

Communities for walkability

Citizen Scientist

Roles, expectations and benefits



Making sure everyone can easily walk places and be active in their town is one of the best ways to stop people getting sick and help them to stay well.

But without local knowledge, it can be hard to know which parts of a town make it easy or hard for people to be active and walk from place to place.

That's where you come in!

This project builds on work already done in three small rural towns in Tasmania. In the project, people (we call them Citizen Scientists):

- » Noted parts of the town that made it easier or harder to be active and walk from place to place.
- » Took photos to show parts of their town that make it easier or harder to walk.
- » Came up with ideas to make their town more 'walkable'.
- » Shared the information with other people and groups, including local councils, to bring about these changes.

Would you like to do the same thing in your town? If so, please read below about what we would ask you to do, how you might benefit, and how we will help you.



What you will be asked to do

» Join in an online training session

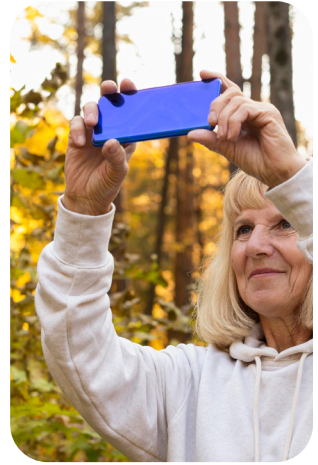
- This will be no more than 2 hours and will cover topics like ‘what is citizen science?’, ‘your role’, ‘how to use our online tool’, ‘safety’, ‘ways of working’ and ‘privacy’.

» Use our online tool to:

- Tell us about yourself (things like age, gender, work, schooling)
- Fill in checklists about parts of your town that can help or stop people of all ages being active
- Take photos of parts of the town (not people) to show better and worse examples of ‘walkability’

» After filling in the checklists, you will be invited to:

- Join in a workshop where the checklists and photos will be talked about and the most important things identified



Time commitment

Roles

Training

Online checklists

Workshop

Rough time needed

1-2 hours

1-2 hours

2 hours

Total of 4-6 hours (spread across up to 6 months)

Benefits to you

- » Learn about walking and being active in your town
- » Learn about citizen science and research
- » Feel able to try to change programs and policies about walking and active living
- » Build links with your town
- » Meet other people with similar interests

Benefits to your community

This project will help find things in your town that make it easier or harder for children and adults to be active. This information will be useful for the town, local councils, state government, and

other groups who could make changes for the better. It will help us to know what might make it easier to be active and healthy in rural towns.





Contact

If you have more questions or are interested to participate in the project, please contact:

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Or visit the website - <https://walkrural.com.au>