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Mapping the influence of tourism on the well-being of remote workers

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Abstract: *This study explores the relationship between remote work, tourism, and employees' well-being through a bibliometric analysis of academic literature. Existing research presents mixed findings regarding telework effects on employee well-being, with some suggesting it improves work–life balance, and other stating that it can lead to burnout, overworking, and even physical health issues. At the same time, tourism literature recognizes travel as an important contributor to psychological recovery, emotional balance, and quality of life. Concepts such as "workation," "bleisure," and digital nomadism illustrate the growing integration of work and leisure facilitated by digital technologies and flexible work arrangements. To investigate this evolving research field, the study employed a bibliometric analysis using the Web of Science Core Collection database and VOSviewer software. A total of 44 English-language studies focusing on remote work, tourism, and well-being were analyzed through science mapping techniques. Overall, the results suggest that remote work indirectly encourages increased mobility and tourism participation, which may positively influence well-being by creating opportunities for leisure, flexibility, and meaningful experiences. Nevertheless, the study highlights the complexity of these relationships and emphasizes the need for further research on the long-term implications of remote work-related travel behaviors.*

Keywords: remote work, digital nomadism, well-being, work-life balance.

I. INTRODUCTION

The world as we know is taking a turn, it slowly changes, shifting towards new ways to improve people's daily routines, hence, to complement the work-life balance. Beyond professional achievement and career advancement, individuals increasingly seek greater life satisfaction, improved mental health, and enhanced personal fulfillment. This shift has contributed to changing attitudes toward work arrangements, particularly among remote workers, who value flexibility and mobility. In this context, the integration of remote work and tourism has emerged as a means of combining professional responsibilities with leisure and travel experiences. Phenomena such as workation, bleisure, and digital nomadism reflect this evolving lifestyle orientation. Some studies [1, 2] describe digital nomadism as a lifestyle and digital nomads as the people that blend work and leisure travel, and they are seen as individuals that use digitalization to work remotely, allowing them to at the same time travel and work. In their study they also state that hybrid work and remote work is increasing rapidly.

Tourism has been a great part of our life experiences for so many years now; with a great part of the population taking vacations to better their health mentally or physically, for business or leisure purposes and even more. Through travelling one can overcome existential crises and increase overall happiness [3]. The way digital nomadism has emerged was not just suddenly, but with intent. Advances in the digitalization area, the mobility of human resources, and new types of lifestyles has led to the adoption of this unique way of working from home. These people seek autonomy in the way they arrange their lives [4].

Research [5] further explores the relationship between remote work, travel, and employee well-being. The authors note that the COVID-19 pandemic accelerated the transition toward remote work, enabling employees to perform professional activities from a wide variety of locations, including leisure destinations and hospitality establishments. They describe this phenomenon as "remote work trips," emphasizing the increasing overlap between work and leisure environments. Their findings suggest that travel experiences may positively influence the well-being of remote workers.

Furthermore, it is argued that several countries, including Indonesia and Thailand, have recognized the potential of attracting digital nomads by adapting tourism and mobility policies to this emerging workforce segment [2].

This present paper is done to address the fragmentation in the literature research and to consolidate already existing knowledge, therefore it is namely a bibliometric analysis, with the scope of science mapping. In this analysis, one can see a transparent framework for the evaluation and the identification of various academic papers that were retrieved from the Web of Science (WoS) database. This enables the structure summary (or the overview) of trends, themes, and more contributions in the literature. This specific study seeks to answer two well defined research questions. Firstly, what are the main topic and themes in the literature about the influence of tourism on the well-being of remote workers; and secondly, what are the main academic source and from what geographical regions contributing with the highest number of publications regarding this domain.

Through answering these two complex questions stated in the paragraph above, this present study wants to give a bibliometric synthesis of the already established literature found in the WoS database and understand what are the most important themes and even gaps. Also, this paper aims to further the foundation of the future research and even help with the practical innovations in the domain of digital nomadism, bleisure or workaction. All in all, with an application of a bibliometrical analysis, this present research gives a further and evidence-based overview of our chosen topic, the influence of tourism on the well-being of remote workers.

II. LITERATURE REVIEW

2.1. Remote Work and Well-being

Existing literature presents mixed findings regarding the impact of remote work on employee well-being and job satisfaction [6, 7]. On one hand, teleworking is associated with several advantages, including increased flexibility in terms of time and location, greater professional autonomy, reduced commuting time, and improved opportunities to balance work and personal responsibilities [8]. The elimination of daily commuting allows employees to organize their schedules more efficiently and dedicate more time to family life and leisure activities. As a result, remote workers often report higher levels of life satisfaction and lower levels of stress compared to traditional office employees [9].

However, at the same time, remote work environments may also generate significant disadvantages, such as blurring the boundaries between work and personal life leading to higher levels of stress and the feeling of burnout [10]. The increasing reliance on digital communication technologies also contributes to expectations of constant availability, reinforcing the "always-on" idea that makes it difficult for employees to disconnect from professional responsibilities [9]. Therefore, remote employees may experience work–life conflict, stress, exhaustion, and lower levels of job satisfaction, compared to their colleagues who work from the office.

The home environment itself may also negatively affect the remote working experience. Through the analysis of LinkedIn comments [11] it was identified recurring employee frustrations related to technological issues such as microphone and camera malfunctions, as well as distractions and noise within the household. These findings suggest that remote work conditions are not always conducive to productivity or psychological comfort, particularly when employees lack dedicated workspaces.

Furthermore, research indicates that many remote working employees experience difficulties in maintaining equilibrium between social life, work demands, and personal comfort, leading to feelings of uncertainty and disorganization [12]. Additional challenges associated with teleworking include loneliness, procrastination, inefficient communication, overworking, and work–family conflict, all of which may negatively influence employees' mental well-being [13, 14]. Evidence also suggests that family circumstances shape remote work experiences differently. For instance, some studies [15] found that while some employees reported lower stress levels after transitioning to remote work, workers with childcare responsibilities, particularly mothers of young children, experienced increased pressure and emotional strain. Beyond psychological effects, teleworking has also been linked to physical health problems. Several studies identified musculoskeletal disorders, particularly affecting the upper limbs and back, as common negative consequences of prolonged home-based work [16]. These issues are frequently associated with inadequate workstation arrangements, poor ergonomics, and extended sedentary behavior during working hours [17]. Consequently, although remote work offers increased flexibility and autonomy, the literature suggests that its effects on employee well-being remain complex, multidimensional, and highly dependent on individual and contextual factors.

2.2. Tourism as a Driver of Well-being

Tourism has long been recognized as an important contributor to individual well-being, offering opportunities for relaxation, psychological recovery, personal fulfillment, and temporary escape from everyday routines and responsibilities [18]. Beyond its economic significance, tourism has increasingly been examined through the perspective of quality of life and human well-being, as travel experiences may influence how individuals perceive themselves, others, and the surrounding world [19]. In this sense, tourism is not limited to recreational activities alone, but also represents a mechanism through which people seek emotional balance, self-development, and enhanced life satisfaction [20].

Within tourism literature, well-being is frequently conceptualized as a multidimensional construct that includes overall life satisfaction, emotional and social well-being, psychological functioning, and satisfaction across different domains of life [21]. Tourism experiences can contribute not only to personal growth, self-actualization, and self-development by exposing individuals to new cultures, perspectives, and challenges that encourage self-reflection and personal transformation, but also to pleasure, comfort, and relaxation [22]. Consequently, tourism experiences may simultaneously generate short-term emotional benefits and long-term psychological development.

In recent years, evolving mobility patterns and increased workplace flexibility have strengthened the relationship between tourism and professional life. International travel has become particularly attractive among younger generations seeking to combine employment, leisure, and travel experiences within more flexible lifestyles [23]. This trend has contributed to the growing popularity of concepts such as "workation" or "workcation," which describe temporary arrangements where employees combine work responsibilities with vacation experiences [24]. Such arrangements may involve extending holidays in order to continue working remotely, prolonging business trips for leisure purposes through "bleisure" practices, or temporarily relocating work activities to tourist destinations [25]. These developments illustrate the increasing integration of tourism, leisure, and remote work, facilitated by digital technologies and changing organizational practices.

2.3. Remote Work in Tourism Contexts: Opportunities and Challenges

The growing integration of remote work and tourism has become increasingly evident through the emergence of digital nomadism and workation practices [26]. Advances in information and communication technologies (ICT), together with the widespread use of portable digital devices such as laptops, smartphones, and tablets, have progressively blurred the boundaries between work, leisure, and everyday life [5]. As work has become increasingly mobile and omnipresent, individuals are now able to perform professional activities independently of a fixed office location, facilitating new forms of interaction between tourism and employment.

Within tourism literature, digital nomadism is commonly conceptualized as a lifestyle characterized by location independence, continuous mobility, and the use of digital technologies to work remotely while traveling [2]. Traditionally, digital nomadism was framed as a long-term or semi-permanent form of lifestyle mobility involving ongoing relocations and temporary residence across multiple destinations [27]. Unlike traditional business travelers, whose mobility is largely determined by organizational obligations such as meetings or conferences, digital nomads generally possess greater autonomy over both the frequency and selection of destinations, often integrating leisure-oriented travel into their professional lives [26].

The rise of digital nomadism reflects broader transformations in contemporary work culture and mobility patterns. Before the pandemic started, knowledge workers were predominantly office-bound and displayed relatively low levels of mobility [28]. However, the rapid expansion of remote work practices accelerated the emergence of new professional identities, including the "corporate digital nomad" and forms of "nomad corporate work" [29, 30]. Consequently, digital nomadism evolved from a niche lifestyle associated primarily with freelancers into a broader phenomenon encompassing employed remote workers and professionals capable of decentralizing their workplaces [31]. In this context, the concept of "workation" has gained increasing attention, referring to arrangements in which individuals temporarily relocate to tourism destinations while continuing to fulfill professional responsibilities remotely [32].

Existing studies emphasize that digital nomadism is largely motivated by the pursuit of freedom, flexibility, and self-fulfillment. Individuals adopting this lifestyle frequently seek to escape rigid organizational structures, repetitive routines, and presenteeism while pursuing adventure, exploration, and meaningful life experiences [31, 33]. Other motivations identified in the literature include financial advantages associated with geographic mobility, as well as the opportunity to combine professional, personal, and spatial freedom simultaneously [34, 27]. As a result, digital nomadism is often

portrayed as a lifestyle centered around autonomy, flexibility, and the integration of work with leisure and travel experiences.

Despite these perceived benefits, the literature also highlights numerous challenges associated with remote work in tourism contexts. Continuous mobility and the absence of stable place attachment may contribute to feelings of instability, loneliness, and difficulties in developing long-term social relationships [14, 35]. Furthermore, the blending of work and leisure environments can intensify the already blurred boundaries characteristic of remote work, increasing the risk of work–life imbalance, stress, and emotional exhaustion. The sustainability of digital nomadism is also strongly dependent on technological infrastructure. Significant digital disparities persist across countries, particularly in developing regions where internet connectivity, electricity supply, and technological infrastructure may be insufficient to support stable remote work practices [36]. Research suggests that prolonged disruptions in internet access or electricity can severely affect the viability of remote work and digital nomad lifestyles [37]. Therefore, while digital nomadism and "workation" practices create new opportunities for flexibility, mobility, and tourism participation, they also introduce complex professional, technological, and social challenges that continue to shape the evolving relationship between work and tourism.

III. DATA & METHODOLOGY

A bibliometric analysis is a characterized as a quantitative research approach that judges academic literature with the help of statistical tools. In this present study, a bibliometric analysis approach has been embraced, with its scope being science mapping. This methodological possibility is apt given our paper's intent to better explore the structure and evolution of research in the sphere chosen. On the other hand, science mapping gives a goal and data-driven framework for associating keynotes, relationships, and clusters over time. In this way, the authors can see the most important themes and linkages and give a summary or better said an overview [38].

In the same study [38] it is said that a bibliometric analysis does not evaluate the internal validity of the papers, but rather concentrates on publication and citation patters. Therefore, an extra formal quality appraisal has not been done. This decision that the authors took is agreeing with the already confirmed bibliometric guidelines, and the absence of a quality assessment done in a traditional way, is seen as a limitation of this paper.

One study [39] said that there are four bibliometric research stages: the definition of the objective of the paper, collecting the data necessary, the analysis and visualization of the clusters, and lastly the findings and the results. Moreover, another study [40] also talked about similar four stages, they described them as the identification, screening, eligibility, and inclusion. Also, another recent study [41] said that the bibliometric analysis is supposed to be seen with its inherent limitations that it has, the part where the authors choose the keywords, the data base source, in this present paper being WoS, and even the methodological constraints. The paper cited in the previous sentence, also says that a limitation of this study can also come from the specific sources from the place where the studies chosen have been retrieved.

A systematic and structured data collection process was employed for this bibliometric study. The literature search was conducted using the Web of Science (WoS) Core Collection database, selected due to its extensive coverage of high-quality scholarly publications across multiple academic disciplines. The search strategy incorporated a combination of TOPIC keywords related to remote work, well-being, and tourism. The search query used was as follows: ("remote work" OR "work from home" OR "telework" OR "digital nomad" OR "workation") AND ("well-being" OR "wellbeing" OR "life satisfaction" OR "happiness" OR "mental health") AND ("tourism" OR "travel" OR "vacation" OR "holiday" OR "bleisure"). This query was designed to capture a broad range of relevant studies by including alternative terms and concepts commonly used in the existing literature to describe the relationship between tourism and remote work, thereby maximizing the inclusion of studies relevant to the research topic.

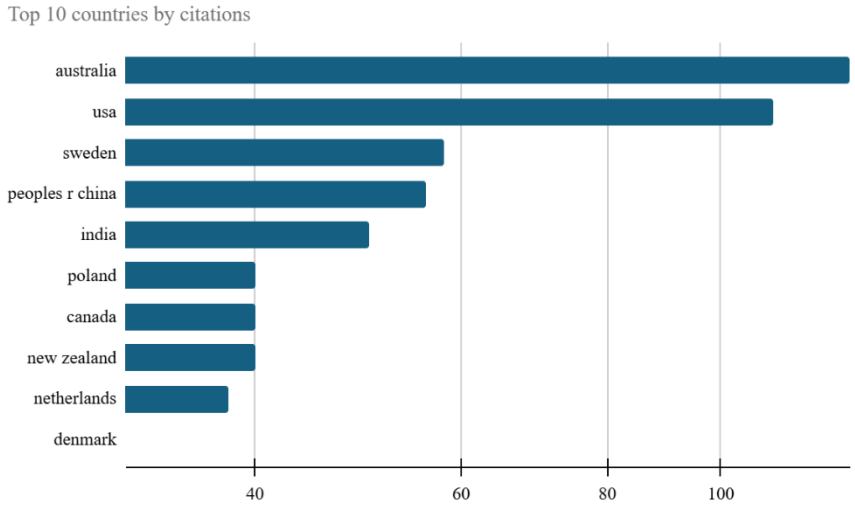
Only articles published in English were included in the analysis in order to minimize potential translation inaccuracies and avoid the loss of contextual meaning. Following the application of the inclusion criteria and database filters, the final dataset consisted of 44 studies. The titles and abstracts of all selected articles were subsequently reviewed to ensure their alignment with the primary objective of the study, namely the examination of the influence of tourism on the well-being of remote workers through a bibliometric science-mapping approach.

The bibliometric analysis was conducted using VOSviewer software, which was employed to generate and visualize bibliometric networks. Cluster structures were analyzed to identify the dominant research themes and conceptual

relationships within the literature. A more detailed interpretation and discussion of the resulting clusters are presented in the following section of the paper.

IV. RESULTS

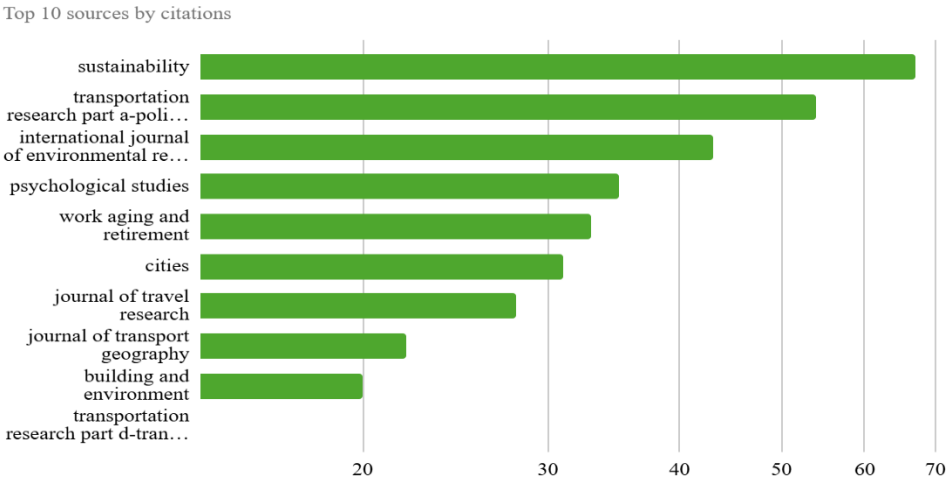
The results presented in Graph 1 show the highest-cited countries according to citation count. Australia records the highest number of citations, with n=129 citations, followed by the USA (n=111) citations and Sweden with n=58 citations. At the lower end of the ranking, the Netherlands records n=38 citations. These findings suggest that the citation impact is concentrated in a few countries, namely USA and Australia, while the rest have a moderate citation presence.



Graph 1. Top 10 citations by countries

Source: Authors' own processing based on VOSViewer results.

The findings in Graph 1 highlight citations by source, meaning the journals or publishers. The grpahs shows the top 10 highest cited sources. In first place is Sustainability (n=67) citations. Next is Transportation Research (n=54), and the third is the International Journal of Environmental Research and Public Health (n=43). The list also includes Psychological Studies (n=35), Work, Aging and Retirement (n=33), Journal of Travel Research (n=28), while the last source is Building and Environment, with n= 20 citations. The nature of these sources, as well as the fields in which these journals publish, indicates an interesting finding, that the relationship between wellness and remote work has a multidimensional character. However, most research interest appears to gravitate toward transportation, policy, environmental dimensions, and psychological effects, while travel related interest is positioned at the lower end. Therefore, wellness and remote work can be seen as a transversal research field connected to several main dimensions: transportation, psychology, tourism, and the environment.



Graph 2. Top 10 citations by sources

Source: Authors' own processing based on VOSViewer results.

In Table 1 are presented the papers with the highest number of citations, meaning the papers that can also be considered influential in this specific field of remote work, tourism, and wellness. In first place is the paper by Moglia et al. (2021) [42] with a citation count of n=56. This paper is concerned with teleworking and how teleworking and hybrid work can impact or contribute to the sustainable goals, following the COVID-19 crisis, which has strongly shaped the way people work nowadays. In second place is the paper by Aboobaker (2022) [43], which paper examines the workplace and employee well-being in the hospitality sector, specifically focusing on the influence of fear of COVID-19. Moving on, an interesting paper is the one by Chevtaeva (2024) [5] with a citation count of n =28, which explores well-being in relation to remote work among people who work during leisure time. Another relevant paper is written by Kroesen (2022) [44] and found increased well-being in women which were working from home during the pandemic, especially for those who previously had longer commute times. This means that women who used to spend a lot of time travelling to a traditional workplace before COVID-19 experienced higher well-being when working from home.

Table 1. Citation by documents (influential papers)

Document	No. of Citations	Total Link Strength
moglia (2021)	56	20
aboobaker (2022)	35	9
dropkin (2016)	33	15
mayer (2022)	31	18
chevtaeva (2024)	28	18
kroesen (2022)	25	43
tomczak (2022)	24	15
manu (2024)	20	15
vosko (2022)	19	1
barbour (2024)	18	19

Source: Authors' own processing based on VOSViewer results.

The network visualization of bibliographic coupling is shown in Fig. 1. The colors represent thematic clusters, while the distance or spread between items indicates how closely connected, they are to one another. As a result, six clusters were identified. While all papers focus primarily on remote work, each cluster has its own specific centrality. In addition, based on the findings, it seems the clusters are uneven in size, with Cluster 1 being the largest and Cluster 6 the most niche.

Therefore, cluster 1 (red) is concerned with a more general and multi-angle approach to teleworking. The papers in this cluster examine several dimensions, including differences between the traditional workplace and remote work, employment and retirement, environmental aspects, travel and well-being. This cluster also includes studies on indoor environmental quality in work-from-home settings, work intensity, as well as the impact of working from home on family conflict, well-being, studied during the COVID-19 lockdown. For second cluster (green), the focus is on the mobility and commuting implications from remote work. More specifically, it examines the effects of commuting before and after the pandemic. One influential or highly cited paper Kroesen et al., (2022) [44] in this cluster focuses on the subjective well-being of women with long pre-pandemic commute times. Other papers explore the relationship between commuting and depression among Beijing residents, as well as the links between commuter satisfaction, life satisfaction, work-from-home intensity, and the spatial-temporal connection between home and work.

Moving on, cluster 3 (blue) has a wellness centrality to it. The papers in this cluster look at topics such as workplace spirituality and well-being, happiness, emotional distress, burnout, and workers' health. Overall, this cluster is focused on occupational well-being and psychological health across different worker groups. The most influential paper in this cluster is the study by Aboobaker et al., (2022) [43], which explored workplace spirituality and employee well-being in the hospitality sector. While cluster 4 (yellow) includes more mobility and travel activities-oriented papers, these studies

also touch on well-being, but they are more closely connected to commuting effects, sustainable urban mobility, and activity-travel. Therefore, while well-being is still present, the focus of this cluster is more strongly related to mobility and activity patterns. Moreso, cluster 5 (purple) has a societal view in relation to remote work. For example, the most highly cited paper [42] in this cluster is concerned with the United Nations (UN) sustainability goals and remote work impact on them. Other papers examine issues such as socio-demographic and disability factors, and societal or financial challenges. Although this cluster is smaller than the rest, it includes the most cited document, suggesting that smaller clusters may still contain important contributions. Finally, Cluster 6 (turquoise) is more niche. The papers in this cluster focus on remote work during COVID-19 and its impact on different health conditions.

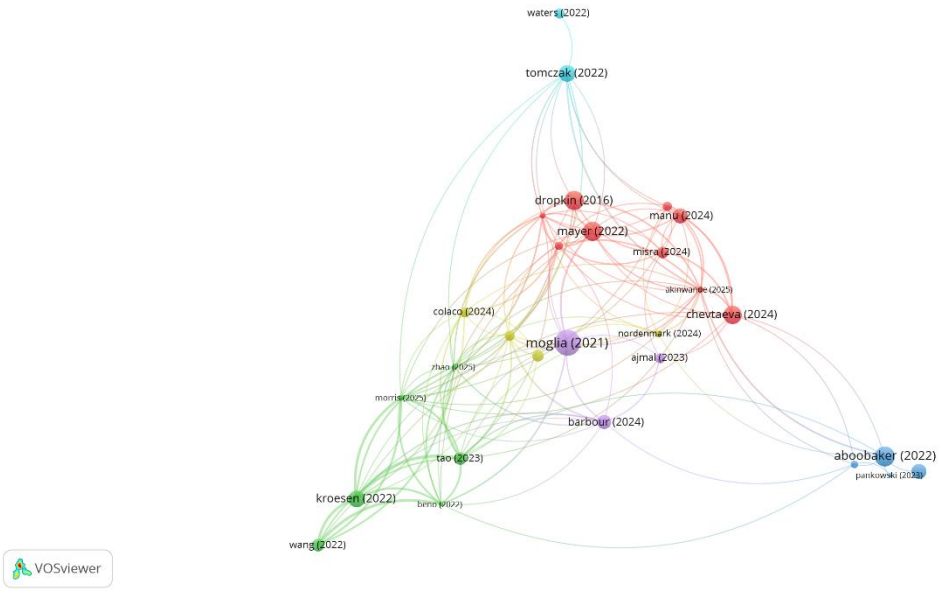


Figure 1. bibliographic coupling network map of documents

Source: authors' own processing based on vosviewer results.

Table 2 presents the occurrence of all keywords, while Fig. 2 shows the mapping visualization of the keywords identified in the studies addressing the research topic. A total of six themes resulted from the mapping. The first cluster (red) represents a more general theme. The most common terms in this cluster include "well-being", "remote", "health", "stress", "satisfaction", "time", "travel", "commute", and "urban". Therefore, this cluster appears to deal with remote work and well-being, particularly in relation to health and stress. It can be presumed that the papers in this cluster examine the effects of remote work on well-being, health, and stress, as well as connections with commuting and travel behavior in the urban context. The second cluster (green) is characterized by words such "work", "COVID", "performance", "pandemic", "anxiety", "challenges", "depression", "management", and "mental health". Once again, this cluster is connected to well-being, but it seems to have a stronger occupational angle. More specifically, it appears to examine anxiety, depression, performance, and mental health in the context of the COVID-19 pandemic, which acted as a catalyst towards remote work.

Cluster 3 (blue) is characterized by terms such as "COVID-19", "teleworking", "home", "tourism", "telecommuting", "model", "vacation", and "teleworking". This area of research appears to show interest in the relationship between teleworking, tourism, and vacation behaviors with COVID-19 being one of the most prominent keywords. Moreover, cluster 4 (yellow) is characterized by words such as "behavior", "life satisfaction", "subjective well-being", "city", "happiness", and "duration". Therefore, this cluster appears to approach teleworking in relation to people' behavioral and satisfaction effects in urban or mobility-related contexts, as well as other improvements in quality of life. In addition, Cluster 5 (purple) is characterized by words such as "travel", "impact", "work from home", "information", "productivity", and "office". As such, this cluster appears to focus on the impact of working from home on travel, as well as on productivity.

Last, but not least, cluster 6 (turquoise) is concerned with "technology", "working from home", "sustainability", "hybrid work", and "mobility". Therefore, this cluster appears to examine the changes brought by working from home in relation to technology. remote and hybrid work, sustainability, and mobility.

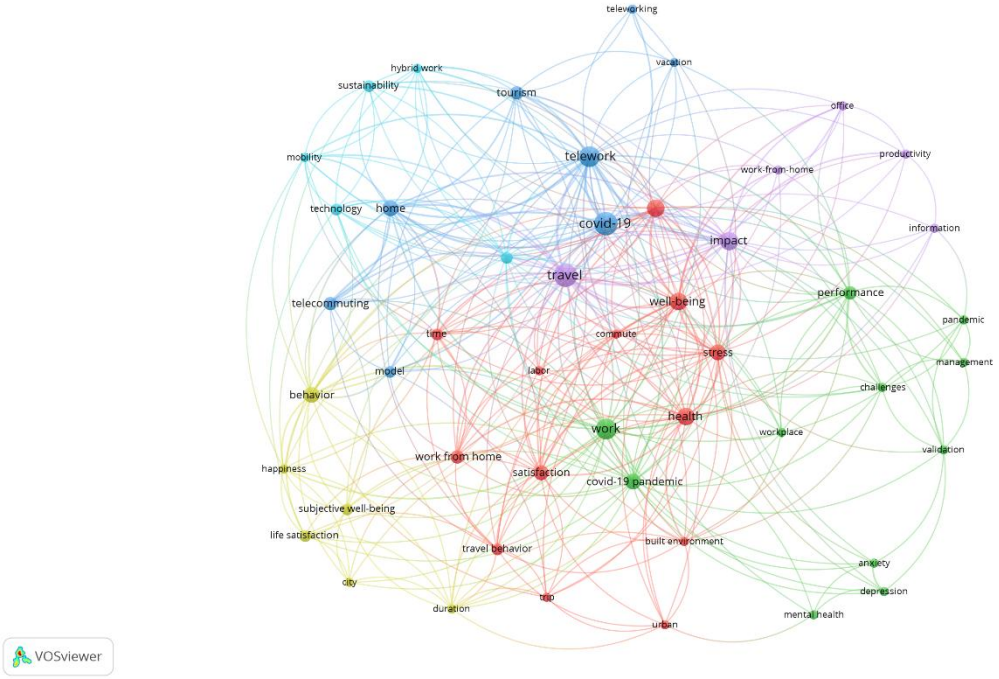


Figure 2. all keywords co-occurrence network map.

Source: author's own processing

Table 2. Top 10 keywords by occurrence

Document	Co-occurences	Total Link Strength
travel	12	64
covid-19	12	43
telework	10	53
work	10	35
impact	8	43
well-being	7	39
health	7	34
remote work	7	29
stress	6	37
home	6	36

Source: Authors' own processing based on VOSViewer results.

V. Conclusion

Our paper aimed to answer two research questions. What are the main topics in the literature in regard to the influence of tourism on the well-being of remote workers? And, what are the main academic sources and the geographical regions contributing with the highest number of publications regarding this domain?

Based on the results, to answer the first question, it seems that when it comes to the intersection of remote work, wellness, and tourism, the bibliometric analysis showed that this research theme had a presence in multiple countries, however the countries with the highest citations belong to USA and Australia, and the highest cited publisher being Sustainability. In terms of documents, the most influential papers were those of [42] Moglia et al. (2021), "Telework, Hybrid Work and the United Nation's Sustainable Development Goals: Towards Policy Coherence", [43] Aboobaker et al., (2022) "Workplace Spirituality and Employee Wellbeing in the Hospitality Sector: Examining the Influence of Fear of COVID-19", and [45] Dropkin et al., (2016), "Blended Work as a Bridge Between Traditional Workplace Employment and Retirement: A Conceptual Review". In regard to the first question, which are the topics with regards to the research, they were as follows. The topics covered were sustainability, retirement, and tourism. It seems that remote work may contribute to sustainability, bringing both business and economics benefits as well as personal benefits [42]. In addition, some research [43] examined the workplace spirituality of employees of hospitality sector, particularly how the levels of sense of community, meaningful work stayed during remote work, concluding that even at a distance the workplace spirituality as able to be maintained. And finally, the remote work seen through the lens of retirements [45], given the increased age of when people go to pension, remote work or blended work may help this transition.

While the top three results didn't examine the influence of tourism on the well-being of remote workers, it did reveal the increased interest in sustainability, whatever it may be from a policy point of view, or societal, or workplace. However, the bibliometric results did reveal important papers in the tourism, wellness and remote work relation. One study [46] found that, after the pandemic people had an increased desire in more discretionary time, due to the elimination of commute during the pandemic. Meaning, once people experienced the commute time being replaced with other leisure and personal activities, their wellbeing increased, which led to a reluctance to return the workplace as full-time. The extra times allows people to gather more positive life experience. In addition, it was studied the role of work staycation (i.e, working from a different place, hotel, cabin etc.) and it benefits on wellbeing [47]. Another paper [5] touch similarly on this subject but on the complete blend between work and leisure. Before COVID-19, work and leisure were two distinct events that couldn't happen at the same time, however with the emergence of different work arrangements. Now, these two domains can co-exist, and the results indicate that even without taking break, travelling may still bring positive benefits to the employee's wellbeing. As stated by the literature, digital nomadism started to rise and is seen as a lifestyle [2, 29, 30].

Therefore, even with a smaller literature subset, the bibliometric analysis reveled that tourism has a positive effect on the well-being of remote workers. What is clear is that work from home has increased mobility in people, which increased flexibility in vacationing as well as the possibilities of working from other destination or countries (work staycation, digital nomadism). Moreso, when the commuting was reduced and, in some cases, removed, people saw an increase of time that could be used for engaging in more positive experiences, and organizations and institutions the impact on sustainability (less cars, less urban congestion). In conclusion, remote-work signals more to bringing an indirect or spillover effect on travel behaviors, which in turn, seem to be associated with increased well-being in remote work. These results are to be interpreted in the context of the present study, as generalizations and causality cannot be drawn.

In terms of future research, researcher could study the spill-over effects of remote and hybrid working models on tourism industry. Given the changes in population behavior in regards to transportation and flexibility of working, these effects should be studied, for a better understand. For example, do people who work from tend to travel more often during working period, and if they do, do they travel in the country or proximity, or abroad? How are these employees experiences subjective wellness in that context? The travelling patterns are to be investigated as well as the impact this relation has on wellness.

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