

INSIGHT

WTC COMMUNITY WEEKLY



Do or Don't:

STAYCATION

Checking In

From the past couple of months or so, my social media feed has been filled with friends posting photos of their *staycation*.

In case you're not familiar with the term, the Cambridge Dictionary defines *staycation* (or *holistay*) as a holiday that one takes at home or near one's home rather than travelling to another place.

In Indonesia, many people link this particular concept to a hotel stay over the holidays. But do you realise that you can actually do this at home?

Here are some tips:

- Recreate a spa experience - *immerse in a hot bubble bath with soothing music. No tub? Inflate a kiddie pool*
- Become a local tourist - *explore your town or nearby attractions, but remember to wear a mask*
- Meditate - *your mind also needs a vacation so clear out some thoughts*
- Bring the authenticity in - *dreaming of Bali? Bring Bali to you by playing the music, ordering Balinese food, decorate your space like you're there and dress the part*
- Movie night and camp out - *dimming the lights in the living room would do or put fairy lights in the backyard*
- Disconnect - *limit gadget use, set up automatic email response, don't stress and just enjoy yourself*

If you'd still prefer staycationing at a hotel, that's fine too. But remember to use a face mask in common areas, wash your hands for at least 20 seconds or use hand sanitizer every time you've touched something, opt for room service instead of buffet meals, make sure your room has been cleaned and disinfected before you check in, and if possible ask for a room that's been vacant for at least 3 days because the coronavirus can live on certain surfaces for days.

Yours trully,

the community editor