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Group holidays for mourners help them rediscover joy in life

For people who have lost a loved one, moving beyond grief and mourning can seem impossible. In Germany, leading travel company **TUI** has teamed up with grief counselor Fritz Roth to offer mourners a 'journey back into life' by stepping out of their daily routine. Starting this month, *Reise ins Leben* is offering group holidays to the Mecklenburg Lake District, Portugal, Spain and Greece. The trips follow a specific daily rhythm: mornings are devoted to quiet reflection, afternoons are about venturing into life by going to a beach or a museum, and evenings are focused on life's pleasures: enjoying a good meal or listening to music.

Since everyone is going through the same process, the groups bond quickly, with members offering each other support and encouragement. While death and grieving might feel like taboo subjects at home, the holidays provide an open and positive atmosphere, as well as the time and distance needed to deal with such a key stage in life. All trips are accompanied by grief counselors trained by Roth, and the company advises participants to wait three to four months after a loved one's death before going on a trip. It also recommends traveling without family or friends.

While similar holidays have been offered by smaller organizations, the involvement of a major brand like TUI suggests this could be a significant opportunity for entrepreneurs elsewhere.

Website: www.reiseinsleben.de

Contact: info@reiseinsleben.de

Spotted by: Andy Kurth

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