

## **Abstract**

Traveling is an essential part of modern society. A trip to a neighboring city or a flight to a tropical island are some of the many travel options available that have become less expensive and stressful to plan in today's globalized world. This report defines human well-being as a multi-factor concept and describes its relationship with tourism. A literature review and the views of academic authors point to travel as an optimal tool for stress management, emotional discharge, and inspiration. Most opinions have shown that tourism is becoming an increasingly vital part of the ecosystem, which in turn forms human well-being and satisfaction. Travel, in particular, diversifies according to time and geography, while suppliers improve offers and take a customer-oriented approach. Most of the elements studied within the thesis are subjective concepts, for example, inspiration and emotional well-being. Therefore, a qualitative analysis method and a sufficient gender-diverse sample were chosen to obtain primary information. Seventeen questions were asked to participants who, to varying degrees, described emotions, the paradigm of choice, expectations, and perspectives of a person in relation to previous or future travels. The results proved the multi-layered perception of human satisfaction, namely the definition of satisfaction between various people. In addition, the emotions and memories of traveling directly correlate with expectations before the vacations. This study had some limitations, including the prospect of a larger sample and an increased number of questions. Nevertheless, this is an optimal base for more detailed studies of human well-being and tourism, for example, among ethnic or cultural minorities.

