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past? Research shows "workations" may be more common for professionals today. In a recent survey from staffing firm Accountemps, 54 percent of workers said they typically ...

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Are vacations where people completely disconnect from the office a thing of the past? Research shows “workations” may be more common for professionals today. In a recent survey from staffing firm Accountemps, 54 percent of workers said they typically check in with the office at least once or twice a week during their vacation, up from 41 percent just [one year ago](#).

On the bright side, those who do connect with the office do so fewer times during their break: 15 percent of workers touch base at least once or twice a day, compared to

21 percent in 2016. Their reasons for checking in include gaining peace of mind that

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“The reality is, many professionals, either by necessity or choice, will check in with the office to ensure things are under control and projects are moving forward in their absence,” he said. “Employees who feel the need to connect with work should set clear boundaries to minimize the time they spend attending to office duties.”

Additional findings from the Accountemps survey:

- Professionals plan to take an average of 10 vacation days this summer — unchanged from last year's survey.
- **Thirty percent** of those surveyed said they plan to take more vacation days this summer compared to last year. **Forty-one percent** of workers between the ages of 18 and 34 plan on taking more time off, compared to **25 percent** of workers ages 35 to 54 and only **16 percent** of respondents 55 and over.
- **Twelve percent** of respondents plan to take fewer days off than they did last summer. Only **10 percent** of male workers plan to take fewer days off, compared to **14 percent** of female workers.
- More than one-third of professionals (**37 percent**) said they could use more time to recharge. **Forty-four percent** of females surveyed said they don't have enough time off, versus **31 percent** of males.
- **Forty-seven percent** of total respondents said they don't check in at all while on summer vacation. **Sixty percent** of workers 55 and older don't connect with the office during their break, compared to **52 percent** of respondents ages 35 to 54 and only **38 percent** of workers 18 to 34.

View a [slideshow](#) of the full survey results.

Accountemps offers four ways managers and professionals can unplug while on vacation:

## 1. Promote the benefits of taking vacation. Managers should encourage their teams

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When you return from your vacation, schedule a quick meeting with your manager or team to get caught up on what you may have missed and what projects are a priority.

Firm Management

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