

The circular benefits of participation in nature-based solutions

Supplementary information

S1. Questions

The questions were asked to each participants through a written survey at each event. The survey included asking the same question about their opinion before, and after the event

The questions were:

i) Usefulness:

How would you rate Walk and Reflect within the context of this training programme?

Answer by ticking one of the following options:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all useful	Not particularly useful	Neither	Useful	Very Useful

ii) Motivation and action:

a) *What is your motivation to consider environmental sustainability when making personal decisions?*

Unmotivated		Neutral		Very motivated						
0	1	2	3	4	5	6	7	8	9	10

b) *What is your confidence that you can take action to be more environmentally sustainable? Answer by selecting a number:*

Not confident		Neutral		Very confident						
0	1	2	3	4	5	6	7	8	9	10

S2. Green Space index

Green space index was calculated using information available online. Reference to the data can be found in the hyperlinks within the table. We considered the total available green space available within the limits of each city where possible. The data varied for some cities where it has not been reported publicly (i.e. limited in Abu Dhabi and Buffalo). The units of data available was transformed as to be represented in m². Total population data for each city included the numbers of the year in which it was gathered (2020).

City	Total land area km ²	green area %	GA acres	GA m ²	GA km ²	GA hectares	Total GA m ²	Total population	Green spaces per capita (m ² /capita)
Bangalore							227920000	8426000	27.04960836
Birmingham			8,000				3.24E+07	1086000	29.81112339
Buffalo		NA						755,200	NA
Chicago			8,100				32779566	2706000	12.11366075
France- Paris								2148000	14.5
Guangzhou	7,434.4	41.8			3107.58		3107579200	13000000	239.0445538
Hong Kong					1100		1100000000	7451000	147.6311904
Hyderabad						5500	55000000	6810000	8.076358297
London			35000				141640100	8982000	15.76932754
Mexico					33.1		33100000	8855000	1.94
Mumbai						16814	168140000	18410000	9.133079848
New York			28,000				32374880	8399000	3.854611263
San Francisco							15782000	883305	17.86698819
Shanghai					2,590		2590000000	24280000	106.6721582
Toronto						8000	80000000	2930000	27.30375427
UAE- Abu Dhabi				60000			60000	1450000	0.04137931
Vancouver			3200				32374880	675218	47.94729998

S3. Comments from participants

Free text observations and comments on the events were recorded on the same survey and regarded the overall programme and not a particular theme.

Participants were explicit towards the citizen science component of the programme when asked to give feedback about the programme activities, without prompting to a particular topic. Comments towards Walk and Reflect activity were not evident. Some examples are:

- *“The training was completely different as participants were involved in **research** activity personally. It was a really great experience to get out of work and know something about real world environment”*
- *“Worthwhile experience to participate in this group experience, shaping **research** project.”*
- *“Being in touch with nature helps one relax and do something to help **research**.”*
- *“since in this activity I have a direct contact with the **research** and it helps me to understand all the effort behind each environmental project, goal and achievement.”*

- *“Since I started volunteering, my approach has changed towards the care and respect of nature and attending training helps me to understand the problem more **scientifically** and transmit the message of caring for the environment more sustainably.”*
- *“They give us more data to follow in this project and the damages that we are and we would have when not taking conscience care of **nature**.”*
- *“The program has given me lots of insights and info on how to be able to contribute professionally and personally in protecting the **environment**”*
- *“The knowledge acquired and having been in contact with **nature** with this perspective made me rethink the way I consume.”*
- *“Personal motivation to do more in **nature**.”*

Overall, both activities in participating in nature, walking and reflect, as well as citizen science, indicated that participants wanted to come up with actionable plans, reflecting confidence for personal action, as well as motivation for sustainable responsibility to nature or the environment. For example:

“To build an urban garden on the roof of my house to help raise the awareness of my family about the need to care for and preserve the environment.”

“I will pledge myself to loving the environment by taking the precautions and insights that I have gained from the programme.”

“Made me understand the necessity of nature, made me more responsible towards saving nature, set my goals not to act against nature”

“Post this session, I want to relate to the environment and want to give back to what I receive from nature”

“I feel it is my responsibility to ensure nature and its resources are to be safeguarded and I pledge that I will try my level best to do same”

“Will continually learn more relevant knowledge, and influence others to protect environment and water resources. “

“I can immediately take actions to bring positive impact to our environment.”

“I have been motivated to work on improving the environment we are living in today and also spread awareness.”

“Personally, I would take more time to do my contribution towards the environment”

“12x general pledges to plant trees”

“We have recently digitised our processes to allow existing customers to change their details using tablets in branches, rather than completing the eight-page forms that were previously used. This change will see 900,000 less pieces of paper being used each year across the eight branches of the bank in our city. If we can roll it out across our region, we should be able to half the amount of paper used by customers in those branches.”