

Table 2 – Long distance v.s travel closer to home

Short exercise:

- . Can you recall a peak experience or a moment of delight when you've been on holiday (either nearby or far away), which you are willing to share with the group?
 - . First person (briefly) describes this moment.
 - . The others take notes about the **values** they hear underpinning the story.
 - . When the story is over, share the list of values with the storyteller.
 - . Repeat with the next person, and the next...

CONT.

Questions:

- . What do we usually take for granted about mobility? - especially long-distance travel?
- . What if slowness, proximity, or staying in place were also seen as valuable and adventurous?
- . Are there situations where long-distance travel is necessary? What makes these trips different? Do you have a personal story to illustrate that?

When could you make a shift to short-distance travel? What does that look like? Do you also have a personal story to illustrate that?