

# Right to Vacation

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Take Back Your Time**

[www.timeday.org](http://www.timeday.org)

[www.right2vaction.org](http://www.right2vaction.org)

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## **Six Point Time to Care Program**

1. Paid Family Leave
2. Paid Sick Days
3. Paid Vacation Time
4. Limits on Mandatory Overtime
5. Parity for Part-time Workers
6. Election Day Holiday

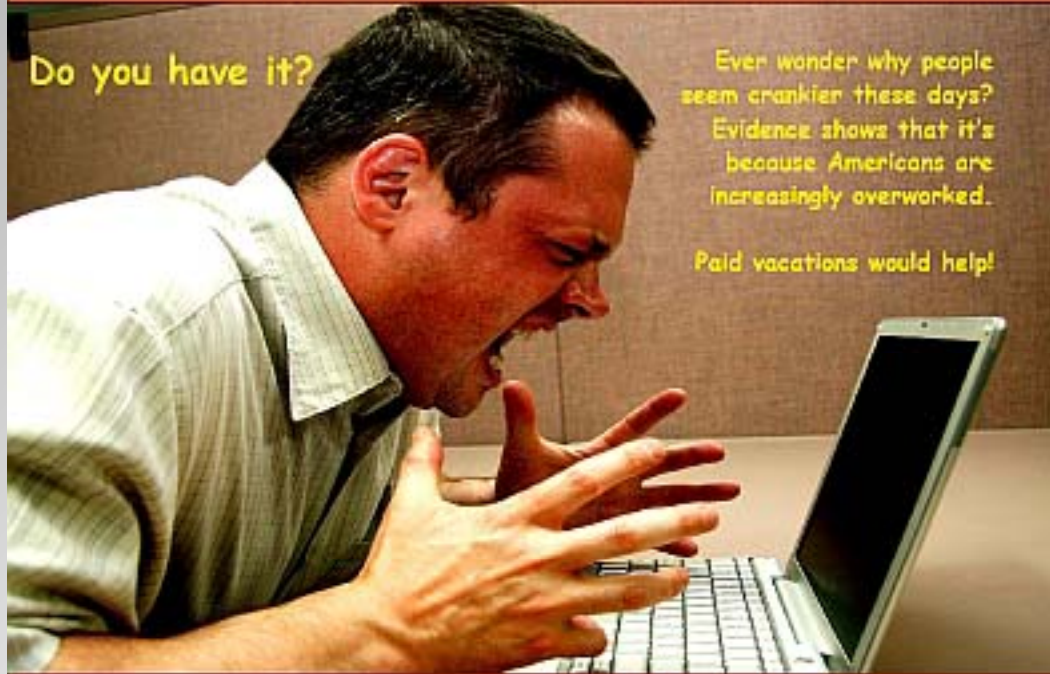
**Background**

## IRRITABLE GROWL SYNDROME

Do you have it?

Ever wonder why people seem crankier these days? Evidence shows that it's because Americans are increasingly overworked.

Paid vacations would help!



[WWW.RIGHT2VACATION.ORG](http://WWW.RIGHT2VACATION.ORG)

# Why does it matter?

**TODAY A HEADACHE...  
TOMORROW...  
A HEART ATTACK...?**

Regular vacations reduce the rate of heart disease for women by as much as 50%. The United States is the only industrial country in the world that doesn't guarantee paid vacation time by law.



**WE CAN CHANGE THAT!**

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**Health**

**"I NEVER TAKE  
VACATIONS!"**

**OK, you've proven  
you're a tough guy...**

**And stupid, too.**

You're 32% more likely to die of a heart attack than men who do and 21% more likely to die early of all causes.

But maybe it's not your fault. The United States remains the only industrial country without a law guaranteeing paid vacations.



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# DEPRESSED?

Might be because you haven't had a vacation in a long time.

One major study showed that women who don't take regular vacations are twice as likely to be depressed as those who do.

But the United States is the only industrial country without a law guaranteeing paid vacations.



WE CAN CHANGE THAT!

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## Health

# THE FAMILY VACATION

an American ideal...

Well, not  
anymore.

Studies show vacations help boost families' incomes and protect the strongest national child care base. The United States is the only industrial country without a law guaranteeing paid vacations.



WE CAN CHANGE THAT!  
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## Family and Friends

**ZERO.**



**31% OF LOW-WAGE AMERICAN WORKERS GET NO PAID VACATION TIME AT ALL. DON'T THEY DESERVE A LITTLE TIME WITH THEIR FAMILIES? THE UNITED STATES IS THE ONLY INDUSTRIAL COUNTRY WITHOUT A LAW GUARANTEEING PAID VACATIONS.**



**WE CAN CHANGE THAT!**

**[www.right2vacation.org](http://www.right2vacation.org)**

**Social Justice**



Stress and burnout at work cost the U.S. economy over \$300 billion a year. More vacation time would help. But the United States is the only industrial country without a law guaranteeing paid vacations.

WE CAN CHANGE THAT!  
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# Business

IT WOULD BE GOOD FOR BUSINESS, TOO.

A study by Air New Zealand showed that during vacations people average an extra hour of good quality sleep and their reaction times improve dramatically. And the improvements continue well after the vacation is over. It's simple really—vacations make all of us more alert and productive.



WE CAN CHANGE THAT!  
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IF THOMAS JEFFERSON WERE WRITING NOW.

*“Life,  
liberty,  
And the  
pursuit of...  
Aw, forget it!”*

It's hard to find happiness when  
you're working all the time.

The United States is the only industrial country  
without a law guaranteeing paid vacations.



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Probably not much if you're a typical American. 86% of us don't even take two full weeks off each year. The United States remains the only industrial country without a law guaranteeing paid vacations. We can change that!



[www.right2vacation.org](http://www.right2vacation.org)

# Fun and Freedom

# NATURE DEFICIT DISORDER

Our children spend only half as much unstructured time outdoors as they did a generation ago. One reason is shorter vacations. Fewer parents have time to take their kids to the woods. The United States is the only industrial country without a law guaranteeing paid vacations.



WE CAN CHANGE THAT!

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# NATURE

# Vacation Time: A Strategic Initiative

PROTECT YOUR RIGHT TO HUNT AND FISH



You'd like to pass those skills on to your kids  
But it's hard when you get so little vacation time  
The United States is the only industrial country  
without a law guaranteeing  
paid vacations.



**WE CAN CHANGE THAT!**

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## Question: Would you support a law guaranteeing paid vacation for American workers?

		Percent surveyed by demographic	Percent who support paid vacation law
Total		100.2%	69%
By Gender	Women	50.10%	75%
	Men	43.9%	63%

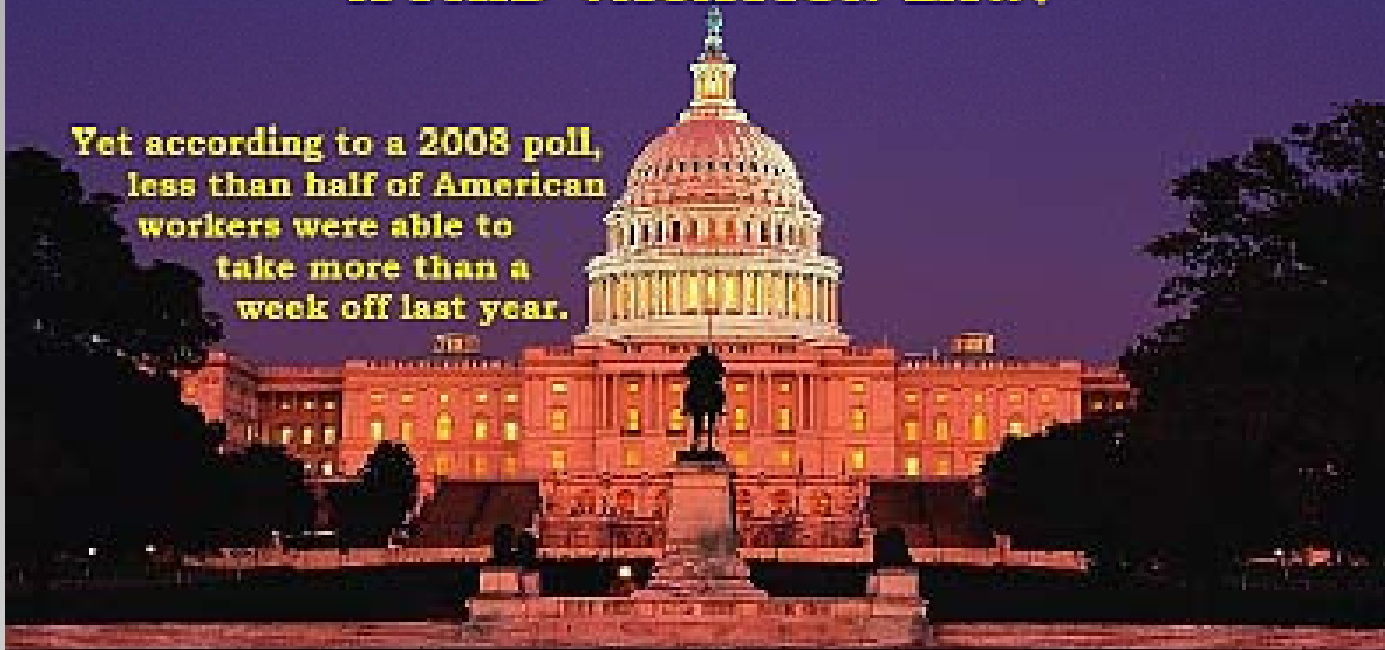
Poll results from Take Back Your Time's Right2Vacation Poll, a scientific sampling conducted by Opinion Research Corporation during the week of June 23, 2008.

See [www.timeday.org/right2vacation/poll\\_results.asp](http://www.timeday.org/right2vacation/poll_results.asp) for full results.

**Start in the states:  
Washington Campaign**

# HEY CONGRESS! 69% OF AMERICANS WANT A PAID VACATION LAW!

Yet according to a 2008 poll,  
less than half of American  
workers were able to  
take more than a  
week off last year.



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