Sample Questions

1. Age, marital status, retired?

2. Place of origin for travel?

3. When did you begin travelling?

4. Why are you travelling?

5. How are you travelling? (mode of transport)

6. Who are you travelling with? (Alone, couple, group?)

7. Tell me about the types of accommodation you use.

8. Tell me about any concerns you have for your health while you travel.

9. Tell me about your social support networks while you travel.

10. Do you feel you have a community or community support while you travel?

11. Tell me about your lifestyle and any health related lifestyle changes you have had to make while travelling.

12. Do you have any particular health needs or conditions that may affect your travelling?

13. Do you have any social needs that may affect your travelling?

14. Do you think that social support affects health outcomes while travelling?

15. Do you have access to health services and social services while travelling?

16. Tell me about healthy ageing as a mature age person, and if any social factors affect this.

17. Tell me about your outdoor activities and social pursuits while travelling.

18. Tell me about your cultural pursuits while travelling.