

Side Hustles for Travelers on Contract

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Introductions

Dr. Ellen Stockhausen PT,
DPT, OCS

- 2011 University of Kentucky
- Began Travel PT in 2014
- Co-Founder PTAdventures.com
- Adjunct faculty at U. of Kentucky
- Disclosures: none


Dr. Stephen Stockhausen PT,
DPT, OCS

- 2011 University of Kentucky
- Began Travel PT in 2014
- Co-Founder
PTAdventures.com
- COO Ergonauts Performance
Technologies
- Disclosures: Ergonauts






Disclosures

- No planner, presenter, faculty, author, or content expert has identified a conflict of interest nor has a relationship with an ineligible company that would affect this educational activity.
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Objectives

- Attendees will be able to Identify 3 potential side hustles while on a travel contract.
 - Attendees will understand both the upside and downside of various side hustles.
- 

Our Story



- Began our careers in a collective \$300K in debt.
- Acknowledged early on that permanent jobs in CO would not help us meet our financial goals.
- Utilized traveling and side hustles for 8+ years
- Currently we manage 3 AirBNBs, work 1.5 full time jobs, run a start-up and a passion project both on the side, raise 2 dogs and 1 kid

Our Story in terms of Side Hustles

Goals

- 2014 -2016
 - Pay off student loans
 - Increase time between contracts to travel
- 2016 – 2018
 - Save for a house and baby expenses
- 2018-Present
 - Home renovations and travel

Side Hustles

- 2014 – PRN and began Travel PT
- 2015 – Filed Patent for Exercise device - Began house hacking
- 2016 – Began PTAdventures.com
- 2017 – Furniture Flipping, Concierge PT
- 2019/2020 – Multiple housing hacks

Key Insights

- All skills can be learned
- Keep your own personal goals in mind
 - Long term vs Short term
 - Goals may change over time
 - Not every opportunity makes sense for all travelers
- 6 Month Rule
- Ignore the naysayers



Misconceptions


- Getting started involves capital and/or special skills
- “Passive” Income



The Not-So-Exhaustive list of possible side hustles

- Furniture Flipping
- Blogging/Influencer Income
- Copywriting
- Healthcare related work
 - PRN
 - Concierge Care
- Caregiving Related
- “House Hacking”
 - While Renting
 - While Owning
 - While on contract

Furniture Flipping/Upcycling

- What is it?
 - Refinishing or upgrading furniture then reselling it for profit
- Why?
 - Helps to furnish unfurnished apartments while on contract
- Our Experience 
 - Our go-to strategies for furnishing unfurnished apartments while on contract.

Furniture Flipping/Upcycling

Pros

- Great creative outlet!
- Furnishing an apartment can be done at a profit or at least for free



Cons

- Reselling needs to be timed with the end of a contract




Bloggging


OurPTAdventures@gmail.com

Home About Us FREe-Book Adventures with Baby Travel Life PT Talk

Contact Us/Recruiter List




Helping travel therapists take control of their careers and live the adventure of their dreams.



Mountain running in the Chugach Mountains


Anchorage is the tiny glint in the distance



Adventures with Baby- Parenting tips, do's and dont's, as well as our latest exploits, wanderings, and (of course) Adventures - baby in tow!

• • • • •

Blog



ory/gear/

TOP RECRUITER LIST!

If you feel uneasy or overwhelmed finding the right recruiter to team up with, we can help!

[Contact us](#) for a list of our most recommended recruiters!

Blogging



- What is it?
 - Creating content (mostly written or video – “vlogging”) for readers to repeatedly consume.
 - Income primarily generated by paid ads, paid articles/content, or in the case of travel companies, paid referral bonuses.
- Why?
 - Depending on content area, people gravitate towards others who have shared interests or pursuits. Educating or entertaining large numbers of people can be very rewarding.

Blogging

- Key Take-Aways
 - Pay-per-click ads require high volumes of readers to be profitable
 - Affiliate links can be profitable but need advertised and marketed
- Our Experience
 - Referral bonuses are only as good as your personal relationship is with the recruiter you are sharing.
 - You audience will want to see multiple posts to be considered credible.

Blogging

Pros

- Rewarding to help/entertain others
- Can be very profitable
- Old posts can still generate traffic/income

Cons


- Difficult to build an audience without good social media presence
- Can take YEARS to be profitable

Social Media “Influencer”



- What is it?
 - Creating content on a social media platform for a large audience.
 - Leverage your large following to get paid for posts or hosting live events
- Why?
 - Get paid for what you already do.

Social Media “Influencer”

- Key Take-Aways
 - Frequent postings required - Audience interaction is key
 - Needs to have a focus or theme (how to, a day in the life, lifestyle-porn)
 - 2,500-20,000 followers to be “micro-influencer”
 - UGC (user generated content) – Paid content from real users
- Our Experience 
 - Upkeep was too difficult given our family dynamics

Social Media “Influencer”

Pros

- Can be second nature to an already frequent poster
- Can be highly lucrative
- UGC contracts do not need followers but DO need to be high quality

Cons

- Minimum threshold of 1,000 followers to become an affiliate.
- UGC contracts can be high paying depending on quality
- High up-keep
- Living in a “glass house”

Copywriting

- What is it?
 - Writing articles for another organization to use as they see fit
- Why?
 - Nearly every website needs novel content and many are willing to pay for it
- Key Take-Aways
 - Having the right connections is a must to make real income
 - Fiverr.com and Upwork.com are great resources to get started
- Our Experience
 - It is a great way to expand your audience but depending on your writing ability or speed it can be difficult to make “real” money

Copywriting

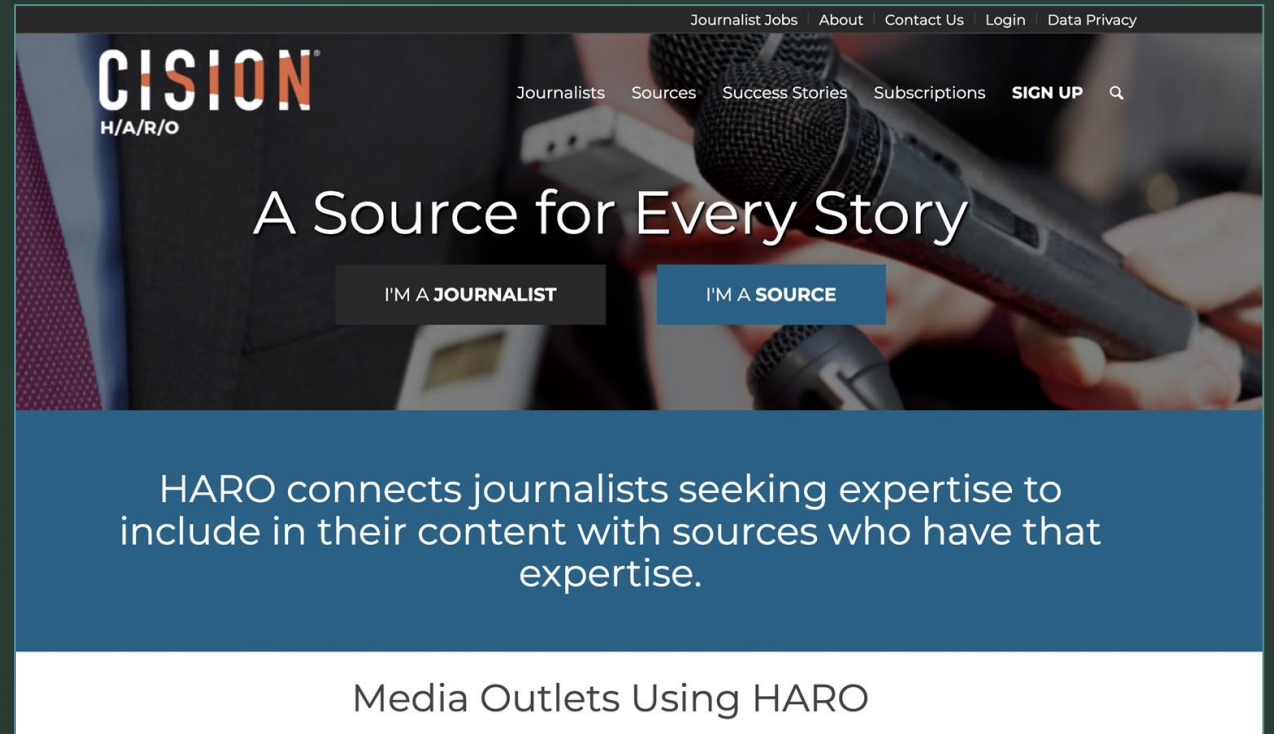
Pros

- Great opportunity to grow an audience for another platform.
- Social credibility
- Resume builder

Cons

- Often low paid, 10-25 cents/word
- Time consuming (for most writers)

Copywriting
-HARO.com

The image is a screenshot of the HARO website homepage. At the top, there is a navigation bar with links for "Journalist Jobs", "About", "Contact Us", "Login", and "Data Privacy". Below this, the HARO logo is displayed in the top left, with "CISION" in large letters and "H/A/R/O" underneath. To the right of the logo are links for "Journalists", "Sources", "Success Stories", "Subscriptions", and a "SIGN UP" button with a search icon. The main headline reads "A Source for Every Story". Below the headline are two buttons: "I'M A JOURNALIST" and "I'M A SOURCE". A blue banner below the buttons contains the text: "HARO connects journalists seeking expertise to include in their content with sources who have that expertise." At the bottom of the screenshot, a white banner reads "Media Outlets Using HARO".

Journalist Jobs | About | Contact Us | Login | Data Privacy

CISION
H/A/R/O

Journalists | Sources | Success Stories | Subscriptions | **SIGN UP** 🔍


A Source for Every Story

I'M A **JOURNALIST** | I'M A **SOURCE**

HARO connects journalists seeking expertise to include in their content with sources who have that expertise.

Media Outlets Using HARO

PRN Work

- What is it?
 - Working part time/as needed for a local company while on contract.
 - Pays whatever is the “going rate” for your local area
- Key Take-Aways
 - Great opportunity to expand your clinical skillset
- Our Experience 
 - Utilized PRN work in HH, Acute, and SNF settings to build skills that lead to multiple travel contracts later on

PRN Work

Pros


- Easy to get started
- Resume builder regardless of hours worked

Cons

- Paid hourly
- Odd hours depending on your current travel contract




Concierge Care

- What is it?
 - Providing care in a client's home, often on an as-needed or cash pay basis.
- Why?
 - Traditional therapy or healthcare is not as accessible for patients. Concierge care is often a more flexible option for busy clients.
- Key Take-Aways
 - Work as little or as much as you want in a variety of locations
- Our Experience 
 - Luna (getluna.com) paid well per hour and was great to work whenever we wanted to

Concierge Care

ance What We Treat For Therapists For Providers [COVID-19](#) [866-928](tel:866-928)

ery! Accepted by insurance and no additional fees, ever.



availability

patients across Denver, and more. [See our service areas.](#)

Concierge Care

Pros

- Pick your own territory
- Pay per hour is often more than most PRN jobs

Cons

- Pay per visit
- Can be difficult to build a caseload
- Longer contracts are needed
- Not available in all cities

Caregiving


Save up to 67% with our [value plans](#)

Care.com [Apply to jobs](#) [Log in](#) [Join Now](#)

Find trusted caregivers for your every need

To get started, choose an option:

- Child care
- Senior care
- Tutoring
- Housekeeping
- Daycare
- Pet care

USA TODAY *MOM*.com FORTUNE REAL SIMPLE  **Bloomberg**

Caregiving

- What is it?
 - Babysitting or providing caregiving services while on contract.
- Why?
 - Caregiving in a huge need in America (both for children and seniors). Providing caregiving services can be rewarding and often lucrative if well qualified.
- Key Take-Aways
 - Care.com is the most highly trusted source for short and long term caregiving.
 - Reviews help to screen customers.
- Our Experience
 - We found the greatest nanny in the world using Care.com.

Caregiving

Pros

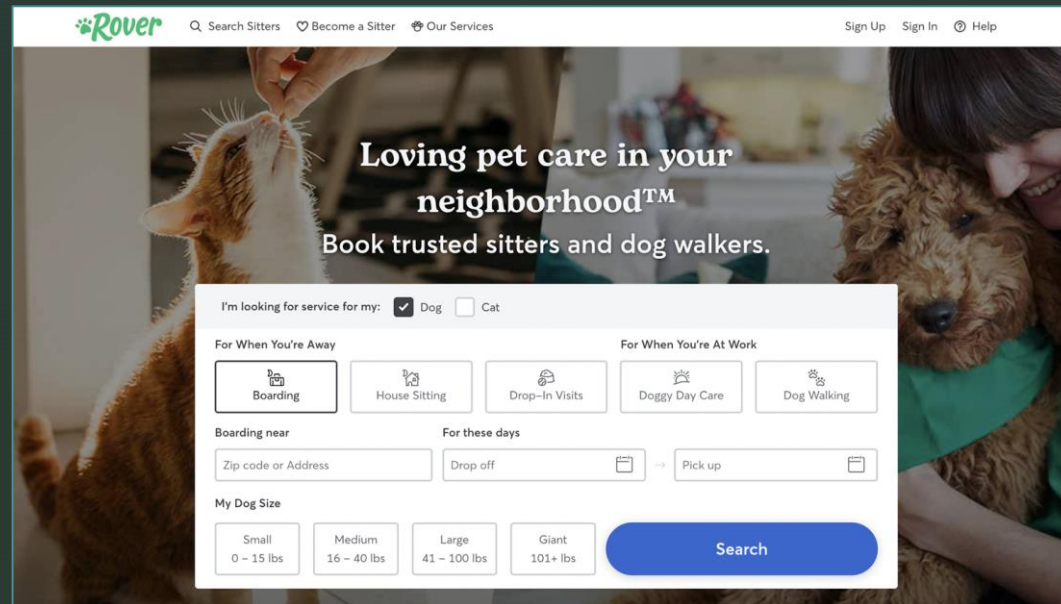
- Nationwide
- Highly rewarding and/or fun
- *What's better than having a kid? Having a kid that you can give back!*

Cons

- Paid by the hour
- Takes up your free time



Dog Sitting/Walking



Rover Search Sitters Become a Sitter Our Services Sign Up Sign In Help

Loving pet care in your neighborhood™
Book trusted sitters and dog walkers.

I'm looking for service for my: Dog Cat

For When You're Away: Boarding, House Sitting, Drop-In Visits
For When You're At Work: Doggy Day Care, Dog Walking

Boarding near: Zip code or Address, Drop off, Pick up

For these days: [Calendar icon]

My Dog Size: Small (0 - 15 lbs), Medium (16 - 40 lbs), Large (41 - 100 lbs), Giant (101+ lbs)

Search



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Excellent  15,086 reviews on  Trustpilot

[Help](#)

<https://www.trustedhousesitters.com/static/resources/Cookie-Policy-Version-1-April-2018.pdf>

Dog Sitting/Walking

- What is it?
 - Working as a professional dog walker/sitter in your free time on contract.
- Key Take-Aways
 - Rover.com is by far the largest site
 - Trustedhousesitters.com also is great AND you can frequently find free housing options (though rarely long enough for a contract)
- Our Experience 👍
 - Very satisfied users of Rover as dog owners
 - One month free housing while dog sitting in Anchorage, AK on contract





Dog Sitting/Walking

Pros

- Set your own rates
- Play with dogs and get paid!
- Nationwide
- Great for social interaction in an unfamiliar city

Cons

- Paid by the hour or service
- Takes up your free time
- Re-establish clients in new areas

House Hacking – While Renting your tax home

- What is it?
 - Renting out part of your tax home to someone while you are away on contract.
- Why?
 - Helps to defray the cost of maintaining a tax home
- Key Take-Aways
 - Need to be sure that your landlord is ok with a sublease
 - Must maintain access to your own room 24/7/365 to be compliant

House Hacking – Renting your tax home


Pros

- Eliminate “lost rent” while on contract.
- Possibly make a profit
- Someone is living on the property to keep an eye on it

Cons

- Tax home must be 2 BR or more to satisfy requirements.
- Someone is living on the property while you are gone

House Hacking – While on Contract

- What is it?
 - Renting a room to someone else on contract in the same place you are while on contract.
- Why?
 - Offset rental costs in a new city
- Key Take-Aways
 - 2+BR apartment
 - Longer term leases are often needed
- Our Experience 
 - Every experience doing this has been incredibly positive!



House Hacking – Renting on Contract

Pros

- Offset the cost of a rental while on contract
- Make new friends
- Help out a fellow traveler

Cons

- Longer contracts needed
- Do your own due diligence



House Hacking – Owning – Long Term Rental

- What is it?
 - Renting out part of your home to someone while out on contract, while maintaining your own personal access 24/7/365
- Why?
 - Have someone else pay for part or all of your mortgage while on contract.
 - Someone is present to take care of the property while you are gone
- Key Take-Aways
 - Must maintain access to your own room at all times
 - Can use a property manager if needed

House Hacking – Owning – Long Term Rental

Pros


- Someone helps pay the mortgage while you are gone
- Someone on site to identify/fix any issues while you are gone
- Property managers are quite affordable

Cons

- Stranger-Danger
- Some wear and tear to the property

Short Term Rentals

Basecamp Durango - Dog friendly - 10min from town
★ 4.97 · 30 reviews · Superhost · Durango, Colorado, United States Share Saved




Entire home hosted by Ellen And Steve
6 guests · 2 bedrooms · 2 beds · 1 bath

\$119 night ★ 4.97 · 30 reviews

CHECK-IN CHECKOUT

Durango Basecamp Cabin - Near Town
★ 5.0 · 77 reviews · Superhost · Durango, Colorado, United States Share Saved



Entire loft hosted by Ellen And Steve
5 guests · 1 bedroom · 2 beds · 1 bath


\$165 night ★ 5.0 · 77 reviews

CHECK-IN Add date CHECKOUT Add date

House Hacking – Owning – Short Term Rental

- What is it?
 - Renting out your tax home on a short term basis while away on contract.
- Why?
 - Short term rentals command a higher price per night and most platforms have a review system in place to screen renters ahead of time.

House Hacking – Owning – Short Term Rental

- Key Take-Aways
 - AirBNB.com, VRBO.com, Hipcamp.com, Outdoorsy.com
 - Rates are very dependent on location
 - Be sure you do your research before jumping in (airdna.com, alltherooms.com, seetransparent.com)
 - Cleanliness is next to Godliness.... Or at least “super-host-ness”
- Our Experience 
 - 3 successful rentals at various times (Instagram: Rebuildingbasecamp)
 - 1.5-4x our mortgage per property

House Hacking – Owning – Short Term Rental

Pros

- Higher earning potential in most markets
- Frequent turnovers mean the home gets cleaned often
- “Non-Traditional properties” can lower the cost of entry

Cons

- Property managers take a much higher % than for long term rentals
- More reliant on others to be successful

Short Term Rental -Non-Traditional

The screenshot shows the Airbnb listing for 'Basecamp Durango Airstream - Near Town'. The listing is hosted by a Superhost named Ellen And Steve. The price is \$155 per night. The listing includes 4 guests, 1 bedroom, 2 beds, and 1 bath. The listing has 2 reviews. The listing features a grid of photos showing the exterior of the airstream, the interior, and the surrounding environment. The listing also includes a 'Show all photos' button and a 'Share' button. The listing is located in Durango, Colorado, United States.

airbnb Start your search Switch to hosting Share Save

Basecamp Durango Airstream - Near Town

2 reviews · Superhost · Durango, Colorado, United States

Camper/RV hosted by Ellen And Steve


4 guests · 1 bedroom · 2 beds · 1 bath

\$155 night 2 reviews

CHECK-IN Add date CHECKOUT Add date



Other Ideas

- Etsy Store
 - Buy and resell vintage
 - Online Courses
 - Skills marketable on Fiverr or Upwork (IE. Graphic Design)
 - Podcasting
 - Self-publishing – Amazon
 - Remote Care Management
 - Telehealth
- 

Key Insights

- Stick with it! - 6 Month Rule
- Skills will grow – Interests will expand
- Keep your own personal goals in mind
 - Long term vs Short term
 - Not every opportunity makes sense for all travelers
- Ignore the naysayers



Questions?

