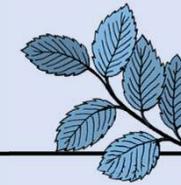


Let the Outside In

How do UCL students use green spaces around campus?

By Emma Hudson, Angi Tang & Zhitong Li



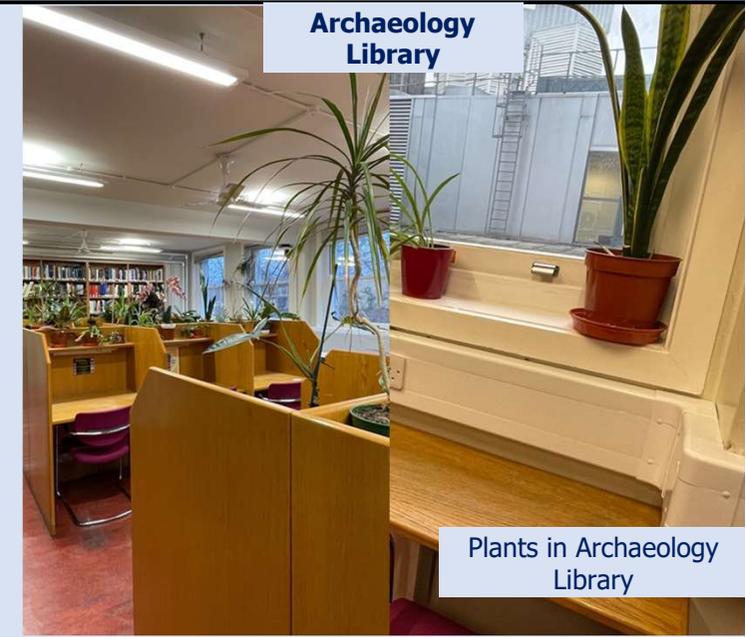
UCL

Aims

- To explore how students use existing **green spaces** around campus.
- To understand if UCL provides **adequate green spaces** that **benefit** the **health and wellbeing** of students.

Method

- We each asked one participant to meet in a **“green space”** that they used the most.
- There were **three** participants in total - each of their **chosen locations** are shown below.
- They were asked to take their own **photos** in this space that reflected their **relationship with this space**.
- We **walked** with them while **interviewing** them about the space and its use, with a focus on **health and wellbeing**.
- No limitations were placed on the **definition of “green space”** or on the **number** and **style** of photos.



Findings

1. Green spaces benefit students' health and wellbeing, and they can be categorised as indoor/outdoor (with public/private use)

- **“Outdoor green spaces”**, like *St George's Gardens* and *Gordon Square* are places where students take quick breaks, creating a sense of **privacy while being immersed in nature**. Shown above is a bench that a participant often sits on to eat lunch. Also shown is Byng Place, a path frequented by another participant while on private phone calls.
- **“Indoor green spaces”** like the *Archaeology library* are used for **studying while simultaneously being in proximity to nature**. The participant enjoys being around the plants, shown above are some that they photographed.

2. The green spaces that UCL directly provide are limited.

- **Two out of three green spaces** cited are **not owned or managed by UCL**, implying that UCL are not directly providing green spaces that students use.
- **All three participants** suggested that UCL could improve campus' green spaces by having **more plants in the university's indoor spaces**.

Final words

There are **plentiful** amount of **non-UCL owned outdoor** green spaces around campus that students actively use.

Students are satisfied with these outdoor spaces, therefore UCL should **not** focus on constructing **outdoor** green spaces within campus.

Instead, if UCL wanted to improve students' sense of wellbeing, more plants should be integrated into **indoor** spaces. This is a **cheap, quick** and **achievable** change that could make a **big difference**.

If this research was to be replicated, we recommend using **more participants**. **Demographic data** such as gender and discipline would also be beneficial for understanding how social forces may affect findings.