

ENGLISH DEPARTMENT, FU JEN CATHOLIC DEPARTMENT
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Travel and Life – the Lesson People Learn from Backpacking

Research Paper, English Composition III

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Composition and Conversation III

RP Final Draft

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Outline#3: Travel and Life – The Lessons People Learn from Backpacking

I. The background Information of backpacking

A. Thesis Statement: With the growing popularity of backpacking travel and the increasing number of backpackers, it seems that indeed backpacking has gradually gained its reputation within the past few years, so this research aims to find out the backpacker's motivation behind the backpacking activities, also authentically present the pros and cons of backpacking, and try to gain wider and deeper insights into some backpackers' personal attitudes toward how backpacking influence their life or their ways of thinking and why backpacking is worth trying.

B. The definition of backpacking

C. How the terms backpacking and backpackers are identified by people.

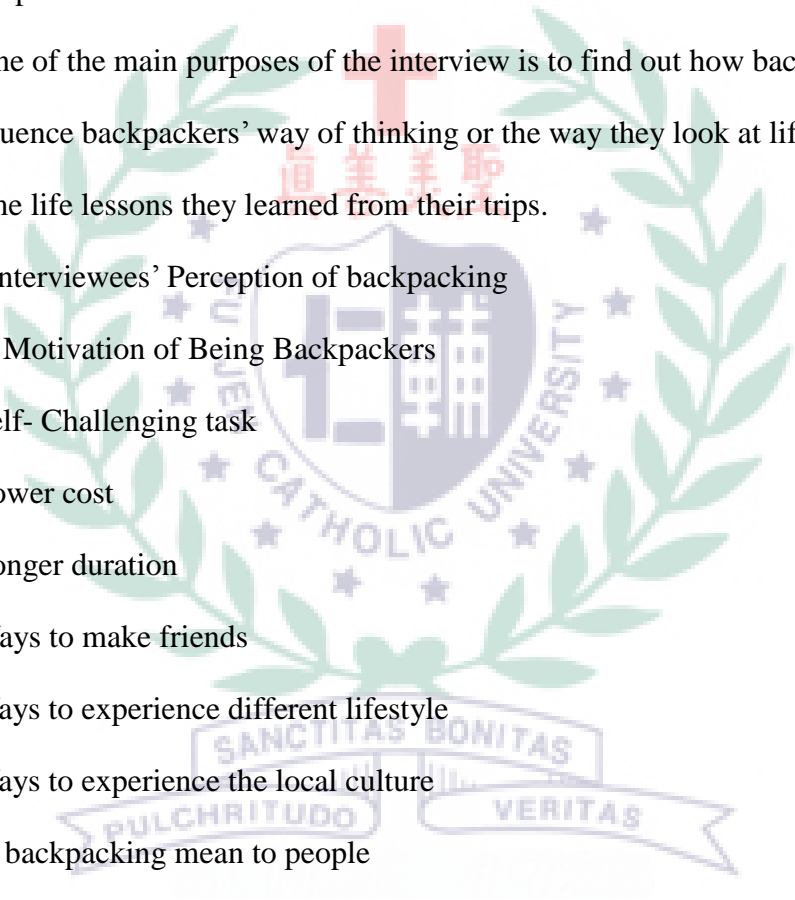
1. How backpacking being recognized as a manner of travel in history.
2. How backpacking evolved within the social context.

D. Conceptualizing backpacking as a lifestyle.

1. Backpacking as lifestyle choice
2. Backpackers as lifestyle travelers

II. The methodology of the research is by conducting interviews with backpackers for qualitative research and also with the use of article review in order to examine backpackers' attitude toward travel and backpacking's influence upon their life.

A. The interviews aim at figuring out backpackers' attitude and motivation toward backpacking trip.

- B. The interviews aim at finding out what backpacking mean to people or how would they define backpacking.
 - C. The interviews try to investigate the pros and cons of backpacking by asking the backpackers of their travel experiences.
 - D. The interviews are trying to figure out the average duration, the usual accommodation, and the public transportation which often taken by backpackers.
 - E. One of the main purposes of the interview is to find out how backpacking influence backpackers' way of thinking or the way they look at life, and also some life lessons they learned from their trips.
- III. The interviewees' Perception of backpacking
- A. The Motivation of Being Backpackers
 - 1. Self- Challenging task
 - 2. Lower cost
 - 3. Longer duration
 - 4. Ways to make friends
 - 5. Ways to experience different lifestyle
 - 6. Ways to experience the local culture
 - B. What backpacking mean to people
 - 1. Experiencing independent lifestyles
 - 2. Trying new things
 - 3. Being free from the work stress
 - C. What people learn on the road
 - 1. Social skills
 - 2. Risk-handling skills
 - 3. Being more independent
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4. Paying more attention to social issues

IV. The result of the subordinate interview questions

- A. The pros and cons of backpacking
- B. The average duration of a trip,
- C. The choices of public transportation
- D. The accommodation choices of the backpackers
- E. The lifestyle changes some backpackers undergone after their backpacking trips.

V. Conclusion

- A. What was found through the research
- B. Restatement of the argument



Final Draft: Travel and Life – the Lessons People Learn from Backpacking

The backpacking phenomenon has a long history, but not until recent decades has it thrived. No matter you are in Iran or Finland, you might find it interesting that now backpackers can be seen in almost every part of the world; even in the remote mountain area in Bhutan. Nowadays, with the growing popularity of backpacking travel and the increasing number of backpackers, it seems that indeed backpacking has gradually gained its reputation within the past few years, so this research aims to use qualitative methods to find out the backpacker's motivation behind the backpacking activities; besides, it will also authentically present the pros and cons of backpacking, and try to gain wider and deeper insights into some backpackers' personal attitudes toward how backpacking influence their life or their ways of thinking and provide reasons of why people should go backpacking .

As defined by Cambridge Dictionary, backpacking is the “activity of travelling or going camping while carrying your clothes and other things that you need in a backpack”. However, the definition of backpacking differ slightly in Urban Dictionary, in which backpacking was identified as “traveling around with only a backpack on your back. This method of travel is usually associated with youth, but people of all ages backpack” (Urban Dictionary). The former definition of backpacking does not really focus on the participants' age difference, while the latter one seems to emphasize more on the age and identified it more as an activity of youth.

Backpacking was first recognized as a manner of travel at around seventeenth century, but then backpacking still had not greatly known by the general public. “The Italian adventurer Giovanni Francesco Gemelli Careri has been cited by some authorities as one of the world's first backpackers” (Project Gutenberg Self-Publishing Press). Yet, for backpackers in the modern society, they believe that backpacking might be rooted in the 1960s and 1970s hippie trail, and the backpacking phenomenon

also rapidly thrived during that period of time. Over the past few decades, the footprints of backpackers have extended all over the world. From the popular backpacking routes in the South East Asia to the new and developing destinations in South American, there are more and more people starting to go on their own backpacking trips.

Even though it seems that there might be a long history of backpacking activities; however, the term backpacking was actually started to be identified and differentiated from other types or ways of travel only a few decades ago. As the author, Natan Uriely, mentioned in his article “Deconstructing tourist typologies: the case of backpacking”, not until 1970s did people start to classify “backpacking” as a specific manner of travel” (Uriely 2). Backpackers at that time were also known as ‘non-institutionalized tourists’; they were identified as a group of young middle-class travelers, often being called hitchhikers, drifters or nomads. The backpacking phenomenon was not commonly accepted by people during the 1970s, and it was still regarded as a counterculture of the mainstream tourism back then.

Throughout the history, backpacking has evolved a lot within the social context. As State in the book, “Festivals, Tourism and Social Change: Remaking Worlds”, the authors Richards and Wilson find that backpackers in early years of backpacking history often considered backpacking to be a way for them to “escape” from the reality; especially before the year 1970, when “backpacking’s subcultural roots in hippie culture come shining through” (Richards, and Wilson). Yet, the reputation of backpacking did not last long during that period of time, and backpacking activities started to become notorious during 1980s because backpackers were often associated with some drug-related issues as well as the youth’s sub-culture, and that was the reasons why caused the negative images of backpacking at that time; people also misunderstood the intentions or motivations of backpackers because of the

misbehaviors identified within the backpackers' community. Loker Murphy, the author of "Backpackers in Australia: A Motivation-Based Segmentation Study", believes that "For middle, and, to a lesser extent, working class youth, travel may be seen as providing a moratorium- a holding operation- on their careers." (24). There are multiple reasons behind why people join the backpacking activities. While during the 1980s, despite there were many backpackers who go backpacking for positive reasons, they were still often associated with some problematic behaviors or issues because of their fellow's misbehaviors. However, since now there are more and more people who are willing to go on their own backpacking trips, the way people look at backpacking also changed gradually; people start to viewing it as lifestyle choice rather than the rebellious act or the absurd behaviors as how backpacking was perceived during the 1980s. In the article, "Lifestyle travelers: Backpacking as a way of life", the author, Cohen, conceptualizes backpacking as a lifestyle choice, and "backpacker as lifestyle travelers." (Cohen). He also interviews a few backpackers to investigate into their motivation behind the backpacking activities, and find that some people go backpacking simply because they want to experience different ways of living while some people state that they do it to seek livelihood on the road. Among his interviewees, there are people who perceived working only as a way to support their lifestyles. In the article, the author is trying to convey the motivation behind backpacking is not that important when investigating into the backpacking phenomenon or activities because no matter what makes people go backpacking, it is just choices of people and decisions people made for themselves in pursuit of the lifestyles they prefer.

Apart from the currently available known information of how the term backpacking being identified or how it evolved within the social context, the main purpose of this paper is to inspect the motivations of people who are current

backpackers and what backpacking mean to them or how would they define this specific activity and then further examine what they learn from their backpacking experiences and how backpacking influence their life.

The methodology involved in the data collection is mainly by conducting interviews of backpackers for qualitative research purpose. The interviewees are six backpackers; three of them are male backpackers of different age groups, and the other three are female backpackers who are about the same age, and since this is the qualitative research, the interviewees were chosen from smaller but also more focused samples; they are all human subjects, who are all current backpackers, and they are named as subject 1 to 6 according to the time order of when the interview was conducted. Subject 1 and Subject 2 are the middle age backpacker and the elder backpackers respectively, while the other four subjects are all young backpacker, but since Subject 1 and Subject 2 still constantly go backpacking to this day, so the interviews of them are rather valid in terms of gaining deeper insights of the overall backpacking phenomenon. In the interview, the research questions would cover questions such like the average duration of the trips, the usual accommodation choices, the choices of the public transportation as subordinate sources, but the main focus is on the backpackers' attitude toward travel , how would they define backpacking, what motivate them to go backpacking and how backpacking's influence upon their life.

Based on the answers of the interviewees, the backpackers of different age might consider backpacking to be dissimilar due to the different stages of life they are at. For the young backpackers, backpacking could be a manner for them to experience independent lifestyle, and for the middle age backpacker, subject 1, who perceived backpacking as a way to temporarily free himself from the work stress. As for the elder one, Subject 2, he considered backpacking to be an opportunity to experience novel things.

The motivation of the backpackers might also vary from person to person. In a book “ Festival, Tourism, and Social Change Remarking Worlds – The Social Construction of the Backpacker Phenomenon”, the authors conducted a survey about why those backpacker travel in this particular way. The authors found that along the track what the travel gained is not only travel experience, but also some interpersonal communications skills, some problem solving skills; the experiences of backpacking also help the travelers to boost their confidence and make them to become more daring to try new things in life. The main intentions found through the interviews are quite similar to the findings of this book, but the interview extends even more and finds that the reasons why motivate people to go backpacking are mostly for experiencing the local culture or customs, experiencing different lifestyles, challenging oneself and making friends with the locals or other backpackers, or there are also other reason like going backpacking for its longer duration of the stay of one single trip, and going backpacking for the lower cost of the total spending. As showing in the result analysis part, for subject 3 and 6, they say that they go backpacking because it is a very self-challenging task. As for subject 2, 3, and 4 they go backpacking to experience different lifestyles; subject 3 and 4 also say that they can make some friends along the trips as they are backpacking. Besides, half of the interviewees state that one of the reasons that motivate them to go backpacking is because of the longer duration of it; they think that they can get to know more about a place when they can have a longer duration of the stay at that specific place. Even though people might perceive backpacking as a more economical way to travel; however, only half of my interviewees say that they go backpacking because of the lower cost, and Subject 1 even emphasized that the spending of the flight tickets in the past was actually much higher because of the rareness of budget airlines. (Subject 1 answered in Question 6.) The interviewees all somehow directly or indirectly convey

the idea throughout the interviews that they go backpacking for they want to experience the local customs or culture, and this become the major reason that really motivate all the subjects to go on backpacking trips.

When talking about what backpackers learn on the road or during the trips, many of the interviewees state that they do acquire some social skills, mostly interpersonal communication skills and they also get the chance to enhance the crisis-handling skills as well as the problem-solving skills. Subject 4, who is a 23-year-old female backpacker, says that she learned to pay more attention to some social issues and also enlarged her conception of world after she started backpacking, while Subject 5 says that she learned to be more perseverant along the way. Apart from the skills mentioned above, Subject 6 further mentions that she become more independent after several backpacking trips. No matter what age the subjects were at, most of them still acquire various kind of skills on the road, some of these subjects did say during the interviews that the skills they learned from backpacking are somehow influential to their life and might be very beneficial to them sometimes since at least they now are being more daring to try because when they choose to go backpacking, there are a lot things they are risking, but there are also a lot they can learn from these trips.

Found from the interviews, the overall influences of backpacking trips are mostly positive for the interviewees, and some of them even learn to be more active develop a different but better attitude toward life, “We can do more than we think.”, stated by Subject 3 during the interview. Subject 3 believes that sometime we should give ourselves a chance to try more and step outside of our comfort zone rather than just easily set a limit to trap ourselves. Subject 4 said that “Seeing the poor and the disadvantaged on the road really makes me reflect on my own life and start thinking about what I can do to help those in need.” ; she learned to be more considerate to others (Subject 4). “There are chances that will never occur again in our lifetime, so

we must cherish every opportunity we have.” (Subject 6). In the interviews subject 6 also tried to convey the idea that when we were given the chances to do something, we must cherish it because sometimes the good chance only occurs once in a lifetime. Basically, found from the replies of these interviewees, it seems that they all develop a more positive attitude toward life; apart from the three quotes showing above, the other interviewees are also delivery messages such as “do not live with regrets, and seize the moment.”, and these are all something that greatly affect the interviewees’ life.

In the interviews, aside from the four major research questions which aims to find out backpackers opinion or thoughts about how they perceived or identified the backpacking activities and how backpacking further influence their life and their ways of thinking, there are also subordinate questions designed to figure out more details about backpacking activities and also to develop a more thorough understanding of the overall backpacking phenomenon nowadays.

The subordinate questions includes questions about the pros and cons of backpacking, the average duration of a trip, the choices of public transportation and the accommodation choices of the backpackers, and then whether the backpackers has undergone some lifestyle changes after their trips.

When interviewing the backpackers and asking them about the pros and cons of backpacking, some of the interviewees find this question hard to answer because they think sometimes there is not a very clear border between the advantages and disadvantages of backpacking and even the good parts of backpacking could frequently be intertwined with the downsides of it as well.

As stated by the interviewees, they say that one of the main advantages of backpacking is that people can enjoy complete freedom when going on the backpacking trips, and they can also really experience the local culture or customs,

and since they are the ones who planned the schedule of their trips, they can have total control of the whole trip, and they can also get the chance to explore and pursue adventure. As for the disadvantages of backpacking, the interviewees answer that the cost of backpacking trips are not necessarily cheaper because budget airlines were not easy to find in the past. Also, since backpackers usually go backpacking on their own, so they should be the ones who need to be responsible for their own safety as well, and there are also chances of getting lost in an unfamiliar land. However, as Subject 1 says, “Sometimes adventure could be the mixture of both excitement and risk, if you want to pursue excitement, then you will need to take the risks”, but that is actually what makes backpacking such a fascinating activity to the subjects.

The other thing worth mentioning is that the longer duration of backpacking trip, which is also a feature of backpacking and one of the major reasons that motivates people to go backpacking. As found from the interviews, the average duration of the backpacking trip are usually at least two to four weeks; however, sometimes a backpacking trip could be up to one year or two years. For instance, Subject 1, he was the one who once learned gastronomy in Le Cordon Bleu in France, but when the time he was not at school, he always spent time on the road, so if adding up the time he traveled during his stay in France, the total travel time could be up to two years, and the duration of it is actually comparably long than other manners of traveling.

As for the choices of public transportation, there are various kinds of public transportation involved in the backpacking activities, but the interviewees state that the ones that they reach to the most are trains, subways, and buses. Among these three, the interviewees say that they would take train to travel from airport to the downtown area, and then transfer to the subway or underground system to travel around the city, and then if they want to pay a visit to the suburbs or rural area, they could also make good use of the bus to reach there, and the reasons why backpackers need to take

advantage of public transportation are because they can get to the tourist spots easily through it; the cost of the public transportation is quite low as well, and it is also the most convenient way to travel around in a foreign land.

When speaking of the accommodation choices, there are also a few factors that backpackers would take into consideration. First of all, the place could not cost too much and the place also needs to be easy for the backpackers to get access to the local culture. The choices of the accommodation among the interviewees are youth hostel, a local friend's place, places found through the couchsurfing websites, or Airbnb. As for why the subjects would choose these places for their stay in the foreign countries might due to two reasons, one is because these places are more affordable for them, and the other reason is that they can easily get the chance to interact with other backpackers or the locals by such accommodation choices. Among the four accommodation choices listed above, which are youth hostel, a local friend's place, places found through the couchsurfing websites, or Airbnb; youth hostel is the place for the backpackers to exchange travel information, and the other three are places that backpackers can stay more closely with the local and get to know more about the way they live. Couchsurfing, and Airbnb are both websites that provide local housing worldwide for people to rent; therefore, staying at places like these two could be served as chances to really experience the local living.

When the backpackers were asked whether they have undergone any lifestyle changes after they go backpacking, all the male backpackers answer 'no', while all the female backpacker agreed that they have undergone some lifestyle changes after their trips. For male backpackers, they all say that their lifestyles do not changed after coming back from the backpacking trips, they state that they will look forward to the next trip, and they will also start saving money for the upcoming trips, but they can still separate their original lifestyle with the lifestyles they have experienced on the

road. However, all the female backpackers say that they underwent some changes of their lifestyle after they go backpacking, and they believe that a backpacking trip will motivate them to work harder in order to go for the next one, and one of them says that she will keep the habit she made on road, and the other interviewee even states that she starts to consider her original lifestyle to be rather boring after her backpacking trips. Among all the questions, this question seems to be the only one that reveals such a great gender difference between male and female interviewees however, since there are not many differences caused by the gender issue, so this research will also not focus much on the gender differences in backpacking, either.

To conclude, as finding through the research, backpacking is not only a manner of travel or simply a way to broaden people's horizon, but it is also a great chance for people to sharpen their mind. To some extent, travel might be very influential to a person's life as well; the things people learn on road might be valuable to them, and the lifestyle changes the travelers underwent might also lead them to the different perception of life. Backpacking is not just a way to explore or to pursue excitement. After people go backpacking and experience some tough moments or hard time on the road, they cherish life more than others and they also realize that they have to seize every moment because life is just as short as it is, and they also start to pay more attention to the social issues that they did not really bother to care before. Furthermore, traveling also helps people to develop a deeper insight of the world and also to realize that there is really not much time could be spent on regretting, while the positive value or attitude people learn on road could definitely help them when facing the challenges they might encounter in the future, and since they are now more daring and open-minded to accept the unknown but mutable part of life, so they would be more active to seize some great opportunities that only occur once in a lifetime.

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Appendix A: Interview Questions for Backpackers

1. 請問您覺得背包旅行對您而言具有什麼意義?
What do backpacking trips mean to you?/ How would you define backpacking trips?
2. 相對於套裝行程而言，您比較喜歡何種旅行方式? 請闡述原因。
If compared backpacking trips with package tours, which do you prefer? Please explain.
3. 第一次背包旅行的地點是哪裡? 那趟旅程對您有何啟發? 那次的旅行經驗是讓您繼續下一趟背包旅行的重要或關鍵成因之一嗎?
Where did your first backpacking trip take place? Does that trip encourage or inspire you to travel in this particular way again?
4. 是什麼動機讓您決定要以此種方式旅行(背包旅行)?
What motivate you to travel in this particular way (backpacking)?
5. 一直以來都喜愛旅遊嗎? 還是唯有對背包旅行情有獨鍾?
Do you always enjoy travelling? Or you just enjoy travel in a particular way?
6. 可以請您試著客觀分析背包旅行的利弊嗎? 背包旅行有何好處及壞處? 旅行過程中是否曾遇過阻礙?
Could you try to objectively analyze the pros and cons of backpacking? What are the advantages and disadvantages of the backpacking trips?
7. 可以請您分享自己去過哪幾個地方嗎? 或是未來特別想以背包旅行的方式造訪，但至今尚未有機會前往的國家? 而至今仍未走訪這些地方的原因為何?
Could you tell me where/ which countries have you visited before? Where/ which countries do you want to visit the most? Why haven't you visit these countries yet?
8. 請問您覺得整體而言，背包旅行有讓您以較少的預算體驗到更豐富的旅行經

驗嗎?

Overall, do you think that backpacking give you a chance to experience more excitement but with lower cost?

9. 請問一趟旅程中，您旅遊的平均時間長度是多久? (平均在旅遊地停留多長的時間?)

What is the average duration of your trip?

10. 當抵達所要背包旅行的國家後，您通常會選擇搭乘何種交通工具或是大眾運輸系統? (如: 地鐵、火車、公車等…) 選擇該交通工具的原因為何?

What kind of public transportation did you prefer to take/ you often take when you go backpacking?

11. 請問您在到達旅遊地點後通常會選擇的何種留宿地點? (如: 青年旅館、平價旅舍、朋友家中、沙發衝浪等…)

What is your choice of accommodation when you go on backpacking trip?

12. 旅行中，有什麼奇特、有趣的見聞讓您印象深刻? 或是曾否遇過驚險、危急的時刻?

Are there any special or interesting anecdotes happened during your backpacking trips? Or have you ever encounter any difficulties or dangerous moments during the trips?

13. 請問您覺得您旅遊時的社會及文化背景會對您的背包旅行造成影響嗎? 是什麼方面的影響(正面或是負面)? (如: 過去的社會較為保守及封閉，背包旅行與主流文化不容，並會被視為一種被社會放逐或是叛逆的行徑。)

When you go backpacking, do you think that the social and cultural background of your homeland or the places you visit would affect your overall travel experience?

14. 在經歷過數次的背包旅行後，你會推薦他人也去嘗試背包旅行嗎? 如果會，原因為何? 如果不會，原因又是如何?

After backpacking for several times will you recommend other people to go on

their own backpacking trips? If so, why? If not, why?

15. 您覺得在背包旅行中有什麼實質斬獲? 人際溝通技巧、危機處理能力和遇到困難能知所變通的能力是否有因背包旅行的經驗而增進?

What do you learn from the backpacking trips? (e.g. interpersonal communication skills, problem-solving skills etc.)

16. 請問您原有的生活方式是否有受背包旅行的影響而改變?

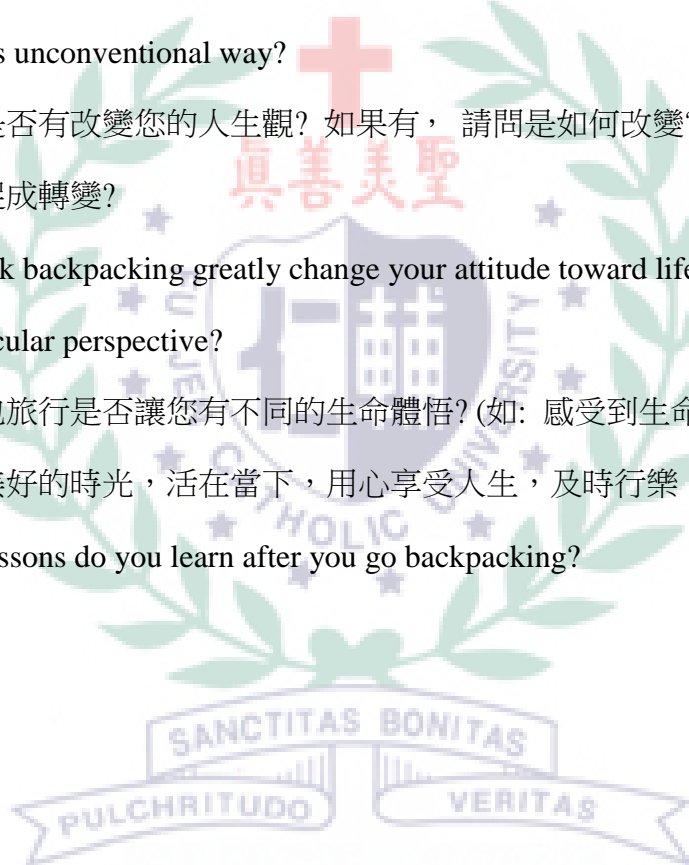
Do you think you have undergone some lifestyle changes after you started to travel in this unconventional way?

17. 背包旅行是否有改變您的人生觀? 如果有, 請問是如何改變? 或是由何種層面影響而促成轉變?

Do you think backpacking greatly change your attitude toward life? How? Or in which particular perspective?

18. 您覺得背包旅行是否讓您有不同的生命體悟? (如: 感受到生命的無常, 覺得應該把握美好的時光, 活在當下, 用心享受人生, 及時行樂。)

What life lessons do you learn after you go backpacking?



Appendix B: Answers of the Interview Questions

Time: 2015/05/09

Location: Gongguan, Miaoli

Duration: 1 hour 10 min(s)

Interviewee: Chang-Sheng Lin (Subject 1)

Age of the Interviewee: 47

1. 請問您覺得背包旅行對您而言具有什麼意義?

答: 自在愜意且不會受限於時間因素, 最重要的是, 可以放鬆和恣意享受流浪的感覺, 可以暫時忘拋開平日的忙碌。

2. 相對於套裝行程而言, 您比較喜歡何種旅行方式? 請闡述原因。

答: 較喜愛背包旅行, 因為行程可以自定, 而且不受約束。

3. 第一次背包旅行的地點是哪裡? 那趟旅程對您有何啟發? 那次的旅行經驗是讓您繼續下一趟背包旅行的重要或關鍵成因之一嗎?

答: 英國。英語能溝通無礙, 生活機能便利舒適, 旅遊資訊豐富, 喜歡當地的人文風情。挑選第一次背包旅行的地點相當重要, 需要慎選, 因為對背包旅行的第一印象會影響往後要不要繼續背包旅行的意願。

4. 是什麼動機讓您決定要以此種方式旅行(背包旅行)?

答: 天生就熱愛旅遊且喜歡以深度旅遊的方式來了解當地, 一般的套裝行程無法滿足這項需求, 所以選擇背包旅行。雖然背包旅行仍有一定的風險, 但如果能勇於嘗試的話, 在旅途中也會有許多意外的收穫。

5. 一直以來都喜愛旅遊嗎? 還是唯有對背包旅行情有獨鍾?

答: 是的, 一直以來都喜歡, 但最喜歡背包旅行。年輕實會只背背包就上路, 年齡漸長後會攜帶行李廂, 但到達旅行目的地後可寄放只背背包就出發, 車站、機場都睡過, 不排斥各種新的嘗試, 只求自在並深度體驗當地人文及風土民情。

6. 可以請您試著客觀分析背包旅行的利弊嗎？背包旅行有何好處及壞處？旅行過程中是否曾遇過阻礙？

答：利 – 自己對要去的點可以更有主導權及掌控度，雖說行前準備可能費時，但卻相當值得。

弊 – 安全性沒有保障，女性獨自旅遊可能須承擔較高的風險。其次，花費不見得較少，因為早期沒有廉價航空並不多見，只能透過找人湊人數以購買團體優惠票的方式節省機票開支，所以主要能節省的只有食宿部分。

7. 可以請您分享自己去過哪幾個地方嗎？或是未來特別想以背包旅行的方式造訪，但至今尚未有機會前往的國家？而至今仍未走訪這些地方的原因為何？

答：英國，愛爾蘭，荷蘭，法國，比利時，盧森堡，德國，丹麥，盧森堡等六十餘國。目前最想去國家有古巴，墨西哥，巴西，至今仍未前往的原因是因為飛行時間很長，需要搭乘飛機二至三天才能抵達旅遊地，而且語言不通，再者，因為目前沒有那麼長的閒暇時間進行深度旅遊。

8. 請問您覺得整體而言，背包旅行有讓您以較少的預算體驗到更豐富的旅行經驗嗎？

答：以前廉航較不盛行，所以以機票的預算而言並沒有省太多，但是如果能找人合宿分擔住宿，或是找人合租一輛車就能省下一些住宿及交通費了。

9. 請問一趟旅程中，您旅遊的平均時間長度是多久？(平均在旅遊地停留多長的時間?)

答：至少一個月，最長是定居在法國兩年，因為喜歡定點、深度旅遊，以便仔細觀察當地人的食衣住行，因為這些都是當地文化的縮影，如果只是走馬看花，無法看見當地人民的生活樣貌。在旅行時要試著讓自己融入當地，體驗當地生活並看見社會的真實面。

10. 當抵達所要背包旅行的國家後，您通常會選擇搭乘何種交通工具或是大眾運輸系統？(如：地鐵、火車、公車等…) 選擇該交通工具的原因為何？

答：都會搭，會因時及因地制宜選擇最方便的方式，也會購買地鐵套票，從

機場的市區則會選擇搭鐵路因為快速便捷，如果到鄉村，巴士是最佳選擇，因為可以遊覽及觀賞沿途風光。而到地域廣闊的地方，例如澳洲，會選擇租車(二至三人較划算)，因為有些鐵路無法到達的景點。

11. 請問您在到達旅遊地點後通常會選擇的何種留宿地點? (如:青年旅館、平價旅舍、朋友家中、沙發衝浪等…)

答: 青旅(有國際學生證就可以了), 民宿, 通常不會選住旅館, 會選擇住市中心, 而且可以到 information center 問。

12. 旅行中, 有什麼奇特、有趣的見聞讓您印象深刻? 或是曾否遇過驚險、危急的時刻?

答: 奇特見聞 - 在肯亞時曾住過馬賽人的部落, 跟著馬賽人一起用樹枝刷牙, 每天也跟他們一起去提水、編織, 住牛糞屋, 睡樹枝編織的床, 生吃羊肉, 也吃樹薯和奶酪, 覺得這是此生吃過最平凡卻美味的食物了, 也體認到只要放開心胸去體驗, 到每個地方都可以發現意外的驚喜。

曾經遇過最危急時刻, 在英國遇到黑人, 拿著大麻強行兜售, 但即使在旅途中遇到這種時刻, 也要自己隨機應變想方設法去化解危機。飛美西時, 也曾遇過劇烈的亂流, 飛機急降, 有人在被拋出座位, 整架飛機 9/10 的人都吐了。也曾在從舊金山飛大峽谷的時候, 遇到地震, 橋樑斷了, 會影響原定的行程。

13. 請問您覺得您旅遊時的社會及文化背景會對您的背包旅行造成影響嗎? 是什麼方面的影響(正面或是負面)? (如: 過去的社會較為保守及封閉, 背包旅行與主流文化不容, 並會被視為一種被社會放逐或是叛逆的行徑。)

答: 會, 所以在早期都選擇到落後未開發的區域旅遊, 因為當時這些地區還能不受商業活動干擾而保有質樸的一面, 但漸漸地這些地方就受到西方文明的洗禮, 並受商業活動的入侵而被改變了, 所以會間接地影響了旅行的興致及價值。(如: 尼泊爾) 除了這點之外, 在天安門事件後, 也曾前往中國, 為了尋根, 旅行時的社會氛圍的確會對旅遊行為本身造成影響。但我認為在西

方文化中，大家對背包旅行的接受度較高，不會被視為異類。

14. 在經歷過數次的背包旅行後，你會推薦他人也去嘗試背包旅行嗎？如果會，原因為何？如果不會，原因又是如何？

答：一定會，很多地方是人生中無法一去再去深度旅遊的，但透過背包旅行，揹起簡單行囊就上路，相機無法記錄的，就用眼睛捕捉瞬間的美好。如果不推薦，可能是因為個人因素，不夠勇敢，或是安全性的問題。

15. 您覺得在背包旅行中有什麼實質斬獲？人際溝通技巧、危機處理能力和遇到困難能知所變通的能力是否有因背包旅行的經驗而增進？

答：一定有，可以學會察言觀色，學會分辨怎麼樣才不會讓自己陷入險境。搭錯車，多走冤枉路，遇到惡房東還是要自己學著面對，自己要能換個角度想或是調整心態，把旅行中遇到的困難及阻礙當成是磨練心智。

16. 請問您原有的生活方式是否有受背包旅行的影響而改變？

答：沒有，原本就享受生活。認真工作是為了籌措下次旅遊的經費。

17. 背包旅行是否有改變您的人生觀？如果有，請問是如何改變？或是由何種層面影響而促成轉變？

答：是的，學會及時行樂，行萬里路勝讀萬卷書，累積更豐富的生活經驗。但即使喜歡在外遊走，還是會想回到家鄉。

18. 您覺得背包旅行是否讓您有不同的生命體悟？(如：感受到生命的無常，覺得應該把握美好的時光，活在當下，用心享受人生，及時行樂。)

答：在高空彈跳的過程，覺得藉由那種刺激及驚嚇，使得自己去思考了許多人生的問題，例如：感受到生命的無常，才學會珍惜，懂得敬畏天地，發現生命的渺小。而在旅行過程中，在遊覽探索人文風情的同時會有走入書本，走入歷史般身歷其境的感動，跟純粹從教科書上看到的不同，所以很珍惜每一次旅遊帶來的感動。

Time: 2015/05/10

Location: Zhunan, Miaoli

Duration: 40 min(s)

Interviewee: Guo Fu, Lin(Subject 2)

Age of the Interviewee: 70

1. 請問您覺得背包旅行對您而言具有什麼意義?

答: 覺得旅行除了能開闊視野外, 也能放鬆並體驗新事物, 有很多新奇的體驗。

2. 相對於套裝行程而言, 您比較喜歡何種旅行方式? 請闡述原因。

答: 喜歡自助旅行, 因為方便、輕鬆, 自己能有選擇權及掌控權, 而且時間、地點不受限。

3. 第一次背包旅行的地點是哪裡? 那趟旅程對您有何啟發? 那次的旅行經驗是讓您繼續下一趟背包旅行的重要或關鍵成因之一嗎?

答: Nepal. 五十歲的時候去的。看到了雄偉壯闊的喜馬拉雅山覺得十分感動, 之後去了 3 次。旅行帶來的感動會讓人想一起再去。

4. 是什麼動機讓您決定要以此種方式旅行(背包旅行)?

答: 能夠體驗不同文化、不同生活方式, 而且比較能真正放鬆, 隨心所欲, 只要錢夠, 時間夠就好。可以在當地停留更久, 更深度旅遊

5. 一直以來都喜愛旅遊嗎? 還是唯有對背包旅行情有獨鍾?

答: 一直以來都喜歡旅遊, 但開始背包旅遊的動機是覺得希望退休後能好好善用時間去看看世界。沒有特別喜歡套裝行程的原因是停留時間不夠久, 也不能融入當地, 所以旅行中能看見的並不多。

6. 可以請您試著客觀分析背包旅行的利弊嗎? 背包旅行有何好處及壞處? 旅行過程中是否曾遇過阻礙?

答: 好處是自由輕鬆且能融入當地。其實壞處步算太多, 但是自己注意安全,

自己衡量能力並尊重當地風俗，不會有太大的問題，當遇到阻礙時自己需要調整心態。

7. 可以請您分享自己去過哪幾個地方嗎？或是未來特別想以背包旅行的方式造訪，但至今尚未有機會前往的國家？而至今仍未走訪這些地方的原因為何？

答：中國各地，尼泊爾，法國，印尼。考量到身體狀況和體力，以後應該都會選擇前往中國旅遊，因為飛行距離不算太長且文化、生活習慣相近，語言也通。

8. 請問您覺得整體而言，背包旅行有讓您以較少的預算體驗到更豐富的旅行經驗嗎？

答：當然有。因為可以自行選擇在一地停留的長度，所以更能試著融入當地深度旅遊。

9. 請問一趟旅程中，您旅遊的平均時間長度是多久？（平均在旅遊地停留多長的時間？）

答：三至四周，最長一個月，去福建土樓，因為去了很多次，跟當地人變熟後寄宿在當地人家中，其實只要旅遊時隨身攜帶小禮物或是寄宿時補貼一些生活開支，要寄宿民居也不是那麼困難的事。

10. 當抵達所要背包旅行的國家後，您通常會選擇搭乘何種交通工具或是大眾運輸系統？（如：地鐵、火車、公車等…）選擇該交通工具的原因為何？

答：移動距離較長時會選擇搭火車，平常則一般都選擇搭公車，因為機動性較高且較能深入在地的小景點，看到有想參觀的景點也可以立刻下車去探訪。

11. 請問您在到達旅遊地點後通常會選擇的何種留宿地點？（如：青年旅館、平價旅舍、朋友家中、沙發衝浪等…）

答：朋友家，或是平價連鎖飯店。

12. 旅行中，有什麼奇特、有趣的見聞讓您印象深刻？或是曾否遇過驚險、危急的時刻？

答:沒有遭遇過什麼危險。 奇特的見聞則有參觀尼泊爾火葬場的經驗，當地人死後不能放隔夜，在當天立刻會用白布包著立刻火葬，而且有分階級，有錢人會用較好的木材燒，燒完後一律將遺體推入河中。

13. 請問您覺得您旅遊時的社會及文化背景會對您的背包旅行造成影響嗎? 是什麼方面的影響(正面或是負面)? (如: 過去的社會較為保守及封閉，背包旅行與主流文化不容，並會被視為一種被社會放逐或是叛逆的行徑。)

答:退休後才比較有空去旅遊，那時的社會風氣已較開放了，而且因為自己個性較曠達旅行中不會顧忌，可以交到朋友互相交流訊息及經驗分享。

14. 在經歷過數次的背包旅行後，你會推薦他人也去嘗試背包旅行嗎? 如果會，原因為何? 如果不會，原因又是如何?

答: 鼓勵年輕人去探索世界，但不推薦年長的人嘗試，因為遇到疾病、事故措手不及。

15. 您覺得在背包旅行中有什麼實質斬獲? 人際溝通技巧、危機處理能力和遇到困難能知所變通的能力是否有因背包旅行的經驗而增進?

答: 有，溝通技巧及應變能力都有提升。即使在語言不通的地方，也要學會用肢體語言溝通

16. 請問您原有的生活方式是否有受背包旅行的影響而改變?

答: 一樣，出去只是放鬆，回來之後會期待下次啟程。

17. 背包旅行是否有改變您的人生觀? 如果有，請問是如何改變? 或是由何種層面影響而促成轉變?

答: 視野開闊了許多，因為旅遊可以讓自己看見其他國家的富足，貧窮，也體驗了不同的生活方式。

18. 您覺得背包旅行是否讓您有不同的生命體悟? (如: 感受到生命的無常，覺得應該把握美好的時光，活在當下，用心享受人生，及時行樂。)

答: 學會把握當下，趁還能多走走看看的時候多去嘗試，未來才不會徒留遺憾。

Time: 2015/05/13

Location: Xinzhuang, New Taipei

Duration: 1 hour 30 min(s)

Interviewee: Yi Ting, Lee (Subject 3)

Age of the Interviewee: 22

1. 請問您覺得背包旅行對您而言具有什麼意義?

答: 沒以離開過家, 所以想體驗獨立生活, 而背包旅行正是體驗獨立的一個好方法, 因為路途中隨時都會遇到一些突發狀況, 而這些都是你沒辦法事先準備好面對的, 所以更讓旅行顯得驚險刺激。

2. 相對於套裝行程而言, 您比較喜歡何種旅行方式? 請闡述原因。

答: 每次跟團旅行都似乎沒留下什麼深刻的回憶; 比較喜歡背包旅行, 而且不喜歡依賴別人, 所以彈性且一個人背包旅行則是對我來說最好的旅行方式。

3. 第一次背包旅行的地點是哪裡? 那趟旅程對您有何啟發? 那次的旅行經驗是讓您繼續下一趟背包旅行的重要或關鍵成因之一嗎?

答: 新馬兩國, 然後再去寮國、緬甸, 為期四十二天的旅遊行程。第一次其實有點緊張, 但是在住宿的地方遇到許多同齡的西方人讓我學會以不同的角度看世界, 並反思台灣這個世代的年輕人的想法, 而且在旅行過程中也充分體驗了挑戰自我的感覺, 但最主要影響我繼續這種旅行方式的還是接受到新的衝擊和思維, 以及當地人的友善, 所以變讓我興起了未來繼續這種旅行方式的念頭。

4. 是什麼動機讓您決定要以此種方式旅行(背包旅行)?

答: 挑戰自己、省錢, 體驗和平常不同的生活型態, 時間充裕, 可以在當地停留更久, 更深度旅遊; 而且不需要因為一直趕路而走馬看花, 也有和其他人交流的機會(背包客或當地人), 學會交際和提升溝通能力, 徒步的過程中也可以到更多, 景點只是旅行中的配角, 旅行中的主角是人和與人的互動。

5. 一直以來都喜愛旅遊嗎? 還是唯有對背包旅行情有獨鍾?

答: 一直都喜愛旅遊，未來即使有錢還是會去背包旅行，因為喜歡窮遊的感覺，享受流浪。

6. 可以請您試著客觀分析背包旅行的利弊嗎? 背包旅行有何好處及壞處? 旅行過程中是否曾遇過阻礙?

答: 好處是有充分的自主權，旅行中也有機會可以和當地人或是其他背包客互動，也可以和從這些異文化背景的人的互動中增加旅行知識和經驗，但壞處是因為有限的預算，所以有一些需要比較大開銷的活動就沒機會體驗。

7. 可以請您分享自己去過哪幾個地方嗎? 或是未來特別想以背包旅行的方式造訪，但至今尚未有機會前往的國家? 而至今仍未走訪這些地方的原因為何?

答: 韓國、新加坡、馬來西亞、泰國、緬甸、印尼、菲律賓、柬埔寨、越南和日本等國，未來想走一些循路路穿越邊境的行程，如：絲路，或是從中國一直走到伊朗，也想去歐洲、埃及、以色列、約旦，很想中東這種文化異質性高的地方，但受限於沒有較長的假期且預算也還不夠充裕。

8. 請問您覺得整體而言，背包旅行有讓您以較少的預算體驗到更豐富的旅行經驗嗎?

答:有! 在窮遊和深入當地的過程中有很多新奇的體驗，沒有太多行前規劃反而會有意想佈道的收穫。

9. 請問一趟旅程中，您旅遊的平均時間長度是多久?(平均在旅遊地停留多長的時間?)

答: 少則兩周，長則六周，因為可以深度旅遊，而且定點比較省錢。

10. 當抵達所要背包旅行的國家後，您通常會選擇搭乘何種交通工具或是大眾運輸系統?(如: 地鐵、火車、公車等…) 選擇該交通工具的原因為何?

答: 公車 - 便宜而且不容易被騙，但基本上其他大眾運輸工具也都會搭，如:火車、地鐵等...

11. 請問您在到達旅遊地點後通常會選擇的何種留宿地點?(如:青年旅館、便宜旅舍、朋友家中、沙發衝浪等…)

答: Youth Hostel, couchsurfing...

12. 旅行中，有什麼奇特、有趣的見聞讓您印象深刻？或是曾否遇過驚險、危急的時刻？

答: 在日本最新奇的體驗就是找會日文的朋友去了只有當地人才會去的居酒屋和當地人併桌，並快速的和同桌的日本人熟稔起來，之後又和他們去 KTV 續攤，臨行前日本人還怕他們趕不上最後一班電出給了他和朋友一人一萬元日幣搭計程車。但驚險的場面就是，在印尼高山看日出時不知道氣溫很低所以沒有帶足夠的保暖衣物，加上凌晨出門視線不佳在山上迷路，隨手召了摩托車的計程車到山上看完日出，回程時卻因迷路找不到旅館，費了好大一番力氣才找到。也曾經在登山時，因為沒有做行前的調查，所以在沒有裝備及食物的情況下選擇了較難的路線，走完體力快透支。

13. 請問您覺得您旅遊時的社會及文化背景會對您的背包旅行造成影響嗎？是什麼方面的影響(正面或是負面)？(如: 過去的社會較為保守及封閉，背包旅行與主流文化不容，並會被視為一種被社會放逐或是叛逆的行徑。)

答: 是受旅遊文學的啟發才展開背包旅行的計劃，這幾年背包旅行風氣也很盛行，但是對於父母那一輩人的生長背景，背包旅行就不是那麼能容易讓他們接受的概念了，他們會因為安全性和不確定性等元素而反對，需要經過一番包裝才能說服他們。

14. 在經歷過數次的背包旅行後，你會推薦他人也去嘗試背包旅行嗎？如果會，原因為何？如果不會，原因又是如何？

答: 不一定，視個人情況而定，不是每個人都適合。

15. 您覺得在背包旅行中有什麼實質斬獲？人際溝通技巧、危機處理能力和遇到困難能知所變通的能力是否有因背包旅行的經驗而增進？

答: 學會處變不驚，看事情的態度變得淡然，物慾降低，也從和外國人的互動學會一些社交技巧。

16. 請問您原有的生活方式是否有受背包旅行的影響而改變？

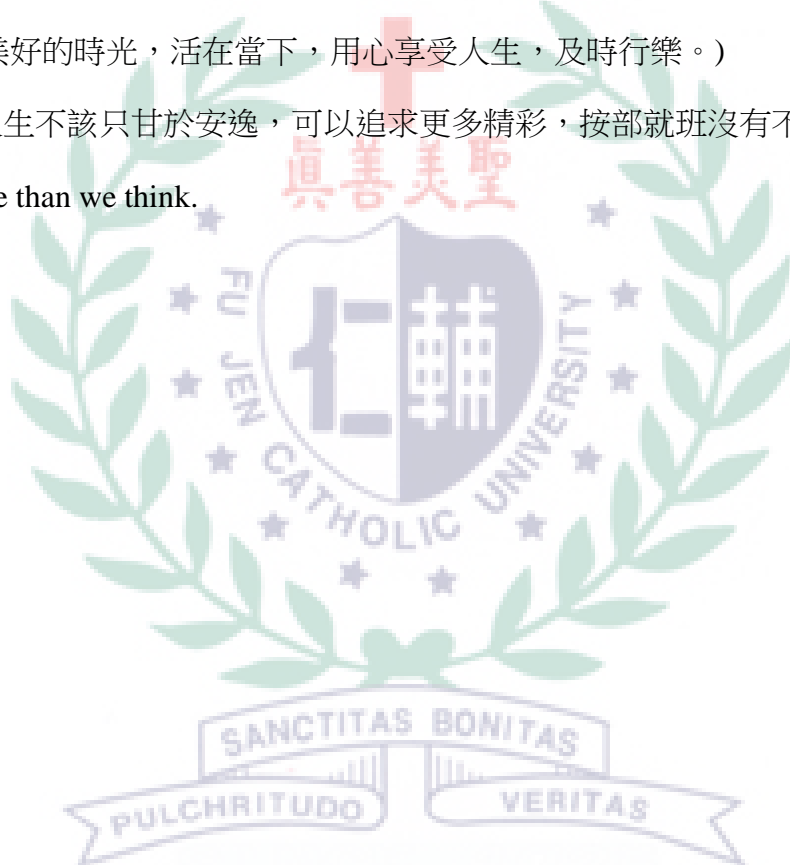
答: 原本的生活方式能和旅行區分開，過一樣的生活，但想法、心境有所轉變。

17. 背包旅行是否有改變您的人生觀? 如果有，請問是如何改變? 或是由何種層面影響而促成轉變?

答: 遇到同齡的人，並在和他們的互動的過程中去反思學習這件事，跳脫既有的思維，也決定放慢生涯規劃的步調，因為人生很短，需要善加利用； **do what you love/ enjoy, and always seize the moment.**

18. 您覺得背包旅行是否讓您有不同的生命體悟? (如: 感受到生命的無常，覺得應該把握美好的時光，活在當下，用心享受人生，及時行樂。)

答: 覺得人生不該只甘於安逸，可以追求更多精彩，按部就班沒有不好， **but we can do more than we think.**



Time: 2015/05/20

Location: Xinzhuang, New Taipei

Duration: 45 min(s)

Interviewee: Bao Yun, Chang (Subject 4)

Age of the Interviewee: 23

1. 請問您覺得背包旅行對您而言具有什麼意義?

答: 體驗人生、生活和開展新的生命經驗, 體驗獨立生活。也可以拓展視野和認識新的人也可以享有一定的自由並體驗一些人生中難得的經驗。

2. 相對於套裝行程而言, 您比較喜歡何種旅行方式? 請闡述原因。

答: 輕鬆、方便。而且因為是自助旅行所以多了自由和彈性, 旅行經驗更豐富、有趣。

3. 第一次背包旅行的地點是哪裡? 那趟旅程對您有何啟發? 那次的旅行經驗是讓您繼續下一趟背包旅行的重要或關鍵成因之一嗎?

答: 小學的時候, 被爺爺帶去花蓮, 以搭便車和徒步的方式旅行, 走累了舊搭便車, 也是從那時起就愛上了旅行中自我挑戰的感覺, 也因為旅行中充滿各種有趣的事物, 所以對每趟旅行都有不同的期待。

4. 是什麼動機讓您決定要以此種方式旅行(背包旅行)?

答: 體驗不同的生活方式, 在當地待的時間長, 看到的也越多; 自助旅行會讓我在回來後還是回味無窮, 而且印象更深刻, 旅途中還可以認識同年齡的人並成為朋友, 所以我總是對背包旅行抱有高度的期待。

5. 一直以來都喜愛旅遊嗎? 還是唯有對背包旅行情有獨鍾?

答: 喜歡, 但沒有很多跟團的經驗, 因為喜歡自定行程。

6. 可以請您試著客觀分析背包旅行的利弊嗎? 背包旅行有何好處及壞處? 旅行過程中是否曾遇過阻礙?

答: 缺點就是總是會遇到無法預料的事, 例如: 住宿找不到地方。但優點是多了

很多嘗試的機會。

7. 可以請您分享自己去過哪幾個地方嗎? 或是未來特別想以背包旅行的方式造訪, 但至今尚未有機會前往的國家? 而至今仍未走訪這些地方的原因為何?

答: 去過香港和中國的福州、廈門、上海、黃山、印度和日本。

還沒去過歐洲, 但未來最想去泰緬走陸路穿越邊境, 目前還沒成行的原因是因為現實的考量, 包括語言、時間、金錢等因素。

8. 請問您覺得整體而言, 背包旅行有讓您以較少的預算體驗到更豐富的旅行經驗嗎?

答: 有 (更貼近當地)。

9. 請問一趟旅程中, 您旅遊的平均時間長度是多久? (平均在旅遊地停留多長的時間?)

答: 至少兩到三周。

10. 當抵達所要背包旅行的國家後, 您通常會選擇搭乘何種交通工具或是大眾運輸系統? (如: 地鐵、火車、公車等…) 選擇該交通工具的原因為何?

答: 地鐵和公車, 因為方便又省錢(窮遊)。也可以在這些交通工具上遇到各式各樣不同的人。

11. 請問您在到達旅遊地點後通常會選擇的何種留宿地點? (如: 青年旅館、便宜旅舍、朋友家中、沙發衝浪等…)

答: 朋友家中, 親戚家或是 **airbnb**(提供世界各國民宿的網站)。

12. 旅行中, 有什麼奇特、有趣的見聞讓您印象深刻? 或是曾否遇過驚險、危急的時刻?

答: 喜歡孩子, 最喜歡在當地和孩子互動, 在印度時也曾深入當地人的市集, 但其實當地人和外國人去的市集是有所區分的, 因為不小心走入當地人市集就容易被不肖份子盯上, 所以要小心。

13. 請問您覺得您旅遊時的社會及文化背景會對您的背包旅行造成影響嗎? 是什麼方面的影響(正面或是負面)? (如: 過去的社會較為保守及封閉, 背包旅行與

主流文化不容，並會被視為一種被社會放逐或是叛逆的行徑。)

答: 會思考更多，例如印度的種姓制度，會讓我思考社會中低階層的人的教育和底層的人民們的生活型態，而在日本看到社會進步、富足，人民守秩序又有禮則會讓我反思自己國家缺乏了什麼。

14. 在經歷過數次的背包旅行後，你會推薦他人也去嘗試背包旅行嗎？如果會，原因為何？如果不會，原因又是如何？

答: 我覺得背包旅行不僅只有玩樂，更是一個能夠深入探索和融入當地的好方法。

15. 您覺得在背包旅行中有什麼實質斬獲？人際溝通技巧、危機處理能力和遇到困難能知所變通的能力是否有因背包旅行的經驗而增進？

答: 對社會議題的敏感度提高，和增加了自己的世界觀，和旅行中遇到同齡的人相比也會開始思考自己在對方那個年紀是否有所作為。

16. 請問您原有的生活方式是否有受背包旅行的影響而改變？

答: 有，會為了下一次的旅行更努力的生活和工作，在旅行中所經歷的也比原來的生活豐富許多。

17. 背包旅行是否有改變您的人生觀？如果有，請問是如何改變？或是由何種層面影響而促成轉變？

答: 有，對很多事改觀，也會有更多的思考；看到生活水平不如自己的弱勢族群時，會開始思考自己能為這個世界和社會做出什麼貢獻，也開始思考個人的價值。

18. 您覺得背包旅行是否讓您有不同的生命體悟？(如: 感受到生命的無常，覺得應該把握美好的時光，活在當下，用心享受人生，及時行樂。)

答: 有。同樣身為人，但在不同的國家所得到的關注和照顧都是很不同的。而同樣的年齡，不同國家的人也會有截然不同的人生經歷。

Time: 2015/05/29

Location: Xinzhuang, New Taipei (via Skype)

Duration: 40 min(s)

Interviewee: Li Ming, Chang (Subject 5)

Age of the Interviewee: 22

1. 請問您覺得背包旅行對您而言具有什麼意義?

答: 旅行能夠開闊自己的視野，而背包旅行是教克難但卻省錢的方式，藉由這個過程也能增進自己獨立和吃苦的能力。

2. 相對於套裝行程而言，您比較喜歡何種旅行方式? 請闡述原因。

答: 享受過背包旅行帶來的自由後就不會想在選擇套裝行程。

3. 第一次背包旅行的地點是哪裡? 那趟旅程對您有何啟發? 那次的旅行經驗是讓您繼續下一趟背包旅行的重要或關鍵成因之一嗎?

答: 荷蘭，雖然過程中有被偷東西的經驗，很驚嚇很累，但是整體而言因為很省錢住宿經驗也很良好，所以仍然算是一個美好的經驗。之後也還是會想嘗試：

4. 是什麼動機讓您決定要以此種方式旅行(背包旅行)?

答: 想用省錢的方是多看看世界。

5. 一直以來都喜愛旅遊嗎? 還是唯有對背包旅行情有獨鍾?

答: 之前在台灣時其實沒有特別喜愛旅遊，但到歐洲當交換生並開始了幾次自住旅行後就開始喜歡上旅行了。

6. 可以請您試著客觀分析背包旅行的利弊嗎? 背包旅行有何好處及壞處? 旅行過程中是否曾遇過阻礙?

答: 優點是行程以充分的自由而且可以自定，但缺點就是行前規畫很累，而且不一定會說當地語言也有可能會迷路，也都要自行承擔風險。遇到的阻礙就是自己不太會認路，而且時間都要自己拿捏恰當。

7. 可以請您分享自己去過哪幾個地方嗎? 或是未來特別想以背包旅行的方式造訪, 但至今尚未有機會前往的國家? 而至今仍未走訪這些地方的原因為何?

答: 歐洲的大部分國家, 東、西歐各有不同特色的人種和建築, 但相對的也是有歧視和髒亂的問題。目前歐洲沒去過的地方是北歐的幾個國家, 因為在留學的那段期間遇到冬天放假比較長的時間, 但因為太冷所以就沒有去造訪。

8. 請問您覺得整體而言, 背包旅行有讓您以較少的預算體驗到更豐富的旅行經驗嗎?

答: 有的。

9. 請問一趟旅程中, 您旅遊的平均時間長度是多久? (平均在旅遊地停留多長的時間?)

答: 從五天到十幾天或半個月以上不等, 主要是配合學校休假。

10. 當抵達所要背包旅行的國家後, 您通常會選擇搭乘何種交通工具或是大眾運輸系統? (如: 地鐵、火車、公車等…) 選擇該交通工具的原因為何?

答: 輕軌、火車或地面電車, 但大部分時間步行。

11. 請問您在到達旅遊地點後通常會選擇的何種留宿地點? (如: 青年旅館、便宜旅舍、朋友家中、沙發衝浪等…)

答: Airbnb, 青年旅館或是 couchsurfing。

12. 旅行中, 有什麼奇特、有趣的見聞讓您印象深刻? 或是曾否遇過驚險、危急的時刻?

答: 發現歐洲有許多人都精通多國語言, 在義大利時以德文向阿伯問路, 而阿伯立刻以流利德文對答。不好的經驗就是有被偷, 發現被盯上就很難倖免, 因為歐洲的小偷都很組織且會相互接應, 但被偷後就學會提高警覺。

13. 請問您覺得您旅遊時的社會及文化背景會對您的背包旅行造成影響嗎? 是什麼方面的影響(正面或是負面)? (如: 過去的社會較為保守及封閉, 背包旅行與主流文化不容, 並會被視為一種被社會放逐或是叛逆的行徑。)

答: 有, 其實旅遊當地的社會發展程度是對治安影響很重大, 在歐洲可能一些弱

勢的族群像吉普賽人就是需要比較注意的族群，因為有許多扒手可能都是這些射會弱勢的族群。

14. 在經歷過數次的背包旅行後，你會推薦他人也去嘗試背包旅行嗎？如果會，原因為何？如果不會，原因又是如何？

答：會，因為心靈上會有所成長。

15. 您覺得在背包旅行中有什麼實質斬獲？人際溝通技巧、危機處理能力和遇到困難能知所變通的能力是否有因背包旅行的經驗而增進？

答：變得比較善於跟陌生人搭話，也比較敢向路人問路，失敗也會繼續嘗試。

16. 請問您原有的生活方式是否有受背包旅行的影響而改變？

答：有，因為在自助旅行後就比較習慣長時間步行，所以現在即使回到台灣也比較長徒步。而且就會積極的生活訂立目標和旅行計畫。

17. 背包旅行是否有改變您的人生觀？如果有，請問是如何改變？或是由何種層面影響而促成轉變？

答：去了歐洲後，體驗了很多不同的生活方式及新鮮的經驗，現在會希望自己能夠努力工作，未來如果有機會還想要再去歐洲旅行，之後並以此為目標激勵自己。

18. 您覺得背包旅行是否讓您有不同的生命體悟？(如：感受到生命的無常，覺得應該把握美好的時光，活在當下，用心享受人生，及時行樂。)

答：很享受旅行的當下，並開始嚮往未來有更積極的訂定長遠的人生計劃。

Time: 2015/06/01

Location: Xinzhuang, New Taipei (via Skype)

Duration: 30 min(s)

Interviewee: Xin Yu, Hung (Subject 6)

Age of the Interviewee: 20

1. 請問您覺得背包旅行對您而言具有什麼意義?

答: 體驗不同的文化、訓練自己獨立、處理事物的能力。

2. 相對於套裝行程而言, 您比較喜歡何種旅行方式? 請闡述原因。

答: 自助, 因為可以自己規劃行程, 隨自己的喜好去找景點, 而不是一直趕行程。

3. 第一次背包旅行的地點是哪裡? 那趟旅程對您有何啟發? 那次的旅行經驗是讓您繼續下一趟背包旅行的重要或關鍵成因之一嗎?

答: 美國, 我去了加州的聖地牙哥還有紐約。因為紐約是個大熔爐, 大家都很自在的做自己, 讓我體會到其實做自己就很好, 不需要一味的迎合別人, 然後也讓我學到去敞開心胸接受別人的文化。是, 這也是我為何會鼓起勇氣到多明尼加探險的原因之一。

4. 是什麼動機讓您決定要以此種方式旅行(背包旅行)?

答: 因為想挑戰自己、嘗一下自由的滋味, 而且背包旅行開銷也不大, 是很值得一事的方式。

5. 一直以來都喜愛旅遊嗎? 還是唯有對背包旅行情有獨鍾?

答: 在去美國前, 我也不知道我喜不喜歡旅遊! 但去過了一次後就上癮了。

6. 可以請您試著客觀分析背包旅行的利弊嗎? 背包旅行有何好處及壞處? 旅行過程中是否曾遇過阻礙?

答: 好處是可以很自由, 自己決定行程! 壞處是要做很多行前功課, 食宿交通都要查好! 最好是當地的語言要會說至少一點點。有, 我到美國的那次, 因為前一

班飛機誤點，導致我接不上下一班，在機場差點哭出來！現在想想真的是滿驚險的！

7. 可以請您分享自己去過哪幾個地方嗎？或是未來特別想以背包旅行的方式造訪，但至今尚未有機會前往的國家？而至今仍未走訪這些地方的原因為何？

答：我去過大陸跟美國的幾個城市，日本，韓國，還有多明尼加。將來想到澳洲、中南美洲旅行。因為沒有存夠錢。

8. 請問您覺得整體而言，背包旅行有讓您以較少的預算體驗到更豐富的旅行經驗嗎？

答：有但是遇到緊急狀況，有時候還是會付出比較多的金錢（本身還沒遇過這種情況）。

9. 請問一趟旅程中，您旅遊的平均時間長度是多久？（平均在旅遊地停留多長的時間？）

答：1~10個禮拜。

10. 當抵達所要背包旅行的國家後，您通常會選擇搭乘何種交通工具或是大眾運輸系統？（如：地鐵、火車、公車等…）選擇該交通工具的原因為何？

答：大部份都是搭公車、地鐵，由時候會走路。比較方便、便宜。

11. 請問您在到達旅遊地點後通常會選擇的何種留宿地點？（如：青年旅館、便宜旅舍、朋友家中、沙發衝浪等…）

答：我都是選擇到當地人家寄宿，可以讓我更快融入、了解當地的文化。

12. 旅行中，有什麼奇特、有趣的見聞讓您印象深刻？或是曾否遇過驚險、危急的時刻？

答：驚險的事大概就是上述的轉機危機！畢竟是第一次自己長途旅行，遇到這種狀況真的會很不知所措！幸好語言有通，順利把危機解決～ 還有一次被紐約當地的新朋友拉去聽他直銷公司的演講，當時我不知道是做直銷，就傻傻的被拉去，結束後還一直被拖著要我簽約！幸好我當下是以聽不懂英文這個藉口趕緊偷溜！不然真的是太可怕了！

13. 請問您覺得您旅遊時的社會及文化背景會對您的背包旅行造成影響嗎？是什麼方面的影響(正面或是負面)？(如：過去的社會較為保守及封閉，背包旅行與主流文化不容，並會被視為一種被社會放逐或是叛逆的行徑。)

答：我覺得在紐約的那段時間帶給我一些正面的影響（第3題有解釋）！因為畢竟紐約相較於我生長的台南還有現在住的臺北還是比較開放，也充滿了形形色色的人。

14. 在經歷過數次的背包旅行後，你會推薦他人也去嘗試背包旅行嗎？如果會，原因為何？如果不會，原因又是如何？

答：一定會。因為我覺得這是一個可以去認識自己、挑戰自己的機會！

15. 您覺得在背包旅行中有什麼實質斬獲？人際溝通技巧、危機處理能力和遇到困難能知所變通的能力是否有因背包旅行的經驗而增進？

答：算是有增進危機處理能力吧！畢竟獨自在外，凡事都要靠自己，是一個讓媽寶們快速長大的好機會！

16. 請問您原有的生活方式是否有受背包旅行的影響而改變？

答：算是有～會對原本的生活感到有點乏味！畢竟旅行還是比較多彩多姿。

17. 背包旅行是否有改變您的人生觀？如果有，請問是如何改變？或是由何種層面影響而促成轉變？

答：以前我對很多事情都很執著，但是在旅行的過程中看到身邊朋友、事物來來去去，也學會了用比較瀟灑的態度去面對身邊的事情跟自己。

18. 您覺得背包旅行是否讓您有不同的生命體悟？(如：感受到生命的無常，覺得應該把握美好的時光，活在當下，用心享受人生，及時行樂。)

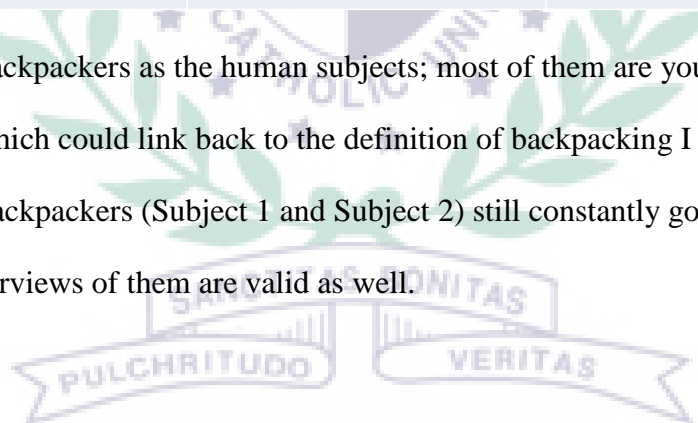
答：人生就只有一次，有時候機會錯過了就不會再有，這樣也讓我學會了要把握好身邊的機會，享受當下的時光。

Appendix C: Result Analysis of the Qualitative Interviews

I. Background of The interviewees

Interviewee	Gender	Age
Subject 1	M	47
Subject 2	M	70
Subject 3	M	22
Subject 4	F	23
Subject 5	F	22
Subject 6	F	20

There are six backpackers as the human subjects; most of them are young backpackers, which could link back to the definition of backpacking I referred to, but the other two backpackers (Subject 1 and Subject 2) still constantly go backpacking now, so the interviews of them are valid as well.



1. The activity of travelling or going camping while carrying your clothes and other things that you need in a backpack.

(Cambridge Dictionary)

2. Traveling around with only a backpack on your back. This method of travel is usually associated with youth but people of all ages backpack.

(Urban Dictionary)

II. The Analysis of the Main Research Questions

1. What does backpacking mean to the subjects? / How would the subjects define backpacking? (Referred to the interview questions No. 1)

Young

- Experiencing independent lifestyles (Subject 3,4,5 &6)

Middle Age

- Being free from the work stress (Subject 1)

Elder

- Experiencing new things (Subject 2)

Based on the answers of the six interviewees, to the backpackers of different age groups the backpacking activity might mean differently. Therefore, according to the answers of the human subjects I categorized them into three

groups.

For the young backpackers backpacking could be a manner for them to experience independent lifestyle, and for the middle age backpacker, he perceived backpacking as a way to temporarily free him from the work stress.

As for the elder one, he considered backpacking to be an opportunity to experience novel things.

2. What motivate the subjects to go backpacking? (Refereed to the interview questions No. 4)



For subject 3 and 6, they say that they go backpacking because it is a very self-challenging task. As for subject 2, 3, and 4 they go backpacking to experience different lifestyles and subject 3 and 4 also says that they can make some friends along the trips as they are backpacking. Besides, half of my interviewees state that one of the reasons that motivate them to go backpacking is because of the longer

duration of it; they think that they can get to know more about a place when they can have a longer duration of the stay at that specific place. Even though people might perceive backpacking as a more economical way to travel; however, only half of my interviewees say that they go backpacking because of the lower cost, and Subject 1 emphasized that the spending of the flight tickets in the past was actually much higher because of the rareness of budget airlines. (Subject 1 answered in Question 6.)

My interviewees all somehow directly or indirectly convey the idea throughout the interviews that they go backpacking for they want to experience the local customs or culture.

3. What do people learn on the road or during the trips? (Referred to the interview questions No. 15)

Subject 1 - Acquiring some social skills and some problem-solving or crisis handling skills.

Subject 2 – Acquiring some social skills and enhancing the crisis handling ability.

Subject 3 – Acquiring some social skills and learning to be calmer when encountering problems and learning to be more frugal.

Subject 4 – Starting to pay more attention to some social issues and also enlarging her conception of world.

Subject 5 - Acquiring some social skills and learning to be more perseverant.

Subject 6 – Learning more problem-solving or crisis handling skills and also learning to be independent.

4. How backpacking influence people’s attitude toward life?

I listed some meaningful quotes I found in the interviews. (mainly referred to interview question No.18)

“Life is short, so we should enjoy the present.” (Subject 1, M)

“Do not live with regrets.” (Subject 2, M)

“We can do more than we think.” (Subject 3, M)

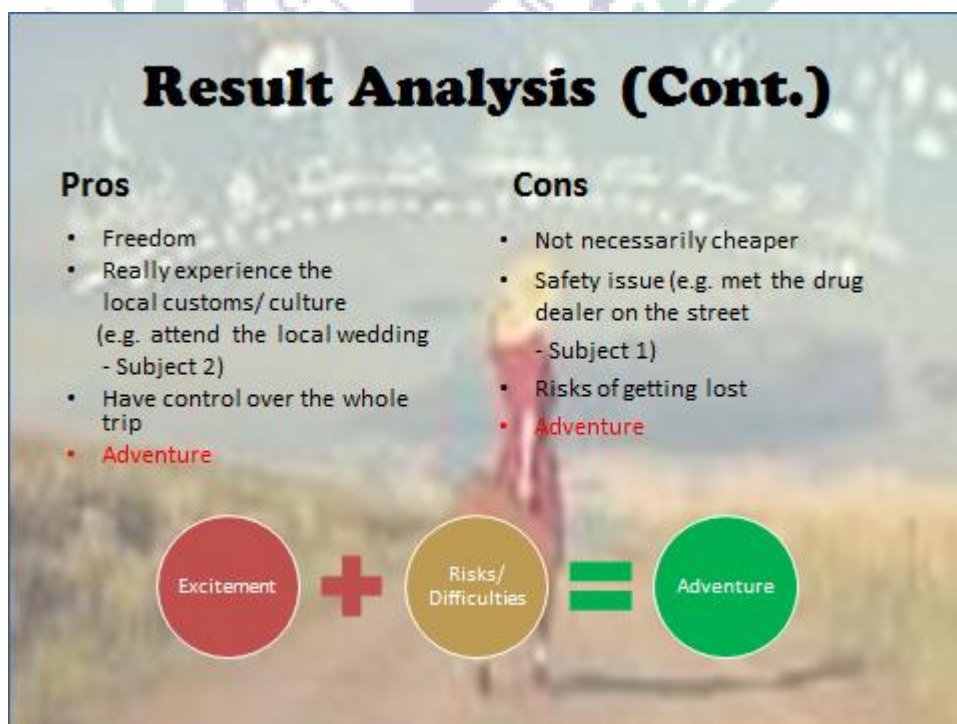
“Seeing the poor and the disadvantaged on the road really makes me reflect on my own life and start thinking about what I can do to help those in need.”
(Subject 4, F)

“The trips make me more excited about the future, and I even start setting long-term goals for the future.” (Subject 5, F)

“There are chances that will never occur again in our lifetime, so we must cherish every opportunity we have.” (Subject 6, F)

III. The Result of Subordinate Research Questions

1. Pros and Cons of Backpacking (mainly referred to interview question No. 6)



2. Average Duration of the Trip

Choices of Public Transportation

Accommodation Choices (Referred to interview question No. 9,10,and 11)

Average duration

- At least : 2- 4 weeks
- At most: 1-2 years

Choices of public transportation

- Train
- Subway
- Bus

Accommodation choices

- Youth hostel
- A local friend's place
- Couchsurfing
- Airbnb

Further explanation of no.2

Average Duration - The average duration of the backpacking trip is at least two to four week; however, sometimes a backpacking trip could be up to one year or two years. For instance, the Subject 1, was once learned gastronomy in Le Cordon Bleu in France, but when the time he was not at school, he was always on the road, so if adding the time he traveled during his stay in France, the total travel time could be up to two years.

Choices of Public Transportation - There is various kinds of public transportation involved in the backpacking activities; and my interviewees state that the ones that they often reach to are trains, subways, and buses. Among these three, the backpackers say that they would train to travel from airport to the downtown area, and then transfer to the subway or underground system to travel around the city, and then if they want to pay a visit to the suburbs or rural area, they could also make good use of the bus to reach there.

Accommodation choices - The choices of the accommodation among the interviewees are youth hostel, a local friend's place, places found through the couchsurfing websites, or Airbnb. As for why the subjects choose these places for their stay in the foreign countries might due to two reason, one is because these places are more affordable for them; and the other reason that they can get the chance to interact with other backpackers or the locals because of such accommodation choices. Youth hostel is the place for the backpackers to exchange travel information, and the other three are places that backpackers can stay more closely with the local and get to know more about the way they live. Couchsurfing, and Airbnb are both websites they provide local housing worldwide for people to rent; therefore, staying at places like this could be serves as chances to really experience the local living.

3. Gender Differences in Interview Questions No. 16

Interview question No. 16 - Do you think you have undergone some lifestyle changes after you started to travel in this unconventional way?

Answer to Q.16 –

Subject 1 – No, I will start saving money for the next trip.

Subject 2 – No, I look forward to the next trips.

Subject 3 – No, I could separate my original lifestyle from the way I live on the road.

Subject 4 – Yes, I will work harder so that I can go for a next backpacking trip.

Subject 5 – Yes, I walked a lot when traveling, and now I keep walking as a habit even when I in Taiwan.

Subject 6 – Yes, I even consider my original lifestyle to be rather boring.

For male backpackers, they all says that they lifestyles do not changed

after coming back from the backpacking trips, they state that they will look forward to the next trip, and they will start saving money for the upcoming trips, but they can still separate their original lifestyle with the lifestyles they have experienced on the road. However, all the female backpackers says that they have gone through the changes of lifestyle after they go backpacking, and they says that the backpacking trips will motivate them to work harder in order to go for the next one, and one of them says that she will keep the habit she made on road, and one even say that she starts to consider her original lifestyle to be boring after her backpacking trips.

