



Vuores Central Park, photo: Mika Kylmäniemi/Flickr

NATURE-BASED AREAS AS PLACES FOR RELAXATION, REFRESHMENT AND LEARNING

RESULTS OF THE RESIDENT SURVEY IN VUORES, TAMPERE, FINLAND

Joint NBS Webinar

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CONTEXT

SURVEY

- Subject: Impact of nature-based solutions on the lives and living environment of the residents of Vuores
- May-June 2020
- 307 answers
 - 66 % women, 32 % men
 - 71 % employed, 11 % pensioners, 10 % students

VUORES

- Relatively new residential area
- Ca. 9 km from the city centre
- Surrounded by forests and lakes
- 5 300 residents



HOW RESIDENTS SPEND TIME OUTDOORS

- Mostly every day (68%) or several times a week (25%)
- What do they do?
 - Walking, jogging, riding a bike, spending time in forest, park, playground, beach or own garden, dog walking, bird watching, picking berries/mushroom, fishing...
- Why?
 - Relaxing, calming down
 - Health benefits
 - Sensing nature, watching the scenery
 - Socializing
 - Exercise or going somewhere



THE EFFECT OF COVID-19

- 140 answers
- 63 % said covid-19 didn't affect the habits of spending time outdoors in Spring 2020
- 36 % said it did affect
 - Remote work and temporary lay-offs made people spend more time outdoors and in nature
 - No commuting → more time to be outdoors
 - Increased time spent outdoors, such as in forests or parks
 - Gym/group exercise → outdoor activities
 - Some natural sites and playgrounds were crowded → had to avoid them



Photo: City of Tampere

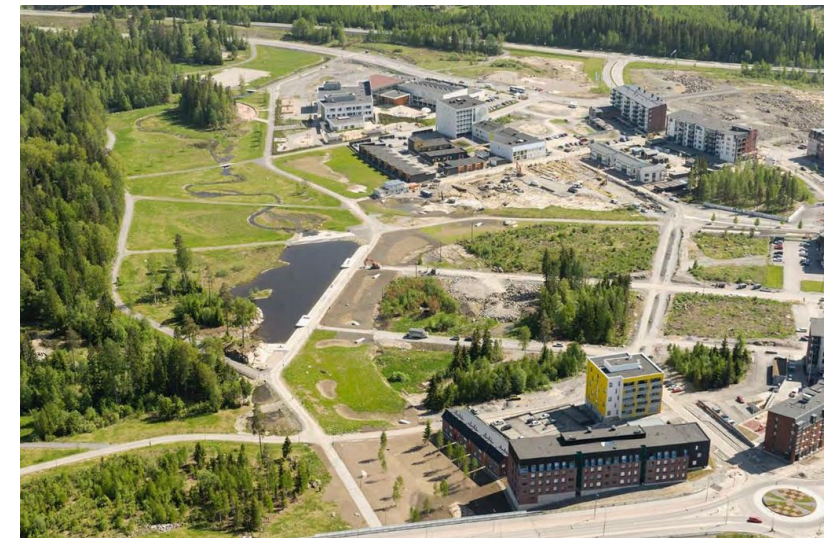
NATURE BASED SOLUTIONS IN VUORES

STORM WATER MANAGEMENT PARKS, NATURE TRAIL AND HORSE PADDOCK

- 88 – 98 % think that the NBS in Vuores improve the quality of the living environment
- Easy to access and safe
- Visually pleasant
- Make the neighborhood special and attractive
- Make one feel refreshed or relaxed
- Encourage to go out
- Encourage to spend time with friends and family
- Time spent outdoors increases or walking routes are longer because of the will to visit these places
- Encourages to write, draw or to take photos etc.



Koukkujärvi Nature Trail, photo: City of Tampere



Vuores Central Park storm water management system, photo: City of Tampere

THE STORM WATER MANAGEMENT SYSTEM



- The view is pleasant
- Watching and listening to nature is calming and enjoyable
- 46 % think they have learned something new about nature and ecosystem services here
- Teaching children: appreciation of nature, animals, plants
- Downsides: Worrying about the safety of children playing on weak ice or near water

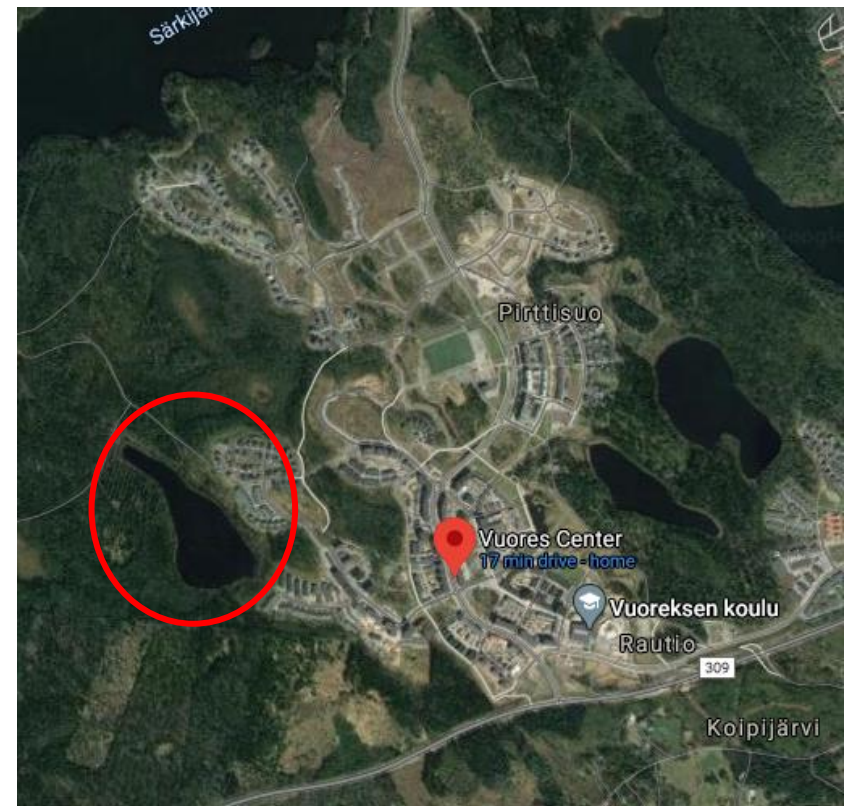


"It's nice to sit here, listen to the sounds of nature and just be"



THE NATURE TRAIL OF KOUKKUJÄRVI

- Small forest lakes and the smell of forest are calming the senses
- Easy to access also with children
- Quick access to a peaceful place
- It's very relaxing when not crowded
- Plenty of beautiful things to see
- "I seek strenght and new experiences for my own well-being here"
- Increases community (voluntary work)
- "One of my favourite places in Vuores"
- Downsides: Worry of erosion



HORSE PADDOCK

- Lovely to see animals in the city
- "I always get happy when I see horses there"
- You don't see horses often elsewhere so this is special
- Calming
- Downsides: Not informed well enough





Photo: Aamulehti



Photo: City of Tampere

THANK YOU!