

# Can cruise vacations contribute to well-being?

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A new *International Journal of Tourism Research* study indicates that cruise vacations are not only for fun but can also be beneficial for individuals' happiness and well-being.

The study identified three dimensions of cruise experience: emotional experience, relational experience, and thinking experience. In the short term, happiness from cruise travel is created mainly through emotional and relational [experiences](#). Conversely, the long-term perceived happiness of cruising is largely derived from thinking experience.

When considering [emotional experience](#), relaxing and simply "doing nothing" is of great importance for many vacationers. The relational experience dimension refers to the social interactions with family, friends, staff, and other vacationers on a cruise. Thinking experience consists of the opportunities that people can experience different places and cultures and broaden horizons, as well as contemplative activities that involve introspection and meditation.

**More information:** *International Journal of Tourism Research* [DOI: 10.1002/jtr.2175](https://doi.org/10.1002/jtr.2175)

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