



In your day-to-day, where do you intimately experience the Stockholm region?

Mark **one or more** places in the Stockholm region that shape your routine.

Click the buttons!

Zoom to a place!

Save your answers!

A positive experience



A negative experience



A Positive Experience

Why do you enjoy this experience?

Please rate the following sentences from 1 (not at all) to 10 (completely).

You enjoy this experience because ...	
... of nature	
... of built objects or infrastructure	
... of interaction with people	

You enjoy this place because here... (tick all that applies)

- ☐ you have fun
- ☐ you have good feelings
- ☐ there is a lot to learn about
- ☐ you engage with culture or history
- ☐ you meet friends
- ☐ you exercise
- ☐ you go shopping
- ☐ you are mindful
- ☐ you meet new people
- ☐ you feel immersed in the place
- ☐ you meet your family
- ☐ you feel taken care of
- ☐ you take care of the place
- ☐ you can be yourself
- ☐ you are fascinated by many things
- ☐ you relax
- ☐ you escape your routine
- ☐ you feel safe
- ☐ you engage with art and creativity

This place is enjoyable because ... (tick all that applies)

- ☐ is close to the water
- ☐ there are many pubs, restaurants, cafès, etc...
- ☐ is clean or well kept
- ☐ is lively and full with people
- ☐ is sunny
- ☐ is rich with nature
- ☐ is supported with welfare services (schools, hospitals, etc...)
- ☐ is beautiful
- ☐ is convenient for walking or cycling
- ☐ is child friendly
- ☐ is convenient for using public transportation
- ☐ is welcoming
- ☐ is calm and quiet
- ☐ is convenient for using a private car
- ☐ there are many stores
- ☐ is elders friendly

Please, feel free to describe your experience with your own words!

How important is this experience for you?
Please, rate from 1 (Little) to 10 (Very)

...

How much does this experience cost you?

...

How frequent is your experience?

...

▲▼

Usually, how long is your experience?

...

▲▼

Usually, in which part of the day do you have this experience?

- ☐ Morning
- ☐ Lunch time
- ☐ Afternoon
- ☐ Dinner time
- ☐ Evening and night

Usually, in which season do you have this experience?

- ☐ Spring
- ☐ Summer
- ☐ Autumn
- ☐ Winter

A Negative Experience:

Why do you dislike this experience?

Please rate the following sentences from 1 (not at all) to 10 (completely).

You dislike this experience because ...	
... of built objects or infrastructure	
... of interaction with people	
... of nature (allergies, pests, etc)	

You dislike this place, because here ... (tick all boxes that apply)

- ☐ you cannot be yourself
- ☐ you cannot have fun
- ☐ there is nothing to do
- ☐ you cannot change anything of this place
- ☐ you feel you are not accepted
- ☐ you cannot go shopping
- ☐ you cannot meet your family
- ☐ you get tired
- ☐ there is nothing to learn
- ☐ you cannot meet friends
- ☐ you get bored
- ☐ you cannot meet new people
- ☐ you feel anxiety and distress
- ☐ you cannot engage with art and creativity
- ☐ you feel unsafe
- ☐ you cannot engage with culture or history

This place is unpleasant because ... (tick all that applies)

- ☐ is unwelcoming
- ☐ is inconvenient for walking or cycling
- ☐ is ugly
- ☐ there is no nature
- ☐ is inconvenient for using a private car
- ☐ there are no pubs, restaurants, cafès, etc
- ☐ is not elders friendly
- ☐ is hectic and loud
- ☐ is dirty or poorly kept
- ☐ is not supported with welfare services (schools, hospitals, etc)
- ☐ is inconvenient for using public transportation
- ☐ there are no stores
- ☐ is not child friendly
- ☐ is dull and there is no people

How much discomfort does this experience gives you?

Please, rate from 1 (Little) to 10 (Very)

...

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Please, feel free to describe your experience with your own words!

How much does this experience cost you?

...

⬆⬇⬆

How frequent is your experience?

...

▴
▾

Usually, how long is your experience?

...

▴
▾

Usually, in which part of the day do you have this experience?

- ☐ Morning
- ☐ Lunch time
- ☐ Afternoon
- ☐ Dinner time
- ☐ Evening and night

Usually, in which season do you have this experience?

- ☐ Spring
- ☐ Summer
- ☐ Autumn
- ☐ Winter