

Appendix: Guideline Interview 1¹

Instructions in *italics*.

Introduction: The Place and the Region

Since we don't know each other yet, and I have no information about you, I would suggest that you start by telling me a bit about yourself and what it's like to live here.

- How long have you been living here? (if applicable:) What led you to move here (again)?
- Have you ever considered moving away? What prompted this thought, and why did it not materialize?

Everyday Life

Please tell me about your daily life. Perhaps start with the past week, detailing what you did and where you went each day, from morning to evening. I will listen, and you can share anything that comes to your mind, including specific details.

- What did you do over the weekend?
- Are there typical things you do every day in your routine?
- Do you have specific obligations that you handle daily or weekly?
- What are some atypical days in your week?
- Did anything special happen last week?

Consumption/Groceries

¹ The guideline for Interview 1 should focus on the research question's overarching interest. Thus, this guideline can only be exemplary.

Can you tell me more about how and where you do your shopping?

- Where is that, and how do you get there? Are there any difficulties in reaching there?
- Is there anything missing here regarding shopping?
- Can you shop affordably here?
- Do you have a fixed budget when shopping? Do you compare prices in different stores?
- Do you pay attention to your spending while shopping?

Work and Finances

Next, I'm interested in your education and professional life. Could you tell me about your educational background and how your career has progressed up to now?

- What was/is your (last) occupation?
- How did you get into that job?
- What led to changing jobs or becoming unemployed?
- How do you evaluate your income?
- What is it like to search for jobs here?
- Under what conditions could you find a better job in the region? Have you ever looked for a job that was further away?

Unemployment (<i>if the interviewee is unemployed</i>)
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Next, I'm interested in your education and professional life. Could you tell me about your educational background and how your career has progressed up to now?

- How did you become unemployed?
- What did you do when you became unemployed?
- How did your social circle react or cope with your unemployment?

- How did your life change as a result?

Finances

How would you describe your financial situation? Does your household manage with the money over the month?

- What are your biggest expenses? What are your fixed costs?
- Do you receive any social benefits (e.g., housing allowance, unemployment benefits)?
- What do you do when the money for the month is spent?
- How do you handle unexpected expenses (such as car repairs, household appliances, gifts, coal/oil, etc.)?
- Do you have the opportunity to earn extra income?
- Do you sometimes work for neighbors and friends?
- Do you know anyone working without a contract? How do you find such a job?

Family Obligations

Can you tell me about your family and other important people in your life? Do you take care of children or anyone else in your family?

- What would you need to better take care of X?
- Are you solely responsible for X or is there someone supporting you?
- [*extensive set of specific questions for persons with children*]

Personal Care and Support Needs

If you need support, e.g., in household cleaning, shopping, cooking, gardening: How do you manage that?

- Do you use any mobile or ambulant services (such as delivery services, home care, or similar)?
- Which ones and how does it work? (Are there such services here, and can you afford them?)
- Is there something where you say, if it existed here, it would be easier for me to take care of myself and my household?

Health

If you have health problems, which medical facilities can you turn to?

- Where are they (such as general practitioners, specialists, hospitals, pharmacies, mobile services, etc.)?
- And how do you get there?
- Is there anything missing here to take care of your health?

General Assessment and Future

You've told me a lot about your life here, both positive and negative aspects. To summarize, how is it for you to live here?

- What would you say are the topics that currently concern people the most here? What topics are being discussed?
- Should anything change here?
- Why do you think it hasn't been done/implemented so far?
- Do you think the community/place is adequately supported by politics?
- Regarding the availability of public and private facilities, do you think people here are different from other parts of Germany?

- In public, there is a debate about the neglect of rural areas by government authorities.
How do you perceive that?
- If you review our conversation, how do you see yourself and the community/place in 10 years?

Appendix: Guideline Interview 2

Instructions in *italics*.

One day A: Question set on different trips and places visited on one day
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We are looking at a map indicating the places you went during [*concrete day*]. We are now going to use the map(s) to talk about all the different places you visited during that day and how you traveled. I would like to proceed chronologically; that is, from the beginning of the day forward. Although some things may seem trivial to you, I encourage you to feel free to go into details as well.

Instructions: The interviewer may facilitate the respondent's orientation on the map. When trips to distant places were undertaken on that day, s/he may have to use several maps of different scales for the same day. In addition to recording the interview, the interviewer notes the label of the place on the map (the type of place) as well as the means of travel.

The first place you visited is here ... (*show the first point on the map marked as place*)

- Please tell me what kind of place it is. Try to characterize the place for me.
- What did you do at this place?
- How did you get there?

- How often do you visit this place? Is there any regularity to your visits?
- Whom do you typically meet?
- What is this travel like? How do you typically experience this travel? What are some of your feelings associated with this travel? And with that specific trip?
- What do you do during this travel? Whom do you travel with?
- Do you sometimes get there in a different way? When was the last time you did? What does your choice of the way of getting there depend on?

Another place you visited is here (*show the second/third/fourth... point on the map marked as place visited*).

Instruction: Repeat question set above.

One day B: Reflecting on the first day as a whole

Now we have talked about your entire day.

- Was there a special meaning to this day? What would you call this day?
- Was there anything specific that you wanted to do on this day?
- Was this a typical day? And was this a typical day with regard to traveling?
- What, if anything, was extraordinary about your travel?

Instructions: Repeat for the other days.

General evaluation

Instructions: The interviewer should lay all maps out on the table. The respondent may take them in his/her hands or rearrange them.

- Now we have talked about all your trips and movements over several days of the past weeks.
 - Which days in your current life are similar regarding mobility and traveling, and which ones are considerably different?
- Which trips do you find pleasant and which ones rather unpleasant?
 - Can you give me an example?
 - Which ones are the most demanding?
- Which places do you enjoy visiting?
 - Please tell me something about a place you enjoy visiting on a regular basis.
 - Do you go to that place as often as you would like to? If not, what prevents you from doing so?
- Other important places
 - Is there anything that prevents you from going to places you need go to?
 - Is there anything that prevents you from going to places you would like to go to?
- Which places do you not enjoy visiting? Can you tell me more about the feelings associated with those places?
 - Please tell me more about why you do not enjoy visiting this place. Why not?
 - Can you tell me more about the journey to this place?
- Have the places you visited or the ways you travel to them changed over time? If so, please tell me more about these changes.

Final reflections

- If you look again at all the places we talked about today, is there anything else that comes to your mind? Anything that we haven't already talked about?
- What does looking at those maps feel like?