

Coronavirus: the ways to contact nature and meaning of green for people during and after the COVID-19 pandemic

Questionnaire survey:

1. What is the city of your current residence

_____ (if possible please also indicate the postal code)

2. How long has (had) your city / place of residence / neighborhood been in lockdown, shelter-in-place or quarantine? _____ (please indicate the number of days)

3. Thinking about the general actions taken in response to the COVID-19 pandemic where you live, please indicate the type of impact each of these actions have had on a) your daily life and b) your personal wellbeing (several answers are possible):

a) impact on your daily life (use the scale provided)

General Actions	Very negative	Slightly negative	No impact	Slightly positive	Very positive	I don't know
Lockdowns	1	2	3	4	5	
Social Distancing	1	2	3	4	5	
Working remotely	1	2	3	4	5	
Other _____ (please specify)	1	2	3	4	5	

b) impact on your personal wellbeing (use the scale provided)

General Actions	Very negative	Slightly negative	No impact	Slightly positive	Very positive	I don't know
Lockdowns	1	2	3	4	5	
Social Distancing	1	2	3	4	5	
Working remotely	1	2	3	4	5	
Other (please specify)	1	2	3	4	5	

4. What do you do, if anything, to deal with them? (several answers are possible)

- ☐ I take a walk (if it is allowed)
- ☐ I do some outdoor physical / mental exercises
- ☐ I've developed / undertaken activity which help me to reduce stress (please specify) _____
- ☐ I am connected with the world via _____ (please specify)
- ☐ others _____ (please specify)

5. In your opinion, how important is contact with nature for your mental and physical wellbeing? (Please indicate your response using the options provided)

	Very important	Fairly important	Important	Slightly important	Not at all important	I don't know
for my Mental wellbeing Contact with nature is:						

for my Physical wellbeing Contact with nature is:						

6. What is the main value for you to be in nature / urban green space? (select all that apply)

- ☐ physical activities (jogging, running, etc.)
- ☐ to breath fresh air
- ☐ sun bathing
- ☐ mental benefits (to reduce stress etc.)
- ☐ to relax and unwind
- ☐ to be in a comfortable and safe place
- ☐ spending time with family and visiting playgrounds
- ☐ social contacts (with friends, relatives or simply to feel social inclusion)
- ☐ escape the urban environment
- ☐ to connect with nature
- ☐ to have fun
- ☐ enjoy scenic beauty
- ☐ others _____(please specify)

7. Is it allowed now in your city / district to go outside and use green space?

- ☐ No, it is not allowed to go outside and I just grow plants in the apartment
- ☐ No, it is not allowed to go outside and I have only contact with balcony green
- ☐ Yes, it is allowed, but only in the backyard green
- ☐ No restrictions are performed and I can visit green space as before the COVID pandemics
- ☐ other _____(please specify)

8. If it is allowed now in your city to go outside, where do you prefer to go? (several answers are possible)

- ☐ I take a walk in a nearby park
- ☐ Urban gardening in my / my relatives' / my friends' allotment makes me feel good
- ☐ I go to the nature area situated far from home such as urban forest park
- ☐ I may go outside the city boundaries to spent time in countryside
- ☐ I am living in a countryside and do not suffer from deficit of contact with nature
- ☐ other _____(please specify)

9. How often did you visit green spaces before the quarantine (corona-virus restrictions)?

- ☐ Every day
- ☐ More than once a week
- ☐ Several times a month
- ☐ Once a month
- ☐ Less than once a month

10. How often do/did you visit green spaces during the corona-virus restrictions?

- ☐ Every day
- ☐ More than once a week
- ☐ Several times a month
- ☐ Once a month
- ☐ Less than once a month

11. How often will you visit green spaces after the corona-virus restrictions are lifted?

- ☐ Every day
- ☐ More than once a week
- ☐ Several times a month

- Once a month
- Less than once a month

12. Do you see any positive side / benefits for nature and people from COVID related lockdown in your city?
(several answers are possible)

- No, nothing
- Yes, I am able to spend more time with my family now
- The air is getting cleaner – I can feel
- The noise is reduced
- The streets and neighborhoods not so crowded anymore
- The traffic is going down and I like this silence
- This lockdown related pause makes me think that lifestyle before the COVID was too crazy and stressful
- I can spend more time in the green
- I explored more wild life in the city (birds, animals, insects etc. which I've never seen before)
- I can hear more bird songs now
- others _____ (please specify)

14. Do you think your neighborhood needs additional green space?

- Yes, my neighborhood always needed additional urban green spaces
- During COVID there is an urgent need for additional green spaces adapted to new normal
- No
- I don't know

15. If yes, please specify what particular green spaces are needed personally for you and your family (several answers are possible)

- green front- and backyards
- more green spaces near your house (trees, shrubs, etc.)
- more playgrounds for children
- more green space for active recreation (also with installation for physical exercises)
- more public parks
- more street greening
- more community gardens
- more school and kindergarten green spaces
- more pocket parks and small gardens/squares for silent recreation
- to transform vacant lots and brownfields which we have near our house
- others _____ (please specify)

16. What additional design / infrastructure elements would you add to the green space you most commonly use?
(several answers are possible)

- flowerbeds
- beds for fruits and vegetables
- benches
- shading places
- places for sheltering from the rain/snow
- playgrounds for children
- installations for physical exercise
- signs with information about nature
- arbours
- green walls
- pond
- water fountain
- others _____ (please specify)

17. Please indicate what is your current employment status?

- full-time remote (home)
- full-time office
- part-time remote (home)

- ☐ rotation: 2-3 days/week remote (home)
- ☐ I have been temporarily laid off
- ☐ I have been asked to take my vacation now
- ☐ I have been unemployed since _____
- ☐ I am a stay-at-home parent
- ☐ I need to combine full-time remote (home) and home schooling of my children
- ☐ I am a student
- ☐ Retired
- ☐ Others _____ (please specify)

18. The place of your living is:

- ☐ House
- ☐ Flat/Apartment/Maisonette
- ☐ Others _____ (please specify)

19. How many people are living in your household (including you and children): _____ (the number)

20. Your age: _____ years old

21. What is the age of people living in your household (including children) _____ years old

22. Please indicate your gender:

- ☐ Female
- ☐ Male
- ☐ Prefer not to say

23. Please indicate the level of your education

- ☐ School diploma
- ☐ Secondary special education
- ☐ University graduation (BSc., MSc., diploma)
- ☐ Post-university graduation (PhD., Dr. or similar)
- ☐ Others _____ (please specify)

24. Do you have any other comment? _____