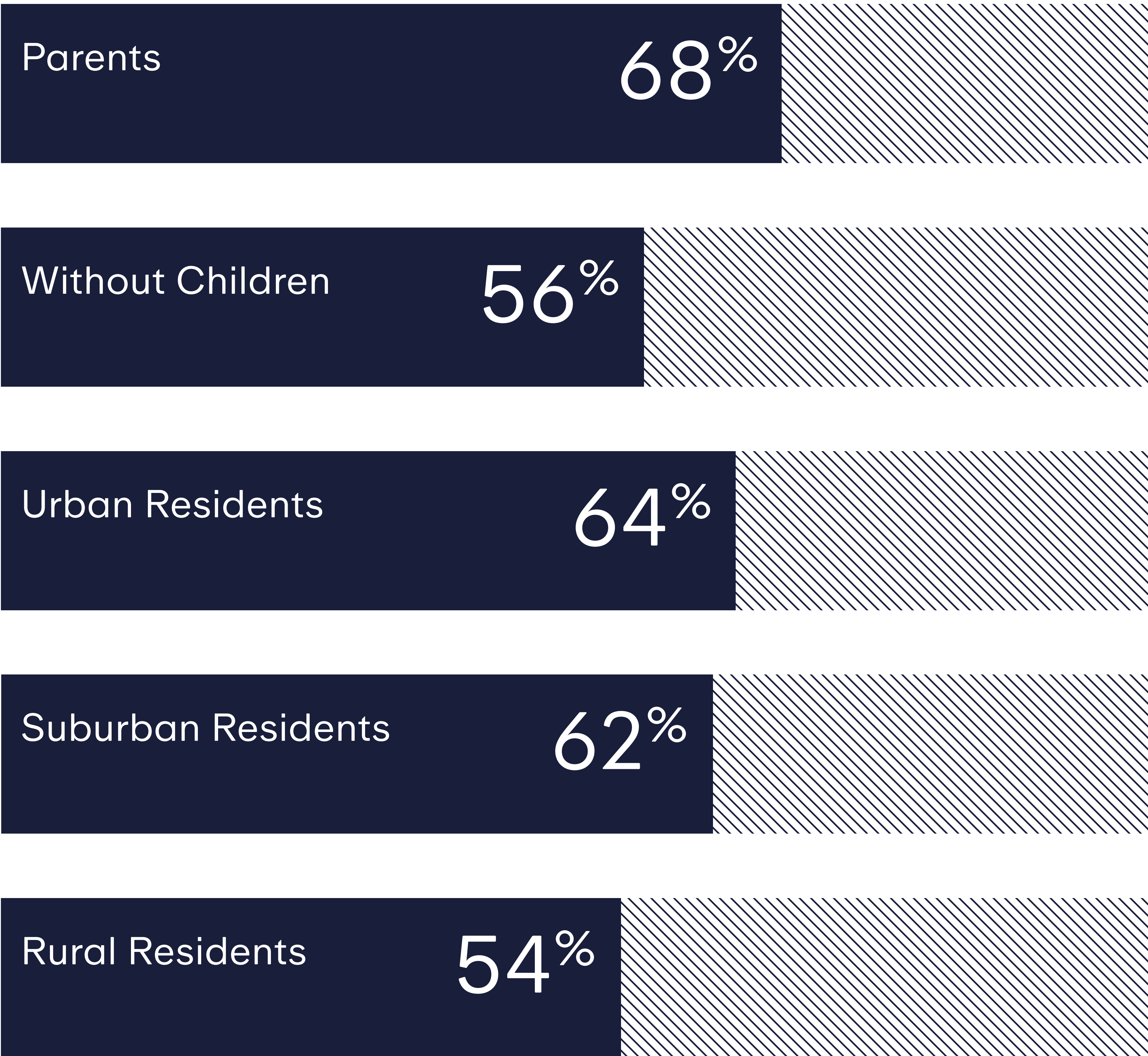




# Vacation Deprived

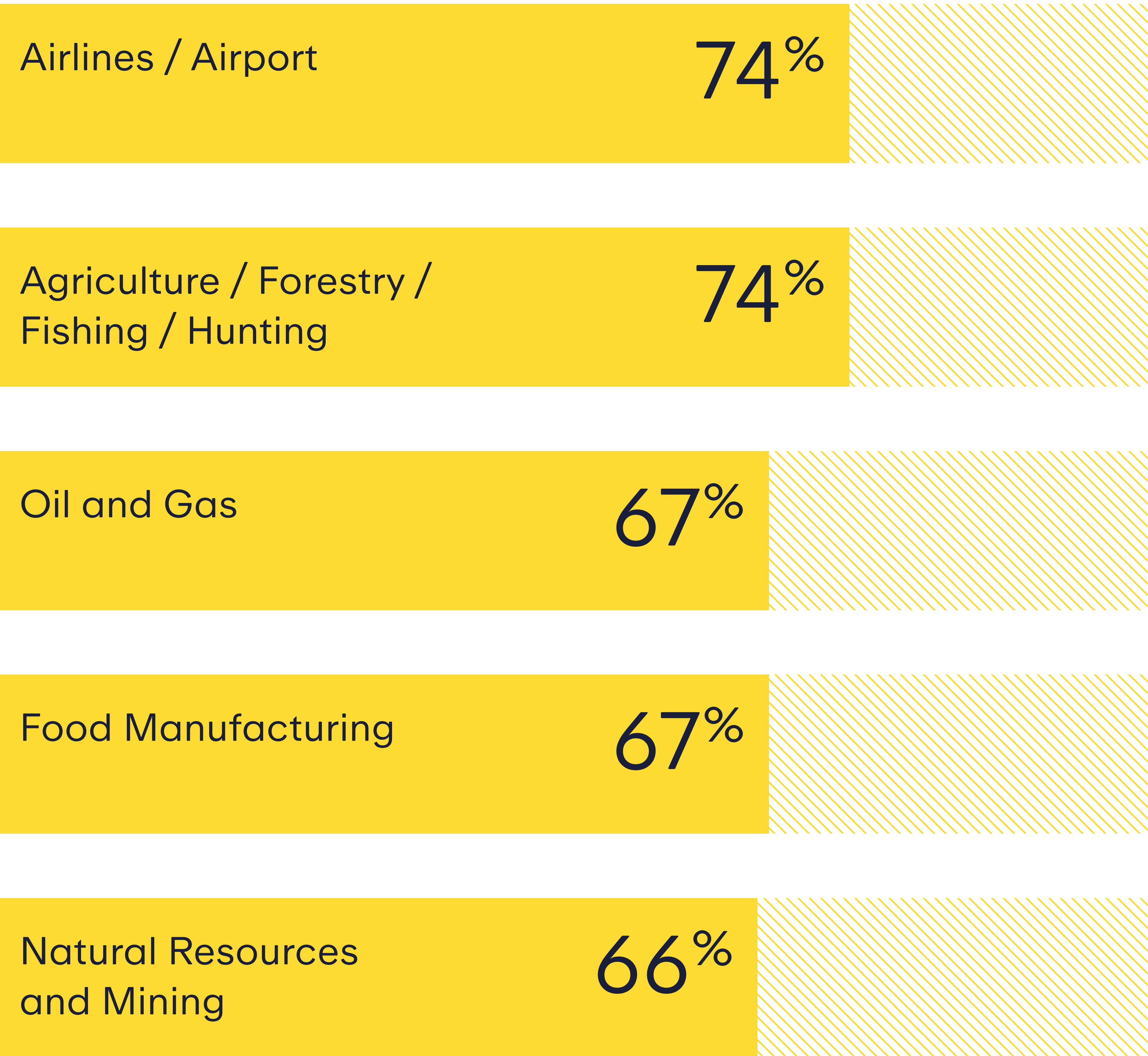
## By Population:

Globally, parents tend to be more vacation deprived than those without children, as do those living in urban areas compared to suburban or rural residents.



## By Industry:

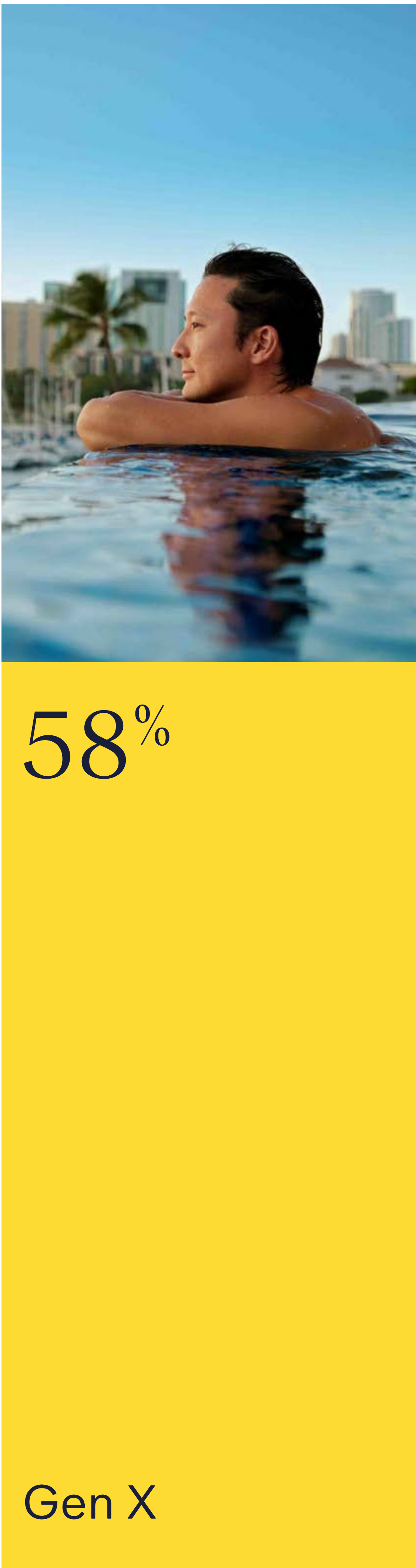
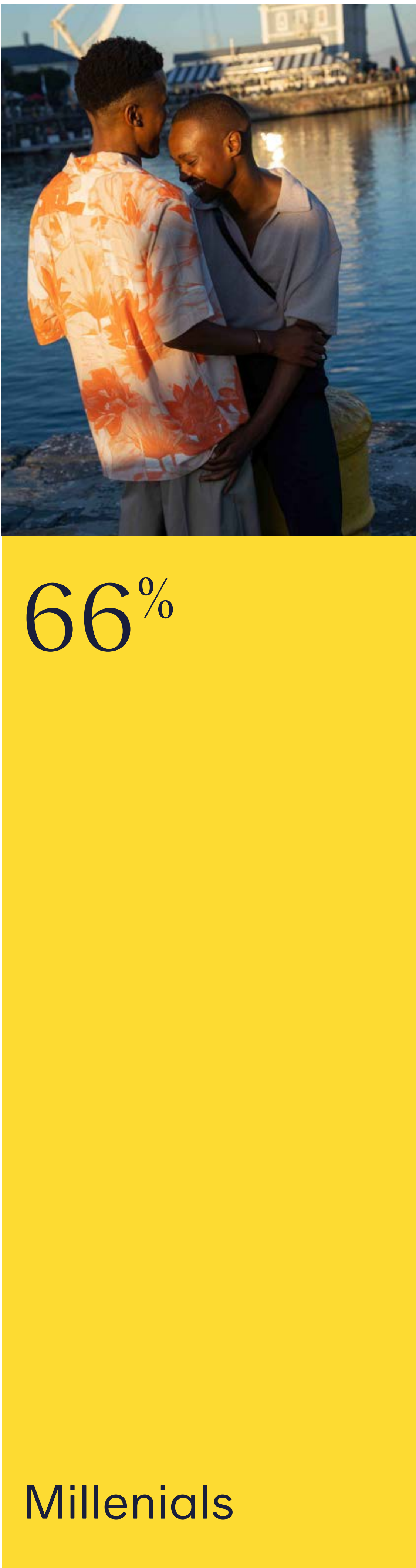
Globally, those in agriculture or air travel are the most vacation deprived, and while retail workers (56%) are the least a majority still report feeling deprived.





# Vacation Deprived

## By Generation:



Meanwhile, vacation deprivation is hitting younger generations harder: Gen Z workers are the most vacation deprived, while Baby Boomers are the least, following patterns from previous years and hinting that the retirement years are a great time to travel.



53% of global respondents go 6-12 months or more between vacations.

71% of Australians  
69% of Mexicans  
62% of Americans



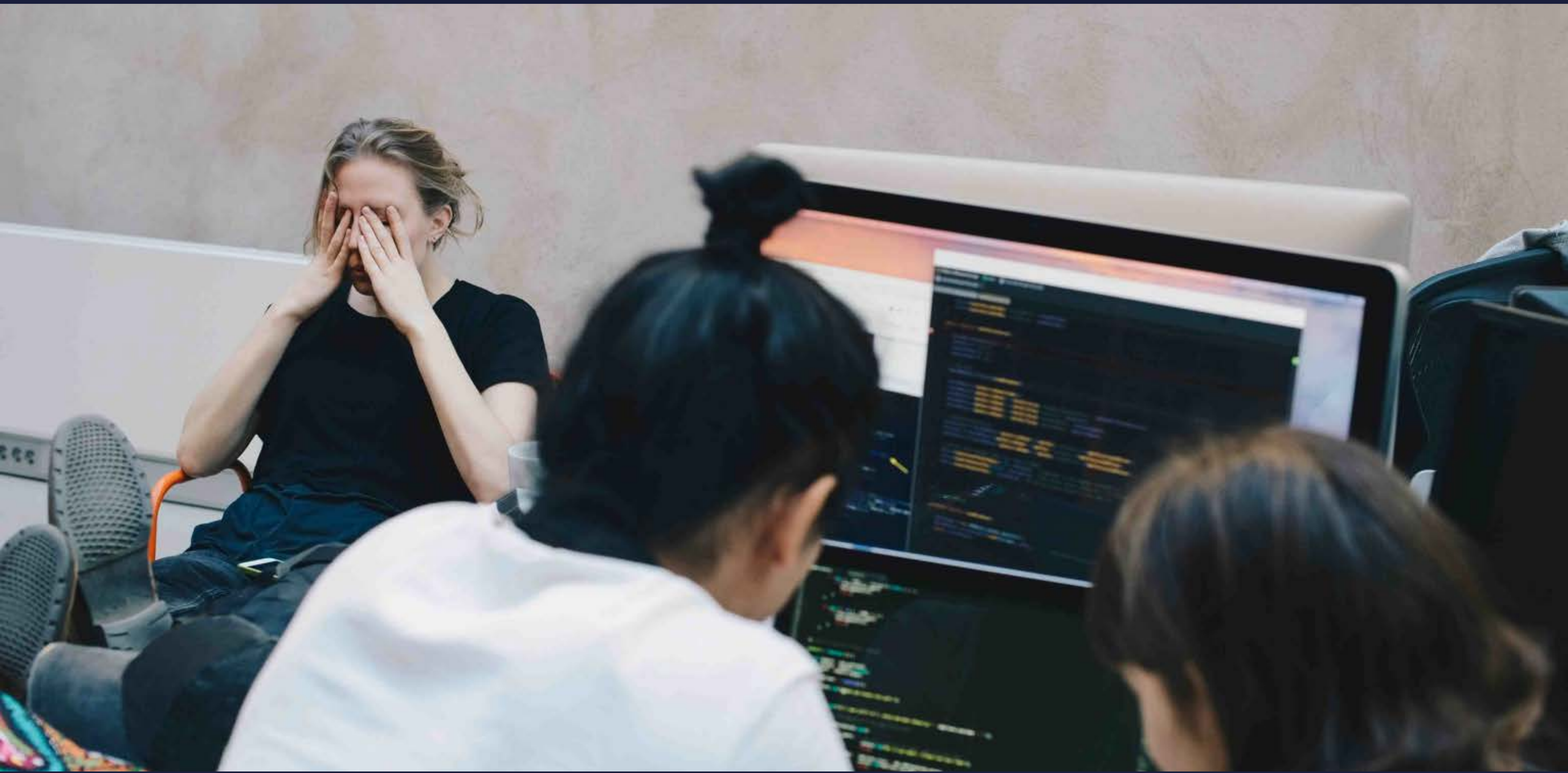
Meanwhile, the Japanese are 4x as likely to vacation every month (39%) than the rest of the world (9%).



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# Time & Money



21%

of global respondents cited financial reasons as the biggest factor preventing them from using all of their vacation time in 2022.

The other most-common barriers included restrictive work schedules and workplace staffing issues (16%) and busy personal lives that made it difficult to get away (15%).



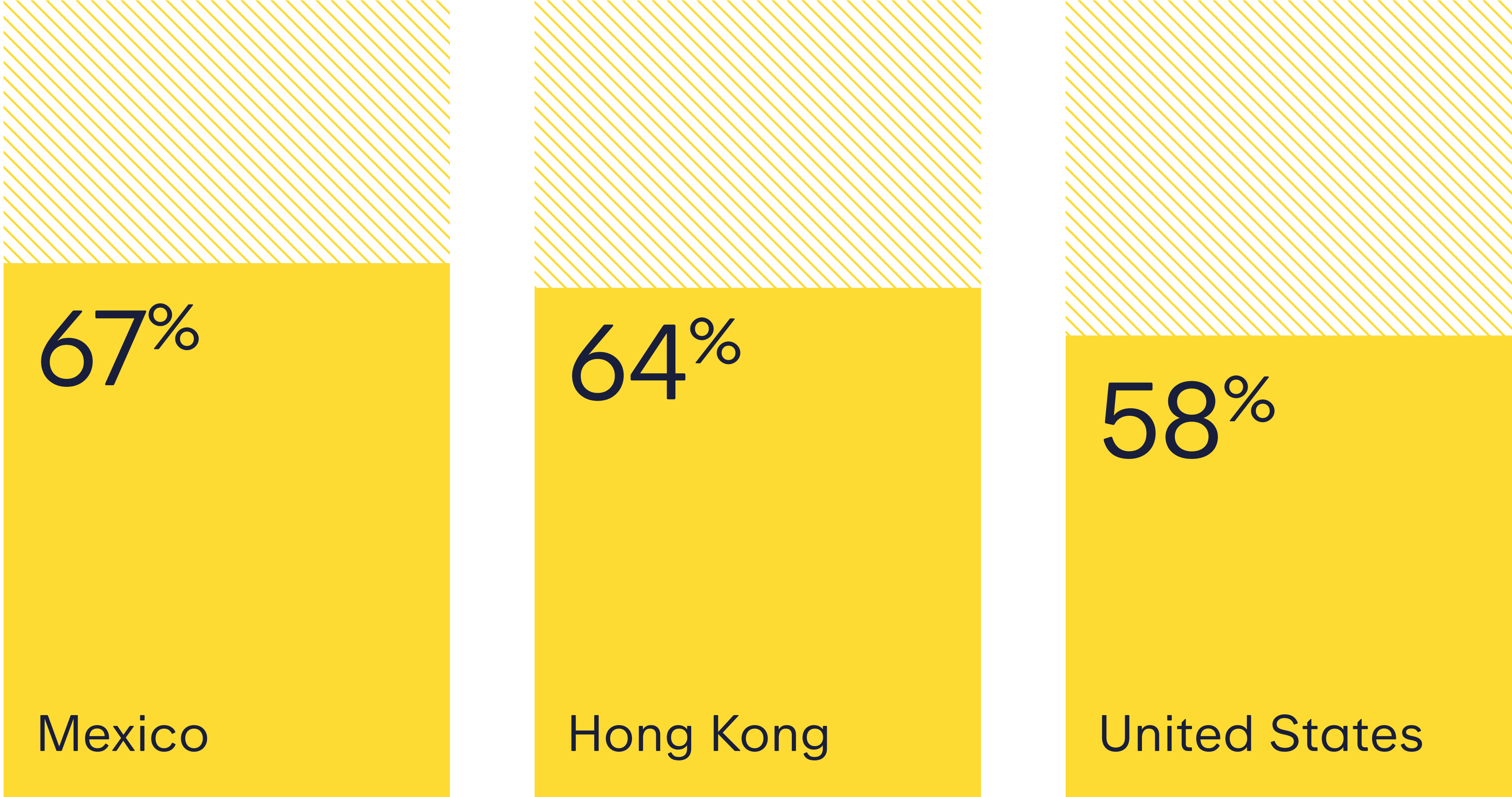


# Workplace and Staffing

Globally, staff and labor shortages are an issue for most workplaces: 56% of survey respondents worldwide said their workplace or industry is battling staffing shortages, making it difficult to get away.

The Americas (CA, US, MX) are most impacted at 59%, compared to 52% of Europeans and 57% of APAC workers.

## Top 3



## Bottom 3



# Global Impact of Inflation on Travel

Despite 69% of global respondents expecting inflation to impact them over the coming year, only 1 in 5 anticipate needing to postpone a vacation, instead looking for ways to cut back on grocery bills and dining out .



Expect to postpone a vacation



Expect to cut back on grocery bills



Expect to cut back on dining out



# Travel Disruptions

Travel disruptions have been a major pain point for travelers, with flight cancellations and delays becoming a common experience especially during peak travel periods.

**Nearly half, 49%**

reported having at least one trip cancelled or significantly delayed by circumstances out of their control in the last year. Even so, travelers aren't feeling deterred: only **4%** said they plan to take fewer trips in 2023 out of worry around potential disruptions.



# Planning Pains

For some travelers, the obstacles start during the planning process. The top planning-related pain points listed by global respondents were difficulty coordinating schedules with travel companions (**13%**), and not knowing where to go (**11%**).

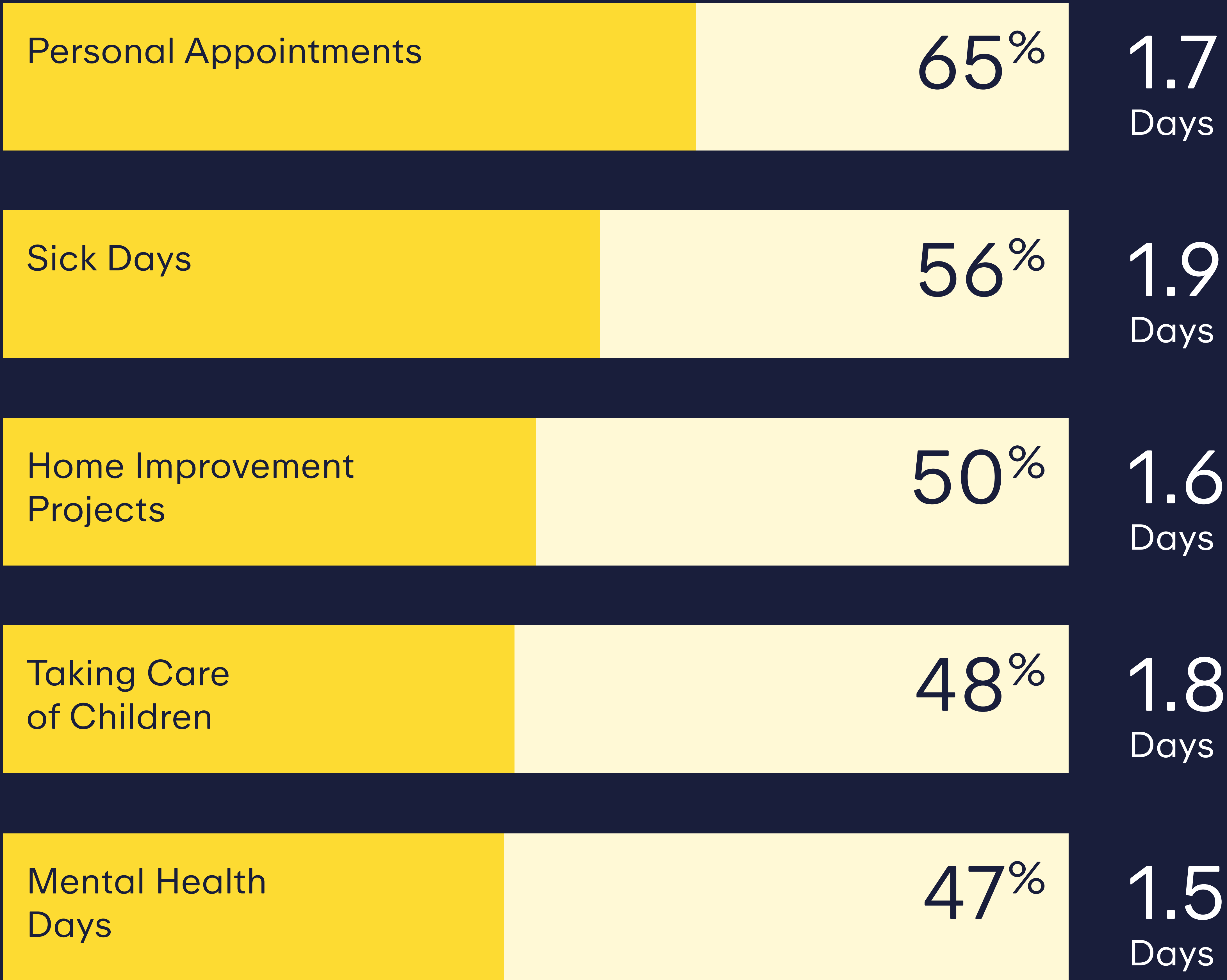




# Using Vacation Time for Obligations

Nearly two-thirds of global respondents used at least 1 vacation day for personal appointments in 2022, and another 56% used an average of almost 2 vacation days in lieu of sick days.

Global % that used 1 or more vacation days for:





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# The Road to More Vacation, Less Deprivation

There's good news – travelers are showing no signs of slowing down this year.



## 87%

of travelers globally intend to travel the same amount or more in 2023.

## 57%

have already booked a trip this year.



When asked how they're approaching travel in the coming year, the top response was,

“I plan to travel ,,  
no matter what.”





# Prioritizing Time Off

It's (nearly) unanimous:



87%

of global travelers view time off as a basic right, not a luxury. Even when faced with the need to make tradeoffs,

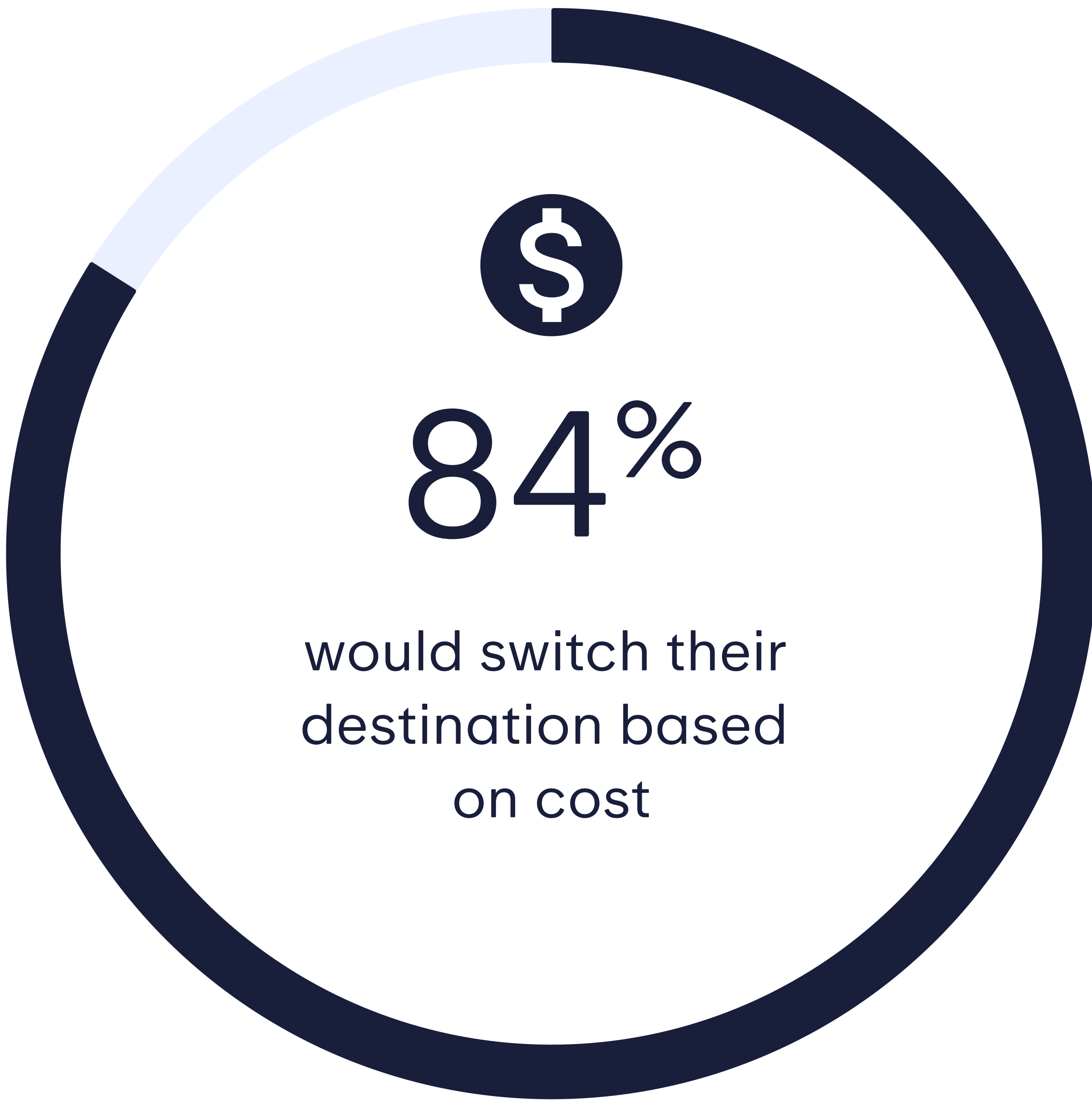
69%

vow to not deprioritize their vacations. Instead, more than half of global respondents plan to deprioritize spending on fashion and clothing (56%) and dining out (54%).




# Making It Easier to Go

Travelers just want to go, without the stress of planning or crunching vacation budget numbers. Expedia knows there are enough obstacles facing would-be vacationers. Worrying over how to get there and when to book shouldn't be among them.




## Travel Hacks for the Vacation Deprived



Expedia search filters help you find properties with Free Cancellation or Book Now, Pay Later



When you book multiple items on Expedia, you save – no compromises required.



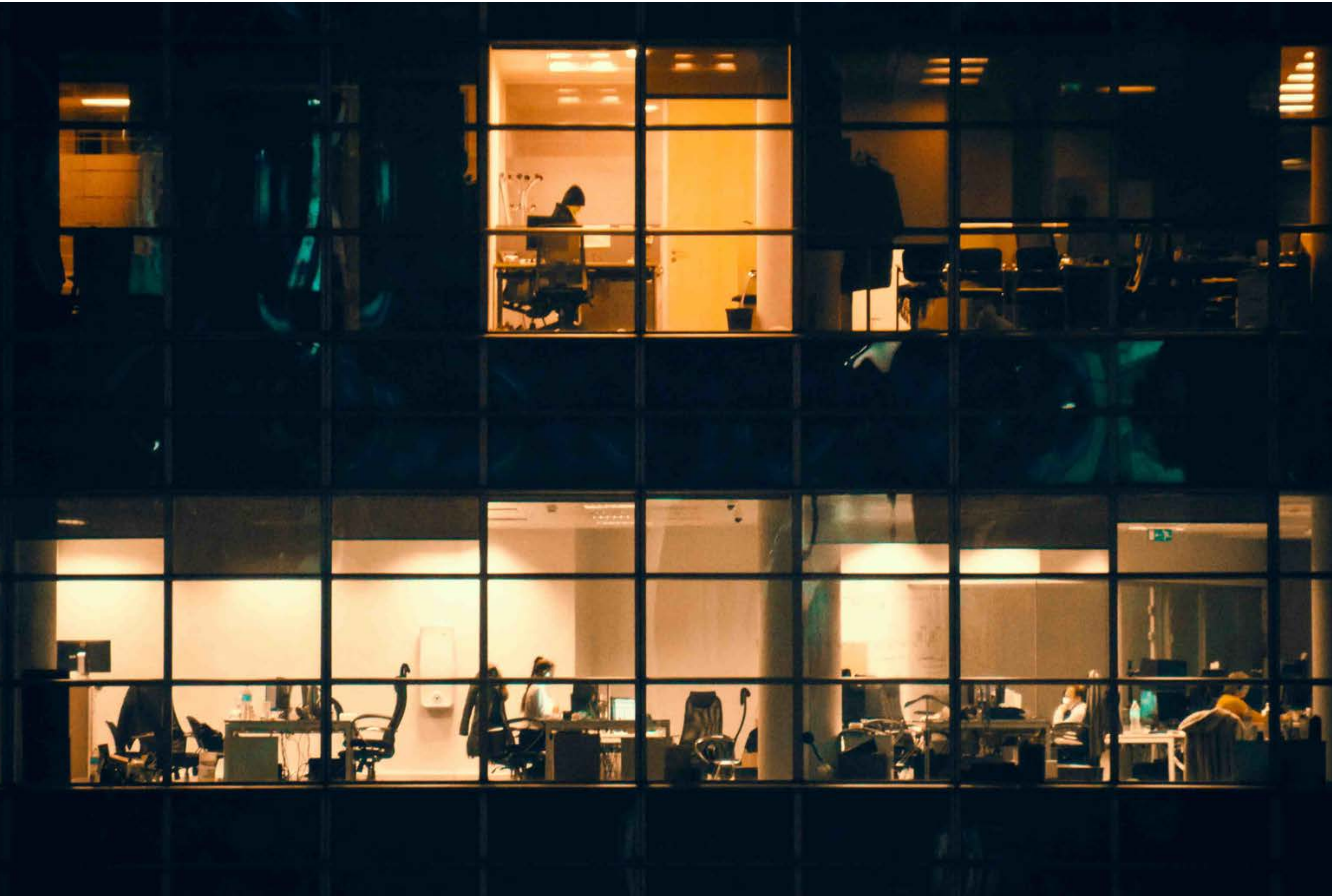
Expedia tracks flight prices and lets you know when to book, so you never have to wonder.



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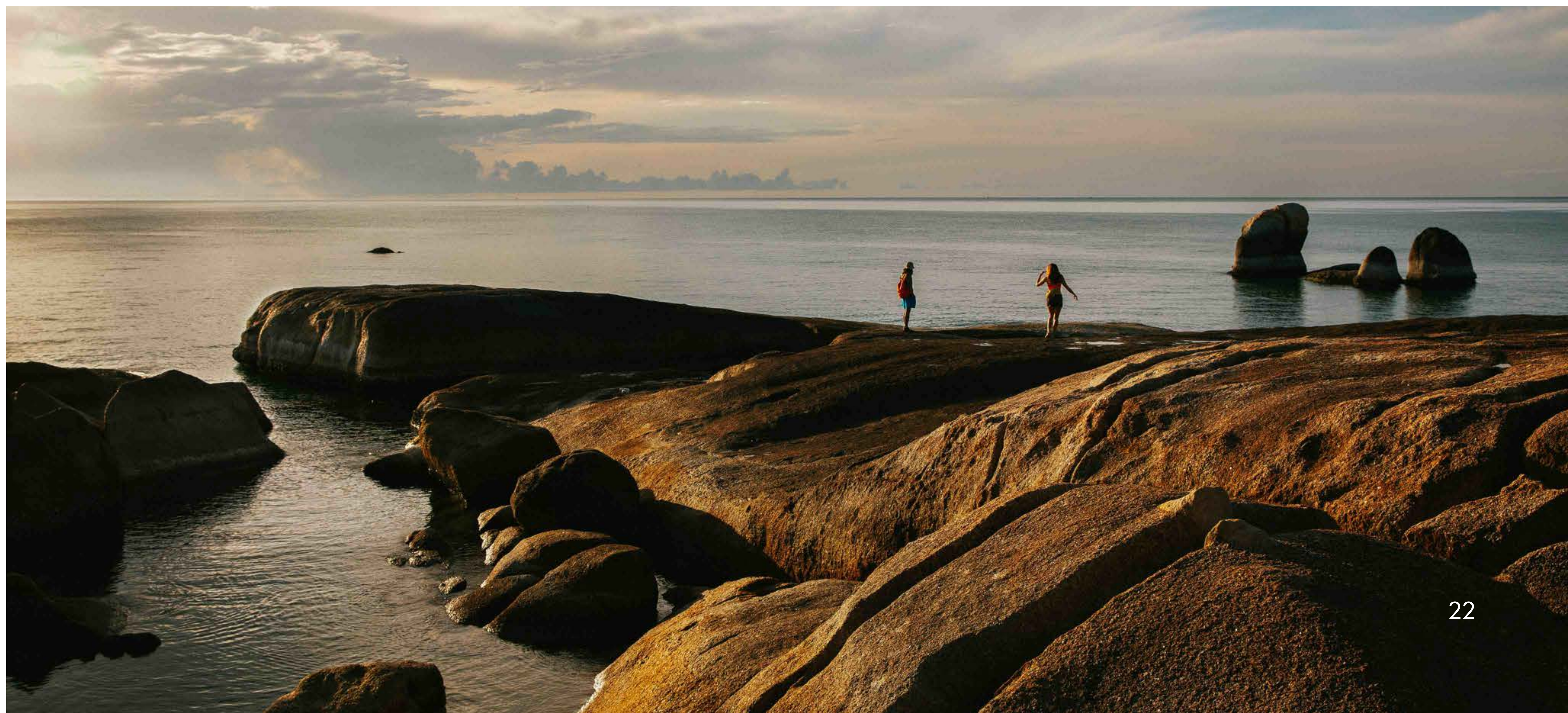


# What Workers Want



(hint):  
it's more flexibility  
and time off

While the majority (70%) of respondents globally feel their employer is supportive of them taking time off, working adults around the world think changes are in order.





# Altered Time off Policies

Among vacation deprived respondents, **70% wish their employers would alter their time off policies.** Hong Kong, Singapore, and the U.S. feel most strongly about this.



# Unlimited Vacation Days

**Only 10%** of people polled have unlimited time off. On average, **those with unlimited vacation days take over an extra week of vacation annually** compared to those who don't (28.5 days vs. 20 days)



# 4-day Workweek

82%

of workers globally would like their employer to implement a 4-day workweek.

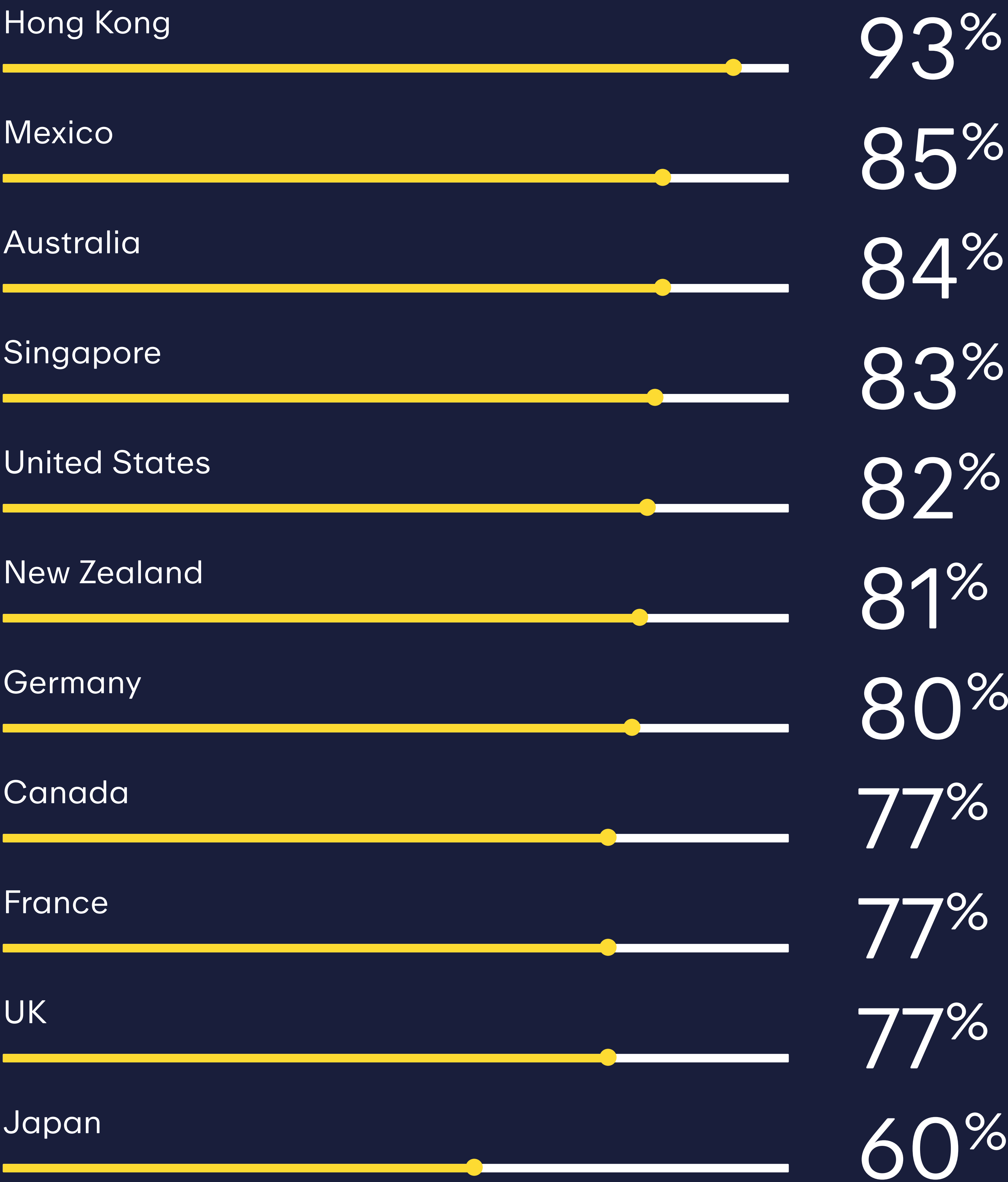
29%

excited that it would give them more time to travel.

39%

say they'd love the additional free time to knock out personal appointments and projects – freeing up those valuable PTO days to use on trips.

## % of workers who want a 4-day workweek by country





# Changing Jobs for More Time Off

More than two-thirds (67%) of vacation deprived workers globally would be motivated to change jobs for a chance at more time off, a worthy consideration as time off has proven benefits for both the employee and employer, such as a more positive attitude and outlook (84%) and feeling more motivated (81%).





# Top Benefits of Vacation





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# Methodology



Expedia first commissioned Vacation Deprivation in 2000 to examine the **work-life balance** of people worldwide.

The annual study is currently in its 23rd year and was conducted online among **14,527 respondents** across **North and South America, Europe and Asia-Pacific**. Commissioned from February 9 – March 3, 2023 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 1-4% difference is statistically significant at 90% confidence.



