



# Would you like to go for a walk?

Methodological considerations of go-along interviews

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# Why bother?

Settings for social interaction

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Context sensitivity



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# *How are people drawn to do running in nature?*

→ A case study with recreational runners in the Kauppi urban forest







M “This is the climb of Pirunvuori hill. This is the place for hill training. It belongs to the landscape. When I do hill training, this is the place where I do it. That is maybe four times a year. Some runners come and do it many times a week, or once a week or every two weeks, but...

JB “Do you go up this several times then, or?”

M “Yes, the classic is vertical thousand. [You go up] 18 times, you get a good amount of ascent with it. You must start at a little bit slower pace then.”

JB [breathing heavily]: “It might be that soon the interviewer is going to ask to take it a bit slower. Or we can take a breath when we get to the top.”



JB “How about then, we have seen already a lot of other runners, what do you think about them? Is it nice that there are other people running or do they affect your running experience in any way?”

T “Probably they have some effect, but it’s pretty indifferent. They belong in this place. And as there is never any crowd so that you would have to zigzag or something like that. Or that there would be someone all the time in front of you so that you would have to dodge. That would be unpleasant.”

JB “What if there would not be anyone else?”

T “Let’s carry on from that in a moment, as there’s an important spot over here. Last time when I ran past this place, there was no marsh marigold [rentukka] yet. Here there are huge piles [of snow], and pools of water on the both sides of the trail. And there is a duck couple that comes every spring to this little pond. Of course, as the snow has melted into water, and they find food from there. I always watch whether the ducks are there already, and when the marsh marigolds start and stop flowering. That spot is a little landmark.”



JB “Oops. I guess we got caught in the shower. But this is good, isn’t it?”

L “Yep.”

JB “Oops. It really pours down now. Is it hailing now?”

L “Hail it is.”

JB “Well, that’s good. We’ll have on the video that in Finland we get this stuff in the middle of summer.”

L “If the poor camera can manage this.”

JB “Yes. It should be okay. But how then, if it is a little wet like this... well you probably make those choices just like you are doing now, based on the moment and present situation. You don’t select a trail which has less roots or something, that is less slippery, if it’s wet?”

L “No. I set the pace accordingly then. This is quite funny, because I probably would not go running if it pours down like this, but now when it takes you by surprise, it is just lovely.”



JB “Yes, right. So you would rather wait until it stops raining.”

L “Yes. But now I don’t have any need make the run shorter because of the rain. I’ll get to wash myself after the run.”

JB “Right. So you have good facilities then [at your workplace], so you can have a shower?”

L “Yes. There is really good facilities. I probably would not run, if there would not be.”

JB “It made a big difference over there, as you could get under the trees a bit”

L “Yes, it did. That is where I just escaped [the rain].”



Thank you!