

# Title: Interview Scripts for Holiday Stress Research

## Interview 1

**Name:** Sarah

**Age:** 28

**Occupation:** Business lady

**Location:** Kisumu City

**Date & Time:** October 7, 2024, 09 AM

**Place:** Shopping center

## Topic 1: Holiday Planning and Coordination

Q: "Tell me about your last holiday with friends. How did you organize the trip?"

A: "We went to Isiolo for a long weekend. We created a group chat to discuss dates, accommodations, and activities. It was pretty easy to organize since we all had similar schedules."

Q: "How do you usually coordinate travel plans with your friends? Can you describe any challenges you've encountered?"

A: "We often use apps like Facebook to coordinate. The biggest challenge is when someone has a different preference for destinations or activities."

## Topic 2: Group Dynamics and Decision-Making

Q: "What's your experience when making group decisions during a trip? Are there any moments that led to tension?"

A: "It can be tricky. I remember a trip to Diani where we disagreed on what activities to do. It caused some tension because not everyone was satisfied."

Q: "Can you describe a time when you disagreed with your group during a holiday? How was it resolved?"

A: "During that same Diani trip, we had a heated discussion about whether to go clubbing or to relax on the beach. We ended up compromising by doing both."

## Topic 3: Budget and Expenses

Q: “ How do you and your friends usually manage the holiday budget? What issues arise, if any?”

A: “We usually set a budget before the trip. One issue that arises is when someone tends to overspend, which can lead to awkward conversations.”

Q: “Tell me about a situation where money or spending caused stress during a trip. ”

A: “There was a time when one friend spent a lot more on accommodations, and the rest of us felt uncomfortable. We had to have a discussion about sharing costs more evenly.”

#### Topic 4: Dealing with Unexpected Changes

Q: “What was the most unexpected situation you've faced while traveling? How did it impact your experience?

A: “One time, our flight got canceled, and we had to scramble for a last-minute hotel. It was stressful, but we ended up making the best of it by exploring a new part of the city.

Q: “How do you typically react when plans go wrong, like flight delays or activity cancellations?

A: “I try to stay calm and look for alternatives. I think it’s important to keep a positive attitude and make the most of the situation.

#### Topic 5: Overall Holiday Experience

Q: “How do you try to keep your holidays stress-free? What has worked well for you? ”

A: “I always try to plan ahead and keep an open mind. I find that having a flexible itinerary helps reduce stress.”

Q: “If you could change one thing about holidays with friends to make them more enjoyable, what would it be? ”

A: “I wish we could all agree on a destination right away without too much back and forth.”

#### Interview 2

**Name:** Tom

**Age:** 26

**Occupation:** Mechanic

**Location:** Kisumu

**Date & Time:** October 7, 2024, 11 AM

**Place:** Garage

### Topic 1: Holiday Planning and Coordination

Q: "Tell me about your last holiday with friends. How did you organize the trip?"

A: "We went hiking in Mt Elgon. One friend took the lead and booked everything. We discussed our preferences over a few meetings."

Q: "How do you usually coordinate travel plans with your friends? Can you describe any challenges you've encountered?"

A: "We use WhatsApp to share ideas. The main issue is when someone can't commit early on, which delays planning."

### Topic 2: Group Dynamics and Decision-Making

Q: "What's your experience when making group decisions during a trip? Are there any moments that led to tension? "

A: "It can be stressful, especially when deciding on accommodations. Once, we booked a place that didn't match what everyone expected, which led to some frustration."

Q: "Can you describe a time when you disagreed with your group during a holiday? How was it resolved?"

A: "We had a disagreement about where to eat one night. We ended up splitting up for dinner and regrouping later, which worked out well."

### Topic 3: Budget and Expenses

Q: "How do you and your friends usually manage the holiday budget? What issues arise, if any?"

A: "We usually set a budget and try to stick to it. Sometimes, unexpected expenses can lead to stress, like higher meal costs."

Q: "Tell me about a situation where money or spending caused stress during a trip. "

A: "On a previous trip, we didn't account for transportation costs, which made things tight for everyone."

### Topic 4: Dealing with Unexpected Changes

Q: "What was the most unexpected situation you've faced while traveling? How did it impact your experience? "

A: “A major snowstorm hit while we were skiing, and we were stuck in our lodge for an extra day. It was frustrating at first, but we ended up playing games and bonding.”

Q: “How do you typically react when plans go wrong, like flight delays or activity cancellations? ”

A: “I try to roll with the punches. It helps to have a backup plan or activity in mind.”

### Topic 5: Overall Holiday Experience

Q: “How do you try to keep your holidays stress-free? What has worked well for you? ”

A: “I prioritize communication and flexibility. I think that keeps everyone on the same page.”

Q: “If you could change one thing about holidays with friends to make them more enjoyable, what would it be? ”

A: “I wish we could have more downtime to relax instead of trying to fit in too many activities.”

### Interview 3

**Name:** Emily

**Age:** 27

**Occupation:** Hotelier

**Location:** Kisumu

**Date & Time:** October 7, 2024, 12 PM

**Place:** Restaurant

### Topic 1: Holiday Planning and Coordination

Q: “Tell me about your last holiday with friends. How did you organize the trip?”

A: “We went to Lake Elementaita. We set up a shared calendar and planned everything weeks in advance.”

Q: “How do you usually coordinate travel plans with your friends? Can you describe any challenges you've encountered?”

A: “We typically use WhatsApp for coordination. Sometimes, it’s hard to agree on dates or activities because everyone has different schedules.”

### Topic 2: Group Dynamics and Decision-Making

Q: “What’s your experience when making group decisions during a trip? Are there any moments that led to tension? ”

A: “It can get tense when everyone has different preferences. Last year, we had a disagreement over which concert to attend.”

Q: “Can you describe a time when you disagreed with your group during a holiday? How was it resolved?”

A: “We decided to vote on it, and while it wasn’t my choice, I accepted the majority decision. It turned out to be fun!”

### Topic 3: Budget and Expenses

Q: “How do you and your friends usually manage the holiday budget? What issues arise, if any?”

A: “We usually discuss our budgets upfront. One time, a friend ended up spending much more than the rest of us, which caused some tension.”

Q: “Tell me about a situation where money or spending caused stress during a trip.”

A: “We all wanted to do a fancy dinner one night, but not everyone could afford it. We ended up splitting the bill, which wasn’t ideal.”

### Topic 4: Dealing with Unexpected Changes

Q: “What was the most unexpected situation you've faced while traveling? How did it impact your experience? ”

A: “A restaurant we planned to visit was closed, and we had to find a last-minute alternative. It was stressful, but we found a better place instead.”

Q: “How do you typically react when plans go wrong, like flight delays or activity cancellations? ”

A: “I try to remain calm and adapt. I find it helps to have a positive attitude and look for other fun options.”

### Topic 5: Overall Holiday Experience

Q: “How do you try to keep your holidays stress-free? What has worked well for you? ”

A: “I plan activities but leave room for spontaneity.”

This balance has worked well for us.”

Q: "If you could change one thing about holidays with friends to make them more enjoyable, what would it be? "

A: "I wish we could all be more spontaneous and less rigid about plans."

#### [Interview 4](#)

**Name:** Joab

**Age:** 31

**Occupation:** Softwaredeveloper

**Location:** Kisumu

**Date & Time:** October 7, 2024, 2 PM

**Place:** Mall

#### [Topic 1: Holiday Planning and Coordination](#)

Q: "Tell me about your last holiday with friends. How did you organize the trip? "

A: "We went to Rondo for a weekend. I took charge of organizing and used Google Sheets to track our plans."

Q: "How do you usually coordinate travel plans with your friends? Can you describe any challenges you've encountered? "

A: "We use email and text for coordination. The main challenge is aligning everyone's schedules, which can be tricky."

#### [Topic 2: Group Dynamics and Decision-Making](#)

Q: "What's your experience when making group decisions during a trip? Are there any moments that led to tension?"

A: "It can be tough to make everyone happy. We had a disagreement over where to stay last year, which caused some friction."

Q: "Can you describe a time when you disagreed with your group during a holiday? How was it resolved? "

A: "We took a vote, and although it wasn't my first choice, I supported the decision and tried to enjoy the trip."

#### [Topic 3: Budget and Expenses](#)

Q: “How do you and your friends usually manage the holiday budget? What issues arise, if any? ”

A: “We set a budget for everything before the trip. Issues can arise if someone spends more on activities than we agreed on.”

Q: “Tell me about a situation where money or spending caused stress during a trip. ”

A: “One time, we underestimated meal costs, and it caused a bit of tension. We had to adjust our plans to stay within budget.”

#### Topic 4: Dealing with Unexpected Changes

Q: “What was the most unexpected situation you've faced while traveling? How did it impact your experience?”

A: “During a trip to Hawaii, our hotel double-booked our room. It was frustrating, but they found us another hotel nearby.”

Q: “How do you typically react when plans go wrong, like flight delays or activity cancellations? ”

A: “I try to stay adaptable and find alternative activities or accommodations.”

#### Topic 5: Overall Holiday Experience

Q: “How do you try to keep your holidays stress-free? What has worked well for you? ”

A: “I prioritize flexibility in our plans, which helps reduce stress.”

Q: “If you could change one thing about holidays with friends to make them more enjoyable, what would it be? ”

A: “I would like to have more downtime built into our itinerary.”

#### Interview 5

**Name:** Lisa

**Age:** 30

**Occupation:** Event Planner

**Location:** Kisumu

**Date & Time:** October 7, 2024, 3 PM

**Place:** walkside

### Topic 1: Holiday Planning and Coordination

Q: "Tell me about your last holiday with friends. How did you organize the trip?"

A: "We went to Karura for a week. I took the lead on planning since I'm an event planner, and it was all about collaboration."

Q: "How do you usually coordinate travel plans with your friends? Can you describe any challenges you've encountered?"

A: "We use apps like facebook to organize everything. The challenge is often finding a balance between everyone's preferences."

### Topic 2: Group Dynamics and Decision-Making

Q: "What's your experience when making group decisions during a trip? Are there any moments that led to tension?"

A: "It can get tense when everyone has different ideas. I remember a trip where we couldn't agree on evening activities, leading to some frustration."

Q: "Can you describe a time when you disagreed with your group during a holiday? How was it resolved? "

A: "We had a disagreement about dinner plans. We compromised by splitting up for the evening, which allowed everyone to enjoy what they wanted."

### Topic 3: Budget and Expenses

Q: "How do you and your friends usually manage the holiday budget? What issues arise, if any?"

A: "We agree on a budget before the trip and keep track of expenses. The main issue is sometimes someone not being able to stick to it."

Q: "Tell me about a situation where money or spending caused stress during a trip. "

A: "One friend booked a luxury dinner without consulting us, which made others uncomfortable. We had to address it openly."

### Topic 4: Dealing with Unexpected Changes

Q: "What was the most unexpected situation you've faced while traveling? How did it impact your experience? "

A: "During a trip to Europe, a protest blocked our planned tour route. We had to quickly adapt and find something else to do."



Q: “How do you typically react when plans go wrong, like flight delays or activity cancellations? ”

A: “I remain calm and look for alternatives. Keeping a positive outlook is key.”

### Topic 5: Overall Holiday Experience

Q: “How do you try to keep your holidays stress-free? What has worked well for you? ”

A: “I plan ahead but also make sure to leave some downtime for relaxation.”

Q: “If you could change one thing about holidays with friends to make them more enjoyable, what would it be? ”

A: “I’d like for everyone to be more spontaneous and flexible with plans.”

### Interview 6

**Name:** Michael

**Age:** 28

**Occupation:** Graphic Designer

**Location:** Kisumu

**Date & Time:** October 7, 2024, 4 AM

**Place:** Local Bar

### Topic 1: Holiday Planning and Coordination

Q: “Tell me about your last holiday with friends. How did you organize the trip?”

A: “We went to Mombasa for a long weekend. I organized it through a group chat, where everyone shared their ideas and preferences.”

Q: “How do you usually coordinate travel plans with your friends? Can you describe any challenges you've encountered? ”

A: “We mainly use WhatsApp to coordinate. A common challenge is agreeing on accommodations; some prefer budget options while others want more comfort.”

### Topic 2: Group Dynamics and Decision-Making

Q: “What’s your experience when making group decisions during a trip? Are there any moments that led to tension? ”

A: "It can be difficult to reach a consensus. There was a moment when we disagreed over whether to visit a museum or go to a concert, which led to some frustration."

Q: "Can you describe a time when you disagreed with your group during a holiday? How was it resolved?"

A: "We were split on a dinner choice, and I suggested we vote. The majority wanted to try a specific restaurant, so I went along and ended up enjoying it."

### Topic 3: Budget and Expenses

Q: "How do you and your friends usually manage the holiday budget? What issues arise, if any? "

A: "We set a budget at the start and keep track of expenses in a shared document. The biggest issue is when one person goes overboard, which can make others feel uncomfortable."

Q: "Tell me about a situation where money or spending caused stress during a trip."

A: "We once miscalculated our food budget, leading to some stress. We had to adjust our plans for the last couple of days to stay within limits."

### Topic 4: Dealing with Unexpected Changes

Q: "What was the most unexpected situation you've faced while traveling? How did it impact your experience?"

A: "During a road trip, our car broke down in the middle of nowhere. We had to wait for hours for a tow truck, which made us late for our planned activities."

Q: "How do you typically react when plans go wrong, like flight delays or activity cancellations?"

A: "I try to stay calm and find ways to make the best of the situation. It's all about keeping a positive attitude."

### Topic 5: Overall Holiday Experience

Q: "How do you try to keep your holidays stress-free? What has worked well for you? "

A: "I emphasize communication and planning ahead but also leave space for spontaneity, which helps keep stress levels low."

Q: "If you could change one thing about holidays with friends to make them more enjoyable, what would it be?"

A: "I wish we could all be more flexible with our plans and embrace spontaneity more, instead of sticking rigidly to a schedule."

