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The Staycation – Local Vacation Guide

Save money through a local vacation - the staycation!

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Summer time is coming, and that means many of us are turning our attention toward plans for warm weather vacations.

If you're looking for a way to save some money this vacation season, staycations are a great way to enjoy being a tourist, while reducing your travel greenhouse gas emissions. Our guide to getting away without the plane will be sure to inspire you.

The Basics of Planning a Great Staycation

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There are a few keys to ensuring your staycation is truly relaxing and rejuvenating. Take these steps to plan an interruption proof staycation:

- 1. Set firm dates:** Don't be wishy washy about when you'll take time off; choose specific dates and be vigilant in sticking to them
- 2. Set a budget:** You're likely to spend a little extra money over the course of your staycation, but undoubtedly it'll be less than if you jetted away! Make a budget to ensure you'll have enough to enjoy your staycation, without going overboard.
- 3. Think like a tourist:** Right around the corner there are sure to be loads of local attractions and activities you've never tried. Check government tourism sites and vacation rating sites for ideas on what's exciting in your area.
- 4. Take photos:** Every vacation needs a photographer to capture the memories! So don't forget to take pictures of your activities to share with friends and family!
- 5. Plan your activities:** Just like a regular vacation, you need to do a little

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planning to make it fun, otherwise we sometimes just spend the whole time on the couch. For the planners, create an itinerary down to the minute if need be. For free spirits, just make a list of possible activities and then select several items from it every day.

6. Pre-make and pre-plan meals: Cooking and cleaning up can be one of the biggest drags during a staycation. You can pre-make your meals and freeze or refrigerate them to minimize the work involved with eating. Alternatively, look for deals on eating out in your area.

7. Ban chores and tasks and let people know: There are likely people in your life who routinely task you with stuff to do. Be sure to kindly let them know that, though you'll be home, your main priority is to relax and avoid stressing over everyday to-do lists

8. Turn off email, phones, don't open mail, skip the news: Avoiding your phone, laptop, and mail will help you from thinking of everyday work and responsibilities. Relax, and make your staycation feel like any other vacation!

Inspirational Ideas for a Pleasure-Filled Staycation



Baking **Brandi Wagner** Brittany Eidsness Cleaning **Coconut Oil Contest**

DIY Doug Stewart **Eco-Friendly** Eco Fashion

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Priebe Natural Remedies

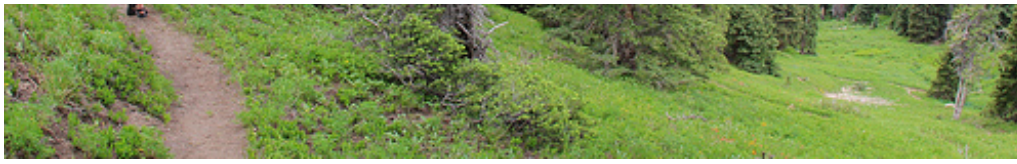
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Vancouver **Vegan** **Vegan Recipe**

Vegetarian Visnja Milidragovic Yoga



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Need a few ideas on how to make your staycation feel relaxing and enjoyable? We've got some unique ideas just for you:

1. Take that class in photography, cooking, or gardening you've been dreaming about
2. Do a virtual tour of the world at home by picking a country and exploring its cuisine, cultural traditions, and watching complementary movies
3. Create your own outdoor movie theatre with a sheet and projector (don't forget the popcorn!)
4. Enjoy a DIY spa day
5. Go to a park, take a hike, or swim in the local lake (picnic and barbeque too!)
6. Take up fun family crafts or baking activities
7. Challenge yourself to finish a list of must-read books
8. Sleep under the stars in the backyard, complete with s'more-making fire
9. Try a new restaurant, club, or local festival

About the Author:

Maryruth has been seeking the keys to environmental justice—both at home and at work—for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic

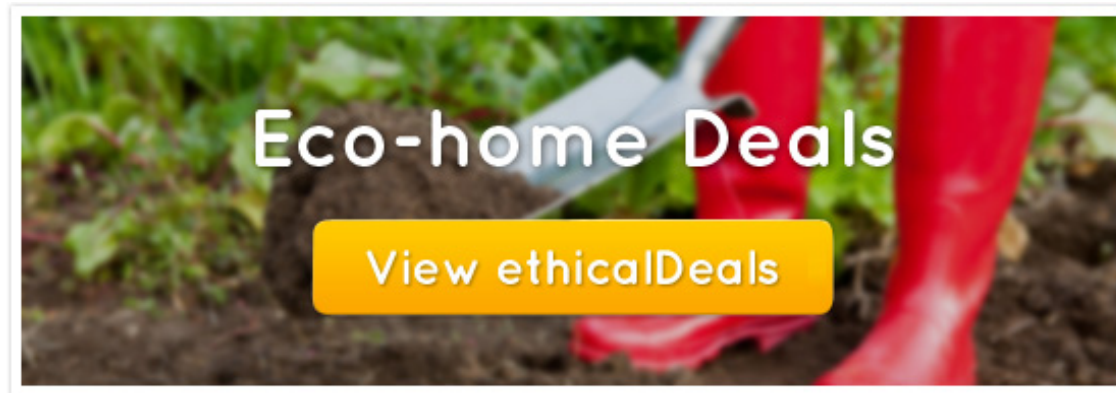
gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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