

Diary Study



Ahh..Not much explanation needed here. The city skyline is just beautiful complete with the Sound and the mountains!

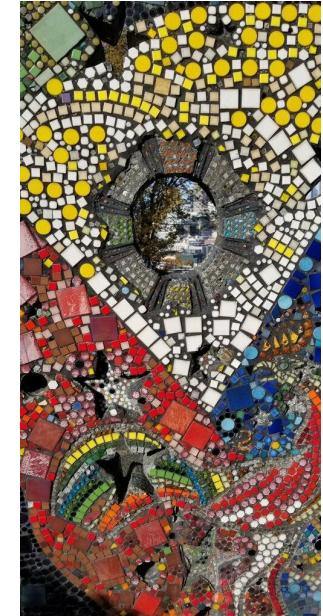


This is interesting to me because of the intersections between the city, the cities' residential areas that fold all around it and off in the distance, the mountains. Also the weather vane on top of the steeple is nice visual interest.



Another park you may miss unless on foot. The stairs activate my curiosity.

Participant nickname: CJ



A community P-patch! I love what these stand for: greenspace, community, fresh produce, working together to harvest something everyone can share.



I liked seeing the autumnal flowers on a Halloween day



Walked past this little apple, thought it was cute!



Loved the architecture and the aspect of the elements



Thought the car was cool!



Special delivery! Thought this was odd an funny.

Participant nickname: Gibson



I love this house that faces a local park near me. I love the details in their windows. Very cheerful.



I love this pink green house at my local community garden. I grew up with my parents having a plot at this garden, I have good memories tied to this place



Here in Utah Coronavirus cases are sky rocketing with no sense of leadership from our state. I see more examples of compassion and safety guidelines from community members than the state leaders



I just liked the red and green colors Of these buildings side by side



A detail of that same red building-I like this mystery floating doorway. I like to imagine what this place would have looked like/functioned like in the past.



Are pot bellied pigs popular here?



Colorful pile of pieces of asphalt on a random roundabout and a squirrel showed up



It was a random sculpture on the stone wall of Seattle City Lights



Look like tribal symbols...I wonder why they are here



Interesting bench. Does not look inviting to sit on

Participant nickname: Debbie



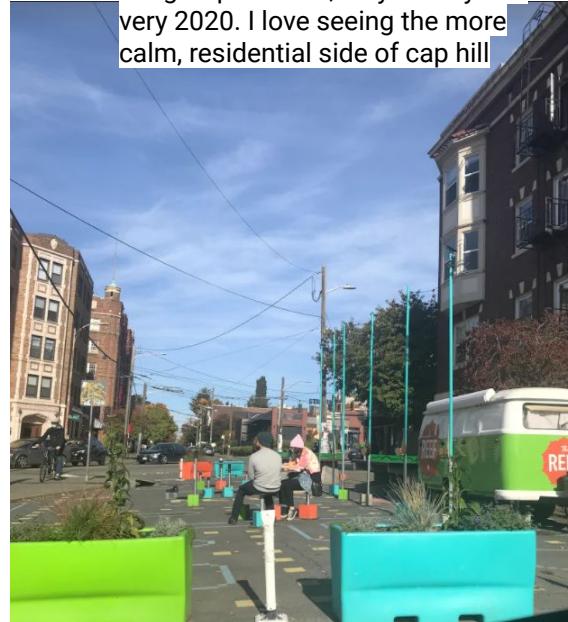
This photo shows just how much the city of Seattle is changing and progressing despite the fact that many things are at a standstill due to COVID-19. It's a reminder that life never truly stops even though things feel stagnant. It's a reminder that we still have so far to go.



This hill is a signal to just how different realities are in the same neighborhood. It shows how capitol hill is changing fast and the transition from residential to metropolitan area.



It's halloween! I took this photo because it shows the creative side of cap hill. The side of cap hill that is still enjoying 2020



I like how this photo shows people gathering in cap hill. It is outdoors and the group is small, very homey and very 2020. I love seeing the more calm, residential side of cap hill



Participant nickname: Nae

Seasons change and so do neighborhoods! For some reason this signals to me the emerging changes in cap hill. Going beyond the construction, it makes me think of the changing values, ideas, thoughts, and behaviors within the neighborhood.



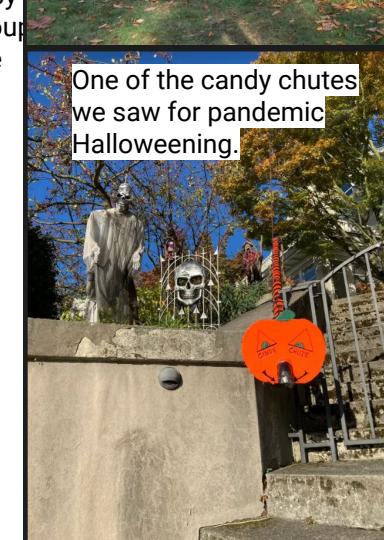
It was a beautiful view!



Another great view, but it also seemed like people sitting in the park were just talking to passersby (e.g., a young lady talking to a group of old guys drinking coffee on the bench). It was nice to see what looked like random community conversations.



A fun landmark house on our walks. Note the pink flamingos that are also visible.



One of the candy chutes we saw for pandemic Halloweening.

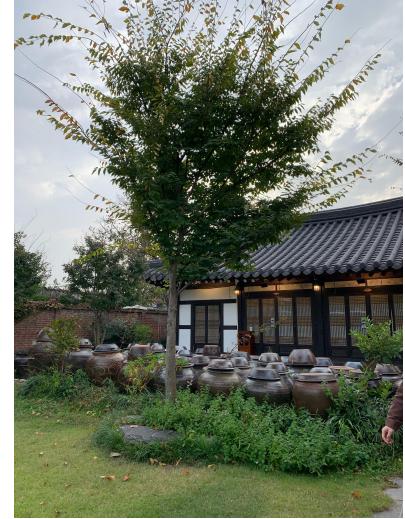
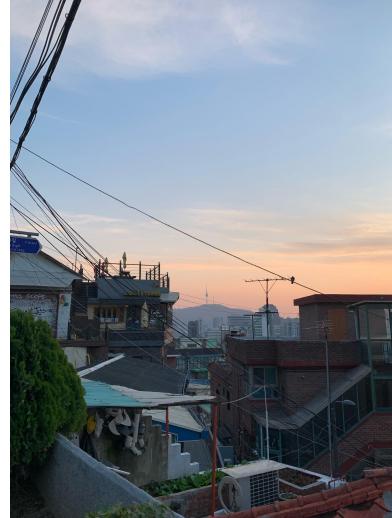


Seattle has a lovely autumn.

Participant nickname: Helen



Participant nickname: Michelle



Participant nickname: Nunar



caption



caption



caption



Caption

Participant nickname: Raela



caption

Participant nickname: Mark



A mountain bike park and stairs hidden underneath I-5. You Wouldn't know it was there if you didn't look carefully.



Bridges are always fascinating. In this case, the university bridge. Always exciting to see it go up and down.



Terry Pettus park. Very calming to come sit here in the mornings. It's amazing that big ships dock right next to the park too.

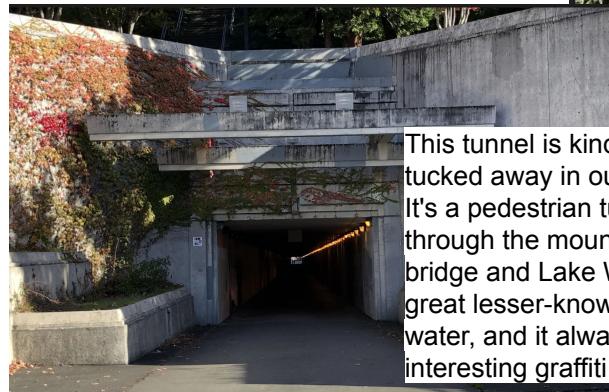


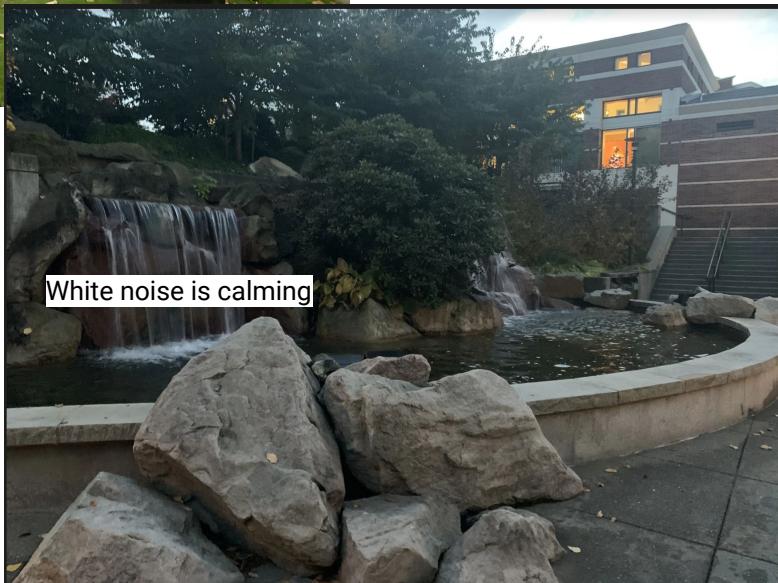
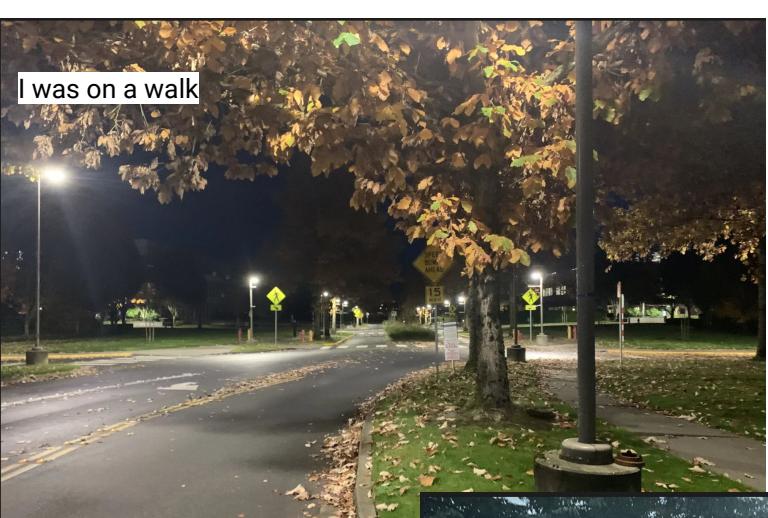
Very beautiful stairs and bench seat in the park. Unlike any other park in eastlake



Houseboats are a staple of Eastlake. Would love to live in one someday

Participant nickname: Katrin





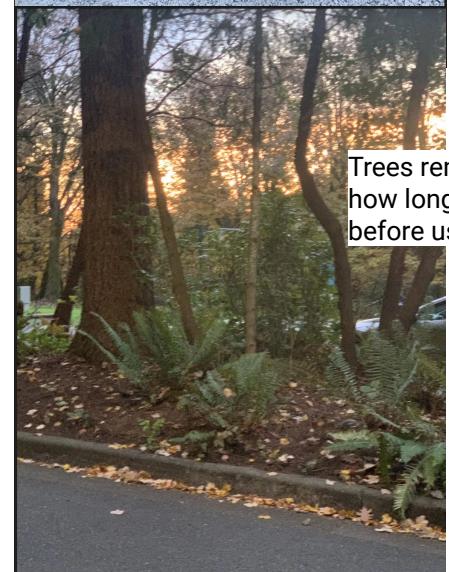
Participant nickname: ? Rebekah



Walking is so important for mental health and staying safe as important to



The diverse color palettes in nature inspired me



Trees remind us of time and how long they have been here before us



The changing colors of the seasons are so beautiful

Participant nickname: Carl

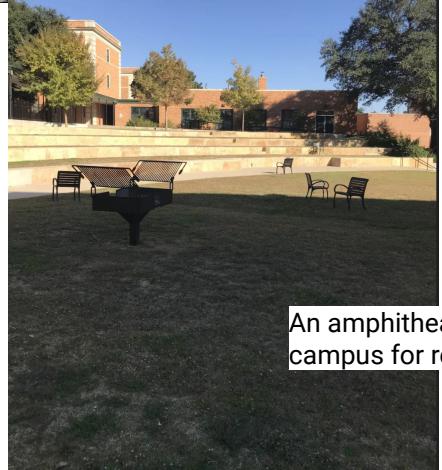


It's important to look at the things around us and see the beauty in our surroundings

Politically charged graffiti near a student apartment complex shows the opinions and focuses of students in the area.



A gazebo near the bus stop makes the wait more pleasant.



An amphitheater built between buildings on campus for relaxing and listening.



The university plants pollinator friendly plants to promote biodiversity on campus and to make the walk beautiful.



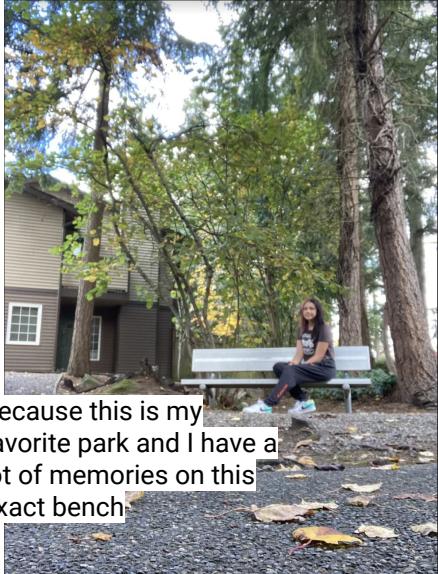
A nice place to eat lunch and enjoy the shade on the edge of campus.

Participant nickname: Bailey

Participant nickname: Laelle



Because I love the trees in the neighborhood



Because this is my favorite park and I have a lot of memories on this exact bench



Another beautiful tree I saw

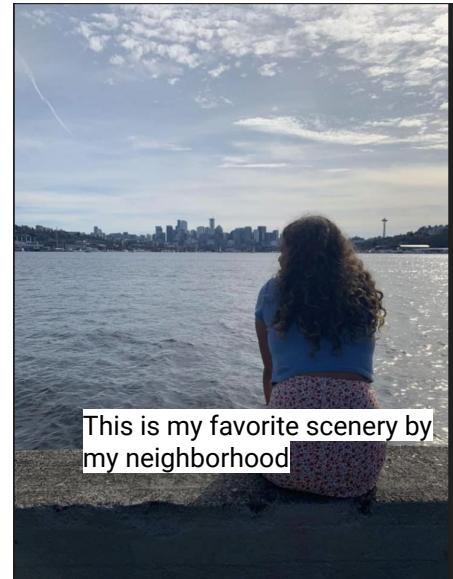


This is me volunteering I love volunteering.



My favorite kind of tree

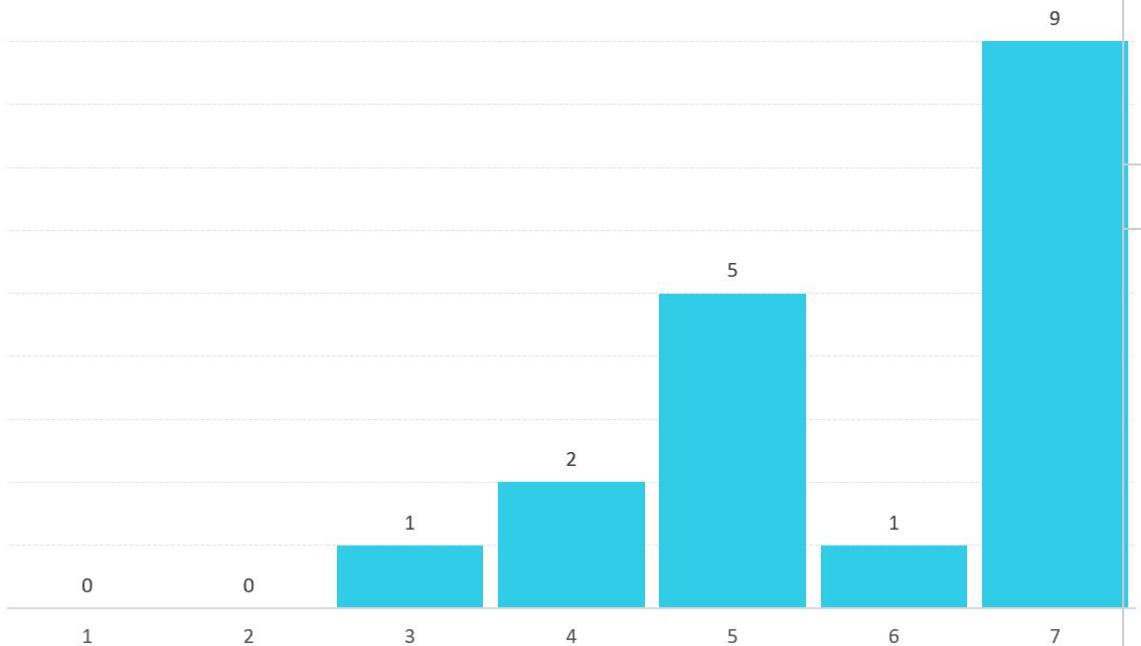
**Participant
nickname:
Aaliyah**



Survey

How was taking Pictures?

Think back to your experience getting outside to take pictures for this study. Was it fun or did it feel like a boring task?



Why did you choose your answer?

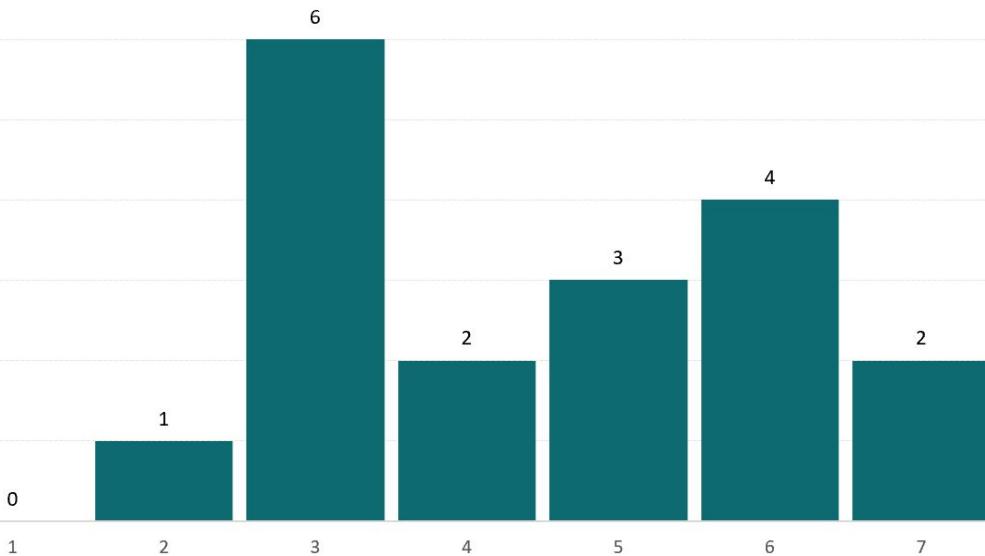
- | | |
|---|---|
| 3 | <ul style="list-style-type: none">Not a huge picture taker or journaler, but i guess it would be fun to read my own responses after awhile |
| 4 | <ul style="list-style-type: none">Because it was fun but it was also very cold but I like being in nature.It was fun I like getting out of the house. |
| 5 | <ul style="list-style-type: none">I'm just moved to this neighborhood, so it gave me an excuse to go out exploring on a sunny Sat. which was funI often find myself taking pictures of things that catch my interest in my neighborhoodIt wasn't easy to choose what to photograph but it was fun!The task helped me be more mindful of my surroundingsBecause it made me think more about my neighborhood and how much I know about it |
| 6 | <ul style="list-style-type: none">It was nice to circle the neighborhood and see what's around. |
| 7 | <ul style="list-style-type: none">It was fun to pay attention.It made me look for things/be more aware of my surroundings and be more conscious about what peaks my interest, which I don't typically do on walksI love walking around my old neighborhood taking pictures!I enjoy taking pictures around the neighborhood in my day to day life.I really enjoyed being intentionalIt was a simple task and since I walk often in my neighborhood anyway, it wasn't a burden.I love taking photos of nature and experiencing the beauty around meI enjoy photographyI love going on walks and exploring new places. Most of my pictures were premeditated because I already love walking. |

Did taking these pictures make you think differently about your neighborhood? If yes, how?

No	2 people
Unk	1 person
Yes	<ol style="list-style-type: none">1. I guess i thought more about how to polish my thoughts and what other people might think about them2. I have always loved the city of Bellevue and it's beautiful to see you my surroundings and nature3. I think I was more attentive to what has changed since I lived here.4. I'm not sure if they made me think differently, but they did make me take the time to consider the things I see every day.5. It gave me a sense of how big my neighborhood was. I had never really thought about that.6. Just a helpful reminder of why I like living here7. Sparked my curiosity8. The people talking in Marshall park made me feel like people are friendly here.9. Yes because I just moved here and it has been a little bit uncomfortable lately.10. Yes because I never realized how many memories I have in the neighborhood I live in.11. Yes I didn't realize the Microsoft campus next to my house was so beautiful and the people around me are so kind12. Yes, I had to really think what makes this neighborhood interesting in particular.13. Yes, it made me feel like the area I live in is more beautiful and interesting than I thought.14. Yes! My neighborhood is more quirky than I imagined, though perhaps it's because I haven't had the chance to explore much yet.15. Yes. It sparked more curiosity to get out and explore. It made me feel less like a visitor and more like a resident.

How connected do you feel?

On a scale from 1 - 7, how connected do you feel to your neighborhood?



	Why did you choose your answer above?
2	<p>I moved here recently (during the pandemic) and have only spoken to my immediate neighbors and do not know the neighborhood that well.</p>
3	<ul style="list-style-type: none">I haven't been here long, and it's been harder to make friends locally.I just moved in less than 2 months ago.We just moved here (during a pandemic). Hopefully we'll connect more in the future.I just moved here so I don't know much about my neighborhood yet.I just moved to Bellevue so I'm getting to know the neighborhoodI literally just moved here from a city 30 miles south, and while I generally know my new city, I only know very general things about my new neighborhood.
4	<ul style="list-style-type: none">I love where I live but I also recognize I'm an outsider to a neighborhood with a lot of history, and I am also somewhat part of the problem of gentrification that is driving long time residents away.Neither connected or disconnected. I feel comfortable but not plugged in.
5	<ul style="list-style-type: none">I feel connected to the neighborhood local businesses, close grocery stores, parks, restaurants, etc but not as connected to the people as I'd like.I feel connected but I also don't live here anymore.While I like my neighborhood, I don't necessarily feel a sense of community with it.
6	<ul style="list-style-type: none">I've lived here for a couple years and while I don't know many people, I feel comfortable walking aroundI've lived off and on in this area all my lifeI have lived in this neighborhood since I was 13 and I have made a lot of friends and a lot of memories.I just moved here, but since the area I live in is mostly people my age I feel like I belong.
7	<ul style="list-style-type: none">Love my neighborhood, mostly took photos of things that seemed different than the usual.I have lived in Bellevue for six years and love the city and the people

Outside of regular tasks and errands, how do you explore your neighborhood?

Since I'm new to this city in this neighborhood I like to explore whenever I get the chance.

Daily walks, especially through volunteer park

Walking my dog, going for jogs, visiting local businesses.

Walking, biking

Walking, biking.

Every once a week I like to walk around.

In the future, we'll probably look for events via signs / Stranger events.

Walks, restaurants, parks, running, shopping, coffee shops

I take long walks, I commute to work on foot

Going on walks and drives. Learning new places to eat at and shop at.

Me and my husband drive around the neighborhood just to get to know the area and visit the businesses

Taking a walk

I take regular walks when I can

Walks and drive around the neighborhood. I love to visit local businesses and people

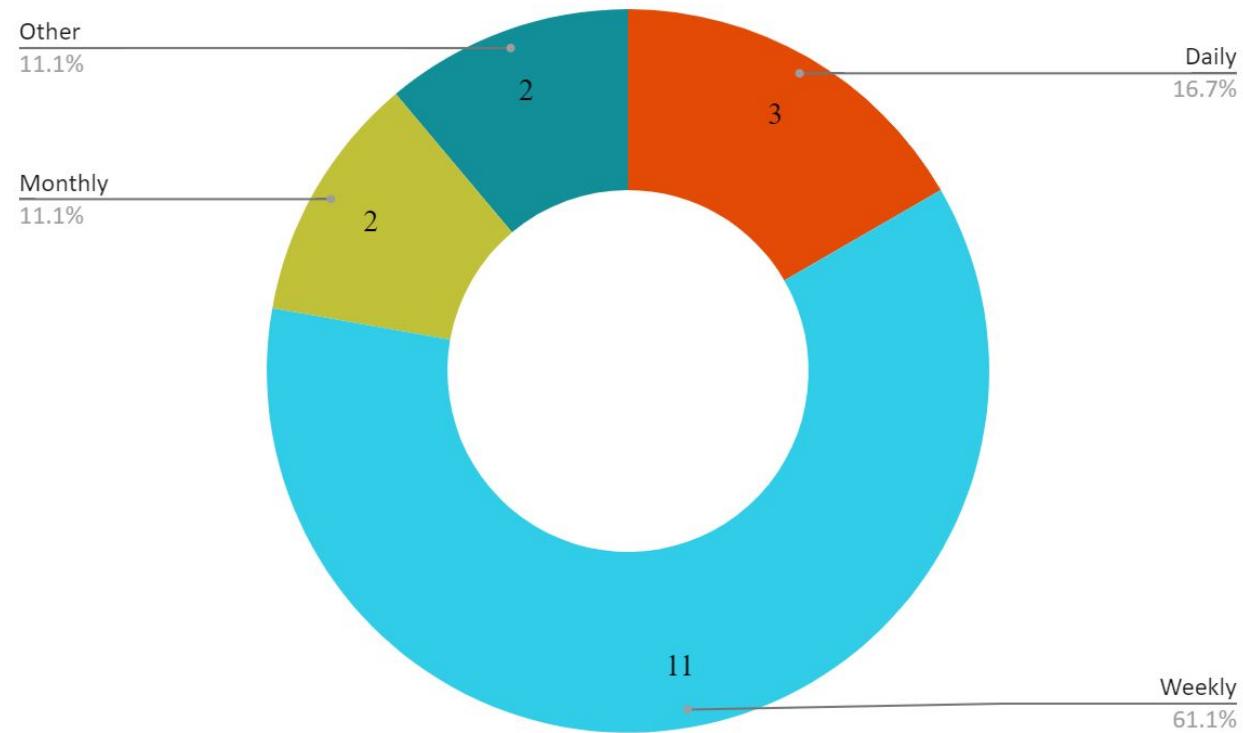
Walking around, supporting local businesses.

Going on walks and trying new restaurants

in previous neighborhoods by walking, running and riding my bike.

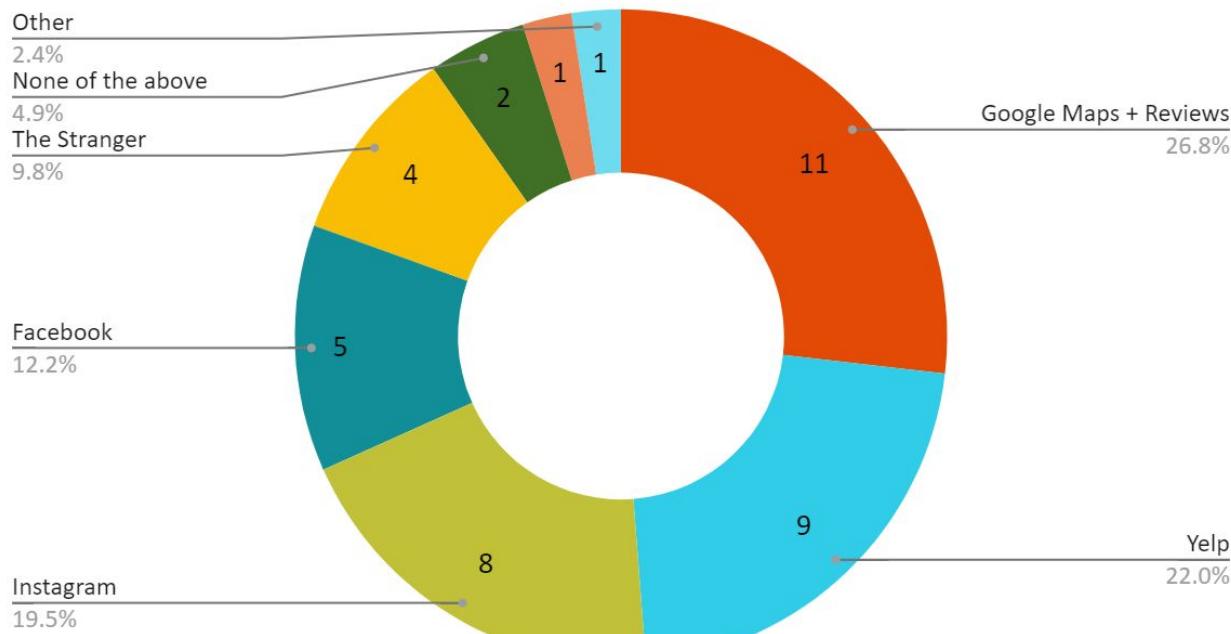
Casual walks around the neighborhood, Google maps

How often do you explore your neighborhood?

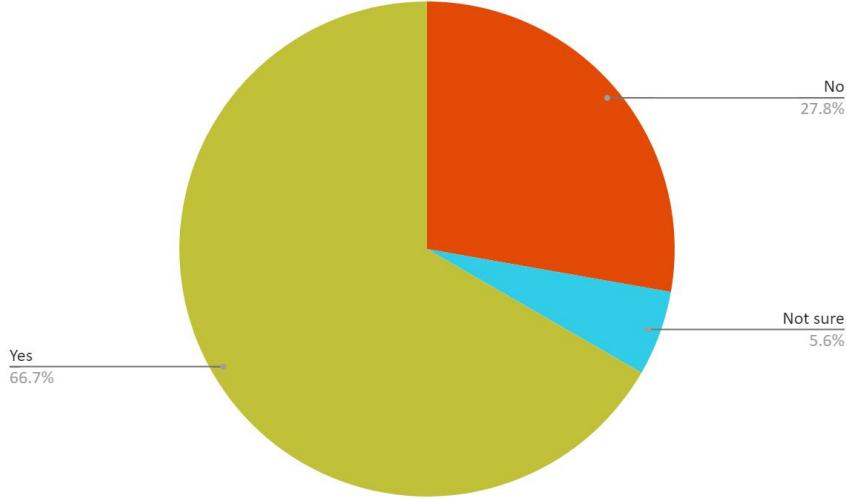


Do you currently use any apps/resources to discover or explore points of interest in your city?

Frequency



Has quarantine made you want to connect and/or explore more within your community? Why or why not?



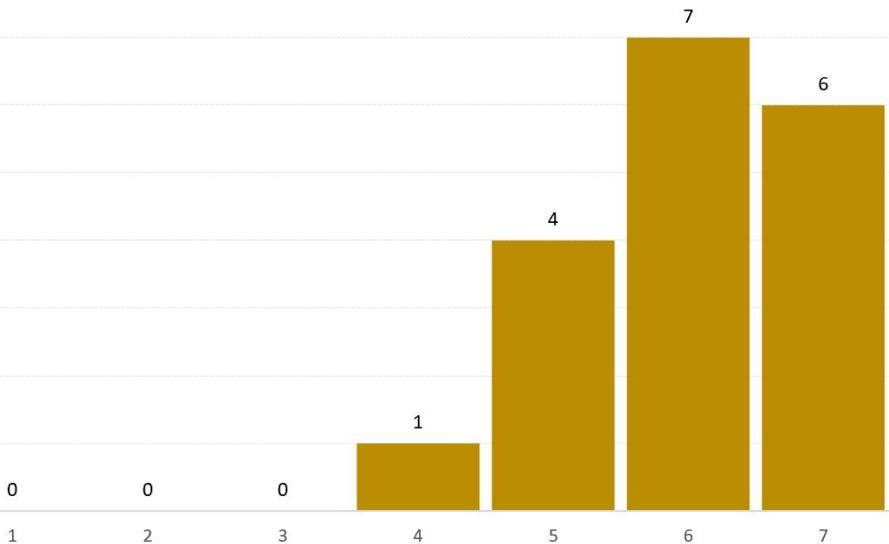
No	<ul style="list-style-type: none">Eh, it's about the same. It's nice to get out of my head and walking around helps me do that, but i stay much closer to my apartmentNo because I can't get out the house as much.Not really. Exploring has been more a by product of getting out more in the neighborhood because of quarantine.Not really - because social distancing makes it difficult.Not more than usual. No reason.
Not sure	<ul style="list-style-type: none">I'm not sure. I don't think it has consciously made me want to explore more, but I have done so and I have enjoyed it so it has become part of my routine.
Yes	<ul style="list-style-type: none">Yes, absolutely.Quarantine has helped me make more friends in my neighborhood because I was forced to hang out with them because I couldn't hang out with my other friends and it actually turned out that they were very nice people.Yes for sure!Yes I love to travel but since I am unable to do so at this time I find walking in my neighborhood and other nearby areas can feel like a vacation in a senseYes; in hard times, it's natural for anyone to seek out a place they belong in so they can find comfort there if nowhere else.Absolutely it's so important to stay connected for mental healthYes because quarantining felt so isolating and i felt trappedYes, with everything going on it's helped me take a step back and think about everything in the community.Absolutely I rarely see my friends and family due to safety measures.yes, because I think community will help with the tough timesYes. With travel restrictions, I want to see what my neighborhood has to offer.Yes. Its necessary in order to maintain balance, optimism, sanity.

Has quarantine during the COVID-19 pandemic impacted your ability to explore your neighborhood? Why or why not?

Yes	<ul style="list-style-type: none">• It has impacted being able to go to certain organized events in my neighborhood. But it has also allowed me to be more engaged in my neighborhood.• It's actually forced me out more, but not to buildings to be inside of an establishment, I'm avoiding that now, but it's pushed me to the streets! I'm walking, exploring options for activities outside.• It's restricted me to explore this area More frequently and more intentionally.• Yes• Yes - because we recently moved here and can't do the normal activities you would do to get to know a place.• Yes because of social distancing more careful of what i do and where i go• Yes, i relocated for part of the spring and summer• Yes! It has made it harder to enjoy outdoors and meet new people.• Yes. Many places are closed and social distancing guidelines are in place to discourage traveling.
Somewhat	<ul style="list-style-type: none">• No. It has probably encouraged me to explore it more than before, since walking outside is one of the few "safe"-ish activities during Covid.• Somewhat--working from home keeps me at my desk all day and then I don't want to go anywhere after. A lot of businesses are/were closed, so I couldn't/didn't go anywhere.
No	<ul style="list-style-type: none">• No• No in fact it has made me want to explore my neighborhood more since I can't get out of the house more often than usual.• No, I feel as though it has increased my ability to explore by giving me more time and opportunity.• Nope
N/A	I no longer live in Portland but travel and visiting friends and family has definitely been impacted.

Importance of Connectivity

How important is it to you to feel connected to your neighborhood / local community?



- | | |
|---|--|
| 4 | <ul style="list-style-type: none">I've never been one to get too involved with the local community - perhaps it's due to moving so much. It's always nice to volunteer within the community and know what's happening nearby, even if I don't stick around too long. |
| 5 | <ul style="list-style-type: none">As a new home owner in the neighborhood, I look forward to become a part of the community and therefore it's important for me to connect with it.It is important to like where you live.I like feeling connected, but I have also moved many times in my life so I am confident in my ability to adapt to new places.It's important to know and love where you live. |
| 6 | <ul style="list-style-type: none">blankIn an increasingly digital world, it feels important to have more concrete connections to your neighborhood.Community is huge for me. I'm always seeking to grow my own relationships with friends, which contributes to my sense of community, even if on a more macro level. I like to feel plugged in to what's going on around me and I chose this neighborhood because I thought I'd like it once I got to know it!Community makes people happy!I grew up in a pretty stifling suburb, so I don't want too much community, but my community feels like it has the right number of opportunities to engage when I want to.Strong communities that look after each other are very important.The importance of feeling like one belongs in a community is very real; it creates a way for people to find belonging, but also prevents mistreatment and better care for an environment. People who feel like they have a place in their world will work to keep their world nice, clean, and pleasant for themselves and others as well. |
| 7 | <ul style="list-style-type: none">Are used to live in Seattle and I'm on the human rights commission and very involved in the community as an advocateIt's important for me to feel a sense of belongingblankI believe feeling connected to one's neighborhood profoundly affects your life and happiness.It's important to feel connected to one's community!I have made some of my best friends living in this place and have beautiful memories |

Importance getting outside

During quarantine how important has it been to your physical and mental health to get outside?

