

Appendix: Interview Guide

Theme	Questions (Should be adapted to the situation and age of the interviewees)
Introduction	Presentation of the interviewer, the research project, and the content and purpose of the interview.
Presentation of interviewees	<p>Could you say a bit about yourself?</p> <p>Your age, where you live, which assistive devices you use, and any other things you would like to share with us here at the beginning.</p>
Visits to natural environments	<p>Do you visit natural environments in your everyday life?</p> <p>Where do you typically go? Why?</p> <p>What types of activities do you typically engage in? Why?</p> <p>Are you typically alone or with family, friends, or helpers?</p> <p>Do you have any experiences you would like to share with us about visiting natural environments?</p> <p>When was the last time you spent time in a natural environment? For example, your own garden, a park, a beach, the forest, or another natural environment? What experiences did you have there?</p>
Preferences	<p>What do you like best about spending time in natural environments? Why?</p> <p>Could you tell me about a really good experience you have had in a natural environment?</p> <p>Which natural environments do you prefer to visit? Why?</p> <p>Have any of your experiences or activities in natural environments had a special value to you? Why?</p>
Restrictions	<p>What restrictions/barriers do you experience when you visit natural environments in your everyday life?</p> <p>Are there places you would like to go to or activities you would like to try which are not accessible to you? Why?</p> <p>Are there other restrictions you can think of that prevent you from visiting natural environments? (Give examples.)</p>
Overcoming restrictions and future wishes	<p>Do you have suggestions for how to overcome the restrictions you experience?</p> <p>Do you have any good examples of how nature has been made more accessible?</p> <p>What would you most like to experience in nature, if you had access to it?</p>
Summing up	Thank you for participating in the interview. Your contribution is very valuable for the project, and we hope we can help provide guidelines for making natural

	environments more enjoyable and accessible for people with mobility disabilities.
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