

Grey Gap Year Report



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About the report

The Grey Gap Year Report forms part of the Australian Seniors Research Series. In its latest instalment, this study explores travel behaviours among Aussies over 50 – including their experiences, aspirations, and preferences. It delves into how they're engaging with emerging travel trends such as 'slow travel', JOMO (the joy of missing out), solo travel, and multigenerational holidays.

The research also examines how Australians over 50 manage their finances and risks while travelling – and how travel influences their financial future and legacy.

This report is based on research commissioned by Australian Seniors and conducted by MYMAVINS between 23 and 29 April 2025. The study was carried out via a quantitative online survey, gathering responses from 1,206 Australians aged 50 and over.

The sample is broadly representative of Australia's senior population in terms of age, gender, wealth, and state or territory.

Important things to observe about the charts and figures

- Footnotes directly underneath the charts mainly refer to the sampling involved per question. This is to differentiate who was asked that particular question in the survey.
- Charts without a specific note represent questions that were asked to all respondents.
- The types of questions asked are also noted. For instance, 'Multiple responses allowed' appears when the question called for more than one response from the respondent.
- Some charts and figures may not equal 100% due to rounding differences. This is also true for summed-up figures.
- Figures were determined from self-reported estimates provided by respondents.
- Outliers have been removed from certain figures. A specific note accompanies the data wherever this is applied.

Key findings



Key findings

Cost and safety are the main drivers of travel choices

- Almost 2 in 5 (39%) Aussie seniors have taken a 'big' holiday in the past 12 months – with over 1 in 4 (26%) travelling interstate, while close to 1 in 5 (18%) went to Europe. This was followed by the Pacific Islands (13%), and South East Asia (13%).
- Similarly, Europe (22%), interstate (21%), the Pacific Islands (13%), and South East Asia (13%) are the top destinations for the next big holiday among the 3 in 4 (75%) who have future travel plans.
- If seniors could go anywhere in the world, Europe is the clear winner (31%).

Family quality time and relaxation are top motivations

- Choice of travel destination is influenced mostly by cost (56%), safety and security (50%), and climate or weather (45%).
- Affordability (76%), safety and security (60%), relaxation (55%), comfort (53%), and convenience (40%) are the most important factors when planning future trips.
- In terms of holiday types, 1 in 3 (34%) favour trips to reunite with family and friends for their next holiday, while nearly 3 in 10 prefer cruises (29%) or beach holidays (29%).
- Meanwhile, family quality time (38%), relaxation, indulgence or health retreats (36%), and historical or cultural experiences (36%) are the most sought-after holiday experiences.
- A chance to relax (60%), spending quality time with family (45%), learning about the world (44%), searching for new experiences (41%), and indulging oneself (32%) are the top motivations.

Many seniors are travelling 'slow' and solo

- About 1 in 3 (33%) have taken a 'slow trip' before, and 1 in 10 (10%) have tried 'JOMO' trips – with nearly 1 in 4 (24%) open to trying them.
- Common reasons for taking such trips include relaxing and unwinding (68%), experiencing destinations more deeply (55%), and avoiding rushed or over-scheduled holidays (53%).
- Nearly 3 in 10 (29%) have travelled solo in the past five years, and a further 16% are considering it in the future – primarily to visit friends or family (46%), for the enjoyment of solitude (35%), and to have greater flexibility (29%).

Budgeting is top of mind for most

- Most (85%) choose destinations with a firm budget in mind.
- The vast majority (90%) also feel that holidays are becoming more expensive and difficult to afford.
- Financial constraints (62%) are the top barrier to travelling for an extended period of time.
- While close to 3 in 10 (29%) say their travel plans haven't been affected, the majority (71%) have had their plans impacted by the rising cost of living in the past year. Specifically, almost a quarter (24%) have avoided making any travel plans due to financial pressures.

Seniors feel they have earned the right to spend and enjoy

- More than 9 in 10 (92%) feel they've earned the right to spend their money freely and enjoy themselves on holiday.
- Over 2 in 3 (68%) don't worry about spending their children's inheritance when travelling, and close to 7 in 10 (69%) feel guilt-free about using money for holidays that might otherwise go toward an inheritance.
- Around 2 in 3 (67%) believe their children or family members are supportive of their travel spending.
- Nearly 2 in 3 (64%) feel comfortable using their retirement savings for travel.

Seniors are likely to get comprehensive cover for international travel

- Over 7 in 10 (72%) usually take out insurance for international travel – with 48% opting for more comprehensive cover. A smaller proportion (30%) usually gets insurance for domestic travel, with 20% choosing only basic cover.
- Health cover, accident cover, and general peace of mind are the top reasons for getting insurance when travelling.
- Most seniors avoid destinations with known conflict risks – including Israel or the Middle East (58%), and parts of Eastern Europe, including Ukraine (51%). Notably, the USA (44%) is also a concern, with some citing fears around revoked visas or disagreements with current government policies.

Family quality time is the top reason for multigenerational trips

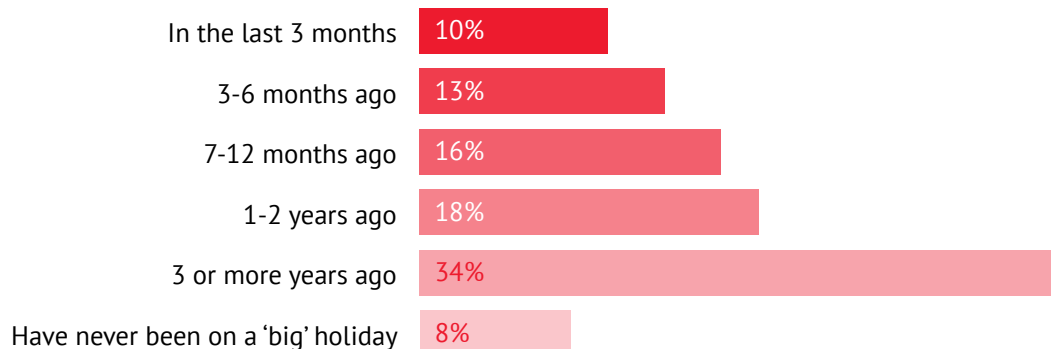
- Around 2 in 5 (40%) travel with family members from different generations at least once every few years.
- The top reasons for taking multigenerational trips are to spend quality time with family (61%) and to create shared memories across generations (41%).
- More than 2 in 5 (43%) feel that creating travel memories is more important than leaving a financial inheritance. Meanwhile, nearly 3 in 10 (27%) say they would consider 'gifting' a family trip in exchange for part or all of their financial inheritance.

Going on a holiday



Last big holiday

How long ago was your last 'big' holiday travel
(i.e. 'big' by your usual standards)?

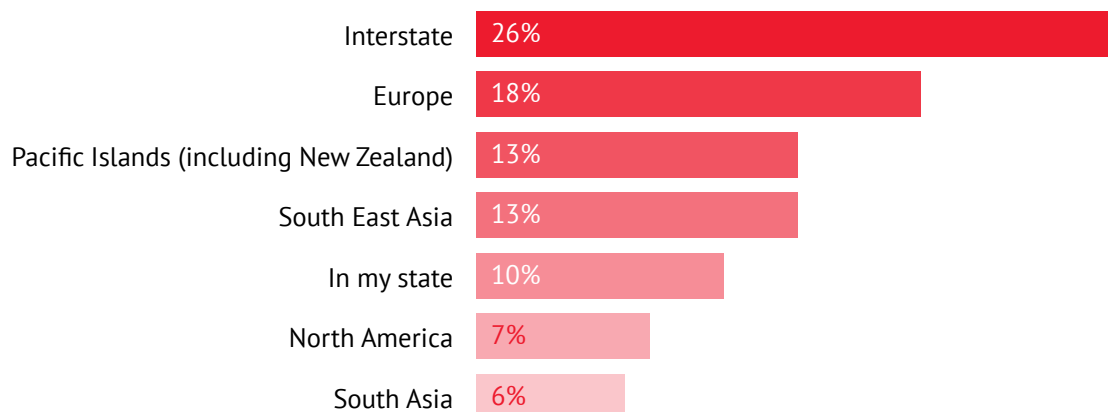


Over 9 in 10 (92%) Aussie seniors have taken what they consider a 'big' holiday.

Nearly 2 in 5 (39%) have done so in the past 12 months – more than double the number who went on holiday around one to two years ago (18%). A further 34% went three or more years ago, while a small portion (8%) say they've never been on a 'big' holiday.

Compared to the 2022 Seniors Travel Report, the proportion of seniors who have travelled in the past 12 months has increased significantly – from 18% in 2022 to 39% in 2025.

Where did you travel on your last big holiday?



**n=1,105, those who have been on a 'big' holiday. Multiple responses allowed. Top 7 responses only.*

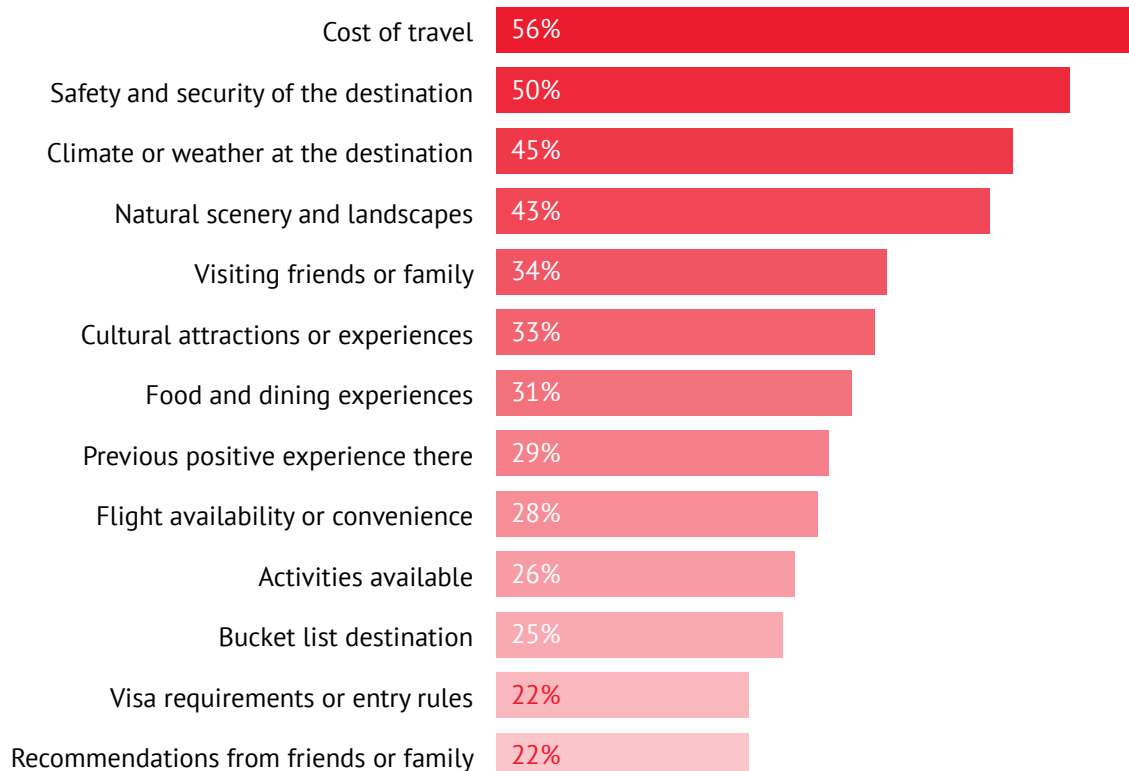
Among those who have been on a big holiday, over 1 in 3 (36%) travelled within Australia on their last trip – with 26% going interstate and 10% staying within their state.

Outside Australia, the most popular destinations were Europe (18%), the Pacific Islands (13%), and South East Asia (13%). A smaller number also travelled to North America (7%) and South Asia (6%).

Compared to 2022, travel to the Pacific Islands and South East Asia has grown in popularity, while domestic travel within Australia has declined.

Travel preferences

What factors influence your choice of top travel destinations?



**Multiple responses allowed. Top 13 responses only.*

The top factor influencing the choice of travel destination is cost (56%), followed by safety and security (50%), climate or weather (45%), and natural scenery and landscapes (43%).

Notably, more women are concerned about the cost of travel (61% vs. 51% of men) and safety and security (55% vs. 44% of men).

When thinking about your travel preferences, which of the following best describes you?



Over 1 in 4 (27%) prefer more frequent, budget-friendly trips, while 1 in 6 (16%) opt for fewer, more luxurious holidays. Over 1 in 3 (36%) enjoy a mix of both, depending on the occasion.

Plane travel (65%) is the most preferred mode of transportation, followed by road trips or car travel (51%).

The majority (61%) typically travel with their partner or spouse. Around 1 in 4 (26%) travel alone, while 1 in 5 go with their children (20%) or friends (20%).

Next big holiday plans

Do you have plans for the next big holiday?*



75%

Have plans for the next big holiday



25%

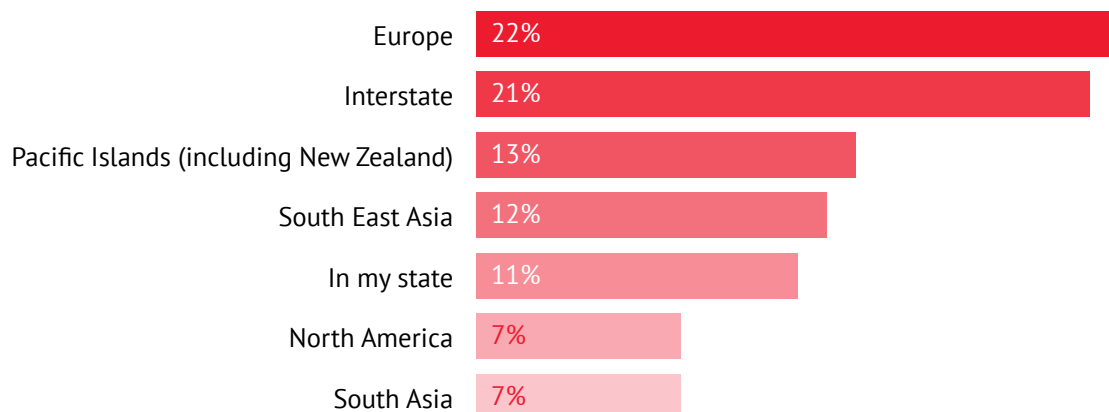
Have no plans for the next big holiday

**Where are you planning to travel for your next big holiday? (Recoded) (Yes/No)*

Around 3 in 4 (75%) seniors already have plans for their next big holiday.

Working seniors – including 90% of full-time employees and 83% of part-time or casual workers – are more likely to have upcoming travel plans, along with Gen X (85%) and men (79%).

Where are you planning to travel for your next big holiday?



**n=907, those who have plans for the next big holiday; Multiple responses allowed. Top 7 responses only.*

Europe (22%) is the top destination for the next big holiday. Interstate travel (21%) – which topped the list at 35% in the 2022 report – has dropped to second place in this year's findings. Other common destinations include the Pacific Islands (13%), South East Asia (12%), and places within respondents' respective states (11%).

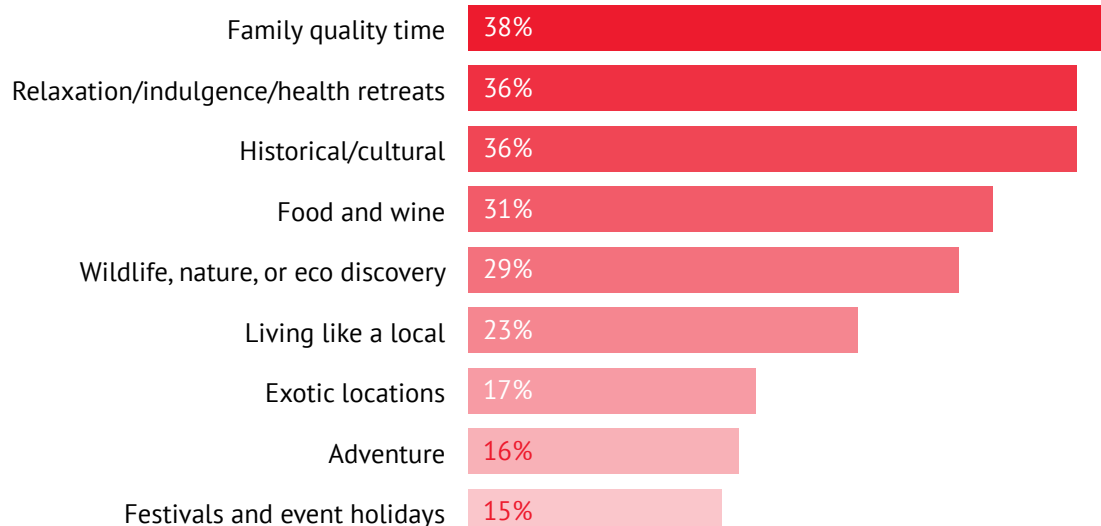
Close to 1 in 3 (32%) plan to travel within Australia – a significant decline from 48% in 2022. Meanwhile, international travel is on the rise, with more seniors planning trips to Asia and Europe.

Europe is the top dream destination, with over 3 in 10 (31%) seniors choosing it as their ideal location if they could go anywhere on their next big holiday. It's followed by the Pacific Islands (13%) and interstate destinations (11%).

While still among the top dream destinations, interstate travel has seen a drop in appeal – down from 23% in the 2022 report.

Next holiday preferences

What kind of experiences will you prefer for your next holiday?



**Multiple responses allowed. Top 9 responses only.*

Close to 2 in 5 (38%) seniors prefer to experience quality time with family on their next holiday, while around 1 in 3 are looking forward to relaxation, indulgence or health retreats (36%), and historical or cultural experiences (36%).

What type of holiday would you prefer for your next holiday?



**Multiple responses allowed. Top 6 responses only.*

The most preferred holiday type is family and friend holidays (34%), including family visits or reunions. Cruise holidays and beach holidays follow, both at 29%.

Compared to 2022, preference for cruise holidays has increased from 22%, while interest in self-driving holidays has declined – down to 22% from 31%.

Which of the following factors are most important to you when planning your next trip?



76%
Affordability



53%
Comfort



60%
Safety and security



40%
Convenience/ease of planning

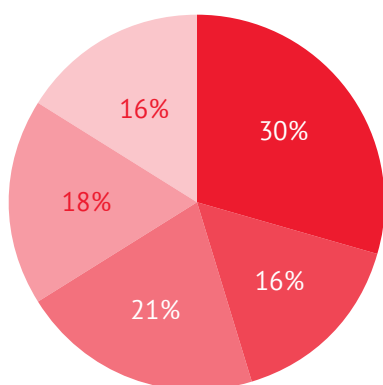


55%
Relaxation/unwinding

**Multiple responses allowed. Top 5 responses only.*

Over 3 in 4 (76%) seniors consider affordability the most important factor when planning their next trip. Other key considerations include safety and security (60%), relaxation or unwinding (55%), and comfort (53%).

Do you think your preference for holiday destinations has changed over the last few years?

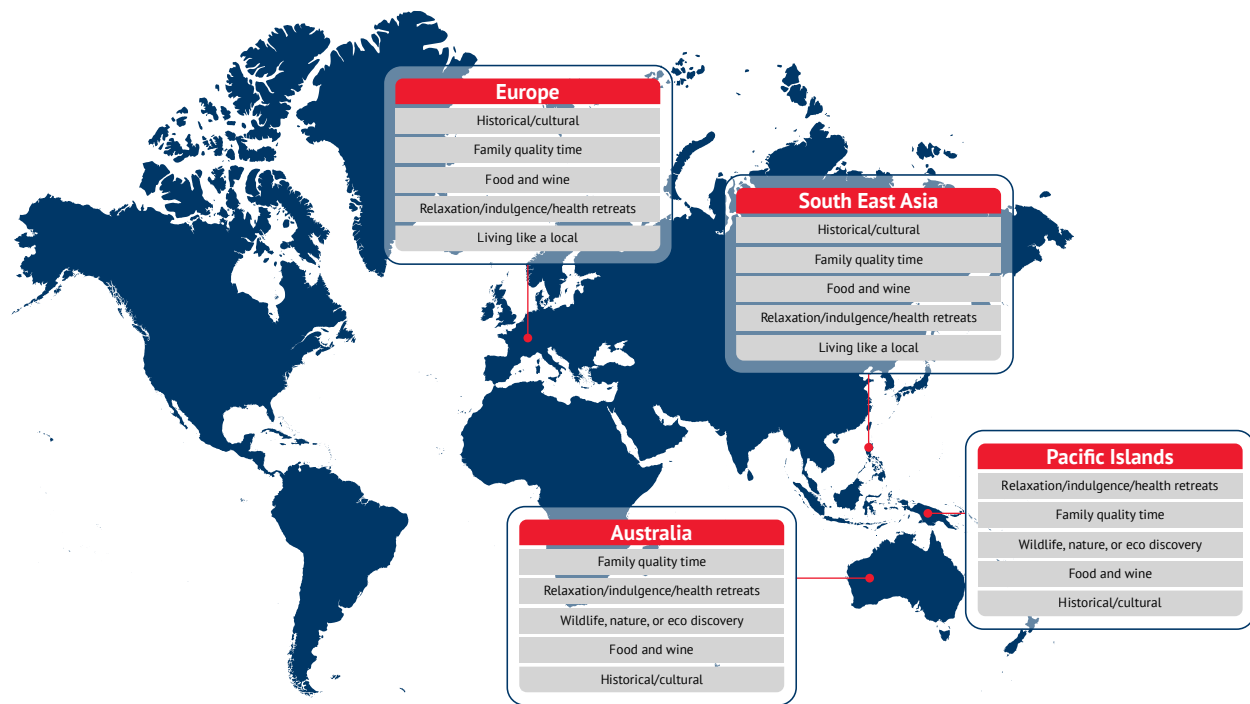


- Yes, more likely to want to travel within Australia now
- Yes, more likely to want to travel overseas now
- No, still prefer it within Australia
- No, still prefer overseas
- Not sure

Close to half (45%) say their preference for holiday destinations has changed over the past few years – with 30% now more likely to want to travel within Australia, and 16% more likely to prefer overseas travel.

On the other hand, nearly 2 in 5 (38%) have maintained their travel preferences. Over 1 in 5 (21%) still prefer to travel within Australia, while slightly fewer (18%) continue to favour overseas destinations.

Desired experiences around the world



**Planned destination for next big holiday and preferred experiences*

While Australia remains the top destination for the next ‘big’ holiday, plans to travel domestically have dropped significantly since 2022 – down to 32% from 48%.

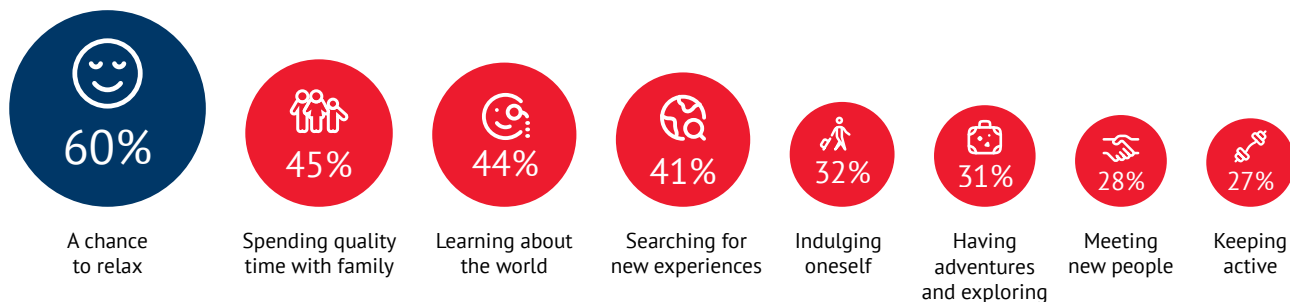
When it comes to dream destinations, Europe (31%) is now the clear frontrunner, with Australia trailing well behind at 16%.

Holiday motivations



Top motivations

Thinking about what you really get out of travelling on holidays, which of the following reasons tend to motivate you most?



**Multiple responses allowed. Top 8 responses only.*

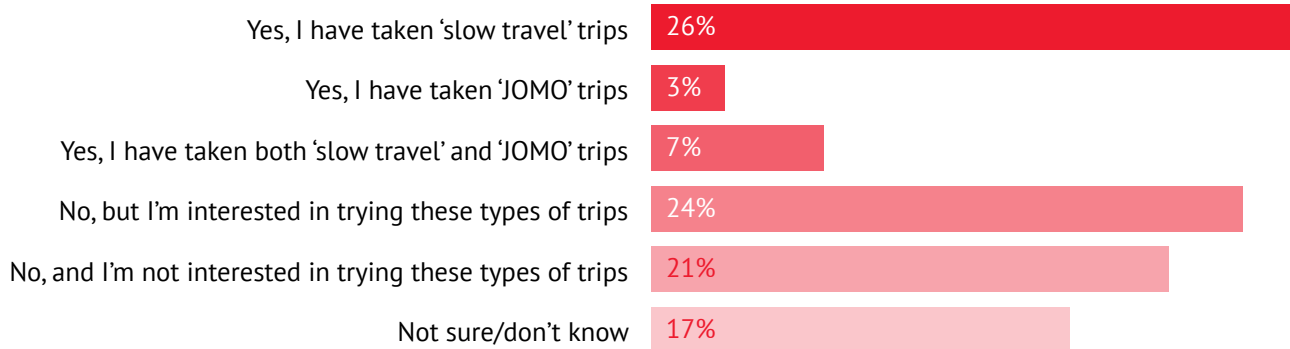
A chance to relax is the top reason motivating 3 in 5 (60%) seniors to travel. Other key motivators include spending quality time with family (45%), learning about the world (44%), and searching for new experiences (41%).

However, some seniors are prevented from travelling for an extended period due to financial constraints (62%), health concerns (35%), responsibilities at home (35%), and family obligations (33%).

‘Slow travel’ or ‘JOMO’ trips

Have you ever taken trips focused on ‘slow travel’ (e.g., extended stays at a relaxed pace) or ‘JOMO’?

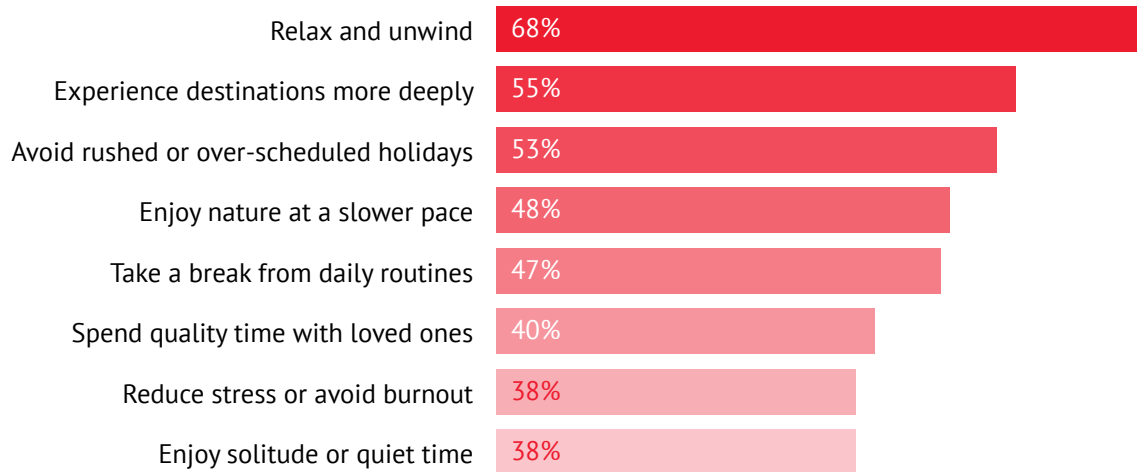
(the ‘joy of missing out’, which may involve avoiding overbooked trips, disconnecting from digital life, or simply enjoying a slower pace of travel)



Nearly 2 in 5 (37%) seniors have taken trips focused on either ‘slow travel’ (26%), ‘JOMO’ (3%), or both (7%). A further 1 in 4 (24%) are interested in trying these types of trips.

On the other hand, around 1 in 5 (21%) are not interested, while 17% remain unsure.

Why have you taken or are you interested in trips focused on 'slow travel' or 'JOMO'?

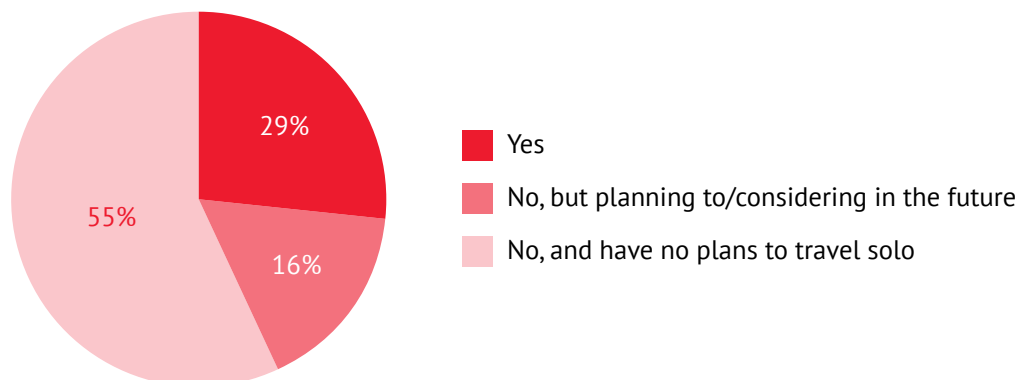


**n=736, those who have or are interested in taking slow travels or 'JOMO'. Multiple responses allowed. Top 8 responses only.*

The top three reasons for choosing 'slow travel' or 'JOMO' are to relax and unwind (68%), to experience destinations more deeply (55%), and to avoid rushed or over-scheduled holidays (53%). Others are motivated by a desire to enjoy nature at a slower pace (48%) or to take a break from daily routines (47%).

Solo travelling

Have you travelled solo in the past five years?

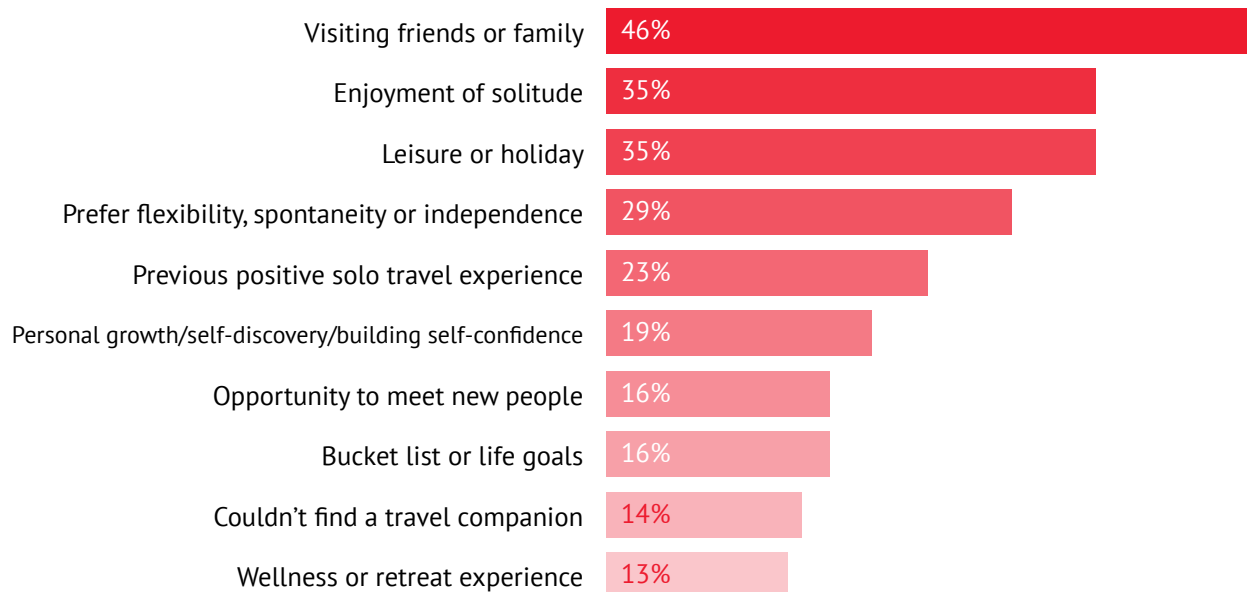


Around 3 in 10 (29%) seniors have travelled solo in the past five years, while around 1 in 6 (16%) are planning or considering doing so in the future. However, the majority (55%) have never travelled alone and have no plans to do so.

Solo travel is more common among those who are single (43%), separated, divorced or widowed (48%), and those living alone who have never had children (44%). In contrast, the majority (70%) of married seniors have never travelled solo and have no intention of doing so.

More than 2 in 5 (45%) women have either travelled solo in the past 5 years (28%) or are planning or considering it in the future (16%).

What are your primary reasons for solo travelling or planning/considering this?



**n=537, those who have travelled solo in the past five years or are considering it.
Multiple responses allowed. Top 10 responses only.*

Close to 1 in 2 (46%) seniors who have travelled solo or are considering it do so to visit friends or family. Around 1 in 3 are motivated by a desire to enjoy solitude (35%) or simply to travel for leisure or a holiday (35%).

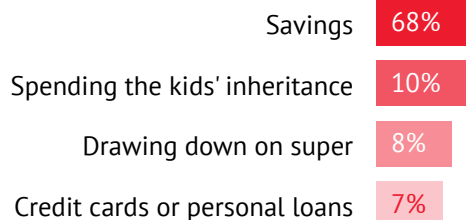
Around 3 in 10 (29%) prefer the flexibility, spontaneity or independence that solo travel offers. About a quarter (23%) aim to replicate previous positive solo travel experiences, while 19% are seeking personal growth, self-discovery, or to build self-confidence.

Managing holiday finances



Holiday budget

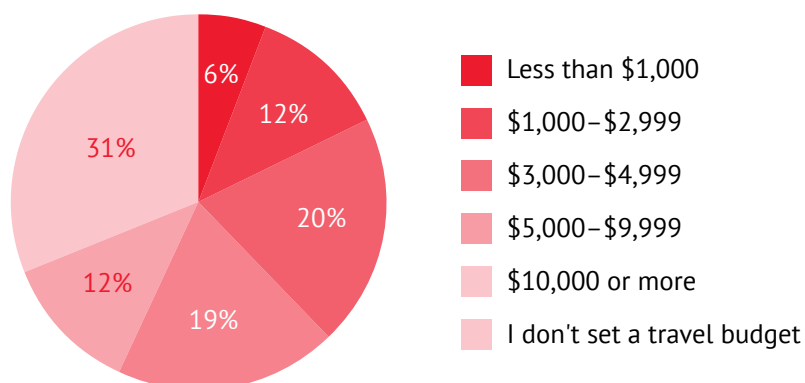
How do you tend to fund your holidays?



**Multiple responses allowed. Top 4 responses only.*

The majority (68%) of seniors fund their holidays using savings. A smaller portion spend their children's inheritance (10%), draw down on their superannuation (8%), or use credit cards or personal loans (7%).

Approximately how much do you budget for travel each year?



Nearly 7 in 10 (69%) seniors set a travel budget each year – with 38% planning to spend less than \$5,000, 19% budgeting between \$5,000 and \$9,999, and 12% allocating \$10,000 or more. Over 3 in 10 (31%) don't set a budget at all.

While over 2 in 5 (44%) expect their travel budget to remain the same over the next five years, 18% anticipate an increase, and 11% expect it to decrease. Close to 1 in 5 (19%) say it depends on personal circumstances, while a small proportion (8%) don't plan to travel in the next five years.

Affording travel

How much do you agree with the following statements about the affordability of travelling in the past 3 years?*



92%

I feel I have earned the right to spend my money freely and enjoy myself on holiday



90%

Holidays are getting more expensive and difficult to afford these days



85%

I choose destinations with budget firmly in mind



68%

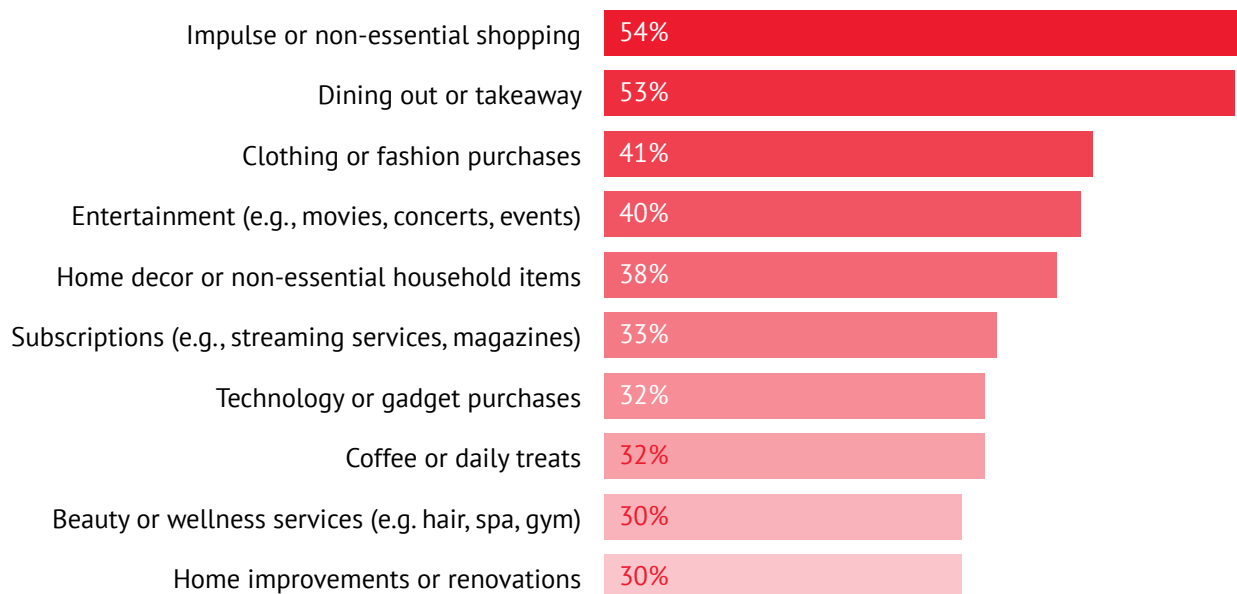
I don't worry about spending the children's inheritance when I go on holiday

* Sum of 'Strongly agree' and 'Agree'

Over 9 in 10 (92%) seniors feel they've earned the right to spend their money freely and enjoy themselves on holiday. More than 2 in 3 (68%) don't worry about spending their children's inheritance when they travel.

However, the majority (90%) also believe holidays are becoming more expensive and harder to afford. Most (85%) choose destinations with a firm budget in mind.

If you needed to adjust your budget to afford travel, which of the following would you be most likely to cut back on?



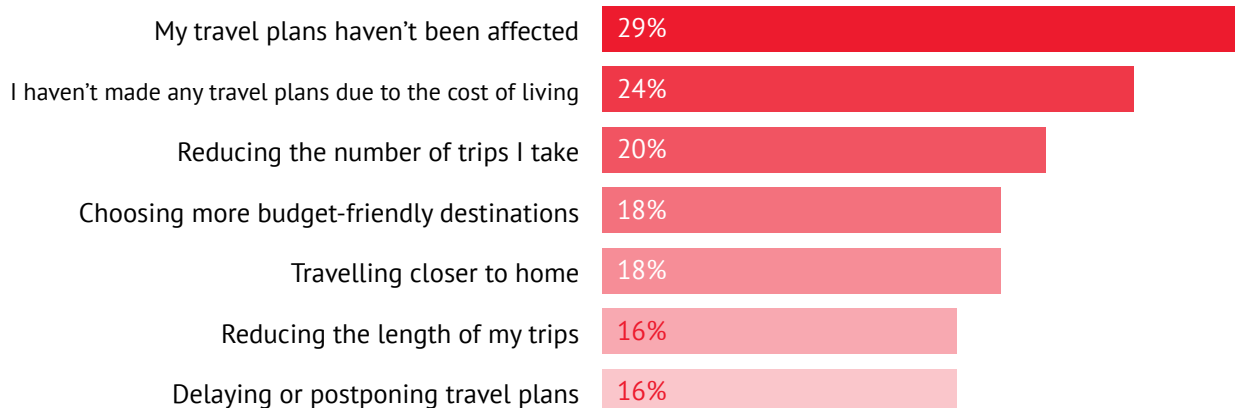
**Multiple responses allowed. Top 10 responses only.*

Over 4 in 5 (81%) seniors are willing to cut back on other expenses if they need to adjust their budget to afford travel. More than half say they would reduce spending on impulse or non-essential shopping (54%), or dining out and takeaway (53%).

Others are also likely to cut back on clothing or fashion purchases (41%), entertainment such as movies, concerts or events (40%), and home décor or non-essential household items (38%).

Financial impacts on travel

Has the rising cost of living impacted your travel plans in the past year?

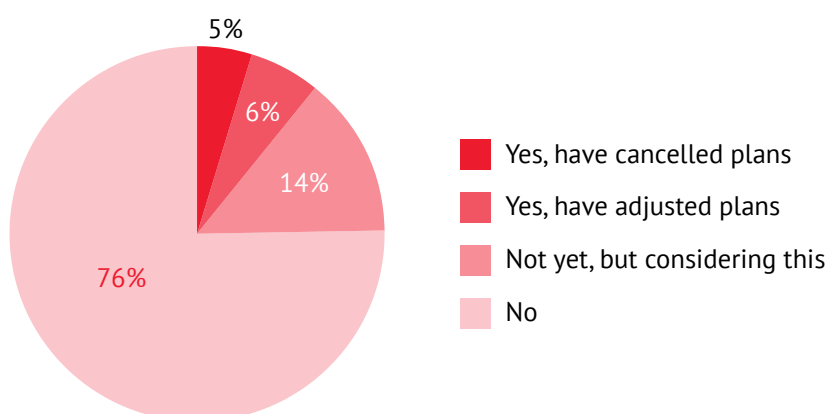


**Multiple responses allowed. Top 7 responses only.*

While close to 3 in 10 (29%) say their travel plans haven't been affected, the majority (71%) have had their plans impacted by the rising cost of living over the past year. Specifically, almost a quarter (24%) haven't made any travel plans due to financial pressures.

Some are reducing the number of trips they take (20%), choosing more budget-friendly destinations (18%), or travelling closer to home (18%). Others are shortening their trips (16%) or postponing their travel plans altogether (16%).

Have you cancelled or adjusted travel plans due to the recent decline in the stock market that may have impacted your super balance and retirement savings?



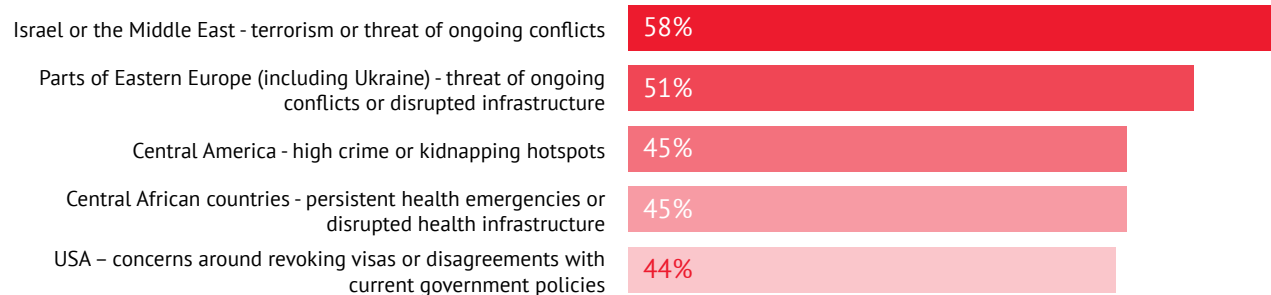
Around 1 in 10 (11%) have cancelled or adjusted their travel plans due to the recent decline in the stock market, and a further 14% are considering doing so.

Safety and insurance



Avoided destinations

Are you actively avoiding any of the following travel destinations?



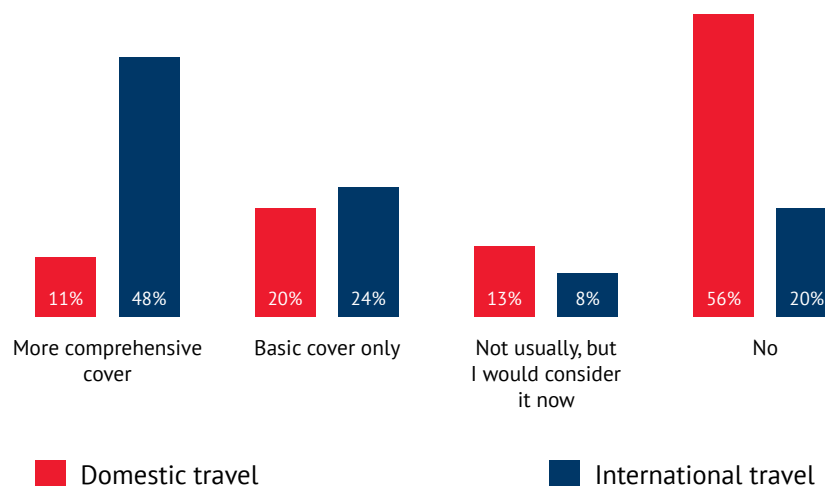
**Multiple responses allowed. Top 5 responses only.*

Most seniors avoid travelling to destinations with known threats of ongoing conflict, disrupted infrastructure or terrorism – including Israel or the Middle East (58%), and parts of Eastern Europe, such as Ukraine (51%).

Close to half also steer clear of countries perceived to have broader safety concerns, such as those in Central America (45%) and Central Africa (45%). A similar proportion (44%) avoid the USA due to concerns around visa revocation or disagreement with current government policies.

Travel insurance

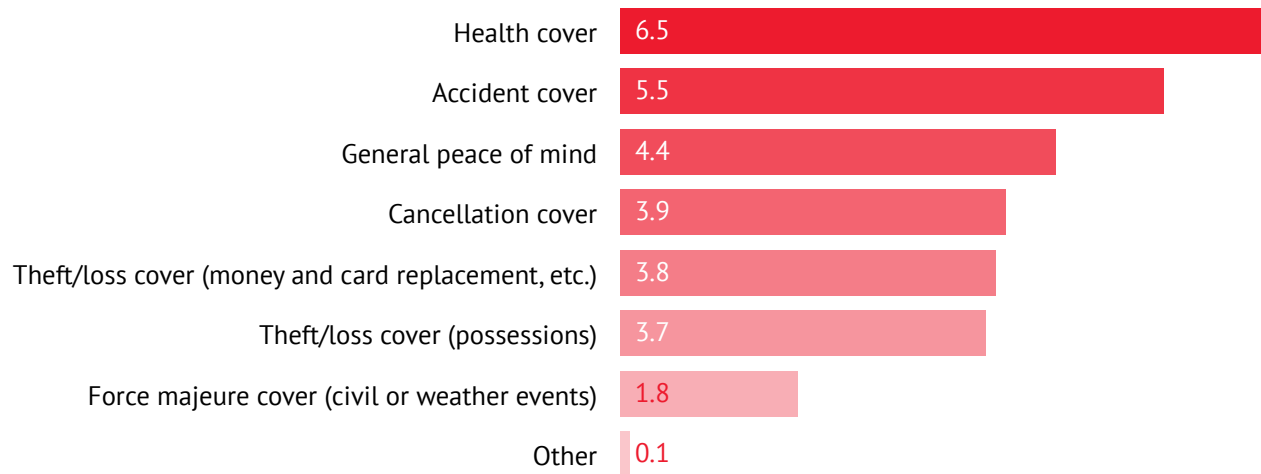
Do you usually get travel insurance when you go on holidays?



When travelling domestically, only 3 in 10 (30%) seniors usually take out travel insurance – with 20% opting for basic cover and 11% choosing more comprehensive cover. Most (56%) forgo travel insurance altogether.

In contrast, the majority (72%) usually get travel insurance when travelling internationally. Close to half (48%) opt for a more comprehensive policy, while 24% choose basic cover. Notably, the uptake of comprehensive international cover has declined from 62% in 2022.

**What are your greatest reasons for getting travel insurance?
Please rank your top 5, where 1 is the most important.****



**n=984, those who usually get or would consider getting travel insurance when they go on holidays (domestic or international)*

***Ranking Score 0-10, Aggregated average*

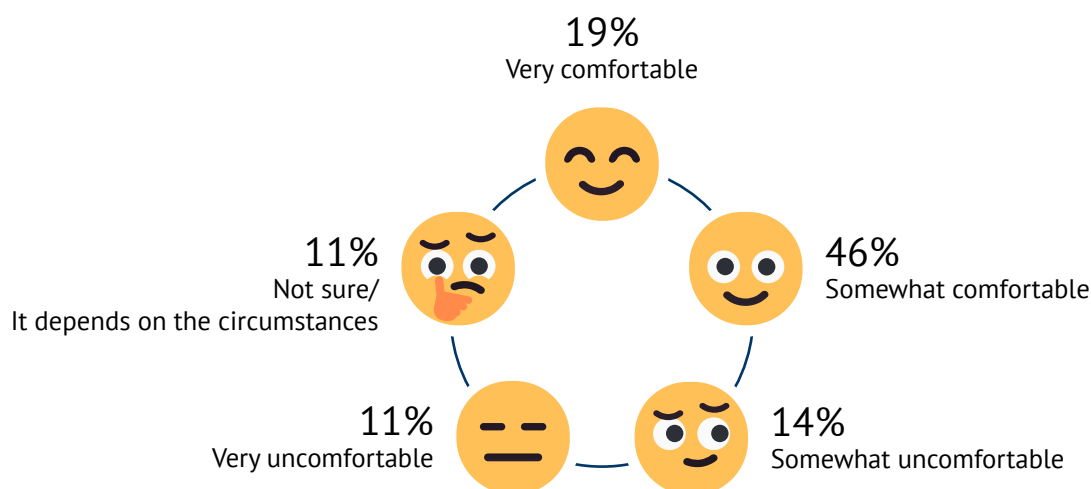
The top reason for getting travel insurance is health cover, followed by accidental cover and general peace of mind.

Retirement and inheritance



Travel and retirement

How do you feel about using your retirement savings for travel?



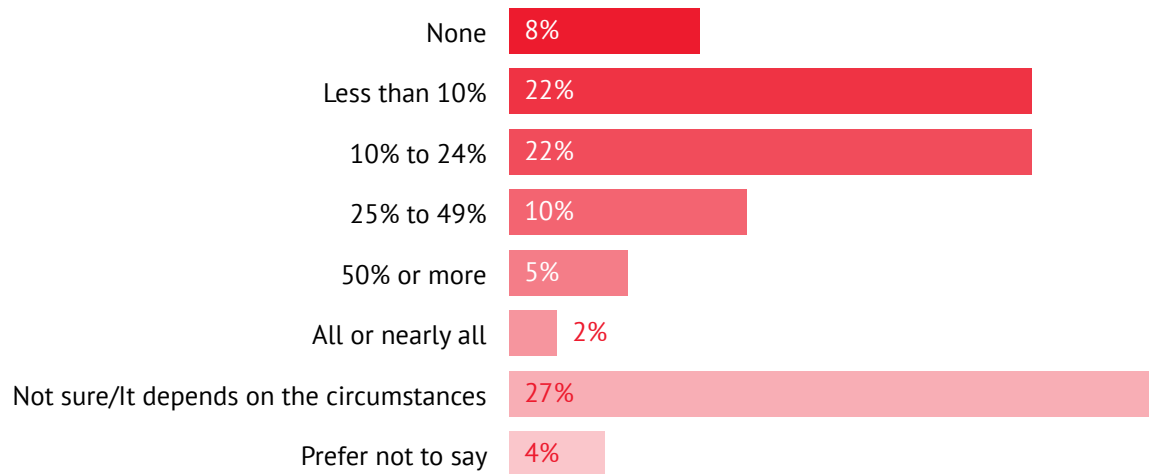
**n=1,061, excluding 'Not applicable'*

Close to 2 in 3 (64%) seniors feel comfortable using their retirement savings for travel. Around 1 in 5 (19%) feel very comfortable and consider travel a priority, while nearly 1 in 2 (46%) feel somewhat comfortable but would spend carefully.

On the other hand, 1 in 4 (25%) feel uncomfortable about using retirement funds for travel. Just over 1 in 10 (11%) want to preserve their retirement savings, and 1 in 7 (14%) prefer to save for other needs.

Nearly 1 in 5 (19%) have already delayed retirement or are considering working longer to afford travel. More than 2 in 5 (42%) haven't considered this option, while over 1 in 4 (27%) say they don't need to delay retirement in order to travel.

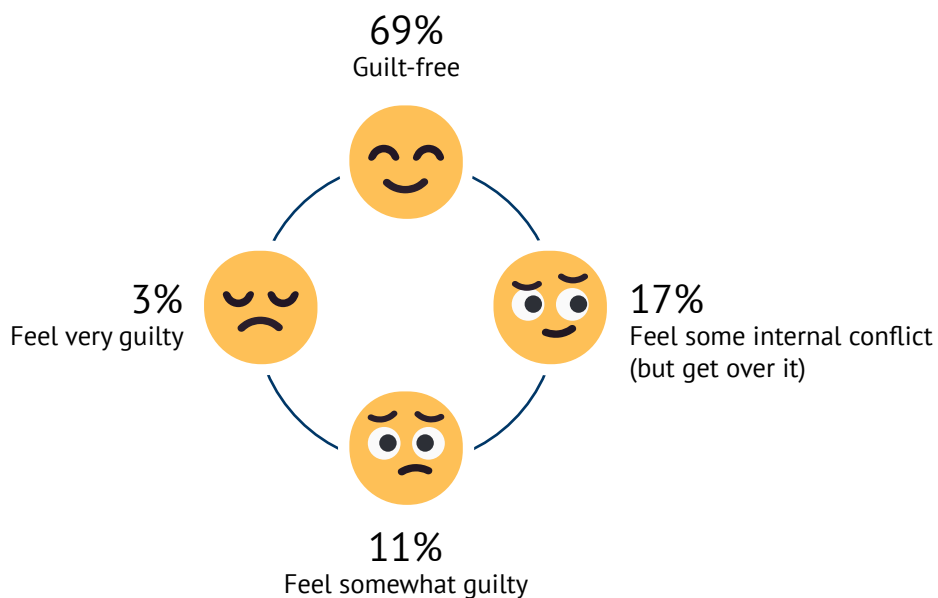
Roughly what portion of your financial assets do you expect to use for travel? (e.g. savings, superannuation, or other investments)



More than 1 in 2 (54%) seniors expect to spend up to 49% of their financial assets on travel, while fewer than 1 in 10 (7%) plan to spend 50% or more. Over 1 in 4 (27%) are still unsure and say it will depend on their circumstances, while a small proportion (8%) do not plan to use their financial assets for travel at all.

Travel and inheritance

How do you feel about spending money on travel that might otherwise go toward an inheritance?

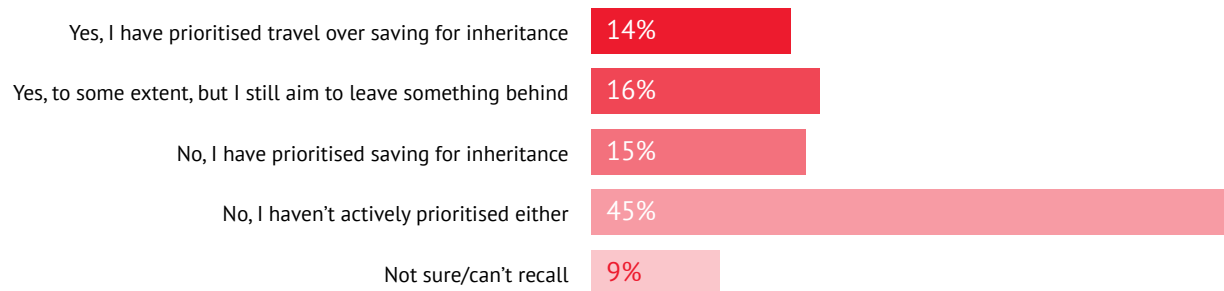


**n=978, excluding 'Not applicable'*

The majority (69%) feel guilt-free about spending money on travel that might otherwise go toward an inheritance.

Around 1 in 6 (17%) experience some internal conflict but ultimately move past it, while over 1 in 10 (11%) feel somewhat guilty. A small proportion (3%) feel very guilty.

Have you ever chosen to prioritise spending on travel over saving for inheritance purposes?

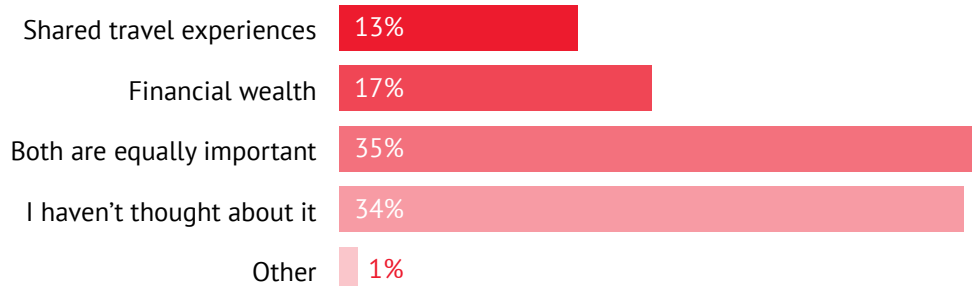


Around 1 in 7 (14%) have prioritised spending on travel over saving for inheritance, while a similar proportion (15%) have prioritised saving for inheritance instead. Another 16% say they prioritise travel but still aim to leave something behind.

Most (45%) haven't actively prioritised either.

Leaving a legacy

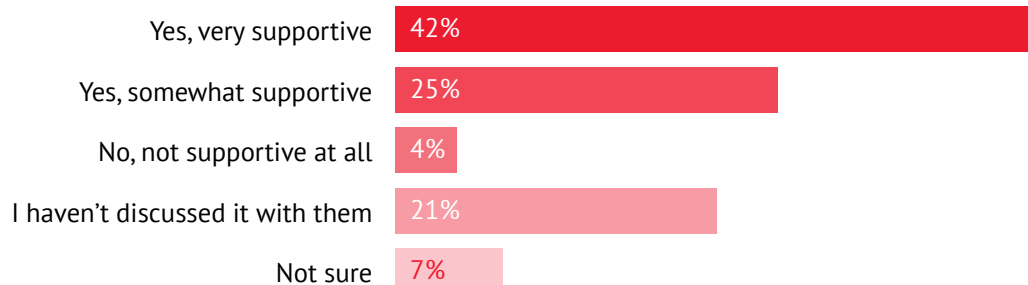
Which do you believe is more meaningful to pass on to your family?



Around 1 in 6 (17%) believe that financial wealth is more meaningful to pass on to their family, while 13% feel that shared travel experiences hold greater value.

The majority (69%) take a neutral stance – with 35% believing both are equally important, and 34% saying they haven't thought about it.

Do you believe your children or family members are supportive of your spending on travel?



**n=1,070, excluding 'Not applicable'*

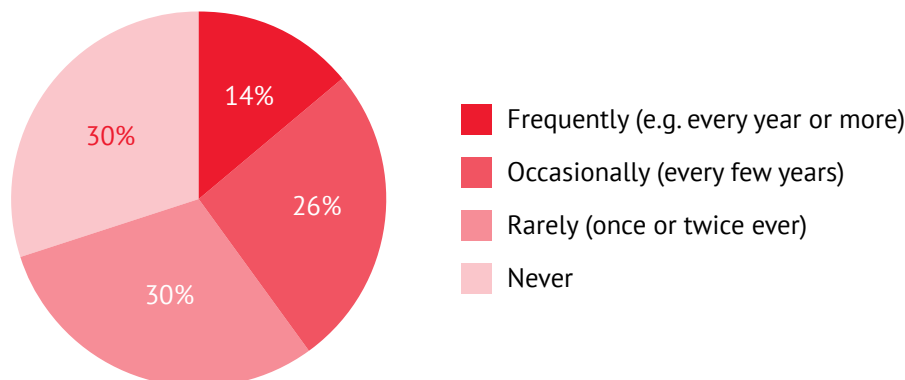
The majority (67%) believe their children or family members are supportive of their travel spending, while only a small proportion (4%) feel their families are not supportive at all.

Multigenerational family trips



Travelling with family

How often do you travel with family members of different generations?

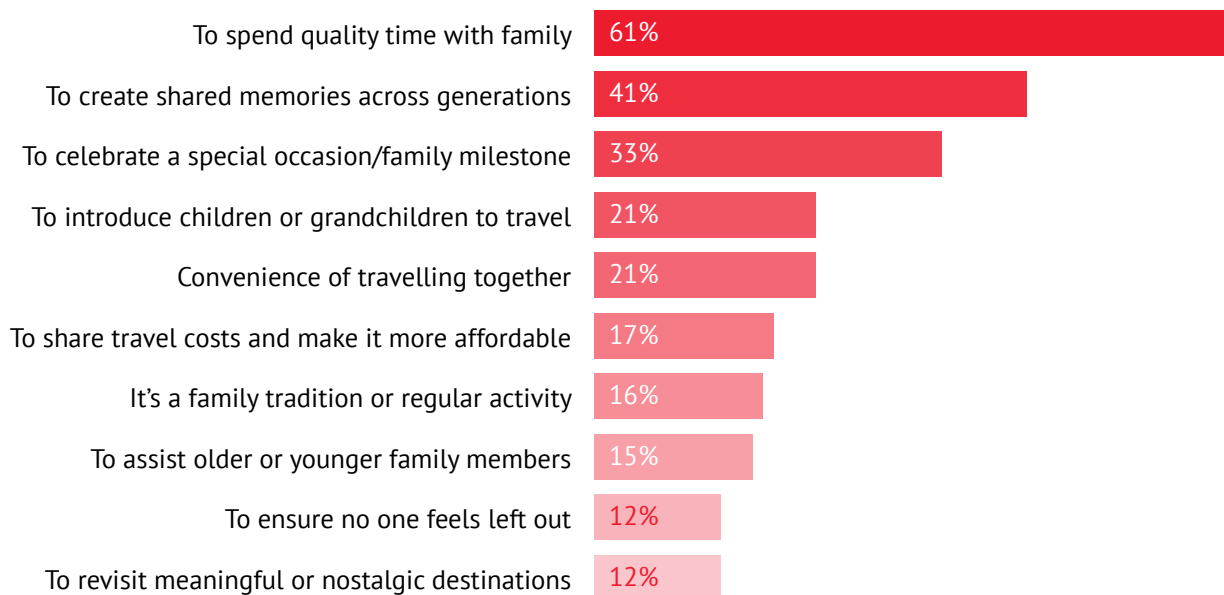


**n=1,129, excluding 'Not applicable'*

Around 2 in 5 (40%) seniors travel with family members from different generations – either occasionally (26%) or frequently (14%).

On the other hand, most go on multigenerational trips either rarely (30%) or never at all (30%).

What are the main reasons you take multigenerational trips?

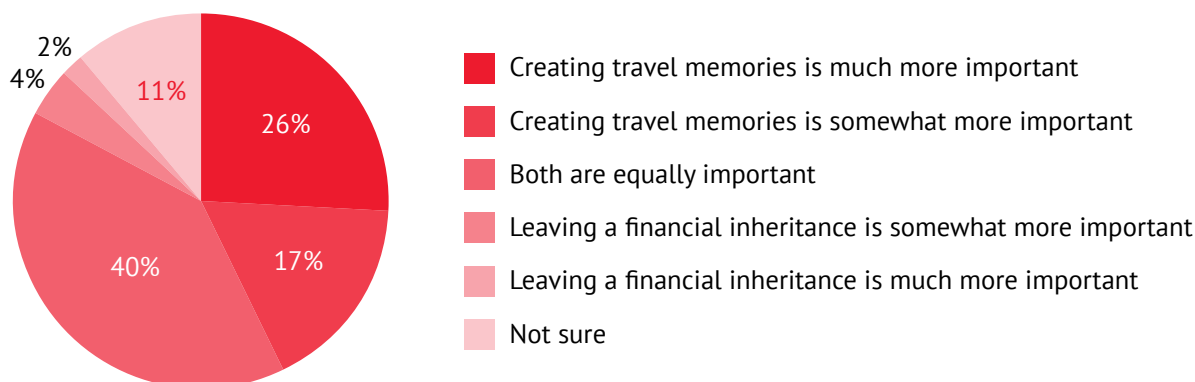


**n=789, those who travel with family members of different generations*

Spending quality time with family (61%) is the main reason seniors take multigenerational trips. Others are motivated by the desire to create shared memories across generations (41%) or to celebrate a special occasion or family milestone (33%).

Travel as a legacy

How important is it to you to create travel memories with family, compared to leaving a financial inheritance?

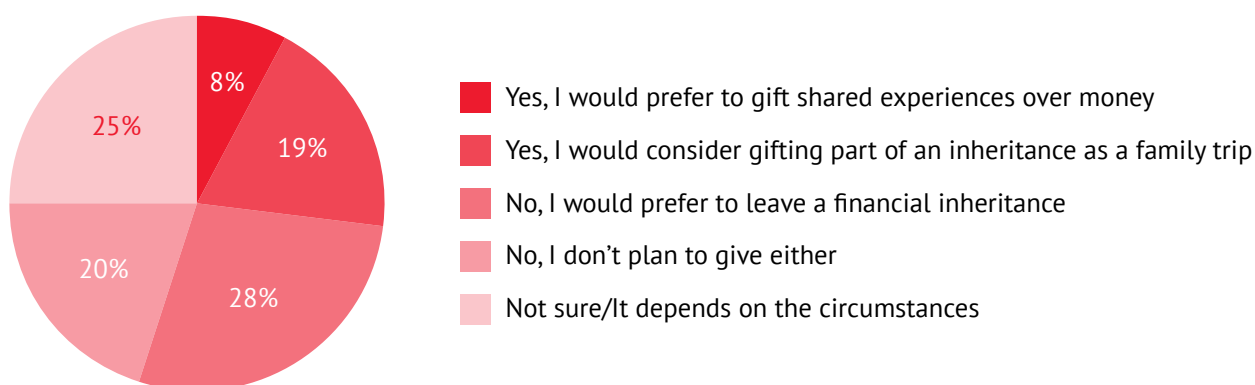


**n=1,129, excluding 'Not applicable'*

Over 2 in 5 (43%) seniors feel that creating travel memories is more important than leaving a financial inheritance, while only 6% believe a financial inheritance holds greater importance.

About 2 in 5 (40%) consider both to be equally important.

Would you consider gifting a family trip instead of part or all of a financial inheritance?



**n=1,129, excluding 'Not applicable'*

Nevertheless, nearly 3 in 10 (28%) still prefer to leave a financial inheritance. About 1 in 5 (19%) would consider gifting part of that inheritance as a family trip, while a small portion (8%) would prefer to gift shared experiences over money.

Around 1 in 5 (20%) don't plan to give either, and 1 in 4 (25%) remain unsure, saying it depends on the circumstances.



More of the Australian Seniors Series coming soon...

About Australian Seniors

Australian Seniors launched in 1998 to meet the needs of the often-ignored over 50s market. Since then, we've helped countless Australians protect the most important things in life – whether it's their family's future, valuable assets, or even their long-planned retirement.

We strive to be different through the diverse offering of our life, funeral, health, car, home & contents, landlords, pet, and travel insurance products by carefully selecting underwriters that share our vision of providing insurance that's simple, easy to understand, and cost-effective. That's why our policies have helped everyone from hard-working over 50s to self-funded retirees take control of the things that matter most.