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Development of a modular concept for a multi-day outdoor
adventure trip to enhance mental well-being for the target
group of millennials from Germany

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**Development of a modular concept for a multi-day outdoor
adventure trip to enhance mental well-being for the target group of
millennials from Germany**

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I. Abstract

This bachelor thesis explores the need for a modular concept in multi-day adventure travel that enhances mental well-being of millennials from Germany. The research is driven by the observation that millennials look for personal development during their adventure travels, creating a demand for a new tourism concept. The existing offers show, that there is a gap between the demand of millennials and the current offerings in the tourism industry. Outdoor adventure tourism already has benefits and improves mental well-being, as seen in various studies. Therefore, it offers the right frame to include further modules. Furthermore, the study identifies a specific target group in the millennial segment, interested in leisure escapism and self-development. With the use of expert interviews, a framework for a concept and modules enhancing mental well-being were elaborated. The modules concentrate on the presence of a mental coach, mindfulness, skill development, and strengthening social relationships. It is seen that the framework is equally important for well-being as the additional modules. These modules complement the existing itinerary, providing a comprehensive approach to improve well-being. It is noteworthy that some modules identified through the research are already incorporated by guides on adventure tours. The paper ends with the recommendation of implementing the concept and assessing its effectiveness in enhancing the mental well-being of millennials from Germany.

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IV. List of Abbreviations

ATTA	Adventure Travel Trade Association
BGB	Bürgerliches Gesetzbuch (German Civil Code)
Min.	Minute
MS	Microsoft
UNWTO	World Tourism Organization
WHO	World Health Organization

1 Introduction

“It is only in adventure that some people succeed in knowing themselves - in finding themselves.” – Andre Gide (French novelist, 1869-1951) (Andre Gide Quotes, 2022)

The quote highlights the significant potential of adventures in fostering personal development and well-being. Adventure has been part of our history and human evolution and is a part of who we are now (see Varley, 2013, p. 9). Notable German adventurers like Alexander von Humboldt continue to inspire, with their travel diaries now available as books (see Schnapper, 2023). The allure of adventures remains strong, whether it's engaging in micro-adventures as brief escapes from everyday life (see Müller, 2021) or going on world travel (see Martin and Vetter, 2019).

Therefore, it comes as no surprise that the adventure tourism industry is a fast-growing market. It is projected that the value of the global adventure tourism market will raise by 15,2 % from 2022 to 2030 (see *Adventure Tourism Market Size & Growth Report, 2022 - 2030*, 2022). The Adventure Travel Trade Associati, sees wellness and mindfulness itineraries as current trends in adventure tourism (see *2022 Adventure Travel Industry Snapshot*, 2022). A survey revealed that 36% of German travellers expressed interest in taking a meditation and mindfulness trip in 2023 (see *Trends im Tourismus*, 2023). Hence, the adventure market is growing, and the interest in itineraries focusing on wellness and mindfulness is gaining importance.

During the author's experience as an outdoor guide for multiple-day trekking tours in Sweden, it became apparent that the primary emphasis of outdoor tours was adventure and physical challenges. Recognizing that the mental well-being of individuals plays a crucial role in their overall travel experience, the author believes that by shifting the focus towards addressing the psychological needs of participants, they could derive greater benefits from their travel experiences.

This paper has the topic: *Development of a modular concept for a multi-day outdoor adventure trip to enhance mental well-being for the target group of millennials from Germany*. To stay within the scope of the thesis, the emphasis is solely on journeys that involve different locations during the tour. The primary activity highlighted in this paper is hiking during the summer season. The concept revolves around designing modules that can be seamlessly integrated into the tour, with less emphasis on the preparation, follow-up, and marketing aspects. The author's nationality and background being from Germany have influenced the focus of this paper on travellers from the same country. It is focused on millennials as they are most willing to travel (see Sonnenberg, 2021), and “many millennials have a high annual household income” (see *Zielgruppe: Millennials in Deutschland*, 2023, p. 8). This financial stability gives them the means and willingness to engage in travel experiences. Research has indicated

that most mental illnesses tend to manifest during the first four decades of life (see Bühring, 2018), making it important to target the generation of millennials.

First, it is crucial to elaborate, if there is a need for adventure travels specifically designed to enhance mental well-being and how such experiences can be further integrated into the adventure tours. Therefore, the hypothesis elaborated in this work is:

There is a need for a modular concept for multi-day adventure travels that enhances the mental well-being of millennials from Germany on the tour.

To elaborate the hypothesis the following partial questions will be examined through the paper.

- *Is there an offer in the adventure travel market targeting millennials and their mental well-being on multi-day adventure trips?*
- *Are there existing benefits of outdoor adventure tourism?*
- *Is there a target group for a modular concept for multi-day adventure travels that enhances the mental well-being of millennials from Germany?*

To address the research topic effectively, this study first establishes a theoretical foundation. This includes defining the key terms and analysing the current situation. Elements influencing well-being are shown, based on these definitions and the models of well-being. Furthermore, an analysis of the target group, focusing on millennials from Germany, is conducted. The methodology outlines the research approach employed in this study, including the use of expert interviews. The results section presents the findings of the expert interviews, exploring the need for a modular concept that enhances the mental well-being of millennials. The framework of the adventure tour is outlined, incorporating the elements necessary to promote mental well-being, and additional modules are proposed to enhance the overall experience. The discussion delves into the evaluation of the modules, as well as showing limitations and recommendations for further research. The paper concludes with a summary of the key findings and an outlook.

2 Theoretical foundation

The subsequent section aims to establish a theoretical foundation by presenting key definitions and theories essential for comprehending the given topic.

2.1 Definitions

First, the key elements are defined, to ensure the later understanding of the work.

2.1.1 Adventure tourism

Adventure is “an unusual, exciting, and possibly dangerous activity, such as a trip or experience, or the excitement produced by such an activity” (*Cambridge Dictionary, 2023*). The goal of an adventure is to challenge people and focus on “personal development and character building” (Jenkins, 2004, p. 9). An adventure comes with the feeling of uncertainty in the beginning (see Hudson, 2002, pp. 203–207) which transfers with the successful completion of the adventure to a feeling of enjoyment and satisfaction (see Ewert and Sibthorp, 2014, p. 4). Adventures can include real or perceived risk (see Jenkins, 2004, pp. 436–437). The definition used for this paper of adventure is an experience that creates a sense of challenge and includes perceived or real risk with the goal of personal development.

According to the World Tourism Organization, **Tourism** is defined as “a social, cultural and economic phenomenon which entails the movement of people to countries or places outside their usual environment for personal or business/professional purposes” (*Glossary of tourism terms | UNWTO, no date*). Tourists choose an environment that differs from their ordinary life to satisfy missing socio-psychological needs and choose a level of simulation that is missing in their everyday environment (see Gibson, 2002, p. 377). According to the German law, a **packaged tour** is a set of at least two different types of travel services for the same trip. A package tour exists if the travel services included in the contract have been put together according to the traveller’s choice, or if the tour operator grants the traveller the right in the contract to choose the travel services from his offer after the conclusion of the contract. One tourist service must represent more than 25% of the total value of the package. In addition, the trip must last more than 24 hours and exceed a price of 500 Euros. Travel services within the meaning of the law are, the transportation of persons, accommodation, except when it serves residential purposes, the rental of motor vehicles, and any other tourist service (see § 651a BGB - *Einzelnorm, 2023*).

The term **adventure tourism** refers to trips where the main attraction is an outdoor activity that relies on natural terrain characteristics. Often special equipment is needed (see Buckley, 2006, p. XVII). The participant is “ready to face high and low level of challenges” (Dar, 2020). Therefore, it is difficult to find a precise delimitation of adventure tourism, as challenges are perceived differently by every person (see Groß and Sand, 2022, p. 35; see Buckley, 2006, p. XVII; see Jenkins, 2004, pp. 8–9) and the same tour can have different meanings for different individuals (see Buckley, 2006, pp. 1–2). Included in adventure tourism are travel, sport, and outdoor activities (see Groß and Sand, 2022, p. 150). The adventure travel trade association adds furthermore culture to the definition (see *Adventure Travel Overview and Market Sizing*, 2022). As adventure tourism goes along with a great physical effort it is often perceived as being “closer to work than to vacation” (Hudson, 2002, p. 208). Being in the **flow** state has been a crucial part of the perception of the adventure tourism experience, as it demonstrates that new challenges are supporting personal growth and create space for learning and positive emotions (see Mackenzie, 2011). Characteristics of flow are focused attention, self-forgetfulness, timelessness, effortless exhaustion, control over one's surroundings and environment, a sense of accomplishment, and being shielded from distractions (see Heimsoeth, 2022a, pp. 174–176).

Adventure tourism can be further divided into **hard adventure tourism** and **soft adventure tourism**. Soft adventure tourism refers to activities, with a high perceived risk but a low actual risk. The activity has minimal entry skills. Most often, activities are led by an experienced guide. Whereas hard adventure activities, often self-organized, have a high level of risk that require advanced skills (see Groß and Sand, 2022, p. 36). It is not possible to classify an activity as hard or soft adventure tourism, as an activity can be both due to external circumstances (see Gross and Sand, 2019, p. 155).

Adventure tourism includes challenges with real or perceived risks that must be overcome and lead to enjoyment and flow. Those challenges must be outside of the usual environment of the participant and include outdoor activities. Challenges are depending on the participant's perception and therefore have a different meaning to each tourist.

2.1.2 Well-Being

In the common language, it is used as a synonym for happiness and is concerned with how and why individuals enjoy their lives (see Ritpanitchajchaval, Ashton, and Apollo, 2023). In literature, there is no common definition of well-being, but all sources agree to “the presence of positive emotions and moods (e.g., contentment, happiness), the absence of negative emotions (e.g., depression, anxiety), satisfaction with life, fulfilment and positive functioning” (*Well-Being Concepts*, 2018).

When the state of well-being is balanced, one can react appropriately to stress or sudden events (see *Psychische Gesundheit: Was schadet und was hilft?*, 2022) and has good coping mechanisms, adaptive emotion regulation and absence of maladaptive problem-solving (see Bratman, 2019). When reaching the state of mental well-being, one can fulfil his self-actualization need (see Bratman, 2019). **Self-actualization** is the highest value in Maslow's hierarchy of needs and "refers to man's desire for self-fulfilment, namely, to the tendency for him to become actualized in what he is potentially" (H. Maslow, 1954, p. 46). Furthermore, it is important to have healthy relationships to reach a state of well-being (see Bratman, 2019).

It is stated that important factors of well-being include having a happy life, the absence of negative emotions, being able to fulfil the need for self-actualization, and having positive social relationships.

2.1.3 Mental health

As well-being is included in mental health (see Scherenberg and Pundt, 2023, p. 287), it is important to define it. **Mental** is defined as "relating to the mind or involving the process of thinking" (Mental, 2023). Mental health is a basic human right (see *World mental health report: Transforming mental health for all*, 2022). The WHO specifies definition of **mental health** as the "state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their communities" (*World mental health report: Transforming mental health for all*, 2022, p. 7). Good mental health has the following values according to the World mental health report: having positive relationships, dealing with stress, and adapting to change, understanding, and managing emotions, learning and applying new and cognitive skills, finding a purpose in life and feeling good (see *World mental health report: Transforming mental health for all*, 2022).

2.1.4 Mental strength

Mental strength gives one the ability to cope with negative emotions healthily and understand them (see Morin, 2020). As challenges cannot be avoided, mental strength helps to face these challenges or to accept that they cannot be influenced (see Unkrig, 2022, p. 51). Mental strength is a factor that depends on genetics, reality, and experiences (see Morin, 2014, p. 9). The concept evolved from sports and the experiences of athletes. In developing mental strength, it is important to identify irrational thoughts and realistically replace them, behaving positively no matter the circumstances and controlling emotions (see Morin, 2014, p. 10). Developing mental strength can lead to improved "overall well-being, reduce stress, and increase resilience" (see Hopes, 2023). Included in the mental strength is **resilience**, which describes the ability of individuals or communities to survive difficult life

situations such as crises or disasters without permanent impairment (see Zautra, Hall and Murray, 2010). Resilience helps to overcome challenges, whereas strength helps to thrive (see Strycharczyk, 2015).

2.1.5 Wellness

The definition of Halber L. Dunn, one of the leading bio-medical statisticians in the United States (see 'Six dimensions of wellness Defining & Assessing Wellness', 2023) is that "wellness for the individual is defined as an integrated method of functioning which is oriented toward maximizing the potential of which the individual is capable" (Dunn, 1971, pp. 4–5). Dun is explaining that wellness is a state which has more layers than the understanding of health (see Dunn, 1971, pp. 1–7). Wellness is the condition of being healthy rather than the absence of illness (see Ritpanitchajchaval, Ashton, and Apollo, 2023). The official definition from the Cambridge Dictionary defines wellness as "the state of being healthy, especially when it is something that you actively try to achieve" (*wellness*, 2023) and "activities that are designed to help people feel healthier and happier, or the business of providing these activities" (*wellness*, 2023). Wellness encompasses lifestyle, mental and spiritual well-being, and the environment and is a self-directed process of realizing one's full potential. (see 'Six dimensions of wellness Defining & Assessing Wellness', 2023). It is a way of life geared towards optimal health and pleasant feelings (see Ritpanitchajchaval, Ashton and Apollo, 2023) by building constant positive well-being (see Dunn, 1971, pp. 1–7). Focusing on wellness cultivates resilience (see 'Six dimensions of wellness Defining & Assessing Wellness', 2023). Wellness is therefore the state that a person should be trying to reach to fully be able to succeed (see Pendell, 2021). The state of wellness is included in overall well-being (see Pendell, 2021).

2.1.6 Wellness adventure tourism

Wellness adventure tourism is a niche segment of the tourism industry that combines elements of adventure activities with a focus on personal well-being. Participants in wellness adventure tourism focus on healthy living, decreased stress and lifestyle choices (see Lotter and Welthagen, 2020, p. 2). To participate in a wellness adventure activity, the tourist will be concerned with their health, zero harm to nature and the environment, and will put the focus on mental well-being (see Lotter and Welthagen, 2020; see Ritpanitchajchaval, Ashton and Apollo, 2023). The adventurous wellness tourist is seeking self-actualization, discovering the true quality of life, self-reflection, personal significance, and being well in body, soul, mind, and spirit (see Nicolaidis and Grobler, 2017).

2.1.7 Millennials

Millennials, known as Generation Y, do not have a universally agreed age range. Different sources provide varying definitions. According to some sources, millennials are born between 1980 and 2000 (see Putriastuti and Stasi, 2019) while others narrow it down to the years between 1981 and 1996 (see Dimock, 2019). For this paper, the broader definition encompassing individuals born between 1980 and 2000 is adopted, allowing for a more inclusive understanding of millennials.

2.2 Evaluating the components of well-being

In the context of this study, evaluating well-being is importance. Given the complexity of the topic, it is crucial to explore various modules of well-being and how it can be measured.

2.2.1 Models and measures

There are many models that represent and investigate mental well-being, wellness, and mental strength. In the following, important ones are shortly presented.

Models

Designed by Martin Seligman, the **PERMA model** includes five elements of well-being:

- positive emotion
- engagement
- relationships
- meaning
- accomplishments

(see PERMA Model, 2022).

Five Ways to Wellbeing are five dimensions for promoting well-being identified by the National Health Service of the United Kingdom. The five ways are:

- connect (social relationships)
- be active (physical activities)
- mindfulness (conscious perception and value-free experience of the moment)
- learn (challenges)
- give (helpfulness and prosocial behaviour)

(see Scherenberg and Pundt, 2023, pp. 319–324).

The **4C-modell** for mental strength after Clough, was developed in a sporting context. Clough and Earle argue that these four qualities are the essential psychological factors that mentally strong people must possess (see Mies, 2021). The four C that define mental toughness are:

- confidence (belief in your skills, strength, and values)
- challenge (challenges are opportunities for personal growth)
- control (regulate emotions and focus where you have control)
- commitment (endurance and positive mind set to reach goals)

(see Clough, Earle and Sewell, 2002).

There are **six dimensions to wellness**, created by Dr. Bill Hetter (see 'Six dimensions of wellness Defining & Assessing Wellness', 2023). These include:

- physical wellness (contrast to sickness -> exercise, healthy sleep patterns, relaxation, and good eating habits)
- emotional wellness (being optimistic, conscious of, managing and accepting one's feelings, autonomy, self-regulation, and satisfaction)
- spiritual wellness (purpose in life, following our values and being tolerant for the belief of others, appreciation for the expanse of life)
- social wellness (interactions with others, contribute to the community, making a positive impact by connecting with others and life in harmony)
- intellectual wellness (expand the knowledge, personal growths challenge our minds and share)
- occupational or financial wellness (satisfaction with our work, development of skills)

(see 'Six dimensions of wellness Defining & Assessing Wellness', 2023).

Measures

Two measures to evaluate mental well-being are presented in the following.

The **six-factor Model of Psychological Well-being** from Carol Ryff includes: self-acceptance, personal growth, purpose in life, environmental mastery, autonomy, and positive relations with others (see van Dierendonck *et al.*, 2007, p. 477). The Ryff Scale of Measurement is a psychometric assessment that comes in two variants (54 or 84 questions) and asks respondents to score assertions on a scale of 1 to 6, with 1 indicating significant disagreement and 6 indicating strong agreement (see van Dierendonck *et al.*, 2007, p. 477).

One of the most popular surveys used to assess psychological well-being is the **WHO-5**, a 5-item questionnaire developed by the World Health Organization. The WHO-5 has been utilized in research projects all around the world since its initial release in 1998 and was translated in over 30 different languages (see Topp *et al.*, 2015). The questionnaire includes five statements, as seen below, that have to be evaluated on a scale from one to five, with five being the highest value (see Bech, Lindberg and Moeller, 2018, p. 405).

WHO-Five Well-Being Index (WHO-5)

Please indicate for each of the five statements which is closest to how you have been feeling over the past two weeks. Notice that higher numbers mean greater well-being.		All of the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
		5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>
1	I have felt cheerful and in good spirits	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>
2	I have felt calm and relaxed	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>
3	I have felt active and vigorous	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>
4	I woke up feeling fresh and rested	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>
5	My daily life has been filled with things that interest me	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>

Total raw score on WHO-5 goes from 0 to 25. To obtain a percentage score ranging from 0 to 100, the raw score is multiplied by 4. A percentage score of 0 represents worst possible, whereas a score of 100 represents best possible quality of life.

Total raw score (0-25) x 4 = (0-100)

Table 1 WHO-5 (measure of well-being)
(Bech, Lindberg and Moeller, 2018, p. 405)

2.2.2 Elements influencing mental well-being

Important for this paper is not the exact elaboration of these models and measures but finding out how well-being can be enhanced. By delving into the definitions, models, and measures, it becomes evident that four key tools can be identified as instrumental in fostering mental well-being. The development of the four identified tools and their respective outcomes can be found in Appendix 1, which provides an overview of the relevant literature that informed the conceptualization. As there is no common definition of well-being, the following figure will be used as a definition for this paper.

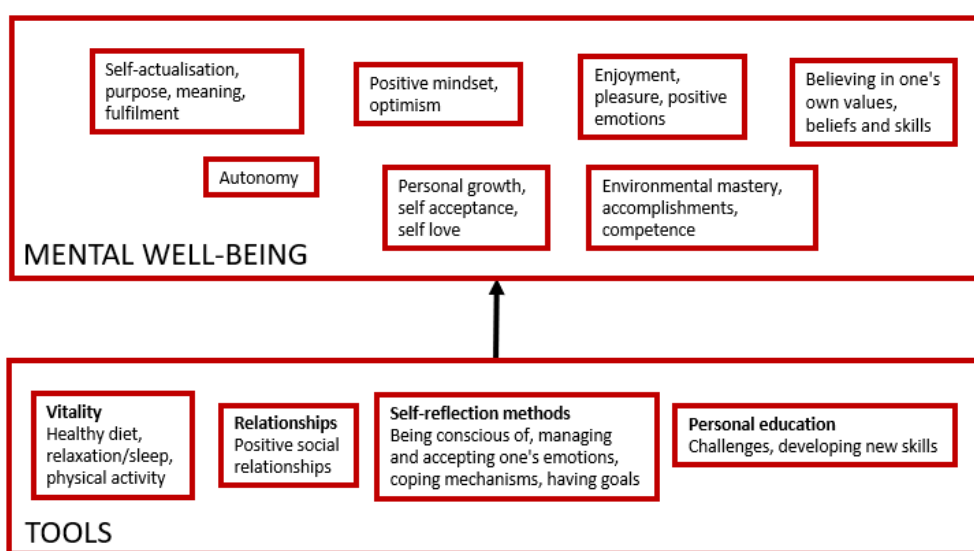


Figure 1 Concept of mental well-being
(own figure)

A detailed description of the whole concept of mental well-being would exceed the scope of this paper. Therefore, only the tools are shortly explained, as they have further importance for the development of the adventure tourism concept.

Self-reflection methods

Self-reflection is a person's ability to engage in reflection about their feelings, motivation, and behaviour (see Eggebrecht, 2023). Reflection on external or internal observations can be seen as opportunities for recognizing problems and approaches for change. Self-reflection presupposes the ability for differentiated self-observation and a certain distance to oneself (see Werner, 2023). It involves acknowledging and accepting one's mistakes and failures, avoiding the illusion of perfection (see Eggebrecht, 2023). Various methods are available to facilitate self-reflection, including oral and

written approaches. Oral self-reflection can be achieved through activities such as storytelling, enabling individuals to gain insights from the perspectives of others. Written self-reflection, on the other hand, offers alternative avenues for introspection. One popular method is expressive writing, which involves putting thoughts and emotions onto paper without filtering them (see Eggebrecht, 2023).

Relationships

Social contact can lead to better health, as seen in a study from 2020 (see Vonneilich and von dem Knesebeck, 2020). This can be explained by two primary hypotheses. The **buffer effect** suggests that social support could reduce or "buffer" the negative impact of these circumstances and occurrences on one's health, acting as a protective factor during high-stress periods (see Vonneilich and Franzkowiak, 2022). It is possible that social support has a broad-based beneficial impact on well-being and health. The **main effect model** proposes that stable social connections have a long-term beneficial impact on health, independent of health stressors. Thus, having a positive impact on personality development, self-confidence, and the general development of coping mechanisms (see Vonneilich and Franzkowiak, 2022).

Vitality

To strengthen vitality, healthy nutrition, relaxation, sleep, and physical exercise are playing a role.

Extensive research has consistently demonstrated the significant impact of **food** on mental health (see Schauder, 2021; see Rehberg, 2023). A balanced and nourishing meal should primarily consist of a diverse range of vegetables, whole wheat products, proteins, and healthy fats such as olive oil and nuts. Opting for freshly cooked meals over pre-packaged options is highly recommended. It is advisable to reduce sugar and excessive salt intake for improved well-being (see Ottersbach, 2020).

Relaxation and sleep are essential factors for overall well-being, both in our daily lives and during vacations. Failing to prioritize regular breaks and relaxation can lead to increased stress levels. Moreover, inadequate rest can have detrimental effects, including cognitive impairments, digestive issues, and an increased risk of experiencing conditions such as depression and burnout. Therefore, it is crucial to prioritize relaxation and ensure sufficient sleep to maintain optimal mental and physical health (see Liersch, 2020). During sleep, the body detoxifies itself (see Göbbels, 2022, p. 86).

Physical activity has a positive effect on global self-esteem, which can lead to increased confidence in other areas of life and improved mental health (see Spence, McGannon and Poon, 2005; see

Eigenschenk, 2019, p. 2; see Copeland, 2022; see Scherenberg and Pundt, 2023, p. 286). This increased self-esteem can have a positive effect. A person who feels strong on a physical level may have more confidence in other areas of life (see Scherenberg and Pundt, 2023, p. 286). By increasing the levels of physical activity, people can have powerful emotional experiences (see Clough, 2016, p. 966). Further positive outcomes of physical activity can include “positive life transformations, optimal experiences, enhanced quality of life, emotional regulation, development of emotional agency in interpersonal relationships, joy, goal achievement, social connections, escape from boredom, pushing personal boundaries, overcoming fear, and pleasurable kinaesthetic bodily sensations” (Clough, 2016, p. 964).

Personal education in adventure tourism

For enhancing the learning of participants in adventure tourism, the concept of **outdoor adventure education** plays a role. The term outdoor adventure education refers to a wide range of teaching and learning activities and experiences that involve close interaction with an outdoor natural setting and include elements of real or perceived risk (see Ewert and Sibthorp, 2014, p. 5). As seen in the definition of adventure tourism (see Chapter 2.1.1), the goal of the instructor is to make activities seem risky, even though there is only a small possibility of danger (see Ewert and Sibthorp, 2014, pp. 5–6). The uncertainty of the outcome is significant as many factors, like the weather, personal skills, attitude, and the terrain can make a difference. This is important for the learning as uncertain situations often help the participants to confront their fears and therefore force them to make decisions and access their “physical, emotional and leadership skills” (Ewert and Sibthorp, 2014, p. 6). The participants can develop their non-cognitive skills such as resilience, and self-confidence, which leads to mental well-being (see *Outdoor adventure learning*, 2021).

2.3 Current circumstances

In the following, the existing offers and the current trends will be analysed. Furthermore, it is seen which benefits adventure tourism holds and how they are having an impact on mental well-being. It is elaborated which role the guide plays in adventure tourism. This will give the possibility to evaluate the hypothesis of this paper.

2.3.1 Analysis of existing offers

As the adventure tourism market is growing, many German tour operators for young adults evolved, offering outdoor adventure tourism products. Some tour operators started including a section for

young travellers in their offers. Examples are travel junkies (see traveljunkies, 2023), G Adventures (see *Gruppenreisen für junge Erwachsene - G Adventures*, no date), moja travel (see moja TRAVEL, 2023), and Marco Polo (see *YOUNG LINE TRAVEL*, 2023). Other tour operators are only focusing on the young target group, like Hüttenleben (see *Outdoor-Urlaub für Solo-Traveller 25 - 39 Jahre*, no date), or We Road (see *Gruppenreisen für Millennials*, no date). The following table demonstrates important tour operators and travel agencies for the German market that have specified their offer or parts of their offer to millennials.

Name	Age structure	Offer
G Adventures (see <i>Gruppenreisen für junge Erwachsene - G Adventures</i> , no date)	18-to- Thirtysomethings	additional offer
Moja TRAVEL (see moja TRAVEL, 2023)	18-39	additional offer
Marco Polo Young line travel (see <i>YOUNG LINE TRAVEL</i> , 2023)	20-35	additional offer
Travel junkies (see traveljunkies, 2023)	18-39	additional offer
We Road (see <i>Gruppenreisen für Millennials</i> , no date)	20-40	offer for young people only
Hüttenleben (see <i>Outdoor-Urlaub für Solo-Traveller 25 - 39 Jahre</i> , no date)	20-39	offer for young people only

Table 2 Tour operators and travel agencies for young travelers

(own table)

The offered tours place a strong emphasis on physical activity and sports, catering to the interests and preferences of the target group of young travellers. However, none of these offerings have a focus on the mental well-being of the participants.

Among the various types of multi-day adventure tours that do not have fixed accommodations and prioritize the mental well-being of participants, four specific coaching trips emerge as noteworthy. These trips are distinguished by their emphasis on coaching, mindfulness, and meditation practices for the German market. They are providing opportunities for personal growth, self-reflection, and mental well-being, while targeting all age groups.

A Kanu retreat in Sweden executed by Christian Birke, is offering an experience to engage in coaching sessions amidst nature and fostering personal growth (see Birke, no date). Another notable contributor in this domain is Marcel Leeb (see Leeb, 2023), who offers coaching trekking tours across a range of destinations including Germany, Austria, Portugal, Ireland, Italy, and Spain. Leeb's approach involves

curating exclusive tours for a small group of three to five participants. It is important to note that Leeb's coaching package encompasses the coaching elements, while additional services such as transportation, accommodation, and meals are organized separately and incurred by the participants themselves (see Leeb, 2023). Furthermore, the trekking tour in the Alps with Roman Mueller is specifying, that there is enough time and space for the inner experience and "mountain hiking and meditation" (*Bergwanderung mit Roman Müller, 2023*). Trek'n Learn® Allgäu, offered by Anja Hume, is the combination of ZRM® self-management and trekking and has the goal of personal change (see 'ZRM®-Trekking Allgäu - Selbstmanagementkurs & Trekking', no date). The Zurich Resource Model "ZRM®" is a self-management training and was developed by Dr. Frank Krause and Dr. Maja Storch for the University of Zurich (See Karsten, 2023). Laura Pfaffenbach is offering coaching travels in the black forest, Slovenia, and Saxon Switzerland. She only targets women and is focusing on life changes (see Pfaffenbach, 2022). By offering these specialized coaching adventure tours, the coaches cater to individuals seeking not only thrilling outdoor experiences but also personal growth and transformation.

2.3.2 Trends

Trends that influence the current market for German travellers are evaluated in more detail in the following.

The impact of the Covid-19 pandemic on the adventure tourism industry is evident. However, there is a noticeable trend towards recovery, with numbers gradually approaching pre-pandemic levels (see *2022 Adventure Travel Industry Snapshot, 2022*) and are predicted to keep raising (see *Adventure Tourism Market Size & Growth Report, 2022 - 2030, 2022*). Travelers will prioritize destinations that offer unique experiences, meaningful human connections, and positive emotions (see *Tourismus nach Corona, 2023*).

In addition, **mega trends** are influencing the market of adventure tourism. Mega trends are highly complex and multifaceted dynamics of change in society (see *Megatrends, 2023*). Neo-ecology indicates that society has nowadays the belief that sustainability does not imply less, but rather more informed decision-making. "Better instead of more" becomes the guiding principle (see *Megatrend Neo-Ökologie, 2023*). Individuals are searching for methods to slow down and live more intentionally and consciously. The high flexibility, having no time, and being on the go is regarded as burdens (see *Megatrend Neo-Ökologie, 2023*). The major force for change is mindfulness, which is a countertrend to the constant sensory overload of the digital era and the culture of manufactured excitement (see *Megatrend Neo-Ökologie, 2023*). The lines between self-optimization and health are becoming more

blurred by the constant search for a fitter, healthier body, a greater feeling of well-being, and optimal performance (see *Megatrend Gesundheit*, 2023).

The evaluation of trends influencing the current adventure tourism market for German travellers reveals the impact of the Covid-19 pandemic, with a gradual recovery and a predicted rise in numbers. Travelers are seeking unique experiences, meaningful connections, and positive emotions in their travels. Mega trends such as neo-ecology and health indicate a shift towards sustainability, mindfulness, and the pursuit of well-being.

2.3.3 Benefits of adventure tourism

The benefits of adventure tourism include the opportunities from adventurous activities, nature, social relationships, and physical activity.

Benefits of adventurous activities

Adventurous activities have a great impact on mental health and well-being (see Clough, 2016, pp. 963–964; Lotter and Welthagen, 2020). In the common-sense adventure tourism is often seen as a way to travel because of the need for adrenaline or because the male participants “like to test themselves through taking unnecessary pathological and socially unacceptable risks” (Clough, 2016, p. 964). But this biased perspective is only observed by the non-participants, not seeing the psychological benefits that adventurous activities can bring.

Partakers of adventure tourism are mostly acting outside of their comfort zone and therefore creating risk, stress, and discomfort (see Clough, 2016, p. 965). The goal of the activity is that the participants can overcome their physical and mental obstacles using personal skills and learn from the experience. This leads to character development, psychological resilience (see Ewert, 2008), optimistic feelings, and self-confidence (see Clough, 2016) and therefore to well-being. Participants describe the involvement in extreme situations as being in a flow and experiencing their existence in a new way (see Willig, 2008, p. 700). In a study from 2022 participants stated that they can transition the problem-solving skills they have during their adventurous activity to everyday life, helping them to see their everyday problems in a new context. They furthermore indicated that the activity is stress-reducing, and the participants are learning about coping strategies (see Zwart, 2022, p. 10). Research suggests that engaging in adventure sports can lead to both hedonic and eudemonic well-being outcomes by satisfying basic psychological needs such as autonomy, competence, and relatedness, as well as fostering a sense of connection with nature (see Houge Mackenzie, Hodge and Filep, 2021).

The elements that are influencing mental well-being are overcoming challenges and going outside of the comfort zone. This lead among other things to being in a flow, learning problem-solving skills and coping strategies that can be adapted to everyday life, enhanced stress management, resilience, and self-confidence.

Benefits of nature

As adventure activities are carried out outside, it is important to evaluate the benefits of nature. Many studies and theories prove, that nature has a positive effect on mental health (see Bratman, 2019; see Farkić, 2019; see Berry, 2020). People state that the personal connection with nature and the quietness gives them a feeling of stress relive (see Zwart, 2022, p. 10). The English government has published a 25-Year Environmental Plan and stated: “Spending time in the natural environment – as a resident or a visitor – improves our mental health and feelings of well-being. It can reduce stress, fatigue, anxiety, and depression. It can help boost immune systems, encourage physical activity, and may reduce the risk of chronic diseases such as asthma. It can combat loneliness and bind communities together” (25-Year Environment Plan, 2023, p. 71).

The term “**biophilia**”, promoted by the American scientist E.O. Wilson in 1984, explains the intrinsic human need to connect with nature and the beneficial mental influence (see Wilson, 1986). The simple act of stepping outside, spending time in nature, and gazing at a tree is said to help people recuperate from stress, enhance their emotional well-being, and enhance their cognitive abilities (see *Boost your mental health by spending time outside*, 2022). Humans have a biological desire to connect with nature since our ancestors developed in wild environments and relied on the environment for existence (see Weir, 2020). Because humans are supposed to be in natural surroundings, our resilience is higher there (see *Boost your mental health by spending time outside*, 2022).

Being in nature creates a feeling of stress relief and improves well-being. This can be explained by the intrinsic motivation to connect to nature or the physiological reaction humans have when spending time in nature.

Social relationships and physical activity

Further elements that are influencing the mental well-being of the participants of adventure tourism are social relationships and physical activity, which are seen in chapter 2.2.2.

2.3.4 Role of the guide in adventure tourism

An adventure tour guide is a qualified individual hired to lead groups of vacationers through predetermined destinations (see Ferguson, 2023). The goal is to make the excursions physically and emotionally transformational and involves new experiences and obstacles to providing enjoyable holidays (see 'Adventure Travel Guide Standard', 2021). This is done by being in charge of resolving social, environmental, safety, and sanitary concerns and showing best practices (see 'Adventure Travel Guide Standard', 2021). In adventure travel, on average the global guide-to-guest ratio is 1:7 (see *2022 Adventure Travel Industry Snapshot*, 2022). Many participants' main point of contact while traveling is their guide (see 'Adventure Travel Guide Standard', 2021). To endure long days and physical exercise in a variety of settings, guides must be in good physical condition (see Ferguson, 2023). The ATTA released in February 2021 adventure travel guide standards. Five competencies are found, that are important for adventure travel guides: "Sustainability, Technical Skills, Safety and Risk Management, Customer Service and Group Management [and] Natural and Cultural History Interpretation" ('Adventure Travel Guide Standard', 2021, p. 5).

Research on tour guiding has progressed significantly in recent decades with an increasing focus on how guides fulfil roles beyond simply delivering information or ensuring tourists enjoy their holiday (see Houge Mackenzie and Raymond, 2020). It is crucial to recognize a set of abilities that go beyond the purely technical requirements of knowledge; abilities that are important to the successful provision of high-quality outdoor experiences. These abilities include fostering a convivial environment, a sense of community, and lodging possibilities that form the basis of the outdoor experiences (see Varley, Farkic and Carnicelli-Filho, 2018). Superior people skills, the ability to multitask, and the capacity to operate in a fast-paced workplace are further prerequisites (see Ferguson, 2023).

2.4 Target group analysis

The travel behaviour of millennials will be examined in more detail to explore the need for an adventure tourism concept. Furthermore, two Sinus Milieus, important for this paper, are presented.

2.4.1 Millennials and travelling

By understanding the motivations for travel of millennials, valuable insights can be gained.

Relaxation of the mind and personal development

Millennials emphasize the significance of mental relaxation during their holidays (see Ziegler, 2018; see Pitrelli, 2023) and demonstrate a strong interest in self-development (see Wagener, 2020, pp. 293–294). They select experiences that have a lasting impact and evoke a sense of personal transformation (see Ziegler, 2018). Their motivation for travelling includes „personal, inner development, development through interpersonal exchange socializing and entertainment, and escapism and relaxation” (Cavagnaro, Staffieri and Postma, 2018). It is significant to note that 61% of Generation Z and millennials’ travel plans for 2023 focus on personal wellness (See *2023 Global Travel Trends Report*, 2023).

Authentic once-in-a-lifetime experience

According to Feld-Türkis (2019), millennials exhibit a strong inclination towards extraordinary and impactful once-in-a-lifetime experiences, with 67% agreement among this demographic. Millennials are “more willing to pay for unforgettable experiences than they are for material things” (*CBI Ministry of Foreign Affairs*, 2023). They are driven by the desire to discover the world in a self-determined way and to gather impressions in the process. The perfect time for them is characterized by activity, experience, and a sense of purpose. They want to be pioneers instead of followers (see von Corvin, Grass, and Pointer, 2018). Millennials want to experience something instead of just relaxing on the beach (see von Corvin, Grass, and Pointer, 2018).

Authentic travel encounters and the opportunity to immerse themselves in local cultures and lifestyles (see Nissel, 2020, p. 33) are valued. They prioritise accommodations that are embedded in the environment and typical food, preferably in local bars and restaurants (see von Corvin, Grass, and Pointer, 2018). However, millennials are placing importance on maintaining a sense of comfort and security during their travels (see Ziegler, 2018).

Flexibility

Millennials prefer maintaining flexibility during their trips, allowing them to engage in spontaneous activities based on their current desires (see Ziegler, 2018). This highlights the importance of offering personalized travel experiences that cater to their interests (see Nissel, 2020, p. 33). Millennials want to tailor their travel experiences according to their preferences, without having to accommodate or conform to others (see von Corvin, Grass, and Pointer, 2018). For the millennial generation, packaged tours carry a negative connotation, and it is crucial to market them as unique and individualized experiences (see Fuchs *et al.*, 2008).

Traveling with friends

Millennials prefer to travel with friends and are open to people with the same interests or the same age (see von Corvin, Grass, and Pointer, 2018; See Ziegler, 2018). They are described as a flexible explorer, as they still value holidays with like-minded people, but are self-determined and spontaneous (see Ziegler, 2018).

Travel as a status symbol

For this generation luxury is not defined by staying in a 5-star hotel (see Feld-Türkis, 2019). They are interested in a presentable vacation that can be shared (see Kubisch, 2019). The travel experience should not only encompass authenticity and uniqueness but be visually appealing and suitable for sharing on social media platforms (see von Corvin, Grass, and Pointer, 2018). Experiences are more important to millennials than owning property, which means that travel has become the new status symbol (see Wagener, 2020, pp. 293–294). Among the surveyed respondents from Generation Z and Millennials, 81% express the desire to share with their friends and family that they have found a previously undiscovered vacation destination (see *2023 Global Travel Trends Report*, 2023).

Environmental awareness

Millennials want to travel mindful and are in favour of ecologically and socially responsible travel (see Ziegler, 2018). Environmental awareness, especially the avoidance of plastic, is considered a must criterion (see Kubisch, 2019). As millennials tend to prioritize health-conscious choices and sustainability (see Frelick, 2020), it is important to offer plant-based food alternatives (see Loew, 2022). According to Audrey Hendley, President of American Express Travel, 82% of Gen Z and millennial travellers, express their interest in embarking on vacations that have a minimal impact on the environment in 2023 (see Pitrelli, 2023).

2.4.2 Sinus Milieu

The social model called the Sinus Milieu was created by SINUS more than 40 years ago. The Sinus Milieu creates "groups of like-minded people" ('Sinus Milieus 2021', 2021) out of people who share similar ideals and social condition. The boundaries between the milieus are fluid (see 'Sinus Milieus 2021', 2021).

In the following the newest Sinus Milieu analysis from 2021 for Germany will be used. The consumer hedonistic milieu and neo-ecological milieu will be elaborated on in more detail as it has a further importance for the paper.

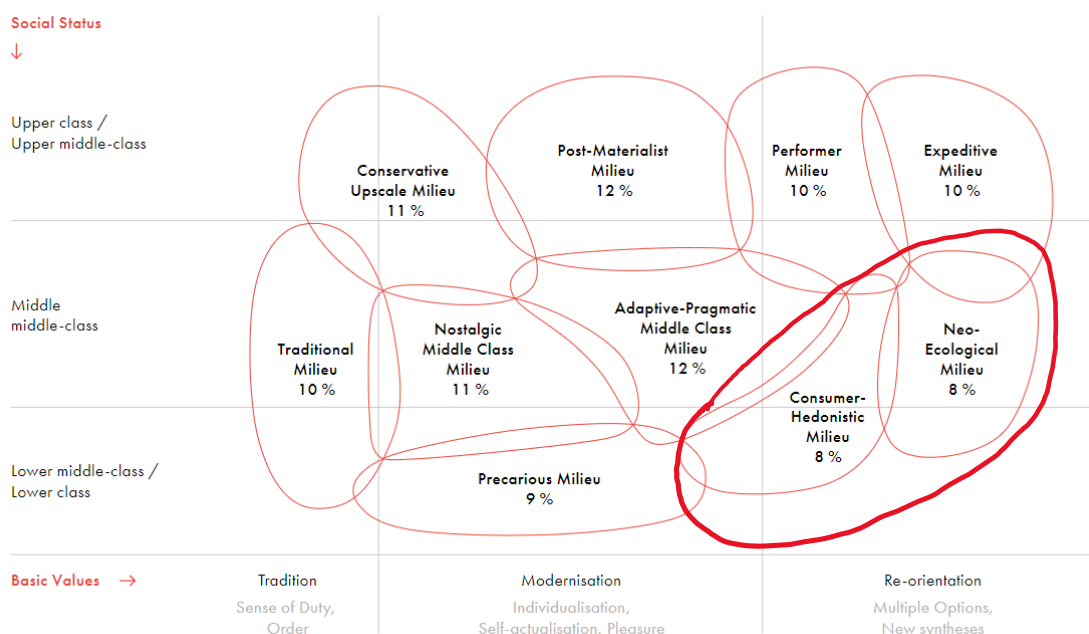


Figure 2 German Sinus Milieus
(Sinus-Milieus Germany, no date)

Consumer hedonistic milieu

Age	Marital status	Net household income
Ø 44 (26% are under 30)	51% unmarried 35% single	Ø 3.252 €

Table 3 Consumer hedonistic milieu

(see 'Die Sinus-Milieus[®] in Deutschland Infopaket für Studierende', 2022, p. 61) (own table)

The consumer hedonistic milieu primarily encompasses individuals situated in the lower middle class who prioritize consumption and seek entertainment as a means of experiencing enjoyment in the present moment. These individuals have a pronounced desire for recognition and validation. While they exhibit professional adaptability, they possess a strong inclination towards leisure escapism. Consequently, they tend to be spontaneous and carefree in their personal lives, while often conforming to social norms in their professional roles. These time-outs serve as opportunities for them to seek liberation and indulge in experiences that bring them fulfilment and satisfaction (see *Die neuen Sinus-Milieus[®] 2021, 2021*).

Neo-ecological milieu

Age	Marital status	Net household income
Ø 40 (35% are under 30)	54% unmarried 42% single	Ø 3.337 €

Table 4 Neo-ecological milieu

(see 'Die Sinus-Milieus[®] in Deutschland Infopaket für Studierende', 2022, p. 47) (own table)

People in the neo-ecological milieu strive for a pragmatic implementation of sustainable alternatives in everyday life (see 'Die Sinus-Milieus[®] in Deutschland Infopaket für Studierende', 2022, p. 46). They are the drivers of the global transformation with optimism and a mentality of departure combined with a pronounced problem awareness of the planetary challenges (see *Die neuen Sinus-Milieus[®] 2021, 2021*). Strong self-development ideals are shared, including creativity, independence, self-determination, authenticity, willingness to experiment with various lifestyles, curiosity about other people, and empathy for minority and foreign cultures (see 'Die Sinus-Milieus[®] in Deutschland Infopaket für Studierende', 2022, p. 46). They are living sustainably but without sacrifice (see 'Die Sinus-Milieus[®] in Deutschland Infopaket für Studierende', 2022).

2.5 Answering the partial questions

The partial questions play a pivotal role in laying the foundation for the expert interviews and the subsequent elaboration of the concept. They will be answered in the following, referring to the theoretical foundation of this paper.

Is there an offer in the adventure travel market targeting millennials and their mental well-being on multi-day adventure trips?

The market analysis (see Chapter 2.2.1) demonstrates the existence of diverse offerings catering to millennials. The experiences offered are exclusively for individuals within their age group. These offerings acknowledge the preferences and characteristics of millennials, recognizing the value they place on shared experiences and connections with like-minded travellers. However, it is noteworthy that none of these existing offers specifically prioritize the aspect of mental well-being. The primary focus lies on adventure and physical challenges (see Chapter 2.2.1). In contrast, adventure tours emphasizing the mental well-being of participants are typically provided by mental health coaches. Nevertheless, it remains unclear whether these tours adequately address the specific needs of millennials. The five coaching travels seen in the analysis do not provide conclusive evidence regarding the participation of millennials or the extent to which their unique requirements are taken into consideration (see Leeb, 2023; see *Bergwanderung mit Roman Müller*, 2023; see 'ZRM®-Trekking Allgäu - Selbstmanagementkurs & Trekking', no date; see Birke, no date; see Pfaffenbach, 2022).

Therefore, it can be said that there are offers targeting millennials in the adventure tourism market, yet there is an absence of emphasis on mental well-being. It remains uncertain whether the existing coaching trips effectively cater to the unique needs and motivations of millennial participants. It can be evaluated, that no offer specifically targets millennials and the enhancement of mental well-being on multi-day adventure trips.

Are there existing benefits of outdoor adventure tourism?

The benefits of outdoor adventure tourism have been observed by the author in her first-hand experience as an outdoor guide and are supported by findings from literature research (see Chapter 2.2.3). Engaging in adventurous activities is contributing to overall well-being. Additionally, being in natural environments, a key component of adventure tourism is associated with advantages. The presence of social relationships within these activities can further enhance mental well-being, and the

positive effects of physical activity are demonstrated. Therefore, it can be concluded that there are existing benefits of outdoor adventure tourism, that are enhancing mental well-being.

Adventure tourism is evaluated as a useful tourism form for implementing further modules. These modules can enhance the existing benefits and additionally, add components to improve the mental well-being of the participants.

Is there a target group for a modular concept for multi-day adventure travel that enhances the mental well-being of millennials from Germany?

The growth of the adventure tourism market and the emerging trends towards mindfulness and well-being are highlighting a tendency towards addressing these topics (see *2022 Adventure Travel Industry Snapshot*, 2022). Especially millennials exhibit a strong inclination towards self-development and personal wellness when travelling (see Cavagnaro, Staffieri and Postma, 2018). Their preference for traveling with like-minded individuals (see Ziegler, 2018) indicates further that the target group of millennials will book a group travel. Moreover, travel is perceived as a status symbol, as millennials are prioritizing experiences over material possessions (see Wagener, 2020, pp. 293–294). Their mindset is centered around embracing the present moment and pursuing immediate experiences (see *Die neuen Sinus-Milieus® 2021*, 2021).

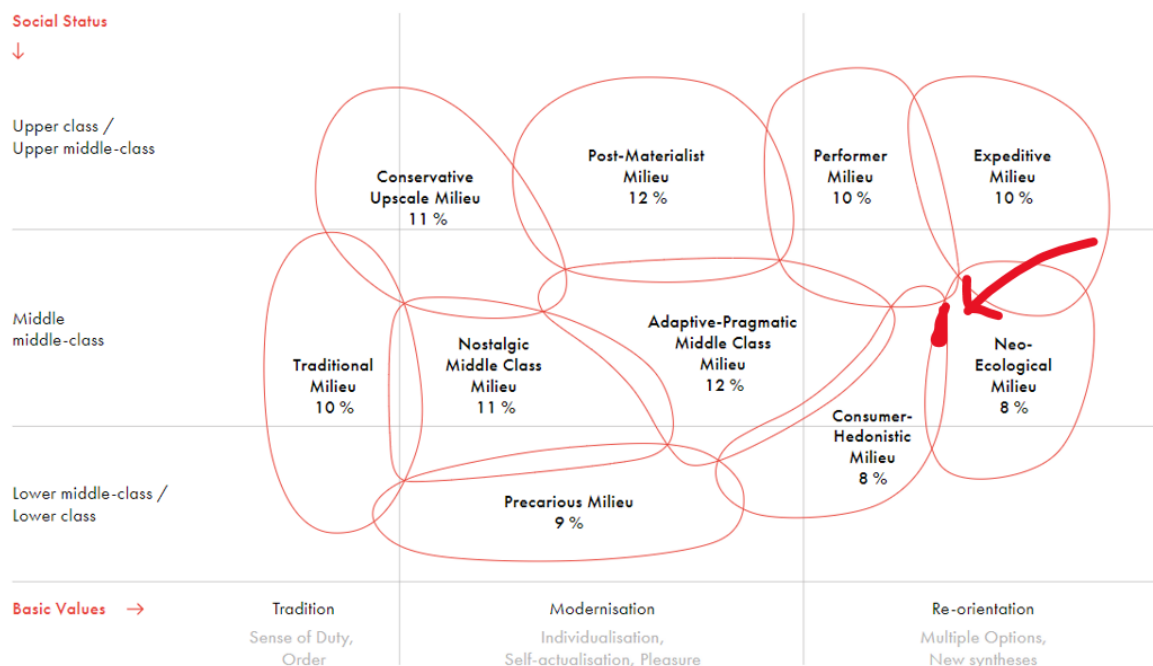


Figure 3 Target group of this paper
(Sinus-Milieus Germany, no date)

The Sinus Milieus analysis (see Chapter 2.4.2) reveals the existence of a target group encompassing the consumer hedonistic milieu, characterized by a strong inclination towards leisure escapism and a desire for fulfilling experiences. Additionally, the neo-ecological milieu holds ideals regarding self-development (see *Die neuen Sinus-Milieus® 2021*, 2021). The intersection of these two milieus defines the target group for the modular concept, indicating their receptiveness to such offerings.

The target group belongs to the middle to high class, mostly having a university degree (see *Zielgruppe: Millennials in Deutschland*, 2023, p. 7). The concept primarily targets individuals born between 1980 and 2000, who espouse values associated with modernity and new directions. This paper focuses on travellers that have no children and who are mostly single. This gives them the freedom to travel individually and explains their interest in group travels.

3 Methodology

By combining theoretical research, expert interviews, and the experience of the author this paper provides a contribution to the field of adventure travel and mental well-being.

3.1 Literature research

To lay the foundation for this paper, a literature search was conducted to elaborate the definitions of the key terms and to establish further concepts. This involved consulting various sources, including books, statistics, and journal articles, to gather existing research in the field. The insights gained from this initial exploration served as the fundamental framework for this thesis, shaping its direction and providing a basis for further investigation.

To develop effective tools for enhancing mental well-being, an analysis was conducted, considering various methods and approaches. To organize and synthesize the diverse range of sources, a table was created (see Appendix 1), allowing for a systematic examination of the available information. Through this process, four primary tools emerged as key contributors to promoting mental well-being (see Chapter 2.2.2).

3.2 Expert Interviews

The qualitative research method chosen for this paper is semi-structured expert interviews. This allows a systematic exploration of the research topic while giving participants the opportunity to express their experiences in their own words. Experts were chosen from the adventure tourism and mental health field, including participants, guides, and coaches. The interviews were conducted via the online platform MS Teams to allow for convenient and efficient communication. Since the work focuses on the German market, the interviews were executed in German.

3.2.1 Preparation

Interview participants were selected through purposive sampling to cover diverse perspectives and experiences. When deciding which individuals of the population to include in the study, the researcher used her judgment (see Robinson, 2014). To initiate the interviews, contact was established through email (see Appendix 3), WhatsApp, or phone calls, providing an overview of the study's purpose and objectives. Furthermore, an interview guideline was sent to ensure the understanding of the study (see Appendix 4). Furthermore, a declaration of consent was sent to ensure their approval of the recording and transcription of the interviews (see Appendix 5).

The interviews are conducted in a semi-structured manner, with prepared questions serving as a guide (see Appendix 4). These questions are based on the literature review and the experience of the author. The purpose of the guide is finding a balance between allowing for a wide range of responses and maintaining research interest (see Helfferich, 2022, p. 876). The semi-structured interview method allows for flexibility during the interview so that additional questions can be added, or the order adjusted as needed (see Kallio *et al.*, 2016). This ensures that relevant information and insights are gained while leaving enough room for spontaneous answers and additional comments.

3.2.2 Execution and evaluation

The interviews were conducted using the MS Teams platform. Before the interview started, the participants were given further information about the paper. The interviews were recorded and translated to allow for an accurate and comprehensive analysis of the data obtained (see Appendix 5). The translated transcription serves as a basis for this paper (see Appendix 6). In order not to disturb the reading flow of the work, the interviews translated into English were used for the work and partly quoted directly. The original German version can be found in the appendix (see Appendix 5.1- 5.8). Qualitative content analysis (see Mayring, 2019) is used for the evaluation of the transcripts.

Categories were identified, providing a structured approach to the evaluation (see Appendix 7). It became important, to read through the interviews, having the research question of the thesis in mind to identify the most important aspects of the interviews. A mixture of deductive and inductive methods is chosen. The categories, detected by the literature research (deductive approach), served as a basis for the evaluation (see Pfeiffer, 2018). They were then expanded by categories taken from the interview material, depending on which aspects the interviewees regularly address (inductive approach) (see Pfeiffer, 2018).

3.2.3 Transparency, scope, and intersubjectivity

A comprehensive analysis and critical examination of the research findings is essential to maintain a scientific approach. While traditional criteria derived from test theory, such as objectivity, reliability, and validity, do not directly apply to qualitative approaches, introducing entirely separate criteria poses its challenges (see Mayring, 2014, p. 14). As there are no standardised criteria for the examination of the qualitative research, it will be analysed on the criteria of transparency, scope, and intersubjectivity (see Genau, 2020).

Transparency is an essential characteristic of this research project, as it ensures that the entire process is documented and presented in a clear and comprehensible manner for the reader. By providing a detailed account of the research methodology, including the selection of participants, data collection procedures, and data analysis techniques, the research aims to promote openness and clarity. This transparency not only enhances the credibility and trustworthiness of the study but allows for potential replication and further examination of the findings by other researchers.

In terms of **scope**, it is important to note that while similar results may be obtained through repetition, the findings of this qualitative research are specific to the individuals who were interviewed and cannot be generalized to a larger population. Therefore, this paper presents the research within the confines of its limitations, acknowledging that the findings are based on the author's knowledge and beliefs.

The paper is **intersubjective** as it recognizes that the interpretation and discussion of the findings are not solely reliant on the author's perspective. Instead, multiple viewpoints and perspectives, including those of participants, experts, and other researchers, are considered, fostering a more nuanced understanding of the research. This approach promotes a deeper level of analysis and encourages readers to critically evaluate the findings considering their knowledge and experiences.

3.2.4 Participants

For this paper, it was decided to interview eight experts, three guides, three participants, and two coaches. This number was chosen as by interviewing a larger number of experts, the likelihood of covering different perspectives, opinions, and experiences increases. Furthermore, multiple interviews with experts can strengthen the validity of research findings. Each expert brings specific domain knowledge and individual experiences. This allows for a more comprehensive analysis of the topic. By comparing multiple sources of information, potential inconsistencies, commonalities, and complements can be identified.

Additionally, interview requests were sent out to the other coaches that offer multi-day outdoor tours with a focus on mental health, which was mentioned in chapter 2.3.1 of this paper. Marcel Leeb and Anja Hume replied that they have no capacity for an interview (see Appendix 2.1 and 2.2), whereas there was no answer from Roman Müller and Christian Birke. There was furthermore no reply from some tour guides that were contacted.

In the following, the experts from the conducted interviews are shortly presented.

Maria Rienow is a German guide. Her first contact with guiding was made in 2022 when she worked in northern Sweden as a tour guide for trekking and canoe tours for the arctic-mountain-team (see Rienow, 2023, min. 00:38-01:19). Right now, she is studying sport tourism in Cologne and working as a freelance guide. Her experience was valued as crucial for this work, as she was working four months without disruption and had mixed groups with millennials and other generations (see Rienow, 2023, min. 08:32-09:18). Because of her age of 27 years, she can understand the Generation Y and give more insights. The author of this study had a professional connection with the guide through their previous employment at the same outdoor company in Sweden.

The second guide interviewed was **Klara Latz**, 34 years old. She started working as a guide ten years ago in irregular periods. With guiding a variety of tours from two to 18 participants which lasted two days to three weeks, (see Latz, 2023, min. 00:17-01:21) she has gained a wide spectrum of experiences on outdoor tours. Because of her age and the many experiences, she has obtained, she was deemed a good expert for this study. The initial contact between the author and Klara was established during a guide training program conducted in the Alps in March 2023.

At the same guide training, contact with **Dustin Rottmann** was initiated. Dustin is 31 years old and working as a Compliance Officer in Supply Chain Management and Operations at a pharmaceutical company. He is taking a sabbatical for three months and working during this time as a guide for the company Hüttenleben. Before his work as a guide, he actively participated in various adventure tours,

gaining valuable first-hand experience in the field. As a male guide, he brings a different perspective and offers diverse insights into the subject matter.

The participants of the outdoor adventure tours are chosen, according to their demographic data and how they fit into the target group. All participants are between 27 and 30 years old, have no relationship or children, and have a university degree. As the author is working as a freelance guide for Hüttenleben, contact with Bernice, Mirka, and Eva was established through this company.

Bernice Huber was selected as an expert for this study due to her relevant experience as a participant in outdoor adventure travel. Her recent travel destinations have included Central and South America (see Huber, 2023, min. 00:15-01:29). Furthermore, her educational background in IT management and current occupation in the field includes her in the target group of this study.

Mirka Scharf participated at the age of 27 in an outdoor adventure journey, making her a participant within the target age range. She studied for both bachelor's and master's degrees in biotechnology and is currently working as a project manager in a technology company. Mirka engaged in an adventure travel experience in Albania with participants ranging in age from 22 to 36 (see Scharf, 2023, min. 00:14-01:45).

Eva Böhnlein participated at the age of 27 in a multiday trekking adventure on the Kungsleden trail in Sweden. This hiking experience involved a hut tour with four other participants, providing valuable insights into the dynamics of a small group adventure (see Böhnlein, 2023). Eva's professional background as a teacher adds an interesting perspective to the study. Her experience and observations from the trekking adventure in Sweden contribute to the overall understanding of the participants' experiences and their potential implications for mental well-being.

Furthermore, **Cordula Nussbaum**, a German coach and speaker was chosen for this paper. She studied psychology and journalism in Munich and has several bestselling books. With her unconventional ways of self-management and coaching, she is one of Germany's leading speakers (see Nussbaum, 2015, p. 330). Because of her psychological background and her mentality (see Nussbaum, 2015), she was selected for the expert interview.

Laura Pfaffenbach has been assisting women since 2019 with their self-development through her company "Pfade finden" (See Pfaffenbach, 2021). By combining travel with coaching techniques, Pfaffenbach offers a unique approach that allows participants to step out of their familiar surroundings and gain new perspectives (see Chapter 2.3.1). Her company was found during the online research. Pfaffenbach's expertise in this area led to her selection for an expert interview.

4 Results

In the following part, the hypothesis will be answered by putting the results of the expert interviews and the literature research into context.

4.1 Answering the hypothesis

There is a need for a modular concept for multi-day adventure travels that enhances the mental well-being of millennials from Germany.

The interviews show a tendency of the experts. Mirka express a strong interest in adventure tours that prioritize mental health, stating that she “would definitely do it” (Scharf, 2023, min. 17:51). Laura Pfaffenbach, who is offering coaching tours, sees the need for this concept (see Pfaffenbach, 2023, min. 01:09). Additionally, Dustin recognizes the benefits associated (see Rottmann, 2023, min. 16:30). This need seen depends on several factors identified during the assessment of the hypothesis.

Market gap

The research conducted reveals the absence of a specific offering focusing on mental well-being in the adventure tourism market that caters specifically to the needs of the millennial generation (see Chapter 2.2.1). Existing offers in the market tend to adopt a more general approach, targeting a broader range of age groups and demographics (see Chapter 2.2.1). The perceptions of adventure tour participants stress that existing tours primarily focus on physical challenges, neglecting the aspect of mental well-being (see Huber, 2023, min. 13:34).

Well-being trend

Based on the findings in the literature, it is evident that the millennial demographic presents an opportunity to introduce a concept catering to their specific needs, as they put their focus more on mental health (see *2023 Global Travel Trends Report*, 2023). Cordula Nussbaum highlights this by emphasizing that the current generation is characterized by a strong inclination towards self-reflection and contemplation about the meaning of life (see Nussbaum, 2023, min. 18:04). The trends in society are seen by the adventure guides, that see a tendency towards the focus on well-being and wellness (see Latz, 2023, min. 14:01; See Rienow, 2023, min. 15:17).

Escape from the stressful everyday life

Millennials exhibit a strong orientation towards performance and achievement, often neglecting their mental well-being in the process. However, it is important to recognize that without cultivating mental strength, attaining desired levels of success may be hindered (see Nussbaum, 2023, min. 18:04). The guide Dustin Rottmann (2023) stated that the growing workload, increased digital media consumption, and constant external influences have led to a significant lack of mental well-being in the western society. With minimal rest periods and continuous engagement in work-related responsibilities, individuals find themselves constantly overwhelmed (see Rottmann, 2023, min. 14:48). Dustin stresses that vacations which prioritize mental health become increasingly relevant (see Rottmann, 2023, min. 14:48). Despite the commitment to their jobs, the target group has a strong desire for leisure activities that allow them to escape from their daily routines and seek novel experiences (see *Die neuen Sinus-Milieus® 2021*, 2021). The concept being within adventure tourism will give the participants this opportunity to engage in activities that are challenging while focusing on mental well-being.

Benefits of adventure tourism

Furthermore, by the exploration of the positive benefits associated with adventure tourism, it was seen that there is an opportunity to develop a concept within this domain (see Chapter 2.3.3). The identified benefits encompass various aspects, including the positive impacts of physical activity, the fostering of social relationships, and the profound influence of nature (see Chapter 2.3.3). The benefits for mental well-being on outdoor adventure tours are experienced by participants and seen by the guides. The participants describe it as a feeling “that your head is clearing” (Huber, 2023, min. 03:56), highlighting the positive influence of nature on their well-being (see Latz, 2023, min. 03:40). They experience the mental benefits as a side effect (see Böhnlein, 2023, min. 11:28; See Scharf, 2023, min. 4:39) without any specific efforts to achieve them. By recognizing and harnessing these factors, it becomes evident that integrating a mental well-being component into adventure tourism is both feasible and advantageous. This approach not only capitalizes on the existing benefits of adventure tourism but also records the potential for including further modules.

A need is seen, as the research findings indicate a gap in the adventure tourism market when it comes to addressing the specific needs and preferences of millennials in terms of mental well-being. The combination of high expectations, competitive work environments, and constant connectivity through technology can result in increased stress and mental strain. The implementation of a concept that prioritizes mental well-being can serve as a tool in addressing these challenges. Furthermore,

adventure tourism is a significant field to include modules improving well-being by valuing the existing benefits. Therefore, it can be concluded that there is a need for a modular concept for multi-day adventure travels that enhances the mental well-being of millennials from Germany.

4.2 Framework

As seen before, there is a need for a modular concept. In the following the framework of an adventure tour is presented that will support mental well-being and additional modules are elaborated. The concept will focus on modules during the tour. It was seen that it is important to have proper preparation (see Huber, 2023, min. 04:47) and follow-up, but this would exceed the scope of this paper. For the elaboration of the framework and the modules, the literature research, the expert interviews, and the experiences and knowledge of the author are used, ensuring its practical applicability and relevance to the target audience. For this paper wellness adventure tourism plays a role. Wellness adventure tourism recognizes the interconnectedness of various dimensions of well-being and aims to foster a more comprehensive and balanced experience (see Chapter 2.1.6).

The concept is referring to soft adventure activities that include a perceived risk and will be carried out by a guide. The primary objective of this concept is to facilitate personal development among participants while providing opportunities to overcome challenges. This type of tourism involves participants venturing beyond their familiar surroundings and actively interacting with nature through various physical activities.

4.2.1 Group structure

In the following the framework related to the group and the guide is evaluated.

Form of travel and group size

As social relationships are a key element of happiness and connected to mental well-being (see Copeland, 2022), the chosen form of travel is an organized group journey with a guide. Social connections are seen as the “most important inner drive that we humans have” (Nussbaum, 2023, min. 12:24). Millennials furthermore have the desire to connect with like-minded travellers during their vacation, which makes the group travel a suitable travel type (see von Corvin, Grass and Pointer, 2018; See Ziegler, 2018). The interaction among group members is a central aspect of the group dynamic and has a profound influence on the overall experience. To maintain a meaningful level of interaction, Wiedemann recommends limiting the group size to a maximum of 15 participants (see

Wiedemann, 2019). The optimal size of a group according to Bohinc is eight people (see Bohinc, 2022). Participants find the ideal group size from “five or a few more” (Böhnlein, 2023, min. 03:10) to “ten to twelve” participants (see Scharf, 2023, min. 07:27). Guides, as noted by Klara and Dustin, tend to aim for group sizes between seven and ten participants (see Latz, 2023, min. 16:13; see Rottmann, 2023, min. 04:13). Cordula Nussbaum suggests keeping the group size to twelve participants (see Nussbaum, 2023, min. 11:18). On the other hand, Laura Pfaffenbach has found the best experience with a smaller group size of eight participants (see Pfaffenbach, 2023, min. 05:58). A smaller group size ensures that the organization of equipment and logistical aspects remains manageable (see Pfaffenbach, 2023, min. 12:21).

Taking all these perspectives into account, the group size should be kept between eight and twelve participants finding a balance between fostering individual connections and ensuring a manageable group dynamic. This size leads to the optimal well-being of the participants as it allows for both individualized experiences and fulfilling social interactions.

Group dynamics

The group dynamic happens on two levels. The recognizable dynamics of the behaviour of the individual group members toward each other and the group leader is the side that is perceptible. The unspoken expectations, fears, and hopes that unconsciously determine the behaviour of the individual group members represent the second level (see Brocher, 2015, p. 37). The second level plays a crucial role in the well-being of participants, as when fostering open communication, well-being can be enhanced. Keeping the group together can result that some people “really outgrow themselves and (...) develop very strongly” (Latz, 2023, min. 18:33). The participant Eva states that “I think that a good group dynamic increases my well-being” (Böhnlein, 2023, min. 05:49). The shared experiences of the participants will give them the feeling positive social relationships are developing naturally and rapidly (see Rienow, 2023, min. 08:32; See Rottmann, 2023, min. 07:01). It is shaped by the challenges that will be overcome together (see Huber, 2023, min. 5:43; see Scharf, 2023, min. 07:27).

Promoting and sustaining group cohesiveness is something the guide may actively and purposefully do to improve the advantages of the adventure concept (see Sibthorp, Paisley and Gookin, 2007).

People outside of their normal environment

It is still interesting for Millennials to have contact with travellers outside of their “own bubble” (Scharf, 2023, min. 15:27). The guide Maria states that millennials derive advantages from interacting with individuals outside their regular social circles, including engaging with older generations and gaining

insights from their life experiences (see Rienow, 2023). According to Cordula Nussbaum, a different age structure will lead to distinct outcomes. When an older generation exhibits an openness towards similar topics, it can be an additional dimension for the millennials in their travel (see Nussbaum, 2023, min. 16:20). The literature describes that millennials like to stay among people with the same interest (see von Corvin, Grass and Pointer, 2018; see Ziegler, 2018) and within their comfort zone (see Ziegler, 2018). Therefore, it is advised to offer the tour exclusively to Millennials, providing opportunities to connect, relate, and build meaningful connections based on their common age, while appreciating and valuing the diverse range of backgrounds and experiences within this specific demographic.

Guide

The effective leadership of an adventure tour requires a trained guide who possesses specific skills and competencies. Chapter 2.3.4 highlights the essential skills that a guide should possess to provide a safe and engaging experience for the participants. The guide is making a “big contribution to improving mental well-being and keeping the group together and being responsive to everyone” (Rottmann, 2023, min. 07:01). Furthermore, the guide should foster an environment where open and respectful communication is valued, allowing individuals to express their thoughts and feelings honestly, ensuring their integration within the group (see Rottmann, 2023, min. 07:48). This gives participants the opportunity to be authentic during the tour (see Scharf, 2023, min. 5:45).

Based on the findings, it can be inferred that maintaining a group size of between eight and twelve participants is recommended to facilitate a positive group dynamic during multi-day adventure travels. The concept is only targeting millennials, as they have the same values while meeting people outside of their usual environment. Moreover, the guide plays a vital role in shaping the group dynamic by being attentive to the unspoken expectations, fears, and hopes of the participants. By creating an environment that encourages open communication and respect, the guide can establish a framework that facilitates the natural evolution of group dynamics.

4.2.2 Duration

To optimize the experience and accommodate the vacation constraints of German workers, it is recommended to plan the adventure from Saturday to Saturday (see Scharf, 2023, min. 00:45). This timeframe gives the possibility to “switch off from whatever is going on in everyday life” (Latz, 2023, min. 16:45). As an initial experience, the one-week duration was deemed satisfactory and fulfilling (see Böhnlein, 2023, min. 03:37). According to participant Bernice, a duration of four days is sufficient for her as she experiences boredom afterward (see Huber, 2023, min. 14:20). Laura Pfaffenbach stresses that, an optimal duration for her coaching travels is four days. This timeframe allows her to effectively incorporate all her coaching inputs (see Pfaffenbach, 2023, min. 04:24).

The literature discusses the debate on whether it is more beneficial to plan one long vacation or multiple shorter ones. Röttker (2017), Vorbringer and Almeida Vergara (2022) argue that it is more advantageous to schedule multiple trips throughout the year rather than a single extended vacation. This approach allows for more frequent breaks and diverse experiences. Considering that the minimum number of vacation days allocated to German workers is typically 24 working days per year (see ‘Mindesturlaubsgesetz für Arbeitnehmer (Bundesurlaubsgesetz)’, 2013), the Saturday-to-Saturday timeframe provides a suitable balance leaving enough holiday days for other trips.

A seven-night duration provides participants the opportunity to fully engage in the activities and detach from their daily lives, while ensuring the trip remains captivating for millennials. Additionally, this timeframe allows participants to have sufficient vacation days for other purposes and is therefore enhancing the well-being of the participants not only during the trip but allowing further vacations.

4.2.3 Accommodation

The choice of accommodation on multi-day adventure travel can include huts or tents, with each option offering distinct advantages. The participant Bernice expressed a preference for cabins due to their comfort (see Huber, 2023, min. 15:04). The reduced luggage requirements further add to their appeal, offering convenience during travel (see Huber, 2023, min. 15:04). The guide Klara mentioned the advantages of having a fixed accommodation, which provided a space for socializing and facilitated social activity among the group members (see Latz, 2023, min. 10:12). Eva mentioned her preference for staying in the huts due to the challenges associated with carrying and setting up a tent, as well as the unpredictable weather conditions (see Böhnlein, 2023, min. 14:41). Additionally, choosing dorm rooms as an accommodation option can enhance the feeling of adventure and promote social relationships among participants (see Scharf, 2023, min. 11:52). Because of the need of Millennials to

connect with the local culture (see Nissel, 2020, p. 33), huts can offer a more immersive experience, as it is possible to connect with locals (see Scharf, 2023, min. 09:10).

On the other hand, the participants described the mental benefits of sleeping in a tent and the feeling of independence and self-sufficiency. This experience evokes a sense of freedom and self-reliance, as it is possible to set up the tent in any location (see Huber, 2023, min. 15:04; see Rienow, 2023, min. 01:52). The advantages of camping are, particularly in good weather conditions, providing a more immersive experience and is perceived as “cooler” (Böhnlein, 2023, min. 14:41). This mode of accommodation is allowing the participants to live out of their backpack, carrying all the necessary supplies and belongings with them throughout the journey (see Rienow, 2023, min. 01:52). Sleeping in tents can enhance the feeling of going outside of one’s comfort zones, as it provides a unique challenge to step away from traditional accommodations and embrace a more adventurous experience (see Pfaffenbach, 2023, min. 03:39). The tent can provide a sense of comfort as it offers a small, isolated space, providing a sense of privacy (see Latz, 2023, min. 17:12).

Because Millennials want to have a feeling of individualisation and self-determination during their vacations (see Nissel, 2020, p. 33), it is important to ensure spontaneous and individualistic planning, during the tour allowing participants the freedom to decide on their desired experiences (see Rottmann, 2023, min. 07:48). Camping can facilitate this factor when the route can be adapted during the itinerary giving the participants choices. However, when a fixed route is planned and camping is only allowed in certain spots, the route may not be as flexible since specific locations have been pre-determined for each day.

The choice of accommodation primarily depends on the external circumstances, as some environments only offer one kind of accommodation. However, when considering the advantages of hut and tent tours for mental well-being, it becomes apparent that both options have their merits. The author cannot make one clear recommendation, as the decision should consider a range of factors. These factors encompass the terrain and weather conditions, the level of experience within the group, the distances to be covered, the nature of the activities involved, and any pertinent local regulations or guidelines. It is possible to combine both kinds of accommodations to combine the benefits (see Pfaffenbach, 2023, min. 03:39).

4.2.4 Travel type

While traditional package holidays do not appeal to Millennials, they still value convenience, affordability, and packaged experiences. To reach this target audience, a reinvention of the package holiday is needed, moving away from the fixed package and the all-inclusive image, towards a flexible combination of core services and optional ancillary services (see von Corvin, Grass and Pointer, 2018). Therefore, the tour should not be marketed as a packed tour due to its negative connotation among Millennials (see Fuchs *et al.*, 2008).

Participants see the benefits of organized tours as there is no need “to think about certain things that you would think about when you travel individually” (Scharf, 2023, min. 03:35). Eva states that she “did not have to worry about anything” (Böhnlein, 2023, min. 00:55). Dustin observed a tendency among some individuals to passively follow guided tours relying on tour operators to provide them with pre-packaged experiences, seeking convenience and a sense of security in having everything handed to them (see Rottmann, 2023, min. 07:48). This, in turn, allows individuals to redirect their mental capacity towards different matters and engage with alternative topics that may not receive as much attention or contemplation in their everyday lives (see Scharf, 2023, min. 03:35). Because of the limited time and mental resources millennials have in their everyday lives (see Nussbaum, 2023, min. 18:04), they stress the convenience of having everything arranged in advance (see Böhnlein, 2023, min. 00:55). For some participants it is the first time doing an adventure trip and they do not have the confidence to plan and coordinate the tour on their own (see Böhnlein, 2023, min. 00:55).

Therefore, it is advised that everything is organised, including guidance before and after the itinerary, transportation at the destination, accommodation, all activities related to the travel (adventure activities and activities to enhance mental health), guide, and food. The form of an all-inclusive packaged tour gives the participants the opportunity to focus on their well-being. As the participants still value individualisation (see Fuchs *et al.*, 2008), the tour should not have the connotation of a packaged holiday and offer enough space for individual exploration. This can be done by including modules into the itinerary, like free time, and giving the participants a say with certain decisions like Dustin stated: “Then I deviated from my plans and said, hey, cool idea, and then discussed it with the group. And I think that then leads to the well-being increasing even more” (Rottmann, 2023, min. 07:48).

4.1.5 Free time

It is beneficial to incorporate free time into the journey (see Pfaffenbach, 2023, min. 04:24). Participants find it important to have time for themselves during the tour, as it gives them a feeling of autonomy and individualisation (see Böhnlein, 2023, min. 12:48; see Huber, 2023, min. 07:25). During that time, it is possible to reflect (see Nussbaum, 2023, min. 12:24) and participants are encouraged to connect with their thoughts and emotions without distractions. Given the constant new impulses and demanding schedules in everyday life, it becomes crucial for individuals to have free time during their holidays to disconnect without the pressure of constantly achieving or accomplishing and refrain from rushing from one activity to the next (see Nussbaum, 2023, min. 10:20). It gives participants time to socialize and connect outside of planned activities. When being in stillness and having a distance from everyday life, the opportunity evolves to look at oneself and one's life (see Kitzler, 2019). This can be achieved through specific periods for individual exploration, free time during the day, or rest days. These periods allow participants to get a feeling of self-actualisation, as they can organise their time depending on their own needs which leads to well-being.

4.2.6 Nutrition

Nutrition plays a crucial role for the target group, as it aligns with their lifestyle choices (see Stockman, 2019). The rise of vegetarianism among Millennials is evident, with an increasing number of individuals adopting this dietary preference (see *Vegetarier in Deutschland*, 2022). The trend is recognised by adventure guides (see Rienow, 2023, min. 09:41; see Rottmann, 2023, min. 10:22). Even participants who are not strictly vegetarian express a preference for a diverse range of vegetable options in their meals (see Scharf, 2023, min. 10:58). Additionally, the importance of regional food choices is emphasized by both guides and participants (see Rienow, 2023, min. 09:41; see Scharf, 2023, min. 09:10). By eating regional, the participants will get the feeling of an authentic experience. Furthermore, stated as important are the high-quality balanced food options, including healthy snacks, avoidance of ready-made meals, limited sugar intake, and adequate protein and vegetable content (see Huber, 2023, min. 08:55; see Rienow, 2023, min. 09:41; see Scharf, 2023, min. 10:57).

With millennials often embracing diverse dietary choices, offering a wide range of meal options, it becomes essential that food on the tour is not a fixed concept but is planned together and adapted to individual preferences and dietary needs (see Rottmann, 2023, min. 10:22). This healthy diet can be a challenge for some participants (see Scharf, 2023, min. 10:57) as not every person from this demographic is always eating a healthy and balanced diet. Mirka stated that on her adventure tour she “ate healthier than in everyday life” (see Scharf, 2023, min. 08:25). It is important to avoid excessive emphasis on certain dietary preferences or restrictions, as some individuals may perceive it

as unnecessary or exaggerated (see Rienow, 2023, min. 10:32). To increase the well-being within the group, it can be an option to offer for example chocolate as a snack (see Pfaffenbach, 2023, min. 11:47). Cordula Nussbaum sees sweets, in moderation and not the focus on healthy nutrition at all costs lead to happiness (see Nussbaum, 2019, p. 232-235).

The benefits resulting from a healthy diet and adapting the food to the Millennial's needs, will enhance their mental well-being.

4.2.7 Challenges

The tour should offer experiences that are seen as challenging and must be overcome. These challenges can take various forms, such as engaging in activities that push individuals out of their comfort zones and foster personal growth. This can involve physical or mental challenges arising from the activities themselves, the companionship of fellow travellers, or the natural environment. Being together with strangers can be a challenge (see Rienow, 2023, min. 01:52), especially behaving in a big group (see Rottmann, 2023, min. 12:13). It should be kept in mind, that the participants may have pre-existing challenges that they bring into the experience (see Pfaffenbach, 2023, min. 07:42).

Different levels within the group

It is important to recognize that the difficulty of the challenges can vary among participants, as highlighted by Dustin who stated: "What wasn't challenging at all for some was very, very challenging for others" (Rottmann, 2023, min. 13:08). Managing heterogeneous skill levels among group members poses a significant challenge for the guide and the participants, specifically when it involves accommodating different paces, necessitating the crucial aspect of patience (see Rottmann, 2023, min. 13:08). Accepting the position of being the slowest member can be particularly challenging (see Rottmann, 2023, min. 13:08). It becomes crucial for the guide to find adaptations and provide alternative options to ensure inclusivity and accommodate varying skill levels and capabilities.

Physical challenges

The evaluation of challenges encountered in the itinerary reveals that outdoor adventure guides and participants recognize the physical challenges involved (see Huber, 2023, min. 00:46; see Rottmann, 2023, min. 13:08; see Scharf, 2023, min. 01:52). However, these physical challenges are actively sought after by participants, as expressed by their desire for the challenge, as Bernice stresses: "It was a challenge, but I wanted the challenge" (Huber, 2023, min. 16:22). Overcoming those challenges leads

to well-being and a feeling of autonomy (see Huber, 2023, min. 11:24; see Scharf, 2023, min. 01:52). Bernice describes using her mental strength to overcome challenges and physical obstacles (see Huber, 2023, min. 16:40). This practice of strengthening resilience contributes to overall mental well-being.

Living without luxuries

The challenge of living without the luxuries commonly experienced in Western society and embracing limited resources, can further contribute to well-being (see Rienow, 2023, min. 14:14). This minimalist lifestyle, referred to as "living out of your backpack" (Rienow, 2023, min. 01:52), encourages individuals to focus on essential needs and can foster a sense of contentment and appreciation.

Weather

Weather conditions, particularly rain, pose another challenge during outdoor activities. Rather than becoming disheartened, participants learn to adapt, exercise patience, and make the best of the given circumstances (see Böhnlein, 2023, min. 03:57; see Rottmann, 2023, min. 13:08).

Accommodation and nutrition

Other aspects that were seen earlier in this work and are challenging for the participants are sleeping in a tent (see chapter 4.2.3) and nutrition (see chapter 4.2.6).

Considering these points, all challenges should be taken into account by the guide and adapted to the individual participants to optimize their travel experience. Overcoming these challenges allows participants to develop new skills, foster personal growth, and experience a sense of accomplishment. The guide should keep in mind, while promoting autonomy, that it's important to provide support and guidance when needed.

4.3 Additional modules

In addition to the framework, modules can be included in the itinerary to cater to the needs of the target group and enhance their well-being.

4.3.1 Mental coach

Having a mental coach on the tour offers the participants professional support due to their specialized knowledge, expertise, and experience in psychology, personal growth, and self-reflection. An estimated 35,000 coaches offer their services in Germany (see Wuttke and Freund, 2023). While adventure guides can provide physical support during the tour, they may not possess the same level of expertise in addressing the participants' mental well-being. It is noted that the guides only focus “on the physical condition” (Huber, 2023, min. 13:34). Mirka (2023) states that a guide does not have the proper psychological education and would need additional training to cater to the needs required.

Two methods were evaluated as useful, which can be implemented in the tour.

Tour journal

An effective tool to enhance the well-being of the participants is to keep a tour journal (see Rienow, 2023, min. 07:21). Herold (2022) sees it as “the best ways to figure out how you feel and make plans to feel better” (Herold, 2022). Journaling will enhance the personal satisfaction of the participants (see Scherenberg and Pundt, 2023, pp. 240–258). It offers a space for individuals to process their adventure in a structured manner, capturing meaningful moments and being grateful (see Nussbaum, 2023, min. 01:43). This written self-reflection offers a good opportunity for personal growth (see chapter 2.2.2). Guided prompts can be a useful tool, giving the participants impulses to reflect (see Nussbaum, 2019; see Göbbels, 2022, pp. 114–115; see Pfaffenbach, 2023, min. 09:17). These prompts can be tailored to specific areas such as personal goals, past experiences, encountered challenges, or newfound insights during an adventurous journey. They can furthermore serve as a source of inspiration and a reminder of the participant’s capabilities (see Schlösser, 2019).

Group reflection

Lead by the coach can be group reflection sessions with guided discussions. This is wished for by the target group, as millennials want to experience their journey with like-minded travellers (see Scharf, 2023, min. 04:39). In group sessions, the participants can learn from their fellow travellers and the

other perspective and get a feeling that they are not alone with their challenges (see Nussbaum, 2023, min. 00:30). It allows them to come together and openly share their experiences, insights, and reflections (see Schulte and Liska, 2014). This can be included in the mornings, starting the day (see Scharf, 2023, min. 05:45). Methods used by the coach in the group sessions can include training the own imagination (see Heimsoeth, 2022b, pp. 95–103), like visualization of goals (see Pfaffenbach, 2023, min. 09:17) and positive inner images (see Göbbels, 2022, pp. 90–93). Another idea is to include a storytelling slam, which helps the participants by telling stories and getting feedback afterward the participants, to share and reflect on personal stories in a playful way (see Scharf, 2023, min. 19:25; see chapter 2.2.2).

No further need: Individual coaching sessions

Individual coaching sessions and exercises, as described by Cordula Nussbaum (see Nussbaum, 2023, min. 01:43) and seen in different coaching trips (see Leeb, 2023), are not evaluated as useful for the target group and this concept. Given the group size of eight to twelve participants, there is limited time available for individual coaching sessions. Instead, other activities that hold higher value for the participants, such as spending free time in nature (see Chapter 2.3.3) and engaging in group discussions (see Chapter 4.2.1), should be prioritized.

Incorporating a tour journal and participating in group reflection sessions can be regarded as valuable components that contribute to the enhancement of mental well-being. These activities provide individuals with opportunities for self-reflection and the processing of their experiences during the tour. This leads to personal growth and self-development (see Cavagnaro, Staffieri and Postma, 2018). The expertise and knowledge provided by the mental coach complement the skills and guidance offered by the tour guide and add a layer of psychological support that enhances the overall tour experience.

4.3.2 Mindfulness

Mindfulness originated from Buddhist teachings and its contemporary interpretation refers to the conscious engagement with the present moment without judgment. It involves focusing one's attention on the current experience rather than multitasking or experiencing stress (see Lenarz, 2021). In addition, the balancing activities are seen as a pillar of mindfulness. Examples would be yoga, meditation, relaxation, and breathing techniques (see Lenarz, 2021). Coach Cordula Nussbaum stresses that “mindfulness is one of the core elements for mental health” (Nussbaum, 2023, min. 05:22).

By incorporating mindfulness practices into the adventure journey, participants can build a deeper connection with themselves, nature, and their experiences (see Buiano, 2022). Mindfulness can be integrated into an adventure tour through various approaches.

Nature meditation

One method is incorporating nature meditation (see Pfaffenbach, 2023, min. 09:17), where participants are encouraged to find a comfortable position in nature, and engage in mindful observation of their breath. By asking questions like: “What do we hear, what do we smell, what do we feel?” (Rienow, 2023, min. 06:26), participants are guided to open their senses and be aware of the surroundings (see Latz, 2023, min. 06:54). Research has shown that meditation, including nature meditation, offers several positive benefits for health and mental well-being (see Auerswald, 2018; see Heitmann, 2020). Regular meditation practice has been associated with reduced stress, improved attention and focus, enhanced emotional regulation, and increased overall psychological well-being (see Auerswald, 2018). By incorporating mindfulness practices like nature meditation into an adventure tour, participants have the opportunity to experience these benefits and cultivate a greater sense of presence, relaxation, and connection.

Mindfulness practices

Moreover, the principles of mindfulness can be applied to various activities throughout the day. By engaging in activities with a mindful attitude, individuals can bring their full attention to the present moment, observe their surroundings, and fully immerse themselves in the experience (see Nussbaum, 2023, min. 07:09; see Pfaffenbach, 2023, min. 17:52). This practice encourages a deeper appreciation of the present moment and can contribute to an overall sense of well-being and connectedness. One method is cultivating body awareness during eating, which can have positive effects on mental well-being (see Ottersbach, 2020). Paying full attention while eating, can be integrated throughout the day

to enhance this practice. Through this mindful approach, the body can naturally gravitate towards healthy, nutritious, and energizing foods (see Nussbaum, 2019, pp. 231–237).

A comprehensive review of studies examining the effects of mindfulness in natural settings revealed consistent positive outcomes across various research designs (see Djernis *et al.*, 2019). Moreover, exposure to nature may provide benefits for individuals who are less experienced in mindfulness or who may struggle with maintaining concentration (see Pfaffenbach, 2023, min. 20:17). Natural environment can support the individuals in staying present and grounded, mitigating the risk of losing focus or feeling overwhelmed (see Djernis *et al.*, 2019).

Relaxation training

Systematic relaxation training aims to achieve a comprehensive regeneration. This among other methods includes yoga (see Maierhofer and Schmied, 2020; see Pfaffenbach, 2023, min. 17:52) and gentle stretching (see Rienow, 2023, min. 12:00). Integrating these exercises can help to calm both body and mind (see Scharf, 2023, min. 04:39). Through the practice of yoga, participants not only experience physical relaxation but cultivate a mindset that prepares them for upcoming challenges (see Berghasen, 2020). When practicing yoga in natural settings, finding an optimal location, and having access to specific yoga equipment, such as a yoga mat, may present challenges. However, it is important to recognize that achieving perfection or ideal conditions is not essential for experiencing the mental well-being benefits of yoga in nature (see Rienow, 2023, min. 12:00). The focus should be on the mindful engagement with the body, breath, and the present moment.

Cold exposure

One method integrating mindfulness is the Wim Hof Method (see Carney and Hof, 2017). This method focuses on breathwork, cold exposure, and mindset training to enhance physical and mental well-being. By including the exposure to cold water, participants can be pushed out of their comfort zones. Swimming in cold lakes or the ocean adds another layer of challenge and adventure to the trip. Cold-water immersion can offer various benefits, “including the build-up of brown adipose tissue and resultant fat loss, reduced inflammation that facilitates a fortified immune system, balanced hormone levels, improved sleep quality, and the production of endorphins” (*Welcome to the Official Wim Hof Method Website*, no date). By encouraging participants to take part in cold-water swimming, they can practice mindfulness in the face of discomfort, and cultivate a sense of accomplishment and empowerment. When including the Wim Hof methods in the journey it is important, that either the guide or the mental coach have an appropriate education to offer the experience safely.

Digital detox

Digital detox is having a positive impact on well-being, as it is proven that technology can harm mental health (see Schauder, 2021). It is a method to reduce stress and cultivate mindfulness, by switching off the phones (see Nussbaum, 2023, min. 05:22). Disconnecting from screens, can direct the attention to the present moment, becoming more attuned to their thoughts, feelings, and surroundings. The guide Klara stresses that being away from the phone in the evening, can lead to better sleep (see Latz, 2023, min. 11:15). Not being able to use the phone, can be a challenge for the participants (see Scharf, 2023, min. 13:13) but will overall lead to better mental well-being.

Millennials have a need to share their experiences at home and get recognition from their environment (see Ziegler, 2018). Therefore, it becomes crucial to provide ways to capture the journey. As it is part of the experience that the participants do not use their phones, they are not able to take pictures which can be shared at home. It is advised that the guide takes photographs throughout the journey with a camera. This approach allows millennials to have pictures to share with their social environment at home without the need for continuous interaction with digital devices during the adventure.

No further need: Sleep

Sleep was evaluated as an important factor for well-being (see Chapter 2.2.2). During the interviews it became evident, that there is no need to include further modules enhancing sleep in the itinerary. Mindfulness and relaxation practices as well as digital detox are already leading to enhanced sleep. Overall participants and guides stated: "I'm usually quite tired and fall into bed or the tent" (See Huber, 2023, min. 09:30), "I have always slept very well on the tours" (See Rienow, 2023, min. 11:13), "I fell into bed dead tired every night and I wasn't groggy in the morning when I woke up" (See Scharf, 2023, min. 11:52), "I always slept very well" (Böhnlein, 2023, min. 09:43). Therefore, there was no need seen to include an extra module concentrating on sleep.

4.3.3 Skill development

Providing skill development opportunities within the context of outdoor activities offers participants the chance to acquire new knowledge and abilities. One area of interest and potential value for participants is the acquisition of survival skills (see Latz, 2023, min. 12:02; see Rienow, 2023, min. 13:13). This includes how to light a fire in the wilderness see (Rienow, 2023, min. 13:13) and the knowledge about knots (see Pfaffenbach, 2023, min. 13:43- 17:38). Learning about how the equipment is used properly like the backpack or gas stove can be enriching (see Böhnlein, 2023, min. 10:10). Furthermore, teaching the participants about navigation and the weather is seen as a good way to

enhance the experience (see Rottmann, 2023, min. 12:13). Herbalism is seen as useful, as this knowledge can be used after the tour (see Pfaffenbach, 2023, min. 15:21; see Latz, 2023, min. 12:02; see Rienow, 2023, min. 13:13) It is important that the guides are sharing their knowledge about the executed activity (see Rottmann, 2023, min. 12:13). By equipping participants with the necessary techniques, they can feel more confident and capable during the adventure which increases the well-being (see Böhnlein, 2023, min. 15:49). The acquisition of new skills contributes significantly to the development of self-confidence, as the process of learning and mastering novel abilities leads to a sense of accomplishment and personal growth (See Nussbaum, 2023, min. 08:36). The importance of building one's skill set lies in the fact that these acquired abilities become an integral part of an individual's internal repertoire, serving as a source of personal empowerment and resilience. Skills and competencies one possess are qualities that cannot be easily taken away (see Nussbaum, 2023, min. 08:36).

Mirka emphasized that for her, vacations serve as a respite from the typical responsibilities and obligations she faces, leading her to prefer an experience without the added pressure of actively learning or acquiring new skills (see Scharf, 2023, min. 16:50). Consequently, it is important to design the vacation itinerary in a way that integrates learning subtly within the physical activities, rather than presenting it as a separate task.

The teaching style is in the form of **experiential education**. According to the Association for Experiential Education, it is defined as: “a teaching philosophy that informs many methodologies in which educators purposefully engage with learners in direct experience and focused reflection to increase knowledge, develop skills, clarify values, and develop people's capacity to contribute to their communities” (*What is Experiential Education - Association for Experiential Education*, no date). The learners are challenged to take initiative and be accountable for the decisions they are making, and learn from mistakes (see Ewert and Sibthorp, 2014, pp. 7–8).

Therefore, the inclusion of learning opportunities related to survival skills, equipment usage, navigation techniques, weather awareness, and activity-specific techniques contributes to an enhanced sense of well-being among participants when integrated seamlessly.

4.3.4 Strengthening social relationships

In the following it is seen, how social relationships can be enhanced in adventure tourism. By implementing these approaches, adventure tour operators can create an environment that enhances social connections and ultimately contributes to the well-being of the participants.

Introduction round

By starting the adventure with introductions, participants are getting to know each other, establish connections, and create a solid foundation for the group. It is seen as a good icebreaker, as everyone has to talk and feels integrated and comfortable (see Lichtblau, 2019; see Rottmann, 2023, min. 07:58). Introductions serve as a foundation for initiating conversations and acquainting participants with each other. A group name can furthermore strengthen the feeling of belonging (see Huber, 2023, min. 5:43).

Responsibilities

To further enhance challenges within the group, assigning specific roles and responsibilities to each participant based on their skills, interests, and preferences can be effective (see Latz, 2023, min. 18:33; see Rottmann, 2023, min. 07:42). By distributing tasks, participants have a sense of ownership and contribute actively to the success of the tour. Assigning individual responsibilities can include various aspects such as campsite setup, food preparation, and navigation. This approach promotes personal development, encourages cooperation and teamwork, and empowers millennials to embrace their individual responsibilities within the group dynamic.

No further need: Group activities

According to Mirka (2023) and Klara (2023), engaging in group activities such as constructing something or participating in an obstacle course can contribute to the strengthening of social relationships. This is not evaluated as useful, as there are a range of challenges resulting from the activity that must be overcome. The framework of such tours includes various cooperative tasks, such as cooking together (see Böhnlein, 2023, min. 01:45) and sharing meals (see Ottersbach, 2020), which already strengthen the social relationships and therefore the well-being of the participants. Motivational slogans (see Huber, 2023, min. 5:43) and other team-building activities, are furthermore not evaluated as useful to strengthen the group dynamics (see Böhnlein, 2023, min. 05:49).

4.4 Summary

Upon completion of the framework and integration of additional modules into the adventure tour, the mental well-being of participants is optimally enhanced. The following presents a summary of the framework and the modules.

Framework	
Group size	8-12 participants
Age	Only Millennials (born 1980-2000), but with various backgrounds
Duration	7 nights- Saturday to Saturday
Accommodation	Tent or huts depending on the circumstances
Travel type	All-included organized group travel with a guide
Guide	Offering an environment for open communication, taking pictures
Nutrition	Healthy balanced meals (vegetable based)
Options for personal growth	Being aware of existing challenges and adapting them if needed
	Free time /Rest periods
Additional	
Mental coach	Group reflection sessions
	Journaling
Mindfulness	Nature meditation
	Mindfulness practices (mindfully eating, mindfully doing the activity)
	Relaxation training (yoga and gentle stretching)
	Wim Hof method (swimming in cold water)
	Digital detox
Skill development	Survival skills, equipment, navigation, weather, the technique of the activity (within the frame of experiential education)
Social relationships	Introduction rounds
	Giving participants responsibility

Table 5 Summary of modules and framework

(own table)

5 Discussion

The subsequent section values the possibility to integrate the concept into cooperate health management and evaluates the modules. Additionally, the limitations encountered during the research process will be identified and discussed, followed by recommendations for future research.

This paper deals with the topic of adventure tourism and the well-being of millennials. With the help of expert interviews, it is elaborated if there is a need for a concept and how this can be included. The results show that there is a need that can be covered by the proposed modules. Thus, the hypothesis is confirmed. The results indicate that millennials will benefit from this concept.

5.1 Possible implementation in cooperate health management

A significant proportion of work-related absences of approximately 15 percent are attributed to mental health conditions (Gesundheit und Wohlbefinden am Arbeitsplatz, 2022). Mental illnesses take on special significance due to their duration, which at an average of 36 days is three times higher than for other illnesses at twelve days (see Gesundheit und Wohlbefinden am Arbeitsplatz, 2022). The Federal Ministry of Health emphasizes that mental illnesses increasingly contribute to absenteeism and early retirement (Gesundheit und Wohlbefinden am Arbeitsplatz, 2022). Consequently, the prevention and promotion of mental health have become vital components of sustainable organizational management, as the well-being of employees significantly influences a company's economic success. Coach Cordula Nussbaum sees “that companies (...) have understood that they have to do something for the mental health of their employees” (Nussbaum, 2023, min. 20:25).

Cooperate health management therefore presents a valuable opportunity to incorporate the proposed concept. The travel experience is designed that employers recognize and support it as further education, training, or educational leave. There are coaching travels that are accepted in cooperate health management by some federal states in Germany (Schlicht, no date). This exemplifies the existing feasibility and acceptance of integrating such initiatives within cooperate health management. It plays a crucial role in employer branding, acting as a pull factor for attracting new employees and as a retention factor for existing employees within the organization (see Kolthof, 2022). Particularly for millennials, the presence of prevention and health offerings becomes a significant consideration when selecting their workplace (see Schnetzler, 2019).

5.2 Evaluation of the modules

In the following, the modules are put into context.

Importance of the framework

Initially, the focus in adventure travel for millennials revolved primarily around the modules as the key contributors to enhancing mental well-being. These modules encompassed various activities, exercises, and interventions specifically designed to promote well-being. However, it is crucial to acknowledge that the framework itself plays a significant role. The framework, as discussed in Chapter 4.2, refers to the overall structure, organization, and context within which the adventure travels take place. It provides the foundation upon which the additional modules and components are integrated. Rather than viewing the modules in isolation, recognizing the importance of the framework allows to understand how the adventure travel experience is influenced by its underlying structure.

More than a coaching trip

The research conducted in the field indicates that coaching trips, such as the one offered by Laura Pfaffenbach (Pfaffenbach, 2023, min. 07:12), have demonstrated their ability to target the millennial generation. However, a notable distinction exists between coaching trips and the approach adopted in this paper. Rather than relying solely on coaching methods, this concept recognizes the importance of integrating a range of opportunities into the adventure travel framework. The modules in this concept are not only looking for self-development, like the coaching trips, but furthermore for an overall wellbeing. The holistic approach acknowledges that well-being encompasses various aspects. By recognizing the importance of a comprehensive method, the adventure travel experience can become a transformative journey that goes beyond coaching methods alone.

5.3 Limitation

One limitation of this paper was the inability to conduct expert interviews with the other adventure coaches mentioned in the market analysis (see Chapter 2.2.1), as only Laura Pfaffenbach had time for an interview. Despite efforts made to contact these experts, no response or denial of the interview requests was received (see Appendix 2). This lack of direct input from the coaches limits the depth of insights and information that could have been obtained from their expertise. To mitigate this limitation, alternative sources of information are utilized, such as existing literature, and insights from guides in the field of adventure tourism. However, these sources may not fully capture the expertise and nuanced perspectives of the mental coaches who have specialized knowledge in promoting mental well-being on adventure tours.

Further evaluated as limiting is the homogeneity of the guide sample in terms of age structure, which may restrict the generalizability of the findings. The interviews conducted with the guides involve individuals from a similar age group, potentially limiting the range of perspectives and experiences represented in the study. Other guides of different ages did not answer the interview request.

Another potential limitation of the study is the use of remote interviews conducted via the online platforms MS Teams. The absence of face-to-face interaction and physical presence during the interviews may have influenced the participants' responses and the overall dynamics of the interview process. Consequently, the information shared by the participants might differ from what would have been revealed through face-to-face interviews. Additionally, the quality of the online interviews, including audio and video issues, could have affected the overall data collection process. Technical difficulties, such as audio cuts or incomprehensibility of the participants, have hindered the clarity and completeness of the collected data. These issues led to challenges in accurately transcribing the interviews, potentially resulting in gaps or inaccuracies in the data analysis.

Given these limitations, it is important to interpret the study's results with caution and recognize that they may not encompass the full range of factors influencing the effectiveness and applicability of the proposed modular concept.

5.4 Recommendations for further research

As this concept is very specific, it is valuable to research how it can be included in a wider field. This can be for example winter outdoor adventure tours, such as skiing or winter camping. Furthermore, exploring the integration of the modules in outdoor adventure tours that involve accommodation at the same location, such as surfing, climbing, or combined adventures, should be explored. While the current paper focuses primarily on the modules and experiences during the tour itself, it is crucial to explore how the mental well-being benefits can be maximized by considering activities and interventions that take place before and after the tour and how the tour can be marketed.

While the paper presents a conceptual tourism concept, it may not delve deeply into the practical challenges and barriers that may arise during its implementation. Therefore, the actual implementation of the concept within the tour setting will be necessary. This could include a long-term impact study to assess the durability of the mental health improvements, by obtaining feedback from participants on their experiences with each module. Furthermore, investigating the optimal frequency and timing of the modules within the tour schedule is crucial. This involves exploring whether certain modules are more effective when conducted at specific times or in a particular sequence. Additionally, further research should target the economic factors of the modular concept, including cost-benefit analyses and assessments of the concept's impact on the local community and economy.

Considering the current emphasis on the sustainability of the target group, evaluating the modules from an environmental perspective is crucial. Identifying opportunities for improved sustainability within this concept will ensure that the modules meet the growing demand for eco-friendly experiences.

Research should therefore focus on the possibilities of including the modules in a broader concept, the pre-and post-tour components that are enhancing the mental well-being, the marketing, the implementation of the concept, sustainability, and economic factors.

6 Conclusion

This paper is exploring the potential of adventure tourism in fostering personal development and well-being, as highlighted by the quote from Andre Gide (2022) in the beginning. The purpose of this paper is to establish a modular concept for multi-day adventure travel that enhances the mental well-being of millennials from Germany.

To briefly summarize the results, it is revealed that while there are diverse adventure travel offerings tailored to millennials, none of them specifically prioritize the mental well-being of the participants. The identified target group has a need for self-development and unique experiences in their holidays. Outdoor adventure tourism already provides benefits for mental well-being, such as physical activity and connection with nature, and is therefore seen as a valuable opportunity to include the modules. The evaluation of the modules highlighted the pivotal role of the framework itself in promoting positive mental well-being, while acknowledging that traditional adventure tours already incorporate elements that positively impact participants' well-being. Therefore, the findings support the hypothesis that there is a need for a modular concept that prioritizes the mental well-being of millennials in multi-day adventure trips, building upon the existing benefits of outdoor adventure tourism. The modular design allows the implementation of the concept in various surroundings, focusing on hiking experiences in summer. The modules and the framework for the implementation are developed with the help of expert interviews. This paper evaluates these findings and proposes a concept that enhances the well-being of the participants based on the literature research, the opinions of the experts, and the knowledge of the author. Modules include a mental coach, mindfulness practices, opportunities for skill development and possibilities to strengthen the social relationships. By implementing the modules within the presented framework, the well-being of the participants can be increased in an optimal way.

Overall, this paper makes a significant contribution to the exploration of the relationship between adventure travel and mental well-being. It highlights the importance of the concept for the target audience. The findings of this work can expand the range of adventure travel and while meeting the needs of millennials from Germany who seek experiences that promote their mental well-being.

Considering the findings presented in Chapter 5.5, it is essential to move beyond the conceptual stage and test the effectiveness of the developed modular concept. With the author nearing the completion of her studies, this presents an opportunity to explore the practical implementation of the concept through establishing a business venture. This practical testing will not only provide a deeper understanding of the effectiveness of the concept but allow for continuous refinement and optimization based on real-time observations and participant reactions. The engagement with real participants will ensure the concept's viability and contribute to its future development and success.

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Appendix 1 Elaboration of the four main tools for mental well-being

	TOOLS					
	Self-reflection methods	Personal education	Relationships	Vitality		
	Being conscious of, managing and accepting one's emotions, coping mechanism, having goals	Challenges, developing new skills	Positive social relationships	Relaxation/leisure	Physical activity	Healthy diet
Definition of mental well-being	(Ritpanitchajchaval, Ashton and Apollo, 2023), (Psychische Gesundheit: Was schadet und was hilft?, 2022)	(Bratman, 2019)	(Bratman, 2019), (Psychische Gesundheit: Was schadet und was hilft?, 2022)			
WHO-5		(Bech, Lindberg and Moeller, 2018, p. 405)		(Bech, Lindberg and Moeller, 2018, p. 405)	(Bech, Lindberg and Moeller, 2018, p. 405)	
Five ways to well-being	(Scherenberg and Pundt, 2023, pp. 319–324)	(Scherenberg and Pundt, 2023, pp. 319–324)	(Scherenberg and Pundt, 2023, pp. 319–324)		(Scherenberg and Pundt, 2023, pp. 319–324)	
six-factor Model of Psychological Well-being			(van Dierendonck et al., 2007, p. 477)			
PERMA model			(PERMA Model, 2022).			
Definition of wellness		(Ritpanitchajchaval, Ashton and Apollo, 2023)				
Six dimensions to wellness	('Six dimensions of wellness Defining & Assessing Wellness', 2023)	('Six dimensions of wellness Defining & Assessing Wellness', 2023)	('Six dimensions of wellness Defining & Assessing Wellness', 2023)	('Six dimensions of wellness Defining & Assessing Wellness', 2023)	('Six dimensions of wellness Defining & Assessing Wellness', 2023)	('Six dimensions of wellness Defining & Assessing Wellness', 2023)
Definition mental health by the World mental health report	(World mental health report: Transforming mental health for all, 2022, p. 7).	(World mental health report: Transforming mental health for all, 2022, p. 7).	(World mental health report: Transforming mental health for all, 2022, p. 7).			
mental strength	(Morin, 2014, p. 10).	(Clough, Earle and Sewell, 2002), (Morin, 2020)				
Mental strength 4-C model	(Clough, Earle and Sewell, 2002)					
Resilience	(Kalbheim, 2016)	(Kalbheim, 2016)				

MENTAL WELL-BEING							
	Believing in one's own values, beliefs and skills	Personal growth, self acceptance, self love	Environmental mastery, accomplishments, competence	Autonomy	Positive mindset, optimism	Enjoyment, pleasure, positive emotions	Self actualisation, purpose, meaning, fulfilment
Definition of mental well-being			(Bratman, 2019)		(Bratman, 2019)	(Bratman, 2019), (Ritpanitchajchaval, Ashton and Apollo, 2023).	(Bratman, 2019)
WHO-5	(Bech, Lindberg and Moeller, 2018, p. 405)					(Bech, Lindberg and Moeller, 2018, p. 405)	
Five ways to well-being							
six-factor Model of Psychological Well-being		(van Dierendonck et al., 2007, p. 477)	(van Dierendonck et al., 2007, p. 477)	(van Dierendonck et al., 2007, p. 477)			(van Dierendonck et al., 2007, p. 477)
PERMA model			(PERMA Model, 2022).			(PERMA Model, 2022).	(PERMA Model, 2022).
Definition of wellness						(wellness, 2023)	
Six dimentionts to wellness	('Six dimensions of wellness Defining & Assessing Wellness', 2023)	('Six dimensions of wellness Defining & Assessing Wellness', 2023)	('Six dimensions of wellness Defining & Assessing Wellness', 2023)	('Six dimensions of wellness Defining & Assessing Wellness', 2023)	('Six dimensions of wellness Defining & Assessing Wellness', 2023)		('Six dimensions of wellness Defining & Assessing Wellness', 2023)
Definition mental health by the World mental health report							(World mental health report: Transforming mental health for all, 2022, p. 7).
mental strength			(Clough, Earle and Sewell, 2002)		(Clough, Earle and Sewell, 2002)		
Mental strenght 4-C modell	(Clough, Earle and Sewell, 2002)						
Resilience			(Kalbheim, 2016)		(Kalbheim, 2016)		

Appendix 2 Cancellation of the interview request

Appendix 2.1 Marcel Leeb

Appendix 2.1.1 German

Von: ronja.fastner@gmx.de
An: "Marcel Leeb"
Betreff: RE: Experteninterview-Anfrage für Bachelorarbeit über das Wandercoaching
Datum: Montag, 22. Mai 2023 07:58:00

Hallo Marcel,
Vielen Dank für die Antwort. Dann eine gute Saison weiterhin und viel Erfolg.
Liebe Grüße,
Ronja

From: Marcel Leeb <ml@marcel-leeb.de>
Sent: Sunday, May 21, 2023 9:41 PM
To: ronja.fastner@gmx.de
Subject: Re: Experteninterview-Anfrage für Bachelorarbeit über das Wandercoaching

Liebe Ronja,
vielen Dank für Deine Nachricht.
Es tut mir sehr leid, dass ich absagen muss. Bei mir ist Hochsaison, was eine 60 Std.-Woche beinhaltet.
Du bist übrigens die 6. Anfrage in dieser Richtung in nur vier Wochen.
Ich packe das zeitlich einfach nicht.
Danke für Dein Verständnis,
Marcel
PS: Weitere Anbieter findest Du auf der Plattform <https://coachingtrip.de>. Viel Erfolg und alles Gute.

Von: <ronja.fastner@gmx.de>
Datum: Donnerstag, 18. Mai 2023 um 13:05
An: <ml@marcel-leeb.de>
Betreff: Experteninterview-Anfrage für Bachelorarbeit über das Wandercoaching

Sehr geehrter Herr Leeb,
ich hoffe, diese E-Mail erreicht Sie gut. Mein Name ist Ronja Fastner, und ich studiere Freizeit- und Tourismusmanagement an der Hochschule Stralsund. Im Rahmen meiner Bachelorarbeit beschäftige ich mich mit der Entwicklung eines modularen Konzepts für eine mehrtägige Outdoor-Abenteuerreise zur Steigerung des mentalen Wohlbefindens für die Zielgruppe der Millennials in Deutschland.
Während meiner Recherche bin ich auf Ihr inspirierende Wandercoachings gestoßen. Ihr Know-how im Bereich Outdoor-Abenteuer und die Förderung des mentalen Wohlbefindens haben mein Interesse geweckt. Aus diesem Grund möchte ich Sie gerne zu einem Experteninterview einladen, um Ihre Einblicke und Ihr Fachwissen in Bezug auf Wandercoachings.
Ich würde mich freuen, wenn Sie Zeit für ein kurzes Video-Call-Interview hätten. Alternativ kann ich Ihnen auch gerne die Fragen per Mail zukommen lassen. Das Interview würde voraussichtlich etwa 20 Minuten dauern, und ich bin flexibel bezüglich des Zeitpunkts, um Ihren Terminplan zu berücksichtigen.
Selbstverständlich stehe ich Ihnen zur Verfügung, um weitere Informationen zu meiner Bachelorarbeit oder dem geplanten Interview zur Verfügung zu stellen. Es wäre eine große Bereicherung für meine Arbeit, von Ihren einzigartigen Erkenntnissen und Erfahrungen profitieren zu dürfen.

Vielen Dank im Voraus für Ihre Zeit und Unterstützung. Ich freue mich darauf, von Ihnen zu hören und hoffe auf eine positive Rückmeldung.

Mit freundlichen Grüßen,
Ronja Fastner

Appendix 2.1.2 Translation

Hallo Marcel,

Thank you for your response. Then I wish you a successful season ahead and much success.

Best regards, Ronja

From: Marcel Leeb ml@marcel-leeb.de

Sent: Sunday, May 21, 2023, 9:41 PM To: ronja.fastner@gmx.de

Subject: Re: Expert interview request for bachelor's thesis on hiking coaching

Dear Ronja,

Thank you for your message. I'm very sorry, but I have to decline. It's high season for me, which involves working 60 hours a week. By the way, you are the 6th request of this kind in just four weeks. I simply can't manage the time.

Thank you for your understanding.

Marcel

PS: You can find other providers on the platform <https://coachingtrip.de>. Good luck and all the best.

From: ronja.fastner@gmx.de Date: Thursday, May 18, 2023, at 1:05 PM

To: ml@marcel-leeb.de

Subject: Expert interview request for bachelor's thesis on hiking coaching

Dear Mr. Leeb,

I hope this email finds you well. My name is Ronja Fastner, and I am studying Leisure and Tourism Management at Hochschule Stralsund. As part of my bachelor's thesis, I am focusing on the development of a modular concept for a multi-day outdoor adventure trip aimed at enhancing the mental well-being of the millennial target group in Germany.

During my research, I came across your inspiring hiking coaching approach. Your expertise in the field of outdoor adventures and promoting mental well-being has sparked my interest. For this reason, I would like to invite you for an expert interview to gain insights and knowledge regarding hiking coaching.

I would appreciate it if you could spare some time for a short video call interview. Alternatively, I can also send you the questions via email. The interview is expected to take approximately 20 minutes, and I am flexible regarding the timing to accommodate your schedule.

Of course, I am available to provide further information about my bachelor's thesis or the planned interview. It would be a great enrichment for my work to benefit from your unique insights and experiences.

Thank you in advance for your time and support. I look forward to hearing from you and hope for a positive response.

Best regards, Ronja Fastner

Appendix 2.2 Anja Hume

Appendix 2.2.1 German

ronja.fastner@gmx.de

Von: Anja Hume | Potenzialentfaltung in der Natur <kontakt@anjahume.de>
Gesendet: Donnerstag, 25. Mai 2023 14:58
An: ronja.fastner@gmx.de
Betreff: Re: Experteninterview-Anfrage für Bachelorarbeit über das ZRM®-Trekking Allgäu

Liebe Ronja,

vielen Dank für dein Interesse an meiner Arbeit. Leider schaffe ich es momentan aus zeitlichen Gründen nicht, dir für ein Interview zur Verfügung zu stehen. Ich wünsche dir weiterhin viel Erfolg und sende herzliche Grüße,

Anja Hume

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Unser Fachbuch im Springer-Verlag: „Arbeitsraum Natur - Handbuch für Coaches, Therapeuten, Trainer und Organisationen“ ([Springer-Verlag, 2020](#))

+++++

ANJA HUME - Potenzialentfaltung in der Natur
Coaching, Training & Naturerfahrung für Einzelpersonen und Organisationen

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87477 Sulzberg
+49 (0) 8379 6639737
+49 (0) 160 8456804

www.anjahume.de
kontakt@anjahume.de

Am 20.05.2023 um 09:04 schrieb ronja.fastner@gmx.de:

Sehr geehrter Frau Hume,

ich hoffe, diese E-Mail erreicht Sie gut. Mein Name ist Ronja Fastner, und ich studiere Freizeit- und Tourismusmanagement an der Hochschule Stralsund. Im Rahmen meiner Bachelorarbeit beschäftige ich mich mit der Entwicklung eines modularen Konzepts für eine mehrtägige Outdoor-Abenteuerreise zur Steigerung des mentalen Wohlbefindens für die Zielgruppe der Millennials in Deutschland.

Während meiner Recherche bin ich auf Ihr inspirierende Wandercoachings gestoßen. Ihr Know-how im Bereich Outdoor und die Förderung des mentalen Wohlbefindens haben mein Interesse geweckt.

Aus diesem Grund möchte ich Sie gerne zu einem Experteninterview einladen, um Ihre Einblicke und Ihr Fachwissen in Bezug auf Wandercoachings.

Ich würde mich freuen, wenn Sie Zeit für ein kurzes Video-Call-Interview hätten. Das Interview würde voraussichtlich etwa eine Viertelstunde dauern, und ich bin flexibel bezüglich des Zeitpunkts, um Ihren Terminplan zu berücksichtigen. Alternativ kann ich Ihnen die Fragen auch per Mail zukommen lassen, die Sie dann schriftlich beantworten können.

Selbstverständlich stehe ich Ihnen zur Verfügung, um weitere Informationen zu meiner Bachelorarbeit oder dem geplanten Interview zur Verfügung zu stellen. Es wäre eine große Bereicherung für meine Arbeit, von Ihren einzigartigen Erkenntnissen und Erfahrungen profitieren zu dürfen.

Bitte melden Sie sich bis nächste Woche Mittwoch den 24.05 zurück, ob sie mich unterstützen können.

Vielen Dank im Voraus für Ihre Zeit und Unterstützung. Ich freue mich darauf, von Ihnen zu hören und hoffe auf eine positive Rückmeldung.

Mit freundlichen Grüßen,

Ronja Fastner

Appendix 2.2.2 Translation

Dear Ronja,

Thank you for your interest in my work. Unfortunately, due to time constraints, I am currently unable to make myself available for an interview. I wish you continued success and send warm regards.

Anja Hume

+++++

Our textbook published by Springer-Verlag: "Arbeitsraum Natur - Handbuch für Coaches, Therapeuten, Trainer und Organisationen" (Springer-Verlag, 2020)

+++++

ANJA HUME - Unleashing Potential in Nature Coaching, Training & Nature Experience for Individuals and Organizations

Kühbach 7 87477 Sulzberg +49 (0) 8379 6639737 +49 (0) 160 8456804

www.anjahume.de kontakt@anjahume.de

On 20.05.2023 at 09:04, ronja.fastner@gmx.de wrote:

Dear Ms. Hume,

I hope this email finds you well. My name is Ronja Fastner, and I am studying Leisure and Tourism Management at Hochschule Stralsund. As part of my bachelor's thesis, I am working on developing a modular concept for a multi-day outdoor adventure trip aimed at enhancing the mental well-being of the millennial target group in Germany.

During my research, I came across your inspiring hiking coaching approach. Your expertise in the outdoor field and promoting mental well-being have piqued my interest. For this reason, I would like to invite you for an expert interview to gain insights and knowledge regarding hiking coaching.

I would appreciate it if you could spare some time for a short video call interview. The interview is expected to take about fifteen minutes, and I am flexible regarding the timing to accommodate your schedule. Alternatively, I can send you the questions via email for a written response.

Of course, I am available to provide further information about my bachelor's thesis or the planned interview. It would be a great enrichment for my work to benefit from your unique insights and experiences.

Please respond by next Wednesday, May 24th, to let me know if you can support me.

Thank you in advance for your time and support. I look forward to hearing from you and hope for a positive response.

Best regards, Ronja Fastner

Appendix 3 Contact with guides and participants

Appendix 3.1 German

Hallo zusammen,

Für meine Bachelorarbeit bin ich auf der Suche nach Guides, welche sich von mir zum Thema mentalen Wohlbefinden auf mehrtägigen Outdoor-Abenteuerreisen für Millennials interviewen lassen wollen. Das Interview dauert circa 15 Minuten (je nachdem wie viel ihr zu erzählen habt 😊) und wird per Teams stattfinden. Falls ihr keine Zeit für ein online Interview habt, kann ich euch auch gerne die Fragen zuschicken und ihr könnt es schriftlich beantworten.

Falls ihr noch keine Tour geführt habt, aber schon an organisierten mehrtägigen Outdoor-Abenteuerreisen (z.B. Hüttenwanderungen, Trekking mit Zelt, Paddeltouren, Bike Trekking) teilgenommen habt würde ich mich auch freuen euch interviewen zu dürfen.

Jedes Interview ist für meine Thesis wichtig, deswegen freue ich mich über eine Rückmeldung bis spätestens Mittwoch von euch.

Einen ungefähren Ablauf des Interviews findet ihr angehängt. Bei Interesse oder falls ihr noch weitere Fragen habt, schreibt mir gerne privat.

Liebe Grüße,

Ronja

Appendix 3.2 Translation

Hello everyone,

For my bachelor's thesis, I am looking for guides who are willing to be interviewed by me on the topic of mental well-being during multi-day outdoor adventure trips for millennials. The interview will last approximately 15 minutes (depending on how much you have to share 😊) and will be conducted via Teams. If you don't have time for an online interview, I can also send you the questions, and you can answer them in writing.

If you haven't led a tour yet but have participated in organized multi-day outdoor adventure trips (such as hut-to-hut hikes, camping treks, paddling tours, bike trekking), I would also be delighted to interview you.

Every interview is important for my thesis, so I would appreciate a response from you by Wednesday at the latest.

You can find a rough outline of the interview attached. If you are interested or if you have any further questions, please feel free to message me privately.

Best regards, Ronja

Appendix 4 Interview Guidelines

Appendix 4.1 Guides

Appendix 4.1.1 German

Betreff: Experteninterview-Anfrage für meine Bachelorarbeit (Guide)

Ich studiere Freizeit- und Tourismusmanagement an der Hochschule Stralsund. Im Rahmen meiner Bachelorarbeit beschäftige ich mich mit der Entwicklung eines modularen Konzepts für eine mehrtägige Outdoor-Abenteuerreise zur Steigerung des mentalen Wohlbefindens für die Zielgruppe der Millennials (Jahrgang 1980-2000) in Deutschland. Dabei konzentriere ich mich auf mehrtägige Touren, wo man nicht am gleichen Ort schläft (z.B. Hüttenwanderungen, Trekking mit Zelt, Paddeltouren, Bike Trekking).

Ich würde dich gerne zu einem Experteninterview einladen, um über deine Erfahrungen und Ansichten zum mentalen Wohlbefinden auf Abenteuerreisen zu sprechen.

Dabei wäre es super, wenn du bitte die untenstehenden Fragen beantworten kannst.

- Name
- Wie alt bist du und wie lange arbeitest du schon als Guide?
- Auf was für Touren hast du bereits gearbeitet? (Dauer, Ort, Teilnehmeranzahl, Art der Tour (Hütte oder Zelt oder andere Unterkünfte?))
- Was sind deine Erfahrungen mit mehrtägigen Abenteuerreisen mit Millennials (z.B. Hüttenwanderungen, Trekking mit Zelt, Paddeltouren, Bike Trekking)?
- Hast du bereits auf der Tour gemerkt, dass sich das mentale Wohlbefinden der Teilnehmer verbessert hat?
- (*Mentales Wohlbefinden beinhaltet Glaube an die eigenen Werte, Überzeugungen und Fähigkeiten; Persönliches Wachstum, Selbstakzeptanz, Selbstliebe; Beherrschung der Umstände, Leistungen, Kompetenz; Eigenständigkeit; Positive Denkweise, Optimismus; Freude, Vergnügen, positive Gefühle; Selbstverwirklichung, Zweck, Sinn, Erfüllung)
- Ist das den Teilnehmern schon auf der Tour bewusst gewesen?
- Welche konkreten Möglichkeiten siehst du mentales Wohlbefinden auf mehrtägigen Outdoor-Abenteuerreise für Millennials (Jahrgang 1980-2000) zu steigern?
- Wie denkst du kann das Thema „Methoden der Selbstreflexion: Sich seiner Emotionen bewusst sein, sie steuern und akzeptieren, Bewältigungsmechanismen“ auf mehrtägigen Abenteuerreisen für Millennials gefördert werden?

- Wie kann das Thema „Positive soziale Beziehungen“ auf mehrtägigen Abenteuerreisen für Millennials gefördert werden?
- Wie kann das Thema „Vitalität: Gesunde Ernährung, Erholung und Schlaf, Sportliche Aktivitäten“ auf mehrtägigen Abenteuerreisen für Millennials gefördert werden?
- Wie kann das Thema „Persönliche Bildung: Herausforderungen, neue Fähigkeiten entwickeln, Ziele haben“ auf mehrtägigen Abenteuerreisen für Millennials gefördert werden?
- Siehst du besondere Herausforderungen auf mehrtägigen Abenteuerreisen für Millennials?
- Kannst du dir vorstellen, dass mehrtägigen Abenteuerreisen, welchen den Fokus mehr auf das mentale Wohlbefinden legt, angenommen werden?
- Würde so eine Tour den Teilnehmern einen größeren Mehrwert geben als eine herkömmliche Abenteuerreise?
- Welche Rahmenbedingungen sollte eine solche Tour haben? Wie viele Teilnehmer, Dauer, wo schlafen? Wie vermarkten?
- Hast du noch weitere Anmerkungen?

Deine Erfahrungen und Einsichten sind wahnsinnig hilfreich für meine Bachelorarbeit. Wenn du noch weitere Infos brauchst oder Fragen hast, dann lass es mich wissen!

Zudem würde ich dich bitten, die Einverständniserklärung auszufüllen.

Vielen Dank im Voraus für deine Antwort. Ich freu mich darauf, von dir zu hören!

Liebe Grüße,

Ronja

Appendix 4.1.2 Translation

Subject: Expert interview request for my bachelor thesis (Guide)

I am studying leisure and tourism management at the University of Applied Sciences in Stralsund. As part of my bachelor thesis, I am working on the development of a modular concept for a multi-day outdoor adventure tour to increase mental well-being for the target group of Millennials (born 1980-2000) in Germany. I am focusing on multi-day tours where you don't sleep in the same place (e.g., hut hikes, trekking with tent, paddling tours, bike trekking).

I would like to invite you to an expert interview to talk about your experiences and views on mental well-being on adventure travel.

In doing so, it would be great if you could please answer the questions below.

- Name
- How old are you and how long have you been working as a guide?
- What kind of tours have you worked on? (Duration, location, number of participants, type of tour (hut or tent or other accommodation?))
- What is your experience with multi-day adventure tours with Millennials (e.g., hut hiking, trekking with tents, paddling, bike trekking)?
- Have you noticed any improvement in the mental well-being of the participants already on the trip?
- (*Mental well-being includes belief in one's own values, beliefs, and abilities; personal growth, self-acceptance, self-love; mastery of circumstances, accomplishments, competence; self-reliance; positive mindset, optimism; joy, pleasure, positive feelings; self-actualization, purpose, meaning, fulfilment).
- Have participants been aware of this on the tour?
- What specific ways do you see to increase mental well-being on multi-day outdoor adventure trips for Millennials (born 1980-2000)?
- How do you think the topic "Methods of self-reflection: being aware of, managing and accepting your emotions, coping mechanisms" can be promoted on multi-day adventure trips for Millennials?
- How can the theme "Positive Social Relationships" be promoted on multi-day adventure trips for Millennials?

- How can the theme "Vitality: healthy eating, rest and sleep, sports activities" be promoted on multi-day adventure trips for Millennials?
- How can the theme "Personal Education: Challenges, Developing New Skills, Having Goals" be promoted on multi-day adventure trips for Millennials?
- Do you see any particular challenges on multi-day adventure trips for Millennials?
- Can you imagine multi-day adventure trips that focus more on mental well-being being adopted?
- Would such a tour give participants more value than a traditional adventure trip?
- What conditions should such a tour have? How many participants, duration, where to sleep? How to market it?
- Do you have any other comments?

Your experiences and insights are insanely helpful for my bachelor thesis. If you need more info or have any questions, let me know!

Also, I would ask you to fill out the consent form.

Thank you so much in advance for your response. I look forward to hearing from you!

Best regards,

Ronja

Appendix 4.2 Participants

Appendix 4.2.1 German

Betreff: Experteninterview-Anfrage für meine Bachelorarbeit (Teilnehmer)

Ich studiere Freizeit- und Tourismusmanagement an der Hochschule Stralsund. Im Rahmen meiner Bachelorarbeit beschäftige ich mich mit der Entwicklung eines modularen Konzepts für eine mehrtägige Outdoor-Abenteuerreise zur Steigerung des mentalen Wohlbefindens für die Zielgruppe der Millennials (Jahrgang 1980-2000) in Deutschland. Dabei konzentriere ich mich auf mehrtägige Touren, wo man nicht am gleichen Ort schläft (z.B. Hüttenwanderungen, Trekking mit Zelt, Paddeltouren, Bike Trekking).

Ich würde dich gerne zu einem Experteninterview einladen, um über deine Erfahrungen und Ansichten zum mentalen Wohlbefinden auf Abenteuerreisen zu sprechen.

Dabei wäre es super, wenn du bitte die untenstehenden Fragen beantworten kannst.

- Name:
- In welchem Jahr bist du geboren?
Bist du in einer Beziehung?
Hast du Kinder?
Hast du studiert oder eine Ausbildung gemacht? Wenn ja was?
Und was ist deine Hauptmotivation für Abenteuerreisen?
- Was für eine Outdoor-Abenteuertour hast du bereits mitgemacht? (Dauer, Ort, Teilnehmeranzahl, Art der Tour (Hütte oder Zelt oder andere Unterkünfte))
- Wie hast du diese Tour gebucht?
- Gab es für dich besondere Herausforderungen auf der Tour?
- Warst du dir bereits auf der Tour bewusst, dass sich dein mentales Wohlbefinden verbessert hat?
(*Mentales Wohlbefinden beinhaltet Glaube an die eigenen Werte, Überzeugungen und Fähigkeiten; Persönliches Wachstum, Selbstakzeptanz, Selbstliebe; Beherrschung der Umstände, Leistungen, Kompetenz; Eigenständigkeit; Positive Denkweise, Optimismus; Freude, Vergnügen, positive Gefühle; Selbstverwirklichung, Zweck, Sinn, Erfüllung)
- Wenn ja, wie?
- Welche konkreten Möglichkeiten siehst du mentales Wohlbefinden auf mehrtägigen Outdoor-Abenteuerreise für Millennials (Jahrgang 1980-2000) zu steigern?

- Wie denkst du kann das Thema „Methoden der Selbstreflexion: Sich seiner Emotionen bewusst sein, sie steuern und akzeptieren, Bewältigungsmechanismen“ auf mehrtägigen Abenteuerreisen für Millennials gefördert werden?
- Wie kann das Thema „Positive soziale Beziehungen“ auf mehrtägigen Abenteuerreisen für Millennials gefördert werden?
- Wie kann das Thema „Vitalität: Gesunde Ernährung, Erholung und Schlaf, Sportliche Aktivitäten“ auf mehrtägigen Abenteuerreisen für Millennials gefördert werden?
- Wie kann das Thema „Persönliche Bildung: Herausforderungen, neue Fähigkeiten entwickeln, Ziele haben“ auf mehrtägigen Abenteuerreisen für Millennials gefördert werden?
- Kannst du dir vorstellen, eine mehrtägige Abenteuerreise mitzumachen, welchen den Fokus mehr auf das mentale Wohlbefinden legt?
- Würde so eine Tour dir einen größeren Mehrwert geben als eine herkömmliche Abenteuerreise?
- Welche Rahmenbedingungen sollte eine solche Tour haben? Wie viele Teilnehmer, Dauer, wo schlafen?
- Hast du noch weitere Anmerkungen?

Deine Erfahrungen und Einsichten sind wahnsinnig hilfreich für meine Bachelorarbeit. Wenn du noch weitere Infos brauchst oder Fragen hast, dann lass es mich wissen!

Zudem würde ich dich bitten, die Einverständniserklärung auszufüllen.

Vielen Dank im Voraus für deine Antwort. Ich freu mich darauf, von dir zu hören!

Liebe Grüße,

Ronja

Appendix 4.2.2 Translation

Subject: Expert interview request for my bachelor thesis (participant).

I am studying leisure and tourism management at the University of Applied Sciences Stralsund. As part of my bachelor thesis, I am working on the development of a modular concept for a multi-day outdoor adventure trip to increase mental well-being for the target group of Millennials (born 1980-2000) in Germany. I am focusing on multi-day tours where you don't sleep in the same place (e.g. hut hikes, trekking with tent, paddling tours, bike trekking).

I would like to invite you to an expert interview to talk about your experiences and views on mental well-being on adventure travel.

In doing so, it would be great if you could please answer the questions below.

- Name:

- What year were you born?

Are you in a relationship? Do you have children? Did you study or do an apprenticeship? If yes, what? And what is your main motivation for adventure travel?

- What kind of outdoor adventure tour have you been on? (Duration, location, number of participants, type of tour (cabin or tent or other accommodation))

- How did you book this tour?

- Were there any special challenges for you on the tour?

- Were you aware of any improvements in your mental well-being while on the tour?

(*Mental well-being includes belief in one's values, beliefs, and abilities; personal growth, self-acceptance, self-love; mastery of circumstances, accomplishments, competence; self-reliance; positive mindset, optimism; joy, pleasure, positive feelings; self-actualization, purpose, meaning, fulfilment).

- If so, how?

- What specific ways do you see to increase mental well-being on multi-day outdoor adventure trips for Millennials (born 1980-2000)?

- How do you think the theme "Methods of self-reflection: being aware of, managing, and accepting one's emotions, coping mechanisms" can be promoted on multi-day outdoor adventure trips for Millennials?

- How can the theme "Positive Social Relationships" be promoted on multi-day adventure trips for Millennials?
- How can the theme "Vitality: healthy eating, rest and sleep, sports activities" be promoted on multi-day adventure trips for Millennials?
- How can the theme "Personal Education: Challenges, Developing New Skills, Having Goals" be promoted on multi-day adventure trips for Millennials?
- Can you imagine going on a multi-day adventure trip that focuses more on mental well-being?
- Would such a tour give you more value than a traditional adventure trip?
- What conditions should such a tour have? How many participants, duration, where to sleep?
- Do you have any other comments?

Your experiences and insights are insanely helpful for my bachelor thesis. If you need more info or have any questions, let me know!

Also, I would ask you to fill out the consent form.

Thank you so much in advance for your response. I look forward to hearing from you!

Best regards,

Ronja

Appendix 4.3 Cordula Nussbaum

Appendix 4.3.1 German

Wie ich schon in deinem Buch die Glüxx-Factory gelesen habe, gibt es sehr viele Coaching Techniken, um das Mentale Wohlbefinden zu stärken. Welche Techniken würdest du auf einer Abenteuer - Gruppenreise von Millennials verwenden?

Inwiefern siehst du es als sinnvoll an, wenn ein Coach auf einer Tour dabei ist?

Welche Methoden der Selbstreflektion siehst du als sinnvoll für eine solche Tour?

Inwiefern kann Achtsamkeit sich positiv auswirken? Welche Methoden gibt es da?

Kann Digitaler Detox dem mentalen Wohlbefinden helfen?

Wie wichtig ist das Stärken von neuen Fähigkeiten für das mentale Wohlbefinden?

Inwiefern kann freie Zeit das mentale Wohlbefinden unterstützen?

Welche Rolle spielen soziale Beziehungen?

Was ist eine gute Gruppengröße für eine optimale Gruppendynamik?

Können die Teilnehmer von unterschiedlichen Altersklassen profitieren?

Gibt es deiner Meinung nach einen Bedarf?

Appendix 4.3.2 Translation

As I have already read in your book the Glüxx-Factory, there are many coaching techniques to strengthen mental well-being. Which techniques would you use on a group adventure trip of Millennials?

To what extent do you see it as useful to have a coach on a tour?

What methods of self-reflection do you see as useful for such a tour?

To what extent can mindfulness have a positive impact? What methods are there?

Can digital detox help mental well-being?

How important is strengthening new skills for mental well-being?

To what extent can free time support mental well-being?

What role do social relationships play?

What is a good group size for optimal group dynamics?

Can participants benefit from different age groups?

Do you think there is a need?

Appendix 4.4 Laura Pfaffenbach

Appendix 4.4.1 German

Betreff: Experteninterview-Anfrage für Bachelorarbeit über deine Coachingreise

Hallo Laura,

ich hoffe, es geht dir gut. Mein Name ist Ronja Fastner, und ich studiere Freizeit- und Tourismusmanagement an der Hochschule Stralsund. Im Rahmen meiner Bachelorarbeit beschäftige ich mich mit der Entwicklung eines modularen Konzepts für eine mehrtägige Outdoor-Abenteuerreise zur Steigerung des mentalen Wohlbefindens für die Zielgruppe der Millennials in Deutschland.

Während meiner Recherche bin ich auf deinen inspirierenden Werdegang und deine Pfade finden Coaching Reisen gestoßen. Deine Expertise im Bereich Coaching und deine Erfahrungen in der Begleitung von Menschen auf ihren individuellen Entwicklungsreisen finde ich super interessant. Aus diesem Grund möchte ich dich gerne zu einem Experteninterview einladen, um deine Einsichten und dein Fachwissen in Bezug auf die Steigerung des mentalen Wohlbefindens durch Outdoor-Abenteuer zu erfahren.

Ich würde mich freuen, wenn du Zeit für ein kurzes Video-Call-Interview hättest. Alternativ schicke ich dir gerne die Fragen per E-Mail, falls dir das lieber ist. Das Interview würde voraussichtlich etwa 20 Minuten dauern, und ich bin flexibel bezüglich des Zeitpunkts, um deinen Terminplan zu berücksichtigen.

Selbstverständlich stehe ich dir zur Verfügung, um weitere Informationen zu meiner Bachelorarbeit oder dem geplanten Interview zur Verfügung zu stellen. Es wäre eine große Bereicherung für meine Arbeit, von deinen einzigartigen Erkenntnissen und Erfahrungen profitieren zu dürfen.

Vielen Dank im Voraus für deine Zeit und Unterstützung. Ich freue mich darauf, von dir zu hören und hoffe auf eine positive Rückmeldung.

Liebe Grüße,

Ronja Fastner

Allgemeine Fragen

Wieso hast du eine Gruppengröße von max. 12 Teilnehmerinnen gewählt?

Haben Millennials (geboren zwischen 1980 und 2000) besondere Anforderungen an eine Tour?

Warum wird das Konzept von den Millennials angenommen?

Welche Challenges gibt es besonders für die Millennials auf der Tour?

Warum hast du die Streckenlängen gewählt?

Wie lange dauern deine Touren und wieso diese Dauer?

Wo schlafen die Teilnehmerinnen?

Welche Rolle spielst du auf der Tour? Was sind deine Aufgaben?

Welche Coaching Methoden verwendest du? Was kann ich unter Natur Coaching verstehen?

Was beinhaltet die tägliche Achtsamkeits- und Meditationspraxis?

Welches sind die Hauptthemen auf der Reise?

Inwieweit setzt ihr euch mit mentalem Wohlbefinden auseinander?

Wie förderst du die sozialen Beziehungen auf der Tour?

Hast du eine besondere Vorgehensweise, was das Essen auf der Reise angeht?

Wie ist eine gute Entspannung sichergestellt?

Du hast Erlebnisse wie Kräuterimpulse, Feuerkunde und Kontenkunde auf der Reise. Wieso genau diese Weiterbildungen? Was können die Teilnehmerinnen dabei lernen?

Was ist deiner Meinung auf einer Abenteuerreise wichtig, um das mentale Wohlbefinden zu stärken?

Hast du noch weitere Ratschläge, welche Module auf einer Reise eingebaut werden können, um das mentale Wohlbefinden zu stärken?

Hast du noch weitere Anmerkungen?

Appendix 4.4.2 Translation

Subject: Expert interview request for bachelor thesis about your coaching journey.

Hi Laura,

I hope you are doing well. My name is Ronja Fastner, and I am studying Leisure and Tourism Management at the University of Applied Sciences in Stralsund. As part of my bachelor thesis, I am working on developing a modular concept for a multi-day outdoor adventure trip to increase mental well-being for the target group of Millennials in Germany.

During my research I came across your inspiring career and your paths find coaching journeys. I find your expertise in coaching and your experience in guiding people on their individual development journeys super interesting. For this reason, I would like to invite you for an expert interview to learn about your insights and expertise in enhancing mental well-being through outdoor adventures.

I'd love to have your time for a short video call interview. Alternatively, I'd be happy to email you the questions if you'd prefer. The interview would likely take about 20 minutes, and I am flexible on the timing to accommodate your schedule.

Of course, I am available to provide you with more information about my bachelor's thesis or the scheduled interview. It would be a great asset to my work to be able to benefit from your unique insights and experiences.

Thank you in advance for your time and support. I look forward to hearing from you and hope to receive positive feedback.

Kind regards,

Ronja Fastner

General questions

Why did you choose a group size of max. 12 participants?

Do Millennials (born between 1980 and 2000) have special requirements for a tour?

Why is the concept accepted by Millennials?

What challenges are there especially for Millennials on the tour?

Why did you choose the route lengths?

How long do your tours last and why this duration?

Where do the participants sleep?

What is your role on the tour? What are your tasks?

Which coaching methods do you use? What can I understand by nature coaching?

What does the daily mindfulness and meditation practice involve?

What are the main themes on the trip?

To what extent do you address mental well-being?

How do you foster social relationships on the tour?

Do you have a particular approach to eating on the trip?

How is good relaxation ensured?

You have experiences like herbal impulses, fire lore, and account lore on the trip. Why exactly these trainings? What can the participants learn from them?

What do you think is important on an adventure trip to strengthen mental well-being?

Do you have any other advice on what modules can be incorporated on a trip to strengthen mental well-being?

Do you have any other comments?

Appendix 5 Original Interviews in German with declaration of consent

Appendix 5.1 Maria Rienow



Einverständniserklärung zur Erhebung und Verarbeitung von Interviewdaten

Erläuterung

Sie erklären sich dazu bereit, im Rahmen der Bachelorarbeit „Development of a modular concept for a multi-day outdoor adventure trip to enhance mental health for the target group of millennials in Germany“ von Frau Ronja Fastner an einem Interview teilzunehmen. Sie wurden über Art, Umfang und Ziel sowie den Verlauf des o. g. Forschungsvorhabens informiert.

Zum Zwecke der Datenanalyse werden die mündlich erhobenen Daten verschriftlicht (Transkription). Ihre personenbezogenen Kontaktdaten werden von Interviewdaten getrennt für Dritte unzugänglich gespeichert und vertraulich behandelt.

Einverständnis

Sie sind damit einverstanden, im Kontext des o. g. Forschungsvorhabens an der Befragung teilzunehmen. Darüber hinaus akzeptieren Sie die Form der Weiterverarbeitung und wissenschaftlichen Verwertung des geführten Interviews und der daraus entstehenden Daten.

Ihre Teilnahme an der Erhebung und Ihre Zustimmung zur Verwendung der Daten sind freiwillig. Durch die Ablehnung entstehen Ihnen keine Nachteile. Ihnen ist bekannt, dass Sie diese Einwilligung jederzeit gegenüber Frau Ronja Fastner widerrufen können mit der Folge, dass die Verarbeitung Ihrer personenbezogenen Daten, nach Maßgabe der Widerrufserklärung, für die Zukunft unzulässig wird. Dies berührt die Rechtmäßigkeit der aufgrund der Einwilligung bis zum Widerruf erfolgten Verarbeitung jedoch nicht.

Unter diesen Bedingungen erklären Sie sich bereit, das Interview zu geben und sind damit einverstanden, dass es ausgewertet wird.

Maria, Rienow

Vorname, Nachname in Druckschrift

23.05.2023 Köln

Ort, Datum / Unterschrift

00:00:03

Ronja: Hallo Maria schön, dass du da bist.

00:00:10

Ronja: Hallo Ronja!

00:00:14

Ronja: Magst du einmal bitte erst erzählen, was du schon für Outdoortouren bis jetzt geleitet hast?

00:00:22

Maria: Bis jetzt habe ich nur Trekking- und Kanutouren in einem Zeitraum von circa vier Monaten geleitet.

00:00:34

Ronja: Wie lange waren denn die Touren?

00:00:38

Maria: Im Durchschnitt waren die Touren immer fünf Tage lang. Ich habe auch einmal eine zehntägige Tour begleitet.

00:00:47

Ronja: Und wo waren die Touren?

00:00:50

Maria: In Nordschweden, in Lappland, hauptsächlich auf dem Kungsleden und auf den Seen.

00:01:02

Ronja: Gut, wie viel Teilnehmer waren normal bei deinen Touren dabei?

00:01:07

Maria: Normalerweise waren zwischen zwei und acht Teilnehmer dabei.

00:01:15

Ronja: Und wo habt ihr normal geschlafen? Was waren die Unterkünfte?

00:01:19

Maria: Es gab Hütten und Zelttouren. Während des Trekkings haben wir im Zelt oder in Hütten geschlafen, und bei den Kanutouren immer im Zelt.

00:01:39

Ronja: Hast du dann auf deinen Touren gemerkt, dass sich das mentale Wohlbefinden für die Teilnehmer dann irgendwie verändert hat?

00:01:52

Maria: Ich glaube, dass Trekking- und Outdoorerfahrungen definitiv einen positiven Einfluss auf das Wohlbefinden haben, der aus verschiedenen Komponenten besteht. Einmal, eine Challenge selbst zu überkommen, aber auch dieses Beisammensein mit fremden Menschen und auch mit fremden Menschen zusammenwachsen. Genau einfach dieses Zusammenschweißen und das aus dem Alltag rauskommen, weg vom Stress, weg vom Alltag, weg vom Konsum. Vom einfach Überladen sein mit konstant mit Autolärm und Werbung und Beschallung und Fernseher und Handy, weg von diesem Stress und wirklich einfach mal abschalten in der Natur. Wirklich nur auf das Überlebenswichtigste angewiesen zu sein, also wirklich aus dem Rucksack zu leben und alles was man braucht mit sich selber zu tragen. Ich glaube, das sind alles Erfahrungen, die auf jeden Fall das mentale Wohlbefinden beeinflussen und in vielen Hinsichten verbessern.

00:03:17

Ronja: Glaubst du, dass den Teilnehmern bewusst war, dass die Touren positive Auswirkungen auf ihr mentales Wohlbefinden haben?

00:03:25

Maria: Ich glaube schon, dass das bestimmt eine der Motivationen war, wieso einige Leute das buchen. Weil wenn man nur schöne Landschaften sehen kann, kann man ja auch eine andere Form von Urlaub buchen. Dann muss man nicht sich dazu entscheiden, 15 Kilo auf seinen Rücken mit sich zu schleppen für fünf Tage. Also, ich glaube, dass die Leute genau wegen dieser Erfahrung und wegen diesem, wie gut sie sich danach fühlen, sich für so eine Tour entscheiden.

00:03:56

Ronja: In meiner Arbeit geht es vor allem um die Millennials, also den Jahrgang 1980 bis 2000. Hattest du auch Teilnehmer aus dieser Altersgruppe auf deinen Touren?

00:04:07

Maria: Ähm, tatsächlich eher weniger, würde ich sagen. Ich glaube, die, die Hauptzielgruppe waren 40 plus, also gerade an den Millennials vorbei. Ich glaube, ich hatte, lass mich überlegen, eins, zwei, drei, vier oder fünf Millennials dabei auf den ganzen vier Monaten.

00:04:44

Ronja: Ja, also meine Arbeit wird sich jetzt vor allem mit den Millennials beschäftigen. Also alle nächsten Fragen kannst du auf dann eben die Teilnehmer in der Altersgruppe beziehen.

00:04:54

Maria: Dann würde ich mir kurz den ihre Namen aufschreiben, damit ich das nicht vergesse. Bis 2000 oder? Weißt du noch die ganzen Namen von den Teilnehmern? Oh mein Gott!

00:05:22

Ronja: Ähm, obwohl es echt nicht so lange her ist.

00:05:35

Maria: Die Gamschenfrau, die Frau mit dem Hörgerät, das war eine ... Okay, ja, ich habe sie.

00:05:54

Ronja: Okay, also jetzt geht es für mich vor allem darum, noch mehr Methoden oder Module zu entwickeln, die das mentale Wohlbefinden auf solchen Touren noch weiter steigern können. Also, dass man zusätzlich zu diesen bereits vorhandenen positiven Benefits noch mehr hat. Fällt dir jetzt spontan schon etwas ein, was man dann zusätzlich auf solchen Touren anbieten könnte oder was man ändern könnte, um das noch weiter zu steigern?

00:06:26

Maria: Ähm, ich finde, man könnte zum Beispiel eine Art Mindfulness Übungen einbauen, dass man zum Beispiel sagt, jeden Morgen, jeden Abend meditieren wir so und so viele Minuten. Oder Übungen, wo man in der Natur ist und einfach im Kreis sitzt und einmal so: jetzt schließen wir alle die Augen, was hören wir, was riechen wir, was fühlen wir so etwas. Da gibt es ja jetzt Studien, die beweisen, dass Mindfulness glücklicher macht und zufrieden. Das ist jetzt zum Beispiel etwas, was mir spontan einfällt.

00:07:04

Ronja: Mhm, genau. Fällt dir jetzt zum Thema Selbstreflexion noch etwas ein, was man zusätzlich einbauen könnte, um sich noch bewusster über seine Emotionen zu werden, sie zu steuern oder zu akzeptieren?

00:07:21

Maria: Als Guide habe ich tatsächlich regelmäßig ein Tagebuch geführt, in dem ich aufgeschrieben habe, mit wem und wo wir unterwegs waren und was wir erlebt haben und wie ich mich dabei gefühlt habe. Ich glaube, es wäre hilfreich, den Teilnehmern nahezulegen, das auch zu tun. Viele denken vielleicht gar nicht daran. Einige führen bereits ein Reisetagebuch und schreiben abends auf ihrem Handy oder an anderer Stelle auf. Man könnte das ansprechen und ihnen sogar ein paar Seiten dafür geben. So, schau mal, das ist euer Tourtagebuch. Am Ende, wenn wir die große Abschlussreflexion machen, kann jeder nochmal in seine Einträge schauen und sich daran erinnern, was die Highlights der Tour waren.

00:08:08

Ronja: Ja, ähm, du hattest vorhin auch gesagt, dass es viele machen wegen diesen sozialen Beziehungen, um eben neue Leute kennenzulernen, da vielleicht auch die Challenge zu haben, was mit unbekanntem Menschen zu machen. Hast du da noch eine Idee, wie das noch weiter gefördert werden könnte?

00:08:32

Maria: Ich glaube, so eine Erfahrung, bindet halt so oder so. Ich glaube tatsächlich, dass das, was Hüttenleben bietet, einerseits cool ist, dass es nur für junge Leute ist. Aber andererseits haben die Millennials ja auch Vorteile daraus, mal mit Leuten zusammen zu sein, die sie normalerweise nicht treffen, und auch mal mit Älteren zu sozialisiert und von denen ihres Lebens mal zu erfahren. Also, vielleicht ist das ist gar nicht mal so schlecht mit großen Gruppen. Aber im Moment fällt mir leider keine spontane Idee ein, wie man das Soziale noch verbessern könnte.

00:09:18

Ronja: Okay, zusätzlich zu dem Thema, das immer wichtig ist und bei Reisen angesprochen wird, ist gesunde Ernährung ... vor allem für Millennials wichtig. Glaubst du, man kann das Thema auf Reisen noch irgendwie fördern oder etwas tun, um es zusätzlich zu unterstützen?

00:09:41

Maria: Mhm ja, ich glaube, dass du Recht hast, dass die, jedenfalls von meiner Erfahrung, waren es immer die Millennials, die mehr Ernährung Ansprüche hatten, und auch hauptsächlich die, die, die waren fast alle Vegetarier, wenn ich so mal nachdenke. Ich glaube, da muss das Angebot einfach da sein und das Bewusstsein. Okay wir gehen in die Natur, und wir ernähren uns auch, als ob wir in die Natur gehen. Wir hauen uns jetzt nicht immer das fertige Essen rein, sondern achten, dass wir regionale Produkte verzehren, nachhaltig und aber auch nicht zu viel Zucker und genug Protein. Das ist wirklich schwierig, das richtig auszubalancieren.

00:10:31

Ronja: Mhm.

00:10:32

Maria: Das ist aber auch ein sehr, sehr schwieriges Thema, weil nicht nur weil es Millennials sind, sind alle gleich ernährungsbewusst. Also kann es sein, dass das für einige dann, wie ein Overkill erscheint, wenn man ein Riesenfass drum macht.

00:10:49

Ronja: Ja, und zusätzlich dazu kommt noch Erholung und Schlaf, was wichtig ist, um insgesamt ein gutes mentales Wohlbefinden zu haben. Wie könnte man das für Millennials auf einer Outdoor-Tour fördern?

00:11:13

Maria: Schlaf und Erholung... Ich weiß nicht, wenn jemand schlecht im Zelt schläfst, schläft die Person halt schlecht im Zelt. Da kann man ja nicht viel machen, um das zu verbessern. Ich glaube, wenn man in der Natur ist, geht man sowieso schon recht früh ins Bett. Ich habe immer sehr gut geschlafen auf den Touren, in den Zelten. Auch da fallen mir jetzt keine spezifischen Beispiele ein, wie man das noch verbessern kann.

00:11:43

Ronja: Ähm, und genau sportliche Aktivitäten. Man ist ja meistens eh schon sportlich unterwegs. Siehst du da irgendwo noch weitere Möglichkeiten oder überhaupt Bedarf, dass das noch weiter intensiviert werden sollte?

00:12:00

Maria: Ich finde, eine Yoga- oder Stretching-Einheit pro Tag oder alle zwei Tage wäre auf jeden Fall sehr wichtig. Das ist natürlich auch immer schwierig. Hat man dann das richtige Material dazu? Ähm, eine Yogamatte kann man ja schwer mitschleppen. Ist der Boden eben genug? Aber man muss ja kein richtiges Yoga machen, sondern man kann auch einfach einen Kreis bilden und sich ein bisschen dehnen. Ich glaube, besonders wenn jemand nicht sehr sportlich ist und eine Gruppenreise bucht, um in diese Outdoorwelt hineinzuschnuppern und sich mit Sport nicht auskennt, ist es der Person vielleicht gar nicht bewusst, wie wichtig es ist, sich zu dehnen. Als Guide hast du dann eine große Verantwortung oder ein großes Potenzial, ihr einen kleinen Schubs in diese Richtung zu geben.

00:12:55

Ronja: Und dann hattest du am Anfang ja auch gesagt, dass eben viele deswegen dieser Challenge machen, überhaupt das mal rauszukommen, mal zu zelten. Siehst du da irgendwo noch Möglichkeiten für weitere Challenges, die man einbauen könnte oder die man machen könnte?

00:13:13

Maria: Wenn das Ganze in so Survival Richtung gehen würde, könnte man natürlich so essen suchen, bisschen Wild Kräuter Kunde zum Beispiel mit einbauen. Ähm, man könnte, das hatte ich auch immer... Ich hatte immer ein Feuerstein dabei, weil viele Leute hatten, noch nie ein Feuerstein in der Hand. Wenn du dann jemanden den Feuerstein in die Hand drückst und sagst: "Hey, heute machst du mal ein Lagerfeuer, viel Glück!". Oder du zeigst dann, wie man es macht. Dass die noch, know how oder Überlebensskills lernen, die die vielleicht nicht immer brauchen. Aber es ist einfach cool zu wissen, dass man sowas kann. Und wenn sie dann in Zukunft wieder auf einer Wanderung sind, können sie sagen: "Hey, ich weiß, wie man Feuer macht, komm, ich zeige es dir" oder so.

00:14:02

Ronja: Ja.

00:14:03

Maria: Ja.

00:14:04

Ronja: Gibt es noch weitere Herausforderungen, die insbesondere bei Outdoor-Touren auftreten können?

00:14:14

Maria: Ich glaube tatsächlich, dass, wenn ich zurückblicke, die Millennials diejenigen waren, die von meinen bisherigen Teilnehmern eher verweicht waren. Dass es für die besonders schwierig ist, aus dem Luxus des normalen Lebens rauszukommen. Aber für die ist es deshalb so beneficial, weil die halt so ein einfaches Leben haben. Es ist für die noch wichtiger, mal solche Challenges zu haben, um die,

würde ich sagen, auf den Boden der Realität zurückzuholen, oder mal so eine andere Perspektive vom Leben zu zeigen, hm!

00:14:56

Ronja: Kannst du dir vorstellen, dass speziell für Millennials Touren angeboten werden, die zusätzliche Module zur Stärkung des mentalen Wohlbefindens haben, wie zum Beispiel Achtsamkeitstraining oder ähnliche Dinge? Kannst du dir vorstellen, dass Millennials daran interessiert sind oder solche Angebote annehmen würden?

00:15:17

Maria: Ja, ich glaube, dass es auf jeden Fall angenommen wird, weil wir gerade so ein Wellness, Yoga, Gesundheitstourismus, Erholung, Achtsamkeit, gesundes Essen- Trend haben. Besonders in Deutschland würde ich mal sagen, ich weiß jetzt nicht, wie es im Rest der Welt ist, aber in Deutschland da passt es momentan in den aktuellen Markt.

00:15:47

Ronja: Perfekt. Hast du sonst noch irgendwelche anderen Anmerkungen oder Geschichten, die du gerne erzählen würdest, die du denkst die hilfreich sein könnten für meine Arbeit.

00:15:58

Maria: Nee, ich bin gespannt, was da rauskommt.

00:16:03

Ronja: Vielen Dank dir.

00:16:05

Maria: Mhm.

Appendix 5.2 Mirka Scharf



Einverständniserklärung zur Erhebung und Verarbeitung von Interviewdaten

Erläuterung

Sie erklären sich dazu bereit, im Rahmen der Bachelorarbeit „Development of a modular concept for a multi-day outdoor adventure trip to enhance mental health for the target group of millennials in Germany“ von Frau Ronja Fastner an einem Interview teilzunehmen. Sie wurden über Art, Umfang und Ziel sowie den Verlauf des o. g. Forschungsvorhabens informiert.

Zum Zwecke der Datenanalyse werden die mündlich erhobenen Daten verschriftlicht (Transkription). Ihre personenbezogenen Kontaktdaten werden von Interviewdaten getrennt für Dritte unzugänglich gespeichert und vertraulich behandelt.

Einverständnis

Sie sind damit einverstanden, im Kontext des o. g. Forschungsvorhabens an der Befragung teilzunehmen. Darüber hinaus akzeptieren Sie die Form der Weiterverarbeitung und wissenschaftlichen Verwertung des geführten Interviews und der daraus entstehenden Daten.

Ihre Teilnahme an der Erhebung und Ihre Zustimmung zur Verwendung der Daten sind freiwillig. Durch die Ablehnung entstehen Ihnen keine Nachteile. Ihnen ist bekannt, dass Sie diese Einwilligung jederzeit gegenüber Frau Ronja Fastner widerrufen können mit der Folge, dass die Verarbeitung Ihrer personenbezogenen Daten, nach Maßgabe der Widerrufserklärung, für die Zukunft unzulässig wird. Dies berührt die Rechtmäßigkeit der aufgrund der Einwilligung bis zum Widerruf erfolgten Verarbeitung jedoch nicht.

Unter diesen Bedingungen erklären Sie sich bereit, das Interview zu geben und sind damit einverstanden, dass es ausgewertet wird.

Mirka Scharf

Vorname, Nachname in Druckschrift

Wiesbaden, 23.05.2023 M. Scharf

Ort, Datum / Unterschrift

00:00:02

Ronja: So Mirka, schön dass du Zeit hast.

00:00:06

Mirka: Ja.

00:00:07

Ronja: Dann fangen wir jetzt das Interview an. Erst mal vorneweg. In welchem Jahr bist du denn geboren?

00:00:14

Mirka: Ich bin 1994 geboren,

00:00:18

Ronja: Okay, und was für eine Outdoorreise hast du bereits mitgemacht?

00:00:23

Mirka: Ich war auf einem Trekking Trip in Albanien. Ich habe auch eine Segelreise, das Jahr davor mitgemacht, aber der Trekking Trip war mehr Outdoor. Das Segeln war, denke ich, mehr Entspannung.

00:00:36

Ronja: Ja, ich glaube, konzentrieren wir uns jetzt auch eher auf den... auf den Trekking Trip. Wie lange hat er denn gedauert?

00:00:45

Mirka: Insgesamt sieben Tage von Samstag bis Samstag.

00:00:50

Ronja: Und wie viele Teilnehmer waren dabei?

00:00:53

Mirka: Ich glaube, wir waren eine Gruppe um die 15 insgesamt. Wir waren ziemlich viele.

00:00:58

Ronja: Ja, wie alt warst du denn, wie du die Reise unternommen hast?

00:01:03

Mirka: War vor zwei Jahren, das heißt, dann war ich 27.

00:01:07

Ronja: Okay, und wie alt waren deine anderen Mitreisenden ungefähr?

00:01:12

Mirka: Jüngste war, glaube ich, 22, 23, und die Älteste war 36 .

00:01:21

Ronja: Und wo habt ihr auf der auf der Tour geschlafen?

00:01:25

Mirka: Ganz unterschiedlich: am Anfang in einem Hotel, dann in drei verschiedenen Gästehäusern und am Ende noch mal in einem Hotel. Dazwischen waren meistens drei Nächte hintereinander in einem der Gästehäuser.

00:01:45

Ronja: Ähm, gab es denn für dich besondere Herausforderungen auf der Tour?

00:01:52

Mirka: Körperlich auf jeden Fall ja. Ich hatte mich darauf eingestellt, dass wir vielleicht zwischen 750 und 1000 Höhenmeter am Tag laufen und bei unserer ersten großen Wanderung waren es schon 1600 Höhenmeter. Das ist also deutlich darüber, und wir sind da halt auch wieder runtergelaufen am selben Tag noch. Das war ziemlich genau das, was wir alle bei Tageslicht schaffen konnten. Und am dritten Tag, wär glaube ich, was geplant gewesen mit knapp 800 Höhenmetern. Wir sind auf den Gipfel, und das waren dann nochmal 1500. Also hat mich überrascht, weil ich nicht dachte, dass ich das könnte. Ich dachte immer, so 1000 ungefähr ist mein Limit, weil ich einfach hier in der flachen Gegend wohne und wir nicht viel Berge haben, auf den man normalerweise laufen würde. Das war, glaube ich, eine Gruppe, die vom Fitness Level recht gut war, und wir haben uns alle gegenseitig so ein bisschen gepusht, nicht so, dass man sich gedrängt gefühlt hat, aber schon so, dass man Lust hatte, es auszuprobieren. Das ja, das habe ich als körperliche Herausforderung auf jeden Fall mitgenommen.

00:03:23

Ronja: Mhm, hast du dann bereits auf der Tour irgendwie gemerkt, dass dein mentales Wohlbefinden verbessert hat? War dir das schon bewusst auf der Tour?

00:03:35

Mirka: Ja, wobei ich glaube, das kam vor allem dadurch, dass, wenn man eine organisierte Reise macht, man halt an gewisse Dinge nicht denken muss, an die man denken würde, wenn man individuell reist. Also, man muss nicht nachdenken, wo schläft mal morgen? Das ist geplant. Man muss sich nicht überlegen, welche Tour man wandern will. Auch das ist geplant. Man muss sich nicht überlegen, was es zum Abendessen gibt, das hat sich jemand überlegt, und man muss nur zur richtigen Zeit irgendwo stehen. Ich habe das Gefühl, das ermöglicht einem, seine geistige Kapazität für ganz andere Dinge zu nutzen, aber andererseits auch, sich für andere Themen anders zu öffnen, vielleicht zu denken, für die man sonst im Alltag nicht so viel Zeit oder so eine Kapazität hätte.

00:04:27

Ronja: Ähm, siehst du denn sonst noch weitere konkrete Möglichkeiten, wie man denn das Mentale Wohlbefinden auf seiner Tour weiter noch steigern könnte?

00:04:39

Mirka: Also ich glaube, wenn man Interesse dran hätte, es als Fokus zu machen, dann könnte man gewisse Aktivitäten mit einbauen, die eben erwiesenermaßen fürs mentale Wohlbefinden positiv wären. Ich glaube zum Beispiel, wenn man so eine Runde hätte, in gewissen Zeitraum, wo man je nach Belieben Yoga oder Meditation machen könnte oder so eine Gesprächsrunde oder sowas etwas, das nochmal steigern könnte. Bisher habe ich eben das Gefühl, dass es nicht so der Fokus war, sondern eher ein positiver Nebeneffekt, aber ich glaube, das als Fokus mit einbinden, das ginge auf jeden Fall. Ja.

00:05:32

Ronja: Hast du noch weitere Ideen, wie man das Thema fördern kann, vor allem, um den Menschen zu helfen, sich ihrer Gefühle bewusster zu werden und sie zu akzeptieren? Wie können wir das auf solchen Reisen weiter fördern?

00:05:45

Mirka: Also, was ich insgesamt gut finde an den Reisen bisher, ist meine Erfahrung war, dass die Menschen da super authentisch waren oder auch jeder so akzeptiert worden ist, wie er war, und das führt dann, glaube ich, auch dazu, dass man sich nicht mehr so sehr verstellt und er sich selber in

seinem wahren Ich auslebt und auch seine Emotionen stärker spürt und besser benennen kann, unter Umständen. Ähm, wenn man das jetzt noch verstärken wollte... Ich würde eben hoffen, dass auf so einer Reise negative Emotionen gar nicht so sehr hoch kommt, dass man eher so eine kurze Pause davon hat. Aber wenn man es verstärken wollte, glaube ich, wäre es interessant, wenn man so ein paar Workshop Übungen miteinander macht oder vielleicht so eine kleine Runde morgens, dass jeder sagt, wie es ihnen gerade geht und was, was einen am meisten Einfluss hat am Tag vorher und worauf er sich heute dann freut, sowas, dass man dem Ganzen ein bisschen stärkeren Rahmen gibt.

00:07:13

Ronja: Super! Also, du hast ja schon gesagt, dass diese Gruppe super wichtig war für dich und diese sozialen Beziehungen in der Gruppe. Hast du da noch Ideen, wie man da das Gruppengefühl noch weiter verstärken könnte?

00:07:27

Mirka: Ich glaube, bei uns, also ich, ich möchte die Gruppe super gerne. Aber die Gruppe ist so ein bisschen auseinandergefallen nach einer Weile. Ich glaube, es lag auch an der Größe von der Gruppe, weil 15 ist schon relativ groß. Also ich glaube so ja zehn bis zwölf wäre wahrscheinlich eine bessere Gruppengröße insgesamt gewesen. Und ansonsten, ich finde, das Gruppen immer davon zusammenwachsen, dass sie gewisse Herausforderungen miteinander bewältigen. Und wenn ich es mehr als Teambildung gesehen hätte, dann hätte ich vielleicht weniger sportliche Anstrengung mit reingemacht und mehr kreative Dinge. Dass ich zum Beispiel vielleicht gesagt hätte, dann lass uns irgendwas Landestypisches bauen, weil da viel mehr Interaktion dabei ist und man auch auf ein fixes Ergebnis als Gruppe hinarbeitet, und ich glaube, das hätte noch mal einen anderen Kontakt untereinander ermöglicht. Zum Beispiel so Sozialprojekte oder sowas, bei denen man mitmacht.

00:08:54

Ronja: Dann ist ja auch immer ein Thema bei so Reisen Ernährung. Wie hast du das denn bei deiner Reise wahrgenommen, und wie, denkst du, kann man das vor allem für die Zielgruppe von den jetzt von 1980 bis 2000, die Jahrgänge, gut umsetzen?

00:09:10

Mirka: Albanien habe ich als super wahrgenommen, weil in Albanien das traditionelle Essen so aussieht, dass ganz viele unterschiedliche Speisen auf den Tisch kommen, und nur eine davon ist üblicherweise Fleisch. Da sind immer dabei Brot, ein Salat. Der Salat besteht aus Salat, Gurken und Tomaten und Ziegenkäse, und dann sind aber bestimmt auch nochmal sechs, sieben verschiedene gebraten oder gefüllte Gemüsesorten auf dem Tisch, und dann kommt eben dieser eine Teller mit Fleisch dazu. Ich habe mir zwischendrin schon gedacht, dass das, glaube ich, für Vegetarier und Veganer ein Paradies ist, weil sie halt immer noch bestimmt fünf oder sechs von den Sachen essen können, ohne sich eben Gedanken darüber machen zu müssen, dass sie jetzt irgendwo weniger vollwertig essen. Weil die, die Flexibilität und die Varietät war da, und ich hatte das Gefühl, dass es einfach sehr ursprünglich war, also dass es Dinge waren, die dort tatsächlich angebaut worden, die wir gegessen haben. Wir haben beim Ziegenkäse, das war ein schönes Beispiel, gesagt, dass er in jedem Gästehaus anders schmeckt. Das war auch so, weil die haben halt tatsächlich die Ziegen noch in den Bergen, und den Käse haben die halt von unterschiedlichen Ziegen gekauft, und das waren halt unterschiedliche Herden. Das hat man tatsächlich geschmeckt. Das fand ich schön, weil man sich dadurch mit dem Land und der Gegend, in der man gerade war, stärker verbunden gefühlt hat, und ich glaube, das steigert Wohlbefinden. Die Menschen, die dort schon lange leben, die wissen einfach, was bei dem Klima gut ist.

00:10:57

Ronja: Hm!

00:10:57

Mirka: Und daran sollte man sich, glaube ich, orientieren. Für mich persönlich war es auch deswegen fantastisch, weil ich einfach gerne viel Gemüse esse, und das gab's halt in Hülle und Fülle. Ich könnte mir vorstellen, dass, wenn jemand jetzt sehr Fleisch basierte Ernährung gewöhnt ist oder sehr viel Fastfood gewöhnt ist, dass es da eine gewisse Umstellung ist, dass es auch schwer sein könnte. Aber dadurch, dass das eigentlich alles Gute, so hochwertige Lebensmittel waren, hat sich für mich ein bisschen wie Detox angefühlt, aber schön.

00:11:37

Ronja: Ja, dann ist es ja auch wichtig, dass man sich mental fit fühlt, dass man einfach gute Erholung und guten Schlaf hat. Wie wurde das dann bei euch umgesetzt, oder wie war das bei euch, und wie hast du das so wahrgenommen?

00:11:52

Mirka: Ähm, ich habe so wahrgenommen, dass ich jeden Abend todmüde ins Bett gefallen bin und morgens nicht groggy war, wenn ich aufgewacht bin. Ja, ich hab nicht viel mehr geschlafen, als ich brauchte, glaube ich, weil ich dafür einfach zu viel Zeit mit der Gruppe verbringen wollte, und das war genau das, was ich, was ich für nötig befunden habe.

00:12:23

Ronja: Und wie habt ihr geschlafen? Habt ihr euch Zimmer geteilt oder wie war das?

00:12:29

Mirka: In den Hotels waren wir meistens in zweier Zimmern zusammen, und in den Gästehäusern hing es immer davon ab, was es für Zimmer gab. Da war es irgendwo zwischen drei und sechs, war aber auch ganz schön, wenn man halt immer so, in unterschiedlichen Konstellationen dann war.

00:12:53

Ronja: Ja, okay, dann hattest du ja schon gesagt, dass für dich, die vor allem die Wanderung sehr herausfordernd waren, einfach sportlich gesehen. Gab es denn sonst noch andere Herausforderungen, abgesehen von dem Sportlichen?

00:13:13

Mirka: Also, ich glaube, für einige waren Herausforderung, dass Albanien von Mobilfunknetz nicht innerhalb von der europäischen Union ist. Das heißt, mit einer deutschen Sim-Karte kann man dort zwar ins Internet gehen, das war aber extremst teuer. Es gab ganz viele Leute, die dann halt gesagt haben, sie gehen ins Internet, wenn sie W-lan haben, und das war nur bei einem Gästehaus der Fall. Also diese dieses Wegsein von Social Media, glaube ich, das wurde von einigen schon als Herausforderung empfunden, und das war auch was, was immer wieder genannt worden ist. Ich habe tatsächlich ein albanisches Sim-Karte, das heißt, für mich hat das so nicht zugetroffen. Aber ich, ich habe den Unterschied gemerkt, weil ich hatte die ganze Zeit Social Media, war aber halt nicht drauf, und sobald wir dann irgendwo W-lan hatten, dann hat man auch gemerkt, dass alle drei Stunden lang an ihren Handys waren und nicht ansprechbar. Das heißt... ich hab, ich hab gemerkt, dass das sehr unterschiedliche Bedürfnisse dann sind. Für mich war es halt was, was die ganze Zeit verfügbar war, aber wo ich nicht so das Interesse dran hatte, und bei anderen, die haben gesagt, sie brauchen es. Ansonsten ja, ich glaube, es ist einfach immer ein gewisser Unsicherheitsfaktor. Eine Woche lang mit einer Gruppe unterwegs zu sein, die man vorher so überhaupt nicht kennt, kann sehr gut laufen, und ich glaube, in den allermeisten Fällen läuft es sehr gut. Aber es kann halt auch sein, dass niemand dabei ist, mit dem man klickt und mit dem man gut zurecht kommt, und ich glaube, mit dieser Unsicherheit, das war vielleicht schon noch was, was mich insbesondere die Tage davor ein bisschen beschäftigt hat.

00:15:17

Ronja: Würdest du denn sagen, dass du auf der Reise irgendwas Neues gelernt hast, irgendwo was dazugelernt hast, neue Fähigkeiten entwickelt hast?

00:15:27

Mirka: Ich habe das Gefühl, dass durch die Art, wie ich in Deutschland arbeite, ich vor allem mit Menschen eines Type Kontakt habe. Das sind meistens so Wissenschaftler, Ingenieure, und ich habe dann erst realisiert, dass ich drohe, den Kontakt zu Menschen mit einem anderen Background. Also in Albanien waren zum Beispiel ganz viele aus unserer Gruppe einen Marketing Background, und ich habe gemerkt, dass es im Studium noch deutlich leichter war und mich mit ihnen über gewisse Sachen zu unterhalten, und dass es jetzt schon deutlich mehr Arbeit war. Die Tage waren eine Message für mich. Ich sollte diesen Kontakt eigentlich in Zukunft gerade suchen, ansonsten komme ich zu sehr in meiner eigenen Bubble am Ende raus. Das war also, es war einfach eine Erkenntnis für mich selber, vielleicht nicht was gelernt, aber was, was sich danach in meinem Leben bisschen geändert hat.

00:16:39

Ronja: Denkst du, dass du auf einer Reise wie dieser noch mehr lernen oder neue Fähigkeiten entwickeln könntest?

00:16:50

Mirka: Ja, ähm, man könnte, es ist eine Frage, was man erreichen möchte. Ich... Ich denke, wenn es auf das Lernen ausgerichtet wäre, dann wäre der Entspannungsfaktor weniger. Ich glaube, das ist es, was die Leute suchen, einfach rauszukommen und eine Woche lang intensiv zu erleben, aber nichts tun zu müssen, und ich glaube, wenn man einen stärkeren Lerneffekt hätte, dann wäre der Urlaubsfaktor vielleicht geringer, aber es kommt natürlich immer darauf an, was man lernt.

00:17:39

Ronja: Könntest du dir denn vorstellen, eine Reise mitzumachen, welche den Fokus ein bisschen mehr auf das mentale Wohlbefinden legt und man aber trotzdem diese sportlichen Herausforderungen auch hat?

00:17:51

Mirka: Das auf jeden Fall. Ich habe, als du das erste Mal erwähnt hast, drüber nachgedacht. Ich glaube, das ist halt was, wo man sich entweder ein gutes Konzept überlegen müsste oder so. Als Teilnehmer würde ich es auf jeden Fall machen. Als Guide würde ich sagen, entweder ich bräuchte dann ein zusätzliches Training dafür, oder derjenige sollte eine psychologische Ausbildung haben. Weil man immer nur eine begrenzte Anzahl von Szenarien, denke ich, als Mensch ohne Ausbildung händeln und beurteilen kann. Aber als Teilnehmer finde ich es auf jeden Fall spannend. Ja.

00:18:45

Ronja: Glaubst du, dass so eine Tour, die einen größeren Mehrwert geben könnte als jetzt, so eine herkömmliche Abenteuer-tour, wie du sie gemacht hast?

00:18:56

Mirka: Ich glaube, es wäre ganz anders. Ich glaube, ich würde sie überhaupt nicht miteinander vergleichen, sondern ich würde sie eher als eine Bandbreite von Optionen betrachten.

00:19:13

Ronja: Hast du denn sonst noch irgendwelche weiteren Anmerkungen oder irgendwelche Geschichten, die du noch von deiner Reise erzählen willst, die du denkst, dass sie hilfreich für mich sein könnten?

00:19:25

Mirka: Geschichten von der Reise jetzt vielleicht gar nicht so sehr. Aber etwas, worüber ich nachgedacht habe, ist, dass wir eine Diskussion darüber hatten, wie man bestimmte Dinge einbauen kann. Und das Event, auf dem ich gestern abend war, das war ein Storytelling Slam prinzipiell wie ein Poetry Slam, aber mehr das Leute Aufstehen und eine Geschichte erzählen für fünf bis zehn Minuten, und wir haben das dann immer so gemacht, dass wir dann auch eine Fragerunde hatten, und dann hat sich der nächste Freiwillige gemeldet. Das war was, wo ich gerade dran dachte. Wenn man jetzt zum Beispiel das Gruppengefühl stärken wollte oder gewisse emotionale Themen ansprechen wollte, ist das vielleicht ein ganz passendes Format, weil meine Erfahrung damit jedes Mal war, dass Menschen tatsächlich sehr, sehr persönliche Sachen von sich erzählen, auch in einer großen Gruppe von Leuten, die sie nicht kennen, und dass das Feedback aber aus der Gruppe sehr bereichernd ist. Also habe ich vor einiger Zeit mit einer Psychologin darüber gesprochen, und diese Person hat daraufhin geantwortet: "Wie wunderbar! Das ist wie eine Therapie ohne Therapeuten." Es war eher dieses auf der einen Seite sich öffnen und auf der anderen Seite dann ein sehr positives Feedback bekommen von ganz unterschiedlichen Menschen, und das hat einfach, glaube ich, eine starke Verbindung hergestellt. Also vielleicht ist das ein Ansatz, mit dem man so ein bisschen spielen könnte.

00:20:58

Ronja: Dankeschön.

Appendix 5.3 Dustin Rottmann



Einverständniserklärung zur Erhebung und Verarbeitung von Interviewdaten

Erläuterung

Sie erklären sich dazu bereit, im Rahmen der Bachelorarbeit „Development of a modular concept for a multi-day outdoor adventure trip to enhance mental health for the target group of millennials in Germany“ von Frau Ronja Fastner an einem Interview teilzunehmen. Sie wurden über Art, Umfang und Ziel sowie den Verlauf des o. g. Forschungsvorhabens informiert.

Zum Zwecke der Datenanalyse werden die mündlich erhobenen Daten verschriftlicht (Transkription). Ihre personenbezogenen Kontaktdaten werden von Interviewdaten getrennt für Dritte unzugänglich gespeichert und vertraulich behandelt.

Einverständnis

Sie sind damit einverstanden, im Kontext des o. g. Forschungsvorhabens an der Befragung teilzunehmen. Darüber hinaus akzeptieren Sie die Form der Weiterverarbeitung und wissenschaftlichen Verwertung des geführten Interviews und der daraus entstehenden Daten.

Ihre Teilnahme an der Erhebung und Ihre Zustimmung zur Verwendung der Daten sind freiwillig. Durch die Ablehnung entstehen Ihnen keine Nachteile. Ihnen ist bekannt, dass Sie diese Einwilligung jederzeit gegenüber Frau Ronja Fastner widerrufen können mit der Folge, dass die Verarbeitung Ihrer personenbezogenen Daten, nach Maßgabe der Widerrufserklärung, für die Zukunft unzulässig wird. Dies berührt die Rechtmäßigkeit der aufgrund der Einwilligung bis zum Widerruf erfolgten Verarbeitung jedoch nicht.

Unter diesen Bedingungen erklären Sie sich bereit, das Interview zu geben und sind damit einverstanden, dass es ausgewertet wird.

Dustin Rottmann

Vorname, Nachname in Druckschrift

Ljubljana, 29.05.2023 

Ort, Datum / Unterschrift

00:00:00

Ronja: Dustin schön, dass du Zeit hast für ein Interview.

00:00:04

Dustin: Sehr gerne.

00:00:07

Ronja: Als erstes einmal, wie alt bist du und wie lange arbeitest du schon als Guide?

00:00:12

Dustin: Also, ich bin 31 Jahre alt, habe im Januar Geburtstag. Als Guide offiziell arbeite... also ich hatte jetzt meine ersten beiden Touren. Meine erste Tour hat ich am 13.05. Und meine zweite Tour ging vom 20 bis zum 27.05 direkt im Anschluss.

00:00:30

Ronja: Was war das denn für eine Tour?

00:00:33

Dustin: Das war eine Slowenien Tour in Europa. Also vielleicht ganz noch kurz ne Frage dazu? Soll ich einfach mal so ein bisschen drauf los plaudern, oder soll ich wirklich expliziten antworten?

00:00:43

Ronja: Ne, erzähl gerne ein bisschen!

00:00:47

Dustin: Okay, okay, perfekt, du selektierst das ja dann am Ende. Ja, also, da fange ich vielleicht vorne an. Also genau ich hab die Slowenien Tour gemacht, auf die ich mich beworben habe, weil ich aktuell mein Sabbatical mache. Ich habe jetzt mal ein Studium abgeschlossen und hab jetzt eine 3 monatige Auszeit, und diese Auszeit habe ich im Balkan geplant beziehungsweise in Europa, und habe dann in Österreich angefangen. Eigentlich gar nicht richtig. Eigentlich hab ich in Oberstdorf angefangen, weil da war ich die Academy, bei der wir ausgebildet wurden. Ich hatte mich auf Slowenien beworben, wo ich dann auch für zwei Wochen die Zusage bekommen habe, und diese zwei Wochen sind jetzt um. Und dann wollte ich eigentlich noch zwei Wochen Montenegro machen, weil das auch auf meine Reiseroute liegt. Die Tour wäre auch eine internationale Tour gewesen, also englischsprachig, und die ist leider ausgefallen, weil wir Probleme beziehungsweise Hüttenleben, Probleme mit der Vermieterin hatte, sodass alle internationalen Hüttenleben Touren in diesem Zeitraum bei der Vermieterin abgesagt wurden. Das heißt, ich nutze meine Zeit jetzt anders, und dann werde noch eine Woche ins Ötztal gehen.

00:02:13

Ronja: Ähm, wie viele Teilnehmer hattest du jetzt auf deiner Tour?

00:02:17

Dustin: Wir waren insgesamt mit mir 15 Leute, also 14 Teilnehmer. Meine Touren waren beide vollständig ausgebucht.

00:02:24

Ronja: Und wie fandest du das von der Anzahl her?

00:02:29

Dustin: Gute Frage also, meine ganz persönliche objektive Meinung ist, dass ein sehr anspruchsvoll ist: Slowenien liegt direkt... also ich war ja in den Alpen und in den Karawanken. Das heißt also, es sind sehr viele und vor allem auch hohe Berge drumherum, und ich hatte die erste Tour dieses Jahr am 13

Mai, und am 13 Mai war noch unterirdisches Wetter. Das heißt also, wir hatten jeden Tag noch auf über 1800 Meter Schneefall, auf über 2000 Metern hatten wir richtig Schneefall. Das heißt es sind anderthalb Meter Neuschnee gefallen, ... jeden Tag hat es ungefähr nur geregnet, und zwar richtig geregnet mit 15 bis 20 Liter Niederschlag. Das heißt also, es war wirklich strömender Regen. Ich fand es für eine erste Tour mit 15 Teilnehmern oder 14 Teilnehmern, die man leiten und koordinieren muss, auch bei so ein Wetter, und ich habe schon recht viele Erfahrungen in den Bergen und auch schon bei Touren, allerdings im Freundeskreis, also ich kannte die Teilnehmer zu den Zeitpunkten dann schon... naja ich fand es persönlich sehr, sehr anspruchsvoll.

00:03:54

Ronja: Und für die Teilnehmer, für die Gruppendynamik, was würdest du dann sagen? Wie viel ist denn da eine gute Anzahl von Teilnehmer?

00:04:13

Dustin: Also ich habe jetzt zwei Gruppen geguidet und war ja auch schon als Teilnehmer unterwegs. Beide Gruppen waren komplett divers. Das heißt also, die erste Gruppe war ganz, ganz anders als die andere. Wir haben bei der ersten Gruppe ne mega Dynamik gehabt. Es waren alle... haben mega zusammengepasst und haben sich total gut verstanden. Wirklich, es waren alle unterschiedlich, aber trotzdem hatten irgendwie alle den gleichen Vibe, und ich würde sagen, dass 14 Teilnehmer okay waren. Bei der zweiten Gruppe waren sehr viele unterschiedliche Charaktere da, die zwar auch zueinander gepasst haben, aber bei denen gar nicht jetzt so ein mega enger Kontakt zustande gekommen ist. Also dieses Motto „Viel Liebe“! Es war ...zwar alle waren sich zwar sympathisch, aber es war jetzt nicht so, dass da jetzt so dieser super, super, super, super Gruppen Zusammenhalt war. Meine persönliche Meinung... ich war als Teilnehmer in Norwegen, auf den Lofoten, und da waren wir zehn Leute, und meiner Meinung nach sind zehn Leute die beste Gruppengröße, einfach weil man sich in sieben Tagen mit zehn Leuten auch gerade so richtig kennenlernen kann. Bei 15 Leuten fällt immer jemand flach, das heißt, man hat dann zu einigen Leuten mehr Kontakt und zu einigen Leuten weniger Kontakt, und deshalb ist meiner Meinung nach zehn Leute ist die beste Gruppengröße.

00:05:25

Dustin: (...) Unterbrechung der Verbindung

00:06:55

Ronja: Hast du dann auf der Tour gemerkt, dass sich das mentale Wohlbefinden von den Teilnehmern verbessert hat?

00:07:01

Dustin: Ja, auf jeden Fall mega! Also ich glaube, der Guide muss großen Beitrag dazu leisten, dass das Mentale Wohlbefinden besser wird und die Gruppe zusammenhalten und auch auf alle eingehen. Ich glaube, das ist ein ganz großer Part. Aber ich kann auf jeden Fall von allen Teilnehmern sagen, auch bei der Gruppe, die im Regen... also wir sind wirklich sieben Tage durch den Regen gelaufen, selbst da hat sich das Mentale Wohlbefinden, definitiv verbessert. Also tausendprozentig. Alle haben danach gesagt: Voll schöne Woche, alle zehren immer noch davon. Die Gruppen sind immer noch total aktiv und schicken sich gegenseitig Fotos und freuen sich darauf, dass wir uns wiedersehen im Dezember, und alle sind Mega, Mega zufrieden und haben gesagt, es hat sich nicht wie eine Woche angefühlt, sondern wie drei Wochen, und viele haben gesagt, dass es total schön ist und unerwartet, dass man, wenn man in so einer Gruppe von Leuten geworfen wird, die man nicht kennt, dass man trotzdem in einer Woche so eng zusammenwächst.

00:07:49

Ronja: Ja, siehst du denn irgendwo noch konkrete Möglichkeiten, wie man dann das Wohlbefinden noch steigern könnte auf der Tour?

00:07:58

Dustin: Mhm. Ja, ich glaube, das ist immer so ein bisschen individuell von Guide und von Gruppe. Ich glaube, es ist wichtig, die Gruppe am Anfang zusammenzuführen mit so ein paar Kennenlernspiele, dass man erst mal am ersten Tag so ein bisschen den Überblick bekommt, wer ist eigentlich wer, wer bin ich, was mache ich, wo will ich hin, was habe ich für eine Vorstellung von der Woche? Und ich glaube, wenn man am Anfang alle abholt, dann fühlen sich alle auch ein bisschen wohler und integrierter, weil viele Leute mit unterschiedlichen Charakteren dabei sind. Es gab einen der war sehr sehr ruhig aber irgendwie, aber man hat einfach gemerkt, er hat sich trotzdem total wohlfühlt. Er war einfach so ein Charakter, der dabei gesessen hat und irgendwie mochte, wenn Leute ihn rum sind, und deshalb ist es schwierig zu sagen, wie man das Wohlbefinden steigern kann bei so vielen unterschiedlichen Persönlichkeiten. Aber ich glaube, es ist wichtig, auf jeden individuell einzugehen und zu schauen, dass er sich irgendwie in die Gruppe integriert fühlt und nicht ausgeschlossen wird. Ansonsten, wie man das Wohlbefinden steigern kann. Gute Frage, es ist, es ist so schwierig. Bei einigen Teilnehmern würde ich sagen, sie legen Wert darauf, wenn sie ein bisschen mitentscheiden können. Ich habe zum Beispiel in der ersten Woche sehr viel probiert und hab gesagt, kommen, wir machen Gruppenentscheidungen, ich mache Beispiele, aber aber gemerkt, dass viele einfach, meine ich jetzt gar nicht böse, aber viele einfach den Kopf ausschalten und wie die Lemminge hinterherrennen und einfach sagen, ich habe jetzt hier ein Guide und hab jetzt die Tour gebucht, und ich möchte, dass mir alles vorgegeben wird. Das heißt also, in der zweiten Woche bin ich deutlich autoritärer vorgegangen, bin aber dann individuell auf die einzelnen Charaktere eingegangen, wo ich gemerkt habe, die hätten auch mal Bock, was mitzuentcheiden, und bin dann auch von meinen Plänen abgewichen und habe gesagt, hey, coole Idee, hab das dann mit der Gruppe diskutiert. Und ich glaube, das führt dann dazu, dass das Wohlbefinden noch weiter zunimmt.

00:10:17

Ronja: Wie habt ihr denn das mit der Ernährung gemacht? Das ist immer ein wichtiger Punkt.

00:10:22

Dustin: Voll ...also in der ersten Gruppe, in der ersten Woche war es sehr anspruchsvoll. Wir hatten acht Vegetarier, eine Veganerin, und diese Veganerin war Gluten intolerant, und es war nicht nur so ein bisschen Gluten intolerant, die war so intolerant, dass, wenn man ein Messer oder ein Brettchen benutzt hat, dass man das danach echt wieder richtig sauber schrauben musste. Dann gab es viele Leute, die dann bestimmte bestimmte Gemüse oder Obst nicht wollten, also wie zum Beispiel Paprika oder Pilze. Und da kommen wir wieder drauf, dass die Gruppengröße ist bei zehn Leuten deutlich einfacher zu händeln als bei 15. Wir haben es gut hingekriegt, weil wir uns sehr gut koordiniert hatten und auch einige dabei waren, die, ich sag mal, sehr viel Kocherfahrung hatten. Aber es war sehr schwierig. Also wir haben immer zwei Töpfe gekocht, manchmal sogar drei. Das heißt, es hat sich sehr lange rausgezögert, und wir haben sehr einfache Sachen gekocht, also zum Beispiel Chili sin Carne. Da kann man dann die Paprika herauslassen, im zweiten Topf, man kann die Schärfe weglassen, man hat nur vegane Sachen da drin, und dann kommt das auch der Glutenintoleranten entgegen. Wraps haben wir gemacht, die kann sich jeder selber belegen, dann haben wir Curry gemacht. Das ging auch sehr gut genau, also, solche solche einfacheren Sachen haben ganz gut funktioniert.

00:11:46

Ronja: Haben denn die Teilnehmer auf der Tour irgendwas Neues dazugelernt?

00:11:55

Dustin: Ähm, also in Bezug auf was? Persönlich?

00:12:09

Ronja: Genau oder irgendwelche Fähigkeiten entwickelt oder so.

00:12:13

Dustin: Ja, also, ich bin ich bin schon immer darauf eingegangen. Wo waren wir eigentlich gerade? Worauf kommt es beim Wandern an? Wie steigt man richtig ab? Also, ich sag mal, der richtige Schritt bergab, dass man Abstand halten soll. Dann bin ich ein bisschen aufs Wetter eingegangen. Also ich hatte mich im Vorfeld hier noch über das Wetter informiert und hab dann also, ich bin natürlich Laie, ich bin jetzt kein Metrologe, aber ich habe mich trotzdem bisschen damit auseinandergesetzt und hab den Teilnehmern dann schon irgendwie wenn wir mal ein bisschen Zeit hatten und irgendwie da gegessen haben, habe ich denen schon ein bisschen was vermittelt. Das heißt also, ich würde mal sagen, wenn man es jetzt Fachkompetenz nennen kann, sowas in Bezug auf das, dann haben sie dort ein bisschen was gelernt, und ich bin mir sicher, dass viele Teilnehmer auch gelernt haben, wie man in so einer großen Gruppe, weil für viele auch, glaube ich, das erste Mal war, dass sie mit so einer großen Gruppe weg waren, wie man sich dort integriert und auch verhält.

00:13:03

Ronja: Was waren denn vor allem die Herausforderungen für die Teilnehmer?

00:13:08

Dustin: Die Herausforderung für die Teilnehmer. Für einige war es die körperliche Herausforderung. Was für manche überhaupt nicht anspruchsvoll war, war für andere sehr, sehr anspruchsvoll. Das heißt also, Geduld war eine Herausforderung, vor allem im strömenden Regen, wenn einige Teilnehmer sehr schnell unterwegs waren. Ich sag mal, an einfacheren Abschnitten, wo ich dann auch gesagt habe, geht jetzt mal eigenes Tempo. Wir treffen uns, um bei der nächsten Abzweigung wieder vorgegangen sind und dann 15 Minuten im Regen stehen mussten, weil einige ja sehr, sehr langsam waren und dann auch noch getrödeln haben. Für andere war es der Druck, der dadurch entstanden ist, weil sie immer die Langsamsten waren.

00:14:07

Ronja: Und wie bist du damit umgegangen, wenn du das gemerkt hast?

00:14:13

Dustin: Ich habe die Leute, die langsamer gegangen sind, aufgebaut und habe gesagt, dass wir in der Gruppe zusammen sind und dass sie sich überhaupt nicht gehetzt fühlen müssen, dass wir Pausen machen und dass wir.. dass die... dass es einfach in der Gruppe so ist, und dass die Leute, die dann schneller unterwegs sind, vielleicht für den Gruppenzusammenhalt auch einfach Geduld üben müssen.

00:14:33

Ronja: Ja.

00:14:33

Dustin: Und genauso andersherum.

00:14:37

Ronja: Kannst du dir dann vorstellen, dass solche Abenteuerreisen, die den Fokus mehr noch auf mentales Wohlbefinden und mentale Gesundheit legen angenommen werden?

00:14:48

Dustin: Also, ich glaube, in der heutigen, ich glaube, in der heutigen Zeit, auf jeden Fall. Es ist wichtig,

dass man sowas tut. Weil mentales Wohlbefinden ist, glaube ich, das allergrößte Manko, dass wir in unserer westlichen Gesellschaft haben, mit immer mehr Workload, immer mehr digitalen Medien und immer mehr Einfluss. Das Gehirn hat überhaupt keine Ruhephasen mehr, man hüpfet nur noch in seinem Beruf, in vielen Berufen, von Meeting zu Meeting, man schläft weniger. Das letzte, was man abends macht, ist das Gehirn mit Informationen fluten vom Smartphone, und das erste, was man macht, ist das Gehirn wieder mit Informationen fluten vom Smartphone. Ich glaube, dass Urlaube, wo man die mentale Gesundheit fokussiert, wo man möglicherweise auch Methodiken mit nach Hause nehmen kann, die man in seinen Alltag etablieren kann, auf jeden Fall für die meisten Menschen, die das noch nicht tun oder einen anderen Weg gefunden haben, wie sie mental gesund bleiben, definitiv angemessen werden. Ja.

00:15:41

Ronja: Das heißt, würdest du dann sagen, es wird den teilnehmenden größeren Mehrwert geben als eine herkömmliche Tour?

00:16:12

Dustin: Ja, es ist schwierig zu sagen, also ich glaube, dass das schon etwas bringen kann, aber das ist dann natürlich auch den Tourcharakter von vornherein haben muss. Siehst du mich eigentlich noch, dein Bild hängt total.

00:16:25

Ronja: Nee, du bist auch eingefroren, aber ich höre dich super.

00:16:30

Dustin: Okay, ich mache mal einmal die Kamera aus und wieder an, vielleicht funktioniert es dann... ne... na ja, machen wir so weiter. Also, ich glaube, dass Leute, die dann mit einer solchen Erwartungshaltung dort reingehen, auch davon profitieren, definitiv. Aber ich glaube, der Charakter liegt die auf Outdooraktivitäten und natürlich auch Zusammenhalt, also Gruppen, sozialen Gruppenaktivitäten. Aber das müsste man, da müsste man vielleicht einen solchen Tour Charakter von vornherein beschreiben, weil ich glaube, dass sonst die Teilnehmer mit einer anderen Erwartungshaltung dort hinein gehen. Alles in allem könnte man sich sowas aber vorstellen, weil ich meine, es gibt immer mehr Retreats, es wird immer erfolgreicher, Yoga ist immer mehr im Kommen und Meditation und Atemübungen auch. Und ich kann mir schon vorstellen, dass, wenn man eine Tour mit einem Mental Coach anbietet oder mit Achtsamkeitsübung, sag ich jetzt mal, dass das auch... dass das auch der Gruppe unterstützend helfen würde, kann ich mir sehr, sehr gut vorstellen. Ja.

00:17:40

Ronja: Super, danke dir. Hast du sonst noch irgendwelche Anmerkungen oder Geschichten, die du gerne erzählen würdest, die du denkst, dass sie mir helfen können?

00:17:49

Dustin: Ähm, ja, ich finde, dass wir in der Akademie, in der wir waren, zwar sehr viel gelernt haben, aber ich finde, dass dort einige Bestandteile noch fehlen, zum Beispiel Zeitmanagement. Das ist der größte Faktor, der auch zu Unwohlsein in der Gruppe führen kann, wie es bei mir der Fall war in der ersten Woche. Ich habe es total unterschätzt, wie intensiv es ist, 14 Leute auf Track zu halten. Das heißt also, gerade bei so einem Wetter, wo wir dann immer wieder im Regen waren und Püschchen machen wollten. Es musste immer jemand auf Toilette, es wollte mir jemand die Regenhose an oder ausziehen, Sachen an oder ausziehen, irgendjemand wollte essen. Das heißt also, wir waren viel, viel, viel, viel länger unterwegs, als ich es einkalkuliert habe. Selbst als ich die Route noch vorher abgegangen bin und dann noch ein Puffer eingebaut habe, haben wir diesen Puffer deutlich überschritten, einfach auch, weil die Charaktere so unterschiedlich waren, und auch von der,

körperlichen Konstitution. Das ist ein sehr, sehr großer Punkt, der in so einer großen Gruppe auf jeden Fall nicht zu vernachlässigen ist, weil viele haben sich dann gehetzt gefühlt, weil ich gesagt habe, „hey, wir müssen uns ein bisschen beeilen, wir müssen die letzte Fähre noch kriegen oder den letzten Bus“. Das war auch so das größte Feedback am Ende. Hey, wir hätten einfach früher losgehen müssen. Das war für mich das größte Learning.

Appendix 5.4 Bernice Huber



Einverständniserklärung zur Erhebung und Verarbeitung von Interviewdaten

Erläuterung

Sie erklären sich dazu bereit, im Rahmen der Bachelorarbeit „Development of a modular concept for a multi-day outdoor adventure trip to enhance mental health for the target group of millennials in Germany“ von Frau Ronja Fastner an einem Interview teilzunehmen. Sie wurden über Art, Umfang und Ziel sowie den Verlauf des o. g. Forschungsvorhabens informiert.

Zum Zwecke der Datenanalyse werden die mündlich erhobenen Daten verschriftlicht (Transkription). Ihre personenbezogenen Kontaktdaten werden von Interviewdaten getrennt für Dritte unzugänglich gespeichert und vertraulich behandelt.

Einverständnis

Sie sind damit einverstanden, im Kontext des o. g. Forschungsvorhabens an der Befragung teilzunehmen. Darüber hinaus akzeptieren Sie die Form der Weiterverarbeitung und wissenschaftlichen Verwertung des geführten Interviews und der daraus entstehenden Daten.

Ihre Teilnahme an der Erhebung und Ihre Zustimmung zur Verwendung der Daten sind freiwillig. Durch die Ablehnung entstehen Ihnen keine Nachteile. Ihnen ist bekannt, dass Sie diese Einwilligung jederzeit gegenüber Frau Ronja Fastner widerrufen können mit der Folge, dass die Verarbeitung Ihrer personenbezogenen Daten, nach Maßgabe der Widerrufserklärung, für die Zukunft unzulässig wird. Dies berührt die Rechtmäßigkeit der aufgrund der Einwilligung bis zum Widerruf erfolgten Verarbeitung jedoch nicht.

Unter diesen Bedingungen erklären Sie sich bereit, das Interview zu geben und sind damit einverstanden, dass es ausgewertet wird.

BERNICE HUBER

Vorname, Nachname in Druckschrift

Hofheim, 24.05.2023 B. Huber

Ort, Datum / Unterschrift

00:00:01

Ronja: So hallo, schön, dass du Zeit gefunden hast!

00:00:06

Bernice: Ja, gerne.

00:00:08

Ronja: Ähm, erst mal vorneweg. In welchem Jahr bist du denn geboren?

00:00:15

Bernice: 1993.

00:00:16

Ronja: Okay, und was hast du denn bis jetzt für eine Outdoortour mitgemacht?

00:00:22

Bernice: Also hauptsächlich waren das Trekking oder Wanderreisen, teilweise dann auch Übernachtungen in festen Hütten, aber auch schon mal mit Zelt, also das war so eigentlich das meiste.

00:00:35

Ronja: Ja, und bei Gruppenreisen mit wie vielen wart ihr immer unterwegs? Ungefähr?

00:00:42

Bernice: Bei Gruppenreisen war das Maximum elf Teilnehmer, und die kleinste Gruppe... Waren wir vier Teilnehmer.

00:00:57

Ronja: Okay, und wo hast du die Touren mitgemacht?

00:01:03

Bernice: Also ich würde es jetzt mal auf die letzten beschränken. Die waren in Nicaragua, Mittelamerika und Südamerika. Peru.

00:01:18

Ronja: Okay, und wie lange wart ihr unterwegs, von der Zeit her?

00:01:24

Bernice: Also von zwei bis sechs Tagen.

00:01:29

Ronja: Also, ich würde die nächsten Fragen auf Gruppenreisen beschränken, die, wo ihr eben mehrere Tage unterwegs wart. Gab es denn für dich besondere Herausforderungen auf den Touren?

00:01:46

Bernice: Ähm, gut, Herausforderungen sind meistens ja dann auch erst mal diese körperlichen Herausforderungen, die man dann eben hat. Wenn man solche Touren nicht explizit regelmäßig macht, dann hat man eben auch irgendwelche körperlichen Einschränkungen. Zum Beispiel Peru war die Höhe eine Einschränkung, eine Herausforderung, die man eben dadurch hatte. Ähm, ja!

00:02:20

Ronja: Ja, die anderen Teilnehmer, mit denen du unterwegs warst, wie alt waren die ungefähr?

00:02:32

Bernice: Also, auf der letzten waren die Teilnehmer jünger wie ich alle. Ich war die älteste, das heißt, die Teilnehmer waren zwischen 23 und 26 Jahre. Auf einer Tour war die Teilnehmer ein bisschen

bunter gemixt. Da waren wir, würde ich sagen, das weiß ich nicht exakt, wie alt da jeder war, aber da waren wir so 20 bis ... die älteste war auf jeden Fall 34.

00:03:05

Ronja: Ja, okay, wie bist du denn auf die Touren aufmerksam geworden?

00:03:11

Bernice: Auf die Tour an sich oder auf genau die, die ich dann gebucht habe.

00:03:16

Ronja: Auf den Anbieter.

00:03:18

Bernice: Ja, bin ich eigentlich der Typ, der da sehr spontan vor Ort dann schaut über Erfahrungen von anderen oder auch von irgendwelchen Unterkünften, wo ich dann war, mit wem die dann zusammenarbeiten. Also, das sind alles keine Touren, die ich jetzt halt im Vorfeld geplant habe, wenn ich da noch länger unterwegs war.

00:03:43

Ronja: Okay, super, warst du dir schon auf den Touren bewusst, dass sich dein mentales Wohlbefinden verbessert hat?

00:03:56

Bernice: Ja, auf jeden Fall, auf jeden Fall. Also bei zwei Tagen dauert es natürlich eher dann bis gegen Ende. Wenn man aber schon so vier Tage unterwegs ist, dann merkt man schon, dass der Kopf frei wird.

00:04:12

Ronja: Ja.

00:04:14

Bernice: Man einfach Zeit hat, auch über Dinge dann nachzudenken, und man auch viel Kraft aus der mentalen Ebene zieht. Alles, was körperlich nicht mehr geht, würde ich sagen, ziehe ich dann aus dem Mentalen.

00:04:30

Ronja: Ja, welche konkreten Möglichkeiten siehst du denn, um das mentale Wohlbefinden auf mehrtägigen Outdoorreisen weiter zu steigern?

00:04:47

Bernice: Mehr zu steigen, als es jetzt bisher ist, meinst du? Sich konkreter darauf vorzubereiten. Das heißt, dass man weiß, auf was man sich, mehr weiß, auf was man sich einlässt. Dadurch könnte dieses Mentale etwas besser werden. Ja, Vorbereitung.

00:05:14

Ronja: Ja, das waren ja alles Gruppenreisen. Jetzt, auf die wir uns beziehen, hast du eine Idee, wie man die sozialen Beziehungen auf der Reise noch verbessern könnte.

00:05:32

Bernice: Also die sozialen Beziehungen untereinander in der Gruppe.

00:05:38

Ronja: Ja.

00:05:43

Bernice: Also, ich muss sagen, die sozialen Beziehungen auf solchen Touren waren immer bei mir sehr gut. Schon also von daher, dadurch... durch diesen gemeinsamen Spirit, durch diese gemeinsame Erfahrung, durch diesen körperlichen Zusammenhalt, also die körperlichen Anstrengungen, die dann zusammenhält, war das doch immer sehr gut. Wir hatten bei der letzten Tour auch so ein bisschen so Motivationssprüche, wo ich ganz cool fand, wo dann einer, wenn einer angefangen hat zu rufen, dann haben es die anderen nachgerufen, und das hat dann so ein bisschen Push gegeben und so ein bisschen ein Zusammenheitsgefühl. Äh, wir hatten an der Tour auch ein Gruppennamen, den wir aber am Anfang gesucht haben und nie wieder verwendet haben. Also, vielleicht hätte man sich keine Ahnung, noch bisschen mehr auf die Fahne schreiben können. Ähm, grundsätzlich bin ich aber auch ein Fan davon, sich selbst erstmal, sich gut kennenzulernen, dass man schon mal weiß, wo seine Stärken und Schwächen liegen.

00:06:48

Ronja: Ja, und hast du denn Ideen, wie man noch mehr Selbstreflexion auf Touren einbauen kann oder sich mit seinen Emotionen auseinanderzusetzen?

00:07:13

Bernice: Hm!

00:07:15

Ronja: Gab es denn schon irgendwas auf euren Touren, was, was dir da geholfen hat in der Hinsicht?

00:07:25

Bernice: Also, generell für Selbstreflexion auf solchen Touren finde ich immer so dieser Mix zwischen Gesprächen und wieder Zeit für sich. Das finde ich sehr gut.

00:07:43

Ronja: Ja, ja, super. Ein wichtiges Thema ist ja die Ernährung. Wie hast du das jetzt auf dein Touren wahrgenommen?

00:07:55

Bernice: Ähm, war zum Beispiel jetzt gerade in Peru ein Thema für mich, dass ich sehr beachtet habe, weil ich immer Probleme habe, zum Beispiel mit dem Magen in solchen Ländern, und da habe ich mir viel Gedanken darüber gemacht was ich im Prinzip zu mir nehme. Dass ich auf der einen Seite eben Essen zu mir nehme, die mir Kraft und Power gibt, aber eben auch der anderen Zeit ich auch aufpassen, dass ich mir nichts einfange, was auch so in Touren natürlich kontraproduktiv ist, und für den Körper schlecht. Generell esse ich auch solchen Touren unheimlich viel. Ähm, kann auch zu Tageszeiten essen, wo ich zu Hause niemals essen würde.

00:08:53

Ronja: Ja.

00:08:55

Bernice: Gerade so morgens aufstehen und um drei Uhr keine Ahnung richtig reinhauen, geht super, ja, ja, und es ist mir auch, muss ich sagen, sehr wichtig, dass es dann auch gut gute Ernährung gibt oder gute Essensmöglichkeiten. Ich bin da niemand, der jetzt hat sich mit Riegeln vollstopfen will.

00:09:15

Ronja: Ja, und dazu gehört auch, irgendwie ein bisschen dann ein guter Schlaf und gute Erholung zu haben. Wie hast du das wahrgenommen oder wie denkst du, kann man das besser umsetzen oder gut umsetzen?

00:09:30

Bernice: Wahrgenommen habe ich Schlaf immer als was sehr Positives, weil man meistens doch recht müde auch ins Bett, ins Zelt, was auch immer fällt. Und schlecht geschlafen in dem Sinne gab es eigentlich nie, außer es war vielleicht halt mal kalt oder mal ungemütlich, aber dann wieder umdrehen und weiterschlafen. Ich bin aber generell auch so ein guter Schläfer, kann überall schlafen. Man hat eben das Gefühl, was ich jetzt vorhin erwähnt habe. Wenn man dann so drei Uhr aufsteht, hat man das Gefühl, man hat zu wenig geschlafen. Aber man ist ja eigentlich am Tag davor eigentlich frühzeitig ins Bett gegangen. Und ähm ja, Schlaf ist natürlich wichtig, aber in dem Sinne immer ausreichend gewesen.

00:10:24

Ronja: Ja, es ist ja so schon immer eine sportliche Herausforderung. Siehst du da irgendwie noch eine Möglichkeit, das irgendwie noch weiter zu fördern, oder sagst du, es ist eigentlich in Ordnung?

00:10:40

Bernice: Eine sportliche Herausforderung.... Ja, also klar, da gibt's auf jeden Fall Dinge, die man da noch krasser machen könnte. Vielleicht manche Touren irgendwie noch was weiteres mit reinpacken? Ja, wäre auf jeden Fall möglich.

00:11:08

Ronja: Ja, dann zu dem Thema persönliche Weiterentwicklung. Hast du gemerkt, dass du neue Fähigkeiten auf der Tour entwickelt hast?

00:11:24

Bernice: Okay, ja, also zum Beispiel das Thema Selbstreflexion finde ich immer generell spannend, aber manchmal hat man, wenn man aus solchen Touren ist, nochmal eine andere Ähm, Verbindung zu sich selbst. Also das funktioniert, finde ich da besonders gut. Reflexion, aber auch so ein bisschen dieser Wille... also so Ehrgeiz, Ehrgeiz. Natürlich finde ich es auch so gut... was man mehr entwickeln kann, wenn man so unterwegs ist, wenn man sich vielleicht auch manche Dinge auf den ersten Blick nicht zugetraut hat, mal den Schritt zu gehen. Ähm, ja, das würde ich sagen, das sind die zwei Punkte.

00:12:23

Ronja: Ja, könntest du dir denn vorstellen, eine Tour mitzumachen, die mehr den Fokus auf das mentale Wohlbefinden liegt?

00:12:34

Bernice: Ja, ja, durchaus... kann ich mir vorstellen, weil meistens auf den Touren vom Guide her, der Fokus nur auf das körperliche Befinden ist. Und dann auch das Mentale dann erst zum Vorschein kommt, wenn es nicht funktioniert. Ähm, und von daher finde ich das Thema spannend, wenn es vielleicht von Anfang an auch etwas mehr im Fokus ist.

00:13:05

Ronja: Ja.

00:13:06

Bernice: Ähm, ja!

00:13:08

Ronja: Ja, denkst du, dass es eine Tour, die einen größeren Mehrwert geben würde als eine herkömmliche Abenteuerreise?

00:13:17

Bernice: Eine Tour, die mehr den mentalen Aspekt berücksichtigt, ja, natürlich, also weil sie einfach einen Punkt mehr dabei hätte, glaube ich, dass es mir mehr geben würde. Ja.

00:13:33

Ronja: Ja, was denkst du denn? Was ist so eine gute Anzahl an Teilnehmern für eine Tour? Du hast jetzt schon Touren mit verschiedenen Anzahlen mitgemacht. Was denkst du denn?

00:13:49

Bernice: Also, ich fand elf definitiven nen Ticken zu viel, ähm, ich glaube, ich finde acht gut, sieben bis acht.

00:14:00

Ronja: Ja, und von der Dauer her, was wäre für dich die optimale Dauer?

00:14:09

Bernice: Ich finde vier Tage gut, so eine halbe Woche. Drei, vier Tage.

00:14:17

Ronja: Warum vier Tage?

00:14:20

Bernice: Ähm, zwei Tage ist dann mit einer Übernachtung, da ist man gerade erst so richtig gestartet. Ähm, bei länger Touren, da ist dann schon, dass es eher so bisschen zu eintönig werden könnte. Vier Tage finde ich gut, weil man da auch da noch einen Tag dazwischen hat, an dem man ein bisschen lower machen kann. Ja!

00:14:50

Ronja: Und du hast ja gesagt, du hast in Hütten und auch schon im Zelt geschlafen. Was fandest du denn besser oder was, denkst du, kann, wo kann man vielleicht noch mal den mentalen Benefit haben?

00:15:04

Bernice: Ich will mich nicht entscheiden... Also, ich fand natürlich ist Hütte komfortabler, aber da, wo ich in Hütten geschlafen hab, wirklich komfortabel, schläft man ja auch nicht. Was natürlich der Vorteil ist, man hat weniger Gepäck bei sich auf der anderen Seite. Dieses Gefühl, ein Zelt auszupacken und hier schlafen zu können, gibt einem gerade auf der mentalen Ebene nochmal was anderes. Also, es ist einfach so. Man hat das Gefühl, ich brauche niemanden, ich bin hier und kann hier sein.

00:15:46

Ronja: Ja, und von den Strecken her, was habt ihr denn so für Strecken auf auf deinen Touren gemacht? Ungefähr?

00:16:00

Bernice: Also das, ich weiß nicht mehr alles... also wir sind vier Tage, viereinhalb Tage gegangen. Ich glaube, das waren so 75 Kilometer.

00:16:18

Ronja: Und wie hast du das wahrgenommen? War das ne gute Distanz, so als Herausforderung?

00:16:22

Bernice: Ja, das war aber eine Herausforderung, aber ich wollte die Herausforderung.

00:16:28

Ronja: Okay, super, danke dir. Hast du sonst noch irgendwelche Anmerkungen oder Geschichten, die

du gerne von deinem Touren erzählen würdest, wo du denkst, das mir helfen könnten mit meiner Bachelorarbeit?

00:16:40

Bernice: Ich weiß nicht, ob es dir hilft, aber beim Erzählen ist mir ein Spruch eingefallen... den ich mit meinem Bruder habe, da sagen wir dann: "Hier, hört, können auf und fängt wollen an!" Ich finde den Spruch ganz gut, vielleicht kannst du den für irgendwas brauchen oder wahrscheinlich schon 100 mal gehört oder gelesen.

00:17:35

Ronja: Super, vielen dank, auf jeden Fall sehr hilfreich.

Appendix 5.5 Eva Böhnlein



Einverständniserklärung zur Erhebung und Verarbeitung von Interviewdaten

Erläuterung

Sie erklären sich dazu bereit, im Rahmen der Bachelorarbeit „Development of a modular concept for a multi-day outdoor adventure trip to enhance mental health for the target group of millennials in Germany“ von Frau Ronja Fastner an einem Interview teilzunehmen. Sie wurden über Art, Umfang und Ziel sowie den Verlauf des o. g. Forschungsvorhabens informiert.

Zum Zwecke der Datenanalyse werden die mündlich erhobenen Daten verschriftlicht (Transkription). Ihre personenbezogenen Kontaktdaten werden von Interviewdaten getrennt für Dritte unzugänglich gespeichert und vertraulich behandelt.

Einverständnis

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Unter diesen Bedingungen erklären Sie sich bereit, das Interview zu geben und sind damit einverstanden, dass es ausgewertet wird.

Eva Böhnlein

Vorname, Nachname in Druckschrift

26.05.23 Bayreuth E. Böhnlein

Ort, Datum / Unterschrift

00:00:00

Ronja: Ich frag dich immer erst mal ein paar allgemeine Sachen. In welchem Jahr bist du denn geboren, und wie alt warst du, wie du die Tour mitgemacht hast?

00:00:20

Eva: 26 war ich.

00:00:23

Ronja: Warst du denn zu dem Zeitpunkt in einer Beziehung und hast du Kinder?

00:00:29

Eva: Nein

00:00:31

Ronja: Hast du studiert oder eine Ausbildung gemacht, und was hast du gemacht?

00:00:39

Eva: Lehramt

00:00:39

Ronja: Okay, und was ist denn deine Hauptmotivation gewesen für die Reisen?

00:00:45

Eva: Ähm, also grundsätzlich wollte ich gerne einen Urlaub haben, auf den ich mich auch im Voraus schon freuen kann.

00:00:54

Ronja: Hm!

00:00:55

Eva: Ich hab also, ich wollte schon länger mal so eine Hüttenwanderung machen, und ich habe aber keine Freunde die das machen wollten. Und dann fand ich das mit der, also mit der organisierten Hüttenwanderung voll praktisch, weil ich es mir nicht alleine zugetraut hätte, das zu organisieren, auf was man da so achten muss, und ich hätte zum Beispiel damals auch noch keinen Rucksack gehabt und so, und fand es dann voll cool dass ich... also ich fand es damals richtig cool, dass alles auch schon vor organisiert war und ich mich nicht nichts kümmern musste, weil ich zu der Zeit auch nicht so viel Zeit und Kopf für so Reiseplanung gehabt hätte.

00:01:40

Ronja: Kannst du nochmal kurz erklären, was du genau für eine Tour du gemacht hast?

00:01:45

Eva: Also auch der Ort und das alles ... Also es war eine Hüttenwanderung in Schweden, im Norden von Schweden, das war ein Teil vom Kungsleden und dann noch so ein kleiner Zipfel, der angehängt war, damit man auf den Weg kommt, und wir haben am Tag so 15 bis 25 Kilometer gemacht. Und in so ganz einfachen Hütten geschlafen, wo es eben kein Strom und kein fließendes Wasser gab, also halt das Wasser aus den Bächen, und man hat halt sich dann aber abends immer was gekocht und geschlafen halt in diesem... in diesem... also quasi Mehrbettzimmern.

00:02:27

Ronja: Wie viel Teilnehmer wart ihr auf der Tour?

00:02:31

Eva: Ähm, wir waren fünf, also relativ wenig.

00:02:35

Ronja: Wie fandest du die Anzahl der Teilnehmer?

00:02:39

Eva: Ähm, also als ich gebucht hatte, dachte ich schon, dass es ein bisschen wenig ist, also dass mehr cool gewesen wären. Aber ich glaube, für die Gruppendynamik war es voll cool, weil dadurch bei fünf haben sich keine Untergruppen gebildet, also wir waren halt eine große Gruppe.

00:02:57

Ronja: Ja, würdest du auch sagen, dass es eine gute Anzahl, dass du wieder so machen würdest?

00:03:10

Eva: Ja, vielleicht jetzt eher nicht weniger. Wenn weniger dann eher halt mit Leuten, mit Freunden, die man halt besser kennt. Aber ansonsten ... eigentlich egal. Also, ich finde, ich finde beides, glaube ich cool.

00:03:26

Ronja: Und wie lange wart ihr unterwegs insgesamt?

00:03:37

Eva: Ähm, eine Woche und dadurch, dass es meine erste Tour war, völlig ausreichend, aber also ich würde es mir mittlerweile auch länger zutrauen, aber für das erste Mal voll gut.

00:03:48

Ronja: Gab es denn für dich besondere Herausforderungen auf der Tour?

00:03:57

Eva: Also, wir hatten schon mal einen Tag, wo es halt komplett durchgeregnet hat. Also es gab immer wieder Tage, wo es zwischendrin geregnet hat, aber einen Tag, wo es echt richtig, richtig viel geregnet hat. Ähm, und da gegen Ende war man halt einfach nur noch komplett durchgeweicht. Also, da waren keine Socken mehr trocken, das war schon nicht so schön, aber auch voll okay.

00:04:25

Ronja: Ist denn ist dir dann irgendwie auf der Tour bewusst gewesen, dass sich dein mentales Wohlbefinden verbessert wird?

00:04:33

Eva: Ja, aber das war schon, als ich zu Hause hier mit meinem Rucksack stand. Ja, als ich zur Tür bin, da... ich hatte halt noch Uni und so... Also habe ich dann halt irgendwann mir gedacht: Okay jetzt muss ich langsam mit packen und mit Essen einkaufen und so anfangen. Und ja, ab, da war es halt dann voll cool. Also, ich habe mich einfach dann voll drauf gefreut.

00:05:38

Ronja: Siehst du dann irgendwelche konkreten Möglichkeiten, das mentale Wohlbefinden noch weiter zu steigern oder zu fördern?

00:05:49

Eva: Also, wir haben zum Beispiel währenddessen manchmal so Sachen gemacht, also einer sagt irgendwie so Ansagen an, und die anderen tanzen dann dazu, also bisschen so Kinderspiele. Aber ich hätte zum Beispiel auch gar nicht so gebraucht für die Gruppendynamik. Insgesamt glaub ich dass eine gute Gruppendynamik mein Wohlbefinden erhöht. Noch eine Herausforderung also ja also ich hatte am Morgen, Bauchbeschwerden, und dann ging es mir echt den ganzen restlichen ersten Tag nicht mehr gut. Und dann hat der Guide eben gemeint, dass ich vorauslaufen soll, damit ich das Tempo

vorgebe, weil ich halt die langsamste war. Und dann hat sie hat sie immer zwischendurch... also dadurch waren wir halt so eine große Gruppe, ein großer Haufen, die immer zusammengelaufen sind, und dadurch haben wir uns halt viel mehr unterhalten noch an dem Tag, und sie meinte, dass dadurch die Gruppen zusammen gewachsen ist, weil wir dadurch halt immer geredet haben und so. Weil sie haben dann versucht mich so ein bisschen aufzumuntern und so, ja, das war voll schön.

00:07:33

Ronja: Ja, denkst du, man kann irgendwo noch Methoden zur Selbstreflexion einbauen?

00:07:43

Eva: Also bezüglich der Tour... Ähm, könnte man bestimmt, aber ich glaube, wenn man dann aktiv Urlaub bucht oder wenn man sich auch sowas einstellt. Also, ich hätte jetzt nicht damit gerechnet, und ich hätte es auch nicht gebraucht, weil dann hätte ich mir wahrscheinlich einen Yoga Urlaub gebucht, wenn ich mehr so was gewollt hätte.

00:08:14

Ronja: Ja, und wie war das bei euch mit dem Essen? Also was habt ihr denn gegessen? Was habt ihr mitgenommen?

00:08:25

Eva: Also wir hatten halt vorher so ein Onlinedokument, wo halt drei, vier verschiedene Essen drin standen und wir uns dann aufgeteilt haben, wer für was, wer für welches Essen zuständig ist, und dann, dass wir halt fünf warme Abendessen haben, und dann hat jeder halt die Zutaten für seine, für sein Essen mitgenommen. Und Ähm also, wir hatten einmal so Curry mit Kartoffeln und Kokos flocken, das war mega lecker, dann hatten wir so Bohnen mit Reis und so Gewürzmischungen und hatte mal einen Couscous Salat. Letztendlich, und also voll voll viel Gemüse, halt immer viel Reis oder Nudeln und... Ähm ja, also eigentlich grundsätzlich auch voll einfach, aber voll lecker. Also ich würd sagen, ich hab mich gesünder ernährt wie im Alltag. Die Snacks haben wir immer geteilt und dann doch mal die eine oder andere Schokolade noch vor Ort gekauft.

00:09:34

Ronja: Ja, und wie war es mit schlafen? Gab es da irgendwelche Probleme?

00:09:43

Eva: Also, ich war echt immer sehr platt, auch am Abend sehr müde, aber voll angenehm müde, und ich habe immer voll gut schlafen, das weiß ich noch. Mir da voll in Erinnerung geblieben, dass ich da echt jede Nacht richtig ausgeruht habe.

00:09:57

Ronja: Ja. Hast du auf deine Reisen denn etwas dazu gelernt?

00:10:10

Eva: Also, ich habe da viel gelernt, glaube ich, einfach durch... also mein Rucksack zum Beispiel. Den hatte ich mir von meinem Freund geliehen, der war falsch eingestellt, und dann haben mir die anderen gezeigt, wie man den richtig einstellt, also dass man erst mal hinten zieht und so, das fand ich da echt cool... Und ich wusste zum Beispiel nicht, wie man das Gas aufdreht beim Kochen und so... weil viele Leute mit dem Zelt unterwegs waren, also wie man einen guten Zeltplatz auswählt, worauf man bei Regen achten muss und so, das wusste ich vorher alles nicht. Das haben sie uns einfach gesagt, ja!

00:11:17

Ronja: Könntest du dir dann vorstellen, ein mehrtägiges Abenteuer mitzumachen die den Fokus mehr noch auf das mentale Wohlbefinden liegt?

00:11:28

Eva: Könnte ich mir auf jeden Fall vorstellen, aber ich fand es auch so cool. Also ich glaube, dass ich das das eigentlich mehr so auch so ein positiver Nebeneffekt ist. Also, ich hab mich schon da angemeldet, weil ich halt viel wandern wollte, klar auch, weil ich weiß, das macht mir viel Spaß. Also wenn ich wandern gehe, weiß ich, dass es mir, dass es mir dann gut. Also, ich finde das mehr so ein schöner Nebeneffekt da dran ...mich würde es genauso ansprechen, wenn da einfach steht: Aktivurlaub anstatt mentale Wohlbefinden-Urlaub! Deswegen ja, also ich finde es gerade schön, dass sich das dann einfach automatisch einstellt, dass ich mich nicht um mein mentales Wohlbefinden aktiv kümmern muss.

00:12:35

Ronja: Glaubst du, man könnte das dann irgendwie noch weiter zu steigern? Siehst du da irgendwo noch Möglichkeiten?

00:12:48

Eva: Also, ich glaube, dass es schon wichtig ist, mit welcher Einstellung man daran geht. Also, wenn man jetzt zum Beispiel eigentlich gar nicht so Lust hat, zum Beispiel neue Leute kennenzulernen, und dann zu einer Gruppenreise geht, kann es, glaube ich, schon sehr anstrengend sein, oder das halt auch noch mal kommuniziert wird, zum Beispiel vom Guide, dass es voll okay ist, wenn man sich zurückzieht oder so, dass man sich da auch wirklich nicht jetzt irgendwie zu irgendwas verpflichtet fühlt. Ich glaube, sowas kann schon voll entlastend sein, wenn man da vielleicht... ja vielleicht mal nicht so einen guten Moment hat oder so, ähm.

00:13:30

Ronja: Ja, glaubst du, wenn man jetzt bei so einer Reise noch mehr den Fokus eben auf das mentale Wohlbefinden legt, dass du das dann buchen würdest?

00:13:42

Eva: Ähm, also, ich sag mal, es kommt drauf an, was dann gemacht wird, um das mentale Wohlbefinden noch weiter zu erhöhen. Also, das wären ja dann auch noch einfach zusätzliche, ich weiß nicht, Gespräche oder was wäre das... Doch bestimmt, wenn man vielleicht noch mehr, so, ja vielleicht auch mehr so innere Entspannung sucht, die man vielleicht dann auch langfristig im Alltag anwenden kann, dann bestimmt. Aber also, ich würde mich trotzdem auch für andere einfach nur reine aktive Reisen interessieren.

00:14:30

Ronja: Ja, genau also, ihr habt da jetzt in Hütten geschlafen. Inwiefern ist das eine gute Möglichkeit das mentale Wohlbefinden zu stärken?

00:14:41

Eva: Also, ich habe mich zum Beispiel auch für die Hütten entschieden, weil es mir mit Zelt deutlich schwerer ist, was man tragen muss, und auch wegen dem Wetter, also gerade in Schweden, wenn es so viel regnet, dann grad bei einer Woche kann Zelten echt bisschen unangenehm sein. Also gerade für die erste Hüttenwanderung war es mir dann ganz recht. Und aber also es gibt ja natürlich auch viele andere Vorteile beim Zelten. Gerade wenn es Wetter gut ist, kann ich mir vorstellen, dass es mit dem Zelt cooler ist. Aber so fand ich es jetzt auch voll gut. Also ich fand die Hütten total einfach.

00:15:20

Ronja: Okay, dass du sonst noch irgendwelche anderen Anmerkungen oder irgendwas, was du noch erzählen wir von deiner Reise, was du denkst, das mir helfen könnte.

00:15:30

Eva: Ähm, ja, also ich finde, das war voll der Urlaub... dass ich halt jetzt auch allein voll solche Urlaube machen möchte.

00:15:47

Ronja: Hm!

00:15:49

Eva: Und das auch zu total viel Wohlbefinden geführt hat also dass man da halt voll viel gelernt hat und sich besser einschätzen kann dadurch, und ja.

00:16:04

Ronja: Super danke dir.

Appendix 5.6 Klara Latz

Einverständniserklärung zur Erhebung und Verarbeitung von Interviewdaten

Erläuterung

Sie erklären sich dazu bereit, im Rahmen der Bachelorarbeit „Development of a modular concept for a multi-day outdoor adventure trip to enhance mental health for the target group of millennials in Germany“ von Frau Ronja Fastner an einem Interview teilzunehmen. Sie wurden über Art, Umfang und Ziel sowie den Verlauf des o. g. Forschungsvorhabens informiert.

Zum Zwecke der Datenanalyse werden die mündlich erhobenen Daten verschriftlicht (Transkription). Ihre personenbezogenen Kontaktdaten werden von Interviewdaten getrennt für Dritte unzugänglich gespeichert und vertraulich behandelt.

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Unter diesen Bedingungen erklären Sie sich bereit, das Interview zu geben und sind damit einverstanden, dass es ausgewertet wird.

Klara Latz

Vorname, Nachname in Druckschrift

Bad Reichenhall, 25.05.23 K.Latz

Ort, Datum / Unterschrift

00:00:01

Ronja: So hallo! Schön, dass du Zeit hast, also erstmal vorne weg erzählen mal, wie alt bist du denn und wie lange arbeitest du denn schon als Guide?

00:00:17

Klara: Ich bin 34, und ich arbeite als Guide hin und wieder. Also, ich habe immer mal wieder während meinem Lebenslauf irgendwie als Guide gearbeitet. Ähm, da war das erste Mal mit 23 oder 22.

00:00:49

Ronja: Ja, auf was für Touren hast du denn schon gearbeitet?

00:00:56

Klara: Also, bis jetzt waren es hauptsächlich... also es waren alles Outdoortouren, immer in den Bergen, mal hoch die Berge, mal runter in Schluchten. Ähm, war auch alles dabei, von Gruppentouren bis hin zu Touren für ein Pärchen.

00:01:21

Ronja: Ähm, das bringt mich dann gleich zu meiner nächsten Frage. Wie viel Teilnehmer hattest du dann immer auf deinen Ton?

00:01:29

Klara: Von zwei bis maximal 18 oder 19, ich glaube 18.

00:01:40

Ronja: Und wie lange haben die Touren im Schnitt gedauert?

00:01:46

Klara: Auch unterschiedlich, also das meiste, was ich hatte gegen ging zwei Tage. Ich hatte aber auch Touren, die bis zu drei Wochen ging.

00:02:01

Ronja: Ähm, und wo habt ihr auf euren Touren meistens geschlafen? Also Hütten oder Zelte?

00:02:10

Klara: Ähm, die Gruppen, die Gruppen, Sachen waren immer: Ähm, naja, Hütten, kann man eher sagen. Also, da waren teilweise schon auch Betonbauten dabei, aber halt eher einfach. Einfach gestrickte Sachen. Ähm, und sonst hatte ich aber auch Übernachtung... zelten, in diesen langen Touren, die über drei Wochen ging.

00:02:51

Ronja: Wie viele von Millennials waren bei dir auf der Tour dabei, also welche, die zwischen 1980 und 2000 geboren wurde?

00:03:03

Klara: Ich würde sagen, das war ... die Touren sind ein bisschen her... In einer Gruppe waren dann waren da vielleicht drei oder vier dabei.

00:03:29

Ronja: Okay, hast du dann schon bereits auf den Touren gemerkt, dass sich das mentale Wohlbefinden von den Teilnehmenden verbessert hat?

00:03:40

Klara: Während den Touren selber, also die haben alle komplett übermüdet angefangen. Also grundsätzlich finde ich, dass Menschen glücklicher sind, wenn sie in der Natur sind, und das, was man

schon feststellen könnten. Allerdings, ist halt, weil so zwei Tagen ist es halt auch schwierig zu sagen, wo man die Leute vorher also nicht unbedingt kennt.

00:04:18

Klara: (Unterbrechung der Verbindung)

00:04:38

Ronja: So jetzt bist du wieder da... Ist den Teilnehmer dann vielleicht bewusst geworden, dass sich ihr Wohlbefinden verbessert hat, auf den Touren?

00:04:46

Klara: Auf jeden Fall, ja.

00:04:49

Ronja: Und wie kannst du das festmachen, oder wie hast du das gemerkt?

00:04:55

Klara: Also mit so Aussagen wie: tut einfach gut, draußen zu sein, und es ist einfach toll, weg zu sein von dem ganzen Trubel oder nicht in der Stadt oder so, Rückverbindung zur Natur in irgendeiner Art und Weise, also direkte Aussagen, und ich weiß nicht, wie sehr das da tatsächlich einspielt, aber so die Ängstlichkeit, die teilweise auch ein bisschen verloren gegangen ist.

00:05:40

Ronja: Siehst du denn irgendwelche konkreten Möglichkeiten, wie man dann das mentale Wohlbefinden auf Touren steigern kann?

00:05:51

Klara: Achtsamkeit, also, ich finde es gut, die Leute quasi nochmal konkret aufmerksam zu machen, dass man quasi eigentlich in einer natürlichen Umgebung ist. Weil Menschen eigentlich nicht dazu gemacht sind, im Boxen zu leben und da drauf immer wieder hinweisen. Aber ich finde, das ist so eine Sache, die die zusammenhängt, also in der Gruppendynamik und also weil wenn die blöd ist, dann wird es auch den Menschen nicht so super gehen.

00:06:43

Ronja: Ja, ja, wie denkst du denn, kann, kann man die Selbstreflexion auf Touren fördern?

00:06:54

Klara: Mit also, ich habe tatsächlich so was jetzt noch nicht so gemacht, vielleicht einfach nicht so drauf geschaut. Bei der nächsten Tour würde ich auch vielleicht mal mehr darauf eingehen. Also halt irgendwie Fragen, um einfach die, die, die Achtsamkeit zu stärken dass die Leute sich ihre Umgebung mehr bewusst werden und da mehr drauf achten. Ja, ja!

00:07:39

Ronja: Weil es sind ja Gruppen bei dir auch gewesen. Wie kann man denn die sozialen Beziehungen von vor allem den Millennials fördern?

00:07:52

Klara: Spiele, diverse Gruppenaktivitäten, helfen natürlich auch so Sachen wie Hilfestellung, wenn irgendwo ein Hindernis zu überlaufen, oder so, dass man dann Ähm, die Leute dazu anregt, sich gegenseitig zu helfen... als Kette über einen Fluss gehen oder so ein Zeugs, oder manchmal gibt's ja auch so lustige Spielemodell, dann Leute durch durch ein Seilgitter oder sowas durch transportieren musst, von einer Seite auf die andere, also so Gruppen förderliche Spiele.

00:08:36

Ronja: Super, dann ist es ja auch immer auf so ein wichtiges Thema, die Ernährung. Hast du denn da irgendwelche Einfälle? Wie kann man das dann speziell für Millennials gestalten?

00:08:56

Klara: Ich weiß es jetzt nicht groß was anders machbar ist. Meistens ist es halt auch einfach vorgegeben, was wir gegessen haben, also auf sehr, sehr auf Gruppenreisen.

00:09:15

Ronja: Und was wird denn normal so gegessen? Also wie hast du das auf deinen Touren bis jetzt erfahren?

00:09:20

Klara: Also bei mir war es eigentlich immer, hatten wir entweder irgendwie, also direkt draußen, waren irgendwelche Menschen dabei, so, na ja, sie nicht, die dann auch kocht haben, und die haben halt einfach vorher eingekauft, und da wird gar nicht gefragt, noch nicht mal gefragt ob Vegetarier dabei sind.

00:09:59

Ronja: Und auch wichtig, was da ja ein bisschen dazugehört, ist dann die Erholung und der Schlaf. Wie war das denn bei euch geregelt?

00:10:12

Klara: Unterschiedlich kommt es darauf an, ob es ganz draußen war, also zelten, oder ob ...Ähm, ob das halt irgendwie eine festen Unterkunft ist, wo halt irgendwie gemütlich zum Zusammensitzen und so ging, weil dann sind die Leute halt bisschen sozial aktiver... das eher relativ früh ins Bett und sehr früh wieder aufstehen.

00:10:57

Ronja: Oh super, ich denkst du, man könnte das noch irgendwie weiter fördern: einen guten Schlaf und eine gute Erholung?

00:11:08

Klara: Die Leute auspowern, kein Alkohol, und kein Zucker!

00:11:14

Ronja: Hm!

00:11:15

Klara: Das ist irgendwie ein großes Thema, ist im Prinzip auch diese ganzen Handys. Vor allem, wo es keinen Empfang gibt. Dann hängen die Leute tatsächlich einfach nicht, am Handy abends, und dann schlafen sie auch tatsächlich besser.

00:11:43

Ronja: Ja, super, dann kann man dann das Thema Herausforderungen oder neue Fähigkeiten entwickeln, noch irgendwie mehr auf Abenteuerreisen einbauen.

00:12:02

Klara: Ich mein, man kann ja, je nachdem, was in der Umgebung ist, kann man ja irgendwelche Sachen machen, also bauen, ob es ein Unterschlupf ist, irgendwelche Art Überlebenstraining. Wenn man das möchte. Ansonsten Fertigkeiten wie Wildkräuterkunde... Aber also, ich könnte es nicht, es gibt ja welche, die sich das dann auch aneignen.

00:12:53

Ronja: Siehst du denn sonst noch besondere Herausforderungen auf mehrtägigen Abenteuerreisen für Millennials?

00:13:04

Klara: Also herausfordernd find ich, immer, diese Gruppendynamik aufrechtzuhalten. Also das ist einmal irgendwie, weil die Leute kommen halt mit ihren eigenen Problemen und Zeug, und dass sie davon irgendwie loslassen können und sich darauf wirklich einlassen, dass sie jetzt quasi mal weg sind und nicht die ganze Zeit eben am Telefon hängen und halt wirklich sagen, okay, ich bin jetzt hier, und ich mache das jetzt hier komplett mit. Und kein Alkohol.

00:13:46

Ronja: Kannst du dir denn vorstellen, dass mehrtägige Abenteuerreisen, welche den Fokus vor allem auf das mentale Wohlbefinden liegen, auch angenommen werden von den Millennials?

00:14:01

Klara: Also, zur Folge von dem Trend, dass es das immer mehr gibt, würde ich jetzt mal sagen, ja. Ich bin nicht so hundertprozentig verbunden in dieser Altersgruppe, aber wenn ich mir überlege, wie sozial sensibel teilweise mittlerweile schon fünf und zehn Jährige sind und wie wie emotional empathisch die teilweise aufgezogen werden, also das kann ich mir schon vorstellen, dass es gut angenommen wird.

00:14:45

Ronja: Ähm, super, glaubst du, dass so eine Tour dann den Teilnehmern einen größeren Mehrwert verschaffen kann als eine herkömmliche Abenteuerreise?

00:15:00

Klara: Es ist halt unglaublich wichtiges Thema, und das irgendwie damit reinzupacken und die Leute dafür sensibel machen. Und ich meine, meistens lernt man sich ja auch bei solchen Touren sich selber irgendwie besser kennen und nimmt halt schon irgendwie Zeugs auch mit in den Alltag. Über wie lange das dann anhält, ist eine andere Sache, aber so vor allen Dingen in der Anfangszeit, und da kann ich mir schon vorstellen...was für den für den normalen Alltag.

00:15:48

Ronja: Dann geht es jetzt noch um die Rahmenbedingungen für eine solche Tour, die eben ein bisschen den Fokus mehr auf die mentale Gesundheit legt. Du hast ja gesagt, du hattest eigentlich von zwei bis 18 Teilnehmern. Die Anzahl, was würdest du dann sagen? Was ist die beste Anzahl in deiner Meinung nach?

00:16:13

Klara: Also gerade um das Mentale... Ich würde sagen, zwischen sieben bis zwölf, weil danach wird es wieder irgendwie groß ... ich würde sogar eher auf zehn runtergehen.

00:16:39

Ronja: Ähm, und von der Dauer her, wie lange sollte so eine Tour dauern?

00:16:45

Klara: Ich würde schon eine Woche sagen, dass die Leute sich darauf einlassen können und abschalten können von was auch immer im Alltag passiert.

00:16:55

Ronja: Ja, du hast ja jetzt Zelt und Hüttentouren gemacht. Was denkst du, eignet sich besser, und warum?

00:17:12

Klara: Zelt hat halt den Vorteil, dass du da irgendwie nochmal so einen kleinen Isolationsraum quasi hast... teilweise über den Tag reflektieren kannst oder auch einfacher abschalten kannst und für dich selber sein kannst. Anders als in der Hütte, wenn dann, wenn dann da irgendwie acht Leute in dem Zimmer sind. Allerdings ist in der Hütte ist halt für die Gruppendynamik teilweise besser.

00:17:53

Ronja: Super, und wie würdest du das in einer Tour vermarkten? Oder wie denkst du, dass es angenommen werden könnte?

00:18:04

Klara: Soziale Medien. Ich würde tatsächlich darauf gehen, aber da bin ich auch ganz schlecht drin.

00:18:18

Ronja: Okay, super, hast du denn sonst noch irgendwelche Anmerkungen oder irgendwelche Geschichten, die du gerne von deinen Touren erzählen würdest, die mir mit meiner Arbeit vielleicht helfen könnten?

00:18:33

Klara: Also, was mir halt aufgefallen ist bei längeren Gruppentouren, dass sich da also, wenn, wenn man sich wenn man das hinkriegt, dass da wirklich die ganze Gruppe eine Gruppe bleibt und sich nicht irgendwie komisch aufspalten, dass es da so manche Leute gibt, die wirklich vollkommen über sich hinauswachsen und die sich wirklich krass entwickeln können, wenn sie ein bisschen an die Hand genommen werden. Also eben mit so Sachen okay, so der schüchterne Mensch, den man dann quasi irgendwie mal zwischenzeitlich so eine Art Führungsrolle zukommen lässt oder den man irgendwie mal aus der Gruppe heraus holt und damit dann ein positives Erlebnis mitgibt, dass sie teilweise entwickeln. Also das fand ich immer faszinierend zu sehen.

00:19:39

Ronja: Super, perfekt, danke dir.

Appendix 5.7 Cordula Nussbaum



Einverständniserklärung zur Erhebung und Verarbeitung von Interviewdaten

Erläuterung

Sie erklären sich dazu bereit, im Rahmen der Bachelorarbeit „Development of a modular concept for a multi-day outdoor adventure trip to enhance mental health for the target group of millennials in Germany“ von Frau Ronja Fastner an einem Interview teilzunehmen. Sie wurden über Art, Umfang und Ziel sowie den Verlauf des o. g. Forschungsvorhabens informiert.

Zum Zwecke der Datenanalyse werden die mündlich erhobenen Daten verschriftlicht (Transkription). Ihre personenbezogenen Kontaktdaten werden von Interviewdaten getrennt für Dritte unzugänglich gespeichert und vertraulich behandelt.

Einverständnis

Sie sind damit einverstanden, im Kontext des o. g. Forschungsvorhabens an der Befragung teilzunehmen. Darüber hinaus akzeptieren Sie die Form der Weiterverarbeitung und wissenschaftlichen Verwertung des geführten Interviews und der daraus entstehenden Daten.

Ihre Teilnahme an der Erhebung und Ihre Zustimmung zur Verwendung der Daten sind freiwillig. Durch die Ablehnung entstehen Ihnen keine Nachteile. Ihnen ist bekannt, dass Sie diese Einwilligung jederzeit gegenüber Frau Ronja Fastner widerrufen können mit der Folge, dass die Verarbeitung Ihrer personenbezogenen Daten, nach Maßgabe der Widerrufserklärung, für die Zukunft unzulässig wird. Dies berührt die Rechtmäßigkeit der aufgrund der Einwilligung bis zum Widerruf erfolgten Verarbeitung jedoch nicht.

Unter diesen Bedingungen erklären Sie sich bereit, das Interview zu geben und sind damit einverstanden, dass es ausgewertet wird.

Cordula Nussbaum

Vorname, Nachname in Druckschrift

Sauerlach, 31. Mai 2023 *Cordula Nussbaum*

Ort, Datum / Unterschrift

00:00:00

Ronja: So hallo, schön, dass du Zeit hast für ein Interview.

00:00:05

Cordula: Ja, sehr gerne für dich.

00:00:08

Ronja: Ich habe ja schon in deinen Büchern gelesen, dass es wirklich viele Coaching Techniken gibt, um das mentale Wohlbefinden zu stärken. Welche Techniken könntest du dir denn auf einer Abenteuer Gruppenreise von Millennials vorstellen, welche da funktionieren könnten, das mentale Wohlbefinden zu stärken?

00:00:30

Cordula: Ich kann mir auf jeden Fall vorstellen, einen Mix aus individueller Betreuung in individuellen Aufgaben, aber auch Gruppenaufgaben. Das heißt, dass man zum Beispiel in der Gruppe auch reflektiert, wenn ihr Adventures gemacht habt, wie war das für jeden einzelnen von euch? Wie hast du das heute erlebt? Was hat dich besonders gefordert, weil man da halt auch viel lernt von den anderen Perspektiven: Ach: Guck mal, nicht nur für mich war das jetzt eine irre Herausforderung. Nicht nur ich hab wahnsinnig Angst gehabt, da irgendwie über meinen Schatten zu springen, sondern anderen ging es genauso. Das ist für das Mentale, für die mentale Stärke auch unglaublich hilfreich zu sehen, dass eben auch andere Menschen am Beißen sind, um dann aber auch wieder individuelle Angebote zu machen. Zum Beispiel, wenn man feststellt, die eine Teilnehmerin hat wirklich ein großes Selbstbewusstseinsproblem, dass man dann eben gezielt mit ihr im Rahmen dieses ganzen Events Übungen anbietet, was sie jetzt schon dann auch im Urlaub tun kann, um Selbstbewusstsein aufzubauen.

00:01:37

Ronja: Und diese Übungen würdest du dann individuell auf die Teilnehmer abstimmen. Habe ich das richtig verstanden?

00:01:43

Cordula: Genau aber eben auch Übungen für alle machen. Manche Übungen ergeben Sinn für alle wie zum Beispiel mal so eine Art Tagebuch zu führen, was heute im Lauf des Tages gut geglückt ist, oder auch in den letzten Monaten, für was man dankbar ist, was sie in ihrem Leben erlebt hat und rausarbeitet, was ihr Eigenanteil dabei war. Ja, was hat, was hast du dazu beigetragen, dass du diese schöne Situation erleben könntest? Während andere Übungen sinnvoll sind sie individuell zu machen. Wäre es jemand anderer, der zum Beispiel sagt, ich mach mir immer so viel Sorgen. Und dann könnte man mit den Übungen machen, wie er seine Sorgen loslassen kann. Also zum Beispiel Übungen, Interventionen wie den Sorgen Stuhl sind super geeignet, aber nur für die einzelne Person. Da dürfen die anderen nicht dabei sein.

00:02:50

Ronja: Ähm, wie sinnvoll siehst du es überhaupt, ein Coach auf einer Tour zusätzlich dabei ist?

00:02:57

Cordula: Ich finde es unglaublich hilfreich, weil es eine ganz eine andere Tiefe gibt, weil die TeilnehmerInnen eben nicht nur an ihre Grenzen gehen, sondern über ihre Grenzen gehen, was eh schon inneres Wachstum bedeutet. Ja, aber wenn du dann drüber sprechen kannst mit dem Coach über diese Erfahrungen vielleicht die Brücke schlägst, eben, wo hat dir das in deinem Leben auch schon mal geholfen, dich so zu verhalten? Wo hat es dich ausgebremst? Ähm, da kriegst du eine ganz eine andere Wirksamkeit rein, die dann natürlich nach der Reise den Alltag unglaublich mehr beeinflussen kann, auf eine positive Art und Weise als ohne diese begleitenden Coaching Einheiten.

00:03:42

Ronja: Ähm, welche Methoden von Selbstreflexion siehst du dann noch, die man einfügen könnte?

00:03:51

Cordula: Was ich immer sehr schön finde, wenn man zum Beispiel auch individuell arbeitet, mit den Menschen Gegenstände zu nehmen und eine Brücke zu schlagen zu dem Thema. Was meine ich damit? Viele Menschen sind nicht so reflektiert, oder das fällt ihnen unglaublich schwer. Wenn ich jetzt frage, zum Beispiel „Was war so die größte Herausforderung in deinem Leben und wie bist du damit umgegangen?“, ist für manche Menschen wahnsinnig schwierig da, sich gleich mal was auszudenken im Sinne von zu reflektieren. Sondern wenn ihr zum Beispiel sagt, guck mal, hier haste eine Angel und eine Schnur, ja, was hat das mit deinem Leben zu tun? Das ist eigentlich auch eine Kreativitätstechnik. Aber über solche Gegenstände oder über Steine, die man findet, dass ich sag, sammel mal fünf Steine ein, die so für fünf Lebensphasen stehen von dir, und über diesen Gegenstand kommt man viel, viel besser mit den Menschen dann ins Reden. Ähm, als wenn ich nur rein kognitiv arbeiten würde. Die Natur ist dann natürlich mega. Also das ist die Natur, ist ein Fundus an Anknüpfungsmöglichkeiten da eine Brücke zu schlagen zu den eigenen Themen. Sensationell!

00:05:11

Ronja: Oft wird in dem Zusammenhang ja auch von Achtsamkeit gesprochen. Wie inwiefern kann sich denn Achtsamkeit positiv auswirken?

00:05:22

Cordula: Ich glaube, dass Achtsamkeit eines der Kernelemente ist für mentale Gesundheit, mentale Stärke ist. Und Achtsamkeit ist auch das, was uns heutzutage im Alltag extrem abgeht. Wir haben es verlernt, achtsam zu sein. Wir haben es verlernt, uns mal mit uns selber zu beschäftigen. Egal wo du stehst, kannst du dich mal umgucken. Sofort haben alle Leute Handy in der Hand. Nichts gegen Handy! Ich mein, früher haben die halt Bücher in der Hand gehabt oder Musik gehört. Aber wenn man mal genauer guckt, sind doch viele dann beschäftigt Whats App, Nachrichten zu beantworten und hier noch auf Insta was zu schicken und noch zu antworten. Und wir sind so viel immer den Impulsen von außen ausgesetzt, dass wir, viele Menschen verlernt haben zu spüren, wie geht's mir überhaupt. Und Achtsamkeit, Selbstachtsamkeit ist für mich der Schlüssel eben für einen neuen Umgang, für einen reflektierten, gesund reflektierten Umgang mit mir selber. Und deswegen eben auch mal zu sagen, auf solchen Touren... war für mich eine super Challenge... auch zu sagen, die Handys eben auszuhaben. Also digitalen Detox zu machen, um zu sagen, alles, was mich ablenkt, ich blende es aus... wir als Gruppe, blenden es aus. Das kann auch schon stundenweise sein, wobei natürlich ganz, super wäre. Wir konzentrieren uns auf uns, und wir gehen achtsam miteinander um. Wir gehen achtsam durch die Natur mit allen Sinnen. Wir riechen, wir schmecken, wir fühlen, wir spüren, weil das auch nochmal eine ganz andere Erlebniswelt schafft, die ihnen in unserem sehr schnellen, sehr voll, sehr eng getakteten Alltag oft untern Tisch fällt.

00:07:00

Ronja: Welche Methoden, denkst du, gibt's noch, um Achtsamkeit eben auf einer Tour einzubauen oder zu fördern?

00:07:09

Cordula: Es gibt ja die ganz, ganz berühmte Übung aus dem Achtsamkeitstraining, wie es ursprünglich auch geplant wurde, dass die Leute stundenlang auf einer Rosine rum kauen. Das kann man machen, muss man aber nicht. Es reicht schon, wenn ihr abends am Lagerfeuer sitzt und eine Tafel Schokolade rum geht, dass man sagt: Okay, jetzt kriegt jeder ein Stückchen Schokolade. Also auch ich bin immer ein großer Freund von dem ...das zu nehmen, was da ist. Also nicht irgendwie großartig, was zu inszenieren, sondern ...jetzt geht die Schokolade rum und zu sagen: „Okay, jeder kriegt jetzt mal ein

Stück, hört mal zu! Wie hört sich das Abbrechen an? Nehmt das Stück mal in die Hand. Wie fühlt sich so ein Stückchen an? Ach, Guck mal, da sind kleine Nuss Splitter drin, wie riecht es?“ Und egal, welchen Gegenstand du hast, das können Nahrungsmittel sein... auch hier wieder, wenn ihr draußen Natur seid, Blätter... mal durch den Wald gehen und mal diese verschiedenen Blätter ganz bewusst anzugucken, welche Farbe hat es, welche verschiedenen Grüntöne hat es, wie, wie unterscheidet sich die Maserung? Und überall, wo du bewusst quasi die Aufmerksamkeit darauf lenkst, in dem Moment, wo wir bewusst Aufmerksamkeit lenken, sind wir automatisch achtsam.

00:08:23

Ronja: Wie weit ist denn das Stärken von neuen Fähigkeiten wichtig für das mentale Wohlbefinden?

00:08:36

Cordula: Hm, also, ich glaube, dass alles, was wir an neuen Fähigkeiten lernen, insofern hilft, Selbstbewusstsein aufzubauen, Selbstsicherheit aufzubauen, je mehr ich merke, ich kann bestimmte Dinge. Diese Selbstsicherheit trägt mich dann auch durch ruppige Zeiten. Also wenn ich jetzt zum Beispiel in der Auszeit, in dem Urlaub, mal lerne, mit dem Feuerstein Feuer zu machen, und ich hab das noch nie gemacht, dann kann mich das total stolz machen, weil ich hier was gelernt habe, was ich nicht konnte, wo gedacht, da brauche ich ja nicht in einer Zivilisation. Aber ich kann mich dann, wenn ich wieder zurück bin in meinem Alltag daran erinnern, „Hey, Guck mal cool, du hast was Neues gelernt, was du selber zu früher noch nicht konntest“, und es kann Kraft geben, dann eben auch zu sagen für schwierige Situationen, ich kann mir immer Fähigkeiten aneignen, die mich dann auch in schwierigen Situationen durch retten. Also für mich ist auch dieses lebenslange Lernen, dieses Offensein für neue Impulse für mich weiterentwickeln, ganz, ganz, ganz großer Schlüssel für mentale Bewusstheit, mentale Stärke, weil das nimmt mir auch keiner. Ich mag immer diesen Spruch, egal was dir im Leben passiert, man kann dir alles nehmen, aber das, was du gelernt hast, was du dir an Fähigkeiten, an Kompetenzen aufgebaut hast, das kann dir kein Mensch mehr nehmen, das ist drin in dir. Das macht dann stark, innerlich zu wissen, ich kann auch auf mich vertrauen, ich kann das, ich kann Dinge lernen, und ich kann Dinge schaffen.

00:10:11

Ronja: Ähm, kann dann auch eine freie Zeit oder mal Freizeit zu haben auf der Tour das mentale Wohlbefinden unterstützen?

00:10:20

Cordula: Das finde ich ganz, ganz wichtig, wenn es zum Beispiel auch solche Touren so angelegt sind, dass ich Zeit für mich habe, weil auch das haben viele Menschen verlernt, sich selber mal zu beschäftigen, und vor allem, ihr werdet ja auch viel machen mit den Leuten, wo die eben ständig neue Impulse haben. Da habe ich das Gespräch mit dem, da habe ich das, und diese Zeit zu reflektieren oder einfach auch mal abzuhängen, auch mal schlafen zu können, ist super, super wichtig, damit ich quasi nicht jetzt ein, zwei Wochen voll durchgetaktet bin und beschossen mit neuen Impulsen, mit neuen Aktivitäten, sondern da ist es quasi in dieser Zeit auch so ein bisschen ruhen und Reifen kann, super wichtig!

00:11:03

Ronja: Ähm, es handelt sich ja um eine Gruppenreise, das heißt, wir haben eine bestimmte Anzahl von Personen. Was ist denn deiner Meinung nach eine gute Gruppengröße für eine optimale Gruppendynamik?

00:11:18

Cordula: Das ist schwierig zu sagen, wenn ich jetzt aus dem Seminar Setting gehe, dann sagt man, so eine Murmelgruppe sind vier, fünf Leute. Das heißt, wenn, wenn ich meinetwegen... es würden 40

Leute mitfahren. Das muss halt schon vom Setting, vom Rahmen her muss es halt entsprechend passen, dass es sich trotzdem noch individuell anfühlt. Meiner Meinung nach, und wenn man dann Aktivitäten macht, die halt für zu fünf gemacht werden müssen, und dann wieder alle Zusammenkommen, halte ich für Okay. Insgesamt würde ich eher darauf achten, dass es kleinere Gruppen sind. In meinen Seminaren habe ich zum Beispiel immer gerne zwölf Teilnehmer, zwölf Teilnehmer. Dann steht schon eine gute Gruppendynamik. Da hast du auch viel Austausch, da hast du viele verschiedene Perspektiven, da hast du viel verschiedene Charakterköpfe. Aber zwölf ist auch noch das, was du als Coach, als Trainer jetzt im Indoorbereich gut im Griff haben kannst.

00:12:14

Ronja: Und soziale Beziehungen insgesamt, was denkst du, dann spielen die für eine Rolle, und wie könnte man die noch stärken?

00:12:24

Cordula: Soziale Beziehungen stellen sich immer stärker raus. In der Forschung sind sie das A und O. Ähm, es gibt jetzt mittlerweile neue Forschungen so zum Thema, auch Grundmotive, Lebensmotive, und die brechen das mittlerweile auf drei Grundmotive runter, dass sie sagen, das Wichtigste... der wichtigste innere Antrieb, den wir Menschen haben, ist soziale Anbindung. Der zweite Antrieb ist Leistung, der dritte Antrieb ist Macht, und die soziale Anbindung ist aber das, was im Prinzip alles toppt. Ja, wir Menschen, wir sind soziale Wesen, wir können ohne andere Menschen nicht überleben, und auch da gibt es ganz viele Studien dazu, dass eben ein gutes, intaktes soziales Netzwerk, eine gute Beziehung zu anderen Menschen, aber auch eine gute Beziehung zu mir selbst die Grundlage sind für Resilienz, für mentales Wohlbefinden, für mentale Stärke. Einsamkeit macht krank. Gibt's auch viele Studien dazu. Das heißt jetzt nicht, dass ich nicht allein sein kann. Wir können wunderbar allein sein, gerade wenn wir sehr introvertierte Menschen sind, die das dann auch lieben, diesen Rückzug zu haben, diese Zeit und reflektieren diese Zeit für sich. Aber es ist ein Riesenunterschied, ob ich weiß, ich bin gut eingebunden in ein soziales Umfeld, ich habe gute Freunde, ich habe Familie, ich hab ein Netzwerk, was mich trägt, dann kann ich diese, dieses Alleinsein auch genießen. Wäre es Einsamkeit, wenn ich weiß, kein Mensch kümmert sich um mich, ich kümmere mich auch nicht um andere Menschen, macht regelrecht krank. Deswegen ist es schon auch gut, das eben als Gruppenreisen zu machen, gerade auch vielleicht für Menschen, die von der Zielgruppe, die du ansprichst, die sehr erfolgsorientiert sind, wo man sehr schnell auch Freunde verliert, wo du sehr schnell auch sehr einsam wirst auf deinem Weg nach oben, und dann einfach diese Gruppendynamik auch zu spüren und zu erleben und vor allem auch mit gestalten zu müssen. Soziale Beziehungen ist keine Haltung, sondern auch Lernen. Ich muss selber was tun, um soziale Anbindung zu haben. Das finde ich auch einen ganz, ganz wichtigen Aspekt. Wenn das die Leute allein aus der Reise mitnehmen, dann hat sich das schon mehr als gelohnt.

00:14:36

Ronja: Du hast das gerade auch betont, dass für soziale Beziehungen man erstmal sich selbst lieben lernen soll. Kannst du das nochmal ausführen?

00:14:44

Cordula: Es gibt einen wunderbaren Spruch von Lady Gaga, die gesagt hat mal, ich möchte nicht, dass du mich mehr liebst, ich möchte, dass du dich mehr liebst, vermutlich... vermutlich an einen Exfreund von ihr, und der Punkt ist, wenn ich mit mir selber unzufrieden bin, immer nur am Hadern bin, mich selber nicht mag, dann ist es unglaublich schwer, ne gute soziale Beziehungen zu anderen Menschen aufzubauen. Vor allem auch, kannst du sicherlich nachvollziehen, Menschen, die so extrem unzufrieden sind mit sich, die sind dann neidisch, die sind komisch. Mit dem mag man dann auch gar nichts mehr zu tun haben. Und deswegen ist so dieses Selbstakzeptanz. Ja, wir müssen nicht perfekt

sein, im Gegenteil, perfekt ist langweilig, aber mich selber so zu akzeptieren und mich selber lernen zu lieben, wie ich bin, mit allen meinen Ecken und Kanten, mit meinen ganzen Fehlern sprechen, so der erste Schritt, der dann auch gut gute soziale Beziehungen zu anderen nach sich zieht. Aber es ist wirklich immer die Beziehung zu sich selber, was nicht mit Egoismus zu tun hat, auch ganz klar. Wichtig es geht nicht darum, dass wir egoistisch durch die Welt gehen, sondern einfach diese gesunde Selbstliebe zu entwickeln.

00:15:58

Ronja: Ja, jetzt eine Frage, also, du hast ja auch schon mit ganz vielen verschiedenen Altersgruppen gearbeitet, und denkst du, dass jetzt auf der Reise mehr davon profitieren können, wenn sie unter sich bleiben, oder mehr davon profitieren können, wenn auch andere Altersgruppen in der Reise dabei sind?

00:16:20

Cordula: Ist eine super Frage! Aus dem Bauch raus würde ich tatsächlich sagen, wenn es gemischte Gruppen sind... das müsste man tatsächlich mal ausprobieren. Ich glaube, dass das andere Ergebnisse rauskommen. Warum? Weil mentale Stärke, mentale Gesundheit hat einfach auch viel damit zu tun, Dinge annehmen zu können, loslassen zu lernen. Und da haben halt zum Beispiel Menschen, die 50, 60 sind, die schon ganz eine andere Lebenserfahrung haben, die aber offen sind für diese Themen, die wirklich auch Spaß haben draußen sein, also die praktisch die gleichen Werte teilen, wie deine Zielgruppe, die die gleichen Interessen entsprechend auch haben. Aber die bringen natürlich eine andere Dimension noch mal rein. Eine andere Lebenserfahrung. Könnte jetzt sein, dass man sagt, man mischt die Zielgruppen. Könnte aber vielleicht auch sein, dass du sagst, du nimmst die bewusst mit rein, die eben schon älter sind, oder bewusst Coaches, die schon älter sind, dass man da einfach auch so ein bisschen die verschiedenen Altersgruppen, die Benefits durchaus reinbringt. Ja, gute Frage!

00:17:29

Ronja: Ähm, und gibt deiner Meinung nach überhaupt einen Bedarf für so ein Konzept?

00:18:04

Cordula: Genau also, ich glaube, dass der Bedarf da ist, weil ich sehe es auch bei mir in den Seminaren. Da kommen unglaublich motivierte Leute rein, wo viele aber auch so eine Neigung mitbringen zur Selbstausschöpfung, ja, die unglaublich engagiert sind, unglaublich leistungsorientiert sind, weil es ist auch wirklich gut, sich was aufzubauen, was zu erstreben. Und wo ich bei manchen so das Gefühl habe, das schlägt ins Ungesunde um, und wenn da deine Maßnahmen helfen könnten, zu sagen: Leistung und Karriere machen, ist schön, viel Geld verdienen, hohe Positionen erreichen, ist schön. Aber du wirst nur langfristig auf diesen Weg glücklich sein, wenn du eben für dich sorgst, wenn du mental gesund bist, wenn du mental stark bist, dann wirst du wirklich die hammer, super, super Führungskraft werden oder Unternehmer, Unternehmerin, weil du dann auch die innere Power hast. Also, ich glaube, der Bedarf ist definitiv da vor allem weil da sind auch schon viele ausgebrannt. Ich glaube auch, dass die Generation schon sehr selbstreflektiert ist, sehr viel über sich, den Sinn der Welt nachdenkt, und wir haben, das wird ja sicherlich untergekommen sein, auch so einen totalen Wertewandel gehabt. Da hat sich ja dermaßen viel verschoben von den Werten her Richtung Work-Life-Balance. Ja, Familie ist mir wichtiger, Freizeit ist mir wichtiger, was sinnhaftes Tun ist mir wichtiger. Das war in meiner Generation noch nicht so krass ausgeprägt. Und dann hat die Generation Y, auf jeden Fall auch die finanziellen Mittel. Und ja profitieren davon, ähm, so eine gesunde Waage zu finden eben zwischen ja, ich baue mir was auf im Leben, und ich achte von vornherein darauf, dass es eben im Einklang mit den eigenen Kräften geht.

00:20:13

Ronja: Danke dir. Gibt's sonst noch irgendwas, was du gerne dazufügen würdest, was du denkst, das in meiner Bachelorarbeit weiterhelfen könnte?

00:20:25

Cordula: Also, ich glaube, dass du da ein sehr, sehr wichtiges Thema aufgemacht hast, und ich finde, die Idee, dieses Thema mental... mental strength in den Urlaubs Bereich, in den Tourismusbereich zu verlagern, finde ich großartig, weil ich nehme wahr, dass Unternehmen ein bisschen schon vor Corona, aber ganz stark mit Corona und jetzt nach Corona geschnallt haben, kapiert haben, sie müssen was tun für die mentale Gesundheit ihrer MitarbeiterInnen, ähm... und da gibt es unglaublich viele Angebote jetzt im Haus, hauptsächlich auch übers betriebliche Gesundheitsmanagement, die das sehr, sehr viel machen, und das finde ich auch gut. Das soll da auch bleiben, das soll auch wirklich da fest etabliert sein. Ich glaube, nur außerhalb von unserem normalen Alltag hast du noch mal ganz andere Möglichkeiten, Impulse zu setzen, ganz andere Veränderungen Ähm anzuschupsen und vielleicht beides auch dann... Unternehmer sagen, Unternehmen sagen, wir bieten unseren Mitarbeitenden mal so eine Woche... mal Outdooractivity Sachen an. Ähm, das wäre, wäre ein Markt sicherlich der Bedarf hat und wo dann entsprechend auch Geld da wäre, dass das, die Maßnahme auch bezahlt werden. Also, das war ein superwichtiges Thema aufgetan.

00:21:52

Ronja: Danke!

00:21:54

Cordula: Sehr, sehr gerne.

Appendix 5.8 Laura Pfaffenbach



Einverständniserklärung zur Erhebung und Verarbeitung von Interviewdaten

Erläuterung

Sie erklären sich dazu bereit, im Rahmen der Bachelorarbeit „Development of a modular concept for a multi-day outdoor adventure trip to enhance mental health for the target group of millennials in Germany“ von Frau Ronja Fastner an einem Interview teilzunehmen. Sie wurden über Art, Umfang und Ziel sowie den Verlauf des o. g. Forschungsvorhabens informiert.

Zum Zwecke der Datenanalyse werden die mündlich erhobenen Daten verschriftlicht (Transkription). Ihre personenbezogenen Kontaktdaten werden von Interviewdaten getrennt für Dritte unzugänglich gespeichert und vertraulich behandelt.

Einverständnis

Sie sind damit einverstanden, im Kontext des o. g. Forschungsvorhabens an der Befragung teilzunehmen. Darüber hinaus akzeptieren Sie die Form der Weiterverarbeitung und wissenschaftlichen Verwertung des geführten Interviews und der daraus entstehenden Daten.

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Unter diesen Bedingungen erklären Sie sich bereit, das Interview zu geben und sind damit einverstanden, dass es ausgewertet wird.

Laura Pfaffenbach

Vorname, Nachname in Druckschrift

Würzburg 18.06.23

R. Fastner

Ort, Datum / Unterschrift

00:00:00

Ronja: Ich würde dir einfach jetzt noch mal kurz ein bisschen was über meine Bachelorarbeit erzählen. Also, ich arbeite daran, ob es denn überhaupt einen Bedarf gibt für ein Konzept, was vor allem die Millennials in Deutschland anspricht, also die, die zwischen 1980 und 2000 geboren sind, um auf Abenteuerreisen die mentale Gesundheit zu verbessern. Ob es möglich ist, da noch etwas hinzuzufügen, irgendwelche speziellen Module. Hast du da jetzt erst mal schon Fragen dazu?

00:00:39

Laura: Wie bist du auf das Thema gekommen?

00:00:40

Ronja: Ich habe als Guide gearbeitet, in Schweden auf Trekking und Kanutouren und bin dann drauf gekommen, dass es eigentlich ganz viele Möglichkeiten gibt, noch mal die mentale Gesundheit von den Teilnehmern weiter zu fördern. Dass man da noch viel mehr dran arbeiten könnte und deswegen beschäftige ich mich jetzt damit, wie man das, denn machen kann oder ob das überhaupt gewollt ist oder in welcher Art und Weise.

00:01:09

Laura: Spannend! Also, Mega cool, dass du dich mit dem Thema beschäftigst, weil ich auf jeden Fall den Bedarf dafür sehe und mich sehr freuen würde, wenn das Thema einfach viel größer wird. Ja, weil ... ja auch durch meine Erfahrung habe ich immer wieder das Feedback bekommen, dass es einfach so hilfreich für unser allgemeines Wohlbefinden ist, und im Rahmen des Themas Stressmanagement.

00:01:36

Ronja: Ja.

00:01:37

Laura: Deshalb darf das wachsen. Deshalb sind solche Arbeiten, wie von dir, unglaublich wichtig, einfach auch für die ganzen verkopften Menschen, die halt eben dieses subtile, was halt draußen in der Natur passiert, nicht so ganz verstehen.

00:01:50

Ronja: Mhm, ja, magst du dann einmal vielleicht erst mal erzählen, wie genau eine Tour bei dir abläuft, also so ne Coaching Reise, wenn die jemand bei dir bucht?

00:02:00

Laura: Kann ich gerne. Willst du das Video aufzeichnen, falls du es dir später noch einmal ansehen willst?

00:02:14

Ronja: Ja ich habe die Aufnahme gestartet.

00:02:20

Laura: Genau wie sehen die Touren bei mir aus, also ein bisschen unterschiedlich. Ich habe viel ausprobiert. Ich mache das Ganze schon seit 2019. Da hab ich mit meiner allerersten Tour gestartet und habe unterschiedliche Formate von der Länge her und aber auch von den Orten, wo ich war ausprobiert.

00:02:41

Ronja: Hm!

00:02:42

Laura: Ich habe Touren gemacht, die von einem Wochenende, zwei Tagen im deutschen Wald oder einem Naturschutzgebiet oder Nationalpark bis hin zu einer einwöchigen Reise nach Island oder Slowenien reichten und sehr unterschiedliche Gebiete abdeckten. Meine Lieblingstouren waren meistens entweder drei oder vier Tage, und das vor allem zum Beispiel im Schwarzwald oder in der sächsischen Schweiz. Also in Nationalparks, die an sich einfach ein bisschen mehr diesen Vorteil bringen, dass sie etwas wilder sind und doch ein bisschen geschützt, quasi von der Natur, die man dort findet, und gleichzeitig auch dort die Möglichkeit ist, eben auf diesen Trekking Plätzen dann auch zu übernachten.

00:03:38

Ronja: Mhm.

00:03:39

Laura: Ein ganz, ganz wichtiger Teil meiner Touren ist, dass wir an einem Punkt A starten und an einem Punkt B enden und dann manchmal mit dem Bus oder so zum Ausgangspunkt zurückfahren. Aber währenddessen übernachten wir mindestens eine Nacht draußen unter freiem Sternenhimmel und die andere Nacht meistens in so einer Trekkinghütte, ein bisschen rustikaler, weil da eben auch für ganz, ganz viele so was ganz Neues ist und dass natürlich ganz viele Ängste auch hochholt und da auch ganz viel passiert, eben innerlich.

00:04:17

Ronja: Ja, und wieso hast du jetzt die Dauer gewählt? Also woran hast du das festgemacht?

00:04:24

Laura: Gute Frage also, ich habe viel ausprobiert zwischen drei und vier Tagen und fand dann drei Tage eigentlich sehr optimal, um halt eine nach draußen zu haben und eine noch eine in der Hütte. Weil erfahrungsgemäß die Nacht draußen schlafen, ist ja einfach auch anstrengend durch die ganzen Wanderungen und alles, was wir dann auch noch mental im Training machen. Dass es dann hier immer wichtig ist, dass die zweite Nacht dann schon ein bisschen geschützter ist und da dann besser geschlafen wird. Ich hatte aber dann bei den drei Tagen ganz oft das Gefühl, dass wir gar nicht also, dass all die Inhalte, die ich irgendwie gerne mitgeben will, zu gequetscht sind und ich halt eben voll gerne einfach auch den Raum gebe, dass sie halt auch einfach mal sich eine Pause nehmen können, einfach mal die Schönheit der Natur dann auch erkunden können, und nicht immer so die ganze Zeit getrieben sind, weil genau darum geht es ja eben. Mal zu entschleunigen und rauszukommen.

00:05:29

Ronja: Ja.

00:05:30

Laura: Da fand ich dann jetzt die vier Tage, eigentlich so das optimale Zeitfenster, dass man schon einfach rauskommt von zuhause, wirklich auch ein paar Tage mit sich selber ist und dann eben zusätzlich, aber eben auch ganz viel dort passiert in diesen vier Tagen.

00:05:46

Ronja: Cool! Ich habe jetzt auf deiner Webseite gesehen, dass du eine Gruppengröße von maximal zwölf Teilnehmerinnen angegeben hast. Wieso maximal zwölf?

00:05:58

Laura: Genau. Also ist es tatsächlich... Meistens waren es immer nur acht. Ich hatte es ein bisschen hochgesetzt, weil ich hab auch Wildnis Trainings beispielsweise gemacht habe, wo ich auch durchführe, also nicht unter meiner Marke. Da bin ich als Trainerin gebucht, und da habe ich zum Beispiel 14 Leute dabei. Aber ich muss sagen, dass eigentlich meine liebste Zahl Anzahl von Teilnehmerinnen sind: acht. Dann habe ich ja immer noch eine Trainerin auch mit an der Seite, und mir und der Trainerin sind wir so eine zehner Gruppe, und das ist bewusst so gewählt, dass einfach es nicht zu viele sind, weil mir ja ganz, ganz wichtig ist, dass einfach so ein geschützter Raum entsteht unter den Frauen sind und deshalb eben eine Tiefe erreicht werden kann in den Gesprächen. Und da habe ich das Gefühl, wenn es halt mehr als acht sind, dann bilden sich schon so kleinen Gruppen. Ganz einfach finde ich dann halt auch, diese Energie zu halten.

00:07:03

Ronja: Ja, sind dann bei den Teilnehmern auch Millennials dabei, also buchen die auch solche Touren?

00:07:12

Laura: Ja, auf jeden Fall, also meine Altersspanne ist sehr divers. Also ich habe von Anfang 20 bis Ende 40, würde ich sagen, habe ich alles schon dabeigehabt, aber der Durchschnitt ist Anfang 30, Mitte 30. Ich selbst wurde 1991 geboren.

00:07:34

Ronja: Ja, hast du dann jetzt besondere Herausforderungen gesehen, die dann vor allem die Millennials auf den Touren haben?

00:07:42

Laura: Ja, also das ist natürlich mein Angebot, das ich ja gerade dann auch insbesondere die Frauen dann auch anziehe, die halt an so einem Scheideweg in ihrem Leben stehen, also oft an dieser Weggabelung. Wie geht es jetzt weiter? Und entweder ist dann schon eine Idee da, oder ist es noch komplett offen. Und dann ist aber immer dieses Gefühl und dieses eine Problem, was quasi alle haben, ist immer so diese Frage: wie geht es weiter? Und wie schaffe ich es eben, den Mut aufzuwenden, diesen Schritt dann auch wirklich zu geben?

00:08:20

Ronja: Mhm.

00:08:20:12

Laura: Es kann ein beruflicher Übergang sein, der Wechsel vom Studium in die Berufswelt, oder das Gefühl, etwas unzufrieden zu sein, obwohl man schon eine Weile in der Berufswelt ist. Es gibt den Wunsch nach Veränderung, und manche Frauen haben eine Auszeit für die Mutterschaft genommen. Nun wollen sie sich neu entdecken und wieder in die Berufswelt einsteigen. Aber da ist diese Unsicherheit - sollen sie zu dem zurückkehren, was sie vorher gemacht haben, oder etwas anderes ausprobieren? Sie haben sich als Person und als Frau verändert. Da ist also dieses Gefühl der Orientierungslosigkeit, und sie haben vielleicht ein paar Ideen oder gar keine, und dann ist da noch die Angst, diesen Sprung zu wagen.

00:09:09

Ronja: Ja, welche Rolle spielst du dann genau auf der Tour? Also, was ist deine, was sind deine Aufgaben dann?

00:09:17

Laura: Also was wir ganz, ganz viel machen, und das bringe ich ja durch meine Coaching Ausbildung plus, auch durch meinen eigenen Weg, weil ich genau das gleiche auch durchgemacht hatte damit, dass wir halt ganz, ganz viel ins Thema: Wer bin ich? Was sind meine Werte? Ähm, und was ist meine Identität, beziehungsweise welche Identität möchte ich leben? Meine Anstöße sind immer, gehen immer in die Richtung, dass sie halt selbst reflektieren und quasi sich selbst diese Antworten geben, die halt alle schon sich drinstecken. Aber dass sie daher einfach nochmal gucken, ist denn das, was ich bisher gelebt habe, wirklich das, was mir entspricht, oder hab ich das vielleicht einfach übernommen von der Gesellschaft, von der Erziehung, sonst irgendwas? Und da, und dann gebe ich quasi auch diese Impulse, dass sie sich erlauben dürfen, einfach dann auch mal was anders zu machen und jetzt neu zu entscheiden und auch groß mal zu träumen. Auch das haben wir ganz, ganz oft einfach verlernt, und da bringe ich dann zum Beispiel durch Visualisierungsübung, Meditation die Teilnehmerinnen dazu, einfach mal alles, was sie vielleicht kannten, niederzulegen und einfach mal neu zu denken und dann halt ein Gespür zu bekommen, ah, ja, das ist es wirklich!

00:10:45

Ronja: Und wo machst du das dann? Also seid ihr dann draußen in der Natur oder in den Hütten, oder ist es ganz unterschiedlich, wenn ihr solche Übungen macht?

00:10:54

Laura: Die meisten Übungen finden im Freien statt, es sei denn, das Wetter ist grau oder regnerisch, dann sind wir lieber in der Hütte. Selbst in der Hütte bevorzuge ich eine hölzerne Atmosphäre, die zum Gesamterlebnis passt.

00:11:36

Ronja: Ja, dann, heutzutage ist ja auch Essen immer ein superwichtiges Thema, vor allem bei der Zielgruppe von den Millennials. Wie ist das denn bei dir auf der Tour?

00:11:47

Laura: Super, wichtiges Thema! Deshalb habe ich auch immer zum Beispiel zwischendrin auch einfach Snacks dabei, zum Beispiel wie eine Schokolade, und das ist jedes Mal sehr erstaunlich, wie halt nach so was Anstrengendem, nach einem anstrengenden Stück, wie dann einfach nach so einem einzigen Stück Schokolade so viel mehr Entspannung und Glück in der Gruppe ist. Ansonsten von der Verpflegung her gibt's bei mir abends meistens Trekking Food.

00:12:20:08

Ronja: Hm!

00:12:21

Laura: Und mittags dann entweder eine Brotzeit oder eine Suppe, was wir dann wirklich auch auf dem Weg kochen. Also ich hab auch Camping Kocher mit dabei und eben Töpfe für die Gruppe, was vielleicht auch ein Grund ist, warum die Gruppe nicht unbedingt größer sein darf, weil dann halt das Equipment auch irgendwie entweder aufgeteilt werden muss oder halt irgendwie ein bisschen anders

organisiert werden müsste. Und bei dem Trekking Food finde ich eigentlich auch ganz spannend. Weil ich gebe für Tagestouren viel Wissen mit, und da gebe ich zum Beispiel halt auch durch das Trekking Food den Frauen das halt mal mit, dass sie es einmal testen können, dass sie wissen, dass es sowas gibt.

00:13:04 Ronja: Hm!

00:13:04

Laura: Und genau das hat sich so ein bisschen eingebürgert, weil wir unterwegs sind. Ich hätte schon andere Wochenenden, wo wir wirklich an einem Ort sind. Da kochen wir halt über Feuer, was ich auch mega geil finde, da haben wir halt einen großen Topf, und irgendwie dann gibt's halt einen Eintopf mit Kartoffeln.

00:13:30

Ronja: Dann habe ich gesehen bei dir auf der Webseite, dass du solche Sachen hast, wie Feuerkunde, Knotenkunde oder Kräuter Impulse gibst. Was kann ich jetzt darunter verstehen?

00:13:43

Laura: Genau das ist was von dem Pfadfinder kommt, die ich ja damit reinmische. Ich war auch bei den Pfadfindern und das ebenso schade fand, dass, wenn man als Kind nie die Chance hatte, bei den Pfadfindern zu sein, dass man das so ein Bisschen verpasst hat. Und deshalb biete ich zum Beispiel mein Feuer Workshop an, wo ich dann halt wirklich erkläre, worauf kommt es an, um ein Feuer zu entzünden, wir dann die Materialien auch sammeln und dann die verschiedenen Möglichkeiten, wie man eben den Funken bekommt. Dann ist das Ziel, dass sie dann immer zusammen ein kleines Feuer machen und alles halt ausprobieren, selbst eben den Zunder sammeln und so, und das ist jedes Mal, finde ich, so schön zu sehen. Weil gerade bei den Frauen ist es halt oft, das Feuermachen ist Männersache, und dann irgendwie mit so einem Feuer oder sowas haben die wenigsten mal irgendwie gearbeitet, und dann halt zu sehen, wie sie aus eigener Kraft schaffen, mit manchmal nur einen Schlag, dann wirklich so den Funken zu entzünden, und dann halt dieses Funkeln im Auge entsteht durch dieses Anzünden des Feuers. Viele sagen, dass das ein Highlight der Tour für die war. Und das dann, das ist ja auch diese Verbindung zum Coaching, dass man dann den Übertrag halt schafft, dass eben dieses Feuer entfachen im Leben, in anderen Lebensbereichen, sei es jetzt im Büro, in der Familienwelt, dass das halt da ist in uns und dass wir das entzünden können.

00:15:20

Ronja: Mhm.

00:15:21

Laura: Es zeigt ihnen, dass sie es schaffen können, wenn sie durchhalten und engagiert bleiben. Es kann manchmal eine Herausforderung sein, aber es ist auch eine wertvolle Lernerfahrung, mit der sich viele Teilnehmer verbinden und die sie auf andere Lebensherausforderungen anwenden können. Auch jetzt eine andere Lebensherausforderung ... und dann genau bei Kräutern ist es mir superwichtig, da halt einfach das Wissen, was so ein bisschen verloren gegangen ist, vielleicht bei unseren Großeltern noch so ein bisschen da war. Gerade die Millennials, die wenigsten wirklich wissen, was wächst denn eigentlich vor unserer Tür, und was für Superfood haben wir teilweise. Und da halt einfach auch zu zeigen, die meisten Pflanzen, die sie eh schon kennen, wie sie die halt zum Beispiel kochen können oder irgendwie Saft machen können oder sonst was, also gar nicht so superkrass ausgefallene Dinge,

sondern mehr so das, was man schon kennt, und das halt eben in der Verwendung dann auch bringen. Und dann halt die Lust auch schüren, da so ein bisschen tiefer auch einzusteigen.

00:16:48

Ronja: Und die Knotenkunde?

00:16:53

Laura: Ja, genau wenn wir ein Lager und bauen in der Nacht, wo wir unter freiem Sternenhimmel schlafen, da zeige ich dann zum Beispiel einfach mit Planen, wie man sich das abspannen kann, und da gebe ich dann so zwei, drei Knoten mit. Einer der Knoten, die wir verwenden, ist der Halstuchknoten, der ein bisschen ein Ritual ist, das von den Pfadfindern inspiriert ist. Dabei geht es darum, eine persönliche Verpflichtung oder ein Versprechen an uns selbst für Veränderungen einzugehen, und wir binden unsere Halstücher mit diesem Knoten zusammen.

00:17:38

Ronja: Ja, sehr cool, und dann stand noch auf deiner Webseite, dass du täglich Achtsamkeit und Meditationspraxis anbietest. Wie macht ihr das?

00:17:52

Laura: Das sind auch unterschiedliche Formate. Also ich starte immer den Tag mit einer Einheit, und das ist entweder irgendwas aus dem Yoga, wo wir einfach den Körper so ein bisschen bewegen, oder mit irgendwelchen Atemtechniken oder auch mit Qui-Gong Übungen beispielsweise. Also letztendlich ist die Basis, wo es halt darum geht, dass man halt immer in diesen Einklang halt kommt, vom Körper und das gerade halt zu Beginn des Tages, um erst mal mit der Ruhe dann zu starten. Und was sonst zwischendrin auf dem Weg dann ganz oft passiert ist, dass ich da so Achtsamkeitsübungen dann einfach mal an die Hand gebe, und wir es halt auch direkt ausprobieren, wo wir die Natur mit einbeziehen, zum Beispiel dann auf die Geräusche zu hören, auf die Gerüche zu achten, um da die Sinne wieder so ein bisschen zu aktivieren und es bewusst dann eben zu schüren. Wir gehen jetzt sehr, sehr oft ohne Sinn oder mit Kopfhörern durch die Welt und isolieren uns irgendwie ein bisschen. Und sie gleichzeitig dann auch diese Erfahrungen machen, wenn sie merken, dass nach zehn Minuten so einer Übung einfach der ganze Kreislauf und alles halt beruhigt ist, dass dann dieses Ah da ist, okay, das macht eigentlich nicht viel Aufwand, kann ich auch voll gut in meinen Alltag integrieren, und deshalb versuche ich auch immer, da so ein paar Variationen eben mitzugeben, was sie halt dann zu Hause auch nachmachen können.

00:19:32:2

Ronja: Cool, super, danke dir. Hast du sonst noch irgendwelche Anmerkungen oder irgendwelche Hinweise, die du denkst, das mir helfen könnte mit meiner Bachelorarbeit?

00:19:49

Laura: Gute Frage. Vielleicht ist das Konzept des Biophilie-Effekts noch etwas, das für dich spannend ist

00:20:15

Ronja: Ja, da habe ich mich auch schon mit beschäftigt.

00:20:17

Laura: Das fand ich super spannend, als ich das alles dann erfahren hatte und so ein bisschen auch mehr in die Theorie reingegangen bin, und das kann ich wirklich auch unterschreiben, auch dass dort in dem Buch zum Beispiel auch viel steht von diesen Studien, dass einfach die Faszination eine ganz andere ist, wenn wir draußen in der Natur unterwegs sind, einfach nicht anstrengend ist. Wobei ich sagen muss, dass der Inhalt meiner Arbeit sehr viel auf Persönlichkeitsentwicklung und Mentaltraining für die Frauen ausgerichtet ist, was oft zu emotionalen Momenten führt. Das ist so gewollt, denn so kann vieles an die Oberfläche kommen und gelöst werden. Die Natur uns dabei hilft, wieder zu unserem Kern zu kommen und diese Themen auch mal aufzuklären, finde ich eines dieser großen, großen, großen Vorteile, dass wir halt durch die Aufenthalte in der Natur eben viel schneller eben unsere Herausforderungen des Lebens meistern können. Und auch, was oft so ein Feedback ist, auch durch so eine Gruppenreise, wenn dann natürlich so ein Vertrauensverhältnis auch entsteht, das dann auch im Nachgang einfach die Energie noch da ist und jetzt zum Beispiel auch Teilnehmerinnen von mir sich im Nachgang auch immer mal wieder zu einer Wanderung auch treffen und dann halt was zu planen und das sozusagen auch einfach nachhaltig nochmal einen Effekt hat.

Appendix 6 Transcribed and translated interviews

Appendix 6.1 Maria Rienow

<p>00:00:03 Ronja: Hello Mia good to see you.</p> <p>00:00:10 Ronja: Hello Ronja!</p> <p>00:00:14 Ronja: Would you please tell me first what kind of outdoor tours did you lead so far?</p> <p>00:00:22 Mia: So far, I have only led trekking and canoe tours for a period of about four months.</p> <p>00:00:34 Ronja: How long were the tours?</p> <p>00:00:38 Mia: On average, the tours were always five days long. I have also accompanied one that lasted ten days.</p> <p>00:00:47 Ronja: And where were the tours?</p> <p>00:00:50 Mia: In northern Sweden, in Lapland, mainly on the Kungsleden trail and on the lakes.</p> <p>00:01:02 Ronja: Well, how many participants were there normally on your tours?</p> <p>00:01:07 Mia: Usually there were between two and eight participants.</p> <p>00:01:15 Ronja: And where did you normally sleep? What were the accommodations?</p> <p>00:01:19 Mia: Um, there were huts and tent tours, so during the trekking, we slept in the tent or in huts, and during the canoe tours always in the tent.</p> <p>00:01:39 Ronja: Did you notice on your tours that the mental well-being for the participants changed somehow?</p> <p>00:01:52 Mia: I think that trekking and outdoor experiences definitely have a positive impact on the well-being, which is made up of many components. On the one side is the challenge itself to overcome, but also this togetherness, getting to know strangers and also growing together with strangers. Exactly, simply this welding together and this getting away from everyday life, away from stress, away from consumption and from simply being overloaded with constant car noise and advertising and public system, television and cell phones, away from this stress and really just switching off in nature. Only being dependent on the most essential for survival, so really living out of your backpack, carrying everything you need with</p>	<p>Guide experience</p> <p>Duration</p> <p>Destination</p> <p>participants</p> <p>Accommodation</p> <p>Mental Well-being Growing together With strangers</p> <p>Being away from the stress Being in nature</p> <p>Accommodation Living from the backpack</p>
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<p>you. I think these are all experiences that definitely influence mental well-being and improve it in many ways.</p> <p>00:03:17</p> <p>Ronja: Do you think that the participants on the tour were also aware that it has something positive for their mental well-being?</p> <p>00:03:25</p> <p>Mia: I think so, that was definitely one of the motivations why some people book it. Because if you want to see only beautiful landscapes, you can book another form of vacation. Then you don't have to decide to carry 15 kilos on your back for five days. So, I think that people choose to go on a tour like that because of that experience and because of that, how good they feel afterwards.</p> <p>00:03:56</p> <p>Ronja: Yes, my work is mainly about the millennials, so the 1980 to 2000 cohort. Did you also have participants on your tour?</p> <p>00:04:07</p> <p>Mia: Um, actually rather less, I would say. I think the, the main target audience was 40 plus, so just past Millennials. I think I had, let me think, one, two, three, four or five Millennials with me on the whole four months.</p> <p>00:04:44</p> <p>Ronja: Yeah, so my work now is going to be mostly about Millennials. So all the next questions you can also then just refer the participants in the age group.</p> <p>00:04:54</p> <p>Mia: Then I would write down briefly their names, so I don't forget. Until 2000 right? Do you remember all the names of the participants?</p> <p>00:05:22</p> <p>Ronja: Um, it really wasn't that long ago.</p> <p>00:05:35</p> <p>Mia: The "Gamschen" woman, the woman with the hearing aid , hmm ... okay, yeah, I got mine.</p> <p>00:05:54</p> <p>Ronja: Okay, so, now for me it's mainly about developing more methods or more modules that can increase the mental well-being on tours, so that you have even more in addition to these already positive benefits. Can you think of anything spontaneously now that could be offered additionally on such tours or that could be changed to increase this even more?</p> <p>00:06:26</p> <p>Mia: Um, I think you could, for example, incorporate a kind of mindfulness exercises, that you say, for example, every morning, every evening we meditate so and so many minutes. Or you could do exercises where you are out in nature and just sit in a circle and say: now let's all close our eyes, what do we hear, what do we smell, what do we feel? There are now studies that have proven that mindfulness makes people happier and more content. That is now, for example, something that comes to mind spontaneously.</p> <p>00:07:04</p>	<p>Motivation why people book it</p> <p>Also book it because of the challenge</p> <p>Self-reflection Mindfulness, Meditation</p>
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<p>Ronja: What can be an additional module for the self-reflection, in order to become conscious of the emotions or to steer or to accept them?</p>	
<p>00:07:21</p>	
<p>Mia: Maybe also something like a tour journal, I actually kept that as a guide, where I just wrote down with who and where I was traveling, but also what we were experiencing and how I was feeling about it. And I believe in suggesting to the participants that maybe that would help them. Many may not even think about it. So, some have already a travel diary and have written it down on the cell phones in the evening. You could address that and even give them a few pages for it. So, look, this is your tour diary. At the end, when we do the big final reflection, everyone can look back at their entries and remember what the highlights of the tour were.</p>	<p>Tour journal</p> <p>Final reflection and highlights</p>
<p>00:08:08</p>	
<p>Ronja: Yes, um, you also said earlier that many people do it because of these social relationships, to get to know new people, to perhaps also have the challenge of doing something with unknown people. Do you have an idea how this could be further promoted?</p>	
<p>00:08:32</p>	
<p>Mia: I think an experience like that, just binds one way or another. I actually think that what "Hüttenleben" does, on the one hand it's cool that it's only for young people, but on the other hand, millennials do get benefits from being with people that they don't normally meet, and also socializing with older people from experiencing their lives. So, maybe that's not so bad with large groups. But right now, a spontaneous idea, how one can improve the social, I unfortunately cannot think about something.</p>	<p>Social relationships</p> <p>Connecting outside of their own environment</p>
<p>00:09:18</p>	
<p>Ronja: Okay, in addition to the topic that's always important and brought up in travel, healthy eating is ... especially important for Millennials. Do you think there's anything else that can be done to promote or do something to additionally support that theme when you're traveling?</p>	
<p>00:09:41</p>	
<p>Mia: Mhm yes, I think you're right that the, at least from my experience, it was always the millennials who had more dietary requirements, and they were almost all vegetarians and I think that's where the offer just has to be there and the awareness. Okay we go into nature, and we also eat as if we go into nature. We don't always eat ready-made food, but make sure that we eat regional products, sustainably, and also not too much sugar and enough protein. It's very difficult to balance that properly.</p>	<p>Food vegetarian</p> <p>regional, not too much sugar, sustainable</p>
<p>00:10:31</p>	
<p>Ronja: Mhm.</p>	
<p>00:10:32</p>	
<p>Mia: But that's also a very, very difficult topic, because not just because they're Millennials, they're all equally nutrition-conscious. So it can be that for some then that seems like overkill if you make a huge barrel about it.</p>	<p>Can be difficult for some</p>
<p>00:10:49</p>	

<p>Ronja: Yes, and in addition to that, rest and sleep, which is important to have good mental well-being overall. How could you promote that for millennials on an outdoor tour?</p>	
<p>00:11:13 Mia: Sleep and rest... I don't know, if someone sleeps badly in the tent, the person just sleeps badly in the tent. There's not much you can do to improve that. I think when you are in nature you go to bed quite early anyway. I have always slept very well on the tours, in the tents. Again, I can't think of any specific examples now of how to improve that.</p>	<p>Going to bed early</p>
<p>00:11:43 Ronja: Um, and exactly sports activities. Most of the time, you're already doing sports anyway. Do you see any further possibilities or any need at all for this to be intensified even further?</p>	<p>Additional exercise</p>
<p>00:12:00 Mia: I think a kind of yoga stretching session every day or every two days would definitely be very important. Of course, that can be difficult. Do you have the right material for that? Um, a yoga mat is hard to carry around. Is the floor level enough? But you don't have to do real yoga, you can just do a circle and just stretch a little bit. I think especially if someone is not very athletic and is booking a group trip to get a taste of this outdoor world and doesn't know anything about sports, the person might not even realize how important it is to stretch. As a guide, you then have a great responsibility or a great potential to give them a little nudge in that direction.</p>	<p>Yoga stretching session for relaxation</p>
<p>00:12:55 Ronja: And then you also said at the beginning that that's why many people do this challenge, to get out, to camp. Do you see any possibilities for further challenges that you could include or that you could do?</p>	<p>Further challenges, personal education</p>
<p>00:13:13 Mia: If the whole thing would go in such a survival direction, you could of course include eating, searching, a bit of wild herbs for example. Um, you could, I always had that too. I always had a flint with me, because a lot of people had, never had a flint in their hand. If you then put the flint in someone's hand and say, "Hey, today you're going to make a campfire, good luck!". Or you then show how to do it. That they're still learning, know how or survival skills that they might not always need. But it's just cool to know that you can do something like that. And then in the future when they're on a hike again, they can say, "Hey, I know how to make fire, come on, I'll show you" or something.</p>	<p>Survival training</p>
<p>00:14:02 Ronja: Yeah.</p>	
<p>00:14:03 Mia: Yeah.</p>	
<p>00:14:04 Ronja: You are other challenges that can have especially as on so outdoor touring?</p>	
<p>00:14:14</p>	<p>Challenge to leave the normal life behind</p>

Mia: I actually think that, looking back on it, that Millennials are actually the more effeminate of my past participants. That it's especially hard for them to get out of the luxuries of normal life. But for them it's so beneficial because they have such a simple life. It's even more important for them to have challenges like this, to bring them back down to earth, I would say, or to show them a different perspective on life, hmm!

00:14:56

Ronja: Can you imagine tours being offered specifically for Millennials that have additional mental wellness modules, like mindfulness training or things like that? Can you imagine Millennials being interested in that or would take up those kinds of offerings?

00:15:17

Mia: Yeah, I think that's definitely being embraced because we just have such a wellness, yoga, health tourism, recreation, mindfulness, a healthy food trend. Especially in Germany I would say, I don't know now how it is in the rest of the world, but in Germany it fits into the current market..

00:15:47

Ronja: Perfect. Do you have any other comments or stories that you would like to share that you think might be helpful to my work.

00:15:58

Mia: Nah, I'm excited about the outcome.

00:16:03

Ronja: Thank you so much.

00:16:05

Mia: Mhm.

Trend are going in that direction

Appendix 6.2 Mirka Scharf

<p>00:00:02 Ronja: So Mirka, glad you have time.</p> <p>00:00:06 Mirka: Yes.</p> <p>00:00:07 Ronja: Then we'll start the interview now. First of all, what year were you born?</p> <p>00:00:14 Mirka: I was born in 1994.</p> <p>00:00:18 Ronja: Okay, and what kind of outdoor trip have you been on?</p> <p>00:00:23 Mirka: I have been on a trekking trip in Albania. I also went on a sailing trip the year before, but the trekking trip was more outdoors. The sailing was, I think, more relaxing.</p> <p>00:00:36 Ronja: Yeah, I think, let's focus more on the, on the trekking trip now. How long did it last?</p> <p>00:00:45 Mirka: A total of seven days, from Saturday to Saturday.</p> <p>00:00:50 Ronja: And how many participants were there?</p> <p>00:00:53 Mirka: I think we were a group of about 15 in total. There were a lot of us.</p> <p>00:00:58 Ronja: Yeah, how old were you when you went on the trip?</p> <p>00:01:03 Mirka: It was two years ago, so that means I was 27 then.</p> <p>00:01:07 Ronja: Okay, and roughly how old were fellow travellers?</p> <p>00:01:12 Mirka: The youngest was, I think, 22 or 23, and the oldest was 36.</p> <p>00:01:21 Ronja: And where did you sleep on the on the tour?</p> <p>00:01:25 Mirka: Very differently: at the beginning in a hotel, then in three different guesthouses and at the end again in a hotel. In between, there were usually three nights in a row in one of the guesthouses.</p> <p>00:01:45 Ronja: Um, were there any particular challenges for you on the tour?</p> <p>00:01:52 Mirka: Physically definitely yes. I had prepared myself for maybe walking between 750 and 1000 meters of elevation a day and on our first big hike it was already 1600 meters of elevation. So that's a lot, and we also walked down again on the same day. That was pretty much what we could all manage in daylight. And on the third day, I think, what had been planned was just under 800 meters of altitude.</p>	<p>General information</p> <p>Tour</p> <p>Duration</p> <p>Age</p> <p>Physical challenge and surpassing oneself.</p>
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We went up to the summit, and that was another 1500, so it surprised me because I didn't think I could do that. I always thought about 1000 was my limit because I just live here in the flat area and we don't have a lot of mountains that you would normally hike. I think it was a group that was quite good in terms of fitness level, and we all pushed each other a little bit, not in a way that you felt pushed, but in a way that made you want to try it. That yeah, I definitely took that as a physical challenge.

00:03:23

Ronja: Mhm, did you then already notice on the tour somehow that your mental well-being improved? Were you already aware of that on the tour?

00:03:35

Mirka: Yes, but I think it was mainly because when you do an organized trip, you don't have to think about certain things that you would think about when you travel individually. So, you don't have to think, where are you going to sleep tomorrow? That is planned. You don't have to think about which tour to hike. That is planned. You don't have to think about what we're going to have for dinner, someone has thought about it, and all you have to do is stand somewhere at the right time. I have the feeling that enables one to use one's mental capacity for completely different things, but on the other hand also to open up for other topics differently, maybe think, for which one would normally not have so much time or such a capacity in everyday life.

00:04:27

Ronja: Um, do you see any other specific ways that you could further increase mental well-being on your tour?

00:04:39

Mirka: Well, I think if you were interested in doing it as a focus, you could incorporate certain activities that have been proven to be positive for mental well-being. I think, for example, if you had such a group rounds, in certain time periods, where you could do yoga or meditation or a round of talks or something like that, you could increase that again. So far, I just have the feeling that it was not so the focus, but rather a positive side effect, but I makes sense to include as a focus. I would definitely book that. Yes.

00:05:32

Ronja: Do you have any more ideas on how to promote the topic, especially to help people become more aware of their emotions and accept them? How can we further enhance this on such trips?

00:05:45

Mirka: Well, what I find good about the trips so far is ... that my experience was that the people there were super authentic or everyone was accepted as he was, and that leads then, I think, also to the fact that one no longer pretends so much and he can be his true self and also feels his emotions more strongly and can name them better. I would hope that on such a journey negative emotions do not come up so much, that one rather has such a short break from it. But if you wanted to strengthen it, I think it would be interesting, if you do some workshop exercises together or maybe a little round in the morning, that everybody says, how they feel right

Group dynamics

Benefits of an organised trip

More space in the mind to think about important things

Group travel, Yoga, meditation

Acceptance of the concept

Being authentic and therefore being able to cope better with the emotions

Group rounds

<p>now and what, what influenced you the most the day before and what you're looking forward to today, something like that, that you give the whole thing a little stronger framework.</p>	workshops
<p>00:07:13 Ronja: Great! You mentioned earlier that the group was very important to you and the social relationships within it. Do you have any ideas on how to further strengthen the group cohesion?</p>	
<p>00:07:27 Mirka: I really like the group a lot. However, it did start to lose some of its cohesion after a while. I think there was also a size of the group, because 15 is already relatively large. So I think ten to twelve would probably have been a better group size overall. And otherwise, I think that groups always grow together from overcoming certain challenges with each other, If I had focused more on team building, I might have emphasized less on physical activities and incorporated more creative tasks. For example, I might have said, let's build something typical of the country. Because there's a lot more interaction and you're also working towards a fixed result as a group, and I think that would have enabled a different kind of contact with each other. For example, social projects or something like that, where you participate.</p>	<p>Number of participants</p> <p>Strengthening social relationships</p> <p>Doing something together</p>
<p>00:08:54 Ronja: Nutrition is always a topic on such trips. How was it for you, and how do you think it can be implemented effectively, especially for the target group born between 1980 and 2000?</p>	
<p>00:09:10 Mirka: Albania I perceived super. Traditional Albanian food usually consists of various dishes, with meat being just one of them. There is always bread, a salad, the salad consists of lettuce, cucumbers and tomatoes and goat cheese, and then there are probably six or seven different fried or stuffed vegetables on the table, and then there is the one plate with meat. I thought to myself in between that this is, I think, for vegetarians and vegans a paradise, because they can eat just still certainly five or six of the things, without having to worry about the fact that they now eat somewhere less wholesome. because the, the flexibility and the variety was there, and I had the feeling that it was just very original, so that it was things that were actually grown there, which we ate. We said with the goat cheese, that was a nice example, that it tastes different in each guest house. That was also the case, because they actually still have the goats in the mountains, and they bought the cheese from different goats, and those were just different herds. You could actually taste that. I thought that was nice, because it made you feel more connected to the country and the area you were in, and I think that increases well-being. Always the people who have lived there for a long time, they just know best what to eat because of the climate.</p>	<p>Vegetarian, vegan balanced</p> <p>Nutrition</p> <p>balanced high quality</p>
<p>00:10:57 Ronja: Hm!</p>	
<p>00:10:57 Mirka: For me personally, it was also fantastic because I just like to eat a lot of vegetables, and there were just plenty of them. I could imagine that if someone is now used to a very meat-based diet or is</p>	

<p>used to a lot of fast food, that it is a certain adjustment, that the first times could also be difficult. But by the fact that it was actually all good, such high-quality food, it felt a little bit like detox for me, but also nice.</p> <p>00:11:37</p> <p>Ronja: Yes, then it's also important that you feel mentally fit, that you just have good rest and good sleep. So how was that implemented for you then, or how was that for you, and how did you perceive it that way?</p> <p>00:11:52</p> <p>Mirka: Um, I so perceived that I fell into bed dead tired every night and I wasn't groggy in the morning when I woke up. Yeah, I didn't sleep much more than I needed to, I think, because I just wanted to spend too much time with the group for that, and that was just what I, what I felt I needed to do.</p> <p>00:12:23</p> <p>Ronja: And how did you guys sleep? Did you share rooms or what was that like?</p> <p>00:12:29</p> <p>Mirka: In the hotels we usually had two rooms together, and in the guest houses it always depended on what kind of rooms there were. There it was somewhere between three and six, but it was nice to have different constellations throughout the trip.</p> <p>00:12:53</p> <p>Ronja: Yes, okay, then you had already said that for you, especially the hikes were very challenging. So, were there any other challenges apart from the sporting one?</p> <p>00:13:13</p> <p>Mirka: So, I think for some was a challenge that the mobile network in Albania is not within from European Union. That means, with a German Sim card you can go on the Internet, but it was extremely expensive. There were a lot of people who said they would only go on the Internet if they had Wi-Fi, and that was only the case in one guesthouse. So this being away from social media, I think, was perceived by some as a challenge, and that was also something that was mentioned again and again. I actually have an Albanian sim card, so for me, it didn't apply that way. But I noticed the difference, because I had social media all the time, but I wasn't on it. As soon as we had Wi-Fi somewhere, you noticed that everyone was on their cell phones for three hours and couldn't be reached. That is, ... I have noticed that these are very different needs. For me it was just something that was available all the time, but where I wasn't that interested, and for others, they said they need it. Otherwise, yes, I think there is always a certain uncertainty factor. To be on the road for a week with a group that you don't know at all beforehand can go very well, and I think in the vast majority of cases it goes very well. But it can happen that there's no one with whom you click and with whom you get along well.</p> <p>Ronja: So would you say that you learned something new on the trip, developed new skills?</p> <p>00:15:27</p>	<p>Can be difficult</p> <p>Sleep Just falling into bed As much sleep as necessary</p> <p>Social relationships and accommodation</p> <p>Digital Detox</p> <p>Challenge to be with unknown people</p>
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<p>Mirka: I have the feeling that because of the way I work in Germany, I mainly have contact with people of one type. These are mostly scientists, engineers, and I realized for the first time that I threaten to lose contact with people with a different background. So in Albania, for example, many people in our group had a marketing background. I realized that it was much easier to talk to other people about certain things during my studies, and that it is more work now. Those days were a message for me. I should actually just look for this contact in the future, otherwise I get stuck in my own bubble at the end. So that was... it was just a realization for myself, maybe not what I learned, but what changed afterwards in my life.</p>	<p>Social relationships Getting out of the normal environment</p>
<p>00:16:39 Ronja: Do you think that on a trip like this, you could still incorporate more learning or develop new skills?</p>	
<p>00:16:50 Mirka: Yeah, Um, you could, it's a question of what you'd like to accomplish. Me... I think if it was geared towards learning, then the relaxation factor would be less. I think that's what people are looking for, to just get out and just experience intensely for a week but not have to do anything, and I think if you had a stronger learning effect, then maybe that that vacation factor would be less, but of course it always depends on what you're learning.</p>	<p>New skills Not necessary to include</p>
<p>00:17:39 Ronja: Could you imagine going on a trip that focuses a little bit more on the mental well-being but still has those sporting challenges as well?</p>	
<p>00:17:51 Mirka: Definitely yes. I thought about it when you first mentioned it. I think that's just something where you would have to either actually think about a good concept or something. As a participant I would definitely do it. As a guide I would say, either I would need an additional training for it, or the person should have a psychological training. Because you can only handle and judge a limited number of scenarios, I think, as a person without training. But as a participant I definitely find it exciting. Yes.</p>	<p>Acceptance of the concept Further training for the guides</p>
<p>00:18:45 Ronja: Do you think such a tour could provide more value than a traditional adventure tour like the one you experienced?</p>	
<p>00:18:56 Mirka: I think it would be very different. I don't think I would compare them at all, I would think of them more as a range of options.</p>	<p>Not possible to compare to "normal" tours</p>
<p>00:19:13 Ronja: So do you have any other comments or any stories that you want to share from your journey that you think might be helpful to me?</p>	
<p>00:19:25 Mirka: Stories from the trip, not really. But something I was thinking about is that we had a discussion about how to incorporate certain things. Last night, I attended a storytelling slam event, which is basically like a poetry slam, but instead, people stand up and tell stories for five to ten minutes. We would then have a question and</p>	

answer session, and the next person would come forward. It's something I just thought of. If, for example, you wanted to strengthen the group feeling or address certain emotional topics, this is perhaps a very suitable format, because my experience with it every time was that people actually tell very, very personal things about themselves, even in a large group of people they don't know, and that the feedback from the group is very enriching. So, I talked it over with a psychologist a while ago, and this person had then responded with: "How wonderful! It feels like therapy without the therapists." It was more this opening up on the one hand and then getting very positive feedback from very different people on the other, and that simply, I think, created a strong connection. So maybe that's an approach that you could play with a little bit.

00:20:58
Ronja: Thank you.

Strengthening of social relationships

Appendix 6.3 Dustin Rottmann

<p>00:00:00 Ronja: Dustin glad you have time for an interview.</p> <p>00:00:04 Dustin: Yes sure.</p> <p>00:00:07 Ronja: First of all, how old are you and how long have you been working as a guide?</p> <p>00:00:12 Dustin: Well, I'm 31 years old, my birthday is in January. Working as a guide officially... so I've had my first two tours just now. My first tour I did on 5/13 and my second tour was from 5/20 to 5/27 right after that.</p> <p>00:00:30 Ronja: What kind of tour was that?</p> <p>00:00:33 Dustin: That was a Slovenia tour in Europe. So maybe a quick question about that? Should I just chat a little bit, or should I really be explicit?</p> <p>00:00:43 Ronja: No, just tell me a little bit!</p> <p>00:00:47 Dustin: Okay, okay, perfect, you select then at the end. Yeah, so maybe I'll start at the beginning. So exactly I did the Slovenia tour that I applied for because I'm currently on a sabbatical. I have finished my studies and now I have a 3 month sabbatical, and I planned this sabbatical in the Balkans or in Europe, and then I started in Austria. Actually not really. Actually I started in Oberstdorf, because there was the Academy, where we were trained as guides. I was working in Slovenia, and these two weeks are now over, and I actually wanted to do two other weeks in Montenegro, because that is also on my itinerary. The tours would also have been an international tour, so English-speaking, and that was unfortunately cancelled, because we had problems with the landlady, so that all international Hüttenleben tours in this period were cancelled at this place. That is... well I use my time now differently, and then I will go another week to the Ötztal.</p> <p>00:02:13 Ronja: Um, how many participants did you have on your tour now?</p> <p>00:02:17 Dustin: We were a total of 15 people with me, so 14 participants. Both of my tours were completely booked.</p> <p>00:02:24 Ronja: And how did you find that number?</p> <p>00:02:29 Dustin: Good question so, my very personal opinion is that... it is very demanding. Slovenia is directly in the Alps and in the Karawanken. That is... there are many and especially high mountains around, and I had the first tour this year on 13 May, and on 13 May was still bad weather. That means that we had a bit of snowfall</p>	<p>General information</p> <p>General information</p> <p>Challenge weather</p>
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<p>every day at over 1800 meters, at over 2000 meters we had real snowfall. That is ... one and a half meters of fresh snow, it was raining every day, really raining with 15 to 20 liters of precipitation. So that means it was really pouring rain. I found it for a first tour with 15 participants or 14 participants, which you have to lead and coordinate, even in such a weather, and I already have quite a lot of experience in the mountains and also already on tours, but in the circle of friends, so I knew the participants at the time then already ... well I found it personally very, very challenging</p> <p>00:03:54 Ronja: And for the participants, for the group dynamics, what would you say? How much is a good number of participants there?</p> <p>00:04:13 Dustin: Well, I have now guided two groups and was already on the road as a participant. Both groups were completely diverse. The first group was very, very different from the other. We had a good dynamic in the first group. They all fit together really well and got along really well. Really, they were all different, but still somehow all had the same vibe, and I would say that 14 participants were okay. In the second group, there were a lot of different characters, who also matched each other, but there wasn't such a close contact. So this motto "much love"! It was indeed ...all were sympathetic, but it was not now so that there was now so this super, super, super, super group cohesion. My personal opinion, I was as a participant in Norway, on the Lofoten, and there we were ten people, and in my opinion ten people are the best group size, simply because you can get to know each other in seven days with ten people also just so right. With 15 people, someone always falls flat, which means you have more contact with some people and less contact with some people, and that's why I think ten people is the best group size.</p> <p>00:05:25 Dustin: (...) disconnect.</p> <p>00:06:55 Ronja: Did you notice then on the tour that the mental well-being of the participants improved?</p> <p>00:07:01 Dustin: Yes, definitely! So I think the guide has to make a big contribution to improving mental well-being and keeping the group together and also being responsive to everyone. I think that's a really big part. But I can definitely say from all participants, even with the group that walked in the rain, so we really walked seven days through the rain, with only one day of good weather, even there the mental definitely improved. So thousand percent. All have said afterwards: Wonderful week and all still benefit from it. The groups are still totally active and sending each other photos and looking forward to seeing each other again in December, and everybody is mega, mega happy and said it didn't feel like a week, it felt like three weeks, and a lot of people said it's totally nice and unexpected that when you're thrown in a group like that of people you don't know, that you still grow so close in a week.</p> <p>00:07:49</p>	<p>15 people is challenging</p> <p>Group size</p> <p>Well-being improved Guide has a big responsibility for this</p> <p>Benefits afterwards Still in contact</p> <p>Group grows together fast</p>
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<p>Ronja: Yes, do you see somewhere still concrete possibilities, how one could increase the well-being on a tour? 00:07:58 Dustin: Mhm. Yeah, I think it's always a little bit individual from guide and from the group. I think it's important to bring the group together at the beginning with a few games to get to know each other, to get an overview of who's who, who am I, what do I do, where do I want to go, what's my idea of the week? And I think that if you pick up everyone at the beginning, then everyone feels a bit more comfortable and integrated, because there are many people with different characters. There was one who was very very quiet but somehow, but you could just tell he still felt totally comfortable. He was just such a character that sat there and kind of like when people are around him, and so it's hard to say how to increase the comfort level with so many different personalities. But I think it's important to cater to everyone individually and see that they feel kind of integrated into the group and not excluded. Otherwise, how to increase well-being. Good question, it's, it's so difficult. With some participants, I would say they value it when they have a little bit of a say. For example, I tried a lot in the first week and I said come on, we'll make group decisions, I'll make examples, but noticed that a lot of them just, I don't mean badly at all, but a lot of them just turn their heads off and run after it like lemmings and just say, I've got a guide here now and I've booked the tour now, and I want everything to be given to me. In other words, in the second week I took a much more authoritarian approach, but then I responded individually to the individual characters, where I noticed that they would also like to have a say in things, and then I deviated from my plans and said, hey, cool idea, and then discussed it with the group. And I think that then leads to the well-being increasing even more.</p>	<p>Introduction rounds at the beginning</p> <p>Integrating everyone</p> <p>Giving people the opportunity to decide</p> <p>Everything is organised</p> <p>The guide having an authoritarian way but being flexible to changes</p>
<p>00:10:17 Ronja: So how did you guys do that with nutrition? That's always an important point.</p>	
<p>00:10:22 Dustin: Yes I agree ...so in the first group, in the first week it was very challenging. We had eight vegetarians, one vegan, and this vegan was gluten intolerant, and it wasn't just a little bit gluten intolerant, she was so intolerant that if you used a knife or a board, you really had to clean it up afterwards. Then there were many people who did not want certain vegetables or fruits, such as peppers or mushrooms. And here we come back to the fact that the size of the group is much easier to handle with ten people than with 15. We managed it well because we had coordinated ourselves very well and there were also some people who had, let's say, a lot of cooking experience. But it was very difficult. So we always cooked two pots, sometimes even three. It took a long time, and we cooked very simple things, for example chili sin carne. Then you can leave out the peppers, in the second pot, you can leave out the spiciness, you only have vegan things in there, and then that also accommodates the gluten intolerant. Wraps we made ... everyone can do them themselves, then we have made curry. That also went very well exactly, so, such simpler things have worked quite well.</p>	<p>Nutrition Vegetarian</p> <p>Specific choices of individuals</p> <p>Difficult to handle with a big group</p>

<p>00:11:46 Ronja: Did the participants learn anything new on the tour? 00:11:55 Dustin: Um, so in terms of what personally? 00:12:09 Ronja: Exactly or developed any skills or anything. 00:12:13 Dustin: Yeah, so I've always been I've always been into that. Where are we actually? What does hiking depend on? What's the right way to descend? So, I say, the right step downhill, that you should keep your distance. Then I went a little bit into the weather. So I had informed myself in advance about the weather and then, of course, I'm a layman, I'm not a metrologist, but I still dealt with it a little bit and then somehow, when we had a little time and somehow sat there, I taught the participants a little bit. So that means, I would say, if you can call it professional competence, something like that in relation to that, then they learned a little bit there, and I'm sure that many participants also learned how to integrate and behave in such a large group, because for many of them it was also, I think, the first time that they were away with such a large group. 00:13:03 Ronja: So what were the main challenges for the participants? 00:13:08 Dustin: The challenge for the participants. For some it was the physical challenge. What wasn't challenging at all for some was very, very challenging for others. So that means patience was a challenge, especially in the pouring rain when some participants were going very fast, and then just wait in the pouring rain. I'll say on easier sections, where I then also said, now go your own pace. We meet to have gone ahead again at the next junction and then had to stand in the rain for 15 minutes, because some were very, very slow and then also dawdled. For others, it was the pressure of it because they were always the slowest. 00:14:07 Ronja: And how did you deal with that? 00:14:13 Dustin: I talked with the people who were going slower and I said that we're together in the group and that they don't have to feel rushed at all, that we take breaks and that we are a group, and that the people who are going faster then maybe just have to practice patience for the basic cohesion as well. 00:14:33 Ronja: Yeah. 00:14:33 Dustin: And the same way the other way around. 00:14:37 Ronja: Can you imagine then that such adventures travel that focus more still on mental well-being and mental health will be accepted? 00:14:48 Dustin: So, I think in today's... I think in today's time definitely... it's important that you do something like that. Because mental well-being is, I think, the very biggest shortcoming that we have in our</p>	<p>Learning during the tour, new skills</p> <p>Challenge of being in a big group -> learning</p> <p>Physical challenge -> different levels</p> <p>Pressure of being slow</p> <p>Value of the concept</p>
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western society, with more and more workload, more and more digital media and more and more influence. That brain has no rest periods at all anymore, you're just bouncing around in your job, in many jobs, from meeting to meeting, you're sleeping less. The last thing you do in the evening is to flood your brain with information from your smartphone, and the first thing you do is to flood your brain again with information from your smartphone. I think vacations where you focus on mental health, where you can potentially take home methodologies that you can establish into your everyday life, definitely become appropriate for most people who aren't already doing that or have found another way to stay mentally healthy. Yes.

00:15:41

Ronja: That is, would you say then it will give greater value to those participating than a traditional tour?

00:16:12

Dustin: Yeah, it's difficult to say, so I think that can already bring something, but of course also the tour character must have the outset. Do you still see me? Your picture is frozen ...

00:16:25

Ronja: Nah, you're frozen too, but I hear you well.

00:16:30

Dustin: Okay, I'm going to turn the camera off and on one time, maybe it'll work. No, well, let's keep going then. So, I think that people who go in there with that kind of expectation then also benefit from it, definitely. But I think the character is on outdoor activities and of course also cohesion, so groups, social group activities. But you would have to, you would have to describe such a tour character from the beginning, because I think that otherwise the participants go in there with a different expectation. But all in all, I could imagine something like that, because I mean, there are more and more retreats, it's becoming more and more successful, yoga is more and more on the rise and meditation and breathing exercises as well. And I can already imagine that if you offer a tour with a mental coach or with mindfulness practice, I'll say now, that that would also, that that would also help the group support or supportive, I can imagine very, very well. Yes.

00:17:40

Ronja: Great, thank you. Do you have any other comments or stories that you would like to share that you think can help me?

00:17:49

Dustin: Um, yeah, I think that we learned a lot in the academy that we were in, but I think that some components are still missing there, for example time management. That is the biggest factor that can also lead to discomfort in the group, as was the case with me in the first week. I totally underestimated how intense it is to keep 14 people on track. So that means, especially in weather like this, where we were always in the rain and wanted to take breaks. Someone always had to go to the bathroom, someone wanted to put on or take off the rain pants, put on or take off clothes, someone wanted to eat. So that means we were on the road much, much, much longer than I had calculated. Even when I walked the route

The tour has to be specified like this

Mental coach, meditation, mindfulness

Time management

beforehand and then built in a buffer, we clearly exceeded this buffer, simply because the characters were so different, and also from the, from the physical constitution. That is a very, very big point, which in such a large group is in any case not to be neglected, because many then felt rushed, because I said, “hey, we have to hurry a little bit, we still have to get the last faire or the last bus”. It was also so the biggest feedback at the end. Hey, we should have just left earlier. That was the biggest learning for me.

Appendix 6.4 Bernice Huber

<p>00:00:01 Ronja: So hello, glad you found time!</p> <p>00:00:06 Bernice: Yeah, no worries.</p> <p>00:00:08 Ronja: Um, first of all. What year were you born?</p> <p>00:00:15 Bernice: 1993.</p> <p>00:00:16 Ronja: Okay, and what kind of outdoor tour have you been on so far?</p> <p>00:00:22 Bernice: Well, it was mainly trekking or hiking trips, sometimes also overnight stays in permanent huts, but also sometimes with a tent, so that was actually most of it.</p> <p>00:00:35 Ronja: Yes, and with how many participants were you travelling?</p> <p>00:00:42 Bernice: On group trips the maximum was eleven participants, and group was the smallest.... Were we four participants.</p> <p>00:00:57 Ronja: Okay, and where did you go on the tours?</p> <p>00:01:03 Bernice: So I would limit it now to the last ones. They were in Nicaragua, Central America and South America. Peru.</p> <p>00:01:18 Ronja: Okay, and how long were you on the road?</p> <p>00:01:24 Bernice: So from two days to six days.</p> <p>00:01:29 Ronja: So, I would limit the next questions to group trips, the ones where you were just traveling for several days. So were there any particular challenges for you on those tours?</p> <p>00:01:46 Bernice: Well, challenges were mostly physical challenges that I had. If you don't do such tours explicitly on a regular basis, then you also have some kind of physical limitations. For example Peru was the height a restriction, a challenge, which one had evenly thereby. Um, yeah!</p> <p>00:02:20 Ronja: Yeah, the other participants that you were traveling with, how old were they approximately?</p> <p>00:02:32 Bernice: Well, on the last one, the participants were all younger than me. I was the oldest, so that means the participants were between 23 and 26 years old. On one tour, the participants were a little bit more mixed. There we were, I would say, I don't know exactly how old everybody was, but there were people like 20 to the oldest was 34.</p>	<p>General</p> <p>Tour experience</p> <p>Number of participants</p> <p>Destination</p> <p>Duration</p> <p>Physical challenges No regular training Height</p>
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<p>00:03:05 Ronja: Yeah, okay, so how did you become aware of the tours? 00:03:11 Bernice: On the tour itself or just the one that I booked then? 00:03:16 Ronja: To the provider? 00:03:18 Bernice: Yes, I'm actually the type who looks very spontaneously on the spot... then about experiences of others or also of any accommodation where I was then, where they then cooperate. So, these are all no tours that I have planned in advance, if I was longer on the road. 00:03:43 Ronja: Okay, great, then you were already aware on the tours that your mental well-being had improved? 00:03:56 Bernice: Yeah, definitely, definitely. So with two days of course it tends to take until the end. But if you're already on the road for four days, then you can already tell that your head is clearing. 00:04:12 Ronja: Yes. 00:04:14 Bernice: You just have time to think about things then, and you also draw a lot of strength from the mental level. Everything that physically no longer works, I would say, I then pull out from mental strength. 00:04:30 Ronja: Yeah, so what specific ways do you see to further increase mental well-being on multi-day outdoor trips? 00:04:47 Bernice: To prepare for it more concretely as well. Meaning knowing what you're getting into. This could, of course, make this mental a little better. Yeah, preparation. 00:05:14 Ronja: Yeah, those were all group trips. Do you have any idea how to improve the social relationships on the trip even more. 00:05:32 Bernice: So the social relationships with each other in the group? 00:05:38 Ronja: Yeah. 00:05:43 Bernice: Well, I have to say, the social relationships on such tours were always very good. So from there... through this shared spirit, through this shared experience, through this physical cohesion, the physical effort that then holds together, that was always very good. On the last tour, we also had motivation slogans, which I found quite cool, where then one, when one started to shout, then the others shouted it after, and that then gave a bit of a push and a bit of a feeling of togetherness. Uh, we also had a group name on the tour, but we looked for it at the beginning and never used it again. So, maybe we could have, I don't know... having it more on our mind. Um, but basically I'm also a fan of getting to know yourself first...</p>	<p>Marketing Experience of others Cooperations</p> <p>During the tour Awareness of improvement during the tour</p> <p>Mental strength</p> <p>Before the trip Preparation</p> <p>Already there Social relationships Shared experiences Slogans and group name</p> <p>Self knowledge before</p>
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<p>getting to know yourself well, that you already know where your strengths and weaknesses are.</p> <p>00:06:48 Ronja: Yeah, and do you have any ideas then about how to incorporate more self-reflection on tours or dealing with your emotions?</p> <p>00:07:13 Bernice: Hm!</p> <p>00:07:15 Ronja: Has there been anything on your tours, anything that has helped you in that respect?</p> <p>00:07:25 Bernice: Well, generally for self-reflection of course, on such tours I always find this mix between conversations and time for yourself good.</p> <p>00:07:43 Ronja: Yes, yes. An important topic is nutrition. How did you perceive that now on your tours?</p> <p>00:07:55 Bernice: Um, for example now just in Peru it was a topic for me that was really important, because I always have problems, for example with the stomach in such countries. I eat on the one hand just food, which gives me strength and power, but on the other hand also watch out that I do not catch anything, which is also so in tours of course counterproductive, and bad for the body. In general, I also eat on such tours incredibly much. Um, I can also eat at times of day when I would never eat at home.</p> <p>00:08:53 Ronja: Yeah.</p> <p>00:08:55 Bernice: Just to get up in the morning and at three o'clock... really eating a lot. I must say, very important to me that there is also good nutrition or good food options. I'm there no one who wants candy bars.</p> <p>00:09:15 Ronja: Yes, and part of it is also to have good sleep and good rest. How did you perceive that or how do you think that can be implemented better or implemented well?</p> <p>00:09:30 Bernice: I've always perceived sleep as something very positive, because I'm usually quite tired and fall into bed or the tent, and I never slept badly, except when it was sometimes cold or sometimes uncomfortable. But I'm generally such a good sleeper, I can sleep anywhere. You just have that feeling, which I mentioned earlier. When you get up at three o'clock, you have the feeling that you haven't slept enough. But you actually went to bed early the day before. And um yes, sleep of course important, but in the sense it was always sufficient.</p> <p>00:10:24 Ronja: Yes, it is furthermore a sporty challenge. Do you see there still a possibility to promote that somehow further?</p> <p>00:10:40</p>	<p>Reflection time Conversations but also Time for yourself</p> <p>Food To give strength Eating a lot</p> <p>Food balanced</p> <p>Sleep Just falling into bed Sleeping sufficient</p>
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<p>Bernice: A sporty challenge... Yeah well, I think there's always room for improvement. Yes, so sure, there's definitely things that you could make even harder. Maybe some tours could somehow be packed with something else? Yes, that would definitely be possible. 00:11:08</p>	
<p>Ronja: Yes, personal development... Did you somehow notice that you developed new skills on the tour? 00:11:24</p>	
<p>Bernice: Okay, yes, so for example the topic of self-reflection I always find it generally exciting, but sometimes you have to.. um, connection to yourself. So that works, I think, especially well there. Reflection, but also a bit of this will... so ambition, ambition. Of course, I think it's also a good keyword, what you can develop more when you're on the road, when you maybe didn't trust yourself to do some things at first glance, to take the step. Um, yeah, I would say that's the two points. 00:12:23</p>	<p>Overcoming mental challenges</p>
<p>Ronja: Yeah, so could you imagine doing a tour with a focus on mental well-being? 00:12:34</p>	
<p>Bernice: Yes, yes, absolutely I can imagine that, because mostly on the tours from the guide is... the focus is only on the physical condition. And the mental only comes to light when it does not work. Um, and from there I find the topic exciting, if it is perhaps from the beginning more in the focus. 00:13:05</p>	<p>Acceptance of the concept Guides only focus on the physical</p>
<p>Ronja: Yeah. 00:13:06</p>	
<p>Bernice: Um, yeah! 00:13:08</p>	
<p>Ronja: Yeah, do you think it's a tour that would give more value than a traditional adventure tour? 00:13:17</p>	
<p>Bernice: A tour that would take into account more of the mental aspect, yeah, of course, so just because it would have one more point to it, I think it would give me more. Yes. 00:13:33</p>	<p>Added value</p>
<p>Ronja: What is a good number of participants for a tour? You've been on tours with different numbers now. What do you think? 00:13:49</p>	
<p>Bernice: Well, I thought eleven is definitely too much , um, I think... I think eight is good, seven to eight. 00:14:00</p>	<p>Number of participants</p>
<p>Ronja: Yeah, and in terms of duration, what would be the optimal duration for you? 00:14:09</p>	
<p>Bernice: I think four days is good, like half a week. Three, four days. 00:14:17</p>	
<p>Ronja: Why four days? 00:14:20</p>	
<p>Bernice: Um, two days is then with only one overnight stay, there you just started. Um, with longer tours, there is that it could become</p>	<p>Duration</p>

<p>boring a bit... perhaps also too monotonous. Four days are good, because you still have a day in between, where you can chill a bit.</p> <p>00:14:50</p> <p>Ronja: And you said you have slept in huts and also already in the tent. What did you think was better or what do you think can... where can you maybe have a better mental benefit?</p> <p>00:15:04</p> <p>Bernice: I don't want to choose... So, I found of course cabin is more comfortable, but where I slept in cabins, even if they are really comfortable, you don't sleep that well. But it is of course the advantage, one has less luggage on the other side. This feeling to unpack a tent and to be able to sleep anywhere, gives one straight on the mental just again something else. So, it's just like that. You feel like I don't need anybody, I'm here and I can be here.</p>	<p>Accommodation</p>
<p>00:15:46</p> <p>Ronja: Yes, and from the routes, what kind of routes did you do on your tours? Approximately?</p> <p>00:16:00</p> <p>Bernice: So that, I don't really remember ... well I think that in four and a half days. I think it was about 75 kilometres.</p>	<p>Distance</p>
<p>00:16:18</p> <p>Ronja: And how did you perceive that? Was it a good distance, as a challenge?</p> <p>00:16:22</p> <p>Bernice: Yeah, it was a challenge, but I wanted the challenge.</p> <p>00:16:28</p> <p>Ronja: Okay, great, thank you. Do you have any other comments or stories that you would like to share from your tours where you think that might help me with my bachelor thesis?</p>	<p>Distance and challenge</p>
<p>00:16:40</p> <p>Bernice: I don't know if it will help you, but in telling it, I thought of a saying. It's that I have with my brother. And we have the saying, when we say : " Here the capability ends and the will begins" I think that's a pretty good saying, maybe you can use that for something or probably heard or read it 100 times.</p> <p>00:17:35</p> <p>Ronja: Great, thank you very much, definitely very helpful.</p>	<p>Mental challenge</p>

Appendix 6.5 Eva Böhnlein

<p>00:00: 00 Ronja: I ask you a few general things first. What year were you born, and how old were you when you did your outdoor tour? 00:00:20 Eva: I was 26. 00:00:23 Ronja: Were you in a relationship at that time and do you have children? 00:00:29 Eva: No 00:00:31 Ronja: Did you then study or do an apprenticeship, and what did you do? 00:00:39 Eva: Teaching 00:00:39 Ronja: Okay, and what has been your main motivation for traveling? 00:00:45 Eva: Um, so basically I wanted to have a vacation that I could look forward too in advance. 00:00:54 Ronja: Hm! 00:00:55 Eva: So, I've wanted to do such a hut hike for a long time, but I don't have any friends who wanted to do it, and then I found that with the... with the organized hut hike completely practical, because I wouldn't have dared to organize it on my own.... what you have to pay attention to, and I would have, for example, at that time also had no backpack and so, and then found it totally cool that I...so I found it at that time really cool that everything was also already pre-organized and I did not have to worry about anything, because I would have had at that time also not so much time and head for travel planning. 00:01:40 Ronja: Can you explain again what kind of tour you did? 00:01:45 Eva: So the place and all that... So it was a hut hike in Sweden, in the north of Sweden, that was a part of the Kungsleden and then a little trip that was attached so that you get on the trail, and we did 15 to 25 kilometers a day. And we slept in very simple huts, where there was no electricity and no running water, just water from the streams, and then we always cooked something in the evening and slept in these, in these, so to speak, multi-bed rooms. 00:02:27 Ronja: How many participants were there on the tour? 00:02:31 Eva: Um, we were five, so relatively few. 00:02:35 Ronja: How did you feel about the number of participants?</p>	<p>General information</p> <p>Feeling before the trip</p> <p>Preorganised</p> <p>covered distance</p> <p>Accommodation Shared experience by cooking together</p>
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<p>00:02:39 Eva: Um, so when I booked, I already thought that it was a bit few, so more would have been cool. But I think for the group dynamic it was really cool, because with five people there were no subgroups, so we were just a big group.</p>	<p>Number of participants</p>
<p>00:02:57 Ronja: Yeah, would you also say that it was a good number that you would do again like that or would you rather prefer a different number?</p>	
<p>00:03:10 Eva: Yes, maybe now rather not less. If less then rather just with people, with friends who you just know better. But otherwise ... it doesn't really matter. So, I think I find both, I think cool.</p>	<p>Good number of participants</p>
<p>00:03:26 Ronja: And how long were you on the road altogether?</p>	
<p>00:03:37 Eva: Um, a week and because it was my first tour, it was totally enough, but I would trust myself to do it longer by now, but for the first time totally good.</p>	<p>Duration</p>
<p>00:03:48 Ronja: Were there any special challenges for you on the tour?</p>	
<p>00:03:57 Eva: Well, we already had one day where it rained completely. So there were always days where it rained in between, but one day where it really, really rained a lot. Um, and towards the end you were just completely soaked. So, there were no socks dry anymore, that was not so nice, but also completely okay.</p>	<p>Weather as a challenge</p>
<p>00:04:25 Ronja: Did you somehow realize on the tour that your mental well-being improves?</p>	
<p>00:04:33 Eva: Yes, but that was already when I was standing here at home with my backpack. Yes, when I went to the door, there... I still had university and so... So I just thought at some point: Okay, now I have to start slowly with packing and shopping for food and so on. And yes, from then on, it was just really cool. So, I was just really looking forward to it.</p>	<p>Mental health improvement right from the start</p>
<p>00:05:38 Ronja: Do you see any concrete possibilities to further increase or promote mental well-being?</p>	
<p>00:05:49 Eva: Well, for example, we sometimes did things like this during the tour, where one of us would make some kind of announcement and the others would dance to it, a bit like children's games. But I wouldn't have needed that for the group dynamic. Overall, I think that a good group dynamic increases my well-being. Another challenge, so yes, I had in the morning, when you have stomach problems, and then I was really not well the rest of the first day. And then the guide told me to run ahead so that I could set the pace, because I was the slowest. And then she always had them in between... so that we were just such a big group, a big bunch that always ran together, and so we just talked a lot more that day, and</p>	<p>Group games but not evaluated as useful</p> <p>Keeping the group together Good for the group dynamics</p>

<p>she said that the groups have grown together because we have just always talked and so. Because then they tried to cheer me up a little bit and so, yes, that was really nice.</p>	
<p>00:07:33</p>	
<p>Ronja: Yes, do you think you can still incorporate methods for self-reflection somewhere?</p>	
<p>00:07:43</p>	
<p>Eva: So regarding the tour or regarding then also in your own life... Um, you could certainly, but I think if you then actively book a vacation... So, I wouldn't have expected it and I wouldn't have needed it because then I probably would have booked myself a yoga vacation if I had wanted more something like that.</p>	<p>Self-reflection not seen as useful</p>
<p>00:08:14</p>	
<p>Ronja: Yes, and how was it with the food? So what did you guys eat? What did you guys take with you?</p>	
<p>00:08:25</p>	
<p>Eva: Well, we had an online document beforehand, where there were three or four different meals and then we divided up who was responsible for what, who was responsible for which meal, and then we had five warm dinners, and then everyone took the ingredients for their meal with them. So, we once had curry with potatoes and coconut flakes, which was delicious, then we had beans with rice and such spice mixtures and once had a couscous salad ...so full of lots of vegetables, just always lots of rice or noodles and Um yes, so actually in principle also simple, but delicious ...So I would say I ate healthier than in everyday life. We always shared the snacks and then bought one or the other chocolate on the spot.</p>	<p>Simple but delicious food Lots of vegetables Food perceived as healthy</p>
<p>00:09:34</p>	
<p>Ronja: Yes, and how was it with sleep? Were there any problems?</p>	
<p>00:09:43</p>	
<p>Eva: Well, I was always very tired, even in the evening very tired, but pleasantly tired, and I always slept very well. I remember that I really recovered every night.</p>	<p>Sleep good because tired</p>
<p>00:09:57</p>	
<p>Ronja: Yes. Did you learn anything on your travels?</p>	
<p>00:10:10</p>	
<p>Eva: Well, I learned a lot there, I think, just by... so my backpack for example. I had borrowed it from my friend, it was incorrectly adjusted, and then the others showed me how to adjust it correctly, so that you first lie behind, changed, and so, I thought that was really cool since then.... And I didn't know, for example, how to turn on the gas when cooking and so on... because many people with the tent were on the way, thus like choosing a good camp site, on what one must pay attention with rain and so, I did not know before everything. They just told us that, yes!</p>	<p>Development of new skills Adjusting the backpack correctly Camping skills</p>
<p>00:11:17</p>	
<p>Ronja: Where could you imagine joining a multi-day adventure which puts the focus more on the mental well-being?</p>	
<p>00:11:28</p>	
<p>Eva: I could definitely imagine, but I also thought it was cool like it was. So I think that this is actually more of a positive side effect. Well, I signed up because I wanted to do a lot of hiking, of course,</p>	<p>Awareness of the mental health during the tour</p>

because I know that it's a lot of fun for me. So, when I go hiking, I know that it's good for me... that it's good for me. So, I find that more of a nice side effect. It would address me the same, if it simply says: Active vacation instead of mental well-being, vacation! That's why yes, so I think it's just nice that it just automatically improves my well-being, that I don't have to actively take care of my mental well-being.

00:12:35

Ronja: Do you think you could somehow increase that even more? Do you see any opportunities there somewhere?

00:12:48

Eva: Well, I think it's important with which attitude you approach it.

So, for example, if you don't really want to meet new people and then go on a group trip, I think it can be very exhausting, or that it's communicated again, for example by the guide, that it's completely okay if you need alone time or something, that you really don't feel obligated to do anything. I think something like that can be fully relieving, if you maybe don't have such a good moment or so, um.

00:13:30

Ronja: Yes, do you think that if you focus even more on mental well-being on a trip like that, that you would book it?

00:13:42

Eva: Well, I would say that it depends on what is done to increase the mental well-being. So, that would be then also simply additional, I don't know, conversations or what would that be... But certainly, if one perhaps still more... so, yes perhaps internal relaxation looks for, which one perhaps then also in the long term in the everyday life can apply, then certainly. But so, I would still also be interested in other just pure active travel.

00:14:30

Ronja: Yes... you have slept in huts. In what way is that a good way to strengthen the mental well-being?

00:14:41

Eva: Well, for example, I also decided to stay in the huts, because it is much more difficult for me with a tent, what you have to carry, and also because of the weather, so especially in Sweden, when it rains so much, then with a week camping can be really uncomfortable. So just for the first hut hike it was for me right. But of course there are also many other advantages of camping. Especially when the weather is good, I can imagine that it is cooler with the tent. But so I found it now also good. So I also found the huts totally easy.

00:15:20

Ronja: Okay, that you have any other comments or anything that you want to share from your trip that you think might help me.

00:15:30

Eva: Um, yes, so I think that was the vacation... that I would like to go on vacations like that on my own.

00:15:47

Ronja: Hm!

00:15:49

The attitude before the trip is important

Important to have the possibility of alone time

Enhance relaxation more

Accommodation

Eva: And that also led to a total sense of well-being, so that you learned a lot and can assess yourself better, and yes.

00:16:04

Ronja: Super thank you.

Appendix 6.6 Klara Latz

<p>00:00:01 Ronja: Hello! Nice that you have time. First of all tell me, how old are you and how long have you been working as a guide? 00:00:17 Klara: I am 34, and I work as a guide now and then. So, I've worked as a guide off and on throughout my life. Um, there was the first time when I was 23 or 22. 00:00:49 Ronja: Yeah, what kind of tours have you worked on? 00:00:56 Klara: Well, until now it was mainly.. so it was all outdoor tours, always in the mountains, sometimes up the mountains, sometimes down in gorges. Um, it's been everything from group tours to tours for a couple. 00:01:21 Ronja: Um, that brings me to my next question. How many participants did you have on your tours? 00:01:29 Klara: From two to a maximum of 18 or 19, I think 18. 00:01:40 Ronja: And how long did the tours last on average? 00:01:46 Klara: Also different, so most of what I had towards about two days. But I also had tours that went up to three weeks. 00:02:01 Ronja: Um, and where did you mostly sleep on your tours? So huts or tents? 00:02:10 Klara: Um, the groups, the groups, things were always: Um, well, huts, you can rather say. So, there were partly also concrete buildings, but just rather simple... simple things. Um, and otherwise, camping, especially in these long tours, which went over three weeks. 00:02:51 Ronja: How many Millennials were on the tour with you, that is, those who were born between 1980 and 2000? 00:03:03 Klara: I would say that was ... the tours were a little bit ago.... In a group were then there were maybe three or four. 00:03:29 Ronja: Okay, did you then already notice on the tours that the mental well-being of the participants had improved? 00:03:40 Klara: During the tours themselves, they all started completely overtired. So basically I find that people are happier when they are in nature, and that what you could already determine. However, is just, because so two days it is just also difficult to say, where you know the people before so not necessarily. 00:04:18 Klara: (disconnection). 00:04:38</p>	<p>General information</p> <p>Outdoor tours</p> <p>Group size</p> <p>Duration</p> <p>Accommodation</p> <p>Awareness of the mental well being</p> <p>Being in nature</p>
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<p>Ronja: So now you're back.... Did the participants then perhaps become aware that their well-being had improved on the tours? 00:04:46 Klara: Definitely, yes. 00:04:49 Ronja: And how can you pin that down, or how did you notice that? 00:04:55 Klara: So with statements like: it's just good to be outside, and it's just great to be away from all the hustle and bustle or not in the city or something, reconnecting with nature in some way, so direct statements, and I don't know how much that actually plays into it, but so the anxiousness that has also been lost a little bit in some cases. 00:05:40 Ronja: So do you see any specific ways to then increase mental wellbeing on tours? 00:05:51 Klara: Mindfulness, so, I think it's good to make people again concretely attentive that one is actually in the natural an environment, because people again actually are not made to live in boxes. But I think that's such a thing that is interrelated ... and group dynamics because if it is bad, then also the person will not benefit. 00:06:43 Ronja: Yeah, yeah, so how do you think you can promote self-reflection on tours? 00:06:54 Klara: I have actually until now not ..., With the next tour I would maybe look more on it. So just somehow questions to strengthen the, the, the mindfulness and the people are more aware of their surroundings and pay more attention to it. Yes, yes! 00:07:39 Ronja: Because there have also been groups with you. So how can you promote social relationships of especially the millennials? 00:07:52 Klara: Games, various group activities, help of course also such things as assistance, if somewhere an obstacle to run over, or so that you then... Um, encourage people to help each other, or I do not know, chain go over a river or stuff like that, or sometimes there's also so funny game model, then people through a rope grid or something through must transport, from one side to the other, so so group conducive games. 00:08:36 Ronja: Great, then food is also always on such an important topic, the diet. Do you have any ideas there? How can you design that specifically for millennials then? 00:08:56 Klara: I do not know now it's great otherwise feasible. Most of the time it's just predetermined what we ate, so on very, very many group trips. 00:09:15 Ronja: And what is eaten normally so? So how have you experienced that on your tours so far?</p>	<p>Awareness of the mental well being Nature Being away from the stress Losing the anxiousness</p> <p>Self-reflection Mindfulness</p> <p>Social relationships</p> <p>Self-reflection Mindfulness</p> <p>Social relationships Doing team activities</p> <p>predetermined</p>
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<p>00:09:20 Klara: So with me it was actually always, we had people there, so well, who then also cooked and they just bought before, and there is not asked at all, not even asked whether vegetarians are there.</p>	<p>Nutrition Chefs on the tour</p>
<p>00:09:59 Ronja: And also important, which is rest and sleep. How was that arranged for you?</p>	
<p>00:10:12 Klara: It depends on whether it was completely outside... camping, or whether... Um, whether that just somehow a fixed accommodation, where just somehow cosy to sit together, because then the people are just a bit more socially active. Now that rather relatively early to bed and very early to getting up again.</p>	<p>accommodation social active</p>
<p>00:10:57 Ronja: Oh great, I think you could kind of promote that further: a good night's sleep and a good night's rest.</p>	
<p>00:11:08 Klara: To do exhausting activities, no alcohol, and no sugar!</p>	
<p>00:11:14 Ronja: Hm!</p>	<p>Sleep and nutrition</p>
<p>00:11:15 Klara: That's kind of a big issue, is basically all these cell phones too. Especially where there's reception. When people actually just don't, hang out on the cell phone in the evening, and then they actually sleep better.</p>	<p>Digital detox Sleep</p>
<p>00:11:43 Ronja: Yeah, great, can you incorporate challenges or developing new skills on adventure travel.</p>	
<p>00:12:02 Klara: I mean, you can, depending on what's in the environment, you can do some kind of stuff, so build, whether it's like shelter, some kind of survival training. If you want to do that. Otherwise, skills like wild herbalism.... But so, I couldn't, there's some that then acquire that.</p>	<p>Skills Survival training Team exercises</p>
<p>00:12:53 Ronja: So do you see any other particular challenges on multi-day adventure trips for millennials?</p>	
<p>00:13:04 Klara: Well, I always find it challenging to maintain this group dynamic. So that's somehow, because people come with their own problems and stuff, and that they can somehow let go of that and really get involved, that they're now more or less away and not just hanging on the phone the whole time and just really saying, okay, I'm here now, and I'm doing this here now completely. And no alcohol.</p>	<p>Group dynamics Alcohol</p>
<p>00:13:46 Ronja: So can you imagine that multi-day adventure trips, which focus primarily on mental well-being, will also be accepted by Millennials?</p>	
<p>00:14:01 Klara: Well, as a result of the trend that there is more and more of that, I would now say, yes, I'm not so one hundred connected in this</p>	<p>Acceptance of the trip</p>

<p>age group, but when I think about how socially sensitive even five and ten year olds are now and how emotionally empathetic they are sometimes raised, so I can already imagine that is well accepted.</p>	
<p>00:14:45</p>	
<p>Ronja: Um, great, do you think that a tour like that can give the participants more added value than a conventional adventure trip?</p>	
<p>00:15:00</p>	
<p>Klara: It's just incredibly important topic, and to somehow pack that in with it and make people sensitive to it. And I mean, most of the time you get to know yourself better on such tours and somehow take stuff with you into your everyday life. About how long that lasts, is another thing, but so especially in the early days, and there I can already imagine that it is for some... for everyday life... they can integrate it there.</p>	<p>Acceptance of the concept Added value</p>
<p>00:15:48</p>	
<p>Ronja: Then it is now a little bit about the framework for such a tour, which just puts a little bit more focus on mental health. You said you had participants from two to 18 participants. What's the best number in your opinion.</p>	
<p>00:16:13</p>	
<p>Klara: So just around the mental.... I would say between seven to twelve, because after that it gets kind of big again ... I would actually go down to more like ten.</p>	<p>Number of participants</p>
<p>00:16:39</p>	
<p>Ronja: Um, and in terms of duration, how long should a tour like that last?</p>	
<p>00:16:45</p>	
<p>Klara: I would say a week, that people can get into it and switch off from whatever is going on in everyday life.</p>	<p>Duration</p>
<p>00:16:55</p>	
<p>Ronja: Yes, you have now made tent and hut tours. What do you think is more suitable and why?</p>	
<p>00:17:12</p>	
<p>Klara: Tent has just the advantage that you have there somehow again so a small isolation space, partly reflect on the day or you can also switch off easier and be for yourself. Unlike in the hut, when, when there are somehow eight people in the room. However, in the hut is just for the group dynamics partly better.</p>	<p>Accommodation</p>
<p>00:17:53</p>	
<p>Ronja: Super, and how would you market that in a tour? Or how do you think it could be accepted?</p>	
<p>00:18:04</p>	
<p>Klara: Social media. I would actually go on it, but I'm really bad at that too.</p>	<p>Marketing</p>
<p>00:18:18</p>	
<p>Ronja: Okay, great, so do you have any other comments or any stories that you would like to share from your tours that might help me with my work?</p>	
<p>00:18:33</p>	
<p>Klara: Well, what I've noticed with these longer groups, tours, is that if you manage to keep the whole group as one group and not split up in a way, there are some people who really outgrow themselves</p>	

and who can really develop very strongly if they are taken by the hand a little bit. So just with such things okay, so this shy person, which one then somehow get a kind of leadership role and with it then a positive experience that they develop. So I always found that fascinating to see.

00:19:39

Ronja: Super, perfect, thank you.

Group dynamics

Giving responsibility to the participants

Appendix 6.7 Cordula Nussbaum

<p>00:00:00 Ronja: So hello, glad you have time for an interview.</p> <p>00:00:05 Cordula: Yes, I am very happy.</p> <p>00:00:08 Ronja: I have already read in your books that there are many coaching techniques to strengthen the mental well-being. What techniques could you imagine on an adventure group trip of millennials, which could work to strengthen the mental well-being?</p> <p>00:00:30 Cordula: I can definitely imagine a mix of individual support, but also groups, tasks. That means, for example, reflecting in the group. When you did adventures, asking: How was that for each one of you? How did you experience that today? What was particularly challenging for you, because you also learn a lot from the other perspectives: Look, it wasn't just a crazy challenge for me. I wasn't the only one who was terrified of somehow jumping over my shadow; others felt the same way. It's incredibly helpful for your mental strength to see that other people are also struggling, so that you can then make individual offers. For example, if you find that a participant really has a big self-confidence problem, you can then offer her specific exercises as part of this whole event, which she can already do on vacation to build up her self-confidence.</p> <p>00:01:37 Ronja: You would then tailor these exercises individually to the participants. Did I understand that correctly?</p> <p>00:01:43 Cordula: Exactly, but also do exercises for everyone. Some exercises make sense for everyone like for example keeping a kind of diary, what went well today in the course of the day, or also in the last months, what one is grateful for, what she has experienced in her life and working out what her own part was in it. Yes, what did... what did you contribute that you could experience this beautiful situation? While other exercises are useful to do them individually. Would it be someone else who says, for example, I always worry so much... And then you could do exercises with them on how they can let go of their worries. So for example exercises, interventions like the worry chair are super suitable, but only for the individual person. You can't have the others in there.</p> <p>00:02:50 Ronja: How useful do you see having a coach on a tour additionally?</p> <p>00:02:57 Cordula: I find it incredibly helpful, because it gives a completely different depth to the experience, because the participants not only go to their limits, but go beyond their limits, what already means inner growth. Yes, if you can talk about these experiences with the coach, maybe you can build a bridge to where it has helped you in your life to behave this way? Where has it slowed you down? Um, you get a completely different effectiveness, which can then of</p>	<p>Group reflection with individual support -Learning from other perspectives</p> <p>Keeping a self-reflection journal</p> <p>Specific individual exercises</p> <p>Individual exercise</p> <p>Having a coach on the tour can help</p>
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course influence everyday life incredibly more after the journey, in a positive way than without these accompanying coaching units.

00:03:42

Ronja: Um, what methods of self-reflection do you see then that could be inserted?

00:03:51

Cordula: What I always find very nice, for example, when you also work individually, to take objects with people and build a bridge to the topic. Many people are not so reflective, or that is incredibly difficult for them. If I now ask, for example, what was the greatest challenge in your life and how did you deal with it, it is incredibly difficult for some people to immediately think of something in the sense of reflecting ... but if you say, for example, look at this, here you have a fishing rod and a line, yes, what does that have to do with your life? That is actually also a creativity technique. But through such objects or stones that you find... I say, collect five stones that stand for five phases of your life, and through this object you can talk to people much, much better. Um, as if I would work only purely cognitively. So nature, it's a treasure trove of possibilities to build a bridge to your own themes. Sensational!

Exercises when working individually

Transfer to everyday lif

Nature offers many possibilities

00:05:11

Ronja: Mindfulness is often mentioned in this context. How can mindfulness have a positive effect?

00:05:22

Cordula: I believe that mindfulness is one of the core elements for mental health, mental strength, and mindfulness is also what we are extremely lacking in everyday life nowadays. We have forgotten how to be mindful. We have forgotten to be mindful of ourselves. No matter where you stand, you can look around. Immediately all people have cell phones in their hands. Nothing against cell phones! I mean in the past we had books in our hands or listened to music. But if you look more closely, many are then busy with whats app to answer messages and with Insta to send messages. And we are so much always exposed to the impulses from the outside that we, many people have forgotten to feel, how am I doing at all. And mindfulness, self-awareness is for me the key for a new way of dealing with myself, for a reflected, healthy reflected way of dealing with myself. And that's why it is a great challenge for me to say that I have to turn off my cell phone on such tours. So to do digital detox, to say, everything that distracts me, I block it out, we as a group, block it out. This can also be hourly although of course it would be better to turn them of completely. We focus on us, and we're mindful of each other. We go mindfully through nature with all our senses. We smell, we taste, we feel, we sense, because that also creates a completely different world of experience, which often falls under the table in our very fast, very full, very tightly scheduled everyday life.

Mindfulness is important

Phones

Mindfulness

Digital Detox

Mindfulness in nature

00:07:00

Ronja: What other methods do you think there are to incorporate or promote mindfulness on a tour?

00:07:09

Cordula: There is the very, very famous exercise from mindfulness training, as it was originally planned, that people chew on a raisin for hours. You can do that, but you don't have to. When sitting here in the evening at the campfire and a bar of chocolate goes around, that you say: "Okay, now everyone gets a piece of chocolate". So I'm also always a big friend of taking what's there. In other words, not to stage something grandiose, but to go around with the chocolate and say: "Okay, everyone gets a piece now, listen up! What does breaking off sound like? Take the piece in your hand. What does a piece like that feel like? Oh, look, there's little nut splinters in it, what does it smell like?" And no matter what object you have, that can be food, again, when you're out in nature, leaves, go through the forest and look at these different leaves consciously, what color is it, what different shades of green is it, how, how does the grain differ? And anywhere you consciously sort of draw attention to it, the moment we consciously draw attention, we're automatically mindful.

00:08:23

Ronja: Next topic: to what extent, then, is strengthening new skills important for mental well-being?

00:08:36

Cordula: Hm, well, I think that everything that we learn in terms of new skills helps in building self-confidence, building self-assurance, the more I realize I can do certain things. This self-confidence then carries me through rough times. So if I now, for example, in the time out, in the vacation, what do I want to learn, to make fire with the flint, and I've never done that before, then that can make me totally proud, because I've learned something here that I couldn't, where thought, I don't need in a civilization. But I can then, when I'm back in my everyday life, remember, hey, look cool, you've learned something new that you couldn't do before, and it can give me strength to say for difficult situations. I can always acquire skills that will save me in difficult situations. So for me, this lifelong learning, this openness to new impulses for me to develop further, is very, very, very big key to mental awareness, mental strength, because no one takes that away from me. I always like this saying, no matter what happens to you in life, everything can be taken away from you, but what you have learned, what you have built up in skills, in competencies, no one can take that away from you, that is inside you. That then makes you strong, to know inside, I can also trust in myself, I can do this, I can learn things, and I can create things.

00:10:11

Ronja: Um, then can having some time off or having some free time on the tour also support your mental well-being?

00:10:20

Cordula: I think that's very, very important, for example, when tours like this are set up in such a way that I have time for myself, because many people have also forgotten how to occupy themselves, and above all, you will also do a lot with the people, where they constantly have new impulses. This time to reflect or simply also times to hang out. Also times to sleep is super, super important, so that I not have the week fully planned, again as in my daily life and

Including what is found on the tour to be mindful

Learning of new skills to built self confidence

Builds up trust in myself

Time to reflect when being alone and not having program

being shot at with new impulses, with new activities, but there it is in this time also so a little bit rest, super important!

00:11:03

Ronja: Um, it is a group trip, that is, we have a certain number of people. So what do you think is a good group size for optimal group dynamics?

00:11:18

Cordula: That's difficult to say, if I go now from the seminar setting, then they say, so a group of four, five people is good. That is... if there would be 40 people. The setting, the framework has to be suitable so that it still feels individual. In my opinion, and if you then do activities that just have to be done for five, and then all come together again, I think that's okay. Overall, I would rather make sure that there are smaller groups. In my seminars, for example, I always like to have twelve participants, twelve participants. Then there is a good group dynamic. You have a lot of exchange, you have many different perspectives, you have many different character heads. But twelve is also what you as a coach, as a trainer now in the indoor area can have a good grip on.

Group size

00:12:14

Ronja: And social relationships overall, what do you think they play a role, and how could you strengthen those even more?

00:12:24

Cordula: Social relationships are really important. In research, they are the be-all and end-all. Um, there is now new research on the topic, also basic motives, life motives, and they now break it down to three basic motives, that they say the most important, the most important inner drive that we humans have, is social connection.

Social connections

The second drive is achievement, the third drive is power. Social connection is basically what tops it all. Yes, we humans are social beings, we cannot survive without other people, and there are also many studies that show that a good, intact social network, a good relationship with other people, but also a good relationship with myself are the basis for resilience, for mental well-being, for mental strength. Loneliness makes you sick. There are also many studies on this. That doesn't mean that I can't be alone. We can be wonderfully alone, especially if we are very introverted people, who then also love to have this time and reflect this time for themselves. But it makes a huge difference if I know that I am well integrated into a social environment, I have good friends, I have family, I have a network that supports me, then I can also enjoy this, this solitude.

Self love

Having a strong social relationship

Would it be loneliness if I know that no one cares about me, that I don't care about other people either, makes me sick. That's why it's good to do this as a group trip, especially for people in the target group you're addressing, who are very success-oriented, where you lose friends very quickly, where you very quickly become very lonely on your way to the top, and then simply to feel and experience this group dynamic and, above all, to have to help shape it. Social relationships are not an attitude to take, but also to learn. I have to do something myself in order to have social connections. I think that is also a very, very important aspect. If that's what people take away from the trip alone, then it's more than worth it.

Importance of a group trip

There must be something done to have good social relationships

<p>00:14:36 Ronja: You just emphasized that for social relationships one should first learn to love oneself. Can you elaborate on that?</p> <p>00:14:44 Cordula: There is a wonderful saying by Lady Gaga, who once said, I don't want you to love me more, I want you to love yourself more, presumably to an ex-boyfriend of hers, and the point is, if I'm dissatisfied with myself, always struggling, don't like myself, then it's incredibly difficult to build good social relationships with other people. Above all, you can certainly understand, people who are so extremely dissatisfied with themselves, they are then envious, they are strange. You don't want to have anything to do with them anymore. And that's why this self-acceptance. Yes, we don't have to be perfect, on the contrary, perfect is boring, but to accept myself and learn to love myself as I am, with all my rough edges, with all my faults, that's the first step, which then also leads to good social relationships with others. But it is really always the relationship with oneself, which does not have to do with egoism, also quite clear. Important it's not that we go through the world selfishly, but just to develop this healthy self-love.</p>	<p>Selflove</p> <p>Accept oneself</p>
<p>00:15:58 Ronja: Yeah, now a question, so, you've worked with quite a lot of different age groups, and do you think that now on the journey they can benefit more from being within the same age group, or benefit more from having other age groups in the journey as well?</p> <p>00:16:20 Cordula: That's a great question! I would actually say if it's mixed groups... you would actually have to try that out. I think that would come out with different results. Why? Because mental strength, mental health, simply has a lot to do with being able to accept things, to learn to let go. And there are, for example, people who are 50 or 60, who have a completely different life experience, but who are open to these topics, but who also really enjoy being outdoors, in other words, who share practically the same values as your target group, who have the same interests accordingly. But of course they bring in another dimension. Another life experience. Now it could be that you say you mix the target groups. But it could also be that you say you deliberately include older people, or deliberately include coaches who are already older, so that you simply bring in the different age groups, the benefits. Yes, good question!</p>	<p>Staying with people inside the age group or outside</p>
<p>00:17:29 Ronja: Um, and is there then a need for such a concept at all?</p> <p>00:18:04 Cordula: Exactly, so I think that the need is there, because I see it also with me in the seminars. Unbelievably motivated people come in, but many also have a tendency to self-exploitation, yes, who are incredibly committed, incredibly performance-oriented, because it is also really good to build something up, to strive for something. And where I have the feeling with some people that this turns into something unhealthy, and if your measures could help there, to say: Achievement and making a nice career is nice, earning a lot of</p>	<p>Need for this concept</p>

money, reaching high positions, is nice. But you will only be happy on this path in the long term if you take care of yourself, if you are mentally healthy, if you are mentally strong, then you will really become the, super leader or entrepreneur, because you then also have the inner power. So, I think the need is definitely there, especially because many are already burnt out. I also believe that the generation is already very self-reflective, thinks about the meaning of the world a lot, and we have, as I'm sure you've noticed, also had a total change in values. There has been such a shift in values toward work-life balance. Yes, family is more important to me, leisure time is more important to me, doing something meaningful is more important to me. That wasn't as pronounced in my generation. And then Generation Y, in any case, also has the financial means. And yes, they benefit from finding a healthy balance between yes, I'm building something up in life, and I make sure from the outset that it's in harmony with my own strengths.

00:20:13

Ronja: Thank you. Is there anything else that you would like to add, that you think might help in my bachelor thesis?

00:20:25

Cordula: Well, I think that you have opened up a very, very important topic, and I think that the idea of shifting this topic of mental, just mental strength to the vacation sector, to the tourism sector, I think is great, because I perceive that companies a bit before Corona, but very much with Corona and now after Corona, have understood that they have to do something for the mental health of their employees, um, and there are incredibly many offers now in house, mainly also about corporate health management, which make this very, very much, and I think that's good. That should also remain there, that should really be firmly established there. I think it's only outside of our normal everyday life that you have completely different opportunities to set impulses, to initiate completely different changes, and maybe both. Entrepreneurs say, companies say, we offer our employees times so a week, times one has strength Outdoor activity things. Um, that would be, would be a market certainly the need has and where then accordingly also money would be there that that, the measure also be paid. So, it is a super important topic.

00:21:52

Ronja: Thank you!

00:21:54

Cordula: Very, very much.

Trends

Financial means

Importance

Corporate health management

Appendix 6.8 Laura Pfaffenbach

<p>00:00:00 Ronja: I would just like to tell you a little bit about my bachelor's thesis. Well, I'm working on whether there is a need for a concept that appeals especially to Millennials in Germany, those born between 1980 and 2000, to improve their mental well-being on adventure tours. Whether it is possible to add something extra to it, any special modules. Do you have any questions about that right now?</p> <p>00:00:39 Laura: How did you come up with that topic?</p> <p>00:00:40 Ronja: I worked as a guide in Sweden on trekking and canoe tours and then I realized that there are actually many possibilities to further promote the mental health of the participants. That you could work on it a lot more on it and that's why I'm now dealing with how you can do that or whether that's even wanted or in what way.</p> <p>00:01:09 Laura: Exciting! It's really cool that you are exploring this topic, because I definitely see the need for it and would be very happy if the topic just becomes much bigger. Yes, because ...yes also through my experience I've always gotten the feedback that it's just so helpful for our overall well-being, and within the topic of stress management.</p> <p>00:01:36 Ronja: Yeah.</p> <p>00:01:37 Laura: That's why that's allowed to grow. That's why such works, like yours, are incredibly important, simply also for all the people, who just don't quite understand this thing that happens out in nature.</p> <p>00:01:50 Ronja: Mhm, yes, would you like to tell me maybe first of all, how exactly a tour works with you, a coaching trip, if someone books it with you?</p> <p>00:02:00 Laura: I'd be happy to. Do you want to record the video in case you want to watch it again later?</p> <p>00:02:14 Ronja: Yes I have started the recording.</p> <p>00:02:20 Laura: What do the tours look like for me... I've tried a lot of things. I've been doing this since 2019, that's when I started with my very first tour and I've tried different formats in terms of length and also in terms of where I've been.</p> <p>00:02:41 Ronja: Hm!</p> <p>00:02:42 Laura: I've had tours ranging from a weekend, two days in the German forest or a nature reserve or national park, to a week-long trip to Iceland or Slovenia, covering very diverse areas. My favorite</p>	<p>Acceptance of the concept Need seen Helpful</p>
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<p>tours were mostly either three or four days, and that especially for example in the Black Forest or in Saxon Switzerland. So in national parks, which in themselves just bring a little bit more this advantage that they are a little bit wilder and yet a little bit protected, so to speak, by the nature that you find there, and at the same time there is also the possibility to just stay overnight on these trekking places then.</p>	<p>Duration</p>
<p>00:03:38 Ronja: Mhm.</p>	
<p>00:03:39 Laura: A very, very important part of my tours is that we start at point A and end at point B. And then sometimes we go back to the starting point by bus or something. But in the meantime, we spend at least one night outside under the stars and the other night usually in a trekking hut, a bit more rustic, because for many people it's something completely new and of course it brings up a lot of fears and a lot happens internally.</p>	<p>Accommodation Tents or hut</p>
<p>00:04:17 Ronja: Yes, and why did you choose the duration? What was your basis for that?</p>	
<p>00:04:24 Laura: Good question, so I tried out a lot between three and four days and then found three days actually very optimal, in order to have just one night outside and one still in the hut. Because experience shows that sleeping outside at night is simply exhausting because of all the hikes and everything else we do mentally in training. Then it is always important that the second night is a little more protected and there is better sleep. I had however... with three days... often the feeling that we do not have time for all contents, which I want to give somehow... it is too squeezed. I just want to offer the space that they can take a break, enjoy the beauty of nature then also explore. And not always the whole time being in a rush, because that is the mission. To slow down and get out.</p>	<p>Duration Sleeping outside can be exhausting Three nights can be short Including free time in the itinerary</p>
<p>00:05:29 Ronja: Yeah.</p>	
<p>00:05:30 Laura: I found that the four days, actually are the optimal time window, that one already simply gets out of home, for a few days ... can be with oneself ... but still much happens there in these four days.</p>	<p>Duration of four days can be perfect</p>
<p>00:05:46 Ronja: Cool! I have seen on your website that you have specified a group size of a maximum of twelve participants. Why a maximum of twelve?</p>	
<p>00:05:58 Laura: Exactly. So it's actually... Most of the time it's only been eight. I set it a little higher because I've also conducted wilderness trainings, for example, under a different brand where I'm booked as a trainer, and there I have had up to 14 people. But I have to say that actually my favorite number of participants is eight. Then I always have a trainer at my side, and with me and the trainer we are a group of ten. That is deliberately chosen so that there are</p>	<p>Number of participants Eight is optimal</p>

simply not too many, because it is very, very important to me that there is a protected space among the women and therefore a depth can be achieved in the conversations. And I have the feeling that if there are more than eight, then small groups are formed. I find it very easy to maintain this energy.

00:07:03

Ronja: Yes, do Millennials also participate in your tours? Do they book such trips as well?

00:07:12

Laura: Yes, definitely, so my age range is very diverse. So I've had everything from early 20s to late 40s, I would say, but the average is early 30s, mid 30s. I myself was born in 1991.

00:07:34

Ronja: Have you noticed any specific challenges that Millennials face on these tours?

00:07:42

Laura: Yes, so that's of course my offer that I particularly attract women, who stand at such a crossroads in their lives, so often at this fork in the road. What's the next step? And either an idea is already there, or it's still completely open. And then there is always this feeling and this one problem, which almost everyone has, is this question: how do I go on? And how do I manage to muster up the courage to actually take this step?

00:08:20

Ronja: Mhm.

00:08:20:12

Laura: It could be a professional transition, moving from studies to the professional world, or feeling somewhat dissatisfied despite being in the professional world for a while. There's a desire for change, and some women have taken a break for motherhood. Now they want to rediscover themselves and re-enter the professional sphere. But there's this uncertainty—should they go back to what they did before or try something different? They have changed as individuals and as women. So there's this feeling of disorientation, and they may have a few ideas or none at all, and then there's the fear of taking that leap.

00:09:09

Ronja: Yes, what role do you play on the tour exactly? What are your tasks?

00:09:17

Laura: So what we do quite, quite a lot, and I bring that through my coaching training plus, also through my own path, because I had gone through exactly the same thing with it, that we just quite, quite a lot go into the topic: Who am I? What are my values? Um, and what is my identity, or what identity do I want to live? My impulses are always, always in the direction that they reflect on themselves and give themselves these answers, so to speak, which are all already in them. But that they simply look, is how I have lived so far? What corresponds to me? Or have I perhaps simply taken it over from society, from education, or something else? And there, and then I also give these impulses, so to speak, that they may allow themselves to simply do something different and now decide anew

Age of the participants

Mental challenges because of the kind of tour

Self-reflection and the benefits a coach can bring to the tour

<p>and also dream big. That's something that we've often simply forgotten. And then, for example, through visualization exercises, meditation, I get the participants to simply put down everything that they might have known and to simply think new and then just get a sense, ah, yes, that's really it!</p>	Meditation
<p>00:10:45 Ronja: And where do you conduct these exercises? Are they done outdoors in nature or in the huts? Or is it completely different when you do such exercises?</p>	
<p>00:10:54 Laura: Most of the exercises are conducted outdoors, unless the weather is gray or rainy, in which case we prefer to be in the hut. Even inside the hut, I prefer it to have a wooden atmosphere that fits the overall experience.</p>	
<p>00:11:36 Ronja: Nowadays food is always a super important topic, especially for Millennials. So, how does it work for you on the tour</p>	
<p>00:11:47 Laura: Super, important topic! That's why I always have snacks with me in between, for example, like a chocolate. That's very amazing every time, how after something so strenuous.. after a strenuous activity brings relaxation and happiness to the group. Otherwise, in terms of food, I usually have trekking food in the evening.</p>	Food, having snacks
<p>00:12:20:08 Ronja: Hm!</p>	Trekking food
<p>00:12:21 Laura: And at noon then either a snack or eat a soup, which we then cook on the way. So I also have camping stoves with me and pots for the group, which is perhaps also a reason why the group must not necessarily be larger, because then the equipment must somehow either be divided or organized a bit differently. And with the trekking food I find it also quite exciting. Because I give the woman a lot of knowledge for day trips, and for example, I also give the women this through the trekking food, so that they can test it once, so that they know that there is something like that.</p>	Number of participants Knowledge about trekking food
<p>00:13:04 Ronja: Hm! 00:13:04 Laura: And that's what has become a little bit common, because we are on the road. I would have weekends where we are in one place. There we cook just over fire, which I also find cool. There we have just a big pot, and then there's just a stew with potatoes.</p>	Cook over the fire
<p>00:13:30 Ronja: Then I've seen with you on the website that you have such things, like fire science, knot lore or herbs impulses. What can I understand by that?</p>	
<p>00:13:43 Laura: Exactly that is what comes from the Pathfinder, which I mix in with it. I was also in the "Boy Scouts" and I felt it was unfortunate that some people missed out on that experience during childhood. And that's why I offer my fire workshop, for example, where I then explain what really matters in order to light a fire. We collect the materials and then I explain the various ways of getting the spark.</p>	

<p>The goal is that they always make a small fire together and try everything out, even collect the tinder and so, and that is every time, I think, so nice to see. Because especially with the women it is just often... the fire making is men's thing, and then somehow with such a fire ... then just to see how they created it from their own strength, with sometimes only one blow, and the sparkle in their eyes that accompanies the fire lighting—it's truly a highlight for them. And that then, that's also this connection to coaching, that one then creates the carryover, that this fire is ignited in life, in other areas of life, whether it's in the office, in the family world, that it's there in us and that we can ignite it.</p>	<p>Skill development Fire</p>
<p>00:15:20 Ronja: Mhm.</p>	<p>Making the connection from the experienced things</p>
<p>00:15:21 Laura: It shows them that they can make it happen if they persevere and stay committed. It can be a challenge at times, but it's also a valuable learning experience that many participants connect with and apply to other life challenges. Also now another life challenges ... with herbs it is super important to me, because just simply the knowledge, which is a bit lost, perhaps with our grandparents it was still a bit there. Especially the Millennials, who know very little really, what actually grows on our doorstep, and what superfoods we have in part. And there I just show them most plants that they already know anyway, how they can cook them just for example or make juice or something else... so not super fancy things, but more using what you already know, and just bring that in the use. And then just stoke the desire to get into it a little bit deeper.</p>	<p>Skill development Herbalism</p>
<p>00:16:48 Ronja: And the knot theory?</p>	<p>Skill development included in the activity, e.g., knots.</p>
<p>00:16:53 Laura: Yes, exactly when we build a camp at night, where we sleep under a starry sky, then I simply show, for example, with tarpaulins, how you can tie it off, and then I give two or three knots. One of the knots we use is the neckerchief knot, which is a bit of a ritual inspired by the Boy Scouts. It involves making a personal commitment or promise to ourselves for change, and we tie our neckerchiefs together using that knot.</p>	<p>Skill development included in the activity, e.g., knots.</p>
<p>00:17:38 Ronja: Yeah, very cool. It is also mentioned on your website that you offer daily mindfulness and meditation practices. How do you guys do that?</p>	<p>Yoga to start the day</p>
<p>00:17:52 Laura: Those are different formats as well. So I always start the day with a session, and that's either something from yoga where we just move the body a little bit, or with some breathing techniques or also with Qui Gong exercises for example. So in the end, the basis is that you always get into this harmony of the body and that just at the beginning of the day to start with the rest. And what often happens in between on the way is that I simply give mindfulness exercises, and we also try it out directly, where we include nature, for example, to listen to the sounds, to pay attention to the smells, in order to activate the senses again a bit and to consciously stir it up.</p>	<p>Using the nature for mindfulness exercises</p>

We very, very often go through the world now without meaning or with headphones and somehow isolate ourselves a bit. Participants often experience the benefits when they notice that just ten minutes of such exercises can calm their entire system. They realize that it doesn't require much effort and can be easily integrated into their everyday lives. That's why I always try to give them a few variations they can practice at home as well.

00:19:32:2

Ronja: Cool, great, thank you. Do you have any other comments or any tips that you think that could help me with my bachelor thesis?

00:19:49

Laura: Good question. Maybe something else that's exciting for you is the concept of the biophilia effect.

00:20:15

Ronja: Yeah, I've been looking into that as well.

00:20:17

Laura: I found that super exciting when I found out about all of this and went a little bit more into the theory, and I can really subscribe to that, also that there's a lot in the book, for example, about these studies, that simply the fascination is completely different when we're out in nature, it's just not exhausting. Although I must say that the content of my work focuses a lot on personal development and mental training for the women, which often leads to emotional moments. It's intentionally designed that way, as it allows a lot to come to the surface and be resolved. This nature helps us to come again to our core and to clear up these topics, I find one of these large, large, large advantages that we can master even much faster even our challenges of the life by the stays in nature. And also, what is often such a feedback, also through such a group trip, if then of course such a relationship of trust also arises, that then also afterwards simply the energy is still there. They continue to meet and plan hikes together, and this sustained connection has a profound impact.

Why it is necessary to include mindfulness

Biophilia

Benefits of nature

Positive relationships also after the tour

Appendix 7 Coding of the interviews

Categories	Subcodes		Quotes from the interviews
Development of skills	Specific skills	Survival	survival direction(Rienow, 2023, min. 13:13); some kind of survival training (Latz, 2023, min. 12:02); in the vacation, what do I want to learn, to make fire with the flint, and I've never done that before, then that can make me totally proud, because I've learned something here that I couldn't (Nussbaum, 2023, min. 08:36); my fire workshop, for example, where I then explain what really matters in order to light a fire, we then also collect the materials and then the various ways of getting the spark. Then the goal is that they always make a small fire together as two teams and try everything out, even collect the tinder and so, and that is every time, I think, so nice to see. Because especially with the women it is just often, the fire making is men's thing, and then somehow with such a fire or something have the fewest times somehow worked, and then just to see how they create from their own strength (Pfaffenbach, 2023, min. 13:42)
		Herbalism	wild herbalism (Latz, 2023, min. 12:02); you could of course include eating, searching, finding, a bit of wild herbs for example (Rienow, 2023, min. 13:13); herbs it is super important to me, because just simply the knowledge, which is so a bit lost, perhaps with our grandparents was still a bit there. Especially the Millennials, who know very little really, what actually grows on our doorstep, and what superfoods we have in part. And there just also to show most plants that they already know anyway, how they can cook them just for example or somehow juice can make or something else, so not so super fancy things, but more so what you already know, and just bring that in the use then also. And then just stoke the desire to get into it a little bit deeper (Pfaffenbach, 2023, min. 15:21)
		Equipment	I learned a lot there, I think, just by... so my backpack for example. I had borrowed it from my friend, it was incorrectly adjusted, and then the others showed me how to adjust it correctly, so that you first lie behind, changed, and so, I thought that was really cool since then. And I didn't know, for example, how to turn on the gas when cooking and so on (Böhnlein, 2023, min. 15:49)
		Navigation	Where are we actually? (Rottman, 2023, min. 12:13)

		Technique	What's the right way to descend? So, I say, the right step downhill, that you should keep your distance. (Rottman, 2023, min. 12:13)
		Weather	Then I went a little bit into the weather. So I had informed myself in advance about the weather and then, of course, I'm a layman, I'm not a metrologist, but I still dealt with it a little bit (Rottman, 2023, min. 12:13)
	Well-being	Leads to well-being	led to a total sense of well-being, so that you learned a lot and can assess yourself better (Böhnlein, 2023, min. 15:49)
		Self confidence	I think that everything that we learn in terms of new skills helps in building self-confidence (Nussbaum, 2023, min. 08:36)
		Experience worth more than material things	no matter what happens to you in life, everything can be taken away from you, but what you have learned, what you have built up in skills, in competencies, no one can take that away from you, that is inside you (Nussbaum, 2023, min. 08:36)
		Included in the activities	Yes, exactly when we build a camp at night, where we sleep under a starry sky, then I simply show, for example, with tarpaulins, how you can tie it off, and then I give two or three knots (Pfaffenbach, 2023, min. 16:53)
	No need seen for further education	Relaxation factor would be less	I think if it was geared towards learning, then the relaxation factor would be less. I think that's what people are looking for, to just get out and just experience intensely for a week but not have to do anything, (Scharf, 2023, min. 16:50)
Challenges	Physical challenges		Physically definitely yes. I had prepared myself for maybe walking between 750 and 1000 meters of elevation a day and on our first big hike it was already 1600 meters of elevation (Scharf, 2023, min. 01:52); For some it was the physical challenge. What wasn't challenging at all for some was very, very challenging for others (Rottmann, 2023, min. 13:08)
		Want the challenge	it was a challenge, but I wanted the challenge (Huber, 2023, min. 16:22)
	Environmental challenges	Height	For example Peru was the height a restriction (Huber, 2023, min. 00:46)
		Weather	Well, we already had one day where it rained completely. So there were always days where it rained in between, but one day where it really, really rained a lot. Um, and towards the end you were just completely soaked. So, there were no socks dry anymore, that was not so nice, but also completely okay (Böhnlein, 2023, min. 03:57); So that means patience was a challenge, especially in the pouring rain when some participants were going very fast, and then just wait in the pouring rain (Rottmann, 2023, min. 13:08)

	Overcoming challenges		when you maybe didn't trust yourself to do some things at first glance, to take the step (Huber, 2023, min. 11:24); challenge itself to overcome (Rienow, 2023, min.01:52); it surprised me because I didn't think I could do that (Scharf, 2023, min. 01:52)
	Mental	Challenges overcoming because of mental strength	Here the capability ends and the will begins (Huber, 2023, min. 16:40); you also draw a lot of strength from the mental level. Everything that physically no longer works, I would say, I then pull out from mental strength. (Huber, 2023, min. 04:14)
		Outside of the normal environment	That it's especially hard for them to get out of the luxuries of normal life. But for them it's so beneficial because they have such a simple life. It's even more important for them to have challenges like this, to bring them back down to earth, I would say, or to show them a different perspective on life Rienow, 2023, min. 14:14)
		Pressure of being the slowest	For others, it was the pressure of it because they were always the slowest. (Rottmann, 2023, min. 13:08)
		Problems that want to be faced	Yes, so that's of course my offer that I just then also particularly attract the women then also, who just stand at such a crossroads in their lives, so often at this fork in the road. What's the next step? And either an idea is already there, or it's still completely open. And then there is always this feeling and this one problem, which almost everyone has, is always this question: how do I go on? And how do I manage to muster up the courage to actually take this step? (Pfaffenbach, 2023, min. 07:42)
	Social challenges	Unknown people	Togetherness, getting to know strangers (Rienow, 2023, min.01:52)
		Being in a large group	I'm sure that many participants also learned how to integrate and behave in such a large group, because for many of them it was also, I think, the first time that they were away with such a large group (Rottmann, 2023, min. 12:13)
Awareness of the improvement of mental well-being	Feeling afterwards	Noticing an improvement after the tour	that was definitely one of the motivations why some people book it; how good they feel afterwards (Rienow, 2023, min. 03:25); All have said afterwards: Wonderful week and all still benefit from it (Rottmann, 2023, min. 07:01); feedback, also through such a group trip, if then of course such a relationship of trust also arises, that then also afterwards simply the energy is still there (Pfaffenbach, 2023, min. 20:17)
	Feeling during the tour	Mental well-being seen as a side effect	So far, I just have the feeling that it was not so the focus, but rather a positive side effect, but I makes sense to include as a focus (Scharf, 2023, min. 04:39); So I think that this is actually more of a positive side effect. Well, I signed up because I

			wanted to do a lot of hiking, of course, because I know that it's a lot of fun for me. So, when I go hiking, I know that it's good for me (Böhnlein, 2023, min. 11:28)
	Feeling of stress relive		that your head is clearing (Huber, 2023, min. 03:56); the anxiousness that has also been lost a little bit in some cases (Latz, 2023, min. 04:55)
		Nature	that trekking and outdoor experiences definitely have a positive impact on well-being (Rienow, 2023, min. 01:52) I find that people are happier when they are in nature (Latz, 2023, min. 03:40); it's just good to be outside (...) reconnecting with nature in some way (Latz, 2023, min. 04:55); the fascination is completely different when we're out in nature, it's just not exhausting (...)this nature helps us to come again to our core and to clear up these topics also times, I find one of these large, large, large advantages that we can master evenly much faster evenly our challenges of the life by the stays in nature (Pfaffenbach, 2023, min. 20:17); this biophilia (Pfaffenbach, 2023, min. 19:49)
		Being away from everyday life	getting away from everyday life away from stress, away from everyday life, away from consumption and from simply being overloaded with constant car noise and advertising and public address system and television and cell phone, away from this stress and really just switching off in nature min. 01:52); and it's just great to be away from all the hustle and bustle or not in the city or something (Latz, 2023, min. 04:55)
	Feeling before the tour	Already noticing an improvement before the tour	I wanted to have a vacation that I could look forward too in advance (Böhnlein, 2023, min. 00:45); Yes, but that was already when I was standing here at home with my backpack (Böhnlein, 2023, min. 04:25)
Framework to improve mental well-being	Before the tour	Preparation	To prepare for it more concretely (Huber, 2023, min. 04:47)
	Organised trip	Not having to think about everything	Yes, but I think it was mainly because when you do an organized trip, you don't have to think about certain things that you would think about when you travel individually (...) I have the feeling that enables one to use one's mental capacity for completely different things then and to come, but on the other hand also to open up for other topics differently, maybe think, for which one would normally not have so much time or such a capacity in everyday life. (Scharf, 2023, min. 03:35); I did not have to worry about anything, because I would have had at that time also not so much time and head for so travel planning (Böhnlein, 2023, min. 00:55); but noticed that a lot of them just, I don't mean badly at all, but a lot of them just turn their

			heads off and run after it like lemmings and just say, I've got a guide here now and I've booked the tour now, and I want everything to be given to me (Rottmann, 2023, min. 07:48)
		Not the courage to do on their own	because I wouldn't have dared to organize it on my own (...) so I found it at that time really cool that everything was also already pre-organized (Böhnlein, 2023, min. 00:55)
	Guide	Having a responsible guide	So I think the guide has to make a big contribution to improving mental well-being and keeping the group together and also being responsive to everyone (Rottmann, 2023, min. 07:01)
		Giving a framework to be authentic	the people there were super authentic or everyone was accepted as he was, and that leads then, I think, also to the fact that one no longer pretends so much and he lives out himself in his true self and also feels his emotions more strongly and can name them better (Scharf, 2023, min. 05:45)
		Cater the needs of the participants	But I think it's important to cater to everyone individually and see that they feel kind of integrated into the group and not excluded (...) I responded individually to the individual characters, where I noticed that they would also like to have a say in things, and then I deviated from my plans and said, hey, cool idea, and then discussed it with the group. And I think that then leads to the well-being increasing even more (Rottmann, 2023, min. 07:48)
	Participants	Number	Well, I thought eleven is definitely too much, um, I think I think eight is good, seven to eight (Huber, 2023, min. 13:49); I think there was also a size of the group, because 15 is already relatively large. So I think ten to twelve would probably have been a better group size overall (Scharf, 2023, min. 07:27); I would say between seven to twelve, because after that it gets kind of big again ... I would actually go down to more like ten (Latz, 2023, min. 16:13); Um, so when I booked, I already thought that it was a bit few, so more would have been cool. But I think for the group dynamic it was really cool, because with five people there were no subgroups, so we were just a big group 02:39; five or a few more would be, actually no matter. So, I think, I think both, I think, cool (Böhnlein, 2023, min. 03:10); Overall, I would rather make sure that they are smaller groups. In my seminars, for example, I always like to have twelve participants, twelve participants. Then there is a good group dynamic. You have a lot of exchange, you have many different perspectives, you have many different character heads. But twelve is also what you as a coach, as a trainer now in the indoor area can have a good grip on (Nussbaum, 2023, min. 11:18); and in my opinion

			<p>ten people are the best group size, simply because you can get to know each other in seven days with ten people also just so right. With 15 people, someone always falls flat, which means you have more contact with some people and less contact with some people, and that's why I think ten people is the best group size. (Rottmann, 2023, min 04:13); my favorite number of participants is eight. Then I always have a trainer at my side, and me and the trainer are a group of ten, and that is deliberately chosen so that there are simply not too many, because it is very, very important to me that there is simply a protected space among the women and therefore a depth can be achieved in the conversations. And I have the feeling that if there are more than eight, then small groups are formed. I find it very easy to maintain this energy (Pfaffenbach, 2023, min. 05:58); So I also have camping stoves with me and pots for the group, which is perhaps also a reason why the group must not necessarily be larger, because then the equipment must somehow either be divided or organized a bit differently (Pfaffenbach, 2023, min. 12:21)</p>
		Good group dynamic	grow together with strangers (Rienow, 2023, min. 01:52); I think that a good group dynamic increases my well-being (Böhnlein, 2023, min. 05:49)
		People outside of the natural environment	millennials do get benefits from being with people that they don't normally meet, and also socializing with older people from experiencing their lives for once (Rienow, 2023, min. 08:32); hose days were a message for me . I should actually just look for this contact in the future, otherwise I get stuck in my own bubble at the end (Scharf, 2023, min. 15:27) ; I think that would come out with different results (...) And there are, for example, people who are 50 or 60, who have a completely different life experience, but who are open to these topics, but who also really enjoy being outdoors, in other words, who share practically the same values as your target group, who have the same interests accordingly. But of course, they bring in another dimension. Another life experience (Nussbaum, 2023, min. 16:20); So I've had everything from early 20s to late 40s, I would say, but the average is early 30s, mid 30s (Pfaffenbach, 2023, min. 07:12)
	Importance of social relationships	As a inner drive	the most important inner drive that we humans have, is social connection (...) Loneliness makes you sick. There are also many studies on this (Nussbaum, 2023, min. 12:24)
		Happens naturally on adventure tours	Well, I have to say, the social relationships on such tours were always very good (Huber, 2023, min.

			05:43); and a lot of people said it's totally nice and unexpected that when you're thrown in a group like that of people you don't know, that you still grow so close in a week (Rottmann, 2023, min. 07:01)
	Duration		Um, two days is then with an overnight stay, there you just started so right and then actually already arrives again. Um, with longer tours, there is then already that it could become rather so bit, then perhaps also me personally too monotonous then. Four days I find good, because you still have a day in between, where you can do a bit lower (Huber, 2023, min. 14:20); A total of seven days from Saturday to Saturday (Scharf, 2023, min. 00:45); I would say a week, that people can get into it and switch off from whatever is going on in everyday life. (Latz, 2023, min. 16:45); Um, a week and because it was my first tour, it was totally enough, but so I would trust myself to do it longer by now, but for the first time totally good (Böhnlein, 2023, min. 03:37); My favorite tours were mostly either three or four days, and that especially for example in the Black Forest or in Saxon Switzerland (Pfaffenbach, 2023, min. 02:42); so I tried out a lot between three and four days and then found three days actually very optimal, in order to have just one outside and one still in the hut (...)That it is then here always important that the second night is then already a little more protected and there then better sleep is, had however then with the three days completely often the feeling that we not at all thus that all contents, which I want to give somehow gladly, are too squeezed (Pfaffenbach, 2023, min. 04:24); I found that then now the four days, actually so the optimal time window, that one already simply gets out of home, really also a few days with itself is and then evenly additionally, but evenly also completely much happens there in these four days (Pfaffenbach, 2023, min. 05:30)
	Accommodation	Cabin	I found of course cabin is more comfortable, but where I slept in cabins, event if they are really comfortable, you don't sleep that well. But it is of course the advantage, one has less luggage on the other side (Huber, 2023, min. 15:04); In the hotels we usually had two rooms together, and in the guest houses it always depended on what kind of rooms there were. There it was somewhere between three and six, but was also quite nice, if one was just always so, also in different constellations then again. (Scharf, 2023, min. 11:52) a fixed accommodation, where just somehow cozy to sit together and so went, because then the people are just a bit more socially active

			(Latz, 2023, min. 10:12); However, in the hut is just for the group dynamics partly better (Latz, 2023, min. 17:12); Well, for example, I also decided to stay in the huts, because it is much more difficult for me with a tent, what you have to carry, and also because of the weather, so especially in Sweden, when it rains so much, then grad with a week can be camping really bit uncomfortable. So just for the first hut hike it was me then I quite right (Böhnlein, 2023, min. 14:41); But in the meantime we spend at least one night outside under the stars and the other night usually in a trekking hut, a bit more rustic, because for many people it's something completely new and of course it brings up a lot of fears and a lot happens internally (Pfaffenbach, 2023, min. 03:39); Because experience shows that sleeping outside at night is simply exhausting because of all the hikes and everything else we do mentally in training (Pfaffenbach, 2023, min. 04:24)
		Tent	This feeling to unpack a tent and to be able to sleep anywhere, gives one straight on the mental just again something else. So, it's just like that. You feel like I don't need anybody, I'm here and I can be here (Huber, 2023, min. 15:04); living out of your backpack, carrying everything you need with you (Rienow, 2023, min. 01:52) Tent has just the advantage that you have there somehow again so a small isolation space (Latz, 2023, min. 17:12); But of course there are also many other advantages of camping. Especially when the weather is good, I can imagine that it is cooler with the tent (Böhnlein, 2023, min. 14:41)
	Marketing	Recommendations	experiences of others or also of any accommodation where I was then, where they then cooperate (Huber, 2023, min. 03:18)
		Focus on the well-being	that was definitely one of the motivations why some people book it; how good they feel afterwards (Rienow, 2023, min. 03:25)
		Social media	Social media (Latz, 2023, min. 18:04)
		Corporate health management	corporate health management (Nussbaum, 2023, min. 20:25)
	Sleep	Good sleep	I think when you are in nature you go to bed quite early anyway. I have always slept very well on the tours, on the tents. (Rienow, 2023, min. 11:13); I fell into bed dead tired every night and I wasn't groggy in the morning when I woke up (Scharf, 2023, min. 11:52); I'm usually quite tired and fall into bed or the tent (Huber, 2023, min. 09:30); Well, I was always very tired, even in the evening very tired, but pleasantly tired, and I always slept very well. I

			remember that I really recovered every night (Böhnlein, 2023, min. 09:43)
		Not a lot of sleep, but sufficient	When you get up at three o'clock, you have the feeling that you haven't slept enough. But you actually went to bed early the day before. And um yes, sleep of course important, but in the sense one always been so sufficient. (Huber, 2023, min. 09:30); Yeah, I didn't sleep much more than I needed to, I think, because I just wanted to spend too much time with the group for that, and that was just what I, what I felt I needed to do (Scharf, 2023, min. 11:52)
	Nutrition	Good food options	I must say, very important to me that there is then also good nutrition or good food options. I'm there no one who wants candy bars (Huber, 2023, min. 08:55); We don't always eat ready-made food, but make sure that we eat (..) not too much sugar and enough protein (Rienow, 2023, min. 09:41); But by the fact that it was actually all good, such high quality food, it felt a little bit like detox for me, but also nice (Scharf, 2023, min. 10:57)
		Snacks	Super, important topic! That's why I always have snacks with me in between, for example, like a chocolate, and that's very amazing every time, how after something so strenuous, after a strenuous piece, like a single piece of chocolate, there's so much more relaxation and happiness in the group. (Pfaffenbach, 2023, min. 11:36)
		Eat naturally	Okay we go into nature, and we also eat as if we go into nature (Rienow, 2023, min. 09:41); For me personally, it was also fantastic because I just like to eat a lot of vegetables, and there were just plenty of them (Scharf, 2023, min. 10:57)
		Vegetarian	almost all vegetarians (Rienow, 2023, min. 09:41); thought to myself in between that this is, I think, for vegetarians and vegans a paradise, because they can eat just still certainly five or six of the things, without having to worry about the fact that they now eat somewhere less wholesome Scharf, 2023, min. 09:10); We had eight vegetarians, one vegan, and this vegan was gluten intolerant (Rottmann, 2023, min. 10:22)
		Regional	at regional products (Rienow, 2023, min. 09:41); because the, the flexibility and the variety was there, and I had the feeling that it was just very original, so that it was things that were actually grown there, which we ate (...) I thought that was nice, because it made you feel more connected to the country and the area you were in, and I think that increases well-being (Scharf, 2023, min. 09:10)
		Seen as a challenge	So it can be that for some then that seems like overkill if you make a huge barrel about it (Rienow,

			2023, min. 10:32); I could imagine that if someone is now used to a very meat-based diet or is used to a lot of fast food, that it is a certain adjustment, that the first times could also be difficult (Scharf, 2023, min. 10:57); And with the trekking food I find actually also quite exciting. Because I give a lot of knowledge for day trips, and for example, I also give the women this through the trekking food, so that they can test it once, so that they know that there is something like that (Pfaffenbach, 2023, min. 12:21)	
		Being healthier than in everyday life	Um yes, so actually in principle also fully simple, but fully delicious, and so also so travel, the food tastes just. So I would say I ate healthier than in everyday life (Böhnlein, 2023, min. 08:25); But by the fact that it was actually all good, such high quality food, it felt a little bit like detox for me, but also nice (Scharf, 2023, min. 10:57)	
		Specific needs	Then there were many people who did not want certain vegetables or fruits, such as peppers or mushrooms (Rottmann, 2023, min. 10:22)	
		No alcohol	And no alcohol (Latz, 2023, min. 13:04)	
Acceptance of the concept	Additional value	Will have different value than a normal tour	it would have one more point (Huber, 2023, min. 13:17); I think it would be very different. I don't think I would compare them at all, I would think of them more as a range of options (Scharf, 2023, min. 18:56)	
		Concept will be accepted	Currents trends seen	Well, as a result of the trend that there is more and more of that, I would now say, yes (Latz, 2023, min. 14:01); I think vacations where you focus on mental health, where you can potentially take home methodologies that you can establish into your everyday life, definitely become appropriate for most people who aren't already doing that or have found another way to stay mentally healthy (Rottmann, 2023, min. 14:48)
			Mindfulness	Yeah, I think that's definitely being embraced because we just have such a wellness, yoga, health tourism, recreation, mindfulness, a healthy food trend. Especially in Germany I would say, I don't know now how it is in the rest of the world, so that fits right in at the moment in the current market (Rienow, 2023, min. 15:17)
			Changing values	I also believe that the generation is already very self-reflective, thinks about the meaning of the world a lot, and we have, as I'm sure you've noticed, also had a total change in values. There has been such a shift in values toward work-life balance. Yes, family is more important to me, leisure time is more important to me, doing something meaningful is

			more important to me. That wasn't as pronounced in my generation (Nussbaum, 2023, min. 18:04)
		More work	Because mental well-being is, I think, the very biggest shortcoming that we have. in our western society, with more and more workload, more and more digital media and more and more influence. That brain has no rest periods at all anymore, you're just bouncing around in your job, in many jobs, from meeting to meeting, you're sleeping on less. The last thing you do in the evening is to flood your brain with information from your smartphone, and the first thing you do is to flood your brain again with information from your smartphone (Rottmann, 2023, min. 14:48)
		Need seen	As a participant I would definitely do it (Scharf, 2023, min. 17:51); I definitely see the need for it and would be very happy if the topic just becomes much bigger (Pfaffenbach, 2023, min. 01:09)
		Acceptance when looking for relaxation	I wouldn't have needed it because then I probably would have booked myself a yoga vacation if I had wanted more something like that 07:43; But certainly, if one perhaps still more, so, yes perhaps also more so internal relaxation looks for, which one perhaps then also in the long term in the everyday life to apply can, then certainly. But so, I would still also be interested in other just pure active travel (Böhnlein, 2023, min. 13:42)
Self-reflection	Relaxation practices	Meditation	that you say, for example, every morning, every evening we meditate so and so many minutes (Rienow, 2023, min. 06:26); in certain time periods, where you could do yoga or meditation or a round of talks or something like that, you could increase that again (Scharf, 2023, min. 04:39); meditation, I get the participants to simply put down everything that they might have known and to simply think anew and then just get a sense, ah, yes, that's really it! (Pfaffenbach, 2023, min. 09:17)
		Yoga	I think, for example, if you had such a group rounds, in certain time periods, where you could do yoga or meditation or a round of talks or something like that, you could increase that again (Scharf, 2023, min. 04:39); I think a kind of yoga stretching session every day or every two days would definitely be very important (Rienow, 2023, min. 12:00); So I always start the day with a session, and that's either something from yoga where we just move the body a little bit, or with some breathing techniques or also with Qui Gong exercises for example. So in the end, the basis is that you always get into this harmony of the body and that just at

			the beginning of the day to start with the rest (Pfaffenbach, 2023, min. 17:52)
	Self-love	To strengthen social relationships	I'm also a fan of getting to know yourself first (Huber, 2023, min. 5:43); and there are also many studies that show that a good, intact social network, a good relationship with other people, but also a good relationship with myself are the basis for resilience (Nussbaum, 2023, min. 12:24); I'm dissatisfied with myself, always struggling, don't like myself, then it's incredibly difficult to build good social relationships with other people (...) And that's why this self-acceptance. Yes, we don't have to be perfect, on the contrary, perfect is boring, but to accept myself and learn to love myself as I am, with all my rough edges, with all my faults, that's the first step, which then also leads to good social relationships with others (Nussbaum, 2023, min. 14:44)
	Working with a coach	Guide is not enough	As a guide I would say, either I would need an additional training for it, or the person should have a psychological training. Because you can only handle and judge a limited number of scenarios, I think, as a person without training (Scharf, 2023, min. 17:51); tours from the guide is, the focus only on the physical condition (Huber, 2023, min. 13:34); Yes, but if you can then talk about these experiences with the coach (...) Um, you get a completely different effectiveness, which can then of course influence everyday life incredibly more after the journey, in a positive way than without these accompanying coaching units (Nussbaum, 2023, min. 02:57); And I can already imagine that if you offer a tour with a mental coach or with mindfulness practice, I'll say now, that that would also, that that would also help the group support (Rottmann, 2023, min. 16:30)
	Coaching topics	Taking what's there	And that then, that's also this connection to coaching, that one then creates the carryover, that this fire is ignited in life, in other areas of life, whether it's in the office, in the family world, that it's there in us and that we can ignite it (Pfaffenbach, 2023, min. 13:43)
Prompts		into the topic: Who am I? what are my values? Um, and what is my identity, or what identity do I want to live? My impulses are always, always in the direction that they reflect on themselves and give themselves these answers, so to speak, which are all already in there. But that they simply look again, is what I have lived so far really what corresponds	

			to me, or have I perhaps simply taken it over from society, from education, or something else? And there, and then I also give these impulses, so to speak, that they may allow themselves to simply do something different and now decide anew and also dream big (Pfaffenbach, 2023, min. 09:17)
	Doing things individually	Coaching units	While other exercises are useful to do them individually (Nussbaum, 2023, min. 01:43); I can definitely imagine a mix of individual support, but also groups, tasks (Nussbaum, 2023, min. 00:30)
		Free time	because many people have also forgotten how to occupy themselves, and above all, you will also do a lot with the people, where they constantly have new impulses (...) time to reflect or simply also times to hang out (Nussbaum, 2023, min. 10:20); or that it's communicated again, for example by the guide, that it's completely okay if you have alone time or something, that you really don't feel obligated to do anything (Böhnlein, 2023, min. 12:48); That doesn't mean that I can't be alone. We can be wonderfully alone, especially if we are very introverted people, who then also lie this retreat to have this time and reflect this time for themselves. But it makes a huge difference if I know that I am well integrated into a social environment, I have good friends, I have family, I have a network that supports me (...) (Nussbaum, 2023, min. 12:24); I just want to offer the space that they can take just also simply times a break, simply times the beauty of nature then also explore can, and not always the whole time are driven, because that is the mission. To slow down and get out (Pfaffenbach, 2023, min. 04:24)
		Journaling	like for example keeping a kind of diary, what went well today in the course of the day, or also in the last months, what one is grateful for, what she has experienced in her life and working out what her own part was in it. Yes, what did, what did you contribute that you could experience this beautiful situation? (Nussbaum, 2023, min. 01:43); Maybe also something like a tour journal, I actually kept that as a guide, regularly, where I just wrote down who and where I was traveling with, but also what we were experiencing and how I was feeling about it (Rienow, 2023, 07:21)
Mindfulness	Possible to include as a practice	And I can already imagine that if you offer a tour with a mental coach or with mindfulness practice, I'll say now, that that would also, that that would also help the group support (Rottmann, 2023, min. 16:30); I believe that mindfulness is one of the core elements for mental health, mental strength, and	

			mindfulness is also what we are extremely lacking in everyday life nowadays (...) And mindfulness, self-awareness is for me the key for a new way of dealing with myself (...) (Nussbaum, 2023, min. 05:22); That we very, very often go through the world at the moment without meaning or also with headphones and somehow isolate ourselves a bit, and that we expand this again, so to speak. And at the same time they also make these experiences when they notice that after ten minutes of such an exercise simply the whole circulation and everything is just calmed down, that then this Ah is there, okay, that actually doesn't make much effort, I can also integrate it fully well into my everyday life, and that's why I also always try to give them a few variations, which they can then also do at home (Pfaffenbach, 2023, min. 17:52)
		In nature	Mindfulness, so, I think it's good to make people again concretely attentive that one is actually in the natural an environment (Latz, 2023, min. 05:51)
		Practices	We go mindfully through nature with all our senses. We smell, we taste, we feel, we sense, because that also creates a completely different world of experience, which often falls under the table in our very fast, very full, very tightly scheduled everyday life. 05:22 (Nussbaum, 2023, min. 05:22); So I'm also always a big friend of taking what's there. In other words, not to stage something grandiose, but to go around with the chocolate and say (...) And no matter what object you have, that can be food, again, when you're out in nature, leaves, go through the forest and look at these different leaves consciously (Nussbaum, 2023, min. 07:09); that I simply give mindfulness exercises to the hand, and we also try it out directly, where we include nature, for example, to listen to the sounds, to pay attention to the smells, in order to activate the senses again a bit and to consciously stir it up (Pfaffenbach, 2023, min. 17:52)
	Group rounds	Learn from others	I can definitely imagine a mix of individual support, but also groups, tasks (...) because you also learn a lot from the other perspectives: Look, it wasn't just a crazy challenge for me. I wasn't the only one who was terrified of somehow jumping over my shadow (...) others felt the same way (Nussbaum, 2023, min. 00:30); could incorporate certain activities that have been proven to be positive for mental well-being. I think, for example, if you had such a group rounds (Scharf, 2023, min. 04:39)

		For reflection	and then at the end, when we do the big final reflection, everyone can look before again on the written and then also really recall again what the highlights of the only were. (Rienow, 2023, min. 07:21)
Social relationships	Possible modules	Slogans	On the last tour, we also had a bit of motivation slogans, which I found quite cool, where then one, when one started to shout, then the others shouted it after, and that then gave a bit of a push and a bit of a feeling of togetherness (Huber, 2023, min. 5:43)
		Group name	Uh, we also had a group name on the tour, but we looked for it at the beginning and never used it again (Huber, 2023, min. 5:43)
	Possible modules	Storytelling	If, for example, you wanted to strengthen the group feeling or address certain emotional topics, this (storytelling slam) is perhaps a very suitable format, because my experience with it every time was that people actually tell very, very personal things about themselves, even in a large group of people they don't know, and that the feedback from the group is very enriching (Scharf, 2023, min. 19:25)
		Team activities	let's build something typical of the country, because there's a lot more interaction and you're also working towards a fixed result as a group, and I think that would have enabled a different kind of contact with each other. For example, social projects or something like that, where you participate (Scharf, 2023, min. 07:27); Games, various group activities, help of course also such things as assistance, if somewhere an obstacle to run over, or so that you then Um, encourage people to help each other, or I do not always know, chain go over a river or stuff like that, or sometimes there's also so funny game model, then people through a rope grid or something through must transport, from one side to the other, so so group conducive games (Latz, 2023, min. 07:52); Well, for example, we sometimes did things like this during the tour, where one of us would make some kind of announcement and the others would dance to it, a bit like children's games. But I wouldn't have needed that for the group dynamic (Böhnlein, 2023, min. 05:49)
		Introduction rounds	I think it's important to bring the group together at the beginning with a few games to get to know each other, to get an overview of who's who, who am I, what do I do, where do I want to go, what's my idea of the week? And I think that if you pick up everyone at the beginning, then everyone feels a

		bit more comfortable and integrated, because there are many people with different characters. (Rottmann, 2023, min. 07:58)
	Staying together during the activities	And then the guide told me to run ahead so that I could set the pace, because I was the slowest. And then she always had them in between, so that we were just such a big group, a big bunch that always ran together, and so we just talked a lot more that day, and she said that the groups have grown together because we have just always talked and so (Böhnlein, 2023, min. 05:49)
	Shared experiences	shared spirit, through this shared experience, through this physical cohesion, the physical effort that then holds together (Huber, 2023, min. 5:43); And otherwise, I think that groups always grow together from overcoming certain challenges with each other (Scharf, 2023, min. 07:27); I think it was a group that was quite good in terms of fitness level, and we all pushed each other a little bit, not in a way that you felt pushed, but in a way that made you want to try it (Scharf, 2023, min. 01:52)
	Possibilities	then we always cooked something in the evening (Böhnlein, 2023, min. 01:45)

VII Declaration of Originality

I hereby declare in lieu of an oath that I have prepared this thesis independently and without the use of any other resources than those indicated; the ideas taken directly or indirectly from external sources are identified as such. The work has not been submitted to any other examination authority in the same or a similar form and has not been published.

Deisenhofen, 22.06.2023



Ronja Fastner