

Brief Overview of Myself: A Journey of Work While Traveling

In September 2022, I embarked on my doctoral journey at SHTM, The Hong Kong Polytechnic University. Prior to this, I pursued a Master's degree in Economics in the Netherlands after graduating from my undergraduate studies in Finance. Subsequently, I worked for 3 years at a financial and securities company in mainland China, primarily focusing on tasks related to taxation, accounting, and finance. While these past experiences may seem distant from my current doctoral studies in the tourism and hotel industry in Hong Kong, they are intricately connected in various ways.

Firstly, my Master's study experience in Europe transformed me into a travel enthusiast. Amidst the intense study, I utilized weekends and holidays to travel within Europe, gathering numerous unforgettable experiences. I vividly remember one particularly challenging instance when, at a budget hostel at the foothills of the Swiss Alps, my classmates and I pulled consecutive all-nighters for 20 hours, finally completing our final assignment at 6 am. After a quick refresh, we boarded a train bound for Italy.

Secondly, my three-year work experience transformed me into a person who combines work with travel. Consulting work demands significant time and effort, often tethering us to our computers and requiring us to be always on call. My colleagues and I frequently worked at train stations, airports, cafes, or clients' offices. During the pandemic, working from home provided a comfortable respite, as we could brew coffee at home while waiting for our computers to boot up.

Thirdly, my education background in finance management primarily, while valuable, revealed that solving problems solely based on financial data presented in reports is often insufficient. Many challenges require considerations beyond numbers, delving into areas like psychology, behavior, and game theory. For instance, why would a company founder adamantly refuse to separate a subsidiary despite overwhelming evidence favoring the move? Why choose leisure venues like hotels for business negotiations? These questions ignited a deep interest in solutions that extend beyond cold financial figures.

From my experiences, it is evident that my current doctoral research interest lies at the intersection of psychology, tourist experiences, and tourist behavior, particularly focusing on the experiences of work while traveling. My research centers on the widespread adoption of remote work and the

increasing emphasis on human well-being in today's society. As technology advances rapidly, people find themselves not realizing the dream of a 4-hour workweek but instead becoming increasingly engrossed in work, leading to issues like loneliness, a sense of meaninglessness, anxiety, and depression. The outbreak of the pandemic exacerbated these contradictions. Therefore, I believe that in the era of emerging technologies like AI, there is a growing need to revisit human connections and human nature, making the exploration of the impact of travel on psychological well-being one of the most significant topics.

In fact, I hold a profound interest in topics such as psychology, life meanings, mental health, and human well-being. Fortunately, the field of tourism, where I am currently engaged, revolves around happiness and well-being. Hence, in my future research endeavors, I aspire to continue exploring the intricate relationships between travel, technology, and health, uncovering how travel promotes well-being. Several questions warrant sustained investigation: 1) While technological advancements aim to benefit humanity, why do we find ourselves increasingly lonely, busy, and anxious? 2) The world is no longer static, with travel evolving from a pastime of the few to a global activity. How should we reconsider the interplay between mobility and individuals' work, leisure, and social interactions? 3) Western happiness is often associated with power, while Eastern happiness emphasizes enjoyment. Despite significant differences, these two perspectives are intricately linked. Westerners may achieve things through restlessness and high energy. However, does this added accomplishment bring tangible value to life? What value can we draw from Eastern philosophies?

To sum up, I am immensely grateful for the opportunity to study at one of the world's premier institutions in tourism and hotel management, SHTM, at The Hong Kong Polytechnic University. I strongly believe that continuous learning is the key to achieving happiness. In the journey ahead, I will keep cherishing learning opportunities and exploring the possibilities of life through value creation.

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