

Questionnaire demographic data

Information about the project: In the project „Ganz Salzburg Bewegen“ („All of Salzburg moving“), we would like to engage with citizens and together come up with suggestions for supporting regular heart-healthy physical activity. We are now having a 4-day event with interactive stations, to find out about your preferences, favourite places and preferred times, but also barriers for physical activity. In addition, over the coming weeks, co-researchers will gather information from citizens. In June, we will then collect ideas and designs in a 2-day ideas workshop with citizens. These will then be presented in a public exhibition in November.

Information about this event: We would like to gather your information and your opinion about physical activity in 4 interactive stations. Please take approximately 15 minutes to complete the stations. You can choose the order in which you complete the stations. When you have completed all 4 stations, you will receive a 10€ grocery voucher (for as long as we have vouchers available – first come, first served).

Information about data protection: We will keep information about your person strictly anonymous. We will use this information to describe the group of people who took part in the event. When this information is published, it will not be possible to identify individual persons who took part in the event.

Many thanks for taking part!

Which gender do you identify with?

- ☐ Male
- ☐ Female
- ☐ Diverse
- ☐ No answer

How old are you?

- ☐ 0-14 years
- ☐ 15-29 years
- ☐ 30-44 years

- ☐ 45-59 years
- ☐ 60-74 years
- ☐ 75+ years

What is your mother tongue?

- | | |
|--------------------------------|--|
| ☐ German | ☐ Russian |
| ☐ English | ☐ Dari/ Farsi/ Pashto |
| ☐ Turkish | ☐ BKS (Bosnian/ Croatian/ Serbian) |
| ☐ Arabic | ☐ Other language: _____ |
| ☐ Rumanian | |

In which part of the city do you live?

- ☐ Altstadt/ Mülln/ Neustadt
- ☐ Elisabeth-Vorstadt/ Itzling/Itzling Nord
- ☐ Gnigl/ Langwied/ Schallmoos/ Kasern
- ☐ Parsch/ Aigen
- ☐ Lehen/ Liefering
- ☐ Maxglan/ Maxglan West/ Taxham
- ☐ Gneis/ Gneis Süd/ Morzg/ Leopoldskron/ Salzburg-Süd
- ☐ Riedenburg/ Nonntal
- ☐ outside of the City of Salzburg

What is your highest completed level of education?

- ☐ Did not finish school
- ☐ Compulsory school education
- ☐ Apprenticeship
- ☐ Secondary education without high school diploma
- ☐ High school diploma
- ☐ Higher education (university, college)

With how many people (adults and children) do you share the household?

Adults: _____ (answer is a number)

Children: _____ (answer is a number)

How many people depend on your care, within and outside your household (e.g., minor children, disabled adults)?

Number of all dependent persons: _____ (answer is a number)

How many minutes are you physically active in a typical week?

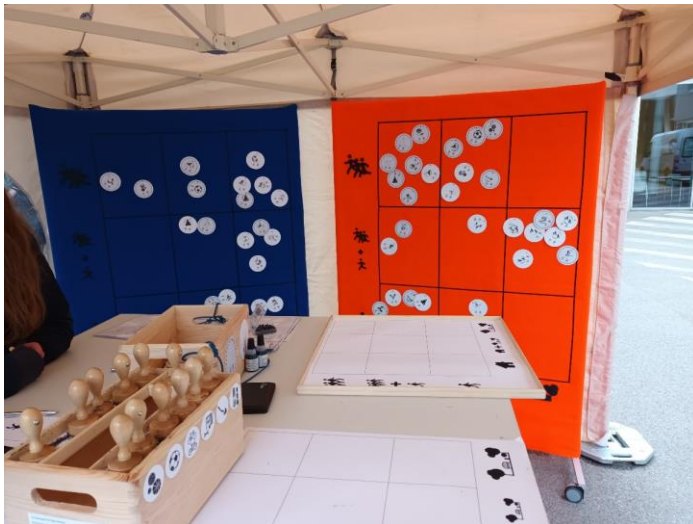
- o Less than 150 minutes at moderate intensity (= breathe a little harder and sweat a little) or less than 75 minutes at high intensity (= breathe hard and sweat a lot) --> **orange group**
- o More than 150 minutes at moderate intensity (= breathe a little harder and sweat a little) or more than 75 minutes at high intensity (= breathe hard and sweat a lot) or a combination of both --> **blue group**



Station „How I like to be active”

Instructions

- Look through the cards and select all activities / sports you currently do.
 - Tick the boxes to indicate whether you do these activities / sports spontaneously, or whether these are planned (for example a sports club, a course or scheduled with other people).
 - Place each card on the table in front of you in the correct square: on my own – together with others – both? indoors – outdoors – both?
- Now select cards of all activities / sports you **would like** to do. Repeat as above.
- We will collect your cards on the pinboard.



Station „Where I like to be active”

Instructions

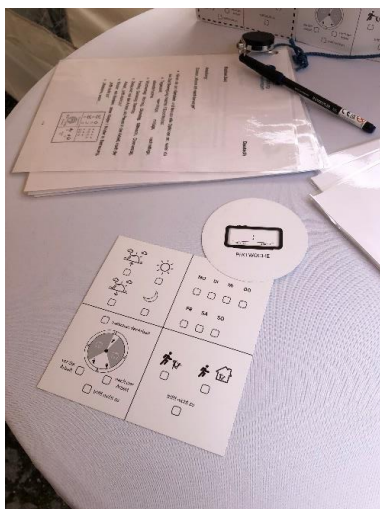
- Take the purple pen and mark on the map where you are currently doing physical activity / sports.
 - Mark the routes where you go for walks, jogging, cycling ...
 - Mark the places where you are doing physical activities / sports, for example a park, a swimming pool, a sports centre ...
- Now take the green pen and mark new routes and places where you **would like** to be physically active / do sports.
- We will collect your map on the pinboard.



Station „When I like to be active”

Instructions

- Take a card and tick when you are currently doing physical activities / sports.
 - Time of day: in the morning, around noon, in the afternoon, in the evening / at night
 - Day of the week: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday
 - Timing: before work, during a work break, after work, not applicable
 - Children: together with my children, without my children (while my children are looked after by someone else), not applicable
 - „Usually when ...“
- Now turn the card over and tick when you **would like** to do physical activities / sports.
- Insert the card into the same colour box as your button / sticker.



Station „How long I like to be active”

Instructions

- Take a card and insert how many hours and minutes per week you are currently doing physical activities / sports.
- Now turn the card over and insert how many hours and minutes per week you **would like** to do physical activities / sports.
- Insert the card into the same colour box as your button / sticker.



Station “Physical activity for me is...”

Instructions

- Adjust the markers so that they are right for you.
- Pick the colour of your button / sticker.
- We will take a photo and add it to the pinboard.

When I think about physical activity and sports, I feel ...

tense	relaxed
annoyed	happy
disappointed	enthusiastic
bored	excited
dissatisfied	satisfied

Physical activity and sports make me think of ...

Pain	Comfort
Exhaustion	Relaxation
Illness	Health



Ideas box



Evaluation questions

1. Were the tasks easy to understand for you?
2. Were you able to bring across your personal opinion?
3. How did you like this event?

