

GXC Interview

Name: Madita Walter

Age: 20

General:

- What do you do for a living?
⇒ Student/Erasmus Geography Bachelor
- How do you move daily between locations? (ex: subway, bus, bike, by foot, etc.)
⇒ Foot, Bus, generally Bike
- How and if do you keep yourself healthy outside of sporty activities?
⇒ Clean Food, Veggie, generally moving by foot or bike
- Do you do Sports?
⇒ Yes
- If yes, what type of and how often?
⇒ Homeworkouts, Gym, walking, windsurfing, depends (~3-4 times a wekk)

Special

- Are you active in a sports club?
⇒ Yes, athletics (since 12 years)
- If no, have you ever been?
- Is there something that particularly motivates you when it comes to sports?
⇒ Needed to start into the day, urged to move, needed 'me-time'
- How do you motivate yourself to be active?
⇒ Mostly intrinsic, because I did sports my whole life
- What hinders you most often to put your plans into action?
⇒ Started slowly into the day, bad thoughts about unhealthy lifestyle (sometimes)
- Is sustainability important to you?
⇒ Yes, very
- Have you ever been to bigger Sport Events?
⇒ Yes, southern German championship athletics
- Did you notice if they organized their event in a sustainable way?
⇒ More and more Online, digitalized registration process (less waste of documents), Food vouchers to support locals
- Could they have done something better?
⇒ Yes
- If yes, what?
⇒ Shuttle Busses between locations