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# Appendix 1: Interview with Rose Moestuin

**Interview date:** January 30, 2023

**Sana:** Well, I started recording now.

**Rose:** Okay.

**Sana:** I want to ask you general questions about your volunteering in the community garden in Wageningen refugee center. How long have you been volunteering there?

**Rose:** Since the late spring of 21.

**Sana:** So at the end of 2021?

**Rose:** No, the late spring. So it was like May or June.

**Sana:** Were you the one who started the idea of the garden?

**Rose:** Yes. Together with someone from the (organization name). And yeah, I started the practical part that's together with.

**Sana:** that's quite amazing. Why did you decide to start the community garden? What was the main goal?

**Rose:** Gardening is my way to get in contact with people actually. I wanted to make a connection between Wageningen and the people in the center, in general my idea was just that I wanted to get in contact again with refugees in general, whether they're put in the asylum seeker center or in the town and then this came together with the idea from the COA to make a garden there.

**Sana:** That's amazing.

**Rose:** Yeah. I really wanted to get in touch with people and make this connection. And gardening is that sort of my profession. So it's a medium to realize this and this is really wonderful. Also important to learn from each other about health and environmental stuff.

**Sana:** And how did it go? Did you connect with many people? Are there many people joining you in the gardening process? How is it going so far?

**Rose:** It's actually easy to get people to the garden and to get in touch. But it's sometimes more difficult to stay in contact. Cause people arrive in the center and then they don't have so much to do. But after a while they start to have other occupations and also people are having to move or looking for a house or have a transfer to another center, so you never really know how long the people stay. It happens a few times that we really work together in a little group with people from basic different backgrounds, and then two people transfer to another asylum seeker center and then the group is apart. It's difficult to keep in touch, but still it's easy to reach people that in contact.

**Sana:** And do you stay with touch with the people who were like helping you in the garden and then moved out?

**Rose:** Some of them I try to stay in touch, but not so much. Yeah. But at least you're in contact every now and then. It's my aim to actually, stay in contact, but I find it difficult sometimes also cause people don't always understand the intention of people who want to stay in contact. I cannot, I want to help them if it's necessary or I want to know what's going on with people after they applied for asylum to know that they're treated well or something, but I cannot help with everything. Some people you feel like friends because Yeah.

**Sana:** You're wonderful really, thank you for trying to help others, and for being their first friend, that's really wonderful.

**Rose:** I cannot be a friend to people really, but I do. I'm concerned about how people are treated. So that's why I do want to stay in contact.

**Sana:** I see, that's really nice. Yeah. Do you know, or do you remember how many persons join you when you go for gardening? Usually?

**Rose:** No, I don't know exactly. Cause mostly we are a group of four to 12 people, but then people come and go. And I would say around in this from the beginning to now, they around 40 people, but not all these 40 people were very active in the garden.

**Sana:** It depends on how busy they are or the season?

**Rose:** Yeah. And if it's the circumstances and also if it suits them or not. Yeah. Not everyone likes gardening. Sometimes they think, yeah, I want something to do and then maybe not so interesting.

**Sana:** But do you know how many people live in the center, like an estimation? Do you know how many people are there or how many places there are for people to live there?

**Rose:** I thought it's 300 people but it might be a little more as well, and just really ask the COA, actually.

**Sana:** I see. And what kind what kind of activities do you do for the garden? and people help you usually? what do you guys do?

**Rose:** What we do?

**Sana:** Yes. For the garden.

**Rose:** Seeding or sowing, It's the same thing. Sowing and planting, and maintenance. Also, a small background about the soil or about, vegetables and, cooking recipes.

**Sana:** Oh, that's wonderful.

**Rose:** Just, yeah, just everything that's, connected to working, working in a garden with food.

**Sana:** And what do you usually plant?

**Rose:** Hmm?

**Sana:** So what do you plant? so like the fruits and vegetables, you use them to cook with the refugees?

**Rose:** Yes.

**Sana:** Oh, that's really wonderful idea.

**Rose:** Yes. We cooked in a community center a few times, and also for when there was a dance party at the center, but it's not so, not so easy to cook at the center. Sometimes people cook by themselves in the communal kitchen. They bring something or they cooked or they just take it for themselves.

**Sana:** I see.

**Rose:** That's it.

**Sana:** That's a very nice idea. Actually, one of these, cooking dinners I joined them in the center once.

**Rose:** Oh, really?

**Sana:** Yeah. This is where I met Amy if you know her.

**Rose:** Amy? No. someone from the COA right?

**Sana:** Yes.

**Rose:** I don't remember, I think I know her.

**Sana:** She referred me to the volunteer group actually. I met her there, we were cooking together.

**Rose:** Yeah. And also we have a connection with groups in the town, so there's welcome in Wageningen which organizing activities for new people.

**Sana:** Yeah, it's a really nice idea.

**Rose:** And that's where people come to have some soup salad on Friday night. It's a bar actually.

**Sana:** Oh, wow. I'm also a very good cook, so if you have any cooking event, let me know!

**Rose:** At the moment, we don't have any product from the garden. But still, you can join the cooking on Friday afternoon.

**Sana:** Oh, sure. Is it every Friday?

**Rose:** It's every Friday in the church over.

**Sana:** In the center?

**Rose:** Excuse me?

**Sana:** In the city center or where?

**Rose:** It's close to city center, but it's at the church over. If you go from. City center in the direction of, Bornsesteeg and the campus, but not over on the big road, but just straight.

**Sana:** Actually, I would love to join. Are you there every Friday?

**Rose:** No, not every Friday, but there are people every Friday and always looking for volunteers because some people are really active, but they cannot cook every Friday.

**Sana:** I see.

**Rose:** So they always like it if someone wants to make a soup or side.

**Sana:** Well, I'm up for the task, I love to cook.

**Rose:** Yeah. Nice. Last Friday, my friend from Iran, she cooked. Also, sometimes people from Erasmus, they come as a for help cooking and it's never the same. It's most of the time it's not the same people that work in the garden and that are want to cook. Sometimes they are the same people, but some, most of the time they're different people.

**Sana:** Well, that's, that's really amazing. That means that more people are interacting.

**Rose:** Exactly.

**Sana:** That's really wonderful. What kind of plants do you usually plant in the community garden?

**Rose:** Any vegetable that is growing in this climate. So we start with the peas and beans and onions and yeah, just a lot of leafy and fruity vegetables, annual crops and also some perennials like fruits, bushes and stuff.

**Sana:** Well, this is very exciting. Did you ever receive from the people who are living in the refugee center, did you ever receive seeds from their home country or did they ask you like to bring certain seeds to plant them?

**Rose:** We talked about it, but, they didn't really bring seeds, but we talked about what kind of crops we wanted, but it was not very surprising or not very different from what we are used to. Only the seasons are very different, so sometimes people want to plant something and it's in the wrong season and then yeah, we did some experiments with that, because Yeah, we just tried.

**Sana:** I see. Do you, do you think that this garden is helping the residents there?

**Rose:** if I think it's helping?

**Sana:** like if they are happy with the garden or like if they use it and like love to see it there?

**Rose:** Yes, I think so. I think for some people it's really big thing to have something to take care of or a place to get in touch with people. But for a lot of people, it's just nice that it's there and it's Yeah. Nice addition. So yeah nice to see.

**Sana:** that's really nice. Do they tell you about, about it? Do they like come and talk to you that, thank you for taking care of the garden, or something like that?

**Rose:** Sometimes yes.

**Sana:** Oh, that's very lovely. What do you think that can be improved in this garden? If you wish to put something or to include something, what would it be?

**Rose:** We are busy to have a bigger surface to use because I think the garden is too small to have a nice occupation for many people. So that's the main thing that we are working on, and talking with the COA about where we can do more things because surface of the garden is so small. It's hard to have things to do or to work with more people. And also we are investing in try to have a little bigger team where people can take some responsibility because in summer, for example, when a lot of volunteers were on holidays, people still take care about the garden. This went really well, but we wanted to make it a little more organized, also the harvesting, just to organize it. The harvest is shared and used by people, cause this already happens that we don't have a clear view on it. How it, how it goes somewhere.

**Sana:** I see. Well, this is such a wonderful work that you're doing in the in the refugee center and I'm sure that there are so many people that appreciate it.

**Rose:** Yeah, we want, it's nice. We want to improve as well. It would also be nice if the people who, who join in the garden for some weeks as they can come to places in Wageningen. And like there are many, many place where people can join as a volunteer in gardening. I cannot really help them to find work or job, but they can make a people help people to connect.

**Sana:** I think you are already helping a lot by being there, by making the place more beautiful and taking care of their environment. That's really wonderful work.

**Rose:** Yea that's important.

**Sana:** Thank you so much for answering my questions and for your time. I'm going to stop the recording now. Just a moment.

**Rose:** All right.

## Appendix 2: Interview with Agnès Patuano

**Interview date:** 23 January 2023

**Interviewer:** I will introduce myself.

**Expert:** Please.

**Interviewer:** My name is Sana. I'm an exchange student here at Wageningen university and my main university is in the Czech Republic, and I'm doing my master's thesis right now on the therapeutic and healing green spaces, especially specifically in refugee camps. I'm studying the different types of green spaces that have therapeutic values and I want to come up with general design principles for green space in refugee camps, and I would like to ask you a few questions as someone who has experience in this field and also I saw that you have another paper on the stress levels and the effect of green spaces on Chinese students in the UK which was very interesting.

**Expert:** Thank you

**Interviewer:** I want to ask you first about your definition of a garden with therapeutic benefits.

**Expert:** Ohh wow. This is very interesting. Ok for me, the use of the word therapeutic means that there is a medical framework around it. So for me, as therapeutic garden is any garden which is used as part of a therapeutic process, along with other sort of therapeutic tools, but so there is a medical professional, psychology professional so that is there to sort of frame the use of the garden. I don't know if you're familiar with the therapy gardens in Alnarp, in Sweden, Alnarp there's a university there. They have the very first of experimental therapeutic gardens which had the chance to visit when I was doing my Erasmus there and the garden is divided into three or four, I think 3 main sort of areas and as you mmm, part of treatment used for people who experience burnout. So as you come in after you've been diagnosed with a burnout and you get like, a chance to stay on the property, you're then an inpatient there. And then the first week you will be in the background of the garden, doing more like weeding and sort of like heavy clearing and then little by little, you will be moving from garden room to garden room to the more productive part of the garden where you have a very sort of structured vegetable



gardens. And so through this succession of activity and succession of settings you go from somebody who just experienced a burnout, who is quite sort of unraveled to becoming or re-becoming a productive member of society. So you can go back. So for me at therapeutic garden is that there's a process behind it. There's a setting a specific. Now, if we talk about gardens that have restorative qualities or that have I would use the word salutogenic qualities in reference to the framework of salutogenesis, which is all, which is sort of a more holistic way to look at health as a gradient, and the environment can then have properties that support the health of people. But I personally have a huge pet peeves about the use of therapeutic for places that aren't part of the therapy process and healing as well, because I think it's sort of Give the idea that an environment can like fix a broken leg or something which I think is a little bit too far. So my definition of a health supportive landscape would be any landscape, any outdoor area that have shown to be beneficial for the health of people, be it physical, physiological, psychological or social.

**Interviewer:** So the definition of therapeutic, but like, therapy, it does not only include like the physical therapy, but also psychological yes?

**Expert:** Yes absolutely, completely. I see health, and this there's a lot of different pathways and frameworks I'm sure that you've encountered already, but I see health as being sort of like 4 components. So the physiological that is like the air that we breathe type thing, how polluted is our environment, the physical? So how active we are? how much is our blood pumping? The psychological and the social. And so how many, how much of a network do we have? How we experience belonging in the sense of community and all of these are inshringly, Interestingly linked so it's very difficult to say because you're your physical health will have an effect on your mental health.

**Interviewer:** Of course

**Expert:** And your social health will have an impact on your mental health, which would then have an impact on your physical health. So we are, I think, now in the more sort of holistic health era of our time where we don't see health is just the absence of disease, but a state of complete well-being. That includes these four elements.

**Interviewer:** And is there any kind of green space that doesn't actually have any restorative ...?

**Expert:** Yes, excellent question, indeed I do think the we tend to think of all green spaces are restorative if you talk about restorativeness, the Kaplans who created the attention restoration theory came up with four specific characteristic that environment has to have in order to be restorative. It has to provide some fascination. It has to have a certain extent. It has to give a sense of being away, and it has to be compatible with the need of the person. If you think of like street trees, for example, you know. The thing is that there's no definition of green space, where anything, any kind of vegetation outside can be considered green space. But street trees or the sort of hills that you have on the side of motorways aren't going to have any restorative properties because they don't provide these 4 characteristics and they have a lot of other sort of bad quality is attached to it as well, so I definitely think that specific spaces have to be designed in order to be supporting good health of populations.

**Interviewer:** According to the inhabitants of the area.

**Expert:** Also according to their needs, that's right. Yeah, yeah.

**Interviewer:** How about like the therapeutic gardens and healthcare facilities. Have you had experience with them?

**Expert:** I know a lot about them theoretically. I don't know a lot. I've never practiced it because I'm not a medical professional. But there has been over the years some recommendations that have been formulated for their design. So as I said, they are not. Garden has been the experimental, it's like a Petri dish for a lot of scientific publications, particularly by (names) who wrote about it? So that's, succession. I was just telling you about that process has been written up, but all of the therapeutic gardens that I've heard about primarily for people who suffered from Alzheimer's or autism. There's a lot of recommendations that have been put forward like raised beds, because obviously you don't tend to deal with sort of older people and they can't bend down as much. So having everything sort of sort of chest high sort of waste high. Creating quiet corners and more public corners making sure that all of it is accessible if you're in a wheelchair, so those kind of area I wanna say like basic guidelines or just, you know good, good practice really. Yeah.

**Interviewer:** Okay, and you mentioned in your paper about the stress reduction and the influence of the green spaces on Chinese students and I want to ask you and how does like a green space contribute to stress reduction?

**Expert:** Ok well, you're very kind to reference that paper, it wasn't that great a paper, although it was based on a student's master thesis. So it gave everybody a lot of hope. But there has been, there's definitely a lot of evidence out there to show that even the proximity of green space can have distinct effect on measured and perceived stress. Why is that? Well, if you go back to the forum pathways, that we've identified on the physical, psychological, physiological and social, being in a green space will influence all of these, and again, it's very difficult to say exactly like the pathway that it takes for some people, it will be because they can go through green space and see people play, and they're very lonely and being able to see other people make them feel connected and that can be really good to reduce mental stress. It might be that they're walking and so walking will increase their blood flow and it will also increase their vitamin D and they want to increase their ability to sleep, well in the evening. So that will have an effect on stress as well. And there's of course the two main theories, so restorativeness being one of them as the Kaplan's and psychoevolutionary theory by Ulrich being the other one, those 2 theories sort of propose an explanation as to why being in green spaces are good for us. And I tend to see it as, it could be explained by the fact that these spaces don't make any demands on us. You can just be. You don't have to pay attention to cars crossing. You don't have to pay attention to where you're going. You sort of walk around and sort of tune out, which is sort of what the Kaplan said. And Ulrich was also very much of the idea that like. Being in this this places can allow your sort of, the sympathetic system to sort of dial down. But there is also the idea that because our ancestors are evolved from spending a lot of time in outdoor environments, our brains are more primed to process these environments. And so they're sort of easier on our brains. And so they're more restful. And so that's stressful.

**Interviewer:** So how much of an impact does the cultural and religious background of people would affect their the effectiveness, restorative gardens on, does it affect at all?

**Expert:** So from the theory, from the theory no, the theory says that, well I'm talking about particularly attention restorative theory, essential restoration theory, but most of the theories that are based on the evolutionary assumptions, essentially to say that we're all equal in our ability to feel good in natural spaces. So technically now in practice, the activities that we carry out in those places can have a huge impact on how we respond to them. And there's even some evidence that shows that some people who are more comfortable in urban context, don't feel that restored by spending time in nature. It's actually quite funny because they're the. They're measured as being restored, but if you ask them they're like 'not really'. So there's a little bit of a communitive, but I, what was interesting with that a paper on Chinese students was indeed the

sort of cultural element of this because we go to parks for different reasons, some people will go with their families, some people would rather go alone, and depending on that it can have different effect even just because you're spending less time or more time, so if you come from a very sort of urban culture, and you've never spent a lot of time outdoors as a child. You're not gonna want to visit green spaces as an adult. That's one of the main factor influencing our use of green space during our lives, is whether we used to go visit them as children. So that can impact your amount of restorativeness yeah.

**Interviewer:** Hmm, Did the students mention any specific attributes of the green space that made them feel better?

**Expert:** So that was definitely one of the blind spot of the research is that we definitely didn't ask them that. And the study took place in Edinburgh, which has got beautiful green spaces all over so it's very good. There's no bad green spaces there, but there is, you know, amount of like climate, for example, which might have made that they didn't visit green and I think that was one of the barriers that decided that the weather was pretty bad. So that kept them visiting spaces. In terms of specific attributes, and this is where it's a bit of a bummer for us as landscape architects there doesn't seem to be a very direct correlation that we can say this attribute will make a space better for health. I think it's very design dependent, site dependent context dependent, population dependent. And something that works well for you might not work well for me. So even on individual dependent. You might be familiar with the eklipse report that came out last year. That was carried out by some people here when they were looking at characteristics of green spaces for mental health, so specifically on mental health. And do they like a systematic literature review and looking at which characteristics of green spaces have been experimentally linked with better mental health. And their conclusions were a big bummer for us because it essentially says there is no single one-size-fits-all solution for this actually what we need is a variety of space for diversity of needs. So we need big spaces where you can play football on. There's a big empty spaces, but you will also want small pocket spaces and there's no one characteristic in terms of openness, in terms of the structure of the vegetation, in terms of the layout in terms of the facilities. There's no one single characteristic that make sense better. But it's more about giving people the opportunity to get whatever needs they have, met.

**Interviewer:** But does that also apply to the negative principle or negative elements in a green space that might..

**Expert:** No. I do think there's some negative principles that have been identified they are negative regardless of the context, but they might have different influence depending on others factors. But we know that littering, lack of maintenance, that is usually badly interpreted. Some people find, because it's a lack of safety, right, and being outdoors, you do wanna be, you know, if you wanna be in an environment that doesn't make any demands on you, you need to feel safe in it as well otherwise, if you don't feel safe, then you are on high alert, therefore it's not restful. But there's some people who will also see that high vegetation. I think that was one of the characteristics that they've identified in that report as potentially negatively linked with restorativeness was high vegetation, because for people who are very comfortable in nature, great, super nice. For people who aren't so much, then it's a huge trigger for biphobia. So you will think of like what if there are snakes, or if there's ticks, what if there's somebody hiding in it like, it can be another element of lack of safety. But that might depend. Like overgrown grass in a pocket park in an urban context will be read differently than if you're in a big nature reserve outside of the city, right? Like that, obviously is context dependent as well, but I think generally this element of safety is a big one. One big one will be lack of accessibility which is a little bit related to this but also. You do need to be able to, like, interact with the green space in order to get the most benefits out of that, although some studies suggest that just seeing it is enough. But I would say seeing it does have an effect, but not as much as actually being there. So accessibility is always a good one. Those are the only two I can think of right now. Yeah. In terms of barriers, let's say.

**Interviewer:** That's the length of vegetation is quite interesting because also in some of the health facilities, like length of vegetation is actually required and not in all of them, but some of them, because some people do want to have that privacy and want to be surrounded by these lengthy vegetations.

**Expert:** Yeah. So I think it's another case of, like, you've got to be able to propose big areas nice and open, that everybody can go in and then you have to also be able to propose pockets of more individual, hidden, sheltered areas. I mean, it's very much like what prospect with huge theories as well. It's not about just prospect or just refuse. It's about the balance between the two. So that you can, that goes back to the element of compatibility of the Kaplans, like the space needs to be compatible with what you want. Do you wanna be alone great, there's areas for you to be alone. Do you wanna be with people? Great. There's areas to be with people.

**Interviewer:** So how, in this context, how do we maximize the restorative ability of a green space, whether it's an official garden or a park, or any space?

**Expert:** I think that's very difficult to do. I mean, that's a very good, very, very good question. How do you maximize perceived restorativeness? Well I would, it's very difficult to make recommendations that aren't just like vague and process based, but I would start from the theory because it's been validated empirically. Those and other times and again. The elements that the Kaplans gave in order to make an environment restorative or broad enough that you can interpret them, regard like depending on your site or context. But technically for me, in order to make a project properly restorative, you have to include the people in the design of it and you have to listen to their needs, and that for me is the best way to create a space that people will feel well and where they will feel even more than just, this is a place where I can feel good. It's like this is a place that was designed for me. So there's a great sense of empowerment that comes with it as well. But that's not always obviously possible, yeah.

**Interviewer:** Well, so far my idea started with the potential; if there's a potential to implement therapeutic gardens in refugee camps, but that is extremely difficult because it's very different between each camp and the other. And of course, the lack of resources are really huge problem and perhaps a green space would be a much better idea. It could include at least something for each person and also because everyone could be from a different background and have different beliefs it should be as general as possible to include as many people. And I was wondering if you have any recommendation in this regard?

**Expert:** From the work that I've done supervising students on this very topic, some suggestions that I, really struck with me were, one would be the flexibility, so offering a space that is flexible with maybe some movable elements to that there is a sense of ownership and there's a sense of belonging that might not exist otherwise, and also because one of the main, was as you said, like I mean refugee settlements are or I have a lot of very sort of limiting conditions, but they're also prone to have huge population influxes depending on what's happening in the geopolitics. And so to offer a park or a green space that might be sort of movable, modular might allow to deal with this sort of influx, if and when they happen. linked to this I think opportunities for gardening, even if it's. I mean, one of the bases of therapeutic gardens is the gardening. Like, it's not just being in a park and walking around, but it's actually using the garden part. It's productive capacities and there's huge "healing", so I'm making air quotes. There's healing power in this because you are being sort of more in touch with the rhythm of the seasons and

you're producing something, so it's really empowering as well. So giving the residents the opportunity to plan stuff and it might be having raised beds that are movable for example, or you know, providing each house with a little vegetable plot or something that they can grow. So a little bit of that productive aspect I think is really important. And then again this idea of having space that is on the one hand, very public facing, on the other hand, very also individual and possibly to be personal. And then there was obviously safety is also a huge issue in refugee settlements, particularly for women and children. So I think all also to sort of think of having. Well, you can combat it very sort of simplistically, I wanna say with things like lighting and maintenance, but that also, you know it's a little bit of vandalism and it would be a little bit of vandalism because that's also a way that people take ownership of the space. Then you know, like that's sort of ruined right away, but maybe having like a separate garden for women or separate garden for children for a little bit more protected and a little bit more under supervision may be that might be a solution as well.

**Interviewer:** So the most important feature or principle to be in in this place is giving the sense of control.

**Expert:** I think It's a big one. Yeah.

**I:** And safety.

**Expert:** Yeah. Safety is big whichever context but particularly here, but I think that's also something to consider. A sense of control wouldn't matter so much in another context, but I think, in the case of refugee settlements, where I'm just talking out of, you know, reading books. Obviously I haven't experienced that with myself but, I think the people in these camps have..

**Interviewer:** lose their feeling of control

**Expert:** They've lost so much, and they've been at the mercy of so many external forces that granting them just a little bit of a sense of control can be can really go a very long way. And if it's like the ability for them to grow their own vegetable. And I've read like many inspiring stories of different cultures in refugee settlements growing different traditional vegetables from their own countries using traditional methods and how that sort of perpetuates a little bit of like cultural landscape elements as well. And I think that can be so beautiful. But even with like a very limited amount of resources, that's still something that you can emulate.

**Interviewer:** That means like the community gardens are very good idea.

**Expert:** Community gardens are always good, yes.

**Interviewer:** In refugee camps

**Expert:** Yes absolutely.

**Interviewer:** So I've asked most of my questions, before I conclude, I just want to ask if there is any advice that you want to give to me on this process to consider.

**Expert:** I mean I wanna know more about your project and whether you've been able to visit some sites or actually interview people, or you working mostly like theoretically?

**Interviewer:** Yes, working more theoretically. I made a survey at this online and I wanted to include even the people who already who had an experience and moved out. But it has been very difficult to get response from people especially because people are also scared.

**Expert:** Yeah.

**Interviewer:** And yeah, tomorrow I have a site visit to the Wageningen refugee center and they have a small community garden that they allowed me to take a look at. And the rest I studied the design principles of the different healing gardens in the health facilities.

**Expert:** yeah

**Interviewer:** And I picked certain department, like a psychiatric part. And the children because there are children, and there are people might have a PTSD.

**Expert:** of course.

**Interviewer:** Yeah, I picked. Yeah. Like these three main topics and I extracted the design principles of each department.

**Expert:** Ok.

**Interviewer:** And I'm planning to.



**Expert:** combine them

**Interviewer:** Yes, combine them. And also, I also found the many interesting papers about community gardens and in some camps that refugees by themselves were planting things. And even if they were small, they were like, once they moved, they started planting. Yeah. So I think I can come up with something from all of this, but I'm trying to just get closer to something more solid. Yeah, just have some like a better base for my methodology. Yeah, because I haven't been able to get the many entries for my survey.

**Expert:** Yeah.

**Interviewer:** Just 24 persons.

**Expert:** For a master thesis it's not too bad.

**Interviewer:** It's like two people from different countries, which is..

**Expert:** what I would. I mean, this is what I gave as advice to my students and what I would encourage you to do as master thesis students. What we want to see in our master thesis you know it's not so much about the content of the thesis as much as the process and how students are able to think critically about what they've done. So for me, like if my students said, oh, I only had 24 answers to my survey, my student wasn't allowed to go on a refugee camp because of huge ethical implications, and I even told him as well he was like a white boy, then I was like, you can't just show up to a refugee camp and just be like trees are gonna heal you because you know you have no idea what these people are going through and you have to respect their experience and sort of you know, put it in parallel with what you think you're offering now, but he did do like 3 or 4 interviews with people next to a refugee camp in a community center, and even that was very good just for him to get that residence perspective. what I think might be relevant to you to focus on more than just the collection of data is reflecting on the data that you collected, particularly being very critical and honest about how much we can do as a landscape architect in this concept in this context sorry. So what is our role here and what is our limitations? And I think that is always something that I think about in, in terms of salutogenic landscapes. Because we can plant tree, but we can't force people to love it. And you know, we were building like we want to people. We want to develop like healthy lifestyle for people or something, but we can't force them to be healthy. You know, we have to sort of respect as well, like my role as a landscape architect is to make the environment as supportive as possible. Give

you opportunities to be healthy. But that is also depending, you know on the population and particularly in the role in the context of refugee camps that are so politically loaded. It's unlikely that landscape architects will ever be asked to design a refugee camp no matter how much we want to, even as volunteers, those camps tend to be very, whether a mix of like top down and bottom up right. And that's a very good question to think about in terms of Community gardens as well like, what is the role of landscape architects in a community garden because the best way from what I'm seeing the best way for a community garden to be effective and efficient and to deliver the most benefits is when the people build it. So as a landscape architect, if you go and you say, why actually it would work better if you did this and this and this, you're going directly against that process of letting the people install their own site. Sure, you might have good advice on, you know how to deal with the soil and like this bit is more sun facing than this other bit. But those community gardens are not. It's not so much about production right, it's about being together. It's about the building together. And so by bringing a landscape architect into the mix, you're sort of ruining it so, I think the work that you're doing is super interesting and super relevant, but my advice to you would be to very clearly and critically think about what is our scope of action and what is our role in this process, and that is how you get a good grade in your master thesis. This is what I think anyway.

**Interviewer:** Yeah, that was very enlightening. Thank you so much. Also, this concludes my questions and I want to thank you for your time and for considering spending some time with me to answer my questions.

**Expert:** Of course, my pleasure.

## Appendix 3: Interview with Karolina Doughty

**Interview date:** 15 February 2023

**Interviewer:** Thank you so much for your time. Um, I would like to start by, um, understanding your perspective of, healing gardens or restorative green spaces in general.

**Expert:** Well maybe then I will refer to restorative green spaces more broadly because that's what I focus mostly on. Um, so my research has used the concept of therapeutic landscape which comes from, um, geography. I know this, this term is used in other fields too, like landscape architecture, slightly differently. Um, but the way I've been using it is based on the work of a geographer called Wil Gesler, who came up with this notion of therapeutic landscape as a sort of metaphorical concept to study the interaction between health and place basically. Um, and it's basically looking at a potentially therapeutic setting as a combination of both the material physical setting, and social and symbolic meanings that are attached to this setting. So for us, working at the work that I do is mainly qualitative and it really tries to look at kind of quite site specific sometimes and try and look at, you know, how do people interact with this particular space? How is meaning created that has an impact on yeah restoration or mental or physical health.

**Interviewer:** What kind of impact do you investigate?

**Expert:** Um, so any positive impact, and that would be kind of self-defined. So my approach would be, for example qualitative interviews or go along so any way of collecting information that is self-reported about how people experience a positive influence on their wellbeing.

**Interviewer:** So from your experience with the qualitative interviews and talking with people, what are the most commonly positive influences that you have noticed in different individuals that they have told you they felt it?

**Expert:** Um, it can, it can be quite varied, but I would say in general it has a lot to do with, this kind of idea of restoration, you know? Finding a space to relax, to recover, to sort of take time out from everyday life, and sort of find, it's often a space for contemplation or for just being and

maybe even sort of forgetting whatever, you know, demands or issues, kind of preoccupy them. Um, but it can also be an opportunity for social connection and support. So there's also that kind of element I think, present, and then because recently I've focused a lot on emotions and senses in these experiences, so it also has a lot to do with, like being in the moment and like being in your body and sort of experiencing, the kind of intimate interaction with the green space, like with your hands smelling things, touching things, you know, interacting physically, and kind of being present and embodied in that moment.

**Interviewer:** And what's the background of the people that you have interviewed or you have experience with? Was it like in an educational setting or in healthcare or, what's the background of the individuals?

**Expert:** Um, in my personal research, it has been very broad, but it's been general population rather than a specific group. Um, I've written together with other people who have focused more narrowly, for example, on a group of cancer patients. Um, but I didn't do those interviews personally.

**Interviewer:** Cancer patients, and the general public.

**Expert:** Yes.

**Interviewer:** So do you think the, that the cultural or religious background of people would affect the way that they perceive green spaces or would influence their restorative ability between each person?

**Expert:** I think, yes. Definitely from my perspective, there is a cultural element to the idea of restoration, um, and also to the interaction with nature and the perception or understanding of what nature is and our relationship to nature. Um, so the idea with therapeutic landscape research is that there is an aspect to this benefit of spending time with nature that is perhaps a learned aspect, something that we learn from, you know, how we grow up, how we're sort of socialized into this understanding that nature is sort of good for us. And so I think definitely different cultures have different ways of relate, using, you know, like natural spaces or green spaces so that cultural practices are involved and personal background is important. So I think it's, yeah, it's relevant, and I don't think it's universal.

**Interviewer:** Yeah. So, have you, when you, when you've done the, from your experience, sorry, have you tested that on green spaces like parks? I was wondering if a green space is still considered restorative when it includes like sports grounds and, you know, children's playground to accommodate the different age groups in a place can have restorative benefit?

**Expert:** Um, so I can't give you an answer based on my personal research, but I can give you an answer based on other accounts like in my field. So the answer would be that it, it very much depends and it's quite relative. So there are examples of really groups of groups of people, you know, taking on a space that may not seem to us as being restorative, let's say, children's playground, or even quite a rundown, sort of ugly children's playground. Um, but kind of reappropriating that as a therapeutic space. Um, it's a case study that I'm referring to is about, um, it was participants in, or service like mental health service users who had come together to form like a sort of the therapy group, independent therapy group. And they used this really rundown children's playground as a place to meet, but they had chosen themselves and kind of felt like they could take over the space, use it and feel like it was, you know, very important and meaningful for their own kind of sense of like ownership and wellbeing and mental health. Um, so just to kind of draw a general conclusion, I would say that it really depends on the user. Um, what they're looking for, what they need, yeah. So. Yeah.

**Interviewer:** yeah, that's a very important point to consider, but it's of course going to be very different. in refugee camps, people stay there for a long time and they have very limited space. So a green space needs to accommodate the different age groups, but at the same time, I want the restorative ability of a garden to influence everyone so.

**Expert:** Mm-hmm. yeah, if I can answer that maybe in a different way. So, um, I mean, I think we can look at that from a couple of different perspectives. So one, you know, green space has been shown to be beneficial almost regardless of what kind of green space it is and the quality. maybe has an impact on how beneficial it is, but it's still beneficial compared to not having any green space.

**Interviewer:** Absolutely.

**Expert:** Um, and then there is the aspect of, you know, how tranquil the green space is. So if we imagine like sports and children playing might be a little bit noisy and busy. So those are

maybe the things that could make it less, feel less tranquil that I would say. It could also be just answering this almost from my personal experience as a mother, you could imagine, you know, being able to have a space for family and for relations, like a social space outside of like, you know, the home and things like that, and a space where children can play safely. I mean, just being able to relax in that could be, I think, quite positive.

**Interviewer:** That's a very wonderful point. Thank you. Um, how about the negative characteristics of a green space, have you come across some, individuals that highlighted something specific that they didn't like about a green space or made them feel uncomfortable?

**Expert:** Yeah, I mean, there are different accounts where, I mean, people definitely don't experience green spaces in the same way, and there are a lot of personal preference that comes into it. You know, if, if someone prefers a forest to an open field, you know, these kind of things, and there is a lot of research on, on this in terms of preference and I don't know if there is a clear conclusion about you know, People in, you know, people universally appreciate this type of green landscape. Um, yeah, I mean, it's easier to say what most people appreciate than what they don't appreciate.

**Interviewer:** True.

**Expert:** Um, yeah, I mean, if just, if I think about my own examples for my own research, it would be more about things that sort of interfere with that feeling of kind of tranquil green space. So noise, um, like being surrounded by busy roads, that kind of thing. Um, and I mean, not feeling safe would be something that would, you know, instantly detract from like any type of restoration. Yeah.

**Interviewer:** I see, I see. And now we'll talk about this concept of restorative landscapes, um, and its potential application in a refugee camp. And I would like to know your opinion about applying this concept of restoration and their restorative green space in a refugee camp. What do you think about its potential?

**Expert:** I think there's great potential. Yeah, especially, like you say in your thesis that these are spaces that are not, you know, can't be considered as temporary spaces anymore because people spend, you know, almost a lifetime living in them. Um, so they should also be treated as

places where people live out their daily lives, um, and have needs and, you know, these needs should be met. So, I think there's, there's great potential. Um yeah, and I think there is so much research across these different fields that show that green space is not gonna solve everything obviously. Might be, might offer sort of a helping hand in easing some of the stresses of living in this kind of environment.

**Interviewer:** Um, the stress is a very, very important word because they are exposed to a lot of stressing factors. So that's the main goal of restorative green space in this context. Um, during the literature review, I have identified some frequently mentioned recommendations in the different contexts which include, um, like a sense of control of our immediate, surroundings like safety, exercising, socializing, and a quiet space. I was wondering what do you think about applying these in the refugee camps as well? And which one should be like more considerate more in this context for vulnerable people?

**Expert:** Hmm. I mean, all of these principles are important, I think kind of interact in making a positive sort of green space for health. But I mean, it's hard to say if one, one should be prioritized. Really, I don't, I don't think I can, based on my experience, because this is, you know, a setting that I'm not familiar with in terms of my own research. So.

**Interviewer:** More about from a general term, a restorative green space, whether it's for patients or the general public or anyone, what are the main attributes of a restorative green space that I should include in a design in any design of a green space? Because we generally designed to make people feel comfortable in the space and have this positive influence on them. So what are the main attributes that you think are very important in every restorative landscape?

**Expert:** I think, I would say, um, but it needs to almost be, it needs to, to feel like a refuge, you know, like somewhere you can, um, I mean almost sort of symbolically escape from, you know, the stresses of what you're dealing with in, in everyday life. Um, so I should feel like a sort of an oasis and it should be, Um, there's been a lot of focus, and I've written recently on a concept called effective Sanctuary, and it basically means that, you know, there's a space that sort of reduces the impact, like the emotional and sensory impact of everyday life, so it should be, you know, as tranquil as possible, as quiet as possible, and also offer opportunities for interaction. You know, interaction with the space itself, like you mentioned control. Um, so being able to

kind of immerse in it, like physically, like sit comfortably, use the space, should be open for a multitude of different users. I would say. You know, if you wanna sit on the grass or if the sit on a bench or, you know, open for people to kind of make something of it that suits them. Whether it's, you know, quiet, personal, contemplation on your own or more of a social gathering sort of space. Um, so I would say kind of flexibility of the space is important. Um, yeah. And that is inclusive for people to use in different ways, accessible for everybody. Um, and in some of, in some of the work that is based around kind of refugees and migrants. There's also been some attention to things like, um, nostalgia, things that remind of home so it could be plants or like fruit trees or, you know, something that like, can be like a source of familiarity, and a sense of identity and, you know, things like that. So yeah, something along those lines is what I would recommend.

**Interviewer:** Wonderful. Wonderful. Thank you so much. Um, before I conclude our interview, is there something that you would like to include or mention before we finish there? Something that you would like to tell me about this topic?

**Expert:** I don't think so. Well, that's all that comes to mind.

**Interviewer:** Thank you so much. That's, that concludes the interview. Thank you so much for your time. And I really appreciate all the knowledge that you've shared with me. And I will stop the recording now if that's okay.

**Expert:** Sure. Yep.



## Appendix 4: Interview with Ellen Kampman

**Interview date:** 02 February 2023

**Interviewer:** So thank you so much for being here. First off, I would like to hear about your perspective on the healing gardens and how do you how do you define it and how do you think that it's contributes to health and well-being?

**Expert:** Well, thank you for that question. I have to go back a couple of years when ago when we had a woman coming over for a master class on nutrition and cancer and she told us about a project that she did with breast cancer patients, where she connected them with a gardener, a professional gardener and they provided them with all kinds of utensils and with ground, with the ground that they used to and plants and everything so that they could start their own garden in their own home. So that, or her. She said that it would maybe help them to be more physically active and to be outside because they have low vitamin D levels and vitamin D we get through some sunlight. So that's what's her purpose to have them more physically active, to have them outside and to eat their own vegetables and fruits. So it sounded really good, but I also thought it would be so much nicer if you could combine this with having gardens not at your own home for you only. But I have combined gardens for more people to work in, and then extended also to social contact. And so we are. There's a Cancer Center close by where people can come in, who have cancer and who want to do something either socialize by painting together or by talking with one another, or with gardening so they didn't do that yet. But I gave a presentation there and asked them whether that would be something they would be interested in, because it might help them to socialize more, to talk about their disease with people who have the same experience to be physically active, but also to eat healthfully, more healthfully than they used to do, but also to set get a sort of sort of idea about that. There is a future. You can imagine that if you are growing tomatoes that you want to see them coming up, but also to see them flower and to get your fruits in there and then to pick them and taste them. So it takes an extended period of time. And also you already think during the winter time you're beginning to think, OK, what I'm going to grow next year. And so your purpose will sort of shift. So it's it from to a larger to a large perspective, but the longer perspective and I think that's really important especially for cancer patients who might think OK this is maybe my last month my last year. But extend that view. And then I also came across a saying by that's a famous American Dutch actress who was very famous at the time there was Audrey Hepburn. I don't know. What do you ever heard

of her? But she was very famous in the 1950s. And she was. Yeah, how you called that sort of icon sort of. And she also had very nice views on life. And she said to plant a garden is to believe in tomorrow. And that's also something I've thought about that also I want to bring that to the table that that might be important. But of course, as a scientist, I thought I want to do a project because I want to see if indeed it helps people to get a different perspective, but also that their physical activity is going up and the vitamin D levels are going up and that they indeed change to more healthy diets and eat more vegetables and fruit. But we never got funded funding for that. But the Cancer Center said we're going to implement it anyway because we believe in it. So we are going to do this. So they started that, that he, they called it first and healing garden and they started the connect with school in the neighborhood where they were training young people to become gardeners. So they help them and they got a plot from the municipality where they could work together. And so they recruited people in and it became a big success. And then still after five years, it's still running and people are very, very happy with it. And every year they invite me for lunch and then I can see what what's happening, what they're growing and they invite me to have that wonderful lunch and answer, their questions on nutrition and cancer. And so I can see every year that works and they say, but they say I never measured anything because we can't do that. But they say that they also they feel better. They feel that because they are focusing on something else. That helps to sort of relieve the pain, but also anxiety. And that the indeed felt more about future and let go of all other things which might be influencing them, and that it really helps to do it together.

**Interviewer:** Where the patients excited to join this process? How many people were like a contributing and does it? Does this garden also recruit volunteers to work together with the patients?

**Expert:** Yes, it, yes.

**Interviewer:** What was their reaction?

**Expert:** There around 10 to 15 people, so it's not a big group, but it's a stable group and if people are either signing out or also their people dying in that group. They get new ones in, so it's all stable and between 10 and 15 people. And there are indeed volunteers. There's no volunteer gardener who works with them and also explains how you should not put this group crop on top of that crop or next to one another or how you should define your work. And so on Wednesday mornings, they come together with this with this man. And he also explains things to them and helps them. And also there's some volunteers who help with digging. If that's too

heavy or they put the plant, the Herb Garden high because there was a person who couldn't bend anymore because of a tumor. So they put it high and that's also voluntary work. So there indeed volunteers sometimes people who are also working in the Cancer Center and sometimes they are. People who are related to the cancer patients, so they're sick, their siblings or their spouses or their children or. So there's also that kind of voluntary work, but there's also a voluntary professional gardener. Yes. And you think you need that because otherwise going to be quite difficult. You have to know what you're doing because you're also. And this is, I think something which is very important, maybe also similar in refugee camps. You want to give an idea of that the future will become better, that there's a future. I therefore you don't want any crop to die on you. You want them to survive and to grow, because otherwise it's also gives even more pain and the pain is already there and because people left things and whether it's losing your health or losing your home or whatever, you lose in life, you need a positive perspective. And that's why we also said when we need a professional in there because it shouldn't go wrong.

**Interviewer:** Absolutely. What's the most important role of a professional in a volunteering garden, like on a small scale, for example, and I was wondering, since there are also the involvement of volunteers, that means it's more like a community garden. If it's the same people who are coming every week to plan things together. Does the garden not maybe get some new people who are also patients to also be excited to get involved in this project or also just the same people?

**Expert:** Oh it fluctuates. So there. There are some people going out and some people coming in, so there's they're even that. It's sort of the same number of 10 to 15 people because that's also the space that they have. So they're thinking of extending. But then of course you need space as well. But it yeah, so it's the same number, but the people are different and they're there are maybe two or three people who are there now already for five years, but the rest is sort of fluctuating at.

**Interviewer:** And do they? Did they build a social connections? How good is there connection between each other?

**Expert:** So yes, this the social connections are very strong. Um and what they say is that they liked this way of communicating together because they're actually working. They're actually doing something and working in the in the earth, which is really important for them. But on the other hand, they're close together, so they can also share experiences, but not like, OK, Now I

have cancer. You have cancer, and we're going to talk about our experiences, but far more like first, you're talking about the tomato plant and you talk about whether you should give it water or not. And then you say ohh, I'm so very tired. I really have to sit down. And then you can just ask or you can see from the other person that they understand that what it is to feel that tired it mean it's very different way of being fatigued than cancer related fatigue is horrible. It's far more. It's far stronger than just being tired. So and the other person knows because they have the same experience. Or you can ask, for instance, if you're on a certain chemotherapy, you can ask I'm itching the whole time, do you recognize that we did? You have that too. For instance the or things like that. Just simple things that you want to share and that the other person cannot relate to. And I think that's also very important because you're not in a group which needs to talk if you don't want to talk, you don't talk. But because you're working together and you're spending time together, just being up with plans and then and watering them or whatever you do, you can connect as well. And that's what they tell me that that's even that's the most important thing. And also what they say is that they come from all different backgrounds, and so as certain point of time in the garden there the beans already and then you have a lot of beans and then you have to eat beans all day and then so there has to be a lot of recipes, different recipes to prepare the beans. And the nice thing about this is that everybody has their own recipe, so they're exchanging recipes, and it might sound very stupid but it helps you know?

**Interviewer:** Of course.

**Expert:** of these other recipes and trying. So sharing it also has to do with sharing, so maybe grew a lot of beans but the other one has a lot of pumpkins so something like that, so you're exchanging goods as well. And if you are from different parts of the world or different parts of the Netherlands or different parts of the city, you connect, and it hasn't, all the differences between people are gone, whether you're highly educated, low educated, and whether you're from affluent family or not, it's and religion or whatever. It's all gone. It's doesn't matter. You know it and it's actually also helping them because then they get different perspectives and they get different recipes and people come sometimes from different cultures that different recipes and it's it connects them but it also helps them to understand the world better. I mean it's sometimes you might not understand each other when you're walking on the street, but if you are they having the same purpose. And that's the garden. Then you notice that the differences between people are really very small, and that it's interesting to exchange ideas and exchange recipes, for instance but so it's also connecting people, yes.

**Interviewer:** Exactly. That's basically like a community garden, which people living together, but they get to know about each other when they are all working on the same activity and you get to learn about your neighbors and strengthen your social connections. So that project made some really wonderful results on the, at least from the social perspective and definitely the social perspective affects the mental health and in terms affects the other components of health.

**Expert:** Yes.

**Interviewer:** I was also wondering if any of the patients have or someone has talked about anything negative in this green space they that they would like to maybe improve or remove or something that's just did not really make them comfortable or I should keep out when I'm planning to design a healing space?

**Expert:** Well. In the first years, the water supply was not very good. And then they complained because we had a very hot summer, relatively, of course. And then they complained a lot about crops which were dying because there was no water. And then, it was far too, too difficult and too heavy, to come with water containers. And so they were struggling there. And you don't want that kind of struggle.

**Interviewer:** Of course.

**Expert:** So you need to really that's an example. But you should be very careful not to have anything like a because they're struggling enough. I mean something you don't want to. We didn't think about that carefully enough so, then the water supply was provided and everything was OK. And then even you could go last year was also extremely hot for us, but they were still able to get to feed the plants and everything survived, which is really important. So there should not, that's the main thing they complained about. And you should also be sure that you bring in, but that's also the very good purpose of that professional gardener. He knows where to find the best seeds. He knows where to find the best plants so they're healthy plants. They're healthy seeds. So we know the earth there working in is good enough. So those kinds of things it's maybe with cancer patients that might be same for refugees, you don't want them to struggle, it's a life in itself was already difficult enough so.

**Interviewer:** And specially with the lack of resources in the camp, I think that is a very important point to consider.

**Expert:** Yeah.

**Interviewer:** So what do you think about the potential applicability of this garden in a refugee camp?

**Expert:** I find that really difficult because I've never been in a refugee camp, I must say honestly, so I have no idea about the possibilities, but I would say if you have the space and if you have, there are always people who know how to grow things. I mean, they're always sort of professional gardeners and even sometimes they are really professional gardeners. So they will be there and there will always be people who really love to garden and start with those start with the people who really are fanatic about this. So don't start too big, start small and then when this is this is indeed working then you can attract others and then. But first start with a good space with good produce with good possibilities, with water, if that's available, and then, yeah, start growing it, but don't make it too large at the start. That's what I would do and in this case we didn't have much space, so we were we were restricted, but it works really well because now we think, OK, this is working. So we can expand. So I think that works well, yeah.

**Interviewer:** It's always a good idea to start a garden if anywhere, everywhere.

**Expert:** Yes, anywhere I mean I'm also fanatic gardener, so I have a space here on the on the (location name), you know the (location name)?

**Interviewer:** Umm.

**Expert:** In Wageningen there's this park towards Arnhem there's this park who have these plots and I have three of those plots, so I also grow my own flowers especially, and my husband grows vegetables. It's also community garden, but we have our own plots. And I really I'm working with my head all day, so everything is in my head and sometimes I get very tired just thinking, thinking the whole day and then in the evening I go to my plot and I'm there and I just get the weeds out and then etcetera. And it helps me tremendously to get sort of a peace and quiet in my head again and relax and have a better sleep as well.

**Interviewer:** Oh, that's really wonderful.

**Expert:** Yeah, so all the if you're stressed, I think this is also a way to unstress in in that, yeah, I'm, I'm of course not a refugee. So I have a very easy life but still, when you're professor there's a lot you have to think about and a lot of competition and things like that.

**Interviewer:** Of course

**Expert:** So that's really if it helps, yes, I think.

**Interviewer:** And you feel better with your gardening, or when you're just sitting surrounded by your flowers and your plants?

**Expert:** It's difficult for a gardener to sit in your garden and relax the not many gardeners who can do that I have noticed because if you sit and you look around, you always see something that you want to work on. So but I really enjoy. I grow dahlias, I don't know whether you know there, but those all these colorful flowers and I really enjoy the colors when I come in in my garden and I give them away making others happy. So yeah it's multi factorial actually. But I never studied it so I never I don't know whether this is actually helping. I just tell you as a scientist that I think it works.

**Interviewer:** That is really wonderful and I think gardening is one of the most beautiful things to do and the best hobby is to have actually.

**Expert:** Yeah. And it connects people, it's, Ohh we have a because there are also many students working in those plots that I'm talking about and they come from all everywhere in the world and they by neighbor is from Kenya and he brings in all these vegetables that I've never heard of. And so he tries his seeds and then he says what are you growing and then so we see and we connect you know and then it's great.

**Interviewer:** you exchange seeds?

**Expert:** Yes we do!

**Interviewer:** That's wonderful. Wow. That's really interesting. Thank you for your insights. And for my last question. I would like to know your opinion on what is the role of a professional in these gardens, what is our role that we can to create such a healing space or to connect people or to achieve something positive out of a garden? What is our role as professionals?

**Expert:** As a you have to start it, that's for sure. So professional has to start it and make sure that all the facilities and everything you need is there. And furthermore, you also have to stay connected. As I said, I'm coming there every year. But also there are other professionals who come there every now and then every week to be closely connected and to also see whether things are going well and if they're not going well to steer it to, to sort of help with yeah, making the best, it's like leadership. You know it's like you have to make sure that everybody's connected and that there's nothing going wrong I think that's a role of a professional, and of course they can learn from you. But they learn by doing it themselves as well.

**Interviewer:** So we facilitate the connection process and be there in case they needed help.

**Expert:** Yeah. I think so, yeah.

**Interviewer:** That's a very wonderful insight. Is there anything else that you would like to include? for this interview? Or you would like to advise me in my topic.

**Expert:** I was thinking that another person to interview is Esther Hook. I think she's hook it's HOEK, I think. But she's also on the website and she did her PhD on community Gardens. She's working with social sciences, so different perspective from me. So I'm cancer epidemiologist, but she's real in a social sciences and she graduated on it. And she's also a lecturer. So in in the (name). So she can tell you more. That's what I wanted to share with you, because that's a real professional.

**Interviewer:** Wonderful. I will get in contact with her. But thank you so much for your really wonderful insights. And they got to learn so much new things today thanks to you.

**Expert:** Well, I really I'm really looking forward to know what you come up with and if you think that's indeed a good idea. And I think it will be great idea to organize things like that. Have you ever been in a refugee camp? So you know what you're talking about?

**Interviewer:** I have been last week in the refugee center in Wageningen.

**Expert:** Oh, and the AZC.

**Interviewer:** Yeah, I joined the volunteers group. There is a community garden there that the volunteers are taking care of, and it was my first visit and honestly, I have a really good experience as just from the first time people felt really like a close community, although we were not really a big group. But the refugees who were passing by always stopped and asked if we needed any help and they were asking what we are doing.

**Expert:** Yeah. Yeah. Oh, yeah.

**Interviewer:** And, you know, started conversations. So it was really bringing people together. And I was so happy about that. But then I also thought what would be my role as Landscape architect in this process because.

**Expert:** Ohh, your landscape architect. That's interesting, yeah.

**Interviewer:** Yes! Because community gardens are meant to be made by the community themselves, even though they might make mistakes and all. But do, how do I, put my touch there without interfering with the process of creating connections and having a positive influence on their health.



**Expert:** Yeah, yeah, yeah.

**Interviewer:** So I'm trying to critically think about it from this perspective.

**Expert:** Yeah, that's a good, good thinking, but it's this is I think it's the same of being a leader in an organization. Let people do it themselves, let them grow, let them contact each other, etcetera, etcetera. But you can have sometimes just a little bit, you know, pushing little bit, coordinating little bit, pushing a little bit so that everybody is able to flower in this case and be present and connect. Yeah, that's your role I think yeah.

**Interviewer:** Thank you for this insight. Actually, I think every garden does need a leader or someone to be there. Can be part of the process, but in case they needed any advice or something they can always rely on that person, but to not really directly interfere the in the process or something. But to be more open.

**Expert:** You should call it a coordinator maybe?

**Interviewer:** Coordinator, that's a much, much better word.

**Expert:** Yeah. Yes.

**Interviewer:** Thank you so much for your time and thank you for all the very, very well information.

**Expert:** Thank you! And good luck with everything and maybe I'll see you around and come by our garden if you like.

**Interviewer:** For sure, I would love that.

**Expert:** In August, the Dahlias is a flowering, and if you see a lot of dahlias with a lot of colors, all colorful flowers, then it's my garden.

**Interviewer:** Definitely. Thank you so much!

**Expert:** OK, good luck. OK. You're very welcome. Bye. Bye.

## Appendix 5: Interview with Margriet Smit

**Interview date:** 24 February 2023

**Interviewer:** The recording has started.

**Expert:** Yes, it has.

**Interviewer:** OK. So again, I would like to thank you for your time to be here and this, this interview will be about.

**Interviewer:** To the call contribute to my thesis topic, which is about restorative green spaces, and their potential implementation in refugee camps and before we continue with the questions. Could you please tell me more about yourself, about your practice with the refugee camps?

**Expert:** Yes, I'm a site planner. Which means that I am involved in the development, restoration and implementation of a refugee camps. I've been doing that for the European Commission in Greece on the five hotspot islands. The hotspot islands, which are near to Turkey and I'm doing that for the Dutch Government, which is, which has given this task to the COA central orgaan for asylum seekers and I am developing some new centers in Holland.

**Interviewer:** Wonderful.

**Interviewer:** Is you have experience in two different countries?

**Interviewer:** And that really great because I'm very curious about how different is the refugee camps in Greece and in the Netherlands. Could you please tell me more about this if from a planning perspective?

**Expert:** Yes. Well, maybe, as you know, planning has all to do also with the with financing and politics in this case, because refugee topic is of is, well, not, of course, but refugee topic is Very much political topic the in the last, I think 10 years, 20 years, maybe Even so. When you're talking about refugee camps, you also are very much I'm aware of the politics of a of a Member State in the case of Europe in the Netherlands. The the reception of asylum seekers and not only the reception, but also the taking care of the refugees or the asylum seekers, is a governmental decision and it is a COA is appointed by the government to do so. So work the

people working for the COA are in a direct assignment from the government, so in Greece it is the same, but the different and actually in all the European Member States, it is like it is. It is like that. So that is why politics and refugees or asylum seekers in this case is a very connected. The difference immediate difference between Greece and the Netherlands is the Netherlands are on taking care of the asylum seekers in a structural approach already for now, 27 years. In Greece, it's only for since 2016 when the Syrian crisis made a lot of refugees come to the to Greece as the first step going into Europe. And, well, Greece at that moment was totally overwhelmed by what was happening and the big numbers and the non-humanitarian wait, people were stuck at the island, so that's Europe. You European Union interfered and a kind of financed in a in a big way the settlement of the taking care of the asylum seekers.

**Interviewer:** Umm.

**Expert:** You have to consider a definition of words. A refugee is kind of the global definition for anyone who's on the move, and who is not traveling for holidays. And the asylum seeker is someone who has been asking, who applied for asylum in a country.

**Interviewer:** Hmm.

**Expert:** At that moment in the asylum seeker has other has more rights. Of course, in that Member State than a refugee. It's important at all. The refugees who are in Greece are asylum seekers.

**Interviewer:** I see.

**Expert:** And at the moment, there are asylum seekers. The Member State has to take care of them and to provide a bed a bath and some bread, and with this will be called so food and also medical care.

**Interviewer:** Hmm.

**Expert:** It's all in the Geneva Convention of 1951. It's all described and actually we are just implementing that still now. So for that in Greece and in the Netherlands, it should be the same. The big difference in terms of site planning and the centers it is in the hotspot islands, the five islands near the coast of Turkey, there are big numbers. So 5-6 years ago with Moria, the camp on Lesbos, there were 20,000 people lodged in one center, which was which I only had an at capacity of 2000. So that really made a very jungle like a situation. Too many people on too small piece of land with no facilities whatsoever. So that was kind of also very criminal situation.

**Expert:** Now there are less for example less people. There are now 1000 people and sometimes 1500s and all the other islands. (name of an island) there is 1000 as well. And (name of an island) there is only 500 little. There is 300 and (name of an island) there is also maybe 300. So now numbers went very much down. But this is also because the government is going into an election in a few months, and they don't want to have a lot of asylum seekers giving disturbance on the island. So it's it is very much political. So the numbers are kind of different because in the Netherlands we have now a lot of arrivals coming from Greece actually, but we are spreading it more over the country, so the centers are in the Netherlands. We tend to have an average capacity of 500 people. Some centers have more like Ter Apel, which is the first center of arrivals where every applicant for asylum has to register in Ter Apel. So there we have a bigger capacity of 1500, 1500, and but the other centers we try to average it in 500. So that makes a big difference when you have 500 people on the piece of land or 1500. It is a big difference or 2000.

**Expert:** That's in terms of site planning, that is a big difference. We and the program the functions you have on the on in a reception center, should be more or less the same in every European Member State because it is a described in regulations European regulations. An important organization for that is a European asylum. EUAA how it is called, aa, European Asylum Agency, you can Google it and they have a lot of regulations on how to accommodate refugees in the Member States. But because the Netherlands has already a lot of experience, how to do that, we have our own little way of doing it. So that's that. That is the main difference. And of course, Greece. A very big difference is because they're just inventing how to do it the settlements.

**Expert:** And they have had this bad experience in Moria, where the whole campus burned and this criminal and also terrorist activities in the refugee camps.

So now they send very much to have a very high level of security in the in the centers. That's what the building, the new ones, the new centers are very, very secured, which means a lot of fences, barred wires, containers. It looked very. It looks very much like a prison. I must say that, It is done because they want high level of security. They don't want any unrest being there. The Netherlands we've been doing. We're we're coming from another way much more left is a humanitarian way of thinking like they are people we have to help them, to support them, to learn their language, to integrate them, everything. But now also in the Netherlands you tend to have more rightist situation where you know in the politics you hear it a lot now. Because the next month's elections, but also. Yeah, it's a very becoming more right wing. So we don't want

an asylum seekers and et cetera, et cetera. So we are also implementing more security measures in the asylum centers in the Netherlands.

**Expert:** We we've had the time even in the Netherlands, that we didn't want any fence around it and that we really incorporated it in a residential area. So you, you know, you could not distinguish between an asylum seeker or someone just living there. It was working very well, but now we tend to have more fences around it because and actually it is not in terms of security in the Netherlands, but more for protection. So it is a it is a different words, and the interpretation can be the same like a fence with barred wire to protect you, but it is another way of thinking. So protecting people is more about making sure nobody comes from outside inside and security is more concept of making sure people don't go from inside to the outside. So that is more the prison concepts and we are trying to do more the protective concepts for asylum centers. So that is in an in physical appearance. It well, in Greece it is really much more, yeah, prison, like and in the Netherlands, we are much, much, much, much more improved in that. So in terms of your thesis for example, I just go on that talking, if you want to cut me, just cut.

**Interviewer:** Please go ahead.

**Expert:** In terms of the greenery in the in the in the reception centers, there is of course also a big difference because the Netherlands we are very experienced with people staying there for quite some time waiting while their procedure, their asylum procedure is going on the files, you know, so. It's a very strange situation. Actually it's an asylum center. You know, people are sitting every day there waiting for some bureaucratic movement. And actually, they often don't know where their file is. You know where in the procedure and actually the government doesn't know either how long it will take. So is a very strange situation where people are sitting in a in a small area and waiting, you know. So I think your thesis is very interesting for that because the people have flat, they have had a big how do you say flirt, you know? So they when people's coming from a Kabul or Syria they have been traveling in in awful ways to get to Europe with the boats and with the smugglers and everything and you know it's really, and then they sit there in an asylum center waiting, you know, it is kind of mentally disturbing.

**Expert:** There are a lot of people in in Greece and in the Netherlands who are really having some mental problems So that is interesting. I just continue on the mental aspect because I think it's important for your thesis. So you have to bear in mind the silence seekers, the people in the refugee camps. They have had they're not there for travel purpose, for holiday. They are there because they are prosecuted in their own country, so they don't have any future in their

own country. And there are in kind of limbo because they don't know what the future is giving. They don't have any perspective. And when you don't have any perspective on your future, it is really troubling your mind a lot that is without context so. That is one thing and what I really noticed is a is a very important thing is that all the reception centers and asylum centers I have been visiting and during the last years, they're often situated in Greenbelt areas. And that is understandable because municipalities, actually, they don't have the opportunity or the space in the residential areas to accommodate them, so they it's often a, you know a piece of land in a remote area where nobody is staying where you can set up a reception center. So people are kind of not very well connected to the normal way of life in the country where they are, sometimes they don't have any idea actually where they are, you know, it's.

**Expert:** For children, it's of course very, very, very bad, because the children have the right to go to school, they must go to school, school and every European Member States, children from, I think 6 years old are they must go to school, so follow some education so they tend to have buses to pick up the children and bring them to school. And so, you know, it's a bit difficult, but the parents, they stay in the center so. A very particular thing I saw in a in Lesbos, Moria, the old camp refugee camp, burned. And then people were transported by all the NGO's and big the humanitarian partners, organizations like IOM, UNCHR, they, they put up an emergency center, which was in the (area name) one, which is still in (area name) they call it and people were there first, accommodated in tents, and now the tents are changed into containers. But you must understand it, it has been done in an emergency situation. So as they put up some as many tents as you can. Make sure and then it was developed gradually with we added some containers first for medical care, then for the reception for and then offices and then you know. And then we check moved the tents into containers and refugee housing units, et cetera, et cetera. So it is a very gradual development. It is not like planned in beforehand, but one of the best things of that site and that is also what the refugees over there told me is it is situated on the on the shore of the island, and so it is actually there is water and all around it. The sea is all around it. They also look to Turkey but that is another thing that is more disturbing. But actually it is people are very happy that they are sitting there. And I every time I go there in the in the camp there are always people just sitting along the shore on and looking at the water and you know thinking and children tend to play around the water and you know, and people fish also, which also makes them having to do something and quiet their mind, and everybody who comes there and I showed them around, you know, when they start working off there, they also say ohh it's it looks so quiet and so yeah, I see look around you. You have to see around you and it really calms your head I think it is a very important thing.

**Expert:** Instead of being, you know, somewhere in the industrial area where nobody else wants to be, so they put the reception centers over there or in a big forest where you don't have any perspective, you know, it is about perspective and making your mind at ease. I think it is very important. So maybe for your thesis this this could be a one of the clues.

**Interviewer:** Absolutely.

**Expert:** And then about greenery in the reception centers themselves or I called them reception centers, asylum centers or refugee camps. I don't like the word camp, but that is because of my Dutch background because and during the even the colonies and the Suriname, we were kind of putting people in into camps like and it was really bad. So we tend not to talk about camps, but we say centers or, It's a, words are sometimes very important so, What was it? The greenery in the centers themselves? Well, it is not a major issue, of course. So when you develop a center, it is about a square meters and protection and having all the facilities, making sure that the infrastructure is working. So it is very much a physical development, but in the Netherlands, as we are having some centers which are already there for more than 20 years, yeah, people are just sitting there and we have developed quite a lot of centers who have their own little gardens, (name of garden model) We also have had a guy from Syria who was a engineering, we had a company in Syria, which he had been living, of course, but where he was making compost on a very high big scale and he was doing that as well in the asylum center. So that was really great. We had really three big and that the compost was of course being used for all the (name of garden model) And but it is very much it is very much appreciated of course and it's also appreciated by the people living around it. And here Hobart we have for example center, where one of the staff is very interested in gardening and she has been setting up a really a garden, a kind of with A and she has a got some donations so she had this nice (garden elements) where she and with all the refugees actually see that they, they, they all have a one square meters where they can grow their own vegetables and everything. But there is also a pieces of land square meters where the people from the city themselves they come along and then people just talk with each other, you know, and talk about how to grow some courgettis or the flowers or giving more compost or you know, It is a very and that really works a lot, but it is very much a vulnerable action because it is not institutional realized. It's not a structural thing, it is.

**Expert:** It is super nice. Everybody appreciates a lot, but once the person of the staff, for example, doesn't work there anymore or take a job somewhere else it tends to stop, you know, slowly to stop because there is not and because also the refugees, they come and they go, they

don't stay there, and they don't want to stay there, of course, because it is not their future being there, so it's a kind of time.

**Expert:** Gardening is, they appreciated at this lack of a time killer and makes good conversations it is a healing a thing because you know, when gardening, you start to slow down your mind. So that is very good. But it's not. It's not their future. So they It is also vulnerable action. I always call it, but very important so that maybe that's interesting for your thesis as well.

**Interviewer:** Absolutely.

**Expert:** I really would like that is why also I'm interested in your thesis is I've I really have this experience at a centers that people really appreciate this gardening also because there are more there's more trees and you know it. The environment is much more friendly and people really appreciate that a lot. And I really would like to have more structural action in it, you know, so that we really it's not only about having a container with a doctor and a nurse, it's also about having a good environment, which means also help for your well-being. And I think that's the responsibility also of a government to make sure people are, well, you know, so I it would be very nice if in your thesis somehow you could find a way of making this more structural approach.

**Interviewer:** Absolutely. So in in this regard, does this mean that green spaces are not an integral part of the design process when it comes to refugee centers, whether it's in the Netherlands or in Greece or anywhere else?

**Expert:** No, no. So that is interesting because it should be. And that is interesting for your thesis. Like it's up to you to show that it is very important to have one.

**Interviewer:** Absolutely before we continue about the restorative gardens, I just have a question. I was getting my information on the COA and the AZC's from their official website and it does talk about all the different types of facilities that are included in the AZC like children playgrounds and children can go to school and also sports facilities for adults. So I was just wondering if these facilities are included in all of the agency in the Netherlands.

**Expert:** Yes, yes, we have a kind of a very strict program (Name of program in Dutch). There's a program of requirements that has to be there on every agency. And depending on the size of the of the center, you have more or less of it. But yes, it kind of you have always accommodation, you have a facilities and facilities are for the asylum procedure itself, so it's a reception, it's a biometrical where they always once a week, they have to check in kind of, and



then there are activity rooms. So where people, can stay during the day. You have some play playing things at that is kind of the living room, we call it of the of the applicants. They can stay there and actually there is no staff over there. They just do their own thing and then we have a also a learning (name of the facility in Dutch) so educational rooms. Some of them are equipped with the computers with the connection to servers and some of them are used for Dutch courses or (A Dutch term). And then we have also kindergarten (Dutch term), for example, when the parents have the an appointment with a lawyer or something with the asylum process, they can leave the kids over there. And from four years on, the kids are going to primary school till 12. The primary school and also the secondary school tend not to be on the AZC itself. We because we prefer having people and the children integrate as fast as possible in the normal children are life and it really works well very well, because the children often learn super fast Dutch and they are super happy being with other kids, you know, and they it really works very well in fear the children. Often the parents are also well of course when the children are happy the parents are also more happy and they are there for the future of their kids, of course. So with children in it, it really integration works quite well and say, it's more the single man who are very disturbed, you know, they are really. Yeah. They are really more. Yeah disturbed. I think that's best word. And then we also have a headache, a medical care unit. It's kind of a (Dutch term), where there is a I think depending on the size, also of the center, but there at least twice a week there is doctor present who you can consult but there is also a nurses every day and if something is going wrong or you're really feel ill then an appointment with the doctor is made and everything. So that is really a medical aspect. So and those facilities are always there. Sports, we always have a for small children playground with the you know the (Dutch term) and (Dutch term) you know. And we have always kind of a football field. That's most of the time used very much by teenagers, but also in the evening by men mainly. And we also have around the center. We have a lot of in every center it is now, it's a custom, it's kind of not in the program that we really have it everywhere. It's the kind of picnic tables. You know them, you know from and we make always little spaces with those and women tend a lot of sitting around over there and drinking tea and chatting around and especially near the small children playground where the small children is like in a normal city.

**Interviewer:** Wonderful. Yeah, I was quite curious because also when I interacted with the asylum seekers in the Wageningen AZC, people were very interactive like I did not even have the opportunity to come and talk with them. They came and talk with me and I felt completely. People are just very welcoming and started introducing themselves and they were also quite curious about the gardening process that we were doing as I was there at part of the volunteers

for the Community Garden. So people were curious, not well, not all of them wanted to do gathering, but at least they stopped to watch and also socialize in in the in the process. So that's actually a very important point when it comes to the restorative qualities of a green space according to theory. If a green space. If you wanted to be restorative, then it has to be through reducing the stress of the users, and in order to reduce the stress of the users, you need to have a set of qualities that this garden offers in order to make you feel less stressed and more relaxed, such as giving the users of the garden a sense of control that they are sitting in a place that they that belongs to them. There. There are these design elements that are specified to them. Also the green space should encourage physical activity just such as exercising, and of course as well for the children playgrounds and at the same time it should incur social support, social interactions and activities and to have an access to nature and positive distractions. So the combination of any green space of the with these qualities will help reduce the stress and the users and make them basically feel better, and these qualities can also influence people indirectly. For example, if they were in their room and they just look at a garden, it can have an indirect effect on their on their psychological health. So what do you think about this principles and their application in in the in the centers?

**Expert:** I think it's absolutely right. Or the physical activity so the second part I think that is quite well a knowledge, I think people tend OK you know then they need everybody wants to support and to move around and so that I think that is that is not the problem I think more the problem is that it is having green around you and having a good view on green and on and green is not only about a tree or the color green that's also about it attracts a kind of biodiversity and it makes you look at the other small scale when you are just sitting around. It's like in Japanese gardens. You know, you sit around and you start looking at things and then you go from a large-scale perspective to suddenly you see a little animal moving around. And ohh this is you know and then it really and that is I think people in general, are not aware of that and it would be very good if we can insist more on it. I think it's is not seen as essential environment.

**Interviewer:** In that planning process.

**Expert:** Yes, yes. For example, in Greece for the new center, there are building in Lesbos, it is a. It's called Vastria, yeah, and it it's a huge center. There are building it for 5000 people to accommodate, but it's situated it in a very remote area because they couldn't find another plot of land. And it's situated near next to a natura 2000 forest. It's a beautiful forest. I every time I go there you see it really beautiful birds and it is super super nice area. That they've built there, they, to build this huge center, they really cut a lot of trees on the on the plot of land itself, which

I was really like. We don't want that. But they of course you cut the tree and then you say you could not have cut that tree. And ohh sorry I wouldn't. You know you cannot repair it. So that is really bad. But they just did it. Yeah, they needed to for construction works and you know. And then actually now there are putting a lot of sealed ground so asphalt black asphalt on the on the flooring of the whole site and putting up containers on it. I am a very distressed about it because, and everybody kind of, you know, in, in the European Commission also understands that quite well since this is not what we want, but it is very difficult to make the Greek Government not do it. They say we need security, we need fences, we need barred wire, we need asphalt because everywhere occur should be able to drive. And we have a lot of (Dutch term), you know, differences in height we have to and everything and the ground is totally sealed. It is totally black, it is super heat stress and I have been really trying for there, every, every day. Actually, I'm shouting at them somehow put some trees in it. You know, at least you will have more shade and you will diminish the sealed the ground you will have because when you put trees you will have to irrigate them also you make sure you know it. It starts another process and you have to reverse the process of stoning and sealing everything.

**Expert:** But the there are not, they are, they are very much still into the physical easy way doing it. It's very difficult to change that. But there are. They are changing it because now they, at least they have they have a asked a landscaper to add more trees and so there is a plan of adding more trees. I don't know if they will implement it, but at least there is something you know so working on it, but I think it's very important to have this, also this scale and so it's and bio and for in in the Netherlands, we are working a lot now also on the biodiversity because of the climate goals. It's very interesting. You know you have the Green deal, which are all very kind of physical regulations but if they can be openings to having a more soft approach to your environment. The Green Deal, for example, focuses a lot also on energy, which is for everybody very easy to grasp, you know, because it's your, you need heat. You know you need cold. Everything so that that is.

**Expert:** But in the Green Deal, of course, there is also a very big thing on biodiversity, which is very much more difficult for people to understand. What is that and how can we improve that? So it is. Too difficult. It's not really concerning themselves very easily, so they if people try to forget that and now we are I think biodiversity could be very well also. One of the things you could have as a hack here will be saying in Dutch for your thesis. Like yes, we need to improve biodiversity and it can also start in a refugee camp.

And there how to improve biodiversity, you know, nobody knows. Everybody's like, ohh well,

yeah. Well, we put some grass maybe, you know. And but if that would be very nice if in terms of the healing environment you're proposing would say yeah, and it is. It is also a governmental and European Green Deal thing, so how to do it? It's very difficult for people, so if you could give some. Some a support in that would be very good.

**Interviewer:** There are a few individuals from this survey when I asked them what would you like to have in a garden and they did mention that they want a variety of three types and flowers with different colors. So that's a very important thing. That's a very important element in the design of a garden.

**Expert:** Yes, yes, yes.

**Interviewer:** So. And in this in this regard, what would be the potential of implementing this idea with the what kind of challenges that would that it would encounter to, for, to be implemented? Perhaps this would be very different, for example, between Greece or the Netherlands and the different countries around the world. But like from your experience? What is the potential of this idea happening and what could be the challenges?

**Expert:** While from my experience I really believe that it is very good if you could implement it. But also from my experience, both in Greece and in the Netherlands, I see we are living in a very much technocratic society and all this soft knowledge. Yes, tree or bird can be better for your medical health, for your mental health. It is. It is not taken so much seriously as a square meters or you know. So I think it is very interesting to see if you can find ways of implementing this medical health. That's our having a better medical health better health by putting some more biodiversity and the greenery and a healthy environment. That will be that will be very good, I think but it is it is at this moment it is very much a people tend to forget it. You know it's an add-on. It's Well, it's a pity because I think it is a very, very much. It's very useful to have it. And maybe you should look in in the Wageningen as it says in the community garden, you know. Show it to people like this is really working and it's not only a nice view, but it is also for your social benefit and because people talk and they it's really it's super important.

**Interviewer:** It's also interesting because they even the people who were not joining the process, they were stopping there just to talk and watch.

**Expert:** Yes, and it is and especially in in refugee for refugees where, who, when I say you know that there are, there are sitting and waiting, you know, it's, it's always the worst you can have for your mental health if you don't know what you're going to words, you are doing a study.

You you're working on your future and you have ambitions and so you work on that and your mind is evolving and developing because you have a perspective well people never refugee center they don't know even if they're going to stay in the Netherlands or if they have to go back or where are where is their family they don't know they don't know what is tomorrow going to give so it's especially in that environment it is super important to have, a more the people can talk also to other people, not only to the to the little circle of the same nationalities or, it's very difficult and people tend not to trust each other in in a center only because they don't know who's sitting next to me. Yeah, maybe it could come be in an Afghan like me, but. Yeah, doesn't mean it's a friend. You know, it's gonna be some. This, yeah, can be an enemy as well, you know? Or they. So people tend not to trust people. So they are very happy when they meet someone from outside. For example, like you or other volunteers. And they love chatting. You know, just how are you doing? They try to practice the Dutch sometimes they. Practice their English also with children. The children is, is well but really more elderly people are often really. Yeah, they're really. Lost, you know? And so talking is super important. And the gardening and this is really good way of community making.

**Interviewer:** And bringing people together.

**Expert:** Yes, yes. So the act of gardening is a has a temple. You know the rhythm which is slow. So it makes you feel better? You know you start. You are not rushed up and stressed up. But also looking and you know from this big scale to small scale I think and I think that is very good, yeah.

**Interviewer:** Gardening is one of the qualities of a what would that that can help reducing stress. Also in in in some of the healthcare facilities, they propose areas where you can sit and contemplate where you can have your own private space. You can sit between the greeneries and just think. And then there are also these areas where you can sit as a group and encourage social activities. So the type of garden that I'm planning to propose would have a similar the qualities to those of the health facilities where areas for a solitude? Are there areas for socializing? Are there taking a walk is very possible. And yeah, I was like more wondering if such a garden to be implemented. Would there be some sort of, well, of course it's gonna be different, but what could stop this from happening? UM, like financially or some other challenges people might not use it. The fear of people might not using it. Use it or something like that.

**Expert:** I wouldn't think in a in things which would stop it, but more in a conditions which could make it more to happen Was at 10 to think more in a positive way and I think if you find a way of

implementing the gardens in a in a phases, so not everything at the same time, so you need this, this, this and this and this. But no, if you put first, I don't know the bench or a or a kind of a tree or a with kind of characteristics and then around that it will evolve and develop, you know, and then you can have also. The way of walking around and but it can, if you if you implement every time the same structural elements then you can also copy it in every center and that will be very good. You know, you don't want to invent every time the wheel. So if you can give some instruments to implement which makes it easier to develop and to grow as environment, then it would be super successful I think, because it will be small in initiative and you know nobody can say no, we're not doing it because it is, no it's our small little interventions. But because there are smart interventions and well thought of because you have been thinking of it, then it is the chance that it will be really a good, bigger and growing phenomena, it would be a very good yes.

**Interviewer:** So thank you so much. To conclude our conversation, do you think that at this type of garden alternative garden should be implemented? It should be implemented as an important part of the planning process of a refugee center and emergency planning?

**Expert:** Yes, I do. I want it now.

**Interviewer:** Perfect. Thank you so much.

**Expert:** Thank you very much.

**Interviewer:** Thank you so much for your time. I'm going to stop the recording now.

**Expert:** Yes.

**Interviewer:** Moment please.