

# 13 A walk out on the pier and VFR travel

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## Introduction

This concluding chapter provides the readers with two key messages and recommendations that align with the cover of this book. 'A walk out on the pier'. This can mean many things. Is the person feeling lonely? Is the weather gloomy? Does the person feel consumed with dark thoughts? Are they feeling like escaping? Or does it symbolise opportunity? Does the person feel free? Is it a moment to escape the busy world and rejuvenate? Is it a walk to the next chapter in their life, filled with hope and renewal? The cover image can represent any of these things, and in that it represents everything in this book and also more than that. It can be negative and positive. It can be hope. It can mean feeling alone. It can mean waiting to meet with friends or family. All these things capture two key themes for the readers: hope, and Visiting Friends and Relatives (VFR) travel.

As this book has outlined, family violence is a substantial and widespread public health problem. Tourism is associated with good times, rest, relaxation, and escape, and touristic experiences can strengthen family bonds. However, for many families, their daily stresses include living with family violence. Family violence does not take a holiday. It comes along for the holiday, too. Therefore, for those who live with family violence, tourism may not represent escape, and their sense of disequilibrium is unlikely to be restored. Instead, they might have heightened fear and rely on hope. Hope is proposed as a better foundation for understanding tourism experiences.

## Hope Theory

Hope is a type of motivation and involves personal agency. Motivation is a frequent foundation for understanding many things, including tourism. The psychological processes for motivation are complex (Ryan & Deci, 2000).