

8 ways to turn your business trip into a mini vacation

By: South Bend International Airport



1. Spend as much time out of your hotel room as possible

When you're traveling for work, you might feel the need to spend the evening hours catching up on emails while eating room service in your hotel room. Find the middle ground. Take time to visit a local eatery and hit the emails after dinner. Or, if you do opt for the room service, take a break to go for an evening walk and explore the downtown area.

2. Get out in the sun ASAP

This is especially true if you've flown across several time zones. Spending time in the sun as soon as possible once you've arrived can help set your body's Circadian rhythm to your new location. This could help reduce your jet lag, which means a more productive business trip and more time for fun.

3. Eat local as much as possible

This goes along with number 1. Skip the continental breakfast and chain restaurants you've had a million times and look for local spots to enjoy your

meals, whenever you can. Look up highly rated restaurants on [Yelp](#) or ask locals for their recommendations. Not only will you get to taste local delights, you'll also have an opportunity to get immersed in the local area — and give your mind a break from work.

4. Don't spend all of your time with your coworkers

When you're with coworkers, your natural inclination is to talk about work. That makes it difficult to relax and unwind, even on a business trip. Plan a dinner alone or spend time sightseeing by yourself. You'll feel refreshed and recharged to get back to work when you meet up with your coworkers later.

5. Meet up with an old friend who lives nearby

Chances are you probably know someone who lives close to the city you're traveling to for work. This is a great chance to reconnect and perhaps check out a cool place to see that you might have missed if you didn't know someone local.

6. Stay at an AirBNB instead of a hotel

Hotels are great, but [AirBNBs](#) are a fun and simple way to feel more "at home" in a city. You'll stay in a neighborhood and get a glimpse of what life is like in the city. It'll feel less like a work trip and more like a vacation too. Plus, your company might like this option because it's sometimes less expensive than a hotel room.

7. Invite a friend or family member along

They can either go with you for the whole trip or meet up with you for a portion of the trip. Either way, having a non-work friend or family member to hang out with when you're not working can make your down time a lot more fun.

8. Spend extra time at your destination

Do some research in advance. If your destination has can't-miss attractions that you simply can't fit in, it's worth a day or two of PTO time to relax, explore and decompress!

Traveling for work is always easy at South Bend International Airport, conveniently located close to home and getting to your gate is a breeze. [Book your next business trip now!](#)