

## Travel blog

# THE COUPLE THAT TRAVELS TOGETHER...: WHY TRAVEL IMPROVES RELATIONSHIPS AND SPARKS ROMANCE

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Have you ever noticed how couples who travel together have healthier, happier relationships? According to a survey by the U.S. Travel Association, when we travel with our significant other, we are "significantly more likely to be satisfied with the relationship, communicate better with our partner, enjoy more romance, spend quality time together and share common goals and desires."

For those of us in long-term relationships, the key to feeling closer to our partners just may be as easy as booking a trip. In fact, according to the study, 86 percent of traveling couples found the romance was still alive and well in their relationships, compared to only 73 percent of those who did not travel. Hitting the road also boosted respondents' sense of closeness with their partners, and those who did were found to be more likely to share the same goals. Coincidence? We don't think so.

When we vacation together, we share new experiences, expand our views of the world and connect in ways we often don't in our everyday lives. We also practice sharing our feelings during leisure time -- that's why seven out of ten traveling couples say

that talking and reconnecting is an important reason to spend time alone together while on vacation. There's more time for conflict resolution, romance and time alone away from everyday distractions. Maybe that's why the divorce rate of couples who travel together is lower and these relationships on the whole tend to last longer.

So, beyond the perks of relaxing on a sunny beach, exploring an ancient village or standing in the shadow of a volcano, your next getaway may also improve your love life. With Valentine's Day just around the corner, there's never been a better time to hit the road with your partner and see what you may have been missing.

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YMT Vacations offers a wide range of travel itineraries throughout the world -- from the Grand Canyon to Italy, Alaska to the Greek Islands. To learn more about which tour is best for you and your love, contact a travel professional or YMT Vacations at 1-888-756-9072.