

# U.S. TRAVELERS MIX BUSINESS TRIPS WITH VACATIONS



New research by American Express Global Business Travel revealed that business travelers increasingly take time out for themselves as well.

The survey which analyzed the habits of business travelers in USA, UK and Australia, found that the U.S. business travelers are now travelling more frequently than they did in 2012. They take an average of seven business trips by air each year.

According to the survey, 35% of U.S. business travelers are making more day trips compared to overnight journeys, however, with **two-thirds of those surveyed saying that they have actually extended one or two business trips in order to take a personal vacation in the past year.**

Among the U.S. businessmen, 35% reported that their companies are willing to cover the cost of Wi-Fi while flying, and for those whose companies do not cover for this expense, 38% noted that they would be willing to pay for Wi-Fi access from their own pocket.

However, in spite of the overall better connectivity and Wi-Fi access while in the air, it came out that most travelers would prefer having a break from work with 61% of the respondents saying they prefer disconnecting while in flight, allowing them to take a break and unwind. Only 23% of those surveyed preferred working when on long-haul flights whereas 56% preferred turning on a movie or dive into their favorite books. Socializing or networking seemed to be the last thing on their minds, with only 1% reported to using their time on air interacting with other passengers.

“As Millennial begin to make up a larger portion of the global workforce, we are now seeing more corporate employee travel behaviors that are primarily focused on alleviating travel-related stress. **The travelers now place a higher value on work/life balance and are savvy about how to travel efficiently.** They make the most of their time on the road and maintain their mental and physical health while away from the office,” said Kevin Carey, the Vice President & General Manager, Global Client Group, American Express Global Business Travel.

In an added effort to relieve stress and stay healthy, majority of U.S. business travelers surveyed say they turn to a combination of diet and exercise in order to maintain good health while travelling. According to the survey, 74% of them said they drink extra water, 48% stretch on the plane, and 44% use the gym at the destination hotels. In terms of diet and nutrition, 20% of those surveyed said they avoid alcoholic drinks and 41% supplement their diet with vitamins.

According to 21% of the U.S. business travelers surveyed, being seated behind a child or an infant is the worst place on the plane to sit followed by the restroom (14%), next to someone who takes over the armrest (11%), beside a talkative seatmate (10%), and next to someone who snores (6%).

Wi-Fi is the most common travel-related service that those surveyed like to take advantage of while in the hotels, followed by a hotel breakfast and pre-boarding options. To survive the whole, sometimes tiresome trips, most travelers said they preferred to travel light, maintain their patience

and relax.

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