.





Alex Elswick, MS Extension Associate Family Resource Management (859) 257-3290 alex.elswick@uky.edu

JUNE 2018

THIS MONTH'S TOPIC:

ENJOY YOUR VACATION WITHOUT BREAKING THE BANK

Vacations can be a significant expense in a family's budget. Vacations often require saving many months in advance. A staycation is a great alternative to an expensive get-a-way vacation. A staycation is a vacation that involves day trips to attractions close to home while avoiding some of the expenses of traditional vacations such as housing and transportation. By staying at home and driving your own car to local attractions, you can avoid traditional vacation expenses such as flights, rental cars and hotel stays. You can even save money by not needing a house or pet sitter that may be required if you were out-of-town overnight.

Take Time off Work

Even though you are going to be spending your nights at home, take advantage of your vacation days and take time off work. This will allow you to enjoy your vacation to the fullest. Focus on being present and spending time with your

LEXINGTON, KY 40546

loved ones. Resist the temptation to respond to emails or check in at the office. Just because you didn't leave the area, don't feel compelled to deal with work related issues.

Stick to Your Budget

Like a traditional vacation, you will need to develop a budget for your staycation. Be mindful of how much money you want to spend when planning your activities and allocate money accordingly. Don't forget to include





Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.







money for traditional vacation souvenirs such as t-shirts, holiday ornaments, magnets and local artisan crafts.

Plan Your Activities

Just as you would plan for a vacation, you should plan for a staycation. If you aren't intentional about planning your staycation, then you might end up hanging out at home all week and being bored. Brainstorm activities that you haven't done during an ordinary weekend. Perhaps each member of the family can plan a day of your staycation.

Visit Your Hometown

Take advantage of all your city has to offer guest. Do some research. You may find sites or attractions you've never been to because they are so close to home. Book a walking tour of downtown. Attend a local museum exhibit. Plan to visit a local historical site. While you are out, ask around for recommendations of other things to see or places to eat. Contact your local visitor's bureau for recommendations on everything from events and attractions to restaurants. You may discover your city has a rich history or controversial past.

Go Outside

Nature is one of the best resources for a fun and affordable day trip. Check out your local park system. Visit a park you've never been to. Many parks have event calendars and offer fun (and free!) programs and activities. You could also attend an outdoor concert, go for a walk or a bike ride, hit your local hiking trails, or sail off on a pedal boat at your local lake. You could even plan a whole camping trip in your backyard, complete with hotdogs, s'mores, and campfire stories!

With thoughtful planning and a little creative thinking, you can enjoy time with your family without breaking the bank.

Alex Elswick, MS, Extension Associate for Family Resource Management, Department of Family Sciences, University of Kentucky Cooperative Extension Service, (859) 257-3290; alex.elswick@uky.edu

Jennifer Hunter, Ph.D., Interim Assistant Director of Family and Consumer Sciences Extension, University of Kentucky Cooperative Extension Service, (859) 257-3887; jhunter@uky.edu

Stock images: 123RF.com