

Tips for Ethical Travel After a Divorce

Getting out and seeing that there's an entire world that doesn't revolve around your divorce can make you feel less lonely and more excited about your future.

By [Frankie Wallace](#) Updated: May 10, 2019



Divorce is one of the most difficult and stressful experiences a person can go through. Once it's over, you may be ready to do something for yourself. Naturally, a vacation for one sounds like [a good chance to de-stress](#), restore, and kick off your new life with an adventure. There's a lot to consider when [traveling solo after divorce](#), though, from determining which international destinations are best for ethical travel after divorce, to safety concerns.

Ethical travel after divorce: choosing the right destinations

Every year, [Ethical Traveler](#) puts out a list of the top ethical destinations. They state that their goal is to “select the ten that have improved the most by promoting human rights, preserving the

environment, and supporting social welfare—all while creating a lively, community-based tourism industry.” Refer to the current list if you want to visit one of the most ethical locations in the world today.

You might also want to purchase and use [fair trade products](#) on your vacation. “Fair trade” refers to a set of business principles that prioritize the needs of disadvantaged producers around the globe. This includes considerations regarding their health, economic status, and human rights. Fairtrade clothing isn’t made in a sweatshop, and fair trade coffee is not sourced from an underpaid farmer. Instead, they are sourced from those who treat producers with the dignity humans everywhere deserve.

Preparing for Life Back Home

Taking a vacation isn't just restorative; it's also good for [stoking your creative side](#). If you feel inspired on your vacation, here are three things you can do while you're away to bring that buzz back home with you:

- **Go Virtual Apartment Hunting:** Today, you can do so much apartment and house shopping online before you even have to think about visiting the home in person. Make a list of must-haves and want-to-haves, download a couple of real estate apps, and contact the owner or agent if you're interested in what you see.
- **Look for a New Job:** Thanks to flexible recruiting software, recruiters and job applicants [can find one another](#) from wherever they are. If you're dreading returning to a job you hate, your vacation is the perfect time to start planning for a different future. You can look for a new job, apply

online, and even set up an interview from your vacation destination.

- **Plan for a Big Personal Change:** People do more than sunbathing and order margaritas on vacation — a lot of people make big decisions during their trip. If you want to shake up your life, this is the time to start thinking about how you'll do it. Create a new workout regime and sign up for a gym. Set up an appointment with your local animal shelter to start the process of adopting a pet. Download e-books about how to start that business you've always dreamed of. These personal changes can lead your life down new and exciting roads.

Vacation doesn't have to be entirely about relaxation. An excellent time to make big decisions and plans is when your mind is clear. Start working now to create a life you love.

Safety Tips for Traveling Solo

Traveling solo requires a lot of independence, and you'll only have you to take care of yourself. This might be a big adjustment after divorce if you relied on your spouse for a lot. Here are three ways to [stay safe when traveling alone](#):

- Research Travel Warnings: A location that used to be safe may not be safe any longer and vice versa. Before booking that ticket, see if there are any travel warnings for the destination. Dig a little, instead of being put off by one report. For example, you may have heard that Cancun is unsafe, but a little research will show you that [the statistics indicate otherwise](#). Ethical travel destinations tend to be off the beaten path (Costa Rica, Fiji, Nepal), so you may have some trepidation about going there alone. In these

cases, researching the safety of the area may calm your nerves.

- **Stay Connected:** Your cell phone is going to be your best friend when you're traveling alone. Call your carrier before you leave to set up any destination-specific changes to your account. Keep it charged at all times, and carry a backup charger with you. Also, give someone your itinerary so they know where you'll be, and check in every couple of days so they know you're safe. Tell your contact what to do if they don't hear from you.
- **Separate Your Important Items:** The three most important items you'll be traveling with are your passport, credit cards, and cash. You don't want to keep all of these items in the same place. Keep one credit card in your suitcase and another on you, put cash in a few different places (hotel

room, the bag you carry, and your pocket), and carry a copy of your passport while the original is locked in the hotel room safe.

If you make safety a priority, you'll be able to reap the benefits of traveling alone instead of falling into vacation-ruining or costly situations. Ethical travel destinations offer so much to experience when it comes to the local culture, cuisine, and activities — taking care of safety essentials means you'll actually be able to enjoy what the area offers.

Wrapping Up

If this is your first time taking a solo vacation, you may be nervous, especially if you're heading to a far-off location revered for ethical travel. Remember: ethical travel after divorce, especially when you travel alone, [gives you the chance to meet other](#)

[people](#). You may return home with a new friend or two! Moreover, since conscious travel is about absorbing the destination's local culture, you'll likely have an eye-opening experience by seeing what it's like in other parts of the world.

Getting out and seeing that there's an entire world that doesn't revolve around your divorce can make you feel less lonely and more excited about your future. Just be sure to stay ethical and safe during your travels to begin your new journey on the right foot.