

# "Understanding Stressful Moments During Group Holidays: Uncovering Insights for a More Comfortable Travel Experience"

## 1. Objectives:

The goal is to understand the most stressful moments people encounter when going on holidays with friends and what solutions can make holidays more comfortable for everyone.

## 2. Hypotheses:

- Group coordination and decision-making are the primary sources of stress during holidays.
- Unexpected changes and disruptions (e.g., delayed flights or cancellations) cause significant stress for travelers.
- Budget disagreements or managing finances within a group lead to tension and frustration.

## 3. Main Topics and Open-Ended Questions:

### Topic 1: Holiday Planning and Coordination

- "Tell me about your last holiday with friends. How did you organize the trip?"
- "How do you usually coordinate travel plans with your friends? Can you describe any challenges you've encountered?"

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

- "What's your experience when making group decisions during a trip? Are there any moments that led to tension?"
- "Can you describe a time when you disagreed with your group during a holiday? How was it resolved?"

### Topic 3: Budget and Expenses

- "How do you and your friends usually manage the holiday budget? What issues arise, if any?"
- "Tell me about a situation where money or spending caused stress during a trip."

### Topic 4: Dealing with Unexpected Changes

- "What was the most unexpected situation you've faced while traveling? How did it impact your experience?"
- "How do you typically react when plans go wrong, like flight delays or activity cancellations?"

## Topic 5: Overall Holiday Experience

- "How do you try to keep your holidays stress-free? What has worked well for you?"
- "If you could change one thing about holidays with friends to make them more enjoyable, what would it be?"

### **4. Screening Questions (Demographics):**

- Age: "How old are you?"
- Occupation: "What is your current job?"
- Location: "Where do you live?"
- Frequency of Travel: "How often do you travel with friends on holiday?"

### **5. Greeting Introduction:**

"Hi, my name is Musumba Antony, and I'm working on a project to make holidays more comfortable for everyone. I'd love to hear about your experiences traveling with friends, particularly the stressful moments you've encountered. Your feedback will help me better understand the pain points people face during holidays, so I can come up with solutions. Let's get started!"

### **6. Conclusion:**

"Thank you so much for sharing your experiences! Your insights are incredibly valuable to our project. If you know anyone else who would be interested in talking about this, feel free to connect me with them. I'll be in touch with updates as we move forward. Have a great day!"