

Coromandel Holidays and Well-Being

a research report by

Dr Karen V. Fernandez, PhD.

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Executive Summary

Stress, increasingly experienced by busy city dwellers, reduces psychological and physical wellbeing. Although leisure travel has been documented to improve psychological and physical wellbeing, most of that prior work has looked at international travel for a week to a month. We do not yet know if the psychological and physical benefits of travel can be gained from short-term visits to nearby destinations. The Coromandel, situated within 1.5 hours to 2.5 hours' drive of its largest visitor catchment of Auckland, is a popular destination for summer and weekend trips.

Consequently, the Coromandel presented an ideal location to examine the wellbeing benefits of short-term, short-distance travel. Fourteen participants currently located in Auckland were invited to visit the Coromandel for two nights. In return for accommodation being provided free of charge, they agreed to complete pre- and post- trip surveys, wear a provided smart watch during, and for 48 hours after, their trips, and to complete a post-return interview.

The survey data revealed participants felt twice as relaxed after their trip, and felt more rested, as well as less anxious and less stressed. The participants' self-reported perceived psychological stress was corroborated by watch data evidence of a 27% reduction in physical stress levels. Heart rates and sleep quality improved as well. It can be concluded that short term breaks to the Coromandel increase visitors' psychological wellbeing and their physical wellbeing. The interview data revealed that the participants, even retired ones, overwhelmingly viewed a holiday as an opportunity to "relax", and to "get away" from their ordinary routines. When asked to describe a dream holiday, participants reported desiring nature, peacefulness, and variety. These desires resonated with their descriptions of what they liked most about their most recent visit to the Coromandel – a diversity of landscapes that were both beautiful *and* peaceful. Thus, there is a clear alignment between the attributes of dream holidays and what the Coromandel offers holiday visitors.

Short, two-night visits to the Coromandel increased participants psychological, physical, and overall wellness, as well as improving their happiness and life-satisfaction. Even a brief two-night visit to the beautiful scenic Coromandel offers a welcome antidote to the ills of busy city lives.

A. INTRODUCTION

Both psychological (also referred to as “mental”) and physical wellbeing can be negatively impacted by psychological stress. Psychological stress, or “stress” for short, refers to the relationships between people and their environment, which strain or exceed their resources and thus endangering their well-being (Lazarus and Folkman 1984). Stress occurs when a person is exposed to stimuli that are perceived as too harmful, challenging, or threatening for the person to cope with (Biggs, Brough, & Drummond 2017). This leads to brain chemicals called hormones surging through the body which make the stressed person sweat, breathe more quickly, and tense their muscles in preparation to take action (CAMH 2023). Not surprisingly, stress is increasingly experienced by those who are full-time employed and live in cities like Auckland due to traffic congestion, and other stress-inducing factors such as busier social lives and reduced access to natural environments.

Psychological wellbeing can be impacted by stress. For example, long-term stress increases the risk of depression, anxiety, substance use, sleep disruptions, and even in extreme cases, panic attacks.

Physical wellbeing is often impacted by stress as well. For example, stress may cause up to a third of cases of cardiovascular (heart) disease (Yusuf et al. 2004), which is the leading cause of death globally and in New Zealand (Heart Research Institute 2023). Stress can also cause muscle tension (e.g. when one clenches one’s hands while sleeping) leading to bodily pain.

Leisure travel improves psychological and physical wellbeing, and contributes to a good and fulfilling life (Zins and Ponocny (2022). Holidays (also termed vacations in the literature) have been demonstrated to have physical health benefits that extend beyond the holiday experience both directly and indirectly. Hruska et al. (2019) utilised wrist-worn smart devices to document that even anticipating a vacation reduces stress itself, *and* the negative impacts of stress on heart rates. In particular, holidays that facilitate interacting with nature have been found to be especially beneficial for those residing in Western societies, including New Zealand (Keniger et al. 2013). A review conducted by these researchers found that holidays permitting interaction with nature provide benefits to physical health, psychological wellbeing, and cognitive performance, as well as social and spiritual benefits. Other researchers found that being outdoors and engaging in active pursuits which result in learning and self-growth increase wellbeing (Pomfret and Varley 2019; Rahmani, Gnoth and Mather 2018). Furthermore, being able to go “away” mentally (e.g. by being able to disconnect digitally) as well physically from daily and work concerns also facilitates psychological wellbeing (Floros et al. 2021).

However, the research that has documented the positive impact of holidays on wellbeing has predominantly looked at vacations ranging from a week (e.g. Mélon et al. 2018) to a month long (e.g. Hruska et al. 2019) that usually involved international travel. Thus, we do not know if these benefits can be experienced by those travelling a relatively short distance for a relatively short holiday. The

general objective of this research is to better understand the experiences of people travelling from Auckland to the Coromandel for brief visits. Given the relatively short duration of their stays, and the relatively close distance between their origin and their destination, it is not clear if the expected benefits of leisure travel would accrue, to these visitors. Specifically, this research seeks to answer the following questions.

1. Do short-term visitors to the Coromandel experience improved psychological wellbeing?
2. Do short-term visitors to the Coromandel experience improved physical wellbeing?
3. What attributes do short-term visitors to the Coromandel desire from a holiday, and how do these desired attributes match up with the attributes offered by the Coromandel as a holiday destination?

Next, the research methodology utilised to find answers to this question is explained.

B. RESEARCH METHODOLOGY

This section of the report explains the context within which the research was undertaken, and the methods which were utilised to collect multiple types of data.

B.1 The Research Context

The Coromandel Peninsula (known colloquially as the “Coromandel”) is located between 1½ and 2½ hours’ drive (depending on one’s specific destination in the Coromandel) from Auckland, home to over a third of New Zealand’s population. Given its “green valleys, misty forested mountains ringed by golden beaches, wetlands and fertile plains” (Destination Coromandel 2023), it is not surprising that the Coromandel has long been the summer playground of Aucklanders. Additionally, the Coromandel is a destination enjoyed by domestic tourists from the Waikato and the Bay of Plenty, as well as international tourists (Dennett 2023). The Coromandel’s diverse range of scenic surroundings, accommodation options and leisure activities make visitors to the Coromandel an ideal research context in which to examine whether and how leisure travel results in enhanced wellbeing.

B.2 Research Methods

Since deep insights, rather than generalisable findings were sought, the research adopted an innovative qualitative approach suggested by DDB NZ. Participants were invited to visit the Coromandel for two nights. Accommodation for two participants aged 18 or older at a time was provided free of cost and both participants were asked to provide three types of data before, during and after their respective trips. They were asked to complete short pre and post trip surveys, wear a

provided smart watch for during their trip, and for 48 hours after their trip, and to complete an exit interview after returning from their trip.

B.3 Research Sample

We sought at least 10 participants but took into account that it was possible that there might be some participants who had to cancel or who might otherwise not provide all or some of the data requested. So, seven trips for two participants each were organised to a variety of destinations within the Coromandel, resulting in a total sample of 14 participants. Participants had to be at least 18 years old, and were asked to bring along at least one other participant who was also 18 years old. Although they were informed they could bring along additional people at their own expense, none reported doing so.

The sample comprised of eleven people who self-identified as female and three who self-identified as male. Other than lack of gender diversity, there was distinct diversity throughout the sample.

Participants ranged in age from a young adult University student to a retired widow. Two pairs of visitor were related (a pair of sisters, and a pair of sisters-in-law), two couples (with the two females being sisters) travelled together as a bigger friendship group, while others travelled in same-gender friendship pairs, or as partners. Although the sample was heavily skewed towards a New Zealand European, 25-34 age group demographic (which is to be expected given the demographic makeup of both Auckland and of visitors to the Coromandel), the sample also included a Pacific Islander, a visitor ordinarily resident in the United Kingdom, and two South African immigrants.

The destinations and types of accommodations involved also were diverse in terms of location and in terms of the budget-luxury continuum. Four pairs stayed in cabins in Top 10 Holiday Parks (two pairs at Hot Water Beach, and two pairs at Shelly Beach). One pair stayed at a lodge in Mercury Bay, one pair stayed at the Earth Energies Sanctuary near Mangatarata, and one pair stayed at the Falls Retreat near Waihi. In addition, the trips occurred during four separate time periods over four weeks in October to November 2023, meaning there was some diversity in the weather the visitors encountered. Finally, although all participants were offered a trip of two nights, one pair of friends only stayed one night, because one of them had an important family event to attend the next day. Some details of the participants and the trips they took are presented in Table 1.

Table 1. Participants

	Pseudonym	Gender	Age	Ethnicity	Location
1.	Jessica	Female	18-24	NZE	Hot Water
2.	Tara	Female	18-24	NZE	Hot Water
3.	John	Male	25-34	UK-E	Hot Water
4.	Bessie	Female	25-34	UK-E	Hot Water
5.	Zara	Female	25-34	Multi	Mercury Bay
6.	Lina	Female	25-34	Asian	Mercury Bay
7.	Mark	Male	25-34	NZE	Shelly Beach
8.	Anna	Female	25-34	NZE	Shelley Beach
9.	Molly	Female	25-34	NZE	Shelley Beach
10.	Greg	Male	25-34	PI	Shelley Beach
11.	Jill	Female	45-54	NZE	Mangatarata
12.	Julie	Female	45-54	NZE	Mangatarata
13.	Molly	Female	65+	NZE	Waihi
14.	Sharon	Female	65+	NZE	Waihi

B.4 Data Sets**(i) Survey Data**

Participants were asked to complete a brief survey before departing for their trip. The survey design was created using survey software programme SurveyMonkey (www.surveymonkey.com). The way the questions were displayed adapted automatically to the type of device (laptop, tablet or smartphone) being used by the survey-taker. Participants were asked 10 questions designed to assess their perceived wellbeing pre-trip, whether they had visited the Coromandel before, and finally, some basic demographic questions. The Pre-Trip survey questions can be viewed in **Appendix F1: Pre-Visit Survey**, and will be discussed in the Results section of this report. Twelve out of 14 participants completed the pre-trip survey.

Participants were asked to complete a very similar, but not identical survey after returning from their trip. They were asked the same 10 questions, to permit an assessment of whether their perceived wellbeing had changed after the trip. They were not asked if they had visited the Coromandel before since they had obviously just visited the Coromandel. Instead, they were asked three open-ended questions: What had they liked most about their trip, what had they disliked most about their trip, and

if there was anything else that they wanted to say about their trip. Finally, they were asked the same demographic questions as in the Pre-Trip Survey, because these questions allowed us to match the pre-trip survey responses of each particular to their post-trip survey responses without breaching their confidentiality. The Post-Trip survey questions can be viewed in **Appendix F2: Post-Trip Survey** and will be discussed in the Results section of this report. Eleven out of 14 participants completed the post-trip survey.

(ii) Smart Watch Data

Each participant was issued with a smart watch before departing on their trip. These watches were purchased by DDB NZ and were identical for each participant. The watch model was Kogan Active+ Mini Smart Watch. Details of the watch model can be viewed at <https://www.kogan.com/au/buy/kogan-active-mini-smart-watch-black-kogan/> These watches were able to monitor heart rates, were water resistant in case participants wanted to go in the water, and monitored steps, stress, calories, sleep, and oxygen levels. Thus they provided objective measures that allowed us to corroborate self-reported survey and interview data. Twelve out of 14 sets of the watch data were useable for this study – the other two watches reported inconclusive results due to a technical issue.

An example set of results from the watch data is presented as Figure 1 below:

Figure 1: Example of Watch Data

Test Subject 6		
Name: Watch 2 Age: Gender: Ethnicity: Occupation: Contact Details:		
Holiday Day 1 - 4/11/23		
Holiday Day 2 - 5/11/23		
Time	0100 0200 0300 0400 0500 0600 0700 0800 0900 1000 1100 1200 1300 1400 1500 1600 1700 1800 1900 2000 2100 2200 2300 2400	0100 0200 0300 0400 0500 0600 0700 0800 0900 1000 1100 1200 1300 1400 1500 1600 1700 1800 1900 2000 2100 2200 2300 2400
Level (by hour)	44 45 30 35 45 40 30 40 27 28 41 37 27 22 21 36 37 25 25 18 57 43 39 39	30 30 46 52 46 49 39
Level (daily average)		34.625
BPM (daily average)		83
Quality Score		83
Duration	8 hrs 29 mins	8 hrs 29 mins
Analysis Breakdown - Awake	1% (Normal)	0% (Normal)
Analysis Breakdown - REM	15% (Low)	15% (Low)
Analysis Breakdown - Light Sleep	65% (High)	72% (High)
Analysis Breakdown - Deep Sleep	13% (Normal)	13% (Low)
Summary	% reduction of Stress levels	-0.325
	% reduction of Heart Rate	3.086
	% increase in Sleep Quality	9.317

(iii) Interview Data

After returning from their trip, each participant was scheduled to complete an individual exit interview. All fourteen participants completed the exit interview. Eight interviews were carried out over Microsoft Teams permitting visual interaction and observation. One Teams interviewee asked for his camera to remain off, which of course was complied with. The remaining six interviewees preferred to be interviewed over the telephone.

The interviews ranged from 10 to 20 minutes long, with 15 minutes being the modal interview interaction. The interviews added depth to the survey findings by allowing the interviewer to probe for more details about the trip, and perceived wellbeing. Additionally, the interviewer asked what the participant liked and disliked most about their trip. This not only helped match their interview to their post-trip survey (which in turn was matched to their pre-trip survey using the demographic information), but also elicited elaborations on those brief survey answers.

Interviews generally started with asking about their visit – for example, who they travelled with, when they went, where they went and what they did and experienced each this. This served as “warm up” questions since they put the interviewee at ease, allowing them to relax. To gain deeper insight into what attributes participants desired in holidays, they were also asked other words the word “holiday” made them think of, what an all-expenses-paid dream holiday anywhere in New Zealand would be like, and what the time spent away would have been like, if it they had stayed at home, instead of visiting the Coromandel.

Notes were taken by the interviewer as the interviews progressed, and were typed up by the interviewer as soon as possible after each interview. A participant summary for each participant was then created. Participant summaries included their interview notes, a comparison of their pre- and post-trip survey responses, and their watch data. The fourteen participant summaries comprise 67 pages in total and are included in **Appendix F3: Participant Summaries**. The participant summaries were read individually, and re-read iteratively in comparison to the other summaries to permit a holistic understanding of the short-term visitors’ experiences.

The next section of this report describes how the data was used to find answers to each of the three research questions listed in the introduction to the report.

C. FINDINGS

This section discussing each of the data sets separately, the various types of data will be discussed iteratively, to evaluate if, and how the different types of wellbeing were influenced by the respective participants’ holidays in the Coromandel.

C.1 Psychological wellbeing

The first research question asked: “Do short-term visitors to the Coromandel experience improved psychological wellbeing?” This question was answered by analysing the exit interview data and then, reviewing their pre- and post- visit survey data to understand if the survey data corroborated the exit interview data.

The most commonly used word used by the set of participants' in their interview data was "relax" (this term, including its variants "relaxed", "relaxing" and "relaxation" was mentioned 40 times by the 14 participants). Participants were clear that the single most important benefit of their holiday in the Coromandel was the realised opportunity to relax. For example, Tara explained that to her, a "holiday" meant "relaxing and being able to renew yourself." and that her dream holiday would be to a "place to relax". She found that her trip to Coromandel helped her to disconnect from work, and permitted her to relax without feeling guilty and that "getting away to the Coromandel" allowed her to feel less anxious, making it easier for her to "mentally relax" herself.

In a second example, John's favourite memory of his trip to the Coromandel was the view from the top of a peak he had climbed. He recollected how while up at the peak, he had felt "positive", "grateful to be where I was" and "inspired". This is consistent with the idea that breaks from work, particularly those that facilitate interactive experiences with nature are important for restoration and rejuvenation (Packer 2020)

All 12 of the participants who worked (whether a University student who worked part time, an employee in full time employment, or a business owner) appeared to view holidays as opportunities to "get away" from work and weekly routines that revolved around paid work and personal chores. Interestingly, though, even the two participants who were retired appreciated the opportunity to experience a change from their daily routines.

Next, the pre- and post- trip survey data was examined, to find out if this data corroborated the exit interview data. The surveys asked each participant (before and after their trip) to report their answers to ten questions using a scale of 0 (not at all) to 10 (completely). Four questions of interest for this section of the report were: "How anxious did you feel yesterday?" "How stressed did you feel yesterday?", "How rested did you feel yesterday?" and "How relaxed did you feel yesterday?" Table 2 summarises the relevant survey information provided by the participants before and after their trips to the Coromandel.

Table 2. Differences in perceived psychological wellbeing survey measures

#	Anxious		Stressed		Relaxed		Rested	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post
01	6	3	4	3	7	3	9	3
02	9	9	9	1	4	9	8	5
03	5	0	7	8	2	9	4	8
04	0	6	6	6	2	9	10	9
05	2	0	10	1	1	10	0	10
06	2	0	10	1	1	10	0	10
09	6	2	7	2	4	8	5	9
11	0	0	8	0	4	10	8	9
12	3	1	0	0	10	9	10	8
13	8	4	8	5	3	8	2	7
14	3	5	7	5	7	9	5	8
MEAN	4.00	2.73	6.91	2.91	4.09	8.55	5.55	7.82

As can be seen in Table 2, in general participants self-reported perceived anxiety levels dropped an average of approximately 33% after their trip. The participants' mean self-reported stress levels dropped even more, by approximately 58%. Consistent with a reduction in anxiety and stress, participants reported feeling twice as relaxed (approximately 101% increase) and more rested (approximately 41% increase) after their trips. Thus, the self-reported survey data provides evidence that improvements in relaxation (and rest) correlate inversely with reductions in stress (and anxiety), suggesting that trips to the Coromandel resulted in improved psychological wellbeing. (These calculations can be found in **Appendix C: Calculations** of this report)

C2. Physical Wellbeing

The second research questions asked: "Do short-term visitors to the Coromandel experience improved physical wellbeing?" As mentioned earlier, smart watch data was collected from the participants who all agreed to wear provided smart watches for the two days of their holiday, and for two days afterwards. The smart watches provided objective physical data to augment the subjective self-disclosed data of the exit interviews and pre and post visit surveys. The watch data was examined for the 11 participants who provided a usable watch dataset. The purpose of this examination was to find out if there was evidence of changes in participants physical wellbeing after their trip.

Table 3. Relevant Watch Data indicating Changes in Physical Wellbeing

#	Reduced stress levels	Reduced heart rate	Increased sleep quality
1	20.00%	-05.97	24.49
2	21.23%	04.4	-03.97
3	98.26%	-01.71	17.85
4	28.19%	-03.88	-01.85
5	23.67%	-01.72	03.37
6	-0.33%	03.09	09.32
8	14.37%	02.78	-11.11
9	-1.31%	-01.99	06.43
10	30.93%	-01.99	06.40
11	29.62%	00.63	-07.23
13	37.01%	-10.62	08.64
MEAN	27.42%	-1.54	4.76

As can be seen from Table 3, there is objective evidence that participants experienced an 27.42% reduction in stress levels, which correlates well with their self-reported 56% reduction in perceived stress levels. Participants' physical wellbeing improvements are also reflected by a slight reduction (1.54) in heartrates and a 4.76% improvement in sleep quality. The positive connection between relaxing and sleeping well (as demonstrated by the watch data) is corroborated by John's interview comment that " when you're out in nature, you feel relaxed, you're kind of on the move in the fresh air, fresh air and exercise mean you sleep well".

C.3 The Coromandel as a Desirable Holiday Destination

The third research question asked: "What attributes do short-term visitors to the Coromandel desire from a holiday, and how do these match up with the attributes offered by the Coromandel as a holiday destination?" To answer this question, participants' views on what they wanted in a holiday were explored in the exit interviews when they were asked what the word "holiday" meant to them, what a "dream" holiday would be and how a holiday would be different from their usual, everyday life.

In their responses, the 14 participants mentioned the word "away" at least 17 times. As mentioned earlier in this report, they also mentioned wanting to "relax" on holiday. They reported wanting to "get away from it all" where "all" included "101 jobs to do" [Bessie] and as various participants explained was: "daily life", "normal life", "work", "chores", "life admin", "stress", and crowded, busy cities like Auckland and London. And as for where they wanted to go "away" to? Participants characterised their dream holidays as "natural" [Tara], having "sand and sea" [Tom], "variety, beach, nature, wilderness" [Zara], "fresh air and in picturesque surroundings" [Lina] and "forest, trees and mountains" [Jessica].

When asked to describe their most recent time in the Coromandel and what they liked most about it, participants consistently described the Coromandel in terms of its natural landscape - "so green, so

beautiful” [Mandy], “a beautiful, beautiful spot” [Sharon] . John explained how “the Coromandel Sea is a beautiful turquoise that’s just stunning” [John] and how what stood out to him was the “the beautiful rolling hills, the lovely beaches. natural bush and walks”. Several participants pointed out that what they enjoyed about the Coromandel scenery was that it was different from what they viewed at home (which for the large majority, was in Auckland).

It is relevant here to examine if the participants perceived an improvement in their wellbeing as a consequence of their Coromandel visits. As mentioned earlier, the pre-visit and post-visit surveys asked participants to indicate to report their answers to ten questions using a scale of 0 (not at all) to 10 (completely). Four questions of interest here are: “Overall, how satisfied are you with your life?”, “Overall, to what extent do you feel your life is worthwhile?”, “Overall, are you satisfied with your work-life balance?” and “How well did you feel yesterday?”. Table 4 summarises the relevant survey information provided by the participants before and after their trips to the Coromandel.

Table 4. Differences in perceived wellness survey measures

#	Life-Satisfaction		Worthwhile Life		Work-life Balance		Happy		Well	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
01	4	4	6	4	9	4	4	3	3	2
02	9	9	9	10	5	6	4	8	5	8
03	8	8	7	7	4	4	5	8	8	9
04	7	7	10	7	6	8	4	8	0	6
05	7	10	8	10	3	8	2	10	1	8
06	7	10	8	10	3	8	2	10	1	8
09	8	8	8	8	7	8	7	8	6	8
11	8	9	8	9	8	8	10	10	9	10
12	9	9	10	10	10	10	8	9	9	9
13	5	6	6	7	5	7	3	8	4	8
14	10	10	10	10	10	10	8	9	10	10
MEAN	7.45	8.18	8.18	8.36	6.36	7.36	5.18	8.27	5.09	7.82
Adjusted mean*	7.20	8.00	8.00	8.20	6.00	7.10	4.90	8.20	4.60	7.60

*with participant 14 excluded from analysis

As can be seen from Table 4, the participants as a whole reported improvements in life-satisfaction, the worthwhileness of their lives, their work-life balance, feelings of happiness and feeling well. It should be noted that participant 14, who is retired was already reporting maximum life-satisfaction, life worthwhileness, work-life balance, and wellness prior to the trip, which remained unchanged after the trip. Therefore, the means were recalculated after removing this anomalous participant. It can be seen that overall, the participants reported an 67% increase in feelings of happiness and a 65% increase in wellness.

Taken together, these analyses clearly support the contention that the Coromandel provides the attributes people seek in a holiday, and that even a brief, two-night visit generated improvements in

psychological, physical, and overall wellness. Lina insightfully captured the distinction between busy lives of work in the city and the relaxing holidays in the Coromandel when she mused that “The time went slow – not boring-slow but peaceful-slow”.

D. CONCLUSION

Both psychological wellbeing (self-reported survey results, interview data) and physical wellbeing (watch data, interview data) improved after participants visited the Coromandel whether the visitor was a young adult University student, a middle-aged working mother, or a retired widow - even retired seniors benefit from holidays (Mélou, et al. 2018) as it offers a “change”.

Consistent with the findings of prior research (e.g. Keniger et al. 2013; Packer 2020), the participants appeared to seek the rejuvenating benefits of nature when going on holiday. There was a clear alignment between the attributes of participants’ dream holidays (such as nature, peacefulness, and variety), and their reports on the attributes that the Coromandel had to offer them as visitors.

Holidays to the Coromandel restored wellbeing (Packer 2021) by facilitating both passive (e.g. viewing) and active (e.g. ziplining) immersion in nature and disengagement from work (whether official paid work or the unpaid chores). Even a brief two-night visit to the beautiful scenic, “slow-peaceful” Coromandel offers a welcome antidote to the ills of the busy life of a city-dweller.

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Appendix F1. Pre-Visit Survey

Coromandel Holiday Research - Part 1

Coromandel Holiday Research (Pre-visit)

We would like to ask you some questions about your feelings on aspects of your life. There are no right or wrong answers. Please answer each of the questions using a scale of 0 to 10, where 0 is "not at all" and 10 is "completely".

1. Please answer these questions about how you feel

	0=Not at all	1	2	3	4	5	6	7	8	9	10=Completely
Overall, how satisfied are you with your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall, to what extent do you feel that your life is worthwhile?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall, are you satisfied with your work-life balance?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How happy did you feel yesterday when you woke up?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How anxious did you feel yesterday?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How rested did you feel yesterday when you woke up?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How stressed did you feel yesterday?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How tired did you feel yesterday?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How relaxed did you feel yesterday?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How well did you feel yesterday?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. How many times have you visited the Coromandel?

- I have never visited the Coromandel
- I have visited the Coromandel once
- I have visited the Coromandel between 2 and 10 times
- I have visited the Coromandel more than 10 times

3. How old are you today?

- Under 18
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+

4. What is your gender

5. How much total combined money did all adult members of your HOUSEHOLD earn in 2023?
Please report the total amount of money earned - do not subtract the amount you paid in taxes
or any deductions listed on your tax return.

- Less than \$34,999
- \$35,000 to
- \$49,999 \$50,000
- to \$74,999
- \$75,000 to \$99,999
- \$100,000 to \$199,999
- \$200,000 or More

6. What is your ethnicity? (Please select all that apply.)

- Maori
- Pacific
- Islander NZ
- European
- Asian
- Prefer not to answer
- Other (please specify)

7. What is your main occupation

8. What is your postcode (of your home, not your workplace)



Appendix F2: Post-Visit Survey

Coromandel Holiday Research - Part 2

Coromandel Holiday Research – Post-Visit

We would like to ask you some questions about your feelings on aspects of your life. There are no right or wrong answers and you do not need to try to recall your answers from Part 1 of this survey. Please answer each of the questions using a scale of 0 to 10, where 0 is "not at all" and 10 is "completely".

1. Please answer these questions about how you feel

0=Not

at all

1

2

3

4

5

6

7

8

9

10=Completely

Overall, how satisfied are you with your life?

Overall, to what extent do you feel that your life is worthwhile?

Overall, are you satisfied with your work-life balance?

How happy did you feel yesterday when you woke up?

How anxious did you feel yesterday?

How rested did you feel yesterday when you woke up?

How stressed did you feel yesterday?

How tired did you feel yesterday?

How relaxed did you feel yesterday?

How well did you feel yesterday?

2. What did you LIKE most about your Coromandel holiday?

3. What did you DISLIKE most about your Coromandel holiday?

4. Is there anything else you would like to tell us about your Coromandel holiday?

5. What is your age today

- Under 18
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+

6. What is your gender

7. How much total combined money did all adult members of your HOUSEHOLD earn in 2023?
Please report the total amount of money earned - do not subtract the amount you paid in taxes
or any deductions listed on your tax return.

- Less than \$34,999
- \$35,000 to \$49,999
- \$50,000 to \$74,999
- \$75,000 to \$99,999
- \$100,000 to \$199,999
- \$200,000 or More

8. What is your ethnicity? (Please select all that apply.)

Maori

Pacific Islander

NZ European

Asian

Prefer not to answer

Other (please specify)

9. What is your main occupation

10. What is your postcode (of your home, not your workplace)

11. Would you be interested in being contacted regarding paid participation in further research about this topic? If so, please provide your contact email. Your email will not be used for any other purpose.

Coromandel Interview Notes

Interviewee: #1 Jessica (pseudonym to maintain confidentiality)

Contact: Redacted to maintain confidentiality

Time/Date: 3pm, Nov 1, 2023

“Jessica” appears to be “Tara’s” younger sister. She is an Architecture student at University and also works. She did not appear on Teams so I called the number given and it turns out she does not have Teams so we conducted the interview over the phone.

What does “holiday” mean to you?

Overview- Who/Where/What

“Tara” drove “Jessica” to the Coromandel with her on the weekend of Oct 27/10-29/10. They stayed at the Top 10 Holiday camp at Hot Water Beach. They had planned to dig the traditional hole at Hot Water beach on Sunday but got rained out so never did it.

What Jessica liked most about the weekend was spending time with family. Her best memory of the weekend was the breakfast at the café at Hot Water Beach.

First time? Jessica had been to the Coromandel 4 or 5 times before but this was her first time at Hot Water Beach.

Dream Holiday

Jessica’s dream weekend would involve being in nice, peaceful nature but still have things to do. So, being able to relax while still having things to do. She likes going to new places but doesn’t like the beach as much as she likes the bush/hills/walks.

Comparison to Normal weekend

If she had not gone away for the weekend she would have been busy with her paid work and uni work.

Phone Usage/Fav Photo

Jessica noted that there was no wifi coverage at Hot Water Beach but that was a plus to her. “It’s nice being with no distractions”

“Being out of the loop a bit is nice” and “You have no choice but to ignore things that are stressful”

Liked most:

My favourite part of the weekend was “getting away to spend quality time [with another] with no distractions.

I am an architecture student so I really liked looking at the houses which are different from houses in Auckland. I looked at the houses while my sister looked at the beach.

“I am not a beach girl, I like the forest, trees and mountains. I like to walk.

Disliked most

“I do like opshopping but was disappointed they were closed on Sunday”. A trail she wanted to walk was also closed.

Survey results

1. We would like to ask you some questions about your feelings on aspects of your life. There are no right or wrong answers. Please answer each of the questions using a scale of 0 to 10, where 0 is “not at all” and 10 is “completely”

	Statement	Pre	Post	Diff
a.	Overall, how satisfied are you with your life?	4	4	0
b.	Overall, to what extent do you feel your life is worthwhile?	6	4	-2
c.	Overall, are you satisfied with your work-life balance?	9	4	-5
d.	How happy did you feel yesterday when you woke up?	4	3	-1
e.	How anxious did you feel yesterday?	6	3	-3
f.	How rested did you feel yesterday when you woke up?	9	3	-6
g.	How stressed did you feel yesterday?	4	3	-1
h.	How tired did you feel yesterday?	4	6	+2
i.	How relaxed did you feel yesterday?	7	3	-4
j.	How well did you feel yesterday?	3	2	-1

1. How many times have you visited the Coromandel?
2. How old are you today? 18-24
3. What is your gender? female
4. How much total combined money did all adult members of your household earn in 2023?
5. What is your ethnicity? NZE
6. What is your main occupation? student

7. What is your postcode (home) - 0632

Post Survey only

- A. What did you LIKE most about your Coromandel holiday? *Quality time out and about*
- B. What did you DISLIKE most about your Coromandel holiday? *Nothing*
- C. Is there anything else you would like to tell us about your Coromandel holiday? *No*

Watch results summary

% reduction stress levels	20
% reduction heart rate	-5.97
% increase sleep quality	24.39

Watch results

	TIME PERIOD	Holiday Day 1	Holiday Day 2	Post-Hol Day 1	Post-Hol Day 2
Stress	Level (daily average)	18.13	22.22	25.10	N/A
Heart Rate	BPM (daily average)	69	65	63	N/A
	Quality score	80	84	62	N/A
Sleep	Duration	7:31 (451)	7:47 (467)	7:04 (424)	7:04 (424)
	Awake	0% (normal)	0% (normal)	7% (normal)	N/A
	REM	22% (normal)	20% (normal)	23% (normal)	N/A
	Light Sleep	49% (normal)	48% (normal)	51% (normal)	N/A
	Deep Sleep	30% (high)	33% (high)	19% (high)	N/A

Coromandel Interview Notes

Interviewee: #2 Tara (pseudonym to maintain confidentiality)

Contact: Redacted to maintain confidentiality

Time/Date: 9am, Nov 1, 2023

Overview – who/where/what

“Tara” was a pleasure to interview. She took her younger sister “Jessica” (also aged 18+) to the Coromandel with her on the weekend of Oct 27/10-29/10. They stayed at Hot Water Beach in a place she described as a very nice “hut” at a camping ground. On Saturday, they spent most of their time at Hot Water Beach and on Sunday they did go into Whangamata to look at the shops. Even though she had been to the Coromandel just the weekend before, with a group of friends. She was happy to visit again and actually found it even more relaxing, with just her sister [as opposed to being with a larger group of friends].

Meaning of holiday? Relaxing, being able to renew yourself

Dream holiday - A place to relax, slow-paced, natural, not too much to do.

First time? No, in fact she had been to the Coromandel just the week before, with friends. She has been to the Coromandel many times, and generally thinks of the beach, when she thinks of the Coromandel. Cathedral Cove stands out most in her mind as the best of all the places she visited in the Coromandel over the years. It was sunny and she got a tan. She had also been to Whangamata with friends for New Year’s Even. It was much busier but still beautiful.

Comparison to not going on holiday-

In Auckland, there is always plenty to do, chores, rushing around, you’re always thinking about work. On holiday, she found she was smiling constantly. Being in the Coromandel was better than being in Auckland.

Liked most

She said that even though it had rained most of the time she had visited, she still found the trip very enjoyable. What she enjoyed most on the trip was dinner on the beach at Hot Water Beach.

She found that not having cellphone coverage at Hot Water Beach was excellent in helping her disconnect from work, and permitting her to relax without feeling guilty. It was easier to renew herself.

She loved going into the little stores. She believes the Op Shops and second hand shops outside Auckland are just so fun to visit and are the places to find something different.

She feels like getting away to the Coromandel, allows her to feel less anxious compared to how she feels in Auckland. In Auckland there is so much to do that she feels guilty if she isn't doing something all the time. In the Coromandel, the fewer shops, and the shops not even being open till noon on Sunday, actually means there was less to "do", meaning she was able to relax, making it "easier to mentally relax yourself".

She described her time in the Coromandel as "slow-paced" and "natural".

Survey results

1. We would like to ask you some questions about your feelings on aspects of your life. There are no right or wrong answers. Please answer each of the questions using a scale of 0 to 10, where 0 is "not at all" and 10 is "completely"

	Statement	Pre	Post	Diff
a.	Overall, how satisfied with your life?	9	9	0
b.	Overall, to what extent do you feel your life is worthwhile?	9	10	+1
c.	Overall, are you satisfied with your work-life balance?	5	6	+1
d.	How happy did you feel yesterday when you woke up?	4	8	+4
e.	How anxious did you feel yesterday?	9	1	-8
f.	How rested did you feel yesterday when you woke up?	8	5	-3
g.	How stressed did you feel yesterday?	9	1	-8
h.	How tired did you feel yesterday?	2	3	+1
i.	How relaxed did you feel yesterday?	4	9	+5
j.	How well did you feel yesterday?	5	8	+3

2. How many times have you visited the Coromandel? +10
3. How old are you today? 18-24
4. What is your gender? Female
5. How much total combined money did all adult members of your household earn in 2023? 35-50k
6. What is your ethnicity? NZE
7. What is your main occupation? Copywriter
8. What is your postcode (home) 1021

Post Survey only

- A. What did you LIKE most about your Coromandel holiday? Limited reception
- B. What did you DISLIKE most about your Coromandel holiday? rainy
- C. Is there anything else you would like to tell us about your Coromandel holiday? Free delicious fish and chips

Watch results summary

% reduction stress levels	21.23
% reduction heart rate	4.4
% increase sleep quality	-3.97

Watch results

	TIME PERIOD	Holiday Day 1	Holiday Day 2	Post-Hol Day 1	Post-Hol Day 2
Stress	Level (daily average)	22.83	24.67	29.42	30.88
Heart Rate	BPM (daily average)	67	64	69	68
	Quality score	84	77	76	61
Sleep	Duration	7:34 (454)	9:10 (570)	8:21 (501)	8:16 (496)
	Awake	1% (normal)	0% (normal)	2% (normal)	1% (normal)
	REM	29% (high)	27% (high)	32% (high)	29% (high)
	Light Sleep	52% (normal)	48% (normal)	44% (low)	46% (normal)
	Deep Sleep	18% (normal)	25% (normal)	22% (normal)	24% (normal)

Coromandel Interview Notes

Interviewee 3: John (pseudonym) to maintain confidentiality

Contact: redacted to maintain confidentiality

Time/Date: 12 noon, Nov 1, 2023

Overview – who/where/what

“John” was fun to talk to. He went to the Coromandel with his partner “Bessie” on the weekend of Oct 27/10-29/10. He mentioned that on Sunday morning he got up early to watch the rugby (Rugby World Cup final) so he didn’t sleep in as long as he normally would have.

First time? Tom had been to the Coromandel once before, about 5 years ago, as a tourist.

Meaning of holiday? Relaxing, inspiring, nature

Dream holiday - A dream holiday would have good weather with sunshine throughout, would have sand and sea. He believes that when the sun shines, the Coromandel sea is a beautiful turquoise that’s just stunning

Comparison to a normal weekend

If he had been at home that weekend, he would have been caught up doing admin and other home tasks, so it was nice to “feel free from obligations” and be “able to take your time” and “feel like you can do your own thing”.

Liked most

He said that it was “nice to be the coast”.

What stood out to him was “the beautiful rolling hills, and the lovely beaches, natural bush and walks. He really liked how the NZ coastal rim is relatively undeveloped, unlike the high rises you find by the beaches in the UK and elsewhere.

He liked the “small town” feel of the Coromandel, it gives the Coromandel “a holiday feel” which makes him feel relaxed. “It’s nice to take it easier”.

So many fabulous beaches with a relatively small population means the beaches are not too crowded which is nice.

“When you out in nature, you feel relaxed, you’re kind of on the move in the fresh air, fresh air and exercise mean you sleep well.”

Phone/Photos

He did not look at his phone during the weekend except to take photos. His favourite photo of the weekend was taken from up a peak he had climbed. While up the peak, he felt positive, “grateful to be where I was” and “inspired”. Learning about the natural features and how they had come about was inspirational to him.

Survey results

1. We would like to ask you some questions about your feelings on aspects of your life. There are no right or wrong answers. Please answer each of the questions using a scale of 0 to 10, where 0 is “not at all” and 10 is “completely”

	Statement	Pre	Post	Diff
a.	Overall, how satisfied with your life?	8	8	-
b.	Overall, to what extent do you feel your life is worthwhile?	7	7	-
c.	Overall, are you satisfied with your work-life balance?	4	4	-
d.	How happy did you feel yesterday when you woke up?	5	8	+3
e.	How anxious did you feel yesterday?	5	0	-5
f.	How rested did you feel yesterday when you woke up?	4	8	+4
g.	How stressed did you feel yesterday?	7	8	+1
h.	How tired did you feel yesterday?	7	2	-5
i.	How relaxed did you feel yesterday?	2	9	+7
j.	How well did you feel yesterday?	8	9	+1

2. How many times have you visited the Coromandel?
3. How old are you today? 25-34
4. What is your gender? M
5. How much total combined money did all adult members of your household earn in 2023? 100-199K
6. What is your ethnicity? UK-E
7. What is your main occupation? Project Manager
8. What is your postcode (home) 0622

Post Survey only

- A. What did you LIKE most about your Coromandel holiday? Scenery
- B. What did you DISLIKE most about your Coromandel holiday? Drive (in dark as driver)
- C. Is there anything else you would like to tell us about your Coromandel holiday? Nothing

Watch results summary

% reduction stress levels	98.26
% reduction heart rate	-1.71
% increase sleep quality	17.85

Watch results

	TIME PERIOD	Holiday Day 1	Holiday Day 2	Post-Hol Day 1	Post-Hol Day 2
Stress	Level (daily average)	9.71	13.83	23.5	23.2
Heart Rate	BPM (daily average)	58	59	55	60
	Quality score	85	83	72	67
Sleep	Duration	8:13 (493)	7:22 (442)	7:10 (430)	6:22 (382)
	Awake	2% (normal)	0% (normal)	0% (normal)	0% (normal)
	REM	15% (low)	20% (normal)	27% (high)	21% (normal)
	Light Sleep	62% (high)	56% (normal)	56% (normal)	63% (high)
	Deep Sleep	18% (normal)	24% (normal)	17% (normal)	16% (normal)

Coromandel Interview Notes

Interviewee: #4 “Bessie” (pseudonym to maintain confidentiality)

Contact: redacted to maintain confidentiality

Time/Date: 11.30am, Nov 1, 2023

Overview – who/where/what

Bessie was lovely to talk to. She had never been to the Coromandel before but plans to go back on January when her sister comes from overseas for a visit. She went to the Coromandel with her partner “John” (who interviewed at 12) on the weekend of Oct 27/10-29/10. They had to leave late on Friday after John’s sports practice so drove in the dark and arrived just before midnight. She described driving the winding roads in pitch black as horrible, even though it was clear from both interviews that John was the one driving. They stayed in a cabin at the Top 10 Camp at Hot Water Beach. In On Saturday morning, it was dry so they dug a hole at the beach. In the afternoon, it rained so they took the ferry to Whitianga and looked at the shops. On Sunday they stopped at Whangamata to look at the shops on their way home.

Holiday meaning

Outdoors in nature, getting away “from it all”

Dream weekend

A dream weekend away would be beaches, beautiful sunshine and hiking in a scenic environment, whether hills or coastal hikes. She likes being outside as much as possible. So she agrees that as long as the weather permits, the Coromandel would offer her a dream weekend.

Compared to a “normal” weekend

It was quite a slow weekend, which is good, it was very chilled.

Unlike when at home, when you have 101 jobs to do, it was nice to be chill.

Liked most

She described the Coromandel as “very pretty” and would love to hike there when the weather permits.

It was lovely having a meal and wine at a restaurant, made for a relaxing and slow weekend.

Disliked most

She was disappointed that you could not kayak inexpensively. Her research showed she had to do it as part of a tour, which was expensive. They planned to kayak to Doughnut Island but it was called off by the tour company because the wind made it unsafe. She hopes to do it in January with her sister when her sister visits.

Survey results

1. We would like to ask you some questions about your feelings on aspects of your life. There are no right or wrong answers. Please answer each of the questions using a scale of 0 to 10, where 0 is “not at all” and 10 is “completely”

	Statement	Pre	Post	Diff
a.	Overall, how satisfied with your life?	7	7	0
b.	Overall, to what extent do you feel your life is worthwhile?	10	7	-3
c.	Overall, are you satisfied with your work-life balance?	6	8	+2
d.	How happy did you feel yesterday when you woke up?	4	8	+4
e.	How anxious did you feel yesterday?	0	6	+6
f.	How rested did you feel yesterday when you woke up?	10	9	-1
g.	How stressed did you feel yesterday?	6	6	0
h.	How tired did you feel yesterday?	10	0	-10
i.	How relaxed did you feel yesterday?	2	9	7
j.	How well did you feel yesterday?	0	6	6

2. How many times have you visited the Coromandel? First time
3. How old are you today? 25-34
4. What is your gender? F
5. How much total combined money did all adult members of your household earn in 2023? 100-199 K
6. What is your ethnicity? UK-E
7. What is your main occupation? Senior Business Management
8. What is your postcode (home) 0622

Post Survey only

- A. What did you LIKE most about your Coromandel holiday?
- B. Quality time away together with no plans
- C. What did you DISLIKE most about your Coromandel holiday?

The drive there in the dark was awful as the roads were very bendy. Felt travel sick and had to pull over.

- D. Is there anything else you would like to tell us about your Coromandel holiday?

Fish and chips were great. Hot Water Beach was a novelty but very busy. Enjoyed the little ferry over to Whitianga.

Watch results summary

% reduction stress levels	28.187
% reduction heart rate	-3.876
N/A% increase sleep quality	-1.85

Watch results

	TIME PERIOD	Holiday Day 1	Holiday Day 2	Post-Hol Day 1	Post-Hol Day 2
Stress	Level (daily average)	22	18.79	27.29	
Heart Rate	BPM (daily average)	64	65	61	
	Quality score	79	83	84	
Sleep	Duration	8:32 (512)	7:01 (421)	8:43 (523)	7:44 (464)
	Awake	12% (Low)	2% (normal)	1% (normal)	1% (normal)
	REM	20% (normal)	20% (normal)	17% (low)	17% (low)
	Light Sleep	47% (normal)	57% (normal)	65% (high)	68% (high)
	Deep Sleep	21% (normal)	21% (normal)	17% (normal)	14% (low)

Coromandel Interview Notes

Interviewee #5: “Zara ” (pseudonym to maintain confidentiality)

Time/Date: 6.30, Nov 6, 2023

Contact #: not provided but would have been redacted to maintain confidentiality

Overview/Events & Activities

“Zara” was fun to interview as she was quite animated and energetic, even after a presumably long day at work.

First time? Survey says first time

This holiday - Where stayed/what did –

“Zara” took “Lina” (a friend/colleague/flatmate – not specified) with her to Cooks Beach in the Coromandel on the weekend of Nov 3-5. They didn’t think to leave a bit earlier on Friday evening and got stuck in horrendous Auckland [evening] traffic while leaving town. Zara drove. The drive out of Auckland was stressful but it became calming once they left town. The weather was great. They stayed near the Mercury Bay Winery, which is in the area of Cooks Beach, in a place she described as “a very nice villa or lodge”). The place was up on a hill. Couldn’t see much in the dark but in the morning, saw the great views. The host was welcoming and they went out for dinner right away as the host advised restaurants would be closing soon.

On Saturday, the weather stayed fine so they did a wine tasting at Mercury Bay winery nearby, and had lunch too. Then, they took the ferry to Whitianga. They also went to a spa. They didn’t do any treatments but just relaxed in the hot pools. They had dinner on the waterfront which she described as “lovely”.

On Sunday, she relaxed, enjoying the views. They decided to break up the journey on the way back and stopped at Coromandel town en route. The weather remained great. It was a nice drive, a very calming and relaxing one.

Notable comments

She said even though it had rained most of the time she visited, she still found the trip very relaxing.

“It was so relaxing”. “peace and quiet” “downtime”, “nice and different”

“I would definitely go back, there’s so much you can do”

Dream holiday?

Variety, beach, nature, wilderness

Corroboration from survey

Liked most – Stunning views, quiet & peaceful, Nature, enjoyable food & drink options

Disliked most – Nothing on survey but in interview said she most disliked the return to traffic.

Other – nothing

Normal weekend

“If I had stayed in Auckland, the weekend would not have been so special, [in] a normal weekend, you might have just 3 hours to yourself, otherwise it’s busy.”

Phone Usage/Fav photo

Did not check her phone as she would have at home. Mainly used it to take photos. Favourite photo would have been of the view, from her room when she opened her curtain in the morning. Could see across to the sea.

Survey results

1. We would like to ask you some questions about your feelings on aspects of your life. There are no right or wrong answers. Please answer each of the questions using a scale of 0 to 10, where 0 is “not at all” and 10 is “completely”

	Statement	Pre	Post	Diff
a.	Overall, how satisfied with your life?	7	10	3
b.	Overall, to what extent do you feel your life is worthwhile?	8	10	2
c.	Overall, are you satisfied with your work-life balance?	3	8	5
d.	How happy did you feel yesterday when you woke up?	2	10	8
e.	How anxious did you feel yesterday?	2	0	-2
f.	How rested did you feel yesterday when you woke up?	0	10	-10
g.	How stressed did you feel yesterday?	10	1	-9
h.	How tired did you feel yesterday?	10	1	-9
i.	How relaxed did you feel yesterday?	1	10	9
j.	How well did you feel yesterday?	1	8	7

2. How many times have you visited the Coromandel? – never visited before
3. How old are you today? 25-34
4. What is your gender? female

5. How much total combined money did all adult members of your household earn in 2023? 100-199K
6. What is your ethnicity? Mixed – white & black Caribbean
7. What is your main occupation? Advertising – Business Director
8. What is your postcode (home) - 1011

Post Survey only

A. What did you LIKE most about your Coromandel holiday?

Stunning views, quiet and peaceful, nature, enjoyable food and drink options

B. What did you DISLIKE most about your Coromandel holiday?

skipped

C. Is there anything else you would like to tell us about your Coromandel holiday?

skipped

Watch results summary

% reduction stress levels	23.67
% reduction heart rate	-1.72
% increase sleep quality	3.37

Watch results

	TIME PERIOD	Holiday Day 1	Holiday Day 2	Post-Hol Day 1	Post-Hol Day 2
Stress	Level (daily average)				
Heart Rate	BPM (daily average)				
	Quality score				
Sleep	Duration	10:06 (606)	9:41 (601)	8:38 (518)	8:46 (526)
	Awake	1% (normal)	1% (normal)	1% (normal)	0% (normal)
	REM	29% (high)	26% (high)	23% (normal)	25% (low)
	Light Sleep	53% (normal)	57% (normal)	58% (normal)	59% (high)
	Deep Sleep	17% (normal)	16% (normal)	18% (normal)	16% (low)

Coromandel Interview Notes

Interviewee: # 6: "Lina" (pseudonym to maintain confidentiality)

Contact: Not provided

Time/Date: 6.45 pm, Nov 6, 2023

This holiday – who, where, what

This was "Lina"s first visit to the Coromandel. She was a passenger in a car driven by "Zara" the weekend of Nov 3-5. Lina mentioned that they arrived in the dark. Most of the restaurants closed by 8.30 so they called ahead when they arrived. They reached their chosen restaurant at 8.35 but they were touched to see the restaurant had stayed open just for them.

What Lina liked best about the trip was opening the curtains in the morning and seeing the spectacular view.

If she had been home this weekend, it would have been "just another Saturday", with chores and work too.

What does the word "holiday" mean to you?

"a holiday means getting away from daily life. You don't need to think or stress. Life gets in the way. But when you know you are going on a holiday in a few day's time, you feel the peace of anticipation.

What would a **dream holiday** (2 nights all expenses paid, anyplace in NZ) be for you?

A dream holiday would have you out in the fresh air, and in picturesque [surroundings], driving past fields and animals.

Normal weekend at home?

Life gets in the way. Work, chores, stress.

Main points

Liked best – the sea, beach and the town.

Disliked most – the traffic while leaving, restaurants closing early, unlike in London where she's from.

The time went slow, not boring-slow, but peaceful-slow.

Phone Usage/Favourite photo

Like Zara, her favourite photo from the trip would be one of the view from their accommodation, but also, her favourite photo would be of the cows. She loves animals very much and has a dog at home in Auckland. But apart from dogs, she doesn't get to see many animals in Auckland so she just loved looking at the cows.

Survey results

1. We would like to ask you some questions about your feelings on aspects of your life. There are no right or wrong answers. Please answer each of the questions using a scale of 0 to 10, where 0 is "not at all" and 10 is "completely"

	Statement	Pre	Post	Diff
a.	Overall, how satisfied with your life?	7	10	3
b.	Overall, to what extent do you feel your life is worthwhile?	8	10	2
c.	Overall, are you satisfied with your work-life balance?	3	8	5
d.	How happy did you feel yesterday when you woke up?	2	10	8
e.	How anxious did you feel yesterday?	2	0	-2
f.	How rested did you feel yesterday when you woke up?	0	10	-10
g.	How stressed did you feel yesterday?	10	1	-9
h.	How tired did you feel yesterday?	10	1	-9
i.	How relaxed did you feel yesterday?	1	10	9
j.	How well did you feel yesterday?	1	8	7

2. How many times have you visited the Coromandel? – never visited before
3. How old are you today? 25-34
4. What is your gender? female
5. How much total combined money did all adult members of your household earn in 2023? 100-199K
6. What is your ethnicity? Mixed – white & black Caribbean
7. What is your main occupation? Advertising – Business Director
8. What is your postcode (home) - 1011

Post Survey only

- A. What did you LIKE most about your Coromandel holiday?

Stunning views, quiet and peaceful, nature, enjoyable food and drink options

- B. What did you DISLIKE most about your Coromandel holiday?

skipped

- C. Is there anything else you would like to tell us about your Coromandel holiday?

skipped

Watch results summary

% reduction stress levels	-0.325
% reduction heart rate	3.086
% increase sleep quality	9.317

Watch results

	TIME PERIOD	Holiday Day 1	Holiday Day 2	Post-Hol Day 1	Post-Hol Day 2
Stress	Level (daily average)	34.63	42.25	38.95	37.67
Heart Rate	BPM (daily average)	83	79	80	87
	Quality score	83	78	73	N/A
Sleep	Duration	8:29 (509)	8:29 (509)	8:04 (484)	N/A
	Awake	1% (normal)	0% (normal)	2% (normal)	N/A
	REM	15% (low)	15% (low)	13% (low)	N/A
	Light Sleep	65% (high)	72% (high)	72% (high)	N/A
	Deep Sleep	19% (normal)	13% (low)	13% (low)	N/A

Coromandel Interview Notes

Interviewee #7: "Mark" (pseudonym to maintain confidentiality)

Time/Date: Nov 7, 2023

Contact #: redacted to maintain confidentiality

What does "holiday" mean to you?

A holiday is a break from day to day life. He runs a company with 20 staff so his daily life is busy.

First time? "Mark" had been to the Coromandel before but not to this particular location which he described as the "Coromandel township".

Overview – who/where/what

So Mark and his partner "Anna" and Anna's sister "Mandy" and Mandy's partner "Greg" travelled all together in one car to the Coromandel. Mark drove. They left late on Friday and ended up driving down in the dark which was a pain due to the road conditions. They stayed in the Top 10 Holiday park in a cabin for each couple. On Saturday they got up early to watch the cricket and then they went ziplining. A highlight was a nice dinner that night. On Sunday, they cooked their own breakfast and then spent some time on the beach.

Dream holiday?

A dream holiday would be snowboarding in Queenstown. He likes action holidays because being involved in a high energy activity allows you to focus on the situation. A single focus on the moment does not allow you to think about the stuff you'd normally be dealing with.

Liked most

What he liked most about THIS trip was the ziplining, followed by lying on the beach as his second favourite activity. What he likes most about visiting the Coromandel in general is that it is a beautiful spot, close to Auckland, and which has good fishing.

Disliked most

What he disliked most on this trip was the drive in the dark.

Normal weekend

If he had been home that weekend, it would have been like his normal weekends. One day would be spent working, and one day would be devoted to life administration. When at home, he struggles to relax, and if he just sits idle, he feels guilty. But, on holiday, he can be busy, but not feel guilty for relaxing.

Phone Usage/Fav photo

At home, he would be on his phone all the time, checking for problems at work. On the trip, he kept an eye on emails in case there were work related issues he had to deal with, as the boss, but it was a lot less than usual, and he did not reply to these emails at all.

His favourite photo of the trip would be from the top of a hill they walked to, the view from the top of the beach was breath-taking.

Survey results

1. We would like to ask you some questions about your feelings on aspects of your life. There are no right or wrong answers. Please answer each of the questions using a scale of 0 to 10, where 0 is “not at all” and 10 is “completely”

	Statement	Pre	Post	Diff
a.	Overall, how satisfied with your life?	N/A	N/A	N/A
b.	Overall, to what extent do you feel your life is worthwhile?	N/A	N/A	N/A
c.	Overall, are you satisfied with your work-life balance?	N/A	N/A	N/A
d.	How happy did you feel yesterday when you woke up?	N/A	N/A	N/A
e.	How anxious did you feel yesterday?	N/A	N/A	N/A
f.	How rested did you feel yesterday when you woke up?	N/A	N/A	N/A
g.	How stressed did you feel yesterday?	N/A	N/A	N/A
h.	How tired did you feel yesterday?	N/A	N/A	N/A
i.	How relaxed did you feel yesterday?	N/A	N/A	N/A
j.	How well did you feel yesterday?	N/A	N/A	N/A

2. How many times have you visited the Coromandel? Many
3. How old are you today? 35-40 (guestimate from interview)
4. What is your gender? Male (from interview)
5. How much total combined money did all adult members of your household earn in 2023?
6. What is your ethnicity? NZE (from interview)
7. What is your main occupation? Head of Engineering firm (from interview)

8. What is your postcode (home) N/A

Post Survey only

D. What did you LIKE most about your Coromandel holiday? – the ziplining activity

E. What did you DISLIKE most about your Coromandel holiday? – the drive in the dark

F. Is there anything else you would like to tell us about your Coromandel holiday?

Watch results summary

% reduction stress levels	N/A
% reduction heart rate	N/A
% increase sleep quality	N/A

Watch results

	TIME PERIOD	Holiday Day 1	Holiday Day 2	Post-Hol Day 1	Post-Hol Day 2
Stress	Level (daily average)	N/A	10:54	24:21	N/A
Heart Rate	BPM (daily average)	58	80		
	Quality score	72	76		
Sleep	Duration	9:21 (581)	10:23 (623)	8:09 (489)	N/A
	Awake	1% (normal)	N/A	N/A	N/A
	REM	25% (normal)	N/A	N/A	N/A
	Light Sleep	56% (normal)	N/A	N/A	N/A
	Deep Sleep	18% (normal)	N/A	N/A	N/A

Coromandel Interview Notes

Interviewee #8: "Anna" (pseudonym to maintain confidentiality)

Time/Date: Nov 7, 2023

Contact #: redacted to maintain confidentiality

What does "holiday" mean to you?

Doing what I want to do, relaxing, no stress, no rush, never thinking of work, away from work.

First time?

No, my family has a holiday home in Tauranga so been to the Coromandel often but this is my first time in Shelley Beach.,

Overview – who/where/what

Went with partner "Mark" and left late, got there at midnight. Sister "Mandy" and her partner "Greg" rode in the car with them too. First time at Shelley Beach. Found it a lot quieter than the popular tourist spots. On Saturday did ziplining with the whole group of four which had been organized as part of the trip (not by the group). Was worried about Mandy since Mandy had had a bad accident ziplining in South Africa, but was proud of Mandy for giving it a go. The group then went to a pottery place and then the Lost Springs both of which were soothing. When diving the brain goes quiet. Enjoyed relaxing in the Lost Springs. Had dinner at night and there were [Guy Fawks] fireworks.

On Sunday, slept in, then went to New Chums beach, a new place to me. It was a nice new experience. We took a 40 minute walk. It felt like a sanctuary. It would be an ideal place for a swim.

Dream holiday?

Going to the ocean. Beautiful view of the ocean from cliff, by myself or someone I can relax with, a book, the sound of the waves, or forest, no civilization, no people, nothing to make me think of work.

Liked most

The fireworks, the company, the relaxed time. Felt rejuvenated. Relaxed company so not tiring.

The cricket, the weather.

Disliked most nothing

Normal weekend

If I stayed home, I would have worked, I would have been stressed, doing chores. We have an Air BnB so I would have been cleaning the Air BnB, taking care of the pets, so much to do, trapped in fast pacedness [sic] of life, never have room to breathe.

Phone Usage/Fav photo

I try not to use my phone for work on the weekend. I took a lot of photos on my phone. My favourite would be the one of [the four of] us sitting on a rock looking at the ocean.

Survey results

1. We would like to ask you some questions about your feelings on aspects of your life. There are no right or wrong answers. Please answer each of the questions using a scale of 0 to 10, where 0 is “not at all” and 10 is “completely”

	Statement	Pre	Post	Diff
a.	Overall, how satisfied with your life?	NA	NA	NA
b.	Overall, to what extent do you feel your life is worthwhile?	NA	NA	NA
c.	Overall, are you satisfied with your work-life balance?	NA	NA	NA
d.	How happy did you feel yesterday when you woke up?	NA	NA	NA
e.	How anxious did you feel yesterday?	NA	NA	NA
.	How rested did you feel yesterday when you woke up?	NA	NA	NA
g.	How stressed did you feel yesterday?	NA	NA	NA
h.	How tired did you feel yesterday?	NA	NA	NA
i.	How relaxed did you feel yesterday?	NA	NA	NA
j.	How well did you feel yesterday?	NA	NA	NA

2. How many times have you visited the Coromandel? Many
3. How old are you today? 35-40 (guestimate from interview)
4. What is your gender? Female (from interview)
5. How much total combined money did all adult members of your household earn in 2023?
6. What is your ethnicity? NZE (from interview)
7. What is your main occupation? N/A

9. What is your postcode (home) N/A

Post Survey only

- A. What did you LIKE most about your Coromandel holiday? –
- B. What did you DISLIKE most about your Coromandel holiday? –
- C. Is there anything else you would like to tell us about your Coromandel holiday?

Watch results summary

% reduction stress levels	14.37
% reduction heart rate	2.78
% increase sleep quality	-11.11

Watch results

	TIME PERIOD	Holiday Day 1	Holiday Day 2	Post-Hol Day 1	Post-Hol Day 2
Stress	Level (daily average)	21.125	24.41	26.59	N/A
Heart Rate	BPM (daily average)	69	71	67	N/A
	Quality score	77	67	81	N/A
Sleep	Duration	7:54 (474)	3:48* (228)	6:59 (419)	N/A
	Awake	0%	1% (normal)	0% (nroam)	N/A
	REM	30% (high)	25% (normal)	36% (high)	N/A
	Light Sleep	52% (normal)	45% (normal)	34% (low)	N/A
	Deep Sleep	18% (normal)	29% (high)	30% (high)	N/A

*got up early to watch cricket test match

Coromandel Interview Notes

Interviewee #9: "Mandy" (pseudonym to maintain confidentiality)

Time/Date: Nov 7, 2023

Contact #: redacted to maintain confidentiality

What does "holiday" mean to you?

I love the outdoors, nature. A holiday is sun, family, people you're close with. Escape from the busyness of work.

First time?

Overview – who/where/what

I travelled with my sister "Anna" and both our partners. We all went in one car driven by my sister's partner. It was a windy [winding] road. We arrived at Shelley Beach quite late because we went to the wrong place initially.

On Saturday we went ziplining. It was lots of fun. I hadn't done ziplining since 2019, when I had an accident in South Africa. I was a bit nervous but I'm glad I did it, it was lots of fun. Afterwards we had lunch and went to the Lost Springs. We hit the Hot Pools and had a nice dinner there.

On Sunday, we went to New Chums Beach, we went into the ice cold water (my sister persuaded us!).

Dream holiday?

A dream holiday would be to Nelson or Queenstown, both of which I've not been to. Somewhere beautiful, lovely, mountains and lakes, with activities to do.

Liked most

What I liked most was doing a new activity and exploring with people I'm close to. It was lovely making new memories with them. The Coromandel was so green, so beautiful. It was nice to see different scenery, and get away from Auckland

Disliked most

Nothing

Normal weekend

A normal weekend in Auckland? I would catch up with friends, go to the gym, do my chores. In contrast, on holiday, I felt quite different, content, yet excited and happy.

Phone Usage/Fav photo

I checked my phone like I would do on a weekend at home – this means I would check my normal emails but not my work ones.

My favourite photo would be all of us on the zipline in the treetops.

Survey results

1. We would like to ask you some questions about your feelings on aspects of your life. There are no right or wrong answers. Please answer each of the questions using a scale of 0 to 10, where 0 is “not at all” and 10 is “completely”

	Statement	Pre	Post	Diff
a.	Overall, how satisfied with your life?	8	8	-
b.	Overall, to what extent do you feel your life is worthwhile?	8	8	-
c.	Overall, are you satisfied with your work-life balance?	7	8	+1
d.	How happy did you feel yesterday when you woke up?	7	8	+1
e.	How anxious did you feel yesterday?	6	2	-4
f.	How rested did you feel yesterday when you woke up?	5	9	+4
g.	How stressed did you feel yesterday?	7	2	-5
h.	How tired did you feel yesterday?	7	2	-5
i.	How relaxed did you feel yesterday?	4	8	+4
j.	How well did you feel yesterday?	6	8	+2

2. How many times have you visited the Coromandel? Many (more than 10)
3. How old are you today? 25-34
4. What is your gender? Female (from interview)
5. How much total combined money did all adult members of your household earn in 2023? 50-75K
6. What is your ethnicity? NZE (South African from interview)
7. What is your main occupation? Psychologist
8. What is your postcode (home) 1071

Post Survey only

- A. What did you LIKE most about your Coromandel holiday? – being out of Auckland, adventure, escape, nature
- B. What did you DISLIKE most about your Coromandel holiday? – time driving
- C. Is there anything else you would like to tell us about your Coromandel holiday?

It was lovely getting out of Auckland, enjoyed spending time with people I love in a beautiful peaceful area.

Watch results summary

% reduction stress levels	-1.314
% reduction heart rate	-1.99
% increase sleep quality	6.43

Watch results

	TIME PERIOD	Holiday Day 1	Holiday Day 2	Post-Hol Day 1	Post-Hol Day 2
Stress	Level (daily average)	37.5	35.54	36.05	N/A
Heart Rate	BPM (daily average)	77	74	74	N/A
	Quality score	72	77	70	N/A
Sleep	Duration	7:10 (440)	8:42 (522)	7:10 (440)	N/A
	Awake	0% (normal)	N/A	0%	N/A
	REM	21% (normal)	N/A	29% (normal)	N/A
	Light Sleep	63% (high)	N/A	56% (normal)	N/A
	Deep Sleep	17% (normal)	N/A	16% (normal)	N/A

Coromandel Interview Notes

Interviewee #10: "Greg" (pseudonym to maintain confidentiality)

Time/Date: Nov 7, 2023

Contact #: redacted to maintain confidentiality

Note: "Greg" did his interview on teams but said he preferred to do it with his camera off, so it was somewhat like a telephone interview.

What does "holiday" mean to you?

Time off, not having to think of daily routine, or to struggle.

First time?

No, because his family has a bach in Tairua, But this was on the other side of the Coromandel to what he was used to visiting, so it was different scenery for him.

Overview – who/where/what

He travelled with his partner "Mandy", his partner's sister "Anna" and "Anna"'s partner "Mark". They stayed in a cabin in Shelley Beach. On Saturday, they went ziplining. He was not a fan of heights but it was not too bad. He enjoyed the hot pools in Whitianga afterwards. On Sunday, the group went to New Chums Beach and sat in the sun and swam (it was freezing!).

Dream holiday?

Would be to South Island for different scenery. Queenstown. Would include walks, looking at the landscape, going to Arrowtown.

Liked most

What I liked most was ziplining, though I appreciated it more after I did it, then when I was doing it (don't like heights). I felt like doing it, feeling the fear with friends bonded us together because we were immersed in the activity together.

Disliked most

Nothing.

Normal weekend

A normal weekend would have been on Auckland, watching tv, walking the dog, eating food, sitting in a routine, feeling more comfortable. The holiday was not too long to feel out of whack. I appreciated the break from routine.

Phone Usage/Fav photo

I only used my phone for personal related stuff not work related stuff. I always do that on my time off.

My favourite photo would be of all of us ziplining.

Survey results

1. We would like to ask you some questions about your feelings on aspects of your life. There are no right or wrong answers. Please answer each of the questions using a scale of 0 to 10, where 0 is “not at all” and 10 is “completely”

	Statement	Pre	Post	Diff
a.	Overall, how satisfied with your life?	N/A	N/A	-
b.	Overall, to what extent do you feel your life is worthwhile?	N/A	N/A	-
c.	Overall, are you satisfied with your work-life balance?	N/A	N/A	-
d.	How happy did you feel yesterday when you woke up?	N/A	N/A	-
e.	How anxious did you feel yesterday?	N/A	N/A	-
f.	How rested did you feel yesterday when you woke up?	N/A	N/A	-
g.	How stressed did you feel yesterday?	N/A	N/A	-
h.	How tired did you feel yesterday?	N/A	N/A	-
i.	How relaxed did you feel yesterday?	N/A	N/A	-
j.	How well did you feel yesterday?	N/A	N/A	-

2. How many times have you visited the Coromandel? Many
3. How old are you today? 25-34 (guestimate from interview)
4. What is your gender? Male (from interview)
5. How much total combined money did all adult members of your household earn in 2023? 200K +
6. What is your ethnicity? Pacific Islander
7. What is your main occupation? Valuer
8. What is your postcode (home) N/A

Post Survey only

- A. What did you LIKE most about your Coromandel holiday? –
- B. What did you DISLIKE most about your Coromandel holiday? –
- C. Is there anything else you would like to tell us about your Coromandel holiday?

Watch results summary

% reduction stress levels	30.93
% reduction heart rate	-1.99
% increase sleep quality	6.4

Watch results

	TIME PERIOD	Holiday Day 1	Holiday Day 2	Post-Hol Day 1	Post-Hol Day 2
Stress	Level (daily average)	32.54	29.96	40:92	N/A
Heart Rate	BPM (daily average)	77	74	74	
	Quality score	72	77	70	
Sleep	Duration	7:10 (430)	8:42 (522)	7:10 (430)	N/A
	Awake	0% (normal)	4% (normal)	0% (normal)	N/A
	REM	21% (normal)	22% (normal)	29% (high)	N/A
	Light Sleep	63% (high)	55% (normal)	56% (normal)	N/A
	Deep Sleep	17% (normal)	19% (normal)	16% (normal)	N/A

Coromandel Interview Notes

Interviewee #11: "Jill" (pseudonym to maintain confidentiality)

Time/Date: Nov 13, 4pm

Contact #: Redacted to maintain confidentiality

Holiday

Holidays are different from trips. When she goes away with the children, she views it as a trip because she is just as busy, just in a different location. A holiday is a treat, a step away from normal life, where you don't have to worry, don't have to rush, don't have to work, don't have to watch the clock, care for the kids, rinse and repeat.

Dream holiday

A dream holiday would be set in nature (whether beach, bush or stream) with somewhere nearby.

This holiday

"Jill" went to the Earth Sanctuary, just before Thames. She felt it was an easy trip, and loves the cabin, with its beautiful view. She is a busy mother of a * year old boy and an 11 year old girl. Jill travelled with a friend "Julie" who is also a mother. Jill's son was returning home from overseas later in the week so the pair could only go for one night, instead of the planned two nights. So they went on Wednesday and returned home on Thursday.

First time?

Where stayed/what did

Before they left, Jill did some work. They planned to leave at 12.30pm since check in was 2pm, and they arrived right on time. As soon as they left Auckland, she felt relaxed and this continued upon arrival, due to the panoramic view. Jill was impressed by all the treatments offered by the Sanctuary e.g. the flotation tank, the head massages, the mediations. She felt it was relaxing, so lovely, that it felt like they were away for so much longer than one night.

Liked most

The float tank and sauna were divine.

Disliked most

Nothing

Other

Weather was good which made a very good holiday even better. It was a very private location. A bit quirky not having curtains at the windows though you didn't need them as it was so private. Felt awkward between bath and getting dressed.

Normal weekend

Working mother rushing around, working, watching the clock, caring for the kids, rinse and repeat.

Phone use/Fav photo

She tried not to use her phone too much. Checked in on the kids morning and evening, and took photos. Her favourite photo of the trip would be the view out the window of their cabin, of the Firth. It reminds her of how serene she felt on her holiday.

Survey results

1. We would like to ask you some questions about your feelings on aspects of your life. There are no right or wrong answers. Please answer each of the questions using a scale of 0 to 10, where 0 is “not at all” and 10 is “completely”

	Statement	Pre	Post	Diff
a.	Overall, how satisfied with your life?	8	9	+1
b.	Overall, to what extent do you feel your life is worthwhile?	8	9	+1
c.	Overall, are you satisfied with your work-life balance?	8	8	-
d.	How happy did you feel yesterday when you woke up?	10	10	-
e.	How anxious did you feel yesterday?	0	0	-
f.	How rested did you feel yesterday when you woke up?	8	9	+1
g.	How stressed did you feel yesterday?	8	0	-8
h.	How tired did you feel yesterday?	0	0	-
i.	How relaxed did you feel yesterday?	4	10	+6
j.	How well did you feel yesterday?	9	10	+1

2. How many times have you visited the Coromandel? 5 times
3. How old are you today? 45-54
4. What is your gender? Female
5. How much total combined money did all adult members of your household earn in 2023? 100-199k
6. What is your ethnicity? NZE
7. What is your main occupation? Health at hospital
8. What is your postcode (home) 1025

Post Survey only

A. What did you LIKE most about your Coromandel holiday?

The beautiful setting, everything had been thought of, by the host

B. What did you DISLIKE most about your Coromandel holiday?

Having to leave [to go home]

C. Is there anything else you would like to tell us about your Coromandel holiday?

[Name redacted] is such an amazing host. She has a real passion for what she does and it shows.

Watch results summary

% reduction stress levels	29.62
% reduction heart rate	0.63
% increase sleep quality	-7.23

Watch results

	TIME PERIOD	Holiday Day 1	Holiday Day 2	Post-Hol Day 1	Post-Hol Day 2
Stress	Level (daily average)	37.11	35.57	43.89	
Heart Rate	BPM (daily average)	80	78	79	
	Quality score	N/A	77	79	
Sleep	Duration	N/A	7:45 (465)	9:25 (585)	8:47 (527)
	Awake	N/A	2% (normal)	0% (normal)	1% (normal)
	REM	N/A	12% (low)	26% (high)	17% (low)
	Light Sleep	N/A	71% (high)	54% (normal)	57% (normal)
	Deep Sleep	N/A	15% (normal)	20% (normal)	25% (normal)

Coromandel Interview Notes

Interviewee #12: "Molly" (pseudonym to maintain confidentiality)

Time/Date: Nov 16, Nov 16

Contact #: Redacted to maintain confidentiality

Holiday

A holiday means unwinding, getting away out of Auckland, the beach, a short break.

Dream holiday

Somewhere with a hot pool or a swimming pool, somewhere new. Felling relaxed, no more aches and pains, so sleep better.

This holiday

It was a 1.5 hour drive which was not too far for me to drive.

First time? no

Where stayed/what did

A retreat near Waihi. First time stayed in a log cabin. Went on Wednesday and Thursday nights. Glad it was two nights, one night would have been insufficient. My husband couldn't come so I brought his sister – my sister in law "Sharon". We got a two bedroom cabin as promised.

I had a problem, I had left my car lights on and my car battery was flat. The host's husband kindly gave me a jump-start, then we drove to Whiritoa to charge the car. We watched a wedding there, it was an elopement. We had a long walk and had dinner in Waihi.

Liked most

Our hosts were excellent

The space was fantastic

Disliked most

N/A

Other

Being a retreat, a spa pool would have been great. There were massages and facials available but we had no time to do those.

Normal weekend

It would have been busy, with golf, chores, a walk, housework.

Phone use/ Fav photo

Definitely did not use my phone as much, switched myself "off". My favourite photo would have been of the front porch of the log cabin because it impressed me.⁹

Survey results

1. We would like to ask you some questions about your feelings on aspects of your life. There are no right or wrong answers. Please answer each of the questions using a scale of 0 to 10, where 0 is “not at all” and 10 is “completely”

	Statement	Pre	Post	Diff
a.	Overall, how satisfied with your life?	9	9	-
b.	Overall, to what extent do you feel your life is worthwhile?	10	10	-
c.	Overall, are you satisfied with your work-life balance?	10	10	-
d.	How happy did you feel yesterday when you woke up?	8	9	+1
e.	How anxious did you feel yesterday?	3	1	-2
f.	How rested did you feel yesterday when you woke up?	10	8	+2
g.	How stressed did you feel yesterday?	0	0	-
h.	How tired did you feel yesterday?	1	3	-2
i.	How relaxed did you feel yesterday?	10	9	-1
j.	How well did you feel yesterday?	9	9	-

2. How many times have you visited the Coromandel? 2-10 times
3. How old are you today? 65+
4. What is your gender? Female
5. How much total combined money did all adult members of your household earn in 2023? 50-75k
6. What is your ethnicity? NZE
7. What is your main occupation? retired
8. What is your postcode (home) 1061

Post Survey only

A. What did you LIKE most about your Coromandel holiday?

nature

B. What did you DISLIKE most about your Coromandel holiday?

nothing

C. Is there anything else you would like to tell us about your Coromandel holiday?

Highly recommend this destination

Watch results summary

% reduction stress levels	N/A
% reduction heart rate	-20.61
% increase sleep quality	-13.64

Watch results

	TIME PERIOD	Holiday Day 1	Holiday Day 2	Post-Hol Day 1	Post-Hol Day 2
Stress	Level (daily average)	N/A	N/A	30.75	28.21
Heart Rate	BPM (daily average)	83	82	67	64
	Quality score	67	66	74	80
Sleep	Duration	6:26 (356)	9:58 (618)	8:54 (534)	8:24 (504)
	Awake	2% (normal)	13% (low)	0% (normal)	1% (N)
	REM	19% (low)	18% (low)	14% (low)	24% (N)
	Light Sleep	66% (high)	50% (normal)	74% (high)	54% (N)
	Deep Sleep	13% (low)	19% (low)	12% (low)	21% (N)

Coromandel Interview Notes

Interviewee #13: "Julie" (pseudonym to maintain confidentiality)

Time/Date: Nov 14, 9am

Contact #: Redacted to maintain confidentiality

Holiday

Being able to completely unplug, not have to do every day stuff. Wind down. But in real life, being a single mum, "you have to take it with you"!

Dream holiday

Somewhere easy to get at, to slow down. Easy travel, I am a coastal person as opposed to a mountain person. So the views of the Firth were fantastic.

This holiday

Earth Energies Sanctuary but could only stay one night instead of 2 as Jill's son was returning home on Friday from overseas.

First time?

No, her parents live at Whangamata. But this was her first time to this part of the Coromandel.

Where stayed/what did

The Earth Energies retreat was an easy drive from Auckland, the hosts were incredibly welcoming, really enjoyed the therapies. My friend ("Jill") did the flotation tank, but I did the balancing. We spent 3 hours having therapies.

Liked most

No expectations [of others] on me. Getting away with a friend, 2 women are easy going when the travel, quite different from travelling with a male partner or the family.

Disliked most

Not being able to stay for the second night

Other

The host had good after care, sending information and inquiring if we had questions after the treatments

Normal weekend

Is normally an incredibly stressful time, so it's a lovely way to do something lovely for myself.

Phone use/Fav photo

Virtually no use of phone other than basic twice a day contact with children. Watched a movie on Netflix on my phone, and posted photos and a google review after my return.

My favourite photo would be the sunrise over the Firth [of Thames]. There was no other dwelling in view, it was quite lovely, nice for a holiday, I didn't want to leave.

Survey results

1. We would like to ask you some questions about your feelings on aspects of your life. There are no right or wrong answers. Please answer each of the questions using a scale of 0 to 10, where 0 is “not at all” and 10 is “completely”

	Statement	Pre	Post	Diff
a.	Overall, how satisfied with your life?	5	6	+1
b.	Overall, to what extent do you feel your life is worthwhile?	6	7	+1
c.	Overall, are you satisfied with your work-life balance?	5	7	+2
d.	How happy did you feel yesterday when you woke up?	3	8	+5
e.	How anxious did you feel yesterday?	8	4	-4
f.	How rested did you feel yesterday when you woke up?	2	7	-5
g.	How stressed did you feel yesterday?	8	5	-3
h.	How tired did you feel yesterday?	8	5	-3
i.	How relaxed did you feel yesterday?	3	8	+5
j.	How well did you feel yesterday?	4	8	4

2. How many times have you visited the Coromandel? Many
3. How old are you today? 45-54
4. What is your gender? Female
5. How much total combined money did all adult members of your household earn in 2023? 50-75k
6. What is your ethnicity? NZE
7. What is your main occupation? Rehab therapist
8. What is your postcode (home) 1025

Post Survey only

- G. What did you LIKE most about your Coromandel holiday?
- H. What did you DISLIKE most about your Coromandel holiday?
- I. Is there anything else you would like to tell us about your Coromandel holiday?

Watch results summary

% reduction stress levels	37.01
% reduction heart rate	-10.62
% increase sleep quality	8.64

Watch results

	TIME PERIOD	Holiday Day 1	Holiday Day 2	Post-Hol Day 1	Post-Hol Day 2
Stress	Level (daily average)	15.96	12:33	22:67	22;25
Heart Rate	BPM (daily average)	61	64	60	53
	Quality score	85	91	90	83
Sleep	Duration	8:37 (517)	8:16 (496)	9:41 (581)	10:01 (601)
	Awake	0% (normal)	0% (normal)	2% (normal)	0% (normal)
	REM	16% (low)	26% (high)	24% (normal)	21% (normal)
	Light Sleep	42% (low)	43% (low)	45% (normal)	36% (normal)
	Deep Sleep	42% (high_	31% (high)	29% (high)	44% (high)

Coromandel Interview Notes

Interviewee #14: "Sharon " (pseudonym to maintain confidentiality)

Time/Date: 12, Nov 13, 2023

Contact #: redacted to maintain confidentiality

Overview/Events & Activities

What does "holiday" mean to you?

Getting away from your normal everyday life

This holiday

The Falls, easy trip to a beautiful, beautiful spot. The lodging had 2 bedrooms and 1 bath. We were told it would have 2 baths but it had only 1. Luckily it was not a problem for us but it could have been a problem for someone else. It was a seriously restful, beautiful spot.

First time?

When went?

We went on Wednesday for 2 nights. We left Auckland before the afternoon rush and stayed for two nights.

Where stayed/what did

At the retreat near Waihi.

Dream holiday?

Queenstown. Want to be in nature. The surroundings in Queenstown are stunning, beautiful.

Liked most

Doing something different, out of the normal

Disliked most

nothing

Other

nothing

Normal weekend

I'm retired so not much to do when I'm at home. Getting away to different surroundings was great, I enjoyed the log cabin.

Phone Usage/Fav photo

Not much of a phone user or photo taker.

Survey results

1. We would like to ask you some questions about your feelings on aspects of your life. There are no right or wrong answers. Please answer each of the questions using a scale of 0 to 10, where 0 is “not at all” and 10 is “completely”

	Statement	Pre	Post	Diff
a.	Overall, how satisfied with your life?	10	10	-
b.	Overall, to what extent do you feel your life is worthwhile?	10	10	-
c.	Overall, are you satisfied with your work-life balance?	10	10	-
d.	How happy did you feel yesterday when you woke up?	8	9	+1
e.	How anxious did you feel yesterday?	3	5	+2
f.	How rested did you feel yesterday when you woke up?	5	8	-3
g.	How stressed did you feel yesterday?	7	5	-2
h.	How tired did you feel yesterday?	7	5	-2
i.	How relaxed did you feel yesterday?	7	9	+2
j.	How well did you feel yesterday?	10	10	-

2. How many times have you visited the Coromandel? More than 10 times
3. How old are you today? 65+
4. What is your gender? female
5. How much total combined money did all adult members of your household earn in 2023? 75-99
6. What is your ethnicity? NZE
7. What is your main occupation? Retired
8. What is your postcode (home) 1021

Post Survey only

A. What did you LIKE most about your Coromandel holiday?

nature

B. What did you DISLIKE most about your Coromandel holiday?

nothing

C. Is there anything else you would like to tell us about your Coromandel holiday?

Highly recommend this destination

Watch results summary

% reduction stress levels	32.85
% reduction heart rate	4.76
% increase sleep quality	N/A

Watch results

	TIME PERIOD	Holiday Day 1	Holiday Day 2	Post-Hol Day 1	Post-Hol Day 2
Stress	Level (daily average)	17.33	19.5	24.46	N/A
Heart Rate	BPM (daily average)	66	66	62	64
	Quality score	N/A	N/A	N/A	N/A
Sleep	Duration	N/A	N/A	N/A	N/A
	Awake	N/A	N/A	N/A	N/A
	REM	N/A	N/A	N/A	N/A
	Light Sleep	N/A	N/A	N/A	N/A
	Deep Sleep	N/A	N/A	N/A	N/A

Appendix F4: Calculations

Calculations supporting claims from Table 2

1. Drop in self-reported perceived anxiety levels from 4.00 to 2.72

$$\frac{\text{Pre-trip anxiety} - \text{Post-trip anxiety}}{\text{Pre-trip anxiety}} * 100 = \frac{4.00 - 2.72}{4.00} * 100 = 31.75\%$$

2. Drop in self-reported perceived stress levels from 6.91 to 2.91

$$\frac{\text{Pre-trip stress} - \text{Post-trip stress}}{\text{Pre-trip stress}} * 100 = \frac{6.91 - 2.91}{6.91} * 100 = 57.89\%$$

3. Improvement in self-reported feelings of being relaxed from 4.09 to 8.55

$$\frac{\text{Pre-trip relaxed} - \text{Post-trip relaxed}}{\text{Pre-trip relaxed}} * 100 = \frac{4.09 - 8.55}{4.09} * 100 = 109.01\%$$

4. Improvement in self-reported feelings of being rested from 5.55 to 7.82

$$\frac{\text{Pre-trip rested} - \text{Post-trip rested}}{\text{Pre-trip rested}} * 100 = \frac{5.55 - 7.82}{5.55} * 100 = 40.9\%$$

Calculations supporting claims from Table 3

5. Improvement in self-reported perceived happiness levels from 4.90 to 8.20

$$\frac{\text{Pre-trip happiness} - \text{Post-trip happiness}}{\text{Pre-trip happiness}} * 100 = \frac{4.90 - 8.20}{4.90} * 100 = 67.35\%$$

6. Drop in self-reported perceived stress levels

$$\frac{\text{Pre-trip wellness} - \text{Post-trip wellness}}{\text{Pre-trip wellness}} * 100 = \frac{4.60 - 7.60}{4.60} * 100 = -65.22\%$$