

## Supplementary File S1.

### A questionnaire about the use and preferences of Vilnius green spaces during COVID-19 pandemic (Only for the residents of Vilnius city)

**Q0.** Are you a resident of Vilnius city?

1. Yes → continue the questionnaire
2. No → end of the questionnaire

**Q1.** There are enough of public urban green spaces (UGS) in Vilnius city:

- Strongly Agree
- Somewhat agree
- Somewhat disagree
- Strongly disagree

**Q2.** There are enough of UGS around my home in Vilnius:

- Strongly Agree
- Somewhat agree
- Somewhat disagree
- Strongly disagree

**Q3.** Is the nature of the city (UGS like Vingis, Verkiai or Reformatu Parks) important?

**Q3\_1 For your physical health?** Not at all important 1 - 2 - 3 - 4 - 5 - 6 - 7 Extremely important

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**Q3\_2 For your mental health?** Not at all important 1 - 2 - 3 - 4 - 5 - 6 - 7 Extremely important

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**Q3\_3 For the nature itself (richness of species, habitats, etc.)?** Not at all important 1 - 2 - 3 - 4 - 5 - 6 - 7 Extremely important

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**Q3\_4 Due to esthetics?** Not at all important 1 - 2 - 3 - 4 - 5 - 6 - 7 Extremely important

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**Q3\_5 Generally to the wellbeing of the city residents?** Not at all important 1 - 2 - 3 - 4 - 5 - 6 - 7 Extremely important

**Q4.** Which one of the following benefit that UGS provides in Vilnius is most important for human well-being? (1 answer)

1. Air filtration (nature in the city cleans the air)
2. Aesthetic experiences (city nature is important for aesthetics; you can admire it)
3. Habitat (nature in the city is a home for various species)
4. Recreation and exercise (you can actively spend time in the park, like walking (with a dog), jogging)
5. Microclimate regulation (e.g., on a hot day it is good to be in the park where the air is cooler)
6. Collecting medicine from plants (e.g., medicinal herbs)
7. Watching the nature (you can relax in the green zones while watching the nature, staying in silence)
8. Water cycle regulation (for instance, flood control after heavy rain)
9. Sense of place (some places in the city cause feelings or are important for the community, such as the Puckoriai exposure, Gediminas hill, etc.).
10. Noise attenuation (vegetation reduces noise, e.g., from the streets)
11. Food from plants (you can garden near your home)
12. Possibility for education (nature gives a possibility to learn and educate people, e.g. in the parks)

**Q5.** How far is the closest UGS (park, square, forest or other) from your home walking by foot?

- Less than 5 min away
- 5–10 min
- 11–20 min
- 21–30 min
- More than half an hour away

**Q6. How often do you visit UGS in Vilnius during COVID-19 pandemic (after the quarantine was imposed on the 16<sup>th</sup> of March 2020), when the weather conditions are suitable for you?**

- Daily
- Weekly
- Monthly
- Several times a year or Never

**Q7. What do you usually do during your visits at UGS in Vilnius? (1 answer)**

1. I enjoy the fresh air
2. I admire the landscape
3. I observe nature
4. Do sports (running, cycling, skiing in winter, etc.)
5. I walk
6. I rest, seek peace
7. I walk the dog (or other animals)
8. I spend time with children
9. I meet friends
10. I collect herbs, mushrooms, acorns and so on.
11. I study, take lessons, etc.
12. Other

**Q8. During the quarantine most often I go to (1 answer):**

- |                                                   |                                            |
|---------------------------------------------------|--------------------------------------------|
| 1. The green space next to my house               | 11. Ozo park (Baltupiai)                   |
| 2. Everytime I go to different UGS                | 12. P. Cvirkos squares (Centras)           |
| 3. Bernardinai park (Senamiestis/ Užupis)         | 13. Pasakos park (Karoliniškės/ Lazdynai)  |
| 4. Jomantas park (Baltupiai)                      | 14. Pavilniai park                         |
| 5. Karoliniškes landscape protected area          | 15. Sapiegos park (Antakalnis)             |
| 6. Liuteronai garden (Naujamiestis)               | 16. Šeškinė slope geomorphological reserve |
| 7. Lukiškes square (Centras)                      | 17. Verkliai park                          |
| 8. Lūžiai park (Viršuliškės)                      | 18. Vingio park                            |
| 9. Misionieriai gardeni, Kūdrų park (Senamiestis) | 19. Other park: _____                      |
| 10. Neris river park (Šnipiškių)                  |                                            |

**Q9. For my usual visits to UGS during COVID-19 pandemic, I prefer: (1 answer)**

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|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| 1. Naturalness – reminds natural, wild nature                                                                | 12. Busy place – has more people and I don't feel isolated                                                        |
| 2. Good climate – clean air, better microclimate, less noise                                                 | 13. A place that inspires to create or have better learning opportunities (e.g. by observing nature)              |
| 3. Diverse landscape, relief                                                                                 | 14. Safeness (where I feel safe)                                                                                  |
| 4. Quiet, silence place with fewer people                                                                    | 15. Rich vegetation and natural elements (e.g. a river or old trees)                                              |
| 5. Proximity – close to home                                                                                 | 16. Size (a larger space)                                                                                         |
| 6. Accessibility – easy, convenient to reach by foot                                                         | 17. Good maintenance (clean and tidy)                                                                             |
| 7. Possibility to get to it by walking via green corridors (i.e. there is no need to walk along the streets) | 18. A specific place due to its design (has particular plants, exceptionally designed buildings, equipment, etc.) |
| 8. Good infrastructure (tidy tracks, benches, lighting, sport facilities)                                    | 19. Other _____                                                                                                   |
| 9. Suitable and safe for kids                                                                                |                                                                                                                   |
| 10. Suitable to walk a pet                                                                                   |                                                                                                                   |
| 11. Suitable to socialize and to meet friends                                                                |                                                                                                                   |

**Q10. What was the main hindrance or disturbance to use UGS during the quarantine?**

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|---------------------------|----------------------------------------------|
| 1. Lack of UGS in general | 8. I feel insecure, fear of being attacked   |
| 2. Noise from the streets | 9. Lack of larger green space closer to home |

3. Lack of a more suitable backyard near the house (private or between apartment buildings) 4. Lack of convenient walking to green spaces (so-called “green connections” so you don’t have to walk along the streets) 5. Poor infrastructure within UGS (lack of benches, toilets or lighting in the evenings) 6. Too many people 7. I don’t like the behavior of other visitors (noise, cycling too fast, etc.)	10. Low species diversity, natural elements 11. Improper maintenance of the park (untidy paths, rubbish, fallen leaves, etc.) 12. Inconveniences caused by quarantine restrictions (wearing masks, cannot buy a coffee or use toilets) 13. Fear of being infected with the virus 14. Other _____
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**Q11. Thinking back to before the beginning of the pandemic in March 2020, do you spend more or less time outside?**

- Significantly more time
- Somewhat more time
- Neither more, nor less
- Somewhat less time
- Significantly less time

**Q12. Spending time in UGS helps me to cope with the isolation and stress of the pandemic:**

- Strongly Agree
- Somewhat agree
- Somewhat disagree
- Strongly disagree

**Q13. What are the other activities that help you to cope with pandemic isolation and stress?**

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<p><b>D1. Your gender</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Male</li> <li><input type="radio"/> Female</li> </ul> <p><b>D2. Your age:</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> 18–24</li> <li><input type="radio"/> 25–34</li> <li><input type="radio"/> 35–44</li> <li><input type="radio"/> 45–55</li> <li><input type="radio"/> 55–65</li> </ul> <p><b>D3. Do you live alone?</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Yes</li> <li><input type="radio"/> No</li> </ul> <p><b>D4. Do you live with the kids (0–17 years)?</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Yes</li> <li><input type="radio"/> No</li> </ul>	<p><b>D5. Which statement indicates best the financial situation of your family:</b></p> <ol style="list-style-type: none"> <li>1. We don't have enough money for food</li> <li>2. We have enough money for food, but it's hard to buy clothes</li> <li>3. We have enough money for food and clothing and we can save some money (but that would not be enough for a bigger purchase, like TV or fridge)</li> <li>4. We can afford some more expensive items such as TV, refrigerator and other, but we cannot afford very expensive purchases (buy an apartment, holiday home, etc.)</li> <li>5. We can afford to buy everything we want</li> </ol> <p><b>D6. The eldership (neighborhood) you live in:</b></p> <p>_____</p>
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