

Project Goal

To learn about the experiences, motivations and values that professional super commuters hold which help us discover opportunities around their personal well-being.

[5 mins] Introduction

- Introduce who we are and state the educational nature of this study.
- Introduce the topic and why their opinions are valuable to us.
- Inform participants we will fully protect their information. Provide the consent form.

[10 mins] Find out who they are:

- Tell me about yourself (*where are you from and how long have you been in here?*)
- Whom do you live with? Tell me a bit more about your family.
- When have you been living here in this apartment? Why did you pick this place?
- What's your educational background?
- What do you do? (work)
- How long have you been there? What's your job like? What do you like about it? What do you find challenging? Why?
- Why do you take this job?
- Do you have the job first or the apartment first?
- What does your typical week day look like?
- What do your weekends look like? Could you describe it to me.
(*what do you like to do for fun? Do you have any hobbies?*)

[10 mins] Daily Commute behaviour, motivation & Values

- What's your regular route to work and back?
- How long does it take door to door on side? (*with break down of time and mode of transportation*)
- What do your family/friends think about your daily commute?
- Why do you choose to live an hour away from the place you work?
- Are there any trade-offs for such a long commute?

[10 mins] Drawing exercise:

- Can you draw a comparison of your current commute and your ideal commute.
- Can you tell us little bit about your drawing.

[10 mins] (At home)

- Before leaving for work, how do you get ready?
What things do you pack? What do you put in your bag?
- Use 3 adjectives to describe the activity.
- I hear you say (adjective), why is it so?

[15 mins] (During commute to work)

- How do you spend your time while on Walk/Cab/train?
- Where do you usually sit? Do you have a preferred seat? How often do you get your preferred seat? Do you do anything to secure it?
- Describe your experience? What are you thinking about? How do you feel?
- Phone: Act out activities on phone
- Use 3 adjectives to describe the activity.
- I hear you say (adjective), why is it so? Tell me more about it.

[10 mins] (At work)

- How do you get ready? What do you pack and check? Is it different from your morning routine? How?
- Use 3 adjectives to describe the activity.
- I hear you say (adjective), why is it so?

[15 mins] (During commute back home)

- How do you spend your time while on Walk/Cab/train?
- Describe your experience? What are you thinking about? How do you feel?
- Use 3 adjectives to describe the activity.
- I hear you say (adjectives), why is it so? Tell me more about it.
- Are there days when you break your routine? Special experiences, encounters with people

[10 mins] More on commute:

- How do you feel about spending over 2 hours on commute everyday?
- Do you have any plans on moving closer in the future?
- What's your goal in life?
- What's the 3 most important things in your life?
- Is there one or more things/activities that you really want to do and are not able to?
- What does an ideal job, location, commute look like to you? Describe it in detail.