Figures and tables

**Table I: Interview questions and prompts**

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| 1. Tell me about yourself  Prompt: How would you describe yourself? What do  you enjoy doing? How do you occupy your time?  2. What is your motivation for travelling?  Prompt: Why do you travel? What does being able to travel mean to you?  3. What is your focus for travelling?  Prompt: What did you want to experience out of  travelling?  4. How do you capture memories of your trip?  Prompt: Do you journal / Talk about it / Take photos?  What are your thoughts and feelings about this?  5. Tell me about a travelling trip you undertook lately?  Prompt: What stood out for you in this photo? | 6. Can you share some of the activities you  enjoy performing when you travel?  Prompt: What do you value most about travelling?  Why do you regard this as important?  7. How would you describe travelling to someone who has not experienced travelling before?  8. What do you think are the effects of travelling for you as a person with a disability?  Prompt: Would you say it is necessary to travel and  why? How have you changed after you began to travel as a person with a disability?  9. What do you think is the purpose of travelling for people with disabilities?  Prompt: Would you travel again, why? Can you  share some examples of this? |

**Table II – Meaning of travelling to the participants**

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| Participant  Pseudonym | Introduction | Quotes on the  meaning of travelling to the participants |
| Guusje  65yr old  Female | Guusje has always been an avid traveller. Travelling remains a challenge to her as she battles to find wheelchair accessible accommodation, thus requiring extensive planning. Recently she and her husband travelled by car to George and Cape Town for approximately 5-8 days. Due to her diagnosis, her energy is restricted on a daily basis. She highlighted that travelling gives her time to think and sets her mind at ease from certain stressors but it also reassures her that she is able to move as being bedridden is one of her greatest fears. | *“If I now hear okay, you can’t travel anymore, for me that is almost dying. Sitting here and I like this house, really I’m happy with my dog, I’m happy with my husband and this house is perfect for me and I’m enjoying it. But if the Doctor is telling me now, okay stop with travelling you can’t travel anymore. No, no, no, I’ll rather die” {Guusje, p. 5}.* |
| Letz  23yr old  Male | Letz was raised by his grandparents and because they were pensioners, he was forced to start working from a young age as a part-time waiter, having to manage his time effectively between matriculating at school and temporary work. He views travelling as an activity only for the affluent. However, following his career in sports and his own business in producing various leather products, he is required to travel more regularly. | *“I think it (travelling) is a form of rehabilitation. It is a form of rewiring your brain, from what society has told you what disability is. Re-writing what you, I mean the norms, what people say is normal, you are re-writing it according to your story” {Letz, p. 17}.* |
| Phoenix  21yr old  Male | He is focused on competing in the Paralympics as well as finishing his degree in B.A. Sport Science. He is also a director and co-founder of an NPO with the primary goal of helping people with disabilities to gain access to advanced neurological equipment and treatment programmes. For him travelling goes hand in hand with change. | *“To find your, to find your new you. To develop. To not feel limited. Coz all of those things that I’ve said you know psychologically or physically, your lifestyle everything, it all comes down to change. Changing your perspective of life, the way you view life, changing the way you handle situations, you handle with changing the type of people you surround yourself with, changing how you handle the situation, changing all of those things, to find out…Uuuhm who you kind of are and what you enjoy and what your ideal and best life is in a wheelchair” {Phoenix, p. 22}.* |
| Greys  23yr old | Being a Paralympian, a business man in the fruit export industry and doing an honours degree in B.Com Finance, Grey has to juggle a very busy schedule. He is currently competing in hand cycling and preparing for the Paralympics. | *To Grey travelling brings about a “change of scenery” which allows for a change of routine” {Grey, p. 11}. For him this creates an environment to be “carefree and shutdown from the normal”. He is motivated to travel in order to experience a sense of being without routine and to relax as he stated “the whole thing of being carefree, to shut down from the normal” {Grey, p. 14}* |
| Flight  23yr old  Female | Flight was a final year student in B.Com Management Accounting. She loves adventure and appreciates God’s creation in nature. She is used to travelling, to rustic and remote places in Africa, often reaching out to the locals. Always travelling with her family who understands her specific requirements enjoying the local activities | *“To go and explore, to broaden your ‘self’ and travelling actually gives you a bigger perspective, a bigger picture of what life really is about” {Flight, p. 21}.* |
| Dali  26yr old  Male | Dali is a professional surfer and a representative of the International Surfing Association (ISA). He dedicates his days to surfing and motivating others by raising awareness pertaining to social consciousness and universal design which promote accessibility at schools.  As an advocate and mediator for accessibility he does accessibility surveys and previously owned a travel business. | *"This is what most people do not realise about travelling, specifically travelling for people with disabilities. If you don’t have someone you can talk to prior to going on holiday, someone that was in a similar situation or someone who has done what you want to do with the same type of disability as you, you will come second, you will come second. Somewhere you are going to hit an emotional wall, face first. And it will be too much for you, the exposure will be too much for you...is leisure travel really leisure travel or is it a pilgrimage where you discover yourself…because you don’t know what lies ahead…it will be new for all of you (traveller and the family). That is what one must bear in mind” {Dali, p. 6}* |









