

- **Q11.- Please, tell us in detail your story about your journeys during the day:** On a day-to-day basis I walk to go buying, to do business at the bank, to go to the doctor... Some years ago I used to buy in larger supermarkets and I went there by car with my husband, but now we buy nearby in local supermarkets (he no longer drives). If I have to travel to Valencia, one of my sons take me by car. Some years ago I used to take the bus but now I am afraid of falling, the steps are very high and if I have to stand up, the movements are very abrupt. I take the subway on a specific occasion if the station is close to where I'm going. The stop is 15 minutes far from my house and it's far away because it's hard for me to walk. I use the taxi once in a while, for example this last year once I got back from the hospital.
- **Q14: Please, tell us in detail your story about your leisure or free time journeys in the city or metropolitan area during a day:** My leisure activities have been greatly limited. I sometimes go shopping or visit my sons. For doing this they pick me up and bring me back home, I can no longer go to the places alone if I have to make transfers because I am afraid of falling or having an incident. I used to go on excursions through the center of Valencia but I am not doing it anymore as I get tired very quickly and my legs hurt. I prefer to stay at home, and go out only when it is necessary.
- MAN 28 YEARS OLD.
  - **Q11.- Please, tell us in detail your story about your journeys during the day:** I'm quite an early riser, so in the morning I get up early to go to work. Depending on the year season I choose one means or another: in summer I bike or even walk, but in the cold of winter I travel by tram or car. Some years ago, the tram option was farther away than the car, so I favored the use of the latter above all. However, in the last two years the garage is right at the tram stop, so I no longer have that element in favor of the car and I'm taking the tram much more. All told, the crowding that the tram has right now is uncomfortable for me, although I'm lucky to get on one stop before Benimaclet, so I can sit down. Actually, I prefer standing, but that would mean being packed like in a sardine can quite often. The other point against is waiting, especially if it rains. Those days of the year I take the car. Coming back home is similar except that since it is not rush hour at all (except if I'm going to eat at home), traffic is fluid. On the way back, however, there can be some difference: I have a bus that takes me next to my house and depending on the expected waiting time for the tram, sometimes I change and take the bus (which actually seems more comfortable, although only because there are fewer people). For the rest of the daily trips I try to walk or, if they are far away, by bike or taxi (as before, it depends on how cold it is).
  - **Q14: Please, tell us in detail your story about your leisure or free time journeys in the city or metropolitan area during a day:** In leisure time I normally prioritize going to places on foot. If I have time, I prefer to leave home earlier and have the opportunity to move around a bit. If not, I try to take the bus that takes me directly to the destination or at least nearer. Although the days that I'm in a hurry I do take a taxi, which is the fastest way to get to the places (if you're lucky and you take a fast one). For coming back, I do tend to use transportation, either the bus when there are activities during the day (go shopping downtown, go to the movies, etc.), and especially by night I recommend the taxi (for the same than before, speed). Basically the points that make me to decide on available options are time and weather. Yes, I avoid taking the car except if I go to the Cine Yelmo (it has parking), partly because of the inconvenience of parking, partly because if I drink something, I don't have to drive back. I also try to avoid the subway because it is a medium that I have never really liked. Part of the charm of traveling is seeing things, and on the subway you have no views.