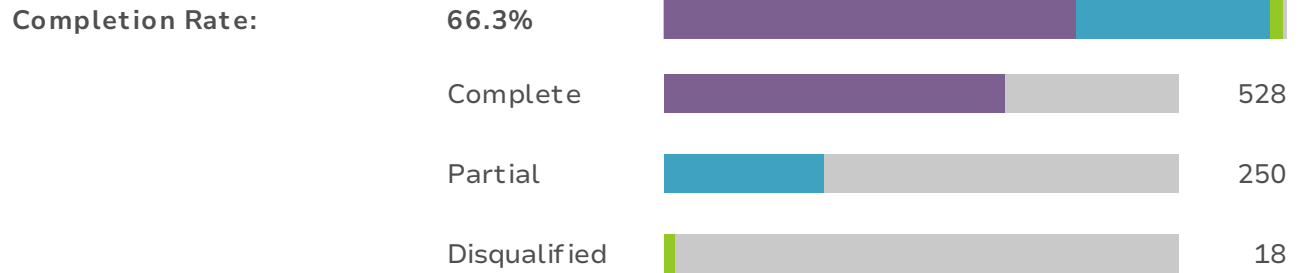


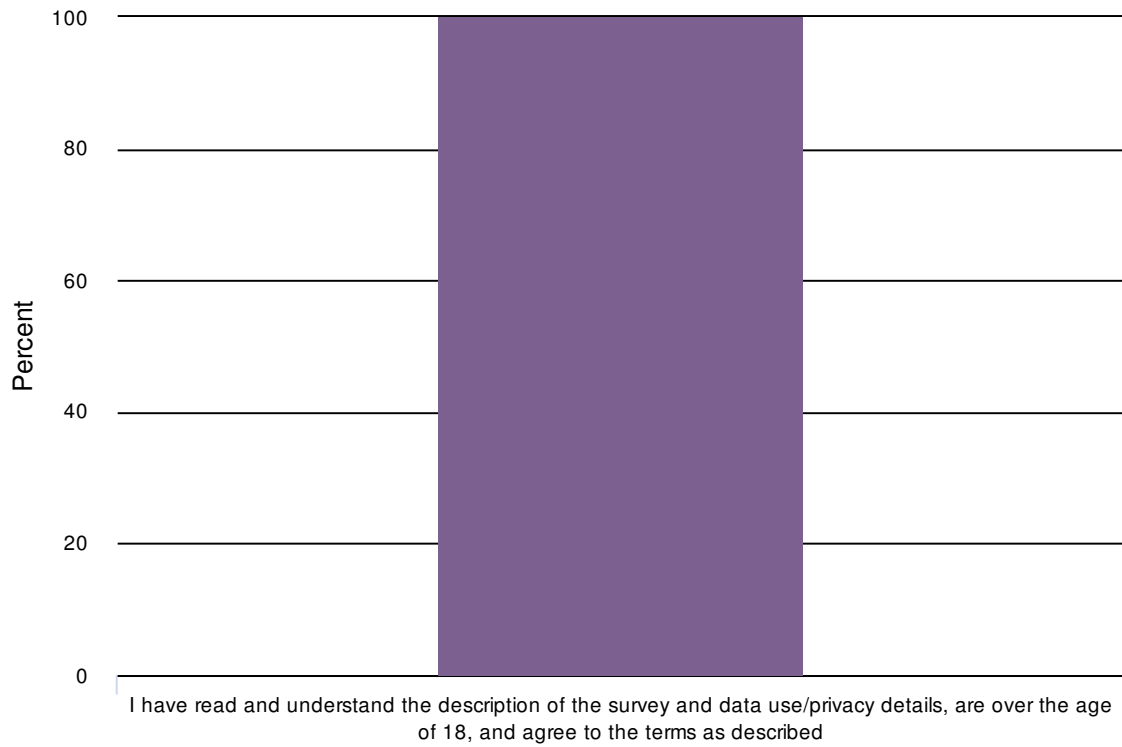
Report for Walk My City Free

Response Counts



Totals: 796

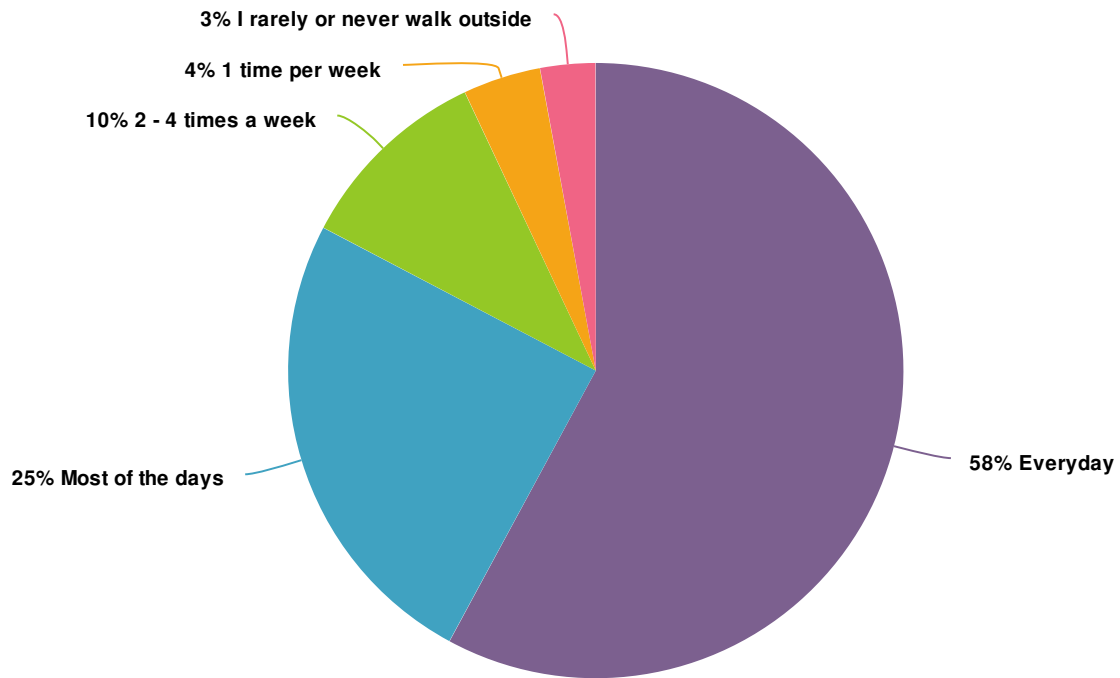
1. Data use / Privacy policy








Value	Percent	Responses
I have read and understand the description of the survey and data use/privacy details, are over the age of 18, and agree to the terms as described	100.0%	730



2. Do you usually walk outside?



Value		Percent	Responses
Everyday		57.9%	414
Most of the days		24.8%	177
2 - 4 times a week		10.3%	74
1 time per week		4.1%	29
I rarely or never walk outside		2.9%	21

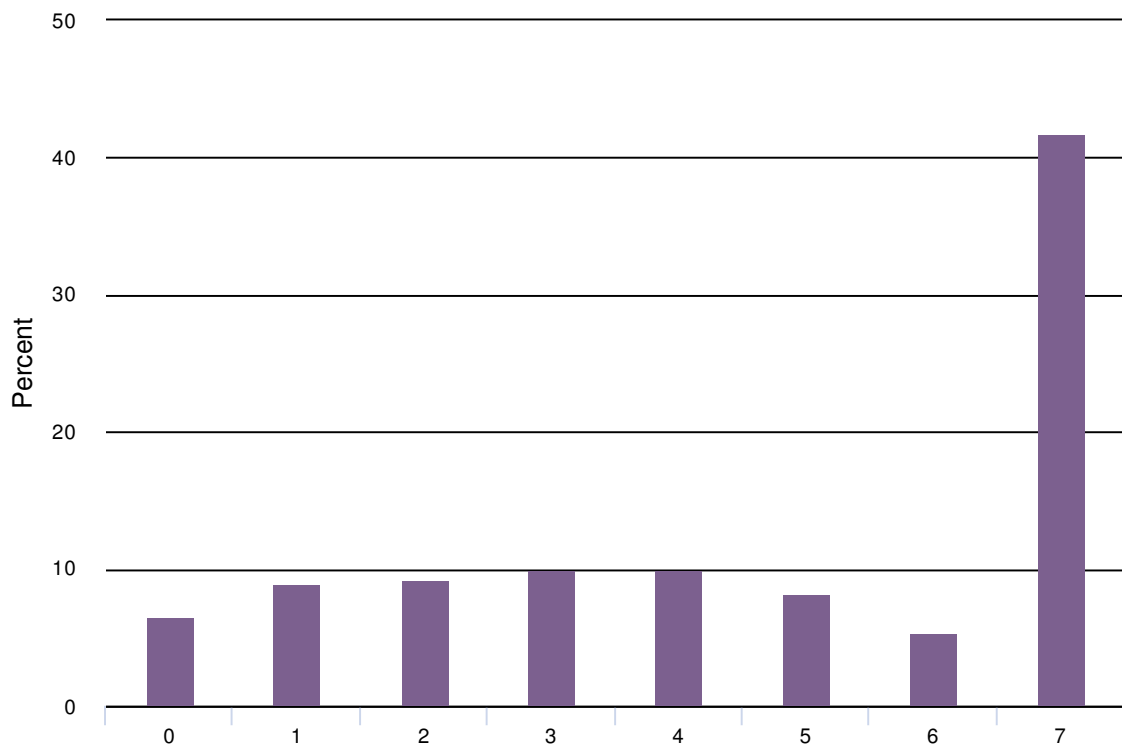
Totals: 715

3. When does this happen?

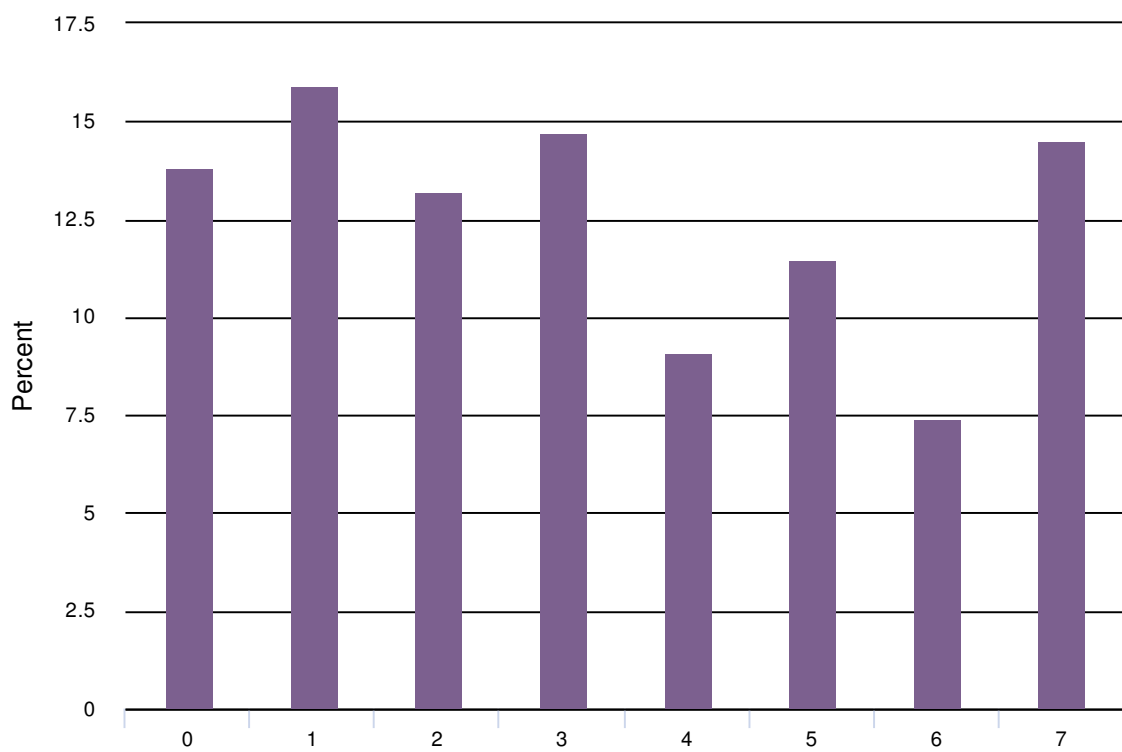
	I must	I choose to (at least 10 min of the journey)	Never	Total Checks
Commuting to work/school/ university (part or all the journey) Checks Row Check %	225 31.4%	344 48.0%	148 20.6%	717
Taking kids to school, etc. / shopping / errands (part or all the journey) Checks Row Check %	217 30.8%	361 51.3%	126 17.9%	704
Walk the dog Checks Row Check %	254 36.9%	74 10.8%	360 52.3%	688
Walk for leisure (relaxation, inspiration, physical activity...) Checks Row Check %	336 47.0%	355 49.7%	24 3.4%	715
Total Checks Checks % of Total Checks	1032 36.5%	1134 40.2%	658 23.3%	2824 100.0%

4. In the course of 1 week (think of last week) how many times are you likely to take walks (only that you could choose not to take or to go by transport)?

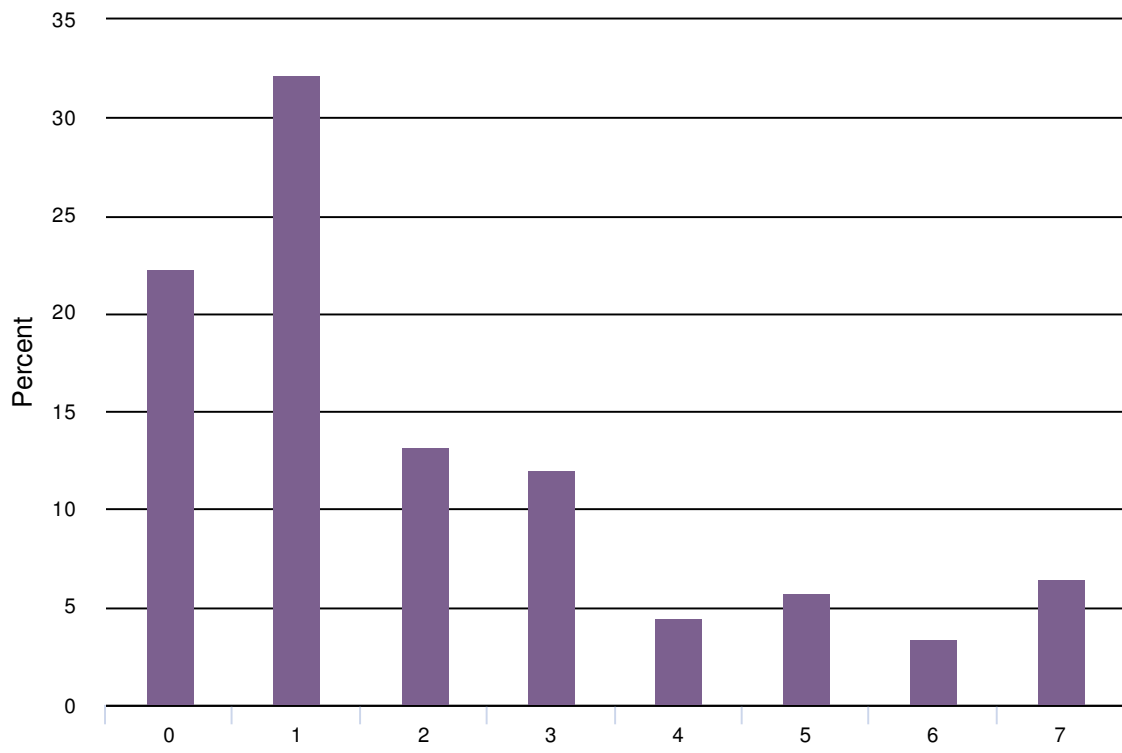
10 - 30 minute walk



31 min - 1 hour

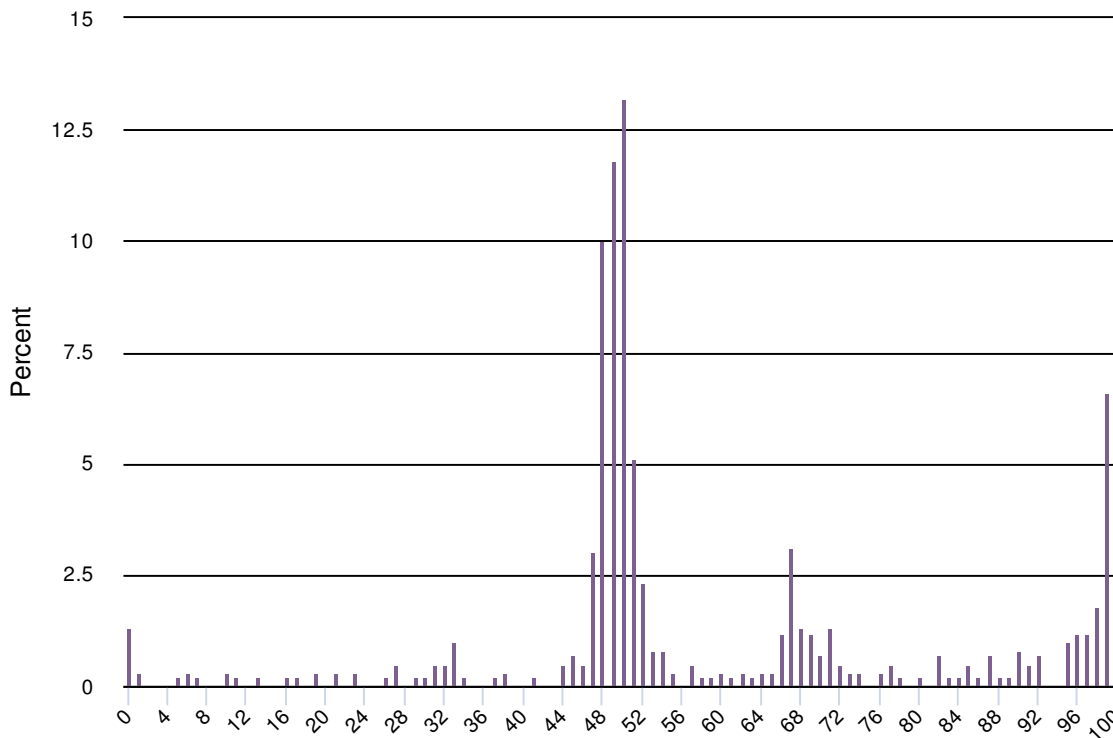


more than 1 hour

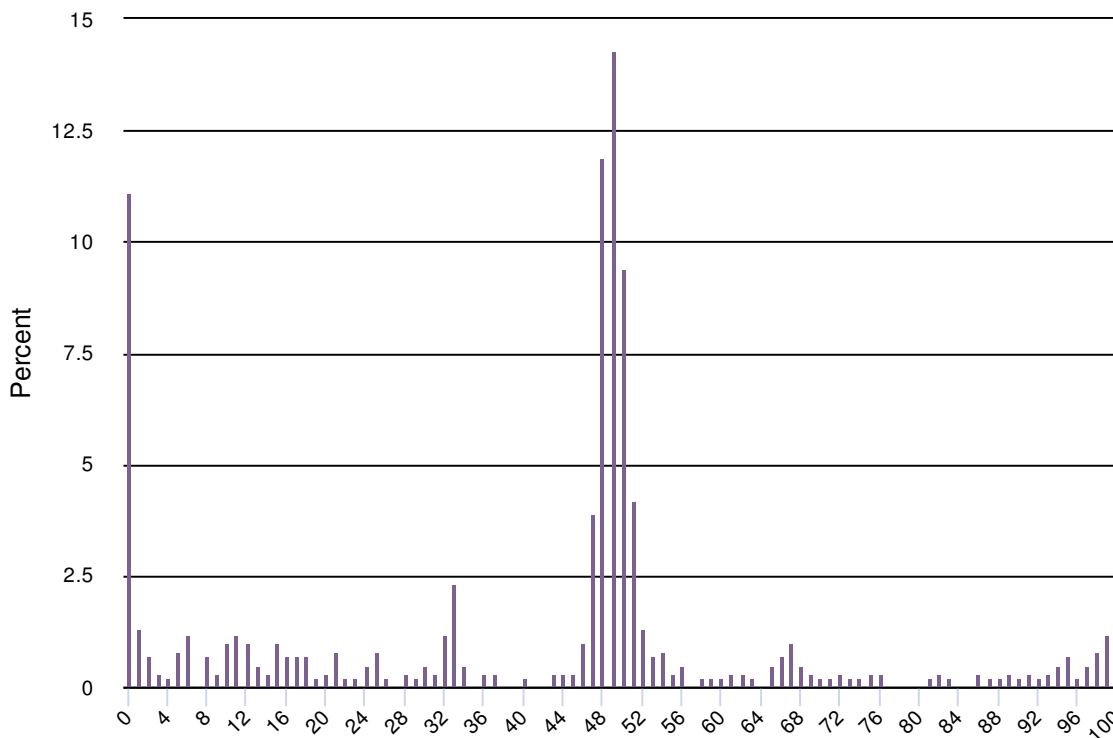


5. Where are you most likely to walk?

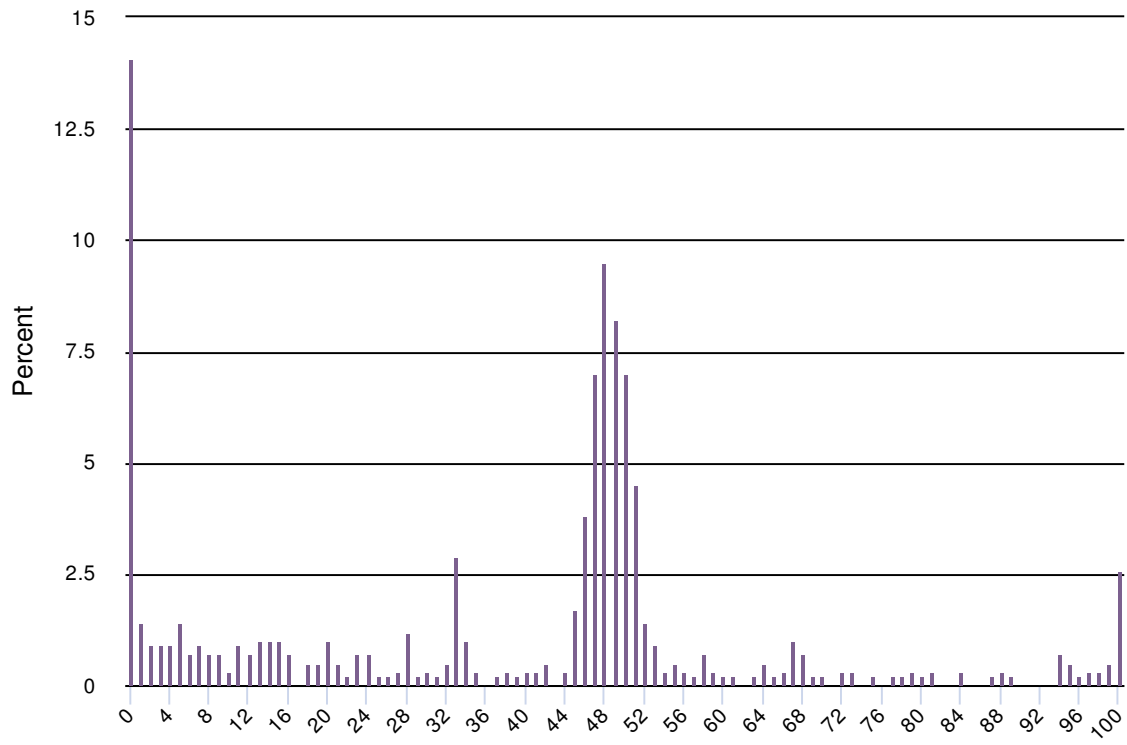
Close to where I live



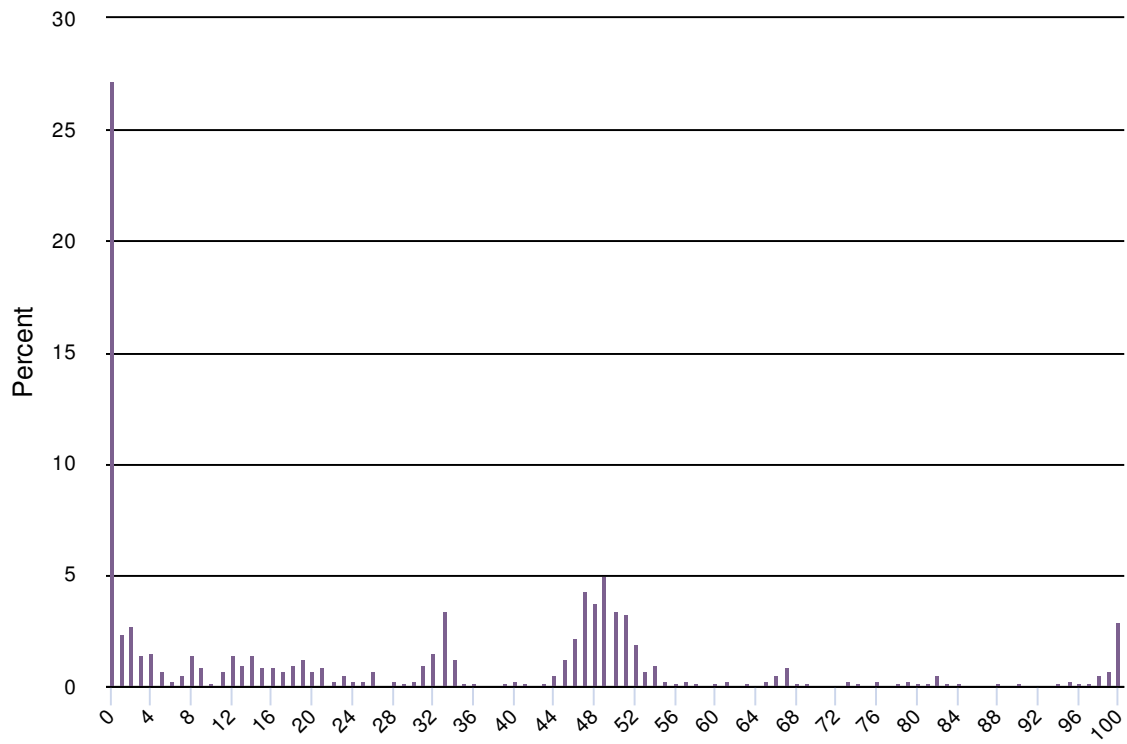
Close to where I work/study/kids' school



Somewhere else, but still as part of commuting or doing errands



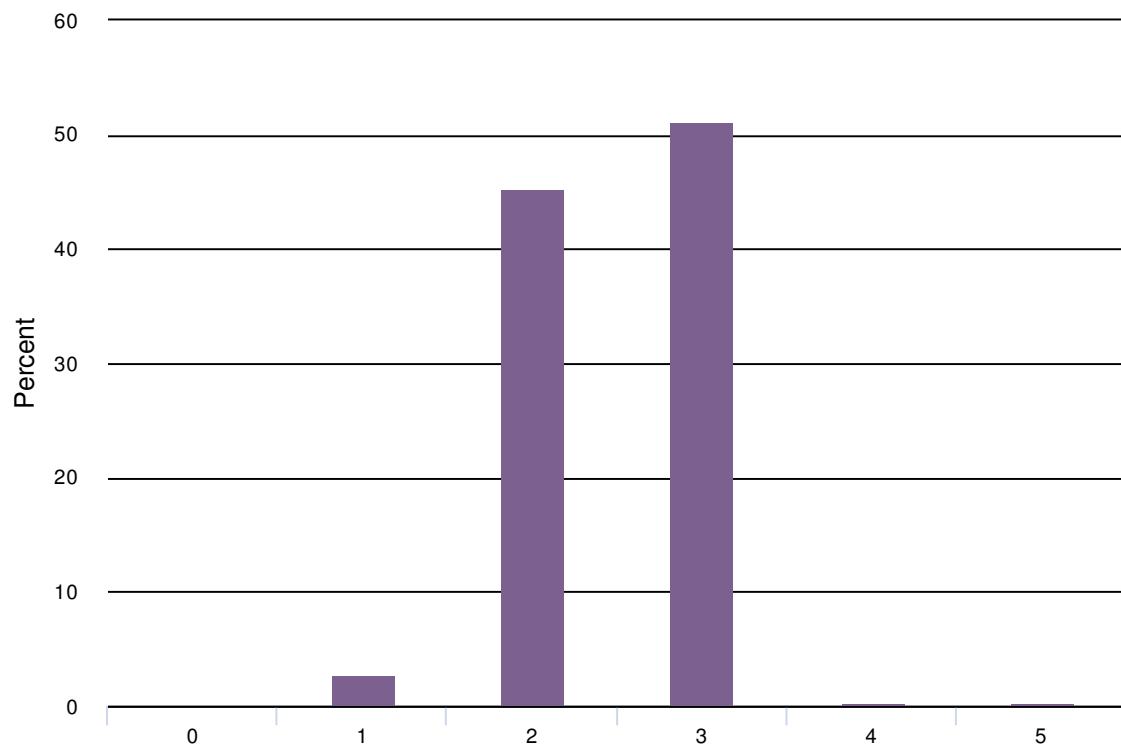
I go by car or take public transport just to go walking



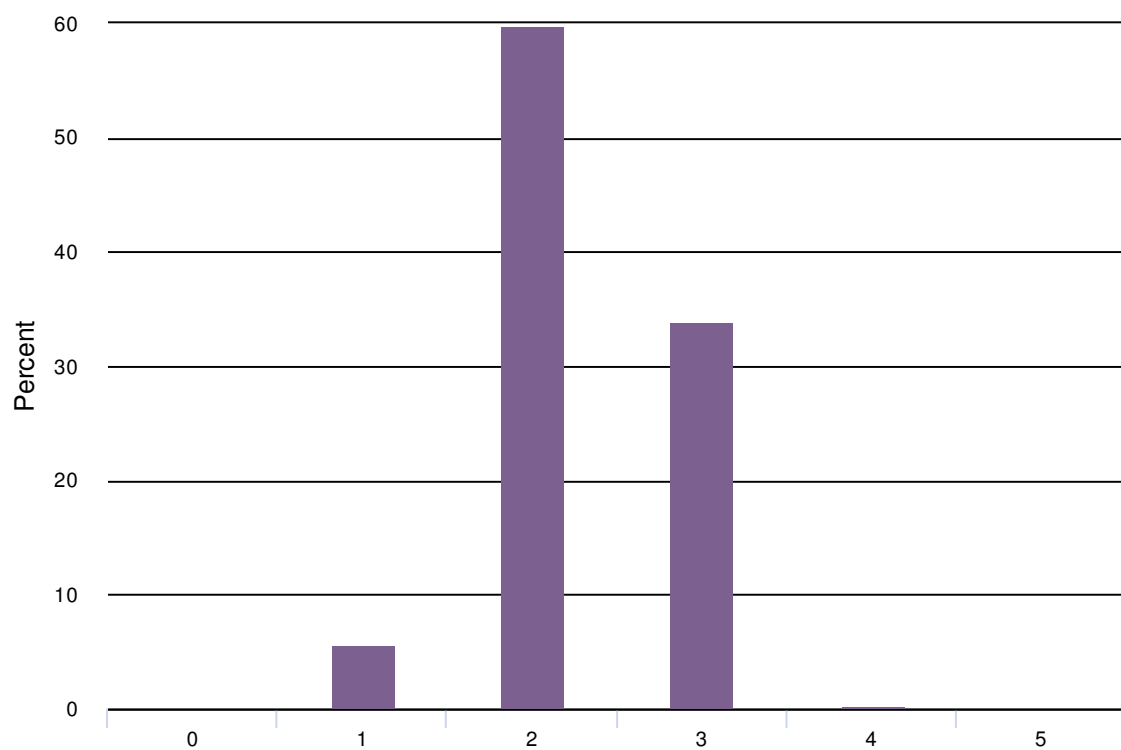
Always

6. What do you choose for your walking sites? How important are green and blues areas to you when choosing where to walk? (green = parks with trees; blue= by the river, lake or sea)

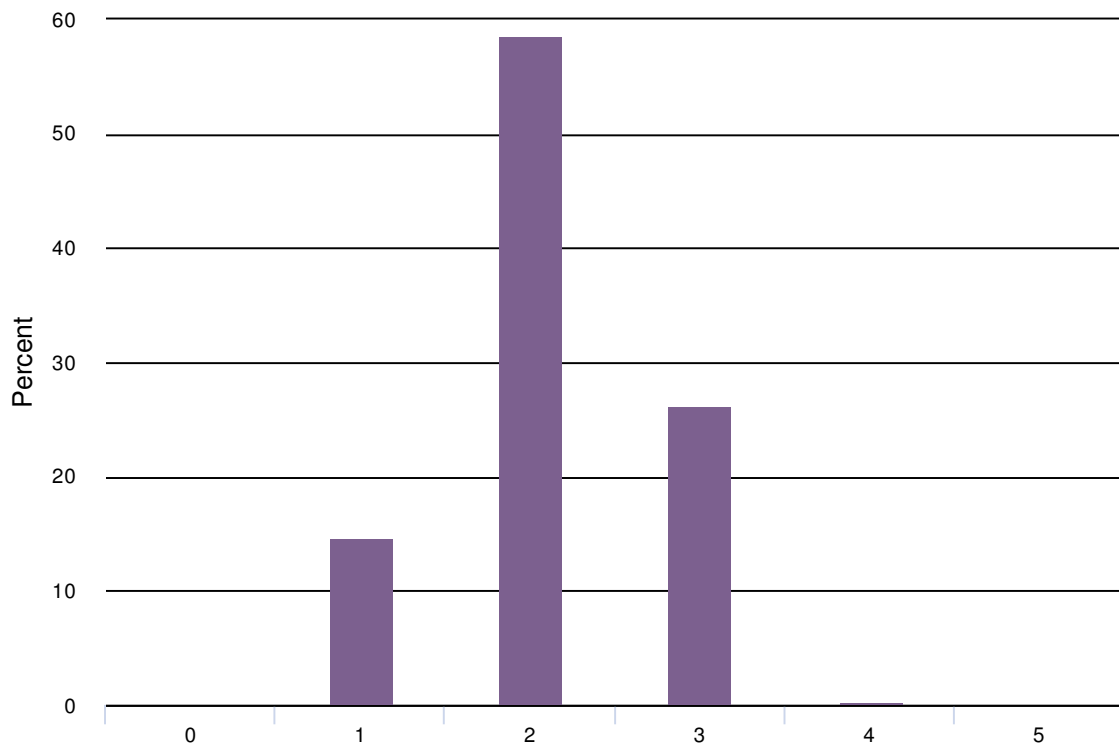
Green areas like parks



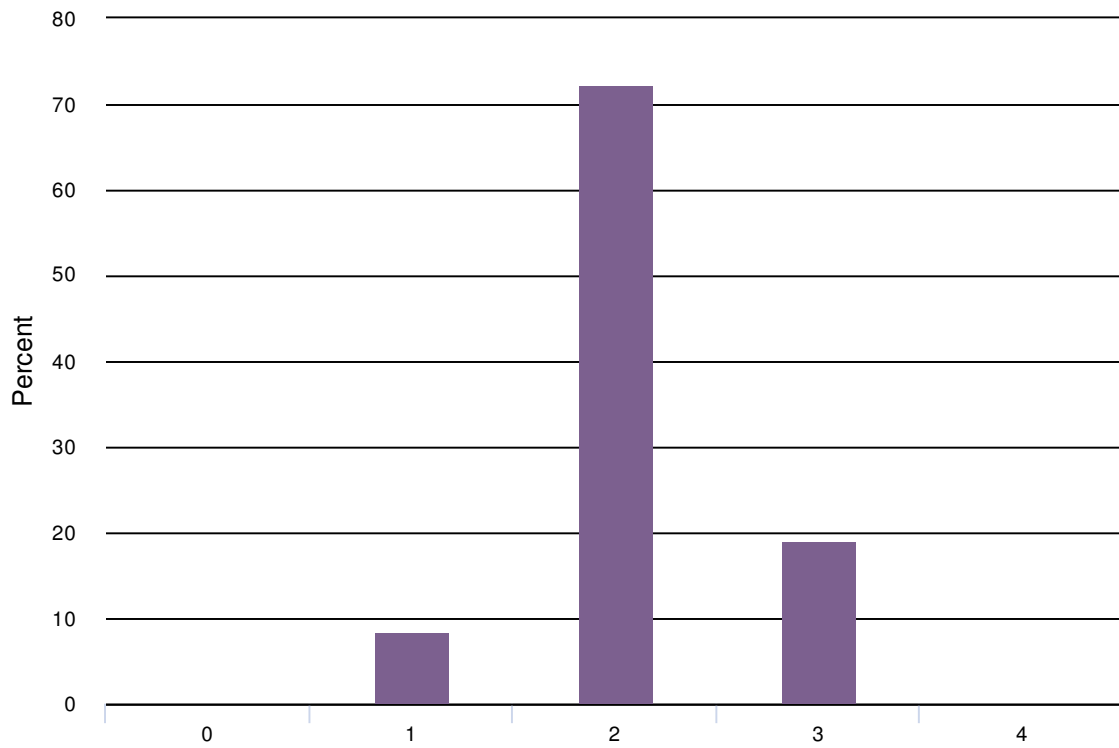
Public gardens or smaller green areas



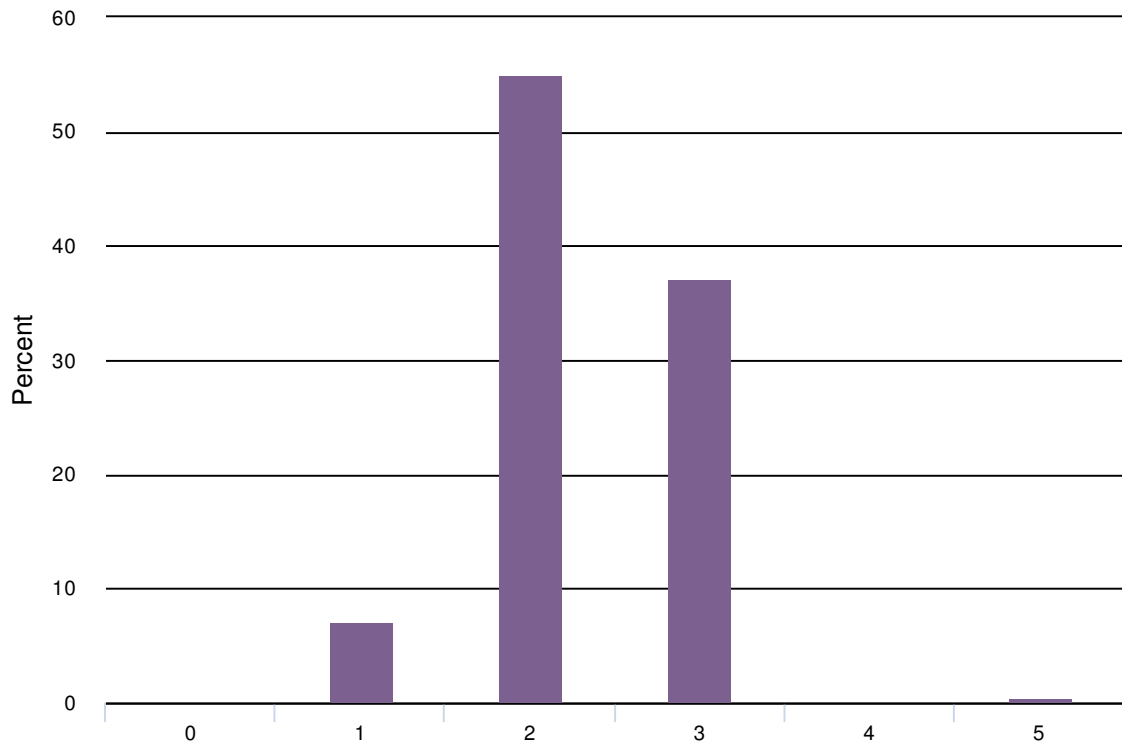
Green areas with some wilderness feel



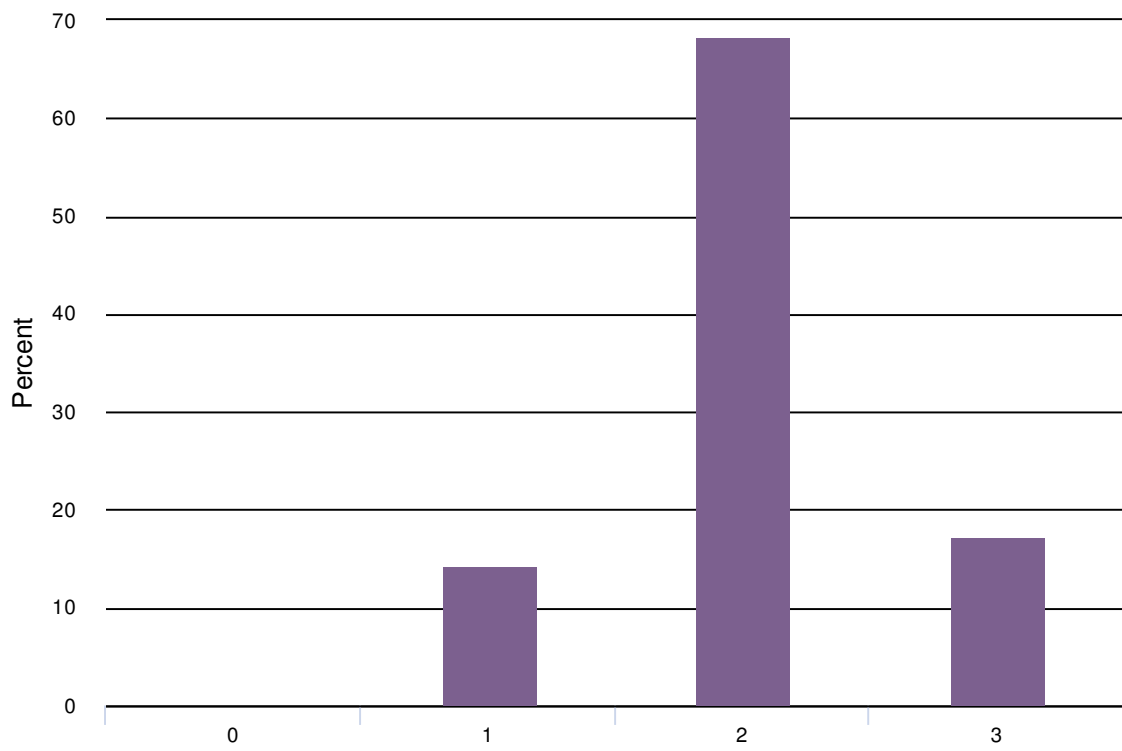
Streets with nice tree coverage



Blue areas like riverside, lake, sea

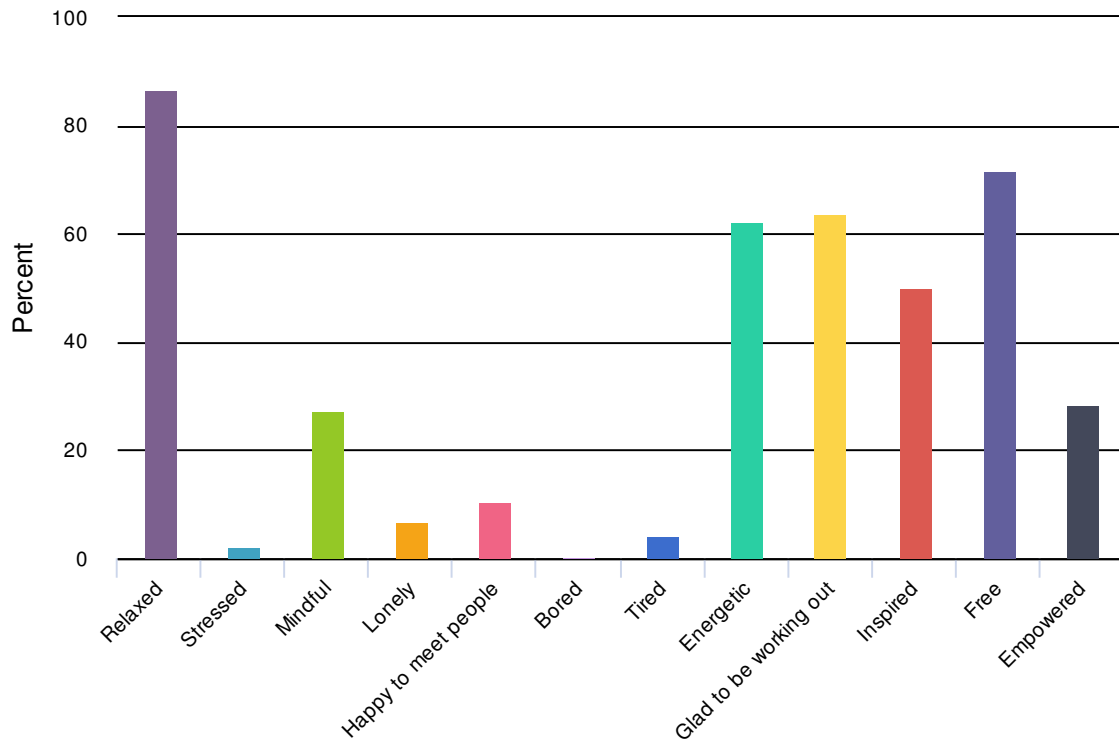


Urban streets



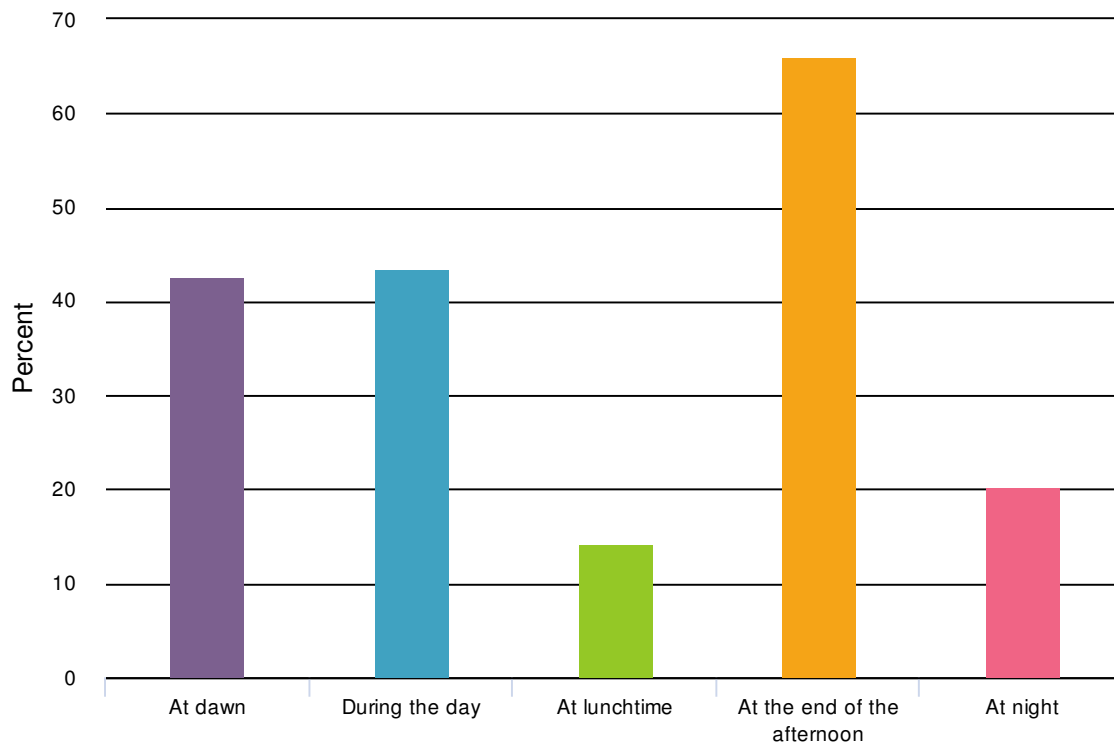
Green/Blue areas with few people






7. How does walking make you feel?



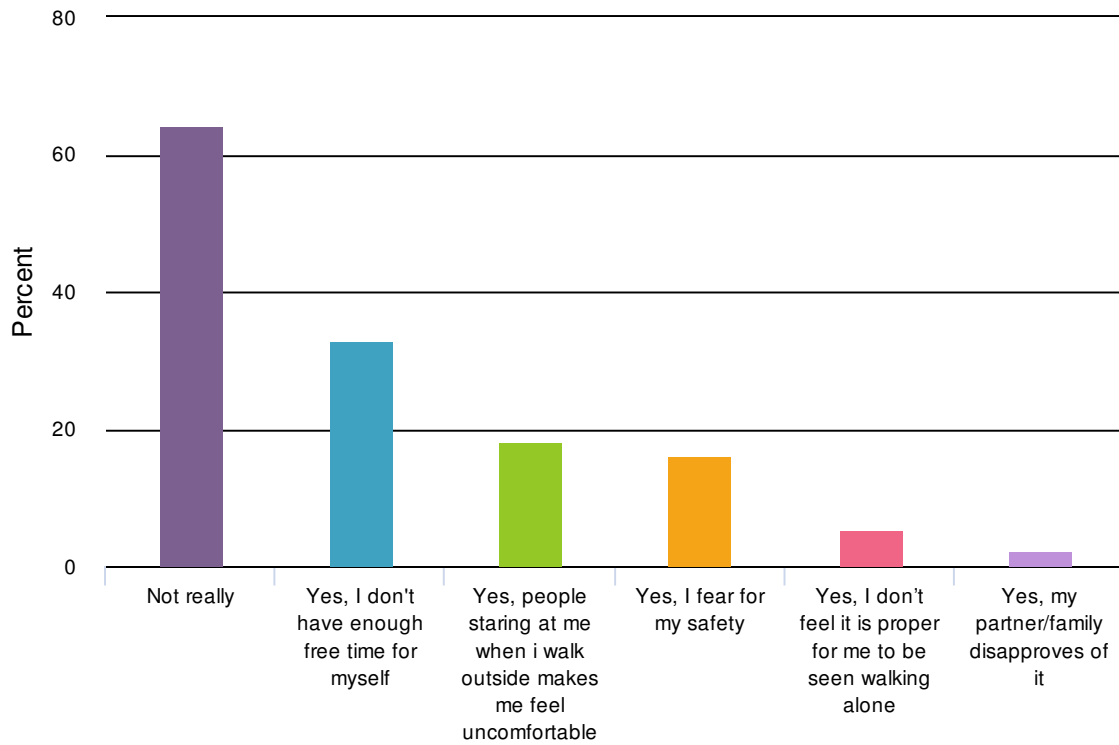
Value	Percent	Responses
Relaxed	86.7%	534
Stressed	2.1%	13
Mindful	27.4%	169
Lonely	6.7%	41
Happy to meet people	10.6%	65
Bored	0.2%	1
Tired	4.2%	26
Energetic	62.3%	384
Glad to be working out	63.8%	393
Inspired	50.0%	308
Free	71.6%	441
Empowered	28.4%	175

8. Given your lifestyle and current occupation, what's your preferred time of day for leisure walking?



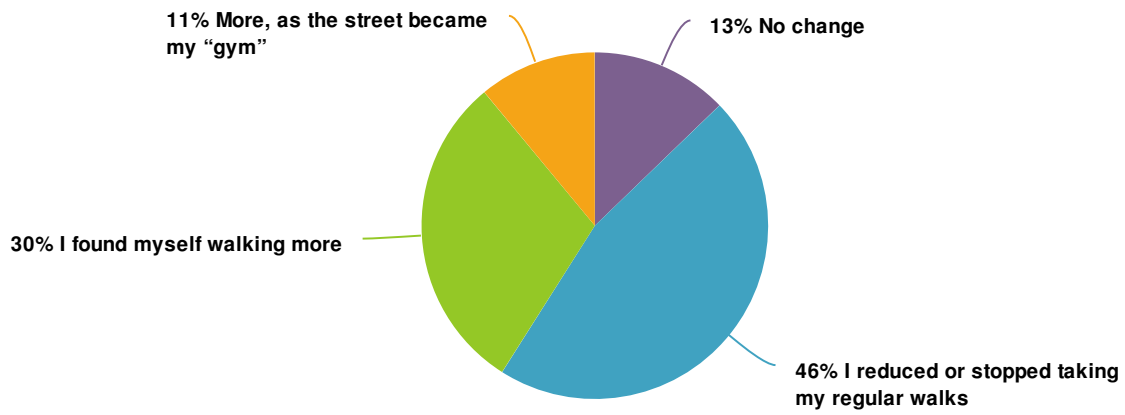
Value		Percent	Responses
At dawn		42.6%	262
During the day		43.4%	267
At lunchtime		14.3%	88
At the end of the afternoon		66.0%	406
At night		20.2%	124

9. Do you feel constrained by others for your walking?



Value	Percent	Responses
Not really	64.1%	395
Yes, I don't have enough free time for myself	33.0%	203
Yes, people staring at me when i walk outside makes me feel uncomfortable	18.2%	112
Yes, I fear for my safety	16.2%	100
Yes, I don't feel it is proper for me to be seen walking alone	5.5%	34
Yes, my partner/family disapproves of it	2.3%	14

10. During the lockdown, did you spend more time on leisure walking than you did before the pandemic?



Value	Percent	Responses
No change	12.8%	69
I reduced or stopped taking my regular walks	46.2%	248
I found myself walking more	30.0%	161
More, as the street became my "gym"	11.0%	59

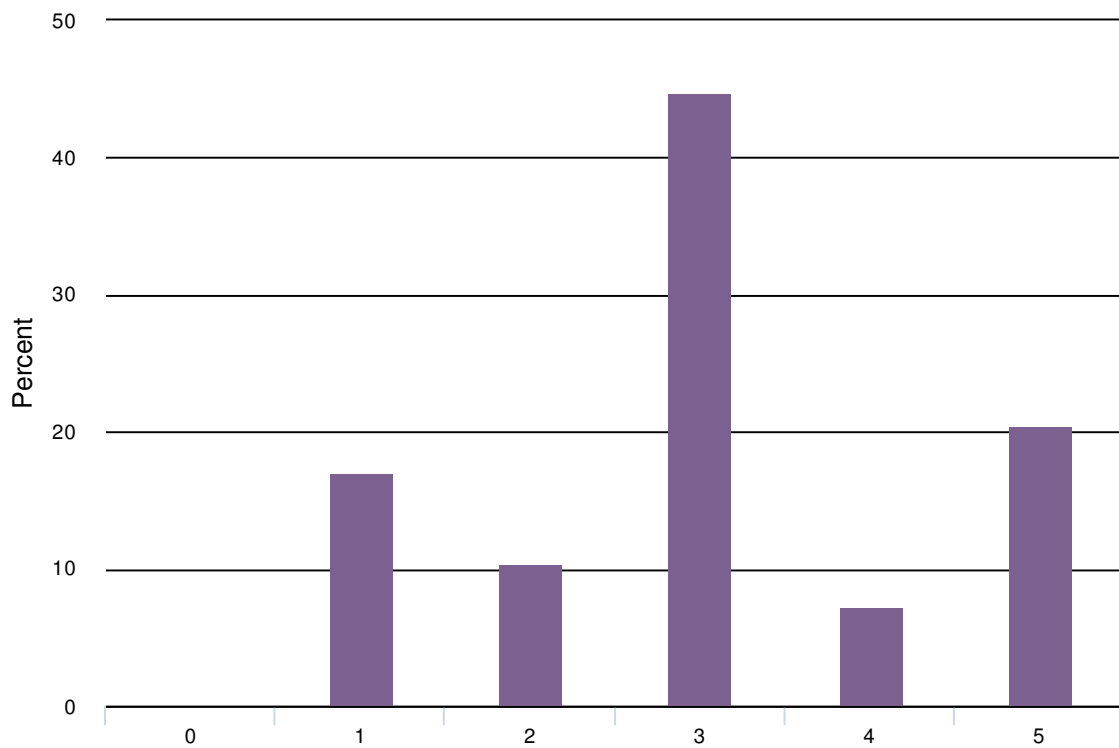
Totals: 537

11. After the lockdown, did you change the time you spend on any of these habits (comparing to before the pandemic)?

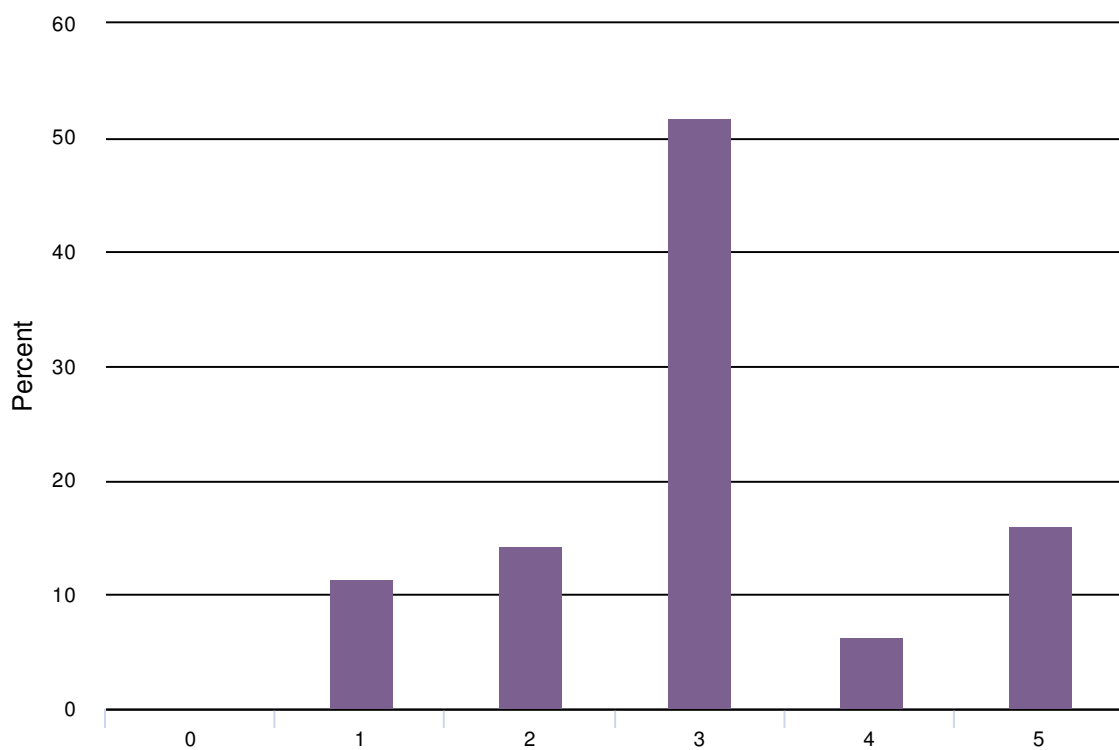
	More	Less	I don't do this	Kept doing it as before	Responses
Going out for a walk Count Row %	323 60.1%	75 14.0%	13 2.4%	126 23.5%	537
Going out for a run Count Row %	131 24.3%	45 8.4%	224 41.6%	138 25.7%	538
Walking as part of way to work, school, other duties Count Row %	177 32.9%	70 13.0%	55 10.2%	236 43.9%	538
Walking the dog Count Row %	14 2.6%	12 2.2%	271 50.5%	240 44.7%	537
Cycling to work, school, other duties Count Row %	39 7.2%	14 2.6%	384 71.4%	101 18.8%	538
Going to the gym/studio, swimming pool, other sports Count Row %	24 4.5%	187 34.8%	237 44.1%	90 16.7%	538
Totals Total Responses					538

12. The Covid-19 mobility restrictions got many people talking about the characteristics of their own neighbourhood. Is the area where you live OK for walking or are there issues making it difficult?

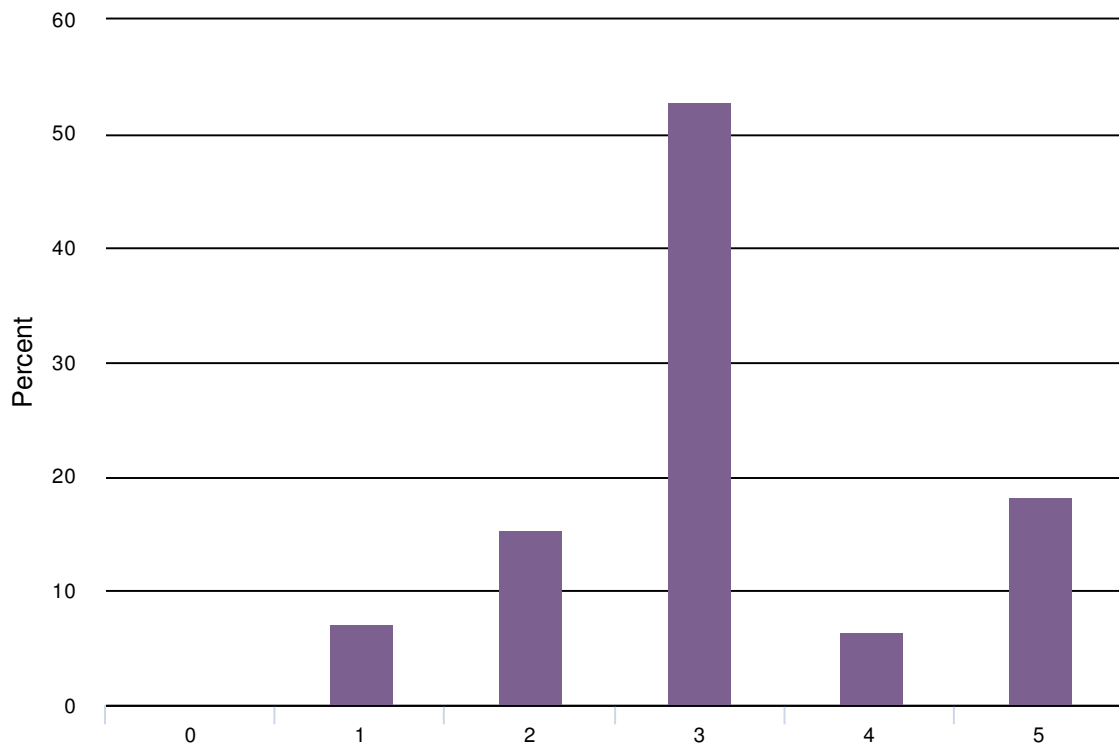
Car traffic



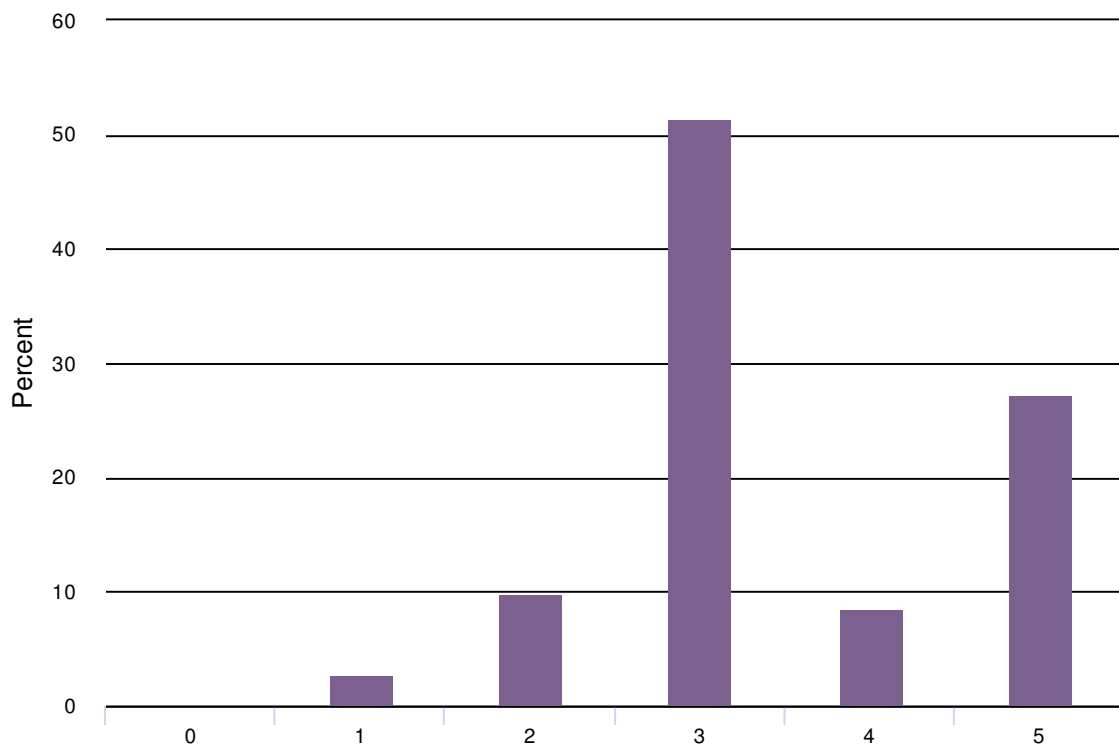
Quality of the street pavements



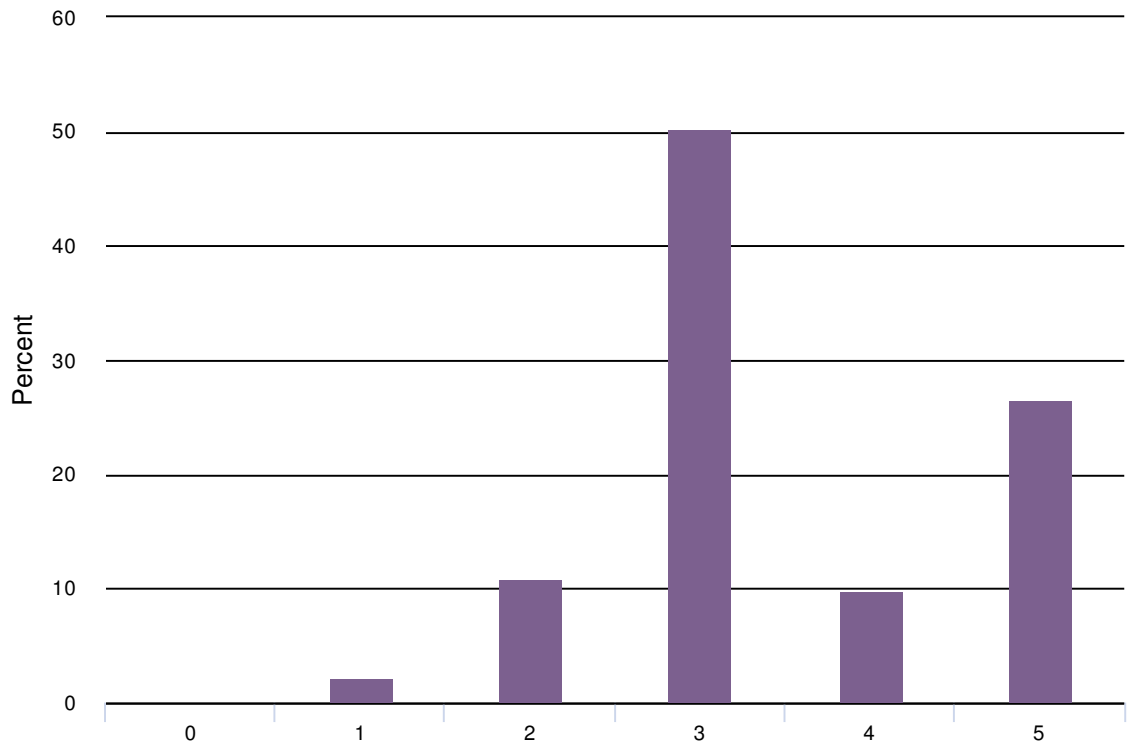
Streetlights



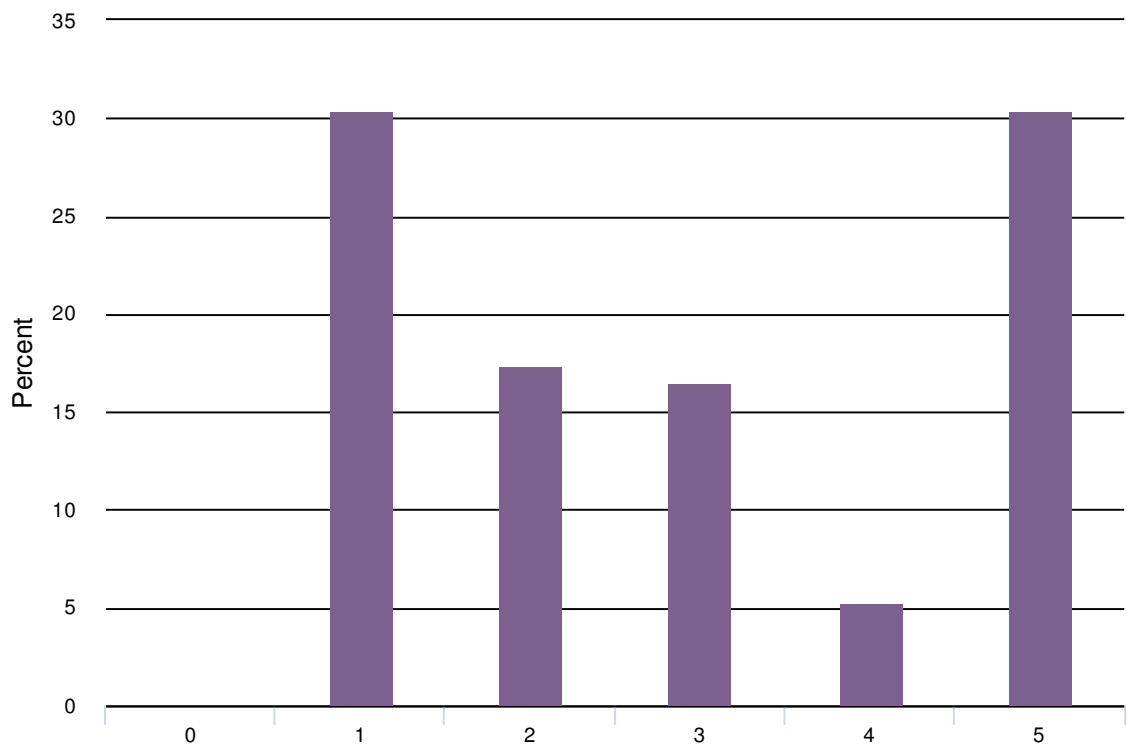
Livelihood



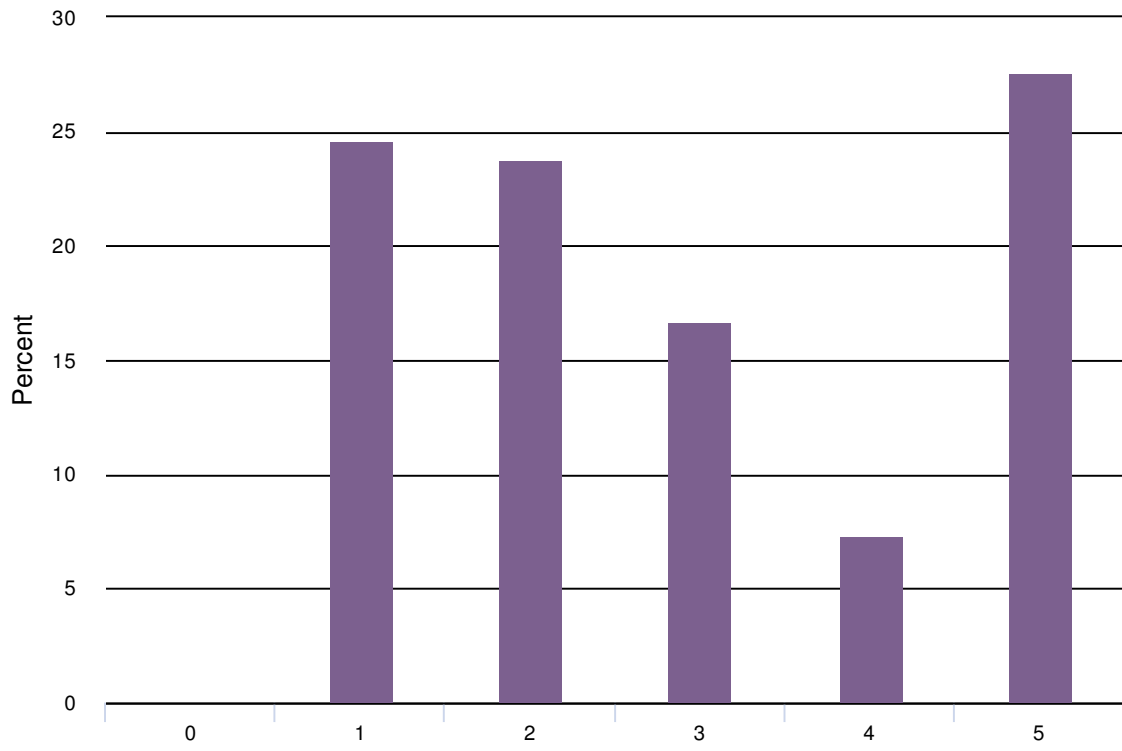
Personally feeling welcome



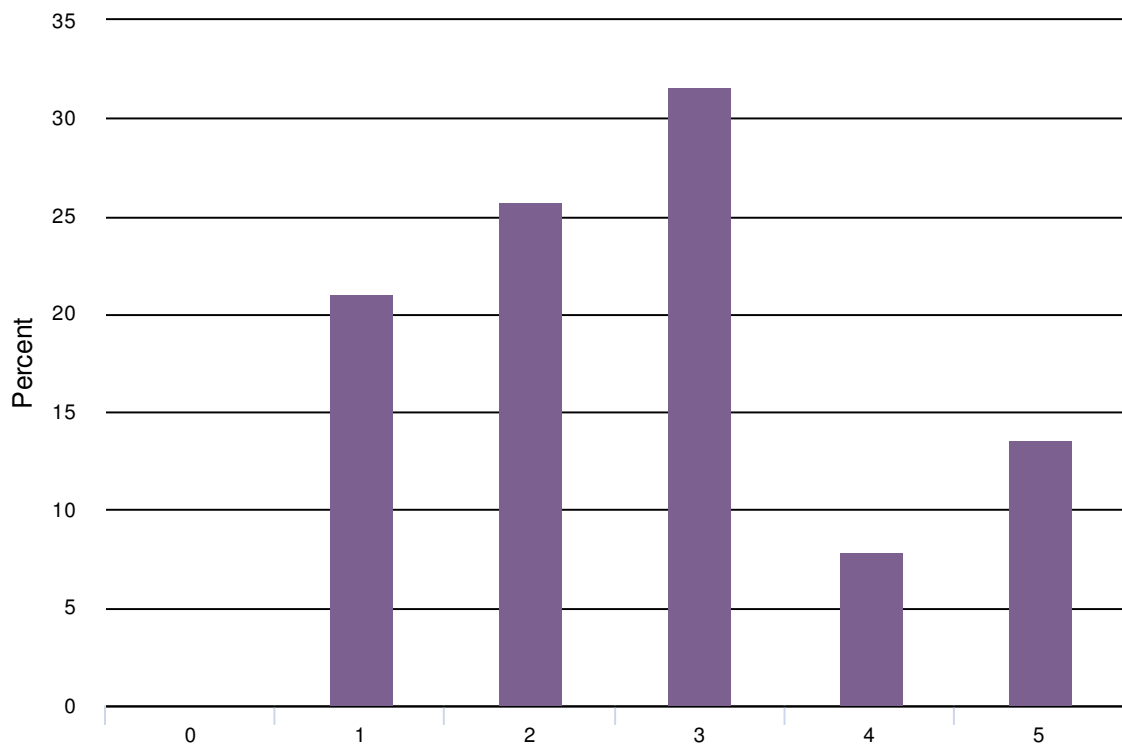
Sexual harrassment



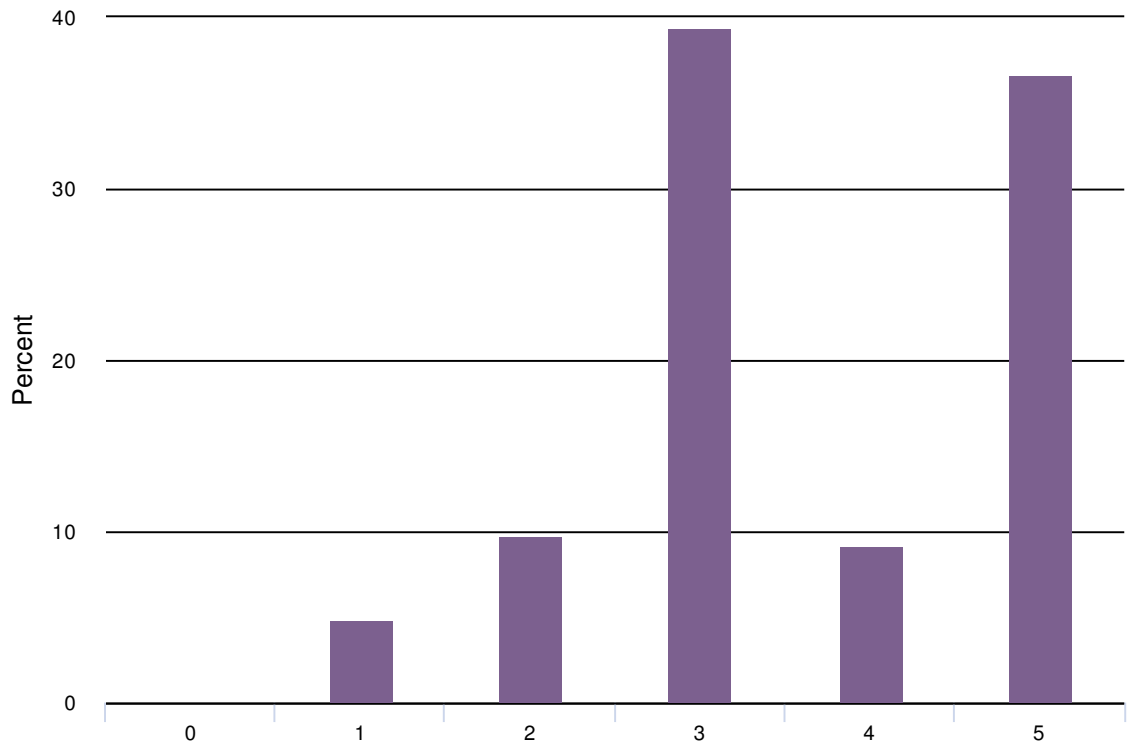
Assaults



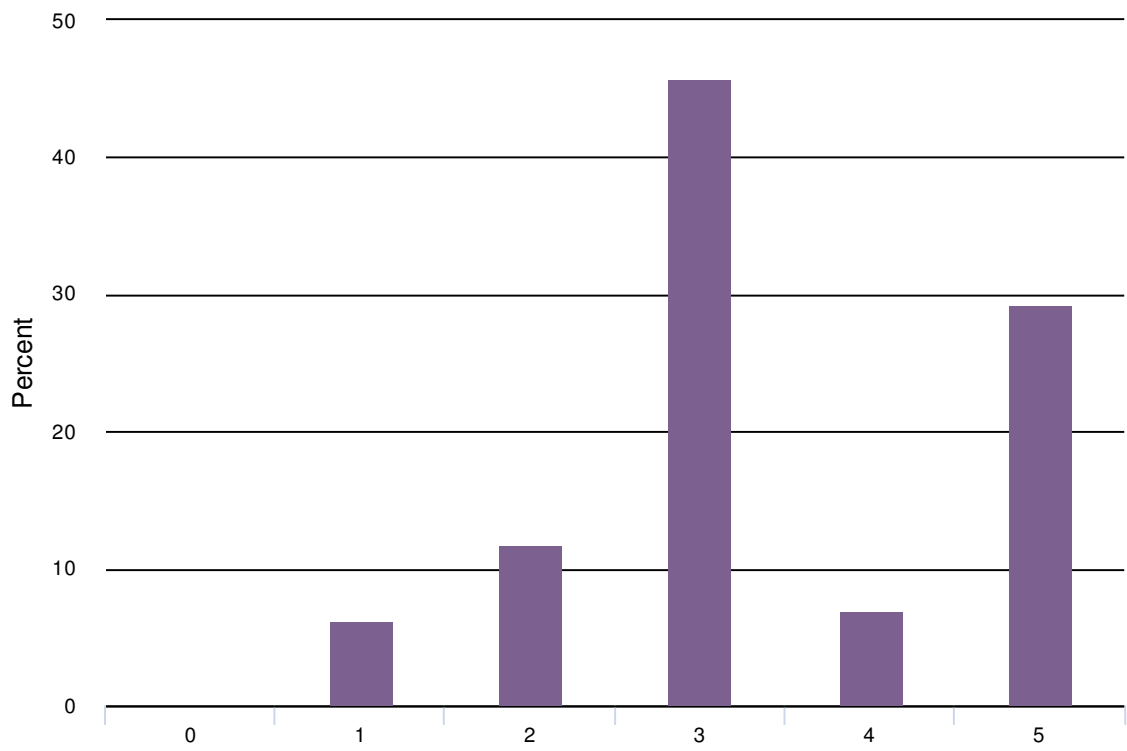
Ugly or dirty streets



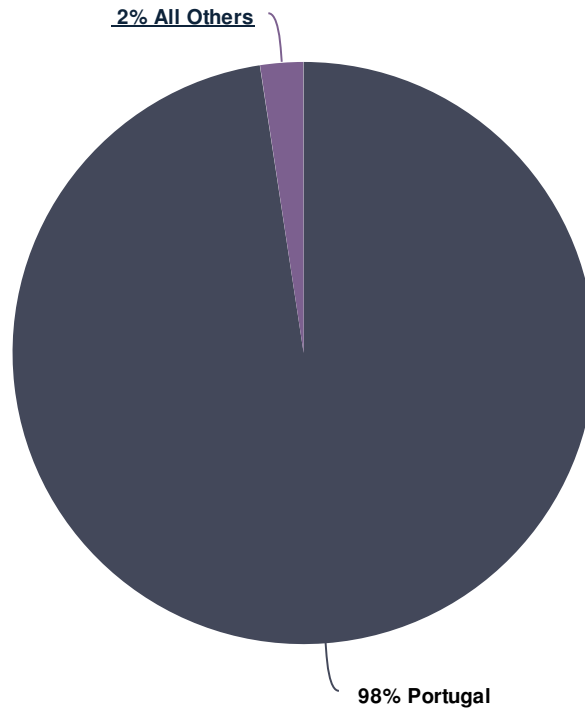
Nearby green or blue areas



Some streets with nice tree coverage



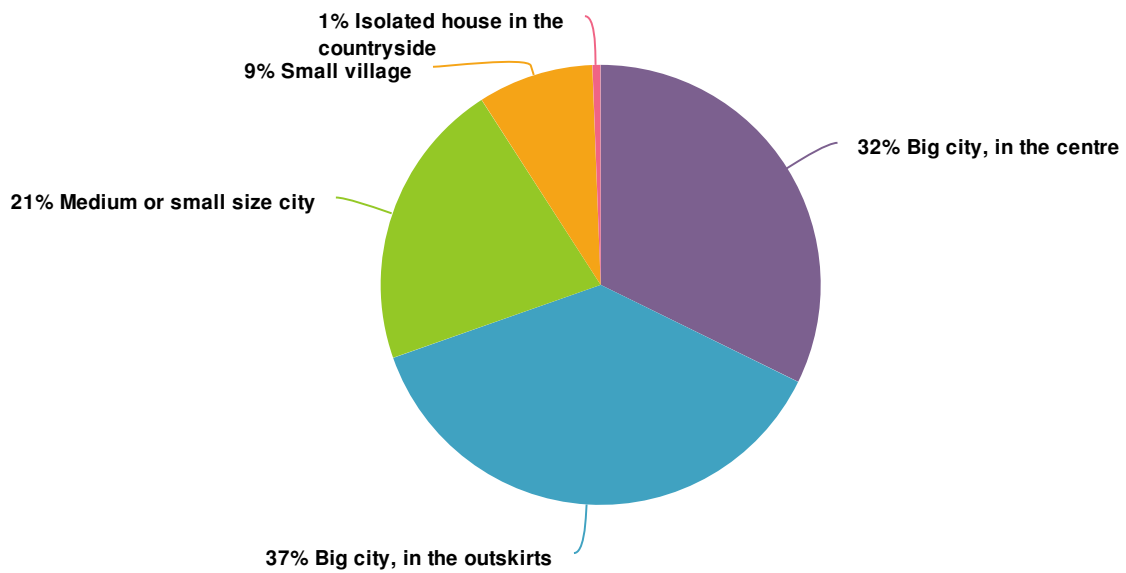
13. Country where you live



Value	Percent	Responses
Portugal	97.7%	513
Argentina	0.2%	1
Austria	0.2%	1
Brazil	0.2%	1
Denmark	0.2%	1
France	0.2%	1
Germany	0.2%	1
Guinea	0.2%	1
Russia	0.2%	1
Spain	0.2%	1
Switzerland	0.2%	1
United Kingdom	0.4%	2

Totals: 525

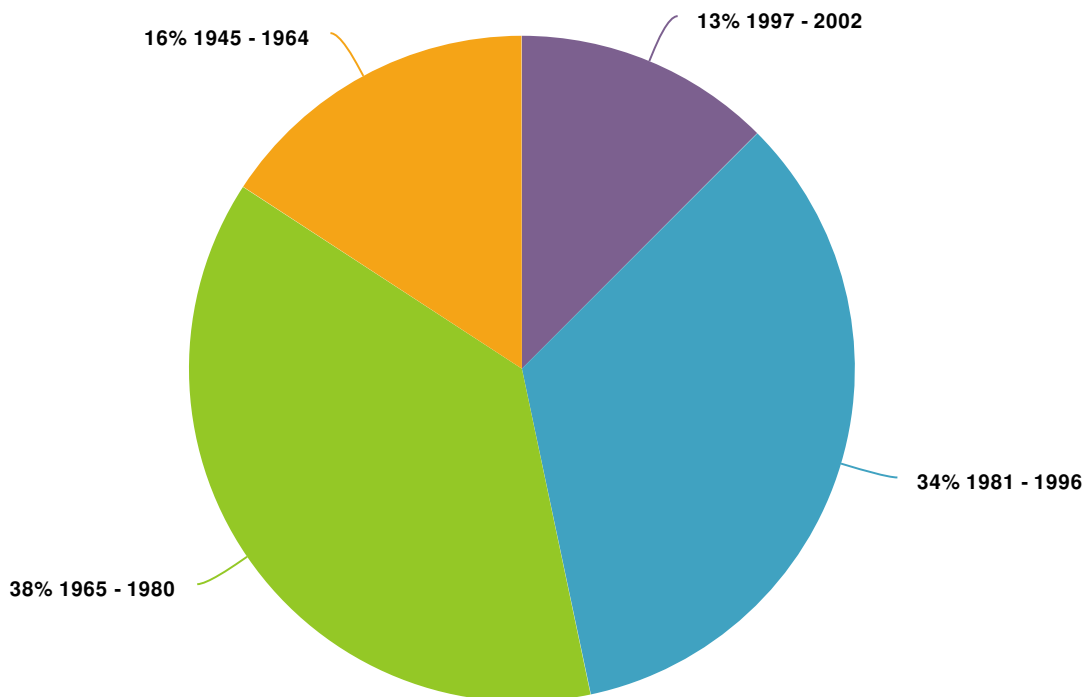
14. Do you live in a city, village, countryside...?



Value	Percent	Responses
Big city, in the centre	32.3%	171
Big city, in the outskirts	37.4%	198
Medium or small size city	21.3%	113
Small village	8.5%	45
Isolated house in the countryside	0.6%	3

Totals: 530

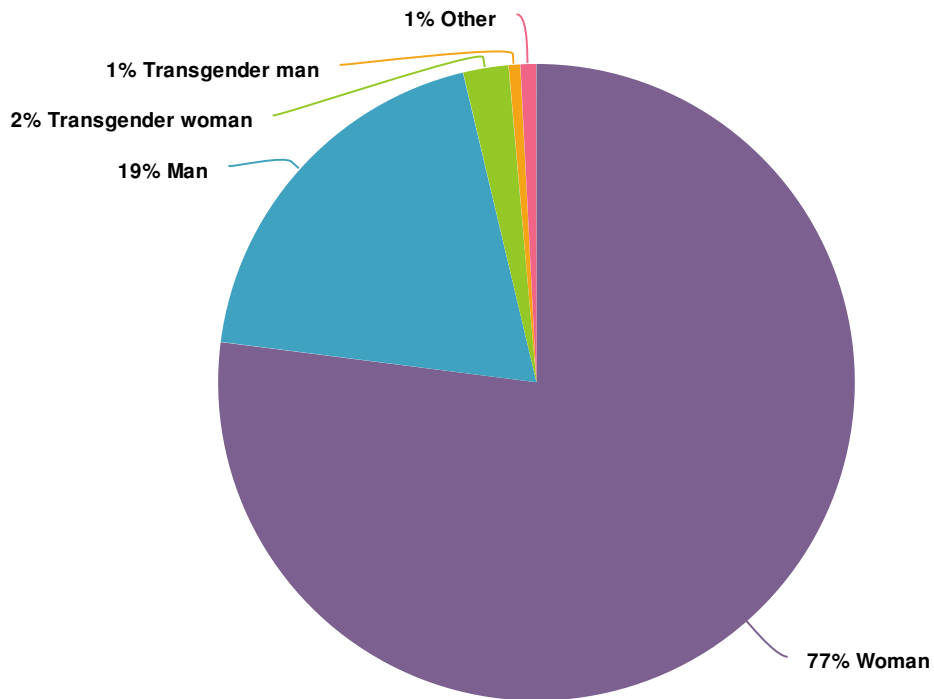
15. When were you born?



Value	Percent	Responses
1997 - 2002	12.5%	66
1981 - 1996	34.2%	181
1965 - 1980	37.5%	199
1945 - 1964	15.8%	84

Totals: 530

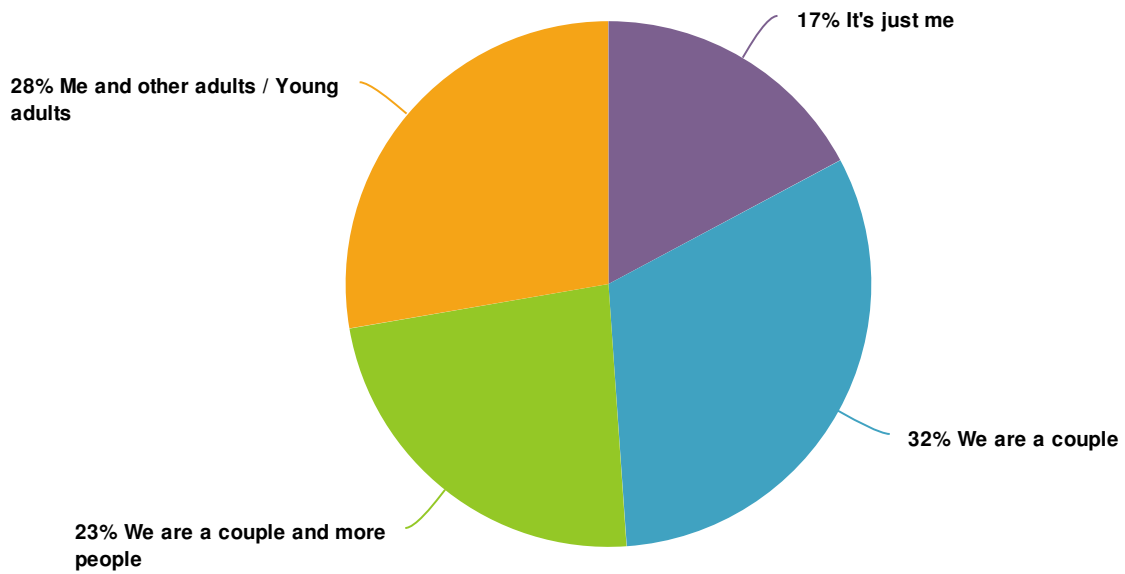
16. The gender you most identify with



Value	Percent	Responses
Woman	77.1%	408
Man	19.3%	102
Transgender woman	2.3%	12
Transgender man	0.6%	3
Other	0.8%	4

Totals: 529

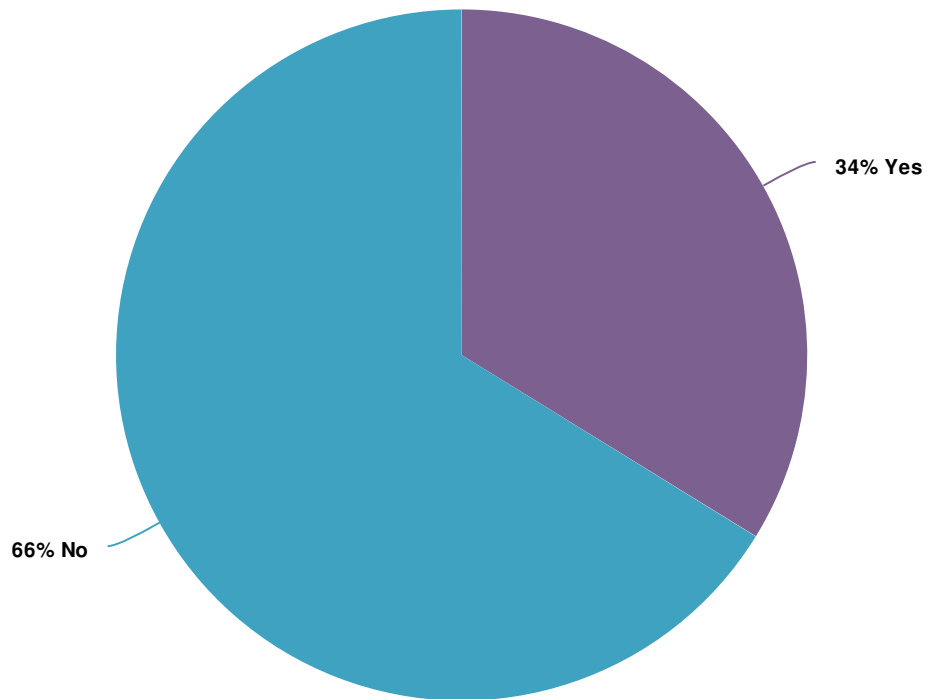
17. Adults currently living with you



Value	Percent	Responses
It's just me	17.2%	91
We are a couple	31.7%	168
We are a couple and more people	23.4%	124
Me and other adults / Young adults	27.7%	147

Totals: 530

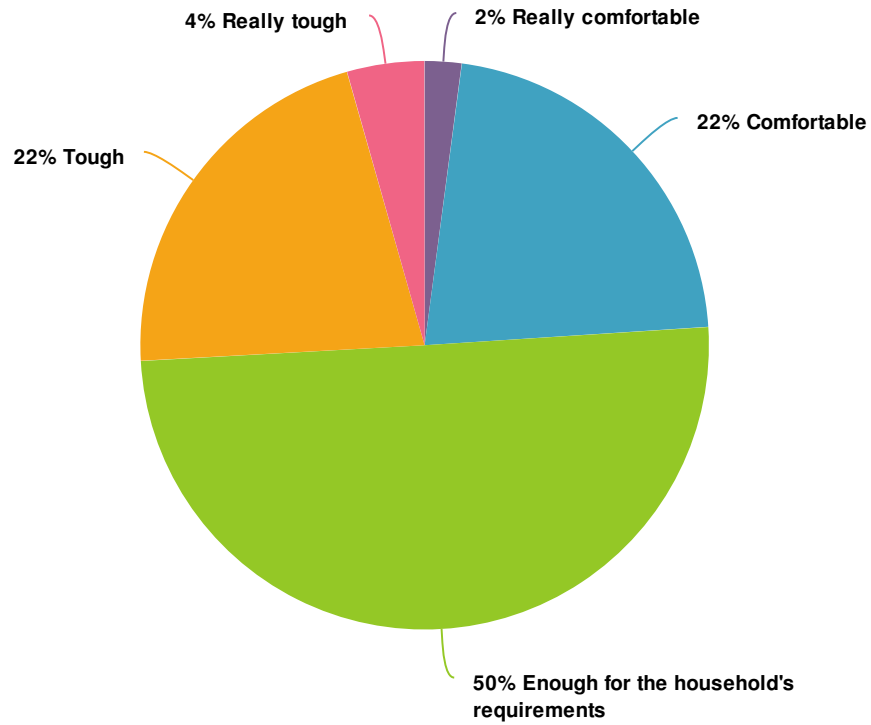
18. Any children under 12 years old living with you?



Value	Percent	Responses
Yes	33.8%	179
No	66.2%	350

Totals: 529

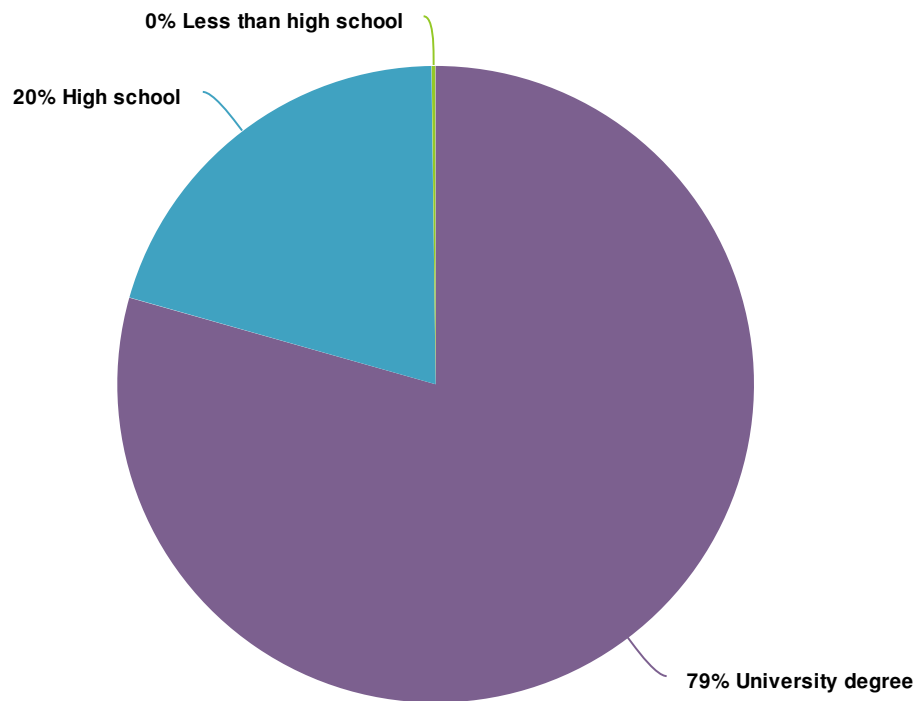
19. How do you rate your household's current financial situation?


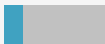



Value	Percent	Responses
Really comfortable	2.1%	11
Comfortable	21.9%	115
Enough for the household's requirements	50.2%	264
Tough	21.5%	113
Really tough	4.4%	23

Totals: 526

20. Education (level attended)



Value		Percent	Responses
University degree		79.4%	421
High school		20.4%	108
Less than high school		0.2%	1

Totals: 530