

First of all, it's my first time to take such kind of online interview, which focuses on people's choices on diet and lifestyle, including sports, smoking, food, and so on. It's all about our daily lives. However, it's not only about ourselves.

At the beginning, the website declared that there are going to be difficult questions in the interview, "which does not mean that it is taking a position, criticizing anyone's choices, or attempting to persuade". Besides, "no personal information will ever be sold or distributed for commercial purposes". I think it greatly increased the value of this research. Because people wouldn't speak out honestly unless they had no doubts or concerns for the interview. The declaration above well canceled the worries of participants, helped us follow our hearts, and make the choices of our own.

One that impressed me a lot is that during the interview, there seems to be an "interviewer" standing right in front of me, asking me questions and even questioning my choices. That is, the questions in this web interview are quite flexible, some of which are based on the choices we have made before. Sometimes there seems to be contradictions between our choices. The "interviewer" will spot that immediately, and ask us to explain that. In fact, during the explanation for those contradictions, we will consider the questions more seriously and deeply, ask ourselves what is actually important for the sake of us, also of the environment. In my point of view, a good interview should not only collect statistics, but also lead people to think, to reflect on themselves, and then change bad behavior and lifestyle to a good one. That's why I think this interview is fairly meaningful and with great profundity.

Compared to a traditional human interview, the web interview is one hundred percent paper-free, saves both human and material resources, and quite worth popularizing.

However, I think this interview still have several problems. The "interviewer" seems to hold the view that animals are treated cruelly all over the world. Although we can't deny that it's a really common and serious problem, there are still exceptions. I live in a country of Fujian, China. In my home town, animals and human live together harmoniously, without crowding poultry farms, castration without anesthesia and other problems that cause pain to animals. There are mutual benefits between man and animals. In that case, I think there are no problems for us non-vegetarians to eat meat. It's a pity that the interview doesn't give a thought of this situation.

At last, at the end of the interview, we are given more links for amazing resources to learn more about the topics covered. It greatly expands our horizons, and makes this interview more educational. In a word. It's a wonderful experience.