



Walking Natures

Instructions to join our project with your local walk

You can join our project from anywhere by walking in your area of choice. Go to any area you like to go for a walk, to be in touch with nature, or where you feel at home. This can be a natural park, an urban park or any ecosystem. Feel free to walk as long as you want.

The purpose of walking natures is to have and share your personal experiences of nature. Below, we provide a card set with different questions on your experiences of nature, to guide your encounters in nature and open up experiences to

share. You can print the cards or keep them with you on your smartphone.

Play the cards one by one. If you are walking together, you can share and talk about your experiences with each other. You can either submit experiences individually or submit your shared experience as a group. For each card:

- 1) write down a few words, phrases or sentences that summarise your experience.
- 2) make 1 to 3 pictures that capture your experience or simply your curiosity.

You can share your experiences and pictures with us through WhatsApp, by opening a chat with:

+31 6 45 78 45 21 (or [click here to open a chat](#))

If you do not use WhatsApp, you can send it by mail instead to: walkingnatureglobal@gmail.com

You may write and take pictures in the WhatsApp chat immediately, or you can write it on paper

while walking and send it after the walk. Feel free to send an audio message instead of a text message. If you feel comfortable doing so, you can share the location of your walk. We can then use your pictures and experiences in an interactive world map later on.

If you share the data, you agree with us using your data for further analysis. Your data will be handled fully anonymously. Share only those experiences and picture you feel comfortable sharing. Latest version of WhatsApp provides you the opportunity to delete messages for everyone in case you feel unconformable with what you shared.

Thank you for joining us!

Jelle Behagel and Roald Nooijens

See next pages for card set

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Walk to a place that attracts your attention. Stay there and take in the environment with all your senses. What do you notice? Which views, smells and sounds stand out? Which thoughts do they trigger?

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Which places arouse emotions? Do you feel positive emotions? And also negative ones?

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Who or what belongs in this nature?

Can you find plants, trees, animals, and other objects that indeed belong here? Are you also missing someone or something?

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Imagine the ideal future. Where is nature in that future? What is your ideal nature? Now look around you. Is there something that needs to change? Who needs to make that change?

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