

A: Participant_F_9_questions

02.03.2020

Initial Question (Goswell Road_2)

M: **So, when you cycle, on average, how many destinations you do is in a day?** You might have certain days that the ,you usually visit this many destination with different type of day you can visit the different number of destination

P_9 : Let's say maybe two or three.

M: **What is the purpose of the trips ?**

M: Yeah, well work obviously. Mm hmm. shopping. Visiting my mother.

M: **Can you associate a word with each of those trips?**

P_9 : Okay, work is long. (laugh)

Shopping is handy because I can also put the weight into my basket. Yes, I can actually bring quite a lot back. **And it's quick.**

Visit visiting my mother again. Yeah, that's really quick. It's yeah, quick.

M: **And what is your favourite journey?**

P_9 : Oh, I did a lovely journey (sudden, fond remembrance) , but I yeah, I did a lovely journey the other night and I was thinking what a wonderful journey it is. it's not one that I do regularly. I yes I visit, I met up with a friend of Victoria.

Was it Victoria? And then we went to, and we ate something, then I had to come back and it was already a bit dark, not very dark, a bit dusky and I cycled back through Pimlico, along the river, and I remember thinking oh my god, this is such a lovely, yes such a lovely cycling trip. Yeah. Are you sure it was that one? **Or was like when I went to Trafalgar Square,** anyway one of those . And the river I think mainly I really like it when I can go along the river.

I: Does not remember the location but remembers the purpose and the surrounding.

M: **That partly answers my next question what makes this experience stand out?**

P_9 : Okay yeah um yeah what's like I think it's quietness in a very busy place but you can be... You know? You can, you can enjoy the senses. Without being overwhelmed so if you're like on a train or on the bus, it can be a bit over I find it a bit overwhelming, **but with the bicycle because you're sort of in your own space, but yet you're going through this incredible incredibly overstimulating space but you can observe and take in your surroundings, you know, ; or views; or the river; or the weather or the dark, you know, it** basically interesting.

M: **When you choose cycling of other modes of transport, what motivates this decision?**

Commented [RM1]: Shopping by bicycle quick.

Commented [RM2]: Does not remember the location but remembers the purpose and the surrounding.

Commented [RM3]: You can take in your surroundings Suroundings worth taking in?

P_9 : Quick! usually quick and I'm not that keen on, I don't like walking very much. (laughs) I rather got my bicycle.

M: **Did you manage to capture things that matter to you in in in your in your two outputs?**

P_9 : Yeah, I mean, for the moment, you know? Maybe if you ask me tomorrow, I might come up with something completely different, but I think the idea of freedom, the idea of the physical impact, the idea of being able to see the views, to kind of you know, go work through the senses I think there's more of a sense related there. The idea of control of time is very important to me the things that really annoy me or the you know, the things that I've I'm feel quite strongly about, so I do tweet a lot about it as well as anti-cycling culture. So I do follow like come at you know, campaigners cycling organisations and you know, and try and support them and re-tweet them and everything. And also in terms of the, you know, the dangers of traffic. That's obviously just something that, you know, we really need to work on as society overall. The idea that the weather, you know, is obviously important because that kind of affects your whole sort of mood as well as your decisions as well as your day. I always have. I always am looking at the weather. Thinking, can I and if I can't, then it's bugging my day basically, that means that I have to take the underground which is a nightmare. And then I'm always late.

Commented [RM4]: All the things that matter to them most relating to cycling.

Commented [RM5]: Wether affects your mood, decissions and day! Love this person. Puts her finger on it!

M: This is such a lovely way of putting it.

P_9 : I can see that's going to be a quote.

M: Definitely. (both laugh)

M: **In general, what makes cycling difficult?**

P_9 : Cars. (Very definite.) Other cyclists as well? (sort of surprised) Oh yeah, anti-cycling culture there is I think and I know you are vulnerable, you're vulnerable not only to be knocked over by a car because obviously they're not doing it on purpose. But what really made me think about that was when I someone came and through water in my face, it could have been anything.

M: Must of been so scary.

P_9 : Well, I didn't realise what it was. Yeah. Just thought, bloody hell.

M: **And you managed to capture that in our drawings?**

P_9 : Well, it's the no cycling culture, yeah, yeah. I'm gonna put like the kind of splashing water to remind you.

Okay, I'm 30 I'm not taking account

M: **In your usual trip. Do you change your route?**

P_9 : Sometimes, sometimes.

M: Okay. **When you do. What is the reason for that?**

P_9 : Usually to avoid traffic.

Or we **even just change a scene because I get stuck**. Like this one I've been doing now for a while I might actually start looking something different just to change the scene of it.

M: **Did the material provided help you express what is important?**

P_9 : Well maps are good. Yeah, my map I'm not I don't have a good sense of direction and that's the thing that actually **bicycle has given me is knowing where things are** because I think you know, I grew up in London as a teenager I didn't know any idea where things were I just got on the underground and got out. Didn't realise the distances that place the bicycle I realise how close things are.

M: **But did it limit you? Do you think it limited you what we gave you?**

P_9 : I mean, maybe if I, if you said draw a map of where you cycle I might have done something more schematic, you know, like a London Underground thing, you know more of an illustration rather than a distance generally. Yeah, yeah, maybe in that sense I could have I would have maybe created like a mind map kind of set up even, you know, things that are more important closer to each other things are not as important or as not as nice or not as or more difficult could have been further you know, yes. You see, I'm saying like the even though I made here, it's actually a tiny little road compared to all this. But here I find that the most difficult bit like well, maybe I would have made that longer or bigger to indicate that it's the hardest bit of the journey.

M: **And last but not least, did you arrive to any insights during this session?**

P_9 : Okay, um, um, probably that what I probably really enjoy about cycling is more the senses aspect of it. I, you know,

I suppose because, you know, I do find a lot of things quite stressful about living in London, and that, for me is a **real relief** for me to be able to move and function in London. But on my bike, I **wouldn't I don't think I would be at all well, otherwise**.

M: Okay. So, is that mental health?

P_9 : I think so. Yeah, man. Yeah. I think both mental and physical health. Yeah, yeah, definitely. I think I'd really suffer. If I had to commute every day. I'll probably be used to it, but I am sure it would have a big impact on my on my quality of life.

Okay, that's wonderful.

Thank you. Okay. Really, really wonderful.

Commented [RM6]: Changes route to dispell routine, but she has been living in London a long time. It sounds like her whole life. Knows the city,

Commented [RM7R6]: How things relate to each other.

Commented [RM8]: Bicycle has put her more in touch with her surroundings and situated her in the city.

Commented [RM9]: Very good but she could have done this in the sketch. Thought of it later?

Commented [RM10]: Cycling directly responsible for mental wellness and helath. Crutial for functioning.