

Western Red Cedar DRG Interview Transcript

Interview ID: I1

Interviewer: Koyo Nakamura

Date and time: January 28th, 2021 from 2:02pm to 2:26pm

*Before recording: Introduced study, asked for permission to record*

Koyo: Hello, my name is Koyo. Today, I am going to be interviewing you about your attitude toward nature and things related to that. Let's get started. So the first question is, can you tell me about yourself?

Shaun: Hi, my name is Shaun. I am a Bellevue College student, and in general I like to play soccer.

Koyo: Okay, you kind of touched on this a little bit, but what do you like to do for fun, and why?

Shaun: I like outdoor activities like soccer, mountain climbing, rock climbing, all that stuff. Because I'm pretty energetic.

Koyo: How often do you go outside?

Shaun: I go every day. I go for a jog every morning around 5am to 6am.

Koyo: So what does your daily routine look like, then?

Shaun: After jogging, around 8am I have a class until 12pm. Then, I have a job at UPS from around 4pm to 9:30pm.

Koyo: So that's every day from Monday through Friday?

Shaun: Yeah, pretty much.

Koyo: What is your motivation for going outside?

Shaun: Just to stay healthy, to be fit. That's pretty much it.

Koyo: How do you feel about the amount that you go outside? Like, do you want more, do you feel like it's a good amount...

Shaun: Yeah, I think it's a good amount. I go out every day, so...

Koyo: Do you have any barriers preventing you from doing the typical things you want to do outside?

Shaun: I used to play soccer, so the lack of soccer games is preventing me. 11v11, physical contact activities, yeah.

Koyo: How are you managing the situation? How are you working around COVID-19?

Shaun: I sometimes go out jogging with my friend. What else... talk with friends, be social with family. That's pretty much it.

Koyo: Is there anything else that you do?

Shaun: I watch YouTube videos, watch Netflix, just study.

Koyo: How do you feel emotionally during these times?

Shaun: I'm pretty stable. I don't go out pretty crazy.

Koyo: How do you play soccer currently?

Shaun: So there is a Japanese community once a week on Saturday. I go there. I think it's like 2 hours per week, playing with small kids.

Koyo: How is that experience?

Shaun: Playing around with kids is pretty fun.

Koyo: Do you have any concerns with this activity?

Shaun: No, everyone is wearing masks, so.

Koyo: How is it like playing soccer with masks?

Shaun: It's difficult to breathe. It sometimes gets annoying and irritates the skin.

Koyo: In more general terms, what do you like and dislike about the outdoors?

Shaun: I don't like when it's raining or cold out. It's pretty hard to motivate myself to go out. For liking, just to stay fit, stay healthy. I just like running, keeping my endurance up.

Koyo: Is there anything specific that you do to know that you're staying fit while you're running?

Shaun: Once a week, when I go to the soccer community on Saturday, I feel more fit because I'm running every day.

Koyo: Do you track your time or do anything else procedural when it comes to tracking your exercise?

Shaun: No, I run for like 40 minutes every day, but I don't time myself and compete. I just go 60-70% jog.

Koyo: Why is running your preferred way to exercise?

Shaun: Because I don't have to think very much. I could just listen to music and go out any time I want. And I could sometimes feel the sunshine.

Koyo: Can you elaborate on what you mean by feeling the sunshine?

Shaun: I think the sunrise is usually 6am and it's a great view.

Koyo: Is there anything else about the outside that makes you feel emotionally good?

Shaun: Sometimes, when I see passengers and they say hello to me, and I say hello back. That makes me emotionally good.

Koyo: Can you tell me about the last time you went outdoors, and what that experience was like?

Shaun: I actually went this morning. It was raining and it wasn't a good experience.

Koyo: Why wasn't it a good experience?

Shaun: Because I came back home soaking wet, it was dark out - it kind of made me depressed.

Koyo: You mentioned running. I'm curious about the difference between running on a treadmill at home for you versus running outside.

Shaun: I don't have a treadmill. Running outside is more refreshing - I can see the view, yeah.

Koyo: What is the running experience? Can you walk me through the path that you take and the interactions you have?

Shaun: There's a trail leading a couple blocks away. I think it's 4 miles round trip. And yeah, I run the trail every day.

Koyo: What is the experience like?

Shaun: It's covered with oak trees, it's pretty dark, I sometimes see rabbits walking past.

Koyo: How do you feel when you run through trees, encounter rabbits?

Shaun: I never thought about that, but I guess it's pretty relaxing. It's nature, so I feel like it's healing my body and emotionally.

Koyo: What makes you prefer running in nature versus running, for example, in your neighborhood?

Shaun: It feels more refreshing, I just like nature in general terms.

Koyo: Is there any specific reason you like nature?

Shaun: I go camping every summer, with my family. I just like nature, the vibe.

Koyo: The vibe?

Shaun: There's like no sound, no building, no humans. I could separate away from reality and indulge in my own.

Koyo: You mention separating away from reality. I'm curious what interactions you have with the technology that you bring with you. Do you do anything with your phone when you're outdoors?

Shaun: I do Instagram, Snapchat, stuff like that on average like an hour a day.

Koyo: When you go on your morning runs, what do you do with your phone in that time?

Shaun: I don't look at my phone. I just put my airpods on, wear my apple watch, and play my playlist.

Koyo: Oh, so you don't bring your phone when you're running?

Shaun: I don't, yeah.

Koyo: Why do you feel like you don't need your phone when you're running?

Shaun: I don't want to carry it in my pocket. It makes me feel distracted. I don't like having social media when I run because I'd feel distracted.

Koyo: Is there any other reason you don't like to bring your phone?

Shaun: It would prevent me to go out if I keep scrolling social media. I would just keep watching.

Koyo: What role does nature play in your life?

Shaun: Healing, I don't have to think about work, school, or life. Yeah.

Koyo: The following question is about trees. I want you to think about three words or phrases that you associate with trees. And can you explain why you choose them?

Shaun: Sanity, nature, healing. I chose these words because trees symbolize like a father figure, I guess? It's really tall, and I feel like I'm mentally and physically healed just by looking at it.

Koyo: What motivates you to go outside?

Shaun: Staying fit, healthy, just looking at nature, it's like a daily routine, so it helps me start the day off by jogging.

Koyo: How does it help you start the day off?

Shaun: I feel refreshed, I feel my mind is sharpened, and I feel like my body is more flexible.

Koyo: Can you elaborate on what you mean by flexible?

Shaun: I feel like my body is more light, energetic.

Koyo: Do you or have you used any mobile applications or technology-related things to help motivate you to go outside?

Shaun: Google Calendar - organizing my schedule for the day helps me motivate.

Koyo: Can you explain what you do with Google Calendar?

Shaun: I just put a set of daily routines - I put like from 6 to 7, I workout, for example from 8-9, I read a book, and from 10-11, I go for a walk, all sorts of stuff.

Koyo: Is that for every day?

Shaun: Yup, every day.

Koyo: And how far ahead do you plan?

Shaun: For a week.

Koyo: How diligent are you with following the tasks that you set for yourself?

Shaun: I'm pretty diligent with following the rules. I mostly never skip, it's part of my daily routine, so.

Koyo: Is there anything else aside from Google Calendar that you use?

Shaun: On Apple Watch, there is a fitness app that records how many miles you ran and the heartbeat.

Koyo: How does that help you when you're exercising, in emotional terms?

Shaun: I feel accomplished when I see how many miles I ran. It motivates me - it sets me a goal to run 5 miles tomorrow, and 5.5 miles another day, and keep challenging myself.

Koyo: What are you looking forward to doing once COVID-19 restrictions are lifted?

Shaun: Hang out with friends, go out to eat, sightseeing.

Koyo: Sightseeing? Where do you want to go?

Shaun: I go to Canada like once a year with my family, so, yeah.

Koyo: Is there anything else you would like to add? Any questions for me?

Shaun: No.

Koyo: Thank you for your time!